

# on-final

An Air Force  
Reserve newspaper

Vol XIII No6 507th Fighter Group  
June 1993 Tinker AFB, Oklahoma

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SrA Sandra Snyder, 507th  
Civil Engineering  
Squadron, tightens up a  
tent rope during the May  
UTA.

(Photo by TSgt. Stan  
Paregien)

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# On-final

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The editorial content is edited, prepared and provided by the Public Affairs Office of the 507th Fighter Group, Air Force Reserve, Tinker Air Force Base, Oklahoma. All photographs are Air Force photographs unless otherwise indicated. Copy deadline is noon on UTA Sunday for the next month's edition. The PA phone number is 734-3078.

## Closner Sends

By Maj. Gen. John J. Closner  
Commander, Air Force Reserve

The word I'm hearing is that you are feeling a lot of pressure from the rapid rate of change we are experiencing.

Our challenges in budget cuts, force structure changes, base closures and realignments, resizing, reshaping and new personnel policies are all too familiar to most of you. We must make the changes quickly and that's forcing us to make some difficult decisions that directly affect many of you.

I wish we could involve you more in these decisions.

Nobody said it would be easy. Each change involves a real and personal cost in people and capabilities. Knowing your commitment to serving this nation, I want you to know I share your concerns and I understand the consequences of these actions.

Fortunately, Congress authorized transition assistance, separation pay and early retirement programs to those of you who are most adversely affected by the changes. But even if you're not directly affected, you're still likely to feel at least some measure of uncertainty about what the future might bring.

I will manage the change in a way that best protects your interests, while preserving the strength and integrity of the Air Force Reserve. The outcome of our efforts should be a more efficient and sharply focused Air Force Reserve that is postured for the future.

I need your continued support and good faith. We have a bright future if we put our best efforts into maintaining combat readiness. It is a worthy goal.

## Critical summer days here

by Lieutenant General Thomas A. Baker

As summer approaches, we need to focus on the 101 critical days from Memorial Day to Labor Day. Safety officials predict 30 military members will die during this period in off-duty mishaps.

The majority of these fatalities will be caused by traffic accidents and drowning with poor judgment and lack of self-discipline as the major contributors.

What happens in the summer months? Are we doing things differently? Only you can answer that question. Large numbers of people are on the move and many take leave. All these factors can combine and lead to fatigue, inattention, and/or misprioritization.

As you know, failure to use safety equipment, seat belts, life preservers, and protective helmets can turn a relatively minor incident into a tragedy. When alcohol is combined with any of these factors, the result has lethal potential. To meet the challenges of summer, I ask you to plan safety into your summer activities.



# Reserve forces restructuring, changing

The Air Force recently released its 1993 force structure announcement. The message outlines Air Force plans for modernizing and downsizing the force to reflect the amended Fiscal Year 94 President's Budget.

While several of the recommendations involve Air Force Reserve units, the future of the 507th Fighter Group has yet to be addressed.

According to Maj. Gen. John Closner, chief of the Air Force Reserve, "It is important to remember two things: One, this announcement is separate from the Base Realignment And Closure (BRAC) list. BRAC involves bases and real estate, and will be final later this year. Force structure is an Air Force effort involving manpower, units, missions, and inventory."

Closner said both the RE staff and HQ AFRES staff played a role in developing the recommendations. He stated the actions listed in the announcement do not take effect immediately and are not final until enacted into law later this year.

Reserve officials said decisions surrounding these force structure changes were not made lightly. Impacts on communities and Reservists were carefully considered, and all options examined.

"It is very important that Reservists understand that these force structure actions support the

needs of the Air Force and the missions we are tasked with. All are based on pending fiscal restraints and changing wartime requirements. Manpower changes are projections pending AFRES manpower validation. However, a number of other factors may impact the process before it's final," the general said.

He added that these recommendations must undergo environmental analyses before any action is taken to make basing changes.

"We have worked hard to minimize the impact as much as possible. Our goal is to change the Air Force Reserve with as

little turbulence as possible. We cannot avoid all pain, however. I hope we can take most manpower cuts through attrition. The few Reservists who are involuntarily separated will receive transition assistance," Closner said.

The following synopsis of Air Force Reserve actions was taken from information recently provided to Congress. It is final as far as the Air Force is concerned, but may be affected later by pending force structure announcements by the other services and by the final BRAC list.

**71 SOS:** In late 1993 changes to 305 RQS. There will be no manpower or equipment impact.

(Continued on page 8)



## Tinker AFB viewed for possible closure list

The Air Logistic Center at Tinker AFB was identified last month and inspected by members of the base closure commission as a possible site for closure. Commission team members visited Tinker and were briefed by base officials and the Oklahoma congressional delegation who stated the base's case as a vital mission resource.

The BRAC team's decision was not available at publishing time, but is due in the near future. Should a decision be made to close the air logistic center, nearly 14,000 jobs in and around building 3001, would be eliminated.

The closure of the ALC, however, does not necessarily mandate the closure of other units located on base.

"If the commissions decides to close the ALC, there will be an impact on the 507th

and the way we do business," said Lt. Col. Robert Lytle, 507th commander.

"We work as a team here at Tinker. There are services we do that support the ALC mission and many more services the ALC provides us," he said. "Shutting down the ALC will have an effect on us but not necessarily eliminate our mission."

The current force reduction and realignment movement has already begun to impact the unit, Lytle said. Among force reductions and possible future impacts:

- The 507th Communications Flight is slated for realignment and is proposed to become, in part, a detachment of the 419th Fighter Wing as well as backfill for active duty. At publication, no reductions in manpower are projected.

- The elimination of the Air Terminal at Tinker last year affected the 72nd Aerial Port Squadron and how they train, creating the need for more TDYs.

