



FLIGHT LINES

SERVING HOMESTEAD AIR RESERVE BASE AND THE SURROUNDING COMMUNITY

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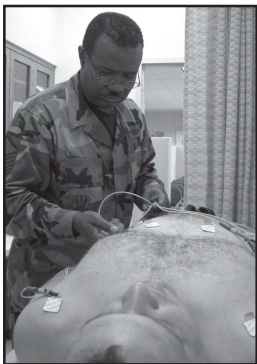
AEF Ready 482d Fighter Wing prepares to deploy



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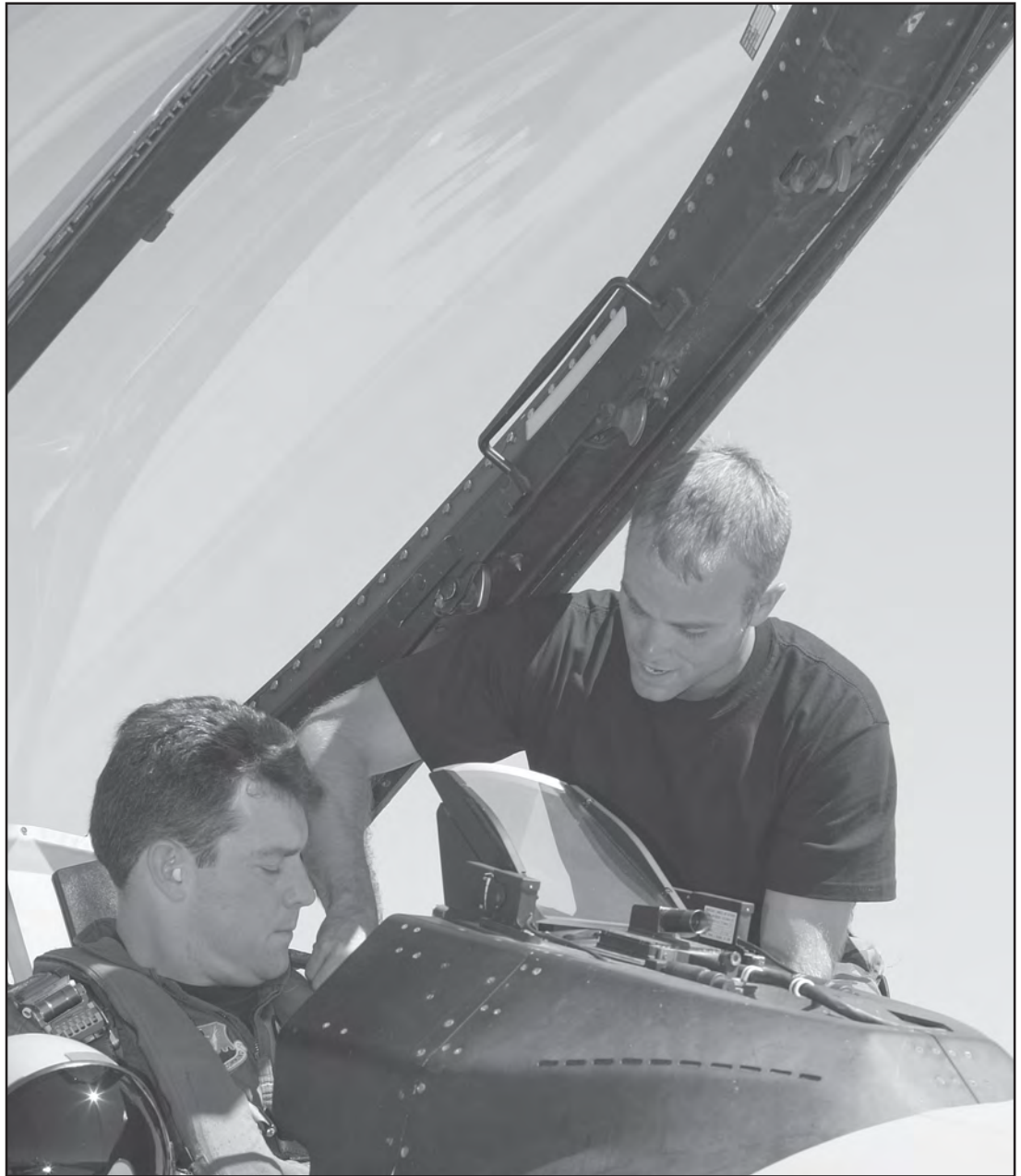


