

THE JET GAZETTE

READY TO SERVE...NEIGHBOR & NATION

OFFICIAL PUBLICATION OF THE 141ST AIR REFUELING WING

APRIL 2023

MX/OPS

UNITS PERFORM FLYAWAY TO GRANT COUNTY INTERNATIONAL AIRPORT

ANNUAL AWARDS

WA STATE RECOGNIZES THE BEST AIRMEN IN THE STATE TO COMPETE AT A HIGHER LEVEL

LEGAL

EATING THIS FOOD COULD LEAD TO A POSITIVE DRUG TESTING

COBRA GOLD

SEARCH AND EXTRACTION GUARDSMEN TRAVEL TO THAILAND FOR TRAINING

THE JET GAZETTE

THE OFFICIAL PUBLICATION OF THE 141ST AIR REFUELING WING

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THE MISSION

THE MISSION OF THE JET GAZETTE
IS TO EFFECTIVELY COMMUNICATE EVENTS
AND INFORMATION OF THE 141ST AIR REFUELING WING
TO UNIT MEMBERS, THEIR FAMILIES AND RETIREES
AND TO RECOGNIZE PERSONAL AND UNIT
ACHIEVEMENTS WITHIN THE WING.

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FRONT COVER PHOTO BY STAFF SGT. DANIEL SNIDER



NOTES FROM THE TOP

Welcome to April RSD! Was March drill a blur or was it just me? They say there is only one constant in life and that is change. The 141st Air Refueling Wing experienced a great deal of change these past few months with a large number of promotions, a couple key assumptions of command, the retirement of our longtime friend Chief Jimmy Schrader, and a big party at the VFW to commemorate those events and cement our family bonds and our culture. After all that, we got to sit down together at the base theater to see what the future has in store for this incredible wing and this outstanding group of Airmen.

I consider it the highlight and honor of my military career to be entrusted in helping to lead this great wing. This wing has always been heading on the right trajectory, but Colonel Jim "J-Mac" McGovern is the right person at the right time in history to lead this wing to greater heights.

The world is changing, near peer competitors are lining up to challenge our willpower and test our resolve, this is why J-Mac's priorities of Airmen, Mission, and Culture are more prescient than

ever. I am firmly aligned with J-Mac's priorities and vision for this wing.

Our Airmen are the back bone that affords America the global reach to effect change. Without all of you the mission goes nowhere. Taking care of our Airmen is not just the sole purpose of the Medical Group, but it is the responsibility of each one of us to make sure we're ready, medically, emotionally, spiritually, and physically, to deploy and serve at a moment's notice. Take care of one another, get to know one another, when we know one another personally, those bonds will remain strong and be something worth fighting for.

Our Mission, Airmen dedicated to excellence and ready to serve neighbor and nation at a moment's notice. A proud team of courageous Airmen positively impacting one another every day and united in our common cause of defending the freedoms that so many have fought and died for. As our world continues to change at an ever increasing pace, the missions we train for may someday become the reality that we've been preparing for.

Our Culture, the biggest thing that defines us is our Guard Culture, our Guard Family. For years in the Medical Group we would always talk about our Guard Family. Not until I became a Commander did I realize that everyone across the Wing talks about their Guard Family and our Guard Culture. The vision that the leadership team is putting forward now to reinvigorate the Guard Campus, to get the family together and closer to home, will make us a more cohesive and tighter knit family that will have the resiliency to face down any global threat that challenges this country.

It truly is an honor to be a part of this world class organization that isn't afraid to change, that has the integrity to act in the face of adversity, and to stand together as a family when our nation calls.

I'm looking forward to drill. I'm looking forward to seeing my family. I'm looking forward to seeing the people who are so selflessly dedicated to one another and our common purpose.