- The 403rd Combat Logistics Support Squadron, relies heavily on the Oklahoma City ALC for training opportunities. The elimination of the ALC facility at Tinker would generate more away station TDYs for training. At present, no reductions in force have been announced.

- The Morale, Welfare, Recreation, and Services Squadron (formerly RIBS) has been rousting from 18-30 positions.

No other official mission changes have been announced that affect the 507th. On-final will report on the base closure commission's findings and further force reductions as they are made public.



## 465th hosts reunion

Last month marked the 21st anniversary of the 465th Fighter Squadron's activation at Tinker Air Force Base.

To commemorate the occasion, the squadron is hosting a reunion this weekend.

According to Capt. Don Merritt, 465th Reunion Chairman, more than 100 squadron members, past and present, are expected to attend.

The reunion starts Friday with social activities at the Officers Club. It continues Saturday with tours of the unit, mission briefings and a memorial ceremony complete with formal formation and a flyover by the Building 1030 flagpole at 4 p.m. The evening activities will conclude with a dinner at the Holiday Inn East.

According to Capt. Merritt, "This reunion is for all former and current members of the unit. We know that it took all of their combined blood, sweat and tears to get us here today and many of us owe our lives to their dedication and hard work."

Merritt stressed that this was not an officer's reunion and everyone is encouraged to attend. There is a \$35 fee to pay for Saturday evening's buffet, and various memorabilia.

## Congressman Istook speaks today on the future of military, Reserve

U.S. Rep. Ernest Jim Istook will be visiting the 507th on Saturday of the June UTA weekend. He will speak to our members about the future of the military and the reserve forces.

The briefing will begin at 1630 on Saturday, June 26 at the AWACS auditorium. Everyone is invited and encouraged to attend the congressman's presentation.

Congressman Istook's presentation will last one hour with the last 15 minutes set aside for a questions and answer session. Plans include a 30 minute address about Congress' funding for Reserve and Guard forces for the years 1994-1996 and the future of Tinker AFB. Congressman Istook's presentation is hosted by the Reserve Officers Association, Chapter 66.

## Transition assistance stresses jobs, not cash

ROBINS AFB, Ga. -- The Air Force Reserve is offering transition assistance to reservists involuntarily separated from the Selected Reserve because of tenure programs or unit inactivation or relocation.

However, command officials hope to save cash and careers by offering new jobs and retraining to most reservists affected by the restructuring and downsizing of the Air Force.

Initially, most of the transition assistance will go to those involuntarily separated under the enlisted high year of tenure or lieutenant colonel tenure programs. The Reserve will contact reservists separated between Oct. 23, 1992, and March 11, 1993, and offer them reaffiliation to qualify for assistance.

All others involuntarily separated because of unit inactivation or relocation since Oct. 1, 1991, will be notified of benefits.

The transition assistance program includes three forms of pay available until Sept. 30, 1995. Officials emphasize that these pay packages are only for reservists involuntarily separated because of unit inactivation or relocation or tenure force management programs. The pay programs are:

- \* Reserve involuntary separation pay -- A one-time payment for reservists with at least six but less than 15 years of service who are involuntarily separated. If reservists later participate, they have to forfeit 75 percent of their reserve pay until the total payment is repaid.

- \* Early qualification for retired pay at age 60 -- To qualify, reservists must have at least 15 but less than 20 years of service. They must not be eligible for immediate annuity under any purely military retirement program and still have to wait until age 60 to draw retirement.

Officials expect involuntary separation pay and early qualification for retired pay to be used sparingly by the Air Force Reserve.

- \* Reserve special separation pay -- Presently for enlisted reservists with 20 or more years of satisfactory service tenured from the Selected Reserve under high year of tenure. They can have up to five years of immediate annuity if under age 60. Base realignments, closures and force structure changes may expand use of this program.

Reservists involuntarily separated from the Selected Reserve based on unit inactivation or relocation who have less than 20 satisfactory years since Oct. 1, 1991, are eligible for the following benefits:

- \* Priority placement in other Reserve units or positions if not retiring or separating under tenure provisions.

- \* Continuation of Reserve Montgomery GI Bill education assistance for 10 years beginning on the date of initial eligibility.

- \* Commissary, exchange, and morale, welfare and recreation benefits until two years after separation.

The assistance program is part of the president's defense conversion initiative and was authorized by Congress in the 1993 Defense Authorization Act. It is designed to assist reservists involuntarily separated through force reductions between Oct. 1, 1991, and Sept. 30, 1995.

Secretary of Defense Les Aspin directed implementation of the program March 11. The Air Force Reserve delayed starting the program until the Department of Defense clarified how high year of tenure and other requirements affect the program.

Unit personnel offices should have more specific information about the transition assistance program in June. (AFRESNS)



