

On-final



Vol 15 No 10, October 1995

507th Air Refueling Wing

Tinker AFB, OK



The task of standing up a new Air Force Reserve Associate AWACS mission has begun as local teams are being created. Soon Reservists will be helping fly and maintain E-3 aircraft

pictured above. While official manning documents have not yet been received, officials predict local Reserve manning will increase. (Photo by TSgt. Gary Bristol)

507th, Air Force Reserve gains AWACS mission

The Air Force will stand up a Reserve Associate E-3/AWACS program at Tinker AFB according to an Air Force Reserve force structure announcement made last month.

According to Air Force officials, the 507th Air Refueling Wing will gain an AWACS associate mission when it adds six E-3 Airborne Warning and Control System crews. At the same time, the unit will maintain six of its current 10 KC-135R tanker aircraft.

According to Col. Martin M. Mazick, 507th ARW commander, "Naturally, we are delighted by this announcement. However," he added, "this is not the time to celebrate. We need to apply the same talents and energy we used to build a first-class tanker unit to building a first-class AWACS unit."

The E-3 Sentry is an airborne warning and controls system (AWACS) aircraft that provides all-weather surveillance, command, control and communications needed by commanders of U.S. and NATO air defense forces.

Under the associate program, reservists will fly AWACS aircraft owned by an active-duty unit. The Air Force Reserve Associate Program, which began in 1968, merges Reserve units

with active-duty units at active-duty Air Force bases throughout the United States. The Reserve units use active-duty aircraft and equipment for their training and operations while working directly with active-duty personnel.

"This partnership will enhance not only the capabilities of each system but the over-all success of operations," said Brig. Gen. Silas R. Johnson, Jr., 552nd ACW commander. "It's a team effort. We're going to do this smart - and most of all, we're going to do this right!"

Currently, associate units fly C-141 Starlifter, C-5 Galaxy, C-9 Nightingale and C-17 Globemaster II transports along with KC-10 Extender tanker/cargo aircraft. Recently, the Air Force Reserve added a KC-135 Stratotanker associate unit at McConnell AFB, Kans.

Reserve associate crews account for 50 percent of the Air Force's C-141 and C-5 aircrew capability and roughly 43 percent of the Air Force's KC-10 aerial refueling capability. Reservists also account for 32 percent of C-9 aircrew capability.

(Continued on Page 4)

People are our secret ingredient

By CMSgt. Belinda Journey
507th Quality Office

The 507 ARW has weathered a great deal of change over the past few years. Since 1989, we have seen three different airframes on the ramp, three different commanders in Suite 101, and a new leadership philosophy throughout the command.

During the same period, the Wing has successfully completed an Operational Readiness Inspection and a Quality Air Force Assessment. An oak leaf cluster was added to the Wing's Outstanding Unit Award. Wing members were called to serve the nation in various international crisis situations. The maintenance complex was recognized for excellence. Currently the Wing is representing the Air Force Reserve in Air Force-wide competition based on outstanding use of team work.

What enabled success for the Wing when failure was a likely outcome was our people. People are our secret ingredient. Rules, regulations, policies, and guidelines set the stage for

safe, effective mission accomplishment, but people act and people achieve results.

The Senior Leadership Council commissioned a team to conduct research for a Wing-wide self assessment. Summary reports of that research are being prepared. The reports can describe Wing systems just as they can attempt to reflect the personality of the organization. The reports can not, however, reflect the numerous extra miles traveled by our people.

Despite mission changes, cultural changes, leadership changes, budget reductions, work force reductions, and threats of more of the same on the horizon, Wing members have demonstrated a level of determination that serves as a benchmark for the command. While we focus attention on a successful conversion, its easy to overlook that there isn't just one success story in the 507th ARW--there are over eleven-hundred success stories.

What made it possible for us to come so far so fast are the individuals who populate our work-centers. Congratulations and thank you for yet another job well done.

On-final

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

Safety spotlight

Keep focused on the job

By Lt. Col. Len Kight
507th Safety Officer

Another UTA has come and gone and finally the rumors have faded to a dull roar. The 507th will keep some of the tankers and add an AWACS mission.

Now everyone can settle down and keep their minds on the job at hand. This makes it easier to be safe when you don't have distractions to preoccupy your thoughts.

But now the challenge of standing up a new unit will be in the minds of some of us. I guess we can never be totally free from distractions of some kind.

We must always be on guard to not let ourselves be distracted by different or unusual circumstances. Each of us must maintain a mature, responsible outlook and avoid a "get through quick" short-cut attitude. Sooner or later, a sloppy job will be found out.