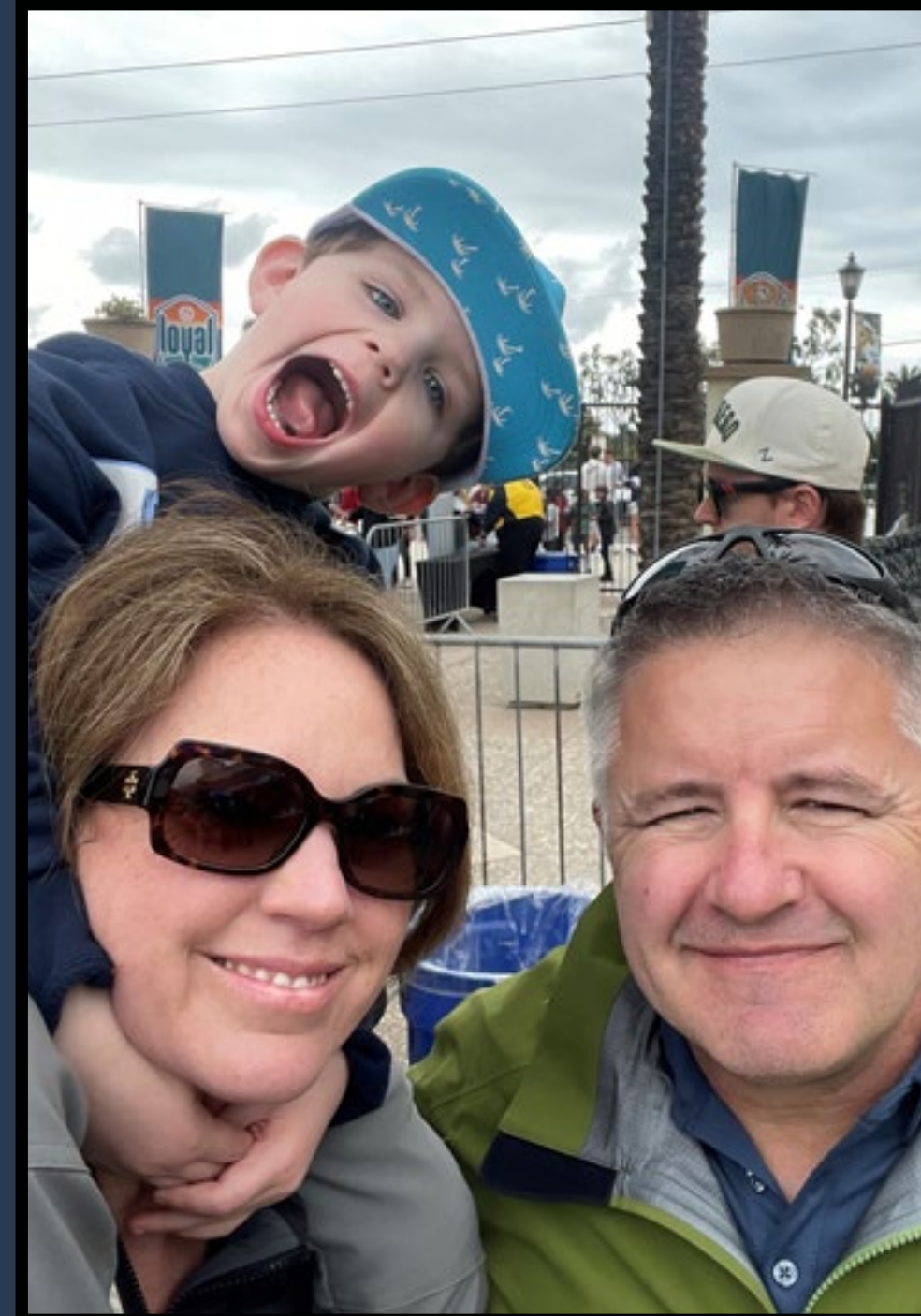
Thank you for all you do and have a great drill!!

