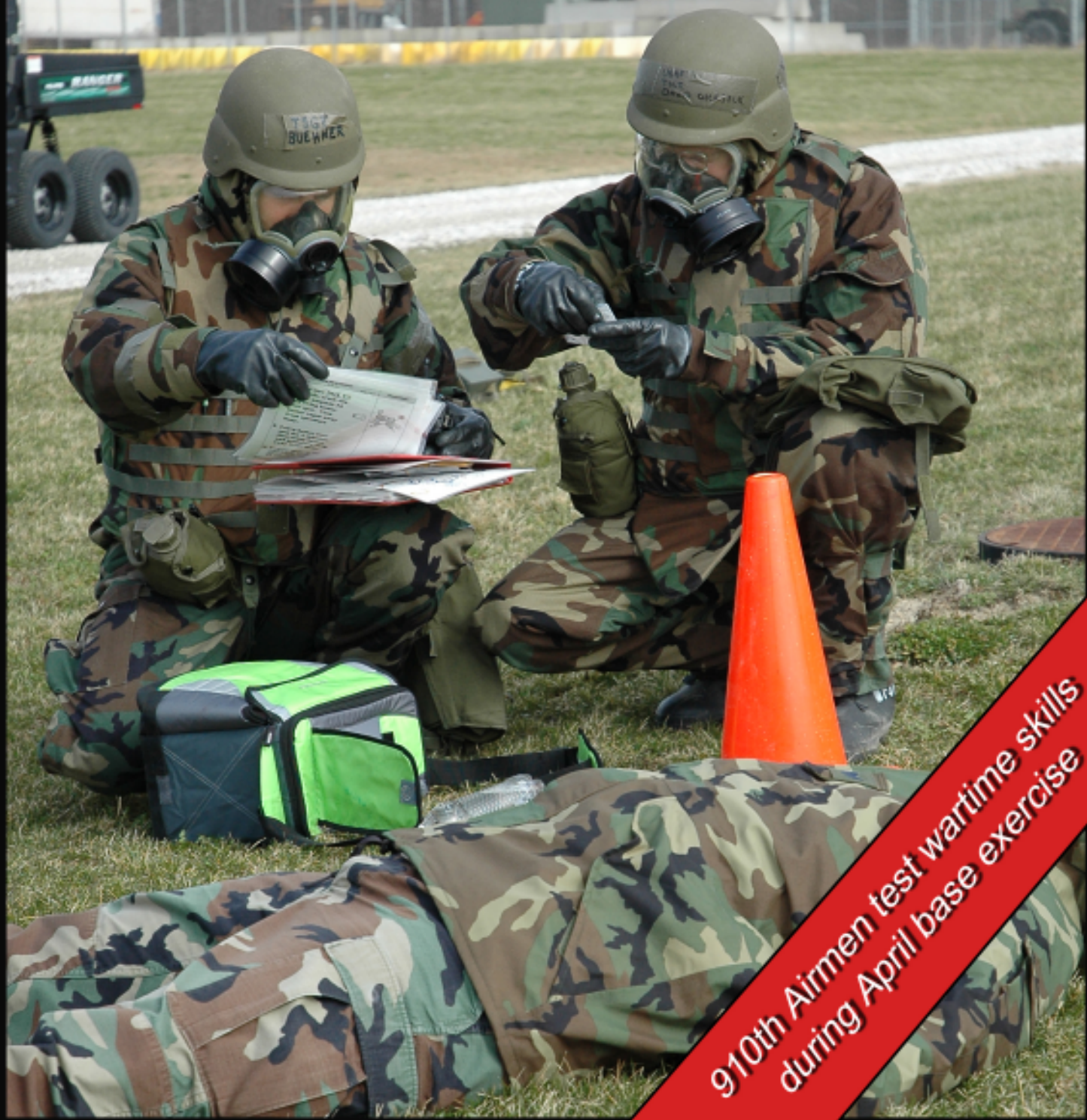


# THE Airstream



910th Airmen test wartime skills during April base exercise

## I report to my boss, I work for my people

**Maj. Theresa Humphrey**

Commander, 355th Maintenance Operations Squadron

I report to my boss, but I work for my people.

Before you think, "I wouldn't have said that if I were her," hear me out.

This phrase is about taking care of people and being a selfless leader. When I walk through my door every morning, I'm not thinking about what I can do to impress my boss but what I can do to help my people.

Does it mean my boss doesn't matter? Of course not! I am still responsible to him, I still answer to him and I still need to keep him informed. However, I don't exert all of my energy on him. I save it for my people. I take care of them, they take care of me and I can take care of my boss.

So what does it mean when I say "I work for my people"?

It means that whenever I do anything, it is to help them out. When I review enlisted performance reports and officer performance reports, I put an equal amount of time and effort into all of them no matter what the ratee's rank. When I review award packages, I make sure it is the best submission possible and we are recognizing the right people.

When I discipline people, I make sure it is fair, equitable and appropriate. I set standards

and expect my people to follow them. When people want to talk, I make time for them and listen to what they have to say. I speak my mind even if I don't tell them what they want to hear.

I try to make things fun, even commander's calls and staff meetings. I give people honest



**U.S. AIR FORCE**

feedback and I take theirs in return. I let them know what I expect, when they've done well, when they haven't quite hit the mark and what they need to do to improve. I let people do their jobs and trust them until they give me a reason not to.

Most importantly, I genuinely care about their well being and try to convey that in everything I do. The minute this seems phony, I lose credibility.

Now, about my boss. Don't get me wrong;

My boss is very important and I don't mean to belittle him in anyway. After all, he signs my report and if he really wanted to he could make my life miserable. My point is I do not show up to work every day trying to impress him.

The energy I spend doing that takes away from the energy I could be spending helping my people succeed. If I take care of my people, they will get the job done, and the more professionally satisfied they are, the better they will perform. The better they perform, the better I am fulfilling my responsibilities to my boss.

