



SEPTEMBER UTA SCHEDULE

Saturday

Time	Activity	Location
6-7 a.m.	Breakfast @ Troop Dining Facility	Bldg 813
7:15-7:45 a.m.	Wing Element Staff Mtg	Bldg 838/WCR-2107
7:30-8:30 a.m.	Fit To Fight Evaluations & Profiles: LOD/WWD	Bldg 922
7:30-9 a.m.	Flying Physicals	Bldg 922
7:30-11 a.m.	Optometry	Bldg 922
7:30-11 a.m.	Immunizations, Hearing, Lab, Pulm Func Test	Bldg 922
7:30-11 a.m.	Dental Screenings	Bldg 922
9:30-11 a.m.	Non-Flying Physicals	Bldg 922
9:30-10:30 a.m.	Medical Deployment Outprocess	Bldg 922
8:00+	M-16A2 and 9MM AFQC Firing	Firing Range
8-9 a.m.	AEF Deployment Outprocessing	Bldg 838/Rm 2406
8-11 a.m.	CBRNE Refresher (Every 20 Months)	Bldg 838/Rm 1322
8-8:30 a.m.	Newcomers Intro by Wing/CC staff	Bldg 838/Rm 1202
8:30-10:20 a.m.	Newcomers Orientation	Bldg 838/Rm 1202
9-11 a.m.	Relocation Briefings	Bldg 838/ATN Rm
10 a.m.	IG Complaints	Bldg 838/Rm 1324
10-11 a.m.	Unit Deployment Managers Mtg	Bldg 838/WCR2107
10:30-11:30 a.m.	First Sgts. Grp Mtg	
Bldg838/MiniConfRm		
10:30-11:30 a.m.	Training Managers Meeting	Bldg 838/Rm 2304
10:30-12:30 p.m.	Lunch @ Troop Dining Facility	Bldg 813
Noon-3:45 p.m.	Newcomers Ancillary Trng	Bldg 838/Rm 1202
Noon-2 p.m.	Dental Exams	Bldg 550/Navy
Clinic		
12:30-2 p.m.	Laboratory Tests	Bldg 922
12:30-3 p.m.	Physicals, Hearing, PFT, Optometry, Immunizations	Bldg 922
1-4 p.m.	CBRNE Refresher (Every 20 Months)	Bldg 838/Rm 1322
4 p.m.	Retreat/Unit: 94 MXS/AMXF	Bldg 838/Flagpole
4:30 p.m.	Chiefs Group Meeting	Bldg 838/Rm 1202
5-6 p.m.	Dinner @ Troop Dining Facility	Bldg 813

Sunday

Time	Activity	Location
6 - 7 a.m.	Breakfast @ Troop Dining Facility	Bldg 813
7:30	M16A2 AFQC Firing	Firing Range
7:30-8:30 a.m.	Protestant Chapel Service	DARB Base Chapel
7:45-8:30 a.m.	Enlisted Advisor Council Mtg	Bldg 838/WCR-2107
8-9 a.m.	MILPDS Trng	Bldg 838/Rm 2406
8 a.m.-4 p.m.	CBRNE Inital training	Bldg 838/Rm 1320
8:30-9:30 a.m.	HRDC meeting	Bldg 838/WCR-2107
9-10 a.m.	Catholic Service (Mass)	Navy Chapel
9-10:30 a.m.	Chiefs Group Mtg	Bldg 838/Rm 1202
9-11 a.m.	Physical Exams Follow-Up	Bldg 922
9-11 a.m.	Hearing Tests Follow-Up	Bldg 922
9-11 a.m.	Dental Exams Follow-Up	Navy Clinic
9-Noon	CDC Exams	Bldg 838/Rm 2304
10-11 a.m.	Protestant Service	Navy Chapel
10-11 a.m.	Commander's Mtg	Bldg 838/WCR-2107
10:30 -12:30 p.m.	Lunch @ Troop Dining Facility	Bldg 813
11:30 a.m.-noon	Protestant Chapel Service	Bldg 727/BrfgRm
12:30-1:30 p.m.	56 Group Meeting	Bldg 747/Rm 120
12:30-2 p.m.	Relocation Briefings	Bldg 838/Rm 2406
1 p.m.	CDC Exams	Bldg 838/Rm 2304
1 p.m.	Unit EM Rep meeting	Bldg 838/Rm 1322
1 p.m.	Top Three Mtg	Bldg 747
1-2 p.m.	Flying Safety Mtg	Bldg 732
4 p.m.	Unit Sign Out	Unit Asgnd

