

On- final

Vol 15 No 2

507th ARW

Feb. 1995

Tinker AFB, OK

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"Miss Piggy," an F-4 Phantom flown by the 507th in the 1980s returned home last month. The aircraft is scheduled to become part of a unit static display.

Old warbird returns to nest

*By Capt. Rich Curry
507th Public Affairs*

People who happened to look the southern skies around Oklahoma City January 19 might have caught a glimpse of an old warbird coming home.

An Army CH-47 Chinook helicopter from Ft. Sill, Okla. served as an aerial crane to sling an F-4D Phantom fighter aircraft from Sheppard AFB, Texas to its retirement as a static display at the 507th Air Refueling Wing.

The fighter jet was flown by the 507th ARW, formerly the 507th Tactical Fighter Group, from 1982 to 1989. When the 507th converted to the F-16 Fighting Falcon in 1989, the F-4, nicknamed "Miss Piggy" by the Reserve unit, was delivered to an Air Force crew chief maintenance technical school at Sheppard AFB for use as a training aircraft. With only a few F-4 aircraft remaining today in active duty service, the F-4

(Continued on Page 3)

McIntosh sends

*By Maj. General Robert McIntosh
AFRES Commander*

Quality of life in the services is a hot topic in the Department of Defense right now. I assure you that I'm equally concerned about YOUR quality of life. A working group headed by Brig. Gen. Dave Sibley, Air Force Reserve assistant vice commander, came up with three issues for us to focus on: lodging/quarters, family services and personnel turbulence.

You voluntarily give your time and services, and it's reasonable that you'd expect us to provide you with adequate living conditions while on duty, compensation and support for your families. If there are any issues you feel we need to address, I encourage you to bring them to our attention.

You have my word that I will carry the quality of life message for all Air Force reservists. As we take on a larger role in our nation's defense, these issues will become more important.



On-final



507th ARW Editorial Staff

Commander, 507th ARW	Col. Robert E. Lytle
Public Affairs Officer	Maj. Don Klinko
Public Affairs Officer	Capt. Richard Curry
On-final Editor	TSgt. Stan Paregien
Staff writer	TSgt. Melba Koch
Staff writer	TSgt. Ty Yoshida
Staff writer	TSgt. Mitch Chandran

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This is your newspaper. Take it with you to share with family, friends and employers. The PA phone number is 734-3078.

It's good to tell your story

By the Public Affairs staff

Everyone has a story to tell. It's incredible to think back over the past year and ponder the changes that have taken place in the 507th.

But as incredible as the changes have been, it's even more incredible to think about the hundreds of events you never even hear about. Someone saves a life, another graduates from college with honors and still another has used their Reserve-taught skills in their civilian job, saving their company thousands of dollars. You often don't hear these stories until months after they occur. Why?

As we begin the new year, the Public Affairs staff would like to encourage every unit member to get to know their Unit Public Affairs Representative (UPAR). Every year, squadron commanders renew their commitment to good communications by appointing a UPAR. It's important to them that their members are kept informed of changes in the military and that the good news of their squadron's accomplishments are publicized.

It's important to us too. The rest of the 507th needs to know what's going on in your area and the American public needs to know we are good stewards of their tax dollars and that Reservists and their talents make a difference in their communities. Everyone has a story to tell.

Tell yours.



UPAR list as of January 5, 1995

507th Medical Sq. (Ext. 4-4445)

Capt. Richard Davidson and MSgt Amy Jackson

465th Air Refueling Sq. (Ext. 4-3269)

Capt. Sammy Dowds and SSgt Gary Bristol

507th Civil Engineer Sq. (Ext. 4-7428)

MSgt. Tommy Clapper and SSgt. Shawn Sones

507 Security Police Sq. (Ext. 4-7849)

TSgt. Ron Allen and SSgt. Jon D. Wattenburger

507th Combat Logistics Support Sq. (Ext. 9-2278)

MSgt. Dan Moore and MSgt. Alan King

72nd Aerial Port Sq. (Ext. 9-2081)

TSgt. Larry Wilson

507th Mission Support Sq. (Ext. 4-7638)

SSgt. Tracy North and Capt. Mary Roehl

Aircraft Maintenance Unit (Ext. 4-3817)

Ken Coffey

507th Civilian employees(Ext. 45101)

Marilyn Llanusa

507th Maintenance Sq. Ext. 4-7557

Not yet assigned

507th Logistics Support Sq. (Ext. 4-3487/3488)

Not yet assigned

F-4 Phantom returns home to 507th

(Continued from Page 1)

had served its usefulness as a training tool and the reservists asked if the aircraft could be returned.

"We're glad to see it finally coming home," said MSgt. Dan Moore, 507th project officer for the F-4's return flight. Moore explained the F-4's return to the 507th will serve as a monument to the unit's history. "It's important that we remember our heritage here with fighter aircraft and with the state of Oklahoma," Moore said.

The 507th was activated at Tinker Air Force Base in 1972 as the first Air Force Reserve unit to resume flying fighter aircraft after a 15-year hiatus in the Reserve.

For 23 years the unit flew fighter aircraft, first the F-105D Thunderchief, the F-4 Phantom and from 1989 to 1994 in the F-16 Falcon. The 507th began flying KC-135 Stratotankers to provide aerial refueling support last year.

During the 1970s and '80s, the F-4 aircraft was the backbone of the U.S. Air Force's fighter force with more than 7,500 planes produced. Built in 1966, the 2,040th F-4 produced, the returning

aircraft #66-7518, had a broad service career which spanned tours in Korea, South Vietnam, finally coming to the 507th in 1982.

