

On-final



Vol 15 No 7, July 1995

507th Air Refueling Wing

Tinker AFB, OK



Working inside a 50-year old birch hangar, reservists work to close down Eareckson Air Force Station on Shemya Island. More photos on page 3. (Photo by TSgt. Jan Hernandez)

72nd members close down a piece of history

*By TSgt. Larry Wilson
72nd Aerial Port Squadron
Public Affairs Representative and
TSgt. Janet Hernandez
72nd Air Base Group IMA*

From B-29 bombers to space surveillance, Shemya Island, located 1,500 miles off the Alaskan coast, has been a bustling site of military activity during the past 50 years.

All that changed last May as a 50-member team of active-duty, Air Force reservists, individual mobilization augmentees and Alaska Air National Guardsmen finally closed and locked the doors at Shemya's Eareckson Air Force Station.

Among the team were three members from the 72nd Aerial Port Squadron, TSgt. Chuck Wilson, staff sergeants Donna King and Mike Gaines and TSgt. Janet Hernandez an IMA from the 72nd Air Base Wing. Arriving Feb. 14, the crew began their task: pack up 50 years worth of "stuff" and get it done in 90 days.

The contents of 189 buildings on the eight-square-mile-island had to be prepared for shipment. The teams had to inventory, pack, crate, palletize, manifest, destroy or disperse the contents of each.

According to TSgt. Janet Hernandez, "I volunteered because I wanted the experience, knowledge and to be part of a base closure. It was surprising the amount of work required to close even a small base like Eareckson." Hernandez said teams fanned

out across the base, some emptying offices, other warehouses or hangars, while more teams emptied three-story, 100-room dormitories of beds, refrigerators, and couches left behind from more active times. She said some of the items were deemed of no value and had to be disposed of by crushing, burning, then burying.

In all, however, the team built, packed and warehoused 659 pallets, or roughly 66 C-141 loads, of cargo to await airlift. They also boxed up nearly 2,000 tons of furniture, scrap metal, equipment and other items for transportation by barge. A total of approximately \$20 million of assets were recovered and redistributed to Department of Defense organizations and the State of Alaska.

"Our work teams would go into a building and bring out everything we could to load our truck. Then we'd go to a hangar where other members would build pallets for the material, inventory it, then move it to another hanger staging area," said TSgt. Chuck Wilson.

"Many different skills were needed. We used cutting torches and did welding and just about anything else you could think of to get things ready to ship," he said.

According to another team member, TSgt. Donna King, "I had fun but it was really isolated and I don't think I would want to do it again. The isolation finally began to get to me."

In just four months, Shemya became a contractor-operated site, eight months sooner than the original one-year projection, due to the efforts of the total force team.

Happy
July 4th!



McIntosh sends

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

July is a month of celebration, vacation and relaxation. This July 4th is the 219th anniversary of our freedom and is usually a day spent with family and friends.

I think however, that it's an especially appropriate time to remember reservists who are away from home, safeguarding freedom throughout the world. We should also remember the original "citizen soldiers" who first fought and died for this great country--they left a legacy that is the envy of people everywhere.



Giving blood

What's in it for me?

By Dave Mugg
507th Executive Officer

Giving blood is not fun. It does hurt. I've trekked down to the Oklahoma Blood Institute to donate platelets seven times already this year. Why? What's in it for me? After we get by the normal "help my fellowman" or "it's needed and is something concrete that I can do," then there is what I get out of it.

First, if I went to my private doctor and paid for the testing of my blood that OBI does when it accepts a donation it would cost me \$70 to \$250 every time I used them.

Then I also have a small "insurance" type benefit from OBI so that if I or any of my tax dependents ever need blood, the OBI will cover any preparation charges not covered by insurance. At present this is about \$70 per pint. As a sidelight, anyone in the unit and their tax dependents is covered because of the blood given by members of this unit. To help us retain this coverage, everyone who donates at an OBI site, needs to ask them to credit the donation to Group 13 or the 507th ARW, and it will be the same as if you donate here on a weekend.

The newest benefit is really a great one for men. Women view breast cancer with great fear. For men, I rate prostate cancer in the same category. Now, the OBI is offering a Prostate Specific Antigen (PSA) test. This test measures the PSA in your blood. After the test you will receive a letter telling you the results and how to interpret it. For men under 40, you need the tests at least twice before 40 to establish a baseline. After 40, it is advised to be tested annually. The cost is \$15 if you give blood, and \$20 if you do not donate. Compare this with \$60 to \$85 if done elsewhere.

