

MIG Alley Flyer

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Osan Combat Cross Servicing program fosters good relations

... see 'CSP' continued on pg. 4

Staff Sgt. Trenton Schreyer checks the oil in an F-5 Tiger II engines here Aug. 10. Sergeant Schreyer is servicing the F-5 as part of the Osan Combat Cross Servicing Program. (U.S. Air Force photos/Staff Sgt. Brian Ferguson)

Osan 3-day Outlook

<u>Fri.</u> High: 85 Low: 74 	<u>Sat.</u> High: 88 Low: 74 	<u>Sun.</u> High: 88 Low: 73 
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Vacation Bible School: A retreat for the children of Team Osan.

... see more on pg. 3



101 Critical Days of Summer: Good ORM key to air power

“So, why do we seemingly intentionally put ourselves in situations every bit as dangerous as being pulled by a gun truck? One simple word: laziness.”

... see more on pg. 6

Diamond Talk

"The Salute"

by Master Sgt. Charles Lane
51st Medical Group first sergeant

A salute is a distinctive formal gesture rendered upon recognition between military professionals.

As such, it is only natural the junior member should initiate the salute and the senior ranking person returns it.

Anyone who feels it is not worth their time to render a proper salute has the wrong idea about saluting.

I once read a story by an American veteran telling of the sense of pride saluting gave him after being held as a prisoner of war in a German POW camp.

The German commandant accused the American POWs of "liberating" food from the kitchen and demanded the U.S. senior officer identify the men responsible.

The American officer ordered his junior officers to report to him. Sensing the gravity of the situation ...

see **DIAMOND TALK** on pg. 5

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COMPACAF bids Pacific Amn farewell, honors 65 years of PACAF history

by Gen. Howie Chandler

Commander, Pacific Air Forces

As we change command of Pacific Air Forces, we also celebrate our command's 65th birthday.

It is an honor to have been a part of this historic command and to have had the opportunity to serve with PACAF's outstanding Airmen.

Having visited our bases often, one thing is clear – PACAF has a smart, innovative and driven force of Active Duty, Air National Guard, Air Force Reserve and civilian Airmen.

The security and stability 36 Pacific nations enjoy is due in large part to your service, sacrifice, and dedication.

Today's United States Air Force is the greatest Air Force in the world because of the spirit and tenacity of our Airmen – men and women who serve a cause greater than themselves, and who continue to build on the legacy left by those who came before us with integrity, service and excellence.

August 3, 2009 marks 65 years of more than four million men and women serving our country in Far East Air Forces and Pacific Air Forces.

Airmen of FEAF and PACAF have fought in the skies over tropical jungles, mountain peaks, desert sands, and Arctic tundra.

More than 10,000 have sacrificed their lives and 30 have been awarded the Medal of Honor.

Our Airmen have also conducted more than 40 major humanitarian missions throughout the Pacific. As inheritors of this legacy, PACAF's men and women now stand as freedom's guardians in an area encompassing half the globe and half the world's population.

Eva-Marie and I thank all of you for your dedication to our Air Force.

We are grateful for having worked with you and for the opportunity to represent you in the Pacific for almost two years.

Any measures of success we have achieved over the last two years are owed to your hard work. We bid you farewell, and take immense pride in PACAF as we celebrate 65 years of providing unrivaled airpower in the Pacific.

■ **Editors note:** Gen. Chandler departs PACAF August 19 to become the vice chief of staff of the Air Force at the Pentagon in Washington, D.C.



"Having visited our bases often, one thing is clear – PACAF has a smart, innovative and driven force of Active Duty, Air National Guard, Air Force Reserve and civilian Airmen."

-Gen. Howie Chandler
Pacific Air Forces commander

Vacation Bible School keeps Osan children busy



(Left) Tess Nuque assists her daughter, Trisha, with a drawing during Vacation Bible School here Aug. 7. More than 100 children and 40 volunteers from Team Osan participated in the week-long class. (Right) Chaplain (Capt.) John Dobbs addresses students, volunteers and family members during the Vacation Bible School Aug. 7. (U.S. Air Force photos/Master Sgt. Paul Kilgallon)



(Right) Students from the Osan Vacation Bible School enjoy an ice cream social after their graduation from the week-long class Aug. 7. (Far right) Students from the Osan Vacation Bible School perform for their parents and other attendees here Aug. 7.



Dealing with grief a normal process

by Capt. Elizabeth Najera

51st Medical Group Mental Health clinic

Grief is a normal emotional process we experience after a serious loss.

