

On-final



Vol 16 No 1, January 1996

507th Air Refueling Wing

Tinker AFB, OK

Reserve flies Joint Endeavor missions

Air Force Reserve units began flying missions in support of NATO operations in the Balkans in early December. Others are on tap to airlift troops and cargo, or air refuel aircraft in support of Operation Joint Endeavor, the peacekeeping effort in Bosnia.



Chief Master Sergeant of the Air Force David J. Campanale talked with 507th ARW members this month during a visit to Tinker AFB. See story on Page 3. (Photo by TSgt. Mitch Chandran)

Reserve C-5 aircrews from the 433rd Airlift Wing, Kelly AFB, Texas; 439th AW, Westover ARB, Mass.; and 512th AW, Dover AFB, Del., flew airlift missions to Ramstein and Rhein Main Air Bases, Germany. From these locations, people and cargo are transported by other aircraft or ground transportation to the Balkans and elsewhere in Europe.

The Air Force announced Dec. 14 that elements of other Reserve units will provide support for the operation. Support will come in the form of airlift, air refueling or ground support, as required, using volunteers on a mission-by-mission basis.

According to Maj. Jim Jackson, 465th Air Refueling Squadron Assistant Director of Operations, the 507th flew its first support mission Jan. 3, with more missions anticipated in the future.

"One of our KC-135s flew into Dover AFB, Delaware where it was loaded with six pallets of aircraft logistical parts for a straight express to Rhein Main AB, Germany," he said. Jackson said it appeared the Reserve would be tasked to provide airlift missions for an indefinite period, adding he expects the 507th to be tasked to fly one to two missions per month.

As Air Force reservists support Joint Endeavor, they will do so as volunteers, stated Secretary of Defense William J. Perry during a nationally televised press briefing Dec. 4. Perry outlined how U.S. forces would be deployed saying most of the forces will come from active-duty Air Force and Army units stationed in the United States and Germany.

Perry said the second phase of the operation -- a presidential selected reserve call-up -- will involve about 3,800 reservists. "The first rotation of this 3,800 will be for 270 days and will include all four services (Army, Air Force, Navy and Marine Corps)," he said. "Right now, the Air Force and the Marine Corps will fill all of their (Reserve) needs with ... volunteers."

Other Reserve units taking part in the operation include the 349th Air Mobility Wing, Travis AFB, Calif.; 452nd AMW, March AFB, Calif.; and 514th AMW, McGuire AFB, N.J. Dedicated airlift units are the 315th AW, Charleston AFB, S.C.; 445th AW, Wright-Patterson AFB, Ohio; 446th AW, McChord AFB, Wash.; and 459th AW, Andrews AFB, Md. and the 434th ARW, Grissom ARB, Ind.

"The Air Force Reserve trains daily to the same specifications of our active force and is prepared and ready to support the operation in Bosnia when called upon," said Lt. Col. Kenneth R. Settle, chief of the airlift management branch at Headquarters AFRES, Robins Air Force Base, Ga.

The Reserve is a full partner in support of Air Force worldwide missions and has supported other operations such as the airlift of humanitarian goods to Bosnia, Rwanda and Somalia. Unless called to active duty, such as during Operation Desert Storm, reservists perform duties as volunteers providing at least 20 percent of the Air Force's combat capability for 3 percent of its budget. (AFRES News Service)

McIntosh sends

General Fogleman recently sent all major command and field operating agency commanders a letter about violence in the workplace, and he said some things that bear repeating.

Several recent tragic events demonstrate that no one is immune from violence in the workplace. Although these events are isolated and random, we must continue to raise awareness and take preventive measures.

Although commanders at every level are the primary line of defense in recognizing and effectively dealing with violence in the workplace, it is everyone's responsibility to be aware and bring concerns to the proper authorities.

The Air Force is developing a course for all wing, group, and squadron commanders that will address this volatile issue and teach them how to recognize potential problems. I expect Reserve commanders to share this information -- it's extremely important for all of us.



Chaplain's corner

By Chaplain (Capt.) Michael Shirley

Ready or not 1996 is here. A new year full of interesting events, people, and places awaits us. There are those new year resolutions we make every year at this time. Some vow to lose weight. Others promise to change habits.

The bottom line is change. We want to see our lives improve. However, many people have sworn not to make any new year resolutions. They deem this an exercise in futility. They reason, "Why make a promise I cannot and will not keep?" This attitude is prevalent in our society. Some people feel they're doomed to continue their present unhappy existence. Changes in their life cannot and will not happen. There is a sense of hopelessness and despair. Small problems seem overwhelming. But, this does not have to be the case.

Good News! God is willing and waiting to help you with this new year. He can enable you to make the changes you want to make in your life. He can help you overcome seemingly insurmountable problems, if you will allow Him to do so.

Therefore, let me encourage you to make resolutions and set goals for the new year. You need only do several things to enlist God's help; 1) ask Him to forgive your past failures, 2) invite Him to come into your life and ask His help in changing it, 3) forget past failures and simply learn from them, 4) press on toward your goal by staying focused on your mission for change, 5) maintain your faith in God. You will see the changes you desire with His help.

The Apostle Paul put it this way: "But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward...." (Philippians 3:13-14, New International Version of the Bible). Good advice for the new year. Wouldn't you agree?

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.

Stalking a silent, lethal killer

*By Lt. Col. Len Kight
507th Safety Office*

While visiting friends recently, their neighbor called to say an alarm went off in her house that she couldn't find or identify.

Upon investigating we too heard this loud, shrill sound. There was no smoke in the house and no unusual odors. We looked everywhere but couldn't find it. After searching for a few minutes and leaving the outside doors open, the sound finally quit. Still no clue. We left puzzled.

The neighbor left with us to go to my friends' house briefly. While walking she bumped into my friend several times and said how she had felt strange all day. Still no clue. She went home and so did we. On our way home my wife remembered an incident she had heard about carbon monoxide poisoning. We went to a phone and called my friends to check on their neighbor and get her to spend the night with them. When they went to check on her, her husband had returned from a hunting trip. He settled it all by reminding his wife about the carbon monoxide alarm behind the curtains.

They turned off the gas heat and opened up the house until they could get the heater inspected. She was fortunate to have the alarm. Without it she may have continued to feel strange until she had no more feeling. Just a word to the wise. Have your fireplaces and gas/oil heaters inspected regularly and install a carbon monoxide detector so this doesn't happen to you or your family.

CMSAF David Campanale visits the 507th

By TSgt. Mitchell B. Chandran
Public Affairs Office

CMSAF David J. Campanale came to the 507th ARW early this month as part of a visit to Tinker AFB.

