

MIG Alley Flyer

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Osan Airmen prepare for readiness inspection

by Master Sgt. Paul Kilgallon
51st Fighter Wing Public Affairs

Airmen from the 51st Fighter Wing participated in a four-day exercise that began Feb. 8, testing the wing's ability to effectively execute combat operations.

Exercise "Beverly Midnight 09-01" simulated the 51st Fighter Wing's wartime missions while maintaining operational readiness.

The exercise's objectives were to obtain combat power generation within specified timelines, proper wear and use of individual protective equipment, and to demonstrate the wing's ability to survive and operate in wartime conditions.

More importantly, the exercise allows commanders to test the operational capabilities and identify areas that need improvement.

"We design the Operational Readiness Exercise to test our forces on their ability to execute wartime or contingency operations," said Lt. Col. Judson Fancher, 51st Fighter Wing Inspector General.

"The information we get from these types of exercises is extremely beneficial because it gives our commanders the opportunity to evaluate combat capability and provides a

robust training scenario for improving our operations."

Throughout the exercise, Airmen were evaluated on their warrior skills to include their ability to survive and operate in a chemical environment, render self-aid buddy care, respond to realistic combat scenarios within the emergency operations center and unit control center, and process through decontamination transition control points.

Exercise evaluators from the 51st FW Inspector General office challenged the wing with tough scenarios, during which they were required to defend the base, receive follow-on forces and effectively take the fight north.

"The 51st FW performed well during this exercise," said Colonel Fancher. "We achieved a number of difficult exercise objectives and I am extremely proud of how the Mustangs performed this week."

Col. Thomas Deale, 51st Fighter Wing commander said he was pleased with the results of the exer-

cise and, more importantly, with the level of performance displayed by each Airman in the wing.

"The attitude on the flight line and in the field was just remarkable," said Colonel Deale. "I was impressed with the can-do attitude, energy and combat readiness of our Airmen."

Colonel Deale went on to say that we should never forget who and where we are.

Even though the exercise is

over, the wing will continue the hard work for our wartime missions and the upcoming inspection.

"We are excited to showcase our readiness and our outstanding Airmen to the Pacific Air Force's Inspectors," said Colonel Deale. "The Mustangs are ready to fight and win when called."

The Air Force conducts ORIs to evaluate and measure the ability of installations to execute their combat mission and to operate and survive in a chemical environment by creating realistic scenarios for exercise evaluations.

"We achieved a number of difficult exercise objectives and I am extremely proud of how the Mustangs performed this week."

- Colonel Deale
51st Fighter Wing commander

Team Osan prepares for upcoming operational readiness inspection see more on pg. 4-5



Osan 3-day Outlook

Tuesday	Wedn.	Thurs.
High: 30	High: 46	High: 48
Low: 19	Low: 33	Low: 36



ORI
Count
down
65
Days to
Inspection

ORI Tip of The Week: The 10-Foot Rule is a risk management philosophy involving procedures that enable wing commander's to increase operational capability with an increased degree of risk. (Ref AFMAN 10-2602)

■ **24-hour Initial Phase:** Personnel will remain in MOPP Level 4 whenever they stay within 10 feet of the contaminated equipment for more than a few seconds during the initial 24-hours after a chemical attack.

■ **Follow-on Phase:** After initial phase (24-hours) and when directed by commander, personnel will use gloves of any sort when operating on or handling the contaminated equipment.

Diamond Talk

Master Sgt. James Segebarth
51st Mission Support Squadron
first sergeant

Have you ever heard the phrase, "We would no longer need first sergeants in the Air Force if supervisors would simply do their job correctly."

Reactions are generally negative to this controversial topic yet perhaps there is some truth to it.

First line supervisors, primarily our junior non-commissioned officers (NCOs), carry a large responsibility to both superiors and subordinates.

These young leaders are the key to understanding how this perspective may hold some legitimacy especially when one considers the guidance provided to all enlisted members through *Air Force Instruction 36-2618, The Enlisted Force Structure*.

Mission accomplishment is top priority and first line supervisors are there making sure it happens.

