

**THE**

180<sup>TH</sup> FIGHTER WING, OHIO AIR NATIONAL GUARD, TOLEDO, OH

# STINGER

VOLUME 50, ISSUE 03, JUNE. 2011



**STAGE DOOR CANTEEN:**

**ONE LAST DANCE**

**P.2**

**COMMANDERS COMMENTS**

**P.4**

**WALK A MILE IN MY SHOES**

**P.5**

**FUEL SAVING TIPS**

**P.5**

# STAGE DOOR CANTEEN

## ONE LAST DANCE

By Airman 1st Class William Winston  
Public Affairs and Master Sgt. Elizabeth Holliker,  
Public Affairs

The purpose of a holiday is to remember events that shaped our way of life. This past Armed Forces Day, May 21, the 180<sup>th</sup> Fighter Wing along with Honor Flight of Northwest Ohio, hosted the Stage Door Canteen NW Ohio: For those who served. This event was intended to be a blast from the past for World War II veterans and a celebration of their service and sacrifice.

The Stage Door Canteen began five years ago as Master Sgt. Timothy McCormick, 180<sup>th</sup> Fighter Wing Security Forces, developed his dream, a plan to honor the unsung heroes of World War II. He understands that the veterans of WWII are leaving us at an unprecedented rate. "In ten years we may not be able to host an event like this," said McCormick, "It would be nothing more than a costume party. Let's not wait till there's only one left." Two years ago, McCormick spoke



Photo by Tech. Sgt. Patrick France, 180th Security Forces Squadron

Master Sgt. Timothy McCormick, 180<sup>th</sup> Security Forces Squadron, sits down with a World War II event prior to the start of the Stage Door Canteen, hosted by the 180<sup>th</sup> Fighter Wing and the Honor Flight Northwest Ohio, May 21st at the 180<sup>th</sup> Fighter Wing.

with Brig. Gen. Mark Barman, 180<sup>th</sup> Wing Commander at the time, and as they say, the rest is history.

The original stage door

canteens took place across the United States and Europe during World War II. They offered servicemen nights of dancing, entertainment, food and non-alcoholic drinks, and opportunities to rub elbows with celebrities.

To make this dream a reality, Master Sgt. McCormick teamed up with the Honor Flight Northwest Ohio, who worked on getting sponsorships and volunteers for the grand event. Companies throughout the Toledo

area stepped up to the plate, donating time and money to make it happen. Lincoln Boyle of Savage and Associates and former member of the 180<sup>th</sup> Security Forces Squadron, helped with the sponsorships and Kevin Caesar of Thread Marketing, donated their time for marketing. Multiple other companies donated money towards this great event, including Loma Linda's, contributing \$12,000. Even actor Tom Hanks and his wife Rita committed \$5,000 to the event.

The goal was to raise enough money to pay for the event in its entirety, to include the tickets for each vet and their guest. The cost to the veteran and a guest was nothing. All additional money raised will go to the Honor Flight Northwest Ohio, to help sponsor other vets to visit the WWII Memorial in Washington D.C.



Photo by Senior Airman Nasheka Maddan, 180th Fight Wing Staff

The son of Col. Steven Nordhaus, 180<sup>th</sup> Fighter Wing Commander, speaks with a World War II veteran at the Stage Door Canteen, hosted by the 180<sup>th</sup> Figther Wing and the Honor Flight Northwest Ohio, May 21st, at the 180<sup>th</sup> Fighter Wing.

See STAGE, Page 3



Photo by Master Sgt. Elizabeth Holliker, Public Affairs

**The 180th Fighter Wing and the Honor Flight Northwest Ohio, hosted the Stage Door Canteen, May 21st, at the 180th Fighter Wing. The hangar was transformed into a scene of a WWII Canteen dance.**

were decorations, reminders of their service, such as major newspapers with headlines concerning events from WWII, battle uniforms and model battleships.

McCormick wanted to make the vets felt like they did when they were 19, at the stage door canteen with their girl. And that's just what happened! In the background the vets heard the 338<sup>th</sup> Army band play popular songs that they may have heard while on base or when they returned home. Several couples put on a show and danced to the songs, which gave everyone a taste of the popular dances of that era. Additionally, female volunteers dressed as cigarette girls, in clothing styles from those days, serving soft drinks and sweets.

If the evening wasn't exciting enough, there was a very loud, but special appearance made by a P-51 Mustang and B-25 bomber.

After two years of planning, the effort was well worth it. The event not only celebrated the WWII vets but also allowed a younger generation of service members and volunteers to connect to the veterans' past experiences. For those at the event it gave them a greater appreciation of the impact of their dedication and service.

For years to come, this event will be remembered because everyone was able to take a piece of history with them. Whether you listened to the veterans telling their stories or observed their dignity and patriotism, the

*See STAGE, Page 7*

The Boy Scouts of America volunteered as wait staff, serving dinner on WWII style chow hall trays. Junior Reserve Officer Training Corps drill teams from Springfield High School, OH, along with the Manhattan Dancers, the 338<sup>th</sup> Army Band and several other groups were on hand to provide entertainment throughout the evening. Countless other individuals and groups, too many to list, were on hand to recreate the original stage door canteen feel. These volunteers are who made this night such an enormous success.

