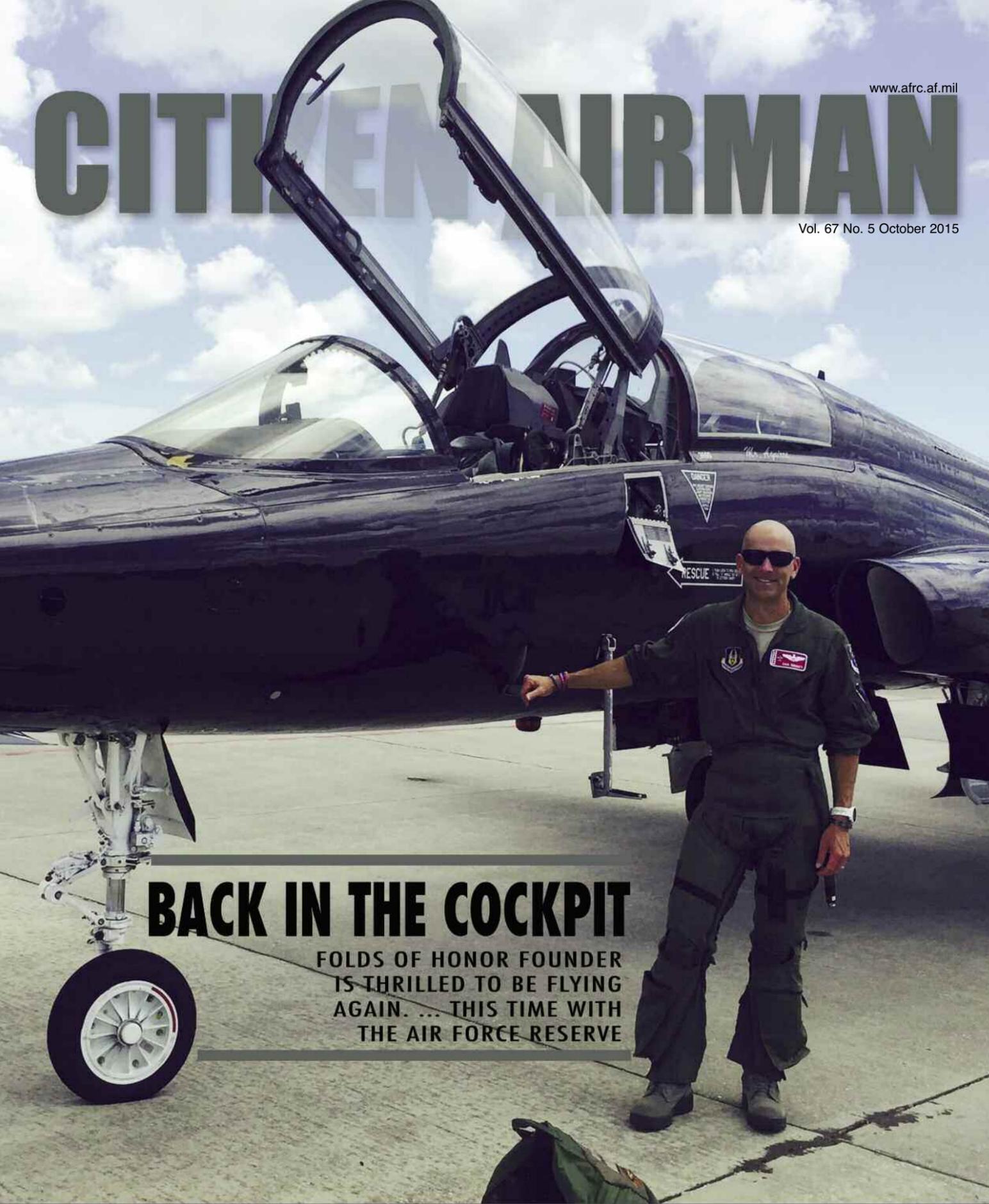


CITIZEN AIRMAN

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Vol. 67 No. 5 October 2015



BACK IN THE COCKPIT

FOLDS OF HONOR FOUNDER
IS THRILLED TO BE FLYING
AGAIN. ... THIS TIME WITH
THE AIR FORCE RESERVE

THE OFFICIAL MAGAZINE OF THE AIR FORCE RESERVE

LIEUTENANT GENERAL
James F. Jackson
 ★★★
 FROM THE TOP



FOCUS ON THE FUTURE

I was fortunate to be selected as the chief of Air Force Reserve and commander of Air Force Reserve Command a little more than three years ago. We have accomplished a lot so far, but I don't want to stop short of the finish line. With that in mind, I want to share my top three focus areas for the next year.

Over the upcoming months, and beyond, I want us to focus on building the future force, modernizing and recapitalizing our fleet, and continuing to develop our team. I believe focusing on these three areas will ensure we remain an integrated, flexible and combat-ready force providing Citizen Airmen to fly, fight and win in air, space and cyberspace.

To be successful we must have the manpower and talent to support current and emerging mission requirements. This means we must concentrate on building our future force. The first step is ensuring we take action to continue to grow our end strength. This will help us fill critical capability and capacity gaps our Air Force continues to face.

To get the professionals we need in some career fields, we are going to look at new options for recruiting talent. We also want to continue to capture talent coming off of active duty. Every prior-service accession represents a significant cost savings in terms of training and a substantial benefit in terms of experience. I am also pleased to report that last year we accessed more than 68 percent prior-service members.

As we plan for the upcoming year, we know we are going to see an increased demand for new and existing capabilities. The Air Force Reserve is in the process of using our High Confidence Model to prioritize mission areas that leverage AFR strengths and fill critical capability gaps. We know rapidly evolving mission areas like cyberspace and global intelligence, surveillance and reconnaissance, as well as new weapon systems like the F-35 and KC-46, offer opportunities for us to pursue. As we build our force for the future, we will continue to look for enduring mission areas that help us retain Air Force investment and leverage civilian experience.

My second focus area is to ensure we are recapitalizing and modernizing our fleet in a way that keeps us viable and relevant. In a constrained fiscal environment, we are going to continue to face challenges in this area, which means we must continue to utilize National Guard and Reserve Equipment Account funds to modernize our fleet. By modernizing our airframes such as the C-130H, HC-130 and HH-60, we preserve our combat capability and sustain our fleet. With some of the oldest equipment and aircraft in the Air Force inventory, we must continue to pursue new missions in parity and partnership with the active component.

Finally, I want to spend the next year focusing on further developing our team. As I have said many times before, our Citizen Airmen are our greatest asset. We need to continue to

provide growth and development opportunities for both our officer and enlisted force in all statuses. I am also committed to providing continued support for critical community programs that focus on our Airmen and their families. I will continue to advocate for the Yellow Ribbon Program and the Key Spouse Program as part of taking care of our Airmen.

I am proud of all the work we have done to get us to where we are. I ask for your continued support in working together on these priorities over the next year. As part of the total force team, we must remain committed to providing Citizen Airmen capable of supporting our national security needs. Thanks for all you do!

CHIEF MASTER SERGEANT
Cameron B. Kirksey
 CHIEF'S VIEW

OUR ENLISTED TEAM

The beginning of the fiscal year is a good time to look back at where we have been as a force and where we are going. Like General Jackson, I have about a year left in the seat, and I am committed to ensuring our Air Force Reserve remains a strong and viable force. My goal is to do my part to build the future force and develop our enlisted team as we move forward over the next 12 months.

Our enlisted members are the backbone of our Air Force Reserve and will remain as such in the future. To stay viable and relevant, we need to ensure we are recruiting the right Airmen and providing them the support they need to be successful.

Historically, when the Air Force Reserve recruited brand-new Airmen, we had a lower retention rate than the active component. Attrition rates for our first-term Airmen during basic military training and technical school training were higher than they should have been because

we didn't have a good support system in place to help these new recruits succeed. Hence, the AFR created the Development and Training Flight, designed to provide training and guidance for these new Citizen Airmen and help them transition from civilian to military life.