TSgt. Duboise Gooden, a reservist with the 507th and former 8-year crew chief of "Miss Piggy," was "happy to see her again." Gooden rode on the F-4's last flight to Sheppard AFB and remembers the aircraft well. "It got to be like working on the family car. When a pilot returned from a mission and told me that something wasn't working right, you just knew what needed to be fixed," he said. "We still have people here at the 507th who worked on our first fighters, the F-105s, back in 1972," he said. "Miss Piggy" was a hard-worker and a pretty dependable aircraft. I'm glad she was the one we were able to bring home," Gooden said.

A 10-man team from the 507th travelled to Sheppard AFB January 17, to prepare the aircraft for the return trip. The primary concern of the team was to remove enough equipment from the aircraft to lighten it prior to the airlift. "Sitting on the ramp in Texas, it weighed about 24,000 pounds. We needed to lighten the load by about 5,000 pounds,"

Moore said. The team spent a month researching the problem by going over old technical manuals on the aircraft. They travelled to Texas with a 40-foot trailer and brought back the removed parts to reinstall during final restoration. "We've identified what needed to be removed and knew we could make it light enough for the helicopter to carry," he said.

Now that the aircraft is back at the Reserve unit, it will be restored and moved to a display site near the 507th Headquarters building.

"We're going to display her with pride," said 507th Commander, Col. Robert E. Lytle. "In the past, the 507th was very well known throughout the Air Force fighter community for its abilities to maintain and fly fighter aircraft. We wanted to preserve that heritage as much as we now want to show the Air Force that our Oklahomans can do even greater and better things in our new mission. We're dedicated to building a world-class team and to set the standard of excellence in aerial refueling just like we did in our fighter days," he said.

Local civic club adopts 507th, sponsors fundraiser

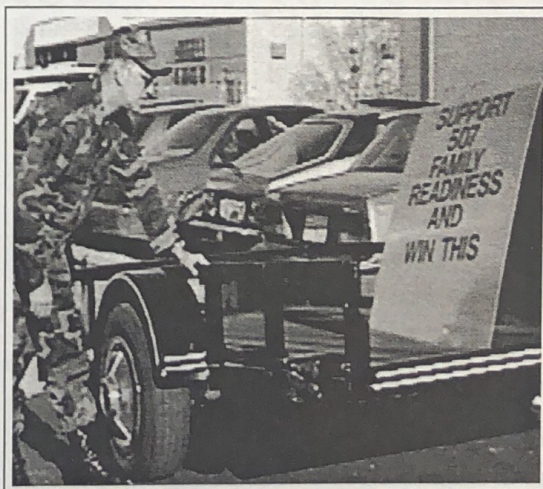
The Moore Chapter of the Optimists has adopted the 507th Family Readiness program with an agreement to provide monetary assistance to unit reservists in need.

According to 507th Senior Enlisted Advisor and Family Readiness Program Director, CMSgt. Ray Deutsch, this means unit members can receive almost immediate financial assistance to help them through tough times.

"This past holiday season, unit donations helped provide assistance to 14 unit families. This generous offer by the Optimists will help us and is appreciated," Deutsch said.

According to MSgt. Cody Smith, 507th Safety NCOIC and Optimist member, the club has set aside an escrow in its bank account for 507th members.

Currently a small trailer is being offered as a fundraiser by the Optimists here at the unit. The trailer, valued at \$500, can be seen parked in front of the 507th Headquarters building. Smith said that \$2 from every \$5 raffle ticket sold will be set aside for needy reservists. A drawing will be held on Saturday of the March UTA. Smith said tickets are available from all squadron first sergeants, or members may call him at Ext. 4-2014.



CMSgt. Ray Deutsch checks over a trailer to be used to raise funds for the unit Family Readiness program.

Unit nurse is doctor, author

By Capt. Chuck Diven
507th Public Affairs

Lt. Col. Laura Talbot, Senior Nurse Executive for the 507th Medical Squadron, recently celebrated the publication of her second book, *Nursing Research*. Her book represents the culmination of a 3 1/2 year journey of creativity and endurance. For the last six months that meant working late nights and long weekends, while teaching full-time at Texas Christian University. "I dedicated the book to my family," said Talbot, "because I couldn't have done it without their support."

"I enjoy the kindling of the creative process and the motivation that comes from a sense of achievement," she said. "but when it was finally published, I felt more a sense of relief, that I had finally met my goal."

Family support and goal-orientation have been major themes of Lt. Col. Talbot's personal and professional life.

Following her mother's example, she chose a career in nursing while still in high school, and followed a straight line through college and nursing school. After the "reality shock" of her first job, she spent two years as an Air Force nurse at Travis AFB, Calif.. Her active duty experience helped focus her own career goals.

Back in civilian life she realized, "I really missed the military, the camaraderie, career-orientation, and esprit de corps. Then I

discovered the Air Force Reserves, and I found that my civilian job and my military career merged perfectly. For example, next week I'm going to a course in Battlefield Nursing. I'd also like to develop a course in trauma treatment at Texas Christian University. The Reserves let me blend my personal and professional goals."

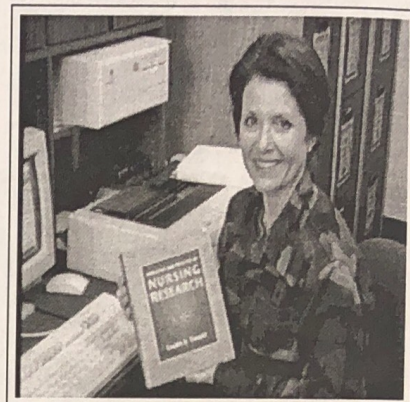
While balancing her commitments to family, teaching and community, Talbot's reserve duties remain an important part of her life.

