

On-final



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507th Wing

Tinker AFB, OK



The 507th Security Police Squadron has been selected as one of two Air Force Reserve Security Police units to

represent AFRES at Air Force-level competition. (Photo by TSgt. Mitch Chandran)

Unit now competing at AF level

507th SPS wins AFRES honors

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

The 507th Security Police Squadron has been selected as one of two squadrons to represent Air Force Reserve as finalists for the Air Force Outstanding Security Police Unit Award for 1995.

The squadron will now compete at Air Force level.

Maj. Gen. James E. Sherrard III, vice commander of Air Force Reserve, stated the accomplishments of 507th during the past year are shining examples of the pride, teamwork and dedication that exists in all AFRES SP units.

The 507th SPS's nomination package cited the squadron for many accomplishments which include providing support at the Oklahoma City Federal Building tragedy, Operation Deny Flight in France, Commando Warrior in the western Pacific (supporting the Pacific Air Force), augmenting active-duty security police forces on Tinker AFB during Operation Provide Hope and performing an active-duty tour at Ramstein AB in Germany.

When the Oklahoma City Federal Building tragedy struck, the Squadron's Crisis Action Team immediately secured the flightline and Wing buildings and coordinated with the base active-duty security police in setting up and manning an entry control point and security patrols in the area. Several squadron

members went to the blast site and assisted the on-scene commander in handling all security issues that arose. One

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Who are we?

Col. Martin M. Mazick
507th Wing Commander

Who are we?

I'll bet there are many of you out there asking this question, or have at least thought about it.

It's only natural. You cannot go through all the changes we at the 507th have and not have this thought cross your mind. Think of everything we have been through in the last few years; as an Air Force, objective wing reorganization, command reorganization from MAC, SAC, and TAC to AMC and ACC; downsizing 25% to 385,000; as an Air Force Reserve, objective wing reorganization, MAJCOM reorganization, downsizing 10% to 74,000; as a unit, 507th Tactical Fighter Group to 507th Fighter Group to 507th Air Refueling Group to 507th Air Refueling Wing, and presently the "507th Wing"; from fighters to tankers, to tankers and AWACs, from a peacetime training organization to a peacetime augmentation force. With all of the above changes, can we not help but ask, "Who Are We?"

As we begin to embark on yet another change to our organization, I would like to share with you who I think we are.

Some of you may feel this is unfair. How can he know? Some of you may say, "He's only been here 8 months!"

This is true. I haven't even met all of you. Yet, you deserve to know what I think. Maybe it would be more comfortable for me to share with you the essence of who I think we are.

I have come to this conclusion by observing the things you do and listening to the things you say. Actions and performance have a language unto themselves, and the sheer fact that you make the sacrifice to be a part of this organization speaks loud and clear.

So, who are we? First and foremost we are individuals --- Moms, Dads, brothers, sisters, family members, and civilians. We have lives we lead that are separated far from military duty. We are leaders and followers--movers and shakers in the civilian community.

Secondly, we are military professionals and volunteers--we choose to be with the 507th. This fact, above all else, makes us unique and separates us from active duty. We consciously elect to be part of an organization that has as its core values loyalty, family, integrity, teamwork, professionalism, and leadership. These core values are the standards we use to guide our efforts.

We have the only "part-time" job that requires us to take an oath. George Washington said, "When I assumed the citizen, I did not lay aside the soldier. George Washington was speaking about us. As an Air Force Reserve, we are 85% prior active duty. We have chosen to continue our contribution to National Defense and our country by taking on the additional role of a Citizen Airman.

We support the Air Force core values of integrity first, service before self, and excellence in all we do.

We make the sacrifice for our country by giving up time with our families and employers to take on this added responsibility. We are motivated and disciplined. We have an unwavering commitment to unambiguous, high standards. We serve with a sense of personal responsibility, and we are accountable. We believe in each other.

We have demonstrated organizational resiliency and have been rewarded by growth in a new mission. We will continue to discover ourselves and our capabilities by continued adherence to our core values.

So, who are we? In short, we are professionals, members of the first team, and we do it as volunteers--something to be proud of and something we must never lose sight of.

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.



507th Commander, Col. Martin M. Mazick and new 513th Air Control Group Commander, Lt. Col. Kenneth Suggs, check out the new 513th ACG flag. (Photo by Capt. Rich Curry)

Wing ORI set for March 1997

*By Capt. Rich Curry
507th Wing Public Affairs*

The alarm is set and the clock is ticking. The 507th Wing's Operational Readiness Inspection will be held in March 1997.

An ORI is the major litmus test of an organization's ability to perform its wartime mission.

Across-the-board, unit members will undergo a grueling examination of its warfighting skills.

The examiners, members of the Air Mobility Command's Inspector General's office, will hurl unit members into scenarios designed to simulate nothing less than total war.