Actually, I give because it is something that doesn't cost me, and is a gift that usually someone can't live without. Yes, it hurts to get stuck. No, it is not pleasant to lay with a needle in my arm for two hours to give platelets. No, I don't like to donate, but it is so necessary.

Now I've saved the best for last. Col. Lytle has agreed that everyone who donates at least once during the blood drives in August, October or December, can sign out two hours early on Sunday of the December 95 UTA.

On-final

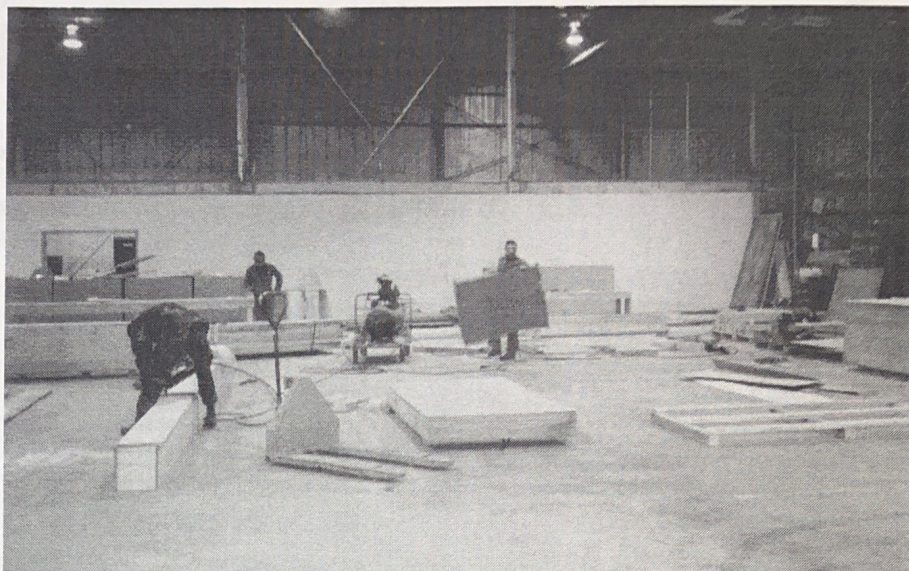
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This is your newspaper. Take it with you to share with family, friends and employers. The PW phone number is 734-3075.



Top left: Shemya's one and only wooden wind sock. Winds approached 50 mph and stayed constant for days at a time.

Top right: Team members build special boxes to get equipment ready to ship.

Middle: These Russian Blue Foxes, called "Scruffies", are seen everywhere on the island.

Above: The Freedom Bell, being run by TSgt. Jan Hernandez, is a tradition for those departing on their final day.

Left: Air Force Reserve team members from the 72nd Aerial Port Squadron and other Reserve units pause for a historic photo. (Photos by TSgt Jan Hernandez)

Top unit members for quarter selected

The 507th ARW selected three members last month as the Airman, NCO and Senior NCO of the Quarter (Second Quarter). Chosen by the panel were Senior Airman Eric E. Reddick, 507th Security Police Squadron, TSgt. Scott Jones, 507th Medical Squadron, and MSgt. Leicle Bostic, 507th SPS.

Airman of the Quarter

Senior Airman Eric E. Reddick, a Security Specialist, is the Airman of the Quarter. Airman Reddick is an M-60 machine gunner assigned to the second squad of the 507th SPS.

His supervisors point to Reddick's comprehensive knowledge in the Security Police career field and state he is a strong believer in the "Team Concept" leadership style.

Supervisors state Reddick is quick to volunteer to participate in all Security Police activities both on and off duty.

Striving towards personal self-improvement, Reddick attends college pursuing an Associate's Degree in Criminal Justice and also a Community College of the Air Force degree in Industrial Security. Additionally, he is enrolled in the NCO Development Course and in his 5-level Career Development Course.

Reddick was selected as the Airman Peacekeeper of the Quarter for the second quarter of 1995. He was heavily involved with the rescue efforts at the Murrah Federal Building on April 19 after the terrorist attack. Within minutes of the bombing, Reddick reported for duty in uniform as a volunteer. He participated during the first few critical hours of the search and helped secure the building's perimeter. He did not leave the area until ordered to do so by on-scene commanders due to the possibility of further explosive devices being in his work area.

Supervisors stated that Airman Reddick projects a professional military image in his community and instills a strong sense of confidence in the mission of the 507th SPS.



