

# ENGARDE

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174th Fighter Wing

New York Air National Guard, Syracuse

SYRACUSE

To The Members Of The



BEST

Enlisted Forces In The World



AEF Rotation...A Topic Of Concern

Colonel Basile Talks UCI

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*Public Affairs Office*  
1st Lt. Jeff Brown, PAO  
Master Sgt. Jeff Wallace, NCOIC

*Editorial Team*  
Lt Col. Maryjo Timpano  
Maj. Kate O'Brien  
Senior Master Sgt. Al Nall

*Publication Team*  
Tech. Sgt. Kevin Brody,  
(Team Leader)  
Master Sgt. Terri Scanlin  
Tech. Sgt. J.D. Martin  
Tech. Sgt. Sandi McAllister  
Tech. Sgt. Scott Schaffer



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The EnGarde  
174<sup>th</sup> Fighter Wing  
6001 East Molloy Road  
Hancock Field  
Syracuse, NY, 13211-7099  
Comm: (315) 454-6651  
DSN: 489-9651  
FAX: (315) 454-6145  
DSN: 489-9145

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## 174th Fighter Wing Vision and Mission Statements



### Vision Statement

**Our Vision is a world class fighter wing comprised of diverse individuals empowered to meet all challengers, and win. We accept nothing less.**

### Mission Statement

**Provide combat ready personnel, aircraft, and equipment prepared for world wide deployment. To deter or attack and destroy enemy surface and airborne forces in support of joint operations; and to support civil authorities at the direction of the governor.**

# COMMANDER'S COMMENTS

One of the dangers of having been around the Air Force for a while is that after years of seeing things come and go, you tend to get the impression that you've seen it all and done it all. An even larger danger to those around you is that you may feel the need to share your opinions about those changes with them. In this case I ask that you bear with me for a moment while I reminisce; I promise, no F-106 stories. The subject of this walk down memory lane is inspections, (you knew this was coming, didn't you?) or more specifically, the inspection that isn't the ORI. The USAF has had Operational Readiness Inspections since it began in the 1940s, but the 'other' inspection has had a checkered past. My personal experience with this goes back twenty-five years, when the IG gave the 'Management Effectiveness Inspection', or MEI. At the time there was a business philosophy in the civilian world called 'Management by Objectives', where it was believed that if you clearly understood what it was you wanted to achieve (your 'objective') and you focused everything you did towards that objective, you couldn't help but be successful. In preparing for the MEI we read our regulations, wrote self-inspection checklists, identified our objectives, and inspected ourselves. The IG came to town, measured how well we complied with our regulations, and gave us a five-tiered grade. Then one day a senior leader in the USAF noticed that we were in a different business altogether than our civilian counterparts, and that our objectives are all based on our people. He decreed that "You manage *things*, you *lead* people". The 'other' inspection became the 'Unit Effectiveness Inspection', or UEI. In preparing for the UEI we read our regulations, wrote self-inspection checklists, identified our strengths, and inspected ourselves. The IG came to town, measured how well we complied with our regulations, and gave us a five-tiered grade. Eventually, yet another senior leader in the USAF noticed that there was a business philosophy in the civilian world called 'Total Quality Management', where it was believed that if you measured everything you did, you couldn't help but be successful. The 'other' inspection became the 'Quality Air Force Assessment', or QAFA. In preparing for the QAFA we wrote self-assessment checklists, measured everything we did, and inspected

ourselves. The IG came to town, measured how well we complied with our self-assessment, and gave us a score that nobody understood. And now, we return to the present, and our impending Unit Compliance Inspection, or UCI. Let me share with you why I think this inspection is truly different, and why I think that maybe the Air Force has it right this time. Every other time this inspection took place we were required to try and guess what it was the IG was looking for. We looked over other units' inspections, talked to the IG (without much luck), and wrote our self-inspections down to the trivial details. If we didn't guess right, we didn't do well. The UCI is different because the self-inspection checklists, now called C&SRLs, are generated for us, and reflect Air Combat Command's desires and direction. If you can run through your C&SRL and truthfully answer all of the areas with a 'yes', then you are in compliance, no ifs ands or buts. If the C&SRLs are in compliance, then the critical compliance objectives are in compliance. If everything complies, you are outstanding. It's that simple and easy to understand. No second guessing, no opinion or technique.

So where is the challenge in this UCI? See Col. Basile's article in this EnGarde. You'll see there is still a lot that can be done better in time for our inspection, especially in the area of military customs and courtesies. With attention to those kinds of details I believe that we can achieve a rating of "Excellent" or even better. With the kind of talent we have here there is no reason that this can't be the first in a long string of highly successful inspections. We owe it to ourselves to re-establish our great record of IG visits, and that starts here and now with this UCI.



**Colonel Robert Knauff**  
174th FW, Commander

## Last Chance!

By Chief Master Sergeant Ted Mosley



Unless you are planning on doing some active duty or are a full timer here at the 174<sup>th</sup>, the February UTA will be your last chance to make sure we are ready for the Unit Compliance Inspection in March.