The vets were brought into a scene of military artifacts, including a WWII tank, Army jeeps, aircraft and memorabilia booths full of weapons used during that era. The jeeps brought back special memories for Louis Petris, a member of the Air Corp., who told stories of his unit commandeering the jeeps when he was in France to go to Marce.

As the vets meandered through the memorabilia to the entrance of the Canteen, they were greeted with refreshments and an escort who would take them to their seats.

"It's the Red Carpet treatment all the way for this one," McCormick said. And he meant it! When the veterans arrived to this event they were driven to the flight line, where a red carpet awaited them!

Many of the veterans were seated with others who served in similar locations and branches of service, which generated a great deal of conversation and retelling of memories. Inside the hanger



Photo by Master Sgt. Elizabeth Holliker, Public Affairs

**World War II veterans and their wives dance to the songs of the 338th Army band at the Stage Door Canteen, hosted by the 180th Figther Wing and the Honor Flight Northwest Ohio, May 21st, at the 180th Fighter Wing.**

# STAGE DOOR CANTEEN

## THE NIGHT IN PICTURES

Photos by Master Sgt. Elizabeth Holliker, Public Affairs

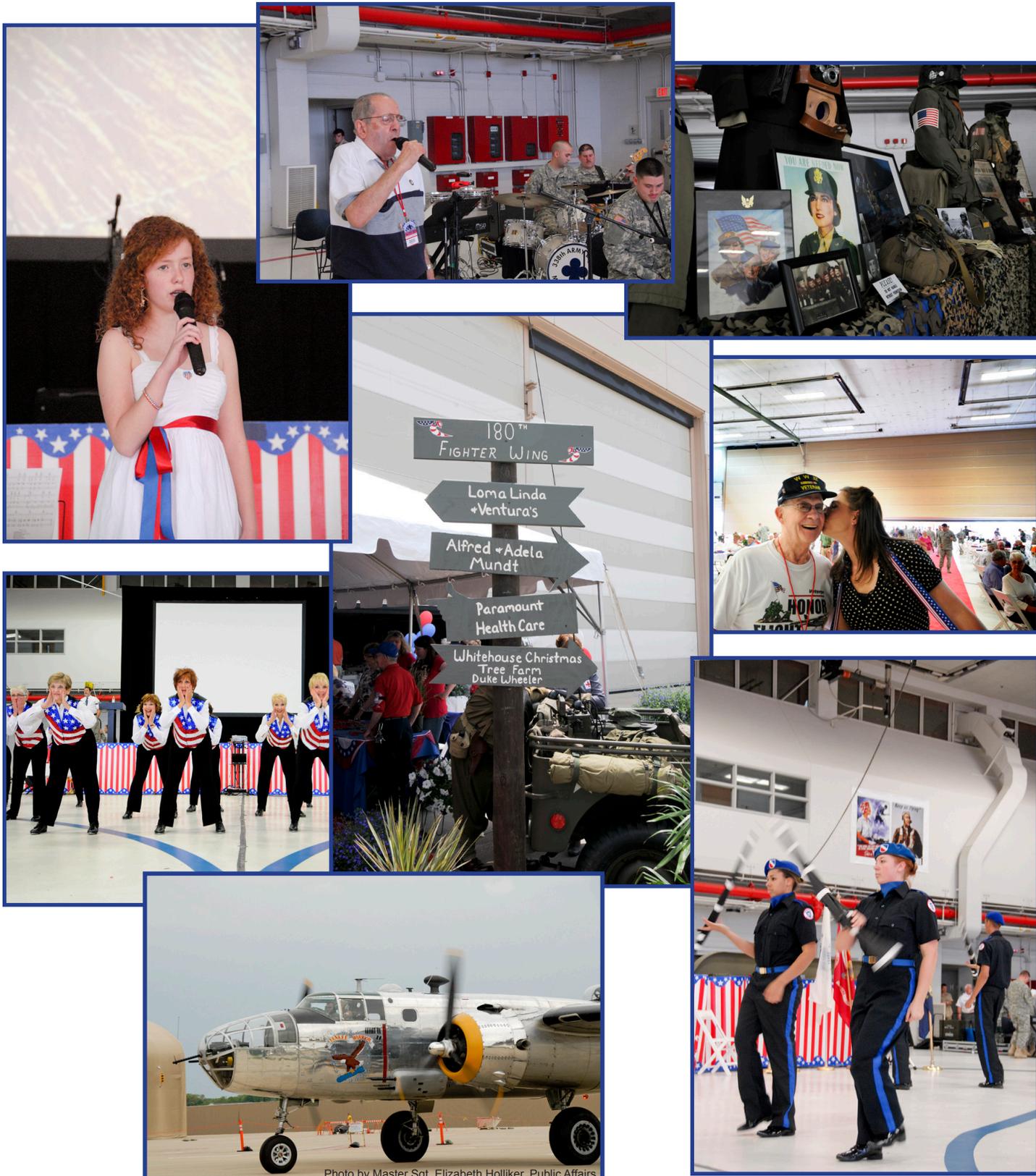


Photo by Master Sgt. Elizabeth Holliker, Public Affairs

# COMMANDER'S COMMENTS

## WHAT CAN I DO FOR YOU?

What can I do for you? You've heard this platitude so often it probably has lost its meaning. Perhaps you even say it; the trite expression is almost reflexive when someone walks into your office. I had an epiphany recently about these words when I was listening to a presentation by Erwin McManus called "The Character Matrix". I was surprised by how much weight this simple phrase carries. It turns out many of my fundamental values are contained in those six words! I'll try to explain why I think this might be the most important question you ever ask.

