



301st Fighter Wing, AFRC NAS Fort Worth JRB, Texas

FIGHTER LINE

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May 2010



**Air Power Expo soars
through local skies
- page 6**

Proactive Professional Communication

Keeping communication lines open with employers is important, and you have an advocate ready to help

Col Richard Scobee

301st Fighter Wing Commander

This is the time of year when everybody's life gets the busiest. Whether it's planning for graduations, vacations or a summer project, everyone's extra time seems to be precious. And when things get busy, we all need help from those around us.

Employers are no different. Whether you're a supervisor or have your own business, you know how important each person is and how much harder everyone works when someone's out of the office. With that in mind, the Department of Defense created the Employer Support of the Guard and Reserve, what we know as the ESGR. Their job is to educate and advocate for Reservists and Guardsmen, as well as their civilian employers. The ESGR keeps in touch with businesses that employ members of the Reserve and Guard. And that's a benefit to you.

One of the important things they discuss with employers are the legal responsibilities and rights of both the employer and their military employee. Another way ESGR keeps good relations with your employers is by involving them in our military missions. Sometimes they're invited to the base to see what each of you do when you're serving your country.

One event is called the Bosslift. ESGR leadership and I take your

employers to other bases, which helps them get a bigger picture of the importance of Reservist employees. As a matter of fact, we're planning an upcoming trip with local employers to Naval Air Station Pensacola, Fla. and Patrick Air Force Base, Fla., to see reserve missions there. Again, the goal is to help your employer appreciate you as a Reservist, as well as to know both their rights and yours.

Inspections and deployments are a normal part of our military life, and they can be stressful enough without complications at work. If you don't know your rights as an employee, now is the time to start talking with the ESGR. You can reach Gary Owens, local ESGR chairman, at 817-386-7322. Waiting until you return home may be a more frustrating experience for you and your family.

You also have to do your part to keep relations good with your boss. Get your civilian supervisor a copy of your Unit Training Assembly (UTA) schedule. Make sure they have enough notice before you deploy. Make sure you return to work after your deployment in the appropriate amount of time.

If you're not sure about the rules regarding your employment rights and requirements, contact the ESGR and ask them about the Uniformed Services Employment and Reemployment Rights Act, also known



Col Richard Scobee

as "USERRA." This may be the most important information you and your employer could get from the ESGR.

If you haven't spoken with your local ESGR office, I would like to encourage you to get in touch with them soon, before the busy summer is here. They can help keep your boss happy, and, if need be, help you keep your job.

You, your family and your livelihood are very important to me. Please make sure you're informing your employer and protecting your job. Keeping your job secure goes a long way in keeping your family secure.

ON THE COVER: Families gathered at Naval Air Station Fort Worth Joint Reserve Base, Texas, for AirPower Expo 2010. Performers like Gene Soucy made the weekend memorable. Details can be found on page 6. (U.S. Air Force Photo/TSgt Shawn McCowan)

FIGHTER LINE

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Articles should be typed, single-spaced, and, if possible, submitted via email to the public affairs office at 301fw.pa@carswell.af.mil.

For more information about the Fighter Line, call the 301st Fighter Wing public affairs office at 817-782-7170.

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The resilient wingman

Chaplain (Maj) Mark McDaniel
301st Fighter Wing Chaplain

(Editor's Note: This is the second in a series of Chaplain commentaries on dealing with stress.)

Stress is an everyday occurrence in our lives. In a 2009 301st Fighter Wing Chaplain's Survey, 41 percent of the respondents stated that their days are full and hectic and 36 percent indicated that they were overwhelmed by too many things on their plate.

In relation to their families, over 60 percent of the responders indicated that time and priorities were issues of concern.

With increased deployments and operational tempo constantly knocking on our door, stress is an ongoing reality.

Researchers define stress as a physical, mental, or emotional response to events that causes physical, emotional or mental tension. Simply put, stress is any outside force or event that has a significant effect on our body or mind. Stress can be both a positive and negative factor in our lives.

In the Chinese language, the pictograph representing stress has a dual meaning. To the Chinese, stress

represents both danger as well as an opportunity.

The danger is that persistent stress on our bodies, minds and spirit can lead to serious physical, mental and spiritual complications. These complications can impair our ability to think, decide and work effectively.

Exposure to traumatic or combat related stress can produce severe repercussions without the proper tools and help to work through the issues resulting from increased stress.