Kudos for the month:

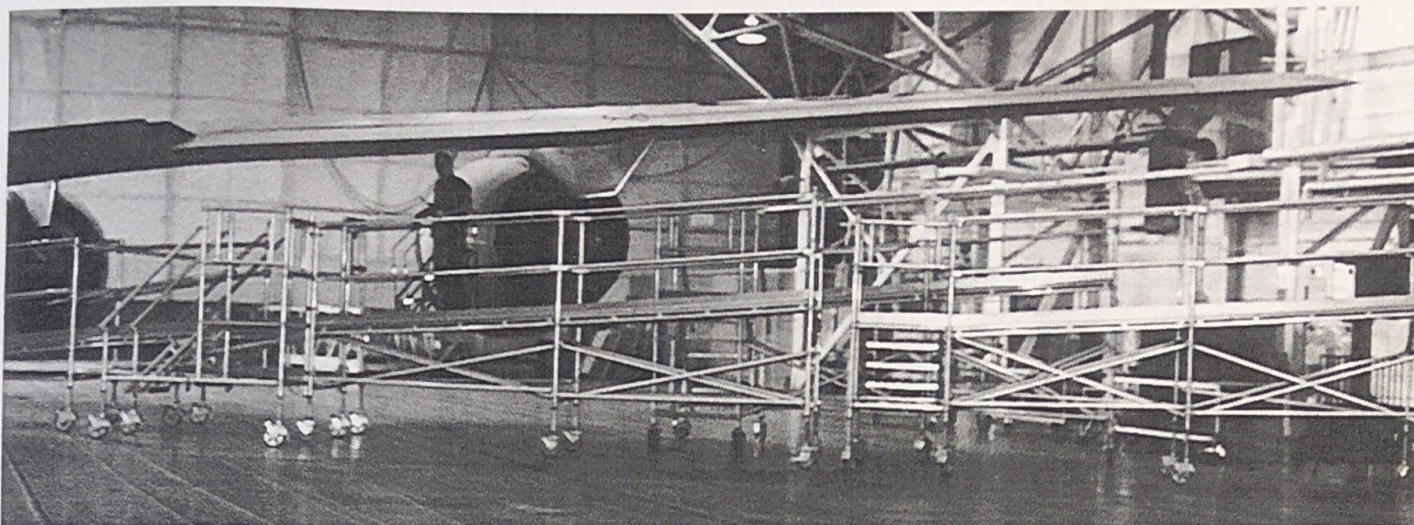
Thanks to the Security Police for being diligent in their use of eye protection and seat belts when riding their all-terrain vehicles. I know it may seem a bother, but believe me, much worse things could result from not wearing eye protection.

We also want to recognize Mr. Gay, our grounds maintenance worker, who always wears his hearing, eye, and foot protection appropriate for the task he is performing.

We in Safety appreciate the efforts of all those who follow the rules of self protection, and of course for those who don't, we'll fill out the mishap reports.

Remember: Make it click!





507th maintenance workers are able to conduct inspections and repairs faster and safer with aircraft ramps received from the Oklahoma City Air Logistics Center. The ramps

replace smaller maintenance stands which needed to be moved frequently during repair work. (Photo by TSgt. Mitch Chandran)

Stands allow faster maintenance ramp-up

*By TSgt. Mitchell B. Chandran
507th Public Affairs*

Full under-wing inspection stands were loaned to the 507th Air Refueling Wing last month by Oklahoma City Air Logistics Center's C-135 Depot Maintenance Section, continuing the cooperative spirit of teamwork and interservicing.

These inspection stands are designed to allow aircraft inspectors and maintainers to easily work under the full length of a KC-135's wings.

The aluminum stands come in six sections that easily clamp together. Fully assembled, the stands create a inclined ramp allowing the user to walk under the leading or trailing edge of the wing with complete access to the bottom skin areas. Prior to getting these stands, maintainers used smaller roll-around stands which needed to be moved frequently, slowing down repair work.

SMSgt. Lloyd Domer, 507th phase inspection supervisor, led the effort to bring the equipment to the 507th.

"They're lighter than our regular stands," Domer said "They're easy for one person to move around. This is a big improvement compared to the bulky steel B-1 and B-4 stands that had to be maneuvered in and out under the wings. These stands are a valued piece of equipment at the 507th. They give us more flexibility and a safer working environment."

Another maintenance benefit is faster aircraft phase turnaround times. "These stands will not save a great deal of time on one phase inspection," Domer said, "but a substantial savings will be realized in the long run." More importantly, he said, these stands will allow more freedom for maintainers to concentrate on their inspection and servicing of the aircraft as opposed to body positioning to keep safe in the more restrictive stands.

"Originally these stands were purchased and used in the C-135 moving line when it was in operation," said Jim Webb,

OC-ALC's C-135 depot maintenance aircraft overhaul supervisor.

During the moving line concept, the stands rolled with the aircraft to the end of the line. "It worked great," Webb said, "until a reorganization moved the C-135 moving line into another building which did away with the moving line concept. That, and having less work space, meant these particular stands were no longer useful to us."

The teamwork relationship between the 507th ARW and OC-ALC has been strengthened by many projects since the unit took its new mission with the KC-135 aircraft. "We have borrowed equipment from each other, kind of sharing things back and forth. It's been a great team concept," Webb said



It's an easy walk from fuselage to wingtip with the new aircraft ramps, as shown by SMSgt. Jim Carmen. (Photo by TSgt. Mitch Chandran)

507th CES helps out with backlogged projects

by **SSgt. Shawn Sones**
507 CES PA Rep.