As children, we have a limited view of the world – egocentric to the point where nothing is important unless it feeds, entertains, enriches us personally. I know all you parents have experienced this, whether your kids are in their terrible two's or they are teenagers borrowing your car (and the \$4 per gallon tank of gas). You may even know some folks that don't seem to have made much progress since their childhood. Self-indulgent behavior is celebrated in our society as "freedom". We view selfishness as a constitutional right. Greed is packaged and sold wholesale without apology. The financial meltdown of 2008 is a prime example of how greed fueled poor business practices. Even when things are going our way we have a sense of entitlement; "this is mine because I deserve it". The "Me Generation" has become an accepted social definition. So what's the problem?

The problem is that we don't live on this planet alone and to be honest, we really didn't earn most of the fundamental gifts in our lives. In light of that, the common theme in many lives is an appalling lack of gratitude. Some of us go through life without a real sense of how little we actually "deserve" our blessings. Parents and teachers took care of us and educated us, often in spite of our resistance. Employers took a chance on us and hired us. When we look for a spouse, we want someone to "complete" us (note that this is tacit agreement that we are not "whole" by ourselves). Most of you have had the enormous good fortune to be born an American. So how did you avoid being born in Somalia? When you really stop to think about it, most of what you have and what you are is a gift. You didn't earn your genes, and you didn't have to earn your parent's love. The amount we have been given is enormous – I can't help but be grateful when I consider how unworthy I am relative to what I have been given. We have been given a great life whether or not we "deserve" it.

Once you make that connection you can't help but feel humble. I think this is a key process: humility allows you to drop the pretense. You don't have to work so hard to appear in control or keep up with the



**By Lt. Col. Scott Reed  
180th Maintenance Group  
Commander**

Jones'. We don't have to keep up an act. We know we're lucky and we're grateful for it. It's okay to owe somebody your thanks and you don't have to worry about balancing the ledger; you'll never be able to pay off all your gifts anyway. This concept of being grateful and humble applies to every corner of our lives, personal and professional. Humility makes it much easier to simply be on the outside what we are on the inside, and THAT is called integrity. We say "Integrity First" but I think acknowledging how good you have it and knowing you've been blessed beyond what you've worked for leads to integrity. Integrity then serves as a building block for other virtues; as a warrior, courage is at the top of my list. Senator John McCain wrote in his book "Why Courage Matters" that the real

requirement for courage is that you must love your own virtue. Our virtue becomes more precious than life; we'd rather die than lose it. The POW's in Vietnam did not have fearless courage. They had courage in spite of their fear because they valued their honor more than their own lives.

So how do you build integrity? You build it one day at a time. Telling the truth when a lie would be easier; saying what you mean and meaning what you say; doing the little chores that you'd like to skip, but don't. Over time what you do becomes who you are. Here's the payoff: one day you will start living your life for something more important than yourself – your children, your spouse, your country, your virtue. You find yourself working for the benefit of something or someone else. I believe this is who we are meant to be. We were not meant to be consumers, but servants. When you teach a co-worker how to do something better, you serve both them and this organization. When you really listen to someone else you boost their self-esteem and ease their burden – you are serving them. Service before self doesn't just apply to your professional life. It is your true calling. We place so much importance on the gifts we have but not nearly enough on service. Why are athletes made out to be heroes for our children? Certainly they are gifted, but if I were to try to find a role model I would look for a selfless, hard working, inconspicuous volunteer serving their fellow man. Now that's a hero. Some of the heroes I want for my children work here at the 180th. It's a long road we're on - building and protecting our integrity, serving our country and each other. We're in it together and I'm proud to be on this journey with you. Which reminds me...

***What can I do for you?***

# WALK A MILE IN MY SHOES

## YOUNG PRESIDENT'S ORGANIZATION SPEND A DAY IN THE LIFE OF THEIR GUARDSMEN

**By Master Sgt. Elizabeth Holliker**  
**Public Affairs Manager**

The continuing success of the National Guard to support the total force mission doesn't always come easily. For the members of the Ohio Army and Air National Guard, maintaining the delicate balance between their families, their civilian careers and employers, and their military careers is what makes each member and the National Guard organization so successful.

This balance is often referred to as the three-legged stool concept. "The three-legged stool is a visual representation of a recognized concept that all traditional guardsmen have three major groups that help them achieve success," said Col. Steven S. Nordhaus, 180th Fighter Wing Commander. "The three groups are family, employer and military."

Col. Nordhaus goes on to explain how each of these groups is critical to the guardsman and the guardsman is critical to each of the groups.

"Our guardsmen have to ensure they are maintaining a balance with each of these groups," said Nordhaus. "To not give proper time and attention to any one of these groups could impede success in the life of the guardsmen. The overall success of the Guard is counting on each leg of the stool."