According to Lt. Col. Rich Jones, 507th Air Force Advisor, an ORI is divided into four major areas: **Initial response** (which includes mobilization and deployment), **employment**, **ability to survive**, and **mission support**. During the week-long inspection, everyone in the 507th will participate in one or all of these areas to demonstrate the Wing's warfighting skills.

"Initial Response includes all the activities from notification by higher headquarters until we deploy. Basically, it's getting our aircraft ready to employ. The inspectors evaluate what shape the aircraft are in and how quickly we get them ready," Jones said.

He explained this area will include command and control, alert force reactions, security response options, and force generations. "The big players are you as an individual and everyone as a group," he said.

Employment is what the exercise is all about.

Employment means getting tankers, personnel and all necessary equipment to their destination to complete the wartime tasking and requires everyone's efforts. The inspectors will observe all phases of the unit's effort. Are the required number of aircraft delivered, ready-to-go, on time?

Now the aircrew enter the picture. They are evaluated on all aspects of their role. Are they knowledgeable about the threats they'll encounter? Can they survive them? Can they perform refueling assignments under varying conditions? Can they, using teamwork, conduct alert operations and survive hostile environments? These are the kinds of questions an ORI team wants answered. They want to make sure we can get on with our jobs without spinning our wheels.

"A classic case of 'wheel spinning' would be going through all the drudgery of getting our force generated only to get wiped out on the ground. The ability to survive is probably the hardest part of an ORI," Jones said.

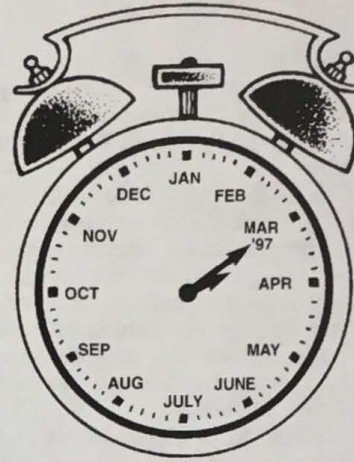
"Although it's hard to imagine being under attack during an inspection, it's something to think about. In a real-world situation, these airplanes we're refueling are going to be hitting and hurting the enemy. The enemy will try to retaliate and do the same to us," he said.

Can we survive?

The colonel stated the ORI team wants to know if the unit can protect and preserve its fighting force. Is it trained to survive chemical/biological attacks, nuclear fallout, and sabotage?

Less dramatic, but no less devastating, are natural events such as tornadoes, hurricanes, floods and storms. Accidents such as explosions, fires, and chemical spills are other possible scenarios.

The countdown begins...



The Disaster Preparedness Mobility Teams are the key to our surviving these possibilities. Individual responses are also observed.

"Don't take chemical warfare training or combat support duties too lightly," he said, adding, "members will get a chance to demonstrate it to someone from headquarters."

The term "combat support" has a behind-the-lines sound to it. Actually nothing could be further from the truth, Jones said.

"Every squadron of the Wing is involved in 'combat support'," he said.

Some of the elements in this area include:

- Repelling enemy attacks.
- Restoration of power, communications, damaged facilities, repair of bombed-out runways.
- Protection of classified materials in a combat environment.
- Weather forecasting and observing flying operations.

It's obvious that all these elements are more than important; they're critical. The ORI team thinks so too. That's why they look at them, Jones said.

"The ORI team will hit our unit and evaluate it as a whole. The inspection will present a challenge to everyone. How well everyone knows their jobs and does them correctly will determine the final results," the colonel said.

Here are some important points to remember during the ORI. Show a sense of urgency. Keep safety awareness involved in all actions. Follow your checklists. And above all, don't be afraid to ask questions.

Blood Drives benefit everyone

*By David Mugg
507th Executive Officer*

I've made a few observations during my life, and one is that a lot of people are motivated to do things by what they get in return. I was asked by the Wing Commander to put down a few things that we receive from giving blood. For me, that is easy and I have several answers.

First, there are the intangibles such as personal satisfaction knowing I've helped someone, then there's my own belief that having a strong blood program in this area strengthens our entire medical program, promoting growth of new surgeries, techniques and procedures locally rather than half way across the country.

Having adequate supplies of blood here in Oklahoma City makes it easier to perform out-of-state surgeries here where the blood supply is located, rather than trying to get emergency blood stocks to a patient in time of crisis.

Then there is the possible direct money saving provision for you. As some of you have found out, a pint of blood or blood product can be very costly if you have no insurance. Our Oklahoma Blood Institute charges about \$70 to \$74 per pint for blood supplies to hospitals etc., to be put into sick people. Then the hospital charges are on top of this to put it into a person.

OBI offers a free program to all donors and their tax dependents whereby the cost of blood preparation not covered by insurance can be reimbursed to the donor. This program is also available to groups such as the 507th ARW.