My goal as chief is to continue to develop and support this program as we move forward. Our Development and Training Flight has increased our retention rates and, more importantly, has helped our Citizen Airmen connect with other Airmen in their wings and start their Air Force Reserve careers on the right foot. This program allows us to provide our young Airmen the training and support they need to successfully navigate basic training and tech school. This enables us to begin building our force from day one.

We are also going to continue to focus on ways to develop our enlisted force. Both General Jackson and I are firm supporters of offering continued development opportunities for our enlisted force.

Professional development courses and career progression opportunities are essential to helping us groom our senior enlisted leaders. By providing opportunities for our Citizen Airmen to pursue professional and personal development, we strengthen our contribution to the total force team.

I need your continued help to institutionalize the new enlisted evaluation system to include the Airman comprehensive assessment program, aka performance feedback, and the new enlisted performance report process. We know both of these initiatives are going to help us identify high performers and provide critical feedback to our Airmen at every level. These systems provide a fantastic feedback mechanism to ensure meaningful and purposeful dialogue between supervisors and Airmen.

Supervisors, I challenge you to take the time to have the tough conversations and be willing to provide mentoring moments when appropriate. Through continued feedback and honest communication, we can increase the effectiveness of our force.

As I look forward to the next year, I am excited to continue on the path we have charted. We are moving forward as a professional and dedicated force, and I couldn't be more proud of the men and women I have met during my unit visits. Take the time to develop yourself and the team and help us build the force we need for the future. Remember, I'm here for you!



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Take the time to be a good wingman

On the cover: Maj. Dan Rooney recently resumed his Air Force career as a member of the Air Force Reserve's 301st Fighter Squadron at Tyndall Air Force Base, Florida. Rooney, who provides adversarial air support for F-22 Raptor pilots, is the founder of Folds of Honor, an organization dedicated to providing educational scholarships to families of military members who have been killed or disabled while on active duty. Read more about his commitment to helping others in the Profiles in Leadership story that begins on Page 12.

Gen. Mark A. Welsh III *Chief of Staff, United States Air Force*
Lt. Gen. James F. Jackson *Commander, Air Force Reserve Command*
Col. Bruce M. Bender *Director of Public Affairs, Air Force Reserve Command*
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ONE OF THE BEST

A fire team member of the 908th Security Forces Squadron at Maxwell Air Force Base, Alabama, is one of the Air Force 12 Outstanding Airmen of the Year for 2015. Staff Sgt. Kresston L. Davis, who was a senior airman when her award nomination was submitted, received the award at the Air Force Association's Air and Space National Aerospace Conference Awards ceremony Sept. 14 in Washington, D.C. Prior to receiving this award, Air Force Reserve Command honored her as one of its Outstanding Airmen of the Year. Davis was born and raised in Montgomery, Alabama, where she still lives, and joined the Air Force in 2012. During a deployment to Manas Air Base, Kyrgyzstan, in 2015, she helped defend 250 rotators on 34 aircraft and safeguarded approximately \$2 billion in assets. Also, she led three squad expeditionary force missions and assisted with hand-to-hand combat skills training for 32 security forces members. In her role as a fire team member at Maxwell AFB, Davis is responsible for ensuring the safety of the installation and its people as well as property assigned to the 908th Airlift Wing. In addition to her regular duties, she serves as a member of the squadron's honor detail and participates in several local humanitarian and community service projects. She recently completed requirements for a bachelor's degree in information systems and is planning to obtain a master's degree in cyber forensics and information security. (Lt. Col. Jerry Lobb)

Staff Sgt. Leland Hastings, 919th Special Operations Security Forces Squadron, Duke Field, Florida, launches a Raven-B unmanned aerial system into the skies above Camp Guernsey, Wyoming. The 919th SOSFS brought the UAS to demonstrate its capabilities to other security forces units involved in a large field training exercise at the camp. The Raven-B has the ability to take photos and video in day or night and even designate locations via an infrared laser. It also provides coordinates, magnetic azimuths and linear distances, creating a birds-eye view of a desired area. (Tech. Sgt. Sam King)



Blake Taylor applies a pressure bandage to Tech. Sgt. Cassandra Dickerson, 433rd Aeromedical Staging Squadron, after learning the proper technique from her and why it is used. Blake was one of 200 children who participated in Operation JET (Junior Expeditionary Team) at Joint Base San Antonio-Lackland, Texas, an event designed to give children of service members the chance to experience a mock deployment. (Tech. Sgt. Carlos J. Trevino)



Staff Sgt. Kyle Bosshardt, 446th Aeromedical Staging Squadron medic, dons mission-oriented protective posture gear in preparation for the annual Expert Field Medical Badge test at McChord Field, Washington. The Expert Field Medical Badge is a unique distinction worn only by the most battle-ready and elite medical personnel in the military. (Senior Airman Daniel Liddicoet)



(Left to right) Maj. Gen. John C. Flournoy Jr., 4th Air Force commander; Col. Raymond A. Kozak, outgoing 512th Airlift Wing commander; and Col. D. Scott Durham, incoming 512th AW commander; listen to welcoming remarks during a change of command ceremony in August at Dover Air Force Base, Delaware. (Capt. Bernie Kale)



B-52 Crew Qualified on New Communications Technology

Airmen from the 343rd Bomb Squadron at Barksdale Air Force Base, Louisiana, became the first Reserve aircrew to be qualified on the new combat network communications technology modification for the B-52H Stratofortress. The aircrew, with the call sign "Chaos 43," is part of a total force enterprise with the 96th Bomb Squadron, which includes active-duty members and Reservists working together to complete their mission.

"Having CONECT-qualified crews means the squadron is capable and ready to augment the active duty for any taskings that may occur," said Capt. Ryan King, one of the Chaos 43 aircrew members assigned to the 343rd BS.

The CONECT modification upgrades and enhances the bomber's technology to include real-time communications uplinks, computer network servers and color digital display screens.

"The added capability and situational awareness that CONECT brings to the B-52 boosts our lethality while enhancing safety for the aircrew and ground forces alike," said Maj. Doug Orms, a Chaos 43 crew member. "With CONECT we can process targets more quickly and with greater accuracy than with the legacy (previous) system."

The B-52 bomber's lifespan is projected to extend beyond 2040. The digital upgrades within the CONECT system bring the aircraft into the digital age.

"The beyond line of sight digital communication capability will keep us up to date with enemy and friendly situations as well as any changes to our assigned tasking," Orms said.

The beyond line of sight communications upgrades will allow for updated threat and targeting data to be passed along to the aircraft to allow for retargeting, instead of the crew relying on information received before takeoff. (Master Sgt. Dachele Melville, 307th Bomb Wing public affairs, Barksdale AFB)

Mobile App Helps Individual Reservists Access Career Resources

A new mobile application is available that allows individual mobilization augmentees to quickly access important career resources directly from their Apple devices.

The app, which the Headquarters Individual Reservist Readiness and Integration Organization at Buckley Air Force Base, Colorado, released in June, can be downloaded for free from the Apple App Store. It places valuable career resources at the fingertips of individual Reservists without the need for them to remember a complicated web address. It offers direct access to resources located on the HQ RIO website, including information on readiness, finance, travel and various points of contact. It features an option to email HQ RIO directly.

The app also includes HQ RIO, Air Reserve Personnel Center and Air Force news feeds to keep members up to date on the latest news and information.

To download the app, launch the App Store from your iOS mobile device, search "HQ RIO" and select "Get" and then "Install."

The app was developed by HQ RIO and the Air Reserve Personnel Center "Skunkworks" team.

"Our vision is for IRs to be able to easily access important news and information from anywhere in the world, any time of the day," said Senior Master Sgt. Deana Rossi, HQ RIO plans and programs, who was a driving force behind the project.

The app is currently only available for Apple devices. (Master Sgt. Timothy Huffman, HQ RIO public affairs)

Little Rock C-130 Earns Rare Black-Letter Status

It occurs less frequently than a blue moon and is rarer than a no-hitter in Major League Baseball, but black-letter initials on an aircraft inspection form do happen, as a C-130 crew chief at Little Rock Air Force Base, Arkansas, recently found out.