Photo by Staff Sgt. Bucky Parrish, 482 MXS

Training at Hill AFB, Utah, helps to prepare both pilots and crew chiefs for the upcoming AEF deployment. By working together, Major Dave Smith and Sr Airman John Thomas know they can accomplish any mission.

Time To Serve

By Col. Randall G. Falcon,
482d Fighter Wing Commander

As a reserve unit our weekends are dedicated to training – training to do our jobs in deployed and austere environments. It's not the first time — and I'm sure it won't be the last — but as you read this article many of our unit members are taking on this task as they finalize preparations for deployment in support of Operation Iraqi Freedom.

I believe their high-caliber training will result in another successful and safe deployment, and I look forward to the day each of them returns safely. I'm also anxious to hear the stories of their accomplishments.

Our Airmen leave home well

trained, with strong and competent leadership, and they will go with the unwavering support all of us here.

Every available support system will be at the fingertips of those Airmen deploying, and my deploying commanders have assured me that they are prepared, able and capable of dealing with any issue or crisis in the AOR.

I will continue to lead the wing here at home station, and can assure everybody deploying that those here will have support equal to those away. The 482d family support mechanisms are in high gear and I encourage each of those deploying to make sure the



Air Force Reserve photo

people they are leaving behind are aware of the services available.

Those Airmen deploying are charged with dedicating this time to serving the nation with honor and excellence. To do this, they must be sure that those of us here are taking care of the 482d extended family. I assure you that we will be.

How Am I Doing, Boss?

By Col. Bill Denyer,
482d FW Inspector General

Do you ever wonder what your supervisor thinks of your performance? Your EPR or OPR should not be your first clue. According to AFI 36-2406, Chapter 2, your rater (the person who writes your performance reports) is required to use performance feedback to communicate expectations and provide feedback.

Your rater is required to conduct two different types of performance feedback – initial and midterm. You should receive an initial feedback session within the first 60 days. The initial session outlines expectations for the upcoming rating period.

The midterm feedback session is due near the halfway point between

your performance reports. The purpose of these sessions is to let you know how you've been doing. Here, your rater can tell you about any areas he or she feels you need to improve.

Your rater is required to document each feedback session on a Performance Feedback Worksheet; however, failure of your rater to conduct a feedback session or to properly document a session, will not, of itself, invalidate any subsequent performance report.

You also have responsibilities in the EPR/OPR program. You are required to know when your feedback sessions are due. If you do not receive a feedback session when you're supposed to, you are required to tell

your rater and, if necessary, your rater's boss.

Although it's not required, one way to help ensure that you get timely feedback is to remind your rater a month before your feedback is due. This will give your rater time to complete the Performance Feedback Worksheet.

One of the primary purposes of the performance feedback program is to help you succeed. Do your part by knowing the requirements outlined in AFI 36-2406. If you have questions about the performance feedback program, contact your unit commander support staff.

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Air Force Reserve seeks applicants for full-time duty

WASHINGTON (AFPN) — Air Force Reserve officials are looking for officers and enlisted people to fill full-time Active Guard and Reserve positions.

In the past 15 years, the number of 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 as security forces, combat rescue, intelligence, maintenance, space, pilot and personnel,” said Maj. Dawn Sutor, deputy director of the office of Air

Force Reserve’s AGR management office. “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; AFRC headquarters at Robins Air Force Base, Ga.; Air Reserve Personnel Center headquarters 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 AFRC Web site under job opportunities at www.afrc.af.mil/. (Courtesy of AFRC News Service)

Swimming safety – protect your children

*By Staff Sgt. Harry M. Hook
Ground Safety Specialist*

According to the U.S. Lifesaving Association, drowning is the third leading cause of unintentional death in the United States and the second leading cause of death for people

ages 5 to 44. For children ages 1 to 2, drowning is the leading cause of avoidable death.

