

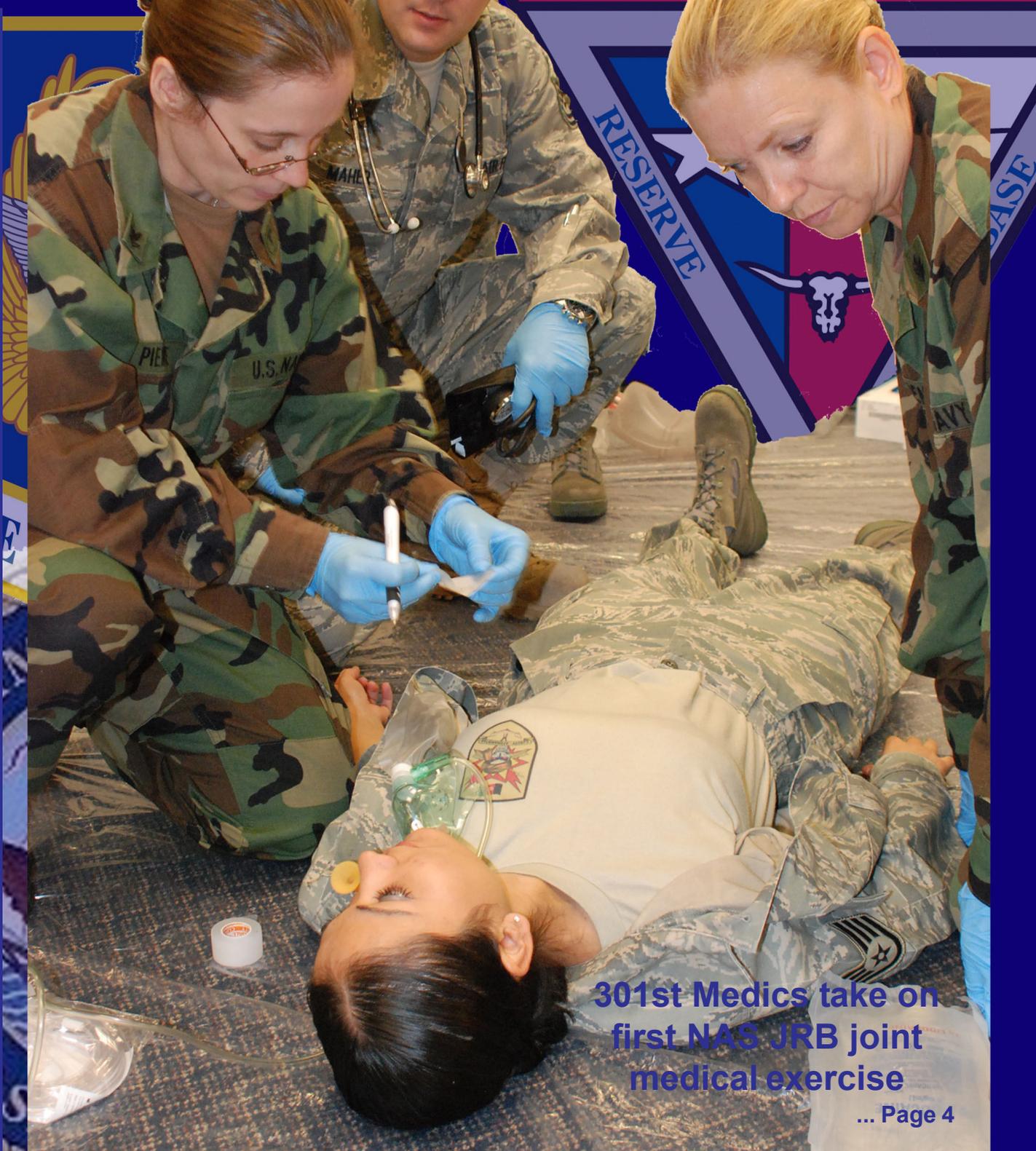


# FIGHTER LINE

JRB F... Carswell Field ... 301st Fighter Wing

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**301st Medics take on first NAS JRB joint medical exercise**

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# The little things...