**“AN UNRIVALED
WINGMAN”**

BEST IN COMMAND

EMPLOYER SUPPORT

UNIQUE POSTMARK

A publication of the 94th Airlift Wing

Minute man

MONTHLY

September 2007

Vol. 55, No. 9

ARE YOU READY?

**WING MOVING TOWARD '08 ORI
pg. 4**



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Cover photo

Lt. Col. Bradford Schwarz, a physicians assistant from the 94th Aeromedical Staging Squadron reviews the records of a processing reserve member during the Operational Readiness Exercise conducted Aug. 4. (Photo by Don Peek)

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VIEWPOINTS



ON TRACK

Push yourself to meet fitness standards

By Senior Airman Micah Garbarino
Public Affairs

Wheezing, sputtering, stinging and sweating like a champ... Am I dying? My brain couldn't compute the fact that what I thought to be a decent workout regiment in the gym wasn't translating out here on the track. I consoled myself with the fact that at least I hadn't had a cigarette in a year and this final lap would have been a heck of a lot harder if that wasn't the case.

Trust me friends when I tell you that this running thing is no joke and if you're a slacker and think you're working out hard enough, you're not. And, if you're thinking about putting off getting in shape...don't. As Robin Williams once said in a movie that had absolutely nothing to do with running, "Carpe diem, seize the day!"

The Air Force fitness standards aren't new. They have been around for awhile now. The mile and a half run, the

push-ups, the sit-ups and the dreaded waist measurement should be familiar to anyone who has worn a blue uniform in the past couple of years. Switching from the old "bike test" to the more staunch and demanding "Fit to Fight" program was more than a Pentagon-level competition with the other services, it's about fostering a warrior ethos in Airmen of all ranks and specialty codes.

These continued requirements should be a priority to all of us, especially since there will now be space for the results on the new, forthcoming Enlisted and Officer Performance Reports. The space won't just be there for looks either... continued failure could send an evaluation to a commander for referral. As the fitness program grows and permeates our Air Force culture, its standard will and should be taken more and more seriously by everyone.

Those of us in the military are used to being held to a standard. Just like wearing a pressed uniform is expected, we should look at staying fit as another requirement of being service-members.

Am I Adonis? No. Do you need to be Carl Lewis? No, you don't. You just need to get in shape enough to pass the test. If you don't, the commanders look-

ing at promotion packages will say. "Great troop, sharp person, respectful... Too bad they failed the fit test."

I went to the gym regularly and still had a hard time on the track come test time. I wasn't pushing myself enough. I stayed in my "comfort zone." Also, remember that the waist measurement counts for a large portion of your combined score, so limit your cannoli intake.

If you scored marginal or below on your last fit test and need help getting started in a program, call 678-655-4872 for a personalized workout from Services health professionals. Here are a few tips from around the fitness world:

- Start slow, but don't stay there. You can't run marathons the first day, but you can work your way up.
- Set a goal. Push yourself little by little until you achieve that goal, and then keep pushing. Don't get discouraged. Change will come with patience and consistency.
- Take care of your body. Eat breakfast, drink plenty of fluids, make sure you stretch, warm up and cool down during exercise periods.
- Vary how and where you work out. When boredom sets in, it becomes harder than normal to get motivated.