Dr. Elisabeth Kubler-Ross identified five stages of grief people often go through. She proposed that people can spend more time in one stage than others and unhealthy coping can lead to getting "stuck" in one stage.

The ultimate goal is to reach acceptance of the loss. It is important to note that not everyone goes through all of the stages. They are mentioned only to provide an idea of what responses someone might experience.

Grief can be different across people and cultures. There is no right way to grieve.

The Five Stages of Grief

1. Denial: At first, we may deny the loss has occurred. We may feel as if the events occurring are not real but more of a dream or nightmare. This stage may last a few moments, or longer.

2. Anger: The grieving person often experiences some form of anger and the target of the anger can vary from the individual who was lost, themselves, the world, or a

religious figure. They may feel detached from their spiritual beliefs and disappointed in their faith. People often blame themselves for events that were not realistically within their control.

3. Bargaining: A grieving person may make bargains with a religious figure, often requesting for the return of their loved one or undoing of the loss.

4. Depression: Multiple emotional responses are likely to occur during the grief process, including combined sadness and anger or even emotional numbness.

5. Acceptance: In this last stage, the person may still be experiencing sadness or anger but the intensity is likely to be reduced. A person in this stage accepts the loss has occurred and accepts they cannot undo the events that transpired. It doesn't mean the person who has died is forgotten. Remembering the good times with their lost family member/friend and considering their loved one's possible reactions to current events can be a part of the acceptance stage.

Grief is often described as exhausting. It can be physically and emotionally draining, however, going through the process of grief is healthier and less wearing on the body than avoiding it. It takes more mental and physical energy to suppress these emotions, and ultimately ...

see **'GRIEF'** continued on pg.5

CSP Continued from pg. 1

by Staff Sgt. Terri Barriere
51st Fighter Wing Public Affairs

The first Combat Cross Servicing program evaluation of the year took place here Aug. 10 when two Korean F-5's landed on the flightline.

The Osan Combat Cross Servicing program is a mutual agreement between the U.S. and Republic of Korea that allows maintainers from both services to get hands-on experience working on each other's aircraft.

According to Master Sgt. Dale Deskins, 7th Air Force Combat Cross Servicing superintendent, the agreement allows ROKAF aircraft to land at U.S. Air Force bases in Korea and receive maintenance from Airmen, and allow U.S. planes to land at ROKAF bases and receive maintenance from ROKAF maintainers, thus increasing both services' warfighting capability.

Sergeant Deskins said this program allows either plane to land at any base during a war time environment to get serviced and back in the fight faster.

"The intent of the program is to increase joint combat capability," said Master Sgt. Paul Marquez, transient alert section chief. "This program gives maintainers a broader feel and a wider range of knowledge and a better appreciation for the joint mission by allowing them to work with Republic of Korea air force maintainers first hand."

U.S. transient alert personnel, to include weapons loaders and crew chiefs, who are participants in the program, are given training on the foreign aircraft at ROKAF bases prior to working on them.

Senior Airman Brandon Savage, 51st Maintenance Operations Squadron, said this was his first time working on the jet and though he'd received some training, it was different doing it for the first time and actually having hands on.

"This is a great program. We can get with the Koreans and learn their culture as well as teach them ours," he said. "It's nice to work with them though, because if we need help or if they ever need emergency help we already know them and have a good working relationship with them and their aircraft."

However, for other participants in the program, such as Staff Sgt. Trenton Schreyer, a transient alert crew chief, the best part about participating in the program is simply the challenge.

"I launch, recover, inspect and service the incoming ROKAF aircraft, and what I like the most about CSP is that it keeps us fresh," he said. "If you're only trained once but never see the aircraft you're going to be familiar with it, this helps keeps us competent."

Sergeant Schreyer also enjoys the uniqueness of the



job.

"This job is a lot more of a challenge," he said. "This aircraft is different than any others we work with and working with the ROKAF is enjoyable. I find we actually have a lot in common. Some things they do differently, but the majority of what we all do is the same."

Sergeant Schreyer has been involved with CSP for more than two years and said he volunteered to do it again because he truly likes working with the Koreans.

"I have met a lot of good people and a lot of friends and I'm having a good time," he said.

For now, the CSP exchange takes place on average five to eight times a month, culminating in an annual inspection.

Sergeant Marquez said the program will be expanding in the near future to include the ROKAF's new aircraft, the F-15K, which is the country's premier fighter jet.



