

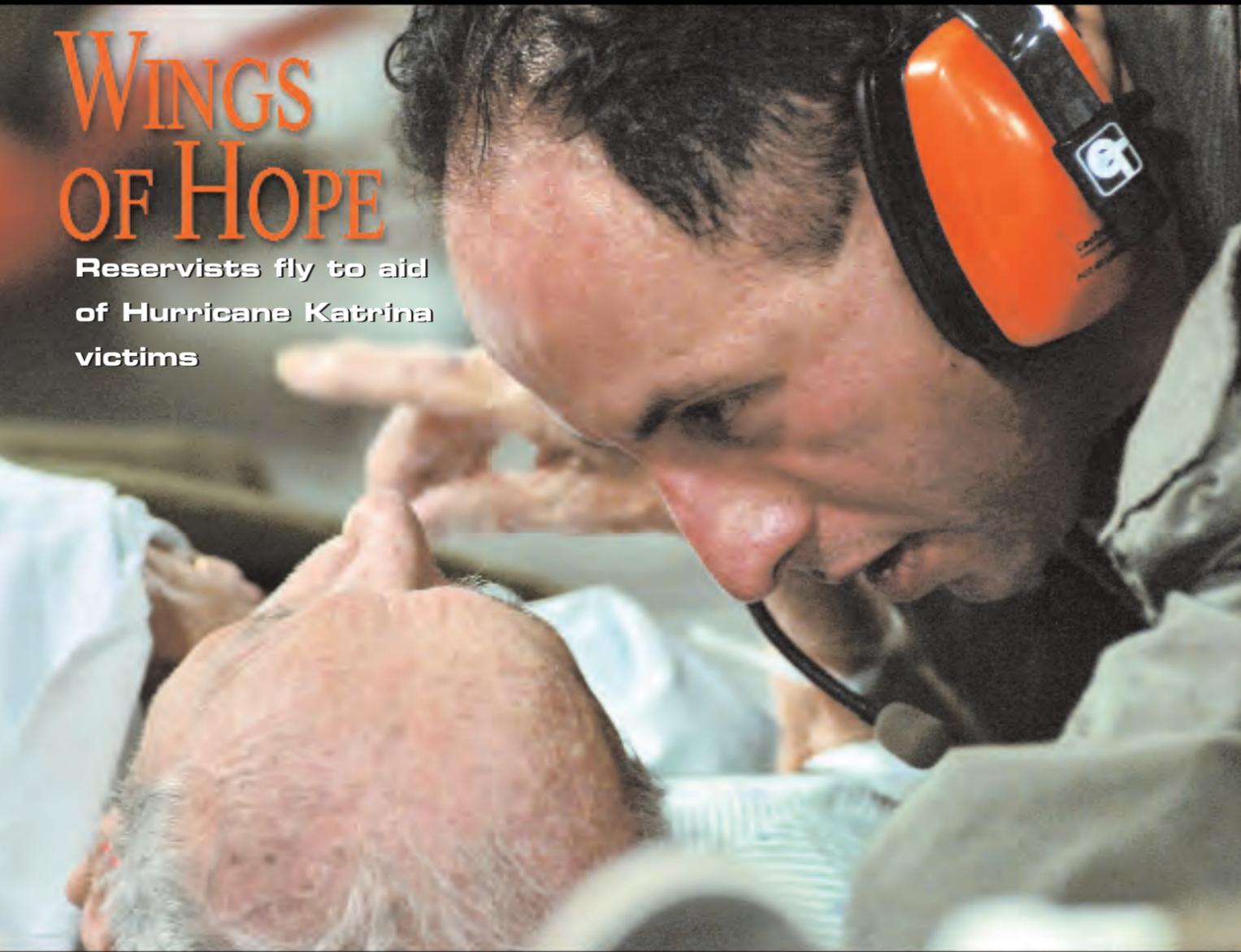
Citizen AIRMAN

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Air Force Reserve



WINGS OF HOPE

Reservists fly to aid
of Hurricane Katrina
victims



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From the Top

By Lt. Gen. John A. Bradley
Commander, Air Force Reserve Command



Reservists have stepped up in response to devastating hurricane

During my recent testimony before the House Armed Services Committee, I ensured the committee's members that our Reservists are ready now! In the aftermath of Hurricane Katrina, no one could have known just how significant that single statement would be. Your level of readiness, volunteerism and willingness to help fellow Americans have been nothing but extraordinary.

In a matter of hours, we had members of the 920th Rescue Wing, Patrick Air Force Base, Fla., flying their HH-60 helicopters to Mississippi to transport people and supplies. In their first night of flying, they rescued more than 40 people. By Sept. 1 they had recorded more than 400 saves. In just 10 hours, one crew had 180 saves, and the other had 167. As of Sept. 9, our HH-60 crews and support people had been credited with more than 1,100 saves.

By Sept. 2 our aeromedical units were flying more than 60 percent of the medical evacuation missions, saving lives here in the United States as they've been doing around the world. These are the same men and women who have not lost one life in flight since the beginning of hostilities in Iraq. By the end of the first week of September, they had moved more than 2,600 patients.

Reserve mobility airlift forces were also a major contributor. Our C-130, C-5, C-141, C-9 and C-17 crews and support moved more than 3,700 passengers and delivered more than 2,200 tons of supplies, including water, meals, ready-to-eat and medical kits.

Our RED HORSE units are re-establishing flight operations, housing and basic requirements in both Louisiana and Mississippi. Self-contained, they went into situations that resembled bare-base conditions in a Third World country, but it was not another country. It was right here in the United States.

IN MORE THAN 35 YEARS OF SERVICE, I'VE NEVER SEEN AN EFFORT THAT DEMANDS MORE THANKS FOR YOUR DEDICATION AND PROFESSIONALISM.

Less than two weeks after the hurricane struck the Gulf Coast, both Keesler AFB, Miss., and Louis Armstrong International Airport in New Orleans were operating with full instrument capability.

With more storms churning in the Atlantic Ocean, the men and women who fly the WC-130 Hurricane Hunters had to relocate, leaving their families behind, and prepare for weather missions. What's noteworthy is the fact that many of these people live where the hurricane hit. If you've been

looking for a perfect example of "service before self," this is it!

Along with the people performing our flying and support missions, we have doctors, lawyers, engineers, public affairs personnel, finance specialists and so many more professionals who have dedicated their time and talents where our nation needs them most — supporting their fellow countrymen. All the while, we are flying in new storms, fighting Western wildfires, flying aerial spray missions, and continuing to fly and fight in Iraq and Afghanistan.

Upon entering the military, we all took an oath. That oath includes a statement about supporting and defending the Constitution against all enemies, foreign and domestic.

Nature quickly became a domestic enemy. So when you stepped forward and raised your hand, you assumed this awesome responsibility and joined the ranks of citizens who are asked to protect the lives of thousands of people. I am exceedingly proud to tell our national leaders about your significant accomplishments and that you are "well and faithfully discharging your duties" beyond the call.

In more than 35 years of service, I've never seen an effort that demands more thanks for your dedication and professionalism. You have my utmost gratitude. Keep up the great work! ★



Chief's View

By Chief Master Sgt. Jackson A. Winsett
Command Chief Master Sergeant, Air Force Reserve Command

Officers, NCOs must learn to respect each other's knowledge and skill

How many times have you heard the word "officership"? It's a word military writers frequently use to describe the characteristics of leadership, professionalism, performance and other traits attributed to our officer corps.

As airmen, junior NCOs and senior NCOs in today's military, our version of officership is oftentimes described in terms of "effectiveness." In order for us to be effective, we must know where our superior officers are coming from, how they think and how they feel about their position of leadership.

To understand this relationship, we must look closely at the education officers receive on their way to becoming military professionals. What sets officers apart from others is the indoctrination they receive in officership — what it means to be an officer.

All airmen, junior NCOs and senior NCOs must learn how to function as effective leaders in the officership environment. We must remember that officers are somewhat inspired by their professional history. People like Colin Powell, Norman Schwarzkopf and Ron Fogelman are at the center of their history. The enlisted force must become familiar with other enlisted men and women who have contributed to our professional history.

Did you know the Air Force has six enlisted Medal of Honor recipients? Did you know that Esther Blake was the first woman in the Air Force? Did you know that Grace A. Peterson became the first female chief master sergeant on June 1, 1960? We need to be fully aware of enlisted history, for it's imperative that we deal with our officer co-workers with the same degree of pride in enlisted history as they have in theirs.

One could argue that today's officers spend approximately

IN ORDER FOR US TO BE EFFECTIVE, WE MUST KNOW WHERE OUR SUPERIOR OFFICERS ARE COMING FROM, HOW THEY THINK AND HOW THEY FEEL ABOUT THEIR POSITION OF LEADERSHIP.

one-third of their professional lives in formal schools. This limits their opportunities to acquire practical experience. Airmen, NCOs and senior NCOs are not only expected to be proficient in the manual skills of their profession, but they are also required to supervise others and manage all available resources.

It's one thing to direct the maintenance of aircraft and missiles and quite another to actually go out and maintain them. You must make it immediately apparent to your officers that their leadership effectiveness can be greatly enhanced if they will learn to trust

in and depend on your many years of experience.