From staff reports
and news service

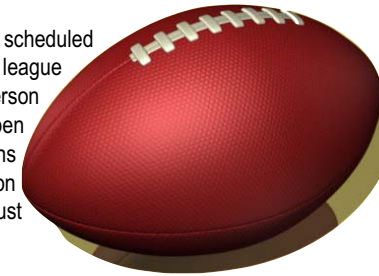


Club says thanks

On Sept. 8, the Dobbins Consolidated Club wants to show its appreciation for their members support with a clam bake at the Lakeside Lounge. Door prizes and a DJ are scheduled to begin at 4:30 pm.

Huddle up

Flag Football season is scheduled to begin on Sept. 7. The league will consist of seven person teams. Flag football is open to all military, DoD civilians and contractors working on base. All participants must have an ID card.



Games will be held weekly throughout the season and played on the softball fields at the Lakeside area. For more information, call Fred Engle at 678-655-4872.

B-I-N-G-O get your game on

Play bingo at the Dobbins Consolidated Club each Thursday at 5:30 pm for a chance to win a \$500 jackpot. The sandwich line is scheduled to be open from 5-7 p.m.

Tricare if you choose

Reservists have begun signing up for more affordable Tricare Select Reserve health care that starts Oct. 1. For some, it means they will pay a third of what they are paying today.

Starting Oct. 1, all drilling reservists will pay the lowest premium, \$81 a month for single coverage or \$253 for family coverage. Tricare will adjust premiums annually on Jan. 1. For more specific information, people can go to the Tricare Reserve Select Web site - <http://www.tricare.mil/reserve/reserveselect> or call DSN 926-6730.

There is one major exception: If they are eligible for Federal Employee Health Benefits (either under their own eligibility or through a family member) they are not eligible to purchase Tricare Reserve Select.

New arrivals, new ranks

Promotions

Chief Master Sergeant

Israel Rosado
Jeffery A. Stockdale

Senior Master Sergeant

James C. Jarrard
Gerald Milbourne
Chad L. Ronnebaum
Richard Winstead

Master Sergeant

David L. Say Jr.

Technical Sergeant

Sharon D. Branch
Karly Derosena

Staff Sergeant

Pierre R. Letourneau
Carlos R. Navarro

Senior Airman

William S. Burke

Airman 1st Class

Zachary D. Noble

Newcomers

Lt. Col. Nancy A. Westbrook
Maj. Susan Drabing
Maj. Patrick J. Egan
Capt. Jose A. Burgos
Capt. Andre J. Wright
1st Lt. Charles Albertson
1st Lt. Andrew Jaw
2nd Lt. Bethany J. Totten
Master Sgt. Charles S. A. Rice
Tech. Sgt. Thomas Jensen

Tech. Sgt. Nicholas B. Ontiveros
Staff Sgt. William R. Johnson Jr.
Staff Sgt. Catherine L. Jolley
Staff Sgt. Randall J. Miller
Staff Sgt. Rebecca Nichols
Staff Sgt. John D. Stephens
Senior Airman Joseph W. East
Senior Airman Lukas R. Moore
Airman 1st Class Thomas Pough
Airman Brandon R. Waters

Services link on the web at www.dobbins.afrc.af.mil

Who's Who

Gary Sparks
Employer: Medical Center of Central Georgia
Sponsored by: Senior Master Sgt. Michele Wells
Unit: 94th Aeromedical Staging Squadron
What did you enjoy most about Employers Day?
"The whole day was quite enjoyable. I'd like to come back some day. It's fascinating how (Airmen) get so much done in 16 hours."

Gary Foster
Employer: IBM
Sponsored by: Lt. Col. Stephen Motylinski
Unit: 22nd Air Force
What did you enjoy most about Employers Day?
"I now have a greater appreciation of those who take the time to serve in the military. I really liked the C-130 flight. It was a fun opportunity to get familiar with the base and to see what happens here."

Stewart Conkle
Employer: Avenitt Express, Inc.
Sponsored by: Master Sgt. Mark Brown
Unit: 94th Mission Support Squadron
What did you enjoy most about Employers Day?
"I enjoyed everything, but I liked the ordnance explosions the best."

