

178th Fighter Wing  
Springfield, Ohio

# The Thunderer



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## On the cover



Col. Stephen Walker, 178th Fighter Wing Maintenance Group Commander, receives a flag flown over the 178 FW in an F-16 Fighting Falcon in honor of his retirement, November 6. The 178 FW held a retirement ceremony for Colonel Walker in the Power Maintenance Complex.

Photo by Staff Sgt. Antonio Vega

# CC Farewell



Col. Stephen Walker  
Commander  
178th Maintenance Group

# Maintenance CC retires

By Staff Sgt. Tina Maddock  
*178th Fighter Wing Public Affairs*

“Other than uniforms...,” said Col. Stephen Walker with his signature laugh, “I’ve seen a lot of different changes (in the Air Force).”

The 178th Fighter Wing held a retirement ceremony for the 178th Maintenance Group commander, Colonel Walker, Nov. 6 at Springfield Air National Guard Base, Ohio.

Colonel Walker retired after 34 years, eight months and 19 days of service to the Air Force.

Colonel Walker comes from a close family and credits his father and Uncle Merv Sheriff, a B-24 Liberator pilot in World War II, with influencing him and contributing to his ambition to join the Air Force.

Colonel Walker, whose first duty station was Rickenbacker Air Force Base, would spend many years of his expansive career at Springfield ANGB. He saw the base go from the A-7D Corsair II to the F-16 Fighting Falcon and from an Air Combat Command unit to an Air Education and Training Command unit.

“After ten years of training students,” said Col. Craig Wallace, 178 FW vice commander, “we have had a graduation rate of over 98 percent. That wasn’t because we had great students and that

wasn’t because we had great weather in Ohio, that’s because we had great jets, and they were always running and flying--that’s a true testament to Steve and what he was able to do.”

Colonel Walker’s coworkers and peers expressed their thanks at his retirement ceremony as they presented him with gifts and several stood before the crowd to speak about his caring nature, while always putting the mission first.

“He made it important (to the maintenance group) that we did the job right the first time,” said Chief Master Sgt. Michael Bowen, the 178th Maintenance Group Quality Assurance chief.

Colonel Wallace said, “Steve was all about the mission, but he was in there swinging for his folks... He was always concerned about his force and their quality of life.”

“The place will run without me, I know that. I was never so vain to think it wouldn’t,” said Colonel Walker about his retirement. “We have great people that do great things every day.”

Colonel Walker said that he is retiring without immediate plans other than spending more time with his wife and family.

“How would I summarize Steve Walker? If I could put a plaque on his desk and a banner above his door,” said Colonel Wallace. “Four simple words that capture what Steve is are ‘Mission First, People Always.’”





Photo by Senior Master Sgt. Joseph Stahl

Members of the 178th Maintenance Squadron compete in a fire truck pull Oct. 8 at Springfield Air National Guard Base. This event was part of the 178th Fighter Wing's Combined Federal Campaign kickoff.

## 2010 CFC: 178 Fighter Wing surpasses \$25,000 goal

By Staff Sgt. Ben Marshall  
178th Maintenance Squadron

The 178th Fighter Wing Combined Federal Campaign exceeded its goal of \$25,000 for the 2010 campaign season, which ran Sept. 1 to Dec. 15.

The CFC fundraising activities officially began the first week of October with a kickoff event Oct. 8 at Springfield Air National Guard Base, Ohio.

The CFC is an annual charity drive that runs from Sept. 1 to Dec. 15 and gives federal civilian, postal and military personnel a chance to donate to charities of their choice. The charities support eligible non-profit organizations that provide health and human service benefits

throughout the world.

CFC is the world's largest and most successful annual workplace charity campaign, with more than 200 CFC campaigns throughout the country and internationally to help to raise millions of dollars each year.