Officers' skill lies in their ability to organize, equip and train forces. In pursuit of these goals, officers study management or leadership philosophies and techniques. This ever-increasing complexity of the military profession forces officers to spend more and more time in preparation and less and less time in practical application. Once officers decide what must be done, it becomes the responsibility of the skilled, experienced NCOs to advise them of the best method to accomplish the mission.

Remember, your integrity and personal character are your greatest attributes. These qualities reflect your pride and desire to be the best and do what is right, not necessarily what is popular.

Anyone can nod his or her head and say, "Yes, sir." Only true professionals can know when to stand for or against a cause. Officers will benefit more from their officership, and airmen, junior NCOs and senior NCOs will gain great personal and professional stature if both will only learn to respect each other's knowledge and skill and depend on each other's integrity and support. We must be a team! ★



One of the Best

Senior Master Sgt. Anthony Rittwager of the 514th Air Mobility Wing at McGuire Air Force Base, N.J., was named one of the Air Force's 12 Outstanding Airmen of the Year for 2005. The accessories flight chief, who is assigned to the 514th Maintenance Squadron, was the only Reservist selected. Among his responsibilities, Sergeant Rittwager supervised more than 100 people while overseeing Reserve support for 42 aircraft, including C-17s and KC-10s. Also, he oversaw maintenance operations for McGuire aircraft upon their return from participation in Operation Iraqi Freedom and the Air Force's Tanker Task Force. The sergeant is an active volunteer with the New Jersey Civil Air Patrol, where he helped increase membership over a two-year period. "Sergeant Rittwager is an outstanding Air Force citizen," said Chief Master Sgt. Donald Ivins, maintenance squadron superintendent. (Carlos Cintron)

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Front cover: Capt. Felix A. Alicia, a flight nurse with the 433rd Aeromedical Evacuation Squadron, Lackland Air Force Base, Texas, listens closely and offers some reassuring words to a Hurricane Katrina survivor. The elderly man is one of many patients aboard a C-17 Globemaster III flown by a crew from the 446th Airlift Squadron, McChord AFB, Wash., who made the flight from Louis Armstrong International Airport in New Orleans to Dobbins Air Reserve Base, Ga. Upon arrival at Dobbins, the patients were transported to Atlanta area health-care facilities for treatment. (Master Sgt. Lance Cheung)

Gen. T. Michael Moseley *Chief of Staff, United States Air Force*

Lt. Gen. John A. Bradley *Commander, Air Force Reserve Command*

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WINGS OF HOPE

Reserve joins massive relief effort to help victims of Hurricane Katrina

From coast to coast, people assigned to and associated with Air Force Reserve Command stepped forward to help victims of Hurricane Katrina.

Pararescue people, aeromedical caregivers, airlift crews, aerial porters and Reservists from dozens of other specialties logged hundreds of missions, shuttled thousands of passengers and patients, and delivered tons of supplies and equipment in response to the devastating storm that struck the Gulf Coast Aug. 29.

As the rescue and aeromedical evacuation efforts wound down, about 50 members of the 910th Airlift Wing, Youngstown Air Reserve Station, Ohio, deployed to Duke Field, Fla., with two specially modified C-130H aircraft to conduct aerial spray missions in Louisiana, Mississippi and Alabama.

Their primary targets were mosquitoes and filth flies, which are capable of transmitting diseases such as malaria, West Nile virus and various types of encephalitis.

"I'm amazed, no, I'm more than amazed at what our people have been able to do for their fellow Americans," said Maj. Gen. David E. Tanzi, AFRC vice commander. "We knew all along our people could do this. I'm so proud of them. This is what America is all about."

Reservists from Florida, Texas, Ohio, Wisconsin, Washington and dozens of other states called their units to volunteer, and individual mobilization augmentees went to their administrators to sign up to help.

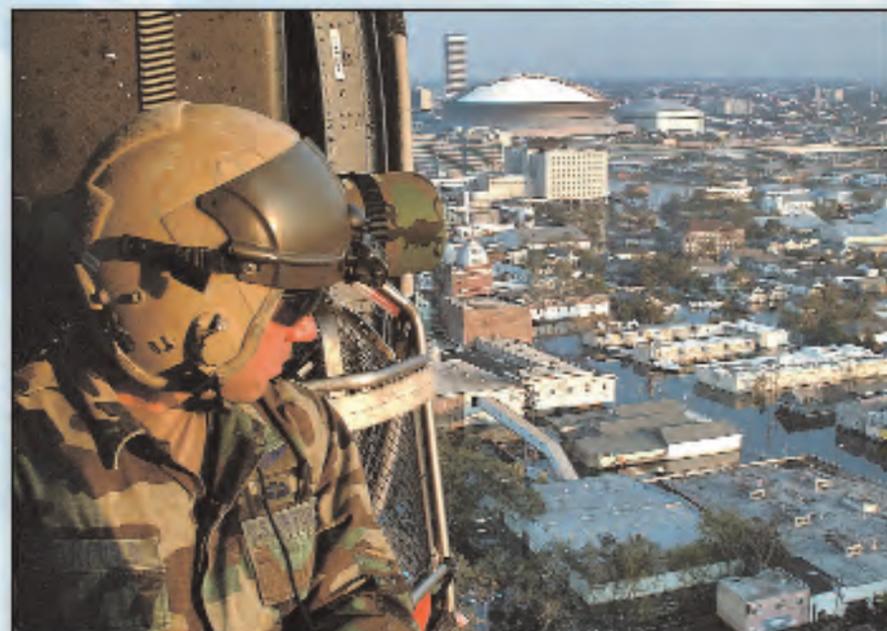
And for every Reservist who volunteered to participate in the relief effort, a family member, retiree or friend donated his or her time, money or blood.

"Now is not the time to wring one's hands and wonder what to do," General Tanzi said. "People can roll up their sleeves or write a check. We should all do something to ease the suffering during this national emergency."



Sick and injured people are prepared for evacuation from the Louis Armstrong International Airport in New Orleans to Dobbins Air Reserve Base, Ga., aboard a C-17 Globemaster III Sept. 1. Once at Dobbins, the people were transported to Atlanta area hospitals for treatment. The aircraft and crew were from the active-duty 62nd Airlift Wing and Air Force Reserve Command's 446th AW, both located at McChord Air Force Base, Wash. In the days after Hurricane Katrina devastated the city of New Orleans, critical care aeromedical teams cared for hundreds of patients and prepared them for evacuation.

MASTER SGT. LANCE CHEUNG



Staff Sgt. Andrew Canfield, a pararescue specialist with the 304th Rescue Squadron, Portland International Airport, Ore., looks for survivors while flying over New Orleans in an HH-60 helicopter. Air Force Reserve and active-duty pararescue teams rescued more than 4,000 people in the days following Hurricane Katrina.

MASTER SGT. BILL HUNTINGTON



Maj. Kimm Sandusky, a flight nurse from the 445th Medical Group, Wright-Patterson AFB, Ohio, checks patients prior to them being loaded on a C-141 for transport to a temporary shelter Sept. 4. New Orleans residents who were trapped in their homes after Hurricane Katrina were evacuated via military helicopters to the Louis Armstrong International Airport and then transported to shelters across the United States.

MASTER SGT. SCOTT REED



Volunteers at Dobbins ARB transport a patient from a C-141 into a nearby hangar for evaluation before the patient is taken to an Atlanta area hospital. Dobbins received 17 aircraft, military and civilian, loaded with more than 1,200 evacuees. Nearly 400 people were medical patients.

BO JOYNER



NAVY PHOTOGRAPHER'S MATE 2ND CLASS ANDREA DECANINI

Hurricane Katrina survivors are stacked five-high as they are medically evacuated from New Orleans to Naval Air Station Jacksonville, Fla., Sept. 4 aboard an Air Force Reserve Command C-130 Hercules aircraft.



Master Sgt. John Clauss (seated), 433rd Aeromedical Evacuation Squadron, and Master Sgt. Rob Rodriguez, 433rd Aircraft Maintenance Squadron, inspect a defibrillator before an aeromedical evacuation mission. The hangar they are in at Lackland AFB housed equipment for all outgoing AE missions.



TECH. SGT. JASON TUDOR

Members of the 908th Airlift Wing, Maxwell Air Force Base, Ala.; 375th AES, Scott AFB, Ill.; and 89th MDG, Andrews AFB, Md., help transport veterans from the Armed Forces Home in Gulfport, Miss., after Hurricane Katrina decimated the area. The veterans were flown by C-130 from Maxwell to Andrews where they were then transported to the Armed Forces Home in Washington, D.C.

STAFF SGT. CHRISTOPHER J. MATTHEWS



TECH. SGT. JERRY MORRISON

Air Force Reservists from the 433rd Airlift Wing, Lackland AFB, Texas, unload pallets of meals, ready-to-eat from a C-5 at Gulfport International Airport, Miss., in support of disaster relief operations for Joint Task Force Katrina Sept. 5.