"The 507th is one of the best, most close-knit and family-oriented units I've ever

seen," she said. "The personal interest in each individual filters down from the top. And I like the challenge of new goals I find in the Reserve, like implementing Quality."

Achievement seems to run in the Talbot family; the oldest of her four children recently attained the rank of Eagle Scout.

Lt. Col. Talbot hopes to finish her second doctorate this summer. And then...? "I'm told I'd better take some time for me," she said, "but, I'd like to start a book about trauma."



Lt. Col. Laura Talbot

Junior officer courses set for new year

The 1995 schedule for Junior Officer Leadership Development Seminars (JOLDS) has been set to begin this spring and run through November.

The development program was established to promote professional skills within Reserve junior officers, second lieutenant through major. Classes cover topics such as planning and team building, leadership and listening, and communications and conflict resolution.

Any junior officer interested in attending these classes should send their name, rank, social security number, address, home and work phone number and the name of the unit and base of assignment to: HQ AFRES/QIP, Mr. Tom Obenland, 155 2nd St, Bldg 220, Robins AFB, GA 31098-1635. The fax number for Mr. Obenland is (912) 327-0266 or DSN 497-0266. His telephone number is 1-800-223-1784, Ext. 70262 or DSN 497-0262.

Classes scheduled for 1995

Locations	Dates	Seminar
Charleston AFB, SC	28-30 April	Planning/Team Building
Colorado Springs, Colo.	16-18 June	Leadership/Team Building
Milwaukee, Wis.	30 June - 2 July	Communications/Conflict Resolution
Pittsburgh IAP, Penn.	21-23 July	Team Building/Communication
Seymour Johnson AFB, NC	18-20 August	Leadership/Team Building
Portland IAP, Ore.	15-17 September	Leadership/Listening
Tinker AFB, Okla.	22-24 September	Communication/Listening
San Diego, Calif.	6-8 October	Team Building/Listening
Westover ARB, Mass.	13-15 October	Team Building/Leadership
San Antonio, Tex.	20-22 October	Process Control/Planning
Maxwell AFB, Ala.	27-29 October	Leadership/Planning
Minn-St Paul IAP, Minn.	10-12 November	Leadership/Planning

February Schedule of Events

<u>Date/Time</u>	<u>Meetings, Etc</u>	<u>Location</u>
Fri, 10 Feb 1400	Pre-UTA 1st Sgt Meeting	Bldg 1043, Conf Rm
Sat, 11 Feb As designated by unit	Sign-in	As designated by unit
0730-0930	Newcomers In-Processing	Bldg 1043, Rm 201C
0730-0745	Sign-in for Physical Exams	Base Hospital
0900-1000	3A0X1 Training	CANCELLED
1000	Mobility Rep meeting	Bldg 1043, Conf Rm
1030	First Sergeants Meeting	Dining Hall, Sun Rm
1300	Sexual Harassment Sensitivity Trng	Bldg 3333, South Entrance
1300-1400	IG Complaint period w/Lt Col Despinoy	Bldg 1067, CC Office
1300-1530	Immunizations/Flu Shots	Bldg 1030, Hanger Floor
As designated by unit	Sign-Out	As designated by unit
Sun, 12 Feb As designated by unit	Sign-in	As designated by unit
0745-1200	Refresher Chemical Warfare Trng	Bldg 1115, Prime Beef
0830-0930	Enlisted Advisory Council Meeting	CANCELLED
0900-1100	Newcomers Ancillary Trng Phase I	Bldg 3333, South Entrance
0900-1000	Additional Duty Safety Rep Trng	CANCELLED
0930-1030	Unit Career Advisor meeting	CANCELLED
1230-1600	Newcomers Ancillary Trng Phase II	Bldg 3333, South Entrance
1300	Sexual Harassment Sensitivity Trng	Bldg 3333, South Entrance
1300	CDC Course Exam Testing	Bldg 460, Rm 213
1400-1500	3A0X1 Training	CANCELLED
1500-1630	MPF Closed for In-House Trng	Bldg 1043, MPF
As designated by unit	Sign-out	As designated by unit

Memorandum for the Record...

1. NCO Academy Class Dates for FY 95

Listed below are the FY95 NCO Academy class dates. SSgts with 8 years satisfactory service, and TSgts are eligible to attend.

Each squadron may submit 1 and only 1 nomination to DPMAT

Nominations must be endorsed by Unit Comman

Class Dates	Nominations Due
NCOA	DPMAT
18 Apr 95-25 May 95	12 Feb 95
31 Jul 95-7 Sep 95	7 May 95
18 Sep 95-26 Oct 95	16 Jul 95

2. AMN/NCO/SNCO of the Quarter/Year: Nominations are due EOD, Saturday of the following UTAs: Quarter - March, June, September, December 95'

Year - Dec 94'

Contact DPMPE, TSgt Fuqua, 734-7494

3. Location of Sexual Harrassment Sensitivity Class & Newcomers Ancillary Training, Phases I, II: Bldg 3333 is located east of Bldg 3001, it's a one story beige metal building, looks like it's sitting in the middle of a parking lot.