The National Guard strives to help its members maintain the balance of these three critical areas by reaching out to members, their families and employers. This time, the employers reached out to the National Guard, eager to learn about the missions of the Army and Air National Guard, how the guard brings leadership training and education into the mix and how these civilian employers can model leadership training within their organizations after that of the National Guard.

"As leaders, we provide support in each of these areas to help ensure the success of our organization," said Gen. Mark E. Bartman, the Assistant Adjutant General for Air, State Headquarters, Ohio National Guard. "Employer support includes programs and ac-

tivities aimed at gaining and maintaining strong employer relations. Without employer support, our troops will not feel inclined to join or stay in the Ohio National Guard. It is an essential support element that helps maintain the critical balance required to sustain readiness."

After reading "Battle-Tested: How a decade of war has created a new generation of elite business leaders," in FORTUNE magazine, Jeff Kasper, president of Harmon Signs in Toledo, OH and the Chapter of Education Chair for the local Maumee Valley Chapter of the Young Presidents' Organization,

was determined to learn about the military and military leadership.

Mr. Kasper reached out to Maj. Gary Bentley, executive officer at the 180th Fighter Wing, in an effort to coordinate an event where presidents of several northwest Ohio companies could learn about and from the Ohio National Guard and its elite servicemembers and leaders.

"YPO is an international organization with 15 thousand plus members with a mission of better

leaders through education and idea exchange," said Kasper. "Members are typically between the ages of 35 and 50 and must have a minimum of 50 employees and at least eight million in revenue."

The local Maumee Valley Chapter currently has 40 members.

"When Jeff Kasper contacted me about his desire to have an event tied to the military, I was very excited," stated Bentley. "We are very proud of the many accomplishments of the 180th Fighter Wing and the Ohio National Guard, and to be able to host a group of top corporate executives is an opportunity we were very interested in."

With the help of Lt. Col. Kathy Lowrey, director for community outreach, Ohio National Guard, Maj. Bentley and Mr. Kasper were able to create an event where 28 local employers were able spend a day learning about the missions and leadership that make up



Photo by Master Sgt. Elizabeth Holliker, Public Affairs

**Members of the Young Presidents' Organization learned how to use a weapon in the firearms training simulator at Camp Perry, Ohio, April 13, 2010. The YPO spent a day learning about the missions and leadership that make up the Ohio National Guard.**

# TOP 10 FUEL SAVING TIPS

As gas prices continue to rise, driving any distance can be expensive. In addition, Executive Order 13423 directs agencies to conserve resources and reduce emissions. According to the fuel efficiency experts at the U.S. Department of Energy, by simply changing your driving habits you can significantly increase your fuel economy. Below are a few tips that can conserve fuel and save money at the gas pump, while at the same time help the environment and improve traffic safety.

**Slow down** – Drive 55 miles per hour instead of 65 and save fuel. The EPA estimates a 10-15 percent improvement in fuel economy by slowing down.

**Use cruise control** – Using cruise control when possible on the highway to maintain a constant speed helps save fuel. Pumping the accelerator sends more fuel into the engine.

**Accelerate and brake smoothly** – Accelerating smoothly from a stop and braking softly conserves fuel. Fast starts, weaving in and out of traffic, and hard braking wastes fuel. This type of driving also wears out car components, such as brakes and tires, more quickly which reduces fuel efficiency. Maintaining a safe distance between vehicles allows more time to brake and accelerate gradually.

**Avoid idling** – Today's engines don't need to warm up before you drive. Start the car immediately and gently drive away. Prolonged idling increases emissions and wastes fuel.

**Check your tires** – Keep tires properly inflated to the recommended tire pressure. This alone can reduce the average amount of fuel use by 3 to 4 percent. Under-inflated tires increase rolling resistance, reduce

fuel economy, and wear more rapidly.

**Travel lightly** – Remove excess weight, such as unnecessary items in the trunk. Carrying extra weight makes the engine work harder thus consuming more fuel.

**Keep your vehicle tuned** – Maintain proper engine tune-ups to keep vehicles running efficiently. Repairing a car that is noticeably out of tune can improve its mileage by an average of 4 percent. Repairing a serious maintenance problem like a faulty oxygen sensor can improve mileage by as much as 40 percent. Always consult the GSA Fleet Maintenance Control Center (866-400-0411) and the vehicle's owner's manual for proper maintenance guidelines.

**Minimize air conditioning use** – Use the air conditioning only when necessary to reduce the load on the engine. Decreasing your use of the air conditioning when temperatures are above 80 degrees can help save 10-15 percent of fuel. Use the vent setting as much as possible and park in the shade to keep the car cool.

**Close windows at high speeds** – Don't drive with the windows open while driving over 50 mph. Driving with the windows open at highway speeds increases drag on the vehicle and lowers fuel economy.

**Consolidate trips** – Plan ahead to minimize travel time. This will enable you to bypass congested routes, lead to less idling, fewer start-ups, and less stop-and-go traffic. Also, by adjusting driving times to avoid peak rush hours, you'll spend less time sitting in traffic and use less fuel. Whenever possible carpool or use public transportation.

## CLEP TESTING COMPLETION

Congratulations to the following individuals who have successfully passed their respective CLEP exam. The CLEP exam results will be applied toward his CCAF (Community College of the Air Force) degree. For more information on obtaining a CCAF degree, please contact the Force Development Office (ext. 4175, 4182 or 4344).