TECH. SGT. JASON TUDOR

First Lt. Ann Selimos, a flight nurse from the 934th AES, Minneapolis-St. Paul International Airport Air Reserve Station, Minn., tends to a patient moments before volunteers loaded him onto an evacuation flight.

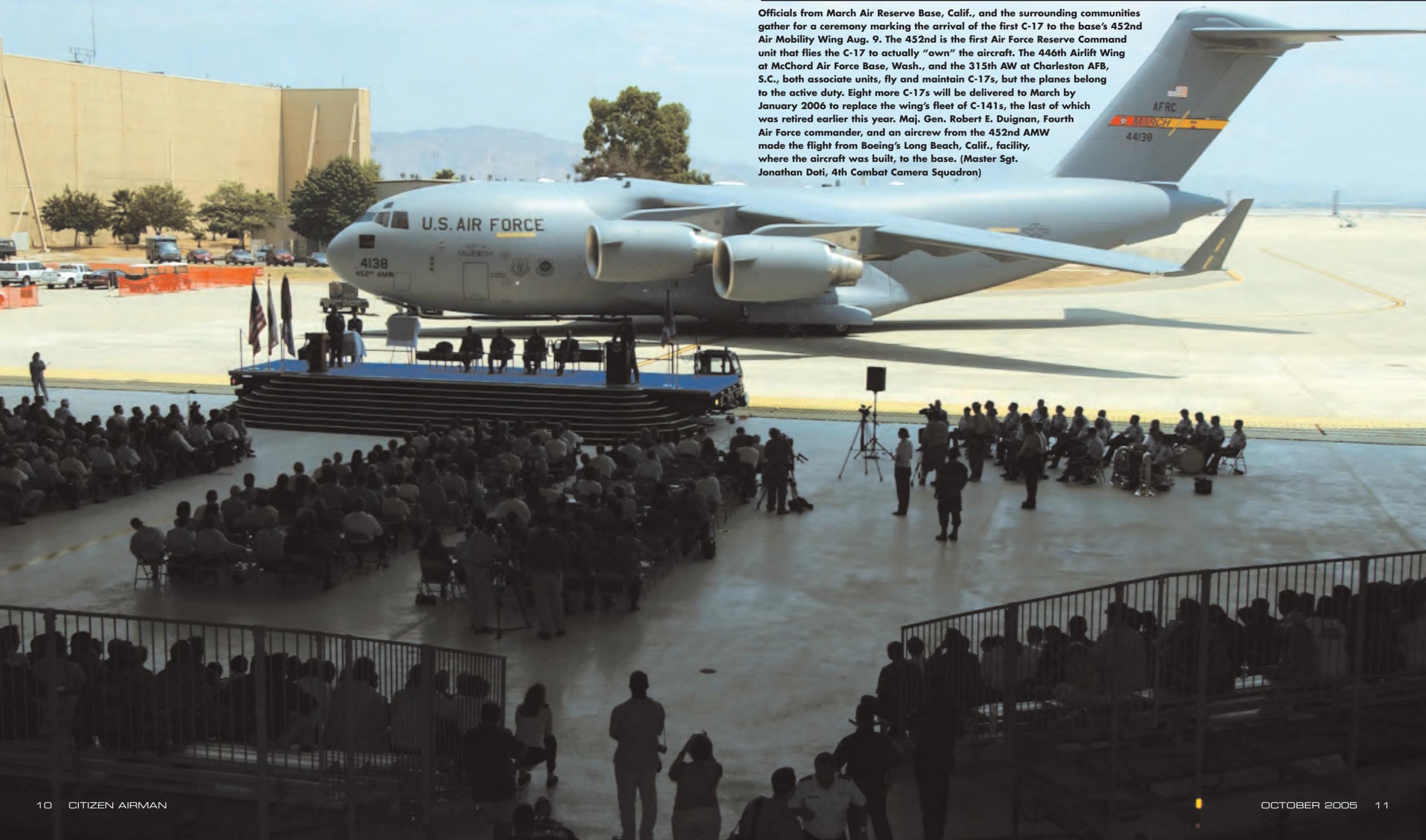


TECH. SGT. JASON TUDOR

(Left to right) Master Sgt. Julianna Simmons, Staff Sgt. James Chaney, Capt Kevin Baugh and Capt. Jameson Durham coordinate efforts in the aeromedical evacuation cell at Lackland AFB. At one point, the cell launched one flight every hour.

The Reserve's First C-17

Officials from March Air Reserve Base, Calif., and the surrounding communities gather for a ceremony marking the arrival of the first C-17 to the base's 452nd Air Mobility Wing Aug. 9. The 452nd is the first Air Force Reserve Command unit that flies the C-17 to actually "own" the aircraft. The 446th Airlift Wing at McChord Air Force Base, Wash., and the 315th AW at Charleston AFB, S.C., both associate units, fly and maintain C-17s, but the planes belong to the active duty. Eight more C-17s will be delivered to March by January 2006 to replace the wing's fleet of C-141s, the last of which was retired earlier this year. Maj. Gen. Robert E. Duignan, Fourth Air Force commander, and an aircrew from the 452nd AMW made the flight from Boeing's Long Beach, Calif., facility, where the aircraft was built, to the base. (Master Sgt. Jonathan Doti, 4th Combat Camera Squadron)



Round the Reserve

A brief look at what's happening throughout Air Force Reserve Command

Florida Helps Reserve Families in Need

If a reservist's family in Florida has an emergency its budget can't handle while he or she is on active duty and deployed, the state wants to help.

The state began July 1 making financial assistance available to eligible residents of Florida who are dependents of military people in the reserve components.

"This shows real support for our troops from the good people of Florida," said Maj. Gen. David E. Tanzi, Air Force Reserve Command vice commander. "We are very thankful that the Florida state legislature appropriated money specifically to take care of our reserve families who may need help while a reservist is off serving our country."

AFRC is working closely with the Florida National Guard to iron out the details of applying for this aid. Some examples of what this money could be used for are health care, reasonable living expenses, housing, vehicles or renovations to meet disability needs.

"The Florida National Guard State Family Readiness Office will evaluate each application on a case-by-case basis," said Betty Schuster, chief of the family readiness program at Headquarters AFRC, Robins Air Force Base, Ga. "Those eligible for this aid include dependents of reservists who are federally deployed, fighting the global war on terrorism or participating in state operations for homeland security."

To apply for this aid, a reservist or family member can contact the Air Force Reserve family support offices at Duke Field, Homestead Air Reserve Base or Patrick AFB in Florida. Also, instructions are available online at www.dmaa.state.fl.us/family under the "Florida Family Readiness Program" heading. (AFRC News Service)

Willow Grove Operates Joint Hazardous Materials Pharmacy

More joint operations seem to be the way of the future for America's military, with the four branches of service sharing land, runways, missions and services. At Willow Grove, Pa., they are sharing chemicals, too.

Located on the southeast side of the base, the Willow Grove hazardous materials pharmacy provides the chemical supply function for 130 supply accounts, spanning all four branches of the military.

The facility solidified its joint status in October 2004 when it acquired 54 hazmat-supply accounts from the Air Force Reserve's 913th Airlift Wing at Willow Grove Air Reserve Station and the Air National Guard's 111th Fighter Wing, giving it a total of 130 accounts.

"For the Navy, Air Force, Army and Marines, anything from general-purpose cleaner to spray paint, just fax over your forms, and we will hook you up," said Chief Petty Officer Daniel Warner, chief storekeeper. "And, if we don't have it, we can get it."



TECH SGT. DANIEL NATHANIEL

RESERVISTS VOLUNTEER FOR SHIP DUTY — Staff Sgt. Robert Brown, an Air Force Reservist with the 624th Civil Engineer Squadron, Hickam Air Force Base, Hawaii, prepares to drill out a deck plug on the teakwood deck of the USS Missouri. More than 100,000 deck plugs have been replaced since restoration of the lowa-class battleship began in 1998. Sergeant Brown is one of many members of Air Force Reserve Command's 624th Regional Support Group who volunteered their time this summer to help restore the historic battleship docked at Ford Island, Oahu. Restoration efforts on the ship stepped up in preparation for celebrations Sept. 2 commemorating the 60th anniversary of the ship's role as the site of Japan's unconditional surrender to allied forces, which ended World War II. Volunteer work on the USS Missouri is part of the 624th RSG's ongoing community outreach program.

With 342 different materials on hand, it would not be common for a unit in its day-to-day duties to need something that isn't already on-site. However, if an item is needed, Chief Warner has a catalog of more than 2,200 items that he can order at a moment's notice and store in his warehouse until someone picks it up.

The warehouse storage facility has five storage rooms. Each chemical stored on-site falls into one of five categories — com-

bustible, flammable, corrosive, aerosol or general purpose.

In addition to storing chemicals, the rooms provide required safety precautions and personal protective equipment. These include fire extinguishers, decontamination showers, eyewash stations, chemical drainage grates and positive-pressure ventilation systems.

The hazmat pharmacy also has an electronic library containing 4,935 material safety data sheets. The sheets explain

how to handle or work with a particular substance. They outline physical data (melting point, boiling point, flash point, etc.), toxicity, health effects, first-aid information, reactivity, storage and disposal instructions, protective equipment, and spill and leak procedures. This information is crucial to the safety of the pharmacy staff and to their customers if a spill or other accident occurs.