Before and after a flight, maintenance teams go over each aircraft with a fine-toothed comb looking for discrepancies, which are noted in red ink on an aircraft inspection form. In the rare instance when a maintenance team verifies that an aircraft has zero discrepancies, the accomplishment is noted with the crew chief's initials written in black ink.

That's what happened in July when Tech. Sgt. Timothy Hammonds, a C-130 crew chief with the 913th Maintenance Squadron, wrote his initials in black ink on the inspection form for his aircraft, tail number 0419.

"I've only seen this twice in 30 years," said Chief Master Sgt. Ralph Babcock, 913th MXS superintendent. "The previous ones were on newer planes. This is a 1986 model and has more miles and thus more wear and tear, making it even more of an accomplishment."

"When the aircraft came back from depot maintenance, we (members of the maintenance team) realized how close it was to being black-lettered," Hammonds said. "I knew what a rare opportunity this was to get black-lettered, and my pride wouldn't let me take a day off because I just wanted to get it there."

Like others, Hammonds had heard of a black-lettered aircraft but had never seen or signed one.

"It felt amazing to be signing and seeing my first black-lettered aircraft," he said. "It's something every crew chief tries to achieve. You're always striving for it, and regardless of whether you get it, you always work toward it."

Not only was Hammonds' team able to get the aircraft black-lettered before the flight, but the plane returned with a "Code 1" or zero discrepancies.

"That's another rarity because typically something happens during or after the flight to cause a discrepancy," said Maj. Paul Centinaro, 913th MXS commander. "But this is a good representation of our organization and the capabilities we bring to Team Little Rock and what we bring to the fight. We've got the experience and the expertise, and put the blood, sweat and love into the job." (Capt. Casey Staheli, 913th Airlift Group public affairs)

eBenefits Website Makes Records More Readily Available

In a time when almost any information is instantly available via a computer or smartphone, it's frustrating for military members to have to submit a form and wait up to 14 business days for personnel records.

Now, military records are more easily available thanks to the new eBenefits website (www.ebenefits.va.gov), an automated records retrieval portal managed by the Department of Veterans Affairs. Using this website, military members can gain access to requested documents within hours.

"eBenefits is simply amazing," said Master Sgt. Amy Szpak, NCO in charge of the career service team at the Air Reserve Personnel Center, Buckley Air Force Base, Colorado. "It replaced having members submit a Standard Form 180 to request their military record and possibly waiting 14 business days to receive it. Veterans, retirees and participating members have access to manage their benefits at the click of the mouse."

In March 2007, President George W. Bush issued an executive order establishing the Commission on Care for Returning Wounded Warriors. The commission recommended the creation of a web portal that would provide service members, veterans, family members and authorized caregivers with a single sign-on, central access point for clinical and benefits information. eBenefits is the result of the commission's recommendation.

"We want our Airmen focused on the mission. If they are scrambling around for documents, their focus is not where we want it," said Brig. Gen. Samuel "Bo" Mahaney, ARPC commander. "Everything we do at ARPC is about optimizing personnel service delivery to achieve an effortless customer experience — an experience that does not unnecessarily take Airmen away from their primary tasks. Investing just a few minutes to register for an eBenefits premium account eliminates delays, secures the precise documents needed and gets our Airmen back to the mission."

"Members will have to register for a premium account," Szpak said. "It's important for members to know they must be in DEERS (the Defense Enrollment Eligibility Reporting System) in order to create an



account. Members who have a Common Access Card may simply log in with their CAC. Once the account has been established, members will have continued access to the website to retrieve their master personnel record."

Szpak said members may request their entire record or just specific documents.

"Since this is a VA-sponsored website, we do not have any visibility over errors that one may encounter," she said. "The eBenefits help desk would be the point of contact, and they are very helpful in assisting to find out what is wrong."

To contact the eBenefits help desk, call 1-800-983-0937.

"It's also important that customers know ARPC does not maintain medical records," Szpak said. "Those are maintained by the Department of Veterans Affairs Records Management Center in St Louis.

For information regarding medical records, call 1-888-533-4558. (Tech. Sgt. Rob Hazelett, ARPC public affairs)

Schoolhouse Reservists Seamlessly Integrate With Active Duty

A small patch on their uniform is the only distinguishing difference between the seven Reservists working at the Career Enlisted Aviator Center of Excellence and their active-duty counterparts.

The Reservists, assigned to the 733rd Training Squadron at Joint Base San Antonio-Lackland, Texas, work as part of the active-duty 344th Training Squadron team, training an average of 2,000 active-duty, Air Force Reserve, Air National Guard and foreign national students in nine different specialties each year. The Reserve Airmen include the center's deputy commandant, operations superintendent and five instructors who teach courses as expert loadmasters, flight engineers and special mission aviators.

"Our team members integrate seamlessly with their (regular Air Force) partners, making it almost impossible to tell who is a Reservist and who is RegAF," said Lt. Col. Kenneth Evans, 733rd TRS commander. "They do excellent work and provide much-needed continuity to their RegAF partners due to their three- to four-year tour lengths."

The Reservists have been part of the total force integration construct at the schoolhouse since its inception in December 2009, securing their seven positions within the cadre.

Senior Master Sgt. Marc Gibson, Career Enlisted Aviator Center of Excellence operations superintendent and 733rd TRS Reservist, was part of the school's initial standup and has witnessed the importance of

Pope's Pun



a total force presence first-hand.

"In many aspects, it doesn't matter if you are active duty, Guard or Reserve — we are a seamless, integrated team, and we're all fighting the same fight," Gibson said. "However, we do have some differences. And with about 40 percent of the students passing through being Reserve and Guard, it's important to have some representation on the cadre."

Tech. Sgt. James Grove, Basic Loadmaster Course instructor supervisor and 11-year Air Force Reserve veteran, said it's not unusual for Reserve students to approach him with Reserve-related questions.

"They ask me everything from what life in the Reserve is like to more specific questions about balancing civilian life with military life," he said. "I think they really value getting advice from someone who has been there."

Grove, who has been at the schoolhouse just shy of three years, said working at the Career Enlisted Aviator Center of Excellence has been a highlight of his military career.

"This is such a big change from what I was doing at Dover (Air Force Base, Delaware) flying missions on the C-17 and C-5," he said. "Working in a schoolhouse, making sure I'm always on my A game and setting the right example for these young Airmen brand new to the Air Force is so different — not to mention working alongside active duty. I have learned so much from my fellow cadre and the students and have really valued my time here."

The Dover, Delaware, native said that while there is occasional friendly ribbing between active-duty members and Reservists, they are equals in the eyes of one another and in the eyes of the students.

Ground crews keep firefighting aircraft safe and ready to fly

By Master Sgt. Daniel Butterfield

When the 302nd Airlift Wing's Modular Airborne Fire Fighting System-equipped C-130s answer the U.S. Forest Service's call to assist with fire operations — such as they did in August to Sacramento, California — it's not just the aircraft and aircrews that respond. The maintenance team plays an integral role in keeping the aircraft safe and ready to fly and fight fires on a daily basis.

The 14-person aircraft maintenance crew is divided into two teams or shifts. The three-person morning crew opens up the aircraft and preps it for the preflight inspection.

"The basics of the job is getting the airplane ready and airworthy for the crews, presenting them a good airplane so they can complete their mission, no matter what that mission is," said Tech. Sgt. Vic Bejarano, C-130 crew chief, who has been supporting the MAFFS mission since 2004.

Once the MAFFS launch orders and missions end for the day, the bulk of the maintenance crew gets to work. The 11-person night shift includes two crew chiefs as well as several specialists such as electricians, engine specialists and avionics technicians. The goal is to have the aircraft airworthy for the next day's missions, and the maintenance crew's day does not end until the goal is met.

Master Sgt. Will Dial, the second shift production supervisor, said MAFFS operations take their toll on the airframe.

"The type of flying that they do, the weight they carry, adds stress to the airframe," Dial said.

To help them get the job done, the maintenance specialists bring along their own tools and parts they think they might need at the deployed location. If there is something they need but don't have, they reach back to the



Senior Airman Sam Schwellenbach, a hydraulics mechanic assigned to the 302nd Maintenance Squadron, checks the pressure of the rear tire on a Modular Airborne Fire Fighting System-equipped C-130 after the aircraft returned from a day of flying sorties on the River Complex fires in Northern California Aug. 5.