If we give, as a unit, one pint of blood for at least 25 percent of our size, then each unit member and their tax dependents are covered, i.e., if we have 1,000 members and give 250 pints of blood, we're covered. This is important, since a lot of our

members cannot give blood themselves for a myriad of reasons, such as having had hepatitis as a child.

Another side benefit is that anything we give over our 25 percent forms a pool that we can designate to some ineligible person (your grandfather?).

If someone requests that you give blood for a friend, please call and check with the unit first. There are several things you may not know which would be of interest. For instance, is the person a senior citizen on Medicare? Medicare pays 100 percent of the

Blood Drive set this weekend

The 507th Wing, in conjunction with the Oklahoma Blood Institute, will hold a blood drive on Saturday, April 13. The Blood mobile will be parked in front of the 507th Headquarters Building and donations will be taken from 9 to 11:30 a.m. and 1 to 3:30 p.m.

Everyone is encouraged to donate.

For more information call Mr. David Mugg, at ext. 45101.

Remember, they give free cookies and juice.

preparation. Giving blood for this individual is not necessary. Another case would be for you to give blood for a person not in our unit. Perhaps not the smartest way to go. Why? Because if you donate for someone you save them 20 percent on the preparation charge. But if we have a surplus in the unit and you and your friends were to give the same blood through the unit, then 100 percent of the preparation charges would be paid.

Again, if you have questions, please call ext. 45101 and we may be able to steer you straight. I've been surprised lately about the questions coming in, and how many of our people and associates have needed blood.

Recruiter comes back for more

*By TSgt. Stan Paregien
507th Wing Public Affairs*

TSgt. Jacquelyn P. Stanley grew up in Los Angeles, Calif. She attended Cal-Poly-Pomona University and joined the Air Force Reserve as a medic in February 1974 at the 414th Medical Services Element Squadron, located at March AFB, Calif.

She became a recruiter in June 1975 at Norton AFB, Calif., and recruited out of the Los Angeles area. In 1978 she returned to March AFB, serving as a recruiter until 1989.

Then, it was time for a break. She left the recruiting service to become a traditional reservist so that she could be at home more and work on her finishing her

bachelor's degree in Management and Human Resources.

"Being in the Reserve was great. For six years I stayed at home with the kids and finished my degree while serving one drill weekend a month," said Stanley.

Stanley said the time she spent with her family was important.

"When I stayed home with my kids, ages five and seven, it was a good bonding time. I stayed on their schedule. I'm seeing the rewards of that now as they are growing up. They are good kids with no discipline problems. I've been extremely blessed," Stanley said.

She came back on active duty, once again as a recruiter, in October 1995 with the 507th Wing. She is now finishing up her last five years for a 20-year retirement.

"I love my job. Recruiting is very rewarding. However, I don't consider myself a recruiter. I think of myself as a counselor. It's a great feeling to help people along their career path.," Stanley said.



TSgt. Jacquelyn Stanley

Training Planner

April Schedule of Events

Date/Time	Meetings, Etc.	Location
Fri, 12 Apr		
1300	Pre-UTA Cmdr Staff Mtg	Bldg 1043 ConfRm
1415	Pre-UTA First Sgt Mtg	Bldg 1043 TNET Rm
1430	Quarterly Training Review	Bldg 1043 ConfRm

Sat, 13 Apr

As Designated by Unit	Sign In	As designated by Unit
0730-1000	Newcomers In-Processing	Bldg 1043, Rm 201C
0800-1600	Ed&Tng Open/Walk-in Service	Bldg 1043, Rm 206
0900-1000	3AOX1 Training	Bldg 1043, ConfRm
1000-1030	Newcomers Orientation	Bldg 1043, TNET
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
1300-1400	Exercise Evaluation Team Mtg	Bldg 1043, CC ConfRm
1400-1500	Mandatory EST Managers Tng	Bldg 1043, ConfRm
As designated by Unit	Sign Out	As designated by Unit

Sun, 14 Apr

As Designated by Unit	Sign In	As Designated by Unit
0730-0930	Ed&Tng Closed for In-House Tng	Bldg 1043, Rm 206
0745-1500	Initial Disaster Prep Tng	Bldg 1115, Prime Beef
0830-0930	Enlisted Advisory Council	Bldg 1043, ConfRm
0900-1000	Hazardous Communication	Bldg 1030, LG ConfRm
0900-1100	Newcomer's Ancil Trng Ph I	Bldg 201 SE, Rm TBA
0930-1630	Ed&Tng Open by Appointment	Bldg 1043, Rm 206
1000-1100	Unit Career Advisors Mtg	Bldg 1043, ConfRm
1200-1600	Newcomer's Ancil Trng Ph II	Bldg 201 SE, Rm TBA
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

