

July 2003, V.39, 6

ENGARDE

174th Fighter Wing

New York Air National Guard, Syracuse



cardio



body



ANG Takes Fitness

In New Direction...



Strength
sit-up



flex



Strength
push-up





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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

I appreciate Colonel Basile providing me the opportunity to write this month's Commander's Comments article. Although I have been traveling to various work centers around the base since my appointment to Vice Commander in May, the EnGarde is a great way to introduce myself to unit members (present and past) who may not know me. As this is a very public forum, I won't bore you with the details but give you a thumbnail sketch. I joined the 174FW in 1992 after serving eight years in the Air Force flying the F-16. I have served as an AGR, temporary technician and primarily as a traditional guardsman in various capacities within the Operations Group. Some of these assignments included Chief of Standardization and Evaluation, 138th Fighter Squadron Commander and most recently as the Operations Group Commander. I have also had the privilege to serve with many of you on various deployments in and out of CONUS. This is my first opportunity to serve outside of the Operations Group and I will confess that there is a whole New World out there. But more to the point, I will tell you that I am enthusiastic about the opportunities that I see within the entire Hancock Field family of units.

This month's edition of the EnGarde has three articles that focus on the mission. Mission readiness, mission execution and mission accomplishment. We start with MSgt Greg Giamas's cover story of the Air National Guards new Physical Fitness Testing Program. This program is an important change to the way we evaluate one's physical health, providing for a more accurate picture while benchmarking the member for improvement. I am bracing for my "picture". Folks, this has a direct impact on mission readiness. Although we are not a fighting force that is judged on how far we can walk into battle as Roman soldiers once did, I know that you can agree to the benefits of a healthy combat force.

In regards to mission accomplishment, I have written an

article describing the very successful wing deployment to Maple Flag 36. This multinational large force-on-force exercise's purpose is to provide a near combat experience for the participants. Statistics have shown that pilots who survive the first 10 combat sorties have an incrementally higher rate of survival. Maple Flag not only prepared the pilots but also provided a tremendous experience for all deployed members, regardless of their AFSC, in the execution of their wartime mission skills.

The closing article of the month is written by Lt Col Paul "Padre" Mathis on the celebration of our Independence Day, July 4th. As a society, we have taken great risks to establish our freedoms. Accordingly, we must never forget the cost that has been shouldered by our citizens to protect those rights here and around the globe. It is in our celebration of these symbols and traditions that we maintain our culture.

Lastly, I look forward to continued service with you. I always have an open door and want your input. We have most of the individual parts of a complete Aerospace Expeditionary Force (AEF) located right here on Hancock Field. I am excited to ultimately observe them all training in concert; we can only do that with you. Train the way you fight!

Editors note: If you would like to learn more about Lt Col Bradley, you can reference his Official Biography at [y:fs_base/protocol/bios](#)



Lt. Col. Kevin Bradley
174 FW, Vice Commander

America, The Military and AEF

By Chief Master Sgt. Ted Mosley 174th FW, Command Chief



As you read this article, we will have celebrated Independence Day. We have been the greatest nation in the world for over two hundred and twenty five years. I hope you all spent a few moments with your families talking about what America means to you. I can only reflect on what it means to me. I was inducted (joined) the military in 1969. Yes 69!

I joined the USAF because they offered the best educational benefits at the time. Times have not changed. I never believed that the military would be a career for me. Guess what?

Once in, I was told that I was different from my old friends. I realize they were right. It felt strange, but I knew what they were talking about. They taught me what discipline is all about. I thought I knew what being mature was about. I learned what America meant to me.

We are the greatest nation in the world. We try to protect all citizens of the world that are oppressed in some way shape

or manner. We try to protect the rights of all in the world that do not have our freedoms. This is not something new. We have been doing this since we became a nation in 1776.

So what does America mean to you? (Reflect.) If you have not traveled outside the borders of this great country, I hope you will have the opportunity, because you will be surprised by what the rest of the world is like. We have an Air Expeditionary Force rotation taking place in the fall of this year. Talk to your supervisors to see if you can become part of this mission. Volunteer to become part of what America is all about. Our timeframe is October to early December of this year. Rotations are about at a twenty five-day interval. That is not normal for the Guard, but this is what is necessary this rotation because of Operatoin Iraqi freedom. Again, volunteer if you can to see what the United States of America is all about. Have a great UTA.



Command Chief
Master Sgt. Mosley



Chaplain (Lt. Col.)
R. Paul Mathis

Be Proud of Your Flag

Words, signs, and symbols many times can give all of us a rededicated spirit of unity and pride. They can redirect us to what is really important in life. The words "one among many" convey the fact of many nationalities under the "roof" of one nation. Patrick Henry's revolutionary battle cry of "give me liberty or give me death" not only signifies the value Americans place on freedom but at the time it was first said, served to unify colonists. A picture of an American eagle embodies freedom and strength, the singing of America the Beautiful or the Star Spangled Banner often brings tears of pride and a feeling of closeness to one another, and the sight of an American flag waving in the breeze engenders feelings of national pride.

On June 14th we'll celebrate Flag Day, a holiday that for many of us, is a relatively unknown one. The first recognized celebration of Flag Day was held in 1885. BJ Cigrand, a Wisconsin schoolteacher, came up with the idea to mark the anniversary of the official adoption of our "Stars and Stripes." The idea of Flag Day slowly caught on in other communities and finally, President Wilson officially established Flag Day in 1916. In 1949, President Truman signed an Act of Congress to declare a national Flag Day.

Just as many of us don't know the history of Flag Day, I'm sure few of us realize all that our flag symbolizes. What follows below is part of an article that I read that I want to share with you. It explains not only the patriotic significance of our flag, but its religious symbolism as well.

The flag and the folding ceremony represent the religious principles upon which our country was founded. The thirteen stripes represent the original thirteen colonies. The red stripes proclaim the fearless courage, integrity, self-sacrifice and devotion of American men and women. The white stripes stand for liberty and equality for all. The field of blue containing the stars denotes honor. The fifty stars represent the states from which our veterans in uniform serve. The canton field of blue dresses from left to right, and is inverted only when draped as a pall on a casket of a veteran who has served our country honorably in uniform.

At the ceremony of retreat in the Armed Forces of the United States, the flag is lowered, folded in a triangle fold, and kept under watch throughout the night as a tribute to our Nation's honored dead. At the ceremony of reveille the following morning, the flag is brought out and run aloft as a symbol of our belief in the resurrection of the body.

- The first fold of our flag is the symbol of life.
- The second fold is a symbol of our belief in the eternal life.

- The third fold is made in honor and remembrance of the veteran, departing our ranks who gave a portion of life for the defense of our country to attain peace throughout the world.
- The fourth fold represents our weaker nature, for peace as American citizens trusting in a God. It is to our God we turn in times of peace, as well as in times of war, for divine guidance.
- The fifth fold is a tribute to our country, for in the words of Steven Decatur, "Our country, in dealing with other countries, may she always be right; but it is still our country, right or wrong."
- The sixth fold is for where our hearts lie. It is with our hearts that we pledge allegiance, to the flag, of the United States of America; and to the Republic for which it stands, one Nation, under God, indivisible with liberty and justice for all.
- The seventh fold is a tribute to our Armed Forces, for it is through the Armed Forces that we protect our country and our flag against all her enemies, whether they are found within or outside of the boundaries of our Republic.
- The eighth fold is a tribute to the one who entered the Valley of the Shadow of Death, that we might see the light of day. It is also to honor Mother, for whom it flies on Mother's Day.