302nd AW maintenance shops at Peterson Air Force Base, Colorado, which overnight ship the part to keep the mission going.

The maintenance team is well aware that everything they do will help out those who are affected by wildfires.

"It is very rewarding in the fact that we are out here with the fire effort, even if we don't get to see the results," said Chief Master Sgt. Mike Sanchez, MAFFS maintenance supervisor, who has 15 years of experience with the aerial firefighting mission.

"I love my job. I love what we do," said Tech. Sgt. Leonard "Gonzo" Gonzales, propulsion mechanic, who deployed with the

MAFFS team to California in August for the first time. "My brother lives here in Sacramento, so he's really excited that we are here to help out."

The MAFFS mission is one of urgency, but because of the maintenance schedule, the night shift has time to make sure all will be right in the morning for another day of making a difference in the fight against wildland fires.

"Everything is steady; we don't push, we don't rush anything," Dial said. "Safety and airworthiness of the airplane are our priorities."

(Butterfield is assigned to the 302nd Airlift Wing public affairs office at Peterson AFB.)

"We all command the same respect," Grove said. "We (Reservists) don't get any special treatment, either. We all attend commander's calls; we all participate in student activities like health and welfare dorm inspections; we are all equals."

In addition to their instructor duties with the 344th TS, the Reservists also have additional duties within the 733rd TS. During unit training assembly weekends, they do everything from running the unit safety program to processing awards and decorations.

"Expectations for our Reserve Airmen are set very high," said Chief Master Sgt. Matthew Priser, Career Enlisted Aviator Center of Excellence deputy commandant and 29-year Air Force Reserve veteran. "In essence, our Reserve instructors wear two hats between the two units, and they do an incredible job.

"Our Basic Loadmaster Course has the highest student throughput, graduating more than 450 students this fiscal year, and both the NCO in charge and the instructor supervisor are Reservists," he said. "They wouldn't hold this level of responsibility if they weren't superior performers. Not to mention all the unit and command-level awards they have garnered this past year, including Master Sgt. Kathleen Disney who was named Air Force Reserve Command Senior NCO Aircrew Member of the Year for 2014. They are all impressive Airmen within an impressive team." (Tech. Sgt. Lindsey Maurice, 433rd Airlift Wing public affairs office, Joint Base San Antonio-Lackland.)

First Operational F-35A Lightning II Aircraft Arrive at Hill AFB

The Air Force ushered in a new era of combat air power with the arrival of the service's first two operational F-35A Lightning II aircraft Sept. 2 at Hill Air Force Base, Utah.

Hill's active-duty 388th Fighter Wing and Air Force Reserve's 419th FW will be the first combat-coded units to fly and maintain the Air Force's newest fifth-generation fighter.

"Make no mistake, we're built for this," said Col. David B. Lyons, 388th FW commander. "We will deliver the combat capability that our nation so desperately needs to meet tomorrow's threats."

Lyons, who flew one of the F-35s to Hill from Lockheed Martin's production facility in Fort Worth, Texas, highlighted the jet's stealth ability, advanced technology, avionics and sensor fusion, which allow pilots the flexibility to operate in "contested environments" and strike "tough to reach" targets.

Hill has been called the ideal location for the F-35 because of its proximity to the Utah Test and Training Range and because the base is the home of the Ogden Air Logistics Complex, which performs F-35 depot maintenance and modifications. The integration of the active-duty and Reserve fighter wings provides increased flexibility and combat surge capability.

"This is a great day in the history of Hill Air Force Base," said Col. Bryan Radliff, 419th FW commander. "We have to have these aircraft to achieve air dominance in the future for the United States. We are extremely proud to be a part of this association (with the 388th FW)."

Since the basing announcement in 2013, Hill has spent more than \$120 million and completed numerous renovation and construction projects to prepare for F-35 operations.

"The reason we're here today is because of our Airmen, civilians, contractors and outstanding community who stood behind us 100 percent," said Col. Ron Jolly, 75th Air Base Wing commander. "We know the capabilities of this aircraft. We are on the cutting edge, and we're very proud to be a part of that cutting edge."

Being on the cutting edge of Air Force combat air power is not new to the 388th and 419th. They were also the first units in the Air Force to fly combat-coded F-16 Fighting Falcons when they entered the fleet.

The active-duty and Reserve wings are scheduled to receive one to two F-35 aircraft per month until a total of 72 have been delivered. (Micah Garbarino, 75th Air Base Wing public affairs, Hill AFB.)



Take Ownership of Your Life's Financial Transactions

By Ralph Lunt

I recently spoke to a long-time client of mine. He was troubled about a call he had received asking him to verify his online investment password and login information. His major concern was that he had never established a password/login for this account. My response to him was that I had done nothing on my end to compromise his account and that he should not give away any financial information to a random caller.

For many years, I have done most of my financial transactions — paying bills, money transfers, investment management — online. The information required by the various institutions varies, but all of them have my billing and email addresses.

That said, if you do use online services, my recommendation is to never respond to a random email asking for confirmation of your banking or credit card information. Additionally, never give this type of information to a random caller. I'll add that the email address I use for confirmation is cloud based. That way, if my personal computer crashes, confirmation of payment is still available.

I personally go online daily to check my bank account information to ensure there are no unauthorized purchases, and I recommend that you do the same. Why? A few years ago my credit card had me buying gas and items from various stores in California, a state I like but haven't been to in many years. The internet is awesome, but it provides the opportunity for bad people to disrupt your life.

Be your own financial detective by taking ownership of all of your life's financial transactions. Fly safe!

(Editor's note: This feature is designed to provide financial advice and information of a general nature. Individuals should conduct their own research and consult a financial adviser before making any financial decisions. Based in Cleveland, Lunt is a certified financial planner and vice president of a financial planning and consulting firm. He is also a colonel in the Air Force Reserve, serving as the reserve forces director of the Great Lakes Region of the Civil Air Patrol adviser's program.)



Playing the bad guy: Maj. Dan Rooney's new mission with the Air Force Reserve is to provide adversarial air support for F-22 pilots. Being a good guy: Rooney's Folds of Honor foundation has awarded more than 10,000 scholarships to spouses or children of service members killed or wounded in action.

BACK IN THE COCKPIT

FOLDS OF HONOR FOUNDER IS THRILLED TO BE FLYING AGAIN. ... THIS TIME WITH THE AIR FORCE RESERVE

(Editor's note: This story is part of a regular series of articles that highlight the unique capabilities Air Force Reservists bring to the fight every day. Make sure to check our future issues of the magazine for more Profiles in Leadership.)

By Bo Joyner

It's hard to think of Maj. Dan Rooney, the founder and chief executive officer of the Folds of Honor Foundation, as a bad guy. But, right now, he's getting to play one for the Air Force Reserve. As a pilot with the 301st Fighter Squadron at Tyndall Air Force Base, Florida, Rooney's current mission is to provide adversarial air support for pilots sharpening their skills in the F-22 Raptor.

"On a daily basis, we provide a threat replication of what these F-22 pilots might possibly see if they were going to fight against the Russians, Chinese or whoever it might be," Rooney said recently from his home near Tulsa, Oklahoma.

Flying the T-38 Talon, Rooney and his colleagues in the 301st's Adversarial Air Section take on the role of enemy fighter pilots to provide F-22 pilots with "a realistic presentation of what they might come up against so they can hone their skills as combat-ready fighter pilots should they be called into duty."

It's a brand-new mission for Rooney, who flew F-16s for the Oklahoma Air National Guard for 12 years before leaving the Guard about four years ago to devote more time to Folds of Honor, his family and his other job as a PGA golf professional.

"Ever since I was 12 years old, I wanted to be a fighter pilot, so when I had to give that up four years ago, it was gut-wrenching," Rooney said. "But I was at a point in my life where Folds of Honor was really taking off, we were building a new golf course in Tulsa called The Patriot, and I had four young daughters at home (he and his wife, Jacqy, now have five daughters). I came to the realization that I couldn't keep everything I had going on airborne anymore, so something had to give."