They are taking care of me by enabling me to take care of my boss. If my boss notices, that's great! If not, my reward is in knowing my people are taken care of, motivated to show up to work every day and doing their best.

To me, all the recognition in the world is worthless if I am making my people miserable in the process.

Maybe it just boils down to priorities. I feel an effective leader thinks "people first," not "me first." Good leaders take care of their people because they know their people will take care of them. When their people take care of them, leaders can take care of their bosses. Good bosses will see this quality and in turn take care of the leader. Pretty neat how that all works out!

Selfless leadership has worked for me. Maybe it will work for you!

## It's amazing to see what Airmen can accomplish working together

**Chaplain (Colonel) Paul R. Milliken**

Senior Chaplain



**Colonel Paul Milliken**

Howell Forgy was a Navy chaplain aboard the cruiser New Orleans when the Japanese attacked Pearl Harbor on Dec. 7, 1941. As the Japanese planes roared overhead, they discovered the man with the keys to the ammunition locker hadn't yet returned from shore leave. Several crewmen managed to break into the locker, only to face a second obstacle — the power ammunition hoist was disabled. So the men, Chaplain Forgy among them, formed a human assembly line, passing the shells from man to man up to the gun deck.

Noticing some of the men were weakening under the weight of the shells, Chaplain Forgy slapped his neighbor on the back and cried, "Praise the Lord and pass the ammunition!"

Sometimes it's amazing watching what Airmen working together can accomplish. Many of you reading this are among them. Thanks so much for what you do.



Master Sgt. Bryan Ripple

**Chaplain Paul Milliken, senior chaplain for the 910th Airlift Wing, renews his oath of office to Col. Tim Thomson, commander of the 910th Airlift during a pin-on ceremony in honor of Chaplain Milliken's promotion to the rank of Colonel in the Air Force Reserve.**

## 757th AS gets new commander

**Tech. Sgt. Ken Sloat**  
Public Affairs Specialist

Command of the 757th Airlift Squadron passed from Col. Timothy J. Costa to Lt. Col. John "J.D." Williams in a ceremony at the Consolidated Club here April 1.

Col. Timothy Costa, who has been the commander of the 757th AS for two years was selected as the Vice Commander of the 910th Airlift Wing and relinquished his command to assume the duties of that office.

Lt. Col. Williams has been a member of the 910th AW for more than 23 years, having first come to the 910th as an enlisted training manager. He eventually retrained as a load master when the wing converted from the A-37 fighter aircraft to the C-130 cargo aircraft.

He continued to fly as an enlisted aircrew member - including several years with the Ohio Air National Guard's 179th AS at Mansfield,

Ohio - until receiving his commission in 1986.

He is a command pilot with more than 4,500 flying hours, 300 of which are combat time in the C-130.

He has held positions as an instructor pilot, an evaluator pilot and has also been the operations officer for the 757th

He received his Bachelor of Science degree in Business Management from The Ohio State University and is a graduate of the Air Command and Staff College by correspondence.

"I have large shoes to fill," he said. "My goal is to continue in your tradition of maintaining excellence for the 757th," he said.



Tech. Sgt. Ken Sloat

### Lt. Col. John "J.D." Williams takes the Squadron guidon from Col. Daryl Hartman to signify acceptance of command.

He challenged members of the audience to "take ownership" of what they do, reminding them that they need to stay proficient and ready to accomplish the mission.

"I'm counting on you to meet me half-way," said Lt. Col. Williams.

"The future of the 910th is in our hands," he said. "Let's roll up our sleeves together."

## New OSS commander highlights support

**Tech. Sgt. Ken Sloat**  
Public Affairs Specialist

Maj. Daniel Sarachene assumed command of the 910th Operations Support Squadron April 1 from Lt. Col. John D. Williams in a ceremony here at the Consolidated Club.

Lt. Col. Williams relinquished his command to assume his newly appointed duties as commander of the 757th Airlift Squadron.

Major Sarachene joined the 910th in 1990 after receiving his commission and has held flying positions in the 773rd and the 757th.

He received distinguished graduate awards from Officer Training School, Undergraduate Pilot Training and C-130 initial pilot training, including

the "Commander's Trophy" for finishing as the top student in UPT.

He has held various leadership positions including Chief Pilot, Senior Evaluator Pilot and Flight Commander.

He is a command pilot with more than 4,000 flying hours, 500 of which are combat time in the C-130.

Major Sarachene holds a Bachelor of Science degree from Kent State University as well as an Associate of Arts degree from a junior college in Mays Landing, N.J.

He has completed Squadron Officer's School and the Air Command Staff College by correspondence.

Lieutenant Col. Williams thanked his family

for their support and encouragement and credited them for much of his military success.

"I couldn't be here without you," he told them as they watched the ceremony from the audience of about 100 people.

"Support is rooted in our name and in our mission," he said, "It's what we do."

Highlighting the fact that his entire military career has been devoted to the 910th he reminded the audience, "You know me, you've seen me, you raised me."

"The OSS has become an essential part of the operation group," he said, adding that last year's accomplishments aren't a laurel he intends to rest on.

"What's important is now is the future - where we are going," he said.

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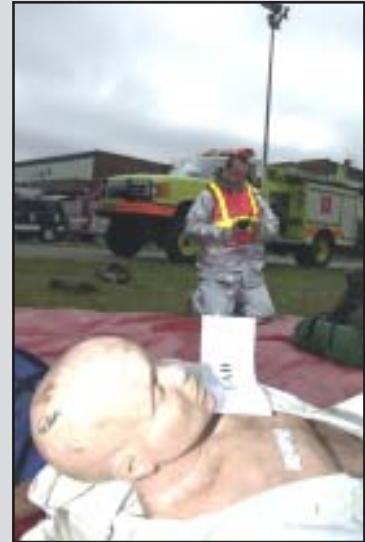
### On the cover...

