Families experience "Here" tour, fun during Family Day ... See 5

# FRONT RANGE

Stationed Locally // Serving Globally Vol. 25, No. 3 Fall 2010

## Backtothe Constant of the Cons

The new PT test has arrived. Get the info you need to succeed here.

More on 9

302ND AIRLIFT WING U.S AIR Force Reserve Command Peterson Air Force Base, Colo.



hile July concluded the Air Force's "Year of the Air Force Family," the 302nd closed out YoAFF with its annual August UTA Family Day picnic. I would like to thank everyone who brought their families and friends to Family Day this year.

The attendance was outstanding, and I am pleased so many of you were able to show your appreciation to your families for their support of your Reserve careers. Of course, an event of that magnitude takes many to plan, prepare and execute. I would like to thank Senior Master Sgt. Terry Brassard, our Services Flight superintendent for leading the effort as well as everyone who served on the Family Day Committee.

Hopefully your families also took part in the outstanding "Herc Adventure Tour" which gave hundreds of children the opportunity to tour a C-130 as well as learn about the AF Reserve deployment process, equipment and careers in the Wing. From multiple accounts, this event was the highlight of the day for many of our youngsters. This event, co-sponsored by the Maintenance Group and the Wing's Human Resources Development Council, was only a success because of their tireless efforts.

Thank you again to everyone who made this one of the wing's most



Col. Jay Pittman 302nd Airlift Wing commander

successful Family Days. While it's only feasible to host one Family Day a year, keep in mind the programs and events the Peterson Airman and Family Readiness Center has available to you and your family year round. More information is available on their website at www.21svs.com.

As we move into the fall, the Wing's operational tempo has increased and the focus on readiness is sharper than ever. Our Active Duty partners in the 52nd Airlift Squadron deployed nearly a dozen members in late August. Shortly after, both the 302nd

Operations and Maintenance Groups deployed approximately 150 members, which you can read more about on page 9. If that isn't enough, members from both the 39th Aerial Port Squadron and 34th Aeromedical Evacuation Squadron are preparing to deploy this winter.

While these members deploy to the Middle East, at home our preparations for the Wing's 2012 Operational Readiness Inspection continue. As always, your readiness is vital to the Wing's success in fulfilling its mission of training, equipping and employing forces worldwide when called upon.

I can't say it enough, but thank you for your continued work and efforts to ensure we are always ready to go when that time comes.

Learn more about Family Readiness at

www.21svs.com

### Vol. 25, No. 3 // FALL EDITION

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## Taking care of our 'Deployment Family'



### **Col. Kurt Jones** 302nd Operations Group commander

pproximately 150 Airmen from both the 302nd Maintenance and Operations Groups deployed to Southwest Asia in support of Operations Enduring Freedom and New Dawn. All of them have left loved ones and friends behind for the next four months to cope with everyday life without them.

In addition to the deployers from this package, there are a number of other units and individual members who are also deployed. Since the events of Sept. 11, 2001, our wing has seen a heavy increase in deployments. Families of Air Force Reservists have become familiar with the challenges of deploying -- many for the first time.

There will be life issues that will arise and challenge us in their

absence. Communication through mediums such as e-mail and Skype have made managing these challenges a little easier than they used to be, but they can never make up for the physical presence of our deployed members. To make up for these

absences, we, the nondeployed, need to extend our families to

include the families and friends of our deployed Airmen. I call this our "deployment family. "

very one of us that has deployed has felt the helplessness of being too far away to meet the needs of our family. In many cases, it has been someone from our military associations that volunteered to meet those needs. The Air Force calls this being a good Wingman. I call it family.

amily takes care of family out of love and concern, not obligation. Therefore, make the effort to know what is happening in the lives of our

deployed families. Make your talents and resources known to our first sergeants and key spouses. Be available for a call and try to be

the solution to an issue that is causing someone in our deployment family to stumble.

I'm counting on every one of us to take the time to ensure our deployment family stays strong. That's what being a good Wingman is all about and that's what it truly means to be a member of the 302nd Airlift Wing.





