

On-final



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507th Air Refueling Wing

Tinker AFB, OK



Col. Robert E. Lytle, 507th Air Refueling Wing Commander, inspects the damage at the downtown Oklahoma City bombing area. More photos and stories begin on page 6 in this issue (Photo by TSgt. Mitch Chandran)

Reserve unit to enforce Bosnian no-fly zone

Members of the 507th Air Refueling Wing are preparing to deploy to France in June to help enforce compliance with a no-fly zone over the former Socialist Republic of Yugoslavia.

The 507th is slated to send about 260 members of the unit and four KC-135R refueling aircraft to Istris Air Base in France. The Reserve members will be overseas from mid-June to mid-July.

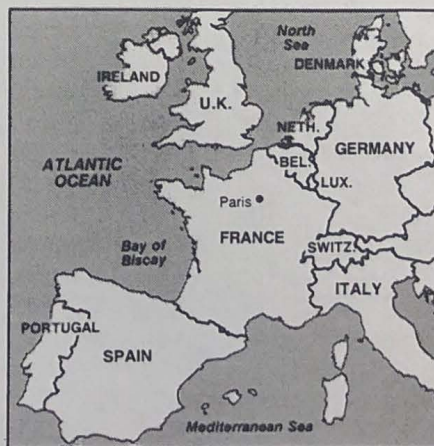
The tankers will provide air refueling support for fighter aircraft enforcing the no-fly zone over Bosnia-Herzegovina.

Active duty, Reserve and National Guard units take part in the ongoing North Atlantic Treaty Organization mission, known as Operation Deny Flight on a rotational basis. During the first half of the month-long deployment, 130 reservists will be deployed. A mid-month rotation is scheduled to trade out personnel with another 130 members.

The mission of the two-year-old operation is to not only enforce compliance with the no-fly zone, but to provide air cover

for United Nations forces and work with the UN to conduct air strikes against threats to regional security. Approximately 4,500 military personnel from 12 NATO countries take part in Operation Deny Flight.

Nearly 16,000 aircraft missions by tankers and other support aircraft have been flown during this operation, in addition to nearly 17,000 fighter sorties over Bosnia-Herzegovina. In December, a French jet on a reconnaissance flight over the country sustained tail damage when it was struck by ground fire. Strikes had been carried out in the region by NATO the previous month.



McIntosh Sends

By Maj. Gen. Robert McIntosh
Chief of the Air Force Reserve

As you know the BRAC has added numerous AFR locations/bases to their list for study.

AFR units/bases located near population centers are vital to national defense. The locations of our units are important to recruiting/retention of our most valuable asset (talented and dedicated citizen airmen). We face recruiting challenges in the late 90s, and the active AF is reducing presence in the communities across America. Since the AF continually uses the AFR at a high ops tempo, we must maintain a broad demographic base to effectively maximize volunteerism.

We are working hard in Washington to provide the right people with information and analysis on these issues. Many of our wing commanders and others are doing the same at the local and national levels. ROA is fully engaged and will be very helpful in communicating our concerns and in highlighting the facts.

As this situation evolves, we will continue to provide effected commanders with as much information as possible.

On-final

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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.

Civilian job conflict?

Don't suffer in silence

by Maj. Don Klinko
507th Public Affairs

"You're off doing something with the Air Force Reserve" . . . "When I hired you, I thought you only did reserve stuff one weekend a month and two weeks in the summer" . . . "You care more about the Air Force Reserve than your regular job!"

Sound familiar? We hope not, but we realize that for some of you, it probably does.

Reductions in the active duty force and increasingly diverse defense commitments around the world have combined to increase the Air Force Reserve's operations tempo. That means we're all spending more time than ever away from our homes and civilian jobs. Many of us have to expect some griping from our civilian employers, because our absence really does cause problems for them. If it comes from an otherwise supportive boss, he or she may be just venting frustrations, and the problem may very well solve itself if you leave it alone for a while.

We're aware of a few cases, though, where employers have threatened their reservist employees with loss of promotions, other advancement opportunities, or even their jobs because of their reserve duty. What, exactly, should you do if that happens to you?

Whatever you do, don't let your righteous anger get the best of you. Do not, for example, loudly agree with your employer that you certainly do like the Air Force Reserve better than your civilian job.

And don't threaten your boss with legal action. As soon as you perceive that a conflict may arise with your civilian employer over your reserve duty start a log, along with any

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Who's kidding whom?

By Lt. Col. Leonard Knight
507th Safety Office

Overheard in a mall downtown!!

Okie #1 How's safety out there where you work in the 507th?
Okie #2 Man its great, couldn't be better! No problems there at all.

Okie #1 You don't say, how do you figure that? I didn't think any place could be as risk-free as all that.

Okie #2 Well, it must be. I heard the Safety Officer, say they hadn't received one AF Form 457 Hazard Report, in years. Not only that but no one has called in any hazards to their Safety line, ext. 4-2014, since they started it.

Okie #1 You all must really have it together out there. Must give you a real warm feeling going to work in such a safe haven every day.

Okie#2 Sure does. I was just thinking of writing my mom and telling her what a wonderful place it is!

Who's kidding whom? No unsafe condition reports does not mean they don't exist. Use the Safety line, ext. 4-2014, the Safety Listening Post board, fill out a Form 457, or just stop by the safety office and let us know so we can handle the problem as quickly as possible.

Are you ready for deployment?

by TSgt. Debbie Fuqua
Readiness Office

When getting ready to deploy on worldwide missions, there are many preparations that need to be made ahead of time.

The period just before a deployment can be stressful and confusing. Many personal and family matters need to be in place or arranged. By being prepared, these arrangements will not seem overwhelming, especially if time is limited. Planning ahead and knowing requirements are the keys to success.

Planning ahead involves getting information and determining what is needed so that important decisions can be made. Making preparations for emergencies which may arise is also critical.

Establish a budget. Be sure to consider costs likely to change during deployment

like food, phone calls, postage and child care. Decide how bills will be paid in a member's absence. Single airmen, single parents and dual-military families need either to authorize someone to pay the bills with a power of attorney or have the bills forwarded to a deployed location.

Set up finances for family and make sure spouse has access to funds. Single parents and dual-military families with children need to have funds available for their children and caregivers.

Talk with your spouse about how to handle pay problems and financial emergencies. Become familiar with assistance provided by Family Support Center, Red Cross and Air Force Aid Society.

A power of attorney is a legal document permitting a named individual to sign a document or give authorization on the service member's behalf. There are several types of powers of attorney. To determine what type of power of attorney

is needed, assess your needs and determine the circumstances in which the service member's permission may be needed during the service member's absence. To see if you need a power of attorney or a will, see the legal office in the 507th headquarters building.

All service members, regardless of marital status, and all spouses are advised to have a will. A will is a legal document which specifies how an individual's property is to be distributed upon death. In the will, an individual is assigned as the executor who will oversee the settling of the estate. A guardian may be designated for minor children.

If a will has already been prepared, then determine if it needs to be updated.

Check that the health insurance policy does not have a war clause stating that coverage will not be provided for injuries incurred during hostilities and make sure CHAMPUS coverage is up-to-date.

Don't suffer in silence

(Continued from Page 2)

pertinent documentation you might receive on the matter (such as a written denial of military leave).

This type of documentation can prove invaluable during later arbitration or legal action. If it turns out that it was all a misunderstanding and no such problem really exists, you've only wasted a bit of your time and you have a contribution for the Wing's paper recycling program.

Giving it a day or two to cool off, and then rationally discussing the problem with your boss might settle the matter. You might tactfully remind your employer that the work ethic, ability to perform under stress, and supervisory skills you bring to your civilian job are, at least in part, a result of your military experience. If your past or present military job relates either directly or indirectly to your civilian job, so much the better.

You might point out that you bring to your civilian job technical skills that only the Air Force could have provided you. You have to be the judge of what will appeal to your boss's sense of reason and what will only infuriate him or her. If the problem persists after your attempts at reasonable discussion, you should notify your first sergeant and commander of the situation.

It's important to remember that you, the reservist, have some responsibilities to your civilian employer. You must request military leave for upcoming duty as soon as you become aware of it.

You need not have orders in hand at the time you make your request. The request can be oral or written, but written requests are encouraged in the interest of avoiding later misunderstandings. You also must report back to your civilian job as soon as your military duty is complete, unless you encountered problems beyond your control (extension of orders, return airlift problems, etc.). And be honest with yourself. Have you volunteered for mandays or a school because you think it's

beneficial to your unit or career? Or did you volunteer because you want to get away from a civilian job that you hate? If the latter is true, you owe it to yourself, the Air Force, and your present employer to be looking for another civilian job.