..... Long Range Schedule

April

07-21	Deny Flight- Pisa, Italy
10	507 Med Sq HSI
13	UTA 13-14
13	NCO/AMN Qtr Nominations Due
13	Blood Drive
13	Wing CC Call
13	Retirement Ceremony- Maj Morgan
13	AWACS Assoc Unit Ceremony
16-18	Spring AMC CC Conf- Phoenix Rally
19	Deny Flight Pisa, It 19 Apr-9 May
21-26	507 CES REOTS
22-26	AF 507TH Anniversary- Las Vegas
25	72 APS Annual Tour 25 Apr-11 May

May

04-17	507 CES Home Station
11-19	Deployed ORE
11-17	HQ Sec Annual Tour
	MSS Sec Annual Tour
17-19	507 CF Annual Tour
	Cannon AFB, NM
18	UTA 18-19

June

02-08	507 CF AT (Cannon AFB)
08	UTA 08-09; Blood Drive
	WING CC CALL
08-16	SPS Patriot Express
08-22	CLSS AT
	(B-52 Team & Engines)
08-22	CLSS AT/Ellsworth
	(B-1B)
10-14	AFRES SP Conference
	(Robins AFB)
15-29	KC-135B AT/Hickman
21-29	US TRANSCON Rodeo
22-28	SPS AT/Camp Gruber, Ok
29-30	SPS Off UTA

HOT TOPICS

- ✓ Squadron weigh-ins will happen between June & Aug.
check with your unit to see when it will be taking place!

May Schedule of Events

Date/Time	Meetings, Etc.	Location
Fri, 17 May **		
1300	Pre-UTA Cmdr Staff Mtg	Bldg 1043 Conf Rm
1415	Pre-UTA First Sgt Mtg	Bldg 1043 TBA
Sat, 18 May **		
As Designated by Unit	Sign In	As designated by Unit
0730-1000	Newcomers In-Processing	Bldg 1043, Rm 201C
0800-1600	Ed&Tng Open/Walk-in Service	Bldg 1043, Rm 206
0900-1000	3AOX1 Training	Bldg 1043, Conf Rm
1000-1030	Newcomers Orientation	Bldg 1043, TNET
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, 19 May **		
As Designated by Unit	Sign In	As Designated by Unit
0730-0930	Ed&Tng Closed for In-House Tng	Bldg 1043, Rm 206
0745-1500	Initial Disaster Prep Tng	Bldg 1115, Prime Beef
0830-0930	Enlisted Advisory Council	Bldg 1043, Conf Rm
0900-1000	Additional Duty Safety Rep	Bldg 1030, LG Conf Rm
0930-1630	Ed&Tng Open by Appointment	Bldg 1043, Rm 206
1000-1100	Unit Career Advisors Mtg	Bldg 1043, Conf Rm
1300	CDC/PME Course Exams	Bldg 460, Rm 213
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

** Exercise takes precedence over schedule

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.

Ancillary Training

Newcomers Ancillary Training

Newcomers Ancillary Training Phase I (EOT/Drug & Alcohol) & Phase II (COMSEC, UCMJ, Ethics, etc.) is conducted **monthly** on Sunday of the UTA. 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 monthly Newcomers Ancillary Training, at 1315 on Sunday of the UTA in Bldg 201 SE.

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 monthly Newcomers Ancillary Training at 1230 on Sunday of the UTA.

Lawrence Teaches Gang Awareness Classes

MSgt Rick Lawrence of the 507 SPS will be teaching a two day class on Gangs at Seminole Junior College, September 23-24 from 0830 to 1700. You will receive 1 (one) hour of college credit. If interested, call the Seminole Junior College Criminal Justice Program at (405) 382-9950.

He will also be teaching a 3 (three) credit hour course The History of American Gangs at Tulsa Junior College, June 24-28 & July 22-26 from 0830-1630. If interested, call the Tulsa Junior College at (918) 631-7000. With the way our society is today, this is a great opportunity for those interested in Criminal Justice or Law Enforcement.

IS NCOLDP Really Needed? A Students Perspective!

It was just another typical Monday morning; except, I was sitting in a classroom, not as an instructor, but as one of eleven students anxiously awaiting to see what I was in for. And who really wants to be sitting in any classroom at 0730 on a Monday...

My expectations were quickly changed as Mr. Seitz, the instructor, set the pace by changing the paradigm I was used to in a military learning environment. He rapidly involved the class in non-threatening and at times humorous discussions on management, leadership roles, perceptions & stress.

As reservists, we get to learn about these topics in our PME correspondence courses, but only a few get the opportunity to attend NCOA/SNCOA in-residence.

NCOLDP actually provides the opportunity for us to learn and apply different perspectives while remaining in a classroom environment.

Being a fairly new member to the reserves and the 507th, I thought this would be the best way to get to know some of the personnel in the Wing. You know what I found out?

