

# ALAMO WING

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U.S. Air Force Reserve Command

433<sup>rd</sup> Airlift Wing, Lackland Air Force Base, Texas

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## Defensor Fortis: Defenders of the force

By Capt. Bruce Hill Jr.

*Wing Public Affairs*

**W**hat did you dream about being when you grew up? A fireman, a nurse, a pilot, a policeman?

Members of the 433<sup>rd</sup> Security Forces Squadron work and train as if they're living their childhood dream, and it shows.

Forty members of the 433<sup>rd</sup> Security Forces Squadron returned from a challenging refresher training course called Patriot Defender, along with nearly 100 others from various wings throughout AFRC.

The 433<sup>rd</sup>, along with the other units, participated in the two-week course at Camp Swift near Bastrop, Texas to maintain readiness in defending precious airfields.

"Upon arrival, we attended classroom instruction the first four to five days and then practiced in the field," said Tech. Sgt. Stacey Kruse, 433<sup>rd</sup> Security Forces Squadron Alpha Squad Bravo Fire Team Leader. The group studied up on land navigation, convoys, patrols, how to handle and contain enemy prisoners of war, urban warfare tactics, rifle fighting, and received qualification training to operate five-ton trucks and two types of humvees.

Patriot Defender, the same as ExpeRT, Expeditionary Readiness Training, in which they participated at



Photo by Tech. Sgt. Stacey Kruse, 433<sup>rd</sup> Security Forces Squadron

Staff Sgt. David Martinez, 433<sup>rd</sup> Security Forces Squadron, is carrying the M-4 Weapon System with an M-203 Grenade Launcher attached. He's sighting in on an enemy position while on a combat patrol during the recent Patriot Defender exercise at Camp Swift, near Bastrop, Texas.

Indian Springs, Nevada almost three years ago, teaches Air Force security forces members how to operate under harsh conditions and defend air bases from hostile attacks. The training is part of a certification that security forces airmen must renew every three years and requires either getting acquainted or reacquainted with various types of equipment.

"We did weapons training with the M240B, a heavy gunner that replaced

the M-60, and we're using the M-4, which will eventually replace the M-16," said Senior Airman Jerry Marzan, 433<sup>rd</sup> Security Forces Squadron Fire Team Member. "The M-4 is far superior to the M-16," said Airman Marzan. His reasons are that it's smaller, more universal and easier to clear buildings with, which is important when doing maneuvers in the urban warfare environment.

(See ... **Force Defenders**, 9)

## Alamo Wing

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# New job: new set of glasses

Col. Howard Seid

*Vice Wing Commander*

**O**n April 1 I started a new job for the 433<sup>rd</sup> Airlift Wing. I left the 68<sup>th</sup> Airlift Squadron and became the new vice wing commander. I thought replacing Col. Pete Doby would be no big deal. I'd just move my stuff from one office to another and change my call sign from U-haul 92 to U-haul 02-no biggie. Boy was I wrong!

I've been in operations my entire 21-year career, just like most reserve flyers. I have done nothing but fly airplanes and worry about where we would be eating lunch. There is much to know about the operations world, but after so long it is second nature. Even as the 68<sup>th</sup> AS Commander, my worries were still operations oriented. I would have a personnel issue thrown in now and then but still no big problems. Boy has that changed!

My first month as the new CV was filled with Mr. Tom Helm telling me "you have a staff to do that sir". I was used to running everything down myself and not bothering someone else to do my work. Then I would put the plan into action. Again, an operations view.

The next two months were filled with me trying to figure out the difference between AES and ASTS, what exactly does AMXS do vs. MXS, or who is AMDS vs. MDS. The job as vice wing commander is being the chief of staff for the general. My job is to coordinate

his staff so we, in conjunction with the group commanders, are all operating on the same page. Coordinating 3,500 Airmen and several different missions can be overwhelming unless you have lots of good help, and that is what we have. We have some of the best group commanders, squadron commanders and personnel I have ever worked with. Because of that, we lead the way in flying hours for over five years and can launch airplanes and medical personnel into hurricane devastated cities on a moment's notice.

In the last year we've done some amazing things and saved thousands of lives. We were the lead wing in Hurricanes Katrina and Rita, launched several aircraft in relief missions for the Tsunami and the Pakistan Earthquake accomplishing humanitarian feats unequalled by other flying wings. Oh yeah, and we are still flying about four missions a week for the war effort.

The bottom line is I am proud and humbled to be your new vice commander. There is no place like the Alamo Wing. My learning curve is exponential at this point and not slowing. If you are other than Ops and come to me with a question, bear with me. I will find the answer and work out the problem, I promise.