Chief Campanale advises the Secretary and Chief of Staff of the Air Force on matters concerning welfare, effective utilization and progress of the enlisted members.

After his initial visit with Col. Mazick, the Chief visited with enlisted Air Reserve Technicians during a question and answer session.

Chief Campanale praised reservists as being a viable force and recognized as such in the eyes of Department of Defense leaders. He put this into perspective for

the audience with an example of when he accompanied Defense Secretary William Perry to Dover AFB and asked him if he could tell the difference between active-duty and reservists there. Perry literally had to ask uniformed personnel if they were guard, active-duty or reservists, as he could not tell the difference, said Campanale

Campanale said Dr. Perry was impressed with reservists when he asked people, who held civilian occupations such as school teachers or bankers, why they wanted to be part of the military. Perry told Campanale the reply he most received from this question was that they simply wanted to.

Campanale also recognizes problems with constant temporary duties being placed on a small group of people. "I

think most Air Force people want to go TDY," the Chief said. "I just don't think they want to go TDY all the time." He explained that Gen. Fogleman also recognizes this problem and is working toward a solution.

"I had the opportunity to work with the Chief up in Air Mobility Command when he was Senior Enlisted Advisor for the command," said Mazick. "At that point there was a very good relationship between Gen. Fogleman and the Chief and that has carried up to the Pentagon," he said

Campanale is the 11th chief master sergeant appointed to this ultimate noncommissioned officer position which he has held since Oct. 25, 1994.

Reservists to represent Reserve on Capitol Hill

WASHINGTON -- When Congress goes into session next year, it will do it with more Air Force Reserve representation.

For the first time, the Air Force Reserve will have two representatives on Capitol Hill under the auspices of the Legislative Fellows Program. Maj. Scott E. Neilson, 304th Rescue Squadron, Portland International Airport, Ore., and Max H. Della Pia, 95th Airlift Squadron, Gen. Mitchell International Airport Air Reserve Station, Wis., will serve in their new positions as congressional staffers until Dec. 20, 1996.

"The program provides an opportunity for our people to work with Congress while broadening Congress' knowledge of the Air Force and Air Force Reserve," said Wayne Gracie, chief of the Policy Integration Division of the Office of Air Force Reserve in the Pentagon. "At the same time, it will help spread knowledge throughout the Reserve about how Capitol Hill works when participants move on to their next assignments."

The policy integration division received 42 applications for the two positions. The applicants were screened and six finalists were invited to the Pentagon for interviews. "It was a very tough choice," Gracie said. "They were all great."

Their new assignment begins with a three-week orientation, followed by working as a staff member assigned to either a representative or senator. The Legislative Fellows Program, administered by the Brookings Institution, is designed for executives and managers whose current or prospective positions may require a working knowledge of the operations of Congress. The policy integration division administers the Air Force Reserve's participation in the program.

Brig. Gen. John A. Bradley, deputy to the chief of Air Force Reserve, said, "Participation in the Legislative Fellows Program will serve us very well in the future. The more knowledgeable we are about the legislative process, the more effective we will be in reaching the long-range goals of the Air Force in serving our nation."

Major-selectees through lieutenant colonels are eligible for the program. Those interested in applying for the program should write to: Policy Integration Division, Office of Air Force

Reserve, 1150 Air Force Pentagon, Washington, D.C. 20330-1150, or call (703) 693-2452 or DSN 223-2452 for more information. (AFRES News Service)



Promote!

Congratulations to the following personnel on their promotions:

To Airman:

Diane E. Wilson

To Sr. Airman:

Bethany D. Land, Danny J. Nash,
Jonathan J. Mills

To SSgt:

Thomas J. Bailey, William D. Bethel,
Maria A. Borst, Aaron K. Britton, Daniel
J. Drennen, Hiram C. Gray, Derek S.

Johnson, Bret M. Jones, Gilbert R. J.
Miller, Bruce D. Shirley, Michael T.
Songer.

To TSgt.:

Mikula Y. Gay, Deborah G. Kidd, John
D. Koban, Shevelle L. Madison, Billy J.
Serviss, Layne R. Wroblewski

To MSgt.:

Christopher Albrecht, John E. Sheridan

To SMSgt.:

Lawrence H. Deal

New senior enlisted advisor outlines priorities

When Chief Master Sgt. Carol Smits became the Air Force Reserve senior enlisted advisor Oct. 1, she cited three priorities she wanted to tackle first.

Those priorities are to increase two-way communication up and down the chain of command among commanders and their staffs and the enlisted force; raise issues at the right place and time so they get to the key executive staff members to be worked; and clarify policies to include explaining the wing mission statement to young people so they know the mission and what is expected of them.

Smits based those concerns on what she saw as a wing senior enlisted advisor and the discussions she had with fellow wing SEAs.

"A senior enlisted advisor should and must take care of all enlisted members' needs and concerns," said the former SEA for the 302nd Airlift Wing, Peterson Air Force Base, Colo. "The only thing that changes from being an SEA at the wing level and one at the command level is the number of people. With any increased number you increase the taskings, and it

takes balancing and juggling limited time versus priority. It's going to be difficult, but it can be done.

"I'm a true believer that you can't understand where someone else is coming from until you've walked in their shoes or worked alongside them. To do that, I'll need to get out and talk to everyone: individual mobilization augmentees, traditional reservists, active-duty members assigned to the Reserve and air reserve technicians.

"We talk

to the force, but do we walk the walk? I need to take all those people,

pieces of the puzzle if you will, and find out how they fit into the

overall picture. The only way I can do that is go to them. I'm not going out to observe anyone, but rather to help me understand what each component does. I'll be listening, not talking," she said.

Among her goals is ensuring all people within the Reserve are able to reach their full potential.

The command established a Human Resources Development Council to help prepare for the year 2000. That's when economists predict 85 percent of all new work force entrants will be minorities or women. Smits has been on the council since mid-1994 and lauds the command for starting HRDCs at the wing level.



CMSgt. Carol Smits

"If we truly understand this, then we need to be looking at career development, assignments and promotions for those who fall into this culturally diverse group of people who make up the Air Force Reserve," Smits said.

Despite her desire to take care of and help the enlisted force, Smits emphasized that people share some of the responsibility for managing their careers. She encourages people to pursue military and civilian education, to evaluate whether they need to remain in their present job or move on to a more challenging one, and to consider special duty assignments and additional duties to broaden their military and civilian skills. To help with the career development process, Smits wants to see during her watch a strong mentoring program established throughout the Reserve.

Smits identified some problem areas that need to be addressed. "Without putting them in any kind of order or priority, we need to look at re-engineering our military skill training. We also need to do something quickly in the distant learning arena that is both self-paced and computer based for training our people in their career fields. A new technology is needed.