# June Schedule of Events

# Training Planner

<u>Date/Time</u>	<u>Meetings, Etc</u>	<u>Location</u>
<b>Fri, 25 June</b>		
1400	Pre-UTA 1st Sgt Meeting	Bldg 1043, Conf Rm
<b>Sat, 26 June</b>		
As designated by unit	Sign-in	As designated by unit
0730-0800	Sign-in for Physical Exams	Base Hospital
0730-0930	Newcomers In-processing	Bldg 201, Rm 11
0830-1615	Initial Chemical Warfare Tng	Bldg 1030, DW Classroom
0900-1000	702X0 Training	Bldg 1043, Conf Rm
0900-1015	Newcomers Orientation	Bldg 201, Rm 11
1000	Mobility Rep Meeting	Bldg 1043, Conf Rm
1015	Escorts Pick up Newcomers	Bldg 201, Rm 11
1030	First Sergeants Meeting	Dining Hall, Sun Rm
1200-1300	PCIII Meeting	Bldg 1043, Conf Rm
1200-1600	Self Aid/Buddy Care Instructor Class	Bldg 5910, Rm 106
1300-1400	IG Complaint Period w/LtCol Walker	Bldg 1030, CC Office
1300-1400	Immunizations	Bldg 1030, Break Rm
1300-1400	EST Managers Meeting	Bldg 1043, Conf Rm
1400-1500	Ancillary Training Meeting	Bldg 1043, Conf Rm
As designated by unit	Sign-Out	As designated by unit
<b>Sun, 27 June</b>		
As designated by unit	Sign-in	As designated by unit
0800-1130	Newcomers Ancillary Tng-Phase I	Bldg 201, Rm 11
0800-1000	Refresher Chemical Warfare Tng	Bldg 1115, Prime Beef
0830-0930	Enlisted Advisory Council Meeting	Bldg 1043, Conf Rm
0900	Hazard Communication Training	Bldg 1030, Comm Flt Tng
0900-1000	732X0 Training	Bldg 1043, Rm 204
0930-1030	Unit Career Advisor Meeting	Bldg 1043, Conf Rm
0945-1145	Refresher Chemical Warfare Tng	Bldg 1115, Prime Beef
1300-1530	Newcomers Ancillary Tng-Phase II	Bldg 201, Rm 11
1300	CDC Course Exam Testing	Bldg 460, Rm 213
1400-1500	702X0 Training	Bldg 1043, Conf Rm
1500-1630	CBPO In-House Training	Bldg 1043, Conf Rm
As designated by unit	Sign-out	As designated by unit

## Notebook..

### Subject: Airman/NCO of the Quarter/Year Nominations

Nomination packages for Airman/NCO of the Quarter are due to the Group Career Advisor, MSgt Bryan on the following months: June, September, December. Airman/NCO of the Year selections for 1993 will be made in January, 1994.

### Subject: Refresher Chemical Warfare Training

In July 507 CES/DW intends to conduct 7 Refresher Chemical Warfare Training classes, provided they have a minimum of 10 students per class. So start turning in your names to TSgt Molzahn, 45249 for the July classes now.

**Subject:** The following nomination package is due to HQ AFRES/DPARP as indicated; Wright P. Sijan USAF Leadership Award-30 Jun 93 ;eligibility criteria and nomination procedures are in AFR 900-29. Units are encouraged to nominate their eligible deserving members. Nomination packages are to be reviewed by the CBPO and should be of the highest possible quality. Suspense dates can not be extended.

## June-July '93

### Looking Ahead...

### June '93

05	Med Sq Annual Tour-Eglin
05-06	Maint A Group UTA
09-13	LDP, C-1, M-1
12-25	Group Annual Tour
25	PEP Info/RIPs to Units
26-27	Primary UTA
29	Aug Tng Planner Inputs Due

### July '93

10-11	Maint B Group UTA
14-18	LDP, C-2, M-2
17-18	Primary UTA
18	PEP Pkgs Due to MSMAQ
23	Sept Tng Planner Inputs Due
24-25	Maint C Group UTA

### August '93

07-08	Maint A Group UTA
14-15	Primary UTA (Proposed ORE/ MOBEX)
14	Amn/NCO Qtr Nominations Due
21-22	Maint C Group UTA
27	Oct Tng Planner Inputs Due

### September '93

04-19	Med Sq AT-Shepherd AFB
25-26	Primary UTA-All Groups
28	Nov Tng Planner Inputs Due

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# July Schedule of Events

<u>Date/Time</u>	<u>Meetings, Etc</u>	<u>Location</u>
Fri, 16 July 1400	Pre-UTA 1st Sgt Meeting	Bldg 1043, Conf Rm
Sat, 17 July		
As designated by unit	Sign-In	As designated by unit
0730-0800	Sign-in for Physical Exams	Base Hospital
0730-0930	Newcomers In-processing	Bldg 201, Rm 11
0830-1615	Initial Chemical Warfare Tng	Bldg 1030, DW Classroom
0900-1000	702X0 Training	Bldg 1043, Conf Rm
0900-1015	Newcomers Orientation	Bldg 201, Rm 11
1000	Mobility Rep Meeting	Bldg 1043, Conf Rm
1015	Escorts Pick up Newcomers	Bldg 201, Rm 11
1030	First Sergeants Meeting	Dining Hall, Sun Rm
1200-1300	PCIII Meeting	Bldg 1043, Conf Rm
1200-1600	Self Aid/Buddy Care Instructor Class	Bldg 5910, Rm 106
1300-1400	IG Complaint Period w/Lt Col Walker	Bldg 1030, CC Office
1300-1400	Immunizations	Bldg 1030, Break Rm
1300-1400	EST Managers Meeting	Bldg 1043, Conf Rm
1400-1500	Ancillary Training Meeting	Bldg 1043, Conf Rm
As designated by unit	Sign-Out	As designated by unit
Sun, 18 July		
As designated by unit	Sign-In	As designated by unit
0800-1130	Newcomers Ancillary Tng-Phase I	Bldg 201, Rm 11
0800-1000	Refresher Chemical Warfare Tng	Bldg 1115, Prime Beef
0830-0930	Enlisted Advisory Council Meeting	Bldg 1043, Conf Rm
0900	Additional Duty Safety Rep Tng	Bldg 1030, Comm Flt Rm
0900-1000	732X0 Training	Bldg 1043, Rm 204
0930-1030	Unit Career Advisor Meeting	Bldg 1043, Conf Rm
0945-1145	Refresher Chemical Warfare Tng	Bldg 1115, Prime Beef
1300	CDC Course Exam Testing	Bldg 460, Rm 213
1300-1530	Newcomers Ancillary Tng-Phase II	Bldg 201, Rm 11
1400-1500	702X0 Training	Bldg 1043, Conf Rm
1500-1630	CBPO In-House Training	Bldg 1043, Conf Rm
As designated by unit	Sign-Out	Bldg 1043, Conf Rm

## CDC and PME Course Exam Testing

UTA Sunday, 1300, Bldg 460, Rm 213  
Wednesday, 1300, Bldg 1043, Rm 206

These are the **only** times course exams will be administered. Names of personnel with tests on file are published in the "CDC COURSE EXAM LISTING" distributed each month to all Unit Training Managers prior to the UTA. Trainees enrolled in mandatory CDCs will have a Test No Later Than Date of two UTAs of receipt of exam. Voluntary exams must be taken within 90 days of receipt. Course exams not taken within the time allowed will be destroyed. The exceptions to this rule are 6E, 8E, and SOS course exams.