A round 150 Airmen from the 302nd left Colorado for the dusty, desert sands of Southwest Asia recently. Read more about their four-month deployment on 9

We, the non-deployers, need to extend

our families to include the families and

our "deployment family."

friends of our deployed Airmen. I call this

TURN THE PAGE >>

302ND AIRLIFT WING

www.302aw.afrc.af.mil

## Dining facility reopens

Peterson's Aragon Dining Facility re-opened August 1 for breakfast, lunch and dinner after renovations that began April 1, 2010. Enlisted members on makeup Unit Training Assemblies or orders can eat at the dining facility.



## 'Stop loss' pay claims

Airmen, veterans and beneficiaries who were involuntarily extended under the Stop Loss program between Sept. 11, 2001 and Sept. 30, 2009, are eligible for Retroactive Stop Loss Special Pay. The last day to file a claim for RSLSP is Oct. 21, 2010. For links to the claim forms and instructions on how to file them go to: www.afpc.randolph.af.mil/stoploss



### Chaplain's Corner You and your family are not alone. Mo

You and your family are not alone. Most of the time you can deal with stressors on your own. However, no matter how hard you try, there are times when you can't do it alone. It's best to ask for help before the situation is out of control. As an Air Force Reservist, you have resources and experts to help you and your family get the assistance you need.

The Psychological Health Advocacy Program has members to assist you and your family obtain these services. A Psychological Health Advocate will help you decide how and where to get the best services for your needs.

Fit to fight applies not only to your physical well-being, but to your emotional and spiritual readiness. The Chaplain's office is here to help you and your family "stay fit," and assist you with your spiritual needs. The Chaplain provides absolute confidentiality, meaning what you share with your Chaplain

stays with them.



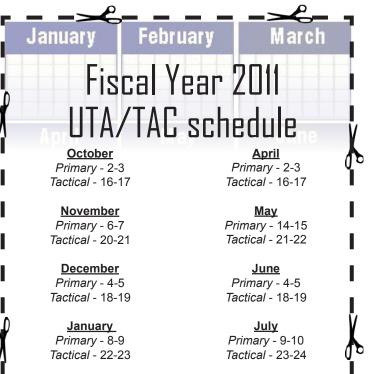
for spiritual services, the 302nd AW chaplain's office can be reached at (719) 556-4006

## Vote early, vote often

The 2010 election cycle is in full swing and the Nov. 4 elections are a month away, which means Airmen and their family members will have a chance to voice their opinion at the ballot box. Military members interested in obtaining an absentee ballot, or for those individuals with additional questions on this year's election cycle, can visit the Federal Voting Assistance Program website at www.fvap.gov. Or, call the FVAP at (800) 738-8683 or e-mail them at vote@fvap.gov.

## NCO course in January

The 302nd Airlift Wing education office is hosting a Non-Commissioned Officer Leadership Development Course, or "NCOLDC," Jan. 26-Feb. 2, 2011 at Peterson. The 10-day class offers staff and technical sergeants professional development education as it pertains to supervisory roles. Applications for the course can be obtained at the education office on the first floor of Bldg. 895. Members interested in attending this course will require supervisor and commander approval before submitting an application. For more information on the NCOLDC or education questions, call Marie Encinias at (719) 556-7170.