Name	CLEP Exam	Unit
Staff Sgt. Clinton Stiverson	Principles of Public Speaking Introduction to World Religions	MXM

## CCAF GRADUATES

The following members have earned an Associate in Applied Science in their respective degree programs:

Senior Master Sgt. John Deraedt – Human Resource Management – 180th MG

Master Sgt. Scott Thornburg – Fire Science – 180th CES

Senior Master Sgt. Victor Walker – Allied Health Sciences – 180th MDG

Tech. Sgt. Steve Bertonaschi – Emergency Management – 180th CES

Tech. Sgt. Sherri McKibben – Restaurant, Hotel and Fitness Management – 180th FSS

Tech. Sgt. George Wolfe – Public Affairs – 180th FW

Staff Sgt. Timothy Fiordaliso – Information Systems Technology – 180th FW

Staff Sgt. Ryan Pensinger – Avionic Systems Technology – 180th MXS

# OPERATION JOINT ENDEAVOR

## OPPORTUNITY TO LEARN

**By Capt. Katherine Cherolis,  
180th Public Affairs Officer**

The 180th Fighter Wing and the Camp Perry Joint Training Center hosted a joint employer event May 21, sponsored by the Ohio Adjutant General's Department, welcoming 20 employers of Ohio Army National Guard and Air National Guard servicemembers.

The event gave the employers the opportunity to learn about the Guard mission and experience some of the things their employees do when not at their civilian jobs. As this event occurred during a drill weekend, some Guardsmen were able to greet their employers as they toured their respective shops.

The day was also an opportunity for senior Ohio National Guard leaders to thank the employers for their day-to-day sacrifices in this global environment that relies heavily on its citizen soldiers to support worldwide missions,

sometimes on very short notice.

Beginning at the 180th Fighter Wing, Toledo, OH the employers were welcomed with a breakfast catered by The Flying

mander, briefed the group on the 180th FW.

The employers were then split into two groups, both touring the Maintenance hanger and the Life Support shop. This offered an up-close look at an F-16 and the gear the pilots use when performing their mission.

The participants were then flown to the Camp Perry JTC, via Chinook helicopter, where they were able to dine on a meal ready-to-eat lunch. Next the group participated in Army engagement war skills training that included an improvised explosive device and the engagement skills trainer. The EST was hands on with vest and soldier field uniforms.

For many employers, the day was very educational as many said they were impressed with the level of professionalism of the men and women of the Guard.

The Community Outreach office plans to offer further opportunities to nominate employers in the coming months.



Photo by Master Sgt. Elizabeth Holliker, Public Affairs

**Senior Airman Benjamin Sears, 180th MXA, speaks with two employers about various aspects of the F-16 Falcon. The 180th Fighter Wing and the Camp Perry Joint Training Center hosted a joint employer event May 21, sponsored by the Ohio Adjutant General's Department, welcoming 25 employers of Ohio Army National Guard and Air National Guard servicemembers.**

Joe, a local coffee shop owned by a 180th member. They then received a briefing from Col. John Harris, Assistant Adjutant General of Army, who spoke on the Guard's role in operations around the world. Col. Steven Nordhaus, 180th FW Com-

---

### ***From STAGE, Page 3***

stories of these veterans were being relived and retold to wider audience. The history of these veterans can now be told by a generation that may not have known anyone who served throughout the greatest generation. Most importantly the story of these individuals will live on, not just in a text book, but in the experiences of those who attended the Stage Door Canteen.

As for what is next, Master Sgt. McCormick believes that this

event should be a stepping stone. Other bases around the United States and Europe should strive to have an event like this for WWII vets in their communities. The hard work is done, now they can hold one even bigger!

The organizers and volunteers did an excellent job in designing a scene that would bring back memories from a time when these veterans served our country. If only we could have viewed this

event through their eyes.

I guess you could say "This is their last dance."

# 2011 MILITARY TEEN ADVENTURE CAMPS

Thanks to a special partnership between the Department of Defense's Office of Military Community & Family Policy, the Department of Agriculture's National Institute of Food & Agriculture, and the nation's Cooperative Extension Service, military youth ages 14–18 can experience these adventure camp opportunities this summer in many states. If you've not been there yet, visit <http://go.osu.edu/MilitaryTeenAdventureCamps> to find out more about all these opportunities.

Ohio State University Extension is pleased to join the partnership and offer these 3 camps this summer:

- Special Needs Camp, July 15–17
- Military Teen Adventure Camp, July 18–22
- Adventure Restoration Camp, July 23–29

Each camp is available to any military youth on a first-come, first-served basis--all branches, components, and status of the military. The camps are the perfect chance for you to experience the outdoors as you never have before! Each camp offers a unique outdoor camping experience that will allow you to build your leadership, self-confidence, and teamwork skills while participating in activities like camp cooking and archery. You will make friends and share experiences with other military youth just like yourself. A camp for youth with special needs (mental, physical, and emotional) is also being offered.