"Quality of life issues are also high on my list. Among those, it's imperative we find a way to solve our billeting problems. There are so many factors affecting billeting availability today. This nightmare our people struggle through month after month must be addressed very soon," she said.

Other areas of concern include how people are promoted and evaluated, how the available professional military education is being provided, and how the Reserve will deal with decreasing manpower levels. (AFRES News Service)

TSgt. Jones assists in securing CHCS for Reserve

by Capt. Richard Davidson

507th Medical Squadron Public Affairs Representative

TSgt. Scott W. Jones, laboratory technician with the 507th Medical Squadron, has lead the way in securing use of the hospital's Combined Health Care System (CHCS) computer system for use by the 507th Medical Squadron staff.

The CHCS now allows the 507th laboratory personnel to improve turnaround time of lab reports by 50% over the previous system, insure all laboratory staff are operationally ready for worldwide deployment to any clinical lab that operates the CHCS system, insure that the 507th lab is standardized with the active duty laboratory on methods of running and reporting lab values, and maintains a source of continuing medical education for the reserve staff through use of available procedural updates and technical information on CHCS bulletin board systems.

TSgt. Jones has spent much of his own time on this endeavor. It entailed writing a justification for the need for access by the medical laboratory staff. As a result, permission was received for

access to the CHCS as well as the local area network for the hospital for the purpose of writing and maintaining operating instructions and documenting laboratory continuing medical education documents.

TSgt. Jones spent many hours working with the active duty laboratory staff and CHCS personnel in developing operational plans for the use of the CHCS by the reserve laboratory personnel. In addition, in order to help prepare for this challenge, Jones took a voluntary career development course for Computer Systems Programming Specialist.

In addition, CHCS provides a communication link between active duty and reserve staffs to provide procedural and policy changes that may occur on a day-to-day basis. This has vastly improved the accuracy and frequency of communication between active and reserve staffs. 507th Medical Squadron personnel now have instant access to all lab results that have been run and reported to the system. This essentially eliminates the problem of lost or damaged test results that may have lead to repeat lab testing and increased costs.



EMPLOYER SUPPORT OF THE GUARD AND RESERVE

"My Boss Is A Patriot"

Award Nomination Form

Please print legibly or type all information requested on this form.
We cannot process your nomination without complete information.

This section pertains to your civilian employer, employer-owner or supervisor:

Nominee's Name: _____
(As it should appear on the certificate. Name may be owner, manager, supervisor or company.)

Business/Company Where You Work: _____
(Write out the company's full name)

Street Address: _____

City: _____ State: _____ Zip: _____ Phone: _____
(Include area code)

This section pertains to you, the nominator:

Your Complete Name: _____ Daytime Phone: _____
(Include the area code)

Rank: _____
(Please spell out, don't abbreviate)

Your Component:	ARNG	USAR	USNR	USCGR
(Circle One)	ANG	USMCR	USAFR	

Home Address: _____

City: _____ State: _____ Zip: _____

This section pertains to your National Guard or Reserve unit:

Your Unit: _____
(Please spell out, don't abbreviate)

Unit Address: _____

Unit City: _____ Unit State: _____ Unit Zip: _____

Commander's Name/Rank: _____ Unit Phone: _____

My Boss: (please check all that apply)

- Is highly supportive of my Guard or Reserve service--even when I'm called on short notice.
- Outwardly recognizes me as a special asset because I'm in the Guard or Reserve.
- Continues my salary while I'm on active duty.
- Continues company benefits while I am on active duty.
- Hires someone to fill in for me when I am on annual training duty without penalizing me.
- Keeps in touch with my family when I am on active duty for more than 30 days.
- Should be considered for a higher level award.

Your boss may be eligible for additional statewide recognition. In the space below, please take a few moments to explain why your boss is a "patriot." How has the company supported your service in the Guard or Reserve? How has your boss made it easier for you to serve? Use extra paper if needed. Fold and tape this form (or use an envelope) and mail it to the address shown. Please use proper postage.

For more information, phone or write the National Committee's Awards Officer: 1-800-336-4590

From: _____

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**Awards Officer
National Committee for Employer Support of the Guard and Reserve
1555 Wilson Boulevard, Suite 200
Arlington, VA 22209-2405**

Training Planner

January Schedule of Events

Date/Time	Meetings, Etc.	Location
Fri, 19 Jan		
1300	Pre-UTA Cmdr Staff Mtg	Bldg 1043 Conf Rm
1415	Pre-UTA First Sgt Mtg	Bldg 1043 Conf Rm
Sat, 20 Jan**		
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, Conf Rm
1000-1030	Newcomers Orientation	Bldg 1043, TNET Rm
1000	Mobility Rep Meeting	Bldg 1043, Conf Rm
1015	Escorts Pick Up Newcomers	Bldg 1043, TNET Rm
1030	First Sgts Meeting	Dining Hall, Sun Room
1300-1400	IG period w/LtCol Despinoy	Bldg 1067, Gp CC office
1400-1500	Mandatory EST Managers Tng	Bldg 1043, Conf Rm
As designated by Unit	Sign Out	As designated by Unit
Sun, 21 Jan**		
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, Conf Rm
0900	HAZCOM	Bldg 1030, LG Conf Rm
0900-1100	Newcomers Ancillary Tng Ph I	Bldg 3333, South Entrance
1200-1600	*SABC Instructor Training	507 Med Sq Conf Room
1230-1630	Newcomers Ancillary Tng Ph II	Bldg 3333, South Entrance
1300	CDC/PME Course Exams	Bldg 460, Rm 213
13-1400(Chng)	Pickup Gasmask Inserts/glasses	Optometry clinic
1400-1500	3AOX1 Training	Bldg 1043, Conf Rm
1500-1630	MPF Closed for In-House Tng	Bldg 1043
As designated by Unit	Sign Out	As Designated by Unit

* SABC Instructors are urgently needed
(If interested, please show up)
** The exercise takes precedence over all other activities

HOT TOPICS

- ☠ **Approx. 270 Mandatory Flu Shots Over-Due- Pg A3**
- 🗑 **Change in NCO LDP class dates- Pg A3
(Sign up Now; See Your UTM)**
- ✓ **Dep ID cards will NOT be issued on Sat of Jan UTA**
- 📞 **The Education & Trng Office open for appointments only on Sunday of Jan UTA-Pg A4**

Long Range Schedule

January

- 19-21 507 Med Sq FAV
- 20 UTA 20-21
- 20-21 All Gps- Local Deploy Exercise

February

- 10 UTA 10-11
- 10-11 Employ & Redeploy Exercise
- 11 Top 3 Meeting

March

- 07 Deny Flight: 07 Mar-10 Apr
- 08 Leadership DEV Grad 96A
- 09 UTA 09-10
- 09 Officer's Call
- 14-17 4 AF Commander's Conf