SrA Eric Reddick

NCO of the Quarter

Sergeant Jones is a Laboratory Craftsman and the NCOIC of the Clinical Laboratory. According to Medical Squadron Commander, Col. Elias Souri, "Jones has developed a close working relationship with the active duty hospital staff. His ability to plan, organize, train and coordinate the Clinical Lab operations has produced a high level of productivity. At the same time the Lab is meeting all operational standards."



TSgt. Scott Jones

Jones aggressively researched and spent many hours of personal time working with hospital officials to implement a new computerized tracking system that automates the requesting and reporting of lab procedures during UTA physical exams.

"The new procedures with this system has measurably improved our physical exam processes and overall operation," Souri said.

Jones completed his Bachelor of Science Degree in Computer Science in 1994 as well as attending quality management training offered in the unit. Jones also volunteered personal time to attend facilitator training for the unit Teleconferencing Network.

In civilian life Jones is actively involved as a volunteer tutor at the Community Literacy Center in Oklahoma City, helping students with basic reading and grammar skills. Last April, after the Murrah Building bombing, he spearheaded a fundraising campaign at his hospital, collecting more than \$2,000 in donations for Feed the Children.

Jones successfully completed his Medical Technology Boards and is now Board Registered as a Medical Technologist by the American Society of Clinical Pathologists.

"Thanks to his superb training of the reserve laboratory technicians, we have a 100 percent accuracy rate in laboratory procedures," Souri said. "Jones has made a tremendous impact in the unit's ability to provide quality service."

Senior NCO of the Quarter

Bostic was selected for his efforts as the Air Reserve Technician for SPS. As the ART, Bostic ran the day to day operations of the squadron in the absence of the Commander.

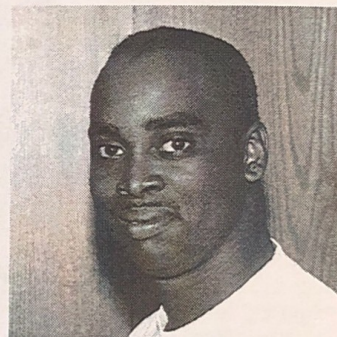
During the Murrah building bombing last April, Bostic responded immediately to meet the base's security standards, which had been raised to ward off possible terrorist attack within the community. His actions

and efforts resulted in repeated praise of the 507th Air Refueling Wing from the Tinker Disaster Control Center. Bostic's other duties within the squadron included serving as the Wing's Security Manager and his squadron's Supply Custodian.

Bostic is currently enrolled at Langston University where he is seeking a degree in Elementary Education. He is also enrolled in the Community College of the Air Force working towards a degree in Industrial Security. He has attended several Air Force training classes, including the Dynamics of International Terrorism Course Special Operations School.

According to Capt. Anthony Hamel, 507th SPS Commander, "Sergeant Bostic was the driving force for the squadron in getting our own building. He worked numerous hours with officials in overseeing it's renovation."

Hamel also praised Bostic as being greatly respected within the 507th for his honesty, loyalty and integrity. "He projects a professional military image and instills a strong sense of confidence. His reputation as a quality member of the Air Force team is widely known and respected," Hamel said.



MSgt. Leicle Bostic

July Schedule of Events

Training Planner

<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
0900-1000	3A0X1 Training	Bldg 1043, Conf Rm
1000	Mobility Rep Meeting	Bldg 1043, Conf Rm
1015	Escorts Pick up Newcomers	Bldg 1043, TNET Rm
1030	First Sergeants Meeting	Dining Hall, Sun Rm
1300	Sexual Harassment Sens Tng	Bldg 3333, South Ent
1300-1400	IG Complaint Period w/ LtCol Despinoy	Bldg 1067, CC Office
1300-1430	Immunizations	Bldg 1068, Parachute Sh
1300-1400	Ancillary Trng Monitor Mtg	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 DP Trng	Bldg 1115 Prime Beef
0830-0930	Enl Advisory Council Mtg	Bldg 1043, Conf Rm
0900	Newcomers Ancillary Tng Ph I	September UTA
0900-1000	Hazard Communication Tng	Bldg 1030, Com Flt
0900-1000	3S0X4 Training	Bldg 1043, Rm 204
1000-1100	Unit Careet Advisor Mtg	Bldg 1043, Conf Rm
1300	Sexual Harassment Sens Tng	Bldg 3333, South Ent
1300	Newcomers Ancillary Tng Ph II	September UTA
1300	CDC/PME Course Exams	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

Memorandum for the Record...

1. NCO Academy Class Dates for FY 95

Listed below are the FY 95 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 Commanders.