From what we are told, the team will be fairly large and be on base a few days before the

UTA. By the time the UTA rolls around, the team will have had time to get a flavor of how we conduct business and will be able to concentrate on the traditional force. They will probably ask numerous questions about training and other areas relating to your job here. Be prepared by anticipating this before they get here. If there is something you don't know about, and it pertains to what you do here, ask now. Ask your supervisor what they think you might be tasked to answer or do. Be as positive as you can to the

inspectors. If you don't know the answer to a question, tell them you will find out and get back to them. Military appearance, customs and courtesies are things you can easily control. Get an extra good haircut and a clean/pressed uniform. Do your best not to use first names. Address all personnel by their military title. Don't forget to salute when appropriate and call a room to attention when required. If you see someone that does not conform to the military standard, let a supervisor know. The person may not be from your area, but the wing will take a hit for any infractions. We want and deserve a good score for this inspection. Good luck and "Lets Roll."



**Command Chief**  
Master Sgt. Mosley



# Chaplain's Corner

By Chaplain (Lt. Col.) Jean Vargo, 174th FW



Artists throughout history have attempted to portray the face of God. Michelangelo's "the creation of Adam" shows an older bearded man with gray white flowing hair and deeply etched lines around his eyes and mouth. Other renderings have hanged from concrete icons to abstract whirlwinds, mountains reaching upward and darkened skies blanketing the earth.

## How do you see the face of God?

Moses wanted to see the face of God; he wanted God to personally accompany him on his journey through the desert. But, Moses was not to see the face of God as he thought it should happen. Moses had to learn to sharpen his spiritual eye...and like Moses we must learn that whenever grace is present, whenever we participate in an act of Grace...GOD IS PRESENT!! And aha...there is the face of God!!

As people of God we pray, we ask God's help and healing. We turn our life over to God...we ask for his strength. Yet how do we further our spiritual journey?

Perhaps first things first, spend time reflecting on the face we see in the mirror. How noisy is our life? Is our day filled with tasks, or is there time for silence and reflection? Are we content or are there gnawing fears and anxieties? Do we use people, places or things to self-medicate our feelings? Do we believe we are spiritual?

How do you imagine God? Is God a patient teacher, is He one who offers unconditional love. Is God a backpacker, a pilot, a coach journeying with you wherever you go?

If you die today what legacy would you leave with your family and friends about God?



Lt. Col. Jean Vargo

Perhaps for us to see the face of God more clearly means carving out quiet time. Time to explore questions. Time to come into the presence of God. In doing so we have put service before self.

As we acknowledge, honor and respect the gifts given to us it becomes a joy to serve, to volunteer, to ask, "what I can do for others" because that is when we begin to know the face of God believe it or not.... our life will change, our relationships will change. We will become more open to receiving love and less afraid of change and things that injure us.

As we become more aware of the face of God in others our compassion will grow for those who are struggling. And we will see the face of God in our daily interchanges.

This week, find time to serve, time to be quiet time to reflect and your life will forever be changed.

## New Assemblyman



1<sup>st</sup> Lt. Jeff Brown, 174<sup>th</sup> FW Public Affairs Officer, was sworn in as a New York State Assemblyman on January 8, 2003. Brown recently was elected to the position and represents the 121st Assembly District, which includes the towns of Cicero, Clay, LaFayette, Manlius and Pompey in Onondaga County. He serves on the Assembly Committees on Health; Veteran's Affairs; and Corporations, Authorities and Commissions. Brown also serves as ranking minority member on the Governmental Operations Committee. Officiating the swearing in is Lt. Gov. Mary Donohue and Assembly Minority Leader Charles Nesbitt. Lt. Brown's wife Gina holds the bible and proudly looks on. Congratulations from all of us here at the 174<sup>th</sup> FW.

# UCI Fever, Catch It!

By Col. Anthony Basile, 174th FW, Vice Commander

Well, the weather channel forecast for UCI Fever in our region, is moderate to severe for the next month. After that, the cure (the IG team climbing onto their airplane, shaking their heads and proclaiming “Now that’s a sharp unit!”) will take hold and we can attack the rest of the year.

I know there has been a lot of work accomplished in preparation for this inspection. I want you to know that Col. Knauff and I are very proud of that effort. We know that the success of this unit has always been achieved by the collective tenacity and determination of its individual members.

As we wind down this final month of preparation, there are things I’d like you all to take a last look at. Obviously, C&SRL performance will be a huge part of our report card. We need to be working those checklists, even while the team is here. We CAN make corrections to problems on the spot. Likewise, documentation for training, processes, etc., needs to be worked right up to us waving goodbye to Colonel Kahoe, the team chief.

Many sections have received, or will receive, a Staff Assistance Visit (SAV). Make sure you are going through those reports and cleaning up the items those talented people observed that we could be doing better. Section Supervisors, if you haven’t already, and I hope you have, call your functional inspector on the team to touch base. It’s not too late to introduce yourself and ask those last minute questions. If you need a phone number, let me know.

In the “you never get a second chance to make a good first impression” department, it is extremely important to look good

when they get here. Haircuts, wear of the uniform, customs and courtesies are all things that are the hallmark of a world-class military organization. If the team finds us lacking in any of these areas when they get off that plane, what do you think they’re expectations of our programs will be?

Be proactive in showing off the things you are most proud of. I’m convinced we have a number of “Best Practice Candidates” on this base, but the IG won’t know that unless you show them. For those of you who work outside, remember this inspection is in early March, and “March comes in like a lion”. Be cognizant of the environmental condition of the base and your work area. Make sure you are doing things safely, and watch out for the team, also. Remember, they live in Virginia!