This year the 178 FW's goal is to raise \$25,000 for multiple CFC charities. In order to start on the path to meet its goal, the 178 FW held events the first week of October. In the past, the events have been limited to a single day and entailed a golf scramble, and poker tournament. This year's CFC coordinators, Tech. Sgt. Randy Robbins and Staff Sgt. Ross Farling, along with a team of Airmen, decided to add two more

days of events before the kickoff date.

Senior Master Sgt. Larry Cook and Master Sgt. Todd Ault organized the first-ever CFC charity motorcycle ride. There were 38 bikers in attendance for the Oct. 6 run who each donated \$20 to participate. The group completed a 100-mile ride that started and ended at the base, with a stop at Motor Sports of Dayton, lunch at Vintage Bar and Grill in Urbana, Ohio, and a visit to Mid-Ohio Harley Davidson. The ride raised \$500 toward the goal.

The 7th Annual Golf Scramble at Rocky Lakes Golf Course, Springfield, Ohio was held Oct. 7 and had 104 participants who donated \$25 each. The golf scramble, coordinated by Chief Master Sgt. Michele Francis, Master Sgt. Tim Huber and Staff Sgt. Ben Marshall, raised more than \$1,600.

The CFC Kick Off began with a 5K fun run and six-member fire truck pulls Oct. 8. A volleyball tournament was held later in the morning with teams vying to earn the most points in an effort to win the CFC traveling trophy.

Other events during the day included a chipping contest, closest to pin, Wiffle ball tournament, card tournament and Cornhole with members donating \$2 to participate in each event. During the events the Sabre Cats, a band consisting of unit members, played music from the '70s, '80s, '90s and today. Even the 178 FW commander, Col. Mike Roberts, jumped in the action singing "Sweet Home Alabama."

This year's winner of the CFC traveling trophy was the Fighter Wing Staff.

Overall, the starting CFC activities raised a grand total of \$3,400, putting the 178 FW well on its way toward its goal of \$25,000.

Throughout the CFC, the 178 FW raised \$28,280.



Photo by Senior Master Sgt. Joseph Stahl

The first-ever Combined Federal Campaign charity motorcycle ride allowed 38 bikers to raise \$500 and participate in a 100-mile ride Oct. 6 that started and ended at Springfield Air National Guard Base, Ohio.

# Deployed Airman Spotlight: SRA Sarah Cho

By Senior Airman Sarah Cho  
178th Force Support Squadron

KANDAHAR AIRFIELD, Afghanistan -- I am from the 178th Force Support Squadron at Springfield Air National Guard Base, Ohio. In May, I submitted for a voluntary deployment to Afghanistan. I left for Combat Skills Training (CST) in June. My job during this six-month deployment at Kandahar Air Field (KAF) is a Joint Expeditionary Task (JET) Airman, which means I work solely for the Army and their mission.

The CST I attended was a 34-day-long, Army-taught course located at Fort Dix, N.J. While there my class received useful, potentially lifesaving, training in tactics and skills required to be successful in a combat environment. During the month of training with the Army, my class of Airmen covered weapon familiarization, land navigation, self-aid buddy care, driving Humvees, basic rules of engagement and vehicle egress and rollover training. Being in the Army environment was a culture shock, but the knowledge I've gained from this training, along with networking, and going to an area of combat with familiar faces was worth it.

Afghanistan is broken into four regional commands. There are Regional Commands (RCs) North, South, East and West. KAF is the parent base for RC South, which means that along with the personnel at our base, we support the other personnel at forward operating bases (FOB) and combat outposts (COPs).

The unit I'm attached to at KAF is the 328th Human Resources Company. Although the majority of the unit is comprised of Army personnel, there some Air Force and Navy servicemembers in my unit. The 328 HRC consists of the Joint Personnel Resource Center (JPRC), Casualty and Litter Team (CLT), postal, ID cards and passports. Throughout my deployment I have been put into three of the five sections. JPRC handles all of

the personnel coming into KAF and takes accountability for each individual. CLT works at the hospital on KAF and takes accountability of all injured and fallen servicemembers.