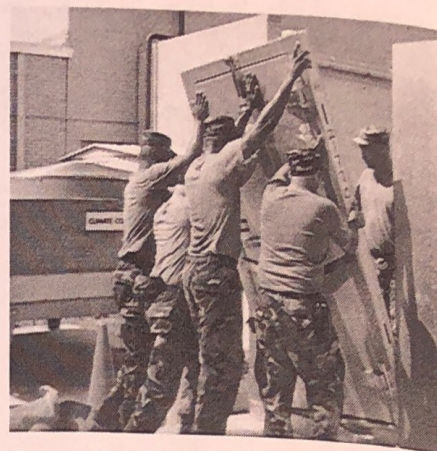
The 507th Civil Engineer Squadron Heating, Ventilation, and Air Conditioning (HVAC) section, with the assistance of some Structural Section personnel, have been keeping pretty busy on UTAs lately.

Due to the efforts of HVAC Technician TSgt. Roger Garrett, an employee of the Base CE Zone B shop in his civilian job, backlogged Zone B work projects have been scheduled and accomplished.

These work projects provide invaluable experience and hands-on training that's not normally available for Reservists. Examples of work done on UTAs have included repairing and maintaining chill water and air conditioning systems,

repairing steam, hot water and condensate return systems; painting the kitchen and ballroom areas of the base Enlisted Club, replacing a boiler in Bldg. 1048 (507th Ops), and hands-on training using special tools with related diagnostic equipment.

On the August UTA, one project and one last-minute emergency were worked simultaneously: First, the air conditioning system for the CE building (Building 1047) went out a few days before the UTA; a replacement compressor was not procured until late the day before. TSgt. Garrett, SSgt. Michael Hogan, SSgt. Chris Pittner, SSgt. Kristi Crail, and Electrical Technician SSgt. Ron Messick installed and wired in a new system, working until 9 p.m. on Saturday and all day Sunday. The second project was to assemble and



Supporting Base Civil Engineers, this 507th CES team constructs a walk-in freezer behind the NCO Club. (Photo by SSgt. Shawn Sones)



TSgt. Roger Garrett, SSgt. Michael Hogan and SSgt Chris Pittner of the 507th Civil Engineer Squadron repair an air conditioning unit behind the CES building. (Photo by SSgt. Shawn Sones)

erect a 13-foot by 20-foot walk-in freezer unit behind the base Enlisted club.

The freezer unit came in sections; the floor had to be assembled and set (centered and leveled on the concrete pad), then the walls and ceiling panels had to be installed. Once done, a water-resistant rubber cover had to be centered on it, and the refrigeration compressor unit set up it. This project was professionally completed by SSgt. Torin Walton, SSgt. Shawn Sones, SrA. Ken Miller (all HVAC), and Structural Technicians SSgt. Darren Kennedy, SSgt. Jef Alexander, and SSgt. Candace Romani.

Blood drive set for October and December UTA

By **Dave Mugg**
507th Executive Officer

The 507th ARW is holding its blood drive Saturday, Oct. 14 and Dec. 9. Unit Training Assemblies between 9 and 11:30 a.m. and 1 to 4 p.m. in front of the Wing Headquarters Building for both dates.

As a bonus to all who donate blood during these time frames, an early sign out of two hours will be permitted on Sunday of the December UTA. Simply write your name and unit legibly at the blood mobile sign-in so the information can be verified with your unit.

During the summer, when school's out and people are vacationing, there's a lack of donors. As a result, non-emergency surgeries are postponed due to the lack of blood supplies. This is the reason that a push for donors occurs in the fall.

In addition, Thanksgiving and Christmas are holidays that keep most people busy thinking of other things instead of thinking

about donating blood, thus adding to the shortfall of blood supplies.

Another bonus donors receive, anytime, is an automatic deposit into a blood "savings account" in the donor's name. This allows the donor or a person from his/her family to draw blood from that account when needed.

There are many reasons to donate blood on a regular basis but the bottom line is being generous. By donating blood, especially during the next 3 months, you know you're giving a gift - the gift of life.

AWACS unit to be created

(Continued from Page 1)

The associate program at Tinker will involve having reservists fly the same missions and maintain the same professional standards as their active-duty counterparts. Associate unit

aircrews fly daily on missions throughout the world. Officials stated the flexibility of the associate program is that it allows a Reserve aircrew member to fly as part of an active-duty crew or with an all-Reserve crew.