His plan was to take a two-year break from flying and then return to piloting F-16s for the Oklahoma Air National Guard.

"Well, two years turned into four, and I was really getting the itch to fly again," he said. "But after being out of the F-16 for so long, I began to look for a mission that was more compatible with all of the other things I had going on in my life."

That's where the Air Force Reserve stepped in. Rooney heard about the 301st's adversarial air mission at Tyndall and thought it would be a perfect fit.

He in-processed in May and spent the summer at Tyndall getting re-qualified as a pilot and taking his check rides. Now, he spends four or five days a month at the Florida base tak-

ing on the role of the bad guy in his T-38.

"Words cannot express how happy I am to be back in the cockpit," Rooney said. "I am so thankful that the Reserve gave me a new lease on life as a 42-year-old major. For the past four years, I felt like I was burdened by gravity. But now I get to fly again. It's a blessing to be able to put on the uniform and be around a group of incredible aviators."

Lt. Col. Randall Cason, commander of the 301st FS, said he is thrilled to have Rooney on his team.

"Major Rooney is a great patriot and a great addition to the 301st," Cason said. "He is totally dedicated to serving other people and has a way of making everyone around him want to be better at what they do. We're thrilled to have him here."

Moments of Synchronicity

Rooney likes to talk about the moments of synchronicity in his life.

"To me, synchronicity is chance with a purpose," he said. "It's those times when God puts someone in your path seemingly by chance, but that chance meeting is destined to change your life."

One of the major's first moments of synchronicity came when he was 12 years old and he met then-Maj. Steve Cortright, an ANG F-16 pilot, who would go on to earn the rank of major general and serve as Oklahoma's adjutant general from 1995 to 2003.

"I was totally blown away by this guy," Rooney said. "I remember thinking, 'Holy cow. You can be grown up and be this cool.' I knew from that moment on that I wanted to serve my country and be a fighter pilot."

Rooney worked hard to reach that goal and went on to have a successful career with the Oklahoma ANG, deploying three times to Iraq in support on the Global War on Terrorism. It was soon after returning home from his second tour of duty in Iraq that Rooney experienced the moment of synchronicity that would have the greatest impact on his life. ... and the lives of countless others.

Folds of Honor

During a commercial flight to Michigan on a rainy night in June 2006, Rooney was about ready to leave his seat and get off of the plane when the captain made an announcement that onboard the plane were the remains of Brock Bucklin, a soldier who was killed in Iraq. The captain asked that all passengers remain seated while the casket was removed.

Rooney said about half the people on the plane ignored the captain's request, but he watched silently as Brock's twin brother, Brad, escorted the casket off the plane to where his family, including Brock's young son Jacob, was waiting.

For the next 35 or 40 minutes, Rooney said he watched the Bucklins on the darkest night of their lives and felt compelled to do something to help that family and the countless other families who were going through the same thing or something similar.

Working out of a small office over the garage of his home in Broken Arrow, Oklahoma, he founded Folds of Honor in 2007 with the goal of providing annual educational scholarships to the military families of those who have been killed or disabled while on active duty.

Being a PGA golf professional, Rooney first looked to the golfing community to fund his ambitious project. He came up with the idea to have a Patriot Golf Day on Labor Day weekend and asked golfers to donate a little extra money — even if it was only a dollar — when they teed off.

Working tirelessly, Rooney convinced more than 3,000 golf courses to take part in the initial Patriot Golf Day, and the event was a huge success. This year over the Labor Day weekend, more than 5,000 golf courses were scheduled to participate with a goal of raising \$5 million.

In all, since 2007, Folds of Honor has awarded more than 10,000 scholarships to spouses or children of service members killed or wounded in action.

"We are so proud that Folds of Honor will be awarding nearly 3,000 spouses and children \$5,000 annual scholarships for the 2015-2016 school year," Rooney said. "That's everything from kindergarten to medical school."

Rooney said that golf is still the "heartbeat" behind Folds of Honor, but the charity has branched out into other areas in recent years. There are now Patriot Boating Days, Patriot Range Days, Patriot Bowling Days and Patriot Fishing Days.

NASCAR recently jumped onboard, and the Folds of Honor QuickTrip 500 is held during March each year at the Atlanta Motor Speedway.

In addition to the PGA and the United States Golf Association, Folds of Honor has a host of corporate sponsors — including Budweiser, Coca-Cola and Outback Steakhouse — now helping Rooney and his Folds of Honor Foundation make school affordable for family members of heroic Americans.

While Folds of Honor has grown tremendously in the last

eight years, Rooney has not slowed down or lost any of his enthusiasm for helping military families.

"We have nearly \$5 million in requested help from qualified families that we're not currently able to provide, so we have to keep pushing," he said. "On the battlefield there is a saying that you never leave a soldier behind. We're dedicated to never leaving a family behind either."

A Burning Desire to Serve

Running Folds of Honor is more than a full-time job. Being a PGA golf professional is more than a full-time job. Being a husband and father of five young girls is way more than a full-time job. So, with everything going on, why in the world would Rooney want to re-start his military career and join the Air Force Reserve at this point in his life?

"I do wear a lot of hats, but I think that, at my core, I am an Airman and a fighter pilot, and when I stopped flying for the Guard, there was a hole in my life. ... something that was missing," he said. "I'm a much happier person now that I have the opportunity to serve my country in the Reserve."

Rooney said he doesn't have time to sleep a whole lot, but he still wakes up every day "excited to chase my dreams and hopefully have a positive impact on the people around us along the way." He said he certainly couldn't do what he does without the support of his family.

"I think that finding that right balance

between your civilian job, your military commitment and your family is difficult for everyone, and it's definitely something that I struggle with. In fact, if I were to give myself a need-to-improve grade, that would be it. My wife and kids make a lot of sacrifices with me being away from home so much, but hopefully it's to serve the country and help families in need along the way, so that makes it a little more palatable."

Rooney's story is inspiring. He saw a need to help the spouses and children of service members killed or injured while serving their country, and he has worked tirelessly for years to meet that need. His greatest hope is that what he has done will inspire others to act as well, whether it is by giving to Folds of Honor or in some other way.

"Inspiration without action is meaningless," he said. "Everybody is given unique talents in life. The real question we have to ask ourselves is how will we use the talents we have been given to help others."

To get more information about Folds of Honor or to make a donation, visit the organization's website at www.foldsof Honor.org.



Rooney said he couldn't do what he does without the support of his wife and five daughters. (Courtesy photo)

A Part of History

Reserve airlifters help the Army celebrate the 75th anniversary of the first air drop of American paratroopers

Lt. Col. Korey Brown, commander of the 1st Brigade, 507th Parachute Infantry Regiment at Fort Benning, Georgia, leads a group of paratroopers preparing to exit a C-130 from the 908th Airlift Wing, Maxwell Air Force Base, Alabama. (Lt. Col. Jerry Lobb)

By Gene H. Hughes

Airlifters from the Air Force Reserve Command helped the Army celebrate an important milestone in its history: the 75th anniversary of the very first air drop of American paratroopers.

Members of the 908th Airlift Wing from Maxwell Air Force Base, Alabama, and the 315th AW from Joint Base Charleston, South Carolina, were invited to participate in the celebration that took place Aug. 16 at Fort Benning, Georgia, while the 440th AW dropped troops in a similar event at Fort Bragg, North Carolina.

"To be a part of such an important milestone in Army history was a distinct milestone in my career," said Capt. Brian Powell of the 908th. "It was certainly a rare experience and one that our whole crew was honored to be a part of."

On the same date in 1940, 10 members of the Army's Airborne Test Platoon, led by 1st Lt. William T. Ryder, made the first official parachute jump from a Douglas B-18.

At Fort Benning, an audience of roughly 500 people watched as the airlifters — flying one C-130 Hercules and two C-17 Globemaster III aircraft — dropped paratroopers onto Lawson Army Airfield, temporarily renamed King Drop Zone in honor of Pvt. William N. "Red" King, the first enlisted man to jump.

