

# On-final



**U.S. AIR FORCE**

**507<sup>th</sup> Air Refueling Wing - 513<sup>th</sup> Air Control Group**

Tinker Air Force Base, Oklahoma

FEBRUARY 2009 Vol. 29, No. 2



**Col. Jeffery Glass, 507th ARW commander, greets Master Sgt. Randy Schuldt at the airport as he returns from his deployment. Schuldt is a member of the 507th Civil Engineer Squadron and one of many unit members returning home in recent months.**

## Military secretaries stay on, help ensure smooth transition

by Army Staff Sgt. Michael J. Carden  
Armed Forces Press Service

Each U.S. military service secretary has agreed to Defense Secretary Robert M. Gates' request to stay in office for at least several weeks to help ensure the Defense Department's smooth transition under the President Barack Obama administration, Pentagon officials said recently.

"They have been asked and have agreed to serve for some time as the new administration works on identifying individuals to fill those positions," said Bryan Whitman, a Pentagon spokesman.

Navy Capt. Beci Brento, a spokeswoman for Navy Secretary Donald C. Winter, said "he will not stay on for any duration of time after March 13."

Secretary Winter became the 74th Navy secretary in January 2006. Before swearing into office, he was a corporate vice president and president of Northrop Grumman's Mission Systems sector.

Army Secretary Pete Geren and Air

Force Secretary Michael B. Donley have not announced a timeline for their stay, but Army and Air Force officials confirmed Jan. 23 both secretaries' willingness to continue serving in their positions until their successors are named and confirmed by Senate.

"I look forward to continuing to work with Secretary Gates in service to our Soldiers and their families, and working with the transition team to ensure an orderly transition to the new administration," Secretary Geren said in a recent statement, adding that his work with the men and women of the Army is "truly the privilege of a lifetime."

Secretary Geren became the acting Army secretary in March 2007 and was confirmed by the Senate as the Army's 20th secretary the following July. He also has held the Army's No. 2 civilian leader position, serving as its undersecretary from February 2006 until he assumed top responsibilities. Before that, he served six months as the acting Air Force secretary.

Secretary Donley was sworn into

office in October 2008. Prior to becoming the 22nd Air Force secretary, he served as the Defense Department's director of administration and management. He was responsible for the department's organizational and management planning.



**Barack Obama sworn in as 44th President of the United States on Jan. 20, 2009**

## Administration sets agenda for veteran care

President Barack Obama has promised to deliver the care and benefits the nation's military veterans deserve while transforming the Department of Veterans Affairs into a 21st century organization. Plans include reversing the 2003 ban on enrolling modest-income veterans into the VA system; continuing to fight to end employment discrimination for guardsmen and reservists; and improving the transitioning process from active-duty to civilian life.

To improve the benefit decision system, the administration will look at hiring additional claims workers with an improved accountability and training criteria. Officials will also explore ways to improve mental health studies, polytrauma care, prosthetics development, spinal cord injury treatment and women's health.

For more information, read the Air Force Print News story at <http://www.af.mil/news/story.asp?id=123132299>.

## Obama directs military to plan 'responsible' Iraq drawdown

President Barack Obama directed key defense and military officials to come up with plans for "a responsible military drawdown in Iraq." The president said he plans to meet with the Joint Chiefs of Staff to discuss operations in Iraq, Afghanistan and the broader Middle East.

"In the coming days and weeks, I will also visit the (Defense Department) to consult with the Joint Chiefs on these issues, and we will undertake a full review of the situation in Afghanistan in order to develop a comprehensive policy for the entire region," he said.

For more information, read the Air Force Print News story at <http://www.af.mil/news/story.asp?id=123132300>.

## Making a difference in this world ... one person at a time

by Chaplain, Lt. Col. Mike Jones  
507th ARW Chaplain Office

Have you ever had one of those days where you wonder if you are making a difference in other people's lives? Well I ran across a quote that speaks to this very question. "To the world you may be one person, but to one person you may be the world" (D.R. Ullrich).

This quote stopped me in my tracks when I first read it last month, and it put some things in perspective. You see, sometimes I forget that I can't help everyone who needs help. The world is too large and I am only one person, limited by time, talents, and energy. But I can try to make a difference in a few people's lives as I have opportunity.

Last month I attended the funeral of a hospice patient I'd briefly known. I had stayed with him only twice while his wife had to be gone for doctors' appointments. We had talked about his military experiences (he joined the Army Cavalry in 1938 when they still had horses and hit the beach at Normandy in WWII) and about his family or just watched TV. Driving home from his funeral I had wondered if I'd made any difference in his life and decided, "probably not." Then a few days later a hospice worker shared with me that his wife had told her that he had really enjoyed my visits. So much so that one day she was leaving to run a quick errand and he asked, "Is Mike coming over?" That's when I knew, I had made a small difference during the last days of his life.

So, make a difference in someone's life. Who is that someone for you?