My responsibilities within the unit are to be a trainer with the ID cards, handle inbound servicemembers to the JPRC and be a passport agent. Being the primary functioning ID card section within KAF and all of RC South, we see more than 2,000 customers monthly, so staying an hour past close isn't unusual. Part of my duties as a passport agent is to fly to Kabul occasionally and try to process passport applications. Our unit makes a large impact on this base. We are highly motivated to working hard every day to support each customer.

One of the perks of being in Personnel from my perspective is the opportunities to network and meet people from all different areas of the base. By being professional and talking to the customers, I was invited to go to lunch at a forward operating base by a lieutenant colonel. Not only did I get to eat great food, I also got to see construction outside of KAF. That day was memorable for me because I got to drink tea with the Afghanistan interpreters, and meet the commander and vice commander for the Afghanistan National Army. It just shows you that kindness takes you a long way.

One of the great things about being a JET Airman and being in a deployed area is the chance to work with different branches and the other NATO countries. It expands my familiarity about the military and the Total Force Concept. The relationship between



U.S. Air Force Courtesy Photo

**Senior Airman Sarah Cho, a personnelist with the 178th Fighter Wing Force Support Squadron, drinks tea with locals at Forward Operating Base Lindsey, Afghanistan, Sept. 27. Airman Cho is currently deployed to Kandahar Airfield, Afghanistan as a Joint Expeditionary Task Airman.**

the branches is great because the communication within our unit is outstanding. Part of the reason why our unit does well is due to strong leadership. They all have an open door policy, and wonderful personalities. They take time to get to know each individual as a person and not just as a "Junior Enlisted".

I think it's important to have the proper training and knowledge within your career field to deploy. Coming to Afghanistan, people put a lot of trust in everyone to get the job done. With the three stripes I have on my arms, I feel accomplished when I'm able to answer every question customers have in regards to my job. Deploying is not only a great training opportunity, but I feel people go home with a better understanding about their job, and become driven to learn more.

I consider deployments a blessing in disguise because, it's made me appreciate the little things I take for granted at home. Not only do I miss my family and friends, but being able to breathe clean air and to even shower daily. I think the key to a successful and fast deployment is having an understanding unit to help you

**see DEPLOYED, page 7**

# Dutch pilot reaches 3,000 flight hours

By Staff Sgt. Tina Maddock  
178th Fighter Wing Public Affairs

"It was just another day flying for me," said Royal Netherlands air force Maj. Henk Bakker, 306th Detachment Operations officer.

Major Bakker landed after achieving a total of 3,000 flying hours in F-16 Fighting Falcon aircraft Nov. 4 at Springfield Air National Guard Base, Ohio.

Fellow pilots and colleagues of Major Bakker greeted him on the ramp after his flight with the spray of water from a fire truck's hose and congratulations. He said normally there is no one waiting for him when he lands, and it meant something to have people waiting for him on the ground.

"Reaching 3,000 flying hours is something very few pilots have the opportunity to do," said Lt. Col. Joseph Schulz, the 306th Detachment commander.

Major Bakker has been a member of the Royal Netherlands air force since 1989. Other than the training plane, he has only flown the F-16 in his military career.

His combat flying experience includes four tours in support of conflicts in the Balkans and two in support of Operation Enduring Freedom.

Colonel Schulz said flying the F-16 is both physically and



Photo by Senior Master Sgt. Joseph R. Stahl

**Royal Netherland air force pilot, Maj. Henk Bakker, 306th Detachment operations officer, celebrates reaching 3,000 flight hours in the F-16 Fighting Falcon.**

intellectually demanding, which adds to the difficulty of reaching this particular milestone.

Next month Major Bakker will be transferring to Tucson Air National Guard Base, Ariz., where future flight training for the Royal Netherlands air force will take place.

## 2011 AF Marathon Registration

WRIGHT-PATTERSON AIR FORCE BASE, Ohio (AFNS) -- Air Force Marathon officials announced they will open registration for the 2011 marathon Jan. 1, with special sale pricing for New Year's Day.