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February-March 95'

February 95	
11-12	Primary UTA
11	Officers Call
Mobility Exercise:	Aviation&HQ Pkgs
13-17	CLSS Hurlburt Fld
March 95	
11-12	Primary UTA
April 95	
8-9	Primary UTA
ORE (Employment)	
29 Apr-13 May	72aps AT Hickam
May 95	
6-7	Primary UTA
June 95	
1-30	Deny Flt
3-4	Primary UTA
3-17	Med Sq, Nellis AFB
10-24	72APS, Kadena FB
29-12 Jul	MSS/SV, Germany
July 95	
15-16	Primary UTA
August 95	
12-13	Primary UTA
September 95	
16-17	Primary UTA
16	Family Day
16	CLSS Dining Out

BAQ Recertification Deadlines

If your Social Security Number ends with a 4 or 9 you have until *EOM April* to recertify your BAQ or have it terminated. *The reserve payroll office will forward a listing to Unit BAQ Monitors prior to the Feb UTA.* BAQ Monitors are to return the listing complete with all BAQ recertifications to the Reserve Payroll office. Please complete AF Form 987 located at your unit.

NOTE: If you don't have dependents you do not need to recertify your BAQ.

March Schedule of Events

<u>Date/Time</u>	<u>Meetings, Etc</u>	<u>Location</u>
Fri, 10 Mar 1400	Pre-UTA 1st Sgt Meeting	Bldg 1043, Conf Rm
Sat, 11 Mar As designated by unit	Sign-In	As designated by unit
0730-0745	Sign-in for Physical Exams	Base Hospital
0730-0930	Newcomers In-processing	Bldg 1043, Rm 201C
0900-1000	3A0X1 Training	Bldg 1043, Conf Rm
0900-1015	Newcomers Orientation	Bldg 1043, Rm 201C
1000	Mobility Rep Meeting	Bldg 1043, Conf Rm
1015	Escorts Pick up Newcomers	Bldg 1043, Basement Classroom
1030	First Sergeants Meeting	Dining Hall, Sun Rm
1300	Sexual Harassment Sensitivity Trng	Bldg 3333, South Entrance
1300-1400	IG Complaint Period w/Lt Col Despinoy	Bldg 1067, CC Office
1300-1430	Immunizations	Bldg 1030, Break Rm
1300-1400	Ancillary Training Monitor Meeting	Bldg 1043, Conf Rm
1400-1500	EST Manager Meeting	Bldg 1043, Conf Rm
As designated by unit	Sign-Out	As designated by unit
Sun, 12 Mar As designated by unit	Sign-in	As designated by unit
0745-1500	Initial Distaster Preparedness	Bldg 1115, Prime Beef Bldg
0830-0930	Enlisted Advisory Council Meeting	Bldg 1043, Conf Rm
0900	Newcomers Ancillary Training Phase I	Bldg 3333, South Entrance
0900-1000	Supervisor Safety Trng	Bldg 1030, Comf Flt Trng*
0900-1000	3S0X4 Training	Bldg 1043, Rm 204
1000-1100	Unit Career Advisor Meeting	Bldg 1043, Conf Rm
1300	Sexual Harassment Sensitivity Trng	Bldg 3333, South Entrance
1300	Newcomers Ancillary Training Phase II	Bldg 3333, South Entrance
1300	CDC Course Exam testing	Bldg 460, Rm 213
1400-1500	3A0X1 Training	Bldg 1043, Conf Rm
1500-1630	MPF Closed for In-House tng	Bldg 1043, MPF
As designated by unit	Sign-out	As designated by unit

CDC and PME Course Exam Testing

UTA Sunday, 1300, Bldg 460, Rm 213
Wednesday, 1300, Bldg 1043, Rm 206
Names of personnel with tests on file are published in the "CDC COURSE EXAM LISTING" distributed each month to all Unit Tng Managers prior to the UTA.

Trainees enrolled in mandatory CDCs will have a Test No Later Than Date of two UTAs from 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 Officer PME course exams. If you are unable to test within the allotted time frame, contact your Unit Training Manager immediately.

If extenuating circumstances prevented you from taking your exam on or before the Test No Later Than Date, notify your Unit Training Manager (UTM) as soon as possible. The UTM will contact DPMAT to prevent possible destruction of your exam. Contact DPMAT, 4-7075, to schedule testing on Wednesdays.

* Contact the OPR for any changes to Schedule or Locations

Ancillary Training Information: Phase I & II will be conducted qtrly; Feb, May, Aug

Disaster Preparedness Information

All personnel who normally wear contact lenses, attending Chemical Warfare training, will not wear them during training. Bring your New Mask, and spectacles if you have them. Personnel are to be on time for all classes, or be reported as "No Shows". Ensure all personnel bring their Go-Bags with them to all classes.

Supervisors may schedule Chemical Warfare training thru-out the year by calling the DW office at x45249, NLT 1 UTA prior to class requested. Units must report the names of personnel requiring training when scheduling training.

In order to utilize the go-to-war MCU-2A/P protective masks for training, TQT, ORE's and deployment; notify 507 LSS at extension 45871. Let them know Two Weeks Prior to your need for masks, the quantity of each size your organization requires. Specify when they will be returned to Base Supply. Personnel retrieving masks will sign an AF Form 1297 (Hand Receipt) for all of the masks you receive.

An MCU-2A/P guidebook will be provided to everyone signing for masks. The guidebook will cover the fitting, donning, cleaning, sanitizing, and inspection of the masks.

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.