(Top) Senior Airman Sean Rindfleisch looks on as two Republic of Korea air force pilots prepare to exit an F-5 Tiger II here Aug. 10. (Above) Maintenance and weapons Airmen from the 51st Fighter Wing prepare to service two F-5 Tiger II's here.

Are you preparing for the 2010 Weighted Airman Promotion System testing cycle?

If not, now is the time to get ready for the technical sergeant/master sergeant promotion cycle (Feb. 1 to March 31, 2010), and the staff sergeant promotion cycle (May 1 to June 10, 2010).

Airmen are responsible for the following:

- knowing when you are eligible for promotion
- knowing your testing requirements
- reviewing the 2009 WAPS Catalog (<https://www.omsq.af.mil/TE/WAPSCat.pdf>) to identify reference requirements
- obtaining and studying the correct material, to include non-CDC references at least 60 days prior to the start of the testing cycle
- contact your Unit WAPS moni-

tor when WAPS CDCs are not received or are incorrect

- maintain the issued material until it is superseded or no longer needed

- be prepared to test on the first day of the cycle

Each eligible Airman is only authorized one "initial" issue per rank or grade. Initial material for staff sergeant/technical sergeant is the same material. Airmen will not receive another set of initial after promotion to technical sergeant unless it's new material.

After the initial issue, Airmen only receive changes to previously issued material if changes were made.

For example, if a new volume or supplement is printed, this new material is sent to the Airman to add to

the previous year's material. Airmen must maintain their issued CDC materials for next year's testing until superseded or no longer needed.

WAPS study material is ordered every August and mailed to each base by the end of September.

If you were supposed to receive a new set or changes and have not received them by Dec. 1, 2009, contact your Unit WAPS Monitor. Members are required to maintain study material during years of ineligibility (i.e., two-year periods between ranks).

Airmen who lose or fail to follow up on obtaining their CDCs through their own negligence can purchase a set of replacement material for \$20.

Remember; *"By failing to prepare, you are preparing to fail," Benjamin Franklin.*

GRIEF Continued from pg. 1

suppression and avoidance of grief offers only short-term results because these emotions are likely to resurface later in life.

Good self-care and healthy coping is vital to the healing process.

Regular exercise, eating healthy meals, rest, and seeking social support are all excellent ways to take care of yourself during the grieving process.

Avoidance of friends, family and use of alcohol can worsen the feelings of sadness.

Family and friends can be a valuable part of the healing process but are cautioned against attempting to take their loved one's emotional pain away.

This is harmful because it is an impossible feat.

Although they may have good intentions with statements like, "don't be sad" or "it's going to be okay," these words can give the impression that the individual in mourning shouldn't be sad and can lead to that person hiding their emotional pain.

Family and friends can be most helpful when they create an environment that allows for the expression of grief, in whatever form the person is experiencing it.

Remember, there is no right way to grieve.

If the grief begins to feel overwhelming and unmanageable, seek help. There are numerous resources on base available for your use.

The resources at Osan include the Airmen and Family Readiness Center (784-5440), the Chapel (784-5000), and the Mental Health Clinic (784-2148). Your Team Osan wellness professionals stand ready to help.

DIAMOND TALK

Continued from pg. 2

... each man entered the room at attention and reported to their senior officer with a crisp military salute.

The professional German soldiers winced at seeing their American prisoners rendering military salutes, because they were no longer permitted to do so. Adolf Hitler, in a fit of rage, had abolished their military salute in favor of the Nazi salute following a failed assassination attempt against him.

The Americans, after seeing how the simple act of performing a military salute affected the Germans, took pride in exchanging salutes with each other, especially when they knew their captors were watching. Certainly these former American POWs would never again feel anything but pride in exchanging a salute.

We are professionals, trained in the profession of arms; a military salute performed correctly identifies us as such. Remember, any military person recognizing the need to salute or return one may do so at any place or time.

■ **Friday Night Movie Night:** The Osan Chapel is hosting a Friday Night Movie on the Lawn the Community Center Aug. 28 at 8:30 p.m. The movie will be Facing the Giants (PG) and in case of rain will move inside to the Community Center. There will be free hot dogs and drinks can be purchased in the Community center for \$1. All single and unaccompanied Airmen are invited to stay after the movie and smash their way to domination in Super Smash Bros Melee. For information, contact the base chapel at 784-5000.

■ **Pool Party:** The Osan Chapel is hosting a pool party for single and unaccompanied Airmen at the Osan Outdoor Pool Aug. 20 from 7 to 9 p.m. The party is free and includes light snacks. For information, contact the chapel at 784-5000.