The 15th annual event will occur Sept. 17 at the National Museum of the United States Air Force here. In addition to a full 26.2 mile marathon, runners also can compete in a 13.1 mile half marathon, a 10K run or a 5K race.

Marathon organizers are encouraging runners to register early this year.

"In 2010, every single event sold out, with more than 12,000 runners registering," said Molly Loudon, the race director. "We are increasing our race caps to 13,000 this year in order to accommodate those runners who didn't register in time last year, but we fully expect to sell out even earlier this year."

To take advantage of this special New Year's Day pricing, runners must register online at [www.usafmarathon.com](http://www.usafmarathon.com).



# Always think OPSEC

By Master Sgt. Ken Robinette  
178th Logistics  
Readiness Squadron



Operations security is keeping potential adversaries from discovering our critical information. As the name suggests, it protects our operations planned, in progress and those

completed. Success depends on secrecy and surprise, so the military can accomplish the mission faster and with less risk. Our adversaries want military information, and they don't concentrate on only military members to get it.

Operations security is a topic that should be very familiar to all of us. But one thing I would like to look at is the importance of executing this in each of our lives. We must think of this every day and look at the risk we take as we walk around with loose lips. Let's also look at technology such as Internet items like Facebook, texting, pictures or just talking about your day at work, posted so anybody can read it—things we say about our jobs, which in the past was not a big deal. For example, I work on F-16s. Would you like to

come out and see what I do? I've done it, you've done it. Let's face it, that's what people like to do, talk about their jobs.

As with any installation, our work may have an impact on the warfighter efforts. We need to be careful about what we talk about on the other side of the gate.

Most of us would like to believe that the possibility of being exposed to a terrorist attack is remote, but it is very real in today's climate.

We cannot afford to do that as a person or a unit, there is more at stake than you and your family. It's your unit, community and country.

Remember OPSEC is important for all of us to follow every day so don't let your guard down. You can also reference AFI 10-701.



U.S. Air Force Courtesy Photo

## Get your cold H2O

Members of the 178th Fighter Wing volunteer at a hydration station during the United States Air Force Marathon, at Wright-Patterson Air Force Base, Ohio, Sept. 18. The 26.2 mile run is held annually at the base.



## Pilates classes aid in Fit to Fight battle

By Chief Master Sgt. Lisa Jicinsky  
*178th Communications Flight*

I hopped on the Pilates band wagon about four years ago when Master Sgt. Jennifer Hern, 178th Communications Flight Functional Manager for Knowledge Operations Management, originally arranged for a Pilates instructor to come teach classes at Springfield Air National Guard Base, Ohio.

Exercise had been a bad word to me and I didn't enjoy it at all. I heard Pilates was an exercise for lean toned muscles, improved posture, a strong back, and a calm mind. I had passed my fitness test that year; however I wanted to improve my score so I decided to give it a whirl. I had previously viewed Pilate's tapes and thought this would be an "easy" stretching class, I was not even close.

On the first day our instructor motivated us to accomplish yoga poses, exercise ball pushups, and various other exercise moves I had no idea that I could do. At the end of class my heart was racing and I was actually breaking a sweat, so much for the easy stretches! After the second classes I "discovered" muscles I didn't know or had forgotten I had. After four classes I took a measurement of my waist and found the instructor's prediction was correct, I had lost two inches off of my waist. I also

learned, much to my amazement, that I actually now liked the word exercise, I loved Pilates!

During the next 12 months I watched my body transform into something stronger and much more toned than when I started. No, I wasn't a Pilates poster child, however I was the best I could be. When I took my annual fitness test I scored nine points higher and maxed out my pushups and sit-ups.

I have continued Pilates through the years and love how it has made me feel and the strength it's given me.

During this past year I spent a week in the hospital intensive care unit on a ventilator. If not for exercise and Pilates I honestly believe I would have not been able to walk out of the hospital.