April

- 10 507 Med Sq HSI
- 13 UTA 13-14
- 25 72 APS Annual Tour
- 25 Apr-11 May

May

- 11-19 Deployed ORE
- 18 UTA 18-19
- 19-25 507 CF Annual Tour
Cannon AFB, NM

June

- 07-09 507 CF UTA at
Cannon AFB
- 08 UTA 08-09
- 08 Wing CC Call
- 21-29 US TransCon Rodeo

February Schedule of Events

Date/Time	Meetings, Etc.	Location
Fri, 09 Feb		
1300	Pre-UTA Cmdr StaffMtg	Bldg 1043 ConfRm
1415	Pre-UTA First Sgt Mtg	Bldg 1043 ConfRm
Sat, 10 Feb**		
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
1300-1400	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, 11 Feb**		
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
0900-1100	Newcomers Ancillary Tng Ph I	Bldg 3333, South Entrance
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
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

** Exercise takes precedence over all other activities

Ancillary Training

Newcomers Ancillary Training

Newcomers Ancillary Training Phase I & II is conducted each month. 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.

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.

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.

WHAT'S NEW(S)?

NCO LEADERSHIP DEVELOPMENT

Did you know? *The AFRES NCO LDP is targeted to the SSgt-TSgt population; however, MSGts and SrA (who have completed their course 00001) may attend. * Graduates will earn 2 semester hours of management credit which can be applied towards civilian and the Leadership, Mgmt, Mil Studies area of CCAF Degrees. * Central Texas College regained the contract for this course and awards the credit. *Interested members should contact their Unit Training Manager/Monitor. *Supervisors should promote this very rewarding course and encourage their personnel to attend.

NEW NCO Leadership Development Class Dates for FY 96

Class 96A: Phase I 5-9 Feb 96/ Phase II 4-8 Mar 96

Class 96B: Phase I 3-7 Jun 96/ Phase II 8-12 Jul 96

Graduations: Class 96A is on 8 Mar; Class 96B is on 12 July. The time will be approximately 1400. Commanders and Supervisors please mark your calendars. Your support is greatly appreciated by both the staff and the students.

⚡ CPR "It's an issue for LIFE"

Have you ever seen any 911 episodes that showed how a neighbor, a mother, a father, or even a child has saved a life by providing this procedure called Cardio-Pulmonary Resuscitation. Or rather yet; have you experienced one of those episodes first-hand. Well, in either case, you know how important it is for all of us to have this training, don't you? Without instructors, how could we get this training?

If you love Life, If you enjoy teaching, If you don't mind training, If you would like to feel good about the fact that you provided the training to the next 911 Lifesaver, and Would you like to be a CPR Instructor THE 507TH and YOUR COMMUNITY NEEDS YOU. If you would really like to be a CPR Instructor, please contact your supervisor, UTM, the E & T Flight (x47075), or even SSgt Mike Grady at 507 LG (x45035). There is an urgent need for YOU!

MEDICAL SERVICES

Immunizations & Flu Shots

Sat, 20 Jan 96

1300-1500

Bldg 1030

Flu shots are mandatory for ALL military personnel. Supervisors ensure all your personnel are allowed the time to get them this UTA. Remember to bring your shot records.

EDUCATION

You know Education is similar to a well. How?

It's deep!

It's there for people to take something from it!.

It never runs dry as long as something supplies it!.

It can save your life in tough times!.

Just food for thought!.



You know Education really starts with U and ends with U! And you thought you could spell. Please! Take a few moments and come by to see US, your friendly Education & Training Office, Bldg 1043, Room 206 or call at X47075. Find out how we can help you start dipping into the well.

Military Pay

File for Receive Direct pay by: Deposit by:

22 Jan	31 Jan
25 Jan	02 Feb
30 Jan	07 Feb
01 Feb	09 Feb
06 Feb	15 Feb
08 Feb	16 Feb
13 Feb	21 Feb
15 Feb	23 Feb

BAQ Recertification Deadlines

If your SSAN ends with a 4 or 9, you have until 30 Apr 96 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.

A Belated Congratulations to Our Oct 95 CCAF Graduates



NAME	UNIT	DEGREE
TSgt Ann M. Fordyce	507 CLSS	Logistics
SSgt Robert H. Hammons	507 CES	Fire Science
MSgt Donald R. Hart	507 AGS	Acft Sys Maint Tech
TSgt John A. Meissner	507 AGS	Acft Sys Maint Tech
SSgt Jack L. Miller	507 CLSS	Acft Sys Maint Tech
SSgt Christine G. Posey	507 MSS	Administration Mgmt
TSgt Dave K. Swanson	507 AGS	Acft Sys Maint Tech

TRAINING ISSUES



507 ARW SAV Schedule & Trng Manager/Monitor Listing

UNIT	SAV ON UTA	UTM/MONITOR	PHONE#
507 ARW	20-21 JAN 96	TSgt JOHN KOBAN	4-3823
507 MED SQ	10-11 FEB 96	TSgt TONY MITCHELL	4-4445
507 CES	09-10 MAR 96	MSgt HARRY GINZL	4-7428
507 MSS	13-14 APR 96	MSgt LULA CARTER	4-5102
507 SPS	13-14 APR 96	TSgt WILLIAM MILLER	4-7849
*****	18-19 MAY	NO SAV DUE TO ORE	*****
465 ARS & 507 OSF	08-09 JUNE 96	MSgt SHELIA RUSSELL	4-3269
72 APS	13-14 JULY 96	SSgt CAROL BOW	9-2081
507 CLSS	10-11 AUG 96	SMSgt BEVERLY FARR SSgt ELSIE MILKOWSKI	9-2278
507 COMMFLT	14-15 SEP 96	TSGT ADEFA-EVERETT	4-3742
507 LG/MS 507 LSS/AGS	OCT UTA NOV UTA	MSgt GARY BURKHART TSgt CINDY NEW SSgt SCARLET McCLOUD	4-5508
*****	DEC UTA	ANY FOLLOW-UPS REQ'D	*****

The Supervisor's OJT Responsibilities (IAW AFI 36-2201)

- * Plans, coordinates, & schedules OJT & integrates it with daily operations.
- * Uses AFIND 8 to determine if a CFETP is available.
- * Contacts UTM for appropriate TSC.
- * Accomplishes the Initial Training Evaluation
- * Ensures trainee completes minimum 3 month prior to 5 lvl UGT or CDCs.
- * Enters trainee into 7 level UGT.
- * Prepares the AF Form 2096 when ready to upgrade trainee.
- * Manages & administers CDC materials.
- * Monitors all phases of trainee's training progress.
- * Manages OJT documentation such as:
AF Forms 623 (OJT Trng Recd), 623a (continuation), 797 (JQS continuation) 803 (Task Evaluation), 1284 (Training Quality Report), or automated records.
- * Confirm certification of all tasks prior to up grading.
- * Ensure records show accurate & current qual cations and training requirements.
- * Identify all formal training required.
- * Evaluate OJT.
- * Attend unit education and training meetings.
- * Provide training updates and recommend improvements.