Most safety organizations, including the National Spa and Pool Institute and the Drowning Prevention Foundation,

agree; the primary element in preventing pool and beach incidents of any kind is constant supervision.

With this in mind, here are a few quick safety tips to keep your children safe:

- Don't be tempted to leave your kid alone in the bath or by the pool, even for a short time. Let the phone or doorbell ring until you can bring your child with you.
- Empty baths, nappy buckets or other containers should be kept locked away, especially around the garden where you might assume your child is safe. Children love to play with water and it does not take them long to fill a bucket using a hose. A child can drown in 30 seconds in only 2 inches of water.
- Cover garden ponds with a net or suitable wire-mesh.
- Make sure your swimming pool is adequately fenced or covered with a net. Gates should be self-closing.
- Train your child in survival skills such as floating or treading in the water.
- Ensure your kids are constantly supervised when in the water, even if they can swim like fish!
- Discourage children from jumping in to help others. This often results in a double tragedy. Teach them to throw the victim something that floats or a long object to hold on to. Get them to call an adult for help. Teach simple rescue methods and first aid.
- Be aware of the dangers around your home and where you live. Open masses of water, rivers, and canals attract children to play and are extremely dangerous. Teach your kids to avoid playing in these areas.
- Watch out for the sun! Yes, sunburn and skin cancers are also dangerous. Use UV block outs, UV protective swim-wear and minimize exposure during the worst times, 11 a.m. - 2 p.m.

Dirty Work

The risky business of bioenvironmental health is about to get more risky

*By Tech. Sgt. Shawn David McCowan,
910 AW/PA*

Special to the Flight Lines

Bioenvironmental Engineering Services has one of the most critical responsibilities on any military installation. They may vary in tasks from location to location, but their mission is always the same—ensuring the safety and health of all life at the base. The job's about to get even tougher.

Government officials added a chilling new task to their laundry list of duties. As box after mysterious box had arrived they began to piece together their new puzzle. They were receiving a field environmental evaluation system designed to equip them for wartime field use to measure toxins from weapons of mass destruction.

This seemingly impossible mission has been shouldered by less than a half dozen people here at Homestead. They oversee any and all aspects of this diverse occupation. Together they endeavor to meet the requirements of over 22 base health and safety programs. Water sampling, toxic waste removal and protecting endangered species all fall under their umbrella of detection, isolation and prevention of environmental hazards.

The team averages more than 400 cases each year to track and resolve. Craig Etherly, Occupational Health Program Administrator for the base, said experience and consistency is the key to their success.

“We each have an average of 15 years of experience. When new



Photo by Tech. Sgt. Shawn David McCowan

Peter Sharpe took on the job of putting the new field system together. He also recently received a chemical detector system. Each cartridge contains chemicals to detect various toxins. When he attaches the cartridge to the bellows he can get air samples for on-the-spot testing.

people arrive, it's vital for us to inform them about the specific concerns here. They need to know about everything from proper hearing protection in certain work areas to avoiding alligator nests on and near the base. If our staff

doesn't know this area, it's bad for everyone," he said.

Not only does he have to keep base personnel safe from alligator threats, he and his co-workers also have to watch out for the alligators.

“The alligators here may be dangerous but they’re also an endangered species, so they’re protected too.”

Mr. Etherly stepped outside, checked the air temperature and humidity and hurriedly hopped on a golf cart to one of the several buildings he must visit on his agenda for the day. After a stop at the gas mask fit testing station, he returned to their main offices.

He opened the door to a room labeled “lab,” but the first half of the room more closely resembled a storage closet. He paused briefly to survey the stacks of boxes.

“Last year this stuff started arriving, and now it’s almost all here. We never know what we’re getting next, but it’s all a part of the new mobile field environmental evaluation system.”

Peter Sharpe, deputy chief of bioenvironmental engineering, oversees this new system.

“It’s like Christmas for us,” said Mr. Sharpe. “Little by little the new

parts of this \$280,000 worth of equipment began showing up.”

