

ALAMO WING

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U.S. Air Force Reserve Command

433rd Airlift Wing, Lackland Air Force Base, Texas

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Reservist recognized for anti-drug victory

By Tech. Sgt. Collen McGee
Wing Public Affairs

Like the Global War on Terror, the war against drugs has more than one battlefield. The one closest to home is where one Reserve Airman chooses to make her battle stand. For her successful effort, she won a 2005 Government Employees Insurance Co. Military Service Award.

Tech. Sgt. Anita Garcia is the 433rd Airlift Wing's Demand Reduction program manager.

According to her counterpart from the active-duty's 37th Training Wing, Mr. Charles Nail, supply reduction is the part of the war on drugs fought in the jungles of South America and locations where street drugs are grown or manufactured. Demand reduction is the part that makes using drugs less desirable. For those in the military it is the knowledge that they will be tested for drug use periodically throughout their careers that acts as a deterrent.

Part of making drug use less desirable is to make individuals 100 percent accountable through an accurate testing process.

Sergeant Garcia explained the testing process is extremely accurate.

"It (each urine sample) goes through three levels of testing," said Sergeant Garcia. "The third one breaks



Photo by Tech. Sgt. Collen McGee

Tech. Sgt. Anita Garcia is the 433rd Airlift Wing's Demand Reduction program manager. Her work, ensuring a less than one percent untestable rating, earned her recognition at the Department of Defense level. She will be presented her award, including a check for \$2,500, at a ceremony in Washington DC this month.

it down to the specific drug."

But even a positive reading is not enough. The substance must be present in a high enough quantity to rule out accidental ingestion or secondary exposure.

"It (the result) has to be 100 percent positive - if its 99.9 then it's a negative result," said Sergeant Garcia.

To get a specimen tested by the lab at Brooks City Base, everything must be perfect. If there is one mistake on the labeling or the accompanying

paperwork, the specimen doesn't even get tested.

"If there are 12 specimens on a box and a sheet (of accompanying paperwork) going to the lab has a mistake on the paperwork, the whole box is untestable," said Sergeant Garcia.

GEICO's recognition of Sergeant Garcia comes because she came to a program with a 20 percent untestable rate and brought the number of untestable specimens to less than

(See **Drug buster**, 5)

Alamo Wing

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Safety synonymous with common sense

By Brig. Gen. John Fobian

Wing Commander

There are many forums that highlight our safety programs. Whether it's during a commander's call, taking a safety awareness day to review work practices or the 101 Critical Days of Summer campaign, the focus is on awareness and attitude.

We have many tools at our disposal to help us: policies and procedures, checklists, Operational Risk Management (ORM), supervision and perhaps most importantly-- common sense.

Many smart people before us developed policies, procedures and checklists that, if followed, result in a safe operations. Supervisors are another layer of protection.


Whether you're performing an engine run, changing a vehicle tire, setting up tents in the field or on a medical team at a forward operating base, supervisors need to manage their people to complete the task as safely as possible. The right attitude will not accept complacency.

ORM applies to everything we do. It

could be a defined multi-step process for a complex operation or merely thinking it through whether you're mowing your lawn or driving on vacation.

Oversimplified, ORM involves cause and effect--weighing the causes (risks) that produce the effects (results). The goal is to manage the risk to an acceptable level while still producing the desired result. And, having done all this, it should still pass our common sense test.

The summer season is upon us and with it the 101 Critical Days of Summer. The long Memorial Day weekend gives us an extra day to enjoy with our families and get some rest and recreation. Watch out for your friends and family. Applying risk management techniques to your activities with them is the right choice. Be a responsible wingman on and off duty.

As we enjoy the summer and the activities it brings, don't lose the right attitude. Think safety all the time. You can be safe and still have fun. 

Chaplain's Corner

Chaplain Lyle E. Von Seggern

Alamo Wing Chaplain

Is It Time to Remodel?

"For the Lord will rebuild Zion and appear in His glory.

He will respond to the prayer of the destitute; He will not despise their plea."

Psalm 102: 16-17

There are a number of people who have decided not to buy a new home; they just remodel the home they live in. They might move a wall, add a garage, or a new room. They decided to take what they have and make it better by making changes.

Do you think it would make life better

if you remodeled your life? Do you think a few changes in the way you think or behave might help you enjoy life more? Sometimes, if we do things differently, it doesn't make life perfect but a lot better for us and those around us.

I have good news for you today; in fact, I believe it is great news. God is the master of remodeling and rebuilding lives. He works from the inside out and makes fantastic permanent changes if we invite Him to take charge of the project we call our life. Give Him a call today: It's toll free and God LovesYou!

