



FRONT RANGE
FLYER

Stationed Locally // Serving Globally

Vol. 27, No. 2

Summer 2012



RESERVISTS TRAIN FOR WILDLAND FIRE SEASON

More on Page 8

302ND AIRLIFT WING
U.S. AIR FORCE RESERVE COMMAND
PETERSON AIR FORCE BASE, COLO.

FRONT &

\\ CENTER //

In early May I received word from Lt. Gen. Charles E. Stenner, Jr., Air Force Reserve Commander, the members of the 302nd Airlift Wing had earned the 2011 Air Force Outstanding Unit Award. We are one of only two C-130 wings and one of only ten Air Force Reserve organizations to receive this recognition for the award's time period. This is an extremely noteworthy accomplishment and is well-deserved by every member of our wing.

I would like to personally congratulate every wing member for your outstanding performance and for earning this recognition. The award time frame, September 2009 through September 2011, was an incredibly busy period for us. Our wing's versatility and long list of accomplishments were amongst the achievements recognized. Deployments throughout the wing, humanitarian airlift, Modular Airborne Fire Fighting, outstanding aircraft maintenance, exceptional Total Force Integration with our active duty airlift squadron, exceptional communications and aerial port operations, outstanding aeromedical evacuation and logistics readiness support recognized by Air Force Reserve Command are just a few of our notable achievements.

Today, our operations tempo remains high. In fact, for those involved in the wing's Operational Readiness Exercise and those who will be participating in the Operational Readiness Inspection, I thank you for your extra efforts. The ORE showed us we are exactly where we should be in the preparation process and I know I can count on everyone to perform to their best of their ability in October.

When you look at the long list of accomplishments and the variety of missions the members of this Reserve wing have supported, as a part-time force, it is simply amazing. I am proud of each and every member of this wing and I am especially grateful to your families and civilian employers whose support is critical to our success.

Air Force Reservists currently serving with the 302nd Airlift Wing during the time period for this award are authorized to wear the AFOUA ribbon or device. Any former members will need to contact their servicing Military Personnel Section to get the ribbon updated in their record.

Wear it proudly, I know I will. We most certainly earned it!

Finally, please remember to invite your families to the wing's Family Day on Saturday of the August UTA. It has been an outstanding event and a great way to celebrate our successes

and thank those who support your Reserve career. I look forward to seeing you there!



Col. Jay Pittman

302nd Airlift Wing commander

Learn more about the 2011 Air Force Outstanding Unit Award at the 302nd Airlift Wing's website: www.302aw.afrc.af.mil



Vol. 27, No. 2 // SUMMER EDITION

Editorial Staff

Commander, 302nd Airlift Wing

COL. JAY PITTMAN

Chief, Public Affairs

ANN SKARBAN

Officers

MAJ. KALLECE QUINN
MAJ. CORINNA MOYLAN

Staff

TECH. SGT. DANIEL BUTTERFIELD
TECH. SGT. PETER DEAN
STAFF SGT. STEPHEN COLLIER
STAFF SGT. DERRICK GILDNER
SENIOR AIRMAN
MORANDA MATHIEU

Contact Us

302nd Airlift Wing Public Affairs
450 W. Hamilton Ave., Ste. 113
Peterson AFB, CO 80914
Tel: (719) 556-4117
Email: 302aw.pa@us.af.mil
<http://www.302aw.afrc.af.mil>

This funded Air Force Reserve Command newspaper is an authorized publication for members of the U.S. military services. Contents of the *Front Range Flyer* are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Air Force. The editorial content is edited, prepared and provided by the public affairs office of the 302nd Airlift Wing, Peterson Air Force Base, Colo. All photographs are official Air Force Reserve photos unless otherwise indicated.