Photos by Master Sgt. Angelita Colón-Francia/Graphic by Tech Sgt. James Branch

Air Force Week on the web at www.airforceweek.com



Graphic by
Tech. Sgt. James Branch



Photo by Don Peek

Staff Sgt. Jerome Brown, and aerospace medical service journeyman with the 94th Aeromedical Staging Squadron checks up on a processing member at the Operational Readiness Exercise.

People get ready, there's a plane comin'

By Tech. Sgt. James Branch
Public Affairs

Members of the 94th Airlift Wing participated in an Operational Readiness Exercise during the August UTA in preparation for the wing's Operational Readiness Inspection scheduled for 2008.

The exercise simulated a short-notice deployment and demonstrated the importance of traditional reservists being fully qualified to deploy anywhere in the world at any given time. Members were divided into four groups or "chalks." Upon arrival to the simulated departure location, they each had to process through a series of stations, including: personnel, medical and chemical warfare.

"Each participant needs to realize what their individual state of readiness is as well as the readiness of their squadron and the wing," said Col. Heath J. Nuckolls, 94th Airlift Wing commander.

Air Force reservists must be ready to deploy in 72 hours if required. If they aren't, they must identify the areas needed to attain the required level of readiness, Colonel Nuckolls said.

"There are no longer separate missions for active duty and reserve forces," said Capt. Marcus E. Smith, 94th Airlift Wing installation deployment officer. "We have to get into the mind set of total force integration."

Reservists should have two priorities: First, to make sure that personnel and equipment are ready to deploy if required and second, they must ensure they can meet the taskings of the upcoming ORI, Colonel Nuckolls said.

"This exercise is the first of its kind for the wing," said Col. Steven H. Slick, 94th Mission Support Group commander and troop commander for chalk two. "It gives both the facilitators and the members being processed a chance to address and correct any deploy-

ment issues in the event that they are mobilized."

Being ready means having your personal affairs in order.

"The Personnel Deployment Function line served as the last chance to catch any personnel discrepancies before members deployed," said Senior Master Sergeant Angela Cooper, NCOIC of the PDF. That also includes medical and dental records.

"Be ready, be prepared and don't wait until the last minute to get your medical records updated," said Lt. Col. Kathy Keating, nursing administrator, 94th Aeromedical Staging Squadron. "The unit should notify the member of medical requirements such as RCPHA and dental examinations at least six months prior to expiration. Up-to-date medical records will expedite the member's mobilization process."

Many reservists were prepared because they communicated with their UDMs and knew what was required of them for the exercise.

"My process went smoothly," said Senior Airman Yovunka Thorpe-Henry, Information management journeyman for the 94th Mission Support Squadron. "Things like my medical records, dog tags and gas mask fit test were verified by my unit prior to this exercise."

The ORE proved to be a learning experience for wing members, their supervisors and commanders. This was the first of four OREs scheduled before the 2008 ORI, said Capt. Smith.

"I would rate this exercise an overall success because of the wing participation," said Capt. Smith. "Out of the 126 members scheduled for processing, 121 were worldwide qualified. With the wing members' positive attitudes and high standards of excellence, the upcoming OREs will not only run smoother but more efficiently."

BURNIN' UP

DOBBINS FIRE DEPARTMENT WINS AWARDS THROUGH STELLAR TEAMWORK AND PROGRAMS

By Tech. Sgt. Micky Cordiviola
Public Affairs

The Dobbins Fire Department won two command-level awards this year, including Air Force Reserve Command Civilian Firefighter of the Year and Best Fire Prevention Program of the Year.

"I am extremely proud of all the winners and the programs that they manage. Since 2001, we have won an award in one category or another every year," said Dobbins Fire Department Chief John Hicks.