101 Critical Days of Summer Sun Safety

Memorial Day weekend is the unofficial beginning of the summer season. With summer comes the 101 Critical Days of Summer Safety. Summer fun also brings risk. Almost everyone shares one risk in South Texas, the sun. The following is a compilation of information provided by the 433rd Air-lift Wing Safety office on risks associated with overexposure to the sun.

The Darker Side of Tanning

The number of skin cancer cases has been rising over the years, and experts say this is due to increasing exposure to UV radiation from the sun, tanning beds and sun lamps. More than 1 million new skin cancer cases are likely to be diagnosed in the U.S. this year.

Public health experts and medical professionals are continuing to warn people about the dangers. Two types of ultraviolet radiation are Ultraviolet A (UVA) and Ultraviolet B (UVB). UVB has long been associated with sunburn while UVA has been recognized as a deeper penetrating radiation.

Doctors and public health officials recommend the following to minimize sun damage to skin and eyes:

- ◆ Plan your outdoor activities to avoid the sun's strongest rays. As a general rule, avoid the sun between 10 a.m. and 4 p.m.
- ◆ Wear protective covering such as broad brimmed hats, long pants and long-sleeved shirts.

- ◆ Wear sunglasses that provide 100% UV ray protection.
- ◆ Always wear a broad-spectrum sunscreen with Sun Protection Factor (SPF) 15 or more, which will block both UVA and UVB when outdoors and reapply it according to manufacturer's directions.

If you believe that some damage has already been done:

- ◆ Seek immediate medical attention if you receive skin or eye damage from the sun or if you experience an allergic reaction to the sun.

◆ See your dermatologist or personal physician if you develop an unusual mole, a scaly patch or a sore that doesn't heal.

The threat of cancer aside, old sun-damaged skin can't be reversed. It can be improved with a variety of cosmetic procedures like topical retinoids, chemical peels, and laser resurfacing, all expensive and none permanent. Be kind to your skin and follow these tips:

Sunburn: A Guide to Avoiding It

It has gotten to the point where

many major papers around the country are listing "burn times" when the sun begins to beat down; and for good

reason, skin cancer death rates are soaring. How do you protect yourself and your family this summer as you head outdoors into the land of sun and fun? The following tips are from the Skin Cancer Foundation:

◆ Use sunscreens rated SPF 15 or higher. Apply liberally, uniformly and frequently.

◆ When exposed

to sunlight, wear protective clothing like long pants, long-sleeved shirts, broad-brimmed hats and UV-protective sunglasses.

◆ Stay away from artificial tanning devices.

◆ If taking medications, birth-control pills or using certain cosmetics, you risk an increased sensitivity to the sun and a possible allergic reaction when using sunscreen. Check with your doctor or dermatologist.

◆ Teach children sun protection habits early. Damage that leads to adult skin cancers start in childhood.

◆ The sun's harmful ultraviolet (UV) radiation can penetrate many types of clothes. It can also go through automobile and residential windows

◆ Overcast days are no guarantee of sun protection. The sun is just as damaging and sunscreens are still a must.

◆ Examine your skin head to toe at least once every three months.

◆ Sand, snow, water and concrete will reflect the sun's rays back up to your skin. Protect yourself completely by coating the underside of your nose, ears, chin and other areas.



Skin Sunburn and Tanning History according to Skin Type

- I Always burns; never tans; sensitive ("Celtic")
- II Burns easily; tans minimally
- III Burns moderately; tans gradually to light brown (Average Caucasian)
- IV Burns minimally; always tans well to moderately brown (Olive Skin)
- V Rarely burns; tans profusely to dark (Brown Skin)
- VI Never burns; deeply pigmented, not sensitive (Black Skin)

People with skin types I and II are at greatest risk. Which skin type are you?

Activities, Air Force Issues, ways to ...

Get Involved

Air Force Assistance Fund - never too late

Even though the Air Force Assistance Fund campaign is over, the Air Force Assistance fund still accepts individual donations. To donate <http://www.afassistancefund.org/>

FOD - just another dirty word

Foreign Object Damage. That is what happens to an aircraft engine when debris is sucked into the intake. Damage can range from a few nicked fan blades to complete engine failure.

FOD prevention is everyone's duty on and off the flight line - and it's easy, no computer based training required. To perform the duty all anyone needs to do is pick up and dispose of anything that shouldn't be where it is. If it is trash in the

parking lots, the wind can carry it onto the aircraft parking ramp. If it is rocks or loose asphalt on the ramp, pick it up before it gets sucked into an engine.