If a you are unable to test within the allotted time frame, contact your Unit Training Manager immediately. Your Unit Training Manager will submit an AF Form 1095 to MSMPT. This form could prevent your course exam from being destroyed if extenuating circumstances prevented you from taking the exam on or before the Test No Later Than Date.

Contact MSMPT, 47075, to schedule testing on Wednesdays.

## Ancillary Training Information

### Disaster Preparedness Information

All personnel who normally wear contact lenses, attending Chemical Warfare training, must wear glasses instead. Bring your New Mask goggles if you have them. Personnel are to be on time for all classes, or be reported as "No Shows".

Supervisors may schedule Chemical Warfare training thru-out the year by calling the DW office at x45249. Units must report the names of personnel requiring training when scheduling training.

### UCMJ Briefing

All first and second term enlisted personnel are required to have the UCMJ briefing. Second term enlisted personnel are due the UCMJ briefing within two UTAs of reenlistment. UCMJ briefing time is 1400-1445, Bldg 201, Sunday of UTA.

## Ancillary Training

### Looking Ahead...

#### July '93

17-18 Ref CW Tng (7 classes)  
18 Addl Duty Safety Rep

#### August '93 (Proposed ORE/MOBEX)

14 Initial CW Tng  
15 Ref CW Tng (0800-0945)  
15 Supr safety Tng  
15 SABC Instructor Tng

#### September '93

26 Refresher CW Tng (0800-0945)  
26 Hazcom Tng  
26 SABC Instructor Tng



## Management Options for Two-Time CDC Examination Failures

### General Information

Upon notification of a two-time course examination (CE) failure, the commander must take action. Because this decision will impact the trainee's career progression, the commander should carefully interview all people involved in the training process. This includes the Group and unit training managers, supervisor, trainer (if the trainer is someone other than the supervisor), and the trainee. With quality force a key consideration, the commander has five options to consider:

- a. Waive the CDC requirement. (AFR 35-1, Table 4-10, Rule 2, Note 7.)
- b. Withdraw AFSC and return to previously awarded AFSC. (AFR 50-23, Table 5-2, Rule 11 and AFR 35-1, para 5-1m(2).)
- c. Withdraw AFSC and retrain. (AFR 50-23, Table 5-2, Rule 11 and AFR 35-1, para 5-1m(2).)
- d. Reassign member to ARPC. (AFR 35-41, Vol I, Table 4-1, Rule 28, Notes 5 and 6, and AFR 50-23, Table 5-1, Rule 18, Note c.)
- e. Discharge. (AFR 35-41, Vol III, Section I, para 5-40c and AFR 50-23, Table 5-1, Rule 18, Note c.)

**NOTE:** The commander has the authority to waive the CDC, reassign to ARPC, and separate the airman, but cannot withdraw the AFSC without MAJCOM review and approval.

### CDC Waiver

If you decide to waive the CDC, the following procedures apply:

- a. Prior to the waiver, the commander ensures the trainee has completed all subject/task knowledge requirements identified by the supervisor. Refer to paragraph 3 of the respective AFSC description on AFR 39-1 to identify the specific mandatory requirements for award of the AFSC.

(AFR 35-1, Table 4-10, Rule 2, Note 7, applies to prerequisites needed to award the AFS after the commander has waived the CDC.)

- b. The commander provides a copy of the final disposition to Group training. In turn, Group training forwards information copies to HQ AFRES/DPTS and the HQ AFRES AFS functional manager for trend analysis.

### Discharge or Reassignment

If you decide to discharge or reassign the airman to ARPC, the following procedures apply:

- a. The commander places the airman in training status code (TSC) "T" for failure to progress via AF Form 2096. The airman will remain in TSC "T" until reassignment or discharge actions are complete.
- b. The commander processes the airman for discharge or reassignment IAW AFR 35-41, Vol I, Table 4-1, Rule 28, Notes 5 and 6.
- c. The commander provides a copy of the final disposition to Group training who will forward information copies to HQ AFRES/DPTS and the HQ AFRES AFS functional manager.

### Withdrawal of AFSC

If you decide to withdraw the AFSC, the following procedures apply:

- a. The commander initiates an AFSC case file IAW AFR 50-23, Table 5-1, Note b.

**NOTE:** The airman's case file includes all training documentation, the last three enlisted performance reports and medical evaluations (if applicable), and an AF Form 2096 recommending HQ AFRES withdraw the AFSC and place the airman in TSC "T" for failure to progress.

## Training Communicator

Although TSC "T" isn't officially effective until a determination is made by HQ AFRES, all training for the airman should stop. The airman will remain in this status until the decision is final regarding AFSC withdrawal. Group training should help prepare the AF Form 2096 to ensure all information needed to reflect the action being recommended is provided on the form. If AFSC withdrawal is approved, HQ AFRES/DPTS, in coordination with the respective MAJCOM AFS functional manager, will make the final approval in Section VII of the AF Form 2096.