~Col. Ron "R-Mac" McNamara



CHIEF'S CORNER

CHIEF MASTER SGT. KELLIE BARTON
141ST MEDICAL GROUP SENIOR ENLISTED LEADER



I hope everyone is enjoying the longer, soon-to-be warmer, days as much as I am. Earlier this month we took a last-minute vacation. Our 4-year-old wanted to go on an airplane; I just wanted some sun, so we went to San Diego.

It rained the whole time! Despite our expectations, we had a really great time- we wore ponchos through Legoland and splashed every puddle in SeaWorld. We were able to put our stresses aside and just live in the moment.

Not too long ago, I found a book with a catchy title that taught me some things about perspective and living in the moment. It asks readers to write out a list of things you stress about on a day-to-day basis. Easy! What are we going to have for dinner? When are we going to do our taxes? How am I ever going to get all these things done? How many times a day do I clean up these dinosaurs? OMG, I still haven't called my dad back after two days! Perspective will show that these are actually small things and people tend to stress about the little things. By being mindful of what's going on around me, I am learning to focus and take in all the details, one moment at a time.

Here are a few things to fall back on when I need it. First, focus on one

thing at a time. While it may feel more productive to multi-task, juggling several things at once makes it hard to live in the moment. If you find yourself constantly checking your phone to avoid a task, stop and turn the focus to what's in front of you.

Next, be grateful for what you have now. If you are constantly focused on things you don't have, you aren't appreciating what you have right now at this moment. And the big one for most, take a break from social media and technology. Constantly checking your social media may make you feel like you are staying connected to the world, but it actually prevents your ability to enjoy the present. If you turn your attention away every time you get a notification on your phone you are not connected to what matters, the here and now. Being present minded is important for health and happiness. It can cut down worrying and connects you to everything around you.

"There are only two days in the year that nothing can be done. One is called yesterday and the other is called tomorrow, so today is the right day to love, believe, do and mostly live," quote by Dalai Lama.

14th Washington Air National Guard Annual Awards Banquet

Story by: Lt. Col. Alyson Teeter
Photos by: Tech. Sgt. Rose Lust



141st Air Refueling Wing Annual Award Winners pose for a photo after the Ceremony.

Deputy Director of the Air National Guard Maj. Gen. Duke Pirack speaks to Airmen during the Awards Ceremony.



The 2023 Washington Air National Guard Professional Development event and Airmen Awards Banquet took place at the Spokane Conference Center, Washington, March 4-5 and were the highest attended events in recent WA ANG history.

Every year a committee of Washington Air National Guard personnel plan a weekend for developing airmen leadership and professional skills and it culminates in an awards banquet that recognizes the top performing personnel and units during the previous calendar year.

Around 400 airmen and soldiers packed a large conference room at the Spokane Conference Center when the PD event commenced the morning of March 4. The focus of the curriculum was the People's Republic of China because the top priority of the 2022 National Defense Strategy is addressing the "multi-domain threat posed" by the People's Republic of China and its desire to upend the Indo-Pacific regional order.

"The nearly 400 folks attending will be able to walk away from this event being able to speak credibly on the PRC threat, not just to help better focus our operational training, but to have the knowledge to help better educate the American public on the threats we're facing down the road," said Brig. Gen. Gent Welsh, Washington Air National Guard Commander.

The audience heard from a slate of distinguished academics and military personnel, including Maj. Gen. Duke A. Pirak, Air National Guard Deputy Director, retired U.S. Army Brig. Gen. Brian Davis, Director of China Research with Blue Path Labs and former Defense Attaché to China, and Joshua Baughman, Analyst at Air University's China Aerospace Studies Institute.