COMMAND CHIEF RETURNS HOME

by Tech. Sgt. Peter Dean
Front Range Flyer

During a change of responsibility ceremony held April 14, at Peterson Air Force Base, Chief Master Sgt. Otis L. Jones, Jr., assumed the highest enlisted position in the 302nd Airlift Wing: Command Chief Master Sergeant. Jones, a previous 302nd AW Reservist, will now be responsible for military readiness, morale, quality of life and professional development of the wing's enlisted force.

To help introduce Jones to the wing, the Front Range Flyer recently got a chance to talk more with the new command chief:

Front Range Flyer: Chief, can you give our readers a little more insight into your military background?

Chief Jones: I am a military brat; my Dad is a retired active duty Air Force chief master sergeant. I joined the Air Force Reserve in 1986 as an electrician and after two years I decided to enlist in the active duty Air Force. I have had many rewarding experiences throughout my career, which I was able to develop and grow from. I first joined the 302nd family in 1999 and in 2005 I chose to leave the 302nd to advance my career. I have always wanted to get back to the 302nd, this is home for me.

FRF: What is your job out in the civilian world?

Jones: After 17 years in the corporate world, I have recently started my own business. I am now an owner/broker for Allstate Insurance. I have a love for helping people; this is an opportunity for me to help people take care of their money for future needs. This is a great fit for me as I enjoy meeting people and I also get to build long term relationships.

FRF: Chief, thinking about your time in active duty and the Reserve, what would you say is your most memorable military moment?

Jones: When I got my diamond. My dad had been a first sergeant and to have him pin me and tell me how proud he was stands out. A first sergeant position is an opportunity to grow, not to homestead. You need to develop your leadership skills and then give others the same opportunities to grow.

FRF: Let's talk about your new position as command chief. What do you see as your 'vision' for the 302nd?

Jones: I want to continue working to strive to be the best airlift wing, not only in the AF Reserve but also in active duty. I will make certain my people receive the opportunities that they deserve. I will also ensure they have the tools to be successful. I will lead by example.

FRF: Any final thoughts?

Jones: I am ready to set the world on fire! I want everyone to be mission ready, mentally prepared, and physically prepared for whatever comes our way. I want this to be a happy place, be a mission fulfilling place and a place where people want to stay. I am here to make a difference and make people feel good about being part of the 302nd family.



Air Force Photo

A 'COMMANDING' CHIEF - Chief Master Sgt. Otis L. Jones, Jr., became the 302nd Airlift Wing's command chief master sergeant during a change of responsibility ceremony held on April 14 at Peterson AFB. Chief Jones assumed responsibility from the retiring 302nd AW command chief, Chief Master Sgt. Suzette Cherry.

ON THE COVER



U.S Air Force photo // Master Sgt. Adrian Cadiz

Slow, low and heavy

An Air Force Reserve C-130 assigned to the 302nd Airlift Wing, equipped with a U.S. Forest Service Modular Airborne Fire Fighting System, hugs the tree line of the Pike San Isabel National Forest April 22 over southern Colorado. The aircraft and its crew practiced laying a fire suppression line using water during MAFFS certification training at Peterson AFB.

C-130 pilot, real-life wingman for Minneapolis boy

by Tech. Sgt. Bob Sommer
934th Airlift Wing Public Affairs



U.S. Air Force Photo // Tech. Sgt. Bob Sommer

THUMBS UP - A.J. Nepl of Apple Valley, Minn., gets a tour of a C-130 from Air Force Reserve Capt. Robert Wilson, a pilot assigned to the 302nd Airlift Wing, Peterson Air Force Base, Colo. The two met for the first time at Minneapolis-St. Paul Air Reserve Station, almost three years after Wilson donated life-saving bone marrow to the-then 7-year-old boy.

asked A.J. to explain. A.J. said, "From my first birthday I am 10. And, it's been two years since my second birthday," said A.J. referring to the time that had passed since the bone marrow transplant surgery.

Next, A.J. presented Wilson with a large 'Hero' poster he had made highlighting events in A.J.'s past three years, including a drawing of the drip bag filled with bone marrow that Wilson had donated. Explaining that drawing, A.J. said, "And this is your bone marrow, well, *our* bone marrow."