- b. The commander forwards the AFSC withdrawal case file with a cover letter, fully supporting this action, to Group training. Group training will ensure the case file is complete and forward the withdrawal package to the CBPO Chief.

**NOTE:** Group training should be prepared to provide the CBPO Chief with a recommendation regarding the course of action to be suggested to HQ AFRES.

- c. The CBPO Chief will forward the commander's letter and the case file with a cover letter indicating the suggested course of action to HQ AFRES/DPTS.

- d. HQ AFRES/DPTS, in coordination with the respective MAJCOM AFS functional manager, will determine whether the airman will be:

(1) Continued in training.

(2) Disqualified from the AFSC, have the AFSC withdrawn and be:

- (a) Returned to a previously awarded AFSC, if applicable.

(b) Retrained into another AFS for which the airman is better qualified.

- c. Once the final decision is made, the package will be returned to the Group training office and the commander, supervisor, and trainee will be informed of the determination.



# More What, When, Where

## CBPO Customer Service

### Hours of Operation

#### Primary UTA Weekends

Saturday 0730-1630

Sunday 0730-1500

Closed Sunday for In-House Training  
from 1500-1630

#### Weekdays

Monday-Friday

0730-1130

1230-1630

Closed Thursdays for In-House Training  
from 0730-1230

### Phone Numbers

MSM/MSMA/MSME/MSMD/MSMP

CBPO Management, 47491

MSMAC...Customer Service, 47492

MSMPU...Personnel Utilization, 47493

MSMAQ...Quality Force, 47494

MSMPT...Training & Education, 47075

### TDY & Reassignment Out-Processing

Personnel Utilization (MSMPU) is  
standing-by to help with relocation  
processing, but they need your help.

TDY to school or reassignment out-  
processing can only be initiated through  
MSMPU during the times listed below:

Monday thru

Friday: 0730-1030 and 1230-1530

UTA Saturday: 0800-1530

The schedule is for your convenience;  
times noted assure your access to  
agencies with processing responsibilities.  
Your cooperation in complying with this  
schedule is greatly appreciated. if you  
have any questions, please call MSMPU,  
x47493.

### Chapel Service Information

Nondenominational services are Satur-  
day at 1515, Hospital Pharmacy.

Catholic Mass: Sat, 1700

Sun, 0940, 1220

## Tips for Faster CBPO Service

*ARTS, or Reservists on Mandays or  
annual tour* can conduct personnel  
business any week day and avoid  
contributing to UTA congestion.

*Avoid Saturday* morning unless you have  
an appointment. Due to In-Processing  
activities, the Customer Service section is  
short handed until about noon on  
Saturday.

*Call ahead*, find out how long the wait  
may be.

*Be sure* you bring any required docu-  
ments with you and avoid the need for a  
second trip to finish your business.

## Hours of Operation for...

### Pass & ID

Located in Bldg 590, is open on UTA  
Saturday, 1200-1600, for ID cards,  
fingerprints, vehicle registration and base  
decal.

### Individual Equipment Issue (IEU)

Located in Bldg 469, is open on UTA  
Saturday, 0800-1530. Enter door #36 on  
the south side of the building. Check  
with your Unit Orderly room before you  
attempt equipment issue or exchange.

### Air Reserve Technicians

If you have business with these agencies,  
you should take care of it on weekdays so  
services are available for other Reservists  
on UTAs.

### Dining Facility

Meal times are shorter, lines are longer:  
Plan ahead!

Breakfast 0600-0900

Lunch 1100-1300

Dinner 1530-1800

## Medical Services Information

### Immunization Monitors

All shot records that are mutilated and or  
have no space left need to be brought to  
the immunization clinic located in the  
Hospital between 1000-1200 on Sunday  
of the UTA for new records to be made  
up and issued. Point of contact is Capt  
Livengood, x42487.

### Physical Examinations

The 507th Medical Squadron is presently  
trying to catch up on the backlog of  
physicals. Therefore, the physical  
schedule is extremely tight. If you will  
be unable to meet an appointment, you  
must call TSgt Davis, x43151 and  
reschedule in advance of the UTA.

### Random Drug Testing

Drug Testing is conducted at 0900 on  
UTA Saturdays. The names of those  
randomly selected for testing are released  
by Social Actions to Unit Commanders  
immediately after sign-in on Saturday. If  
selected, you should consume as much  
liquid as possible prior to reporting to the  
lab. You cannot be released until the  
required sample amount has been  
obtained. if you have questions about the  
Random Drug testing program contact  
Social Actions, x45019.

### Military Pay

File for pay      Receive Direct Deposit  
on or before:      by:

27 Jun..... 08 Jul

29 Jun.....09 Jul

05Jul.....14 Jul

07 Jul.....15 Jul

11 Jul..... 21 Jul

13 Jul.....23 Jul

18 Jul.....28 Jul



# THE WELL STREET JOURNAL:

## Fitness and exercise are crucial to your health

by Lt. Col. (Dr.) Alberto Angles

Balance is the name of the game when it comes to exercise. The three major types of exercise are aerobic, flexibility, and muscle toning.

Emphasizing one or the other too much creates and imbalance and allows for possible problems to develop. Weight lifting, for example, without stretching and doing some aerobic exercise regularly, does nothing for the cardiovascular system and may be detrimental since it may actually create extra stress for the heart.

A runner who does no other form of exercise may develop great skill for that activity but have muscle atrophy in the upper body and stiff joints.

Aerobic exercise is characterized by a challenge to the heart and lungs. Oxygen is consumed at a higher rate and the metabolic rate is turned up. Movement in major muscles is the hallmark of the exercise. Running, bicycling, rowing, swimming laps, and fast walking are examples.

The duration needs to be at least 30 minutes to benefit the heart and the intensity needs to be sufficient to get the heart rate into the so called "aerobic zone".