## MYPAY GOES MOBILE!

Starting May 18, members can access myPay using your mobile phone. You only need two things to get started:

- o A mobile phone with a web browser. Phones that work best with the myPay mobile capability include the iPhone, Android (DROID), Blackberry and other Windows mobile devices.
- o A myPay user account and the same Login ID and password you currently use to manage your myPay account on your computer.

Not enrolled? Go online to <https://myPay.dfas.mil> and click on the "Create an Account" link in the LOG IN section on the left side of the screen. Follow the instructions for creating your Login ID and Password.

Visit <https://myPay.dfas.mil> on your smart phone. MyPay can automatically detect if you are using your iPhone, Android, Blackberry or other Windows mobile device, and will load a mobile version of the site.

The myPay mobile capability makes it possible for you to manage your account on the go, by making key information and capabilities accessible from a mobile phone.

Currently there is no application to download. There are a limited number of SmartPhones that offer Application download capabilities. Since myPay services over 6 million customers, the Mobile capability offers the ability for a wider range of users to access myPay via the SmartPhone.

The mobile site delivers key account information to your fingertips. On your mobile phone, you will be able to instantly access:

- o Your pay statements (Leave and Earnings, Retiree Account Statement, etc.)
- o Access to the myPay full Site for transactions (Change Allotment, etc.) and tax statements (W-2, 1099)

The mobile site can be accessed from mobile

phones that support a mobile browser. Phones that work best with the myPay mobile capability include the iPhone, Android (DROID), Blackberry and other Windows mobile devices. Please reference your mobile phone's user manual to learn more about using your web browser on your mobile phone. In addition, make sure that your mobile phone has cookies enabled.

The Apple iPod touch® can also access the mobile site, as long as you are connected to a WiFi network.

You can access the mobile site from almost any carrier network. Using a mobile web browser may require a data plan. Please contact your carrier for specific pricing information for your data plan.

myPay Mobile uses the same security standards as our myPay full site:

- o 128-bit encryption to protect your sensitive information
- o Uses firewall and intrusion detection software to block outsiders
- o Features internationally recognized security standards

To protect all data sent to and from myPay, your information is transmitted using end-to-end encryption and is not cached.

However, please note that myPay does not operate or control, and thus cannot guarantee, the wireless networks used to access the mobile site. Carrier protocols may vary. Check with your wireless service provider for information about their privacy and security practices.

Note: NEVER store confidential information (i.e., myPay Password) on the mobile device and NEVER divulge the Password to others.

Please visit myPay, <https://mypay.dfas.mil/FAQ.htm#myPayMobile> for more information.

# CPTF: SERVING THE SPARROWS NEST

**By Senior Master Sgt. Dale Przyojski  
180th Comptroller Flight**

During the 2010 holiday season the 180th Fighter Wing Comptroller Flight wanted to find a way to get involved within the community, assist the less fortunate and build more team cohesion within the group. To accomplish all these objectives a member got in touch with the local Cherry Street Mission and asked how the CPTF could help. A member then went to the mission and attended a meeting not knowing what to expect. The idea in the beginning was to go help serve food for the soup kitchen of the Cherry Street Mission. However, the consensus after the meeting was to utilize all their resources and adopt-a-meal, meaning the CPTF members would be responsible for the purchase and preparation of a meal independently for the Sparrows Nest. From there the planning began to cook and serve a lunch for 50 residents of the Sparrows Nest. The Sparrows Nest is a shelter dealing with women shelter and its purpose is to protect and rehabilitate women through education and faith so they can get back on a better path of life. The word was put out within their office and the CPTF enlisted the help of 16 military members and their friends and families.

After a lot of preparation and a few stops at Gordon Food Service, they were able to execute a menu including spaghetti and meatballs, garlic toast, salad, lemonade, along with a variety of homemade desserts. The residents were encouraged to come up for multiple helpings but the CPTF was a little over prepared so the leftovers were used to serve dinner later that night by the staff. The ladies eating the meal seemed to thoroughly enjoy the meal along with being very appreciative. As a parting gift to the ladies desserts were wrapped for them to take where ever their next stop was, along with a bag of miscellaneous goods, to include soap and shampoo, for the winter ahead. It was a great experience on each side and was mutually beneficial; the team had a lot of fun in the preparation and serving the meal along with getting to interact with the residence of the Sparrows Nest. Community involvement is especially important in our unique line of work and the CPTF looks forward to making this, along with other community events, a annual tradition.



Courtesy photo

**Members of the 180th Fighter Wing Comptroller Flight at the Sparrows Nest. They volunteered this past holiday season to cook and serve a meal to the 50 residents at the women's shelter.**

## PROMOTIONS

### **To Capt.**

Jennifer Beale, LRS  
Joel Wise, FW

### **To 1st Lt.**

Matthew Stake, MXA

### **To Tech. Sgt.**

William Potthoff, AMX  
Jennifer Bauer, 112th FS  
Jeremy Weirich, MSF  
Chastity Morgan, MXG

### **To Staff Sgt.**

Brittany Wolfrum, CF  
William Glass, Jr., SFS  
Kyle Meyer, SFS  
Cody McLuckie, SFS  
Daniel Dillon, MDG

### **To Senior Airman**

Eric Reinhardt, MXS  
Caleb Marburger, MXS  
Asha Weatherington, LRS  
Benjamin Leu, MXS

### **To Airman**

Erin Brubaker, OSF

## RETIREMENTS

Lt. Col. Kevin Kerr, CF  
Master Sgt. Michael Habbe, SFS  
Master Sgt. Anthony Steffel, SFS

## WELCOME HOME BANNERS

FASTSIGNS Toledo is offering completely free of charge, a custom welcome home banner to each family when their loved one returns from an overseas deployment. Please contact FASTSIGNS for an order form at 419-843-1073 or [sales@yoursignsolution.com](mailto:sales@yoursignsolution.com). Also, visit their website at [www.fastsigns.com/584](http://www.fastsigns.com/584). Contact Jody York at 419-868-4550.

