

On-final

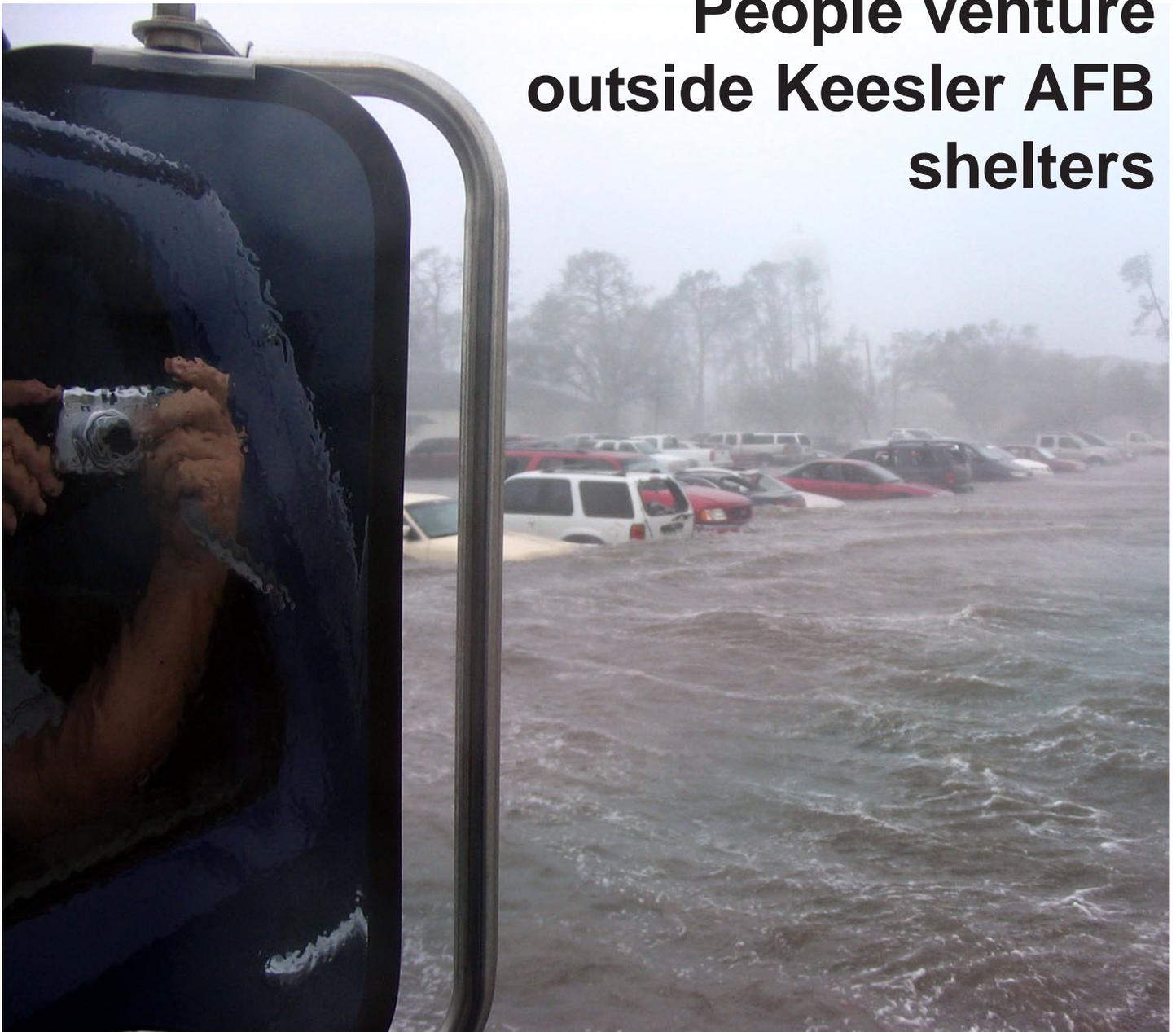


U.S. AIR FORCE

September 2005
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507th Air Refueling Wing - 513th Air Control Group
Tinker Air Force Base, Oklahoma

People venture outside Keesler AFB shelters



As Hurricane Katrina struck Keesler Air Force Base, Miss., home of the Air Force Reserve 403rd Wing, rising waters swallowed parked cars. The base and the 6,000 sheltered military students, permanent party, civilians and their families survived the

Category 4 hurricane with no casualties. The initial damage was catastrophic to base infrastructure. The base is currently in the assessment and recovery stage.

U.S. Air Force photo

See related story on page 6.

Air Force Reserve takes on recruiting challenges

EDITOR'S NOTE: The following commentary is from testimony by Lt. Gen. John A. Bradley, chief of Air Force Reserve and commander of Air Force Reserve Command, before the U.S. House of Representative Committee on Armed Services July 19.

WASHINGTON - Recruiting quality service members is a top priority for the Air Force Reserve. Competition for these members among other services, as well as within the civilian community, has reached an all-time high.

For the last five consecutive years, Air Force Reserve Command exceeded its recruiting goal. The command achieved this remarkable feat through the outstanding efforts of our recruiters and with the superb assistance of our reservists who help tell our story of public service to the American people.

AFRC came very close to reaching its fiscal 2004 congressional end-strength mark. It fell short by .6 percent, reaching 99.3 percent or merely 578 assigned short of congressionally funded requirements.

Recruiting continues to face significant challenges. The pool of active-duty separatees continues to shrink due to force reductions over the last decade. Competition for these members has become even keener. The active force is intensifying its retention efforts, and the Air National Guard is competing for these people as well.

Additionally, the current high operations and personnel tempos, coupled with a perceived likelihood of activation and deployment, are being routinely cited as significant reasons why separating members are declining to choose continuing

military service in the Reserve. These issues further contribute to the civilian sector's ability to attract these members away from military service.

One consequence of the reduced success in attracting separating members from the active force is the need to make up this difference through attracting non-prior service members.

Historically, our recruiters access close to 25 percent of eligible separating active-duty Air Force members, which accounts for a significant portion of annual accessions.

Finally, with overall end strength of the Air Force Reserve dipping below 100 percent, some career-fields are undermanned. To avoid possible readiness concerns, recruiters will continue to meet the challenge of guiding applicants to critical job specialties.

We began the "Split Training Option" in October 2003 for recruits who have not served in a military component. This program provides a flexible tool for recruiters to use in scheduling basic military training classes and technical school classes at non-consecutive times.

The Reserve is taking advantage of an active-duty Force Shaping initiative begun last year. The Air Force is offering active-duty members the opportunity to use the Palace Chase program to change components until the end of this September. We are using this opportunity to access prior-service members with critical career skills. Last year 1,200 active-duty members used Palace Chase to join the air reserve components, with more than half selecting the Air Force Reserve. This number may grow this fiscal year. (AFRC News Service)

CHAPLAIN'S CORNER

By Chaplain (Lt. Col.) Mike Jones

Have you ever had the "check engine" light come on? You know the light I'm talking about. That annoying little red or orange light that comes on when your vehicle's on-board computer senses something is wrong with the engine. It could be just a minor thing or it might be a major problem. Well, it happened to me. The light was on to let me know that something was wrong and I needed to check it out.

It started me to thinking that it's too bad God didn't build into each of us a bright little "check heart" light. That way, when our on-board spirit started to

sense that something was spiritually wrong with our heart, the warning light would come on and let us know that something was amiss.

Some of the possible reasons for our "check heart" light coming on might be when we do things we know are wrong; when we treat people badly; when we go more than a day without thinking about God and speaking to him; or when we allow other concerns in life to crowd out any concerns we have for the Lord.

It seems to me that if God had built into us a "check heart" light he'd probably have put it where others could see

it too, just like the auto makers do by putting it on the dashboard so the passengers can see it. I think God would do it that way so that if we either weren't paying attention or just chose to ignore it, others could let us know that our warning light was on.

Of course, we need to be realistic about all of this. Being the creative and innovative beings we are, God probably figured, "Why bother? They'd just figure out a way to disconnect the warning light anyway."

Just like some do now.

My husband is a drug addict

Commentary by Staff Sgt. Lindsay Thomas
22nd Contracting Squadron

MCCONNELL AIR FORCE BASE, Kan. (AFPN) — I've said those words many times, yet the sound of them still makes me cringe. I still wonder how any of this could have happened; I ponder how everything could have spun so horribly out of control.