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

Jul-Aug '95

July 95

15-16 **Primary UTA**
22-5 Aug Med Sq, WPAFB

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 1 or 6 you have until **EOM August** to recertify your BAQ or have it terminated. The reserve payroll office will forward a listing to Unit BAQ Monitors in June. 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.

August Schedule of Events

<u>Date/Time</u>	<u>Meetings, Etc</u>	<u>Location</u>
Fri, 11 Aug		
1400	Pre-UTA 1st Sgt Meeting	Bldg 1043, Conf Rm
Sat, 12 Aug		
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, TNET
1030	First Sergeants Meeting	Dining Hall, Sun Rm
1300	Sexual Harassment Sens Tng	Bldg 3333, S. Ent
1300-1400	IG Complaint Period w/ LtCol Despinoy	Bldg 1067 CC Office
1300-1400	Immunizations	Bldg 1068, Parachute
1300-1400	Ancillary Tng Monitor Mtg	Bldg 1043, Conf Rm
1400-1500	EST Manager Mtg	Bldg 1043, Conf Rm
As designated by unit	Sign-out	As designated by unit
Sun, 13 Aug		
As designated by unit	Sign-in	As designated by unit
0745-1200	Refresher DP Tng	Bldg 1115
0830-0930	Enl Advisory Council Mtg	Bldg 1043, Conf Rm
0900	Newcomers Anc Tng Ph I	September UTA
0900-1000	Additonal Duty Safety Tng	Bldg 1030, Com Flt
0900-1000	3S0X4 Training	Bldg 1043, Rm 204
1000-1100	Unit Career Advisor Mtg	Bldg 1043, Conf Rm
1300	Sexual Harassment Sens Tng	Bldg 3333, S Ent
1300	Newcomers Anc Tng Ph II	September UTA
1300	CDC Course Exam Testing	Bldg 460, Rm 213
1400-1500	3A0X1 Training	Bldg 1043, Conf Rm
1500-1600	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 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, or 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 x45871. 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.

A 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 with 90 days of entry on duty. This briefing is held during Phase II of the quarterly Newcomers Tng 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 on or before:	Receive Direct Deposit by:
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17 Jul	21 Jul
26 Jul	04 Aug
31 Jul	09 Aug
02 Aug	11 Aug
09 Aug	21 Aug
14 Aug	24 Aug
16 Aug	28 Aug

Dining Facility

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

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

MANDATORY FORMATION

What: Change of Command Ceremony (Support Group)

Where: Building 1030 (Aircraft Hangar)

When: July 15, 1995 1600

The ceremony will include the retirement of Lieutenant Colonel Donald R. Shaw. His informal reception will be held immediately following at the Officer's Club. Everyone is invited to come and say **FAREWELL**.

MEMORANDUM FOR ALL PERSONNEL

The following dates are for the 507 ARW's FY 96 UTA Schedule:

14-15 Oct 95	13-14 Apr 96
18-19 Nov 95	18-19 May 96
09-10 Dec 95	08-09 Jun 96
20-21 Jan 96	13-14 Jul 96
10-11 Feb 96	10-11 Aug 96
09-10 Mar 96	14-15 Sep 96

Re-emphasis given on certain group memberships

By SSgt. Chris Miller
AMC News Service editor

In light of the recent bombing in Oklahoma City and the prior military service of the key suspect, extensive public interest has been generated regarding the possible connection between military personnel and various private paramilitary or extremist groups.

As a result, now is the time to re-emphasize the standing regulations concerning military members' participation in extremist organizations.

Gen. Robert L. Rutherford, Air Mobility Command commander, in a letter to AMC commanders, addressed Air Force members' participation in dissident and protest activities.

He stated that military members are sworn to support and defend the Constitution and obey those appointed over them.

"As a result, military members must obey the laws of the land and should avoid organizations and activities that support supremacist causes, advocate illegal discrimination, or advocate violence or other forms of civil disobedience to further their aims," Rutherford said.

As spelled out in Air Force Instruction 51-309, Air Force members may belong to, but are prohibited from actively participating in, dissident organizations that support supremacy or otherwise advocate illegal discrimination (i.e., race, color, sex, religion, or ethnic origin). These groups may support using force or violence and often advocate depriving people of their civil rights. Participation in such groups is not compatible with military service.

"Active participation" includes publicly demonstrating or rallying, fund-raising, recruiting and training members on behalf

of a dissident organization. It also includes organizing or leading a dissident group and distributing printed materials for an extremist organization.