Our Wing has some terrific junior NCOs and Airmen which compliment the professionalism and dedication of our Wing. Through the course of our group discussions and class projects, I learned everyone is willing to get involved when they feel their strengths and ideas are important and can make a difference.

So, is NCOLDP really needed? **The answer is emphatically YES!!!**

TSgt Daryl Sullivan
507 MSS

Commanders and supervisors, we need your help in promoting the NCO Leadership Development Program and fostering innovation and involvement. There are 20 seats available in the upcoming class See your training manager or call the ETF at x47075 for more information. Sign up now for:

Class 96 B:

Phase I 3-7 Jun 96 Phase II 8-12 Jul 96

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 from Central Texas College which can be applied towards the Leadership, Management, and Military Studies requirements for Community College of the Air Force degrees. The credit may also be applicable towards a civilian college degree.

Military Pay

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

11 Apr	19 Apr
16 Apr	24 Apr
18 Apr	26 Apr
22 Apr	30 Apr
25 Apr	03 May
02 May	10 May
07 May	15 May
09 May	17 May
14 May	22 May

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.

Spare *Change* for the Brain



"Strangely enough, this is the past that somebody in the future is longing to go back to."

Ashleigh Brilliant

"Things are more like they are now than they have ever been before."

Dwight D. Eisenhower

"Never become irritable waiting for things to get better. If you'll be patient, you'll find that you can wait much faster."

Unknown

"There's no off-season any more."

Nolan Ryan

"Some luck lies in not getting what you thought you wanted but getting what you have, which once you have got it you may be smart enough to see is what you would have wanted had you known."

Garrison Keillor

"I don't want any yes-men around me. I want everybody to tell me the truth even if it costs them their job."

Samuel Goldwyn

"Sometimes I get the feeling that the whole world is against me, but deep down I know that's not true. Some of the smaller countries are neutral."

Robert Orben

"Running a company is easy when you don't know how, but very difficult when you do."

Price Pritchett

"You miss 100% of the shots you never take."

Wayne Gretzky



This publication is brought to you by your friendly Education and Training Flight staff. If you need assistance or have suggestions for how we can improve our service to you, please call us at (405) 734-7075, or stop by our office in Bldg 1043, Room 206.

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507th SPS wins AFRES award

(Continued from page 1)

member, who has a search and rescue dog, volunteered his services and was involved in finding the last survivor in the building and participated in her rescue then continued his services inside the building for a week.

The squadron provided personnel to augment the Wing's participation in Operation Deny Flight, a deployment to support in the operations in Bosnia. The unit operated out of France and coordinated with French military and security officials in the security of 507th assets, personnel and aircraft.

Unit members were tasked to support PACAF's Operation Commando Warrior with personnel deployed to Anderson AFB, Guam; Kunson and Osan ABs, Korea. Members filled various active-duty security police positions during these deployments including flightline security, entry and control points, close boundary sentry and law enforcement patrol duties.

While deployed as a squadron to Ramstein AB, Germany, they were tasked to provide additional manpower to fill all postings due to the dispersed nature of the aircraft parking facilities. The squadron's expertise was demonstrated when an AC-130 gunship aircraft made an unscheduled landing at the base. Squadron members were immediately dispatched to secure the aircraft and a member was posted at the aircraft's dispersed location without degrading the security posture of the rest of the flightline.

The squadron led the way in 1995 in becoming skilled in the use and deployment of their All Terrain Vehicles (ATV) and have been named as the regional training site for ATV instructors. Instructors have been provided to teach the use of these vehicles

on a regular basis. The squadron also reached 100 percent participation in AFRES's required Sexual Harassment training and has become knowledgeable in the AFRES Total Quality Management concepts.

According to Col. Martin M. Mazick, 507th commander, the members of the 507th SPS are second to none in AFRES and have continuously displayed a unique ability to respond to any problem that arises, taking control of the situation with appropriate action. They work well, he said, with their sister squadrons in the 507th as well as their active-duty counterparts.

"These are the best of the best," Sherrard said. "All assigned personnel should be justifiably proud of their accomplishments and this award."



A Security Police member mans a defensive fighting position during a exercise.

Miller assumes command of 507th MSS

By TSgt. Daryl Sullivan
507th Education & Training Flight

An assumption-of-command ceremony was held for Maj. Michael A. Miller who assumed command of the 507th Mission Support Squadron March 10.

Miller assumed command from Col. Gary P. Mixon, 507 Support Group commander.

Mixon said, during the ceremony he was turning over command of a unit which has a "Long sense of history and a vision for tomorrow."

"I view this as an opportunity, not an achievement," Miller said. "My concern will be reflected in personal attention to promotions, training, and ensuring a high quality of life for you and your family."