About a year ago, I was pulled out of Airman Leadership School by an Office of Special Investigations agent who informed me that my husband had failed a urinalysis for cocaine. Shocked and troubled, I somehow stumbled back to class distracted by news that seemed unreal and impossible.

And my husband swore to me that it was impossible. He pleaded his innocence, giving me some elaborate story about a trip to the emergency room for kidney stones and a morphine drip that caused him to test positive for cocaine. And I believed him. Why wouldn't I?

There were no signs of drug abuse; he didn't match that profile. I never saw drastic mood changes, there was never an issue with money mysteriously disappearing from our bank accounts, and I could always account for where he was.

And as the court-martial grew ever near, the stress became unbearable. I wasn't sleeping; I couldn't concentrate. To be completely honest, I was a basket case. But there was some glimmer of hope, because I believed in justice. I believed that everything would be made right and that if I just stuck through it, there would be a light at the end of this long, dark tunnel.

And then, two weeks before the court-martial, my husband's stories started to contradict one another and he kept backtracking on his stories, grasping for some validity. He was slipping up, and it all began to unravel before him.

And then he said it. "I slipped up," is what he said. "I used cocaine." Dumbfounded, I demanded an explanation, only to hear the horrible stories of cocaine abuse, painkillers that were taken like they were pieces of candy, and the experimentation of every other drug you could imagine.

So, I told him that he needed to do the right thing. It was the hardest and easiest decision I ever had to make. To make a long story short, on our three-year wedding anniversary, my husband pleaded guilty to using cocaine on several occasions, was sentenced to eight months confinement, forfeiture of pay and allowances, reduction to airman basic and a bad conduct discharge. My husband is a drug addict, and his decisions and his disease ruined his life.

But this is just the beginning of the end of this story. You see, my husband's disease touched everyone around him and wrapped its poisonous fingers around them. I was ruined, my children were ruined, our families were ruined, our friends were ruined and the Air Force was ruined.

This experience and his actions left everyone hurt and betrayed. I feel like I gave my soul to love, and it has paid me back in change.

Our son, who is two-years-old, resorted to taking a picture of his daddy to bed with him at night in some hapless, desperate effort to be closer to his father. My daughter, who is five-months-old, will not even know the man who is supposed to be her father when he finally gets out of prison.

Now, a heart that is worn and weathered would know better than to fight, but I have decided to wear mine like a weapon. I vowed that this abuse, this addiction that afflicts my husband will NEVER touch my children again, or anyone else, for that matter, if I can help it.

After the court-martial, I was appalled to know that there

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All photographs are Air Force photographs unless otherwise indicated. **Copy deadline is NOON on UTA Sunday for the next month's edition.**

This is your news source. Take it home with you to share with family, friends, and employers.

507th ARW Mission: Man, train, equip, and sustain an Expeditionary Reserve Force in support of DoD peacetime and wartime taskings.

513th ACG Mission: Citizen-airmen extending America's Global Power operating the world's best airborne battle management, warning and control platform.

35th CBCS participates in Jump Start exercise

Members of the 35th Combat Communications Squadron recently deployed to Duke Field, Florida, to participate in the "Jump-Start '05" exercise.

That exercise represented both an arrival and new beginning for more than 22 command communications units across the nation.

Several years earlier, AFRC communications Airman began a "communications transformation" to make them more relevant in the global War on Terror. That change allowed units to support the theater deployable communications concept, which provides communications infrastructure to deployed Air Force flying operations.

For these units to perform their new mission, they first had to acquire new equipment and unit type codes, or UTCs, which are packages made up of Airmen with different Air Force specialty codes, that deploy within various stages of a contingency. The next phase of the transformation involved training the units on their new role.

"To get the crew positions trained and to give them a look at what the whole package encompasses and how their piece fits in (as part of the overall big picture), we had to get them hands-on training with the goal of providing an intense scenario that gives unit personnel a solid base and 'Jump-Start' their skills," said Chief Master Sgt. Jim Shank, force readiness manager, Headquarters AFRC, Robins Air Force Base, Ga.

The command accomplished that phase between April and July at Duke Field, Fla. During a three month period, more than 180 people from 15 different units rotated through a two-week training exercise called Jump-Start 01-05.

The 35th CBCS provided power production personnel, generators and environmental control units. The 65-member unit provides

worldwide mobile, deployable communications and computer systems anywhere in the world to support Air Force, DoD, and other wartime agencies. They are responsible for deploying theater deployable communications (TDC) equipment to support the deployed AEF commander.

Additionally, the 35th provided three satellite technicians to give training to the other units training in Florida on connectivity into the worldwide communications grid. Tech. Sgt. Michael Meek led a team of "Satcomers" that provided the real-world links that enabled the rest of the crews to train and practice their craft on-line. "In order for the network personnel to confirm their equipment actually works, such as e-mail services, they have to be able to send and receive data," said Meek. The 35th crews utilized the new triband satellite systems which they have had and operated for over a year.

Unit reservists received an opportunity to employ their entire TDC suites and train on satellite reach back communications systems, establish Line-Of-Sight (LOS) connectivity to designated site, and construct Alaskan tents.

For many of the trainees, Jump-Jump-Start was their first time being in a deployed location scenario. And although they were familiar with their job, seeing the entire theater deployable communications package in operation was a first for them.

According to Lt. Col. Pete Peterson, 35th CBCS commander, "This exercise gave our reservists the opportunity to train in the field on about 80 percent of our combat capabilities. We also received some very useful ancillary training," Lt. Col. Peterson said. *(Tech. Sgt. Chance Babin, 926th Fighter Wing, contributed to this story)*

Airman saves lives, receives medal

Senior Airman Christopher Roser, 507th Security Forces Squadron, has received the Air Force Meritorious Service Medal in recognition of his life-saving actions and response following a vehicle accident which occurred in September of 2004.

On Sept. 12, 2004, while traveling home to Frisco, Texas, after a unit training assembly, Airman Roser witnessed a high-speed accident on Interstate Highway 35.

He immediately stopped to render aid however he could.

The airman first encountered a young boy who was coughing up blood and quickly turned him on his side to prevent choking. After briefly stopping at two other victims he was told that a 7-year-

old girl was missing from the scene.

Following a trail of debris, he soon located her and noted immediately that she had suffered a traumatic amputation of one of her arms. Acting quickly to stop profuse arterial bleeding, he applied direct pressure with a makeshift bandage and then applied a tourniquet fashioned from his uniform belt.

Airman Roser then had the presence of mind to ask other people who had stopped to help if they had an ice chest. Learning that they did, he directed them to wrap the severed limb and place it on ice in an effort to save it. The Care Flight medic on scene stated the tourniquet that was applied had most likely saved the girl's life.



Col. Robert Colyer, 507th Mission Support Group commander, presents Senior Airman Christopher Roser the Air Force Meritorious Service Medal at last month's commander's call.

EagleEyes program encourages reports

You've read the news. Incidents of "suspicious" activity are being reported across the country....even in our own local area.

Two years ago, an anti-terrorism initiative dubbed "Eagle Eyes" was launched by the Air Force Office of Special Investigations. The Eagle Eyes program is an anti-terrorism initiative that enlists the eyes and ears of Air Force members and citizens in the war on terror.

The program aims to teach people about the typical activities terrorists engage in to plan their attacks. Armed with this information, anyone can recognize elements of potential terror planning when they see it.

Next, the program provides a network of local, 24-hour phone numbers to call whenever a suspicious activity is observed.

Everyone is encouraged to learn the categories of suspicious behavior and stay aware of their surroundings. If you observe something suspicious, call the OSI 24-hour hotline at 734-7822.

Suspicious Activity Categories

Surveillance. Someone recording or monitoring activities. This may include

the use of cameras (either still or video), note taking, drawing diagrams, annotating on maps, or using binoculars or other vision-enhancing devices.



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EagleEyes
WATCH.REPORT.PROTECT.

Elicitation. People or organizations attempting to gain information about military operations, capabilities, or people. Elicitation attempts may be made by mail, fax, telephone, or in person.

Tests of security. Any attempts to measure reaction times to security breaches or to penetrate physical secu-

rity barriers or procedures in order to assess strengths and weaknesses.