"I wish we were in this process a long time ago," said Master Sgt. Robert

Maiuro, 913th Propulsion Flight chief. "It's very user-friendly."

In the past, the sergeant and his people had to order items directly from the supply system. Since these materials weren't readily available, it would take about a week for an item to arrive on base. The process slowed production time for the sergeant's people because they couldn't put together an engine if they didn't have a sealant or other chemical needed for proper assembly.

ARPC supports one-stop service with revamped Web site

By Mike Molina and Tech. Sgt. Rob Mims

It is more than 7,000 miles from Denver to Baghdad, but for individual mobilization augmentees serving in Iraq, personnel services are only seconds away.

Officials at the Air Reserve Personnel Center in Denver recently updated the Virtual Personnel Center for the Guard and Reserve, a Web-based personnel service portal for Air Force Reservists and Air National Guardsmen. And the new service is already getting some valuable use.

"Being able to have your records updated with a simple click of a button was impressive," said Master Sgt. Scott Davis, whose home attachment is with the 7th Security Forces Squadron, Dyess Air Force Base, Texas. "I was honestly expecting the records update to take weeks, but my records were updated within a matter of hours."

The portal has been online since April but was recently given a new look. The redesigned site was released July 15. That same day Sergeant Davis, stationed in Baghdad, accessed the vPC-GR to request an update to his decorations. Within hours, the changes were made to the sergeant's records, and his questions were answered.

"This system saved me valuable time trying to match my schedule here with the time change back at ARPC," Sergeant Davis said. "It was important for me to have my records correct — just in case."

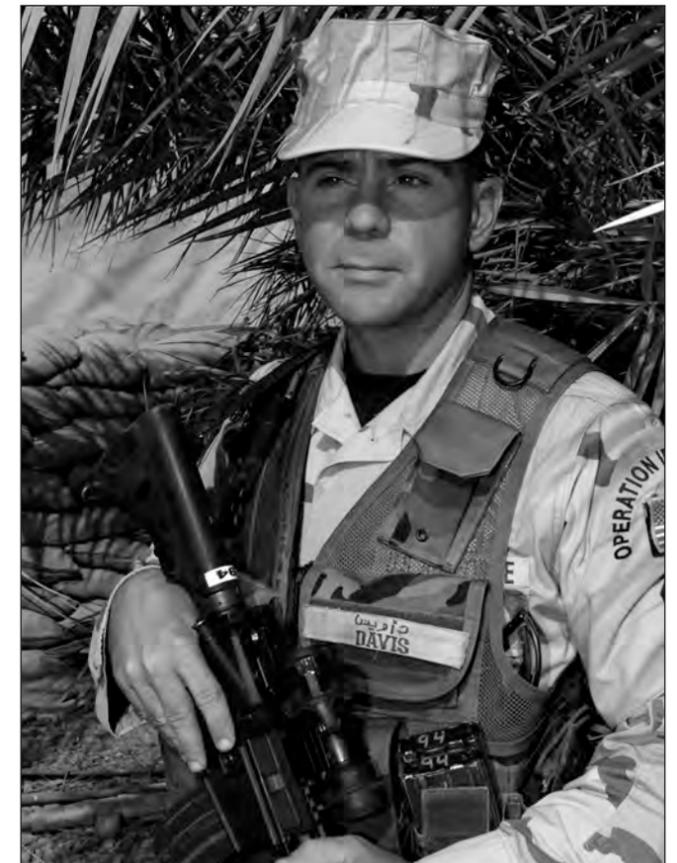
"We make every effort to handle customers' requests the same day they're received," said Tech. Sgt. Jennifer Bye, NCO in charge of Contact Center Branch 3. "I answer a lot within five or 10 minutes."

Sergeant Bye is responsible for managing and distributing Web requests to other contact center technicians.

"The new support site is still in its infancy, and yet the benefits to our members are already being felt worldwide," said Col. Ann Shippy, ARPC commander.

Three days after the release of the redesigned site, Hugo Padilla, chief, Personnel Service Systems Support, helped Maj. Sharon Ross, an officer in Southwest Asia deployed from her home attachment at Scott AFB, Ill., reset her password so she could access her personnel services account online.

"She was working in Southwest Asia, sitting there working real-time battlefield medical evacuations from the AOR," Mr. Padilla said. "She thanked me. I said, 'No way, thank you.'"



Master Sgt. Scott Davis said he used the Virtual Personnel Center for the Guard and Reserve to update his decorations while he was deployed to Iraq.

Major Ross said she likes the "Key Words" area on the "Frequently Asked Questions" page.

"It makes it easier to hone in (on) pertinent topic questions," she said. "I also like the site map — it's much quicker to find needed topics."

The major also suggested a link to myPay. Two days later, it was added to the site map.

The Web site is located at <http://arpc.afrc.af.mil>. ★ (Mr. Molina and Sergeant Mims are assigned to HQ ARPC public affairs, Denver)

"Now all I have to do is call over there, give them the information on what I need, and they call me back in about two hours to tell me my order is ready," Sergeant Maiuro said. "It's so simple."

In addition to providing faster orders, the facility improved the accuracy of the accountability documents showing what customers have on their shelves.

"It used to take a few days to get items removed from my materials list the old way," said Sergeant Maiuro. "Now, I call over, and they take it off right there while on the phone with me. This way, if I have an unannounced inspection, everything is accurate. What I have on paper is the same as what I have on hand. ... it couldn't be better."

By consolidating the pharmacy process in one central location and providing top-notch customer service, the facility saves time for its customers and money for the taxpayers. (Staff Sgt. Eric M. Sharman, 913th Airlift Wing public affairs, Willow Grove ARB.)

Construction Begins on Lackland C-5 Galaxy Schoolhouse

Contractors broke ground June 27 on new facilities that will allow the C-5 Formal Training Unit to move from Altus Air Force Base, Okla., to its future home at the 433rd Airlift Wing, Lackland AFB, Texas.

The on-going commotion near the flight line at Lackland signals the first stages of a new era. Two new buildings are planned — a three-story, 69,000-square-foot ground training school and a 25,000-square-foot flight training school.

Both facilities received a combined, single-contract bid costing about \$17 million. The contractor should complete the projects by September 2006.

"Groundbreaking was postponed for about three months while we waited for the BRAC (base realignment and closure) decisions," said Lt. Col. Richard Matthews, 433rd Civil Engineer Squadron commander. "We're going to try to make up for lost time and finish construction in 15 months rather than 18."

The new schools will train pilots, flight engineers and loadmasters in C-5 Galaxy cargo aircraft operations. Academics and flight simulator training are just some of

Reserve chaplain provides unique capability to joint task force in Alaska

By Maj. Richard C. Sater

Chaplain (Maj.) Pat Travers brings unique capability to Operation Alaskan Road's joint task force.

As pastor of Holy Name Catholic Church in Ketchikan, he knows southeast Alaska. With 14 years in the Air Force Reserve — he's currently assigned to the 446th Airlift Wing at McChord Air Force Base, Wash. — he knows the military, too. And as a result of a three-month tour in Iraq last year, he has some unique insight into the challenges associated with deployments.

In his civilian capacity, Chaplain Travers has been a voluntary participant in Operation Alaskan Road for five seasons, having gotten involved by request of the JTF commander at the time. The priest visits Camp Wy-wuh on Annette Island, arriving via a U.S. Navy transport, to say Mass on Wednesdays at 7:30 p.m. whenever his busy schedule permits.

Operation Alaskan Road is an ongoing road construction project, a joint task force involving Airmen, Soldiers, Sailors and Marines, both active duty and reserve. The participants are busy cutting a 14.5-mile road through the rugged terrain of Annette Island, the only federal Indian reservation in the state. The completed road will connect the town of Metlakatla with a ferry boat dock to be built on the northeast side of the island. Daily ferry service will facilitate transportation between the island and Ketchikan, Alaska's fifth-largest city.

Operation Alaskan Road has a chaplain billet, but it has been vacant for most of the 2005 season. Chaplain Travers has stepped in willingly. The pastor at Holy Name for six years, he says assisting the JTF is a natural extension of his work there.

"Annette Island is part of my parish, too," he said. "Being an Air Force Reservist makes me a better minister within the military environment."

His parish also includes Metlakatla, and he offers Mass in that community as well.

Chaplain Travers is aware of the



Chaplain (Maj.) Pat Travers conducts Mass at Camp Wy-wuh on Annette Island, Alaska, for participants in Operation Alaskan Road.

stress associated with deployments based on his own experience at Kirkuk Air Base, Iraq, in the fall of 2004. Although a road-building project in southeast Alaska is certainly less stressful, the location is still remote, with participants far from home, working long days and living in cramped quarters.

"Ketchikan is my home, but this is a real deployment for task force members," Chaplain Travers said. "The isolation, the weather, the strenuous nature of the mission itself — these can cause problems for some who are deployed here."

Chaplain Travers hopes his ministry has a positive effect.