Born on May 6, 1947 in Ponca City, Okla. Miller enlisted in the Air Force in June 1966 after receiving his bachelor's degree from Oklahoma State University. He spent four years active-duty at Bergstrom AFB, Texas.

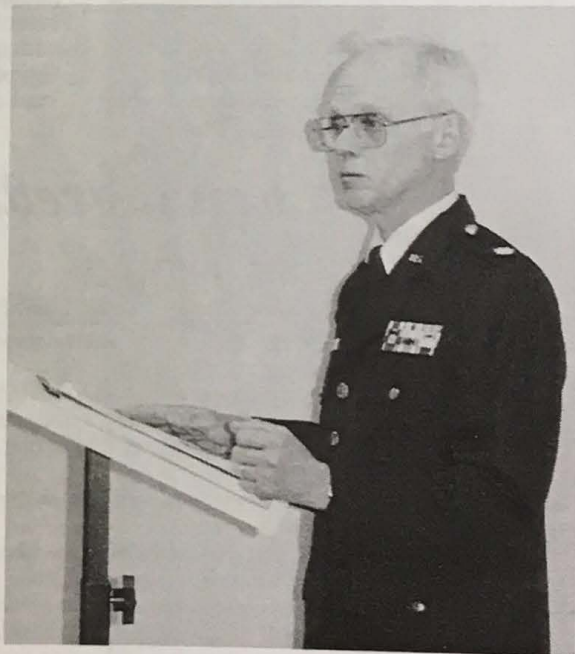
In October 1972, he joined the 507th Tactical Fighter Group as an Air Reserve

Technician. He spent the next ten years quickly rising to the rank of SMSgt. His assignments included administration superintendent with the 507th Combat Support Squadron and first sergeant with the 465th Tactical Fighter Squadron.

Miller was selected and commissioned under the Deserving Airman Program in September 1982. He has accepted various positions from OIC of Personnel to OIC of Quality Force.

Miller was joined by his family, Col. Mazick, Maj. Gen. (USAFR Ret.) S.T. Ayres, former 507th Tactical Fighter Group member and Col. (USAFR Ret.) Clifford Cole, former 507th Combat Support Squadron Commander.

Miller is married to the former Kathy Watts of Ponca City. They have three children: Shannon, Chad, and Lori.



Maj. Mike Miller

SEA Views

Take time to take care of our people

By CMSgt. Robert Kellington
507th Wing Senior Enlisted Advisor

I am very happy with what I am seeing around the Wing. Our military appearance and bearing are meeting or exceeding Air Force standards. I'm not concerned with sending our people anywhere in the world. We look and act in a truly professional military manner.

We're a proud unit --rightfully so-- and we demand the most of our people and equipment. Our people take care of the equipment, so we must take care of our people.

How we do this is not difficult. We reward them by recognizing their achievements and hard work. We do this with awards and decorations. Without awards and decorations our people are not competitive in the Promotion Enhancement Program.

I encourage using Airman/NCO/Senior NCO of the quarter/year nominations as a form of recognition. Every organization should participate in this program and all

commanders, first sergeants and supervisors should want this for their troops. We must insist our people be recognized. Guidelines are out there, let's use them!! Call me if you need a copy.

We also have programs to take care of our families when we are activated, i.e., Dependent/Family Care. But it should be noted that it's up to us as individual to insure our records and wills, etc., are up to date to avoid potential problems. Let's use these programs to take care of ourselves and our loved ones.

A final thought this month. We are Air Force Reservists. We (and our unit) are measured by our actions both on and off duty. We must demand a high standard for ourselves and our organization. Whether officer or enlisted, we will be held personally accountable for our actions.

There is no double standard!! I know we can continue to present the OKIE standard, one of being role models in our communities, showing love of family and country in all of our endeavors. We are a conduit to the community and the American public.

YOU ARE THE GREATEST!!

The Chaplain's Corner

By Chaplain (1st Lt.) Dwight L. Magnus

One of the classic TV commercials I remember was one promoting a brand of steak sauce. The focus was on a soon to be poured bottle of steak sauce. While waiting for the sauce to come out, you hear the song, "Anticipation, its making you wait..." While supposedly proving the thickness of their brand, I think it also

played on the desire of all of us to be anticipating something.

We all seem to have a need to look forward to something. Our children look forward to summer vacation. Many of us look forward to the weekend, or our own vacation. This unit is looking forward to an ORE in May, and the ORI in March 97.

During the Passover and Easter season, people of faith are reminded that we have something to anticipate. The Israelites anticipated release from bondage in Egypt and new life in the Promised Land. Paul understood that the resurrection of

Jesus was very important to finding meaning in his ministry.

Thanks to the resurrection of Christ we can look forward with anticipation to the moment we shall all be changed into heavenly bodies. Sense the excitement in Paul as he writes, "Thanks be to God, who gives us the victory through our Lord Jesus Christ. Therefore, my beloved brethren, be steadfast, immovable, always abounding in the work of the Lord, knowing that your labor is not in vain in the Lord."