AFI 51-903 prohibits participation in protests or other activities on an Air Force installation that could disrupt or prevent the orderly completion of the installation's mission. It also prohibits engaging in activities which present a clear danger to loyalty, discipline or morale of military members. Members may not participate in demonstrations while on duty, when in a foreign country, when in uniform or when violence is likely to result.

These prohibitions apply to all Air Force members, at all times, and wherever located -- at home station, on temporary duty, CONUS or abroad, on duty or on leave. Members who violate AFI 51-903 are subject to disciplinary

action under the Uniform Code of Military Justice.

The instruction accommodates members' constitutional right to associate with organizations they choose and to freely express their beliefs by allowing membership in dissident groups. By prohibiting active participation in dissident activities, the instruction recognizes national security interests, which include ensuring stability of government, law enforcement, respect for human dignity and safety of citizens.

The Air Force instruction does not apply to Air Force civilian employees; however, the Air Force response to civilians' participation in extremist groups would depend on the facts and circumstances of each case. Action could include admonishment, suspension or termination of employment. (AMC News Service)



SSgt. David Powell, 654th CLSS, and Junior Whiteside, 507th ARW, repair a damaged elevator from the base's B-29 display aircraft. The part was damaged by high winds. (Photo by David Berry, student intern with the 507th ARW)

Air Force Reserve reenlistment bonuses increase

ROBINS AIR FORCE BASE, Ga. -- When the Air Force Reserve released its Air Force specialty code bonus list July 1, reservists eligible for a reenlistment or prior-service enlistment incentive saw it's doubled in value.

The Reserve is offering bonuses twice as large as a result of the Pentagon's decision last year to double enlistment incentives for non-prior service recruits going into critical skill specialties. Three-year enlistees will receive \$2,500, and six-year enlistees get \$5,000.

"Reenlistment bonuses are another quality of life benefit to meet the needs of people and at the same time encourage people to fill critical skills," said CMSgt. Earnest W. Sowell, chief of the career motivation and participation branch at Headquarters Air Force Reserve. "The Air Force Reserve's incentive program is consistent with other reserve components."

The Reserve's bonus list is the same as the Air Force's critical needs list, says Sowell. Frequently needed skills in the past included loadmaster, flight engineer, air cargo handler, aeromedical technician, explosive ordnance disposal and food service.

To qualify for a re-up bonus, reservists must have less than 10 years military service. They may have one enlistment and one reenlistment bonus.

"Bonus payments are based on participation and prorated over the term of reenlistment," said Suzanne Mixon, AFRES incentive program manager. "People receive X number of dollars per unit training assembly. They only get paid when they participate."

The Air Force Reserve has budgeted for the bonus increases and won't begin making payments until July 1996, according to Mixon. (AFRESNS)

Reservists perform AF duties world-wide

Some 22,000 Air Force reservists and more than 100 aircraft will deploy to other locations to train this spring and summer.

Several hundred reservists will journey overseas as a part of the Air Force team, including deployments to Italy and France to support Operation Deny Flight; and to Keflavik, Iceland, to air refuel 24-hour alert fighter aircraft. Other reservists and their units' C-130 Hercules transports will provide Coronet Oak theater support from Howard AFB, Panama.

However, most of the reservists who train away from home will travel to training sites in the United States.

Hundreds of reservists have deployed and will deploy to Aviano Air Base, Italy, for Deny Flight, the enforcement of a no-fly zone over Bosnia. Nearly 100 reservists from the 924th Fighter Wing, Bergstrom Air Reserve Station, Texas, wrapped up a tour in mid-March. Another F-16 unit, the 926th FW from Naval Air Station Joint Reserve Base New Orleans, La., replaced them through mid-April. The 917th Wing, Barksdale AFB, La., and the 442nd FW, Whiteman AFB, Mo., followed with a dozen A-10 Thunderbolt IIs and some 190 reservists.

Reserve KC-135 Stratotankers will also support Operation Deny Flight. KC-135R tankers from the 507th ARW, are currently staging operations from Istres, France, from June 9 to July 14. KC-135E's from the 927th ARW, Selfridge ANGB, Mich., launched air

refueling missions from Pisa, Italy, from June 22 to July 17.

Tinker, Selfridge and two other Reserve KC-135 units will take turns this summer air refueling air defense forces over Iceland. Also deploying to Keflavik on two-week rotations are a KC-135 and 10 reservists from the 452nd Air Mobility Wing, March AFB, Calif., and the 434th ARW, Grissom AFB, Ind.