Assuming you've properly notified your civilian employer, your reemployment rights are protected under the Veteran Reemployment Rights (VRR) law. The law's basic provisions state that you "shall not be denied retention in employment or any promotion or other incident or advantage of employment because of any obligation as a member of a Reserve component of the Armed Forces." Whether you volunteered for the military duty in question or were involuntarily ordered to perform it makes absolutely no difference.

Your job is protected in either case. Some bad news: Your employer doesn't have to pay you for the time you're absent from your civilian job, although some employers do just that for a time. Some good news: Your employer can't force you to use earned vacation time for military duty, although you may do so at your discretion.

Unless you would have lost them even if you weren't a reservist, you're entitled to the same seniority, pay, vacation accrual, paid holidays, promotion opportunities, pension determinations, and other benefits that you would have received had you remained at your civilian job.

The US Department of Labor's Veterans' Employment and Training Service is charged with the VRR law's enforcement. Easily accessible arbitration services are also available through the National Committee for Employer Support of the Guard and Reserve. Commanders, first sergeants, and the Military Personnel Flight can provide phone numbers and addresses of both. They'll tell you what you should do next, but rest assured, help is available.



State recognizes Colonel Lytle

By TSgt. Mitch Chandran
Public Affairs

The Oklahoma Chapter of the American Society for Public Administration recently recognized Col. Robert E. Lytle, commander of the 507ARW, as a finalist in this year's Administrator of the Year Award.

This honor is given annually to a public service practitioner who has exhibited the highest standard of excellence, dedication and accomplishment over a sustained period of time.

Gov. Frank Keating was on hand to recognize the finalists at a luncheon held at the University of Central Oklahoma. Lytle was cited with a number of "outside the box" leadership styles with the most significant being his approach to the 507th's conversion from F-16

fighter aircraft to an air refueling wing flying KC-135 tanker aircraft.

According to his nomination package, Col. Lytle's leadership and application of Quality Principles, in the spirit of Vice President Gore's "Reinventing Government" initiative, were directly responsible for the 507th's successful accelerated conversion which was announced Nov. 12, 1993 and officially began on Apr. 1, 1994. A normal conversion process takes approximately two years, the 507th achieved full mission capability Apr. 1, 1995.

Some examples of the approach to the conversion was Lytle's formation of a Personnel Working Group. His mandate was that all unit personnel be "taken care of" by such initiatives as inviting the union as a partner in job placement efforts, letting vacancies remain temporarily unfilled, coordinating with OC-ALC for civilian placements, placement of reservists through a "Job Fair" and recruiting qualified KC-135 pilots, navigators and boom operators allowed a more streamlined training for



crews that chose to crosstrain to the new aircraft.

According to Lt. Col. Gary P. Mixon, commander of 507 Mission Support Squadron, "This speaks highly of the Air Force Reserve and the 507th and certainly helps others understand what we already know about Col. Lytle's unique leadership skills."

\$600 cake provides victim relief funds

A special 507th Bake Sale and auction raised more than \$1,200 last month for Oklahoma City bombing victim relief funds, including one cake which sold for \$600.

SSgt. Jan Wolfe, an active duty advisor for avionics, came up with an idea to raise funds for the victims. She coordinated and organized the event which was held Sunday, May 7th. The entire event was coordinated and held within one week, she said.

Wolfe said the Bake Sale began at 8 a.m. offering homemade baked goods and jams. "We were completely sold out by 10 a.m.," Wolfe said. "Everything was gone." She said other 507th units also held their own bake sales, bringing the funds over later.

The auction began that afternoon for two special decorator cakes Wolfe donated for the event. Wolfe said the crowds began forming at 2 p.m.

About 3 p.m., the auction began with MSgt. Lawrence Deal as the auctioneer. The first cake was a two-layer eight inch round with the Operations Squadron arrowhead logo on it. Deal started the bidding at \$50. After a few minutes, the cake sold to the Aircraft Maintenance Unit for \$65.

The second cake was 12" x 18" with the 507th Wing logo on it. Deal gave a speech for the cause and opened the bidding at \$50.

Wolfe said the avionics maintenance people had been scheming all day to form a "buying block" and had SMSgt. Warren Vanamringe as their bidder. Vanamringe gave the first bid.

The other maintenance people got together and formed another collation headed by SMSgt. Clark Heinbach and SSgt. Kathy

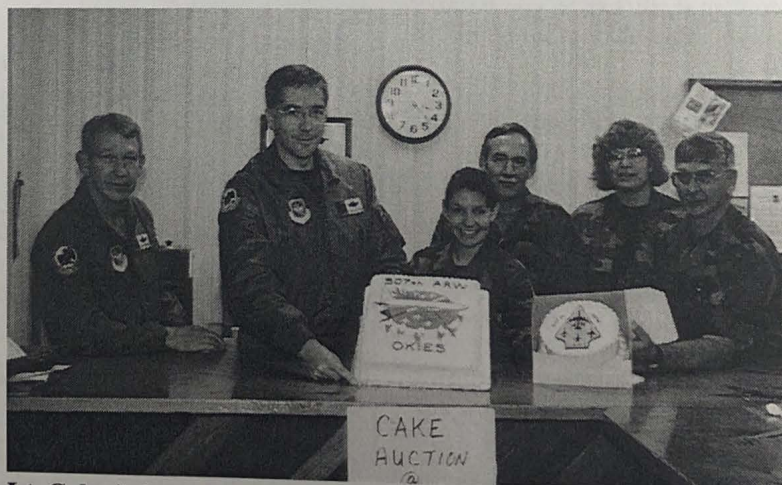
Lowman. Meanwhile the operations representatives, Lt. Col. Dave Ortman and Maj. Chris Goetsch arrived, feeling out-numbered, but continued the bidding.

Soon the bidding was over \$150. Operations wanted some time to phone for backup. Avionics increased the bid even higher. After some discussion over who made the last bid at \$185; Vanamringe made a suggestion that Avionics would pay \$200 for one third on the cake and challenged the others to match it.

After a brief discussion, everyone took up the challenge. The cake sold for \$600. The cake was sliced and then eaten. In a separate event, the medical squadron also raised more than \$100. In the end, a final total of

\$1271 was raised for the Oklahoma Governor Frank Keating's Victim and Family Relief Fund and \$70 for the American Red Cross. The money was delivered to Governor Keating personally on May 24th.

"It was a good end to the UTA and everyone supported the cause," Wolfe said.



Lt. Cols. (left to right) Dave Ortman and Chris Goetsch, SSgt. Jan Wolfe, SMSgt. Warren Vanamringe, SSgt. Kathy Lowman and SMSgt. Clark Heinbach show off two cakes which sold for \$600 (left) and \$65. The proceeds went to bombing victim relief funds.

A message from the past for today's warriors

By Maj. Don Klinko
507th Public Affairs

Robert Rogers organized and led the fabled "Rogers' Rangers" during the French and Indian War (1755-1763).

A native of New Hampshire, Rogers entered military service as a provincial militia captain in 1756. He quickly realized the tactics employed by the British Army of North America, however appropriate for warfare in Europe, were ineffective in the dense forests of colonial America. After some pestering, he convinced Governor Shirley of Massachusetts, then also commanding the British Army of North America, of the need to form "an independent company of Rangers." Rogers was commissioned a captain in the British Army and ordered to raise such a force.

This was the first time the British Army proper authorized formation of what we would now term a "special operations" force, and which employed the unconventional tactics so long employed by American frontiersmen.

Governor Shirley charged the new force to conduct long-range reconnaissance patrols, surprise assaults, and punitive raids: "Make Discoveries of the proper Routes for our own Troops, procure Intelligence of the Enemy's strength and Motions, destroy their out magazines and settlements, pick up small parties of their Battoes upon Lackes, and keep them under continual Alarm."

Rogers and his men carried out these orders better than anyone hoped. Rogers' Rangers broke the French-allied Abanaki warriors of southern Canada, defeated French Marines in a battle fought on snowshoes farther north in Quebec, and surprised and overpowered the French garrison at Detroit near the end of the war. Rogers was eventually promoted to major and commanded several companies of rangers.

After the war's end in 1763, Rogers moved to England where he was, for a time, lionized as a heroic American frontiersman. Unfortunately, he adapted all too well to the opulent lifestyle of the London salons. Rogers attempted to finance his expensive lifestyle through hack writing, publishing several sensational pamphlets about American colonial life, frontier warfare, and his activities with the rangers. A rather silly romantic play supposedly authored by Rogers in 1766, *Ponteach, or the Savages of America*, actually remained fairly popular in Europe throughout the nineteenth century.