The look on my face isn't one of confusion, it's just me trying to adjust my new glasses. 🏠

To see more of what is happening throughout the wing, the Air Force Reserve or the Air Force, log onto the new 433<sup>rd</sup> Airlift Wing public web page at:  
<http://www.433aw.afrc.af.mil/index.asp>

## Wing lingo defined

The vice commander may not be the only one unfamiliar with unit acronyms under the Alamo Wings. The following list should help demystify some wing lingo.

AW- Airlift Wing  
MXG- Maintenance Group  
AMXS- Aircraft Maintenance Squadron  
MOS- Maintenance Operations Squadron  
MXS- Maintenance Squadron  
MDG- Medical Group  
ASTS- Aeromedical Staging Squadron  
MDS- Medical Squadron  
AMDS- Aerospace Medicine Squadron  
OG- Operation Group  
68<sup>th</sup> AS- 68<sup>th</sup> Airlift Squadron  
AES- Aeromedical Evacuation Squadron  
ALCF- Airlift Control Flight  
OSS- Operation Support Squadron  
MSG- Mission Support Group  
26<sup>th</sup> APS- 26<sup>th</sup> Aerial Port Squadron  
74<sup>th</sup> APS- 74<sup>th</sup> Aerial Port Squadron  
CES- Civil Engineering Squadron  
CF- Communications Flight  
LRS- Logistics Readiness Squadron  
MSS- Mission Support Squadron  
SFS- Security Forces Squadron  
SVF- Services Flight  
TRS- Training Squadron  
RS - Recruiting Squadron  
556<sup>th</sup> RHS- 556<sup>th</sup> REDHORSE Squadron  
710<sup>th</sup> IF- 710<sup>th</sup> Intelligence Flight

# Letter to Airman: be communicators

**Honorable Michael W. Wynne**  
*Secretary of the Air Force*

Because of our Airmen, the United States Air Force is the best air and space force in the world and we're gaining leadership in cyberspace. Yet many citizens do not fully realize what you do and the sacrifices you make every day. Because you do your job so well, most Americans simply don't think about the Air Force's contribution to the Global War on Terror - to include the efforts of those of you serving on the ground in Iraq and Afghanistan.

To get this message out, we've embarked on an enhanced Strategic Communication program. Our Strategic Communication efforts will build better relationships with key audiences and the support that is critical to operational success, force modernization, and the development of our most precious resource: Airmen.

Our major enhancement is you. The success of this effort will rely on making every Airman an ambassador for our Air Force, at home and abroad. Your stories resonate the most with local newspapers, schools, and rotary

clubs. The American public looks up to you as a model of integrity, and by sharing your experiences you are the best spokesmen for our Air Force.

This responsibility means that Airmen must understand air, space and cyberspace power and how the Air Force contributes to the Nation's defense. To assist you, we will soon distribute "The Air Force Story," which will provide you with information to discuss with family, friends, and the public.


Those Airmen who have deployed should have an "Airman's Card," available from your commander or Public Affairs office. This card will help guide your communication efforts. It reminds you that when telling your story, "You represent the Air Force, its values, and its image. Be honest, candid, and stay within your area of expertise."

The new Air Force advertising campaign, "Do Something Amazing," harnesses the power of your individual story. These television and Internet videos feature our outstanding Airmen describing the contributions they make every day to our nation's defense. One

person's story carries the hopes and dreams of a new generation of Airmen and confirms the public's belief that we serve on their behalf.

I encourage you to show your pride and share both your personal story and the Air Force story with others. Your active involvement in this communications strategy will help the public better understand their Air Force and the contribution we make to the Nation's security every day.

You are the finest Airmen the world has ever seen. Be proud of yourself, your Air Force, and your heritage.

Our Air Force is counting on you to communicate your story like no one else can. 

## Chaplain's Corner

Chaplain Lyle Von Seggern  
Alamo Wing Chaplain  
A Distant Place

In honor of all who deployed, are deploying and will deploy.

*So do not fear; O Jacob my servant; do not be dismayed, O Israel, declares the Lord. I will surely save you out of a distant place, your descendants from the land of exile.*

Jeremiah 30:10

**T**hey say good-bye and tears are shed. They carry all their bags to the car and take a last look at home. Their journey begins and the daily sacrifice for God, family, and Nation now becomes more painful.

They are our Nation's best! They are

civilians and military who, on behalf of liberty and justice for all, go to a distant place. We could never honor them enough, never thank them enough. Their blood and pain are a testimony to the world about the goodness of the United States of America.

Please pray, and never stop praying for our sisters and brothers who deploy and for their families!

Please pray, and never stop praying for the Lord to love them, save them and protect them as they serve.

# Activities, Air Force Issues, ways to ...

# Get Involved

Alamo Wing members are encouraged to invite their civilian bosses to the 14<sup>th</sup> Annual Bosses' Day. This is a great opportunity to strengthen your civilian employer's commitment to your reserve duty or to help them understand what you do when you are on duty with the Alamo Wing. The event includes a flight in a C-5 and some face-to-face time with the Wing Commander, Brig. Gen. John Fobian.