More What, When, Where

MPF 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

0730-1630

Closed Thursdays for In-House Training
from 0730-1230

Phone Numbers

DPM Management, 47494

DPMPs...Customer Service, 47492

DPMAE...Personnel Employment, 47493

DPMPE...Career Enhancement, 47494

DPMAT...Training & Education, 47075

DPMAR...Personnel Relocations, 47493

DPMZ...Information Management, 47494

TDY & Reassignment Out-Processing

Personnel Relocations (DPMAR) 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
DPMAR during the times listed below:

Monday thru Friday: 0730-1530

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 DPMAR,
x47494.

Chapel Service Information

Devine service held Saturday at 1515,
Hospital Pharmacy. Sunday service held
at 0730, Disaster Preparedness, Bldg
1030, flightline side.
Catholic Mass: Sat, 1700, Sun, 0940,
1220.

Tips for Faster MPF 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 documents with you and avoid
the need for a second trip to finish your
business.*

DD Form 93

Record of Emergency Data

This is the single most important
source of information within your
personnel record for dependent data and
next of kin information.

If data is incomplete or incorrect, the Air
Force cannot extend dependent benefits,
nor can notification be made in the event
you become injured, seriously ill or die
while on duty.

You are the only one who can update
this record. Remember there are no
minor errors on a DD Form 93. Data
accuracy is critical. You may be one of
the lucky ones and escape injury or
illness, but can you risk the alternative?

Check the form in your mobility folder,
if it is wrong, come by MPF Customer
Service and get it updated.

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.

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

Sign in for Physical Exams is at 0730 at
the Base Hospital. Attendance is
mandatory due to Air Force Reserve
requirements, however, reschedules will
be permitted due to special circum-
stances. If you are on flying status your
physical must be accomplished no later
than the last day of your birth month. It
is recommended that flight personnel
schedule their physicals 3 months in
advance of their birth month. If you are
unable to meet an appointment, you must
call TSgt Latta, 43151 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: Ext 45016

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

12 Feb	22 Feb
14 Feb	24 Feb
20 Feb	28 Feb
22 Feb	03 Mar
26 Feb	08 Mar
28 Feb	10 Mar
05 Mar	15 Mar
07 Mar	17 Mar
12 Mar	22 Mar

Dining Facility

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

Breakfast	0600-0900
Lunch	1100-1300
Dinner	1530-1800

Protect Yourself: Bloodborne Pathogens Awareness

It used to be, you could come to the rescue of a co-worker without giving much thought to your own safety. Today it's not always that easy. Deadly diseases can stand between you and acts of heroism. Diseases like hepatitis B virus (HBV) and the human immunodeficiency virus (HIV), which causes AIDS. Although there are many diseases carried by blood, it's important to know about these two.

HBV: Hepatitis B virus (HBV) is a virus which causes liver disease. HBV may severely damage your liver, leading to cirrhosis and liver disorders. It is a bigger threat than AIDS, hepatitis B can often be cured.

If you become infected with HBV:

- You may feel like you have the flu.
- You may be so sick you have to be hospitalized.
- Your blood, saliva and other body fluids may be infectious.

You may be vaccinated prior to or immediately after exposure to help prevent HBV infection.

HIV: Today, almost everyone has heard of AIDS, or Acquired Immune Deficiency Syndrome. It is a serious illness caused by HIV.

HIV is transmitted primarily through sexual contact, but may also be transmitted through contact with blood and certain body fluids.

Sooner or later, most people infected with HIV will get AIDS. They become unable to fight infections and other diseases. Worst of all, AIDS can't yet be cured.

WHO HAS HIV and HBV?

All kinds of people have HBV and HIV. In the United States there are about 300,000 people infected with HBV annually. There are another 35,000 infected with HIV.

You can't always tell who they are by looking at them. They can be old or young, male or female, married or single. They can be from an inner city or a small town.

To make things worse, they may not even know they are infected. People can carry either disease for many years while looking and feeling healthy. Their blood and body fluids may be highly contagious, so they can unknowingly spread the diseases to others.

UNIVERSAL PRECAUTIONS:

Health experts say the only safe thing to do is use Universal Precautions. This means treating ALL blood or body fluids as potentially infectious.

You can't identify every person who may transmit infection. Yet you can't afford to take any chances, since it takes just one exposure to become infected.

WORKPLACE TRANSMISSION:

In the workplace, bloodborne pathogens are transmitted in the same ways. HBV, HIV and other pathogens may be present in:

- Blood, vaginal secretions, semen and certain other body fluids.
- Unfixed tissues or organs other than intact skin.

MEANS of TRANSMISSION:

The virus must first get inside your body. You can become infected by:

- Sexual contact with an infected partner.
- Sharing infected needles.
- Accidentally cutting yourself with a sharp object that is contaminated with infected blood or body fluids.
- Getting infected blood or body fluids on your skin, especially if your skin has open sores, nicks or cuts.
- Getting contaminated blood or body fluids in the mucous membranes of your eyes, nose or mouth.

Always remember, if you are not trained in first aid, make as little contact as possible with the injured worker. If the injured worker is bleeding, leave on all regular personal protective equipment and get a pair of leak-proof gloves to wear under your work gloves. This may seem trivial, but wearing leak-proof gloves could save your life.

If you do get blood or other potentially infectious materials on your skin, immediately wash with non-abrasive soap and water. If your mucous membranes of your eyes, nose and mouth are exposed, immediately flush with running water at a sink or eyewash fountain.