Dobbins Firefighter Stephen Schlange won the AFRC Civilian Firefighter of the Year award for his knowledge, skills and motivation. One of the reasons he was nominated by his supervisors is because he is highly respected by his peers and subordinates, said Chief Hicks. Mr. Schlange is also revered as a solid teacher.

"It is an honor to receive this award. Without the professionalism and brotherhood of all those in the department, I wouldn't have received a thing," Mr. Schlange said.

One example of Mr. Schlange's leadership ability was observed during a Department of Homeland Security exercise where his decision making and knowledge of hazardous materials led to a successful completion of the scenarios. On many other occasions, Mr. Schlange not only led Dobbins crews through emergency calls, but also successfully directed crews from two other local agencies.

"These awards are important to all of us in the fire department because they shed light on the high quality of people we have," Mr. Schlange said. "The Dobbins Fire Department strives to set the standard throughout the command and the entire Air Force."

The department was also awarded AFRC's Best Fire Prevention Program of the Year, which was managed by Assistant Chief Bill Wilson and Inspector Mark Berkenmeier.

The two spearheaded an aggressive fire prevention program which included an initiative to reduce outdated inventory and comprehensive fire inspections for 155 different facilities, totaling more than 7.9 million

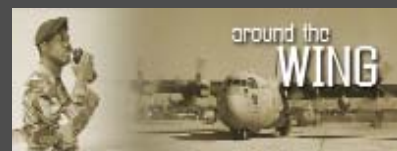
square feet. The program was also able to initiate and track corrective actions for 350 of the fire hazards or deficiencies found in the inspections, said Chief Hicks.

"The cornerstones that have enabled our fire prevention program to be a huge success are: proactive and aggressive code enforcement, comprehensive fire inspections and great engineering design reviews," Assistant Chief Wilson said. "We had great focus and attention to detail."

The program established a consolidated emergency dispatch center that combined dispatchers in fire services and security to one location, improving the information flow for all first responders and on-scene commanders. The center is the first in AFRC and only one of six in the entire Air Force.

"I truly believe we have demonstrated to the rest of the command, the quality of people we have assigned here at Dobbins and how much we care. Our guys get it done everyday, no matter what the tasking is, and I believe our community involvement is the best in the Air Force Reserve Command," said Chief Hicks.

Photo by Don Peek



When cancellation is a good thing

On Sept. 18, the United States Postal Service and the 94th Airlift Wing will honor the 60th Anniversary of the Air Force with a Commemorative Pictorial Cancellation. A Pictorial Cancellation is a unique postmark offered by the U.S. Postal Service to commemorate special events. Items that are cancelled using a commemorative design are usually in very limited quantity and are highly sought after by stamp collectors and others interested in U.S. postal history.

There are several ways to participate in this historic event. One option is to be present at the temporary philatelic, 60th Anniversary of the U.S.A.F. Station on Sept. 18 at Dobbins Air Reserve Base. Once there, you can take advantage of the hand-back service for the pictorial cancellation offered by the Marietta postmaster on that day only, from 9:30 a.m. to 2 p.m. at the B-29 Memorial Air Park. The hand-back service is free of charge for quantities less than 50 items.

The Postmaster will make available this unique

pictorial cancellation on any material that bears un-cancelled postage at the U.S. First-Class rate of 41 cents. These items do not require an address, as once cancelled, the item is immediately returned to the individual.

Another way to participate is through the mail-back service offered by the Marietta postmaster. This method permits Air Force enthusiasts to submit envelopes, postcards, photographs, posters and other materials through the mail directly to the Marietta Post Office for cancellations over a 30-day period, from Sept. 18 – Oct. 18.

Mail-in requests should be addressed to: PICTORIAL POSTMARKS, 60th ANNIVERSARY OF THE USAF STATION, 257 LAWRENCE STREET, MARIETTA, GA 30060-9998.

Items submitted must also bear unused postage of at least the U.S. first-class postage rate of 41 cents. Items must be accompanied by a self-addressed, stamped envelope with applicable

U.S. postage for the return of each item. If the item is an envelope or postcard and you wish for it to pass through the mail-stream, these individual items need to be addressed and must also bear unused U.S. postage of at least the first-class rate, and sufficient postage to allow the item to be returned to you.