Oh, by-the-way, that's what it means to be a Wingman too!

### UTA Protestant Services:

Sunday (7:30 a.m.) Bldg. 1056

### UTA Catholic Services:

Sunday (7:30 a.m.) Bldg. 1066

**Why not join us for worship. The 30-minute service will do your heart good and start your morning with a smile and a song.**

**If you play an instrument and would like to be a part of the Protestant service, call the Chapel staff at 734-5632.**

## 2009 Tinker Reserve Top 3 officers

**President:** Master Sgt. Sharon Lochman

**Vice President:** Senior Master Sgt. Robert Gaspar

**Treasurer:** Master Sgt. Veronica Garrett

**Ways & Means:** Senior Master Sgt. David Liszeski

**Secretary:** Master Sgt. Robert Loveland

**Publicist:** Senior Master Sgt. Virgil Hogue

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Volume 29, No. 2

FEBRUARY 2009

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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. Call us at 734-3078.**

**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.

## Pause for applause

by Lt. Col. Russell Reimer  
970th AACS Commander

As Americans, we too often fail to pause for applause. This is especially true when we consider the dedicated service of the men and women in the Air Force Reserve.

As commander of 970th AACS, I've witnessed the remarkable performance of such citizen airmen. In just two years, this squadron of AWACS professionals shifted focus from an ORI "Excellent" to the flawless execution of an historic Counterdrug AEF deployment.

Let me provide you with some background to fully appreciate their effort.

Following the terror attacks of 9-11, the Air Force continued to face mounting challenges around the globe. Like so many reserve units, the 970th AACS was forced to shift our mindset away from a Strategic Reserve to a more appropriate Operational Reserve model. This, of course, required a cultural shift within the squadron. We understood the Strategic Reserve model. Train to be ready. Train to mobilize. In fact, the 970th AACS has been mobilized twice in the past 10 years. However, expectations needed to change.

Last year, the senior leadership of the 970th AACS began to

focus on our upcoming AEF. The task seemed daunting. We did not expect to be mobilized. Yet, we felt an obligation to help alleviate the overall worldwide AWACS deployment burden. To do this, our reservists had to "volunteer" to leave their jobs, schools and families. Faced with this challenge, the squadron leadership decided to simply explain the new expectation and ask for volunteers. To be honest, I thought only a handful of members would step forward for the four month commitment.

I was wrong.

Their selfless volunteerism allowed us to undertake and execute the entire E-3 AWACS counterdrug operation. These men and women, all reservists, provided over 6,000 mandays of Operations Tempo relief for the active duty. They executed over 920 hours of counterdrug flight time. Their efforts resulted in the seizure of 22 metric tons of cocaine and 2 metric tons of marijuana. In addition, the deployed 970th AACS directly assisted in the arrest of 39 suspected drug smugglers.

Just a few weeks ago, the last crew returned to home station. Of course, the squadron is already starting to focus on another upcoming ORI.

But first, let me take pause for applause. The men and women of the 970th AACS should take pride in a job well done.

On behalf of the entire command staff, I say thank you for your service to this nation.

## Cavazos wins Reserve Safety Award for Additional Duty

by Staff Sgt. Grady Epperly  
513th Air Control Group  
Public Affairs

A 513th Air Control Group Safety Officer was recently presented the Flight Safety Officer of the Year Award (Additional Duty) for Tinker Air Force Base, 10th Air Force and Air Force Reserve Command.

The award recognizes outstanding achievements in flight safety between Oct. 1, 2007 and Sept. 30, 2008.

Maj. David Cavazos, the AFRC Flight Safety Officer of the Year (Additional Duty), was recognized for his initiatives, which resulted mishap prevention making Tinker AFB a safer place to work.

Major Cavazos, who was Chief of Safety for the 966th Airborne Air Control Squadron Formal Training Unit for two years, has been Chief of Safety for the 513th ACG for seven months where he has continued to make the mantra of

"Safety is not an option, it is a necessity" widely known.

"The 513th ACG has never had a Class A or B flight mishap since its inception in 1996 and Major Cavazos' persistence and attention to detail only perpetuates our "we care" atmosphere when it comes to safety," said Col. John E. Trnka, 513th ACG commander.

"Major Cavazos regularly exceeds Air Force Reserve Command's standards by providing safety training for personnel at each Unit Training Assembly," said Colonel Trnka. "He also served as the 513th ACG's deployed Safety representative during our recent deployment to South America, in which the unit sustained zero mishaps and flew an unprecedented 98.87 percent mission success rate."

While providing guidance and safety policy as the unit safety representative for about 390 personnel, he also operated several E-3 Airborne Warning and Control

System aircraft, flying 892 hours during 156 sorties in support of homeland defense, presidential and training missions.

"This award is not only a result of Major Cavazos' ability to maintain a great working relationship and establish new ones, but his attention to detail," said Lt. Col. Russ Reimer, 970th AACS commander. "His diligence is keeping his fellow Airmen safe."