## 14<sup>th</sup> Annual Bosses' Day nomination form

November 18, 2006

(Please print or type information legibly)



### Reservist's Information

Reservist's Rank/Name: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Reservist's Email Address: \_\_\_\_\_

Squadron: \_\_\_\_\_ Civilian Work Phone: \_\_\_\_\_

### Employer's Information

Employer's Name: \_\_\_\_\_ Bus Phone: \_\_\_\_\_

Title: \_\_\_\_\_ Company Name: \_\_\_\_\_

Complete Business Mailing Address w/Zip Code \_\_\_\_\_

\_\_\_\_\_

Employer's complete email address \_\_\_\_\_

(please "X" your choice) I will \_\_\_\_\_ I will not \_\_\_\_\_ join my boss for the picnic.

**Official rules:** Each reservist may submit ONE civilian employer or supervisor; ART supervisors are not qualified. More than one supervisor may be nominated, but selection will be decided on a case-by-case basis. Completed forms must be received by Public Affairs no later than Friday, November 3. Forms may be mailed to: 433 AW/PA, 203 Galaxy Rd, Suite 103, Lackland AFB, Texas 78236-0112. Forms are also available on-line at <http://www.433aw.afrc.af.mil/>. Due to limited seating aboard the aircraft, nominated bosses will go through a selection and approval process administered by the wing commander for the orientation flight. Those bosses selected for the flight will receive a letter of invitation from the commander informing them of their selection. Please do not promise your boss a seat aboard the aircraft.

Bosses will also receive aerial port, aeromedical evacuation, and maintenance shop tours. Reservists may join their bosses for the picnic, immediately following the flight, for approximately \$9; caterer and location is not yet determined. This cost covers the troops' meals; bosses' meals will be paid for separately. Payment is due in cash ONLY, no later than 3 November. Final details will be announced in your unit Commander's Call topics. For more information, please contact Ms. Elsa Martinez at (210) 925-1347 or Public Affairs at (210) 925-5194 or by e-mail at [433aw.pa@lackland.af.mil](mailto:433aw.pa@lackland.af.mil)

# Psych students visit, learn about flyers' jobs, lives

By Ms. Elsa Martinez

*Wing Public Affairs*

**T**welve captains, all clinical-psychology residents from Wilford Hall Medical Center, visited the 68<sup>th</sup> Airlift Squadron over the summer. The goal, to learn how aircrew members react to stress, how it affects their jobs and lives and to teach flyers how to cope without fear of a negative career impact.

Clinical psychologists help cope with situations before they escalate into large, chaotic problems.

"By visiting and learning about various Air Force careers and their stresses, we get a better handle on the stresses unique to different Air Force career fields," said Capt. Aaron Tritch.

"It's important that military members know that it's not our job to end their careers," said Capt. Josh Tomchesson, an Air Force clinical-psychology resident and former 68<sup>th</sup> AS loadmaster. "Our primary focus is helping people cope with a variety of issues to improve their quality of life, accomplish personal and professional goals and maybe even improve their personal or professional performances."

Although some seek help on their own, often chaplains are the first stop.

"Although it's the chaplains' ministry to comfort and console, we must also be aware of problems that are beyond our scope," said Lt. Col. (Chaplain) Lyle Von Seggern, an Alamo Wing chaplain. "If the situation appears to need more help than we can offer, we'll encourage the troop to seek medical or mental-health experts right away."

During the visit positive and negative stresses were identified. Some of the positives included, traveling and meeting people from other cultures which provides flyers with a challenging and stimulating work environment

and the close-knit camaraderie fostered by mission requirements.

Less positive were, frequent periods of family separation, extended duty hours, unpredictable schedule changes and multiple job titles or additional duties.

Pointers were given for staying mentally healthy by maintaining a proper diet, adequate rest and routine exercise. Admittedly, flying requires eating what is available, when it's available, crossing multiple time zones and interruptions to normal sleep cycles.

Residents identified two concerns flyers have: confidentiality and potential career impact.

"We go to great pains to protect the member's privacy as much as possible," Captain Tomchesson said. "Under normal circumstances, most difficulties never need to be shared with anyone outside the clinic."

"When a military member's judgment or reliability is impaired, or if they pose a significant risk to themselves, someone else, or the Air Force mission, then a military clinical psychologist is duty-bound to contact the member's commander," said Lt. Col. (Dr.) Jay Stone, Director of Operations for the 59<sup>th</sup> Medical Operations Squadron.

"But if the commander is contacted, we provide only absolutely necessary details," Dr. Stone said. "We try to be as up-front as possible with our patients."