**Brig. Gen. Stephen W. Wilson**

Commander  
379th Air Expeditionary Wing

*(Editor's Note: The following article was taken from Brig. Gen. Stephen Wilson's blog. General Wilson is currently deployed as the 379 AEW commander. See the entire blog at: <http://379aew.dodlive.mil/>)*

I thought I'd pass along one of many "Vector Stories." I have 3 Commander vectors — goals for the Wing to follow.

- #1—Take care of the Mission First.
- #2—Take care of each other to build trust and an unbeatable team.
- #3—Take care of yourself with a personal commitment to be the best.

Every day I get to see and hear our Airmen and Joint/Coalition partners meet & exceed these goals.

Today's story seems like a small example of #2 — Take care of each other, but it is a big story to someone.

Late last night our protocol "Catcher," Captain Michelle Parrack, deployed here from the 301st Mission Support Squadron. Capt Parrack meets each and every Distinguished Visitor who comes thru here.. She got a call from an Army Special Forces Captain who was passing through, asking if he could get into our alternate DV lounge.

The time was not convenient for Catcher since the call came at about midnight and Catcher had to get up at

3 a.m. to see another DV off. It would have been easy to say no.

But Capt Parrack said "no problem" and met the Army Captain at the alternate DV lounge.

It turns out that this Army Captain had passed through here about six weeks ago when he was escorting a Fallen Warrior home. That fallen warrior was his brother.

While awaiting transportation here, the Captain stayed in our alternate DV lounge. The Army Captain explained to Captain Parrack that somewhere during the trip home he lost his brother's coin.

Now he was on his way back to Afghanistan and was retracing his steps to see if he could find his brother's coin on the way.

Captain Parrack opened the lounge for the Army Captain, and they searched all the chairs and couches together. When they picked up and shook one of the couches, they heard a jing ... jing sound in the frame.



**Brig. Gen. Stephen W. Wilson**

They cut the bottom of the fabric ... and out falls the brother's coin.

It brought the Army Capt to tears.

Taking care of each other ... it's not always big things ... but the little things that make a BIG difference to someone — and go a long way building trust and confidence.

**ON THE COVER:** 301st Medical Squadron technician TSgt James Maher (center) assists Navy medical technicians HM/E2 Marianne Pierce (left) and Navy Lt. Junior Grade Cheryl Granas (right) treat a 'patient' during NAS JRB Ft Worth's first-ever Air Force, Navy and Marine Reserve medical exercise. (U.S. Air Force Photo/TSgt Stephen C. Bailey)

## FIGHTER LINE

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- SSgt. Laura Spurling.....Staff Writer



# Character Determines Success

## MSgt Sylvia Budinich

Health Services Superintendent  
301st Medical Squadron

*(Editor's Note: This commentary is the third in a series focussing on mentoring and leadership to develop character)*

Before I continue with the next seven of the 49 character qualities from the *Character First* website: [www.characterfirst.com](http://www.characterfirst.com), I want to share some good reading with you.

Every leader has his or her own leadership style. Several years ago I read General Colin Powell's Book "Leadership Secrets of Colin Powell." It's an excellent book on leadership and has been "battle tested."

The following are General Powell's Leadership Rules:

- It ain't as bad as you think. It will look better in the morning
- Get mad, and then get over it
- Avoid having your ego so close to your position that when your position falls, your ego goes with it
- It can be done!
- Be careful what you choose. You may get it
- Don't let adverse facts stand in the way of a good decision
- You can't make someone else's choices; don't let someone make yours
- Check small things
- Share credit
- Remain calm and be kind
- Have a vision, and be demanding
- Perpetual optimism is a force multiplier. Don't take counsel of your fears or naysayers.

Now, on to those next seven leadership charactersitics:

15. **Discernment** vs. Shortsightedness – Understanding the deeper reasons why things happen
16. **Discretion** vs. Simplemindedness – Recognizing and

avoiding actions which could bring undesirable consequences

17. **Endurance** vs. Discouragement – The inward strength to withstand stress and do my best
18. **Enthusiasm** vs. Apathy – Expressing joy in each task as I give it my best effort
19. **Faith** vs. Presumption – Confidence that actions rooted in good character will yield the best outcome even when I cannot see how
20. **Flexibility** vs. Resistance – Willingness to change plans or ideas without getting upset
21. **Forgiveness** vs. Rejection – Clearing the record of those who have wronged me and not holding a grudge