## From WALK, Page 5

the Ohio National Guard.

“We were all pleased with the event and the overwhelming positive feedback from our guests,” said Bentley.

The 180th Fighter Wing hosted the Young Presidents’ Organization event April 13. The 28 young presidents were greeted at the 180th with a continental breakfast catered by The Flying Joe, a local coffee shop owned and operated by Maj. Becky Ohm, a traditional guardsmen F-16 fighter pilot and her husband John, also a traditional guardsman who flies A-10 Thunderbolt with the 127th Fighter Wing, Michigan Air National Guard.

While the presidents enjoyed breakfast, they received a briefing on the Ohio Army and Air National Guard from Brig. Gen. Bartman and a briefing about the 180th Fighter Wing from Col. Nordhaus.

Following the briefings, the group boarded two Chinook helicopters for their flight to Camp Perry, Ohio Army National Guard, Port Clinton, OH. There the presidents enjoyed a combat dining experience, opening, preparing, eating, trading and bartering for different items from a wide selection of meals ready- to-eat (MRE) while being briefed on the overall operations of the base.

After lunch, they split up into two smaller groups and participated in break-out sessions. Members toured the improvised explosive device training range with some of Camp Perry’s range controllers followed by throwing training grenades and then taking turns firing a variety of hand and shotguns in the Engagement Skills Training Center.

The afternoon at Camp Perry culminated with a Military Leadership Training Panel where the YPO members asked multiple leadership related questions to a panel of six leaders of the Ohio National Guard. Maj. Bentley worked with Lt. Col. Lowrey to assemble a panel of individuals who had extensive knowledge of the leadership requirements of today’s military. “We wanted our panel to be able to clearly articulate the many reasons military members ultimately are or become outstanding private industry employees,” said Bentley.

“The military experience and educational levels of our panel members clearly demonstrated the value we placed on this event,” said Nordhaus. “We were able to articulate very clearly why American businesses should consider hiring military members of the National Guard and veterans for positions requiring leadership.”

The day concluded after the panel and YPO members returned back to the 180th Fighter Wing via Chinook helicopters where they listened to closing comments by Gen. Bartman before departing.

“These events continue to foster the partnerships and relationships that are critical to ensuring support from the community and our employers,” said Bartman. “Continuing the exchange of information and ideas is critical to the overall mission of the Ohio National Guard.”



Photo by Master Sgt. Elizabeth Holliker, Public Affairs

**Members of the Young Presidents’ Organization disemark from a Chinook helicopter at Camp Perry, Ohio, April 13, 2010. The YPO spent a day learning about the missions and leadership that make up the Ohio National Guard.**

## RED, WHITE KABOOM 5K HEROES RUN AND/OR WALK

The Toledo Blade and other sponsors are hosting the first annual Red, White Kaboom 5K Heroes Run and/or Walk in downtown Toledo on July 2. A link with information to the event is below. They would like a team of runners from each military branch to participate in the run. Capt. Mossing, from the 180th Communications Flight has agreed to lead a 180th running group at this event. If you are interested in running in PT gear – singing chants and marching songs – please call her at 419-868-4401. We want to have a good group of runners going up against

the Marines, Navy, Army, Coast Guard, etc....

The event is free for all military personnel. You do have to pay for a t-shirt if you want one.

Free food and other entertainment will take place down by the river at the end of the event. This link should answer all your questions – please call Maj. Gary Bentley, 180th Executive Officer, at 419-868-4380, if you can’t find your answer. For more information visit <http://www.180fw.ang.af.mil/shared/media/document/AFD-110519-067.pdf>

# FITNESS TIPS FROM A FELLOW AIRMAN

**By Tech. Sgt. Levi Shadle**  
**180th Command Post**

1. Everyday is a new day. Missing a workout today doesn't mean tomorrow should be looked at as anything other than a way to get back on track. Statistically, starting a workout on a Monday you are 70% more inclined not to miss another scheduled workout during the week. If you miss a scheduled Monday workout, you are 70% likely to miss a workout or more (if not all) during the week.

2. Becoming physically fit is a process. Become process oriented, not outcome oriented. If you respect the process, you put the time in, the hard work, the sweat, and then the seemingly insurmountable outcome will become a reality.

3. Most diets and fitness goals are given up on because people get discouraged that things are not happening immediately. Understanding your starting point, finding a middle ground, and then setting an ultimate goal is important. Again, the process, not the outcome.

4. Don't just train for the event at hand. If your only focus is the Air Force Fitness test, you should not simply be going out and running 1.5 miles and seeing how

many pushups and sit-ups you can do in a minute. Develop a training plan that prepares you for even more than that. Do not establish a ceiling on your fitness. Running longer and further will only help to prepare you for a 1.5 mile run.