- The ninth fold is a tribute to womanhood, for it has been through their faith, love, loyalty, and devotion that the character of the men and women who have made this country great have been molded.
- The tenth fold is a tribute to fathers, for they too have given of their sons and daughters for the defense of our country since he or she was first born.

- The eleventh fold, in the eyes of the Hebrew citizen, represents the lower portion of the seal of King David and King Solomon, and glorifies, in their eyes, the God of Abraham, Isaac, and Jacob.
- The twelfth fold, in the eyes of the Christian citizen, represents an emblem of eternity, and glorifies in their eyes, God the Father, Son and Holy Ghost.
- The thirteenth and final fold pays tribute to the original thirteen colonies, and to the men and women who had the strength and courage to create the greatest nation on Earth.

When the flag is completely folded, the stars are uppermost, reminding us of our National motto, "In God We Trust." The flag also takes on the appearance of a cocked hat, ever reminding us of the soldiers who served under General George Washington; of the sailors and marines who served under Major General John Paul Jones, who were followed by their comrades and shipmates in the Armed Forces of the United States, preserving the freedoms of life, liberty, and the pursuit of happiness.

Maple Flag 36, EH!

By Lt. Col. Kevin Bradley, 174th FW, Vice Commander

As you read this EnGarde article, all the men and women of the 174th Fighter Wing who deployed to Cold Lake, Canada have returned safely home to Hancock Field. I write this article, however, as 76 of us are comfortably winging our way back to Syracuse in the cargo compartment of an Ohio ANG C-130. As I look around the cabin, I see a lot of tuckered out faces, but they have earned it. Already, the 138th Fighter Squadron has deftly re-deployed 9 code 1 F-16's. Just 200 miles ahead of us is one Puerto Rico C-130 with 23 unit members just touching down in Syracuse and behind us, the last C-130 is airborne. That aircraft contains the 2 remaining unit members, a couple of ISU's and a GE-110 engine starting the 5 hour and 30 minute trek home covering a distance of 2300 miles.

You might be asking, where is Cold Lake, Canada, why is Syracuse deploying to another cold weather location and what were we doing there? Well, Cold Lake is located in the Alberta province some 800 miles north of Helena, Montana. Situated where the Rocky Mountains meet the prairie, we found that the temperatures closely resembled Syracuse this time of year. Close enough in fact that we overheard a resident say that if we didn't like the weather, wait five minutes-- now isn't that familiar. Lastly, and most importantly, what were we doing?

The 174FW was participating in Maple Flag 36, the 25th Anniversary of the exercise and the first time since the unit deployed there in 1982. An international cast of airmen took part as well; the air combat exercise is sometimes called the "Red Flag"

ern simulated air combat environment. And the flying takes place over Cold Lake Air Weapons Range, which covers some 4,000 square miles. By using the range it is possible to combine large-scale air operations with airborne and ground-based electronic threats in a relatively unrestricted environment. Recent joint operations have proven the importance of combined air operations between allied countries. Maple Flag is the training ground for such interaction. The flying skills we honed there are the ones we'll use to operate in our next Air Expeditionary Force (AEF) rotation. Pilots had the opportunity to employ the Litening II targeting pod simulate employment of Laser guided bombs, and simulate JDAM (GPS aided) bombs. Both weapons and the targeting pod were a first for the unit in a large exercise.

But this only tells half of the story. On the flight line the challenges were significant. The unit was scheduled for 102 sorties for the nine days of flying. Aside from the weather cancellation of one afternoon of flying, MXG delivered 100% of the scheduled tails and launched all but one sortie, that one a disappointment to everyone when a brake problem developed at the end of the runway. Captain Jim Oaksford, the deployed maintenance OIC, said the cooperation and resourcefulness of the troops were evident. "The opportunity to work with our NATO allies in an austere location highlighted the experience and talent of the



Col. Kevin Bradley



of the north. More than 4,500 airmen from 12 countries took part in the annual 6-week training exercise, which started May 12 and ran through June 22. Lt. Col. Ted Limpert, 138th Fighter Squadron Commander, said the large number of people and aircraft participating is a bonus, as is the remoteness of the training area. "The lack of flying restrictions and air traffic conflicts -- the NATO team environment -- allows for some excellent real-world-like training," he said. The base is the largest in the Canadian air force and the town of Cold Lake has about 12,000 residents. The exercise pace is hectic, but rewarding and is a great training opportunity for the "young troops," and "the not so young". Maple Flag is one of the largest air combat exercises in the world. It provided the pilots the most realistic training possible in a mod-

unit". A series of pesky fuel indications, external fuel tanks, electrical problems and an engine change kept most of the MXG folks working through the three-day weekend.

The theme was not all work and no play, though. We found the Canadians to be tremendous hosts. The standard comment was that Maple Flag could be renamed "Food Flag" as there was a food tent or chow hall within eyesight at all times. The MWR facilities were world class and one event included a US Forces versus Cold Lake, CAFB basketball game. The 174FW fielded three team members for the US Forces, Maj. Sean McQuaid, Maj. Mike Smith and Senior Airmen Tim Anderson. The game earned them a medal and the respect of their opponents,

Continued from Page 10



Iron Knights Update

By Lt. Col. Mike Wells, 274th ASOS, Commander



Greetings to all at Hancock Field! I have been delinquent in writing an article recently so I'll try and make up with some updates. I attended the Joint Close Air Support (JCAS) Symposium the third week of May in Norfolk, VA and many great things are happening in our Tactical Air Control world. I'll recap those in a minute. But before I explain which direction our mission is going, I want to explain how far and in what direction we, as a squadron, have traveled. I always like to take a peek in the rearview mirror of life and see where this squadron has been over the last two years, while still keeping an eye on the horizon and the road ahead to make the necessary steering adjustments. What I see in the rearview is a cloud of dust and many milestones met. And of equal importance, no flashing red lights! I recently reviewed the goals we put on paper over two years ago and was pleased to discover that we have achieved almost every one.

- Leader in TTP (Tactics, Techniques, and Procedures) ideas and execution
- Leaders in technology acquisition, fielding, and employment: At the JCAS symposium, they briefed new technology, tactics, techniques, and procedures such as precision engagement of CAS targets utilizing Litening II pods, Laser Guided Bombs, and GPS Guided munitions. They also discussed TACTER-31, a tactical laptop computer that allows a Terminal Attack Controller (ETAC or ALO) to conduct digital CAS by data linking targets, threats, and friendly locations while maintaining situational awareness on the fighter's location and selected target. Sound familiar? We have been conducting this type of CAS for over a year with our Toughbook computers and SADL radio and have worked out the techniques and procedures for conducting CAS with Litening II equipped aircraft!
- 100% of individuals meet Army fitness standards: I'm proud of everyone for their efforts and interest in the area of physi-

cal fitness. As many realize, the Army PT test is mandatory for 1C4s, but I have made the test a requirement for the Air Liaison Officers (ALOs) (age challenged!) as well. We have done a fine job with the squadron average at 240 of a possible 300. I know we can improve on this too. Our squadron (and personal) goal for next year is 270.