I'm currently organizing Pilates classes, we have a certified Pilates instructor who comes to the base twice a week to whip members who want to participate into shape. If you have ever considered checking it out, now is the time to try. She is offering two week sessions; four classes, for \$20.

The next session will begin Jan. 4. Classes are on Tuesday and Thursday at 3:30 p.m. Also, this is not an exercise class just for females. Professional athletes do Pilates to gain flexibility and strengthen their core.

Those interested in joining the class contact me to sign up and experience what Pilates will do for you.

If Pilates is not your exercise of choice, find your passion and get moving!

### 178th Fighter Wing Airmen of the Year



Airman 1st Class Acacia Cosca  
Airman of the Year



Tech. Sgt. Robert Holbert  
NCO of the Year



Senior Master Sgt. Marcus Bosch  
SNCO of the Year

# Final F-16 class graduates Springfield training

Photos and Story by Staff Sgt. Tina Maddock  
*Public Affairs*

The final class of F-16 Fighting Falcon Initial Qualification Training course students instructed at the 178th Fighter Wing in Springfield, Ohio, graduated in a formal ceremony Oct. 9 at the Wright-Patterson Club located at Wright-Patterson Air Force Base, Ohio.

The four IQT course graduates from the Royal Netherlands air force will be going on to fly in the operational air force in the Netherlands.

The IQT course, also called Basic Course or B-Course, is an eight-and-a-half month training program for students who are graduates of Air Force Undergraduate Pilot Training. While at Springfield Air National Guard Base, students have a strict training schedule that includes academics, time in simulators and hands-on flight training in the F-16.

The ceremony was the culmination of graduates' months of training. Lt. Col. Joseph Schulz, 306th Detachment commander, acted as the master of ceremonies for the evening. Col. Mike Roberts, 178 FW commander, and Royal Netherlands air force Lt. Col. Maurice Schonk, the senior national representative, were present to speak at the event.

"It is good to be here during a night when four great fighter pilots are graduating, going back to the Netherlands and moving on in the world," said Colonel Schonk. "(They will be) moving on to theaters where we have been, or will be in the future."

One of the graduating lieutenants said that now that he has graduated, the hard work has just begun. "Now I am part of the squadron, people don't look at me as a student anymore and that is a big deal," he said.



Colonel Schulz commented on his experience with the students.

"Being involved with the students is very rewarding because you get to watch them go from a point from where they are not able to fly the airplane to the point where they can employ it successfully in a variety of missions," said Colonel Schulz.



**Royal Netherlands air force Maj. Henk Bakker, 306th Detachment Operations Officer, stands in the middle of the four Dutch, newly-graduated, F-16 Initial Qualification Training course graduates at the 178th Fighter Wing F-16 Fighting Falcon IQT class graduation held Oct. 9 at the Wright-Patterson Club, Ohio.**

For the 178 FW, this graduation is one of many events to take place recently that marks the end of F-16 training at Springfield ANGB.

"Tonight marks a happy event for the four students graduating here tonight, and it is sad in a lot of ways that this is the last time we will be doing that at Springfield, flying F-16's," said Colonel Roberts.

"Over the last three and a half years we have done some great things (at Springfield), producing fighter pilots for the Dutch air force," said Colonel Roberts. "We've faced a lot of challenges along the way, but because of a lot of perseverance, a lot of hard work and a lot of dedication, we've come out on top."

Future flight training for the Royal Netherlands air force will take place at Tucson Air National Guard Base, Ariz.

"We will take the lessons learned out of the last three and a half years to Tucson to make the program better, and hopefully we will start out there at the level we are at now," said Colonel Schonk.

Colonel Schulz, who was the first official student at Springfield ANGB, has seen the program from beginning to end. "It is bitter sweet and rewarding to know that we've done a good job over the years," said Colonel Schulz.

## DEPLOYED (continued)

through rough times; because like me, they're going through the same struggles, we're all in an unfamiliar area for an extended period of time.