The event began with jumps by members of The Liberty Jump Team, an organization of re-enactors dressed and equipped as World War II-era paratroopers of the 82nd and 101st Airborne Divisions. The Liberty Team flew to altitude aboard a World War II vintage C-47 Skytrain. Members of the U.S. Army Pathfinder School followed by jumping from two UH-60 Blackhawk helicopters from Fort Benning's Ranger Flight Company.

Once the Pathfinders touched down, they set up communications with the AFRC aircraft for the final series of jumps.

For Master Sgt. Al Larson, a loadmaster in Charleston's 701st Airlift Squadron, the mission brought back vivid memories. Before donning an Air Force flight suit, he, too, wore the uniform of an Army paratrooper.

"I started with the Army in 1983 at Fort Benning and being part of the 75th anniversary of the Airborne School 32 years later is really awesome," Larson said. "I know what these Soldiers go through, and they have my utmost respect. I can still feel the adrenaline you get each time you prepare to jump, and on days like today it took everything inside of me to keep from going out that door with them."

At Fort Bragg, the event included static displays and demonstration jumps by the U.S. Army Golden Knights and the Army Special Operations Command's Black Daggers parachute demonstration teams.

The guest speaker for the event was retired Gen. James Joseph Lindsay, former commander of the 82nd Airborne Division and 18th Airborne Corps, and the first-ever commander of the U.S. Special Operations Command.

"Unfortunately, the 75th anniversary only happens once," said Lt. Col. Korey Brown, commander of the 1st Brigade, 507th Parachute Infantry Regiment at Fort Benning, which executes the training mission of the airborne school. "Otherwise, we'd be trying to set it up again for next week. Thank you for being here. This is a pretty huge deal. You're a part of history."

(Hughes is assigned to the 908th AW public affairs office at Maxwell AFB. Also, the 315th and 440th AW public affairs offices at Joint Base Charleston and Pope AFB, respectively, contributed to this story.)



MAJ. PETE GROSSENBACH

Senior Airman Andrea Uchiyama participates in the grenade throwing portion of the 68th annual Congress of the Interallied Confederation of Reserve Officers military competition in Sofia, Republic of Bulgaria.

Ladies First

All-female team represents United States at CIOR military competition

By Staff Sgt. Sarah Hanson

Three female Reservists competed in an international competition in Sofia, Republic of Bulgaria, Aug. 2-8 and came out victorious.

Lt. Col. Elizabeth Blanchford, Maj. Melissa Tallent and Senior Airman Andrea Uchiyama won gold in the tactical combat casualty competition at the 68th annual Congress of the Interallied Confederation of Reserve Officers military competition.

This marked the first time since 2005 that the United States had sent an all-female team to the CIOR military competition.

The CIOR represents approximately 1 million reservists from 36 nations worldwide. The organization meets twice a year, in the summer and winter, and works through committees that examine issues and provide analysis relating to reserve forces.

Several events took place during this summer's congress to include a welcome reception, military competitions and a closing dinner.

"We had a big ceremony that [first] evening; we marched from the base to the courthouse downtown," said Blanchford, who is assigned to the 953rd Reserve Support Squadron,

Norfolk Naval Station, Virginia, and is currently serving a one-year tour of duty in United States European Command. "Teams marched behind their national flags. There were speeches by local dignitaries, and a traditional Bulgarian dance was performed. It was the first time we all got to meet each other and mingle."

The first military competition consisted of a pentathlon, which included rifle and pistol marksmanship, land and water obstacle courses, grenade throwing, and land navigation. Day one of the pentathlon tested the Reservists' ability to shoot with speed and accuracy.

"The way it works is you shoot the host nation's weapon of choice, which for Bulgaria was the AK-47," Blanchford said. "My teammates and I had never shot this weapon before, so we had to get up to speed pretty quickly."

The host nation also gets to decide the shooting method. The competitors had 10 seconds in the prone position to get five rounds on target at 200 meters, 15 seconds kneeling and 20 seconds standing.

On day two the teams finished up the shooting portion of the competition and then moved onto grenades in the afternoon. Team members finished their day with the water obsta-

cle course.

"I wouldn't consider myself a great swimmer," said Uchiyama, a member of the 56th Aerial Port Squadron at March Air Reserve Base, California. "However, Major Tallent (who is assigned to United States Pacific Command at Camp H.M. Smith, Hawaii) is a triathlete and a swim instructor, so it worked out really well for us. I can truly say I became a better swimmer in two weeks."

Day three consisted of a land obstacle course that was two kilometers and had five different obstacles. Day four, which was the final day of the pentathlon, proved to be a bit of a challenge for the U.S. female team.

"The final day was the orienteering course, which was approximately 13 kilometers with close to 30 different control points," Blanchford said. "A lot of European nations train in orienteering from childhood; it's a very common sport for them, but not so much in the U.S."

The U.S. team was not the only one that struggled with the orienteering course.

"We ran into one of the South African teams in the woods, and they were having some challenges," Blanchford said. "So we spent close to an hour together orienteering our way out. In the end both teams were really thankful to have found each other."

Despite the challenges the women's team had with shooting and orienteering, they came together one last time for the tactical combat casualty competition and blew everyone away.

"We knew we didn't place in the pentathlon events, so the TCCC was the last push to bring something home," Uchiyama said.

The U.S. team placed first out of 26 teams.

"It was so exciting to be able to go up on the podium and get the gold for the U.S. in some capacity," Blanchford said. "We were really thrilled to be able to do that as a ladies team our first year out."

Blanchford, Tallent and Uchiyama received their award at a formal dinner on the last day of their trip. All the participating nations came together one last time to recognize the winners and say good-bye to their fellow international competitors.

"I never would have thought I could

say I am now friends with a German tunnel engineer, a professional French boxer, a British Marine and so many more amazing people," Uchiyama said.

More than 250 athletes participate in CIOR's military competition each year. Established in 1957, it is an internationally recognized event that is focused on military skills that truly challenge the leadership and physical robustness of reservists from across NATO and its partners.

"The CIOR program is quite possibly the most underrated military opportunity available," Uchiyama said. "The training, the intensity, the camaraderie and the friendships are unlike anything I've ever experienced. The opportunity to travel and represent the U.S. is a privilege I am lucky to have earned."

Both Blanchford and Uchiyama expressed their passion for the opportunity they received to represent the United States and want to encourage fellow Reservists from all branches of the military to apply for next year's competition.

"This year was an all Air Force team, but really it should be a joint team; we want all of the services to be represented," Blanchford said. "It is important to get interest now because it really does take a year to build the specific skill set needed for this kind of competition."

"The CIOR Team USA is open to all members and branches of the U.S. reserve components, and both enlisted and officers are welcome to apply," Uchiyama said. "I urge each and every person to make the most of their career and take advantage of this wonderful opportunity."

Complete information, including a training manual as well as descriptions and videos of the events, is available online at <http://teamusamilitary.org/Home.php>.

(Retired Air Force Reserve Col. Chuck Ferguson, a former CIOR competitor who now coaches orienteering at the U.S. training camp, contributed to this article.)



(Left to right) Lt. Col. Elizabeth Blanchford, Maj. Melissa Tallent and Senior Airman Andrea Uchiyama teamed up to win gold in the tactical combat casualty event. This marked the first time since 2005 that the United States had sent an all-female team to the CIOR military competition.

Painting the Air Force Story

Service comes to life when Reserve historian puts brush to canvas

By Bo Joyner

On June 28, 2005, four U.S. Navy SEALs — Michael Murphy, Matthew Axelson, Daniel Dietz and Marcus Luttrell — were in the Kunar Province of Afghanistan on a mission to capture or kill a high-ranking Taliban official named Ahmad Shah when they were ambushed by a heavily armed group of Afghani rebels. Only Luttrell survived the attack.

Unconscious, with several fractures and numerous shrapnel wounds, the lone-surviving SEAL was rescued by an Afghani named Mohammad Gulab, who took Luttrell to his village, hid him from the Taliban and tended to his injuries. Several days later, Air Force Reservists assigned to the 305th Rescue Squadron and deployed with the 59th Expeditionary Rescue Squadron flew their HH-60G Pave Hawk helicopters and attempted a daring nighttime rescue of Luttrell and Gulab from Gulab's village, which was little more than a collection of mud huts carved out of the side of a terraced mountain slope.