Superiors expect these professionals to maintain the highest level of readiness as skilled technicians ...

See *Diamond Talk* on pg. 7



~ Briefly ~

■ A National Prayer Luncheon takes place at 11:30 a.m. Feb. 23 in the Officers' Club. All ranks are welcome, however, attendees should R.S.V.P. by Feb. 18. For more information, contact the base chapel at 784-5000.

■ Navy Entertainment and Armed Forces present Young Joc in concert Feb. 25 at 7 p.m. at the Challenger Club.

■ A space-A seminar takes place March 12 at 10 a.m. in the Osan passenger terminal Bldg. 884. Attendees will learn how to fly space-A from 731st Air Mobility Squadron service agents.

■ The base chapel will host a spaghetti dinner from 5-7 p.m. Feb. 26 in the Chapel Annex.

■ The Military Knowledge and Testing System (MKTS) survey is available for all staff sergeants through chief master sergeants now through March 6. The MKTS is critical to the Air Force enlisted promotion system. The results of the survey can support an individual's study program for enlisted promotion testing under the Weighted Airman Promotion System (WAPS) and Senior NCO Promotion Program. The survey results also support the development of *AFPAM 36-2241, Professional Development Guide* (PDG). The survey will require the use of your Common Access Card (CAC). <https://surveys.afoms.randolph.af.mil/survey124>

■ In last week's MIG Alley Flyer, in error was inadvertently made concerning new fitness testing procedures here. Those in need of testing should first contact their unit fitness program monitors to schedule their test, and the UFPM's will contact the Osan Health and Wellness Center at 784-4292.

■ The chapel will conduct an orphanage outreach visit Feb. 28. For more information call 784-5000.

African American Heritage Month events

■ **African American School Reading and discussions-** Every Thursday in February from 2-2:30 p.m. Seventh and eighth graders will participate during their seminar times from 1-1:30 p.m.

■ **Youth Trivia contest-** Contest will take place from now until Feb. 27. Participants must be students of Osan school system, may only submit one answer a day and must be between the ages of 13-18.

■ **Moderated discussion symposium-** Discussions will take place at 6 p.m. Feb. 18 and Feb. 25 in the ALS High School auditorium.

■ **Styles of the Time Extravaganza-** begins at 8:30 p.m. Feb. 21 in the Challenger Club. The evening will be a scripted program that will present a poetic history of five different eras in African-American culture.

■ **Capstone Dinner-** Dinner begins at 6 p.m. Feb. 27 in the Officers' Club. It will be a tribute through music in a dinner theater setting. There will be no guest speaker, however, the attire for the event will be formal/semi-Formal. This event is open to anyone who wishes to attend or participate. This will be a sit down dinner followed by a tribute to the pioneers for "The Quest for Black Citizenship in the Americas."

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Correspondence may be sent to 51st FW/PA, UNIT 2067, APO AP 96278-2067.

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Weather Flight helps keeps Osan in the fight

by 1st Lt. Omar Nava

51st Operations Support Squadron Weather Flight

The Air Force Weather mission is to “deliver accurate, relevant and timely environmental information, products and services, anywhere in the world.”

For the 51st Fighter Wing’s Weather Flight, that location is Osan Air Base and the Republic of Korea.

Consisting of 11 members, ranking from senior airman to captain, the Osan Weather Flight is an essential component to the 51st Fighter Wing’s ability to plan and execute combat operations.

The Weather Flight’s impact on the warfighter at Osan could not have been more prevalent than during the Wing’s February operational readiness exercise.

Overcast clouds and fog was forecast on Tuesday

morning across the Korean peninsula. The forecast created limitations with munitions which resulted in changes in aircraft generation.

Because of the correct weather forecast, the correct munition was utilized, ensuring an otherwise ineffective mission to be successfully accomplished.

This is one of many of examples of how the Osan Weather Flight’s ability to provide relevant, tactical weather support impacts the warfighter.

Overall, the Osan Weather Flight provides the 51st Fighter Wing leadership with the ability to “anticipate and exploit the battlespace environment.”