Stress can put our physical, emotional and spiritual systems into a perpetual "fight or flight" mode.

Intense and persistent stress can also cause chemical changes in our brain that can affect our higher thinking, cause irritability, fracture memory, and affect sleeping and relational patterns.

Unmanaged and ignored stress can pose a considerable danger, if left unattended.

The onset of stress can also be an opportunity for growth. Through stressful and traumatic situations, we can grow emotionally, physically and spiritually.



Chaplain Mark McDaniel

The key to effectively dealing with stress is resiliency. Resiliency is the ability to "bounce back" from exposure to traumatic or prolonged stress. An important part of developing resiliency is to learn stress management skills and techniques. These techniques help one grow positively from stressful experiences.

As we continue through this year discussing resilience and stress, these skills and techniques will be explored.

Please remember that your chapel staff will be available weekdays through the end of the year to assist you, should you have any needs. Blessings and Peace!



After 28 years of military service, Col. Kenneth Bachelor lands his F-16 for the last time as members of the 301st Fighter Wing and 10th Air Force bid him the traditional pilot's farewell. Colonel Bachelor, is a former 301st Fighter Wing vice commander. (U.S. Air Force Photo/Laura Dermarderosiansmith)

Important Wing Notice

There will be a Wing Commander's Call this Sunday, May 2 at 7:45 a.m. in the Maintenance Hangar, building 1643.

Participants and award recipients should wear Service Dress (Class A's) to the Commander's Call.



Don't wave off boating safety

Maj Steve Nelson

301st Fighter Wing Safety Officer

The front is the bow, the back is the stern. The blower clears gas fumes out of the engine compartment. Always keep a skier in the water on the right side of the boat so the driver can see them at all times. If any of this is news to you, you should not be operating a boat anytime soon.

To operate a boat with more than ten horsepower in Texas, you only have to have a pulse.

-- Major Steve Nelson

Source: Texas Parks and Wildlife Department

But boating is a very simple process right? Turn the key, push the throttle forward or back and keep the boat in the wet part. What could be easier?

A day of fun out on the lake presents several unique "red flag" dangers. The first red flag is the large percentage of boat operators that have no formal (or informal, for that matter) training when it comes to operating a power boat or pulling a water skier.

To obtain a vehicle driver's license you must complete thirty hours of

classroom instruction, six hours of behind-the-wheel instruction and pass a written and practical driving test.

To operate a boat with more than 10 horsepower in the state of Texas you only have to have a pulse. Kids under 18 years old need only to have a person over 18 aboard and present to operate a boat.

The next red flag is the fact that most people are boating for a social event. And, like most social events, alcohol is usually involved. Just as with operating a car, it is illegal to operate a boat while under the influence of alcohol or drugs in every state.

A boat operator with a blood alcohol concentration above .10 are estimated to be more than 10 times more likely to die in a boating accident than a completely sober operator.

Another red flag is the density of traffic on lakes in the area. Most things are bigger in Texas, but lakes are not one of them and with over six million people in the metroplex there is a lot of traffic on the water.

Put all these together and you have some people on the water who have no idea what they are doing, and who are under the influence of alcohol operating a ski boat in close proximity to a few



Maj Steve Nelson

thousand of their closest friends. Sounds like a risk management nightmare, doesn't it?

So the next time you are out for a day on the water exercise some of those risk management principles.

Good To Know - Boating Tips

Penalties for boating under the influence of alcohol include:

- o First conviction - fine up to \$2,000 and/or jail time up to 180 days
- o Second conviction - fine up to \$4,000 and/or jail time up to one year
- o Third conviction - fine up to \$10,000 and/or jail time of 2-10 years

Some basic boating risk management principles:

- If you are unsure of what you are doing take a boat safety course.
- When on the lake try and find an open area of water away from others.
- Become familiar with possible hazards in the area (stumps, shallow water, ect.)
- Don't assume the other guy knows what they are doing or even sees you.
- Just like with a car have a designated driver if alcohol is involved.

Need To Know - Boating Laws

A certified boater education course and photo I.D. is required for any person born on or after September 1, 1984 to operate (1) a vessel powered by motor of 10 horsepower or more; or (2) a windblown vessel over 14 feet in length.

**Boater Education courses from other states are acceptable if National Association of State Boating Law Administrators approved.

A person is exempt from the mandatory boater education requirement if the person (1) is at least 18 years of age; (2) is accompanied by a person at least 18 years of age who is exempt from the course or who has completed the course; (3) holds a master's, mate's, or operators license issued by the U.S. Coast Guard; or (4) is otherwise exempt by rule of the department.