An individual can calculate this rate by subtracting age from 220 and taking 80% of that number. Regularity, as with anything is crucial. It does very little to perform an activity every now and then. The heart, as any muscle, rapidly "de-conditions" itself if it is not used routinely.

Stretching is needed since tendons and muscles naturally shorten with disuse and also in response to injury. Any joint left in a fixed position stiffens and forms a contracture, an inability to move.

Before exercising, it is important to loosen up a little and it is important to stretch extensively after a workout when the muscle is warm.

The stretch should be slow and steady, not bouncy; bouncing is more likely to tear fibers. All joints should be stretched with

special attention to those muscles used during the exercise program.

Muscle toning is perhaps the most neglected form of exercise. Challenging a muscle with resistance of any type will allow it to strengthen and to grow.

Using the muscle and building the fibers also makes the metabolism burn calories faster. Balance also applies here. Toning the body uniformly is better than building mass in a particular part.

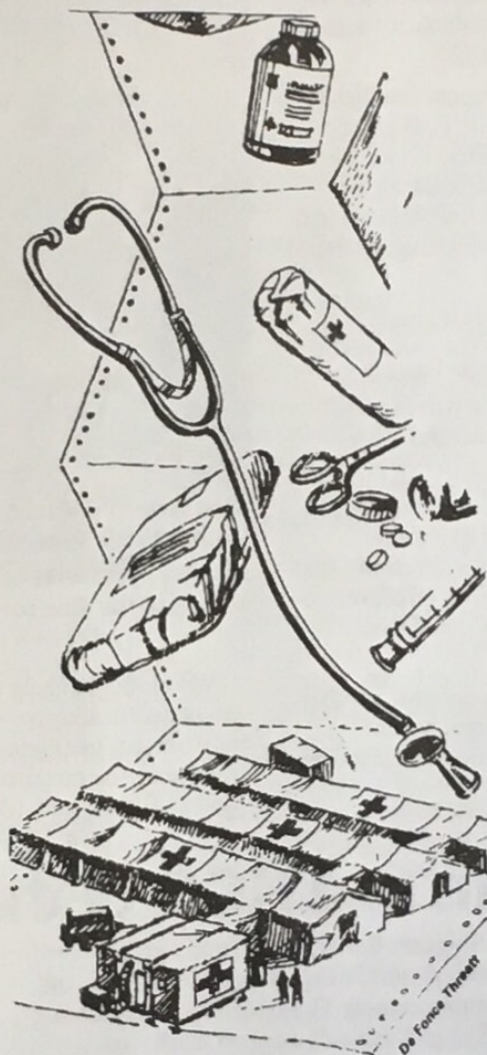
Muscle building for show has problems, especially if associated with use of muscle building hormones or overdosing of aminoacids.

The cycle of mass building and dehydration in preparation for shows is also dangerous.

The answer is balance. This is true for the type of exercise, the regularity of exercise, the mixing of different forms of exercise.

Of all the general principals, the most critical is the regularity of exercise.

Not exercising is among the most serious of risks factors against wellness. Conversely, exercising regularly and properly reverses almost all the other serious risk factors.



### Promotions

Congratulations to the following individuals who have been recently promoted:

#### To Master Sergeant

Tony Davidson 72APS  
Gregory Knight 507CES  
Terrie Munsey 403CLSS  
Glynda Stanfield 507LSS

#### To Tech Sergeant

Matthew Bier 507 LOG GP  
Sharon Godfrey 403CLSS  
Darlene Maceligot 507 LOG GP  
Michael Robinson 403CLSS  
James Smith 465FS

#### To Staff Sergeant

Mark Aguiar 403CLSS  
Brent Brown 403CLSS  
Michael Clark 403CLSS  
Jackson Coley 403CLSS

Sherri Frair 72APS

Robert Hammons 507CES

Scott Hermann 465FS

Robin Lawson 507CES

Billy Serviss 465FS

Robert Shanan 72APS

Mark Vardaro 403CLSS

Robin Weiler 403CLSS

Anthony Woody 72APS

#### To SrA

Thomas Clark 507MS

Dagmar Davis 507MS

Jason Griffith 507CES

Timothy King 403CLSS

Emi Samuels 403CLSS

Brian Snider 507MS

Kenneth Stiers 465FS

#### To Airman First Class

Charles Riley 72APS



## Family support offers information, training

ROBINS AFB, Ga. -- With reservists still pouring sand out of their boots, family support officials at Headquarters Air Force Reserve are working to prepare for future international contingencies.

The officials are scheduling training and offering information to assist reservists and their families if reservists volunteer for or are called to active duty.

"The overall mission of family support is to prepare families for eventual activation of their spouses," said Natalie C. Bassett, Family Support Program manager for Headquarters AFRES. "The family support program becomes the focal point for all human services needed by Reserve families, i.e. information and referral, leadership consultation, assessment counseling, financial aid services."

The Air Force Reserve offered a training class last month for family support directors and liaison personnel. They will host a family care plan training class in July and a family support technician training class in August. The training will feature speakers from Air Force Family Support agencies and other reserve components.

Family support representatives provide families with up-to-date information, including "What's Next? A Guide to Family Readiness," a 64-page booklet. It covers information on the Air Force Reserve, personal and family affairs, periods of active duty, benefits and entitlements, family assistance, and what happens afterwards.

According to 507th Family Support Program coordinator, MSgt. Lucy Bryan, "Because of current world conditions, we are anxious to have as many of our family support people trained as possible."



Mrs. Angela Closner, wife of Maj. Gen. John Closner, chief of the Air Force Reserve, visited the 507th recently to tour family support operations on base and within the 507th. Above, she is talking to the director of the base Family Support Center.