Reflecting on his visit with A.J. after returning to his home unit in Colorado, Wilson said, "People tend to think the recipient of a donation like this are the recipient of a gift. But actually, after this experience, I too have been the recipient of a most special gift."

Editor's note: Portions of this story were provided by 302nd Airlift Wing Public Affairs.

Almost three years ago Air Force Reserve Capt. Robert Wilson, a C-130 pilot with the 302nd Airlift Wing, Peterson Air Force Base, Colo. donated lifesaving bone marrow to then 7-year-old Alexander, or "A.J." Nepl of Apple Valley, Minn.

On May 5, due to mission requirements and a little bit of luck, Wilson ended up at the 934th Airlift Wing based at the Minneapolis-St. Paul International Airport and a first-time meeting of Wilson, A.J. and his family took place.

Wilson waited for the Nepl family at Minneapolis Air Reserve Station's main gate. While watching for the family's car he said, "I am excited to meet him, just really, really excited." The feeling was more than mutual. Once the two saw each other it was apparent an instant connection was made. The group exchanged some pleasantries and then Wilson whisked them away to the flight line for a tour of a C-130 Hercules and some "student pilot training."

A.J.'s voice was heard loud and clear as he helped Capt. Wilson conduct a practice radio check with base operations. Each family member was assigned a crew position on the flight deck of the C-130. After running through the preflight checklists, the next stop was to take a look around the aircraft, inside and out.

After the C-130 tour A.J. had a few surprises for Wilson. A.J. had made an Origami "fortune teller." Oddly when you opened it to see the fortune, it was blank. A.J. said, "I did not write a fortune inside because I want you to create your fortune."

During the visit Wilson asked A.J. to remind him how old he was. A.J. said, "Well, I am 10 and 2." A puzzled Wilson

Hercs support the fight ... day and night

Members of the 731st and 52nd Airlift Squadrons and 302nd Airlift Wing (Air Force Reserve Command) C-130s are currently deployed in support of Operation Enduring Freedom.

Pictured here: Airman 1st Class Tristian Lyons, loadmaster deployed to the 774th Expeditionary Airlift Squadron, secures a pallet of cargo June 2 aboard a U.S. Air Force C-130H Hercules at Bagram Airfield, Afghanistan. Bagram provides dedicated tactical airlift support to ground forces operating in Afghanistan.



U.S. Air Force Photo // Capt. Raymond Geoffroy

SNCO takes top Reserve command post honors

by Staff Sgt. Stephen J. Collier
Front Range Flyer

The 302nd Airlift Wing recently received a little more recognition to brag about at the Air Force Reserve Command level: Senior Master Sgt. Paul LaFleur.

The superintendent of the Peterson Installation Control Center, LaFleur, a native of Southfield, Mich., was recently named top command post senior noncommissioned officer of 2011 by the Air Force Reserve Command.

LaFleur inched out his Reserve competition in two areas, to include his leadership at the combined 302nd AW-21st Space Wing Peterson Installation Control Center as that facility continues to blend its Total Force missions and and his efforts to integrate command post functions into the wing's Modular Airborne Fire Fighting System mission which helped to "diversify the possibilities of [the command and control] career field."

"It's nice to be recognized when you've had a busy year like we've had and it sets a benchmark for your subordinates to look at," LaFleur said. "Also, it sets the bar for yourself ... the operations tempo you have to keep for yourself. In that respect, it was surprising but welcome."

LaFleur's contributions and "go-to attitude," according to his award package, led him to be the number-one choice to lead the Peterson ICC. During his time as a senior Air Reserve Technician there, LaFleur led his fellow command post Airmen to receive high marks during the 21st SW Operational Readiness Inspection as well as "excellent" markings for their local safety program. But it was LaFleur's approach to the 302nd AW's aerial firefighting mission that arguably set him apart.