- Annual participation in Air Warrior and A-10/F-16 Fighter Weapons School support: For two weeks, beginning the last week of April, we worked with the A-10 Fighter Weapons School during their deployment to Ft. Drum. We learned many good lessons and some new techniques, all of which make us more capable of raining down iron on the craniums of the enemy. We also regularly control CAS sorties flown by the outstanding pilots of our very own Hancock Field F-16 unit. And considering the large number of Fighter Weapons School graduates in the squadron, they are commonly referred to as Fighter Weapons School – East.
- 100% of personnel current in all tasks: With the outstanding efforts and results of our training and scheduling team, we are right on target.
- Mobility requirements met by 100% of personnel: Due to the superb efforts of Tech Sgts Kirkby and Stitts, and the personal attention of every member, we are ready to go anywhere at a moments notice.
- AF Form 623s and 797s reflect all training and qualifications: Once again, the success in this area is the result of a highly knowledgeable Unit Training manager, involved supervisors, and attentive personnel. Nice work to all!



Lt. Col. Mike Wells

So where is the direction of our mission and where are we headed? The mission is becoming progressively more technology centric, leading to increased depth and precision on the battlefield. We are leading the way. We will be the first and only ANG ASOS unit to be aligned with the Army's new Stryker Brigade Combat Team (SBCT). The SBCT mission is to strike deep and fast with minimal ground forces by using advanced computerized battle tracking technology and ISR (intelligence, surveillance, and reconnaissance) assets in addition to a new, fast (70 mph+), 8-wheel drive armored vehicle. The The SBCTs reliance on the effective and efficient use of airpower will be critical to mission success. The unit will be mission ready by June '06. We will be fully prepared by bringing the new technology into the squadron as soon as it becomes available.

None of the above mentioned accomplishments would have been possible without the fantastic support, guidance, and assistance of the Hancock Field team. Many thanks to all.

So...this is where we are headed. Keep your eyes on the road. Stay focused on our training and process improvement. New missions and advanced technology for great people... Iron Knights!



Recently Lt. Col. Mike Wells, 274th ASOS Commander, was one of the featured speakers at the Civil Air Patrol, New York State Wing Conference. Lt. Col. Wells spoke at the morning session about the importance of the military relations between the Central New Group, CAP and the Air National Guard on Hancock Field. The 134th Central New York Group, CAP offices on Base and is involved in exercises with the 174th FW and the 274th ASOS. The Civil Air patrol would like to create the same relationships between other Air Guard units and CAP units across New York State. Pictured above is Col. Austin Granville, Commander of the NY State Wing, CAP, Col. Richard Greenhut, Regional Commander, CAP and Lt. Col. Mike Wells.

Travel Changes Effective June 6, 2003

By Capt. Chuck Hutson, 174th FW, Comptroller

There are a couple of very important travel changes to be aware of for all members of the Wing. As a reminder, travelers are required to use the Government Travel Card (GTC) for all hotel and rental car expenses while on official travel. Other appropriate expenses such as meals, laundry, and dry cleaning are allowed--but not required--to be charged to the GTC.

First of all, the 2003 National Defense Authorization Act implemented mandatory split-disbursement for all military personnel. Accordingly, effective 6 June 03 all travelers must indicate Split-Disbursement in block 1 of DD 1351-2. Additionally, the traveler must identify the dollar amount of outstanding charges. Previously, if you indicated "balance", the finance office would research your GTC balance and pay the full amount to Bank of America. Travelers can always determine their balance by calling the phone number on the back of the Bank of America card, 1-800-472-1424.

Secondly, supervisors must review all DD 1351-2 travel vouchers and sign block 20c prior to submitting to Financial Services Office (FSO) for payment. In the absence of the supervisor, the approving officer (the official who authorized the travel) may review and sign the voucher in block 21a.

Supervisors are approving the vouchers to ensure travel actually occurred and split-disbursement as well as a dollar amount has been identified in block 1. Vouchers without the supervisor's signature will be returned to the member for correction.

Many personnel perform duty at home-station in a "will commute" status and are not required to file a DD 1351-2 travel voucher; rather, they file a POV Mileage Only Claim on side 2 of their home-station travel order. These POV Mileage Only claims do not require supervisory approval.

As a reminder, travelers are mandated by the Joint Federal Travel Regulations (JFTR) to submit their claims to the finance office within 5 days of completing travel. In the past you may have mailed or faxed your voucher directly to the finance office. Now you will need to submit them to your supervisor prior to submitting to the finance office.

Mandatory split-disbursement and supervisory review have been implemented DoD-wide as an effort to reduce GTC delinquencies.



Capt. Chuck Hutson

Clothing Issue News

Senior Master Sgt. Paul Samora, 174th FW, Warehouse Supervisor



Senior Master Sgt.
Paul Samora

Effective 1 Oct 03, our clothing issue section here at Hancock Field will be one of 20 Air Guard bases participating in a new Air National Guard Clothing Management Program. The Defense Logistics Agency (DLA) has contracted with the Kentucky Logistics Operations Center (KYLOC) to manage uniforms for the Navy, Marine Reserves, the Seabees, Amphibious Units and the Army National Guard. The goal is to see if the Air National Guard can experience the same cost savings and improved customer support as the service component they are currently supporting. If the test goes well, all Air National Guard bases will be using the same program effective 1 Oct 04.

What this means to all of us here at the 174th, including the geographically separated units that we support, is that we will no longer stock uniforms and accessories. For now this will include BDU'S, DCU'S and Blues. Eventually cold weather gear will be phased out of our on-the-shelf stock as well.

The process appears to be fairly simple. An individual will come to the Individual Equipment Unit (IEU) where the customer service representative will logon to the secured Web site. An order will be placed and sent to KYLOC. KYLOC in turn will pull the order from stock and sew on all

stripes, patches that are required and shipped back to Syracuse complete. The turn around time is 5-7 days for routine orders and 72-hours for emergencies.

Be aware that the 72-hour time frame for emergencies is about the same turn around time we experience now for last minute deployments or schools if a desired item is not in stock. As a result of the lack of on-the-shelf inventory, each military member will need to be proactive in taking responsibility for their uniforms, including dress blues. Unfortunately, we will no longer be able to issue a hat, belt or buckle on the spot. REMEMBER these items will not be in stock as of 1 Oct 03.

2nd Lt. Tim Martin and Master Sgt. Carolyn Campbell will be visiting KYLOC to tour the center and see the process. We will put out additional information as we learn more about this new program. If you have any questions about this program, please feel free to stop by IEU to pick up a copy of some frequently asked questions from the test bases. Any concerns can be forwarded to the ANG POC through Master Sgt. Campbell or myself. We appreciate everyone's patience and understanding as we transition into a "just-in-time" inventory.



Master Sgt. Carol
Campbell

Introducing the New ANG Fitness Program

By Master Sgt. Greg Giamas, 174th MPF



Master Sgt. Greg Giamas

Introduction - The ANG has a new fitness program that also includes a new fitness assessment. This article is for all ANG members and is designed to provide you background on the new fitness assessment, what to expect, and how to prepare for it.