This weather capability delivers an effective and efficient impact to combat operations for the protection and defense of the Republic of Korea, whenever and wherever.

Caffeine can positively affect athletic performance

by Dr. Reginald B. O’Hara

51st Aeromedical Dental Squadron

Somewhere along the line, caffeine got a bad reputation. But just like everything old is new again, evidence is showing caffeine is fine, if used in moderation and especially for athletes.

Those with a history of cardiovascular problems, such as high blood pressure should exercise caution and always consult a physician about any ergogenic aid that could further exacerbate existing health conditions.

After reading the scientific literature quite extensively and having to prepare an extensive presentation on caffeine as part of my graduate education, I learned more about the negative and positive effects of caffeine than I anticipated.

In fact, at one point in my long career I was invited to do a presentation at a conference about caffeine and its benefits to the endurance athlete.

It seemed many people, ranging from the lay distance runner to novel cyclists, were interested to learn how caffeine could be used to improve performance.

Ergogenic aids are defined as substances or procedures that may enhance one’s ability to perform above normal functioning capacity. This could be for physical work, physiologic function or athletic performance.

Beside caffeine, glycogen loading, anabolic steroids and amino acids can also be considered ergogenic aids. But it was caffeine that seemed to be the most effective.

The biggest question I asked myself while searching the reviewed literature was the following, “If some of these things are so great for us, then why is our population classified as being slightly greater than 60 percent overweight and why are so many people of poor overall health?”

Nonetheless, the focus of my research was on endurance athletes, such as runners, swimmers and cyclists.

Important concerns included the mechanics of action, dosage requirements and effects caffeine has on aerobic and anaerobic performance.

The studies I read suggested the effects of caffeine on performance vary according to the person.

By positively acting on neurologic and metabolic pathways, caffeine

may reduce fatigue and increase endurance, especially during very long or intense short bouts of exercise.

I found the optimal dosage to be three to six milligrams consumed an hour prior to the athletic event. Dosages exceeding 10-15 milligrams per kilogram of bodyweight may impair the performance and increase side effects.

And instead of, say, a soda or coffee, taking a caffeine pill dissolved in a glass of water would be the best way of consuming it according to researchers.

Caffeine can have different effects on everybody. You have that anytime you get into nutritional supplements. You should first consult with a physician. Keep in mind that endurance athletes, primarily runners and cyclists can benefit from caffeine ingestion based on intensity and exercise duration.

However, even these professionals may hire someone to monitor them and many ergogenic aids are now banned by the International Olympic Committee (IOC).

For more information on caffeine, other ergogenic aids or future lectures at the health and wellness center, call 784-4292.

Exercise! Exercise! Exercise!

Day shift:

Staff Sgt. Steven Hammett transitions from mission oriented protective measure four, or MOPP 4, to MOPP 2 as he makes his way to work during the 51st Fighter Wing's Operational Readiness Exercise Beverly Midnight 09-01 here Feb. 10. The exercise tests the 51 FW's an's ability to survive and operate during a nuclear, biological, or chemical attack. Sergeant Hammett is a crew chief with the 36th Aircraft Maintenance Unit. (U.S. Air Force Photo/Staff Sgt. Brian Ferguson)



(Right) An Airmen from the 51st Civil Engineer Squadron fire department rushes into the 51st Fighter Wing Operations Center with hose ready to simulate putting out a fire Feb. 9. During the fire, the emergency operations center was forced to evacuate to it's alternate location. (U.S. Air Force photo by Staff Sgt. Scottie T. McCord)



Chief Master Sgt. Darrin Dwyer, (left), and Col. David O'Brien perform self aid and buddy care on Col. Thomas Deale for a simulated broken leg after a "Bug out" of the Emergency Operations Center here Feb 9. "Bug-out" drills are conducted to demonstrate the effectiveness of building occupants to evacuate quickly from a building as safely as possible. Colonel Deale is the 51st Fighter Wing commander, Colonel O'Brien is the 51st Medical Group commander and Chief Master Sergeant Dwyer is the 51st Fighter Wing Command Chief Master sergeant. (U.S. Air Force photo by Staff Sgt. Scottie T. McCord)



(Left) Reception of forces Airmen process through the personnel deployment function line Feb. 8. Inprocessing deployment lines are conducted so newly arrived Airmen can process through critical base agencies. (U.S. Air Force photo by Staff Sgt. Scottie T. McCord)

Exercise! Exercise! Exercise!