Acquiring supplies. Purchasing or stealing explosives, weapons, ammunition, etc. Also includes acquiring military uniforms, decals, flight manuals, passes or badges (or the equipment to manufacture such items) or any other controlled items

Suspicious persons out of place. People who don't seem to belong in the workplace, neighborhood, business establishment, or anywhere else. Includes suspicious border crossings and stowaways aboard ship or people jumping ship in port

Dry run: Putting people into position and moving them around according to their plan without actually committing the terrorist act. This is especially true when planning a kidnapping, but it can

also pertain to bombings. An element of this activity could also include mapping out routes and determining the timing of traffic lights and flow

Deploying assets: People and supplies getting into position to commit the act. This is a person's last chance to alert authorities before the terrorist act occurs.

HRDC readies new team-building workshop

The 507th Human Resource Development Council will host "Buccaneer", a brand new team building workshop from 11 a.m. to 1 p.m. Sunday, October 2, at the 507th Maintenance Conference Room, Room 203, Building 1030.

The previously announced September workshop date was rescheduled because of unit training conflicts. The course will be taught by Capt. Mark Vardaro, 507th ARW IG.

Buccaneer is a fun, fast team-building program designed to support the rejuvenation of a quality improvement program or one where systems and processes are a main focus. In this team building exercise, all the teams leave from England to go to the Islands to take back the gold (and jewels)

that the Pirates had stolen from The Queen.

By overcoming challenges in communications, planning, goal setting, resource management and collaboration between teams, Buccaneer helps facilitate awareness and discussion of performance improvement initiatives.

This 2-hour, class is limited to 30 participants.

Lunch will be provided. To register, contact Takesha.williams@tinker.af.mil during the September UTA.



Air Force Reserve flies missions to storm-ravaged areas

ROBINS AIR FORCE BASE, Ga. - Within hours after Hurricane Katrina slammed into the Gulf Coast, Air Force Reserve Command people and aircraft began heading to disaster areas to help survivors.

Three HH-60 helicopters from the 920th Rescue Wing, Patrick AFB, Fla., flew to Jackson, Miss., late Aug. 30 to fly FEMA damage assessment teams to affected areas.

“Our rescue crews continued supporting FEMA efforts until 5 a.m. the next day,” said Col. Max D’La Rotta, chief of the operations directorate’s flight standards division and a Katrina crisis action team director at Headquarters AFRC. “And, we have other units standing by or beginning to send people and equipment to areas hit by the hurricane.”

Two AFRC units took the brunt of the hurricane’s impact Aug. 29. Heavy rains and wind slammed the 403rd Wing and other Air Force units at Keesler AFB, Miss., and flooding swamped the 926th Fighter Wing at Naval Air Station Joint Reserve Base New Orleans, La.

Flying out of Asheville, N.C., a C-130J transport aircraft from the 403rd Wing returned to Keesler to deliver circuit breakers and related supplies to the base hospital.

The 908th Airlift Wing at Maxwell AFB, Ala., geared up two C-130s and aircrews along with aeromedical evacuation people. Aerial porters from the unit prepared to spend a week helping to move people and cargo.

Another Reserve C-130 unit, the

910th AW from Youngstown Air Reserve Station, Ohio, has two aircraft and crews ready to fly relief missions.

In California, heavy airlift people and aircraft from the 349th Air Mobility Wing, Travis AFB, and the 452nd AMW, March Air Reserve Base, prepared to transport water rescue teams to Lafayette Regional Airport, La.

C-5 aircraft and crews from the 433rd AW, Lackland AFB, Texas, and 439th AW, Westover ARB, Mass., are

went to Dyess AFB, Texas, to avoid Katrina.

A-10 aircraft and many of the full-time people from the 926th FW relocated from New Orleans Air Reserve Station to Barksdale AFB, La., in the wake of the hurricane.

All AFRC people assigned to New Orleans and Keesler should check in with their units immediately if they haven’t already. Those assigned to the 926th FW should call the command post

at Barksdale AFB at (318) 456-9233. Beginning tomorrow at 8 a.m., reservists and civilians assigned to the 403rd Wing may check in at (888) 436-2246, Ext. 53177.

If unable to reach those numbers, AFRC people can report their current status, whereabouts, or get answers to questions

concerning Air Force hurricane operations by contacting the Air Force Personnel Center’s Personnel Readiness Center at 1-800-435-9941.

For questions that can’t be answered by AFPC, Reserve people may contact the AFRC headquarters staff at the following extensions by dialing toll free 1-800-223-1784: civilian personnel, 71206; personnel readiness center, 71262; family readiness director, 71241; chief personnel, 70390. The AFRC command center - open 24 hours a day, 7 days a week - is available at extension 70680. (AFRC News Service)



An HH-60 helicopter from the 920th Rescue Wing

on alert to support relief efforts.

“We supporting an Air Mobility Command tasking with 20 aeromedical crews from around the country,” said Colonel D’La Rotta. “And expect to get more calls for assistance in the days ahead.”

Keesler’s Hurricane Hunters flew data-gathering missions into Katrina before it made landfall. One day after the hurricane hit Mississippi they launched from Ellington Air National Guard Base, Texas, and St. Croix to track another tropical storm. About half of the 403rd Wing’s planes evacuated to Ellington, and about half of the others

Jumper: Airmen haven't changed at all

by Staff Sgt. C. Todd Lopez
Air Force Print News

WASHINGTON — The Air Force's top-ranked officer first donned a flight suit more than 39 years ago — before 83 percent of active-duty Airmen had even been born.

Air Force Chief of Staff Gen. John P. Jumper has seen a lot of changes during his time in uniform, but he said one thing remains the same — the dedication of Airmen to the job they are sworn to do.

“The thing that marked my generation in Vietnam is that we all did our duty,” he said. “We answered the call, we did what our nation asked us to do, and we were all very dedicated to what we were doing. If you look at this generation of Airmen we have today, it is the same thing. They are every bit as committed and patriotic as you want them to be.”

Though the dedication of Airmen to their mission has not changed over the years, General Jumper said the Air Force mission itself has changed dramatically.

“We have gone from the days (where) we were prepared to deal with Cold War dynamics — to deploy over to Europe or the Pacific and prepare for the great monolithic war against the Warsaw Pact — and made a shift into a world where you don't know what is coming next,” he said.

That change in mission and focus forced the Air Force to adapt the way it does business, to develop into a force that is leaner, more flexible and more responsive. That new way of doing business, embodied in the air and space expeditionary force concept, was adopted quickly by the Air Force and has changed the Air Force in big ways.

“To be able to project our force into an AEF force, to be able to deal with contingencies on a rotational basis, to be able to surge our AEF to deal with something like Operation Iraqi Freedom — all of these things are remarkable transitions to the kind of agility we never had when I

was a young captain,” General Jumper said. “It shows us we do have the strength to change our culture and stay the best Air Force on the planet.”

That transition to a more agile and responsive force has put new demands on the Airmen who do the mission.

“We have asked all Airmen to be expeditionary Airman now,” he said.

“That's a lot different than spending your career at Holloman Air Force Base (N.M.) or MacDill AFB (Fla.). If you go to a Balad (Air Base, Iraq) or one of the airfields we have in (the U.S. Central Command area of responsibility) where Airmen are stationed today, it is a different life. Expeditionary Airmen have to be able to live in an expeditionary setting. They have to be able to defend the airfield and generate sorties or do their job in the face of mortar attacks or the face of fire, and we have to be able to fall in with the other services to do our job.”

The Air Force has even asked Airmen to change their personal fitness to

align themselves with the new role the service plays, the general said.

“The fitness program is going to make sure we have Airmen who are fit enough to walk around in the 30-pound Kevlar vest or wear a chemical suit when they have to,” General Jumper said. “We have a different outlook now.”

Airmen have changed the way they work to adapt to an Air Force that has changed its mission in response to a changed world. But one thing about Airmen remains as true today as it did when General Jumper became an Airman — their dedication to whatever mission it is they are asked to do.

“The longer you are around, you realize that every generation has more in common than they don't have in common,” he said. “When exposed to the right kind of leadership, the right kind of motivation, and most of all, a sense of pride, this generation of

Airmen is no different of any generation that has ever served.”

General Jumper will retire this month.



Air Force Chief of Staff Gen. John P. Jumper talks about his 39-plus years of Air Force service. He will retire from the Air Force this month.