**Tech. Sgt. Francis Buehner (left) and Master Sgt. David Olekshuk, both assigned to 910th Civil Engineer Squadron here, perform tests to confirm the presense of chemical or biological agents during the April exercise. Photo by MSgt. Bryan Ripple.**

# Gearing up for the ORI



Airman 1st Class Ann Wilkins Jefferson



Tech. Sgt. Ken Sloat



Master Sgt. Bryan Ripple



Master Sgt. Bryan Ripple



Airman 1st Class Ann Wilkins Jefferson

The 910th Airlift Wing turned into a crisis zone Sunday of the April UTA. People from across the base participated in a half-day exercise as part of early preparations for the 2008 Operational Readiness Inspection.

The exercise concentrated on efficient responses to base emergencies. Some of the emergencies included controlling terrorist threats in various Mission-Oriented Protective Postures (MOPP).

Other emergencies included fires producing casualties which helped hone firefighters' skills.

This was the first of many upcoming exercises as the ORI approaches. These exercises are designed to acclimate 910th personnel to dealing with numerous situations that may be used to test personnel readiness.



Master Sgt. Bryan Ripple

# Security Forces wins AFRC's top award

By Airman First Class Ann Wilkins Jefferson  
Public Affairs Specialist

Living up to its motto of "One Team, One Mission, Team Youngstown – Our military tradition!" the 910th Security Forces Squadron won the 2005 Air Force Reserve Command award for Outstanding Security Forces Unit.

This was the next level of competition after the squadron's 22nd Air Force award in the same category.

Maj. Ron Coburn, the squadron commander, said, "This award is a trend I've developed within our unit over the past couple of years. It's a trend of sustained excellence that shows it takes more than just doing the job. It takes good unit leadership, innovative thought, dedicated people, and the pursuit of improvement from everyone assigned to the 910th Security Forces Squadron."

The evaluation team visited each finalist and graded the unit based on the following criteria: Mission performance, unit involvement, and individual performance of unit members.

Senior Master Sgt. Ron Mines, superintendent, training and resources, 910th Security Forces Squadron, said the unit had been nominated for the award several times before, but this is the first time it won.

"A colonel and chief master sergeant from the Air National Guard were our evaluators, not inspectors, and they were very adamant," Sergeant Mines said. "We prepared for it."

The evaluation team reported its findings to the Air Force Director of Security Forces and Force Protection.

"This award helps the unit in morale, recruiting, retention – the whole recognition is worthwhile," remarked Sergeant Mines.

Col. Tim Thomson, Maj. Coburn, Chief Master Sgt. Troy Rhoades and Command Chief Master Sgt. Robert Glus attended the 2006 Security Forces Worldwide Symposium at Lackland Air Force Base in April to accept the award.

In addition to the squadron honors, three individuals won "of-the-year" accolades from AFRC: Senior Airman Jessica Herold, Outstanding SF Full-Time Airman; Tech Sgt. William M. McAdoo, Outstanding SF Full-Time NCO; and 1st Lt. Nathan List, Outstanding Company Grade Officer. Lieutenant List went on to receive the Air Reserve Component Outstanding Company Grade Officer, as well. The ARC award includes all Air Force Reserve, Air National Guard and Individual Mobilization Augmentee units.

Many of the rest of the 114 member unit achieved levels of excellence, such as Senior Master Sgt. Theodore Pifer and Master Sgt. Renee Noel, who were identified as Superior Performers for the November Unit Compliance Inspection, with Sergeant Pifer receiving an Inspector General coin.

And the squadron's work continues in 2006. In April, the 910th SFS hosted the Ohio State Troopers once again for the "DWI Detention and Standardized Field Sobriety Testing" class, which is a week-long class "we host every year," says Master Sgt. Joey Rivera, training program manager for the 910th SFS.

By the 910th SFS offering base facilities for training, the highway patrol "gets a great, centralized location where everyone can go, plus it helps our troops get up to date with training," Rivera noted.

The 910th SFS has members deploying all the time to forward bases in Southwest Asia. Others are going TDY to Texas. All the while, the SFS continues to secure home base at the 910th Airlift Wing, keeping the "One Team, One Mission, Team Youngstown" tradition alive.

## 910th SFS 2005 HIGHLIGHTS

Numerous deployments \* Recognized by AFRC for one of the best Force Protection plans \* Gained funding for needed computer equipment \* Planned and organized first-ever Ohio Security Forces exercise with all of the SF units in Ohio \* Working with Ohio Air Guard on long-term re-occurring annual combined training exercises \* Completed Unit Compliance Inspection in November with no major write-ups and several programs recognized for excellence \* 910th SFS Commander performed as acting MSG/CC for nearly eight months while still performing SFS duties \* Spearheaded first-ever K-9 competition fundraiser, working with the NE Ohio Dog Training Academy (NOTDA) \* Rejuvenated the Joint Services Youth Camp \* Supporter of 910th AW "Pilot for a Day" program and the "Adopt a Highway" program \* Spearheaded Air Force Assistance Fund (AFAF) Campaign drive for the wing through golf outing \* Lead organization for the 910th Airlift Wing Family Day \* Competes in all wing level sports



Airman 1st Class Ann Wilkins Jefferson

**One example of community service demonstrated by the Security Forces Squadron is the unit's willingness to host various courses for civilian law enforcement agencies. Here, SMSgt. Ron Mines, superintendent of training, provides a local orientation briefing for a DWI class as Ohio State Trooper Brian Holt looks on.**

# POST man delivers

**Airman 1st Class Ann Wilkins Jefferson**  
Public Affairs Specialist

**Editor's Note:** This is the sixth and final of a six-part series about 910th Airlift Wing individuals whose efforts have had a truly significant impact on those around them and personify our Air Force Core Values.

## It was the summer of 1999.

Major Dean Geibel was working evenings at the 911th Airlift Wing Command Post in Pittsburgh.

"I noticed that one particular flightline supervisor always notified me when an aircraft blocked, rotated or landed. This information was not always complete or timely when others were on duty," Maj. Geibel recalled.