SUPERVISORS

Most of us are or will become supervisors, so let's all get re-acquainted with our Air Force Training Responsibilities & AFI 36-2201. You may contact your Unit Training Manager/Monitor or come by the Education Training Office to review it. Let's start the year off on the foot with our troops and we will be able to pass this ORE with flying colors.

Reservist helps save woman's life

By Tech. Sgt. P. N. Brown
94th Airlift Wing Public Affairs Office

DOBBINS AIR RESERVE BASE, Ga. -- It seemed like any other day to Kyle Clay, an Air Force reservist assigned to Dobbins' 94th Airlift Wing.

He was enjoying a quiet dinner with friends at a local restaurant when a child came bursting through the door, flailing his arms. "There's been an accident!" screamed the boy, pointing toward the street.

After Clay and his friends bolted into the street, the grisly scene awaiting them seemed almost surreal. A woman, obviously in shock, was standing on one leg behind a pickup truck. Her other leg had been severed off on impact from a car that had rammed into the back of the truck. She collapsed to the ground as Clay and his two friends, Petty Officer 3rd Class B.J. Nemeth and Angelos Petrakopoulos, ran to her.

"There was blood everywhere," said Clay. "I don't think she even knew what hit her. Angelos ripped his belt off, and we made a tourniquet to stop the bleeding."

To complicate matters, the woman was also pregnant. "She stayed conscious through the whole thing. We did what we could to keep her stable until help came," recalled Clay.

Other immediate concerns on the scene were gas leaking from the truck tank, recovering the severed limb, and calming the

driver of the other car who was hysterical and running all over the street. "I tried to calm her down. I had her sit down and try to relax," said Clay. "She just kept screaming, 'I've killed her, I've killed her!'"

Clay said the victim was hit when she stopped in front of the restaurant in her truck loaded with bags of pine bark. Apparently one of the bags had fallen off and she stopped to retrieve it. The driver in the car coming down the same lane behind her never saw the truck and didn't stop in time.

"It was so tragic, the worst thing I've ever seen," said Clay.

"We just did what came natural. I don't feel like we did anything anyone else would have done," said Clay, a financial services specialist in the Reserve. "But I guess it's a good thing we had field training in first aid during weekend drill last month. I'm sure the refresher I had on buddy care helped me to react out of instinct. We didn't really think about what to do. We just did it."

Help arrived in time for the victims and they were transported to the hospital where the woman delivered a four-pound baby. According to Clay, the mother and baby are doing OK. "The surgeons couldn't reattach the leg, but I'm just glad she survived," said Clay.

"They say experiences like these build character," he said. "But I think they just simply bring them out in people." (AFRES News Service)

ROPMA may change reserve officer promotion tempo

Air Force Reserve officers should learn early this year what the minimum and maximum time-in-grade requirements will be for promotion as a result of the Reserve Officer Personnel Management Act.

The Air Force and the other services are in the process of writing policies to implement new rules under ROPMA, which takes effect Oct. 1, 1996.

"The minimum times established in the new law are less than current minimums," said Lt. Col. Ron See, chief of the plans, programs and analysis division in the Headquarters Air Force Reserve Directorate of Personnel. "However, I don't think we will adjust the promotion

opportunities for all grades at minimum allowed. We won't know what they will be until after they are submitted to the chief (Maj. Gen. Robert A. McIntosh, chief of Air Force Reserve) and he gives his recommendations. Our working group's goal is to have leadership approval and new proposals to present during the mid-winter commanders conference in January."

Other key changes include eliminating time-in-service requirements, promoting the "best qualified" rather than those "fully qualified" and allowing reservists to request delaying promotions for up to three years.

The "best qualified" standard means the Reserve will set a promotion quota by category. For example, if the Reserve sets a quota of 40 majors in a certain category, only 40 captains would advance to major in that category.

Under current law, everyone who is fully qualified is eligible for promotion.

Unit vacancy promotions will continue under ROPMA. To be promoted within a unit, officers still would have to meet "fully qualified" standards and be selected by a promotion board before they could advance in rank.

The new law provides for "hip pocket" promotions for up to three years. That means reservists can apply to voluntarily delay accepting their promotion until they find a position in their new grade. If they cannot locate a job in the Selected Reserve, they will be forced to join the Individual Ready Reserve.

If they decline the promotion, it's the same as being passed over. Two pass-overs for officers seeking promotion to lieutenant colonel or below mean automatic transfer to the IRR.

Numbered air force commanders will probably have approval authority for hip pocket promotions, said See.

ROPMA also allows the services to convene boards to determine which surplus officers should be retired. Only officers with more than 20 good years of service would be subject to these boards, so retirement benefits would be protected.

The act clamps down on last-minute promotions just before retirement. Officers would have to serve three years in a rank to retire at that grade. If their retirement is mandatory because of age or years of service, they would have to be promoted six months or more before retirement to retire at the higher rank.

When called to active duty, reservists would remain on the "reserve active status list" for up to 24 months, thereby avoiding having to compete with active-duty officers for promotion. During call-ups, they also would no longer lose rank or date of rank when transferring to active service. Under current law, reservists called to active duty can be credited with less time in grade by their active-duty commanders.

ROPMA is the first major revision of statutes governing reserve officer personnel management in 40 years. (AFRES News Service)

CMSgt. Bob Kellington continues the Senior Enlisted Advisor legacy

by TSgt. Stan Paregien
507th Public Affairs Office

CMSgt. Bob Kellington recently took over the 507th ARW Senior Enlisted Advisor duties from CMSgt. Raymond Deutch, who retired last month.

Kellington has a rich history of work in the military. He started his military career in August of 1964 and finished four years of active duty at Phan-Rang AB, Viet Nam. He joined the Air Force Reserve in 1972 working as an Air Reserve Technician in life support.

"I had been working in undercover narcotics investigations for a civilian police department when then Maj. Roger P. Sheer hired me to set up the new life support section at the 507th. That was back when we were just a bare base and we didn't have any of our equipment yet," said Kellington.