ANG Fitness Program Goals - The goal of the ANGFP is to motivate all members to participate in a year round physical conditioning program emphasizing total fitness to meet military and civilian requirements. The new fitness assessment will calculate your Fitness Age which makes understanding your fitness level easy.

ANGfitness.com - The ANG is pleased to announce the launch of ANGfitness.com, the new fitness destination for all ANG members and fitness program managers. After you complete your first fitness assessment, you will receive details on how to logon to <http://angfitness.com> to see your fitness assessment results, find out about your next fitness assessment, get advice on improving your fitness and read ANG Fitness Program news.

Frequency of Fitness Assessments - The ANG will continue to assess all ANG members' fitness once per year. In the event that you don't meet the minimum fitness standard, you will need to undertake repeat fitness assessments in a specified time.

There are five Fitness Assessment Components



body

1. Body Composition (Body Fat %)

The body composition assessment is non-invasive and is based on your gender, height, weight and waist measurements. The average range of body fat for men is 17-21% and the average range for women is 19-28%. Excess body fat is associated with a number of health risks, including heart disease, hypertension, diabetes, gall bladder disease and sleep disorders. This is especially important because more and more people have unhealthy excess fat in addition to being overweight.



cardio

2. Cardio Respiratory (Heart Fitness)

After measuring your resting pulse (which doesn't affect your results in any way), you will complete a 3-minute step test that requires you to step up and down on an exercise step (in time with a cadence), for 3 minutes. After 3 minutes, your pulse is measured for 1 complete minute which is known as your recovery rate.

Cardio respiratory fitness is all about the fitness of your heart and circulatory system, or more specifically, the heart's ability to pump oxygen-rich blood to the muscles. Cardio respiratory fitness is a good indicator of your risk for

heart disease, hypertension and a host of other diseases. Because heart disease is the leading cause of death in the United States, this is a critical area of fitness. The faster your heart recovers to a normal pulse, the more likely your heart will be able to handle physical and other stresses.



flex

3. Flexibility

The Flexibility test (also known as the sit and reach test), tests your mid section (including hips, hamstrings, lower back and groin) for extended motion. It is essentially a "touch your toes" test while sitting on the exercise mat with your legs extended in front of you. The further you reach, the better your flexibility.

Your shoes will be off and you will be seated on an exercise mat with your legs fully extended. Your toes should point straight up and not be pulled back towards the body or pointing forward away from the body. Sitting fully upright and extending your arms forward with one hand placed over the other, you will then reach forward toward your toes. You should exhale as you lean forward from the waist with your chin on your chest. You will have several slow and controlled warm up stretches and then the distance reached will be measured by tape measure.



strength
sit-ups

4. Muscular Strength & Endurance: Sit Ups

Muscular strength is a measurement of the greatest amount of force you can produce in a single maximal effort. Muscular endurance measures your ability to exert a sub-maximal force over a period of time. Adequate muscular endurance and strength are essential ingredients to optimal health, facilitating participation in everyday activities.

The first muscular strength and endurance test is the 1-minute sit up test. The correct method of a full sit up starts with you lying on your back with legs bent at right angles and your feet being held down by your buddy. Your arms are crossed over your chest. You then curl up and forward until your elbows touch any part of your thigh or knees. You then return back to the start position with your back and shoulders on the mat. This is one repetition.

As the name implies, you will be asked to complete as many sit-ups as you can do within 1 minute.



strength
push-ups

5. Muscular Strength & Endurance Push Ups

The push up test requires you to complete as many continuous push-ups as you can until fatigue (ie. can do no more without causing any injury). Your form must be correct and they must be continuous (eg. you can't lock your arms and take a rest).

Men are required to perform the standard military push up and women are required to perform the modified (from the knee) push up.

The correct starting position for a push up is facing down with your hands placed on the floor, slightly wider than shoulder width apart and your fingers pointing forward. Your

head neck and spine should all be in alignment (ie. straight) and your feet spaced no more than 12 inches apart. Women should also assume this position to start and then drop your knees to the floor and raise your feet (and cross them behind you if you like).

The motion of a push up requires you to lower your upper body until your upper arm is at least parallel to the floor (elbows bent at right angles) and then return to the start position. This is not a timed test and you should use a slow controlled motion and not rush.

Fitness Assessment Results - Each score obtained for each test is written on the Fitness Assessment Questionnaire that you will be given at the assessment location. At the completion of the assessment, your questionnaire will be collected and the data entered into the online fitness assessment software program.

You will receive an age for each fitness assessment category (eg. BodyAge, CardioAge) and an overall FitnessAge. This is the age you compare to your actual age. You will also see the ideal result (something to aim for), whether you met the minimum standards or not, and a rating (eg. good, average, poor etc).

The objective of calculating your FitnessAge is so that each ANG Member can easily grasp their level of fitness and have a benchmark upon which to improve.

Caution!

Before embarking on any new diet or exercise program, you are highly encouraged to consult your physician.

The annual Fitness Test will take place on the JULY UTA!

Please be in PT clothes and CLEAN socks!

During the July UTA, you will be notified by your unit First Sergeant of your show time for the fitness test. You will be given a fitness questionnaire to fill out that you must bring to the fitness test. The fitness test will be held in the Wing conference room, Bldg 174. A total of one hundred personnel every ninety minutes will be able to do the test at one time. You will be paired up with a partner, stand at a fitness station, and begin the test. If you are unable to attend the July UTA fitness test, you will have to take the test at unit level.

IMPORTANT!

For at least 2 hours before the fitness assessment, it is very important that you:

- Do not smoke or use any tobacco
- Do not consume any caffeine like coffee or soda
- Do not perform any type of exercise

Also, if you are taking any non-prescription medications that elevate your heart rate, please do not take any on the day of your assessment.