Finally, a topic I have heard from our observers of other units’ UCIs is ATTITUDE. Be positive, respectful and truthful. They will check on what you tell them, so make sure it’s not fiction. If you don’t agree with your inspector, don’t ask him or her to step outside! Take it to your supervisor, and let them run it up the chain. The IG team is just doing their job. Their job is to ensure we are doing our job. Displaying a positive attitude will keep this inspection focused on programs, and not personalities.



Col. Anthony Basile

## Todd Sargent Receives Information Assurance Award

By TSgt Sandi McAllister, 174th FW, Information Assurance Office



MSgt Todd Sargent, Logistics Division, has been selected as the 174th Fighter Wing Information Assurance Professional 2002. Information Assurance (IA) represents measures to protect friendly information systems by preserving the availability, integrity, and confidentiality of the systems and the information contained within the systems.

IA is accomplished by applying end- to-end security measures to the information we process and the systems we use to process that information.

We do this by integrating and practicing Communication Security (COMSEC); Computer Security (COMPUSEC); Emission Security (EMSEC); Secure Telephone Unit III (STU- III); Security Awareness, Training and Education (SATE); and Virus Protection programs along with customer education to ensure the integrity and proper safeguarding of government information processing resources.

Due to MSgt Sargent's significant contributions, he received the Information Assurance Medallion, which was presented by Colonel Knauff, 174th FW Commander.

# Black History Month Featured Person

**D**r. Condoleezza Rice became the Assistant to the President for National Security Affairs, commonly referred to as the National Security Advisor, on January 22, 2001. In June 1999, she completed a six-year tenure as Stanford University's Provost, during which she was the institution's chief budget and academic officer.

As Provost she was responsible for a \$1.5 billion annual budget and the academic program involving 1,400 faculty members and 14,000 students. As professor of political science, Dr. Rice has been on the Stanford faculty since 1981 and has won two of the highest teaching honors -- the 1984 Walter J. Gores Award for Excellence in Teaching and the 1993 School of Humanities and Sciences Dean's Award for Distinguished Teaching.

At Stanford, she has been a member of the Center for International Security and Arms Control, a Senior Fellow of the Institute for International Studies, and a Fellow (by courtesy) of the Hoover Institution. Her books include *Germany Unified and Europe Transformed* (1995) with Philip Zelikow, *The Gorbachev Era* (1986) with Alexander Dallin, and *Uncertain Allegiance: The Soviet Union and the Czechoslovak Army* (1984).

She also has written numerous articles on Soviet and East European foreign and defense policy, and has addressed audiences in settings ranging from the U.S. Ambassador's Residence in Moscow to the Commonwealth Club to the 1992 and 2000 Republican National Conventions. From 1989 through March 1991, the period of German reunification and the final days of the Soviet Union, she served in the Bush Administration as Director, and then Senior Director, of Soviet and East European Affairs in the National Security Council, and a Special Assistant to the President for National Security Affairs.



In 1986, while an international affairs fellow of the Council on Foreign Relations, she served as Special Assistant to the Director of the Joint Chiefs of Staff. In 1997, she served on the Federal Advisory Committee on Gender -- Integrated Training in the Military.

She was a member of the boards of directors for the Chevron Corporation, the Charles Schwab Corporation, the William and Flora Hewlett Foundation, the University of Notre Dame, the International Advisory Council of J.P. Morgan and the San Francisco Symphony Board of Governors.

She was a Founding Board member of the Center for a New Generation, an educational support fund for schools in East Palo Alto and East Menlo Park, California and was Vice President of the Boys and Girls Club of the Peninsula. In addition, her past board service has encompassed such organizations as Transamerica Corporation, Hewlett Packard, the Carnegie Corporation, Carnegie Endowment for International Peace, The Rand Corporation, the National Council for Soviet and East European Studies, the Mid-Peninsula Urban Coalition and KQED, public broadcasting for San Francisco.

Born November 14, 1954 in Birmingham, Alabama, she earned her bachelor's degree in political science, cum laude and Phi Beta Kappa, from the University of Denver in 1974; her master's from the University of Notre Dame in 1975; and her Ph.D. from the Graduate School of International Studies at the University of Denver in 1981. She is a Fellow of the American Academy of Arts and Sciences and has been awarded honorary doctorates from Morehouse College in 1991, the University of Alabama in 1994, and the University of Notre Dame in 1995. She resides in Washington, D.C.

## The History of Black History

**D**r. Carter G. Woodson chose the second week of February for Negro History Week because it marks the birthdays of two men who greatly impacted the American black population, Frederick Douglass and Abraham Lincoln. However, February has much more than Douglass and Lincoln to show for its significance in black American history. For example



W.E.B. DuBois

**February 23, 1868:** W. E. B. DuBois, important civil rights leader and co-founder of the NAACP, was born.

**February 3, 1870:** The 15th Amendment was passed, granting blacks the right to vote.

**February 25, 1870:** The first black U.S. senator, Hiram R. Revels (1822-1901), took his oath of office.



Greensboro Four.

**February 12, 1909:** The National Association for the Advancement of Colored People (NAACP) was founded by a group of concerned black and white citizens in New York City.

**February 1, 1960:** In what would become a civil-rights movement milestone, a group of black Greensboro, N.C., college students began a sit-in at a segregated Woolworth's lunch counter.



Malcolm X

**February 21, 1965:** Malcolm X, the militant leader who promoted Black Nationalism, was shot to death by three Black Muslims.