Exercise! Exercise! Exercise!

:Night shift



(Above) Members of Osan's fire department put away hoses after responding to a simulated fire during the 51st Fighter Wing's Operational Readiness Exercise Beverly Midnight 09-01 here Feb. 10. (Below) Airman 1st Class Nathan Witt, (left) and Senior Airman Travis Bottoms perform entry controller duties outside the 51st Logistic Readiness Squadron during the 51st Fighter Wing's ORE Feb. 8. Entry controllers provide an additional line of security by ensuring only authorized personnel and vehicles enter controlled or restricted areas. Both Airmen Witt and Bottoms are assigned to the 51st LRS. (U.S. Air Force Photos/Senior Airman Christopher Boitz)



(Above) Personnel from the 51st Operations Support Squadron perform a building check outside of base operations during the ORE Feb. 9. The exercise tests the 51st FW's ability to survive and operate during a nuclear, biological or chemical attack. (U.S. Air Force Photo/Senior Airman Christopher Boitz)



(Above) Airman 1st Class Robert Jette cleans up his gear after responding to a simulated fire during the 51st Fighter Wing's Operational Readiness Exercise Beverly Midnight 09-01 here Feb. 10. Airman Jette is a firefighter with the 51st Civil Engineer Squadron. (U.S. Air Force Photo/Staff Sgt. Brian Ferguson)

Exercise! Exercise! Exercise!

Hero Report

Warriors

(February 9)

25th Fighter Squadron
1st Lt. Al Change

51st Communications Squadron
Staff Sgt. Aron Jackson
Senior Airman Andrew Gogue

35th Air Defense Artillery Brigade
Capt. Tiyonnoh Cash

51st Medical Group
Senior Airman Andrew Crispell

51st Security Forces Squadron
Airman 1st Class Herman Goodman

51st Operations Support Squadron
Maj. Ryan Sweazey

36th Fighter Squadron
Capt. Sean Demeter
Tech. Sgt. Toraino Peoples

(February 10)

36th FS
Tech. Sgt. Toraino Peoples
Capt. Sean Demeter

51st MDG
Master Sgt. Roylynette Lyles
Master Sgt. John Kemp

51st Maintenance Group
Senior Airman Daniel Browitt
Senior Airman John Swint

51st Maintenance Squadron
Airman 1st Class Mary Hobbs

51st Communications Squadron
Senior Airman Richard Dietzman
Senior Airman Leonard Lavant

(February 11)

51st Security Forces Squadron
Senior Airman Nathan Joseph
Airman 1st Class Herman Goodman
Airman 1st Class Nicholas Harrison

51st Mission Support Squadron
Tech. Sgt. David White
Senior Airman Erica McAadoo

51st Maintenance Squadron
Tech. Sgt. Jerome Westbrook
SrA Airman Bradley Barnes

51st Munitions Squadron
Staff Sgt. William Davies
Senior Airman Carrol Pellegrin
Senior Airman Cheryse Baccas
Senior Airman Nicole Diou

36th Fighter Squadron
Capt. David Bennett

51st Medical Group
Staff Sgt. Miriam Trujillo

Teams

(February 9)

51st Fighter Wing Chapel Staff
51st Medical Group Response Teams
51st Operations Group Team "B"

(February 10)

36th Fighter Squadron
Building Prep Team
51st Civil Engineer Response Team
25th Fighter Squadron Post Attack
Reconnaissance Team
51st Medical Group
Decontamination Team
51st Security Forces Squadron
Mobile Reserve Delta Cav

(February 11)