An even larger crowd – more than 500 people – turned out for the awards banquet the evening of March 4 at the convention center. Pirak was the banquet's guest speaker and the following personnel and units received state-level awards and will go on to compete at the Air National Guard level:

AIRMAN OF THE YEAR:

Senior Airman Belinda Griffin, 256th Intelligence Squadron, 194th Wing

NCO OF THE YEAR:

Master Sgt. Shane Bedard, 141st Medical Group, 141st Refueling Wing

SNCO OF THE YEAR:

Master Sgt. Jacqueline McFarling, 141st Medical Group, 141st Refueling Wing

FIRST SERGEANT OF THE YEAR:

Master Sgt. Aaron Reese, 141st Medical Group, 141st Refueling Wing

CGO OF THE YEAR:

Capt. Andrew Janosick, 116th Air Support Operations Squadron, 194th Wing

CIVILIAN EMPLOYEE OF THE YEAR:

Mr. Douglas Nielsen, 141st Civil Engineer Squadron, 141st Air Refueling Wing

HONOR GUARD MEMBER OF THE YEAR:

Capt. Michael Addams, 141st Medical Group, 141st Refueling Wing

HONOR GUARD PROGRAM MANAGER OF THE YEAR:

Master Sgt. Jocelyn Somol, 225th Air Defense Group

TOP RECRUITER OF THE YEAR:

Tech. Sgt. Emily Hanson, 141st Air Refueling Wing

RECRUITING FLIGHT OF THE YEAR:

194th Wing

FLIGHT OF THE YEAR:

141st Maintenance Operations Flight, 141st Air Refueling Wing

SQUADRON OF THE YEAR:

141st Aircraft Maintenance Squadron, 141st Air Refueling Wing

“You represent the very best the WA ANG is and can be, and I’m super proud to be able to hand out these awards,” Welsh said. “Huge thanks to the supervisors and unit leadership for the time it took to recognize your nominees this year, and thanks to the awards boards that had to make some really tough decisions between really talented airmen. Another big thank you goes out to the 141st team for putting in all the work to host this year’s banquet and PD.”



Master Sgt. Seth England plays a rendition of Amazing Grace on the bagpipes during the Awards Ceremony.



Senior Airman Belinda Griffin receives her award as Airman of the Year.

Master Sgt. Shane Bedard receives his award
as NCO of the Year.



Master Sgt. Jacqueline McFarling receives her award
as SNCO of the Year.





Master Sgt. Aaron Reese receives his award
as First Sergeant of the Year.



Capt. Michael Addams receives his award
as Honor Guard Member of the Year.



Mr. Douglas Nielsen receives his award
as Civilian of the Year.



Tech. Sgt. Emily Hanson receives her award
as Top Recruiter of the Year.

141st Maintenance Operations Flight
receives their award as Flight of the Year.



141st Aircraft Maintenance Squadron
receives their award as Squadron of the Year.



Master Sgt. Greg Harada poses with members of Disaster Response Exercise, Cobra Gold.

COBRA GOLD

SEARCH AND EXTRACTION TRAINS WITH THAILAND

Photos and Story Courtesy of Search and Extraction



An LCAC-9 approaches the beach during Disaster Response Exercise, Cobra Gold.



In February Master Sgt. Greg Harada and Tech. Sgt. Carlos Sanchez of the Washington Chemical, Biological, Radiological, Nuclear and high-yield Explosive Enhanced Response Force Package Search & Rescue team had the opportunity to travel to Bangkok, Pattaya City & Prachin Burry, Thailand for their Disaster Response Exercise, Cobra Gold.

Ten countries were present for the exercise with the main goal to demonstrate the capability to coordinate, integrate, and respond to a disaster: specifically a large scale flood or Tsunami. With the assistance of interpreters, the Wash. team trained and integrated

with the Thai Ruamkantanyu Foundation. They are a privately funded Search and Rescue organization which the country of Thailand employs for disaster response. They learned about and exercised the Multinational Coordination Center which is an operations center used to coordinate military response from multiple countries. Additionally, they applied wide area and building search techniques, structural collapse, confined space, high angle rope rescue, and victim recovery operations.