# AEF Rotation... a Topic of Concern

By Staff Sgt. Colleen E. Weed, 174th FW, Equipment Management

Recently six individuals representing the 174<sup>th</sup> Fighter Wing, The 152<sup>nd</sup> Air Operations Group, and the 274<sup>th</sup> Air Support Operations Squadron, attended the Air National Guard Enlisted Leadership Symposium, in Houston, Texas.

The Enlisted Leadership Symposium speakers list was most impressive, as they were clearly the experts, in their field, for the Air National Guard. Some of the topics covered were as follows:

- The Face of the American Warrior. A depiction of the revolutionary changes to our national defense roles (post 9/11) and the reasons for them.
- The Air National Guard and our role in the AEF, and The Total Force Concept.
- Preventing, Protecting, and Responding to Homeland Defense Issues.
- Traits of Successful People.
- How to Communicate with Confidence.
- Changes in and the importance of Professional Military Education.
- Force Management.
- Recruiting/ Retention
- ANG liaison, Basic Military Training, Technical Schools and Training Issues.
- TRICARE
- Enlisted Force Structure
- Conflict Management
- Ops Tempo, impact on ANG, and changes.



One issue in particular that made a significant impact on us all was the Air Expeditionary Force (AEF) commitment by the ANG to the Total Force today

Lt. Col. Susan Wasserman -- Deputy Chief ANG/AEF deployments-- spoke at length on the subject. She stated that one of the most glaring problems is that some elements are shirking their responsibility to go when called.

When one component does not go in their proper rotation, it creates a major problem. In other words, if you don't go when it is your turn to go, you are forcing one of your fellow ANG counterparts to fill your shoes.

Also in her presentation Lt. Col. Wasserman said that, "Leadership is expected to go double the rotation as everyone else. 28 to 30 days at a time." She also added that individual members, not in leadership roles, should deploy once every 30 months, but only if workloads are shared by all members in each ANG Unit. Many hands make light work!

I would recommend attending the Leadership Symposium if the opportunity presents itself to you. It was very worthwhile and productive.



Staff Sergeant Colleen Weed

## "The Range Is Going HOT..."



174<sup>th</sup> FW Security Forces/Combat Arms personnel recently debuted their new Small Arms Range and Training Facility. Above the first M16 training class qualifies during the January 2003 UTA.

# Education and Training Survey Completed

By Master Sgt. Rose Murray, 174th FW, Education Office NCOIC

The results of the Education and Training survey have been tabulated and we would like to take this opportunity to thank everyone who participated. Your input and suggestions have given us some ideas that will enable us to serve you better in the future. Below are our responses to some of the questions and comments that we received.

## Where can I find scholarship and information for Master's degree programs?

The Education and Training office has many resource books available for use by our members. These books, located in the Education and Training office, contain information about colleges and universities that offer Master's degree programs. Members are welcome to stop by and view these materials.

## Why aren't laptop computers available for unit members who are taking courses by CD-ROM?

There are a limited number of laptop computers available on base. We realize that many members do not have computer access at home. There are computers located in the testing room next to our office for members to work on CDC courses. Please call for more information about computer availability. Another alternative may be to check with your local library. They often provide computer access to library patrons. Community colleges in your local area may also allow you to use their computer labs.

## CDC courses are boring and take too much time to complete!

Unfortunately, there is no easy way to solve that problem. CDC courses are meant to provide a great deal of information in a general use format. While we know that people employ different learning styles when acquiring new information, the CDC is used because it can accommodate the amount of information to be taught in a format that is consistent across Faso's. The amount of time spent on a CDC varies. The best advice we can give is to make a commitment to set aside a certain amount of time each week to work on the CDC and to stick to your plan!

## We didn't know that we could take CLEP/DANTES tests for college credit.

Our office has been administering CLEP and DANTES tests for a number of years. If you would like to know more about the tests that are available, please stop by our office or check out the DANTES website at: [www.dantes.doded.mil](http://www.dantes.doded.mil)

We offer testing on UTA Saturdays at 1500 hrs. Appointments can also be made to test during the week or in the evening. Please call for more information. If we didn't highlight your question in this article, look for it in next month's edition of the EnGarde.

The Education and Training Office is located in the Wing Headquarters building. Please call 454-6147, 454-6148 or 454-6409.



MSgt Rose Murray

## Breakfast with the Boss



More than 40 Employers of 174<sup>th</sup> FW members recently spent part of their day getting a better perspective on the Air National Guard mission. After a continental breakfast the "bosses" were briefed by Major Gen (Ret) Paul Schempp, former Commander of the 174<sup>th</sup> FW and Central New York Committee Chairmen for the Employers Support of the Guard and Reserve (ESGR) and Col. Robert Knauff, Commander of the 174<sup>th</sup> Fighter Wing before boarding the KC-135 for their 90 minute flight and refueling of six 174<sup>th</sup> F-16's while in the air. The tanker, from the 107<sup>th</sup> out of Niagara Falls, came along with Major Linda Blazak (counterpart to Lt. Col. Timpano, 174<sup>th</sup> Community Manager) who enlightened the "boss lift" participants that 60% of today's refueling tankers are assigned to the Reserve Forces. 138th Fighter Squadron, Commander Lt. Col. Tom Owens, also briefed the ESGR guests.