■ **Chapel Retreat:** Osan Chapel is hosting a retreat on "How to Avoid Falling in Love with a Jerk/Jerkette." The event will be held at USAG Yongsan Retreat Center on Namsan Mountain Aug. 28-Aug. 30. at noon. Cost is \$ 20.00 plus transportation to Seoul. For more information, contact the chapel at 784-5000.

■ **Scrapbooking Camp:** A scrapbook camp is scheduled for Aug. 17-21 from 1 to 4 p.m. at the Girl Scout hut here. The camp is open to children ages 8-18. The theme is "Life at Osan" and will include a walking tour of the base to take pictures of what life is like at Osan. Cost of the camp is \$65 and will include an 8x8 album, enough pages to do a 24-page album along with decorative paper the adhesive and a journaling pen. For more information or to sign-up, contact Stefanie Howell at 0505-122-6600.

■ **Story Time:** Story Time is a magical and very special time at the Osan Library. Please join us, and while you're here stop by the children's section and check out books to read at home. Story Time is every Thursday from 10-10:30 a.m. and 3-3:30 p.m.

■ **Barbecue:** The MiG Alley Chapter of the Air Force Association invites all Airmen and their families to a free barbecue Aug. 15 from noon to 4 p.m. The barbecue will be held at the pavillion behind the softball fields.

■ **100 Percent Inventory:** The 51st Munitions Squadron material section will be conducting a Closed Warehouse 100 percent stockpile inventory from Sept. 1-30. There will be no customer service available during this time except for emergency issues. All issue requests must be received by Aug. 14, and all assets, to include courtesy stored munitions, must be picked up no later than Aug. 28. All munitions custodians are urged to plan accordingly. For any questions please contact munitions accountability at 784-6175/6164.

■ **Air Force Ball:** The 62nd Air Force Ball is set for Sept. 26 from 6 p.m. to midnight at the Lotte Hotel. This year's theme is "Fly, Fight, Win." There will be three different dinner menus. Ticket prices are \$40 for E-7 & up, \$20 for E-6 and below. There will be a DJ and a dance portion. For tickets contact your unit point of contact.

■ **Summer Reading Program:** Osan's Summer Reading program for children ages 5-16 is underway. Stop by today and register. The program runs through Aug. 25. Prizes will be awarded for top readers.

ATTN ALL PERSONNEL:

Col. Thomas Deale, 51st Fighter Wing commander, regretfully announces the death of Staff Sgt. Willie Bryant of the 51st Maintenance Squadron. Anyone having claims against or indebtedness to the estate of Sergeant Bryant should contact 1st Lt. Justin Taylor (51 MXS), Summary Court Officer, at DSN 784-4429 or via e-mail at justin.taylor@osan.af.mil.

■ *If you would like to submit a News Brief, e-mail the 51st Fighter Wing Public Affairs office. For more information, call the Public Affairs office at 784-4044.*

Laziness not an acceptable substitute for safety ... ORM key to air power

by Capt. B. Todd Guest

5th Reconnaissance and Surveillance Squadron

It was one of the darnedest things that I had come across in my short Air Force career.

One of the senior noncommissioned officers that I worked with when I was deployed to Balad Air Base, Iraq, had a brush with death that seemed to be more consistent with an Indiana Jones adventure than with the AEF deployment that many of us have experienced.

This master sergeant was standing on a street corner waiting for a co-worker to pick him up for work when a U.S. Army deuce and a half turned that very same corner.

This was nothing out of the ordinary, as there were dozens of these vehicles traveling the roads of Balad at any given time.

What was out of the ordinary was the fact that unbeknownst to the driver, this gun truck had about thirty feet of cargo tie-down strap dragging behind it.

The centrifugal force of the truck turn threw the strap onto the sidewalk and right around this Airman's ankle. He was swept off his feet, as it were, and was dragged down the street at a pseudo-safe 15 miles an hour.

The real trouble started as our wayward master sergeant approached the concrete jersey barrier.

Before he knew what had happened he had straddled the jersey barrier, the strap had untangled itself from his ankle, and he was counting his blessings that he was not torn in half by that barrier.

What is the safety lesson here? As the television commercial says, "life comes at you fast."

There is no way that a mere mortal could have had the reflexes to dodge that flinging cargo strap.

This individual did not have time to do an ORM assessment and weigh the risks of standing in the same place or moving a few feet to his left or right ...

see 'ORM' continued on pg. 7

Got a burning question for the wing commander? Or perhaps you'd just like to voice a gripe, grief or complaint? The Commander's Action Line is your direct link to the commander. Call 784-4811 or direct e-mails to Osan.Commander-ActionLine@osan.af.mil. *Note: If the issue affects the entire Osan community, your action line may appear anonymously in the MiG Alley Flyer; however, please address issues to your chain of command first.