If a commander is contacted, residents prefer to talk to the member first and have them present during the conversation to prevent secrecy, another stigma of mental-health assistance.

"Our confidentiality is like that of civilian psychologists," said Dr. Stone. "For mental-health treatment, we can't talk to supervisors, co-workers or family, unless the patient wants and allows us to do so."

"The difference between military and civilian providers is that we have the additional consideration of the military member's ability to do his or her job," said Dr. Stone.

But the goal of military mental health professionals is not to remove people from their jobs.

"It makes more sense to keep an Airman on the job than to end a military career," said Capt. Kent Corso. "If a service member wants and needs help, we can advocate for them and keep them working, or flying in this case."

"We really serve two masters, our patients and the Air Force," said Capt. Stephen Stouder. "As clinical psychologists, we are bound by rules of the American Psychological Association's ethical guidelines in our licensing state."

"As military officers, we are bound by the Uniform Code of Military Justice, military regulations and operating instructions. We have to balance the needs of each to do no harm to our patients and keep the mission going."

Every situation is different. Some are better served to be sidelined temporarily to get help for themselves and their families. Or, the flyer may be better served by continuing to fly.

Research by the USAF Suicide Prevention Program showed 95 to 97 percent who sought services stayed in the Air Force without adverse career impact. Those who don't generally have other administrative issues.

"It's actually more common to have someone seek mental-health services, attend several months of appointments, never inform their chain of command, and the patient never has any negative career impact of any kind," said Captain Tomchesson.

"We want to figure out what services our members need and how to get them the best care possible," said Captain Tritch.

# Vehicle maintainer sweats in the hot zone

*This is the third article in a series on deployed Airmen of the 433<sup>rd</sup> Airlift Wing*

**By Master Sgt. Colleen McGee**

*Wing Public Affairs*

**I**t's hot. Not just an in-the-sun, South Texas hot. Here it's 115 degrees in the shop and 135 outside. It's U.S. Central Command Area of Responsibility hot.

This kind of heat isn't new to Tech. Sgt. Stanley Bowley. He's been in the CENTCOM hot zone four times but this time of year is the worst.

"August is nasty," said Sergeant Bowley, deployed from the 433<sup>rd</sup> Logistics Readiness Squadron. "You just sweat a lot. It's not as dry anymore."

The humidity is building as the rainy season approaches. There really is a rainy season in some CENTCOM desert areas.

That season starts in November and doesn't quit until April. It is the kind of rain that starts hard and stays at downpour levels for hours, sometimes days. The rain turns the desert dust to wet clay-like mud that sticks to everything.

But Sergeant Bowley will miss most of that season. His deployment is in countdown mode with between 20 and 30 days left of this 120-day deployment.

Sergeant Bowley can't exactly do a countdown, but he knows departure is getting closer and hinges only on the arrival of another vehicle superintendent.

"I still don't have my replacement yet," said Sergeant Bowley. He does call himself a double digit midget though because he has less than 30 days left. "The one originally scheduled to come here was diverted somewhere else. So, I'm waiting on another one to show up."

The vehicle maintenance superintendent for the 332<sup>nd</sup> Expeditionary



**U.S. Air Force photo**

**Tech. Sgt. Stanley Bowley, vehicle maintenance superintendent for the 332<sup>nd</sup> Expeditionary Logistics Readiness Squadron is removing the knock sensor on a Wollard baggage conveyor.**

Logistics Readiness Squadron will stay long enough to train his replacement like he was trained when he arrived.

"The guy I replaced was a friend of mine from when I was on active duty," said Sergeant Bowley. "He's back at Lackland right now."

Sergeant Bowley's friend isn't the only one in the Lackland area waiting for him. His civilian employer also waits. Sergeant Bowley is a safety director at a construction company in San Antonio.

"They keep in touch and they keep e-mailing me," said Sergeant Bowley. "They want to know when I'm coming back."

The continued contact isn't limited to asking when he'll be back to work. The people at his job show support by encouraging e-mails and through practical ways that help him support his wife and two boys while deployed.

"They support me 100 percent," said Sergeant Bowley. "They are actually paying me partial paychecks and all my benefits are still good – they are really good people."

As good as his employer is, his

friends from work don't e-mail near as often as his family. Sergeant Bowley and his family maintain some kind of contact "pretty much every day" through daily free morale phone calls and e-mail. "Communication is not a problem," said Sergeant Bowley.

The one thing communication can't help him totally adjust to while deployed is the distance.

"Every time I go, I pretty much know what to do and what to expect," said Sergeant Bowley. "But, there's always that point when you miss your family so much. Even if you can talk to them, you still want to be close."

Another thing about being home in San Antonio that Sergeant Bowley misses is very basic.

"The freedom," said Sergeant Bowley. "We can't go anywhere. We just come in to work and come back to the base – basically go to work and sleep. We have the gym on base, but you can only do so much of that, and that gets old too."