October Schedule of Events


Date/Time	Meetings, Etc.	Location
Fri, 13 Oct		
1400	Pre-UTA First Sgt Mtg	Bldg 1043 ConfRm
Sat, 14 Oct		
As Designated by Unit	Sign In	As designated by Unit
0730-1000	Newcomers In-Processing	Bldg 1043, Rm 201C
0815-1215	Refresher Disaster Prep Tng	Bldg 1115 Bleachers
0900-1000	3AOX1 Training	Bldg 1043, ConfRm
1000-1030	Newcomers Orientation	Bldg 1043, TNET Rm
1000	Mobility Rep Meeting	Bldg 1043, ConfRm
1015	Escorts Pick Up Newcomers	Bldg 1043, TNET Rm
1030	First Sgts Meeting	Dining Hall, Sun Room
1300	Sex. Harass. Sensitivity Tng	Bldg 3333, South Entrance
1300-1400	IG period w/LtCol Despinoy	Bldg 1067, Gp CC Office
1300-1500	MANDATORY EST Managers Tng	Bldg 1043, ConfRm
As designated by Unit	Sign Out	As designated by Unit


Sun, 15 Oct

➔ Mobility Exercise for Non-Aviation Package Personnel

As Designated by Unit	Sign In	As Designated by Unit
0730-1500	Initial Disaster Prep Tng	Bldg 1115, Classroom
0830-0930	Enlisted Advisory Council	Bldg 1043, ConfRm
0900-1100	Newcomers Ancillary Tng Ph I	Bldg 3333, South Entrance
0900-1000	Hazardous Comm Tng	Bldg 1030, LG ConfRm
1000-1100	Unit Career Advisors Mtg	Bldg 1043, ConfRm
1230-1630	Newcomers Ancillary Tng Ph II	Bldg 3333, South Entrance
1300	CDC/PME Course Exams	Bldg 460, Rm 213
1300	Sex. Harass. Sensitivity Tn	Bldg 3333, South Entrance
1400-1500	3AOX1 Training	Bldg 1043, ConfRm
1500-1630	MPF Closed for In-House Tng	Bldg 1043
As designated by Unit	Sign Out	As Designated by Unit

HOT TOPICS.....read all about it on page A4

 HQ AFRES/CV Directs Training Audit for All Units

 507th Education and Training Flight and Distance Learning Center Tests Kicked Off 1 Oct 95

Training Planner

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Long Range Schedule

October

13	507 CF UTA at Cannon 13, 15, 17
15	TOP 3 Meeting
22	72 APS A/C Exer 22-23 Oct
30	ORE (Depl) 30-02 Nov (Tentat)

November

01	Bullwark Bronze- TBD
04	UTA 4-5 Officer's Call

December

09	Unit Christmas Parties (Evenings only) UTA 09-10
09	Functional Area visit HQAFRES/SG (Col M. Uddin)

January

20	UTA 20-21
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November Schedule of Events

Date/Time	Meetings, Etc.	Location
Fri, 03 Nov		
1400	Pre-UTA First Sgt Mtg	Bldg 1043 ConfRm
Sat, 04 Nov		
As Designated by Unit	Sign In	As designated by Unit
0730-1000	Newcomers In-Processing	Bldg 1043, Rm 201C
0900-1000	3AOX1 Training	Bldg 1043, ConfRm
1000-1030	Newcomers Orientation	Bldg 1043, TNET Rm
1000	Mobility Rep Meeting	Bldg 1043, ConfRm
1015	Escorts Pick Up Newcomers	Bldg 1043, TNET Rm
1030	First Sgts Meeting	Dining Hall, Sun Room
1300	Sex. Harass. Sensitivity Tng	Bldg 3333, South Entrance
1300-1400	IG period w/LtCol Despinoy	Bldg 1067, Gp CC office
1400-1500	Mandatory EST Managers Tng	Bldg 1043, ConfRm
As designated by Unit	Sign Out	As designated by Unit
Sun, 05 Nov		
As Designated by Unit	Sign In	As Designated by Unit
0745-1500	Initial Disaster Prep Tng	Bldg 1115, Prime Beef
0830-0930	Enlisted Advisory Council	Bldg 1043, ConfRm
0900-1000	Addl Duty Safety Rep Mtg	Bldg 1030, LG ConfRm
1000-1100	Unit Career Advisors Mtg	Bldg 1043, ConfRm
1300	CDC/PME Course Exams	Bldg 460, Rm 213
1300	Sex. Harass. Sensitivity Tng	Bldg 3333, South Entrance
1400-1500	3A0X1 Training	Bldg 1043, ConfRm
1500-1630	MPF Closed for In-House Tng	Bldg 1043
As designated by Unit	Sign Out	As Designated by Unit

Disaster Preparedness

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 they will be reported as "no-shows." Ensure all personnel bring their Go-Bags with them to all classes.

Supervisors may schedule Chem War training throughout the year by calling DW office at 45249, NLT one UTA prior to class requested. Units must report names of personnel requiring training when scheduling.

In order to utilize the go-to-war MCU-2A/P protective masks for training, TQT, OREs, and deployments; notify 507 LSS at 45871. Two weeks prior to your need, let them know how many masks of each size you need and when they will be returned to Base Supply. Personnel retrieving masks will sign an AF Form 1297 (hand receipt) for all masks received. 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 reporting for duty. This briefing is held during Phase II of the Quarterly Newcomers Training at 1230 on Sunday of the UTA in Bldg 3333.