"With MAFFS, we had an opportunity to bring an active duty member from the 21st [SW] to support that mission," he said. "We threw it out there and we researched how to make it happen. I asked the right questions, figured it out and got it done."

The things LaFleur said "got done" include helping to set up the first centralized hub to support MAFFS operations during the tumultuous 2011 wildland fire season throughout the Western region of the U.S. Based out of Boise, Idaho, the command post Airmen accomplished their primary mission of being the "eyes and ears" of the mission that spanned several states as well as taking on additional duties of situation reports,



Photo // Staff Sgt. Stephen J. Collier

BEST IN THE WEST - Senior Master Sgt. Paul LaFleur is the Air Force Reserve Command's top command post senior noncommissioned officer of 2011.

documenting the number of gallons of fire retardant dropped, where drops took place and documenting the flight hours for both civilian and military aircrews.

While the command post element to MAFFS had never been incorporated until that time, LaFleur made it clear that everyone should take advantage of those unique opportunities that present themselves and not to "hide from the possibilities."

"I try to keep it simple: go that extra step," LaFleur emphasized. "Even if it's not necessarily your job, but you can provide the answer, the person you help will remember that. If there's an opportunity to step up, be positive and be visible, then take it on. Don't hide; if someone's looking for a volunteer, raise your hand. If there's an opportunity to try and do something that's never been done before, try and do it. Even if it's not successful, at least you tried to move forward."

It's that type of leadership approach that Col. Courtney Arnold, 302nd AW vice commander, said is a "tremendous reflection on not just our wing, but the 21st Space Wing" as well.

"I expect our command post folks to keep up that kind of tempo going forward," Arnold said. "Our command post folks are busy, but they have a quality team of professionals leading them. I have no doubt we'll see great things from them going forward."

LaFleur added that one of the secrets of being recognized at such a high level was, as a Reservist, it's important to approach everything you do with the highest standards.

"Now that we've gone to a Total Force environment, my goal is to go into that situation and blow your boots off [in awe]."

"I try to keep it simple: go that extra mile. If there's an opportunity to step up, be positive and be visible, then take it on."

- Senior Master Sgt. Paul LaFleur

Superintendent, Peterson Installation Control Center

A Rendezvous With History.

Experiencing the 68th Anniversary of D-Day

by Staff Sgt. Stephen J. Collier
Front Range Flyer

Reporting from Sainte Mere Eglise, France

Together with Active Duty and Allied forces, Air Force Reserve aircrews and aircraft provided a lift to coalition paratroopers June 3 as they retraced the historic airdrops of the D-Day Normandy invasion here.

Members of the 302nd, 910th and 440th Airlift Wings took part in the 68th Anniversary of the historic invasion of "Fortress Europe," the beginning of the end of the Nazi occupation of France and World War II. The AF Reserve aircrews, together with Active Duty aircrews from Ramstein Air Base, Germany, as well as German and French aircrews, airlifted U.S., French, British, Dutch and German paratroopers to one of the first landing sites for the D-Day invasion on June 6, 1944.

Once coalition aircraft flew over this small French village, close to 60 paratroopers exited their aircraft, descending upon the "Iron Mike" drop zone, the name given to the large plot of land Allied paratroopers landed on during the early morning hours of D-Day. Adjacent to the field is the La Fiere bridge over the Merderet River, a strategic crossing in 1944 considered to be one of the first landing sites for the Army's famed 82nd Airborne during the invasion.

Reacting to the airdrop and its historical significance, Staff Sgt. Shannon Mommelaar, a 302nd AW C-130 loadmaster, said she "couldn't imagine June 6, 1944" and what aircrews went through.

"I've taken back a lot of history that I didn't know before," Mommelaar said. "I met a lot of great people [here] who were a big influence on me so it was good to see how everything was here."

After the airdrop, the paratroopers formed up near the La Fiere bridge and were brought into the village where they dined with local families. As has been tradition for many years, families in Sainte Mere Eglise bring service members into their homes and feed them French cuisine as a way of saying "thanks."