BE PREPARED:

- Always wear gloves and a protective smock or apron whenever there is the slightest risk.
- Be alert for sharp objects such as broken glassware or used syringes when emptying trash containers.
- Don't pick up broken glass directly with your hands. Use a brush and dustpan.
- Place contaminated sharp objects and other contaminated wastes or cleaning materials in sturdy puncture-resistant leak-proof containers and dispose of them according to your squadron policies.

COMMON SENSE RULES:

Be sure to wash your hands and remove any protective clothing before:

- Eating
- Drinking
- Smoking
- Applying cosmetics or lip balm
- Handling contact lenses

Handwashing is one of your best defenses against spreading infection, including HBV, HIV. Always wash your hands with non-abrasive soap and water at the end of your shift and after removing work gloves.

Issues of interest to the Air Force Reserve

*By the Air Force Reserve
Public Affairs Division, Pentagon*

Peacetime command, control still open issue

The first session of the 103rd Congress did not codify peacetime command and control of the Reserve. However, all levels of command, from the Secretary of the Air Force down, validate Air Force Reserve peacetime command and control by Reservists.

Currently, the Air Force Reserve is responsible for training Reservists to meet wartime requirements of gaining active-duty commands (Air Combat Command, Air Mobility Command, etc.). Then, through active-duty evaluations and Reserve participation in contingency operations, the gaining commands measure the Reserve's ability to meet wartime taskings.

The concept works well and should be retained. Erosion of the peacetime command and control would result in a less effective, less ready Air Force Reserve.

Reserve bomber mission benefits cost-effective force mix

The conventional bomber mission is well-suited to the Reserve. It has a high wartime requirement and lower peacetime commitments.

DOD is committed to maintaining sufficient forces to fight and win two regional conflicts simultaneously -- despite reduced budgets. Placing bomber missions in the Reserve allows the Air Force to maintain needed capability at a much lower cost per air crew.

No let up in sight for Reserve commitments

The new year will be at least as busy as 1993 for the Air Force Reserve. Increased taskings -- and additional roles -- are expected as the Air Force seeks a cost-effective force mix that can meet mission requirements.

In determining Reserve roles and missions, AFRES must weigh peacetime commitments against the primary peacetime mission, training; the part-time concept of operations; and the traditional strengths, or core competencies. Does the peacetime operations load impact training and, therefore, readiness? Are the roles and missions cost-effective? Do they fit the Reserve's command, management and leadership structure? Can Reservists meet mission requirements and still fulfill the requirements of their civilian jobs? At what point does the level of commitment hurt the Reservists' quality of life? At what level does the tasking impact employer support?

The Reserve must find innovative ways to meet training and readiness requirements. Through quality processes, AFRES must control costs, maintain strong public support, and achieve mission objectives without demanding unrealistic sacrifices from Reservists, their family members and civilian employers.

Equipping the Reserve to meet Air Force objectives

With the growing reliance on the Reserve to help meet national objectives, the Reserve component must be properly equipped.

Despite a slowdown in modernization across DOD, the Reserve must be included in all active-force upgrades -- in a timely

manner. Otherwise, AFRES will not remain compatible and integrated with the active force.

Minorities, women must have equal opportunities in Reserve

All Reservists deserve equal opportunities to achieve their potential, regardless of race, gender, or color. Although the Human Resources Development Council provides centralized review and oversight of equal opportunities in the Reserve, unit commanders and supervisors are ultimately responsible for ensuring and enforcing equal opportunities for their people.

To assist commanders, the HRDC is working issues regarding pilot hiring, leadership opportunities for women and minorities, sexual harassment, and enlisted promotion opportunities. In addition, it is seeking to determine if a perceived lack of equal opportunity and treatment contributes to retention problems. It also is reviewing promotion board statistics and board composition throughout AFRES to ensure board members reflect our cultural diversity.

Everyone in the Reserve should be treated fairly and with respect. Everyone must help make this a reality.

Resources must be sufficient to meet needs of mission, people

In this era of reduced budgets, it's easy for planners to prescribe "do more with less" anecdotes. However, the budget can only be stretched so far before something has to give. In determining how best to allocate and spend Reserve dollars, AFRES must first consider readiness. For example, how can peacekeeping or humanitarian missions enhance training? Secondly, if the Reserve picks up responsibility for a base, AFRES can't pay for it out of hide. AFRES must receive the requisite resources to fund requirements.

More importantly, AFRES must ensure its people enjoy quality lives and aren't asked to make unreasonable sacrifices. Also, civilian employers should not be asked too often and for too long to release their employees for Reserve duty. Congressional committees are reviewing several items that, if passed into law, would benefit Reservists and their employers -- and positively impact readiness.

These include tax deductions for travel and other expenses related to Reserve training; and tax incentives for employers who hire and retain Reservists on their payrolls. Such provisions enhance Reserve morale, retention and readiness.

(Key Messages are published twice a year by the Office of Air Force Reserve Public Affairs Division in the Pentagon to support command information programs. Reserve spokespeople are encouraged to work these themes into their communications with internal audiences, news media and the American public. Address comments or suggestions to AF/REL, 1150 Air Force Pentagon, Washington, DC 20330-1150)



Unit sergeants put on "butter bars"

By Capt. Mary Roehl

507th MSS Executive Officer

"...I will support and defend the Constitution of the United States against all enemies, foreign and domestic....and that I will well and faithfully discharge the duties of the office upon which I am about to enter..."

Two members of the 507th recently raised their hands to these words and took the oath of office to be commissioned into the officer corps.