Ancillary Training

Newcomers Ancillary Training

Newcomers Ancillary Training is conducted the first month of each quarter (Jan, Apr, Jul, Oct). Unit training managers are responsible for ensuring their new personnel are scheduled to attend the within 90 days. If you have any questions, contact the Education and Training Flight at x47075.

More What, Where, When

Chapel Services

Divine Service	Sat*	1515	Hospital Pharmacy
Protestant Service	Sun*	0730	Disaster Prep Classroom Bldg 1030, 2nd Floor Flightline Side
Catholic Mass	Sun	0940 & 1220	Base Chapel

Medical Services

Immunizations	Sat*	1300-1430	Bldg 1068, Chute Shop
<ul style="list-style-type: none"> • New shot records will be made at this time as well. Please bring your old records with you. 			
Physical Exams	by appt	0730	Bldg 5801, Flt Med Office

- Physicals are mandatory appointments, however, rescheduling may be permitted due to special circumstances. If you are on flying status your physical must be accomplished NLT the last day of your birth month. If you are unable to meet an appointment you must call TSgt Latta, x43151 prior to the UTA to reschedule.

Random Drug Tests	Sat*	0900	Base Hospital
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- The names of those randomly selected for testing are released by Social Actions to Unit commanders immediately after sing-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 any questions about the Random Drug Testing program contact Social Actions, x45019.

Pass & ID

Mon-Fri	0730-1600	Bldg 460 Rm 117
Sat*	1200-1600	" "

- Services available include ID cards, fingerprints, vehicle registration and base decals

Individual Equipment Issue

Mon-Fri	0800-1400	Bldg 469, South Side,
Sat*	0800-1530	Door 36

- Check with your Unit Orderly Room before your attempt equipment issue or exchange.

Dining Facilities

Sat-Sun*	
0600-0900	Bkfst
1100-1300	Lunch
1530-1800	Dinner

Military Pay

Bldg 1043 Rm 210
x45016

Hours of Operation:

Mon-Fri	0730-1200
" "	1300-1600
Sat-Sun*	0700-1500

**File for Receive Direct
pay by: Deposit by:**

04 Oct	13 Oct
10 Oct	19 Oct
12 Oct	20 Oct
16 Oct	25 Oct
18 Oct	27 Oct
23 Oct	31 Oct

BAQ Recertification Deadlines

If your SSAN ends with a 2 or 7, you have until 31 Oct 95 to recertify your BAQ or have it terminated. Please see your Unit BAQ monitor to complete the AF Form 987. 507th Military Pay sends the list to Unit BAQ Monitors who must return the list complete with all recertifications to the Military Pay. NOTE: If you don't have dependents, you don't need to recertify.

* Primary UTA's only

Education & Training Flight

Location: Bldg 1043, Rm 206

Phone: 734-7075

OUR MISSION

To provide and manage education and training programs which contribute to the highest levels of readiness, retention, and sustainability by increasing customer job skills and education.

Stop by and find out how we are changing to better serve you!

Training Audit

Based on concerns and findings from the Air Force Audit Agency regarding the possible condition of maintenance training, the AFRES Vice CC has requested a review of training in all AFSCs.

As part of this review, supervisors are directed to conduct a 100% audit of all training records (AF Form 623). Checklists for this will be provided on Saturday of the Oct UTA.

Supervisors will complete a checklist for each training record, place the annotated checklists inside the records and submit these to their UTM. UTMs will receive further instructions at the Mandatory EST Meeting, 1300, Sat, 14 Oct 95.

Monthly reports on findings and status of audit completion will be provided to the Wing CC by the 507 Education & Training Flight. Audit must be completed at Unit level NLT 10 Dec 95.

NCO Academy In-Residence

Listed below are the FY 96 NCO Academy class dates. SSgts with 8 years satisfactory service, and TSgts are eligible to attend. Each squadron may submit only one(1) nomination to DPMAT. Nominations must be endorsed by Unit CCs.

Class dates	Nominations due
03 Nov 95- 14 Dec 95	18 Sept 95
08 Jan 96- 15 Feb 96	15 Oct 95
27 Feb 96-04 Apr 96	05 Nov 95
16 Apr 96- 23 May 96	21 Jan 96
03 Jun 96- 11 Jul 96	10 Mar 96
05 Aug 96- 12 Sep 96	19 May 96
23 Sep 96- 31 Oct 96	14 Jul 96

Military Personnel Flight

Location: Bldg 1043 Room 201

Hours of Operation:

0730-1630 Monday-Friday
0730-1630 Saturday-Primary UTAs
0730-1500 Sunday-Primary UTAs

Closed 1500-1630 UTA Sundays
for In House Training

MPF Phone Numbers:

MPF Management	DPM	47494
Customer Service	DPMPS	47492
Employment	DPM AE	47493
Relocations	DPMAR	47493
Career Enhancement	DPMPE	47491
Systems & Readiness	DPMD	47494

TDY & Reassignment Outprocessing

0730-1500 Monday-Friday
0830-1500 Saturday-Primary UTAs

Please report to Personnel Relocations during the above times for TDY-to-school or reassignment outprocessing. Your cooperation in complying with this schedule is greatly appreciated so that you will have access to all agencies you must see to complete the outprocessing checklist prior to the end of the duty day.