Fitness Test Minimum Standards Guide

| AGE | Body Fat % | | Recovery Rate | | Sit & Reach | | Sit Ups | | Pushups | |
|-----|------------|--------|---------------|-------|-------------|-------|---------|-------|---------|-------|
| | MEN | WOMEN | MEN | WOMEN | MEN | WOMEN | MEN | WOMEN | MEN | WOMEN |
| 18 | 16.50% | 24.30% | 95 | 104 | 1 | 4 | 37 | 29 | 39 | 25 |
| 19 | 16.90% | 24.50% | 96 | 104 | 1 | 4 | 36 | 28 | 38 | 24 |
| 20 | 17.20% | 24.60% | 96 | 105 | 1 | 4 | 35 | 28 | 37 | 24 |
| 21 | 17.50% | 24.70% | 96 | 106 | 1 | 4 | 35 | 27 | 36 | 23 |
| 22 | 17.90% | 24.90% | 96 | 106 | 1 | 4 | 34 | 27 | 35 | 22 |
| 23 | 18.20% | 25.20% | 97 | 107 | 0.5 | 3.5 | 33 | 26 | 35 | 21 |
| 24 | 18.30% | 25.40% | 97 | 107 | 0.5 | 3.5 | 33 | 26 | 34 | 20 |
| 25 | 18.60% | 25.60% | 98 | 107 | 0.5 | 3.5 | 33 | 25 | 33 | 20 |
| 26 | 18.80% | 25.80% | 98 | 108 | 0.5 | 3.5 | 32 | 25 | 32 | 19 |
| 27 | 19.00% | 26.00% | 98 | 108 | 0.5 | 3.5 | 32 | 24 | 31 | 19 |
| 28 | 19.20% | 26.10% | 99 | 108 | 0 | 3 | 31 | 24 | 30 | 18 |
| 29 | 19.30% | 26.30% | 99 | 108 | 0 | 3 | 31 | 23 | 30 | 18 |
| 30 | 19.50% | 26.50% | 100 | 109 | 0 | 3 | 31 | 23 | 29 | 17 |
| 31 | 19.70% | 26.80% | 100 | 109 | 0 | 3 | 30 | 22 | 29 | 17 |
| 32 | 19.90% | 26.90% | 100 | 109 | 0 | 3 | 30 | 22 | 28 | 16 |
| 33 | 20.10% | 27.00% | 101 | 110 | -0.5 | 2.5 | 29 | 21 | 28 | 16 |
| 34 | 20.30% | 27.10% | 101 | 110 | -0.5 | 2.5 | 29 | 21 | 27 | 15 |
| 35 | 20.50% | 27.20% | 102 | 110 | -0.5 | 2.5 | 28 | 20 | 27 | 15 |
| 36 | 20.70% | 27.30% | 102 | 111 | -0.5 | 2.5 | 28 | 20 | 26 | 14 |
| 37 | 20.90% | 27.40% | 102 | 111 | -0.5 | 2.5 | 27 | 20 | 26 | 14 |
| 38 | 21.10% | 27.50% | 103 | 112 | -1 | 2 | 26 | 19 | 25 | 13 |
| 39 | 21.30% | 27.60% | 103 | 112 | -1 | 2 | 25 | 19 | 25 | 13 |
| 40 | 21.50% | 27.70% | 104 | 113 | -1 | 2 | 24 | 19 | 24 | 13 |
| 41 | 21.70% | 27.80% | 104 | 113 | -1 | 2 | 23 | 18 | 24 | 12 |
| 42 | 21.90% | 27.90% | 104 | 113 | -1 | 2 | 23 | 18 | 23 | 12 |
| 43 | 22.10% | 28.10% | 105 | 114 | -1.5 | 1.5 | 22 | 17 | 23 | 12 |
| 44 | 22.30% | 28.30% | 105 | 114 | -1.5 | 1.5 | 22 | 17 | 22 | 12 |
| 45 | 22.50% | 28.50% | 105 | 114 | -1.5 | 1.5 | 21 | 17 | 22 | 11 |
| 46 | 22.70% | 28.70% | 106 | 115 | -1.5 | 1.5 | 21 | 16 | 21 | 11 |
| 47 | 22.90% | 28.90% | 106 | 115 | -1.5 | 1.5 | 21 | 16 | 21 | 11 |
| 48 | 23.10% | 29.10% | 106 | 115 | -2 | 1 | 20 | 15 | 20 | 10 |
| 49 | 23.30% | 29.30% | 106 | 115 | -2 | 1 | 20 | 15 | 20 | 10 |
| 50 | 23.50% | 29.50% | 107 | 116 | -2 | 1 | 19 | 14 | 19 | 9 |
| 51 | 23.70% | 29.70% | 107 | 116 | -2 | 1 | 19 | 14 | 19 | 8 |
| 52 | 23.90% | 29.90% | 107 | 116 | -2 | 1 | 19 | 14 | 18 | 8 |
| 53 | 24.00% | 30.10% | 108 | 117 | -2.5 | 0.5 | 18 | 13 | 18 | 7 |
| 54 | 24.10% | 30.30% | 108 | 117 | -2.5 | 0.5 | 18 | 13 | 17 | 6 |
| 55 | 24.20% | 30.50% | 108 | 117 | -2.5 | 0.5 | 18 | 13 | 17 | 6 |
| 56 | 24.30% | 30.70% | 109 | 118 | -2.5 | 0.5 | 17 | 13 | 16 | 5 |
| 57 | 24.40% | 30.90% | 109 | 118 | -2.5 | 0.5 | 17 | 13 | 16 | 5 |
| 58 | 24.50% | 31.00% | 109 | 118 | -3 | 0 | 17 | 13 | 15 | 4 |
| 59 | 24.60% | 31.30% | 110 | 118 | -3 | 0 | 16 | 12 | 15 | 4 |

An "AGE" without Paul Gorman?

By Senior Master Sgt. Tim Campbell, 174th FW, Aerospace Ground Equipment Element Supervisor



Senior Master Sgt.
Tim Campbell

Stick your hand into a bucket of water, and then pull it out. The hole your hand leaves is an indication of how much you will be missed when you retire from federal service, someone once told me. I have heard that said in many different ways, and I would like to dispel that logic. Regardless of who it is, there is a heartfelt loss when anyone decides to hang it up for good. The Aerospace Ground Equipment Element is about to feel the full weight of just such a loss at the end of June. Master Sergeant Paul Gorman is retiring, and I am not bashful about expressing the void his departure is going to create.

Sure, we will hire someone new, and Paul is certainly leaving plenty of talent in his wake as he sails into his retirement. We have a stable full of vibrant and eager achievers that will step up to carry the load into the future. But what many of you may not realize is that Paul "PAG" Gorman is the type of person that is virtually irreplaceable. Here's why?

If you needed something fixed, let me rephrase that, if you needed ANYTHING fixed, Paul was the man with the ability to do it. Now, that may not seem like a big deal to some, but when working in a field as diverse as AGE happens to be, that is a very big deal. Whether it is an electrical problem, an engine problem, hydraulic problem, an air conditioning problem or the lawn tractor wouldn't start early one morning, Paul was the man we have turned to for many years. Some may argue that he was just doing his job. That is simply nonsense! He never needed to be asked to do those

things. If something was not working right, he was always the first to tackle any problem without hesitation.

Paul was not always the first one to work in the morning. He loved to "debate" anyone on any given subject, and didn't mind ruffling a few feathers while doing so. If I needed administrative help, I never turned to Paul. If there was a tool to be neatly etched, or foam to be cut like a surgeon, PAG was not the one to turn to. However, if I needed someone to troubleshoot a 440 volt powered hydraulic test stand with confidence and a delicate touch, he was, and has been for many years, the guy to go to. If another area on base was looking for help with their tool control program, HAZ MAT plan, or if they were having trouble with a snow blower in the middle of a blizzard, PAG was right there.

From his fledgling career in the Navy, to Vietnam, Desert Storm, Operation Provide Comfort and through countless MEI, UEI, QAFA, ORI, and UCI inspections, MSgt. Gorman has been a pillar of stability.

Yes, Paul Gorman will be sincerely missed. His efforts at the 174th may be transparent to some, but the people he worked with certainly understand what they have lost. I worked side by side with Paul for 16 years in one capacity or another, and he has been nothing short of awesome. I have learned an awful lot from him and saddened to see him go. We are also happy for him at the same time, as he heads out the gate one last time in uniform. His retirement at the end of June came quicker

than expected. Paul's retirement party information will be posted around the base, keep an eye out for it. Please, and I really mean this, don't just come to say good bye, say Thank You, believe me he deserves that above all else. Good Luck Paul and Thank You!



Members of the 174th FW, Aerospace Ground Equipment Element. Top Row L to R: Tsgt. Randy Krytusa, SSgt. Jeff Thompson, SRA. Eric Lent, SSgt. Steve Sobus, MSgt. Paul Gorman, Tsgt. Tim Barrington. Bottom Row L to R: SSgt. Greg Dennee, Tsgt. Steve Grausgruber, SMSgt. Tim Campbell.