Just as important as ensuring aircraft are ready to deliver paratroopers, maintenance Airmen back at the airfield in Cherbourg, France, were equally grateful for the experience of "living" the 68th anniversary remembrance.

"I think I'm going to take away an appreciation of Normandy and the people that live in this country," said Senior

Airman Robert Haas, a C-130 engine propulsion technician with the 302nd Maintenance Squadron. "It's so moving to see how three and four generations removed from the war how the people of Normandy are still thankful for what was done for



SPECIAL DELIVERY - A 302nd Airlift Wing C-130 delivers allied paratroopers from Task Force 68, the designation given to service members from the U.S., Germany, France, Holland and United Kingdom who took part in the 68th anniversary of the Normandy D-Day invasion. After the jump, the task force marched into the town of Ste. Mere Eglise to the sound of cheers from local villagers.

INCOMING-A U.S. Army paratrooper falls to earth June 3 after airdropping from an allied aircraft while taking part in the 68th anniversary of the Normandy D-Day invasion. Members of the 302nd Airlift Wing joined the European-based Task Force 68, the designation given to service members from the U.S., Germany, France, Holland and United Kingdom who took part in the numerous anniversary events.

THE BOTTOMLINE

Wing members who took part in Task Force Normandy 68:

From the Operations Group: Lt. Cols. Ed Strickland, Brad Ross, Gary Carlton, John Hall, James Steward, Brian Thomas, Robert Leszczynski; Capts. Mark Orton and Jimmy Forrest; Senior Master Sgts. Jeffrey Flight and Erik Harris; Master Sgts. Robert Landeck and Dan Landers; Tech Sgt. Fredrick Wagoner; and Staff Sgt. Shannon Mommelaar

From the Maintenance Group: Senior Master Sgt. Freddie Sanchez; Master Sgts. Victor Cowan and Steven Pressey; Senior Airmen William Buckles, Charles Gonzalez and Robert Haas

U.S. Army Photos // Staff Sgt. Sharilyn Wells

AIRMEN

'ON FIRE'

Wing trains with Forest Service for upcoming wildland fire season

by Tech. Sgt. Peter Dean
Front Range Flyer

Residents in the remote mountainous areas near the Pike San Isabel National Forest received a spectacular view of the underbelly of low-flying Air Force Reserve C-130s equipped with the U.S. Forest Service Modular Airborne Fire Fighting System.

In preparation for the upcoming 2012 wildland firefighting season, the U.S. Forest Service and Air Force Reservists from the 302nd Airlift Wing held their annual Modular Airborne Fire Fighting Systems re-certification and training April 20 to 23 here.

Wildland firefighting certification involved 12 hours of ground and classroom training and 35 MAFFS missions. C-130s departed Peterson AFB nearly every hour during daylight heading west to the Pike San Isabel National Forest. With each mission, another aircrew received highly specialized, critical training in sighting and flying with a Forest Service lead aircraft and flying at the required low altitudes to drop water on targets. U.S. Forest Service crews also practiced ground procedures to rapidly reload MAFFS units with water.

During this year's certification, 12 Air Force Reserve aircrew members received initial certification and 48 received refresher MAFFS training. Because of the extreme challenges presented by flying slow, low and heavy, only the most experienced C-130

aircrews train for this mission.

"These are really experienced pilots, many with thousands of flying hours. But this isn't the typical mission they've flown throughout their careers. They really need to practice and re-certify every year," said Lt. Col. David Condit, Air Force Reserve chief of aerial firefighting and 731st Airlift Squadron C-130 instructor and evaluator navigator.

In past years, MAFFS training was performed in a central location, with each of the four countrywide MAFFS units (three Air National Guard and one Air Force Reserve) traveling for training and re-certification.

"Usually we have an annual briefing that brings all four of the MAFFS units in the United States together. This year we are doing 'mini' MAFFS, to save money. We are doing the training at a local level," said Lynn Ballard, U.S. Forest Service senior military liaison.