I appreciate my leadership at Springfield ANGB because they felt I was ready to represent the base

and show others what I'm capable of.

I feel this deployment has changed me for the better. By experiencing something like this so early in my career, I know it will strengthen me and give me the drive to push harder and go for my goals, both in my personal life and in the Air Force.

# Promotions

## **Chief Master Sergeant**

Michael Stewart, 178 SFS  
Collette Friessen, 178 MDG

## **Senior Master Sergeant**

Ryan Hart, 178 SFS  
Benjamin Ross, 162 FS  
Timothy Doohen, 178 LRS

## **Master Sergeant**

Jacquita Melton, 162 FS  
Jaime Chinn, 178 OSF

## **Technical Sergeant**

Drew Davisson, 178 OSF  
Joshua Holsinger, 178 SFS

Sarah Byrge, 178 OSF  
Matthew Hiatt, 162 FS  
Aaron Wright, 162 FS  
Michael Hamilton, 162 FS  
Justin Bayham, 162 FS  
Ryan Barlau, 162 FS  
Dwayne Rich, 178 SFS  
Kyle Clarkson, 162 FS  
Shannon Zavada, 178 FW

## **Staff Sergeant**

Berena Seifert, 178 IS  
Seth Loppe, 178 SFS  
Joseph Caplinger, 178 FSS  
John Tevan, 178 CES  
David Billingsley, 178 LRS

Brianna Maher, 178 LRS  
Timothy Stewart, 178 SFS  
John McKinnon, 178 SFS  
Jennifer Corry, 178 FW  
Anthony Graham, 178 FW  
Dale Sheridan, 178 SFS

## **Senior Airman**

Tyler Godbey, 178 IS  
Matthew Kisseberth, 178 IS  
Elizabeth Ahles, 178 MG  
Sarah Hayes, 178 IS  
Wesley Cooper, 178 SFS  
Trevor Ferryman, 178 SFS  
Acaicia Cosca, 178 IS

# Retirements

MSgt Jack Leistikow, 178 AMXS  
MSgt Todd Ley, 178 CES  
MSgt Robert Alexander, 178 MXS  
MSgt Nicholas Paxitzis, 178 MXG  
MSgt William Lytle, 178 MXS  
SMSgt David Bogle, 178 AMXS  
SMSgt Rodney Bagford, 178 MOF  
Lt Col David Corry, 178 LRS  
MSgt Lynn Kennidy, 178 MXS

Col Stephen Walker, 178 MXG  
MSgt Brian Emrick, 178 MXS  
MSgt Sheryl Ashworth, 178 LRS  
MSgt Paul Oda, 178 LRS  
MSgt Thomas Palsgrove, 178 AMXS  
MSgt Clifford Fulton, 178 FW  
MSgt Bradley Rumsey, 178 MXS  
Maj Vincent Roberts, 178 MDG  
MSgt Steven Caldwell, 178MXG

# Enlistments/ Accessions

Maj Tova Shirah, 162 FS  
MSgt William Cornett, 162 FS  
Capt. James Thomas, 162 FS  
TSgt John Barber, 162 FS  
SSgt Ashley Williams, 162 FS  
Lt Col Timothy Gill, 162 FS  
Lt Col Visilios Kiafoulis, 162 FS  
MSgt Karen Jackson, 162 FS  
Maj Chad McGarry, 162 FS  
SSgt Timothy Noonan, 162 RS  
SSgt Jason Fox, 178 RG

# Royal Netherlands AF express gratitude, mission complete

By 2nd Lt.  
Michael Gibson  
178th Fighter Wing  
Public Affairs

The 178th Fighter Wing and the 306th Detachment of the Royal Netherlands air force jointly hosted an end-of-mission luncheon Dec. 2 at Springfield Air National Guard Base, Ohio.

The luncheon was to thank everyone for the effort they put into successfully completing the Dutch training mission at Springfield ANGB.