Debris can also pose a hazard on the ramp when aircraft taxi past. The force of the exhaust can propel a small rock with enough force to crack a windshield of a vehicle.

FOD prevention: everybody's business: no prerequisites required.

Be a Sexual Assault Victim's Advocate

Although Sexual Assault Awareness month is past, the issue is still a serious one. The need for volunteers still exists.

If you are interested in becoming a Victim Advocate for Team Lackland, please get in touch with Maj. Jaqueline Milam at 671-0107 or by email at Jaqueline.milam@lackland.af.mil Screening and interviews will be conducted.

The next available Victim Advocate class will be held on 11th, 12th and 15th, 16th May.

Veterans' preference now includes Iraq

More Airmen are now eligible for veterans' preference when released or discharged from active duty, Office of Personnel Management officials wrote in a recently released memo.

More servicemembers are now eligible for veterans' preference when applying for government civilian jobs. Pres. George W. Bush signed into law the Defense Authorization Act for fiscal 2006, which contained two provisions that broadened the definition of a "veteran" and clarified eligibility for those released or discharged from active duty, said the statement.

The first provision gives preference to those who have served on active duty for a period of more than 180 consecutive days, any part of which occurred during the period beginning Sept. 11, 2001, and ending at the close

of Operation Iraqi Freedom, regardless of location, provided they meet other eligibility conditions.

The second provision clarifies veterans' preference eligibility for individuals "who are discharged or released from active-duty service", provided that they, too, meet other eligibility requirements. In the past, the statement only gave eligibility to "individuals separated from the armed forces."

Linda Springer, director of OPM, said the changes are good news for servicemembers.

"These provisions recognize veterans for their service during a critical time in U.S. history," she said. "As a result, more eligible veterans who served on active duty during the designated period will be entitled to

veteran's preference."

Since the Civil War, veterans have been given preference in appointments to federal jobs. Congress enacted laws to prevent veterans seeking Federal employment from being penalized for their time in military service.

For more information, visit www.opm.gov/employ/veterans/.

Veterans' Web Resources

www.opm.gov/employ/veterans/ for the Office of Personnel Management

<http://www.tvc.state.tx.us/> for the Texas Veterans Commission

<http://www.vba.va.gov/> for the Veteran Benefits Administration

Reservists go online to correct duty history

By Tech. Sgt. Rob Mims

ARPC Public Affairs

DENVER – As of March 31, Air Force Reserve members around the world can correct or change their duty history via the virtual Personnel Center Guard and Reserve, a 24/7 customer service Web portal operated by the Air Reserve Personnel Center here.

Before the ARPC Personnel Service Delivery system went online, Airmen had to visit their local military personnel flight or call several agencies to correct their duty history. Now, no matter the time of day, reservists can log on to the vPC-GR at <http://arpc.afrc.af.mil/support/default.asp>. If no account is established, they will have to answer a few questions to receive a user name and password.

Once an account is established, Airmen just click on the “Correct Duty History” link and annotate their desired changes, attach any relevant sup-

porting documentation such as enlisted performance reports, officer performance reports, special orders, general orders, etc., and click on “submit.”

Once correction requests are submitted, customers will receive an e-mail containing a tracking number. Moreover, when the actions are completed, they will receive an e-mail letting them know.

The process for updating current duty information has not changed; it still must be done through local commander’s support staff or base individual mobilization augmentee administrators.

ARPC and the Air Force Personnel Center are working simultaneously on centralizing and automating many of their processes for all Airmen and civilians in the Total Force.

Some processes that have been automated or centralized at ARPC include 20-year letter (re-issue), mortgage letter, current points request,

promotion board counseling request, and electronic promotion letter to the board president.

In the future, automated and centralized services should account for nearly every aspect of every Airman’s personnel actions, from initial enlistment to retirement and everything in between.

Between now and Sept. 1, 2007, ARPC, with assistance from Air Force Reserve Command Personnel Readiness and the Air Force Reserve Active Guard Reserve Management Office, will work to automate or centralize retirements, separations, awards and decorations, evaluations, enlisted promotions, assignments, retraining, reenlistments, duty status, classifications, adverse actions and accessions.

More information about the ARPC Personnel Service Delivery system is available by visiting <http://arpc.afrc.af.mil/psd/default.asp>. (AFRC News Service) 🏠

Drug buster:

Continued from front page

one percent. Not only did she create a perfect record for the 433rd Airlift Wing Demand Reduction program, she and her co-worker, Tech. Sgt. Leasel Jones, have kept the rate at zero for two consecutive years and are aiming for a third.