**February** Primary - 5-6 Tactical - 12-13

<u>March</u> Primary - 5-6 Tactical - 19-20

<u>August</u> Primary - 6-7 Tactical - 20-21

<u>September</u> Primary - 10-11 Tactical - 24-25

THE NEWS BEAT

WING

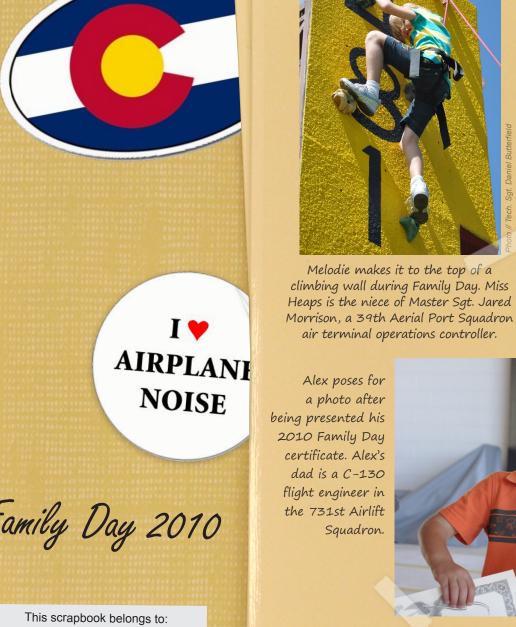
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## 2010 'Family Day' brings loved ones together for f<sub>u</sub>n, exc<sup>i</sup>tement

(Turn the page to see more!)





Senior Master Sgt. Martin "Moose" Pier offers wagon rides for family members of Air Force Reservists at Eagle Park.



Past, present and future

C-130 Hercules pilots, Capt.

photo with his son, Samuel,

and father, Lt. Col. (ret.)

Randy Rothe.

Chris Rothe (left) poses for a



Natasha, 6, cools off with a snow cone during Family Day. Her dad is a senior airman in the 302nd Maintenance Squadron



A Family Day volunteer helps Gabriela, 11, strap into a sumo wrestler suit. What a perfect day for sumo wrestling!



A proud Air Force Reserve family

Graphic // Staff Sgt. Stephen J. Collier

## I MY AIRMAN



6

As part of Family Day festivities, the wing sponsored a Herc Adventure Tour where children learned more about the their parent's Air Force Reserve job. See what the kids think about what their moms and dads do below!

"My dad loads passengers on planes and he also loads cargo. I think it is one of the most-easy jobs he leaves early for his job." - Mason. 10. son of a 39th APS

member





"I like family day, it's fun. My mom orders weapons [in her job], it's cool. I'm proud of my mom."

- Jonathan, 11, son of a 302nd LRS member

"My dad flies C-130s; I think it's a hard job because you are up in the air and you are kind of scared. I am proud of my dad because he flies a C-130. I like playing with my dad on Family Day." - Lars, 6, son of a 731st AS C-130 pilot





"Our mom is a nurse, she helps people survive on a C-130. I am proud of my mom because she works hard. When she goes far away, we do extra chores to help. Sometimes we make our beds." - Victoria, 9, and Patrick, 11, children of a 34th AES nurse

## 5 U Z N D

## FEATURE



MIT

WWW.302AW.AFRC.AF.

LOOK INTO THE WILD BLUE YONDER // Capt. Wynn Pfeiffer, a C-130 Hercules pilot, looks on at an awaiting contract passenger aircraft, bound for Southwest Asia, just minutes before walking out to it. "One of the hardest things about leaving," he confessed, "is saying goodbye to my girlfriend."

Photos, Story By Staff Sgt. Stephen J. Collier Front Range Flyer

pproximately 125 maintainers and C-130 operators were met with high emotions and expectations Sept. 8-9 as they deployed overseas.

The Airmen began a four-month deployment where they will support operations with four C-130 Hercules aircraft throughout Southwest Asia while being assigned to U.S. Central Command. Before they could depart, however, they were met with their first, true challenge: how to say goodbye to family and loved ones.

"One of the hardest things about leaving is saying goodbye to my girlfriend," said Capt. Wynn Pfeiffer, a 731st Airlift Squadron C-130 Hercules pilot. "I'm just looking forward to getting over there, getting the job done and coming home. It's been a long summer and lot of preparation so I'm at that point where I'm ready to go." Loved ones and family members were

> also feeling the pain of seeing their loved ones off for 120 days. "I'm feel-

"I'm feeling really sad because my dad is leaving," said Melani James, 10, daughter of Tech. Sgt. Jamie Romero, a 302nd Maintenance Squadron propulsion technician. "When he gets back, I'll throw him a party." Jesse Roberge, the boyfriend of the 731st AS's 1st Lt. Sarah Morrison, said he was proud of her.