The major mentioned his casual observation to Master Sgt. Darrell L. Wallace, the 911th Airlift Wing Superintendent. Around that same period, Maj. Geibel said, a maintenance NCO called one evening and asked him if the Command Post had any vacancies.

"At the time, the Maintenance Operations Control Center was part of the Command Post, so maintenance personnel were needed to fill occasional MOCC vacancies. The cross-trainee was then-Tech. Sgt. Joe Plesniak, an NCO that I had never formally met before. After a short interview, Maj. Geibel said Sergeant Plesniak



**Senior Master Sgt. Joe Plesniak**

told him that he had to get back to the flightline to recover incoming aircraft.

"As it turns out," revealed the major, "Joe was the flightline supervisor that I had noticed before. He was hired at the first possible opportunity."

The sergeant eventually cross-trained into the Command and Control career field and was also a Distinguished Graduate from the 1C3 (Command Post) technical training school. He graduated with a 99.9 percent average.

Fast forward to 2004: The 910th Command Post in Vienna, Ohio was not having a good year. An unfortunate and embarrassing course of events resulting in the dismissal of the post's senior NCO cast a feeling of "disarray" at the center, said Master Sgt. Michael Ballway, a member of the Command Post for the past six years.

"Morale was low, mainly," Sergeant Ballway noted. "The top person here was being investigated and eventually let go, and everyone else's image suffered because of it. Plus we had construction going on," which forced the staff to work out of one small office in the back area of the center – not ideal working conditions.

Back then, Ballway said, the 910th

Command Post was the "laughing stock [of the AFRC] by other command posts. Some staff wanted to jump ship and did."

Yet, the same reputation that led the 911th's Maj. Geibel to hire Sergeant Plesniak in Pittsburgh brought then-Master Sgt. Plesniak to the 910th Airlift Wing in February 2005, when he "was hand-picked by Colonel Thomson to fill the position of Command Post Superintendent, recruited actively from Pittsburgh," said Maj. Jeanne Bisesi, chief, 910th Airlift Wing Command Post.

Sergeant Plesniak, who is now a senior master sergeant, works full-time at the 910th as an Air Reserve Technician and senior NCO, with a staff of nine. His "recruitment" came in part from his textbook example of living the Air Force core values, "Integrity, Service Before Self, and Excellence in All You Do." Plus, while at the 911th, Sergeant Plesniak had been awarded the AFRC MOCC Controller of the Year Award shortly after assuming the MOCC job in the Command Post, Maj. Geibel mentioned.

By employing Sergeant Plesniak, the 910th has benefited in several ways. When he was hired, the sergeant told Col. Thomson he

intended to win Command Post of the Year for the base "in a year from now."

The sergeant delivered.

First, the post swept the 22nd Air Force 2005 Of the Year awards in all three categories: Command Post (910th Airlift Wing), Command and Control Senior NCO (Sergeant Plesniak), and Command and Control NCO (Staff Sgt. Phillip Marzano, a post controller).

The icing on the cake, though, was the AFRC announcement in March that the 910th Airlift Wing won Small Command Post of the Year, and SNCO Of the Year was Sergeant Plesniak.

To say "Small Command Post of the Year" is a morale booster for the center's staff is an understatement, especially to those who worked in the unit prior to Sergeant Plesniak's arrival.

The AFRC awards will be presented at the end of June at the Air Mobility Command's Fixed Command and Control Conference at Scott Air Force Base, Ill. Sergeant Plesniak says the staff deserves credit for the Command Post's recent turnaround, such as Sergeant Marzano winning the 22nd Air Force NCO award; Plesniak wrote that nomination package.

"They're a great team, confident. They were outstanding during

a recent



Courtesy photo

**Sergeant's Bob Andrews (left) and Joe Plesniak TDY in Colorado while with the 911th.**

Unit Compliance Inspection – they operated magnificently,” Plesniak remarked.

These honors, Sergeant Ballway asserted, are helping to change the image the post suffered from only a year ago.

“Mission is priority for Joe,” Sergeant Ballway explained. “He rallied the troops, spearheading us to improve on every aspect. Since then, everyone takes pride in the post.”

Lieutenant Colonel Jack Stephenson, Sergeant Plesniak’s former supervisor at the 910th Command Post, echoed Sergeant Ballway’s comments.

“When Sergeant Plesniak and I both came on board in 2005, the place was in shambles, and construction was going on,” Lt. Col. Stephenson said.

What a world of difference just a change of attitude and policy can make.

“Even though it was a rebuilding year for us, the awards were given for the *progress* we made in the past year and a half, and a lot of that is Joe’s work,” credited Stephenson.

Joseph Plesniak was born and raised in Port Vue, Pa. and now lives in Linesville, Pa., with his wife Beverly and their sons Joey and Jacob. He joined the active duty Air Force in July 1989, worked as a C-5 DCC (dedicated crew chief) and traveled all over the world.

“I was an Air Reserve Technician at Pittsburgh from 1994-1999, as a crew chief for C-130s. Then I transferred to the Command Post in 1999,” Sergeant Plesniak recapped.

“When I came to the 910th, it was mainly used as a call center, and the staff didn’t do much training for their AFSCs. So my priority was to start a training program from scratch since folks were so behind.”

The next item on Plesniak’s to-do list was upgrading audio-visual equipment.

“We installed \$90,000 worth of equipment to enhance Wing Command and Group Command war-fighting capabilities, providing real-time data for anything on the base. Before this we were using dry-erase boards,” said Sergeant Plesniak.

Finally, the command post updated its furnishings, since in the prior décor “not one piece of furniture matched,” Plesniak noted.

“Our image was not the brightest, both in the Command Post community and even on the base itself,” Sergeant Plesniak admitted.

“So, I wrote a mission statement last year to be the best command post in the AFRC, out of

**May 2006**



Airman First Class Ann Wilkins Jefferson

**Top Command Post (from left): Tech. Sgt. Joshua Adams, Staff Sgt. Keith Traylor, Tech. Sgt. Lisa Kell, Lt. Col. Jack Stephenson, Col. Tim Thomson, Senior Master Sgt. Joe Plesniak, Maj. Jeanne Bisesi, Master Sgt. Michael Ballway, and Staff Sgt. Phil Marzano (missing: Staff Sgt. Jonathan Starner, Senior Airman Jason MoultonWakefield)**

about 44 wings,” he said.