(U.S. Air Force photo by Master Sgt. Jim Varhegyi)

To all the heroes: thanks for setting example

**By Lt. Col. Pat Rupel
513th Chief of Stan/Eval**

There have been a lot of heroes in my life, including the usual ones — parents, teachers, etc. But I also count several NCOs among my heroes. There was Master Sgt Johnnie Leonard who took responsibility for his supervisor's gross mistakes, so that he could fix a shop in need of a major overhaul. There was also Staff Sgt. Greg Stewart who, based on his reputation, was diverted from another base and spent two tough years turning a "Marginal" shop into an "Outstanding" shop. Now I add to my list a senior master sergeant named Bruce Johnson, who is retiring from the Reserve this month. In addition to the normal awards and medals, I think it is appropriate that we honor this man so that both officers and NCOs may learn from his example.

What has always impressed me about Sergeant Johnson is his integrity and his high standard of service to subordinates, supervisors, and his country. Bruce has been one of those rare professionals who could challenge supervisors respectfully and not undercut authority, while holding his own ground. He consistently challenged me and others to do the

right thing, no matter the cost. During our two-year activation, his integrity and service cost him and his Memphis-based family dearly. As usual, he led out front, deploying overseas and then spending a lot of time at Tinker, being a leader. Consistently he put others needs before his, whether it was a "pat on the back" or an unpopular "swift kick" to ensure the mission got done and individuals developed professionally. And then, there is Bruce's legendary excellence as a flight engineer. There are many true stories about how Bruce "saved" combat missions, not to mention numerous training sorties. His knowledge of aircraft systems and aircraft performance has been without peer. It is not a stretch to say that, during Operation Iraqi Freedom, he was directly responsible for saving the lives of special operations forces. How? Because he had the foresight to cannibalize a depot-bound E-3 in England so that our two jets, diverted to a base with no E-3 maintenance support, could be fixed and fly numerous sorties in northern Iraq, directing CAS forces to destroy enemy forces.

So here is a toast to the host of great NCOs like Senior Master Sgt. Bruce Johnson. May the young ones learn from your great example. Bruce, Godspeed and many happy landings!

Former 513th ACG commander to retire

Col. Kenneth D. Suggs, former 513th ACG commander, will retire from the Air Force Reserve in November with 32 years of service. Colonel Suggs is currently commander of the 927th Air Refueling Wing at Selfridge Air National Guard Base, Mich.

Colonel Suggs served as commander of the 513th Air Control Group, Tinker Air Force Base, Okla. from 1996 to 2001. He left here to command the 927th.

Born in Bartlesville, Okla., Colonel Suggs was commissioned through the Air Force Officer Training School (OTS) at Lackland AFB, Texas, in 1973. He entered active duty following OTS, beginning Undergraduate Pilot training at Laughlin AFB, Texas, in 1973. Following tours of duty flying the KC-135 at Blytheville AFB, Ark. and Castle AFB, Calif., he was assigned as Chief, Operations, Strategic Air Command Op-

erating Location HI, Hickam AFB, Hawaii, in 1982, followed by assignment as Chief, Tanker Operations, Headquarters 8th Air Force, Barksdale AFB, La. He remained on active duty until 1990, when he joined the Air Force Reserve as an Air Reserve Technician with the 98th Air Refueling Group, Barksdale AFB, La., as Chief, Mission Development, and Commander of the 98th Operations Support Flight. In November 1993, he assumed command of the 940th Operations Group, 940th Air Refueling Wing, McClellan AFB, Calif. He became commander of the 513th Air Control Group on March 15, 1996. He is a command pilot with more than 4,500 flying hours in the KC-135, KC-10 and E-3 aircraft. Colonel Suggs participated in Operations Desert Shield and Desert Storm.

Col. Gary E. Beebe, 434th Operations Group commander at Grissom Air



Reserve Base, Ind., will replace Colonel Suggs as commander of the 927th ARW at Selfridge Air National Guard Base.

Colonel Beebe joined the Air Force Reserve in August 1989 as an assistant chief pilot in Grissom's 434th ARW. (AFRC News Service contributed to this story)

FREE COLLEGE TESTING

Air Force Reserve members, spouses and civilian employees may take DANTES Subject Standardized Tests (DSSTs) or College-Level Examinations Program (CLEP) or Excelsior College Examinations (ECE) FREE! (Military Only for Excelsior examinations). These examinations test college-level knowledge you may have gained through your job, reading, travel, or hobbies. You must test at your Reserve DANTES approved test center. Testing at another DANTES test center will be on a case-by-case basis. The third Tuesday of each month at 0800 has been set aside for testing. You must call us four weeks prior to test date to ensure we will have your test. **For more information contact Chief Master Sgt. Charlotte Epps in the MPF Education and Training Office at 734-7075.**

PROFESSIONAL CERTIFICATION

Become a certified professional in a field related to your military training. DANTES and AFRC funded certification examinations are available for certain career fields. Go to <http://www.dantes.doded.mil> and click on certification programs, MOS matching and USAF Matrix which identifies the eligible AFSCs, certification exams available and internet addresses for more info. If you desire to take an exam, **contact Chief Master Sgt. Charlotte Epps in the MPF Education and Training Office at 734-7075.**

TUITION ASSISTANCE

Reserve members are eligible to apply for TA for Distance Learning and In-Residence courses to further their education up to a Master's Degree.

The basic enrollment requirements are that you must:

Be a participating member in good standing (no UIF, Article 15, etc.).

Retainability: Officers - two years; Enlisted - ETS after course completion.

Enrollment form must show course number/title, credit hours and cost of tuition.

Complete TA forms in our office PRIOR to class start date.

HQ AFRC will approve/disapprove based on funding.

Payment occurs after satisfactory course completion. TA reimbursement amounts are set at 75 percent (\$3500) per FY (Masters) or 100 percent (\$4500) per FY (Bachelors). **For more information contact Chief Master Sgt. Charlotte Epps in the MPF Education and Training Office at 734-7075.**

AFRC NCO LEADERSHIP DEVELOPMENT COURSE

The success of the Air Force Reserve NCO corps depends on their ability to apply leadership and management skills learned primarily in a civilian setting to a military environment. Not all of today's mid-level NCOs have extensive first-hand supervisory experience in a reserve environment; therefore, the instruction in this course is intended to improve the students' military supervisor capabilities and understanding of their positions as related to the USAFR. We focus on individual improvement which is ultimately the real source of organizational excellence and success. See your unit training manager for more information. **NEXT CLASS: Oct. 24 - Nov. 4, 2005.**

FAMILY CARE

If you need to be on the Family Care Plan, notify your first sergeant ASAP - IAW AFI 36-2908. Single parents and dual military couples with children must have a Family Care Plan completed within 90 days of in-processing or family status change.

VIRTUAL MPF

- 1. Address Changes** - You no longer have to go to 4 different screens/areas to update your address!!!
- 2. Point Summaries** - Point Summaries can also be viewed and printed.
- 3. Record Review RIPS** - You will now be notified via e-mail, on your birthday, to log on to vMPF to review your RIP.
- 4. Awards and decorations** - You can also get a picture display of your awards and decorations.

HOT TOPICS :

CDC Testing is accomplished at 0750 on Sundays of the (main) UTA. You do not have to schedule it, just be there NLT 0750 at Bldg 460 (the active duty HQ), Room 215. You need to enter through the MPF main door (in the back near the ramps), turn right and take the stairs. If you cannot make it, our Education office also tests on Wednesdays at 0800 and 1300. You DO need to schedule this one 24 hours in advance. Important note: If you are retaking a test, make sure you bring the Commander's evaluation/authorization letter with you or you will not be allowed to test.

If you are taking computer-based tests, call DPMT at 734-7075 at least two days prior to the UTA. Computer-based tests are also given Tues at 0800, Wed at 0800 & 1300, and Thurs at 1300. Call for appointment.

EDUCATION REMINDER:

This is just to remind everyone who wishes to update their Education Records, officer and enlisted, that we need OFFICIAL transcripts to send or accomplish any updates. This means that it CANNOT say "ISSUED TO STUDENT." You may have the college/university send it, we can request it, or you may bring it in as long as it is in a sealed envelope with a SEAL on the flap AND it does not say "ISSUED TO STUDENT."

Pass and ID Hours of Operation: 1200-1600 on Saturdays of the UTA.

IEU open from 1200-1500 on Saturday of the main UTA.