"We are here to help and keep in regular touch with our counterparts at active-duty bases. We hope we don't have to face another international confrontation like Desert Storm, but we want to be prepared in the event something like that happens again," Bryan said. (AFRESNS)

## Unit selects Airman and NCO of the quarter

The NCO of the quarter is SSgt. Kelley Baker of the 72nd APS.

Sergeant Baker was noted for her extremely proficient service in providing assistance to customers.

Her supervisors have raised her saying, she shows vast knowledge of personnel policies and procedures, applications of computer software, and ability to analyze and implement personnel programs. Her ability to brief supervisors, First Sergeants, and Senior Staff on personnel problems and suspense actions gives her an added edge they said, adding that she possesses outstanding writing skills.

Sergeant Baker attends a major university where she is a member of the drama club. She has served on the unit advisory council.

Sergeant Baker has assisted section supervisors in organizing, developing, and implementing TQM goals for her section. She took a hands on approach to determining section training needs and implementing the plan to support customer service operations.

Sergeant Baker regularly talks with potential recruits on reserve entitlements, training and travel opportunities. She has an excellent rapport with 507 FG and has coordinated the in-processing of non prior service airmen.

Baker's supervisors praise her as "A dedicated and sincere NCO who continues to excel in any tasks assigned to her. Her management of the UTAPS system is 'second to none'. She is a remarkable NCO who is always willing to go the 'extra mile' as shown by her

performance during Operation Desert Storm."

The Airman of the Quarter is SrA. Brenda Teahon of the 507th Medical Squadron.

Her supervisors laud her, stating, "Airman Teahon continues to perform in an outstanding manner as an Aerospace Medicine Technician. She is highly skilled and motivated technician who conscientiously performs her duties with little or no supervision. She demonstrates excellent leadership qualities which are clearly reflected by her drive and desire to excel."

Airman Teahon is very aggressive and demonstrates the willingness and desire to

(Continued on page 8)



# NCO and Airman of the year named

TSgt. Clyde Hankins was recently named NCO of the Year. He serves as the NCOIC, Customer Assistance Section within the Consolidated Base Personnel Office (CBPO). Sergeant Hankins is called upon to make key decisions and implement procedures that could be critical factors for members to be ready for worldwide duty.

His supervisors state Hankin's experience in conducting in processing of newly assigned personnel and ensures they have a smooth transition from active duty or civilian life into the reserve forces.

Hankins earned his Bachelor of Science Degree in Education from the University of Central Oklahoma while working full time. He also earned a Masters Degree in Education and a Certificate in Elementary Administration which required an additional 15 college hours above his Masters Degree. These were earned from the University of Central Oklahoma while teaching full time in an elementary classroom. He continues to take courses which benefits the students in his classroom as well as himself.

Hankins is a dedicated professional educator. He has twice served on the Oklahoma State Department of Education evaluating teams which are sent to school sites. He is currently serving for the second consecutive year as a Building Representative for the Mustang Association of Classroom Teachers. He is also serving as the faculty representative to the Mustang Trails Parent Teacher Association which is dedicated to the enrichment and improvement of education.

TSgt. Hankins has worked with KWTU Channel 9's Gary England and other selected educators in the development of the acclaimed Weather Classroom. He is serving for the fourth year as the district coordinator for Mustang District 5th Grade Spelling Bee, an event that involves four schools and over 400 students.

A new program he developed is an after school geography enrichment program called the World Watchers. This is designed to motivate children to learn and ask questions about other lands and cultures. Sergeant Hankins has helped refine the degree of his squadron's customer service as validated by Customer Reaction Surveys.

Hankins has been awarded two Air Force Achievement Medals for outstanding achievement. He also received KWTU's Award of Excellence medal for significant contributions to education. He was named as one of Oklahoma's Best Educators by KOCO Channel 5's Project Challenge. He has also received two

Certificates of Appreciation from Junior Achievement for outstanding service to young people.

Hankins enlisted in the Marine Corps in 1972. He served with distinction in Viet Nam and Japan before being honorably discharged in 1974. He joined the Oklahoma Army National Guard in 1979 and in 1981 he transferred to the Air Force Reserve.

## Airman of the Year

The Airman of the Year is SSgt. Jack Miller of the 403rd Combat Logistics Support Squadron. His supervisors praise Miller as an achiever. He is a fully qualified 5-level Aircraft Electrician, supervisors point to his work as exceptional considering his limited experience. They state he consistently demonstrates the ability to perform his primary duties in an outstanding manner with only minimum supervision.

Miller has demonstrated excellence in achieving a strong educational foundation. He has completed his associate degree from Rose State College and is well along towards his CCAF degree. His continuing pursuit of excellence through knowledge is indicated by his military PME which he completed well ahead of schedule.

Miller is an involved leader in his home community and his unit. During preparations for deployment to "Desert Storm," Miller volunteered his own time to help prepare the tasking kits for deploying personnel. He is an active member of his local community church and volunteers his free time to the local boy scouts and teaching basic electrical fundamentals.

During his tenure in his Air Force Technical School, Airman Miller was made class leader and performed in such an outstanding manner that he received recognition of superior academic achievement, and was awarded the Honor Graduate certificate. Airman Miller has also been awarded the Air Force Achievement Medal.

Supervisors praise Miller as an exceptional young man who has successfully balanced both civilian and military careers.

Miller is a visible and vocal reserve member in his home community of Guthrie, Oklahoma and also promotes the Reserve through his contacts with civilian and active duty personnel who are interested in Reserve careers.

## Deadline nears for military women's memorial

ROBINS AFB, Ga. -- Time is running out for the Women in Military Service for America Memorial Foundation Inc. to raise construction money for the Women in the Military Service Memorial.