Along with her fight to reduce the demand for drugs in the Airmen of the 433rd AW, she volunteers her time at local schools to talk about drug awareness.

Sergeant Garcia hopes the kids she meets take one message with them. “If someone comes to you and asks if you want to try this – say NO – say no to drugs.”

No one really fights as hard as those whose heart is engaged in the battle.

For her it is also a personal battle. Sergeant Garcia is currently a single mom of a teen. She believes informa-

tion and awareness are important for her son. Both are weapons that arm and prepare him to repel temptations and peer pressure.

“I remember when I was a kid I was offered drugs,” said Sergeant Garcia. “My son is 14 – he might experience something like that so I try to bring that to the front any time I can.”

Sergeant Garcia said the reason she really loves the program is the hope that what she does might stop someone from taking a step towards drug use.

The recognition first was at the command level and then Sergeant Garcia competed at a national level. The national prize includes a trip to Washington D.C. for the award ceremony and a \$2,500 cash prize. She had no idea there was a cash award.

“I thought it was just an award or

a plaque,” she said. “I’ll buy a monument headstone for my mother and the rest use for outings and dinners with my son and fiancé.”

There are about 800 tests to administer this fiscal year. With the year already more than half over, the record of zero non-testable samples still holds.

For Sergeant Garcia, the battle is clear: Keep training, keep testing and keep winning the war on drugs, one battlefield at a time. 🏠



Photo by Tech. Sgt. Colleen McGee
Tech. Sgt. Anita Garcia, carefully applies the labels to samples. Even one mistake will mean the sample won’t be tested by the lab.

Statistics show reserve fitness rate falling

By Lt. Col. Tim Bennett

AFRC health promotion director

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.

Two years later 68 percent of reservists tested. This time 7 percent finished with a marginal score and 12 percent 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 old 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 this approach to fitness testing wasn't good enough anymore. They needed a comprehensive education and intervention program to help reservists improve 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 Tharp, a behavior modification and clinical psychology expert from the 433rd MDS at Lackland AFB, Texas.

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

Totally Web-based, the new Healthy Living Program for Reservists will be 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 frequency, intensity, length and type of exercises needed to develop strength, endurance and flexibility. It also covers how to avoid injury and provides warning signs to look out for.

The nutrition module discusses the basics of a healthy diet and 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 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, "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 much more than passing a fitness test each year. It's about embracing a culture of fitness that enhances 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! (Air Force Reserve Command News Service) 

Benefits and barriers

The psychology of starting and sticking to a successful fitness plan

By Tech. Sgt. Collen McGee

Wing Public Affairs

Calling fitness necessary to a healthy lifestyle is a blinding flash of the obvious. What's not obvious is how to defeat psychological barriers keeping us from getting started and staying motivated on the road to a fit lifestyle.

Capt. (Dr.) David Tharp, a licensed clinical psychologist with the 433rd Medical Squadron, addresses this issue with some answers about psychological barriers and how to remove them.

Question: Why is it easier for people to ignore the issue of fitness?

Answer: Ignoring and avoiding issues are great defense mechanisms. Fitness is no different. We simply avoid the issue of exercise by keeping ourselves busy with work, family, school, etc...

Pain, often attributed to exercise, is another excuse to avoid fitness. Soreness is reduced through a good warm-up and cool-down. Instead of finding reasons to avoid fitness, we need to do the opposite and find at least one reason to start.

A second reason is a concept called Path of Least Resistance. If you have a choice between a hard and an easy task, most take the easy one. Fitness is the harder choice.

Third - Short vs. Long term thinking. Short-term thinking is characterized by instant gratification. Long term takes into account the impact both now and in the future. Fitness is a lifelong process.

Q: What is the reason so many people can't get started and stay motivated?

A: When growing up, some parents reinforced a good fitness model whereas others didn't. If you were naturally talented at sports, and encouraged to play, you likely grew up

active. If you were discouraged or not good at sports, your internal motivation may have been squelched. Some children simply enjoy indoor activities. Although positive, they don't include much physical activity. These past influences, along with work and family needs, make it difficult.

Q: Even when people do start a fitness program, it's a challenge to maintain. Why?

A: Habituation. Research seems to indicate it takes about 28 days to get into a habit. As a person tries to change their habit from not exercising to exercising, competing demands, or barriers, (family, work, the thought of muscle pain, etc...) don't just go away.

Q: Name some ways people can use to get over the beginning process?

A: Discover what motivates you. Initial inertia is hard to overcome. But, once an object is in motion, it usually stays in motion.