Source - <http://www.tpwd.state.tx.us/fishboat/boat/laws/pwc/>

Simple pleasures

The impact of enjoying the 'little' things on well-being

SMSgt Sylvia Budinich

301st Health Services Superintendent

When things get stressful and busy, it sometimes gets hard for me to appreciate the little positives in life. I call these things “simple pleasures.” An encounter with a former supervisor – one of my past stressors – reminded me about the importance of taking a deep breath and looking for those simple niceties.

What comes to mind when you think of simple pleasures in life? The list is almost limitless; a walk on the beach or in the park; reading a good book; maybe even simpler things like a gentle breeze or the warmth of the sun.

Other possibilities could be watching your favorite sports team on television or attending a game, listening to your favorite music or going to a concert, or even spending time with family or friends. Some of your responses may be entirely different – it depends on who you ask.

One of my simple pleasures is to walk/run in my neighborhood and see things from a different perspective than if I were driving. I call those excursions “jaunts.” I see different kinds of flowers – one of which are roses. I often stop to admire them. The rose bushes are on the sidewalks and don’t belong to anyone so I sometimes pick a few roses, bring them home and enjoy them – a pleasant reminder of my jaunt.

When I lived in Colorado, my jaunts

took me through an industrial park where I used to pick pine cones. I still have the pine cones, which remind me of those pleasant memories. When I go the beach, I pick sea shells. Now I have many containers both at home and in the office. Just looking at them brings back such fond and wonderful memories.

Although these little things are simple, I believe they’re important for my mental and emotional well-being. When we don’t allow ourselves time to “stop and smell the roses,” we can get caught up in our daily stresses, and that can have a serious negative impact on our lives.

A few weeks ago a former supervisor, whom I haven’t seen or heard from in ten years, contacted me through a mutual friend. He and I did not have a good working relationship so I hesitated to call him back. I was curious as to why he wanted to contact me after all these years. I didn’t return his call right away. I waited a few days to ponder the possibilities. When I did call him, he told me about his current health condition.

I learned that, due to two heart attacks and a stroke, he has been confined to a wheelchair and needed my assistance with filing a VA claim.

This stark reality also reminded me of how sometimes many of us take so many obvious things for granted, like our health. It also reminded me about the importance of finding a peaceful



SMSgt Silvia Budinich

time for ourselves, and enjoying the simple pleasures. Due to my former supervisor’s new health condition, he is sadly not able to enjoy many of those things anymore.

After the encounter with him, I realized how fortunate and grateful I am to have my health and those simple pleasures of life. With a new perspective and greater appreciation of nature’s beauty, I look forward to my next jaunt or trip to the beach.

The next time you’re with family, taking a walk or run or enjoying one of your simple pleasures, remember that those little things can disappear in the blink of an eye.

301st Fighter Wing Award Winners - January-March 2010

AIRMAN OF THE QUARTER:
Airman Gerardo I. Ibarra
Structural Maint. Tech.
301st Maintenance Squadron

NCO OF THE QUARTER:
Tech. Sgt. Bruce A. Venable
Cargo Supervisor
73rd Aerial Port Squadron

SENIOR NCO OF THE QUARTER:
Master Sgt. Trinidad B. Ortega
Aircraft Inspection Mechanic
301st Maintenance Squadron

Air Power Expo ‘wows’ families with finesse, firepower



Major Steve Nelson, a pilot with the 301st Fighter Wing's 457th Fighter Squadron, answers a youngster's questions near one of the unit's F-16 aircraft during the 2010 Air Power Expo here. (U.S. Air Force Photo/Tracy Harris)

TSgt Shawn David McCowan

301st Fighter Wing Public Affairs

The 2010 Air Power Expo at Naval Air Station Fort Worth Joint Reserve Base drew roughly 60,000 spectators between April 24-25.

The event kicked off with the landing of a joint parachute team. Performances and flyovers included civilian aerobatic teams as well as military demonstration teams from all over the country.

Navy Commander Brian Parker, director of NAS Fort Worth JRB operations and AirPower Expo director, called the event a success, and has already begun planning for next year's event, which is scheduled to include the Navy Blue Angels.