Nomination packages for AMN, NCO, or SNCO of the quarter are submitted quarterly. Packages are due by 1400, on Saturday of the UTA after the end of the quarter. (Apr, Jul, Oct, Jan)

FY2006 UTA SCHEDULE

01-02 Oct 05	05-06 Nov 05
03-04 Dec 05	07-08 Jan 06
04-05 Feb 06	04-05 Mar 06
01-02 Apr 06	06-07 May 06
03-04 June 06	08-09 July 06
05-06 Aug 06	09-10 Sept 06
As of 1 Sept. 2005	



SEPTEMBER TRAINING PLANNER

Fri, 9 Sept 2005

1300 Pre-UTA Cmdr Staff Mtg Bldg 1030, MSG Conf Rm
 1400 Pre-UTA First Sgts Mtg Bldg 1043, Wg Conf Room
 1430 Pre-UTA CChief & 1st Sgt Mtg Bldg. 1043, Wg Conf Room
 1600 Top 3 Executive Board Mtg Bldg 1066, OG Conf Room

Sat, 10 Sept 2005

Unit Designated **Sign In** **Unit Designated**
by appt. Computer Based Testing Bldg 1043, Room 213
 0730-0930 Newcomers In-Processing Bldg 1043, Room 203
0730-0930 Customer Service Section Open to Newcomers ONLY
 0830-0900 6 Month Contact Mtg Bldg 1043, CC Conf Rm
 0900-1000 Mandatory 3A0X1 Tng Bldg 1066, OG Conf Rm
 1000-1130 Newcomers Orientation Bldg 1030, Room 214
 Unit Designated Family Day Activities

Unit Designated Sign Out

Sun, 11 Sept 2005

Unit Designated **Sign In** **Unit Designated**
by appt. Computer Based Testing Bldg 1043, Room 213
0730-0800 Protestant Chapel Service 513th ACG Auditorium
0730-0800 Catholic Mass Bldg. 1066 OG Conf Rm
0750-1115 CDC/PME Course Exams Bldg 460, (AD Hq) Rm 215
 0800-1545 Newcomers Ancillary Tng Bldg 1030, Room 214
 0800-1030 Supervisor Safety Tng Bldg 1030, Room 104
 0830-0930 Enlisted Advisory Council Bldg 1043, CC Conf Rm
 0900-1000 Mandatory 3A0X1 Tng Bldg 1030, MSG Conf Rm
1300 SORTS/Post UTA Mtg CAT
 1400-1500 IG period w/Capt. Vardaro To Be Determined
1500-1630 MPF Closed for In-House Tng Bldg 1043, Rm 203, 213

Unit Designated Sign Out

Fri, 30 Sept 2005

1300 Pre-UTA Cmdr Staff Mtg Bldg 1030, MSG Conf Rm
 1400 Pre-UTA First Sgts Mtg Bldg 1043, Wg Conf Room
 1430 Pre-UTA CChief & 1st Sgt Mtg Bldg. 1043, Wg Conf Room
 1600 Top 3 Executive Board Mtg Bldg 1066, OG Conf Room

Sat, 1 Oct 2005

Unit Designated **Sign In** **Unit Designated**
by appt. Computer Based Testing Bldg 1043, Room 213
 0730-0930 Newcomers In-Processing Bldg 1043, Room 203
0730-0930 Customer Service Section Open to Newcomers ONLY
 0830-0900 6 Month Contact Mtg Bldg 1043, CC Conf Rm
 0900-1000 Mandatory 3A0X1 Tng Bldg 1066, OG Conf Rm
 1000-1130 Newcomers Orientation Bldg 1030, Room 214
 1000-1100 Mobility Rep Meeting To Be Determined
 1300-1545 Newcomers Ancillary Tng Ph I Bldg 1030, Room 214
 1300-1400 Adverse Actions Mtg Wg Commander's office
 1300-1400 Wg. Career Advisor Tng Bldg 1066, OG Conf Rm
 1400-1500 Training Managers Mtg Bldg 1043, Wing Trng Rm
Unit Designated Sign Out

Sun, 2 Oct 2005

Unit Designated **Sign In** **Unit Designated**
by appt. Computer Based Testing Bldg 1043, Room 213
0730-0800 Protestant Chapel Service 513th ACG Auditorium
0730-0800 Catholic Mass Bldg. 1066 OG Conf Rm
0750-1115 CDC/PME Course Exams Bldg 460, (AD Hq) Rm 215
 0800-1115 Newcomers Ancillary Tng Ph II Bldg 1030, Room 214
 0800-1030 Supervisor Safety Tng Bldg 1030, Room 104
 0830-0930 Enlisted Advisory Council Bldg 1043, CC Conf Rm
 0900-1000 Mandatory 3A0X1 Tng Bldg 1030, MSG Conf Rm
 1300-1600 First Duty Station Bldg 1030, Room 214
1300 SORTS/Post UTA Mtg CAT
 1400-1500 IG period w/Capt. Vardaro To Be Determined
1500-1630 MPF Closed for In-House Tng Bldg 1043, Rm 203, 213

Unit Designated Sign Out

Air Force Reserve retention remains on track

EDITOR'S NOTE: The following commentary is from testimony by Lt. Gen. John A. Bradley, chief of Air Force Reserve and commander of Air Force Reserve Command, before the U.S. House of Representative Committee on Armed Services July 19.

WASHINGTON - Retaining quality service people is a top priority for the Air Force Reserve, and officer and enlisted retention has remained strong.

So far this fiscal year, officer retention is 92.3 percent and overall enlisted retention is 88.4 percent. These rates are in line with averages over the last five years.

As the Air Force Reserve continues to surge to meet operational requirements necessary for the successful prosecution of the Global War on Terrorism, we continue to examine existing laws and policies that govern enlisted incentives and related compensation issues.

The reserve enlisted bonus program is a major contributor to attract and retain unit reservists and individual mobilization augmentees in those critical unit

type code-tasked career fields. To enhance retention, we are working within existing statutes and allocated resources to ensure reservists receive relevant and equitable compensation considering the growing reliance on the reserve components to accomplish active-duty missions. In addition, Aviation Continuation Pay, Career Enlisted Flyers Incentive Pay and Aircrew Incentive Pay continue to be offered to retain rated officers and enlisted people.

The Air Force Reserve has made many strides in increasing education benefits for our members. We offer 100 percent tuition assistance to people pursuing an undergraduate degree and 75 percent for graduate degrees. Through DANTES Defense Activity for Non-Traditional Education Support, we also employ CLEP College Level Examination Program testing service for all reservists and their spouses. We will continue to seek innovative ways to enhance retention. (AFRC News Service)

Operation Blue to Green program offers bonuses

While the Army's transformation will result in a larger force, the opposite is true for the Navy and Air Force. The Navy is expected to reduce its force by 8,000 by the end of this year, and the Air Force will likely trim at least twice as much. To help meet the needs of a growing Army and retain quality, experienced servicemen from the overstuffed services, the Department of Defense launched a program last year to allow sailors and airmen, enlisted and commissioned, active and Reserve, to transfer to the Army. Under Operation Blue to Green, sailors and airmen willing to enlist for three years may be eligible for bonuses up to \$40,000. Those willing to retrain in one of more than 50 priority military-occupation specialties can receive bonuses of up to \$10,000. The recruiting command will determine the amount of the bonus based on the skill and avail-

ability of training. Those airmen and sailors in an MOS (AFSC) "equal" to an existing Army MOS may qualify to receive the Army's selective re-enlistment bonus currently offered to Soldiers re-enlisting (those amounts fluctuate). If the service member has a transferable job skill, he or she will attend a four-week Warrior Transition Course to learn essential skills and information needed in the Army such as rank identification, uniform policy and career progression. Those who require new skill training will attend a much more extensive course. Operation Blue to Green is open to all ranks and specialties.

Officers and E-1s through E-5 will retain their rank. The rank of

E-6s and above will be determined case by case. The program is also an option for Air Force and Navy ROTC cadets. The program is not designed for those who have already left the service or are being chaptered out for any reason. For more information, visit your installation retention counselor or contact Lt. Col. Terri Ashley at <mailto:terri.ashley@hqda.army.mil>.

To learn more about transitioning, get free information now from Military.com.

For more on military career opportunities and announcements, see the Military Professional Development Center at <http://www.military.com/Careers/>.