Despite his writing efforts, which were at least heavily edited and possibly "ghost written," he sank deeper into debt and alcoholism. He was eventually placed in debtor's prison. His debts were eventually forgiven by King George III, and he was

allowed to retire from the British Army as a half-pay major. Rogers returned to America on the eve of the American Revolution.

Following the American Revolution's initial skirmishes, Rogers offered his services to General George Washington. He was rebuffed, probably because Washington thought it imprudent to rely on the loyalty of a retired British Army officer. Stung by rejection, Rogers asked the Crown to place him on active duty again to command Loyalist rangers. This done, he was soon on active service with the British Army of North America as a lieutenant colonel. But the aging ranger's former craftiness was gone, dimmed by years of self-indulgence, alcohol, and his humiliating prison term. Asked to retire after a year's service, he returned to England and drank himself to death in the century's last decade.

Whatever his character flaws, Robert Rogers was an "American Original" in the annals of military history. Whatever his literary shortcomings, he did leave something of lasting value. His "Rangers' Standing Orders" were first published in 1759. Despite his shaky command of English grammar, the basic principles of his orders are as valid for today's fighting person as they were for the frontier warriors for whom he originally wrote them.

Let them be his epitaph.

"RANGERS' STANDING ORDERS" (1759)

1. Don't forget nothing.
2. Have your musket clean as a whistle, hatchet scoured, sixty rounds powder and ball, and be ready to march at a minute's warning.
3. When you're on the march, act the way you would if you was sneaking up on a deer. See the enemy first.
4. Tell the truth about what you see and what you do. There is an Army depending on us for correct information. You can lie all you please when you tell other folks about the Rangers, but don't never lie to a Ranger or officer.
5. Don't never take a chance you don't have to.
6. When you're on the march we march single file, far enough apart so one shot can't go through two men.
7. If we strike swamps or soft ground, we spread out abreast, so it's hard to track us.
8. When we march, we keep moving 'til dark, so as to give the enemy the least possible chance at us.
9. When we camp, half the party stays awake while the other half sleeps.
10. If we take prisoners, we keep 'em separate 'til we have had a chance to examine them, so they can't cook up a story between 'em.
11. Don't never march home the same way. Take a different route so you won't be ambushed.
12. No matter whether we travel in big parties or little ones, each party has to keep a scout twenty yards ahead, twenty yards on each flank, and twenty yards in the rear, so the main body can't be surprised and wiped out.
13. Every night you'll be told where to meet if surrounded by a superior force.
14. Don't sit down to eat without posting sentries.
15. Don't sleep beyond dawn. Dawn's when the French and Indians attack.
16. Don't cross a river by a regular ford.
17. If somebody's trailing you, make a circle, come back onto your tracks, and ambush the folks that aim to ambush you.
18. Don't stand up when the enemy's coming against you. Kneel down. Lie down. Hide behind a tree.
19. Let the enemy come 'til he's almost close enough to touch. Then let him have it and jump out and finish him up with your hatchet.

Days of horror, days of help

The following are vignettes from unit members.

TSgt. Peter Buake, 507 Civil Engineer Squadron
Civilian job - Tinker Fire Dept. Fire Capt.

My shift was working the day of the explosion at approximately 11:00 a.m. We were split into groups and sent to the site. That Wednesday our group searched and recovered a body on the 3rd floor and searched the 2nd floor. I also was assigned a group on Friday to search and recover on the east end in the basement where bodies were recovered. I was in charge of decontamination of firefighters at different times of this operation.

SSgt. Kevin Lanier, CES
Civ. job - Oklahoma City Fire Department Firefighter

(19 April) After the explosion, I and a fellow off-duty Oklahoma City Firefighter, Steve Hanson (also a 507th member) drove to Oklahoma City Fire Department training center. We were assigned to a rig and told to report to fire station number 16. We were covering for the firefighters that were already at the explosion sight. We pulled a nine-hour shift there before being relieved. We were put on telephone standby from that point on.

(April 24) I was on duty for Oklahoma City and was assigned to the front west portion of the building. Our mission was to rescue or recover bodies from the building. We were there for 12 hours.

1st Lt. Dennis R. Sivert,
507th Medical Squadron
Civ. job -Assistant Chief
Environmental Management
Service, VA Medical Center

I rushed from the Presbyterian Hospital to the VA and began assisting with getting supplies for setting up triage. I directed laundry staff to deliver linens to the ER and overflow triage area. I directed Housekeeping personnel to assist with litter transfer and posting staff at both the ER and overflow triage area.

(20 April) Gathered scrub uniforms, isolation apparel, basic supplies and dispatched one person to assist me in delivering the



Col. Robert E. Lytle, 507th commander, gets an up-close look at the scene where unit reservists worked on relief efforts. (Photo by TSgt. Mitch Chandran)

items to support the Medical Examiners office. Stayed and assisted Radiographers transferring and wrapping film cartridges for x-ray of victims. Assisted in movement of victims within Medical Examiners office. Time - 3 to 7:30 p.m. Lined up ISO shelters through Assistant 507th Air Reserve Technician.

(21 April) Wife and I assisted with x-ray films for radiograph of victims. (Spouse works in x-ray department of VA.) We averaged handling 18 films--9 films for each adult and child victim, respectively. Gathered additional supplies for M.E. office. Assisted Dr. Gallium with VA Pathology in gathering supplies and delivered to M.E. office.

(22/23 April) Spent the weekend assisting FEMA officials, VA regional officials and incoming x-ray techs from VAs in Muskogee, Dallas, Little Rock And Bonham, TX. Arranged living quarters and equipped same in a closed patient ward. Responsible for ensuring the cleaning and linen service in support of six personnel for 10 days.

Greeted officials from the facilities and ensured they were comfortable upon arrival.

(2 May) Donated plasma in support of victims.

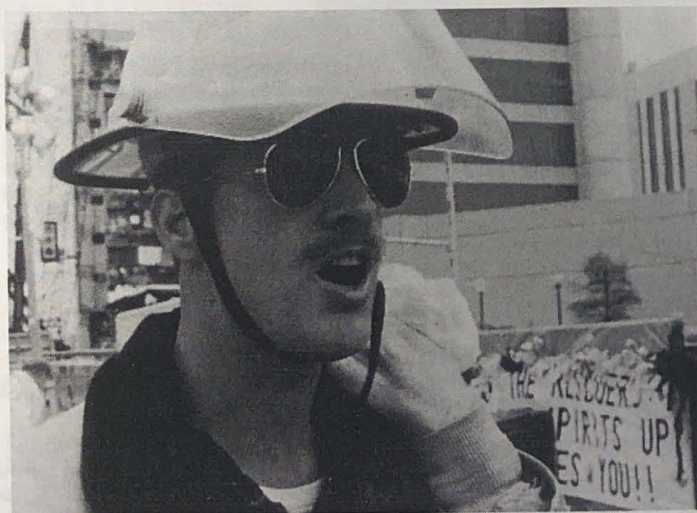
MSgt. Rex S. Howard, 507th Med Sq.
Civ. job - Staff Coordinator, Special Education
Section, Oklahoma
Department of Education

On Sunday April 23, I went downtown to help with the rescue efforts at the Federal Building. At about noon I walked into the restricted area with my identification badge from the FBI clipped on my uniform.

I went to the medical first responder tent and after introducing myself found out more medical personnel were needed to keep the facility open and to provide relief for the staff (source of them had been there since the 19th pulling 16 hour shifts.)

I called my unit and several of them came out to the site as volunteers. We stayed on site and manned the medical facility from about 4:30 to 11:30 that night. We were there just because we wanted to help.

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TSgt. Brent Nelson, 507th Civil Engineer Squadron firefighter,
pauses to chat about his involvement downtown at the Murrah building. (Photo by TSgt. Mitch Chandran)

Days...

(Continued from Page 6)

TSgt. Scott W. Jones, 507th Med. Sq.
Civ. job - Hospital Laboratory
Computer Systems Manager,
Southwest Medical Center

The mundane haze of my daily reality was brought into stark clear focus at 9:02 a.m. on the morning of April 19, 1995. Although I am a Laboratory Computer Systems Manager with no professional critical care training I found myself in the emergency room where I worked at Southwest Medical Center offering my years of experience in mass casualty training.