"I've thoroughly enjoyed ministering here, and I hope to continue," he said. "What the joint task force is doing is very much appreciated by the people of Ketchikan and Metlakatla." ★

(Major Sater is assigned to Joint Task Force Alaskan Road public affairs, Annette Island)

the items that will be taught at the Ground Training School. The Flight Training School will teach all initial and instructor qualifications as well as aerial refueling training.

Instructors at the GTS will also teach the basic flight engineer course for C-130 and KC-10 flight engineer candidates. The 433rd AW will not receive any additional aircraft and will remain at its current inventory of 16 C-5s, according to Lt. Col. Frederick McMahan of the 433rd Operations Group.

The Army Corps of Engineers is administering the project, and the 37th Training Wing and 433rd AW are providing base and user oversight.

According to Colonel McMahan, students will begin attending ground and flying training classes in October 2006. The transition of students from Altus to Lackland will be gradual, culminating in July 2007. At that time the 433rd AW will assume total training responsibility for about 650 students per year with about 150 on campus in various stages of training on any given training day.

The Alamo Wing will add approximately 155 new full-time positions to staff the new mission as well as about 100 contractors and 130 traditional Reservists.

"The advent of the C-5 schoolhouse will begin a whole new era for the 433rd," Col. John Fobian, wing commander, said. "It will bring Airmen from every active-duty, Air National Guard and Reserve C-5 unit to the Alamo Wing for all facets of aircrew training." (Senior Airman Jonathan Simmons, 433rd Airlift Wing public affairs, Lackland AFB)

New Flag-Folding Script Focuses on History, Air Force Significance

Air Force leaders recently approved a new script that can be read during flag-folding ceremonies.

Though there are no official ceremonies in the Air Force that require a script to be read when a flag is folded, unofficial ceremonies such as retirements often do, said Lt. Col. Samuel Hudspath, Air Force protocol chief.

"We have had a tradition within the Air Force of individuals requesting that a flag be folded, with words, at their retirement ceremony," he said. "This new

Pope's Puns



script was prepared by Air Force services to provide Air Force recognized words to be used at those times."

There is no shortage of scripts available that can be read aloud during a flag folding, but many of those scripts are religious in nature and also ascribe meaning to the individual folds put into the flag. One of the oldest of those scripts is attributed to an anonymous chaplain at the U.S. Air Force Academy.

Individuals who hear those scripts end up attributing the contents of the script to the U.S. Air Force. But the reality is that neither Congress nor federal laws related to the flag assign any special meaning to the individual folds. Colonel Hudspath said that was the primary motive for creating a new flag-folding script.

"Our intent was to move away from giving meaning, or appearing to give meaning, to the folds of the flag and to just speak to the importance of the flag in U.S. Air Force history," he said.

The new script, approved in July,

focuses on flag history and the significance of the flag within the Air Force: "Today, our flag flies on constellations of Air Force satellites that circle our globe, and on the fin flash of our aircraft in harm's way in every corner of the world. Indeed, it flies in the heart of every Airman who serves our great nation. The sun never sets on our Air Force, nor on the flag we so proudly cherish," the new script reads.

The new script is available at base protocol offices for use by anybody who wants to lend significance to a flag folding, Colonel Hudspath said.

"These ceremonies are meaningful to individuals, especially at their retirement," he said. "We wanted to offer a script, containing factual information, that shows respect for the flag and expresses our gratitude for those individuals who protect our country, both at home and abroad." ★

(Staff Sgt. C. Todd Lopez, Air Force Print News)

Master Sgt. John Hinshaw of the 433rd Training Squadron, Lackland Air Force Base, Texas, discusses training with Cadet 1st Lt. Bronwyn Oliver during basic cadet training at the Air Force Academy. Sergeant Hinshaw, a military training instructor, is a traditional Reservist working his second straight year at the academy helping mentor upperclassman cadets like Cadet Oliver, who train the basic cadet trainees.

For Reserve military training instructors, it's all a matter of ...

Mentoring

Story and photos by
Tech. Sgt. Chance Babin



Barking out cadences — “left-right, left-right” — Air Force Academy basic cadet trainees keep in step as they make their way to the assault course. It’s late July, and only one week remains in their training. They’ve come a long way since reporting to the academy to get ready for their freshman year, and they’ve got a long way to go.

A military training instructor, wearing the familiar “Smokey Bear” hat, stands off behind the group, unfamiliarly quiet, as a cadre of upperclassman cadets leads the trainees. The training instructor’s low-key approach, though out of character, is by design. The academy’s basic cadet training, held July 1 through Aug. 6, has always been conducted by cadets. Only recently have MTIs been included, serving as mentors to the cadre of cadets.

For the last two years, Air Force Reserve MTIs have played a significant role at BCT, helping prepare the cadre, nearly 1,000

strong, who in turn train the 1,400 basic cadet trainees. Last year eight of the nine MTIs were Reservists, and this year’s staff included three Reservists.

“Two years ago we started training the cadre and mentoring them on training techniques,” said Master Sgt. John Hinshaw, 433rd Training Squadron training superintendent, Lackland Air Force Base, Texas. “Our main mission here is to mentor and assist the cadet cadre in military training.”

Just three years ago, there were only two MTIs working at BCT. One of them was Master Sgt. John Coleman, director of basic cadet training. He said having only two MTIs wasn’t working too well, so he went to Lackland AFB looking for some help.

“I talked to the 433rd about getting Reservists here,” Sergeant Coleman said. “We now have one MTI with every squadron. It’s come a long way. The cadre learns a lot from them.”

For the Reserve MTIs, working with future officers is not something new. Part of their regular duties is to provide support for ROTC summer encampments.

In addition to serving as cadre mentors throughout BCT, the instructors come out to the academy for one week in May for prep week. This is when they work solely with the cadre, preparing cadets for their duties during BCT. The MTIs focus on teaching training techniques such as drill and ceremony, dorm arrangement, room inspection and counseling.

“We’re hands-on at Lackland (during basic military training), but here we assist and mentor the cadre,” Sergeant Hinshaw said. “If they have a question, they come to us. If you want maximum results, this is the best way to go about it.”

Academy officials readily acknowledge the contributions Reservists bring to the basic cadet training.



Cadet Master Sgt. Becky Stone encourages basic cadet trainees as they low crawl during basic cadet training. Cadet Stone is one of many upperclassmen who were mentored by military training instructors from the 433rd TS.

Reserve chaplains help cadets find solace, cope with challenges

By Tech. Sgt. Chance Babin

Given all of the things being thrown at them, at a rapid-fire pace and under some very difficult conditions, during the Air Force Academy’s basic cadet training, it’s hard for the trainees to find some solace and cope with the challenges, both mental and physical, this stressful environment creates.

To make the situation more difficult, for many of the cadets-to-be the training marks their first time away from home for an extended period of time.

Although academy upperclassmen and military training instructors are available to help the trainees, it is a group of chaplains that offers them a quiet retreat from the rigors of training. Each year, 15 to 20 Reserve chaplains are part of the coping mechanism that exists for the trainees as well as the cadre and staff.

Chaplain (Maj.) Peter McGuine, an individual mobilization augmentee assigned to the academy, has supported the basic cadet training each year since 1993, so he’s seen the program evolve over time.

“We’ve always augmented the active duty with Reservists,” Chaplain McGuine said. “What has changed is how we provide ministry. We used to have chapel service every day. Now we have it two days a week. The quality has remained high and is now more in line with what is offered at Lackland (Air Force Base, Texas, during basic military training). I think it’s enhanced it, because they look forward to it more.”

However, Chaplain McGuine realizes the quality of service is only part of the reason trainees enjoy what the chaplains provide.

“Chaplains have always served as a reminder of home,” he said. “Also, we provide a place for them to reflect and not be yelled at.”

For the active-duty chaplains at the academy, having the Reservists there to augment them during the training is a blessing.

“Our ministerial requirements at the (academy) chapel don’t stop during BCT,” said Chaplain (Maj.) Kerry Abbott. “We still have weddings, funerals and mass. Two-thirds of the cadet wing is still present during the summer, so when BCT starts up, it would be impossible to adequately cover the significant needs of BCT without Reservists.”

Chaplain Abbott knows something about the chaplain IMA program; it’s where he got his start in the military. While working in Rome, Chaplain Abbott joined the Reserve team and was assigned to Aviano Air Base, Italy.

“I loved it,” he said. “It was like my home parish. That’s how I discovered my calling to join the active duty. When I stepped on base at Aviano, I knew that’s where I belonged.”

During the training, each squadron is assigned one chaplain.

“We’re with them most of the day,” said Chaplain (Capt.) Pierre Allegre, an IMA assigned to Ellsworth AFB, S.D. “The more we are around them, the more approachable we are. We have to be aware of the best time to get in with them and talk.”



Chaplain (Maj.) Peter McGuine, an individual mobilization augmentee assigned to the Air Force Academy, gives communion to Cadet trainee Katie Grieshop during a church service held in the field. Services are available for the trainees two times per week.

Chaplain Allegre said the chaplains often do physical training with the trainees and cheer them on during their training.

“It’s a great ministry opportunity,” he said. “It takes me back to my youth ministry days. It’s a high-stress environment. There aren’t many smiles. But it’s our job to encourage, so we get a smile.”