Sergeant Plesniak said he did what had to be done, such as the time he took “makeshift flowers over to the CE help desk to get work orders completed.”

In addition to acting as a call center, the Command Post – which has a call sign of *Battlestar* vs. the airplanes’ *Vader* – ensures all aircraft have been approved for flight. Once the

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**“People from other command posts call all the time – all the time – requesting Joe to come out on a visit and help them.”**

**– Maj. Jeanne Bisesi**

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craft are air-bound, jurisdiction is transferred to Air Traffic Control. The post also covers UTA shuttles. Its two classified areas include Status of Resources and Training and Communications Security.

Sergeant Marzano described the Command Post as “a focal point for the Wing Commander, we serve as his agents.”

Lt. Col. Stephenson added that “all critical communications – anything – go through the Command Post, a crossroads to keep higher headquarters informed.”

The superintendent’s accomplishments are admirable enough to end his story here. But on top of Sergeant Plesniak’s impressive

endeavors is the personal challenge he dealt with just months before transferring to the 910th.

A car accident in September 2004 sent Sergeant Plesniak to physical therapy. It ended up being a blessing in disguise.

“I had to go to physical therapy and one day, the therapist tried an aggressive approach. But the next day, I had slurred speech. So I was sent to a neurologist, who then sent me to a specialist neurologist, who found a non-cancerous tumor on my brain.”

So barely two months into his duties at the 910th, Sergeant Plesniak underwent not one, but two endoscopic surgeries to fight the tumor, an “endonasal approach,” he explained, where tubes are inserted through the nasal cavity. One surgery was in April and the next was in May.

Now the brain tumor situation is stable for Sergeant Plesniak, who has an MRI to monitor it every six months.

“Joe had a pretty significant health issue that would have slowed most people down, such as radiation,” Lt. Col. Stephenson said. “But he only missed the May and June UTAs.”

In April, the lieutenant colonel transferred to the Individual Mobilization Augmentee (IMA) program and Maj. Bisesi was out on maternity leave, but the Command Post was in perfectly capable hands.

“Joe can handle everything,” Maj. Bisesi ensured. The major joined the 910th in November 2005 and said from the start “it was such a welcoming environment. I enjoy coming into the Command Post because it’s great to work with people whom you respect professionally and who are so fun personally. Joe has the philosophy to keep things light while also being very professional – he’s humble and has a great sense of humor.”

Perhaps characteristics like those complete Sergeant Plesniak’s profile as the “all-around” type of person.

“I like to say how nice it is to *inherit* the Command Post award – I’m very respectful of Sergeant Plesniak,” Maj. Bisesi mentioned. “And people from other command posts call all the time – all the time – requesting Joe to come out on a visit and help them. He’s actually requested.”

Respect from your peers is perhaps the greatest accomplishment an Airman can have. That is an area of which Sergeant Plesniak has humbly taken total command and control.

# AFRC to develop fitness intervention program

By Lt. Col. Tim Bennett

AFRC public health officer/health promotion director

ROBINS AIR FORCE BASE, Ga. – Since the new fitness program began in 2004, Air Force Reserve Command’s performance has stumbled.

In 2003, 76 percent of unit reservists took the fitness test. Most of them – 98.9 percent – passed their assessments.

Two years later 68 percent of the reservists tested. But, this time 7 percent of them finished with a marginal score and 12 percent of them performed poorly. AFRC’s failure rate in this category was six times higher than the rate for active-duty members.

In 2005 individual mobilization augmentees performed slightly better than unit reservists. Four percent of the IMAs were marginal. Six percent were classified as poor. Today their performances are part of the AFRC statistics since they are under the administrative control of the Readiness Management Group.

If a person failed the 3-mile walk assessment under the previous fitness program, he or she simply took it again a few months later and generally passed.

However, with more stringent force-wide fitness standards in place, AFRC officials recognized that this approach to fitness testing wasn’t good enough anymore. They needed a comprehensive education and intervention program to help reservists improve their overall fitness scores.

Col. (Dr.) Jim Collier, AFRC surgeon, directed a working group to develop an intervention program for reservists who scored marginally or poorly on their fitness assessments.

The group, consisting of experts from Reserve units across the country, met in December to tackle development of an intervention tool for people needing information, encouragement and a plan to improve.

Members of the group were orthopedic surgeon Col. (Dr.) Mark Hopkins, commander of the 944th Aeromedical Staging Squadron at Luke AFB, Ariz.; Maj. (Dr.) George Kolo, a sports medicine expert and flight surgeon assigned to the 442nd Medical Squadron at Whiteman AFB, Mo.; dietician Lt. Col. Shelly Pino, an IMA assigned to AFRC headquarters at Robins AFB, Ga.; and Capt. David Sharp, a behavior modification and clinical psychology expert from the 433rd MDS at Lackland AFB, Texas.

The result of their meeting is an intervention program titled Healthy Living Program for Reservists. In addition, the group developed a tri-fold brochure to give to reservists. It highlights the fitness program requirements and provides helpful Web resources.

Totally Web-based, the new Healthy Living Program for Reservists will be posted on the Air Force portal under the

Air Force Fitness Management System. It is divided into three instruction modules, each focusing on a specific topic.

The fitness module takes a comprehensive look at the frequency, intensity, length and types of exercises required to develop strength, endurance and flexibility. It also discusses ways to avoid injury and provides warning signs to look out for.

The second module on nutrition discusses not only on the basics of a healthy diet but also gives helpful hints for portion control and eating out.

The behavior modification module takes a different approach. It uses the “Top Ten Reasons for Not Exercising” to teach participants how to make proper choices while keeping them entertained. This module encourages participants to change their behavior and take control of their lives. And, it shows them how to get started.