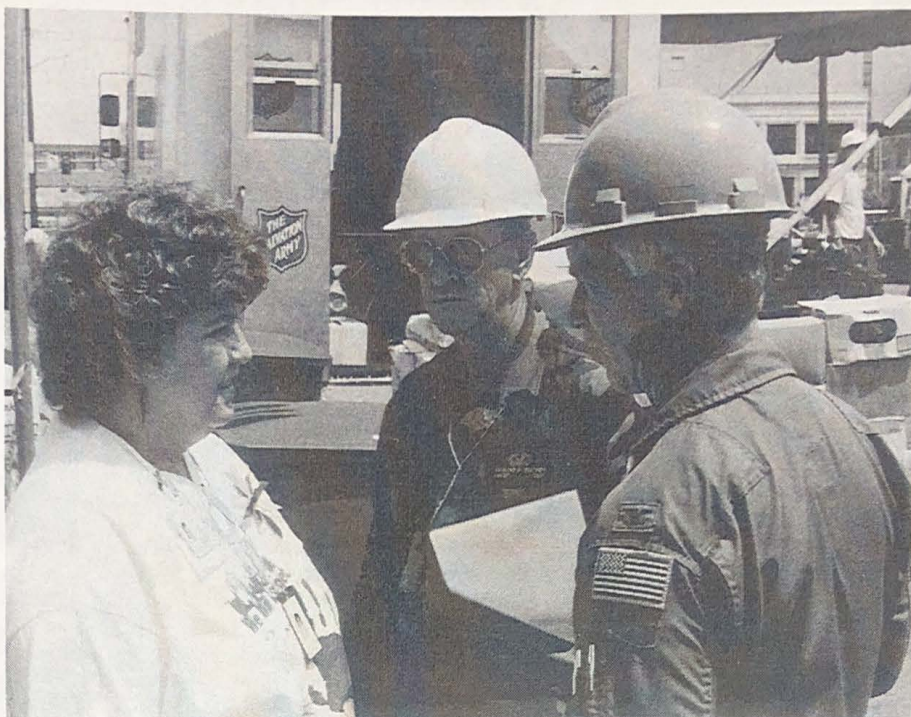
Due to the number of hospitals in the immediate proximity of the downtown blast size our hospital received just 37 patients and I found myself with little to contribute towards the care of the wounded, but then just stand by as a litter bearer.

I informed my wife that evening I was frustrated by not being able to help more and that I felt contributing money to the relief effort might help. Not feeling that my contribution was enough, the next morning, the 20th after receiving permission from the hospital vice president, I set out to raise money for Larry Jones Feed the Children in direct support of the bombing relief effort.

I started with \$50 of my own money and in 8 hours I was able to raise \$2,450 from the employees at Southwest Medical Center. It was a nonstop effort all day and I had to rush to the bank before closing to convert all contributions to check form, dropping it off to Feed The Children around 6 p.m.

This effort gave me a great sense of accomplishment because every contribution I received was not only therapeutic for the person giving but also for me.

Saturday the 22nd, after stopping at the Red Cross Center on 6th and Lincoln to fill out a application to volunteer, I proceed to



Kittie Richardson, 507th civilian employee with the 465th Air Refueling Squadron, talks to CMSgt. Ray Deustch and Col. Robert Lytle at the Myriad Center where she helped with the kitchen. (Photo by TSgt. Mitch Chandran)

the OKC Fairgrounds to work in the clean up and preparation for the following day's Prayer Service. I made the decision to go in uniform and was glad I did, because I was asked to organize others in the tasking of setting up 3,000 chairs for the ceremony and also cleaning up the grandstand and grounds for the next day.

My wife Margo and I felt honored to attend the Prayer Service the next day, Sunday, April 23.

Lt. Col. Thomas R. Crane, 507th Med. Sq.
Civ. job- Tax Enforcement Officer
Oklahoma Employment Security Commission

After the explosion I went to a blood donor center to donate blood. Approximately 1 1/2 weeks later the Oklahoma Employment Security Commission started taking unemployment claims on individuals put out of work because of damaged businesses. I volunteered at the Westpark office, OKC to help in this process.

Maj. (Dr.) David Vu, Medical Sq.
Civ. job - Physician, VA Medical Center

My hospital has organized many disaster drills in the past. When the explosion happened, our team was ready for action. I was the team leader of the triage section. We received 17 patients transported from the disaster area.

On Sunday, at my church (Northwest Baptist) we started organizing a team of volunteers to help the Feed the Children collect and distribute supplies. Eighteen members worked all Saturday to help distribute food and supplies.

(4/22) Though my extensive volunteers of friends in the Vietnamese Community, we raised close to \$5,000 dollars that we later donated to Lt. Gov. Mary Fallin on May 1st at her office.



Ninfa Bocanegra, 507th civilian employee with the Maintenance Squadron, works at a Red Cross relief station. (Photo by TSgt. Mitch Chandran)

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Days...

(Continued from Page 7)

Bob Kellington CMSgt., 507th Headquarters Sq.
Civ. job - B-1B Production Management Branch Chief,
Tinker Air Force Base

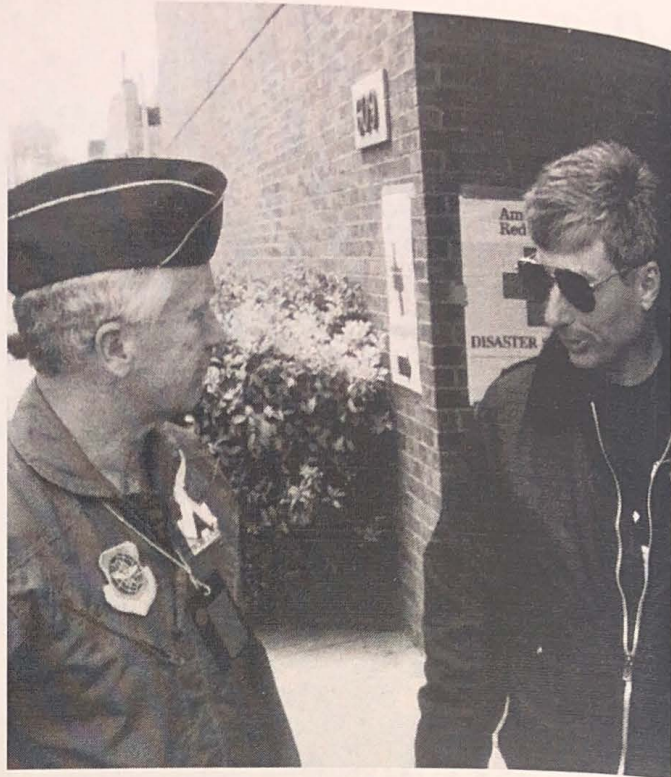
After the bombing, feelings of rage/helpfulness set in. What kind of world is my six year old son Beau going to grow up in? What can I do to help? What can we do to prevent the from happening again? My heart ached and still aches for those who have lost loved ones. I don't want anyone to hurt and feel the sadness I have felt since the loss of my daughter Dana in 1992. I know the pain there is.

I worked with the Oklahoma County Sheriff's Mounted Patrol and traveled the whole area, I felt God has brought us together as a family, city, state as a nation. The world has been affected by this. Maybe the wonderful people did not die in vain. Maybe now we again realize how precious little time we have together here on earth.

We all handle grief in different ways. I saw it in the thousands of faces of volunteers, but in those faces you could see the caring and wanting to do what they have been trained to do. Serve, protect, help. They do it.

SSgt. Anna Moorehead, 507th Comm Flight
Civ. job- U.S. Post Office

I heard the blast and saw the smoke from the Murrah Building. Our office (U.S. Postal Service-Main Office) received damage from broken glass. I worked at the bomb site, Center City Post Office with postal workers and Red Cross. I worked Fireman/FBI supply, and provided equipment and other supplies to fire-rescue and FBI personnel at the bomb site.



SMSgt. Teresa Pruitt, 507th CES
Civ. job - Software Quality Engineer,
Applied Intelligence Group

I was out of town on a business trip when the bombing occurred. Upon my return, I volunteered through the Red Cross on the evening of Thursday, April 24 and worked at the Myriad in the Food Serving line from 4 p.m. until midnight. I also worked the food serving line on Saturday morning from midnight until 8 a.m.

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ABOVE: SSgt. Michael Tompkins, 507th Maintenance Squadron, pauses to chat with Col. Lytle during the relief efforts.

LEFT: What's left of a van parked across the street from the Murrah building, dramatically demonstrates the power of the explosion.