The real tactic is to find something that jump starts the process for you. You might ask yourself the following, "If there was one thing that would get me to exercise it would be (a trip to Hawaii, an upcoming fitness test, etc...)" Take some time and think until you get an honest answer. Many thoughts come to mind but the real question is whether they will motivate you. If so, act on it!

Q: Give examples of ways to provide accountability for a new fitness commitment.

A: Commitment, especially in the Air Force, is bi-directional. It comes from both the Air Force and from you. The Air Force provides accountability through reinforcement and consequence (fitness testing and administrative action).

The Fit to Fight program is a positive step in addressing physical, psychological and nutritional issues. Flight surgeons, dieticians, psycholo-

gists and exercise physiologists can help a person increase their fitness for duty and for life. A fit Airman is better prepared.

Q: Is a fitness partner a good thing?

A: This gets into internal vs. external motivation. If you are the kind who has difficulty making yourself exercise, experienced poor role modeling as a child, and not in the habit of exercise or have negative self-thoughts about exercise, your internal motivation is probably very low. Sometimes, utilizing external motivation such as a personal trainer, fitness partner, AF requirements, health concerns, etc., can help overcome low internal motivation. Accountability from a motivated fitness partner can be just the thing. Sporting events or competitions are good external motivators.

The Wingman concept is a perfect fit for making a commitment and creating accountability.


Q: How can we benefit from replacing negative self-talk associated with a new fitness plan with positive messages? Why does this work?

A: Professional athletes are known for shifting negative thoughts into positive self-talk.

When you come up against a challenge, how do you see yourself in the midst of it? Some people resolve themselves to the situation and believe they are helpless. Others take a proactive view, looking at it as a challenge they must overcome.

The lens through which you view obstacles and your thought processes impacts performance.

The real problem with negative self-talk is it's a self-fulfilling prophecy.

If you truly believe you can't, you end up sabotaging the process and literally prove to yourself you can't. The opposite can be just as true and is the reason many professional athletes visualize success. 

Note Worthy Decorations



Meritorious Service Medal

Major

Robert Kirby, 68th AS
Gerry Signorelli, 68th AS
Ernest Vasquez, AMDS
Michael Vick, 68th AS
Robert Ward, 68th AS
Mark Zanella, 26th APS

Captain

Crystal Swinford, OSS

Senior Master Sergeant

Darren Hyson, AMDS
Stephen Knight, AW
Jennifer Lloyd, MOS
Barbara Roberson, ALCF

Master Sergeant

Joseph Bialowas, AMXS
Patrick Johnson, 74 APS
Richard Morganl MXG
Orlando Munoz, MOS
James Norris, MOS
Guillermo Ramos, AMXS
Ruben Salinas, MOS

Technical Sergeant

Richard Alexander, TRS
David Barbin, MOS
Marion Meyer, TRS



Air Force Commendation Medal

Lieutenant Colonel

Thomas Barry, AES
Luis Camacho-Vega, AES
Christine Hassen, AES
Fern Malloy, AES

Major

Oralia Barrientez, AES
Betsye Manser, ASTS
Michael Rice, AES
Adam Rodriguez, AES
Marco Sanchez, AES
Raul Solis, AES

Captain

Felix Alicea, AES
Towne Besel, AES
Ronald Dereglia, AES
Edward Greer, AES
Thomas Gutierrez, AES
Kathleen Kent, AES
Jeffrey Mellenthin, AES
Frances Robertson, AES

Chief Master Sergeant

James Powell, AES
John Shroyer, AES

Senior Master Sergeant

Edward Owens, AW
Federico Montalvo, AMDS

Walter Martinez, AES
Ruben Reyes, AES

Master Sergeant

John Clauss, AES
John Esparza, AES
Manuel Garcia, AES
Michele Granado, AMDS
Raul Gutierrez, AES
Jeffrey Johnson, AMXS
Bradley Laschanzky, AMXS
Cynthia Law, AMDS
Leaane Lecroix, AW
Gerardo Martinez, AES
Kevin Miles, AES
Xavier Mireles, AMXS
Raymond Najera, AES
Robert Rodriguez, AES
Gary Shafer, AES
Christopher Spence, AES
Hector Suarez, AMXS
Alfonso Toledo, AES
Michele Zapata, MOS