Real-world missions continue as five C-130s and some 100 reservists per unit deploy to Howard to transport everything from diplomats to dry goods to countries in Central and South America. The 440th AW, Gen. Mitchell IAP ARS, Wis., began its support in late February and returned to Milwaukee in early April. Other participating units are the 403rd Wing, Keesler AFB, Miss., May 27-June 17; 913th AW, Willow Grove ARS, Pa., June 10-24; 908th AW, Maxwell AFB, Ala., June 17-July 8; and 302nd AW, Aug. 26 Oct. 14.

In other training deployments outside the United States, Keesler's 403rd AW sent a C-130 and 18 reservists to Cold Lake, Canada, April 28-May 14 for the Maple Flag exercise.

Nellis AFB, Nev., offers flags of a different color. Reservists and three HH-60 Blackhawk helicopters from the 305th Rescue Squadron, Davis Monthan AFB, Ariz., trained at Green Flag in April. Six F-16s and 125 people from the 301st FW, NAS Fort Worth JRB, Texas, applied their Texas brand to Red Flag from June 24 to July 8.

In Air Warrior training, the 419th FW from Hill AFB, Utah, deployed three F-16s to Nellis April 13-23.

Three hundred reservists and 12 F-16 Fighting Falcons from the 944th FW, Luke AFB, Ariz., tested their skills during their operational readiness inspection in June at NAS Fallon, Nev. The same number of people and planes from New Orleans' 926th FW prepared



Lt. Col. Dave Ortman shows off a t-shirt offered for sale by local Chapter 66 of the Reserve Officers Association. The ROA is also selling caps to help raise funds for use in unit projects. The "store" is open in Bldg 1048 on UTA weekends. (Photo by TSgt. Stan Paregien)

for their ORI with an operational readiness exercise in June at Gulfport Air National Guard Training Site, Miss.

Volk Field ANGTS, Wis., is another popular training site. Whiteman's 442nd FW dispatched 12 A-10s and 200 reservists there in June for their ORE. Three months later they will return with a dozen A-10s and 300 people for their ORI. Selfridge's 927th ARW will send five KC-135s and 32 reservists for an ORE in September. (AFRESNS)

close Earickson AF Station, Alaska (formerly known as Shemya). Their deployment ran from February 12 to their return April 10. Earickson is located on Shemya Island, a secluded little place 4 miles by 2 miles in size. Major inhabitants are blue foxes (known as Scruffies), sea animals and birds.

Closer to home, 12 members of the unit were called to participate in emergency operations involving the Murrah Building bombing. Activities included off-loading emergency supplies and investigative equipment and transporting them to the bombing site and command-post. The 72nd racked up some impressive statistics: 18 C-141 and 2 C-5 transport aircraft were off-loaded with the team processing and handling some 678,620 tons of cargo and 1,120 passengers to Oklahoma.

In May, 24 members were involved in a fly-away to Dobbins Air Reserve Base, Georgia for an Accelerated Transport Proficiency Course. The team learned hand signals, air terminal operations center procedures and material handling equipment. Travel arrangements were courtesy of the 507th's KC-135Rs.

72nd APS keeps busy with deployment activities

*By TSgt. Larry Wilson
72nd Aerial Port Squadron
Public Affairs Representative*

Members of the 72nd APS have been involved in a lot of different projects for the last six months. The unit's Operational Readiness Inspection is taking place this month at Travis AFB, Calif. The ORI will emphasize the ability of the unit to survive and operate in a hostile environment such as chemical or biological warfare. Actual deployment to other areas will occur as the ORI reaches full speed.

TSgt. Robert Wilson, TSgt. Clifton Howard, SSgt. Donna King and IMA Janet Hernandez recently returned from a mission to

Benefits of weight training explained

By Jay L. Anderson
Fitness Center West Manager

Most people in today's health-crazed world have developed a sense of perspective that exercise is really a good thing to do. It's the "in thing" to become part of. Next to dieting, it is the most common form of fitness awareness practiced.

Somewhat sadly however, most of us associate fitness development with aerobic activity only. Once the heart and lungs are in shape, we think of ourselves as "fit". Cardiovascular fitness is indeed an extremely important factor in one's overall wellness lifestyle. However, another form of fitness is also starting to gain recognition as a comparable and worthy associate, neuro-muscular fitness.

Just what is neuro-muscular fitness, and what are the benefits it affords? In a nutshell, neuro-muscular fitness relates the nervous system and the muscular system of the body. The body's ability to produce coordinated movement is so intricate and interwoven into our everyday lifestyle that we literally take it for granted, unless we're unfortunate enough to lose it by some freak accident.