For the culminating exercise, the Thai Ruamkantanyu Foundation SAR team along with members integrated from ten countries, were tasked with responding to

a large flood with multiple victims in both clean and contaminated environments. The team successfully demonstrated search techniques, breached a structure, performed high angle rope rescue, and assisted with evacuation. The Wash. team was able to travel across a beautiful country, experience a new culture and learn from our international counterparts. This event enhanced our skillset and capability to integrate with different countries during large scale events as well as strengthened a variety of partnerships and will result in future opportunities being made available to our team as we received an invite for next year.

TSgt Carlos Sanchez observes as members of the Disaster Response Exercise perform search and extraction techniques.



Participants observe a plume of smoke filling the air during Disaster Response Exercise, Cobra Gold.



LEGAL ASSISTANCE

141ST JUDGE ADVOCATE OFFICE

After a review, the DoD Office of Drug Demand Reduction, (ODDR) has determined that ingestion of certain legally purchased food products, specifically poppy seeds, could, in some circumstances, result in a positive urinalysis for codeine. On 19 January 2023, ODDR temporarily suspended reporting of codeine results for all urinalyses processed at the Department of Defense Forensic Toxicology Drug Testing Laboratories and suspended the destruction of urine specimens previously reported as a codeine positive. The Air Force is working to identify service members with previously reported codeine results which might have been impacted by the ingestion of legally purchased poppy seeds.

How could this happen? Poppy seeds come from the papaver somniferum (poppy plant). Poppy seeds themselves do not have opium content. The opium alkaloids such as morphine, codeine, and thebaine are found in a milky white fluid that is exuded from the pods when it is cut. Seeds may be contaminated during harvest. With proper washing, a member would not test positive on a drug test. In the United States, washing of poppy seeds is required



if they are to be used in food products. Unfortunately, in the current supply chain, the poppy seeds may not be properly washed prior to being added to food that is produced for sale.

As a result, the Military Departments are directed to notify members to avoid consumption of all poppy seeds to include food products and baked goods containing poppy seeds. Current testing for these controlled substances will continue. Applicable policy will be adjusted as more information is obtained.

What does that mean for our Service members? It is recommended to avoid poppy seeds. Your commanders are aware of this issue and will consider a positive test on its own merits on a case-by-case basis. You could still eat poppy seeds, but as applicable policy indicates, the easiest way to avoid a positive test, which can result in an extremely stressful and challenging time in your life and career in the military, is to avoid poppy seeds.

Any questions on this matter should be directed to your chain-of-command. Applicable guidance and information on this issue will also be posted on the 141st Legal Office sharepoint.

★ *This or any other article provided by the legal office should not be considered legal advice. If you have any questions regarding this or any other article, please do not hesitate to stop by the legal office or call at (509) 247-7035.*

Members of the 141st Air Refueling Wing's Maintenance and Operations groups pose for a photo on the wing of a KC-135.

141 AGILE COMBAT EMPLOYMENT

Story and Photos by: Tech. Sgt. Kayleigh Phillips



141st Air Refueling Wing airmen performed an Agile Combat Employment exercise to conduct training that simulated a contingency location deployment scenario at Grant County International Airport, Washington on February 3 – 4, 2023. Agile Combat Employment, ACE, is a proactive and reactive operational scheme of maneuver executed within threat timelines to increase resiliency and survivability while generating combat power. During the two-day exercise aircrew flew 4 flights to GCI each day. The event proved ACE by demonstrating the launch and recovery of aircraft in a contingency location. Aircrew oversaw regeneration of their own aircraft upon landing– training to be Multi-Capable Airmen. The ACE teams consisted of MCA, tailored to provide mission generation, command and control, and base operating support while keeping the personnel and equipment footprint to a minimum. On the ground at GCI, maintenance, command post, airfield management, and fuels management airmen supplied support to the crews enabling a safe environment for learning and enabled crews to service and launch their own aircraft. With the supervision of maintenance personnel, the aircrew performed aircraft shutdown, checking and adding oil, and on ground aircraft refueling. The four ACE core elements of the exercise were: posture, command and control, movement and maneuver, and sustainment. Once aircraft servicing was accomplished at GCI, the crew flew back to Fairchild and completed the exercise within the timeframe allotted.