Mr. Etherly momentarily stepped out of the “lab closet” and returned with yet another mysterious box. The pair cut the tape and began to take inventory with almost childlike

“When haz-mat, medical and security go into a potentially contaminated area, we’ll be with them...”

*--Peter Sharpe
Deputy Chief of BES*

interest. Inside they discovered a laptop-sized keypad and what looked like a large all-metal microphone.

They connected the devices, hit the power switch and they looked over the items on the device’s menu.

Mr. Sharpe’s expression faded from excitement to serious as he read over the package labeled Chemical Detector.

“This one will measure radiation. Another one like it detects what toxins are in the air. We recently got those white environmental suits you see in the movies. When the hazardous material, medical and security teams go into a potentially hazardous area, we’ll be with them with devices like this to check for contamination,” he said.

Exactly how many tests they may have to conduct and what they will monitor while forward deployed is still a mystery. They might encounter water with a very hazardous bacteria or fallout from dirty bombs.

“Almost all of the equipment is here, but we still haven’t been trained on everything. We see test tubes with things like mustard gas and cyanide and worse labeled on them, but we hope we never have to use this where our troops are. It would obviously mean an immediate danger to our troops.”

While the final boxes are expected to arrive soon, the team keeps track of their new inventory, reads the included instructions and waits for official training.

Dealing with bioenvironmental hazards is definitely a risky business. And it’s about to get tougher.



Photo by Tech. Sgt. Shawn David McCowan

Even with the new system arriving, BES keeps up with duties-as-usual. Mr. Etherly put Senior Airman Robert Lax, 482nd Mission Support Squadron, through a gas-mask fit test between new equipment arrivals.

Call Bioenvironmental Services immediately at (305) 224-7623 if you encounter:

- Hazardous noise levels
- Endangered species
- Poor air quality
- Unknown chemical substances

Ready for action: medical exams contribute to global readiness

Story and photos by Senior Airman Jennie Morrison, 512th Public Affairs Special to the Flight Lines

The 482d Medical Squadron wants to ask a few questions about your health. Luckily for them, the Air Force requires you to answer.

Reservists are required have a Reserve Component Periodic Health Assessment (RCPHA) once a year. The exam helps detect any problems that might affect a member's health or readiness to deploy.

"It's very important that we make sure the member is in good health and world-wide qualified for duty,"

said Tech. Sgt. Karman Nottage of the 482d Medical Squadron.

Appointments are scheduled by the medical squadron. Reservists will be notified of their appointment about one month before their exams, which is typically scheduled during the unit training assembly of their birth month.

A detailed assessment is required every three years. Detailed assessments include height and weight measurements, blood pressure testing, blood work, a skin examination and a dental examination. Routine assessments are required during the years in-between and include height

and weight measurements, blood pressure testing and some blood work. Flyers are subject to other tests as well, such as an electrocardiogram. A typical exam takes between 30 to 45 minutes.

Everyone can speed the process by being prepared. About six months before their checkups are due, reservists are asked to complete an online health questionnaire, which can be found at www.wbits.afrc.af.mil. Sgt. Nottage said everyone should fill out the questionnaire before their appointments.

"If they complete the online



Photo by Senior Airman Jennie Morrison, 512th PA

Master Sgt. Roel Ritfield, 482d Medical Squadron, gives an immunization to a member during his annual Reserve Component Periodic Health Assessment. Medical technicians like Sgt. Ritfield perform the majority of the checkup before reservists see a doctor for a records review.

questionnaire before they get here they can jump into the process instead of waiting for a computer,” she said.

Reservists also need to bring any medical records of hospital visits and conditions developed since the member’s last checkup. Those who wear glasses or contacts should bring a current eye prescription.

The Air Force wants to make sure questions are answered in a timely manner. Those who do not complete medical checks on time will be put on a no pay, no point profile and will not be allowed to sign into their unit until the exam is completed.

Regular health exams help lessen the chances of medical problems developing while on deployment. Answer a few questions and you’ll be ready to go.