# Office of the Chief Master Sergeant of the Air Force

**T**o the members of the best enlisted force in the world:

My first few months as the Chief Master Sergeant of the Air Force have been busy, challenging, and rewarding. What an exciting time to serve our nation! The best part of this job is always to get out and see the great things our people are accomplishing. I'm always amazed by your selfless dedication and ceaseless efforts, and I brag about you to whoever will listen.



But while we have accomplished great things," new challenges are continually on the horizon. I want to talk for a moment about some of those challenges and how I believe the enlisted corps can propel our Air Force through them. "

It should be apparent to all of us that the high operations tempo is not going away any time soon. Our end strength numbers appear to be steady for the near future, and our commitments around the world continue to grow. Those are the realities.

Senior leadership knows how hard you're working, and we're refining the AEF process each cycle to give you and your families the most predictability possible in the world in which we operate. We're working quality of life issues to give you the best benefits and the pay you deserve for your hard work. You are our first priority.



The rest is up to you. I believe that it is the enlisted force that will shape the way the Air Force meets the challenges of this century. Of the approximately 364,000 people in our active duty Air Force, about 293,000 proudly wear stripes on their sleeves. Add to that the Air National Guard enlisted--approximately 98,000, and another 59,000 in the Reserve, and the enlisted force makes up a large part of our total force team. We need each and every one of those people operating at their maximum effectiveness to meet and exceed the demands on our force.

## What does that mean to you?

### **Airmen**

we need your enthusiasm, energy and technological expertise focused on the mission everyday. Remember that being a good follower is a prerequisite to being a good leader. Be proud of what you do and the contributions you're making to keep our nation free.

### **Junior NCOs**

You are our front-line supervisors. We are depending on you

to shape our airmen and to give them the tools and training they need. Get back to the basics of face-to-face leadership. No one knows your people like you do. Train them, care about them, hold them accountable, reward them, then sit back and watch them soar.



**Chief Master Sergeant of the Air Force  
Gerald R. Murray**

### **Senior NCOs**

You've been around the block. Take that experience and focus it downward toward your people. Move obstacles that keep them from efficiency, listen to their fresh ideas, and be their advocate. Make those that come behind you better Senior NCOs than you and I are today. Remember that the most important job you will ever have is the one you hold right now.

### **Guard and Reserve forces**

Your contribution to our mission is critical. As you continue to stand shoulder-to-shoulder with your active duty counterparts, know that a grateful nation recognizes and appreciates what you are doing for our country.

### **To all of you**

The role of the enlisted force is more important now than ever. Our Air Force will continue to evolve and transform. New technologies and more joint operations are on the horizon. The one constant will be our nation's reliance on you to make the mission happen every day.

Thank you for what you're doing for our Air Force, and this Great Nation.



**Warm Regards,  
Gerald R. Murray**

**Chief Master Sergeant of the Air Force**



# Children's Christmas Party 2003

By Master Sgt. Terri Scanlin, 174thFW, MPF



This year's party was an overwhelming success! One hundred children were in attendance. The guests started arriving around 1230. While they waited for Santa's arrival, they played games like pin the nose on the snowman, snowman ring toss and lollipop tree. Members of the Civil Air Patrol assisted with the games. The children had their faces decorated by Tech.Sgt. Connie Gifford and Tech. Sgt. Chikena Rivers. Mr. Patrick Dermody created unique characters out of balloons for all the children.

Tech Sgt. Jeff Chrissley of the 174th Fighter Wing Fire Department escorted Santa Claus to the Dining Hall at 1330 hours. The children waited patiently for their chance to sit on Santa's lap and receive their present. Many children were so excited about their gift. One comment made was: "My granddaughter was so excited about her art set that she about jumped out of her outfit!" Chris Muszynski of the Family Support Office and Staff Sgt. Tracy Schroeder took Polaroid pictures of the children. Master Sgt. Joe Johnson was Master of Ceremonies. Sara Phillips, Brianna Houghtalen, and Laura Chrissley were Santa's helpers. Samantha and Joshua Schroeder assisted with the photos and balloons.

Pizza, sandwiches, veggies, chips, and cookies were served. O'Brien & Gere generously donated all the ingredients for ice cream sundaes. Thanks to Dot Hall, Allison Waters, Jacquie Miller, Jeff Yeomans, Jim Evans and Pat Odom for serving the delicious treats! The committee would also like to thank all those who helped set up and clean up the dining hall, especially Rick, Patti, Sara and Adam Phillips and Yolanda Novotny! Thanks also go to Toys R Us for donating the X Box Game System and helping with the shopping! Natalie Barrus, granddaughter of Sue Cenci, was the proud winner of the X Box!



MSgt. Terri Scanlin

**Many thanks to all who made this year's party a success!**



# Snakeroot or Snake Oil?

By Lt. Col. Reid Muller, Commander, 174<sup>th</sup> FW Medical Sq.

Recently, the Air Force Surgeon General's Office released a statement discouraging the use of ephedra containing nutritional/herbal supplements. This was based on a number of recent deaths among Air Force personnel, attributed to its use. What is ephedra? Ephedra (or ma huang) is a plant indigenous to many areas around the world. It derives its effects from a number of potent compounds, the most active of which is ephedrine. Other compounds present in ephedra include pseudoephedrine and norepinephrine. These compounds are all well known to the medical community, and are used frequently in pure form in a variety of powerful prescription medications. They are all powerful stimulants, each of which can significantly raise blood pressure and heart rate. In susceptible

individuals, this can increase the risk of heart attack, stroke, or potentially dangerous disturbances of the heart rhythm. In addition, ephedra has diuretic properties, which means it can make an individual pass more urine. This can increase the potential for serious electrolyte abnormalities and dehydration. Common side effects can include headache, palpitations, rapid pulse, anxiety, insomnia, dizziness.