(Photos by TSgt. Mitch Chandran)

June Schedule of Events

Training

Planner

<u>Date/Time</u>	<u>Meetings, Etc</u>	<u>Location</u>
Fri, 02 Jun 1400	Pre-UTA 1st Sgt Meeting	Bldg 1043, Conf Rm
Sat, 03 Jun 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
0900-1015	Newcomers Orientation	Bldg 1043, Rm 201C
0900-1000	3A0X1 Training	Bldg 1043, Conf Rm
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 Harrassment Sensitivity Trng	Bldg 3333, South Entrance
1300-1400	Ancillary Training Monitor Meeting	Bldg 1043, Conf Rm
1300-1400	IG Complaint period w/Lt Col Despinoy	Bldg 1067, CC Office
1300-1430	Immunizations	Bldg 1068, Parachute Shp
1400-1500	EST Manager Meeting	Bldg 1043, Conf Rm
As designated by unit	Sign-Out	As designated by unit
Sun, 04 Jun As designated by unit	Sign-in	As designated by unit
0745-1500	Initial Disaster Preparedness	Bldg 1115, Prime Beef
0830-0930	Enlisted Advisory Council Meeting	Bldg 1043, Conf Rm
0900-1100	Newcomers Ancillary Trng Phase I	Bldg 3333, South Ent
0900-1000	Supervisor Safety Training	Bldg 1030, Comm Flt Trng
1000-1100	Unit Career Advisor meeting	Bldg 1043, Conf Rm
1230-1600	Newcomers Ancillary Trng Phase II	Bldg 3333, South Ent
1300	Sexual Harassment Sensitivity Trng	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 Trng	Bldg 1043, MPF
As designated by unit	Sign-out	As designated by unit

Jun-Jul '95

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
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August 95

12-13	Primary UTA
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September 95

16-17	Primary UTA
16	Family Day
16	CLSS Dining Out

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 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 - June, September, December 95'
Year - Dec 95'

Contact DPMPE, MSgt Fuqua, 734-7494

BAQ Recertification Deadlines

If your Social Security Number ends with a **5 or 10** you have until **EOM June** to recertify your BAQ or have it terminated. **The reserve payroll office will forward a listing to Unit BAQ Monitors in April.** 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.

July Schedule of Events

<u>Date/Time</u>	<u>Meetings, Etc</u>	<u>Location</u>
Fri, 14 Jul		
1400	Pre-UTA 1st Sgt Meeting	Bldg 1043, Conf Rm
Sat, 15 Jul		
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 1068, Parachute Shp
1300-1400	Ancillary Training Monitor Meeting	Bldg 1043, Conf Rm
1400-1500	EST Manager Meeting	August UTA
As designated by unit	Sign-Out	As designated by unit
Sun, 16 Jul		
As designated by unit	Sign-in	As designated by unit
0745-1200	Refresher Disaster Preparedness	Bldg 1115, Prime Beef Bldg
0830-0930	Enlisted Advisory Council Meeting	Bldg 1043, Conf Rm
0900	Newcomers Ancillary Training Phase I	September UTA
0900-1000	Hazard Communication Training	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	September UTA
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.

To schedule testing on a Wednesday, call LGLT, 45508 if you are Maintenance Sq, 465 AMU, LSS, LG. 507 CLSS call SMS Farr 95375. Everyone else call DPMAT 47075 to schedule testing on a Wednesday

Ancillary Training Information

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 enlisted personnel are required to have the UCMJ Briefing within two UTAs of reenlistment. This Briefing is held during Phase II of the quarterly newcomers Ancillary Training at 1315 on Sunday of the UTA in Bldg 3333.

ETHICS Briefing

All reserve personnel are required to have the DOD Ethics briefing within 90 days of entry on duty. This Briefing is held during Phase II of the quarterly Newcomers Ancillary Training at 1230 on Sunday of the UTA in Bldg 3333.

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 460, Room 117 during
the week from 0730-1600, and 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

Immunizations has been moved to a new
location. We are now located in building
1068 in the parachute shop. Our hours
are 1300-1430 on Saturday. New shot
records will be made at this time as well.
Please bring your old shot record with
you when having a new one made.

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 Receive Direct Deposit
on or before: by:

04 Jun	13 Jun
06 Jun	15 Jun
11 Jun	21 Jun
18 Jun	28 Jun
25 Jun	05 Jul
02 Jul	12 Jul
12 Jul	21 Jul

Dining Facility

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

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

DENY FLIGHT INFORMATION

1. Report to: Building 1030
(hangar)

2. Reporting time: 1630

3. Uniform: BDUs

4. Bring exact change for
lunches: \$2.40

5. Final Meeting: 3 June 95

Time: 0800

Location: Pime Beef Bldg



Days...

(Continued from Page 8)

**2nd Lt. Sandra Champeau, 507th Med Sq.
Civ. job - Children's Hospital, OKC**

Condition black was declared April 19. I reported to work at 10:30 a.m. at Children's Hospital to receive and treat potential bombing victims. Our hospital had 5 inpatients who were all placed in emergency care because of extensive injuries.

On my unit we dismissed all patients who were able to be dismissed in order to clear bed space. Fortunately (or unfortunately), there weren't as many injured children as originally anticipated. We did have to deal with the media in person and by phone, some of whom were very persistent and resorted to very creative means to obtain information.

The outpouring of support from the community and the entire country was astounding. The volunteers were overwhelmed by the donations they received. There were many sad and emotional moments, the most memorable when two parents of a little boy carried his picture through every unit, every room, checking to make sure their child was not in the hospital and hoping against all odds that he was.

The following individuals worked Security/I.D. Badge checks at First Christian Church on April 25-28. Most work times were from 4 to 10 p.m.:

Capt. Joel Clay, MSgts. Janice Filburn, Gary French, David Phillips, Denise Weeks, TSgts. Cindy New, Mike Sulanke, Randy Unger, SSgts. Joe Fleming, John Koban and Brian McNelly.

The primary duties were to assist the Air Force active duty and Sheriff's department in providing internal security for the family notification area, and the Medical Examiner's data room. This involved standing watch at the first and fourth floor elevator, the NW exit to the building, the media area, and the Medical Examiner's office. They also provided drivers for a family van which took families to their cars after notification was accomplished.

In addition, Capt. Clay worked with the family notification teams and worked with the families as they visited the bomb site.

The following Civil Engineering Squadron firefighters helped at the bomb site:

TSgt. Michael Delaney, TSgt. Barry Shisler, SSgts. Robert Hammons, William Morris and William Tate, and SrA. Michael Lewis, Jason Griffith and Darrel Wilkes.

507th CES firemen helped out nine days after the explosion. These reservists assisted with search and rescue efforts as well as with victim recovery teams. Members also manned and operated decontamination units at the bomb sight and provided back-fill for members at the Tinker AFB Fire Department.

ABOVE: MSgt. Doyle Garrison, 465th Air Refueling Squadron, and his wife, Sharon, help sort donated clothing at a Red Cross Relief Station. (Photo by TSgt. Stan Paregien)

BELOW: Patriotism ran high at the bomb site as shown by this civilian relief worker pausing to raise an American flag at the scene. (Photo by TSgt. Mitch Chandran)

McIntosh gives testimony to Congress

WASHINGTON -- Maj. Gen. Robert A. McIntosh, chief of Air Force Reserve, testified several times before congressional committees this spring on the command's accomplishments, readiness, volunteerism and force modernization.

In his report to U.S. Senators and representatives, the general said Air Force reservists are deployed somewhere around the world every day of the year.

"Reservists and aircraft stand regular rotations of active duty in Central America, Europe, the Baltic states and the Middle East," he explained. Others can be found routinely plying routes across the Atlantic and Pacific Oceans, Europe, Asia and the Pacific rim, supporting Air Mobility Command requirements. Reserve fighters, crews and support personnel are in their third year of participation in Operation Deny Flight."

This high operations tempo for reservists strains their ability to balance the demands of family, employer and service to country. To compensate reservists, Congress has passed several initiatives in recent years, and Reserve officials hope to explore others, the general said.

Possible future benefits include a tax incentive for businesses that employ reservists and participatory income protection insurance for reservists who stand to lose a significant amount of their income when mobilized for extended periods.

"These two provisions would contribute significantly to the peace of mind and morale of employers and their reservists who may be deployed thousands of miles from family and work place," McIntosh said.

McIntosh said the Air Force Reserve's goal is to recruit and retain the best people available.

"Although we do our best to recruit from local population bases, many reservists routinely commute great distances to participate," the general said. "This is a testament to their desire to serve and to continue their military service to the country."

"When it is not practical for a reservist to go home at the end of the duty day, he or she is authorized to stay in government lodging at the unit location. Language in the Fiscal Year 1995 Defense Appropriations and Defense Authorization Acts provides for reimbursement of charges for lodging. This helps us recruit from much larger areas."