Continued from Page 5

even though the good guys came up a little short in the fourth quarter. The 138FS won the Maple Flag Period 1 Crud World Championship and handed the Nellis AFB Aggressor team their first loss in seven years (as they told the story). We also had an opportunity to recognize a number of Superior Performers that were identified by the US Forces Maple Flag Staff and the recipients were awarded a Superior Performer Certificate. Congratulations to Senior Airmen Stephanie Barnes (Crew Chief), Senior Airmen Bernadette Yamin (Intel), Senior Airmen Tim Anderson (Weapons), Staff Sgt. Maurice Shivers (Avionics), Staff Sgt. John Jones (Avionics, ADVON Support), Staff Sgt. Mark Dwyer (Expediter), and Tech. Sgt. Lyle Sharkey (Structural).

Our participation in Maple Flag 36 was the perfect capstone event as we sharpen the blade in preparation for our next AEF rotation. The wing executed all the elements required to insure that we can **DEPLOY, EMPLOY and REDEPLOY**. It is important to remember that regardless of your AFSC or position in the 174FW, this concept of operation takes a team effort. We all depend on your expertise and experience to make things happen. Lastly, congratulations are in order to Lt. Col. Christian Pelozo, Wing Project Officer, 1st Lt. Nick Lotito, Assistant Project Officer and deployment 1st Shirt, Master Sgt. Mack Lathrop for the 'Herculean' job they did to make this deployment the most mission worthy and enjoyable of my short 12 years as a 174FW member. Thanks and well done.

Family Chat

By Chris Muszynski, 174th FW, Family Readiness Coordinator



Chris Muszynski

WELCOME HOME

On behalf of the men and women of the 174th Fighter Wing, please accept our sincere THANKS for your excellent service and many sacrifices your families made to serve your country.

Please visit or call the Family Readiness office for the many programs available to you and your families.

On March 24, the Governor issued Executive Order 125 immediately implementing the following provisions of the Patriot Plan. Additional military leave benefits for New York State employees called to active duty;

- Automatic extensions of driver's licenses and registrations that would otherwise expire for New Yorkers ordered to active duty relating to the war on terrorism and military action in Iraq;
- Free use of SUNY computer facilities and video-conferencing equipment for family members of reservists called to active duty; and
- Free one-year Empire Passports (provides admission to all State parks, beaches, etc.) for reservists called to state or federal active duty and their families. For more info, call Debbie Keville at 518-474-8081. To obtain the free Empire Sticker, go to



Welcome Home! This is the final group of 174th Security Forces Squadron Members returning home from Operation Enduring Freedom/Iraqi Freedom meeting their loved ones and fellow unit members.

www.nysparks.com. Click on the middle section of the compass and download the application. Complete the application and mail with a copy of your orders to Empire Passport, New York State Parks, Attn: Debbie Keville, Albany New York 12238.

Per 1st Lt. Jeff Brown, 174th FW Public Affairs Officer and New York State Assemblymen for the 121st District, "The remaining components of the Patriot Plan require approval by the state legislature. Assembly Republicans originally introduced the legislation with the Governor and stand ready to pass it. The Senate

passed the plan shortly after its introduction, but the Assembly Majority continues to negotiate provisions of the plan. "We are hopeful something can be worked out this session," said Lt. Brown.

Disney Armed Forces Salute

To honor our military members, Walt Disney Parks and Resorts is offering a complimentary one 5-Day pass- Disney Armed Forces Salute Ticket, valid for admission to Disney's Theme parks, water parks and more at Walt Disney World Resort through December 19, 2003. For complete details, go to www.disneyland.com/military and for many additional military promotions.



Jeanne Macumber welcomes home her husband, Staff Sgt. Richard Macumber. Staff Sgt. Macumber, a member of the 174th FW Security Forces Squadron, was deployed in support of Operation Iraqi Freedom.

Sears Portrait Special

Register or login at www.searsphoto.com to order a Free Sears Portrait Studio session. Please stop by or call your local Sears store for the promotional Code to apply for the 20% savings on your order. Simply show your military ID at the time of session for this Military Offer. Also a Free session fee in studios where Portraits Online is not yet available, you can receive your portraits on disk (\$14.99 value).

Tricare

Eligibility for mobilized National Guard and Reservists and their family members has been simplified. Please call the Family Readiness office for details or call (800) 242-6788.

Thank you

To all the members of the 174FW, 152nd, 274th for your support of our families during this past year.

Informational Websites:

www.ang.af.mil

www.guardfamily.org

www.defenselink.mil

www.dol.gov/vets

<http://esgr.org>

www.tricare.osd.mil

www.mytricare.com

www.USFHSPVCMC.org

www.ucci.com

Air National Guard

National Guard Family Program

Department of Defense Website

Department of Labor Veteran's

Education and Training Service

Employer Support of the Guard

TRICARE Benefits Website

MyTricare-Check Claims Status

Online

US Family Health Plan Website

United Concordia TRICARE Dental Program

Base Announcements

Munitions Maintenance Flight Retirement Party

The 174th Fighter Wing Munitions Maintenance Flight will be hosting our annual retirement party on Sunday August 17, 2003. The event will be held at JR's Barbeque and Bakes to honor ammo troops that have, or will be, retired this year. This year's honorees are Master Sgt. Mike Silkworth, Master Sgt. Sidney Cooper, Tech. Sgt. Mike Connors, Tech. Sgt. Tim Hannon, and Tech. Sgt. Daryle Bitely. Located at 7435 East Taft Road, this is an outdoor facility with a large pavilion approximately 8/10 of a mile east of Arrowhead Golf Course. The menu will consist of slow roasted beef, boneless ham, barbeque chicken, macaroni salad, potato salad, barbeque baked beans, and relish tray. Drinks included in the price are iced tea, soda, and a keg of beer. The festivities begin at noon and go until 5:00PM. Cost of admission is \$20.00 per person. This covers the all-you-can-eat menu as well as gifts. For tickets, please contact Senior Master Sgt. Chris Cushman, Tech. Sgt. Jeff Gagnon, or Tech. Sgt. Robin Zehr. Tickets will be on sale until Thursday July 31, 2003. For more information, please call 315-454-6463.

New York State Educational Incentive Program

Applications for the FALL 2003 semester will be accepted until 10 Aug 2003. Please come to the Retention Office for the DMNA Form 96-1, Educational Incentive Program Application.

Additional Paperwork NEEDED:

Full time students must complete the Free Application for Federal Student Aide (FAFSA). A copy of the FAFSA application must be submitted along with the DMNA 96-1 at time of application.

Part time students must complete the Aide for Part Time study (APTS). A copy of the APTS application must be submitted along with the DMNA 96-1 at time of application.

Student Aide Report (SAR): When your FAFSA is processed successfully, you will receive a SAR. You MUST bring a copy of the SAR to the Retention Office.

TAP Award Certificate: When your FAFSA is processed successfully, you will also receive a TAP Award Certificate. You MUST bring a copy of your TAP Certificate to the Retention office.