He has worked 28 years in life support and has made his life a dedication to the Air Force Reserve and Oklahoma.

"SH-Okie" pride has always been here. I noticed it when I first started. No matter what the challenges are, we step up and get it done. My first goal as SEA is to take care of all of the enlisted members. I would like to be there for them on a personal and professional basis, ensuring that they understand that they have a part to play in achieving their full potential both militarily and in the civilian world. We want them to be leaders," Kellington pointed out.

No matter what deployments Kellington has been involved in, he told *On-Final* he enjoyed every minute of it. "People are number one and we are a very close unit," said Kellington.

How does he see 1996 and the changes coming with a new AWACS associate unit?

"We will present our unit members with the challenges and make them aware of the tools available to meet those challenges with training, education, and hands-on experience," said Kellington.

Kellington is an enlisted man who likes to make the rounds. He stays in constant contact with other enlisted personnel throughout the unit to ensure a good communication flow.

"I plan on being out in the field with everybody else. I'm a firm believer in walking around and getting face to face contact. I

want to be there for them just like the unit has been here for me over the years. I love this unit," said Kellington.

Kellington wants folks to know he is an "up front kind of person" and that is what he wants to see when he goes out to visit unit members (nothing but the truth).

"Another goal I have is to keep the pride we have in the 507th at a high level. We are all "SH" Okies, and we have proven we



CMSgt. Robert Kellington

are up to any challenge thrown our way. We have weathered the tough times and relished the good. We are a family and we care for each other, and I want to keep that feeling alive," he said.

In his civilian job, he is a B1-Bomber production management branch chief. He and his wife Sandy live in Choctaw with their seven year old son Beau.

"My whole family has taken pride in the 507th. I've been blessed with good people in the B-1 program and good people in the reserve. My final goal is to communicate at all levels, to step forward and be the voice of the enlisted up and down the chain of command. Finally, I would like all of the troops to know I consider it a great honor to work for them," added Kellington.

Self-aid buddy care instructors sought

By Capt. Richard Davidson
507th Medical Squadron

Unit Public Affairs Representative

The 507th Medical Squadron has the primary responsibility to train instructors for the Self Aid Buddy Care Program (SABC).

The 507th Medical Squadron will offer instructor training classes in an effort to prepare the wing for emergencies and to prepare the first line of casualty care providers. SABC instructors are required

to hold at least two SABC classes per year to remain qualified as an instructor. If anyone is interested in becoming an instructor or if an instructor needs refresher training, contact your squadron orderly room or call 734-4445. All SABC training will be held in the training room, 507th Medical Squadron, located near the Dental Clinic of the hospital, from noon to 4 p.m. Sunday of the regularly scheduled UTA. The next four classes will be held on January 21, March 10, May 19 and September 15, 1996.

A list of members scheduled for the SABC training should be sent to the 507th Medical Squadron/SGNE one month prior to the training date. SABC is an area that is looked at closely during an ORI, and it is up to supervisors to make sure their personnel are trained.

There will be a mandatory SABC instructor meeting for all current instructors on February 11, 1996 from 1 to 4 p.m. Contact Capt. Danny Sheppard at the 507th Medical Squadron for any questions.

LSS First Sergeant gets Academic Achievement Award

*By SSgt. Robin Weiler
507th LSS Unit Public Affairs
Representative*

MSgt. Anna Mars, first sergeant for the 507th Logistics Support Squadron, recently received the Academic Achievement Award for graduating at the top of her First Sergeant Academy class.

Mars has been filling the first shirt's slot for the LSS since October '94. She attended the academy this summer and found it an invaluable experience which taught her new aspects of leading a large group of people. Her experience at the academy also reinforced some ideas she already had.

"My most valuable experience was interacting with other first sergeants and sharing different experiences about people in other squadrons," Mars said. "I learned my job is to look after the health, welfare and discipline of enlisted people in my squadron," she said.

Some of Mars' many responsibilities include advising Maj. William Morgan, commander of the 507th LSS, on personnel issues, handling weight management and family care programs, unit lodging monitor and disseminate information from the wing to the squadron.

She said she returned from the academy with the ability to educate the commander on what she could do to ease some of his

workload so he could work on other matters. Mars said being the First Sergeant is a big responsibility. "A first sergeant should be able to make decisions in behalf of the commander. A person has to be careful not to abuse this position because of the responsibility," she said.

Mars believes people are the most valuable asset to a squadron and makes them her first priority. Concerning her own position, she said the most important aspect of being a first sergeant is being available to help people handle their problems. Equally important is maintain the discipline of unit members.

"MSgt. Mars has been an impressive first sergeant since she was first assigned to the position," Morgan said. "This achievement simply solidifies in our minds the skill and professionalism she brings to the job. I am extremely proud of her."

Mars is modest about her achievement and said the school was a big benefit. "I have not had a more satisfying job in my 17 years," she said.

Facedown in the dirt

Reflections of an automobile accident

*By Master Sgt. John E. Smith
482nd FW Public Affairs Office, Homestead ARB, Fla.*

When I met him, I immediately reached for his wrist. He did not feel my touch and he had no pulse. His body was cold. His identification card told me he was retired Air Force. The ID card showed an indefinite expiration date; the ex-NCO, however, would reflect an expiration date of Nov. 28, 1995, sometime before 6 a.m.

As I had driven down the dark south Dade County road a few minutes earlier, I had observed the wrecked automobile and thought it had been towed to its location near what appeared to be a house. As I continued on, I began noticing bits and pieces of mangled automobile scattered on the roadway, so I turned around.

I'm generally good in a crisis and was fairly calm. I recall thinking, "Damn, not another accident." Just two weeks earlier, on a busier stretch of my route to work, I had stopped to render aid at another accident. Two teenagers and a female Air Force reservist were slightly injured. I tried calming them. I arranged for the reservist's husband to be contacted and called her boss to let him know the reservist would not be in to work. I was calm then too, until after I left the scene. I stopped and had a cup of coffee to chill a moment. I was a little overcome with the realization that the accident could have been more serious and I was thankful it wasn't.

Today, the end result would be different. After driving up to the wrecked vehicle, I noticed a man lying on the ground. As I approached, I asked, "Are you OK, buddy?" He responded with something that sounded like "yeah." I asked him several questions including "How long have you been here?" He could not tell me and I asked him if he was alone and I got the same "yeah" sound. I told him to lie still and I would get help. I flagged down a trucker who radioed for assistance.

As daylight brightened up the scene, the trucker and I made another discovery: a motionless second victim. The chill of his body raced up my spine sending its message of death. No one

could help this poor soul. Did he die immediately or did he die slowly alone, facedown in the dirt?