McIntosh added that about 90 percent of the lodging at Reserve bases does not meet minimum Department of Defense standards. As a result, Reserve units often must resort to using more expensive contracted quarters to meet the needs of their reservists.

"We are in the process of assessing the lodging situation at our bases and expect renovations and upgrades," he said. "Air Force Reserve units that are tenants on active Air Force bases face a similar problem in that, while the lodging available is very good, there are not enough rooms to meet peak demands during Reserve training periods. This issue also may need to be addressed if we are to continue to recruit and retain the best people."

At some locations, reservists not only share base facilities with their active-duty counterparts but also aircraft as part of the Air Force Reserve's associate program. The Reserve expanded its associate program in January with the establishment of its first

KC-135 associate unit at McConnell AFB, Kan., and submitted its study on a Reserve associate fighter capability to the Senate Armed Services Committee in May.

The Air Force recently funded six KC-135R engine kits for the Reserve tanker fleet. These new engines are quieter, perform



Maj. Gen. Robert A. McIntosh

better and use less fuel than before. "This improves our overall tanker capability and allows us to be environmentally friendly when operating from airports in congested areas," McIntosh said.

Other weapons system improvements include forward looking infra-red, new auxiliary power units for the Reserve's KC-135E's and advanced cost-effective simulators. Devices being designed for use by 1996 include a C-130H weapon system trainer and a C-130H unit-level training device.

In addition to military missions, reservists are becoming more involved in initiatives that use their skills and talents to benefit the community.

In mid-1994, the Reserve developed and tested a program called Operation Galileo, designed to introduce disadvantaged youth to practical applications of mathematics and science.

"This very structured program has enormous potential and is supported at the highest levels of the Air Force and Department of Defense," McIntosh said. "We plan to implement a year-long pilot program at three Reserve units this summer. Operation Galileo should be fully operational in 1996."

507th member donates time to OKC bomb relief effort

by TSgt Stan Paregien
507th Public Affairs

MSgt. David Doran, a 507th vehicle maintenance worker spent time at the bomb site. He normally had that day off, but was called into work overtime at the post office in Midwest City because of some sick workers.

"I was working at the Midwest City post office taking a break outdoors right about 9 a.m. We saw an AWACS plane flying over and we had to put our hands over our ears because our office is under the flight path. Even with that noise we heard the boom over the sound of the aircraft engine. I thought it was a sonic boom," said Doran.

Doran said he knew the sound couldn't be coming from the AWACS, but he thought an F-16 or F-15 aircraft might be flying in the area.

"I thought: 'Some pilot is in trouble for breaking the sound barrier over a populated area.'

"I went back in the building and resumed working. About 5 minutes later we heard on the office radio that there was an explosion downtown," Doran added.

Doran said the night before he had been downtown to a parent's assistance class about two blocks from the blast site.

"I had been called in on Wednesday, which is normally my day off, to work another route for a sick postal employee. I ended up delivering mail to the grandparents of the child who was seen in the arms of the firefighter. Across the street, the DHS office was ordered closed by the governor and a car lot received a bomb threat," said Doran.

Doran and another worker volunteered to go to the site on Sunday and went there again after he got off from the post office Monday. He worked from 7:30 p.m. on Monday until 4:30 p.m. Tuesday, even taking annual leave to stay at the site.

"It was unbelievable. They found part of a car on top of the nine story building."

"It was great working with the firefighters as we picked up glass, supplies, delivered equipment and did anything they wanted," Doran continued.

When Doran went home, he couldn't go to sleep. His mind was back at work. He said he just didn't want to leave that place.



MSgt. David Doran

(Photo courtesy of Mrs. Lori Doran)

One guy's wife on my route died. His porch is now covered with flowers and ribbons and decorations. I couldn't believe what people have done," Doran commented.

Doran saw a lot of hard work and a lot of outpouring of love and compassion from fellow Americans.

"The firefighters and rescuers just did what needs to be done. We all about started bawling when we read the letters from kids in Michigan because their state was getting a lot of bad publicity, but you could really feel their pain and love," said Doran.

Help available for injured reservists

By Robin L. Weiler
Logistics Specialist

Injuries, whether they be minor or serious, are a fact of life. Reservists have a great deal of work to accomplish in a short period of time. This work is often physically demanding and unfortunately injuries can occur. Individual reservists and supervisors should know what actions to take should any injuries take place.

An important question that is often asked is, "When is an injury covered by the military?"

The military's responsibility for medical care depends on when the injury took place, the type of duty performed and the circumstances surrounding the injury. An injury incurred while en route to military duty or on a trip back home is covered. An injury which happened while performing duty during a UTA or manday are covered, as well as injuries incurred on or off duty during an annual tour. However, an injury will probably not be covered if it is found that the injury happened during a negligent or illegal act, even under the above circumstances.

When determining whether or not an injury is covered by the military, most cases are easily concluded. The 507th Medical Squadron can help answer any questions concerning the eligibility of an injury on a case-by-case basis.

It is common to neglect reporting an injury because "the job needs to be finished" or "it isn't that bad right now." Another misconception, when away from station is, "it can wait until I get back home." These attitudes, however noble they may be, can cause a great deal of problems later when medical attention is necessary. If an injury causes even slight

concern or could possibly cause problems later, medical attention should be sought.

At the very least, an incident report should be filled out at the squadron level when the injury occurs. TSgt. Charles Latta of the 507th Medical Squadron who deals with injured reservists regularly, said that is important to at least have the injury documented in the member's medical record at the time the injury happens. Waiting until the Monday after the UTA could cause problems. If an injury happens while stationed at another base, medical attention should be sought



there. It is also important to obtain a copy, in hand, of the physician's report and to complete an incident report with the witnesses documented. When returned to station, contact with the 507th Medical Squadron is necessary. Prompt reporting of an injury is a critical step in receiving any necessary medical care, whether it be immediately or at a later date.

When receiving medical care for an injury, the reservist should ask all questions necessary to fully understand the physician's orders. It is also necessary for the reservist to ensure that the physician understands any limitations that

the injury may cause to hinder work performance. If a reservist knows that their particular job cannot be fully accomplished due to an injury, they should make the physician aware of the limitation and seek documentation. This is also necessary if the injury will interfere with the reservist's civilian job performance. If a military injury will not permit a reservist to work at their civilian job, they may be entitled to compensation by the military. Another form of documentation that could be crucial is the physician's specific instructions. Many times an injury will require a "waiting period" to give the injury a chance to heal. The length of the waiting period and any instructions (I.E. physical therapy, exercise, medication or rest) need to be documented in the member's medical record by the attending physician. Again, it is important to keep the 507th Medical Squadron informed.

Dealing with a military injury can be quite a problem if it is not handled properly from the time the injury occurs. However, with prompt reporting, the process can be greatly simplified and virtually problem-free. The most important step concerning injuries is to prevent them by continually practicing safety on and off duty. However, should an injury occur, help is available. For urgent injuries incurred during UTA or on a manday, the reservist should seek medical attention at the base hospital is during the week from 7 to 7:20 a.m. and from 1 to 1:20 p.m. Any questions or non-emergencies during the week or on a UTA weekend, should be directed to TSgt. Latta at ext. 43151.

One man's trash is another's wrist pads

By Capt. Rich Curry
507th Public Affairs

Take one unit safety problem, a barrel of waste foam, one ingenious safety technician, mix them together with a dash of inspiration and you come up with a cost-slashing solution.

This success recipe began mid-May when MSgt. Cody Smith, 507th Safety Technician took a walk around the 507th with a base Bio-Industrial Hygienist (a health inspector).

"An item of concern consistently noticed throughout the Wing, except the LG office staff, was with computer work stations and the lack of rest pads for wrists," Smith said.

Smith explained that the constant pressure placed on hands while using a keyboard may cause computer operators to

experience soreness in the wrist or ball of their hands. He said the term for this problem is Cumulative Trauma Disorder (repetitive motion injuries) or carpal tunnel injury in the wrists.

"The only way to reduce these types of injuries is for computer operators to get and use pads that help support the weight exerted on their wrists," he said.

At a retail cost of about \$10 per pad and approximately 300 unit computers to support, it came down to another bout of "safety versus the budget," Smith said. Two days later, however, while walking through a unit backshop, Smith noticed a waste can full of discarded foam. "They had been using the foam to prepare crew chief tool boxes, and the left-over scraps were being tossed out," Smith said.

All it took was a quick inspection to confirm the inspiration. "I made a dozen key wrist pads and a dozen mouse wrist pads out of the scrap and there's still a lot more left over. From now on all we have to do is pick up the scrap as it becomes available and pass it on," Smith said.