The first week in October, SSgt. Christian Smith, 465 ARS Intelligence, and TSgt. Georgeanne Daidone, 507 MSS Services, left their homes bound for the Academy of Military Science at McGhee Tyson ANGB, TN, where they spent six weeks learning leadership and followership skills, motivational techniques, and junior officer skills.

Each cadet completed leadership-style tests to determine their style of leadership. "We also had the opportunity to develop our skills because the squadron leadership changed weekly, 2nd Lt Daidone said.

"As a leader, you have to assess your followers," 2nd Lt. Smith said. "This will dictate your leadership style."

To apply the leadership skills they were taught in the classroom, the cadets participated in a Tactical Mobility Exercise at a bare base facility. In the morning, they divided into groups and were given scenarios to practice their skills. At the end of the morning, the cadets were debriefed on the leader's style and why the leader did certain things. The followers were also debriefed. Then in the afternoon, all the groups were combined into a squadron and given scenarios similar to an Operational Readiness Exercise.

"They continuously ran us through leadership exercises," said Smith. "That's where you have to assess your followers and how to handle the situation in the scenario. We learned how easy it is for a squadron to fall apart during the exercise because every section is off doing their own thing."

Cadets also learned about themselves by using a peer ranking system. Each cadet answered 15-20 questions about their flight members, such as "Who would be most likely to go out of their way to help other people? Least likely?"



Second Lieutenants Chris Smith and Georgeanne Daidone pose during graduation to display their new rank.

"It was constructive criticism by your peers, and a good mirror," Smith said. "It gave us a chance to self-assess based on what other people thought."

In addition, cadets were required to perform marching drills to learn discipline and command, develop writing skills on memos and awards and decorations packages, practice verbal communication skills; and learn Air Force history.

This was the first class at the Academy of Military Science that included members from the Air Force Reserve. Although only 22 out of the 79 cadets were Reservists, the Air Force Reserve walked away with most of the awards at graduation.

Daidone earned a Distinguished Graduate award. Both she and Smith earned the Physical Fitness award.

Reservists from around the nation took home the Honor Graduate award, five (out of ten) Distinguished Graduate awards, the Citizen-Soldier award, the Military Achievement award, and numerous Physical Fitness awards.

"I think we opened some minds as to what Reservists are about," Daidone said.

Letters to unit send Christmas thanks

These are excerpts from thank-you cards the 507th received regarding all the unit's help and volunteerism to needy families.

Dear Air Force Reserve Unit,

"Thanks for the presents. We like them. My mom is happy. She hasn't been this happy in two years. What kind of family are you going to adopt next year? I hope it's a poor family that Christmas isn't coming to. Well, I have to go now, I hope I see you next year." - A young girl

"We just wanted to give you our sincerest thanks for making our Christmas so special. It would not have been as pleasant without your kindness.

The girls really enjoyed all of the things. Marie is really intrigued by the water baby. She loves to sleep with it. Again, all our thanks. May God bless all of you in the new year. - A mom

"May the Lord bless each and every one of you who gave not only gifts of joy to my children, but the greatest gift of all, your friendship." - A family

"Dear Air Force Reserve, thank you for the great presents and the dinner. I hope the next family you adopt- they like it as much as we did. My sisters really liked their presents." - A boy

"Thank you for the presents! It really helped us have a good Christmas. I hope you help someone that is poor and can't have Christmas or birthdays or any holiday next year. Thank you for helping us. You didn't have to do that! Thanks! - A girl

Just 45 minutes a day...

*Story by TSgt. Stan Paregien,
507th Public Affairs*

*Photos by MSgt. Allen King,
507 CLSS Unit Public Affairs Representative*

SSgt. Anthony Thompson makes the most of each day of the year. He works a full-time shift as a KC-135 aircraft mechanic across base by Building 3001 during the week. As a reservist, he puts on his uniform and heads over to the 72nd Aerial Port Squadron to serve as a fuel systems mechanic. He is also a single parent with a 12 year old and a 9 year old.

He spends 45 minutes a day in rigorous physical exertion. His body is in top shape—a chisel of humanity. He's a hammer in the Air Force toolbox. Arnold Schwarzenegger has nothing on him. Thompson is the Midwestern Body Building Competition Middleweight Champion.

The competition was held recently in Tulsa with Thompson taking the Middleweight crown and receiving second place honors overall. At the Tinker Body Building Contest several weeks later, he placed second in his weight class.

What does it take to be a champion? Just 45 minutes a day says the winner. That is 45 minutes of tough, sweaty, stress and strain and strict 24 hour-a-day of strict diet control.

The Midwestern event was the state competition which is part of a national competition. Nationwide, people must be members of the National Physique Committee to compete. "The only problem I've encountered is you must always maintain your weight or go up a class. You can't go down in weight or else you are out of the competition," said Thompson. Fortunately, he has been tough on himself regarding his weight and has only gone up 5 pounds in two years. The 45 minute workouts help, but can't overcome a bad diet.

"In the off season, you might put on 30-40 pounds with snacks and food. Then you must 'diet down' to get mass and get to a point you feel and look comfortable for the competition. Aerobics is a big part of it. When muscle definition is at its best, you stop aerobics training," Thompson said. Because he has a smaller frame than many builders, he starts his heavy training



SSgt. Anthony Thompson, 507th Combat Logistics Support Squadron, shows off a recently received body building trophy. (Photo by MSgt. Alan King)

six weeks before the big competition. Many of his peers have to start much sooner than that.

"I basically want to start dropping all junk food and snacks and concentrate on vegetables, chicken, turkey, steamed vegetables, etc. I increase protein and decrease carbohydrates like noodles and pasta," added Thompson.