An A-10 from the 355th Fighter Wing, Davis-Monthan Air Force Base, Ariz., lays down some "suppression fire" during a capabilities demonstration during the 2010 Air Power Expo here. (U.S. Air Force Photo/TSgt Shawn David McCowan)





How to survive an ‘active shooter’



TSgt Lindsay Estell, member of 301st Medical Squadron, played the role of “shooter” during a recent 301st Fighter Wing exercise. Wing members got valuable exposure to these situations. (U.S. Air Force Photo/Laura Dermarderosiansmith)

Mr James Pettus

301st Fighter Wing Antiterrorism Officer

Imagine it’s around 9:30 on a sunny Monday morning. You just got finished with the Monday morning meeting, and you sit down to review your e-mails.

Suddenly you hear loud shouting down the hall, followed by a loud bang that sounded like a gunshot. Do you go

out into the hallway to see what’s going on? No, wrong answer!

The 301st Fighter Wing recently held an exercise to test our Airmen’s awareness of responding to an “active shooter” in the area. The exercise required the coordination and cooperation of several base agencies, including NAS Fort Worth JRB Law Enforcement. The wing has been fortunate enough not to actually experience this type of incident. But it is something everyone should be prepared to handle.

Some of the most effective things to do include:

- Shut and lock your doors and windows
- Turn off your computer monitor
- Get under your desk
- Wait until the “all clear” notification from law enforcement
- When given the all clear, do not make any quick movements or run toward law enforcement, because you may be perceived as a threat
- If stopped by law enforcement, raise your hands, spread your fingers

The Army psychiatrist recently charged in a deadly shooting spree at Fort Hood really catapulted the

military into another dimension of awareness and redefined the “insider threat” concept. Major Nidal Hasan is charged with 13 counts of premeditated murder and 32 counts of attempted premeditated murder.

Congress and the Department of Defense are currently looking at this nefarious act to understand why and if there were any pre-indicators that may have alerted the Army in the early stages. The investigation is ongoing.

The 301st Fighter Wing wants you to watch out for some of following signs that may be indicators:

- Suicidal comments
- Comments about “putting things in order”
- Statements that sound paranoia (“everybody is against me”)
- Increasing talk of home problems
- Talk of severe financial problems
- Previous incidents of violence.
- Empathy with individuals who resorted to violence
- Increase in unsolicited comments about firearms, other dangerous weapons and violent crimes
- Abuse of alcohol and/or drugs
- Unexplained increase in missed UTAs, absenteeism, and/or vague physical complaints
- Depression/withdrawal
- Severe mood swings, unstable or highly emotional responses

The bottom line is to know your troops and report any suspicious behavior, don’t be the one to let this happen!



The 301st Fighter Wing’s recent active shooter exercise required the cooperation and coordination of several base agencies, including Naval Air Station Fort Worth Joint Reserve Base Law Enforcement, which assisted in apprehending the exercise’s “shooter,” TSgt Lindsay Estell, member of 301st Medical Squadron. (U.S. Air Force Photo/Laura Dermarderosiansmith)



Turning Over a Old Leaf

Lieutenant Colonel Keith Knudson (center) became Colonel Knudson at a recent ceremony honoring his promotion. His sons, Tyler (left) and Austen were on hand to pin on his shiny new eagles. Colonel Knudson also recently became the 301st Fighter Wing vice commander. (U.S. Air Force photo/SrA Jeremy Roman)

Popular 'four lenses' class to be offered by 301st Airman and Family Readiness staff

Due to overwhelming requests, Major Christopher Clark and Bobby Robertson, of the 301st Fighter Wing Airman and Family Readiness Center, are scheduled to conduct a "Four Lenses" class next week.

The class is scheduled to be held next Thursday, May 6, from 8 - 10 a.m. Any 301st Fighter Wing member who would like to sign up for the class must contact Bobby Robertson no later than Monday, May 3.

Please send Mr. Robertson an e-mail with the name and unit of the person desiring to attend, and copy the email to Maj Clark. If someone is assigned to a different unit and wishes to attend, call the Airman and Family Readiness Center, or e-mail Mr. Robertson, who will advise the member on how to obtain the books quickly. Mr. Robertson can be reached at 817-782-5346, or DSN 739-5346.

Get the Fighter Line delivered to your home

To get an electronic copy of the Fighter Line delivered to your home, email us at 301fw.pa@us.af.mil with the subject line "Subscribe" and we'll start sending you a copy before you arrive for the UTA weekend.