According to U.S. Forest Service statistics, on average there are 78,000 fires throughout the United States each year, burning approximately 6.5 million acres.

"Air tankers including MAFFS II play a significant role in suppressing 95 percent of wildland fires in the initial attack stage. There is a very low percentage of wild fires that get to the large stage," Ballard said.

Ground crews comprised of U.S. Forest Service personnel ensure the portable MAFFS unit, capable of holding 3,000 gallons of retardant [only water is used during training] is fully operational and ready to go when the trigger is squeezed.

Once all systems are set to go, C-130s taxi down the runway with their 42,000 pound payload to deliver retardant on the target. Once on site, the MAFFS-equipped C-130, flying just above stall speed and a mere 150 feet above the ground, follows a U.S. Forest Service lead aircraft that directs the plane where to drop the fire retardant, usually forming a fire line or barrier.

"Annual MAFFS training allows us to stay mission-ready and hit the target at the right time, ensuring our drop is very effective," said Lt. Col. Robert Fairbanks, MAFFS instructor pilot and 302nd Operations Group chief of aircrew standardization and evaluation.

"This year's training couldn't have gone any better; it was some of the best training we've ever had," Condit said.

According to Ballard, MAFFS is one of many tools used by the U.S. Forest Service to suppress wildland fires. The U.S. Forest Service commander on the ground assesses many factors and makes the determination whether to use ground crews, bulldozers, commercial tankers or MAFFS or a combination of some or all to combat and suppress the wildfire.

The military authority for the MAFFS program was created in the early 1970's. Today, the military aircraft are requested by the National Interagency Fire Center and activated through the U.S. Northern Command, based on an agreement with the Department of Defense.

The MAFFS program is now in its 40th season.



U.S. Air Force Photo // Master Sgt. Adrian Cadiz

FIRE AWAY - A U.S. Forest Service Modular Airborne Fire Fighting System II nozzle, retro-fitted in the aircraft's paratroop door, releases water from a 302nd Airlift Wing C-130 April 23 on the Peterson flightline. MAFFS II has the ability to discharge 3,000 gallons of water or fire retardant in as little as five seconds.

ON TARGET - Capt. Brian McReynolds, a C-130 Modular Airborne Fire Fighting System-qualified pilot with the 731st Airlift Squadron prepares to release 3,000 gallons of water from the MAFFS unit to create a simulated fire suppression line.



Photo // Master Sgt. Adrian Cadiz



LOOK OUT BELOW - A 302nd Airlift Wing Modular Airborne Fire Fighting System-equipped C-130 performs a capabilities demonstration during the MAFFS media day April 23 over the Peterson AFB flightline. Media outlets from throughout Colorado learned more about the MAFFS mission from U.S. Forest Service and MAFFS representatives during the joint certification training.

Photo // Tech. Sgt. Daniel Butterfield

'MAINTAINING' POSSESSION OF THE PIN



Photo // Staff Sgt. Stephen J. Collier

'PINNING' THEIR HOPES - Col. James Van Housen (left), 302nd Maintenance Group commander, accepts the Traveling Bowling Pin Trophy from Senior Master Sgt. Terry Brassard April 15 during the semi-annual Commander's Call. "THE Maintenance Team" repeated as tournament champions, beating their closest competitor by more than 450 pins.

by Tech. Sgt. Daniel Butterfield
Front Range Flyer

ment, each team bowls three games, and the pin counts are added from each game to get the final team score.

Members of the 302nd Airlift Wing bowling elite assembled April 14 at the U.S. Air Force Academy's bowling center to compete for the coveted 302nd AW traveling bowling pin trophy and bragging rights. This year marked the 10th anniversary of the wing's annual bowling tournament and 11 teams came out to compete and share some camaraderie with their co-workers and other wing personnel.