What about vitamins C and E to prevent heart disease? Over the years, a number of small studies suggested that one or both of these vitamins, in large doses, might help protect against the development of heart disease. However, several recent large-scale trials to evaluate this premise have failed to demonstrate any measurable benefit. People taking large

doses of vitamin C and E supplements exhibited the same rates and severity of heart disease as those not taking them. Furthermore, large doses of vitamins C and E are not without risk. In some people, large doses of vitamin C can lead to certain types of kidney stones. Large doses of vitamin E can alter bleeding times in some individuals. What has been shown to be of some benefit is fish oil – either naturally in seafood, or when taken as a supplement. Fish oil seems to have a beneficial effect in reducing the formation of the plaques that clog arteries.



Lt Col. Reid Muller

## Currently deployed members of the 174<sup>th</sup> Security Forces Squadron



Left: Staff Sgt. Richard Macumber, Staff Sgt. Jim Troch, Staff Sgt. Brian Gambrell Senior Airman Ron Atwood.  
Bottom Left: Tech. Sgt. Pete Metz, Staff Sgt. Scott Bogan, Tech. Sgt. Julie Emery, Staff Sgt. Jason Taylor, Master Sgt. Todd Day, Staff S

# Base Announcements

## Big Thank You to 174<sup>th</sup> FW

On behalf of March of Dimes, please accept their sincere gratitude for the outstanding community support provided by the members from the 174th and Hancock Field's associated units for their annual Jail and Bail drive held this week. On Nov 6, several members of the 174FW raised over \$2000.00 for research projects in Central New York. The March of Dimes and many members of the Syracuse community were overwhelmed with the outstanding support from the 174th. Please extend our THANKS to all members that participated and donated their monies in this wonderful charity and support to the Syracuse community.

## COMREL Luncheon

The February COMREL speaker is Mr. Robert U. Roberts, President and CEO Syracuse Research Corporation. SRC is an independent, not-for-profit research and development organization. Mr. Roberts leads numerous federal efforts, including the directed efforts to support initiatives associated with economic development, technological innovation, and environmental quality, and industry coupling. Please join on February 26, 2003 in the 174<sup>th</sup> Dining Hall.



Mr. Robert Roberts

**Great meal and a great time. Doors open at 11:30 am.**

## Montgomery GI BILL Extended to 14 Years

Delimiting date for certain Selective Reservist training under the Montgomery GI Bill extended from the current 10 years to 14 years. This change is effective October 1, 2002, and applies only to persons who became eligible for the Montgomery GI BILL – Selected Reserve (chapter 1606) on or after October 1, 1992. The VA will change the delimiting dates for affected Reservists.

If your benefits were terminated on or after October 1, 2002 because of your 10 year delimiting date, you should contact your school to insure they have given VA current enrollment data. We will adjust your delimiting date and resume your benefits based on that data.

If you currently receive benefits or your 10-year delimiting date has not passed, no action is required on your part; the VA will automatically extend your delimiting date to the proper 14-year date. If you have any question please call Master Sgt. Mary Gilchrist, 174<sup>th</sup> Retention Office Manager at ext.161.

**February UTA**

**Pay Date:**

**19 February 03**

**Next UTA**

**8 & 9 March 2003**



## The Griffiss Aero Club

The Griffiss Aero Club (GAC) was established in 1954 as a morale, welfare, and recreation unit attached to Griffiss AFB (Rome), NY. From its inception the Aero Club provided flight training and recreational flying to thousands of eligible military members, DOD civilians, and their dependents. With the closure of Griffiss AFB in late 1994, the Aero Club (now aligned as a Detachment of the Hanscom Flight Training Center, Hanscom AFB, MA) moved to the Oneida County Airport to continue operations and provide a service to the area's military and DOD community. Air Force Aero Club which is the only Air Force sponsored club offers a great service at decent rates to guard members.

In addition to fulfilling our charter as a morale, welfare, and recreational activity to our membership, the Club is also in partnership with the Air Force Research Laboratory (Rome, NY)

Airborne Evaluation Facility which conducts airborne test/evaluations for advanced defense communications, radar, and navigation applications. Club membership is available to: US military (active duty, Guard, Reserve, and military retirees); Department of Defense (DoD) employees and retirees; DoD Contractor employees; U.S. Government employees who work within 50 miles of the Oneida County Airport; any person utilizing VA Benefits (\*); and any person who is a dependent of an eligible member.



The Piper PA23-250 "Aztec" is a multiengine, 6-seat aircraft

Whether you want to fly recreationally, maintain your flight proficiency, or train for an advanced certificate or rating, take advantage of one of the

few military activities remaining in Up State New York - the *Griffiss (USAF) Aero Club!* Take control of your dreams. For more information, call us at (315) 736-2376 or visit our website at: [http://www.rl.af.mil/rrs/resources/ariffiss\\_aeroclub](http://www.rl.af.mil/rrs/resources/ariffiss_aeroclub)

## Patienly Waiting



One of the many anxious children eagerly awaits the return of their parent from the Middle East. 174<sup>th</sup> Security Forces personnel returned from a 90-day mission in support of Enduring Freedom just prior to the holiday seasons.