ORM Continued from pg. 6

... to avoid his deuce and a half “incentive ride.”

Fortunately, most of us will not find ourselves in that situation.

We are in control the majority of the time, and we have the power to make decisions that will affect not just our own safety, but others’ safety as well.

So, why do we seemingly intentionally put ourselves in situations every bit as dangerous as being pulled by a gun truck? One simple word: laziness.

Why do we not grab the goggles from the tool crib before we do a tire pressure check on an A-10? We’ve done it before a hundred times and nothing has ever flown in our eye before (laziness).

Why do we not check to ensure that that M-4 is unloaded? I’ve already checked it twice today and I never chambered a round (laziness).

Why do we not run through the six-step Operational Risk Management checklist in our head before climbing up a step ladder to change

a light bulb? What’s the worst that can happen? Again, laziness.

In our line of work, we HAVE to take the hard right over the easy wrong, especially when it comes to safety.

We have to be the ones that check the fire extinguisher in the hallway to ensure that they have a current inspection date. Yeah, it’s probably someone else’s job to check the fire extinguisher, but it could be you who has to use it in a fire. And that’s a bad time to determine the “ops check was bad.”

Will doing the small safety-minded tasks like this take time out of your day? Probably.

Will doing the small safety-minded tasks cause you to burn more calories than you had planned? Again, probably.

Will your efforts in a specific safety-minded task save someone’s life? Probably not. But it could. And, because of Murphy’s Law, that one time you don’t take the time out of your busy day to think safety or do safety, is the day that Mr. Murphy will bite you or your Wingman in the butt.

There is simply no room in a safe Air Force for laziness. Airmen do great at the hard stuff, but not so much when it comes to the menial, tedious tasks.

Fly tons of iron to the other side of the planet through complex air defenses and put bombs within an inch of their intended target? Yeah, we can do that. No problem.

Double check your harness before climbing a telephone pole to replace some wire? Well, the guy that fell and cracked his skull on the ground thought that checking it once would suffice.

It would have taken him literally all of two seconds to make sure the only thing that was protecting him from a 30-foot fall was in proper working order.

Regardless of AFSC, rank or anything else, you are too important to the Air Force and I am too important to the Air Force. Safety HAS to be at the front of our minds ... we need to make it a habit. And we can never, ever get into a rut of “safety laziness.”

And watch out for flying cargo straps.

Being an adult sometimes means making the difficult decisions

by Chief Master Sgt. Roger Miller
51st Operations Support Squadron

As I walked out of my apartment the other day, I immediately noticed a group of children racing around the parking lot, dodging cars and jumping off the stone walls.

They were having so much fun; I had to stop and revel in their excitement. So, being a testosterone laden man, I did what any red blooded American would do. I raced upstairs, dug out my dusty skates and proceeded back to the parking lot.

As the elevator doors opened I raced out of the building, straight into the busy, crowded parking lot.

I launched over the sidewalk, skipped over the railing and landed easily on the other side. Just as expected, the kids were impressed with my agility and grace. I knew this because they were all pointing in surprise.

Not wanting to disappoint, I raced around. As I rounded the last corner and headed for the sidewalk and bench, I again saw the kids react with amazement.

I was tearing up the circuit when all of the sudden, there was a car directly in front of me. At that very moment I realized, I am going downhill and gaining speed.

As I tried to stop, I remembered that I was never very good at stopping. I had a big decision; do I hit the moving Hyundai in front of me or do I tuck up and slide under a parked car? Either way, I was about to crash and it was going to hurt!

So, I am writing this from my hospital bed ... not really, but seeing the damage to my helmet, I should be.

What was I thinking? As an adult, I should have stopped the kids from playing in the busy parking lot.

I should have thought “I am old, too old to be out there jumping around like a kid!” I should have realized that the surprise on the kids’ faces was not appreciation. It was not my amazing skill but rather the shock at just how uncoordinated I looked.

I was blind to pain but why? I had not trained for skating in years and had not stretched at all. I was not making good decisions but I did do some thing right.

I took the time to find and wear knee, elbow and wrist pads and, most importantly, a helmet.

Also, when faced with the decision to crash into a car or simply lay down; I chose the latter, shedding some skin but saving the inevitable broken bones and internal injuries.

It was a painful lesson that could have been worse.