At least we do while we're young and mobile; while our bodies are strong, supple and agile. As years go by our general lifestyle usually changes. We're not as active as we once were; our pursuits change; we become more sedate. When this occurs we also start noticing our ability to do the things we once did have greatly diminished. Aches and pains become common. After even moderate activity we often become stiff and sore. Sound familiar?

Most of us just call it "getting older" and accept it. Actually, what has happened is we have let ourselves get out of shape neuro-muscularly.

Is there anything we can do about developing neuro-muscular fitness? Can we delay or prevent this seemingly natural process? Sure we can, and it's easier than you may first think.

Probably the simplest way is through resistance training. Some people more commonly call it "weight training." Sound hard? It really isn't! Can women do it? Sure, just as well as the men! Am I too old for that kind of stuff? Nope! What can it do for me? Lots!

First, get one thing absolutely clear in your mind. Weight training is not the same as training to be a weight lifter. Your goal is not to see how much weight you can eventually lift. The process involves training the muscles against a resistance (usually weights) which comfortably overloads the muscle beyond what it is normally accustomed to and in response, the muscle gradually respond by becoming better toned; become bigger, stronger and more supple. Sound good? There's more!

Resistance training also provides other benefits you'll enjoy. Here are just a few you'll be interested in knowing:

- Reduction in body fat (raises basic metabolism)
- Increase in density of bone mass (deters bone loss)
- Increase in strength and elasticity of connective tissue (tendons and ligaments)
- Increase in range of motion in joint areas



- Reduction in blood pressure
- Improved glucose tolerance and lipid-lipoprotein levels

Just consider these benefits briefly and imagine the increased enjoyment and lifestyle opportunities which could be yours. It's never too late to start a resistance training program. If you are young, use it to maintain a healthy neuro-muscular system. If you are somewhat older, start a program to reverse many of the problems associated with aging.

If you are not familiar with how to start such a program, take advantage of the staff and equipment available to you at Fitness West.

The staff has the know-how to get you started on your own "personalized program" using some of the best resistance training equipment and aerobic machine available. Invest about 8 weeks of your time this summer training 3 days a week for about an hour each day. You see and feel the difference.

507th bowling team is created

The 507th Air Refueling Wing is trying to form a Bowling league.

According to MSgt. Sammy Ware, air reserve technician with the 72nd Aerial Port Squadron, "We were contacted by an off-base bowling center asking us if we were interested in creating a team for an upcoming military league or even creating our own 507th league."

Ware said the local center management said they were trying to show their support of Oklahoma military members through their offer. Currently, due to limited available space, unit reservists can not form a team to play in the Base Bowling Alley league, so, "this is the next best thing."

"The bowling establishment is trying to create an all-military league to begin this August. They have contacted other Reserve, Air National Guard, and Navy units in the area," Ware said. "However if we have enough response from within the 507th itself, we could create separate teams of reserve members, their spouses, kid's teams or even our own league itself."

"The costs haven't been decided yet, but we're working to keep it as low as possible. Rates," Ware said, "depend on how many people we can get to join up."

Ware is actively looking for anyone wishing to participate. For more information or to sign up contact Ware at 739-3387.

