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An Air Force Reserve Newspaper

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ORI EDITION
PREPARING FOR WAR



507th TFG 1986 Annual Tour kicks off

Welcome to the 507th TFG Annual Tour!

I know you have all been looking forward to two weeks of military duty. By now, you should be signed in and briefed as to what your duties will be.

We anticipate a lot of on-the-job type training/learning in your respective areas, which will enhance your job knowledge. And, the more you learn, the more interested and productive you will be and the better the unit will be.

We're ALL winners.

During this Annual Tour, we will also be having an Operational Readiness Inspection (ORI). The 12th Air Force inspection team arrives June 23.

Between the team's Monday arrival and their July 1 departure, the unit will be chock full of activity. Be alert to what is going on and what you can do to assist. It is important that we all work together to the fullest extent.

I AM DEPENDING ON YOU!

JAMES L. TURNER, Lt Col, USAFR
Commander

The word from intel is:

UNCLASSIFIED

EVERYTHING IN THIS ARTICLE HAS BEEN
CLEARED THROUGH USCINCEUR/PAO.

EXERCISE

The exercise scenario has shown us that the Soviet Bloc will attempt to flex its communistic muscles, by deploying massive numbers of exercise forces toward the NATO Political borders. As the scenario progresses we will let you know what the communists will do in the future.

EXERCISE

UNCLASSIFIED

Words of Encouragement

by Chaplain (Maj.) Lowrie Welton

Fatigue is more of a spiritual condition than a physical condition. Most of us give up before we give out. We think we're tired when really we're just discouraged, disappointed or depressed. If our reasons for continuing are important enough and our hope for success is strong enough, we'll keep going.

During our Annual Tour, fatigue will come to most of us. We need to bear in mind our purpose and our real expectations for success. As long as we have the will there will be a way.

If you need a spiritual lift this weekend, plan to attend our Protestant chapel services Sunday from 8:15 to 8:45 a.m. in the Sooner Room. Catholic services will be at the base chapel Saturday at 5 p.m. or Sunday at 9:45 a.m. and 12:20 p.m.

Prepare yourself for the heat/humidity

During the chemical warfare exercises throughout the last few months, many people have discovered how hot the chem warfare gear can get. Weather forecasters in the area are saying it's going to stay hot and humid during the annual tour.

The 507th TAC Clinic is worried that many people will end up with heat stroke and heat exhaustion if not careful while wearing the gear.

To prevent your "falling out" because of the heat, Col. (Dr.) Ollie W. DeHart, TAC Clinic commander expressed concern that many people will be pushing themselves too hard.

"We want to blaze through this ORI," said the doctor. "But, we also want everyone to come through it safely."

Increasing tolerance to heat stress while wearing the suit should have already been started, according to the doctor.

"It takes approximately 10 days for the body to be acclimatized," he said. "By acclimatization, your body is able to produce sweat at a lower temperature, you sweat more profusely, the sweat is more dilute and your kidneys store more salt."

The doctor also warns against taking salt tablets. Instead, eat three meals a day and drink at least a quart of water before donning the suit.

The Clinic also recommends drinking one to two quarts of water every hour while wearing the suit whether thirsty or not. "Force yourself to drink the water even when you think you've had enough," added Lt. Col. (Dr.) Paul L. Nave.

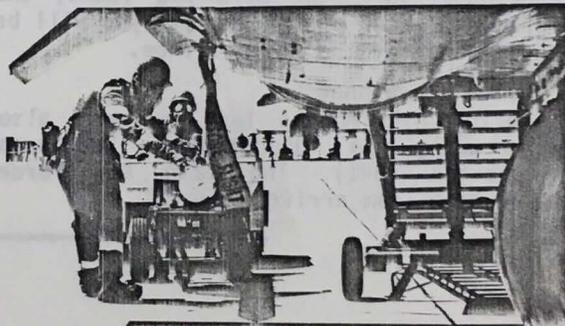
IN CASE OF EMERGENCY AFTER NORMAL DUTY HOURS, THERE WILL BE A CQ ON DUTY IN BUILDING 1043, CBPO OFFICE, 734-7491.

Before donning the suit remember that if you are ill, not acclimatized, over 40, and obese, your body might not be able to handle the stress of wearing the suit.

"And, remember that if you have had any alcohol within 24 hours of wearing the suit, suffer from lack of sleep or lack of meals, you are vulnerable to heat stress," cautioned Doctor DeHart.

"One of the biggest items I can't emphasize enough is BUDDY CARE," said the doctor. "If you see someone who appears to be in trouble, bring it to their attention or get help. Whatever you do, don't ignore the symptoms of heat stress, either on yourself or others."

For additional information, refer to page 2 in the Chemical Warfare Defense Handbook. If you don't have a handbook, stop by the Disaster Preparedness Office, building 1043 in the basement.



While wearing Chem Warfare gear, Weapons Loaders SrA. Lori Wise, on jammer, and MSgt. Gary Sorrells load an AIM-7 missile during an integrated combat turn. If you are going to be in the chem gear for an extended period of time, remember to drink plenty of water and practice BUDDY CARE. (USAF photo)

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Lt. Col. James L. Turner

Commander

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