May these words encourage your heart. Your work in the Lord is not in vain. God Bless each of you.

Kitchen ingredients now used to strip paint

By Capt. Paul Koscak
AFRES Headquarters Public Affairs

ROBINS AIR FORCE BASE, Ga. -- Imagine removing paint with the skill of a surgeon.

That's exactly what's happening at the 302nd Airlift Wing, Peterson AFB, Colo., since its aircraft structural maintenance shop acquired a high pressure blasting machine that removes paint like a chef peeling the skin of an onion.

And it's done with nothing more potent than water and baking soda.

The revolutionary process, known as BOSS -- bicarbonate of soda stripping -- not only blows off paint with ease, it manages to do the job with just a fraction of the hazardous waste generated by chemical paint removers or plastic-particle blasting.

"You can be a lot more selective," said Master Sgt. David Wilson, chief of fabrication in the Air Force Reserve's aircraft maintenance division at Robins, where the device, known as the

Aqua Miser, was first tested several months ago. "Before, you had to strip to bare metal."

That's the key.

Removing only the paint without disturbing the underlying primer is what makes BOSS technology so attractive. Primers contain chromates, a hazardous waste, which are expensive to dispose. Even the spent particles from plastic blasting, though far less in quantity than the barrels of muck generated by chemical strippers, are also an expensive hazardous waste, Wilson said.

The only byproduct generated from BOSS should be paint. And that, Wilson added, can potentially be dumped in ordinary landfills, saving the government a bundle.

"We generate about a fifth of the waste as we did using the old chemical system," he said.

The Aqua Miser, which sells for \$76,000, uses regular tap water, electricity and bicarbonate of soda. The soda particles, which act as an abrasive, are coarser than the product found on grocery store shelves, Master Sgt. Daniel Pedersen, Peterson's 302nd AW aircraft structural maintenance foreman, said.

How to develop an exercise program

By Jay Anderson
Fitness West Manager

There are several things to consider when a person decides upon starting an exercise program, all of which contribute to an individual getting the results they expect from their efforts.

If provided some basic information on the components that make up a sound exercise routine, most people can structure a program together that fits into their lifestyle and allows them to "add years to their life, and life to their years". Here are a few basics that should be given attention.

The first step is to insure that it is safe for you to exercise. This involves seeing a physician for a medical evaluation to determine what type of exercise is safe for you to participate in or to identify any limitations or physical conditions which would need additional attention. This medical precaution is especially necessary for individuals who have been sedentary or are over 40 years of age.

Next, a person should include activities that provide both aerobic conditioning to improve the cardiovascular efficiency of the heart and lungs and neuromuscular

activity to improve the muscular fitness (strength and endurance) of the body. Cardiovascular activity includes jogging, using a treadmill, Stairmaster or any of a wide variety of machines which stress the heart and lungs within a given heart rate range continuously for a period of 20-30 minutes. This type activity should be done 3-5 times each week.

Neuromuscular fitness can be attained by using weight resistance equipment such as free-weights, cable machines and Nautilus. "Total body" muscular fitness routines are desirable, but partial body routines can also be worked into other exercise programs. Particularly for older individuals, a sound muscular skeletal program is important in maintaining desirable body composition (lean muscle versus fat), and enhancing

functional movement capacity. Resistance training can be structured anywhere from two or more days a week taking somewhere around 30 minutes to an hour each training session.

Although aerobic training is very effective in helping a person burn those extra calories that lead to reduction in body fat levels, resistance training can also contribute to fat loss as well as gaining lean muscle mass. Coupled with a sound diet, exercise of most any type can have significant effect on the reduction of body fat.

Exercise benefits a person in a lot of different ways. Reducing stress, lowering cholesterol and blood pressure, strengthening the bones of the body, keeping elasticity in the muscle and range of motion in joint areas just to name a few.

If you are not maintaining a healthy life style and would like to start an exercise program, it's never too late. If you need some helpful advice on structuring an exercise routine, or just looking for a good place to work out try visiting Fitness Center West, Building 1103, Reserve Road, 734-2227.



March promotions

Congratulations on the promotions of the following personnel. The promotions were effective March 1, 1996.