"Major Cavazos is a highly visible flight safety officer who has coordinated and led multiple integrated FTU E-3 AWACS Major Accident Response Exercises training over 380 personnel, reformatted and updated the wing mishap response plan and coordinated with wing-wide agencies to ensure accurate and timely response procedures to save lives during aircraft mishaps," continued Lt Col. Reimer.

Maj. Cavazos now goes on to compete for the Air Force Flight Safety Officer of the Year Award (Additional Duty).

## 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. **For more information or to schedule testing, contact Chief Master Sgt. Charlotte Epps in the MPF Education and Training Office at 734-7075.**

## FOREIGN LANGUAGE PROFICIENCY PAY (FLPP)

Reservists may apply for FLPP by submitting a written request for FLPP testing to his/her commander. FLPP I requires you to be on a tour of duty that requires the language. FLPP II will pay based on active duty days or IDT periods performed. Spanish and Tagalog speakers are not entitled to FLPP II. If you are proficient at a foreign language and are interested in this program please contact Chief Master Sgt. Charlotte Epps or Master Sgt. Sharon Lochman in the MPF Education Office at 734-7075 for instructions on how to apply for FLPP.

## 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.**

Payment occurs after satisfactory course completion. **You must provide a paid receipt and your grade NLT 60 days after course completion.** TA reimbursement amounts are set at 75 percent (\$4500) per FY (Masters) or 100 percent (\$4500) per FY (Bachelors). **For more information contact Chief Master Sgt. Charlotte Epps or Ms. Kim Silkwood 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. Next class is scheduled for Feb. 2-13, 2009. See unit training manager for information.

## 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 :

All testing (paper and computer) must be scheduled by sending an e-mail to 507.msf.dpmt@tinker.af.mil with the time and date that you would like to test and include the course number.

**Paper testing** on the UTA is only available at 0750 on Sunday of the main UTA and is in Bldg. 1043, ATN Room in the basement.

**Computer-based testing** on the UTA is available on Sunday at 0800 and 1300 in Bldg. 1043, ATN Room in the basement.

Please schedule all tests NLT 1500 on Friday before the UTA. If you are unable to keep the scheduled time please e-mail the training office or call 734-7075 prior to scheduled testing time. All testing is also available on Wednesdays at 0800 and 1300 and Thursdays at 1300.

**NOTE:** If you are retaking a test, you must bring the authorization letter with you or you will not be allowed to test.

## 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: 0800 - 1200 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)

## FY 09 UTA SCHEDULE

07-08 Feb 09	07-08 Mar 09
04-05 Apr 09	02-03 May 09
06-07 Jun 09	11-12 July 09
01-02 Aug 09	12-13 Sep 09

As of 3 Feb. 2009

# FEBRUARY TRAINING PLANNER

## Fri, 6 February 2009

1300 Pre-UTA Cmdr Staff Mtg Bldg 1030, MSG Conf Rm  
 1400 Pre-UTA First Sgts Mtg Bldg 1066, OG Conf Room  
 1500 Pre-UTA CChief & 1st Sgt Mtg Bldg. 1066, OG Conf Room  
 1600 Top 3 Executive Board Mtg Bldg 1056, 970th Conf Rm

## Sat, 7 February 2009

**Unit Designated** **Sign In** **Unit Designated**  
 0730-0930 Newcomers In-Processing Bldg 1043, Room 203  
**0800-1500** **MPF-See Page A3 for specific times**  
 0900-0930 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, MSG Conf Rm  
 1000-1100 Mobility Rep Meeting To Be Determined  
 1300-1545 Newcomers Ancillary Tng Ph I Bldg 1030, MSG Conf Rm  
 1300-1400 Adverse Actions Mtg Wg Commander's office  
 1300-1400 Wg. Career Advisor Trng Bldg 1066, OG Conf Room  
 1400-1500 Training Managers Mtg Bldg 1043, CC Conf Room  
**Unit Designated** **Sign Out** **Unit Designated**

## Sun, 8 February 2009

**Unit Designated** **Sign In** **Unit Designated**  
 1130-1500 **MPF-See Page A3 for specific times**  
 0730-0800 Protestant Chapel Service 513th ACG Auditorium  
 0730-0800 Catholic Mass **Bldg. 1066 OG Conf Rm**  
**0750- by appt** **CDC testing** Bldg 1043, ATN Room  
 0800-1100 Newcomers Ancillary Tng Ph II Bldg 1030, MSG Conf Rm  
 0830-0930 Enlisted Advisory Council Bldg 1043, CC Conf Rm  
 0900-1130 Supvr Safety Training Bldg 1066, OG Conf Rm  
 0900-1000 Mandatory 3A0X1 Tng To Be Determined  
 1015-1115 Mandatory 3S0X1 Trng Bldg 1043, Rm 203  
**1300, by appt. CDC Testing** **Bldg 11043, ATN**  
 1300-1600 First Duty Station Bldg 1030, MSG Conf Rm  
**1300** **SORTS/Post UTA Mtg CAT**  
 1400-1500 IG period w/Capt. Vardaro Bldg 1043, Room 5  
**Unit Designated** **Sign Out** **Unit Designated**