Health and wellness centers on active-duty bases offer a wealth of assistance. These centers provide one-stop shopping to help military members achieve a high level of wellness. Among other things, they provide smoking cessation, weight management, fitness, nutrition, and health education and intervention programs. And most centers perform fitness testing and offer exercise and nutrition prescriptions for those who need professional oversight.

Unfortunately, health and wellness centers are only located on active-duty bases and may not be available to reservists on weekends or after hours.

One of Colonel Collier’s goals for the future is to establish a centralized virtual health and wellness center with a full-time staff available to provide reservists, via the Web, personalized exercise and nutrition prescriptions. Although still in the formative stages, Colonel Collier’s vision is for the virtual health and wellness center to serve as a resource for reservists who need help but don’t have access to health and wellness or fitness centers where they live. If approved, the colonel hopes this resource will be up and running by 2008.

The hardest part of exercise for some people is just getting started. The statistics clearly show that many reservists have yet to incorporate fitness as an integral part of their lifestyle.

Retired Gen. John P. Jumper, former Air Force chief of staff, said in his July 2003 Chief’s Sight Picture that “the amount of energy we devote to our fitness programs is not consistent with the growing demands of our warrior culture. It’s time to change that.”

Fitness is so much more than passing a fitness test once a year. It’s about embracing a culture of fitness that can enhance all aspects of life.

If you haven’t started developing your own personal culture of fitness, here’s some gentle advice – start slowly, start safely but start now! (AFRC News Service)



Tech. Sgt. Ken Sloat

**Staff Sgt. Crystal Gibson, a medical technician, with the 910th Medical Services Squadron here, exercises on one of the many stationary bikes at the base fitness center.**



## Deploying OCONUS? See shot clinic PDQ

Personnel going on OCONUS TDY or making deployment plans must check with the Immunizations section of the Medical Squadron at least 30 days prior to departure. Two visits, 30 days apart should be planned to ensure all required immunizations are obtained prior to deployment.

The process begins with a predeployment form which can be obtained at the Immunizations section in order to ensure personnel are adequately protected from disease prior to departure. Last minute shots will not provide sufficient protection and may not even be available.

For more information, contact Capt. Nadine L. Thomas, OIC of Immunizations, at (330) 609-1489.

## Safety urges caution during exercises

The Wing Safety office is urging wing personnel to take exercises seriously, but not to take unnecessary risks. Be sure to call time-out if an imminent danger situation develops during an exercise that you believe will result in a mishap. Stop and correct the problem before it is too late. Only drive government vehicles while in MOPP Level 4 and only if it is absolutely necessary. Use spotters and extreme caution in this case. Do not drive with your chem mask on in your personal vehicle.

It's important that we practice our readiness skills during these exercises, but let's not disregard safety. For more information, contact the Safety office at 330-609-1391.

## AFRC Professional Development Center offers seminars for junior officers

ROBINS AIR FORCE BASE, Ga. – Air Force Reserve Command's Professional Development Center here is taking applications for a series of junior officer leadership development seminars this summer in the United States and Germany.

The JOLDS seminars train company grade officers in leadership, teambuilding, cultural diversity, mobilization issues and military officership.

Second lieutenants through captains have until May 26 to enroll in a JOLDS seminar at Peterson AFB, Colo., June 8-11. Enrollment will start later for a seminar at Westover Air Reserve Base, Mass., Sept. 14-17.

The International JOLDS will run from July 29 to Aug. 5 at Ramstein Air Base, Germany. Deadline to sign up via e-mail is May 10.

More information and course requirements are available on the AFRC internal Web site by clicking on the headquarters directorate icon and going to A1 Manpower and Personnel. Mickey Crawford is the program manager. (AFRC News Service)

## Army, Air Force slated for same plane

By 2010, according to the Air Force Print News Service, both the Army and the Air Force may be flying the same aircraft to provide airlift inside places like Afghanistan and Iraq.

The Joint Cargo Aircraft will be a small aircraft developed for both the Army and the Air Force. It will be smaller than the Air Force's C-130 Hercules, but larger than the Army's C-23 Sherpa.

Both services say they expect delivery of the aircraft to the Army to begin in 2008, with "source selection," that is the choice of the manufacturer, to be made by December 2006.

The Air Force should take delivery of its first aircraft in 2010.

There have been discussions about the purchase of nearly 150 of the aircraft. (Air Force Print News Service)

## General Mazick commands 22nd AF

ROBINS AIR FORCE BASE, Ga. – Maj. Gen. Martin M. Mazick assumed command of 22nd Air Force at Dobbins Air Reserve Base, Ga., March 11.

He replaced Maj. Gen. James D. Bankers who retired effective March 31.

General Mazick previously served as the director of intelligence, air, space and information operations for Air Force Reserve Command at Robins AFB. Brig. Gen. Hanferd J. Moen Jr., director of warfighting capabilities assessment in the Office of Air Force Reserve, Pentagon, took General Mazick's place in the AFRC headquarters.

Lt. Gen. John A. Bradley, chief of the Air Force Reserve and commander of AFRC, presided at the change-of-command ceremony.

During the ceremony, General Mazick thanked his family for many years of support and challenged 22nd AF members to continue the tradition of hard work and dedication.

"Our number one responsibility is to ensure our people are trained, ready and equipped," General Mazick said. "There is much we will get to do together here at 22nd Air Force. Staff, keep your sleeves rolled up because the best is yet to come as we move on out."

General Mazick is no stranger to the number air force. He commanded its 439th Airlift Wing, a C-5-equipped unit at Westover Air Reserve Base, Mass., from March 1999 to August 2003.



Maj. Gen. Martin Mazick

## DD-214 forms now available online

Great news for veterans: The National Personnel Records Center (NPRC) has provided the following Web site for veterans to gain access to their DD-214 online: <http://vetrecs.archives.gov/>. This will cut the waiting time veterans have had in the past waiting for copies of their DD-214s and will be particularly helpful when they need a copy of their DD-214 for employment purposes.