DMNA 96-1, Application deadline is 10 Aug 2003. If you do not have the SAR or Tap Award Certificate at the time of application, you will have until 13 Oct 03 to submit all SAR or Tap Award certificate paperwork. DMNA will not take late submission on the application or follow up paperwork. When all paperwork is received, DMNA will forward approved names to the appropriate schools. Approved list is forwarded from DNMA to the schools on the 1st and 15th of each month. Please follow up to ensure your paperwork is complete. If you need any assistance please call the Retention Office Manager, Master Sgt. Mary Gilchrist at 454-6161.

All Services Club

Saturday, 12 July is Labatt's Blue Night with the Labatt's Girls. There will be Labatt's specials and giveaways. The next round of the volleyball competition will take place. Be sure to sign up your team! Come join the fun!

Membership cards cost \$10 per year. If you do not have a current card, please purchase yours at the door or contact Master Sgt. Rita Scheirer at X606. There will be a cover charge of \$3 if you do not hold a current club card. Renew yours now!

We hold a drawing every Saturday night of the UTA for current club members. You must be present to win. The cash prize starts at \$25 and increases \$10 per month if we do not have a winner for that month. Show up this drill - hey you never know - this could be your lucky month.

The All Services Club will be moving sometime in the near future. A large part of the moving expense and building expense will be coming from our fund raising. Please remember this when we offer raffle tickets each month. It's your club - please support it!

Future events: The Volleyball playoffs will be in August.

2003 State Fair Exhibit Sign-up

The 2003 New York State Fair will run from Thursday, 21 August through Monday, 1 September (12 days). This year we will start setting-up the exhibit on Monday, 18 August and will take it down on Tuesday, 2 September. We will need 6 people for set-up and tear-down and 15 to 20 people to run the exhibit each day of the Fair. Again this year, you will be given free admission to the Fair and on-grounds parking. The exhibit will be open from 10 AM until 8 PM. "A" shift will report at 9 AM and will work until 3 PM. "B" shift will report at 2:30 PM and work until 8:30 PM. The uniform during exhibit times will be BDU's, blues, or civilian attire (reference: Commanders Policy Letter 01-01).

The procedure to sign-up is as follows:

- Place your name (tentatively) on the roster.
- Fill-out the information on this request.
- **Have your supervisor sign this request indicating approval and state whether your requested days are included as part of your 15 days annual training or you need additional days for the State Fair (see below).**
- Return the request, then check your name as confirmed and the admission and parking passes will be distributed on or before the August UTA.
- Provide a signed copy of request for orders.

To obtain the necessary form and if you have any questions, please contact Senior Master Sgt. Ron Fox at 454-6468 or Chief Master Sgt. David Heckman at 454-6689/451-0808 Ext 3015 day-time/699-5164 evenings.

July UTA Pay Date:
23 July 2003

Next UTA
9 & 10 August 2003





Master Sgt. Brian Gaulke, 274th Operations NCOIC and Terminal Attack Controller - Instructor, giving guidance to Staff Sgt. Jeff Mariano while controlling F-16s over Grayling Range in Michigan.



Civil Air Patrol (CAP) , Cadet 2nd Lt. Andrew Treiman and Col. Basile, 174th FW Commander posed for a quick picture before going into an interview session. Cadet Treiman is a high school senior from Binghamton New York who requested an interview with Col. Basile for his creative writing class. Cadet Treiman plans on attending North Dakota University to study Aviation. He hopes someday to be pilot in the military and to fly commercially. Sounds like Air Guard potential. Cadet Treiman is the Cadet Commander of his CAP Cadet Squadron in Binghamton, New York.



As welcome home surprise, Master Sgt. Anita Dardis, 174th FW Executive Assistant, Chris Muszynski, 174th FW, Family Readiness Coordinator treated Master Sgt. Janet Carpenter to lunch. Sgt. Carpenter recently returned home from involvement Operation Iraq Freedom. The surprise was the other guest, long time friend of the 174th, popular local musician and song writer Todd Hobin. Master Sgt. Carpenter is a big fan of Hobin and was unaware that he was invited to lunch as a special surprise.

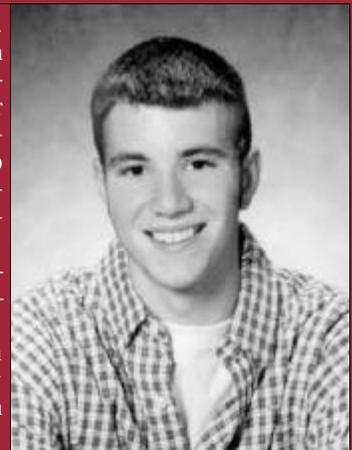


Senior Airman Nate Huskins (right), poses with fellow 174th member 1st Lt. Jeff Brown in the New York Assembly Chamber in Albany. Huskins is a crew chief and economics major at SUNY Albany, with plans to go on to law school. He worked on Assemblyman Brown's staff during the legislative session in Albany. Anyone interested in an internship with Assemblyman Brown should stop by his office or call 452-1115 for details. It is a great opportunity for anyone interested in a political or legal career to get to work on issues that affect the lives of all New Yorkers.



Colonel Tony Basile, 174th Fighter Wing Commander, presents Chief Master Sgt. Kenneth Potter, Logistics Readiness Squadron Superintendent, with a well deserved Meritorious Service Medal (MSM) for his outstanding support in New York City following 9/11 and Inspector General/Exercise Evaluation Team guidance. Congratulations Chief Potter!

Christopher J. Dardis, son of Master Sgt. (ret) Bill Dardis and Master Sgt. Anita Dardis is a recipient of the \$1,500 scholarship for the 2003 Scholarships for Military Children, sponsored by Colgate-Palmolive Co. Chris was one of the two selected winners for the Fort Drum Commissary Nationally sponsored essay contest. His composition was written on the subject of "What influence having parents in the military had on your educational goals." Chris will be attending St. John Fisher College, in Rochester, NY in the fall of 2003, majoring in Elementary Education. Congratulations to Bill, Anita and Chris.



Combat-Related Special Compensation to Go to Veterans

American Force Press Service reports that a provision included in the 2003 National Defense Authorization Act will compensate an estimated 35,000 retired veterans for disabilities resulting from combat injuries, wounds and diseases. For what DoD is calling combat-related special compensation, the payments are tax-free and could range from \$105 up to \$2,100 or more each month, said Navy Capt. Chris Kopang, DoD's director of military compensation. The new provision also covers veterans whose disabilities resulted from actions such as live-fire training exercises, tactical exercises and airborne operations, he added. Veterans eligible for the special compensation must have completed at least 20 years of service and have a qualifying combat-related disability as determined by their military department. They must also be currently receiving 60 percent or higher disability compensation from the Department of Veterans Affairs. The application form for this compensation will be available by the end of May on the Defense Manpower Data Center Web site at <https://www.dmdc.osd.mil/crsc/>

Reservists, Guardsmen Get Extended Per Diem

Air Force Print News reports that Air Reserve component officials at the Pentagon are reminding Reservists and National Guardsmen that those called to active duty to support Operation Iraqi Freedom will receive per diem consistent with periods established for other recent conflicts. Reservists and guardsmen ordered to support major military operations are normally entitled to receive per diem for up to 730 days at one location, according to the officials. The two-year entitlement, originally designed for operations Noble Eagle and Enduring Freedom, also applies to OIF. The officials were concerned that reservists and guardsmen would confuse an earlier change to active-duty entitlements -- establishing group waivers to receive entitlements beyond 179 days -- to mean they would not receive per diem for current contingency operations. Per diem entitlements under the two-year authority are not taxable and cannot be arbitrarily reduced, according to the officials. Per diem is not payable to people in a commuting status. In addition, dependents of airmen who are ordered to duty for 31 consecutive days are eligible for enrollment in Tricare Prime, the officials said. This is a change to the previous policy requiring 179 days of continuous active duty for enrollment.