To Airman:

Brian Wilson - OSF

To Airman First Class:

Garland Glover - SPS

To Senior Airman:

Jermaine Boyd - AGS

To Staff Sergeant:

Robert Bailey - APS
Ambrose Bradley - MS
Gerald Christian - CLSS
David Wood - CLSS
Barry George - ARW
Valerie Daugherty - LSS
Hyman Hendrix - APS
Mark Henry - CES

Kimberly Townsend - MEDS

Kenneth Miller - CES

Christina Treu - ARW

Takesha Williams - ARW

Ronzil Starcher - SPS

Sean Remke - CES

Brian Scheef - AGS

Ronald Pry - SPS

To Technical Sergeant:

David Abdoo - CES

Tracy Alexander - AGS

Henry Wood - ARS

Lisa Lusignolo - CLSS

Ludwig Pereles - CES

Richard Curtess - MEDS

John Ratterman - CLSS

Torin Walton - CES

To Master Sergeant:

Steve McDaniel - OSF

Malada Mouse - CES

Steven Robinson - ARS

PEP promotions awarded

Eight 507th members received stripes April 1 under the Promotion Enhancement Program or PEP. Promoted were:

To Technical Sergeant:

Debra Clancy, 507th CLSS

Carl Hill, 507th Maint SQ

Leroy Trzebiatowski, 507th CLSS

Jerry Wilgus, 507th AGS

To Master Sergeant:

Dennis Breeding, 507th Maint SQ

Diane Jobe, 507th Maint SQ

To Senior Master Sergeant:

Amelia Jackson, 507th Med SQ

To Chief Master Sergeant:

Judy Branchfield, MSSQ

Reserve News

Legal Office helps members avoid foreign country pitfalls

Are you planning on traveling to a foreign country? The 507th Legal Office has legal points about country laws. These "Project Pitfall" papers are available free for the asking. Call TSgt. Cathy Robinson at 43823 during the UTA weekend or 739-5811 Monday through Friday for more information.

SGLI coverage change affects 507th Wing members

On April 1, all service members currently eligible for SGLI, regardless of any existing declination of coverage or election of reduced coverage, will be insured at the new maximum amount of \$200,000. Members may elect to decline or reduce coverage to intervening multiples of \$10,000 on April 1 or later. For more information, contact the Military Personnel Flight, Customer Service.

The only members who need to come by Building 1043 Room 201C are those who currently have less than \$200,000 coverage or who have declined coverage in the past. Members who do not fill out a new SGLI form by April 17 will be liable for the premiums that will be deducted at the rate of \$18.00 a month for \$200,000 coverage.

All affected members will need to complete a new SGLI form no later than April 17 to ensure the Pay Office had

enough time to input all the data in their computer.

Congratulations!!!!

The 507th has a new Okie. Capt. Karsten and Teri Stadler have a new baby boy. Born February 26, his name is Kellen Thomas Stadler. The new Stadler weighed in at 7 lbs 15 oz, and 21 1/3 inches long.

Palace Chase clamps down

In a message from Air Force Reserve Headquarters, all Palace Chase program members who skip on their out on their obligation will be finding themselves back on active duty.

The Palace Chase program allows active duty members to exchange remaining active duty commitment time for a reserve duty commitment.

While recalling an individual to active duty was always an option to commanders, it was not heavily enforced, officials stated. Officials also expressed a cautionary note to individuals might wish to rejoin active duty status: this recall also involves negative disciplinary actions such as demotion and unfavorable personal information files.

Former member recovering

Two years ago, former 507th Budget Office member, TSgt. Teresa Chiapulis, suffered a stroke and could not walk or communicate. Today, according to Mark Scoles, 507th Budget Officer, Teresa is

walking, with help, and talking thanks to some physical therapy students in training.

Teresa is moving in May to her home state. Unit members wishing to call her may do by calling the Brookwood Nursing Centre, 940 SW 84th, Oklahoma City, OK. Her room phone number is 632-0743.

Mixon promoted to colonel

Col. Gary Mixon, 507th Support Group Commander, was promoted to full colonel during a ceremony held April 1 in the Operations Briefing room.

Col. Mixon joined the 507th in 1991 as Director of Intelligence. He became the 507th Mission Support Squadron commander in 1992 and the Support Group Commander in 1995.

Reservist needs support

On March 23, the home of SSgt. Debi Peoples, 507th Combat Logistics Support Squadron was completely destroyed in a fire. No one was hurt.

According to Stephanie Smith, 507th Maintenance Squadron, People's son, daughter-in-law, and two granddaughters (3 weeks old and 18 months old) are living with her and her husband. Smith said the fire left the two families without and needing help.

Smith said the Peoples could use donations of food and diapers.

Members wishing to give donations, money or otherwise, should contact Capt. Brian Runion, 507th CLSS, at ext. 9-5375 or 9-5376.

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. Garza
405-734-5331

Midwest City - TSgt. Stanley
405-733-9403

Lawton - MSgt. Wright
405-357-2784

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



Get One Today!

507th Wing recruiters, TSgt. Jacquelyn Stanley and MSgt. Al Garza, show off new Air Force Reserve t-shirts. The recruiters are presenting these shirts to any unit members who bring new members into the 507th. For more details on what openings are available, call the 507th Recruiting Office at 734-5331. (Photo by TSgt. Mitch Chandran)