"She's going to do a great job; she's been looking forward to deploying," he said of his girlfriend, a C-130 pilot. "We'll keep in contact the best we can over e-mail and Skype."

The deployment brings the approximate number of 302nd Airlift Wing members overseas in this package to 150. During this deployment, the Airmen are expected to deliver supplies, equipment and U.S. and coalition forces in and out of countries, including Iraq and Afghanistan. During various missions, the 302nd AW is expected to support Operations New Dawn and Enduring Freedom.

"Our aircrews and maintainers are welltrained and ready to go," said Col. Jay Pittman, 302nd AW commander. "I expect our members will be quite busy given the great need for C-130 airlift support throughout Southwest Asia."

This deployment marks the third of its kind since 2005 for aircrew and maintenance personnel. Other organizations within the 302nd AW, including security forces and civil engineers, have deployed to northern Iraq during that time frame. The wing is also supporting numerous individual deployments throughout Southwest Asia.

The Airmen are expected to return in January 2011.



## 302ND AIRLIFT WING

NEWS

## **Fitness changes in full swing**

## New standards mean Reservists must adapt

By Maj. Kallece Quinn Front Range Flyer

The new Air Force Fitness Program started Air Force wide July 1. This new program has new testing standards and implements new procedures.

"The new program will change the way our members prepare for, schedule and take their fitness assessment," said Lt. Col. Steve Coppa, the 302nd Airlift Wing Fitness Program Manager.

The new fitness assessment now requires Airmen to achieve minimum scores in all testing areas in addition to scoring a minimum of 75 points. Airmen will also need to pay attention to the testing's score matrix as meeting the minimum requirements for each category will not give them the needed 75 points.

"The percentage each component is worth has changed," Colonel Coppa said. "Under the new regulation, the aerobic component has been raised to 60 percent and the waist measurement portion has been decreased to 20 percent. However, both the push-up and sit-up portions are still worth 10 percent each."

Also affecting scoring is the change to the age groupings. Old testing requirements broke Airmen down into 5-year scoring increments. Under the new assessment, Airmen have been lumped into 10-year brackets, with the first break at 30 years of age.

Also, Reservists will be required to take the fitness assessment every six months, but if the member scores 90 points or more, they will not be required to test for 12 months. However, Airmen who score an excellent on their assessment, but were medically exempt from testing in one or more components will still be required to test every six months.

Also, options for the alternate aerobic test have changed.

"Airmen on a 'no running' medical profile will no longer be able to take the bike test or do the three-mile walk," explained Tech. Sgt. David Anderson, Peterson AFB Fitness Assessment Cell member. "These members will now take the one-mile "rockport" walk while wearing a heart-rate monitor. The person's VO2 max (aerobic capacity) will be calculated using weight, age, gender, walk time and final heart rate."

Fitness assessments are now scheduled through unit fitness program monitors and must be scheduled at least a month in advance. Testing is

## BOTTOMLINE

### New Air Force fitness testing requirements

- 🍳 Airmen are now required to test every 6 months
- Members must achieve minimum scores in each category
- The test's aerobic component and waist measurement are now worth 60 and 20 percent of the test, respectively
- Peterson's fitness assessment cell conducts all testing
- Visit www.afpc.randolph.af.mil/affitnessprogram for more



Photo // Air Force

Reservists are required to be in the Air Force physical training uniform when performing their semi-annual fitness assessment.

administered by the Peterson Fitness Assessment Cell.

For testing, Reservists are still required to be in a military status and must be in the AF physical training uniform. Members must have their Military ID, a completed copy of the fitness questionnaire and, if they are medically exempt from any portion of the assessment, an up-to-date AF Form 422.

"The 302nd AW alone will be responsible for approximately 2,600 tests per year. It's everyone's responsibility to know when their tests are due," Colonel Coppa said.