Since this event is open to the public, parking will be very limited for the ceremony. All base personnel should park at Bldg. 833 or Bldg. 827 and walk to the ceremony from there. The public may park at the visitor's center or the temporary parking lot set up at lodging by base security and make the short walk to the monument.

The 9:30 a.m. ceremony will include dedication of postmark by U.S.P.S. Marietta Postmaster John McCormack. Guest speakers will include the chairman of the board of the planned Aviation Museum at Marietta, Bob Ormsby; B-24 Navigator, Hap Chandler and a Tuskegee Airman presentation by Master Sgt. Michael Varnado.

Monumental change at park



Photo by Don Peck

Contractors work at the Dobbins POW/MIA Memorial Park to install one of four granite monuments, this one bearing a plaque recognizing World War II prisoners of war and those missing in action. Planning and construction at the park is sponsored by the Dobbins Chiefs Group. The Air Force Sergeants Association Auxiliary, along with Dobbins Air Reserve Base units, conduct the base's annual Living Memorial Ceremony and tree planting at the park.

The monuments were put in place in preparation of this year's ceremony, planned for Sept. 21 at 10 a.m. A highlight of the event will be the installation of another plaque honoring Korean War POWs and MIAs. Korean War veteran and former POW, Army Col. (Retired) William "Bill" Richardson will be the guest speaker.



Photo by Don Peck

Senior Airman Alan Perry, of the 94th Security Forces Squadron takes time during the last UTA to go over a small arms display and also several different pieces of equipment that Security Forces use in their daily job. The display was part of Employers' Day, which is co-sponsored by the Employer Support of the Guard and Reserve.



Teaching bosses a lesson

By Senior Airman Robert Dennard
Public Affairs

Sixteen civilian employers visited Dobbins Aug. 4 for Employers' Day 2007. The guests were treated to a base tour, a security forces static display, an explosive ordnance disposal demonstration, and a C-130 orientation flight.

Employers' Day is an annual Dobbins event where reservists' civilian supervisors get the opportunity to see just what they do here during a Unit Training Assembly, and what they would do if they deployed.

"I didn't realize how much he has to do on UTA weekends," said Chris Sellers of McClane Southeast. Mr. Sellers was here in support of Tech. Sgt. Scott Brown of the 94th Logistics Readiness Squadron. "I have a better appreciation for what he does here now, and how he balances his family," he added.

The day began with a brief from Col. Heath Nuckolls, 94th Airlift Wing commander and Employer Support of the Guard and Reserve representative Penelope Harbour. Afterwards, employers watched as the 94th Explosive Ordnance Disposal Flight detonated several devices...one set inside a doomed honeydew melon.

The ESGR organization sponsored lunch at the Services dining facility which gave employers a first hand taste of what is served on a UTA.

The highlight of the tour, the C-130 orientation flight, proved to be the most popular with the guests and included an exercise by the 94th Aeomedical Evacuation Squadron personnel.

"This was my first time flying on a military aircraft," said Jimmy Holland from the Georgia Department of Corrections Probation Division. "Seeing all the medical equipment inside, it was kind of like a mini-hospital," he said.

Employers' Day is important on several levels. First, it provides servicemembers employers the opportunity to better understand life as a reservist. Secondly, it gives the opportunity for the reserve command to thank those who support the reserve mission. Often, Employers' Day is the only chance people have to actually come inside a military installation like Dobbins and see equipment up close.

"I didn't know much about the base before," said Gary Sparks of the Medical Center of Central Georgia. "This is my first time here, so everything is new."

With knowledge of what reservists do for the military, these employers are now able to pass along that information to others, increasing support for the reserve mission.

"This job is important," said Mr. Sparks, describing what he thinks is essential for other employers to know about having employees who are reservists. "It's an intricate part of our freedom."