MSgt Sylvia Budinich

### In Review: Character Qualities 1-14

1. **Alertness** vs. Carelessness – Know what is taking place so I can have the right response/attitude
2. **Attentiveness** vs. Distraction – Showing worth of a person or task by giving undivided attention
3. **Availability** vs. Self-centeredness – Making my own schedule and priorities secondary to the wishes of those I serve
4. **Benevolence** – vs. Selflessness – Giving to others basic needs without having personal motives as my reward
5. **Boldness** vs. Fearlessness – Confidence in the truth of what I say or do
6. **Cautiousness** vs. Rashness – Knowing importance of timing in accomplishing right actions
7. **Compassion** vs. Indifference – Investing whatever is necessary to heal the hurts of others
8. **Contentment** vs. Covetousness – Realizing true happiness does not depend on material conditions
9. **Creativity** vs. Underachievement – Approaching an idea from a new perspective
10. **Decisiveness** vs. Procrastination – The ability to recognize factors, finalize difficult decisions
11. **Deference** – vs. Rudeness – Limiting my freedom so I do not offend those around me
12. **Dependability** vs. Inconsistency – Fulfilling what I consented to do
13. **Determination** vs. Faint-heartedness – Purposing to accomplish goals regardless of the opposition
14. **Diligence** vs. Slothfulness – Investing my time and energy to accomplish tasks assigned to me



# Medical Squadron takes on challenge of new joint exercise



MSgt. Allan Folsom (far right), 301st Medical Squadron trainer, reviews triage priorities with SrA Rebekah Payne (left) and Navy HM/E3 Adoracion Samano (center). Meanwhile, two other Navy medics review their patient's condition (foreground) during NAS JRB Ft Worth's first-ever Air Force, Navy and Marine Reserve medical exercise. (U.S. Air Force photo/TSgt Stephen C. Bailey)

## TSgt Stephen C. Bailey

301 FW Public Affairs

More than 150 Air Force and Navy medical team members joined together at Joint Reserve Base Carswell for the first-time in an enhanced simulated Mass Casualty exercise Sept 19. The exercise faced the medical staff with 100 victims of aircraft crashes and biological weapons. The victims were recovered, medically treated and then air evacuated by the U.S. Marines.

This training prepares military medical services for growing real world commitments.

“Exercises for us are never taken lightly but are real opportunities for us to learn so we are ready when the real thing happens,” said MSgt Allan Folsom, 301st Medical Squadron. “We take these training moments very seriously because there is no play time when lives are at stake.”

Teams from the 301st Medical Squadron and the Navy's Occupational Health Support Unit (OHSU) worked side by side in stimulating medical discussions for the evaluation and treatment of a variety of horrific injuries. The attention to realism caused one

participant to remark how the make-believe carnage brought home the old adage “war is hell.”

Medical doctors, nurses and corpsman worked as one unit to evaluate plans, policies and procedures and systems guiding the primary response and recovery process while maintaining a safe and secure environment.

Capt. Norcise Williams, a member of 301st Medical Squadron and one of the event evaluators, also saw how both military branches worked to achieve adequate responses for each medical



need creating a good harmony with each other.

There were more than 22 evaluators who ensured the patients were moved, treated and followed up in the appropriate manner. Medical Providers applied current knowledge expertise, excellent teaching platforms and helped provide patient care in a mass casualty environment.

“The exercise was indeed a success in meeting our unit’s goals and objectives,” said Maj. Patricia Herbelin, 301st Medical Squadron exercise team leader.

“Both services were able to test and evaluate their own plans, policies and procedures. Throughout the exercise we revealed our proficiencies and deficiencies.

“The most valuable gain we had was developing vital teamwork with the Navy and Marines. We also helped clarify and practice roles and responsibilities, improve individual and team performance, and demonstrate capabilities to our sister organizations. Hopefully this bond will continue to support us all as we learn, work, and save lives together.”

The younger members of the medical exercise also witnessed first-hand the importance of one-on-one training. Petty officer 2nd Class Marianne Pierce and 1st Lieutenant Junior Grade Cheryl Grenas were both in the heat of the action throughout the exercise.

“Wow, this has been a fantastic way to build on our skills and to learn,” said Lt. Grenas.

“I hope we can spend more time working together because experiences like this will only help us to be better prepared to save lives,” said HM2 Pierce.