In addition to providing worship services, the chaplains are available to counsel the trainees, who are dealing with general life issues, being away from home, the pressures of the environment as well as family and relationship problems.

A by-product of the chaplains’ job is getting to watch the trainees become cadets after completing the training.

“A basic from last year came back to find me this year,” said Chaplain (Lt. Col.) Rich Spearman, an IMA assigned to Vandenberg AFB, Calif. “He just finished jump school. He pinned his jump wings on me and said if it wasn’t for me he wouldn’t be here. I told him I couldn’t wear them (the wings), but they would be in a safe place.” ★

(Sergeant Babin is assigned to the 926th Fighter Wing public affairs office at Naval Air Station Joint Reserve Base New Orleans, La. He wrote this story while on assignment for Citizen Airman.)

"They are crucial to our entire operation," said Brig. Gen. Johnny A. Weida, commandant of cadets and commander, 34th Training Wing, U.S. Air Force Academy, Colorado Springs, Colo. "They bring tough and professional experience and help show upperclassmen how to train as true professionals. They help show the cadre how to be tough but professional."

For the MTIs, there are similarities and differences between their roles in basic cadet training and basic military training.

"The similarity (in the training) is that we are helping people transition from a civilian to a military way of life," Sergeant Hinshaw said. "These are the same Nintendo-playing, Big Red-drinking kids who are coming out of high school and enlisting in the military. All of our training is designed for one thing: improving the future of the Air Force."

The biggest difference is that the MTIs do not deal directly with the academy cadet trainees like they do with basic military trainees. Instead, they train junior- and senior-year cadets, who then are responsible for training the cadets.

"It's kind of hard to step back sometimes, but it helps us in our own management skills," Sergeant Hinshaw said. "They aren't just learning from us, but we are learning from them. We can bring some skills back with us to Lackland. It's a two-way street."

Cadet trainees are divided into nine squadrons. Each squadron is assigned an MTI who fills the role of section supervisor or training supervisor in charge of approximately 30 to 40 cadre members and 120 to 150 basic cadets.

"It's a good opportunity to come up here and develop leadership and supervisory skills," Sergeant Hinshaw said.

For members of the cadre, participating in BCT satisfies part of their leadership requirements for attending the academy. Beginning with the prep week in May, they are able to gain insight and knowledge from the MTIs.

"It (prep week) was like getting practice before we had to do it ourselves," said Cadet 1st Lt. Bronwyn Oliver. "They (the MTIs) are always there for us. They are the ones who save us and help us out. Sergeant Hinshaw focuses on mentorship with the cadre. That helps us more and, in turn, helps the basics more."



Tech. Sgt. Julie Begley, an air reserve technician assigned to the 433rd TS, watches a basic cadet trainee crawl through an obstacle.

For the MTIs, the cadet training provides an opportunity to step out of their typical training role and into a managerial role.

"The MTI world at Lackland is very direct," said Tech. Sgt. Julie Begley of the 433rd TS. "Here, everything is more indirect, with an emphasis on mentoring. It's more of a management environment for us. We sit back and watch and listen how the cadets handle personal issues and

training issues. It's taught me a lot. I've become a better NCO being here."

For members of the cadre, being allowed to run their squadrons without constant criticism, yet having the MTI there for advice if needed, helps in their leadership development.

"Seeing the MTIs during prep week gave us insight into how they work day in and day out," said Cadet Lt. Col. Christopher Franks. "Now they are more

like overseers, and we are like trainees. It's opened my eyes to what it's like being a training instructor.

"Sergeant Begley is very hands off. She let's us run the program, but she's there if we need guidance. It's our program, but she's our mentor."

While Sergeants Hinshaw and Begley are both air reserve technicians with the 433rd, Tech. Sgt. Thomas Perry is a traditional Reservist with the squadron. All three MTIs are in their second year working with the basic cadet training program.

Although Sergeant Perry said he is probably on orders about six months a year, the bulk of his experience is at BCT.

"This is my main opportunity to help

push flights," Sergeant Perry said. "Most of my experience is here. I enjoy it because it's hands on (albeit with the cadre)."

Sergeant Perry understands the demands that are put on the cadre.

"You have to step back a little. My job is to mentor kids who are only two or three years older than the kids they're training," he said. "They have a really full schedule. When we get them, they are just finishing finals, and then they have to learn this new job. So getting their attention is challenging. It's so important that the cadre is involved to give them a taste of leadership, because when they get in the operational Air Force, they are going to need it."

As far as comparing basic cadet training and basic military training, the MTIs feel that they are equally rewarding.

"I look at it like this: My job is to take civilians and make them Airmen, whether they are going to be officers or enlisted makes no difference," Sergeant Perry said.

"We all have a job to do, and I'm proud to have had a hand in it, whether at Lackland or the academy. It's an amazing transition seeing them go from individuals to team players." ★

(Sergeant Babin is assigned to the 926th Fighter Wing public affairs office at Naval Air Station Joint Reserve Base New Orleans, La. He wrote this story while on assignment for Citizen Airman.)



Tech. Sgt. Thomas Perry, a traditional Reservist assigned to the 433rd TS, stands in front of a group of basic cadet trainees.

Running Toward Better Health



More Air Force Reservists are making running a part of their overall fitness program.

Do's and don'ts for establishing a healthy training program

By Maj. (Dr.) Ashley B. Benjamin

(Editor's note: With a 1.5-mile run accounting for half of the total number of points available on the Air Force's new fitness program test, more and more Reservists are incorporating running into their overall fitness program. As with any form of exercise, running, if done improperly, has the potential to cause injuries. Also, to derive maximum benefits from a regular running program, there are some basic do's and don'ts that Reservists need to follow. To help prevent injuries and assist fellow Reservists in getting the most out of their running program,

Maj. (Dr.) Ashley B. Benjamin, an individual mobilization augmentee assigned to the 72nd Medical Group at Tinker Air Force Base, Okla., answers some common questions regarding running. In civilian life, Dr. Benjamin serves as a staff psychiatrist at the Oklahoma City Veterans Affairs Medical Center and a clinical assistant professor with the Department of Psychiatry and Behavioral Sciences at the University of Oklahoma Health Sciences Center. Also, he served as a graduate assistant track coach and cross-country coach and has a master's degree in

exercise science. The doctor said his primary interest in providing this information is not to help Reservists pass a once-a-year test, but rather to encourage them to adopt a more healthy lifestyle that will last a lifetime.)

Q: Do I need to run to do well at running?

A: No, other aerobic activities can lead to improvement. However, running is the best way to boost running performance. Actual running maximally improves your muscles' ability to run fast, whereas general training improves

your heart's capacity for maximal performance. The act of running is the most specific training you can do to achieve a faster time. However, you can increase your functional capacity through other aerobic activities such as biking, swimming, running in the water, rowing or skiing. So, if you want to be the fastest runner you can be, then a majority of your workouts should involve running. If you have limitations that preclude running and want to improve without hurting yourself, or you simply don't enjoy running, then a cross-training regimen, that includes running every third workout, ought to be satisfactory.

Q: Does running form matter?

A: Absolutely. Running economy, or the ability to translate your cardiovascular and neuromuscular capacities into running performance, is also a factor in injuries. Thus, "bad form" can result in inefficient running and potential injury. Three common examples include overstriding, improper arm carriage and excessive vertical displacement.

Excessive stride lengths, not uncommon in people with long legs, result in foot placement beyond an imaginary line from the knee to the ground. This creates a braking action that can lead to both a slower performance as well as stress fracture injuries. Often, shorter, faster strides are more efficient.

Many runners hold their arms too high, which can result in neck and upper back pain. Also, swinging the arms across the body, seen more commonly among women, wastes valuable energy. Correcting this problem involves dropping your arms so the thumb passes near the hip and moving your arms forward and backward without crossing an imaginary centerline.

Also, vertical displacement, defined as up and down motion, wastes energy resulting in slower performance. Therefore, focus on moving forward and not upward.

Q: Should I alter my training based on environmental factors?

A: Environmental factors can influence running performance as well as training. Ideal conditions include low altitude, low humidity, minimal wind and temperatures in the 55- to 70-degree range. Excessive wind can slow you down. Temperature and humidity extremes

increase the body's demands to maintain homeostasis, and, therefore, blood flow is diverted from the working muscles to the skin.

Extreme environmental conditions require altered training paces. Therefore, a workout during July or January when repeated in September may be achieved at a much faster pace with a lower heart rate. In other words, use perceived effort as a workout standard, especially on very windy, hot or cold days.

Q: Is there an efficient way to train? Why am I not running faster even though I'm jogging three or four miles a day?

A: There are many forms of training, ranging from sprinting to long-distance running. Efficient training incorporates the principles of specificity and adaptation. The goal is to teach your body to comfortably run at a pace that is similar to that of your 1.5-mile trial. Beginners will improve with fast walking and then progressing to slow jogging. However, as you advance, running substantially slower than your race pace is of minimal benefit in terms of maximizing your speed. Research suggests that the best way to train is to run at the maximal pace you can sustain for six minutes. Unfortunately, running a six-minute time trial and then performing the math is not very practical or enjoyable for the average runner.