There are services at his deployed location designed to fill time, benefit airmen and some bring a familiar taste

*(See ... **Deployed**, 9)*

# Guidelines set limits on political activities

ROBINS AIR FORCE BASE, Ga.

– Primary elections are under way in some states. General elections are in November.

While the same rules that apply to active-duty military members do not always affect reservists and Department of Defense civilians, it is important to know when and where these rules do apply.

According to the Air Force instruction that lays out rules on participation in political activities by Air Force members, Airmen in the active-duty Air Force and Air Force reservists on active duty for 30 days or more have the greatest number of restrictions.

“The Air Force restricts its members in their political participation in order to help promote a more politically neutral Air Force,” said Capt. Cinnamon Howard, a judge advocate at Headquarters AFRC.

For military members on extended active-duty and reservists on active duty for 30 days or more, the rules limiting participation in political activities follow two basic principles.

First, they cannot act in an official military capacity.

Second, they cannot openly or pri-

vately make speeches, write articles, or engage in electioneering or campaign activity associated with partisan politics. Partisan means a candidacy for any national or state office or a candidacy or issue associated with a political party – Republican, Democrat, Libertarian, etc.

For example, the Air Force allows its people on active duty to attend partisan political rallies in civilian clothes as a spectator only, not in uniform, as long as they do not actively participate or make speeches during the rally, even in an unofficial military capacity.

In an unofficial capacity, they may write letters to the editor of newspaper expressing personal, nonpartisan views on current political issues.

Also, they can make monetary contributions to a political organization favoring a particular candidate. They cannot give money directly to any candidate.

The rules are less restrictive for DOD civilians. While the main principle of not acting in an official capacity still applies, DOD allows its civilians more freedom to engage in partisan politics in their private lives.

If they are not members of the

Senior Executive Service and are acting solely in a private capacity, DOD civilians can manage a political campaign, endorse or oppose a candidate in a political advertisement, and speak at a political rally on behalf of a candidate. All of these actions are forbidden for people on active duty for 30 days or more.

Finally, no one can engage in any political activities “inside the fence-line” of any military installation or in any federal building.

“It’s important that military members carefully follow political activity guidelines,” Captain Howard said. “Failure to follow those rules could result in punishment under the Uniform Code of Military Justice, Article 92, Failure to Obey a Lawful Regulation.”

For more guidance, military people can go to AFI 51-902, Political Activities by Members of the U.S. Air Force. Civilian employees can refer to a May 31, 2006, memorandum signed by the deputy secretary of defense. The memorandum is about Civilian Employees’ Participation in Political Activities. It’s on the Web at [www.defenselink.mil/dodgc/defense\\_ethics/](http://www.defenselink.mil/dodgc/defense_ethics/). (AFRC News Service)

## Reserve replacement income begins Sept. 1

DENVER – Starting Sept. 1, reservists will begin receiving Reserve Income Replacement Program pay.

Congress ordered the Department of Defense to develop the RIRP to aid members of the National Guard and Reserve who get less pay because they are involuntarily put on active duty.

The program helps people who on average receive at least \$50 less a month than their civilian pay.

The difference in pay is the average monthly civilian income before a person is mobilized and the person’s total monthly military compensation

after mobilization.

To get the money, reservists must be serving involuntarily on active duty. Also, they must have served 18 consecutive months on active duty, completed 24 months of active duty during the previous 60 months, or been involuntarily mobilized for 180 days or more within six months of the previous involuntary period of active duty of more than 180 days.

The first payment starts in September for duty performed in August, the first full month following the 180-day period after enactment of Public Law

109-163, National Defense Authorization Act for 2006.

Reservists will receive the pay for every full month of involuntary active-duty service they perform from August 2006 through December 2008. Payments are capped at \$3,000 per month.

People can learn more about the program and get help verifying eligibility by calling the Air Reserve Personnel Center’s Reserve Personnel Contact Center at 800-525-0102.

(Air Force Reserve Command News Service from an ARPC news release)



# Note Worthy



## Meritorious Service Medal

### Major

Sherry Johnston, ASTS  
Kenneth Moody, AMDS  
Jeffrey Mulvihill, AW  
Jose Saenz, AW  
Diane Walcutt, MDS  
Gregg Wentworth, AMDS

### Chief Master Sergeant

Joseph Campbell, AMXS  
Fran Vonquintus, AMXS

### Senior Master Sergeant

Lorenzo Alvarez, Jr., OSS  
David Carter, AMDS  
David Brietzke, AMXS  
Judy Gabbert, MSS  
Troy Pearson, AMXS  
Anthony Statz, 68<sup>th</sup> AS