"I enjoy the competition and watching our Airmen have a great time," said Senior Master Sgt. Terry Brassard, 302nd Force Support Squadron Superintendent, and one of the tournament organizers. "Whether you are a great or average bowler, everyone has a special place on their team."

The other members of the 302nd Force Support Squadron who helped with the organization of the tournament were: Tech. Sgt. Deloris Jessel, Staff Sgt. Matthew Maples, Senior Airmen Wendy Oregon and Kayla Penn.

During the 302 FSS sponsored tourna-

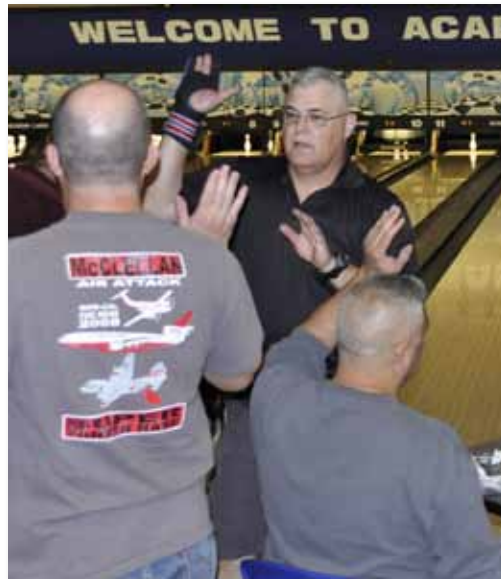


Photo // Tech. Sgt. Daniel Butterfield

A WINNING FORMULA - Tech. Sgt. Ray Schwab (back) is congratulated by his teammates after picking up a spare during the 10th Annual 302nd Airlift Wing bowling tournament April 14 at the U.S. Air Force Academy. Schwab and his team "The Maintenance Misfits" came in fifth place with 2,125 pins. Schwab is assigned to the 302nd Maintenance Squadron.

This year "THE Maintenance Team" repeated as tournament champions with 2,911 total pins, beating the runner-ups, Force Support Squadron's team, "300 Average Bowlers" who finished with 2,442 pins.

"It was great, I always have a good time" said Staff Sgt. Pat Tasca, avionics technician, 302nd Maintenance Squadron, and two-year member of "THE Maintenance Team." "I have noticed the competition is getting better and better every year."

The other members of this year's first place team were Chief Master Sgt. Mike Sanchez, Master Sgt. Jeff Wendling, (USAFR, retired) Master Sgt. Robert Tate, (USAFR, retired) and Staff Sgt. Robert Reese.

Besides the 302nd Maintenance Squadron, other units involved in this year's tournament were: 302nd Force Support Squadron, 302nd Civil Engineer Squadron, 39th Aerial Port Squadron, and 302nd AW headquarters' staff.

Next year's tournament is scheduled during the 2013 April Unit Training Assembly.

MILITARY ONESOURCE

Click and discover the Department of Defense sponsored service for military members and their families to help with a broad range of concerns. Topics include money management, spouse employment and education, parenting skills and child care, relocation, deployment, reunion, and information for families with special-needs members. Military OneSource can also provide counseling services for more complex issues like relationships, stress, and grief. The services are available 24 hours a day by telephone at 1-800-342-9647 or online.

MOVING ON UP

Ever consider giving your career a boost? The Distance Learning program for military members with the rank of E5 and E6 may be the way to work around that tight schedule. If you are a Staff Sgt. with a minimum of 72 months time in service; 7-skill level in primary AFSC or a Tech. Sgt. with a 7-skill level in primary AFSC check out the easy self enrollment process at <https://ausis.maxwell.af.mil/SIS/app>. Those completing the three hours of testing can earn up to eight college credit hours.