## Fri, 6 March 2009

1300 Pre-UTA Cmdr Staff Mtg Bldg 1030, MSG Conf Rm  
 1400 Pre-UTA First Sgts Mtg Bldg 1066, OG Conf Room  
 1500 Pre-UTA CChief & 1st Sgt Mtg Bldg. 1066, OG Conf Room  
 1600 Top 3 Executive Board Mtg Bldg 1056, 970th Conf Rm

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 1300-1400 Wg. Career Advisor Trng Bldg 1066, OG Conf Room  
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 1015-1115 Mandatory 3S0X1 Trng Bldg 1043, Rm 203  
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 1400-1500 IG period w/Capt. Vardaro Bldg 1043, Room 5  
**Unit Designated** **Sign Out** **Unit Designated**

## OCCUPATIONAL SURVEYS

These surveys provide information essential for developing personnel programs, classifying occupations, and developing training programs. The Wing Survey Control Monitor (SCM) works with the Unit Training Manager (UTM) to ensure surveys are completed. AFI 36-2623, paragraph 2.7 makes completion of these surveys mandatory for all Air Force Reserve members. It is extremely important these surveys are completed by the suspense date. If you have any questions, contact Ms. Kim Silkwood at 734-7075 or your UTM.

## Military Pay

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

03 Feb	11 Feb
05 Feb	13 Feb
10 Feb	18 Feb
12 Feb	20 Feb
17 Feb	25 Feb
18 Feb	27 Feb
24 Feb	04 Mar
26 Feb	06 Mar
03 Mar	11 Mar

**Military Pay (405) 734-5016**

## Newcomers Ancillary Training

Newcomers Ancillary Training Phase I & II are conducted **monthly** in **Bldg 1030, 507th MSG Conference Room. Unit/Ancillary Training Managers are responsible for ensuring their new personnel are scheduled to attend** within 90 days of their first UTA. If you have questions, contact the MPF Education & Training Office at **734-7075**.

<u>Day</u>	<u>Time</u>	<u>Subject</u>	<u>OPR</u>
Saturday	1315-1430	Drug and Alcohol, Suicide/ Workplace Violence Prevention	SG
Saturday	1430-1500	Local Conditions/ORM	SE
Saturday	1500-1530	OPSEC Training	OG
Sunday	0800-0815	Base Populace	CEX
Sunday	0815-0830	IG Briefing	IG
Sunday	0830-1000	UCMJ/Ethics	JA
Sunday	1000-1030	Counter Intel/Awareness	SF
Sunday	1030-1100	Human Relations	ME

### \*\*New MPF Hours\*\*

**Closed Thursday afternoon  
Saturday UTA**

Open at 0800 - 1500, except for following closures:  
1300-1330 - Employments/Relocations

1400-1430 - Career Enhancements  
1500-1530 - Customer Service  
1500-1600 - IDs only

### Sunday UTA

Open at 1130 - 1600

## BAQ Recertification Deadlines

If Last Digit of SSAN is:      Then Forward Listing to Unit Commander in:      Recertification due by end of month in:

1	November	January
2	December	February
3	January	March
4	February	April
5	March	May
6	April	June
7	May	July
8	June	August
9	July	September
0	August	October

### UCMJ Briefing:

All enlisted personnel are required to have the UCMJ briefing within two UTAs of their first reenlistment. This briefing is held during Phase II of the monthly Newcomers Ancillary Training at 0830 on Sunday of the UTA in Bldg 1043, Wing Training Room.

### Ethics Briefing:

All reserve personnel are required to have the DOD Ethics Briefing within 90 days of reporting for duty. This briefing is held in conjunction with the UCMJ briefing during Phase II of the monthly Newcomers Ancillary Training at 0830 on Sunday of the UTA in Bldg 1043, Wing Training Room.

### Disaster Preparedness:

Unit Training Managers must schedule Chemical Warfare Training, by name, at least one UTA prior to the requested dates by calling CEX at 734-5249. All personnel must bring a complete training ground crew ensemble (GCE) including the mask and its hood to all classes.

Those attending Initial must be prepared to process through a tear agent chamber. Wear of contacts is prohibited in all classes. Anyone arriving late, without a complete GCE with mask, or wearing contacts, will be released back to their unit and reported as a no-show.