# Snap Shots From Around the Base...



## Preparing for the MARE

Left: Senior Airmen Andrea Stuyvesant, 174th Medical Squadron, applies a make-over to a Civil Air Patrol Cadet in preparation of a Major Accident Response Exercise (MARE) at the 174th Fighter Wing. The 134<sup>th</sup> Central New York Group and Syracuse Composite Squadron participated in the exercise



## New Chief!

Congratulation goes out to the newest 174<sup>th</sup> Chief, Chief Master Sgt. Mike Will. Will is the Sortie Generation Flight Chief, Aircraft Generation Squadron. Presently the promotion is Lt. Col. Chuck Dorsey, Logistics Group Commander.

## Serve it up!



Visiting Maj. Gen Archie Berberian is full swing as he shares a story with Lt. Col. Bradley. Gen. Berberian, joined by First Sgt's Tom Garvey and Leon Saddler volunteered to serve the Christmas meal to the troops in the 174<sup>th</sup> Dining Hall over the December Drill.



## Congratulations!

Recently, retired Master Sgt. John Rittell, received the Meritorious Medal for his outstanding service to the Air National Guard and the 174<sup>th</sup>. Pinning the medal is Lt. Col. Reid Muller, Commander of the 174<sup>th</sup> Medical Squadron. Sgt. Rittell was last assigned to the Medical Sq. as a medical clerk and is still working there as a civilian. Congratulations John.

## TRICARE Adding Safeguards to Protect Patients' Medical Privacy

Stars and Stripes reports that health care records for service members now are becoming privileged information. On April 13, TRICARE, the U.S. military's health insurance program, will implement a new set of safeguards that ensures patients' right to medical privacy. Confidentiality release forms are to arrive soon in TRICARE beneficiaries' mailboxes. The new safeguards are part of the Health Insurance Portability and Accountability Act, legislation passed in 1996. The privacy initiative establishes patients' rights to obtain copies of their medical records, file a grievance about when unauthorized information might have been released and seek changes to their health care documentation. Insurers and lawyers will be unable to view a patient's records unless that patient grants permission. If a patient's doctor brings in another doctor to consult, however, that patient's records may be shared without his or her knowledge. For more information on TRICARE, see [http://www.military.com/Resources/ResourceFileView?file=TRICARE\\_Overview.htm](http://www.military.com/Resources/ResourceFileView?file=TRICARE_Overview.htm).

## New Housing Allowance Rates Set

News Service reports that the DoD released the 2003 Basic Allowance for Housing (BAH) rates Dec. 12. In total, the planned increase in housing allowance funds for Fiscal 2003 is about \$800 million above the Fiscal 2002 amount. The 2003 rates represent the third phase of the planned buy down in out-of-pocket housing expenses. Other components of the increase are geographic rate protection and housing cost inflation. For members with dependents, average increases in BAH range from 1 to 27 percent by grade, with the typical increase in the range of 8 percent. A typical E-5 with dependents, for example, will find his/her BAH about \$71 per month higher than last year. An E-8 with dependents will have about \$95 more in his/her paycheck. To calculate your new BAH rate, go to <http://www.dtic.mil/perdiem/bahform.html>. For more general information on BAH, see <http://www.military.com>.

## Benefit Extensions/Expansions for Reserve and Guard

The fiscal 2003 National Defense Authorization Act will extend certain pay and bonuses for Reserve members through Dec. 31, 2003. This includes extensions of reenlistment bonuses for ready reserves; enlistment and reenlistment bonuses for selected reserves; special pay for selected reserve enlisted personnel assigned to high priority units; selected reserve affiliation bonuses; and extensions of special pay for health care professionals serving in the selected reserve in critically short wartime specialties. Furthermore, it expands TRICARE Prime Remote benefits to dependents of remotely located reserve personnel who are ordered to active duty for more than 30 days. The act also raises the number of years members of the selected reserve may use Montgomery GI Bill benefits from 10 to 14, and it authorizes commissary privileges to National Guard members who are participating in federally declared national emergencies.

## DFAS Sets 2002 Tax Season Mailing for Retirees, Annuitants

Air Force Retiree News reports that the 2002 1099R tax forms for all Department of Defense military retirees and annuitants will be mailed by Jan. 15, 2003 to the home addresses on file with the Defense Finance and Accounting Service. Retirees and annuitants, who do not receive their 1099Rs by Jan. 31, 2003 or have questions about their 1099R forms, should call 1 (800) 321-1080 or (216) 522-5955. When calling to request a reissue of the 2002 1099R, press 1 when prompted and the call will be forwarded to the next available Customer Service Representative. Callers should expect to receive the reissued 1099R approximately seven business days after the initial request. DFAS officials said customer service representatives are available Monday through Friday, from 7 a.m. to 7:30 p.m. EST (except federal holidays). Paydays, or the first business day of each month, are the busiest days. Mondays are also characteristically busy. Beginning Jan. 11 until Feb. 15, Saturday service will be available from 7 a.m. to 3:30 p.m. EST. For a military tax guide, see <http://www.military.com>.