Photo by Senior Airman Jennie Morrison, 512th PA

Above: An Air Force Reserve member has blood drawn during the RCPHA. Below: The EKG is another medical readiness assessment tool that can be used during the exam.



Photo by Senior Airman Jennie Morrison, 512th PA

RCPHA Stations

- Medical records review
Records are picked up and reviewed
- Height and weight check
- Blood pressure check
- Blood work
Blood is drawn and tested for HIV and a DNA sample
- Dental
- Optometry
- Doctor review
A doctor ensures exam is complete

Face-to-Face Counseling for Military

The Department of Defense, offers servicemembers professional, private counseling as part of the Military OneSource program. The OneSource program provides servicemembers and their families with information and referral services for education, medical, financial, deployment, return, and reunion issues. In July, the program will be expanded to include face-to-face counseling services for servicemembers and their families.

Servicemembers who want to take advantage of the service can call the OneSource telephone number to talk to an online consultant. The service can also be accessed by visiting local family support centers. If counseling is needed, a consultant will help the servicemember set up an appointment with a licensed civilian counselor in the local community. The service comes at no cost to servicemembers and their families, and they are entitled to up to

six counseling sessions per issue. Military OneSource is available anytime by phone in the United States at (800) 707-5784, internationally at (800) 707-5784 or collect at (484) 530-5913. The program is also available in Spanish at (800) 375-5971 and to the deaf or hard of hearing, via TTY/TDD at (800) 346-9188.

Servicemembers can also visit the program website at www.militaryonesource.com.

New Book Helps Children Through Deployment

“Deployment Journal for Kids,” a new book to be released July 1, gives children a special place to record feelings and events during a loved one’s military deployment. The book

was written by Rachel Robertson, an early childhood educator and military mom. Visit the companion web site for the book at www.deploymentkids.com for time zone and distance calculators,

games, and tips for children on getting through the deployment.

— Promotions —

To Airman

Kristy Ayalarosado, 482d SFS

To Airman First Class

Rodney Williams, 482d SVS

Jonathan Cabangonzalez, 482d MXS

Matthew Laforest, 482d MXS

Jeffrey Curl, 482d CES

To Senior Airman

William Kuykendall, 482d LRS

Patrick McCarthy, 482d AMXS

Joshua Johnson, 482d AMXS

Harris Taylor, Jr., 482d AMXS

Lawatha Cherrenfro, 70th APS

Oscar Manzanilla, 482d LRS

Michelle Carr, 482d MXS

Victor Sainpaulin, 482d SFS

Shannon Cooper, 482d CES

Sean Coyle, 482d AMXS

To Staff Sgt.

Jose Revuelta, 482d LRS

Richard Internicola, 482d LRS

To Staff Sgt.

Jason Sommers, 70th APS

Daryll Rohlehr, 93d FS

To Tech. Sgt.

Kenneth Reyes, 482d MSS

Paul Dreyer, 482d MXS

To Master Sgt.

Eugenio Flores, 482d AMXS

Bennard Entrekin, Jr., 482d MXS

Christopher Wilton, 482d AMXS

Ana Zeinieh, 482d SVS

Francisco Gonzales, 482d MDS

Gabriel Defeo, 482d AMZS

To Senior Master Sgt.

Richard Hiney, 70th APS

Michael Guerrero, 93d FS

Michael Metzger, 482d MXS

To Chief Master Sgt.

Joseph Roszak, 482d MXS

UTA Dates

MONTH	PRIMARY	ALTERNATE
FY 2006		
OCT	15-16	22-23
NOV	5-6	19-20
DEC	3-4	NONE
JAN	7-8	21-22
FEB	4-5	25-26
MAR	11-12	4-5
APR	1-2	22-23
MAY	6-7	20-21
JUN	3-4	24-25
JUL	8-9	22-23
AUG	5-6	19-20
SEP	9-10	23-24

Kudos

To Master Sgt. Francisco Gonzales, 482d MDS. Sgt. Gonzales recently won the “Outstanding Air Force Reserve Medical Service” award from the Society of Air Force Reserve Medical Service Corps Officers. He was also recently promoted and was selected as the new First Sgt. for Medical Squadron.