Pregnancy in the workplace:

Safety is priority one

MSgt Marilou Mote

301st Medical Squadron

The health and wellbeing of you and your baby are our top priority. Precautions must be taken to minimize risk factors in the workplace that might adversely affect an otherwise normal pregnancy.

Since reservists are not monitored by a military obstetrician, the member, her supervisor, commander, and medical personnel must be especially aware of procedures to follow.

Once you find out that you are pregnant, immediately notify your commander, supervisor, and the 301st Medical Squadron to start medical paperwork.

Please remember that the Reproductive Health/Fetal Protection Program is a mandatory program, and failure to comply with any of the criteria will result in administrative action and you will not be permitted to participate for pay or points until cleared by an appropriate medical authority.

For questions during the UTA weekends, contact me or SSgt Kenneth Young at DSN 739-7393, or TSgt Lindsay Estell during the

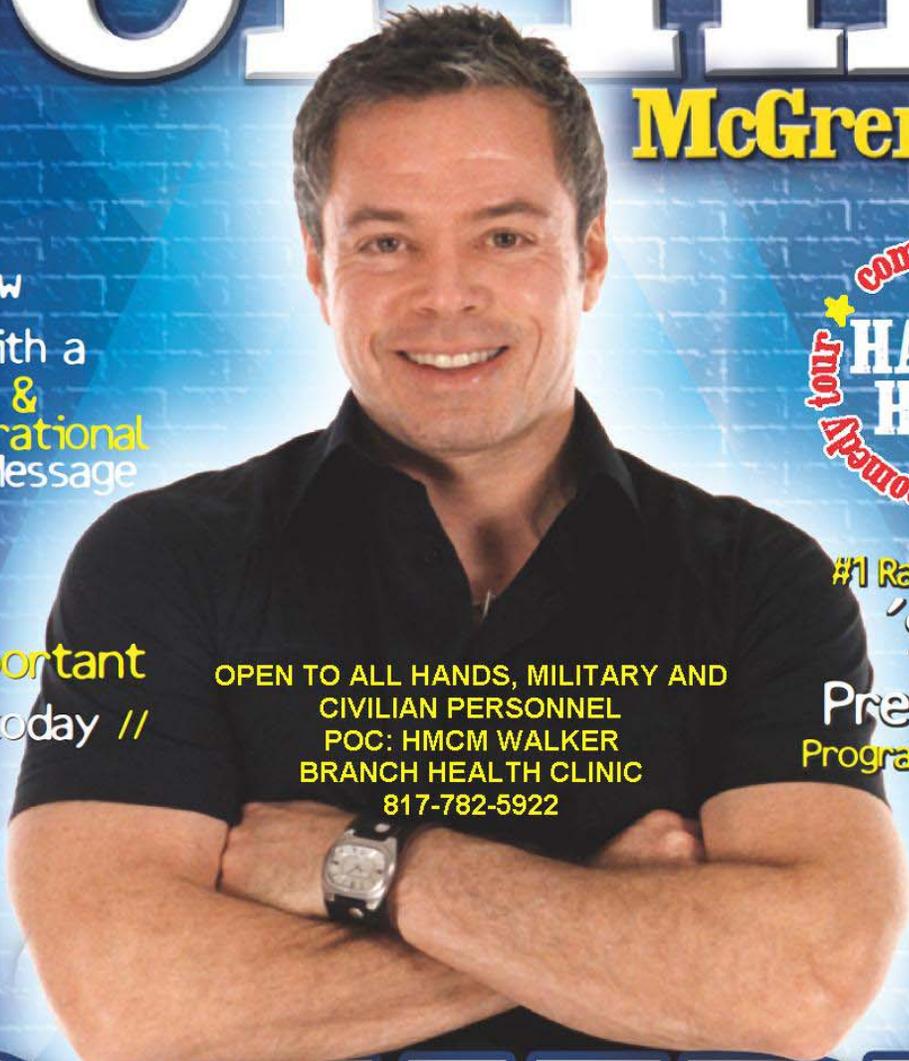
Be Heard!

The 301st Fighter Wing Public Affairs office wants your opinion on local and Air Force Reserve-wide news. Do you have a story idea in your unit and want to get published in an internationally-distributed publication?

Contact us at 301fw.pa@us.af.mil, use the email subject line - "Fighter Line Feedback" or call DSN 739-7170, or commercial 817-782-7170.



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DATE: Friday 14 May 2010 **TIME:** 11:30—12:30 **PLACE:** Base Theater