Tips for Faster MPF Service

⌚ ARTs or reservists on mandays or annual tour can conduct personnel business any weekday to help avoid UTA congestion.

⌚ Avoid Saturday morning unless you have an appointment. Due to Inprocessing activities, the Customer service section is shorthanded until about Noon on Saturday.

☎ Call ahead to find out how long the wait will be.

📁 Be sure you bring any required documents with you and avoid the need for a second trip to finish up your business.

Med. Squadron completes annual tour

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

Forty-six members of the 507th Medical Squadron completed annual tour at Wright-Patterson AFB, Ohio Medical Center from July 22 to Aug. 5.

In the outbrief meeting attended by active-duty commanders and supervisors, the active duty component rated members as excellent, and one of the best reserve units they have had the privilege to host.

Unit members worked in all areas of the hospital including logistics, radiology, flight medicine, surgical intensive care, primary care, medical-surgical ward, optometry, dental, mental health, and administration. Everyone blended well with active duty to provide support for the hospital.

During the tour, several members provided special assistance to their

active-duty counterparts. 1st Lt. Dennis Sivert, SSgt. Carolyn Irons, and TSgt. Charles Latta assisted in the pallet buildup for 74th Medical Group members who were deploying to the U.S. Hospital, Zagreb, Croatia.

According to Sivert, "I was very happy with the team's work," and laughingly remarked, "This was the first pallet that I ever built that actually went somewhere."

Capt. Danny Shepard and SSgt. Andrea Cox provided CPR instruction to active-duty and reserve personnel while Lt. Col. Laura Talbot and Lt. Col. Alberto Angles assisted in teaching an Advanced Cardiac Life Support course.

Talbot also offered official Continuing Education Units to active-duty and reserve nursing personnel in a Heart and Lung Sounds course.

Flying time was offered to the medical squadron's flight surgeons. Maj. Thomas Bettes, Maj. David Vu, and Lt. Col. Angles all received flying time in the C-141 which included air refueling and touch-and-go landings.

Off-duty hours were spent relaxing, trips to Cincinnati including a Cincinnati Reds baseball game, antique shopping, full use of the gym facilities, and visits to the U.S. Air Force Museum.

It is also rumored that several members are now experienced Karaoke singers and expert dart throwers.

However, the annual tour mission would not have been a success without the support of the 507th Mission Support Squadron and the 465th Air Refueling Squadron who assisted the medical squadron in preparation and travel to the host facility.

Most reservists have 2 years to 'patch' BDUs

Most of the Air Force Reserve's 65,000 unit members have two years to place patches on their battle dress uniforms.

Air Combat Command, Air Mobility Command and AFRES-gained reservists have until Sept. 30, 1997, to switch their BDUs from the aircrew style name patch to the sewn-on name and U.S. Air Force tapes with patches.

When the BDU shirt or field jacket is configured with the sewn-on tapes, Reserve units gained by ACC, AMC or AFRES will wear the subdued gaining command patch on the right breast pocket. The patches will be centered between the left and right edges and the bottom of the flap and the bottom of the pocket.

Installation commanders may approve the wear of one subdued sewn-on organizational patch and will designate whether it is a numbered air force, wing or squadron patch. The organizational patch will go on the left breast pocket in the same manner as the command patch will go on the right breast pocket. AFRES assigned active-duty and Headquarters AFRES personnel will not wear an organizational patch.

If the service member has an awarded duty badge --security police, fire protection, etc. -- it will go on the left pocket in lieu of the organizational patch.

Air Force Instruction 36-2903 and its supplements have more information on the proper wear of command and organizational patches, and duty badges.

They must be sewn on the uniform, not affixed with Velcro or similar fasteners.

ACC and AMC have not authorized the wear of morale patches, which include specialty, competition and recognition patches. In the past, these were worn above the name tape.

Customer service officials in the Headquarters AFRES

Directorate of Personnel said they have not received

guidance from the other gaining major commands but will provide it as soon as it becomes available. (AFRES News Service)



Command takes steps to help inactivated CE units

Headquarters Air Force Reserve officials here are working with AFRES unit commanders to lessen the impact of force structure reductions announced Aug. 11 and other drawdown actions.

Hardest hit by the drawdown in forces are six geography separated civil engineer squadrons which inactivate Oct. 1. The units are at Davis-Monthan Air Force Base, Ariz.; Kirtland Air Force Base, N.M.; Langley Air Force Base, Va.; Offutt Air Force Base, Neb.; Pope Air Force Base, N.C.; and Robins Air Force Base.