Sexual Assault:

New policy provides victims assistance, offers options

by Bo Joyner

Citizen Airma associate editor

Military members who are victims of sexual assault now have the option of making a confidential report and receiving medical assistance without involving the military investigative process.

A new Department of Defense policy establishes sexual assault response coordinators or SARCs at all military installations, including Air Force Reserve bases. SARCs assist people who want to report sexual assault, without involving law enforcement, and need assistance in accessing military and civilian community support.

Maj. Denise Thompson, chief of behavioral health at Air Force Reserve Command headquarters, Robins Air Force Base, Ga., said interim SARCs were trained and in place at all AFRC bases in June. Permanent coordinators were expected to be hired at all locations by Aug. 8.

In 2004, the Air Force reported 456 sexual assaults either committed by or against its members. Officials estimate more than 80 percent of sexual assaults go unreported and that one in three females and one in six males will be sexually victimized during their lifetime.

One reason victims hesitate to report sexual assaults is they don't want to get involved in any subsequent law enforcement investigation or criminal trial. The new DOD policy allows military victims time to determine if they want to go through an investigation and subsequent trial.

"To encourage victims to report sexual assault, DOD has mandated that an option of making a restricted (confidential) report be available to all military personnel," Major Thompson said.

This reporting option allows military

members who become victims of sexual assault to make a confidential report to a SARC, she said. It provides military members an avenue to receive medical care and counseling, along with access to a victim advocate, but does not initiate the investigative process or involve notification of the commander.

Air Force Reservists may report a sexual assault to a SARC at any time, but only sexual assaults that occur during military status will be eligible for restricted reporting, the major said. Sexual assaults occurring while Reservists are in civilian status will be referred to a local agency for medical care and may be reported to the local authorities. However, a report of a civilian sexual assault does not require a report to a commander.

"With restricted reporting, the victim is provided information regarding the collection of evidence," Major Thompson said.

"Any evidence collected is maintained for up to one year, allowing the victim to choose to have an investigation at a later date. Only SARCs are able to determine if a sexual assault meets the restricted report requirements."

Health-care providers will provide the appropriate emergency medical care and notify the SARC immediately to initiate the restricted reporting process and will have confidentiality regarding the report, Major Thompson said. Health-care providers and medical professionals will not contact security forces as previously required.

Reports of sexual assault made to chaplains are not considered restricted but do remain privileged. Chaplains, in turn, will assist victims in notifying a SARC so the victims will have the restricted report option.

"Currently, when a report of sexual assault is made through normal report-

ing channels, which include the victim's chain of command, law enforcement, the Office of Special Investigations or other criminal investigative services, it is known as an unrestricted report," Major Thompson said. "Unrestricted reports immediately initiate an investigation. Still, the SARC will be notified, and support will be provided to the victim throughout the investigation.

"Third-party reports can be made to the SARC, but the victim will have to notify the SARC for a restricted report. If a third-party reports a sexual assault to any other agency, then the normal investigative process will occur."

Major Thompson said it is extremely important that victims of sexual assault seek assistance.

"Victims need to realize that help is available and that they don't have to go through this experience alone," she said.

"DOD and the Air Force are committed to taking care of victims with sensitivity, dignity and respect, and we hope that the restricted report option will encourage more people to come forward and report sexual assault."

Under the SARC program, sexual assault is defined as intentional sexual contact, characterized by use of force, physical threat or abuse of authority, or when the victim does not or cannot consent. It includes rape, nonconsensual sodomy (oral or anal sex), indecent assault (unwanted, inappropriate sexual contact or fondling) or attempts to commit these acts.

Sexual assault can occur without regard to gender, spousal relationship or age of the victim.

For information about the new DOD sexual assault reporting policy, contact your base SARC or Major Thompson at DSN 497-0391. Her e-mail address is denise.thompson@afrc.af.mil.

Officer/enlisted promotions to lieutenant colonel

Phillip J. Crouch	507th OSF
Richard A. Curry	507th ARW
Thomas E. Franklin	507th MDS
William R. Geiser	1st ASF
Ronald J. Hendricks	970th AACS
John Richard Mauer	513th OSF
David R. Nelson	507th OSF
Russell P. Reimer	513th OSF
Bryan D. Stephens	970th AACS

to captain

Jason M. Aeschliman	507th MSF
Jeremy D. Overton	507th CF
Christian J. Snow	970th AACS

to senior master sergeant

Carl D. Butler Jr	970th AACS
Raymond Opalka	507th MDS

to master sergeant

Denny Graham	507th AMXS
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to technical sergeant

Jeffery Bass	507th AMXS
Daniel Martin	507th MDS
James Randol	507th CES
Jason Strayer	970th AACS

to staff sergeant

Mark Chase	35th CBCS
William Dresel	507th CES
Bethany Hubinette	507th MDS
Kristy Williams	507th MDS
Clyde Inman	507th SFS

to senior airman

Daniel Brown	513th AMXS
Christopher Fipps	507th MXS
Jeffrey Grisham	507th SFS
Andrea Jardine	507th MDS
Adam Lynch	507th SFS

to airman first class

Dustin Baca	35th CBCS
Claudia Borlabiborquaye	507th LRS

to airman

Latece Christmon	507th LRS
Kathleen Skidmore	507th LRS
Larnell Stokely II	507th SVF

Air Force Reserve seeks applicants for full-time duty

WASHINGTON – The Air Force Reserve is looking for officers and enlisted people to fill full-time Active Guard and Reserve positions.

In the past 15 years, the number of AGR slots has increased from 400 to more than 1,900 authorizations.

“We have opportunities in many specialties but a larger concentration in career fields such security forces, combat rescue, intelligence, maintenance, space, pilot and personnel,” said Maj. Dawn M. Suitor, deputy director of the AGR Management Office in the Pentagon’s Office of Air Force Reserve. “Currently, Air Force Reserve Command’s hard-to-fill positions are in security forces, intelligence and combat rescue. We are actively seeking volunteers for these programs.”

Reservists in the AGR program serve under the authority of Title 10 of the U.S. Code and receive most of the benefits afforded to the active force. They qualify for an active-duty retirement, provided they attain career status and can serve 20 years active federal military service.

The program offers tours of duty on the Air Staff; at Headquarters Air Force Reserve Command, Robins Air Force Base, Ga.; at Headquarters Air Reserve Personnel Center in Denver; in AFRC units; and with other major commands.

Information about vacancies and application procedures, as well as more details on the program is available on the AGR Management Office’s restricted Web site at www.re.hq.af.mil/agr/agrhome2.html. (AFRC News Service)

the IG says

Roles of the IG in Relation to the Commander:

1. Be the “eyes and ears” of the commander.
2. Keep the commander informed of potential areas of concern.
3. Function as the ombudsman, fact-finder, and honest broker in the resolution of complaints.
4. Educate and train commanders and members of the base population on their rights and responsibilities in regard to the Air Force IG system.
5. Help commanders prevent, detect, and correct fraud, waste and abuse, and mismanagement.

If you have any questions or concerns please contact Capt Mark Vardaro at: 405-556-1745; Toll Free: 877-225-5928; or email: mark.vardaro@tinker.af.mil

Wing members compete in fitness competitions

**By Tech. Sgt. Melba Koch
Public Affairs Office**

Capt. Robert Atkins has been setting the fitness example long before Fit to Fight became such an important issue. Lifting weights and running are a way of life for Atkins, who is the 507th ARW executive officer. He and his training partner (Travis Newton, a KC-135 sheet metal mechanic) came in second and third place in the recent Tinker Triathlon Open Category division. Atkins finished in 48 minutes 8 seconds and Newton finished in 48 minutes 21 seconds.

The 18th annual event consisted of a 400 meter swim, 10k (6.2 mile) bike ride, and a 5k (3.1 mile) run. "The trick is getting through the transitions as fast as possible as the clock doesn't stop," said Atkins. "It's always: swim first, then run really fast and get your bike gear on and ride. Then you return your bike to the rack and get your running gear and take off again," said Atkins.

There is a goal in mind for all this fitness activity: a chance to qualify for the Full Ironman World Championships at Kona, Hawaii. "This is going to be a new

Armed Forces Championship event in 2006," said Atkins. "It's big dreams, but it sounds cool."