Medical Squadron assists Air National Guard

by **Capt. Richard R. Davidson**
507th Medical Squadron

On Sunday of the April UTA, seven members of the 507th Medical Squadron assisted the Tulsa Oklahoma Air National Guard with physical exams on 114 cadets assigned to the Thunderbird Youth Academy.

The Thunderbird Youth Academy is a state program for juveniles who have had minor infractions with the law. The

program provides a military-based training fostering discipline, academics, leadership, physical training, and personal growth to educate and train unemployed high school dropout youth.

The Air National Guard only had one physician to perform exams, and a request was made for assistance. With the help of Lieutenant Colonels (Dr.) Walter Reed and (Dr.) Alberto Angeles, Maj. (Dr.) David Vu, and Captains (Dr.) Eric

Howell, (Dr.) Tom Bettes, (PA) Richard Davidson, and (PA) Thomas Franklin, the physicals were completed in about four hours. Col. Kenneth D. Trilinella, commander of the Air National Guard medical squadron, and his staff expressed sincere thanks for the effort of the 507th Med Sq with their assistance, saying, "It would have been very difficult to complete the task without the cooperation of the 507th."

Lest we forget...

by **Captain Richard R. Davidson**
507th Medical Squadron

This year marks the twentieth anniversary of the fall of Saigon, now known as Ho Chi Minh City, and the official end of the Vietnam War. No one has more emotional ties to this than Maj. (Dr.) Dzi "David" Vu.

Dr. Vu now serves as a physician with the Oklahoma City Veterans Affairs Medical Center, and also as an Air Force Reserve medical officer with the 507th Medical Squadron. But after the fall of Saigon twenty years ago, Dr. Vu faced life in a Vietnamese concentration camp for his role as a physician and officer in the South Vietnamese army.

He spent almost three years in this camp experiencing mental torture, hard labor, and malnutrition. Surviving all of this, he was released. Knowing that he did not want to spend a life living under communism, Dr. Vu was able to sneak out of Vietnam with his family in 1978.

First, they traveled to Malaysia by boat where they stayed for four months before they were able to take the final leg of their trip to America. Upon arrival, they were greeted by other family members, including Dr. Vu's mother, who were able to escape Vietnam earlier. Dr. Vu pursued education in the United States in order to continue practice of his chosen profession.

He relishes his life now compared to the life he and his family had in Vietnam, but he does continue to worry about his previous homeland so torn by war during the 38 years he lived there.

Now Dr. Vu is an American citizen, and a "citizen airman" with the Air Force Reserve. At this anniversary, his thoughts now are with the families of fellow servicemen who are still listed as Missing in Action or Prisoner of War.

"I strongly believe there should be full accountability and assistance by the government of Vietnam for final determination of those missing," he said.

Dr. Vu has done extensive research on the POW/MIA problem. "I know communists are people who like having an edge. Based on my own experiences, I strongly believe POW's were retained by the communists at the end of the U.S. involvement in Vietnam to be used as pawns for negotiation for funds or to help rebuild the country."

While no official proof exists to prove his statements, Vu feels passionately that there may have been POWs left behind.



Maj. (Dr.) David Vu (Photo by TSgt. Mitch Chandran)

"With the fall of communism in the former Soviet Union, Vietnam now no longer has a strong communist ally to rely on for trade. Because of this, Vietnam is now seeking political relations with the U.S. for trade," he said.

As a result, Vietnam is being more cooperative with the POW/MIA issue and allowing U.S. researchers in to seek information, and are helping to locate remains of U.S. servicemen.

"Remains that are located can be tested with scientific methods available today in order to try to determine the year of death. It could be used to determine if a particular serviceman died after the official end of the Vietnam War. If this is so, then the Vietnamese government should be held accountable," Vu said.

"I believe the Vietnamese government would prefer that our search for answers stop. They are stressing to American that we forget about the past, and concentrate on the present and future," he said.

"We should not be satisfied until all our answers on the POW/MIA issue are resolved.....lest we forget," he said.

Military women are equal partners

By SSgt. Robin Weiler

507 LSS Public Affairs Representative

From Deborah Sampson in the Revolutionary War to the military women of today, America has seen a great deal of changes and growth.

American military women have proven themselves to be a competent and integral part of our nation's forces.

Women are now performing successfully in career fields that are physically demanding and highly technical. Gone, for the most part, are male dominant fields. Women now hold positions in such areas as security police, aircraft maintenance, munitions, management and also serve as fighter pilots. More often women are being given the opportunity to use their skills and knowledge to advance to the highest



TSgt. Carol Suggs

ranks while providing quality leadership in their units.

Prior to World Wars I and II women were not permitted to enlist in the U. S. military. However, a few women such as Deborah Sampson during the Revolutionary War, daringly disguised themselves as men so that they could enlist and help defend their country. Deborah Sampson fought capably in several battles without detection for nearly a year, as did Sarah Edmonds during the Civil War. Many years later, during World Wars I and II, women were permitted to serve part-time in the military. The doors to the military were finally opened to women in 1948 when Congress enacted the Womens Armed Services Integration Act of 1948. This act formally integrated women into the United States military on a permanent basis.

Since the inception of the Women's Armed Services Integration Act of 1948

women have consistently proven their skill and dedication as experts in their fields.

TSgt. Carol Suggs, a 507th reservist in the Operational Support Flight is the Flight Management NCOIC. Her duties include, but are not limited to, maintaining training, currencies and requirements for the pilots, navigators, boom operators and flight surgeons as well as logging flying times and taking care of various types of pay and orders for the flight crews.

Prior to entering the Air Force Reserve Suggs served on active duty as a Loadmaster. She recalled her first assignment, "I was the third female in my squadron. I thought they would think, 'She's a female, she's not going to be able to handle it.' I got down there and worked just as hard as those guys did. I wasn't worried about tearing a fingernail and I wasn't worried about whether my hair was just perfect. I did my job."

Suggs said by showing teammates she could do as well as they could, she gained their respect.

Suggs said she first, "had to prove to myself whether I could do the job or not. After that everyone knew I could do the job and I didn't have to prove myself anymore."

Suggs said she has worked very hard and dedicated much of her own time to get where she is today.

"I strongly believe it all comes down to commitment. You've got to want to be the best you can. The risk with the reserve is that you may get a phone call one day to pack your stuff. You're on your way. You have to be ready."

Women have also shown that they are highly capable of holding positions of authority. CMSgt. Jennifer Blease, a reservist in the 507th Medical Squadron, is another example. Blease is the Manager of Nursing Services. She served on active duty for five years. After joining the reserve in 1982, she started setting goals.

The chief recalled, "There were three things that I wanted to do in life. One of them was to graduate from college. I did that when I was 34. The second goal was to make Chief. The third is yet to come."

Of the process in accomplishing her second goal Blease said, "It's a lot of work. It's not just about working from Saturday morning until Sunday evening because I take a lot of work home. And I also come out sometimes on an extra weekend. But I like being here. I like the people and I like the challenges."

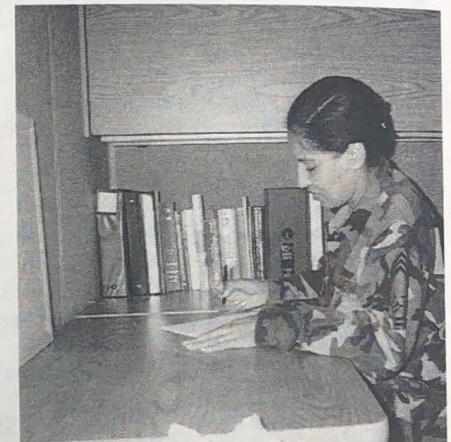
One of the Chief's many accomplishments involved Operation

Desert Storm, during which 80% of her squadron was deployed to Shaw AFB, S.C. to support active duty personnel.

During her six-month stay, Blease served as the NCOIC of the Intensive Care Unit which allowed her to learn people skills in a different type of environment. As well as having to care for patients in critical condition, the chief found her biggest challenge was keeping up morale among her people and herself. "When it was all said and done it was more than rewarding," she said.

Her commitment to her people is reflected in her third goal. "My third goal is, when I leave, others will say, 'Yes, she did a great job. I want to be just like her one of these days.'"

"To me, that's the next step. There's two parts to it. Getting to this (Chief) but also wanting someone else to do that and to do



CMSgt. Jennifer Blease

it the way I did or better," she said.

In today's military force, women are becoming increasingly more valuable in both their work performance and leadership skills. They are being recognized for their abilities.