As a result of this exercise, the 301st Medics and Navy OHSU will combine drill four times a year in January, April, July and September.

“We also will team up to utilize each other’s training facilities,” Major Herbelin explained. “Their corpsmen were so impressed with our skills lab that they were doing additional training there the following day.”

Additional training will also be conducted with the Marine pilots who have agreed to allow 301st flight surgeons to join them anytime so they can fulfill flight surgeon air currency hours.

“These are great examples of how our services can learn and team with each other to make a difference in medical services,” said Major DeShawn Stewart, 301st Medical Squadron physician. “This initial exercise brought high tempo training that will aid us in real-world preparation and execution. We hope to do these trainings more often with our Navy friends.”

The exercise keyed on several important areas. These included patient  
**(‘Exercise’ Cont’d on page 8)**



MSgt. Allan Folsom (foreground right), 301st Medical Squadron trainer, discusses how to properly secure a patient litter in a C-130 aircraft with Air Force and Navy Reservists during NAS JRB Ft Worth’s first-ever Air Force, Navy and Marine Reserve medical exercise. (U.S. Air Force photo/TSgt Stephen C. Bailey)



Maj Pamela Munn (foreground right with folder), a member of 301st Medical Squadron, reviews proper procedure and treatment of a soldier possibly exposed to a biological agent with both Air Force and Navy medical technicians during the medical exercise. (U.S. Air Force photo/TSgt Stephen C. Bailey)



# Be heard

## Voices of the men and women of the 301st Fighter Wing

### “What is your opinion of recent uniform changes?”

#### **SSgt Laura Spurling**

301 FW Public Affairs

What do you think about the new uniform changes - specifically tucking pant legs into boots and wrapping the laces?

What do you think about being able to walk and talking on a cell phone while in uniform?



#### **A1C April Williams, 301st FW Finance**

*I did not know that we could walk and use a cell phone while in uniform! That's awesome! Thank you for telling me that!*



#### **SrA Katie Horton, Admin, 73rd Aerial Port Sq**

*“I tuck in and blouse my pants anyway. It's actually kind of nice versus buying the blousing straps.” I like that we can walk and use cell phones in uniforms now.”*

#### **SSgt Kofo Marfo, 301st Finance**

*“I use the blousing straps, and I like it. I don't know why they are changing it. I wish that they would leave it like it is. I love the idea that you can walk and talk on your cell phone while in uniform. That's a Wonderful idea!”*



#### **SSgt Celeste Montellano, 301st Finance**

*I've been tucking my uniform pants in anyway just because I found out that that would be a new rule.”*



The 301st Fighter Wing Public Affairs office wants to hear your opinion on local and Air Force Reserve-wide news. **BE HEARD!** Have an idea for a story in your unit, or want to get published in an internationally-distributed publication? Contact us at [301FW.pa@carswell.af.mil](mailto:301FW.pa@carswell.af.mil) (use email subject line - “Fighter Line Feedback”) or call DSN 739-7170, com 817-782-7170

# Something happened along the way

**MSgt LaWanna M. Viers**

First Sergeant

732 ESFS, Joint Base Balad, Iraq

The day came when I needed to travel “outside of the wire” to care and feed over 200 of the 1,575 Airmen assigned to the 732 Expeditionary Security Forces Squadron (ESFS).

My heart was pounding as I approached the pad where my chariot awaited me, “the mighty Blackhawk”.

“This is the moment that I had been waiting for,” I thought to myself. We loaded the helicopter. The gunner checked our seat belts, slammed the doors shut and up we went. Courage was swelling up inside of me and my smile was as big and bright as the sun, until I realized that there were no windows in the door frames!

About 10 seconds into the flight I thought to myself, “what an amazing machine this is.” Usually, my stomach would be in knots and my head spinning like a rollercoaster moving at full speed, but not this time. The ride was so smooth that I forgot that we were in the air.

We flew over fields being worked by local nationals, beautiful bodies of water and palaces fit for a king, literally. In awe, I watched with bated breath as those traveling with me gazed out of the open windows.

It was then that I detected that something great was to be rendered and gained along the way.

Thirty-five minutes after take-off we landed at Victory Base Compound in Baghdad, where I was met by a familiar face, another “Carswell” brother, CMSgt David Holman of the 610th Security Forces Squadron! The instant we shook hands a sense of peace came over me.