## *WELCOME, NEW UNIT MEMBERS!*

### **November:**

A1C Nathan Hamlin, CES  
SRA Geoffrey Hoyt, CF  
A1C Jason Treasure, MAI  
AMN Felicia Phillips, MDS  
2LT Anthony Bucci, OSF  
A1C Gary Dick, STUFLT

CPT Glen Hisert, 274 ASOS

### **December:**

A1C April Wilburn, Student Flight  
SSgt Thomas Wood, CES  
A1C Leanne Holmes, Student Flight  
SRA Allison Orth, FW  
SRA Nicholas Delahant, MAI

## Party

It seems a bit late to be telling you about our Thanksgiving party in January, but if you remember, the early suspense for the December Alumni News prohibited us from reporting how the party went and whether or not it was a success. While the attendance was down roughly 50 people from last year we still had a crowd of approximately 125 members and guests. We served our traditional Thanksgiving dinner with roast turkey, dressing and all the usual trimmings. Even though we did receive one minor complaint, we feel that the evening was a great success by the number of kudos we received throughout the evening. For entertainment, we raffled off 20 turkeys and had a 50-50 drawing, but what the people enjoyed the most was the opportunity to get together with old friends and reminisce about the good old days. Bob Musengo and his crew are the ones that put this party together and they deserve a lot of thanks for all of the work they did. We also would like to thank the Cicero Legion Post for all of their support and the use of their excellent facility. If you didn't make the party this time around, you missed a good one. Hopefully we will see you all at our next party.

## Taps

We are deeply saddened to have to report that during the past couple of months we have received word that eleven (11) members and a couple of our spousal members, have passed away. It is never something you want to hear, but to have it happen during what is suppose to be a joyous holiday season, makes it even more difficult to accept. There isn't much that can be said other than we want all of the families to know our thoughts and prayers are with them, and wish to extend our deepest sympathy for their loss.

John C. Duskee, 66, died 16 Dec 02. Jack was with us from Dec 53 until Sep

62. He worked in Supply, Food Service, and as a technician in the PTS area.

Mary E. Helterline, 79, died 24 Dec 02. Mary was the wife of Freddy Helterline who served with the unit from 1948-61 as a pilot and Chief of Maintenance.

John U. Hagger Jr, 64, died 3 Jan 2003. John worked in the Propulsion Shop. Leaving the unit in March 1957.

George C. Londhair, 78, died 18 Dec 02. George was a WWII Veteran, serving in the US Navy. While with us, he was in the 108<sup>th</sup> and 174<sup>th</sup> as a Transportation Specialist.



"OUR NATION'S DEFENDERS", Early 1990s, L to R: Dick Schug, Dick Bordonaro, Gary Berberich & Mack Lathrop.

Robert J. Martin, 72, died 7 Dec 02. Bob retired in Dec 87 after 35 years as Supply Technician with the 174<sup>th</sup> FW. Bob served with 138<sup>th</sup> FS in Phalsbourg, France.

Veronica J. Mulcahy, 93, died 2 Nov 02. Veronica worked in the 138<sup>th</sup> FS Ops Section and NYANG Headquarters, retiring in 1978 after 27 years of service.

Wendell J. Omlor, 67, died 21 Dec 2002. Windy joined the 138<sup>th</sup> FS in 1953 and served with us as a Supply Technician until 1990.

Joseph P. Prince, 65, died 15 Nov 02. Joe served with the 138<sup>th</sup> FS during the mid 50s and early 60s, serving both as a

Crew Chief and Survival Equipment Specialist.

Larry E. Sander died in Dec 01. Larry was our AF Advisor and Radar Observer during the F-94 days.

Janet Sears, 58, died 22 Nov 02. Janet was the wife of Dennis Sears who died in Feb 02. Denny retired in 1996 from Munitions after 26 years of service.

John F. Zuranski, 71, died 13 Dec 02. Jack was in 138<sup>th</sup> FS Ground Communication Section from December 1969 to January 1989.

## New/Reinstated Members

Mark Berry, Tim Gay, Joe O'Neil, John Rittell, Frank Salmieri, Harold Slivinski, Paul Stoecker, Vincenzo Calcara, Clarence Wilsey.

## More News & Trivia

It would appear that the tradition of family members joining the Guard is not a thing of the past. Just recently, Mike Brody, son of Karen Pasquale and Bill Brody, attended basic training and was subsequently assigned to NEADS at Griffis AFB. Mike is fourth generation military. Both his mom and dad were members of the 174<sup>th</sup>. Karen worked in Wing Headquarters for the Commander, and Bill worked on the flight line as a

crew chief. Mike's grandfathers and great grandfathers all served in the great wars, where Karen's father and grandfather both spent time in a POW camp. Karen was wondering if this might be the first time that a son has followed in the footsteps of his parents by joining NYANG. What do you think?

## Next Meeting

Our next meeting will be held on Thursday, February 20, 2003 at 7:00 PM in the Base All Service Club. Liquid refreshments will be served. Come on out, we'd love to see you.

174th Syracuse Crunch  
Hockey Night  
February 19, 2003, 7:00 pm



*Tickets Will Cost \$7.00 per person*

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**Please get names to SSG Tad Kalahar or MSG Dave Shaffer by 5 Feb 03  
For more information e-mail or call Ext 117 or 106.  
This is a family event for all to attend and have fun!**

***ENGARDE***

174th Fighter Wing  
New York Air National Guard  
Headquarters  
6001 East Molloy Rd.  
Hancock Field  
Syracuse, New York, 13211-7099