With then-Lt. Col. Jeffrey Macrander providing top cover in one Pave Hawk, then-Maj. Jeff Peterson made a challenging landing in a very tight terraced field in his HH-60G. Immediately upon landing, two men dressed in Afghan robes approached the aircraft as pararescumen Master Sgt. Josh Appel and Tech. Sgt. Chris Piercecchi jumped out to intercept them. The two men turned out to be Luttrell and Gulab, and they boarded the helicopter and were flown to safety.

After careful research and planning, Air Force artist Maj. Warren Neary has captured the moment when the PJs encountered Luttrell and Gulab in an oil painting called "That Others May Live." The 33-by-48-inch painting was officially added to the Air Force Art Program collection in an unveiling ceremony at the annual Air Force Association convention in Washington, D.C., in September. Air Force Secretary Deborah Lee James presided at the unveiling.

The painting was the 24th that Neary has created for the Air Force Art Program and completing it presented a plethora of unique challenges for the classically trained painter.

"Of course, the most obvious obstacle to doing this painting was that the event happened in the dark of night. There was no moon and it was raining, so there was a lot of cloud cover. To paint this scene accurately would have meant just painting a black canvas," Neary said recently from his office at Scott Air Force Base, Illinois, where, as a civilian employee, he serves as the historian for the Air Force Network Integration Center. For the Air Force Reserve, Neary is an individual mobilization augmentee historical officer assigned to Headquarters Air Force Space Command at Peterson Air Force Base in Colorado.

"Of course, nobody would want to see a black canvas, so I had to try to find some ways to get light into this painting,"

Neary said.

The first thing he did was lighten up the sky as much as possible so viewers can see what is going on but still know that the event happened in the dead of night. Then Neary looked to the other aircraft that were in the area at the time as sources of light.

"You had an AC-130 gunship providing fire, so that was one way to add some light," he said. "And you had two A-10s that had put fire on an enemy just prior to pickup and one had just dropped some flares, so that was more sources of light. But what was really exciting for me was the fact that helicopter blades in that part of the world pick up static electricity with the dust in the air that glows and creates a source of light. Maj. David Gonzalez, Lieutenant Colonel Peterson's co-pilot during the rescue, described it looking like glowing pixie dust, so that's what you see coming off the helicopter blades."

Neary, who has won several awards for his paintings, including the 2015 Air Force Association National Aerospace Gill Rob Wilson Award for Arts and Letters, strives for his paintings to be as accurate and realistic as possible. That means he has to do a lot of research before his brushes ever hit the canvas.

"For this particular painting, I was able to go and talk to the pilots and crew," Neary said. "They had the bird that was actually on that rescue on the ground, so I got to use the actual helicopter for my research. Lieutenant Colonel Peterson and Josh Appel made time to model for me in the positions they were in during the operation. We worked at night, so we were able to capture similar lighting conditions, and I was able to complete a couple of color studies and take some photos."

Neary also got the GPS coordinates where the pickup took place and used Google Earth to look at the actual location. Also, he was provided a few photos of the area where the rescue took place and talked with Peterson about the terrain.

After researching the scene and the event, Neary had a picture in his mind of what his painting would look like, and he used this to develop the composition with photo reference material and sketches. Then, he used these materials, color studies and his own life experiences to develop the final painting on canvas.

"The first thing I do is put down a wash of a particular color and then use charcoal to lightly lay in the overall design," Neary said. "For an oil painting, it's good to lay in your darkest darks, your lightest lights and your most intense colors first to key the painting. I don't have anything in my palette that matches a light bulb, so the lightest light is the white that is on my palette. The best I can do is get the relationships right after that."

Neary has been working for years to perfect his technique. His love for art began when he was a young boy, scribbling images of Army men, missiles and airplanes on a pad of paper. "I was lucky that my mom and dad really encouraged me," he said.

After high school, Neary attended Utah State University, earning a bachelor of fine arts degree in painting in 1998. He earned a master of fine arts degree in figure painting from the Academy of Art University in San Francisco in 2008.

In addition to his military paintings, Neary specializes in figures, landscapes and cityscapes.

For the Air Force, he has served as a communications officer, an executive officer, a public affairs officer and a historian. He has two deployments under his belt: one as an executive officer in Saudi Arabia and the other as a deputy public affairs officer at Guantanamo Bay Naval Station in Cuba.

In recent years, he has been doing about two paintings annually for the Air Force Art Program. Before "That Others May Live," he produced a painting of Airmen from the 307th Bomb Wing at Barksdale AFB, Louisiana, generating a B-52 for a nuclear exercise with aircrew, maintainers and security forces members in action. AFRC Commander Lt. Gen. James F.

Jackson presented that painting, "Deterrence on Demand," to Brig. Gen. Thomas Clark, mobilization assistant to the assistant chief of staff for strategic deterrence and nuclear integration, Headquarters U.S. Air Force, at the Reserve Officers Association national convention in Washington, D.C., in July.

As with all of his paintings, Neary spent a great deal of time researching "Deterrence on Demand." He traveled to Barksdale to study the B-52 and the people who operate, maintain and protect it.

"I was really pleased with how both of these paintings turned out," Neary said. "When a painting is completed, there

are always some things you think you might have done differently or taken out or added, but I'm happy with the way these tell the story. You can pick at a painting endlessly, but you don't want to overwork it."

With a wife and five kids ranging in age from 5 to 19 along with a busy civilian and Reserve career, Neary said it can be a challenge to find time to paint.

"There's no way I could do what I do without my wife's support," he said. "She cues me in on the things that are most important, and she protects my time so I can create these paintings. She knows it's a part of me and that I wouldn't be happy if I wasn't doing this."

He said he foresees keeping his civilian and Reserve jobs for the foreseeable future but would love to be a full-time painter at some point.

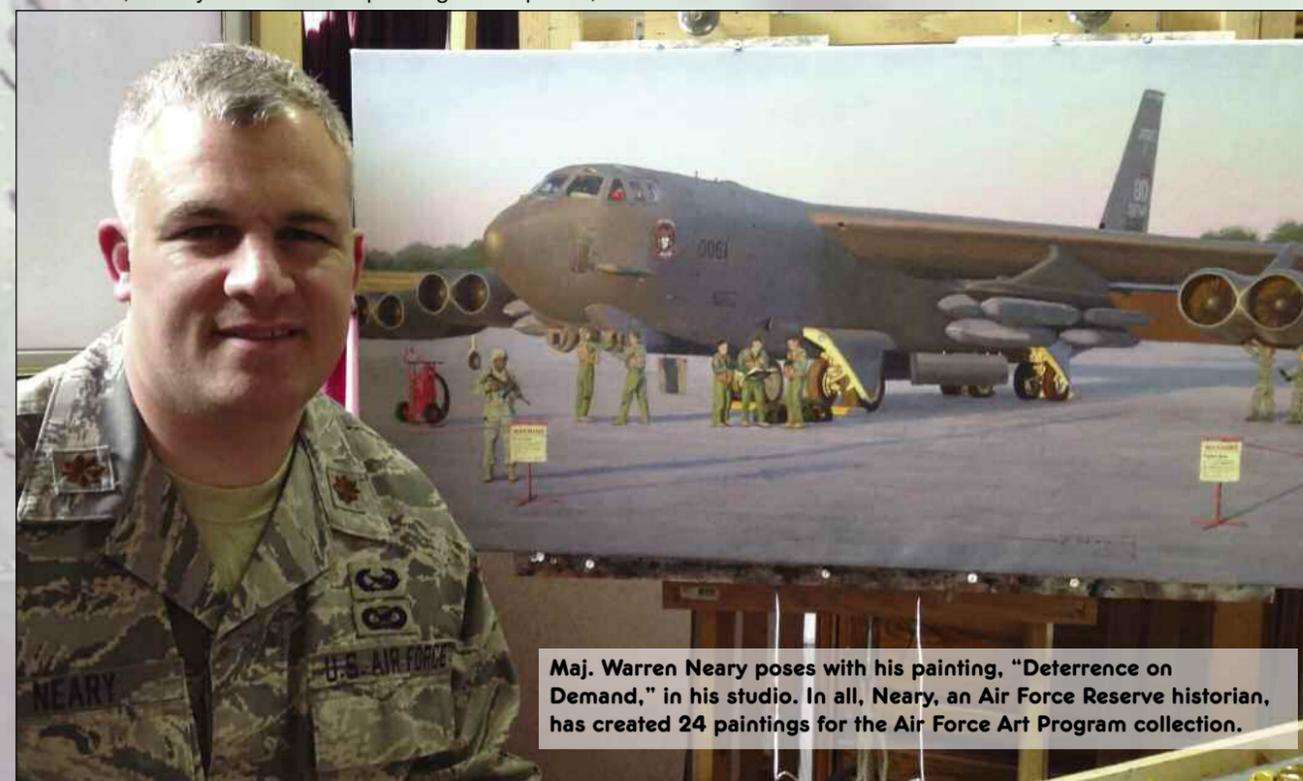
"Fortunately for me, painting is not like sports, where it's a young man's game," Neary said. "Most artists don't hit their prime until they're in their 60s or so, so I still have some time."