I felt a kinship because we were both the same age and probably entered the Air Force at about the same time. I thought, "You are lost, my friend. I'm sorry I can't help you."

A helicopter arrived to speed the first victim on to some emergency room. Victim two remained to await the county medical examiner. Police officers took mine and the trucker's statements and released us.

I remained calm and continued my journey to work. I wondered if I had ever crossed paths with the deceased in the BXmart. A realization also struck me that his family was going to have a coffin under its Christmas tree this year. I wondered how many safety messages had the late NCO read in his Air Force career? What was it that brought him to this isolated road where he met his death? Did he call out someone's name? Was he spit violently out of the vehicle or did he manage to crawl to the spot where his body was found? The Homestead Air Reserve Base sticker on the windshield was damaged but unmistakable.

As I write this article a few short hours later, I don't know the cause of the accident, I only know the result. One dead, one seriously injured, and somewhere, by now, family members are grieving. I grieve too. I'm usually calm during a crisis -- I didn't say I was calm afterwards. I haven't been able to work yet. Work seems less important. Life and death are all I know that counts right now.

Sometimes I think they ought to put warning labels on cars. "Warning. Driving this vehicle could be hazardous to your health." They don't. I guess most of us wouldn't heed the warning anyway. Do you ever wonder on which road you'll wind up facedown in the dirt? Do you wonder how your next of kin will react when told of your demise?

I would like this editorial to be your New Year's and every year's resolution.

Drive carefully and live. I don't want to find you facedown in the dirt. (AFRES News Service)

Like father, like son

by Capt. Richard Davidson

507th Medical Squadron Public Affairs Representative

Maj. (Dr.) David Vu, assigned as a physician with the 507th Medical Squadron, was recently treated to a pleasant surprise. Dr. Vu's son, Dr. Danny Vu, currently a captain in the Air Force on active duty, was ordered to assignment as a flight surgeon.

Capt. Vu was able to request and receive an assignment at Tinker AFB with the 965th AACS. Tinker was requested because Oklahoma City is home, and it would provide an opportunity to be with his family. He and his father, as well as other family members, felt a great sense of happiness at being granted the assignment. To the best of their knowledge, this is the first time that a father and son, both physicians and flight surgeons, have been assigned to the same base.

Danny Vu escaped from Vietnam at the age of twelve with his father and immediate family. Dr. David Vu recalls his son having a keen interest in airplanes at a very early age. He played with toy airplanes all the time. He obtained books on aircraft and air power, and he studied these while he was growing up. "It was almost like his entire childhood was geared toward his future career in the Air Force," Vu said.

As Danny gradually adapted to his new country, his childhood dream to become an airplane pilot persisted. Because of his love for airplanes and flying, Danny Vu planned through high school on an Air Force career as a pilot.

Danny entered college and enrolled in Air Force ROTC. His father recalls that his son's ROTC instructors picked up on his knowledge of aircraft and air power right away. Because of his eyesight, however, Danny found that he would not qualify for undergraduate pilot training. He remained in ROTC with the new goal of becoming a flight surgeon.

Danny Vu completed a pre-med degree and was commissioned a second lieutenant. Lt. Vu received an Air Force scholarship to



Maj. (Dr.) David Vu, 507th Flight Surgeon and son Capt. (Dr.) Danny Vu, flight surgeon at the Base Hospital, enjoy the fact they both are stationed at Tinker AFB. (Photo by TSgt. Mitch Chandran)

attend Dartmouth College of Medicine, graduating in 1993 with promotion to Captain.

Capt. Vu entered active duty and began surgical residency at Kessler AFB, Mississippi, serving two years there prior to his current assignment. Capt. Vu will be at Tinker AFB for the next three years, after which he plans to return to surgical residency to complete his surgical training. He intends to make the Air Force a career.

Empty soda cans turn heads and profit

By Larry Wilson

72nd APS Unit Public Affairs Representative

After answering an advertisement from a national magazine, SSgt. David Haider, special cargo handler for the 72nd Aerial Port Squadron, is now flying high in the manufacturing and selling of aluminum airplanes.

The airplanes Haider designs are not the type a flying enthusiast would want to get in but rather get their hands on. These aircraft are constructed solely from aluminum soda cans. "I was exceptionally bored one day and while reading a magazine," Haider said. "I saw this advertisement that read 'build model airplanes for fun and profit from beer cans.' With needing a job and income, I figured I couldn't lose so I sent for the plans the next day," he said.

With a couple of years worth of drafting courses under his belt, Haider found reading the plans and constructing the airplanes in his living room was an easy

task. "My children's delight in helping me build these airplanes is very rewarding, and provides us quality time together," he said.

One of his specialties is a miniature version of the Red Baron's famous triplane. Haider had one on display at the 72nd's recruiting booth at the Oklahoma State Fair this summer.

The plane is more than one foot in length with a wing span of almost two feet. The quality and detail built into these planes are evident, from the tapered fuselage sporting a white twisted stripe to two bottle top lids fastened together to make up one of the wheels.

Haider said with the help of his children, it takes anywhere from four to six hours to build a Red Baron Special which can sell for up to \$50.

Haider's drafting skills allows him to customize his airplane designs and build other military airplane models such as the C-141, KC-135R, and F-117.



SSgt. David Haider, special cargo handler with the 72nd Aerial Port Squadron, shows off two aluminum can airplane he constructed for fun. (Photo by TSgt. Larry Wilson)

Fitness West celebrates first anniversary

by Jay Anderson
Fitness Center West Manager

This month marks the first anniversary of one of Tinker's more unique facilities, the Fitness Center West. The Services Division would like to take advantage of this occasion and offer employees and family members 14 years and over the chance to stop by the facility; look over the fine line of exercise equipment, and enjoy a free visit.

Please come and actually use some of the machines and talk to the staff about getting started with an exercise program.

For those of you who may not be familiar with Fitness West, it is a newly constructed satellite fitness facility located on Reserve Road in the 507th area. Fitness West offers patrons a full-range Nautilus circuit featuring 15 various machines designed to train all the body's different muscle groups. Also available are several cable machines and a free weight room for body builders. In addition, Fitness West provides a full complement of aerobic exercise equipment such as treadmills, aerobicycles, stair masters, rowing and track machines.

For amenities, Fitness West is very tastefully decorated and provides excellent dressing and shower areas for both men and women. Throw in some piped music and a big screen television. You'll find the facility rivals the nicest health spa in the community. Individual fitness counseling and program development are provided by the staff for anyone wanting to get started with a program.

Fitness West is available to military personnel, retirees and civilian employees and their family members. Hours of operation are currently 5:30 a.m. to 6:00 p.m. Monday through Friday. The daily use fee is only \$ 1 with a \$10 monthly use plan also available. For a chance to experience a unique fitness opportunity, please stop by and visit Fitness West. Feel free to give the staff a call at 734-2227 if you have any questions or are in need additional information.