The NPRC is working to make it easier for veterans with computers and Internet access to obtain copies of documents from their military files. Military veterans and the next of kin of deceased former military members may now use a new online military personnel records system to request documents. Other individuals with a need for documents must still complete the Standard Form 180, which can be downloaded from the online web site. Because the requester will be asked to supply all information essential for NPRC to process the request, delays that normally occur when NPRC has to ask veterans for additional information will be minimized. The new web-based application was designed to provide better service on these requests by eliminating the records center's mailroom processing time. Please pass this information on to former military personnel you may know and their dependents.

## 910th names quarterly winners

### *Airman of the Quarter*

Senior Airman Evan D. Hart

910th Acft. Maint. Sq.

### *Noncommissioned Officer*

Tech. Sgt. Robert A. Snell

910th Maintenance Sq.

### *Senior Noncommissioned Officer*

Master Sgt. Michael F. Birmingham

910th Maintenance Sq.

### *Company Grade Officer*

Capt. Thomas R. Latsko

910th Services Squadron

## “OSS” ends APS volleyball dynasty

**Tech. Sgt. Ken Sloat**  
Public Affairs Specialist

The six-year dynasty of Aerial Port Squadron volleyball came to a halt April 1 when the Operations Support Squadron eliminated them during the semi-finals round of the championship playoff.

In the first game, which matched Civil Engineers Squadron “CevEnS” against LRS, “CevEnS” moved quickly to take a three-point lead. Just a few heart-pounding moments later LRS led 13-9 due in part to Dachele Bufford’s diving saves.

LRS’s Bob Moore skyrocketed above the net to create a defensive wall blocking several “CevEnS” attempts to put points on the board. LRS took the first game 25-20.

The second game opened with the “CevEnS” using bullet-like spikes to snatch a few critical points. LRS fought back and only fluttered when the referees called several line violations for touching the net. The game stayed close until a series of artful spikes edged LRS into a 25-18 victory and a slot in the final game.

The second semi-finalist match up was OSS against the APS. OSS fans had reason to fear this APS team. They were indeed the behemoth of 910th volleyball.

Almost immediately it appeared as if APS was again on their way to a championship title. Their “bearded bad boy,” Jim Kennedy, slaughtered the OSS defenses by slashing through them with razor-like serves. The bloodletting continued until APS had a six-point lead. APS seemed to be quickly moving towards a seventh volleyball title with the

9-1 lead they enjoyed. OSS worked hard but simply couldn’t stop APS quickly enough. The game ended with an APS 25-20 victory.

As game two started OSS fans breathed a collective sign of relief as the 6-foot, 4-inch tall Daryl Hartman sauntered into place at the net to join the team.

Within just minutes of the start, OSS had themselves on the scoreboard. The “76ers” made small mistakes that gave OSS the opening they needed to sweep game two 25-12.

Game three started with OSS once again getting on the scoreboard quickly. APS’ Chris Dugan courageously leaped into the air to intercept the “Hartman Hammer” which by now had earned the OSS several critical points. As this David and Goliath story unfolded the “76ers” continued to leverage themselves into the lead in an 11-6 game. It appeared to be over for the OSS.

Perhaps not.

John Kelly stopped several critical APS scores by diving head-first out of bounds to keep the ball in play. Combined with an OSS offense pushing hard at the net OSS soon found themselves just two points behind APS in a 10-12 game. Youssef Mhemedi slammed a few vicious spiked balls down on the APS front line. Just a few nail-biting minutes later, OSS had tied the game at 14-14.

Then, after a few quick scores – one of which was a “Hartman Hammer” – the reign of APS was over. OSS would be advancing to the finals after defeating APS 17-15.

Just one more team stood between OSS and the Volleyball championship. It was a team that had already proven themselves in battle. OSS fans had reason to fear LRS.

The game opened with the “Hartman Hammer” putting OSS on the score board quickly. LRS’s Bob Moore and Eric Vesey got right to work earning a few points back by skillfully setting the ball up to their front line. Within minutes, LRS had commanded a three three-point lead in the 5-2 game. That was the biggest lead either team would enjoy.

Both of these teams wanted the title and were willing to work for it.

Nearly 20 minutes later, the game was tied at 18-18 and OSS front line was shaping up to be

Darryl Hartman,  
John Kelly  
and



Tech. Sgt. Ken Sloat

**The championship team: (back row from left) Jeff VanDootingh, Mike Wyne, Daryl Hartman, Vic Smith and Ashley White (front row from left) Jeff Shaffer, John Kelly, Youssef Mhemedi. Not shown: Scott Jullian, Liz Gilliam and Michele Mollise.**

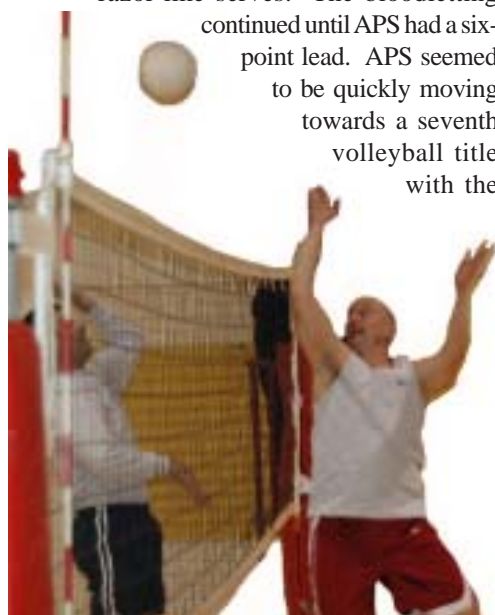
the fearsome Youssef Mhemedi. Within minutes, the game was over and OSS was holding onto a 25-20 victory in game one of the championship.

For LRS, game two of the series would be a life and death struggle because a defeat here would give OSS the title.