Technical Sergeant

Alan Brinkerhoff, AMXS
Ernest Banks, AMDS
Leroy Beck, AMXS
Richard Bennett, AES
Michael Bolin, AES
Stanley Bowley, LRS
Matthew Buckley, AMXS
Linda Castanon, MOS
Raffaele Dickerson, AW
Carlos Estrada, AES
Anita Garcia, AMDS
Laban Gomez, AES
Timothy Gomez, AES
Jerry Gonzales, AES
Lisa Hassell, AES
Ernest Herrera, AMXS
Leasel Jones, AMDS
Teresa Martin, AES
Thomas Norton, AES
David Pizana, AW
Fred Powers, MSS
Stefen Ramos, CF
Paul Roberts, AES
Robert Rodriguez, MOS
Susan Rubin, LRS
Kathleen Sullivan, CF
Kimberly Temple, AW
Maria Turnier, AMDS
Artis Walker, CF
Commie Whigham, AES
Daniel Yeomans, LRS

Staff Sergeant

Mario Alanis, AES
Timothy Aylesworth, AES
Melissa Gamez, AES

Daniel Garcia, AES
Heather Gleason, AES
April Johnsonwalker, AES
Kimberly Martin, AMDS
John Martinez, AES
Gerard Ontiveros, AMXS
Samantha Ottele, AW
Jeffery Parks, AES
Sara Pickens, AES
Troy Remmers, AES
Mary Rozsypal, AES
Travis Southard, AES
Mindy Stifflemire, AES

Senior Airman

Irene Aguillon, AES
Van Bell, AES



Air Force Achievement Medal

Lieutenant Colonel

Michael Ratcliff, 68th AS
Howard Seid, 68th AS

Major

Dane Horstmann, 68th AS
James Miller, OSS
Robert Ward, 68th AS

Captain

Louis Goldsmith, AES
Bruce Hill, AW
Jan Martin, 68th AS
Christopher Melton, 68th AS
Andrew Van De Walle, 68th AS

First Lieutenant

Douglas Schoenenberger, 68th AS

Senior Master Sergeant

Lisa Steffes, AMDS

Master Sergeant

Alberto Campos, 68th AS
Robert Kusterer, 68th AS
Louis Mcfadden, OSS
Milton Temple, OSS

Technical Sergeant

Josefina Gonzalez, MSS
Sherry Harmon, 68th AS
Bryan Hendricks, AES
Javier Montoya, ASTS
Mark Sherwood, 68th AS
Carey Sibley, AMXS
Thomas Sorken, 68th AS
Belinda Webb, AW

Staff Sergeant

Russell Dalziel, MSS
Robert Huizar, AW
Gabriel Maciaz, AW
Robert Mehne, AW
Christopher Paschall, SFS

David Spears, 68th AS

Senior Airman

Alan Akana, 68th AS
Mark Crail, CF
Amy Donaldson, 68th AS
Marisa Flores, 74th APS
Kyle Johnson, 26th APS
Robert Martinez, 68th AS
Jonathan Simmons, 68th AS

Airman First Class

Mykhol Gonzalez, 68th AS

Reenlistments

Senior Master Sgt.

Mario Pelayo, SFS
Raul Realme, MXS

Master Sgt.

Elvira Arriaga, MDG
Bobby Casas, AMXS
Rosalinda Collins, LRS
Martin DeLeon, LRS
Ray Lopez, CES
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Patrick Trevino, MXG
Casey Wieland, 556th RHS

Tech. Sgt.

Jose Castilleja, MXS
James Cruz, AMXS
Timothy Dziak, LRS
Thomas Garcia, MOS
Rodolfo Gracia, MXS
Royal Maxey, TRS
Marina Swantek, 26th APS
Kimberly Temple, AW
Samantha West, MSS

Staff Sgt.

Troy Harvey, 26th APS
Juan Martinez, CES
Edward Wells, MXS

Senior Airman

Gregory Adcock, LRS
John Alverenga, CES
Karl Smith, AW
Karne Sather, MDS
Marco Lozano, 26th APS
Ryan Devoll, 26th APS

Ready or not:

When it comes to mobility this wing is counting on you

By Senior Airman Jonathan Simmons
Wing Public Affairs

Readiness. The term is frequently used in military life. It summarizes the state a fully deployable human asset takes. It is also a personal responsibility for every reservist here at home or at a base in the heart of Al-Qaeda territory.

“Readiness means being prepared to perform your war-time job at home and deployed,” said Brig. Gen. John Fobian, 433rd Airlift Wing commander.

So far, about 100 Alamo Wing Airmen have volunteered to fill Air Expeditionary Force taskings for AEF one and two.

“Each individual has to be prepared mentally and physically to do his or her part,” said the general.

This preparation includes annual required training, physical fitness, medical readiness, family preparedness and employer notification.

Under normal circumstances, the wing’s AEF requirements are filled by volunteers. Even volunteers suffer from readiness issues that prevent them from deploying.

Airmen need to review deployment requirements and their deployment records to make sure they are com-

pletely qualified before becoming a volunteer.