Reserve News

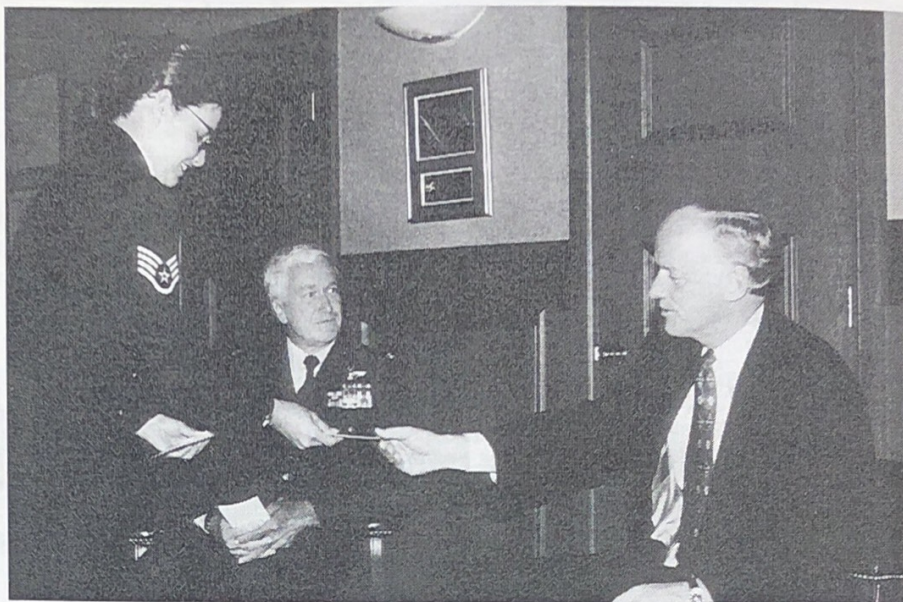
Senior officer moves to occur in August

Several senior officer positions in the Air Force Reserve will change hands in August, according to Headquarters AFRES officials here.

Brig. Gen. Michael R. Lee, commander of the 440th Airlift Wing, Gen. Mitchell International Airport Air Reserve Station, Wis., will assume command Aug. 1 of 22nd Air Force at Dobbins Air Reserve Base, Ga., replacing Brig. Gen. Joseph A. McNeil. McNeil will return to traditional reservist status as mobilization assistant to the AFRES vice commander at Robins.

Col. Paul R. Cooper, assistant vice commander of 22nd Air Force, will replace Lee at the 440th AW, effective Aug. 1.

Col. Robert E. Lytle, commander of the 507th Air Refueling Wing, Tinker Air Force Base, Okla., will replace Col. Jack C. Ihle as commander of the 926th Fighter Wing, Naval Air Station Joint Readiness Base New Orleans, La., effective Aug. 13. Ihle will take a temporary assignment at



SSgt. Jan Wolfe, presents a check to Oklahoma Governor Frank Keating for victim relief of the Murrah Building bombing survivors. The funds were raised last month during a special Bale Sale Wolfe coordinated at the 507th. Also present is Col. Robert Lytle, 507th commander. (Photo by TSgt. Mitch Chandran.)

10th Air Force, Bergstrom Air Reserve Station, Texas.

Col. Martin M. Mazick, reserve advisor to the commander of Air Mobility Command, Scott Air Force Base, Ill., will replace Lytle at the 507th ARW, effective Aug. 12.

Col. Anthony Tassone Jr., former assistant vice commander of 4th Air Force,

McClellan Air Force Base, Calif., became commander of the 434th ARW, Grissom Air Force Base, Ind. (AFRESNS)

Charge card for government use only

Charge cardholders need to remember their American Express government card is for expenses incurred while performing official government travel only. The best rule to follow is, "if it's not reimbursable on your travel voucher, don't use the card."

Cardholders are responsible for proper use and timely payments, and may face disciplinary action for abuse and delinquencies. The 1-800 number on the back of the card allows them to speak directly with an American Express representative if extenuating circumstances prevent timely payment.

Unit American Express account monitors have more information. (AFRESNS)

Tunender picked

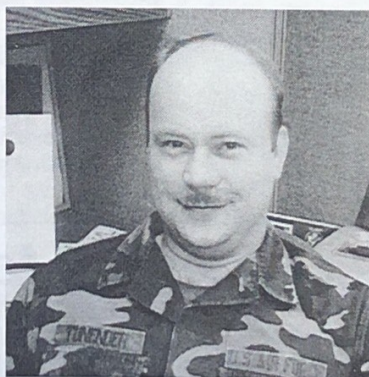
as AFRES best

MSgt. Terry Tunender, NCOIC of the 507th Services section, is this year's AFRES Services Outstanding Enlisted Manager for 1994.

A member of the 507th Mission Support Squadron, Tunender's involvement in issues of unit billeting, food services and morale laid the groundwork for his winning the Command award.

Tunender's supervisor repeatedly cited his efforts supporting Tinker's billeting and food services by providing them highly-trained crews. Tunender was also praised for his coordination efforts to support local unit training exercises and deployments.

According to Maj. Mony Goodman, 507th MSR officer, "Sergeant Tunender has worked very hard to maintain a rapport with Tinker Services. He was a big player in making sure that reserve training was included in the base dining facility's contract negotiations and helps support Tinker manpower shortages and exercises."



MSgt. Terry Tunender

Tunender is also very involved in unit training, Goodman said. "He ensures all services members receive 100 percent of necessary training and keeps them fully engaged throughout drill weekends with meaningful work," Goodman said.

Goodman cited Tunender as a role model for his work as a volunteer assistant coach on an elementary school baseball team. In his civilian job, Tunender works at the Tinker Lodging Office as a Guest Services Representative.

Refer a friend for a career future!

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