Daily, many people who walk through the halls of the Pentagon pass through the Military Women's Corridor which is dedicated to the history of women in the military from World War I to the present.

It's a legacy, left by women throughout history, for future generations to follow and expand.

To present and future women of American armed forces, Blease said, "What's most important is that, first of all, women have to be sincere with themselves. That starts with us. We have to be sincere about who we are, where we're going and what we're doing. If you believe in yourself, the image you project is very positive."

Dual fitness membership now available

By Jay L. Anderson
Fitness Center West Manager

Looking for some additional flexibility in your fitness routine? How about a dual membership in the Fitness Center West and Tinker Fitness Annex?

Cost of a dual membership is \$15 per month for members of either the Officer and NCO Clubs and \$18 per month for non-club members.

Reservists on UTA weekends can use the Fitness Center West facility free of charge during the two days of training according to Tara Guinn, personnel trainer at Fitness Center West. This does not apply for the Tinker Fitness Annex.

The hours for Fitness Center West are from 5:30 a.m. to 6 p.m., Monday through Friday. The center offers a variety of fitness development machines that include Nautilus equipment and free weights.



Hours for Tinker Fitness Annex, Building 216 located in the 552 AWACS compound, are from 10 a.m. to 8 p.m. Monday through Friday; 12 to 5 p.m. Saturday and 1 p.m. through 5 p.m. Sunday. The annex provides much of the same equipment plus racquetball courts and aerobic classes.

For more information, call the folks at Fitness Center West at 734-2227 and they will be happy to fill you in on the details.

Fitness Tip

Do you need to lose some weight?

By Jay Anderson
Fitness Center West Manager

Looking for the best way to lose weight? Let's correct that to losing fat, because that's what we're really all really wanting to do. Often times we mistake the two concepts and fail to achieve the results we are searching for.

Fat is simply stored energy. It's our own body's way of insuring we have something to live on in case we are forced to go without food. Today, if a person goes without food, it more than likely is by choice; we have a word for it most of us dread, dieting!

The reason the word dieting is so dreadful to most of us is because it's unpleasant, stressful and often tends to become an impossible task over the long run. Most of us do it wrong when we try.

We want to lose too much, too fast! We try silly things like magic pills, body wraps and strange eating fads that just never seem to work. What is the secret to ridding ourselves of body fat?

By far the best way is to adopt a sensible approach to eating, and couple this with an exercise program that not

only promotes the loss of fat, but also serves to enhance physical fitness.

A person interested in long range results that can be maintained should sensibly try to reduce the number of calories eaten to the number of calories expended by about 500 calories. Using this approach about one pound of fat could be dropped each



week. Don't laugh, that's over 50 pounds of fat between the time you watch the New Year's football games and start Christmas shopping again!

Most folks can average those 500 calories per day easier than they think. Often times just adjusting to the way your food is prepared (bake or broil instead of fry, ect.) can make a big difference.

Switching to low-fat products is another easy one. Couple this with exercise performed about 3 times per week and you're in business. A moderate, low-intensity aerobic exercise routine such as riding an aero bicycle, using a stair master or treadmill, or just a good brisk walk can burn several hundred calories each week. Plus think of the benefits to your heart and lungs!

The adjustment to your eating habits can be addressed by any of several reliable dietary sources including your physician. If you don't already have an exercise routine think about paying a visit to Fitness West. It's a great facility with all the latest equipment and a staff that will guide you in the use of their machines and help you set up an individual exercise program of your own.

Might as well get started now; the sooner you begin the sooner you'll see the results you want!

Reserve News

Promote

Congratulations to the following individuals who were recently promoted.

507 LSS

SSgt. James K. Ward
MSgt. Cecil E. Piercy Jr
SMSgt. Janice M. Lyles

72 APS

SSgt. Beverly A. Taylor
TSgt. Ernest T. Guyer
TSgt. Clifton E. Howard
TSgt. Dwight E. Lane

507 CES

MSgt. Timothy W. Smith
507 MED SQ

SSgt. Troy B. Powers
507 MSS

SrA Jennifer N. Girard
507 MS

TSgt. Dale M. Blanchard
TSgt. Richard Scammahorn
SMSgt. Gary W. Newell
SMSgt. Cicero Quinn

465 ARS

SSgt. Herbert A. McGee
TSgt. Duane L. Morrow
TSgt. Steven C. Switzer

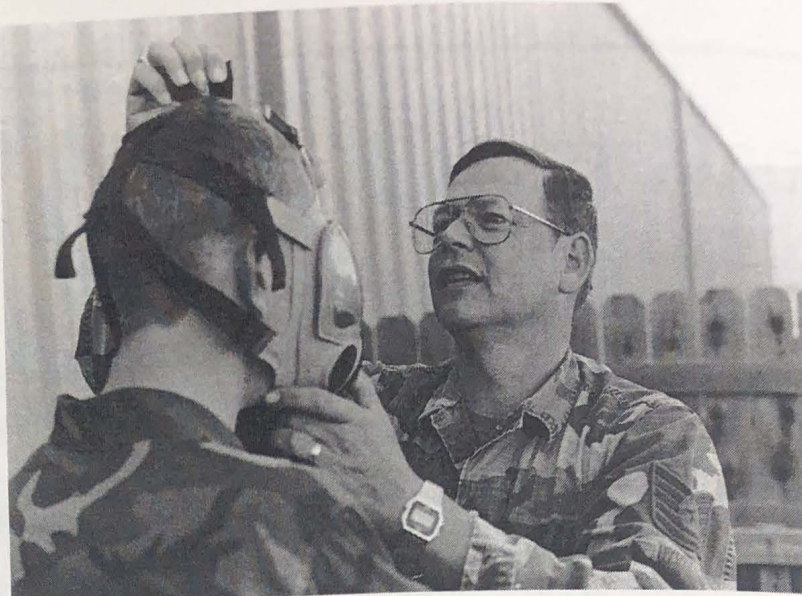
507 SPS

SSgt. Daryl W. Flanders
SSgt. Ricky D. Wimberly

507 ARW

TSgt. Keith R. Brown
507 CLSS

SrA Kyle L. Howell
MSgt. Kenneth R. Sperry



TSgt. Harry Craft, 507th Civil Engineer Squadron, assists SrA Thomas Seal, 507th Maintenance Section, in fitting his chemical warfare mask. Sergeant Craft is an instructor with the Disaster Preparedness Office. (Photo by TSgt. Ty Yoshida)

Personality spotlight

TSgt. Harry Craft "keeps 'em alive"

By 507th CES CQI B-Team

For TSgt. Harry Craft, an instructor with the Disaster Preparedness Office of the 507th Civil Engineer Squadron, disaster preparedness is serious business. He realizes that proper training can be the difference between life or death.

"There is a satisfaction in keeping everyone alive," said Craft.

As an instructor, his most important function is teaching unit members in the proper use of equipment to deal with chemical, nuclear and biological warfare threats. The equipment used includes the ground crew ensemble - chemical protective suits, protective mask, and

decontamination kits. He also trains members of monitor teams to use equipment to detect chemical agents and radiation levels.

Recalling one funny instance during a training exercise, Craft said one guy had put a carbonated beverage in his canteen.

"When we ordered the trainee to take a drink from his canteen using the gas mask drinking tube, everyone watched as the beverage foam completely covered the inside of his mask," he said.

"He learned a valuable lesson that day. Only water should be in the canteen," Craft laughed.

A member of the 507th since 1988, Craft says he likes working with the people in the 507th CES. "They really make me feel welcome," said Craft.

Craft is married and enjoys playing golf and bowling during his spare time.

In memory of Capt. William Lange

The 507th Public Affairs Office expresses its condolences to the family and friends of Capt. William E. Lange.

Lange, a member of the 465th Air Refueling Squadron, passed away May 1. His funeral was held May 5 in Nebraska. He will be missed.

Members wishing to express their personal condolences may send correspondence to his parents:

Mr. and Mrs. Wayne Lange
2853 17th Ave.
Columbus, NE 68601.

Refer a friend for a career future!

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/ MOSRank _____
Referred by: _____ Phone#() _____

There are still positions available within the 507th. Help out unit recruiters by providing them a name or contact one of the following recruiters:

Tinker AFB - MSgt. Brasher _____ 405-734-5331
Midwest City - TSgt. Weld _____ 405-733-9403
Lawton - MSgt. Wright _____ 405-357-2784
McConnell AFB, KS - TSgt. Tubbs _____ 316-652-3766

You may also drop this form off at 507th Recruiting in Building 1043 or mail to: 507ARW/RS, 7435 Reserve Rd., Tinker AFB, OK 73145-8726.