Congress authorized the memorial in 1986 to honor the nearly 2 million women who have served in the armed forces. It continues to be the only military-related memorial endorsed by the Department of Defense.

Public law requires that construction funds be raised through private donations within seven years of approval. The deadline to raise funds for the memorial is November 1993. An estimated \$13 million is still needed if

the memorial is to become a reality. Federal funding is not authorized.

The memorial will be constructed at the gateway to Arlington National Cemetery. Inside the memorial, a computerized database will contain the name, photograph and individual story of each registered servicewoman's career. This unique feature of the memorial will pay visible tribute to the contributions women have made to the armed forces throughout history.



# Reserve forces restructuring, changing

(Continued from page 3)

**944 FG:** In late 1993 reduces from 24 to 18 F-16C/Ds. Unit loses 105 drill and 31 civilian manpower authorizations.

**940 ARG:** Relocates from Mather AFB, Calif., to Beale AFB, Calif. Unit will temporarily relocate to McClellan AFB, Calif., pending permanent beddown at Beale.

**37 MAPS:** Inactivates in mid 1993. Action results in loss of 131 drill and 4 civilian manpower authorizations.

**79 ARS (Assoc):** Unit and 19 KC-10As realign to Travis AFB, Calif. No change in manpower authorizations.

**302 AW:** By mid 1993 unit loses 4 older C-130Es and converts 4 others to C-130Hs by late 1993. These actions result in a loss of 121 drill and 43 civilian manpower authorizations.

**36 AES:** Originally scheduled to realign to Peterson AFB, Co., unit will now inactivate in mid 1993.

**77 APS:** Originally scheduled to realign to Peterson AFB, unit will now inactivate in mid 1993.

**78 APS:** Originally scheduled to realign to Peterson AFB, unit will now inactivate in mid 1993.

**301 RQS:** Unit will be permanently assigned to Patrick AFB, Fla. In late 1993, unit will receive 1 additional HC-130P/N. This action results in an increase of 33 drill and 11 civilian manpower authorizations.

**482 FW:** Unit will be permanently assigned to McDill AFB, Fla. In late 1993 the unit converts from 18 F-16A/Bs to 10 KC-135Rs and becomes the 482 ARW. Unit conversion is programmed to occur regardless of the final BRAC decision on Homestead AFB, Fla. This action will result in loss of 278 drill authorizations and an increase of 86 civilian manpower authorizations.

**14 AF:** Will transfer its flag to AF Space Command and will receive 22 AF flag on 1 July 93. There is no manpower impact.

**46 FTS:** Converts to a B-52H associate unit in late 1993. Details and personnel impact have not been finalized.

**98 ARG (Assoc):** Realigns to Plattsburgh AFB, N.Y. Manpower impact to be determined.

**459 AW:** Gains 4 additional C-141Bs in late 1995. There is no manpower impact.

**29 MAPS:** Inactivates in mid 1993. This action results in the loss 126 drill and 3 civilian authorizations.

**403 AW:** Gains 1 WC-130E in late 1993. This action results in an increase of 52 drill and 49 manpower authorizations.

**514 AW (Assoc):** Converts from associate to unit equipped airlift wing and remains at current location. Unit gains 14 C-141Bs, loses 778 drill authorizations and gains 401 civilian manpower authorizations.

**913 AG:** Unit and 12 C-130Es realign to McGuire AFB, N.J. This action results in a loss of 117 drill and 139 civilian manpower authorizations.

**40 APS:** Inactivates in mid 1993. This action results in a loss of 129 drill and 2 civilian manpower authorizations.

**910 AG:** Receives 4 additional C-130Hs in late 1993. There is no manpower impact.

**924 FG:** Converts from 18 F-16A/B to 18 F-16C/D in late 1993. There is no manpower impact. Unit will realign from Bergstrom AFB, TX., cantonment area to Carswell AFB, TX. Unit will lose 133 drill and 290 civilian manpower authorizations.

**10 AF:** Relocates to an undetermined location. Details pending the outcome of the BRAC.

## Airman, NCO of Quarter

(Continued from page 6)

take charge. She was requested, due to her clinical expertise, to deploy with the Flight Surgeon to provide medical support during Coronet Soldier, and Patriot Hermano.

Airman Teahon is a Veterinarian Assistant at a major ranch in Oklahoma. She acts as Midwife for the ranch's broodmares.

Airman Teahon is involved with her adopted children's school youth groups as well as participating as a youth counselor at Trinity Christian Church. Her supervisor's admire her desire to acquire as much knowledge as possible in the field of Aerospace Medicine. To achieve her goal, she enrolled in flight training ground school.

Airman Teahon has received numerous letters of appreciation in recognition for her outstanding performance. She has received an achievement in excellence award by her civilian employer.

Her continuous professional bearing, behavior, dress, and appearance reflect her positive attitude towards the U.S. Air Force Reserves. She continues to reflect pride and demonstrates a positive attitude.

## What's in the Comm Flight Water?

by MSgt. Frye and SSgt. Reagan

Rumors are running rampant as to the cause of the tremendous jump in the number of pregnancies and recent births being experienced by Comm Flight personnel and their spouses. MSgt. Jimmy Guthrie is thinking of opening a baby clothing and supply store. He says, "I'm sure it would be profitable as long as we continue to maintain the 20% pregnancy rate."

Recent arrivals include Matthew Wepel (proud parents are SSgt. Michael Wepel and wife, Judy) and Kaitlyn Votaw, who's parents are SSgt Michael Votaw and wife, Samona and Katrina Hammonds, daughter of TSgt. Richard Hammonds and wife, Carlene.

Pending arrivals include SrA. Sandy Green, who just started wearing maternity clothing in expectation of her second child.

SSgt. Melanie Sokolove is expecting a bouncing baby boy in July; she had a girl, Jessica, in April of 1992.