25th Fighter Squadron Post Attack
Reconnaissance Teams
36th Fighter Squadron Building
Prep Team
51st Civil Engineer Squadron
Response Team
51st Medical Group Security Team
51st Operations Support Squadron Post
Attack Reconnaissance Team
51st Security Forces Squadron
Bravo Mike-1 Fire Team
51st Security Forces Squadron Alternate
Runway Security Team
51st Maintenance Squadron
Propulsion Flight
51st Security Forces Team Delta Mike-6
51st Security Forces Team Delta Mike-8
51st Medical Squadron Bio-environmental
Engineering Team

To submit a Hero Report during the next operational readiness inspection, send nominees to the 51st Fighter Wing Public Affairs office at 51fw.pa@osan.af.mil. Hero reports are due by 3:30 p.m. and 3:30 a.m. each day. Each squadron may submit up to three heroes and one team per shift to their group commanders.



Diamond Walk

Continued from pg. 2

... and team leaders.

An NCO's attention to detail is an indicator of the level of discipline within his or her duty section and is a direct reflection of the leadership provided.

For example, do the Airmen stand when an officer enters the room or do they continue about their business until directed otherwise?

Do these same Airmen refer to NCOs appropriately or do they call them by first name?

Obviously, the first choice to either question is the correct answer but unfortunately not always reality.

Subordinates need first line supervisors to mentor them in proper behavior both on and off duty.

NCOs by and large know how to provide on-the-job training and understand its importance to mission accomplishment.

The areas sometimes lacking in-

clude taking appropriate disciplinary actions when necessary and knowing which support agency is best suited to assist with whatever

problem is at hand.

If you are a supervisor and have verbally counseled your subordinate six times for the same infraction, you need to swap ranks with your subordinate because they obviously know the system better than you.

As laughable as it may seem, lax supervision happens and usually ends with the supervisor and subordinate in the first sergeant's office for some written feedback.

Support agencies such as the chapel, mental health clinic, American Red Cross and the Airman and Family Readiness Center, are but a few of the invaluable assets that are just a phone call away from any supervisor when a member needs assistance.

Supervisors should inform their

chain-of-command of serious issues effecting their Airmen however there is no minimum rank requirement to use a telephone or research Air

Force In-

structions. Supervisors earn a tremendous amount of respect from both superiors

"Supervisors earn a tremendous amount of respect from both superiors and subordinates when they strive to hone their mentorship skills ..."

- Master Sgt. James Segebarth
51st MSS first sergeant

and subordinates when they strive to hone their mentorship skills, instill proper discipline within their realm of influence, and in basic terms, "handle their business."

In fact, the competency level of today's NCO tier is truly amazing!

Yes, first sergeants will continue to thrive well into the foreseeable future but first line supervisors can dramatically influence the role, not to mention the workload, of these diamond-wearers by knowing their Airmen and knowing their role as supervisors, mentors, and leaders.

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(Above) Senior Airman Dustin Groce pays his respects during the Hill 180 "Battle of Bayonet Hill" annual remembrance ceremony while dressed as a 27th Infantry Regiment Soldier Feb. 6. Nine Soldiers lost their lives charging the hill that day and 47 enemy dead were counted on the forward slope of the hill; 30 as a result of bayonet wounds. Sergeant Groce is assigned to the 607th Air Operations Center. (U.S. Air Force photos/Senior Airman Christopher Boitz)



(Above) Soldiers, Airmen and members of the Republic of Korea Armed Forces pay their respects during the Hill 180 "Battle of Bayonet Hill" annual remembrance ceremony. The ceremony pays tribute to the gallant actions of the soldiers from the 27th Infantry Regiment "Wolfhounds" during a bayonet charge up the hill, Feb. 7, 1951 (Left) Dressed as a 27th Infantry Regiment Soldier, Army Staff Sgt. Juan Guzman gives a wreath to Lt. Gen. Joseph Fil to place atop Hill 180. Sergeant Guzman is assigned to the 3rd Battlefield Coordination Detachment-Korea.



(Above) Senior Airman Dustin Groce pays his respects during the Hill 180 "Battle of Bayonet Hill" annual remembrance ceremony. (Below) An Army honor guard team waits to fire a 21-gun salute.