ANDRO BAN

Short for androstenedione, "andro" is a hormone that became a star in the bodybuilding and performance enhancement legal battles in the 1990s. In October 2004, President Bush signed into law the Anabolic Steroid Control Act, which added andro to the list of banned, non-prescription steroid-based drugs. Major League Baseball, the National Football League, the Olympics, and the National Collegiate Athletics Association all now prohibit the use of andro. In addition, the military has banned a myriad of andro precursors. To find the latest list of Uniform Code of Military Justice banned substances, supplement recalls or FDA findings click on <http://hprc-online.org/dietary-supplements/supplement-alerts>

HCG DIET PRODUCTS BANNED

With big claims to shed pounds and reset metabolism, many dieting Americans are turning to Human Chorionic Gonadotropin (HCG) products. However, the Food and Drug Administration has issued warnings to consumers and distributors about the now illegal HCG. Primarily used to increase female fertility, the HCG products have recently been paired with 500-calorie-a-day diet fads, which have been linked to significant negative overall effects on the human body. The FDA continues to alert consumers and distributors that the scientific data supports only shrinking wallet sizes, not waistlines. Finding out what the latest word on supplements, diet, fitness, and overall wellness can be done at one location <http://hprc-online.org/>.

AWARDS AND PROMOTIONS

As you view the latest news on the 302nd Airlift Wing homepage www.302aw.afrc.af.mil, you may notice in the center of the page the "302nd Airlift Wing Award Winners" quick click section. Click this link to find current 302nd AW, 22nd Air Force and AFRC award winners, as well as archived previous year's winners. The quarterly promotions section hosts our latest career advancements for Airmen in the wing. View Community College of the Air Force degrees awards for the most recent graduating semester. The awards tab is always in the library section at the top of our homepage or <http://www.302aw.afrc.af.mil/library/>

VRS2

The Volunteer Reserve System (VRS2) is intended as a storehouse of available AEF volunteer opportunities for AFRC/ANG Airmen, O-5 and below. It can be accessed through the Air Force Portal via the ARCNet, and resides at <https://www.my.af.mil/reservenetprod/ARCNET2011/Vrs>. VRS2 will also help member pursue the proper permissions from the beginning and give the member web-based visibility of the entire application process. VRS2 does not replace your wing vetting processes or forms for AEF volunteer process. However, it does track and direct key vetting steps to be accomplished by the volunteer, thus ensuring the correct information is directed into your unit's vetting process from the start.

NCOLDC

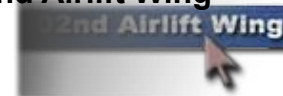
Noncommissioned Officer Leadership Development Course will be held Jul 25 through Aug. 3, 2012. The course is worth two semester credit hours in management. Those interested can fulfill 10 days of their annual tour requirement. E-5 through E-7 reserve members wishing to attend should have their supervisor or commander nominate them for the class. Your nominator can e-mail William.Miller.25@us.af.mil or Steve.Gomez@us.af.mil with the nomination or send a memo to 302 MSS/DPMT (Wing Education and Training Office).

MILITARY HOMEFRONT

Military Homefront features a direct links to free National Park Vehicle Passes and Blue Star Museum admissions programs for service members and families. Military Homefront is an official Department of Defense web site is designed for troops, their families, leaders and service providers who are looking for hard to find information. Whether you live the military lifestyle or support those who do, you'll find useful information at <http://www.militaryhomefront.dod.mil/>



Keep up to date, find us on Facebook
search "302nd Airlift Wing"



EXCLUSIVE OFFER FOR RESERVISTS

TIM MCGRAW

Brothers of the Sun tour



REFER A FRIEND
AND GET TWO VIP TICKETS*
TO SEE TIM MCGRAW
LIVE IN CONCERT – PLUS,
A VIP PRE-SHOW PARTY
WITH TIM MCGRAW.

JULY 21, 2012

SPORTS AUTHORITY FIELD AT MILE HIGH
DENVER, CO – 4:30PM



www.GetOneNow.us/timmcgraw*

*WHILE SUPPLIES LAST!

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

For the Family of:

Postage Paid
First Class
Jacksonville, IL
Permit No. 432



Photo courtesy of Matt Indant