### Master Sergeant

Debra Charles, AW  
Esther Corwin-Sapaugh, AES  
Randall Hoover, AMDS

## Newcomers

### Major

Xavier Leos, AMDS

### Captain

Bernard Barren, MDS

### First Lieutenant

Rolando De Luna, ASTS

### Senior Master Sergeant

Connie Rubio, AMDS

### Master Sergeant

Velincia Rodgers, 68<sup>th</sup> AS

### Technical Sergeant

Sonya House-Jenkins, AMDS

### Staff Sergeant

Christopher Blankinship, AMDS  
Edward Chagoy, MDS  
George Palmer, LRS  
Quentin Perez, AMXS  
Franco Russo, AMXS  
Joe Salinas, SVF

### Senior Airman

Matthew D. Birdsey, AMXS  
Scott Bunch, AMXS  
Sharonda Gales, MDS  
Mark Gomez, AMXS  
Rudy Leza, AMXS

## Awards

Rosita Navarette-Flores, MSS  
Ruth Patterson, AW  
James Setter, AES  
Aida Villa, AMDS

### Technical Sergeant

Michael Cartright, LRS  
Juan Gamboa, MXS  
Arnulfo Garza, LRS  
Ruben Trujillo, LRS

## AF Commendation Medal

### Captain

Patricia Browning, ASTS

### First Lieutenant

Timothy Martin, MSS

### Master Sergeant

Miguel Brisita, AMXS  
Robert Hamilton, MDS  
John Moehring, AMXS

### Technical Sergeant

Shirena Felton, 74<sup>th</sup> APS  
Tracie Hooper, MOS  
Royal Maxey, TRS

## Reenlistments

### Senior Master Sergeant

Abel Polendo, AMXS  
Maria Reyes, MDG

### Master Sergeant

Robert Fisher, AMXS  
Paul Gamez, 556<sup>th</sup> RHS

### Technical Sergeant

Willie Garza, MXS  
Eddie Harrell, AW  
Frank Jimenez, AES  
Darryl McNabb, AMXS  
Steve Pena, AMXS  
Raymond Rodriguez, MXS  
Joseph Salomon, MOS  
Anthony Swisher, MXS  
Gilbert Vigil, MXS  
Joseph Zapata, 26<sup>th</sup> APS

### Staff Sergeant

Severo Campos Jr., AMXS  
Douglas Hayworth, MXS  
Tanya Leeheneke, ASTS  
Amira Olive, MSS

### Senior Airman

Thaddeus Ledet, OSS  
Quentin Perez, AMXS  
Christopher Padgett, MXS

### Staff Sergeant

Derrick Brown, LRS  
Jeremy Harp, AMXS

## AF Achievement Medal

### Master Sergeant

Marcos Hernandez, MXS  
Armando Hernandez, MXS  
Augustin Lopez, SFS  
Fidencio Ramon, MXS  
Osvaldo Villarreal, MXS

### Technical Sergeant

Timothy Clements, AMXS  
Rodolfo Galvan, AMXS  
Jesus Ochoa, SFS  
Domingo Prado, MXS  
Adrian Rodriguez, MXS  
Johnny Rodriguez, MXS  
Earl Rogers, Jr., AMXS  
James Setter, AES

### Staff Sergeant

Ernesto Alvarez, AMXS  
Linda Baltes-Smyth, ASTS  
Eli Lozano, MXS  
Erin Ray, AMXS

## Next Month at the Alamo Wing

Saturday of the A UTA, please join the Alamo Wing as we celebrate Family Day, our 55<sup>th</sup> Anniversary and say farewell to the 433<sup>rd</sup> Airlift Wing Command Chief, Carlos Massiate.

Events include; 10:30 a.m. picnic and games at Stillman Park. Displays at the park and in the Fuel Cell will include various work centers and a C-5 will be open for tours. Busses will go between locations during the day.

At 2:00 p.m. in the Fuel Cell hangar, a dance will kick off the wing's 55<sup>th</sup> birthday celebration.

Bring the family and enjoy the day!



# Force Defenders: ... continued from page 1

At Patriot Defender, students prepare for deployed operations and train in patrolling operations, as well as, convoying to help identify anything suspicious along roads, like Improvised Explosive Devices, also known as IED's, which are a common threat in Iraq and Afghanistan.

Students experience more real-world-type training at Patriot Defender as opposed to the classroom focus of initial technical school.

"Convoy training simulates your being in Iraq just as the streets are actually laid out," said Staff Sgt. Oliver George, 433<sup>rd</sup> Security Forces Squadron Fire Team member.

The instructors are assigned to the 610<sup>th</sup> Security Forces Squadron at Naval Air Station Joint Reserve Base Fort Worth, Texas.

"The instruction was great," said Airman Marzano. "The instructors were very knowledgeable and brought experience from actual overseas deployments, primarily desert operations. Patrolling, my favorite part of the training, brought us out in the field where I like to be - outdoors."