Therefore, the most time-efficient way to train is to run at or slightly faster than your pace for the 1.5-mile run using running intervals of 30 seconds and building up to as much as two to three minutes with an equal amount of very easy jogging as a recovery. A simpler method to establish workout intensity is to run at what feels like a "moderately hard" pace. After a few of these types of workouts, you'll be amazed at how quickly your body will naturally run at a beneficial pace. For example, a running workout might consist of five minutes of easy jogging for a warm up and cool down with eight repetitions of 30 seconds hard followed by 30 seconds of recovery jogging performed between the warm up and cool down. The total running time of this sample workout would be 18 minutes.

This type of workout ensures that you will maximize your training effect. If you are a novice to such training, start with

four repetitions and increase the number of repetitions as your fitness improves. Try this type of workout once per week or utilize these intervals once to twice a week for a six-week period before your physical fitness test. This is not a workout that you want to attempt on a daily basis.

Slow long-distance runs of 30 to 60 minutes can be helpful in terms of weight maintenance, cardiovascular benefits and preparation for longer periods of sustained performance. So, if your type of work involves hourly jaunts in wooded terrain, then adding a longer run at a slower pace would be reasonable. However, if your objective is to improve in the most time efficient manner, then the above repetitions are more test specific.

Another important factor, believe it or not, is your speed at shorter distances. Simply put, the faster you can run 100 meters or 400 meters (one lap around the track), the easier it will be to sustain a faster 1.5-mile pace. So, adding a few five- to 10-second sprints with 60 to 90 seconds of rest in between each sprint can also be valuable. These strides are merely faster than you are typically running and should not be "all out" sprinting. Increase your velocity slowly as running at faster speeds without adequate warm-up or preparation will result in injury!

Q: I always get injured when I run. What can I do about it?

A: It's impossible to cover in this forum the numerous reasons for injuries. However, there are some simple preventive techniques that target common danger areas. You should initiate these exercises before you start a serious running program. Four critical regions of special concern are the ankles, shins or front part of the lower legs, hamstrings or the muscles in the back of the upper legs and lower back.

Your ankles are the joints that initially absorb the impact of the force of the concrete being transferred up through your knees, hips and lower back. A very simple exercise to increase "kinesthetic sense" or body awareness is to balance on one leg. Do two repetitions of 30 seconds on each leg. When this becomes easy, try it with your eyes closed! You will really feel your ankle working to

maintain stability with this advanced version of the exercise.

The key to preventing shin splints is to strengthen your anterior lower leg muscles or the muscle group that comprises the front part of your lower legs. The best single exercise is to sit on a chair or bench and lift your feet up and down slowly about 15 to 20 times two to three times per week. As you get stronger, you may increase the resistance in order to make the exercise more challenging.

Hamstring flexibility is very important, as running tends to shorten this group of muscles. A very nice stretch involves lying on your back and attempting to extend your leg with the aim of stretching it perpendicular to the ground. You can use a rope or towel placed around your foot to create a gentle stretching effect. This exercise is best performed after each workout for 30 seconds with each leg.

Lower back strength and flexibility are also crucial to warding off running injuries. Although there is plenty of "expert" advice on prevention of lower back pain, there really is a dearth of good data on what works. Some recent studies actually show that back extension endurance may be the most correlated factor with prevention of back pain. Therefore, working on static strength by performing static extensions while lying off of a table may be most beneficial for prevention of lower back pain. The other option would be to perform the so-called "superman" maneuver where you raise your upper body off the ground. Try holding this position for 10 to 15 seconds and increase this time up to 30 to 60 seconds as you build endurance. Some simple back-stretching exercises should follow these strengthening exercises.

Last, but not least, I cannot emphasize the importance of a good pair of running shoes, which account for your individual foot-strike nuances. Also, running on grass, trails or asphalt is less jarring to the legs than concrete.

Q: Will any supplements, eating patterns or specialized drinks help me reach my goal?

A: No, but they can deplete your pocketbook! In all seriousness, longer endurance performances by elite athletes may require some specialized adjustments. However, for most of us, eating a



Using proper technique and having a good pair of running shoes can decrease the potential for injury while running.

balanced diet emphasizing fruits and vegetables and drinking six to eight glasses of liquids per day is all that you really need.

Q: Often when I run, I get a pain in the right-hand side of my upper abdomen? What can I do about these "stitches" in my side?

A: Recent research suggests that abdominal stitches may be caused by the counterbalance of your organs pulling one way and your diaphragm pulling the other. Therefore, lying down and raising your hips and legs above your body level should alleviate this problem. This, however, is not practical in the middle of a run and may even look a little bizarre. In terms of prevention, an empty stomach along with strong abdominal muscles may be beneficial. However, during a run, the consensus is to change your breathing pattern, which typically coincides with a right-stride foot strike. Thus, altering your breathing pattern to correspond with your left foot might also help.

Q: What type of warm-up should I do?

A: Research in this area is actually quite sparse. And as a matter of fact, excessive static stretching of tight muscles prior to running can actually result in injury. A simple active warm-up is best. This means slowly adapting your body to the specific activity that primes both your cardiovascular and musculoskeletal systems. Therefore, a slow

walk or jog is ample for most situations. Intense static stretching, where you hold a position for 20 to 30 seconds, is most beneficial for prevention and enhanced flexibility after a workout.

Q: Does a good running performance imply that I am fit and healthy?

A: This is a complicated question. We need to distinguish between the meaning of running performance, fitness and health. Achieving a better time on a 1.5-mile run means that you have improved your cardiovascular and running capacities. Being fit, well, that may be a different question. Everyone in the running community knows the joke about the runner who arrives at the family picnic after running 10 miles. Everyone is impressed until the spouse asks the runner to open the pickle jar, which he or she is unable to do.

Fitness includes overall upper and lower body muscle endurance, strength and flexibility, which running itself does not provide. Also, training only for running and or push-ups and sit-ups may result in overuse imbalances or injury. Only a general fitness program utilizing cardiovascular, strengthening and flexibility exercises can provide the healthiest combination of fitness.

Good health includes general fitness, proper nutrition, appropriate weight maintenance, and good lipid and blood pressure control. In addition, we now know that excessive emotional stress can have many negative physical consequences. Therefore, "emotional well being" or the ability to cope appropriately with life's stressors, is also crucial to your overall vigor. Implicit in this definition is the avoidance of maladaptive behaviors such as gambling, inappropriate substances such as tobacco or illicit or inappropriate drugs, or excessive amounts of alcohol or caffeine. These will fail as coping strategies.

Your quest to improve your running performance should be a part of a general fitness program, which in turn should be a component of an overall individualized lifestyle philosophy. ★

(Lt. Col. (Dr.) Daniel Kulund, developer of the Air Force Total Force fitness package, contributed to this story. Also, information for this story was taken from Research Running News (www.rrnews.com), edited by Owen Anderson, Ph.D.)

Are You Covered?

Increased life insurance benefits available for military members

By Bo Joyner

"I REALIZE THERE ARE A NUMBER OF THINGS COMPETING FOR A FAMILY'S DOLLARS, BUT WHEN YOU THINK OF WHAT THIS MONEY COULD DO FOR A FAMILY IN THE TRAGIC EVENT OF A MEMBER PASSING, THIS IS REALLY A NO-BRAINER."

**MAJ. GEN. DAVID E. TANZI,
AFRC VICE COMMANDER**

In a move designed to better take care of the families of military members who are killed or who suffer traumatic injuries, benefits provided through the Servicemembers' Group Life Insurance program automatically increased effective Sept. 1.

The \$82 billion supplemental legislation President Bush signed into law May 11 raised maximum SGLI coverage from \$250,000 to \$400,000 and provided payouts of up to \$100,000 for people with traumatic injuries. The increased SGLI coverage took effect Sept. 1, and the so-called "traumatic SGLI" benefit will begin Dec. 1.

"If you were serving on active duty or were a participating member of the Air Force Reserve or Air National Guard on Sept. 1, 2005, you are automatically covered to \$400,000, even if you previously declined or elected lesser or no coverage," said Lt. Col. Deborah Divich, deputy chief of the Military Personnel Division at Air Force Reserve Command headquarters, Robins Air Force Base, Ga.

Colonel Divich said now is a good time for Reservists to review their SGLI beneficiary designation to make sure the information is correct.

"Your previous SGLI beneficiary designations remain in effect and in the same proportions until you make a new beneficiary designation," she said. "If your current SGLI beneficiary designation is correct and you choose to retain the maximum SGLI \$400,000 coverage, you do not need to take any action."

Military members opting to maintain the maximum SGLI coverage will see their monthly premiums increase from \$16.25 to \$26, based on the rate of 6.5 cents per \$1,000 of insurance coverage. The traumatic SGLI benefit will be rolled into the basic SGLI program and will likely cost about \$1 a month, said Stephen Wurtz, deputy assistant director for insurance for the Department of Veterans Affairs. The VA oversees and controls the SGLI program.