**Drug Testing:** You must report within two hours of notification.

**If you need assistance or have suggestions on how we can improve our service to you, please call us at (405) 734-7075, or stop by our office in Building 1043, Room 213.**

Editor: Chief Master Sgt. Sharlotte A. Epps, Chief, Education & Training (ART)  
Assistant Editor: Master Sgt. Sharon Lochman, Asst. Chief, Education & Training (ART)

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Tech. Sgt. Stacy Morton, Education and Training Advisor (ART)      Tech. Joy O'Boyle, Education and Training Advisor  
Staff Sgt. Elecia Shearer, Education and Training Advisor      Ms. Kimberley Silkwood, Testing and Education Advisor (Civilian)

# Good reasons for reservists to deploy for AEFs

by Lt. Col. Richard Stephens Jr.  
507th Mission Support Deputy Commander

I answered my nation's call by deploying to Joint Base Balad (JBB), Iraq, from September until January this year for AEF 5/6 as deputy commander, 332nd EMSG.

\* **You stay current.** You are doing what active duty military, DoD civilians and contractors do every day, using the latest equipment, tools, materials, processes, and software to fly and maintain aircraft and support a base. You may even work in new areas of your AFSC or perform work normally contracted out/civilianized at home station (affecting many CONUS support functions like supply, fuels, engineering, services). Examples of new/unusual EMSG work at JBB: Fuels specialists implemented FORCE; logisticians managed Sea-Land Cargo Containers and instituted weapons pre-positioning; communicators launched SharePoint and protected our computer networks from a new DoD-wide NIPR/SIPR virus; engineers wrote hazardous waste and spill plans and created an Environmental Protection Committee; and Force Support Squadron personnel trained to become CORs for the dining/lodging/fitness/recreation portions of a LOGCAP. Meanwhile, I learned how to best support the EMSG Commander and our four squadrons who oversaw BOS at one of Iraq's largest installations with 27,500 people assigned and supported DoD's busiest single runway airfield and busiest aerial port operation.

\* **Good monthly pay/benefits.** Your service earns you active duty basic pay + BAH + BAS; married personnel get \$250 Family Separation Allowance; and if you're in one of many overseas countries, there's \$50-\$150 Hardship Duty Pay + \$225 Imminent Danger Pay. The government even has a Savings Deposit Program that allows military to deposit up to \$10K and earns an annual 10 percent rate, risk free. Before deploying, decide how much money you (and your spouse, if married) want to save for college, retirement, or a big ticket item, and do it.

\* **Improve your fitness and health.** There will be time to PT with your unit and/or with buddies. There are intramural sports (volleyball, basketball, etc) and competitions (hard body, talent). At JBB, I ran in 10 of 12 races held, between 5K-12 miles long and tried P90X/crossfit, trying to stay fit.

\* **Earn medals, ribbons.** Deploy to SWA for 30+ days and earn an Iraq or Afghanistan Campaign Medal or a GWOT

Expeditionary Medal and after 45 consecutive/90 non-consecutive days, an AF Expeditionary Service Ribbon. And if you perform over/above, unit commanders award AFAMs, AFCMs, MSMs.

\* **Learn new acronyms.** IDF, IA, VB-IED, C-RAM, and RIP TOA were all part of the daily lingo. Each functional area has its own acronyms too. I learned what a JTAR, TBMCS, and PAR do.

\* **Make new friends; learn new things from others.** Everyone shares common experiences (in some places, under mortar/rocket/IED attack that makes you bond quickly), teamwork is encouraged and you're spending 12+ work hours together, so why not hang together? Don't end up eating at the DFAC alone.

\* **Meet personal and professional goals.** Take college classes, earn your next skill level, or volunteer during your time off. Staff Sgt. Cassandra Carter, a 934th AW reservist and our productive EMSG Administrative Specialist, also earned her 7-level administrative specialist skill level, led the base's Honor Guard as NCOIC, performed as Vice-President of the 5/6 Council, had toiletries/food donated by companies for deployed military members, ran a 12 mile race, and lost 20+ pounds during her 8 month deployment.

\* **Get outside your comfort zone.** AEFs offer all kinds of challenges: mental, physical, spiritual. You meet new people from many nations, learn new processes/methods, adapt to a new environment (5 minute showers, MUDCON) and more—keeping your sword sharp. Senior Airman Julie Nowak, a 439th AW reservist and Tech Sgt. Zamanta Triche volunteered to try out as DV briefers for a new type of Tuskegee mission briefing from Balad's airfield tower. They briefed the SECAF, CSAF, CMSAF and ACC/CC, earning praise and honor coins.

\* **Best reason: serving your country because it needs all of us to step up.** You're trained and can do it! Whether you deploy to a CONUS or OCONUS location for 60, 90, 120 days or more, you are needed to support our nation's humanitarian, peacekeeping, GWOT and other missions. It's important work and you'll feel good about doing it. Schedule time off with your employer and family and go! At JBB, through kinetic and non-kinetic means, we supported Iraq's stabilization and growth of democracy by combating terrorism and creating jobs for Iraqis; provided combat search and rescue; treated our wounded; and resupplied coalition forces. We did good things and felt good about it!



Lt. Col. Richard Stephens

## Command of 4th Air Force changes hands

MARCHAIR RESERVE BASE, Calif. — Hundreds of people here watched Maj. Gen. Robert E. Duignan turn over command of 4th Air Force to Brig. Gen. Eric W. Crabtree Jan. 25.