“When you raise your hand and volunteer, you should remember that it is a commitment and that we’re counting on you,” said General Fobian.

Most deployment disqualifications are for medical reasons. The two most common categories of medical disqualifications are pre-existing conditions not previously reported and newly developed medical issues.

It is a fact of life that injuries and illnesses happen on and off duty. The best way to ensure medical records are up to date is to accurately report your health history on the annual Reserve Component Physical Health Assessment.

“Answer the RCPHA questionnaire accurately, be careful and conscientious and immediately notify your unit health monitor for an appointment in the case of any health changes,” said Senior Master Sgt. Maria Reyes, 433rd Medical Group superintendent.

Many Reservists are afraid to disclose medical conditions for fear of being disqualified from continued service or deployment. There are medical issues that will disqualify an Airman from deployment or further service. But those are typically conditions that

could become life threatening when in a high stress, heavy operations tempo or in austere locations. Other health conditions are not so severe and upon review, may not effect the ability to continue to serve.


“Even though members are hesitant to provide complete medical histories, some conditions can be waived,” said Sergeant Reyes. “Our job is retention and we will make sure that if there are waivers, we apply for them.”

Sergeant Reyes also stressed that the health of the Airman comes first. If deploying would place that person in jeopardy, then they shouldn’t deploy.

“Also an effective health assessment tool is the DD Form 2795,” said Master Sgt. Ernest Lopez, wing medical deployment technician. “Airmen can use this form anytime to identify possible medical concerns.”

Not providing accurate medical updates places team mates in a difficult position.

Many deployments have plenty of time for planning but the time between notification and actual departure can be as short as seventy-two hours.

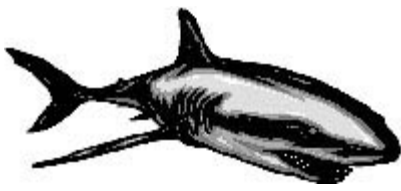
“This is how relatively short the turn-around can be and we must always be ready to go,” said General Fobian. 

Remember the Alamo Wing

Memorial day, observed on the last Monday of May, began on May 30, 1868, to commemorate the sacrifices of Civil War soldiers. Today the day is used to remember all those who have died in military actions.

“There is no greater joy nor greater reward than to make a fundamental difference in someone’s life.”

———*Sister Mary Rose McGeady*



News Bites...

PERSONNEL ACTIONS AVAILABLE ONLINE

The Air Force is bringing more military personnel flight actions online. The process, called personnel services delivery transformation, took effect March 31, and encompasses more options than the Virtual MPF site already online.

The transformation is a four-phase program beginning with the active-duty force and is broken into seven segments called spirals. Spiral 1, which went into effect at the end of March. This spiral moved several personnel transactions, Airmen usually visit the MPF for, to the Web and contact center at the Air Force Personnel Center.

Among the initial actions transferred online, are forms for evaluation, appeals, retirements, retraining and duty history corrections. To access the new online MPF actions, Airmen need to log into the Air Force Portal, and from there go to Virtual MPF.

FAMILY MATTERS UPDATED AF CROSSROADS WEB SITE

The Air Force office of family matters has updated its Air Force Crossroads Web site for Airmen and families to gather facts about installations, military moves, education and more.

The new Web site was built to address the ever-changing needs of the military family, including helping former Airmen find employment. Employ-

ers looking to specifically employ former Airmen have recently been contacting the Crossroads Web site. Those recruitment announcements are also included in the job banks on the new Web site.

The new site should make its official debut April 1. A link to the new format is available on www.afcrossroads.com.

AIRMAN BATTLE UNIFORM, READY FOR PRODUCTION

The new Airman Battle Uniform is ready for production and will be available in fiscal 2007. The uniform design is a pixelated tiger stripe with four soft earth tones consisting of tan, grey, green and blue. The ABU will have a permanent crease and will be offered in 50-50 nylon-cotton blend permanent press fabric eliminating the need for winter and summer weight uniforms.

The current projected mandatory wear date is fiscal 2011.

AF COMMITTED TO ENERGY-EFFICIENT STRATEGIES

For the last six months, the Air Force has been working on a strategy to make energy as a consideration in nearly all of its activities, from operations to acquisition.

The AF is increasing efforts to reduce energy demand by using good building design, advanced planning tools for operations, more efficient jet engines and better conserva-

tion practices.

Alternative sources of energy are also being investigated, from potential conversion of natural gas or coal to jet fuel, to increased use of renewable energy.

Every Airman can have an effect on the energy we use. From turning off the lights when leaving a room to carpooling to work, every contribution has an impact.