"When patrolling, you're preparing to be ambushed as well as conducting some ambushes," said Airman Mar-



Photo courtesy of Tech. Sgt. Stacey Kruse, 433<sup>rd</sup> SFS

433<sup>rd</sup> Security Forces team members participated in Urban patrols as part of their Patriot Warrior Defender. The goal is to clear the area of enemy fighters or insurgents. zano. "It was exciting."

"Everyone was put through a challenge," said Senior Master Sergeant Mario A. Pelayo, 433<sup>rd</sup> Security Forces Squadron SFO and 20-year veteran with the Reserve.

"Training lasted up to 16 hours each day and was very rigorous," he said. "The last three days constituted de-

fending against aggressors. Throughout training, we had no penetrations and successfully protected the base."

Three years from now, this training will be required again, unless they are deployed. Last time they were deployed was about two years ago, after they received the same type of training, said Sergeant Kruse. 🏠

# Deployed: ... continued from page 6

from home into the CENTCOM AOR.

"(The dining facility is ...) Not so bad," said Sergeant Bowley. "We get steak and lobster on Friday and decent breakfasts. We can buy Pizza Hut and subway but we're all burned out on that as well."

There is one taste the San Antonio resident said can't be duplicated and he really misses.

"Mexican food," said Sergeant Bowley. "I love those ... tacos, enchiladas ..."

Missing familiar freedoms, food and family might make some not want

to serve during high operations tempos. Like many Reservists, Sergeant Bowley said there's a reward that makes difficulty worth while.

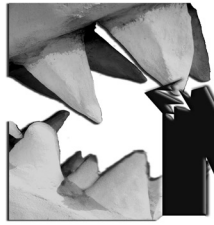
"It did make us feel good knowing that we are doing something - making a difference," said Sergeant Bowley, who finds it hard to vocalize the reasons he continues to serve even after repeated deployments.

"I don't know," said Sergeant Bowley. "I guess I just enjoy being part of it. Being from a military family I grew up in that environment. I just enjoy doing it."

He also says he'll bring back an important personal souvenir.

"I'll be more patient (when) dealing with people," said Sergeant Bowley. Sergeant Bowley said his people skills definitely were expanded due to the variety of people he met from all over the country and the world.

Before the end of September, Sergeant Bowley will leave the hot weather and get a chance to eat some spicy hot Mexican food, get back to work, see his family and practice patience in the South Texas, not quite as hot, zone. 🏠



# News Bites...

## **ID CARDS AVAILABLE SATURDAYS**

Due to the increase in demand for new military ID cards, the 37<sup>th</sup> MPF Customer Service Section will be open on Saturdays from 8:00 a.m. to noon.

Customer Service will also continue with their new operating hours of 7:00 a.m. to 5:00 p.m., Monday thru Friday.

Please contact a representative at 671-6006 for more information.

## **FAMILY DAY LODGING**

August and September Unit Lodging Rosters will have an attached memo informing members of rooms available at Howard Johnson and La Quinta Lackland.

The rooms will be available on a first come first serve basis. Between both hotels, there will be about 205 available rooms.

Members must pay for their lodging. Those who desire family lodging at the Howard Johnson will pay \$52.00 per day or \$55.00 per day at the La Quinta Lackland.

To use the family lodging during UTA, members must call the 433<sup>rd</sup> Services Flight office to make their reservations.

Services will track the rooms as members call. Services phone number is 210-925-4980. If there is no answer, leave a message. Messages are checked daily.

## **PAY RAISE UPDATE**

The Senate Appropriations Committee approved the Transportation-Treasury spending bill for fiscal 2007 containing a 2.7 percent average GS pay raise in January, mirroring the House-passed version of the bill. However, the last word on the pay raise likely

won't come until the fall, when appropriations bills are expected to reach their final voting. The 2.7 percent figure was set after the House passed a Department of Defense authorization bill containing 2.7 percent for the military.

## **UNIFORM CHANGES**

Following the Air Force Chief of Staff's vision of "lasting heritage - limitless horizons," the Air Force Uniform Board (AFUB) made minor changes to the enlisted uniform.

These changes include returning to the US insignia with circle for the service dress uniform and the deletion of the optional shoulder board rank for the blue uniform, making the sleeve chevrons mandatory.

The implementation date for the circled insignia is Jan 1, 2007; mandatory

wear of chevrons on the sleeves is Oct 1, 2006.

## **FREE CAR CARE**

This program provides a free vehicle safety check and an oil/filter change once per deployment of 30 days or more on the primary vehicle of a deployed member during the member's deployment and is funded by the Air Force Aid Society.

Program requirements include:

- ◆ Member must be deployed 30 days or more.
- ◆ Performed on the primary family vehicle only
- ◆ Sign-up requirements
- ◆ Current military ID card.
- ◆ Copy of the member's orders.
- ◆ A completed voucher with assigned number.