To prepare themselves for next year, Atkins and Newton are taking on the Army at Ft. Sill's 7th annual Body vs. Earth Triathlon on Sept. 17. The event will consist of a 500-meter, open-water swim in the base lake, a 14-mile bike ride, and a four-mile trail run. The next event will be Sept 24th at Lake Hefner's first-ever Iron Distance Race (The Redman). They have entered in the Inaugural Half Redman which consists of a 1.2-mile open water swim (1,900 meters), 56-mile bike ride, and 13.1 mile run. "My goal time is six hours and if we can press it down to 5 hours 10 minutes we can qualify for the U.S. Half Triathlon Championships," said Atkins. "This would give us a chance to qualify for the Full Ironman World Championships."

Other Wing participants in Tinker's Triathlon included Maj. Michael Chionopoulos, deputy staff judge advocate, finishing at 65 minutes 33 seconds and 1st Lt. Ben Walker competed (in the running portion) on a relay team with Mike Black and Jimmy Banks from his civilian job.



Robert Atkins recently participated in the Tinker Triathlon and came in second in the open category. He was 2 minutes 18 seconds behind the first-place finisher.

continued ... My husband is a drug addict

Continued from page 3

were many who knew of my husband's addictions. "Why," I pleaded, "didn't you say something? Why didn't you help him?" And I kept getting the same answers. Some said they didn't want the conflict, others stated that it wasn't any of their business, and even others said that they didn't want to intrude on anybody's personal problems.

Well, those answers do not cut it. Those responses are weak and fruitless. We are all members of the Air Force family, and how can we turn our back on one of our own? It is our responsibility as Air Force members to take a stand and help someone, even if doing the right thing hurts like hell.

If you know someone who has a problem with alcohol or prescription medications or drugs, please, I am begging with you and pleading with you, say something.

My husband is solely responsible for the crimes he committed; however, I cannot help but wonder how different the

circumstances would have been if someone had taken a stand against my husband's drug abuse when he or she first obtained knowledge of it. Perhaps he could have gotten help before everything spun so feverishly out of control.

As I reflect on the recent events, the answers are all so simple: If you are abusing alcohol, prescription medications or illegal substances, you will eventually get caught and you will pay the ultimate price for your actions. You will be ripped from your family and your home and forced to live in a prison where you can't even walk through a doorway without asking permission.

There is also another answer: We are responsible for our fellow Airmen. You are the key to making the right choice and helping someone before it is too late. And it will be a hard choice to make; we all know that. But the rewards are limitless when you can proudly state that you helped make someone healthy and free of the strangling depths of drugs.

News from 'the shirt'**How to achieve the 'whole-person' concept**

**By Master Sgt. Tracy L. House
First Sergeant, 513 OSF**

Have you ever heard of the "Whole-Person Concept?" Why should we as reservists care?

We should, because it is so important to our careers. When our commanders review EPRs and OPRs or senior members set on a board to select quarterly and annual winners, not only do they want to see what we have accomplished in our jobs, but they want to see what we have done outside the workcenter.

You are probably saying right about now, who has time for that? The key is time management. Yes it is difficult working a full-time job then coming out to your reserve unit one weekend a month or more, but if you set a goal and stick to it, all things are possible.

Some questions a leader might ask

are: Are you working or completed you're PME, are you taking any college classes, what are you doing for your community or unit?

Whether you realize it or not, you're local community looks to you, the military member, as a leader. They look up to us as a role model for the youth in the area. Have you ever heard someone say, "don't volunteer for anything." Volunteering in your community is an excellent way of maintaining the whole-person concept.

On base, there is a program for everyone to be involved in. There is the Enlisted Advisory Council (EAC) and the Human Resource Development Council (HRDC). You are only limited by your imagination. An hour or two on a meaningful project, or talking to a class of young people can provide some outstanding results.

Remember, you're not doing it to fill

a square or to have something nice to put on an EPR or awards sheet, you do it to help your fellow man.



**Master Sgt. Tracy House
513th OSF First Sergeant**

Pregnant? Check with public health on workplace hazards

Wow!! You have so many things to do and learn with the knowledge that you are pregnant. Find an OB doctor, schedule appointments and accomplish lab tests. Is Public Health on your TO DO list? Are you considering your military duties?

Did you know chemicals can harm the baby before you



know you are pregnant? If you are planning a pregnancy, it would not be inappropriate for Public Health to review your work duties with you.

However, as soon as you are pregnant, it is the responsibility of the MEMBER, SUPERVISOR, and COMMANDER to report the pregnancy

to Public Health. The Air Force as any large company is required by law to protect the member and baby from harm.

Public Health completes an interview which includes comments from the supervisor indicating duties performed by the member. The questionnaire also reviews civilian and off duty activities. Once the interview process is complete the questionnaire is forwarded to Bioenvironmental Engineering if any hazards are identified. Bio completes an investigation and duty appropriate restrictions are identified that provide protection for mother and child. Duty restrictions should be reviewed by Public Health if the members duty or work environment changes. Remember even Morale and Welfare changes can adversely impact pregnancy such as painting the hallway.

In the end members, supervisors and Commanders each have a responsibility to protect the member and child's health.

Please contact Public Health with the 507th Medical Squadron at 734-2571; we are located on the third floor of the hospital Rm. A335.

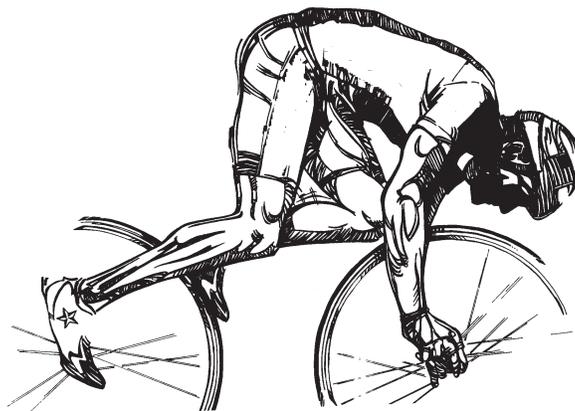
Heat illness can be a 'hot' topic

By Lt. Col. (Dr.) James L. Johnson
507th Medical Squadron

The summer days are getting shorter. But, as summer wanes, the days are still hot and humid. This is a good time to remind us that heat-related stress and illness should still be on everyone's mind as we train for our Fit to Fight tests or simply recreate outdoors.

What are heat illnesses? They are a spectrum of disorders that range from the mild, like prickly heat and heat cramps to the serious and life threatening *heat stroke*. They are preventable illnesses and occur when a person's adaptive cooling mechanisms are impaired in a heat environment.

These are the risk factors. First, people who begin rigorous exercise when they are in poor physical condition or who have not acclimatized themselves with hot weather are at risk. The older you are the greater the risk. If you have a chronic medical problem, abuse alcohol, or exercise while dehydrated, you're a set up for serious heat-related illness. Also if you take medications like antihistamines and certain blood pressure medicines you have an increased risk.



This is what you need to know to identify potentially serious heat illness in yourself or a companion. Heat illness can start with weakness, dizziness, headache, nausea, vomiting, hyperventilation, and muscle aches. The hallmark of *serious* heat illness is altered mental status (confusion, agitation, bizarre behavior and coma). These symptoms mean a potential life-threatening emergency and require a 911 call. And, contrary to prior dogma, people with heat stroke can still sweat in many cases. So don't let that confuse you.

How do you treat it? Seek immediate medical care for any of the above serious symptoms. Mild symptoms such as heat cramps can be managed with oral hydration with an electrolyte solution. Evaporative cooling is helpful. Simply spray on *tepid* (not cold) water and use a fan. Avoid shivering as this generates more heat. And remember, it's best to prevent heat illness altogether by keeping well hydrated and stopping exercise and cool down at the first sign of symptoms. Always consult your doctor before starting an exercise program if you have any risk factors.

Self-aid buddy care instructors sought

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

The 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 the 507th SABC monitor at 734-3421, Ext. 5, or e-mail at dena.hale@tinker.af.mil.

All SABC training will be held in the 2nd floor training room (A204) of

the base hospital, Building 5801 from 8 a.m. to noon on Sunday of the UTA. The next class is scheduled for November and for next year, classes are planned in February, March, May, and August. Individuals requesting/requir-



ing training must be registered for the class. If no requests are received, the class will not be conducted for that month.

A list of members requesting training **must** be sent to the 507th MDS SABC monitor 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 Sunday of the October UTA from 1 to 2:30 p.m. in Building 5801 (Base Hospital) 2nd floor, Room A204. If the unit instructor is not available, please send a representative.