It began with presentations from 178th Fighter Wing Commander, Col. Mike Roberts, the Royal Netherlands air force Chief of Fighter Operations, Col. Peter Tankink and the Royal Netherlands air force Senior National Representative, Lt. Col. Maurice Schonk. All of those that spoke expressed their gratitude towards the members of the 178 FW for their hard work over the years.

“Whether you fly them, fix



Photo by Staff Sgt. Tina Maddock

**Lt. Col. Schonk, Royal Netherlands air force Senior National Representative, presents Col. Mike Roberts, 178th Fighter Wing Commander, with a model of the Royal Netherlands air force F-16 Fighting Falcon solo display team aircraft, J-015, during the ceremony here.**

them, launch them, or support them, everybody here had some part in this successful mission,” said Colonel Roberts during the ceremony.

Colonel Roberts continued, “We did three years and close to 10,000 hours worth of flying. Thanks to every one of you for what you did. You are part of that, and that was pretty awesome what we did here.”

“We had a good time here. We learned a lot,” said Colonel Tankink, “thank you for hosting

us the past three years.”

Colonel Schonk stated, “We trained about 30 students in the last three and a half years, and that’s equal to about one-third of our Dutch air force.” The figures showed the impact the 178 FW had on the Royal Netherlands air force.

During the ceremony Colonel Tankink was presented with a picture of the Wright Flyer from the 178 FW. On behalf of the 178 FW Colonel

Roberts accepted a limited edition model of the Royal Netherlands air force F-16 Fighting Falcon solo display team aircraft, J-015, as a present from the Royal Netherlands air force.

The members in attendance were treated to a catered lunch after the ceremony.

Members of the Royal Netherlands air force stationed in Springfield ANGB will depart within the next month to continue flight training at Tucson Air National Guard Base, Ariz.

## Proof of Service Letter/ 20 Year Letter

Do your current goals include refinancing your current residence, applying for a new job or preparing for military retirement? Just a reminder when you start gathering the necessary paperwork the Veteran’s Administration, bank or credit union requires, you can utilize online services to request a “Proof of Service Letter” from virtual Military Personnel Flight (vMPF) or a “20-year letter” from virtual Personnel Center – Guard and Reserve (vPC-GR). If you’re stepping off into a new career you apply for retirement using vPC-GR if an ANG unit member and vMPF if an ANG Statutory Tour member. You can access these systems from the AF Portal, [www.af.mil](http://www.af.mil), under the Top Portal Links section.

## EPR/ OPRs Records Copy

Applying for a Technician or Statutory Tour position or just need a copy of your current or past Enlisted/Officer Performance Records (EPR/OPRs)? The information is just a click away! You can use virtual Personnel Center-Guard and Reserve (vPC-GR) to request a copy be sent to you from the Total Force Service Center-Denver or use the Personnel Record Display Application (PRDA) view and/or print a copy. You can also view your evaluation data to include reporting official information online by accessing virtual Military Personnel Flight (vMPF). You can access vPC-GR, vMPF and PRDA from the AF Portal, [www.my.af.mil](http://www.my.af.mil), located under the Top Portal Links section.

## Retirement/Voluntary Separations or Discharge

Wow...how time flies when you are having fun! You can’t believe it has been at least 20 plus years since you were in Basic Training and wondering what in the world was I thinking! It is now time to say good-bye and transition into that new career you’ve been dreaming about. Remember you do not have to wait until drill weekend to begin the separation/retirement process. You can start the process at home with online services. Go to virtual Personnel Center – Guard and Reserve (vPC-GR) to submit a voluntary separation discharge/resignation or retirement application. You can access vPC-GR from the AF Portal, [www.my.af.mil](http://www.my.af.mil), under the Top Portal Links section.

# 2010



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Submissions can be emailed to  
[178thThunderer@ang.af.mil](mailto:178thThunderer@ang.af.mil)

Articles should be submitted in Microsoft Word. Photos should be .jpg, .tiff or .bmp at 5" x 7" or larger, and a minimum resolution of 300 dpi.