The new program brings a lot of changes for all AF members and Colonel Coppa expects some growing pains as the 302nd AW get used to the new requirements.

"The UFPMs will have added responsibility and workload under the new program," he explained.

"Please help out the UFPMs by knowing your assessment due date, promptly schedule your test, train for the test and show up on-time for the assessment. It's truly the member's responsibility." WWW.302AW.AFRC.AF.MIL

## An extraordizity partnership,

forged by the

bonds of survival

FEATURE

to reach out to local civic leaders, took Mr. McPherson, who's now known by the wing as "Colonel McPherson," and 24 other Colorado Springs and Denver-based leaders to the Northwest where they learned more about the AF Reserve.

by Ann Skarban

Front Range Flyer

└/└la deep appreciation for local military members.

and his story of being shot down in Vietnam that you learn

the small mining town of Cripple Creek, Colo., was invited

to participate in an AF Reserve Community Relations Tour

to McChord Air Force Base, Wash., sponsored by the 302nd

Airlift Wing. The tour, which allows Air Force organizations

But it's only after you get to know this highly-decorated

Army veteran who retired as a colonel after 30 years of service

just how close he is to the Air Force Reserve aeromedical unit.

In October 2008, Mr. McPherson, city administrator for

t first glance, Bill McPherson appears to be a simple, outgoing, southern Colorado community leader with

It was during the two-day tour that then-302nd AW commander, Col. James Muscatell, Jr., learned about Colonel McPherson's military career, including his experience as a combat helicopter pilot and the "For a servicemember who is critically injured, it is the aeromed who may be their last thought."

- Army Col. (ret.) Bill McPherson Honorary commander, 34th Aeromedical Evacuation Squadron

Army Col. (ret.) Bill McPherson is the honorary commander for the 34th Aeromedical Evacuation Squadron.

Photo // Ann Skarban

rescue and transport by Air Force aeromeds who played an important part in saving his life in Vietnam.

#### **Combat mission 197**

In June 24, 1966, then-Chief Warrant Officer 4 Bill McPherson, a seasoned UH-1 (M) Huey helicopter gunship pilot on his 197th combat mission, was flying a close air support mission to assist U.S. special forces whose camp was under attack by North Vietnamese Army regulars and was being overrun.

"(The special forces) called for support, so I went in fully armed and provided close ground support to the camp," Colonel McPherson recalled. "All of the sudden, enemy fire was directed at me so my aircraft received several hits of ground fire. I received three wounds in the abdomen. The

> rounds from the ground fire badly damaged the aircraft, and as a result, I was shot down."

Colonel McPherson then remembered how the 8,000 pound-helicopter crashed inside the special forces compound, the impact tearing the transmission from its fasteners, killing Chief McPherson's co-pilot.

"My crew chief saved me by

10

302ND AIRLIFT WING

FEATURE

### The rescue

Colonel McPherson was then loaded onto another helicopter evacuating the special forces from the remote camp. A flight medic provided emergency treatment to his wounds until he reached the Army's 93rd Evacuation Hospital based at the town of Long Binh. There, he received emergency surgery for spinal injuries and the bullet wounds to his abdomen. As soon as he was stabilized, the warrant officer was whisked away to an awaiting Air Force C-141 Starlifter at nearby Ton Sun Nhut Air Base.

"There were several nurses and medical technicians on the aircraft. They were hovering over me throughout the whole flight. They were angels of mercy," Colonel McPherson said of the aeromedical evacuation flight that took him from Vietnam to an Army hospital at Camp Ho Zama, Japan.

"For a servicemember who is critically

injured, it is the aeromed who may be their last thought," Colonel McPherson explained. "The aeromed could remind them of their mother, wife or daughter -- they are in their thoughts during their last moments of life. I was saved by U.S. Air Force aeromeds."