UNIFORM GUIDANCE UPDATE

This is a clarification to the section on women's hair. The section states, "Women's hair pins and bands will match hair color. Long hair will be secured with no loose ends."

The intent, according to the latest Uniform Review Board, is for long hair to be styled in a manner that prevents loose ends from extending upward on the head. For example, when using a claw clip or hairpins, hair will not present the appearance of a "rooster tail", when hair is in a bun, all loose ends must be pulled completely through the elastic band and may hang naturally downward, not extending below the bottom of the collar. Bangs, if worn, will not touch the eyebrows. With all hairstyles a neat and professional image is essential.

COMMON ACCESS CARD PIN NUMBER REPLACEMENT

If you have forgotten the pin number you chose when first issued your common access identification card,

there is a way to get a new PIN assigned.

The 433rd Network Communication Center in BLDG. 817 can re-PIN your CAC card.

To get your card re-PINed, go to the NCC Monday-Friday from 6:30 a.m. to 9:00 a.m. and from 3 p.m. to 4 p.m.

RePINing is also available on both the A and the B Unit Training Assemblies from 8 a.m. to 10 a.m.

ALAMO WING NOW AVAILABLE ONLINE

The Alamo Wing, the official publication of the 433rd Airlift Wing, is now available online.

The wing went live with a new public web page early in April at <http://www.433aw.afrc.af.mil/>.

Resources available through the new web site include, Lackland web mail access, Family Support, answers to frequently asked questions, news and photographs of the wing in action and links to other Air Force web pages.

Each squadron has space for information about their mission and accomplishments.

Some units have already provided information to the public affairs office and it will be posted soon.

To get your unit information loaded, e-mail it to 433AW.PA@lackland.af.mil.

PA is always accepting photos of 433rd folks at work around the world.

Who's Who in the... Alamo Wing



Photo by Senior Airman Jonathan Simmons

Senior Airman Winston Jones, a 433rd Aeromedical Evacuation Squadron medical technician, receives instructions to stabilize a patient on board a field ambulance during a mass casualty exercise here. Training like this is one of the main reasons those injured in combat have a 96 percent survival rate.



Photo by Senior Airman Jonathan Simmons

Senior Airman Michael Edwards scoops up bacon strips for a recent bivouac breakfast. Air Force Reserve Command's 433rd Services Flight and Civil Engineering Squadron spent a weekend Unit Training Assembly living, working and training in field conditions. Training included self-aid and buddy care; nuclear, biological and chemical defense and unexploded ordnance recognition.



Photo by Senior Airman Jonathan Simmons

Tech. Sgt. John Jackson, from the 433rd Civil Engineering Squadron sticks to training in a self aid and buddy care class during a recent bivouac. 433rd CES Airmen participate in bivouac training each year to maintain proficiency and deployment readiness.



Photo by Senior Airman Jonathan Simmons

Master Sgt. Dennis Fryar, 433rd Maintenance Operations Squadron, explains basic jet engine mechanics to a tour group of grade school children from the Miller Academy.

How to sneak up on a general - 433rd style

What happens when you step out for lunch, on your first day as a General? Your staff pulls a fast one and holds an impromptu salute of congratulations.

Although Brigadier General John Fobian's pin-on ceremony wasn't scheduled until three weeks after the date of his promotion, his staff wanted to do something that day to mark the occasion. After all, not every day does your boss get promoted to general.

General Fobian knew his staff was up to something. He just couldn't quite put his finger on what.

He said he was a little suspicious because usually ten people don't ask

him when he is leaving for lunch or how long he plans to be gone on the same day, in a span of under an hour.

Finally, the General did leave the office. When he pulled into the parking lot, there was a mixed formation of civilian and uniformed representatives from many of the 433rd Airlift Wing units ready to welcome him with a flourish that included his own one-star flag presented by a military training instructor from the 433rd Training Squadron.

General Fobian did have an official pin-on ceremony on April 22. Maj. Gen. Robert Duignan, 4th Air Force Commander, officiated.



Photo by Tech. Sgt. Collen McGee

Above: General John Fobian, 433rd Airlift Wing commander, took time to shake hands with those present to congratulate him on his first day as a general.

Left: General Fobian was greeted by a mixed formation of civilians and uniformed members of the wing as he returned from lunch on March 30. A surprise, unofficial, congratulation formation was waiting for him.



Photo by Tech. Sgt. Collen McGee

UTA SCHEDULE

May

A UTA May 6-7

B UTA May 20-21

June

A UTA June 3-4

B UTA June 24-25

July

A UTA 8-9

B UTA 22-23

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