Uppclose

By Tech. Sgt. Ty Yoshida

The following question was asked of members of the 507th ARW:
“Would you like this opportunity to say anything to your family?”



**Master Sgt. Darryl Wingo
 Family Support**

“Family, I love you. I think the world of you. Thanks for putting up with me and our precious time apart during the weekends. God Bless you.”



**Senior Master Sgt. Scott
 “Scooter” Wilson
 465th ARS**

“I don’t believe many of us could do this without the full support of our families. I know I have that from mine, and I do appreciate it very much, though it has been very difficult at times. We need to also remember there are many employers in the state who agree in the importance of the citizen Airman.”

**Tech. Sgt. Randy Western
 35th CBCS**

“I would like to thank my family for supporting my decision to come back and be a part of this great organization.”

**Lt. Col. Donald Klinko
 507th ARW/CCE**

“I’d like to thank my wife, Joann, for all her support, both of the Air Force and me, over the last 17 years.”

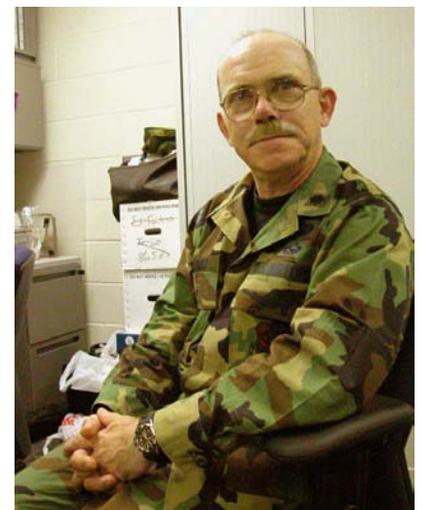


**Tech. Sgt. Trey Middleton
 507th CES**

“Thanks to my wife, Michelle, for supporting me at home while deployed last year, and also TDY duties this year as well. Again, thanks honey!”

**Tech. Sgt.
 Jeff
 Alexander
 507th CES**

“Thanks to my wife and kids for keeping me going, and providing support in everything I do.”



Scholarship opportunity available

The objective of the Total Force Top 3/USAA Scholarship is to provide a military/family member with a scholarship that will provide funds to further his/her college education. Deadline to receive the application is Sept. 30, 2005. The scholarship amount will be a minimum of \$500. Funds shall be applied to tuition, books and/or academic fees at a regionally accredited college or university for the 2005 academic year.

To be eligible, the military member must be the rank of E-9 or below or an immediate family member of an E-9 or below. The military member must be a current member of the Air Force Reserve. You must be currently enrolled in an associates, bachelor or masters degree program at a regionally accredited college or university during the upcoming semester or have a letter of acceptance from the registrar's office of a regionally accredited college or university. Students with an earned masters degree are not eligible to apply. The applicant must have a grade point average of 3.0 or above (within the last six months). If a new college student, you must have your

last high school transcript.

Total Force Top 3/USAA Scholarship recipients in the last 12 months are not eligible.

The information package consists of the application form, certification form, essay, and unofficial copies of transcripts. The essay must be typed, Aerial font, size 12, with no more than one-inch margin on all sides. It must be no less than one, but no more than two pages in length, double-spaced. The essay summary needs to include your educational goals and your direct Air Force affiliation (plans, commitments, contributions, community roles).

For additional information, including application forms, e-mail requests to tft3_usaa@hotmail.com or call (800)

223-1784, Ext. 71082 or Ext. 71972.

Mail completed packages to Total Force Top 3/USAA Scholarship, P.O. Box 98484, Robins AFB, GA 31098-8484.



Civilian Spotlight

Duties: Track/Manage O&M Budget for the 507th and 513th

Length of employment with the 507th ARW: 4 years and 4 months

Personal Hobbies: OU sports, especially football and basketball. I don't play, just watch. My grandchildren of whom I am very proud. Also, I love to crochet afghans and enter them in the state fair.

**Glenda Cothorn
Budget Analyst**



Something unique about you that people may not know:

I have a twin sister.

If you could have dinner with anyone of influence, who would it be and why?

Probably Bob Stoops, because I think I could give him some advice on how to run the program. Just kidding about giving him advice, but I do admire him and think he has great character.

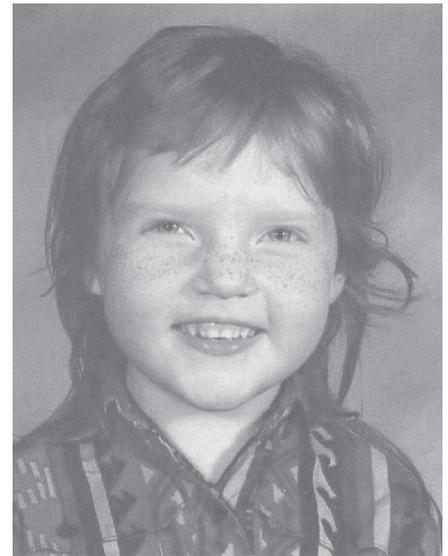


Zoe Kracke

Can you help?

Zoe Elise Kracke, left, 7-year-old daughter of Master Sgt. Sean and Marla Kracke, 970th AACCS, was recently diagnosed with leukemia. Unit members are encouraged to donate blood through the Oklahoma Blood Institute in her name or contact Senior Master Sgt. Tina Long at 734-4351 for other ways to help out.

Alex Serviss, right, 10-year-old daughter of Master Sgt. Billy and Tech. Sgt. Annette Serviss, 507th MXG, is in need of a heart transplant. Anyone wanting to donate blood, annual leave through the leave donor program, or money to help out with expenses is encouraged to do so.



Alex Serviss

On-final R-News

EAC sponsors forum

The Enlisted Advisory Council is sponsoring the Wing's first Q&A Mentoring Forum during the October UTA. All junior enlisted personnel (Airman through Staff Sergeant) are strongly encouraged to participate. The panels will consist of four first sergeants and four chief master sergeants. Sign-up will be on a first-come, first-serve basis with a limit of 30 personnel per forum. Lunch will be provided.

Those interested should contact takesha.williams@tinker.af.mil by the end of the September UTA.

More information can be obtained by attending the monthly EAC meetings on Sunday of each UTA at 8:30 a.m. in the 507th ARW conference room.

Special air fares for troops

United Airlines is now offering reduced fares for active duty and reserve members of the Navy, Marines, Army, Air Force and National Guard.

In addition, servicemembers' spouses and dependent children are also eligible. These special fares are not available at the United Airlines website. To purchase the special fares,

service members should contact United Reservations at (800) 241-6522 and identify themselves as eligible for military fares. All passengers eligible for these and other military fares must carry proper identification.

Servicemembers can travel with these special fares all the way through Jan. 31, 2006.

For additional information on Military Travel Specials visit <http://www.military.com/Travel>.

Here's to the Heroes

Anheuser-Busch is honored to salute the men and women of the Armed Forces and their families. Until Dec. 31, 2005, members of the military and as many as three direct dependents may enter Anheuser-Busch's Sea Worlds, Busch-Gardens or Sesame Place parks for FREE!!! Go to www.herosalute.com.

Civilian employment info

Oct. 31 is the deadline for Air Force reservists to register information about their civilian place of employment. Command officials urge them to comply with the Department of Defense directive as soon as possible by going online to <http://www.afrc.af.mil/reserveInfo.htm> and clicking on Civilian Employment Info Program.

507th ARW Recruiters



Tinker AFB, OK

(In-Service Recruiter)
Master Sgt. Nathan Bickle
(405) 739-2980

Moore, Norman, OK

Master Sgt. Gene Higgins
(405) 217-8311

Midwest City, OK

Tech. Sgt. Carla Lang
(405) 733-9403

Tulsa, OK

Tech. Sgt. Richard D. Kozik
(918) 665-2300

Lawton, OK

Tech. Sgt. Michael Comfort
(580) 357-2784

McConnell AFB, KS

Master Sgt. David McCormick
(In-Service Recruiter)
(316) 681-2522

Vance AFB, OK

Master Sgt. David McCormick
(316) 759-3766

NEWS / INFORMATION / FAMILY READINESS

507th ARW
and
513th ACG

TINKER AFB
OKLAHOMA



www.afrc.af.mil/507arw