Lt. Gen. Charles E. Stenner Jr., chief of Air Force Reserve and commander of Air Force Reserve Command, presided over the ceremony.

After relinquishing command, General Duignan retired from the Air Force with 36 years of service.

Before accepting command of 4th Air Force, General Crabtree was commander of the Air Reserve Personnel Center in Denver. He commanded 4th Air Force's 446th Airlift Wing at McChord Air Force Base, Wash., from August 2003 to September 2007.

At the ceremony, General Crabtree said, "We need to learn and align with the priorities of our new administration, especially in terms of budgeting for our mission needs in the current economy.

"I know the men and women of 4th Air Force are working hard globally to accomplish the mission," he said. "I pledge to be your strongest advocate, to help you be our best and most effective organization for today's Air Force."



**Lt. Gen. Charles E. Stenner Jr., left, commander of Air Force Reserve Command, receives the 4th Air Force command flag from Maj. Gen. Robert E. Duignan as Brig. Gen. Eric W. Crabtree stands by to accept command of the numbered air force. General Duignan relinquished his command and retired during ceremonies Jan. 25, 2009.**

(U.S. Air Force photo/Tech. Sgt. Tech. Sgt. Joselito Aribuabo)

## AFSO 21 project yields award payload

An AFSO 21 project prompted by Col. Jeffery Glass, 507th Air Refueling Wing commander, has resulted in a payload of Air Force awards for wing members.

"I have known for a long time how some Airmen may go 15 to 20 years without receiving an Air Force award," Colonel Glass said. "It's appalling how some people have slipped through the system without receiving a nod for their hard work. When I became commander of this wing in 2006, I asked our personnel flight to prepare a listing of when members received their last award."

What the commander learned was some wing Airmen had not received official recognition since 1983. To correct this problem, Colonel Glass directed an AFSO 21 process team to look into the situation and come up with solutions.

But simply generating awareness to the problem wasn't yielding the results desired. The answer to the wing's problems came in part in 2007 from the new

award preparation processes established by Air Reserve Personnel Center officials at the virtual Personnel Center - Guard and Reserve (vPC-GR) website. Dubbed "Dashboard," the new layer to vPC-GR established a streamlined online process that greatly simplified and reduced award preparation times.

Even so, sometimes having a better way to do things sometimes isn't enough. Enter Lt. Col. Bonnie Tremblett and her AFSO 21 team.

"I've had to prepare awards 'the old fashioned way'," Tremblett said. "It was a lot of hard work and the simplest mistakes required a lot of work to correct. We quickly recognized that vPC-GRs Dashboard program gave us everything we could have wanted to simplify the award preparation process.

Tremblett and her team learned the new process inside out and then set out to train others throughout the wing. She even traveled to the 931st, McConnell

AFB, and trained their senior staff. As a result of that, she began local formal training, and then, informal training. "At lots of times during the past year, I'd see someone walking by in the hallway and ask them, 'Have you got a minute?'" Tremblett said. "I'm sure initially people all thought 'What now—more work?' But, 15 minutes later, after showing them how simple this program really is, every one of the people I've trained has thanked me for taking the time to demonstrate it."

The results of this concentrated wing wide effort became self evident during the January commander's call. More than 39 Meritorious Service Awards were presented. (See photo on Page 8.)

"We're not looking to establish a giveaway program for awards. Every one of these MSMs are well deserved and some are long overdue," Colonel Glass said. "I'm very happy to present them and proud to see our people are getting the recognition they deserve."

# Antibiotic overuse can be harmful

by Lt. Col. (Dr.) Thomas E. Franklin  
507th Medical Squadron Commander

Every year, individuals are exposed to infectious disease. Men, women, and their children arrive at their doctor's office with dripping noses, cough, chills, fever, sinus pressure, and a host of other symptoms. The majority of these symptoms are caused by viruses and allergens. The use of antibiotics in these diseases is unnecessary and potentially harmful. However, many individuals with such symptoms are often angry and upset if they leave their doctor's office without an antibiotic. Everyone wants a Z-Pack these days. Your doctor may actually be doing you and your family a favor by not reaching for her or his prescription pad.

The U.S. Centers for Disease Control and Prevention has determined that antibiotic resistance is one of the greatest threats to human health in modern times. Methicillin Resistance Staph Aureus (MRSA) is just one example of a superbug that has successfully mounted resistance to antibiotics that once were effective. Other diseases becoming harder to treat are ear infections, sinus infections, pneumonia and meningitis caused by pneumococcal organisms. Tuberculosis is also becoming more difficult to treat. Frequent and inappropriate uses of antibiotics for strains of bacteria that are becoming increasingly resistant to treatment are slowly becoming an obstacle to health care professionals.