Chief Holman took me on a tour of the base; we had lunch at one of the many dining facilities and then drove twenty-five minutes to Camp Stryker to meet the Airmen assigned to his charge. Everyone was happy to have a visitor among them.

While standing the hallway, someone mentioned Connecticut and I asked, “What was that about Connecticut?” the Captain who was speaking replied “Are

**MSgt LaWanna Viers, First Sergeant at 732nd Expeditionary Security Forces Sq, Joint Base Balad, Iraq and 301st Maintenance Operations Flight, got a unique chance to have dinner with some visiting senators, including Senator Joe Lieberman from her home state of Connecticut. (U.S. Air Force photo/courtesy photo)**



you from Connecticut?” I said “Yes, I’m from New London.” He then asked if I wanted to have dinner tonight with Senator Lieberman from Connecticut?

Within minutes, I was in the car with another First Sergeant from Connecticut, one MSgt Cadell, on my way to meet newly arrived Detachment 3 personnel and trying to cover as much ground as possible with the time that I had there.

The leaders began to show me around their temporary lodging facilities (tents) and I made notes of any issues that needed attention. It was now time to head off to the dinner.

MSgt Cadell dropped me off at the dining facility where I was embraced by some of our Airmen there for the dinner. We talked and mingled while waiting for the dignitaries to arrive. About thirty minutes later, in walks in Senator Lieberman, Senator John McCain from Arizona, Senator Lindsey Graham from South Carolina and Senator Olympia Snowe from Maine. What a phenomenal event it was.

After dinner, on my way back to Camp Stryker we made a stop and one Airman heard some music. I suggested we go see where it’s coming from.

It was a block party being hosted by the Top Three inside of the recreation center. We played ping pong, listened to the live band and talked about their experiences in the AOR. I was amazed at the pride, joy and honor displayed on their faces when talking about going on

missions outside the wire several times a day, dodging improvised explosive devices (IEDs) and direct and indirect fire.

These are the Airmen that are putting their lives on the line every single day so that someone else can have a moment of peace. I was honored to add to their fun.

They took me to their housing area and within ten minutes, we were having our own block party. Airmen were coming out of the woodwork just to see who was laughing so much outside.

I appreciated staying as long as they liked, because I understood in the morning these jovial Airmen would be dressed in their battle gear, heading out on the dangerous roads to provide law and order, and I prayed that they would come back safely.

Many hugs were shared that night and bonds not easily broken.

On the way went back to my room I thought about their danger, and wondered if I would ever see the Airmen of the 301st Maintenance Operations Flight again? Would I be granted the opportunity to thank them for a job well done?

To the men and women of the 301st Maintenance Operations Flight, I simply want to say thank you for making me a better First Sergeant.

Opposition makes us strong but good people like you make us all better.

Something happened to me somewhere along the way, and my life was changed for the best!

**('Exercise,' Cont'd  
from page 5)**

movement, proper performance of litter carries, patient tracking, communication training, and patient count and status. Along with that evaluators observed how medical professionals performed real time applications of splints, tourniquets, and airway management.

“Today, we saw two very good units come together to share their skills in getting the job done in a very difficult and time sensitive exercise,” said Navy onsite commander David Lu. “I was very happy to see the work done in this exercise – everyone performed with sense of professionalism and urgency. Overall, it was a great collaboration of superb medical talents.”

Both teams reviewed their performances following the exercise and made plans for additional training times. A combined picnic culminated their training efforts together.

“We made a huge impact in medical training with the combining of our medical teams,” said Navy Lt Christine Wynns.

“I saw an energy today that I hope will continue to grow to help us become better medical professionals. This exercise showed how the Air Force and Navy are an even stronger medical force when we work as one.”

Lt. Col. William Craig, 301st Medical Squadron



**Navy Medical corpsman, HM/E2 Marianne Peirce, treats a military member while other Air Force and Navy medical technicians treat patients around her during the first NAS JRB Ft Worth Air Force and Navy Reserve joint medical exercise. (U.S. Air Force photo/TSgt Stephen C. Bailey)**

director, hinted that the great results brought consideration for the potential for more joint exercises in the future.

“This was an outstanding success. It brought three sister services together, and Everyone who participated

learned a great deal. This sets the stage for future joint efforts at JRB, Fort Worth.”