To help these units, command officials extended the authorized drill period to the December 1995 unit training assembly because these units had less than 90 days notice of the actions. The officials said the command would pick up the tab for the extra drill weekends even though funding for them goes away Oct. 1.

AFRES will not approve annual tours after Sept. 30 unless a tour is required to satisfy unique unit mission requirements or to satisfy a member's "good year" requirement.

"We recognize the inherent trauma associated with this force structure announcement and wish to make every attempt to pay special attention to the needs of our fellow reservists," said Brig. Gen. John J. Batbie, AFRES plans director. "Their careers are important to them, and we must make it clear they are important to us. We have already begun work to determine when and where to dispatch briefing and assistance teams." (AFRES News Service)



MSgt. Larry Deal, 507th Maintenance Squadron First Sergeant, assists MSgt. Deborah Fuqua, of Family Readiness, in auctioning off cakes to raise funds. (Photo by TSgt. Stan Paregien)

Family Day draws large crowd

By Capt. Rich Curry

In spite of a last-minute location change due to rainy weather, the 507th's Family Day proved to be a success last month.

Officials estimate more than 2,500 reservists and their families attended the event which offered activities, exhibits, and some just plain fun.

According to CMSgt. Ray Deutsch, 507th Senior Enlisted Advisor and coordinator for the event, "We're very pleased with the turnout. Everyone appeared to have a great time."

Deutsch said the proceeds raised from Family Day will help provide Thanksgiving and Christmas food baskets for needy unit families. "Last year we helped out quite a few of our reservists during the holidays. This year we should be able to do a lot more. I'm delighted with what we raised," Deutsch said.

Some 20 activities were manned or hosted by unit reservists throughout the day. Events included a bake sale, karaoke singing, volleyball tourney, children fingerprinting, clowns, 507th Jail, Safety Kid's poster contest, facepainting, a security police working dog demo, and several static displays to name a few.



Young kids and old kids took a ride on the "train", which was provided by a local Optimists Club in support of Family Day. (Photo by TSgt. Stan Paregien)



Unit members and their families were treated to a Security Police working dog demonstration. (Photo by Capt. Rich Curry)



Capt. Jeffrey Hough, 507th Civil Engineer Squadron, cooks up another round of hamburgers. (Photo by Capt. Rich Curry)

Aerobic exercises benefits everyone

*By Jay Anderson
Fitness Center West Manager*

Over 200 years of research has shown that aerobics exercise is one of the best things you can do for your health and well being. Aerobics condition your heart and lungs, help you use oxygen more efficiently and help control weight and reduce stress.

Aerobics refers to any exercise that helps you use oxygen more efficiently by reaching and maintaining your target heart range (THR), the safest range of heartbeats per minute during exercises. Aerobics should be done for a minimum of 20-30 minutes, three times a week.

You can calculate your THR by subtracting your age from 220 and multiplying your answer by 60 percent and by 80 percent. The lower number suggests a safe rate for beginners while the higher number would be your goal as your fitness level improves.

Aerobic exercises do more than just increase your cardiovascular health. Aerobics, along with a sensible diet, is a very effective means of reducing body fat. We gain weight because we eat more calories than we burn off through activity.

Walking, for example, can burn off up to 200 calories per hour, while more vigorous exercise can burn up to 400-600 calories per hour. It takes about 3500 calories burned in excess of what is normally used to lose a pound of fat. Losing about one pound of body fat per week is a good, sensible goal to pursue when desiring weight or fat loss.

Following a regular aerobics program also gives you a sense of commitment and control, two positive mental attitudes that help counteract stress.

Aerobics also is an excellent form of exercise to relax tense muscles, thereby relieving your body's response to stress. Medical research had also shown that regular aerobic activity greatly increases the body's production of endorphins, a natural sedative, and catecholamines, chemical substances that helps stabilize moods.

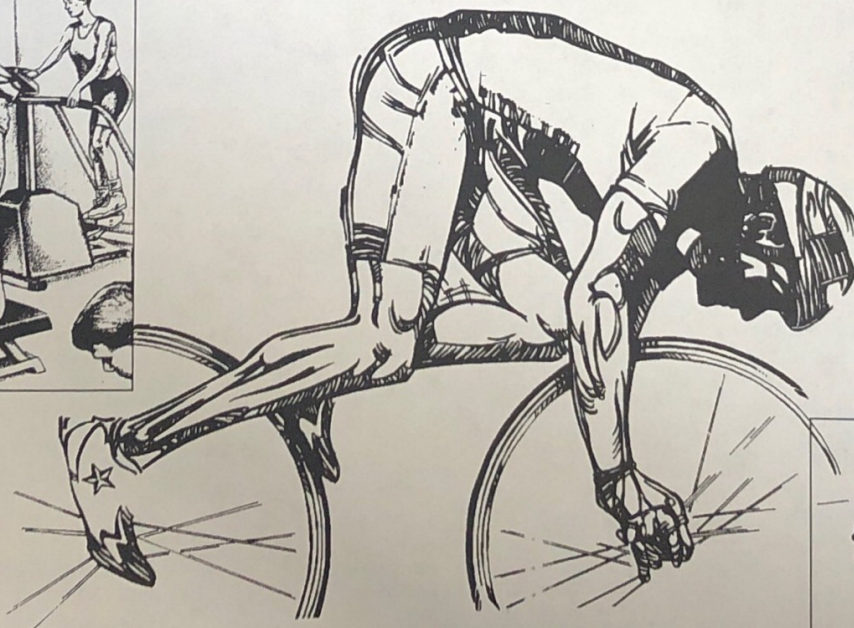
Some other benefits of aerobics exercise include raising your body's level of HOL, a substance that reduces heart-damaging cholesterol. Many people who suffer from high blood pressure, a leading cause of heart disease, can help control and often reduce, their blood pressure through a regular program of aerobics.