TSgt. Davis Gese performs maintenance on a KC-135.



Members of the 141st Air Refueling Wing's Maintenance and Operations groups stand for a photo at the Grant County International Airport.

HISTORY

560TH INDUCTED INTO FEDERAL SERVICE
1951



The band was activated in Birmingham, Alabama, on July 11, 1942, and the following month they transferred to Greenville Army Air Base, South Carolina. Originally designated the 60th Army Air Force Band in December 1943 it became the 560th Army band and was transferred to the 3rd Air Force.

In March 1944, the 3rd Air Force redesignated the band as the 560th Army Air Force Band. It was assigned to the 1st Air Force in February 1945 and remained at Greenville Army Air Base until ordered overseas. The band departed Greenville on April 4th and arrived in Los Angeles by train on April 8th, then departed by ship for India on April 16, 1945.

The band served in India under the commanding general, of the China-Burma-India Theater, from May 21, 1945 until it was disbanded from active service on March 15, 1946. During its inactive status, the War

Department allocated the 560th Army Air Force Band to the National Guard and later to the Washington Air National Guard. When it was activated along with the new 60th Fighter Wing, it was designated the 560th Air Force Band, it was authorized to organize personnel as an Air National Guard unit in March 1948.

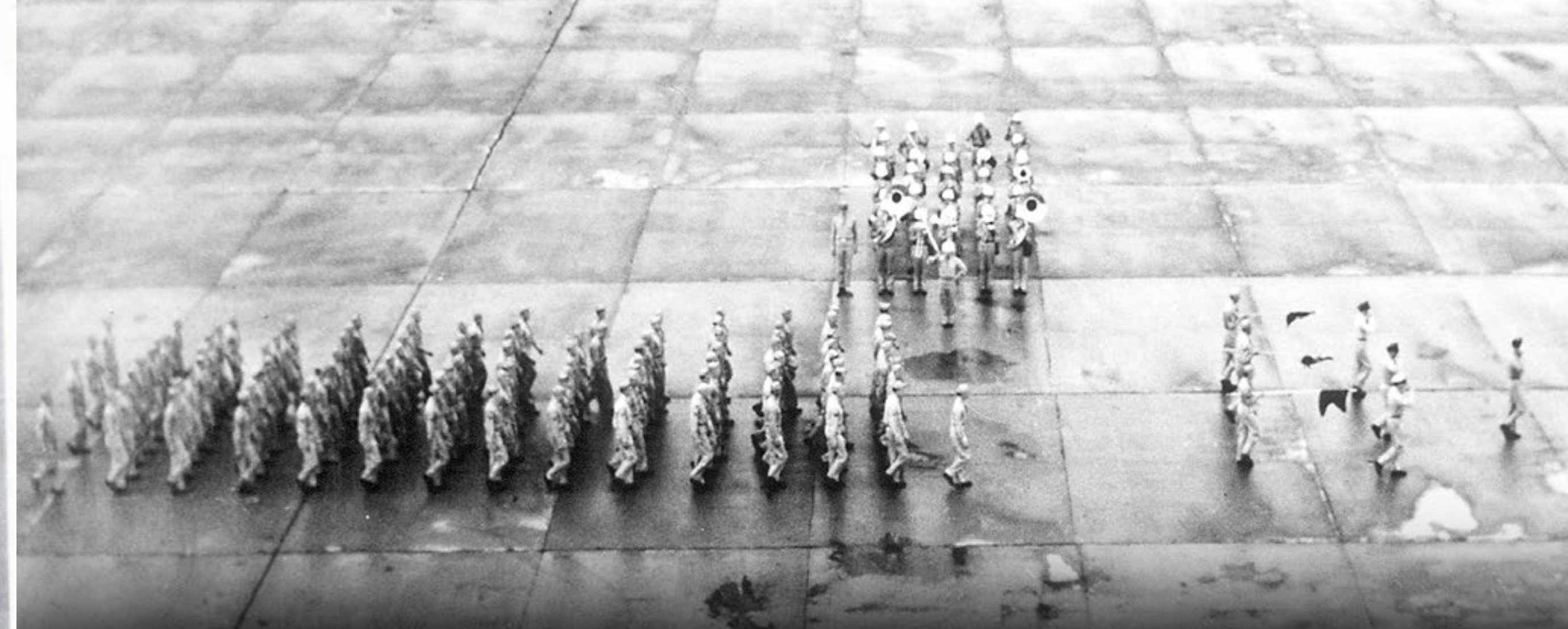
With a minimum authorized strength of one warrant officer and three enlisted men, the 560th AF Band was extended federal recognition and activated in the Washington Air National Guard at Fort George Wright, Spokane, Washington, on April 18, 1948. The band was later transferred along with the wing a short distance to Geiger Field at the Spokane Airport.