Ana Smith fought bravely for her LRS team, darting underneath several slams at the front line selflessly trying to save a point. Even the merciless “Hartman Hammer” or John Kelly’s “Kelly’s Killer” couldn’t produce fear on her face.

But the warrior spirit in this LRS team wasn’t enough. It simply couldn’t stop the onslaught of an OSS team who, after losing last year in the final round, was unwilling to taste defeat again this year.

OSS stomped the life from LRS in a 25-14 rampage to become 2006 Volleyball champs.



Airman 1st Class Ann Jefferson

**Robert Zhender, attempting to defend the “76ers” title, leaps for a ball during the APS v. OSS semi-final game.**

The pieces are all coming together!

You can help by using your CAC



# Kiosk offers personnel access to myPay Website

By Capt. Brent Davis  
Public Affairs Officer

Have you ever found yourself in base lodging, after hours, needing access to your leave and earnings statement? Perhaps you had a pay related question you felt just couldn't wait.

The Air Force is introducing a new OneStop Kiosk that allows military and DoD civilians to get the information needed

on the go.

The new kiosk, which resembles an automated teller machine, made its debut here last month. It is located in the lobby of the base lodging in Building 112 and may be used at no charge to the user.

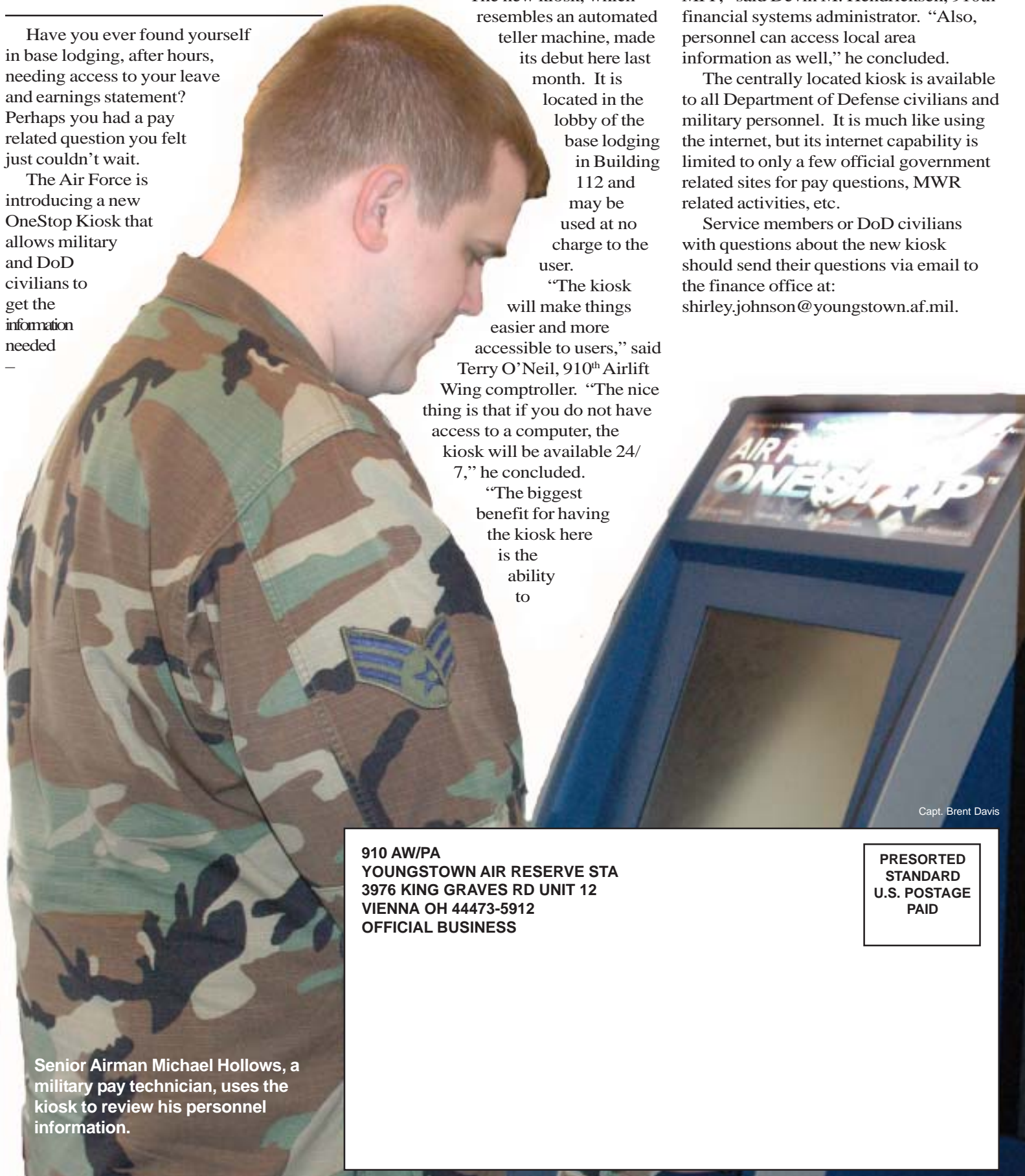
"The kiosk will make things easier and more accessible to users," said Terry O'Neil, 910<sup>th</sup> Airlift Wing comptroller. "The nice thing is that if you do not have access to a computer, the kiosk will be available 24/7," he concluded.

"The biggest benefit for having the kiosk here is the ability to

access myPay as well as the virtual MPF," said Devin M. Hendricksen, 910<sup>th</sup> financial systems administrator. "Also, personnel can access local area information as well," he concluded.

The centrally located kiosk is available to all Department of Defense civilians and military personnel. It is much like using the internet, but its internet capability is limited to only a few official government related sites for pay questions, MWR related activities, etc.

Service members or DoD civilians with questions about the new kiosk should send their questions via email to the finance office at: [shirley.johnson@youngstown.af.mil](mailto:shirley.johnson@youngstown.af.mil).



Capt. Brent Davis

Senior Airman Michael Hollows, a military pay technician, uses the kiosk to review his personnel information.

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