House Approves National Defense Authorization Act

The U.S. House of Representatives has approved H.R. 1588, the National Defense Authorization Act for Fiscal Year 2004, on a bipartisan 361 to 68 vote. The legislation authorizes \$400.5 billion in budget authority, matching the President's request, for the Department of Defense (DOD) and the national security programs of the Department of Energy (DOE). Some highlights of H. R. 1588 include:

- A 4.1 percent average pay raise;
- Over \$6 billion for new housing, child care centers, schools and other construction
- Increased funding for airlift and aerial refueling
- \$9.1 billion for missile defense programs
- Research and development funds for a new deep strike bomber
- \$10.8 billion for maintenance of equipment and weapons
- Establishment of a TRICARE beneficiary outreach program
- \$7.3 billion to fight terrorism including \$75 million to develop new technologies
- Reform of DOD policies and practices - from personnel to acquisition
- Increases in active component end strengths to meet high priority manpower shortfalls
- Initiatives to facilitate and enhance the service of reserve and National Guard personnel
- \$119 million for B-1B bomber modifications to begin the regeneration process for 23 aircraft
- \$726.8 million in upgrades for M3A2 Bradley Fighting Vehicles and M1A2 Abrams tanks
- \$3.7 billion for ammunition replenishment and industrial base upgrades

The House version of the authorization will have to be reconciled with the Senate version before it is sent on to the President for signature.

More information on this act can be found at <http://armedservices.house.gov>

Honor Guard Members Needed

With today's increasing mission requirements and decreasing workforce, Honor Guard volunteers from all career fields are needed to ensure a continued legacy of rendering honors for our Airmen, both past and present. As a member of the Base Honor Guard, you will be called upon to perform Honors for active duty, retiree, and veteran funerals. Honor Guard members epitomize the three Core Values: Integrity First, Service Before Self and Excellence In All We Do.

Criteria: Make reasonable commitment to support military honors throughout the year. Meet established guidelines. Consider being part of the most prestigious and rewarding unit in the United States Air Force. Become an Honor Guard member today. For information, call the Base Honor Guard at 454-6515.



We would first like to apologize for not having an Alumni page in last month's EnGarde. The reason was two fold. First we had very little to report, but more significantly your editor was preoccupied with a project of his own, and had little or no time to put something together and get it in before the deadline. We hope that our decision did not cause anyone any inconvenience, or dissatisfaction. Our intent is to publish the Alumni News each and every month; however, we are finding it increasingly difficult to gather enough material to fill the Alumni page. This is where we could use your help. If you have a news item, or an antidote of some kind that you think our membership would like to read about, send it to us and we will use it as long as it is suitable for publication. On average, we only have room enough for 800 words, plus a picture, so whatever you send us, please keep it relatively short. Our mailing address is 174th Alumni Association, 6001 East Molly Road, Syracuse, NY 13211-7099., or e-mail it to: chief174@twcnny.rr.com.

Vote

In the May issue of the EnGarde, we mentioned that there would be a vote on an amendment to our Constitution and By-Laws, that if approved would allow current members of the 174th FW, having 20 or more years of military service to join our organization as a regular member. Fortunately, or unfortunately, as care to view it, the proposal was defeated. The unfortunate thing was that there were only 22 members present at the meeting, and only 19 of those voted for or against the measure. The count was 11 against, and 8 for the change. The good news is that active members of the 174th, those with 20 or more years of military service, can still join our Association as an Associate member. They can enjoy all of the benefits and privileges of a Regular member, except they are not permitted to hold office, or vote on Alumni matters.

Picnic

We want to remind everyone that August 2nd is the date for this year's Alumni pic-

nic. It will once again be held at the Base All Services Club. The day's activities will be pretty much the same as we have enjoyed over the past few years. For those of you that have never attended this annual function, there will be food, drink, entertainment and fun throughout the day. Our menu will include roasted chicken, hamburgers, hot dogs, coney, salads, rolls, and many other items that will be to your liking. Beer and soda, and coffee will also be available. Hopefully, we will have a few items to give away, and we will have some form of entertainment. The price is still only \$5.00 per person. For those of you that like something other than beer, the Club bar will be open for your convenience. We have made a couple of changes this year. We will only be

small luncheon, giving everyone the opportunity to visit with old friends and meet some of the newer members of the unit. We'd be remiss if we didn't express our sincerest thanks for the service the Honor Guard has provided us over these past many years. It is an unselfish thing they do, for it is strictly voluntary. We can only hope that they will not tire, for what better way to honor a veteran than to have an Honor Guard present during his or her interment or on special occasions such as this one.

New Members

Carlton Derby, Carmine Sonnachio

More News & Trivia

Since the May issue of the EnGarde was published, we have added five new members to the Life Membership roster. They are: Tom Flowers, Fred Liberty, George Roohr, John Tailby, and Bob Wagner. Our Life membership now totals 82.

We want to congratulate Claude and Rose Marie Bradbury on their 60th Wedding Anniversary which took place on the 26th of April 03.

Reminder for those of you that may be interested in running for a position on the Board of Directors, we will be having our annual election of officers during the September meeting. If you are interested in running contact Jim Monroe @ 315 635-5402, or e-mail him at: chief174@twcnny.rr.com.

The National Personnel Records Section has a new e-mail address for Vets/Kin with computers and internet access to obtain copies of documents from their military files. Veterans and next of Kin may access: vetrecs.archives.gov

Fifty years ago, we were the 138th Fighter Interceptor Squadron, doing Summer Camp at Spatz Field, Reading, PA. We were flying F-51H Mustangs with a rumor that the Jets would be coming soon. They did and we're still flying them.

Next Meeting

Our next meeting will be held on Thursday, July 17, 2003 at 7:00 PM in the Base All Services Club. Liquid refreshments will be served. Come on out, we'd love to see you.



1982 SISL Champions: Kneeling L to R: Dave Bordonaro, Bill Metzler, Manny Pereira, Ed Begel, Jesse Diaz, Bill McKinley. Standing L to R: Don Croft, Harvey VanWie, Dave Heckman, Ed Bavery, John Wright

servicing one portion of chicken per person instead of all you can eat. We also are asking that if you bring a guest please limit the number to 2 or 3, as we are operating on a limited budget and the \$5.00 we charge does not begin to cover the cost of everything. The festivities will begin at 12:00 noon and run until 5:00PM. Hope to see you all there.

Memorial Day Service

As promised, the Base Honor Guard held their 4th Annual Memorial Day Service at Alumni Park, and from all accounts this year's service was the best-seen to-date. They said the Honor Guard was immaculate in their appearance, professional in their execution, and displayed a great deal of pride in what they are doing. After the ceremony, the Chapter 50 Club invited everyone over to the picnic area for a



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