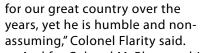
### An extraordinary partnership

ecalling his conversation with Colonel Muscatell, Colonel McPherson said the former commander suggested he become an honorary commander with the 302nd AW's 34th Aeromedical Evacuation Squadron. Less than six months old, the newly-formed 34th AES was in need of a civilian counterpart to participate in the 302nd AW's honorary commander program which pairs subordinate organizations with local civic leaders.

"As the first commander of the new aeromedical evacuation squadron, I had several recommendations for an honorary commander, but none were the ideal fit," said Lt. Col. Kathleen Flarity, 34th Aeromedical Evacuation Squadron commander. "When Colonel Muscatell shared his experience of meeting Colonel Bill McPherson, I jumped at the chance to meet him."

Two years later, Colonel McPherson has proven to be an incredible match for the 34th AES.

"Colonel McPherson is one of the most patriotic and committed men I have ever met. At 76, he has more energy and passion than most 40 year-olds. He has sacrificed so much



And for Colonel McPherson, his record of participation with the 34th AES has been flawless.

### The mentorship

Image: Construct on the second sec

"He quickly established rapport with every member of our squadron, as a coach, guide, mentor and role model. He sends the message that he not only cares, but supports those who care for our nation's heroes," Colonel Flarity added. "He gives a talk to our new members about what

they bring to the fight – they allow the Soldier, Sailor, Airman and Marine to know they will be cared for if ill or injured. When you hear it from a Soldier who has been shot down and is critically injured, it is a lasting emotional bond."

Photo // Tech. Sgt. David D. Morton

Lt. Col. Kathleen Flarity (pictured here) says

and committed men I have ever met.'

Colonel McPherson "is one of the most patriotic

"Being able to work with and talk to the young men and women of the Air Force Reserve is special," added Colonel McPherson. "I am 76 years old and it is just wonderful to see dedicated men and women give of their precious time. I am sometimes overwhelmed at the sacrifices it takes to be a part of the Reserve and to serve our country."

In January 2011, members of the 34th AES are scheduled to deploy to Southwest Asia in support of overseas contingency operations. When asked what advice he could give to the deployers, some who are deploying for the first time, Colonel McPherson said, "I would tell them how critical their job is, how stressful combat can be and how much their training will play an important part in their survival. There is nothing more honorable than treating the wounded and bringing them home," said Colonel McPherson.

**Editor's note:** The wing's honorary commander program allows local civic leaders to partner with the wing's unit commanders to personally share the role and mission of the wing. For more information on this community outreach program, contact the public affairs office at 302aw.pa@ peterson.af.mil.



### \\ Living History //

An exact replica of the UH-1 'Huey' helicopter Colonel McPherson flew in 1966 in Vietnam is on display in the mountain town of Cripple Creek, Colo. Individuals can see the aircraft and the Pikes Peak Region's Memorial Wall by visiting the Mt. Pisgah cemetary located west of downtown Cripple Creek.

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302nd Airlift Wing Public Affairs 450 W. Hamilton Ave, Suite 171 Peterson AFB, CO 80914-2313

### For the Family of:

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Photo courtesy/Matt Indent

NAME: Senior Airman E. Talburt UNIT: 302nd Communications Flight JOB: Ground Radio Journeyman HOMETOWN: Denver

A Change 3

FOREWORD When and why did you enter the military? I joined the Active Duty Army in 2003 and transferred to the Air Force Ageser to 2006. I joined because the military is a tradition in my family. My entrire family is Air Force - I was being different joining a different service, but sometimes the grass really is greener on the other side. Mat's your civilian job? I'm a Jefferson County deputy

How has joining the military impacted your life? It's improved it - it's been "interesting" and a "well-worth" experience. "Interesting" having been in the Army; "wellworth" being in the Air Force Reserve. What type of hobbing in

What type of hobbies do you have? I played soccer in college, but now I play indoor soccer. I also play golf. What's your favorite music and movie? I like action and comedy movies. If you can't laugh, what good is it? I don't have a favorite type of music - I listen to whatever is on at the time. If you could tell someone on the street one thing about support to Airmen worldwide.



USAF