Being sensible about fitness

By Jay Anderson
Fitness West Manager

In my 30 years of fitness related jobs, I've observed two main characteristics in individuals who were physically fit.

They were sensible and they realized the importance of continuity in developing and maintaining their physical fitness program.

Every year in the first week of January, new patrons show up at the fitness center with the same annual resolution they've made for the past several years: to lose weight and get in shape.

The intentions and expectations of the "born-again" fitness buffs is admirable. My main concern about this approach is they're usually walking or running on a treadmill leading to a rapid burn-out.

Some folks, I'll see during the lunch hour and usually after work. This goes on for about a month or so, then I never see them again. Their energy bank is bankrupt. Their muscles and joints

constantly sore from the non-stop exercise and, their mental initiative to continue evaporates into the air along with their pipe dreams of instant results. Sensible? Any continuity?

Some show up expecting some magical metamorphosis to occur which transforms them into a "hard-body" without any real effort on their part. They show up about once a week. They have every rationalization imaginable to convince themselves that this is all the time out of their busy schedule as a professional couch potato.

For best results, fitness programs must be consistent.

Burn-out is not a problem here. These folks never reach luke warm. Nothing that requires any effort or persistence ever seems to work for this mind set. Sensible? Any continuity?

Fortunately, many people approach fitness in a sensible manner and are prepared to make it a long-term lifestyle. This means a reorganization of priorities and adjustments to a normal routine.

What's sensible in an exercise routine? About one hour for 3-4 days a week for

the average person. Exercise activity should include about 20-30 minutes of aerobic activity for the heart and lungs. A moderate strength conditioning program using weight resistance machines is excellent for the muscles and bones.

The diet should concentrate on providing energy, vitamins and minerals from the four basic food groups with emphasis on restricting saturated fats. If weight loss is a goal, the loss of about one pound of body fat per week is realistic. No need to starve yourself on crazy fad diets that can't be sustained.

A sensible exercise program that is continual is worth the effort. No one enjoys being tired, run-down and unhealthy. Start an exercise program that is sensible and on-going and you'll start to feel alive again. Your energy level will increase and you'll be able to do things with enthusiasm again.

If you're looking for a place to train and some guidance in developing a sensible program that you can live with, pay a visit to Fitness Center West and check out the equipment and facilities. For additional information call the staff at 734-2227. They will be glad to answer your questions.

Reserve News

Reserve adds more C-17 associate units

The Air Force Reserve announced Dec. 18 the conversion of additional C-17 associate units at Charleston Air Force Base, S.C., and McChord Air Force Base, Wash.

"This announcement results from the Defense Acquisition Board's decision to procure a total of 120 C-17A Globemaster III aircraft, and the Air Force's decision to convert the 437th Airlift Wing at Charleston and the 62nd Airlift Wing at McChord to C-17s to replace their C-141s."

The Reserve's 315th Airlift Wing at Charleston already has two C-17 associate squadrons and will convert its remaining C-141 squadrons. The Reserve's 446th Airlift Wing at McChord has three associate C-141 squadrons which will convert when the 62nd AW there receives its C-17s.

The associate program, unique to the Air Force Reserve, pairs a Reserve unit with an active duty unit to share a single complement of aircraft.

Timing of these actions and the number of manpower authorizations will be announced at a later date. (AFRES News Service)

Outstanding units awarded

Seven Air Force Reserve wings, their subordinate units and a civil engineer

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 - TSgt. Brasher
405-734-5331

Midwest City - MSgt. Vickers
TSgt. Stanley
405-733-9403

Lawton - MSgt. Wright
405-357-2784

McConnell AFB, KS - MSgt. Shaw
TSgt. Tubbs
316-652-3766

squadron have been selected to receive the Air Force Outstanding Unit Award for meritorious service. The units and respective award periods are:

* 349th Air Mobility Wing, Travis Air Force Base, Calif., July 1, 1994, to Aug. 15, 1995;

* 507th Air Refueling Wing, Tinker Air Force Base, Okla., Jan. 1, 1994, to July 31, 1995;

* 459th Airlift Wing, Andrews Air Force Base, Md., Oct. 1, 1993, to Sept. 30, 1995;

* 512th AW, Dover Air Force Base, Del., July 1, 1993, to June 30, 1995;

* 482nd Fighter Wing, Homestead Air Reserve Station, Fla., Nov. 1, 1993, to Aug. 30, 1995;

* 939th Rescue Wing, Portland International Airport, Ore., Sept. 1, 1993, to Aug. 31, 1995;

* 917th Wing, Barksdale Air Force Base, La., July 2, 1993, to July 1, 1995; and

* 924th Civil Engineer Squadron, Bergstrom Air Reserve Station, Texas, May 20, 1993, to Sept. 30, 1994.

Reservists who were assigned to one of these units during the award period are eligible to wear the award. Award periods vary for some 349th AMW, 512th AW and 917th Wing subordinate units.

Former unit members should check with

their military personnel flight to ensure they receive credit for the award. (AFRESNS)

Appropriations bill signed

President Clinton accepted the 1996 Defense Appropriations Bill Nov. 30, which includes a 2.4 percent military pay raise and \$2.66 billion funding for the Air Force Reserve.

The appropriations fund an Air Force Selected Reserve end strength of 74,007 in fiscal year 1996, including 628 positions on full-time active duty and 9,802 air reserve technicians.

Looking for ideas

The Air Reserve Personnel Center/Air Force Reserve Policy and Advisory Council is looking for reservists' ideas on how to make the Reserve more efficient.

Specifically, the Council is looking for ideas on how to improve management, operations or quality of life in the Air Force Reserve. You have until May 31 to submit recommendations by letter to the council.

The address is HQ ARPC/XPX, 6760 E. Irvington Place #7500, Denver, CO 80280-7500.



MSgt. Debbie Fuqua shows off some of the items donated last month during the unit's Christmas Spirit Drive. (Photo by TSgt. Mitch Chandran)

Unit members thanked

A special thank you has been expressed to all members of the 507th Air Refueling Wing from the Family Readiness Staff for the unit's participation in "Operation Christmas Spirit '95". Operation Christmas Spirit raised \$263.50 from Family Day, \$111.00 in donations from the Moore Optimist Club, and \$1006.79 for December UTA for a grand total of \$1381.29

From the money raised and through donations of food and toys, the 507th helped seven unit families have a much better Christmas. The unused food and toys were donated to the Family Support Center in support of the food pantry and their "Operation Christmas Spirit".