He must cut down on sugar products and add more water to his diet. How much water is necessary to get his body in shape? "A gallon and a half of water per day is the target. I drink as much water as possible. I drink two glasses of water at every meal and drink gulps in between every chance I get. I run to the bathroom at work a lot and get up every three hours during the night to visit the restroom," Thompson laughed. When cutting out a lot of sugar, many athletes feel some weakness and some get the jitters. Thompson's body adjusted well with no ill effects.

During training he rides a stationary bike, lifts weights, and of course, drinks lots of water. In the off season he uses heavier weights (275 lbs. on the bench press) and low repetitions. Then when the pre-competition hits, he uses higher repetitions but with lower weight (around 225 lbs). "My workout is very intense. I hit it hard and work my muscles to the failure point. This is the point where I'm so tired I almost need help to lift the weights. I keep a strict form and hold the weights steady without curling or bouncing like others do. You must take your time. You can't get your results overnight. I thought I was ready the first year but I wasn't.

"I wanted to prove something to myself. I was 36 years old and knew I didn't have much time left to get into this kind of competition," said Thompson. Thompson's goal is to get his body up to 200 lbs. and win a major body building competition. He is taking a two year break and his next event will be the Mr. Oklahoma contest in April of 1996. The 45 minute routine will start again. "I plan to get a degree in Physical Education and manage a gym of my own. I'm going to get married too. My fiancée has a degree in international marketing and she will help me run the gym. I'm going to be the muscle and she will be the brains," he smiled.

How does a person come to this "beauty and the beast" fairy tale ending? Just 45 minutes a day is all it takes.

Reserve News

KC-135 associate unit

The 931st Air Refueling Group activated in January at McConnell AFB, Kan., as the Reserve's first associate KC-135 Stratotanker unit. It's scheduled to be fully operational with two squadrons by late 1996. The unit will have 424 drill and 125 full-time civilian manpower authorizations.

Human Resources Development Council

All wings are required to establish a unit-level Human Resources Development Council by Dec. 31, 1995. These local councils will oversee and implement command equal opportunity philosophies and initiatives.

Civilian reductions

AFRES will not be required to have a civilian reduction in force as announced for the Air Force on Dec. 8, 1994.

Due to prior programmed actions, the resulting force structure changes were used to offset the command's portion of the FY95 reductions.

However, due to other potential actions such as BRAC '95 and further pending force structure changes, the turbulence of the past years will continue. Every

possible means is being taken to keep job/force structure turbulence to an absolute minimum.

It's official

The secretary of the Air Force and Air Force chief of staff have deleted, effective Jan. 1, the requirement for officer photographs in official personnel records for colonels and below.

Provide Comfort II

One hundred ninety reservists and 11 F-16s from Hill's 419th Fighter Wing deployed to Incirlik, Turkey in early December.

They are participating in Operation Provide Comfort II, a coalition effort to protect Kurdish refugees from Iraqi aggression in a northern Iraq security zone.

The wing received the initial phase of its Operational Readiness Inspection from ACC as it deployed for this operation, the first time any unit has been inspected by a Gaining MAJCOM as it deployed for a contingency operation.

Mopping up oil spills

The 910th Airlift Wing of Youngstown, Ohio demonstrated its ability to simulate delivery of chemicals designed to clean up catastrophic oil spills in lakes and oceans. A unit C-130 sprayed tiny drops of water from its specially designed modular aerial spray system over New Orleans' Lake Pontchartrain Dec. 8.

The airlift wing's aerial spray unit, which is often called on to dust pesky insects, is working with the U.S. Coast Guard to handle oil spills.

CSAF meets with generals

Gen. Ronald R. Fogleman, Air Force Chief of Staff, spoke to some 70 Air Force Reserve unit and mobilization assistant general officers Dec. 12 at Robins AFB, Ga. The three-hour, closed-door session was one of five that the chief had with the general officers from the Air Force, during which he defined his expectations and priorities for the Air Force.

Videotape produced

The 507th Public Affairs Office has produced a 30-minute 1994 Year in Review videotape. If you wish to have a copy bring a blank tape to Public Affairs.

Speakers needed

The 507th Public Affairs Office is looking for people to speak to community groups. Call ext. 43078 for information.

Weekend blood drive set

The 507th will once again host a Blood Drive on Feb. 11.

A Bloodmobile from the Oklahoma Blood Institute will be parked on the ramp area from 9 to 11:30 a.m. and 1 to 4 p.m.

"We've been having good support the past few drives and we want to see that keep up," said Dave Mugg, 507th Executive Officer and Blood Drive coordinator. "Because of Oklahoma's safer blood supply record, an increased amount of surgery has been coming into the area so the demand for blood remains high."



On-final is produced for members of the 507th Air Refueling Wing, like civilian employee Kris McElreath and SSgt. Tracy North of the Information Management Office. (Video photo by TSgt. Mitch Chandran)

Refer a friend!

There are still dozens of positions available within the 507th. Help out unit recruiters by providing them a name.

Drop this form off at 507th Recruiting in Bldg 1043 or mail to: 507ARW/RS, 7435 Reserve Rd., Tinker AFB, OK 73145-8726 (405) 734-5331.

Name _____ Age _____ Sex: M F

Address _____

Work Phone() _____ Best time to call _____

Home Phone _____ Best time to call _____

Prior service: Yes / No What Branch(es) _____

Date of Birth: _____ AFSC/MOS _____ Rank _____

Referred by: _____ Phone#() _____