The original membership in the 560th Air Force Band was mainly graduate and undergraduate students from Eastern Washington University in Cheney, Washington. Chief Warrant Officer Benedict T. Hallgrimson, the

original band director and commander, was a professor of music at Eastern Washington University. The core of the group was centered around a "show band" concept that attracted some of the finest musicians in the Northwest. The band developed most of its highly touted reputation from radio, television and live performances throughout the Pacific Northwest.

They played regularly for local radio stations around the Spokane for much of the 1950s. While they were active during the Korean conflict and stationed at McChord AFB. They were centerpieces on their own television program in the Tacoma on KING TV broadcasting, the show was called "March On" and was on the air for two years during the band's activation.

They played live on TV on a weekly basis performing patriotic music that military bands specialize in, but also performed touching holiday music during the





Thanksgiving and Christmas season. Their biggest live performance was the dedication ceremony of the Grand Coulee Dam on May 11th, 1950. Over 10,000 in attendance came to see President Harry S. Truman give an address and watch him push the button to activate the last of the power generators installed at that time.

In November 1951, while stationed at McChord AFB in Tacoma the 560th played honors to General Douglas MacArthur. Bandsmen played and sang two different renditions of 'Old Soldiers Never Die' to honor the General. In 2012 the 560th was disbanded and members were disbursed throughout the wing.



DFAC

LUNCH MENU



1100-1300

FRIDAY

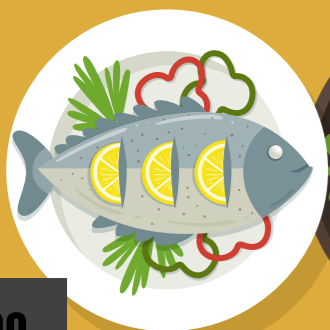
- Eggplant Parmesan or Salmon
- Santa Fe Potatoes
- Rice and Asparagus

SATURDAY

- Turkey Wellington or Vegetable Stew
- Roasted Vegetables
- Green Beans

SUNDAY

- Roast Beef or Garlic Shrimp
- Green Beans and Peppers
- Rice and Broccoli



PROMOTIONS

1st Lt JESSE BROWN 141 OG

SMSgt DAVID KOLTAS 141 AMXS

MSgt JOSHUA BONHAM 256 IS

MSgt KAILIE DAVIS 141 ARW

MSgt CASSANDRA MOORE 141 MDC

TSgt ERICK CHAN 141 MXS

TSgt JULIUS FIELDS 141 MXS

TSgt JEREMY SAVAGE 141 MXS

SSgt DEREK ALDRICH 242 CBCS

SSgt CHASE MORROW 242 CBCS

SSgt ZACHARY OHANLON 256 IS

SSgt ERIC RADA 242 CBCS

SrA VINCENT JIMNO 256 IS

SrA MARK BRUYERE 141 MXS