Contact the 433<sup>rd</sup> Family Support Office at 925-6658 or 925-3650 for more information.

## **Remember the Alamo Wing**

*The Alamo Wing celebrates its 55<sup>th</sup> anniversary this month. The unit was first activated in September of 1951 as the 907<sup>th</sup> Training Wing*

*Change has a considerable psychological impact on the human mind. To the fearful it is threatening because it means that things may get worse. To the hopeful it is encouraging because things may get better. To the confident it is inspiring because the challenge exists to make things better.*

————— *King Whitney Jr.*

# Who's Who

in  
the...



## Alamo Wing



U.S. Air Force photo by Staff Sgt. Stephen Schester

Master Sgt. Charlie Callahan, of the 433<sup>rd</sup> Airlift Control Flight, performs maintenance on communication equipment June 18 during the medical exercise Golden Medic 2006 at Augusta Regional Airport in Busch Field, Ga.



U.S. Air Force photo by Staff Sgt. Stephen Schester

Capt. Towne Besel, from the 433<sup>rd</sup> Aeromedical Evacuation Squadron, goes over the medical status of a mannequin posing as a medical patient onboard a U.S. Air Force C-17 Globemaster aircraft during a training exercise on in-flight medical care and transporting of patients for Golden Medic 2006 June 17, 2006. Golden Medic is a joint medical exercise between the U.S. Air Force and Army.



Photo by Senior Airman Jonathan Simmons

Tech. Sgt. Jose Berlanga, a C-5 crew-chief with the 433<sup>rd</sup> Aircraft Generation Squadron, addresses the ball during the recent base championship golf tournament. Choosing grip, position and swing angle are all included in addressing the ball. The 433<sup>rd</sup> Airlift Wing team finished the final game 7<sup>th</sup> out of ten Lackland teams. During regular season play the 433<sup>rd</sup> AW was 9-1. The only loss was to the 37<sup>th</sup> Communications Squadron.

# Golf tips from long drive competition winner

By Capt. Bruce Hill  
Wing Public Affairs

*Editor's Note:*  
Capt. Bruce Hill, a public affairs officer with the 433<sup>rd</sup> Airlift Wing, earned a spot in the Long Drivers of America regional championship in Dallas by winning a local qualifier in San Antonio, July 22. Captain Hill, will compete for the regional title in September and for a chance to advance to the world finals airing on ESPN at Mesquite, Nevada in October. Hill, whose personal bests exceed 370 yards, shares some tips that have helped him.



Photo by Tyler Hagman, Capt. Bruce Hill's son

**Capt. Bruce Hill Jr., from the 433<sup>rd</sup> Airlift Wing public affairs office, shows the swing pattern that earned him the top spot in a recent driving competition. The next event for Captain Hill is the Long Drivers of America Regional Championship, in Dallas, this month.**

## Mental

In a long-drive competition or playing a regular golf game, it's good to establish a routine and always be consistent with it. I use the same pre-shot

routine for competition as I do for regular play, and I've found teeing the ball high is the way to go for me.

In Long Drivers of America competition, you get two minutes to hit the six golf balls LDA provides. I try to hit them long and keep them within the 40 yard-wide grid. Twenty seconds per ball doesn't sound like much, but that's enough time for me to pick up the next ball, tee it up and begin my pre-shot routine, which only takes an additional 10 seconds.

My pre-shot routine consists of imagining my best swing while taking three swings at near competition speed.

## Equipment

If you play your game within U.S. Golf Association regulations, like the LDA, but still want to maximize distance, then tee the ball up high with the maximum allowable four-inch tee. Teeing it high gives you an improved chance of

swinging up into the ball for optimum launch angle. To increase ball roll, I adopted an inside-out swing path to create a draw.


I use an extra stiff 48-inch driver shaft, which is the USGA maximum allowable length. Though a longer shaft increases club head speed, longer isn't always better as it becomes harder to make good contact and keep the ball in the grid or fairway.

The club is a seven degree loft, 455 cubic centimeter no-groove club head. No grooves on the club face means less ball spin and more distance on the roll. The greater the club head mass, the more energy that's displaced creating better distance.

## Physical

First, I assume a normal golf stance, slightly widen it and point my toes a little outward. This helps increase my hip and shoulder rotation.

Second, I place the ball forward in my stance inside my big toe so I swing up into the ball to further maximize launch angle. Lastly, I imagine making good contact while relaxing my hands as I swing.

If you use these tips or adopt other techniques that help you, whatever you do, have fun, tee it high and watch it fly. 

## UTA SCHEDULE

September

A UTA September 9-10

B UTA September 23-24

October

Combined UTA

October 14-15

November

A UTA November 4-5

B UTA November 18-19

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