Bacteria and Viruses are different organisms and respond

differently to antibiotics. Bacteria are single-celled living organisms that usually respond to antibiotics. Antibiotics are successful in treating infections by inhibiting the growth and reproduction of bacteria. Some bacteria however, such as lactobacillus, are beneficial to the body. They live in the human gut, aiding the process of digestion. Viruses in contrast are not alive and cannot exist and reproduce on their own. They are particles containing genetic material wrapped in a protein coat. They invade human tissue where they live, grow and reproduce. They do not respond to antibiotics at all. The body's immune system can prevent some viral infections but most, such as the common cold must simply run their course.

Z-Pack (Zithromycin) is an excellent antibiotic, but when used to treat viruses or allergies, it is more effective in emptying your pocket than curing any disease. Over the counter preparations may alleviate many of the symptoms caused by viruses and allergies instead. Consult with your doctor.

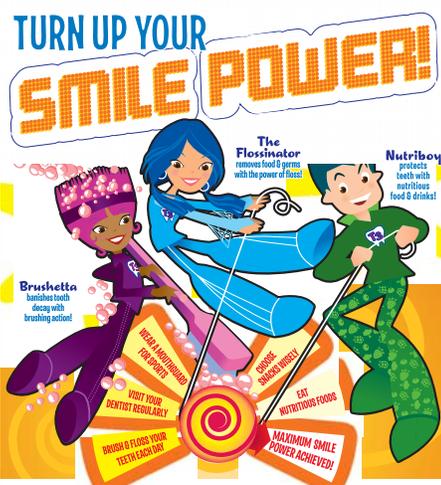


## Tips on safe antibiotic use:

- Treat only bacterial infections
- Do not take another person's antibiotics
- Take antibiotics as prescribed
- Trust your doctor and don't pressure him/her to prescribe antibiotics

Remember, always wash your hands. "An ounce of prevention is certainly worth a pound of cure."

The continuing adventures of T3 the TOUGH TOOTH TEAM!



## February is National Children's Dental Health Month

National Children's Dental Health Month (NCDHM) turns 60 this year. Each February, since 1949, the American Dental Association has sponsored National Children's Dental Health Month to raise awareness about the importance of oral health.

Developing good habits at an early age and scheduling regular dental visits helps children get a good start on a lifetime of healthy teeth and gums.

Whether you're a member of the dental team, a teacher or a parent, the ADA has free online resources that can help you with oral health presentations. The NCDHM Program Planning Guide offers parents resources to promote the benefits of good oral health to children. Posters are available in English and also Spanish for the first time this year.



# Farewell ceremony held for former President Bush

by Donna Miles  
American Forces Press Service

ANDREWS AIR FORCE BASE, Md. — Military officials bid farewell to the outgoing commander in chief during a departure ceremony Jan. 20 at Andrews Air Force Base where he called leading men and women in uniform the highlight of his presidency.

A joint service honor guard, military band and about 4,000 cheering, flag-waving fans greeted former President George W. Bush and former First Lady Laura Bush as they arrived here from what's been called "the ultimate change of command ceremony."

The participants — former staffers, invited guests and servicemembers and their families — waited inside the 316th Airlift Wing's Hangar Six to hail the president and former Vice President Dick Cheney. They watched the inaugural ceremonies on a jumbotron screen suspended from the hangar ceiling, then waited with anticipation as former President Bush lifted off from the Capitol grounds aboard the Marine Corps VH-60 helicopter referred to as "Executive One."

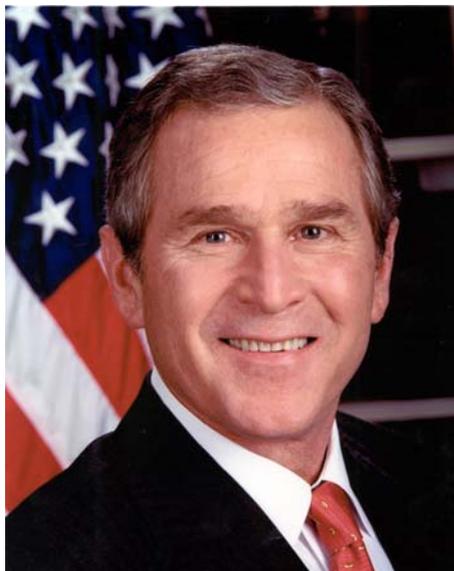
The crowd roared as the former president and vice president made their dramatic entrance into the hangar. The rousing sounds of the "Air Force One" movie theme rung out as the huge hangar slowly opened, revealing the huge blue-and-white presidential aircraft glistening in the sunlight.

Children climbed onto their parents' shoulders to catch a better glimpse, and spectators hoisted cameras high to capture the moment in history.

Former President Bush said he wasn't sure how he would feel passing the presidency to the next administration, but declared, "I am thankful, I am grateful and I am joyful!"

"I've had a lot of great experiences," but none has been better than

leading military members who have volunteered to serve the country in a time of danger, he told the group of military officials and family members. Former President Bush said he'll miss being commander in chief and being able to stand in front of the troops to tell them "how much we respect you



and how much we admire you."