Aerobic exercise is possible for just about anybody in reasonable health. It used to be that walking or jogging was thought of as a primary aerobic activity.

In today's world of exercise, other avenues are being traveled with great success.

Aerobic machines and treadmills are being widely used. They are not dependent upon seasonal climate factors and often don't require weight-bearing stress upon the joints. Many machines are available which provide terrific feedback such as pulse rate, calories burned, etc. Consider this equipment as viable alternatives.

Whether you're in perfect shape or not, aerobic exercises can help improve your quality of life. If you haven't already, stop by and visit the folks at Fitness Center West. It's an outstanding facility with state-of-the-art equipment. Why wait? Start today and enjoy the benefits of a healthier life. You deserve it.



Reserve News

Our condolences

Our condolences to CMSgt. Robert Kellington whose mother, Elizabeth, passed away September 17.

Fraud, waste and abuse

AFI 90-301 established the guidelines and responsibilities for Fraud, Waste and Abuse. Fraud is the intentional misleading or deceitful conduct that deprives the government of its rightful resources. Waste is the extravagant, careless, or needless expenditure of government resources resulting from improper or deficient practices, systems, controls or decisions. Abuse is the intentional wrongful or improper use of government resources, such as misuse of rank, position or authority.

It is everyone's responsibility to report any instances or suspected instances of

Fraud, Waste or Abuse. Personnel are encouraged to give their supervisor and the chain of command a chance to fix their problems. Otherwise, complaints can be addressed by contacting Major Mike Miller, 507 MSS, ext. 45102 or Major Rod Lane, 507 MS, ext. 43487.

Training courses offered

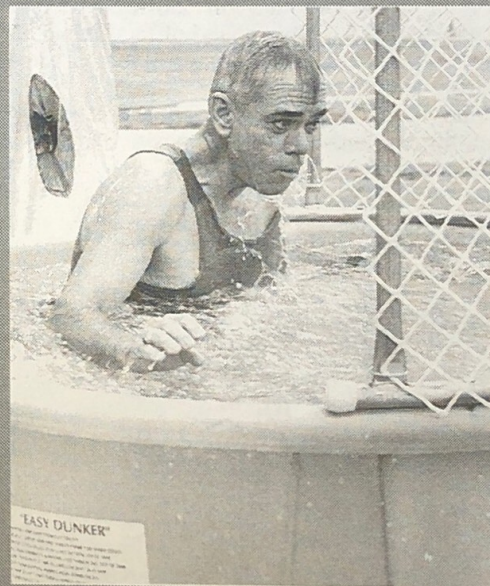
The Air Force Reserve Professional Development Center at Robins Air Force

Base, Ga., is offering a wide array of classes and seminars this fall and winter. Courses include those for first sergeants, those with the additional duty, squadron commanders and academic instructors. Other courses help people confront difficult issues, orient enlisted and officer air reserve technicians, and train ART officer managers and NCO leaders. The 507th training office, ext. 47075 has details.

Lt. Col. Mixon Takes A Dip



The Dunk Tank at last month's Family Day proved a popular attraction. Here a future big leaguer, winds up, takes aim, and gives Lt. Col. Gary Mixon, 507th Support Group commander, a trip to the brink.



Chaplain's Corner

By Chaplain (Capt.) Mike Shirley

Can you believe October is here? I can't. This year has flown like every other one I can remember. Fall has arrived with some cooler weather and beautiful foliage. This time of year is very special.

It is also a time when we begin to think about the holidays which will soon be upon us. All major faith groups will be celebrating special Holy Days between now and January 1.

We will celebrate the birth of Jesus Christ in two months. In conjunction with this Christmas event, the 507th receives donations of food and toys for those who will not have such a "Merry Christmas." We call this effort "Operation Christmas Spirit." But we need your help to do this.

Please bring toy and food donations to your squadron sign-in location. There will be boxes placed there for your convenience. We appreciate your help. We will be receiving your donations through the December UTA

Remember, the bible says, "It is more blessed to give than to receive." I can honestly say in my experience, this is very true. Will you give so that others might have a better, brighter Christmas?

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