5. Excuses are for people that can't face reality. The only person that gets credit for passing a test, excelling on a test, or failing a test is you. It's much easier for some people to say why they didn't. It's much more rewarding to say why you did.

6. Your body is smarter than you are. It will become accustomed to what you are doing to it. Change it up. Look at your calendar a month in advance and scheduled out 15-20 days that you will fit a workout in. Just when your body gets used to your workout, change it up. Challenge yourself each and every workout.

7. Warm-up, stretch, and cool down. No amount of myths or new workouts or new science will take away from how productive you can be with ensuring your body is ready and primed to do what you need it to do.

8. Find something that motivates you. Find an old picture, an old pair of jeans, a bathing suit, something you can put somewhere you will see every single day. Most people want to get back to how they used to look. Pin that picture on your mirror at home. On your fridge. On your dashboard. On your desk.

9. Most importantly. Working out should be fun, and you should enjoy yourself. At the same time, it's a time to get it in gear and accomplish something. Simply showing up only gets you in the gym. Applying yourself and putting it all out there is how you take the process by the horns and make sure you get to the outcome and beyond.

Lastly, you have unlimited resources available to you. At a minimum you can find anything on the internet. If not, you have people on this base that are very knowledgeable on the subject. Please by all means, contact, Tech. Sgt. Levi Shadle, Tech. Sgt. Dave Harrison and Staff Sgt. Ariel Gilmore at any time via email and we will do whatever we can to help get people on the right paths.

---

## SSNs BEING REMOVED FROM CACS

The Department of Defense (DoD) is in the process of removing Social Security numbers (SSNs) from DoD identification cards as part of the continued effort to protect the privacy and security of all DoD ID card holders. As of June 2011, SSNs will begin to be replaced with a DoD Benefits Number. This process is expected to last several years, until all current uniformed services ID cards are replaced as they come up for renewal.

Note: Current ID cards are not to be replaced until the card is within 30 days of its expiration date. Your health care providers and pharmacists will be able to access your benefits using either your SSN or your DoD Benefits Number.

The new 11-digit DoD Benefits Number can be found above the bar code on the back of your ID card. This number is a unique number, like your SSN, and it will ensure that your records are clearly aligned with you and your treatments.

If there are additional questions, please contact Senior Airman Dayna Ellis at 419-868-4183.



The next Top Three meeting is scheduled to be Sunday June 11, at 11 a.m.

# WELCOME HOME



Courtesy photo

**Members of the 180th Fighter Wing Fire Department deployed for approximately four months to Joint Base Balad, Iraq. Their mission while deployed was to provide around the clock Fire and EMS protection to the base.**

***Pictured back row left to right: Master Sgt. Anthony Pacewicz, Airman 1st Class Adam Ziehr, Staff Sgt. Justin Askins, Staff Sgt. James Trevino, Staff Sgt. Matt Pugh, Tech. Sgt. Caleb Mock, Staff Sgt. Tyler Trease, Tech. Sgt. Steve Smith. Front row left to right: Staff Sgt. Ryan Goodrick, Staff Sgt. Matt Brown, Tech. Sgt. Nathan Stull, Staff Sgt. John Jackson, Tech. Sgt. Kevin Ziehr.***

## ON THE COVER



Master Sgt. Timothy McCormick, 180th Security Forces, stands in front of a World War II era aircraft during the Stage Door Canteen. The event was hosted by the 180th Fighter Wing, May 21st, to honor the community's WWII veterans. It was a night of dancing, entertainment, food and non-alcoholic drinks, made possible by the Honor Flight NW Ohio and other community sponsors and volunteers.

# STINGER

Vol. 50, Issue No. 3, June 2011

**180th Fighter Wing  
2660 South Eber Road  
Swanton, Ohio 43558-9645**

## COMMAND

**Commander**  
Col. Steven S. Nordhaus  
**Vice Commander**  
Col. James Reagan

## PUBLIC AFFAIRS STAFF

**PA Officer** Capt. Katherine Cherolis  
**Editor** Airman 1st Class William Winston  
**PA Manager** Master Sgt. Elizabeth Holliker  
**Photos** Senior Airman Amber Williams  
**Video** Tech. Sgt. Matthew Eck and  
Tech. Sgt. George Wolfe  
**KOM** Staff Sgt. Tim Andrassy

## DEADLINE

Deadline for the next Stinger is the Saturday of the UTA @ 3 p.m. Hand deliver articles to the Public Affairs Office in Building the Sonnenberg complex or e-mail: 180.stinger@ang.af.mil  
For more information call ext. 4014 during the UTA.

## ABOUT THE STINGER

The Stinger, a funded Air Force newspaper, is an authorized publication for the personnel of the 180th Fighter Wing, Ohio Air National Guard, 2660 S. Eber Road, Swanton, Ohio 43558. Contents of The Stinger are not necessarily the official view of, or endorsed by, the U.S. Government, the Department of Defense, the Department of the Air Force, the National Guard Bureau or the Adjutant General of Ohio. The editorial content is edited, prepared and provided by the 180th Public Affairs Office.