Former President Bush said he'll leave the presidency with his "head held high," confident that he took the right course in difficult times. Historians will sort out his time in office, he said, expressing belief that they'll note "we did not shirk our duty, we did not shy away" from difficult decisions and that "we served with conviction."

Former Vice President Cheney praised former President Bush for taking on "the big jobs that needed doing" after the Sept. 11, 2001, terror attacks launched some of the greatest challenges to ever confront the United States.

"George W. Bush protected America," he said. "History remembers such leaders and marks them well."

Former President Bush shook hands with many in the crowd, then turned toward the VC-25 aircraft that would take him home to Texas. The flight was



designated Special Air Mission 28000 rather than Air Force One, which belongs only to the airplane carrying the sitting president.

On the tarmac, Brig. Gen. Margaret H. Woodward, the 89th Airlift Wing commander, escorted the Bushes to a red carpet stretching to the aircraft. A 42-piece joint honor guard flanked both sides of the carpet.

At the end of the carpet, Col. Steven Shepro, the 316th Wing commander, and Col. Eric Snadecki, his vice commander, said their final goodbyes before former President Bush climbed the steps to the plane.

Colonel Shepro said he felt honored for him and his Airmen to bid a personal goodbye to the departing former president.

"It's like saying goodbye to an old friend," he said. He credited his elite team who regularly serves the president — with the Air Force's only flightline protocol office and a second-to-none security detachment, among them — with bringing honor to the Air Force.

"This is another moment in history that they share," he said. "We're giving him a fitting sendoff just like we always do."

Chief Master Sgt. James Davis, the Andrews AFB command chief, relished his base's role in the inauguration and presidential departure ceremony.

"We are a part of history, from the person working the logistics to the ones in the cordon to the ones marching in the parade," he said.

"It's wonderful being a part of (the farewell ceremony), especially as a military member," said Tech. Sgt. Steven Hawkens, from the 316th Security Forces. "It's breathtaking. It's exciting. It's wonderful to see these things going on."

**Admin specialist Master Sgt. Chris Reed waits while Col. Jeffery Glass, 507th Air Refueling Wing commander, finishes signing the last of 39 Air Force Meritorious Service Medals slated to be presented to wing Airmen. The stack of presentations were the result of a wing AFSO 21 initiative to identify and appropriately recognize members for their contributions to the Air Force.**



# On-final R-News

## VA Officials assist veterans with health care costs

For veterans struggling financially due to a job loss or decreased income, Department of Veterans Affairs officials offer an assortment of programs that can relieve the costs of health care or provide care at no cost.

Also eligible for no-cost VA care are most veterans who recently returned from a combat zone. They are entitled to five years of free VA care. The five-year "clock" begins with their discharge from the military, not their departure from the combat zone.

Each VA medical center across the country has an enrollment coordinator available to provide veterans information about these programs. Veterans may also contact VA's Health Benefits Service Center at (877) 222-VETS (8387) or visit the VA health eligibility Web site at [www.va.gov/healtheligibility](http://www.va.gov/healtheligibility).

## Disney, Army resort offer affordable vacations to troops

With the "Disney's Armed Forces Salute" offer, active and retired military personnel, including active members of the Coast Guard and activated members of the National Guard or Reserve, can enjoy complimentary, multi-day admission into Disney's U.S. theme parks, and additional special ticket offers for family members and friends.

At the Walt Disney World Resort in Florida from Jan. 4 to Dec. 23, an active or retired member of the U.S. military may obtain one free five-day "Disney's Armed Forces Salute" ticket with "Park Hopper" and water park options.

For more details, read the Air Force Print News story at <http://www.af.mil/news/story.asp?id=123130564> or check with the ITT/ITR office on base.

## 507th ARW recruiters <http://get1now.us>



### Tinker AFB, OK

(In-Service Recruiter)  
Tech. Sgt. Melissa Melichar  
(405) 739-2980



### Tinker AFB, OK

(Senior Recruiter)  
Senior Master Sgt.  
Michael Seals  
(405) 734-5331



### Moore, Norman, OK

Tech. Sgt. Jackie Harris-Sanchez  
(405) 217-8311



### Midwest City, OK

Master Sgt. Michael Comfort  
Staff Sgt. Adam Thomas  
(405) 733-7639  
Tech. Sgt. Marcel Jacques  
(405) 733-9403



### Altus, OK

Master. Sgt. Ronald Gregory  
(580) 481-5123



### Tulsa, OK

Tech Sgt. Bill Joseph  
(918) 250-3400



### Vance AFB, OK

Master Sgt. Stephan Kimbrough  
(316) 759-3766



### McConnell AFB, KS

Master Sgt. Stephan Kimbrough  
(In-Service Recruiter)  
(316) 759-3766  
Staff Sgt. Jason Sommers  
(316) 681-2522