"Deciding whether to purchase \$400,000 worth of insurance that covers you in peace and war for \$26 a month is really a pretty easy decision to make," said Maj. Gen. David E. Tanzi, AFRC vice commander. "I realize there are a number of things competing for a family's dollars, but when you think of what this money could do for a family in the tragic event of a member passing, this is really a no-brainer. I would highly encourage every member of AFRC to take advantage of this inexpensive, yet very important, tool in family financial planning."

"Today's utilization of reserve forces in the global war on ter-

ror is unprecedented," said Chief Master Sgt. Jackson A. Winsett, AFRC's command chief master sergeant. "We may be needed anywhere at any time and placed in harm's way. In that vein, I ask that each enlisted member of the command closely review this tremendous benefit opportunity.

"You have the responsibility to ensure your loved ones are given a greater chance for success in the event of your death. I've asked each first sergeant and command chief master sergeant to counsel all enlisted members who decline coverage provided by SGLI. I view 6.5 cents for \$1,000 of coverage as a bargain and a must-have item. This

is a critical matter that deserves your immediate and personal attention — you owe this benefit to your loved ones."

Although it is discouraged by senior leaders, members wanting to decline or elect less than maximum coverage should visit their unit's commander support staff, base military personnel flight or, if deployed, their personnel for contingency operation team and complete a new SGLV Form 8286. Troops with dependents must get their spouse's approval to purchase less than the full amount of coverage. In the case of people who are not married, designated beneficiaries will receive notice when military members purchase less than the maximum coverage.

The legislation signed by President Bush in May directs that both increased SGLI and traumatic SGLI benefits are retroactive to Oct. 7, 2001. Traumatic SGLI benefits are retroactive for troops who have lost limbs, eyesight or speech or received other traumatic injuries as a direct result of their participation in Operation Iraqi Freedom or Operation Enduring Freedom. The benefit does not apply to people suffering from disease.

The retroactive coverage increase is payable as a result of death in either operation or under other conditions prescribed by the secretary of defense, Mr. Wurtz said. While these expanded benefits will be provided retroactively, affected servicemembers won't be charged retroactive payments, he said.

The new traumatic SGLI benefit is designed to provide "a quick infusion of cash" for cash-strapped families of troops recuperating from traumatic injuries received in the line of duty, Mr. Wurtz said. Compensation will range from \$25,000 to \$100,000 and is designed to help families of severely wounded troops leave their homes and jobs to be with their loved ones during recovery.

More information is available from unit commander support staffs or base military personnel flights. ★

SHOW OF FORCE

EXPEDITIONARY FORCES GROW STRONGER WITH RESERVISTS ONBOARD

BY TECH. SGT. JASON TUDOR
PHOTOS BY MASTER SGT. SCOTT WAGERS



A C-130 from the 908th Airlift Wing, Maxwell Air Force Base, Ala., takes off from Sather Air Base in Iraq. During the summer, Air Force Reservists from around the country played a key role in keeping operations at the base, located southwest of Baghdad, moving.

The air expeditionary force is running head-on into the Future Total Force as the number of Reservists serving longer tours at points across the globe grows and those serving gain experience and credibility from the journey.

To that end, Citizen Airmen played a large role this summer in keeping operations at Sather Air Base moving. The base, home of the 447th Air Expeditionary Group, is located southwest of Baghdad. Its 800-plus people are responsible for moving cargo and troops into and out of the Iraqi theater.

Sustaining that effort from May through September was a leadership cadre rife with Reservists. Master Sgt. Gene Peterson served as the group's first sergeant during that timeframe. He chose to leave his job as a quality assurance inspector for aircraft at Randolph Air Force Base, Texas, to deploy to Sather.

Sergeant Peterson said the drive to provide something that's needed at the base — leadership — motivated him to volunteer for the assignment.

"I can get along with a fence," the 13-year

Reservist joked, talking about his people skills. "I also knew I could help people cope with the austere conditions. I wanted to help steer people in the right direction."

When Sergeant Peterson arrived for his 120-day tour, he was faced with several challenges, among them rebuilding the base's tent city after a bad storm and dealing with the unpopular issue of mandatory physical training gear wear. He said aside from having to dodge mor-

tar attacks, life at Sather was what he expected.

"I wasn't blind to any of the issues," he said.

Recently, the new tents finished going up. PT gear wear became mandatory for Airmen Oct. 1.

While the shirt took care of tents and shorts, issues of command took center stage for group commander and Air Force Reservist Col. Dan Kornacki. Almost daily, a VIP stood on his

doorstep. The colonel's guest list included the secretary of defense, attorney general and secretary of state. It also included prime ministers and politicians from coalition countries as well as a litany of support people who work to continue the process of rebuilding Iraq.

Most VIPs pass through the group's headquarters building — the "Glass House" — on their way to somewhere else in Iraq. One day, the prime minister of Australia bumped into the attorney



"This is the real stuff," said Reserve Tech. Sgt. Dan Olds, assigned to the 302nd Airlift Wing, Peterson AFB, Colo., as he helped unload 17 pallets of supplies from a Mississippi Air National Guard C-17 at Sather this summer.



Master Sgt. Gene Peterson (center) served as the 447th Air Expeditionary Group first sergeant during a 120-day deployment this summer. The Reservist from the 433rd Airlift Wing, Lackland AFB, Texas, is shown here visiting with Airman First Class Nicole Gonzalez and Tech. Sgt. Mike Gray from the group's civil engineer readiness office. Sergeant Peterson helped his troops deal with the austere conditions and tried to "steer people in the right direction" at Sather.

general of the United States.

That's not the start of a joke.

It happened. Colonel Kornacki was there.

"When he introduced himself as 'the attorney general of the United States,' I just went, 'Wham!' This is the guy! That's when it was the most significant for me," the 15-year Citizen Airman said.

Aside from taking care of the VIPs, Colonel Kornacki said that during his deployment he also saw a need to get control of his airfield and clean up vehicle traffic on his flight line. There was also the issue of rebuilding tent city. Fortunately, he said, his people came through on all accounts.

"Our people put the mission above all else. That was a real blessing," he said.

In addition to command and control, Reservists played other roles in keeping the air expeditionary group strong. Capt. James Ross, for instance, wanted people to be cool. Not in the Arthur Fonzerelli thumbs-up, leather jacket sort of way. Rather, he wanted to keep flight line workers cool while they loaded and unloaded equipment.

To that end, Captain Ross and a team of Airmen experimented with clothing and equipment, including a self-cooling vest, to lower the 150-degree-plus temperatures experienced behind C-130 aircraft. The experiment continued even as his rotation ended, but the bioenvironmental engineer did advance the cause.

"It's a good investment, especially in Baghdad," Captain Ross said. "The vests

are affordable, and if they allow people to do just one extra engine-running offload, they will pay for themselves."

Meanwhile, a Reservist from Colorado Springs helped Airmen, Soldiers, Sailors and Marines get their first sniff of Baghdad when they touched down.

Senior Airman Kristina Marshall, an aerial porter assigned to the 447th Air Expeditionary Group in Baghdad, has seen enough of them to know. At last count, more than 130,000 people on 7,600 missions have flown into or out of Sather.

The Reservist takes it all in stride.

"It's motivating to remind yourself you are helping people," Airman Marshall said. "We got picked to work this rotation for a reason. That means something."

Another Reservist who served a 120-

Conducting self-initiated experiments on protective clothing designed to keep flight line personnel cool in extreme heat conditions, bioenvironmental engineer Capt. James Ross (left) and expeditionary logistics readiness squadron commander Lt. Col. Tom Sadlo check the ambient air temperature on the Sather Air Base tarmac. It registered 115 degrees Fahrenheit.



Rebuilding the tent city at Sather AB was a top priority this summer. Here, Airmen assigned to the 447th Expeditionary Civil Engineer Squadron tighten the frame on a new tent.



day tour at Sather was Master Sgt. Christopher Sayre. The first sergeant, who deployed from the 934th Airlift Wing at Minneapolis-St. Paul International Airport Air Reserve Station, Minn., said he volunteered for the assignment because this was a place where he could make a difference.

Sergeant Sayre said none of his active-duty first sergeant colleagues questioned his status or credentials.

"I felt like an equal," he said. "I had as much experience as they did, so we could sit and talk about the issues. I didn't feel like anyone was 'out of my league.'"

Sergeant Sayre said the 120-day rotation served as an amazing training tool.

"I never feel like there's enough time to do the things we need to do on drill weekends," he said. "This (deployment) gave us more experience."

As the air expeditionary force integrates with the Future Total Force, opportunities abound for Air Force Reservists, Sergeant Peterson said. It's not always a smooth road, he said, but the ride is fun.

"The deployment was like a car on a bumpy road — you had to slow down to make the right decisions," he said. "When you did, you reaped the benefits."

"I see Reservists taking a bigger role over time, because we're not looked at as Reservists. In fact, most people in the fight don't care. Being here for 120 days puts you on the same sheet of music as the active duty-folks, and that's what matters." ★



Senior Airman Kristina Marshall, a Reservist from the 39th Aerial Port Squadron, Peterson AFB, Colo., has been extremely busy during her deployment to Sather. At last count, more than 130,000 people on 7,600 missions have flown into or out of the base.

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