With his latest work now part of the Air Force Art Program collection, Neary has already started thinking about his next project.

"With the 100th anniversary of World War I coming up, I may be doing a painting of the Reserve's involvement with flight training during the war," he said. "I'm also looking at a space painting commemorating the Air Force's first satellite launch. That's the great thing about painting for the Air Force — there's never a shortage of subjects."

Whatever comes next for Neary, it's a safe bet that it will involve communicating the Air Force story.

"I feel fortunate that I've had the opportunity to tell the Air Force story as a public affairs officer, a historian and as an Air Force artist," he said. "It's been a great ride, and I can't wait to see what comes next."



Maj. Warren Neary poses with his painting, "Deterrence on Demand," in his studio. In all, Neary, an Air Force Reserve historian, has created 24 paintings for the Air Force Art Program collection.



Maj. Warren Neary's painting "That Others May Live" depicts the rescue of Navy SEAL Marcus Luttrell and his friend Mohammad Gulab by Air Force Reservists assigned to the 305th Rescue Squadron.

Neary's paintings featured in collection with Wyeth, Rockwell, other greats

By Bo Joyner

In 1950, the U.S. Army Air Corp transferred about 800 paintings to the newly created U.S. Air Force, and the Air Force Art Program was born. Sixty-five years later, there are more than 10,000 paintings in the art program collection, gracing the walls of buildings all over the world.

Maj. Warren Neary, a Reserve historian, is proud to have 24 of his paintings in the Air Force Art Program collection. His paintings have hung in the offices of some of the most senior leaders in the Air Force, from the chief of staff to various under-secretaries and even the secretary of the Air Force.

Neary said it's an honor to have his paintings in the same collection with many of the artists he grew up admiring.

"It's cool to be in the same collection as the artists from the Golden Age of Illustration," he said. "Those guys are my heroes and are truly amazing artists."

America's Golden Age of Illustration lasted from the 1880s until shortly after World War I and was a period of unprecedented excellence in book and magazine illustration.

Neary said some of his favorite artists from that time period are Howard Pyle, Dean Cornwell, N.C. Wyeth, J.C. Leyendecker, Maxfield Parrish, Harry Anderson and Franklin Booth.

In addition to these great illustrators, there are a host of other famous artists included in the Air Force Art Program collection, from Walt Disney and Norman Rockwell to James Montgomery Flagg, Howard Chandler Christy and Wilson Hurley, to name just a few.

"I admire Keith Ferris for his aviation paintings and murals, Robert McCall for his space moon landing mural and Japanese attack on Pearl Harbor aviation paintings in the Smithsonian Air and Space Museum, and James Dietz for his military heritage artwork," Neary said of a few of his favorite aviation artists.

It's highly unusual for a military member to be featured in the Air Force Art Program.

"The Air Force has approached its program a little differently than the other services," Neary said. "The other services have artists in uniform who provide their paintings. The Air Force decided to work with the Society of Illustrators in Los Angeles and New York and other professional artist groups as its source for artwork.

"The Air Force provides access to artists to see things most people would never get to see," he said." In return, the artists produce paintings for the Air Force from these trips. The Air Force provides suggestions, but, in the end, the artists create what they want on their own timeline. They present their work to their professional organization to make sure the work is strong, and then they present the work to the Air Force Art Program office for acceptance.

"In the past, every couple of years the Air Force displayed the art in an exhibition that helped inform and inspire the public with a unique perspective of the service our men and women, as well as our allies, perform in military operations around the world in the defense of our nation. Anywhere from 100 to 200 paintings will come into the collection every couple of years."

Neary said it's an honor to have his work displayed in high-profile locations throughout the Department of Defense.

"I remember when I was a young second lieutenant and I first heard about the Air Force Art Program and walked the halls of the Pentagon thinking how cool it would be to get into the program and have my paintings included in the collection with these great artists from the past and hang in prestigious locations.

"The Air Force Art Program helps tell the Air Force story to thousands of people every day. I'm privileged to be a part of it," he said.

Ready for the Challenge

Dobbins selected as home for new biocontainment system

By Staff Sgt. Daniel Phelps

Dobbins Air Reserve Base, Georgia, is the new home for the next generation of a biocontainment system designed to safely transport medical people who become ill while working in the field caring for patients suffering from highly contagious pathogens.

Patrick Kennedy of the U.S. State Department was on hand at Dobbins Aug. 11 to unveil the Containerized Biocontainment System. The State Department selected the 94th Airlift Wing at Dobbins ARB as the host for the system because of the installation's proximity to world-class hospitals in the Atlanta area that can treat patients infected with highly contagious pathogens.

"The world's primary medical evacuation system for bringing patients infected with Ebola out of West Africa to the United States or Europe for medical treatment not only saved the lives of many of those evacuated, it also provided reassurance to countless other Ebola responders who could be evacuated in case of need, and thus increased the flow of essential personnel to the region," Kennedy said.

"These units will be crucial in specialized air transport and medical precautions required for Ebola and other virus infections."

"Dobbins is a natural choice to host the CBCS," said Dr. Will Walters, director of operational medicine at the State Department.

A year ago, two victims suffering from the highly infectious Ebola virus arrived at Dobbins from Liberia and were subsequently transported to Emory University Hospital in Atlanta for treatment. The 94th AW provided logistics support and security for the

patients' arrival, thus ensuring safe transport to life-saving care.

"Along with our strategic location to the Centers for Disease Control and Emory University Hospital, we are also able to provide the logistics and security for delivery of incoming patients," said Col. Brent Merritt, 94th AW commander. "Cobb County and the metro Atlanta area have a tremendous amount of resources. Our location is important, and our Airmen are second to none. We will enthusiastically execute any mission we are assigned. We look forward to that future challenge."

The CBCS is the result of a partnership between the State Department, the MRI Global Research Institute in Kansas City, Missouri, and the Paul G. Allen Ebola Program. It utilizes the latest in technology and leverages lessons learned over the past years from conducting high-risk medevac missions, Kennedy said. The system is a self-contained, roll on, roll off solution that can be used on a variety of commercial and military aircraft and easily decontaminated and stored indefinitely without significant maintenance requirements.

Each unit — measuring 8 feet tall, 8 feet wide and 44 feet long — has enough space to accommodate four critically ill patients and four caregivers, as well as two caregivers in an off-shift rest area, all while maintaining full biocontainment.

"There is nothing like this out there right now," said Dr. Thomas Sack, president of MRI Global. "We are ready for the next threat. These can safely transport patients while keeping the aircrew safe."

(Phelps is assigned to the 94th Airlift Wing public affairs office at Dobbins ARB. Some information for this article was provided by the Citizen Airman staff.)



A containerized biocontainment system unit is positioned on a C-17 Globemaster III aircraft at Dobbins Air Reserve Base, Georgia, to show how the unit can be airlifted to anywhere in the world if needed. Two of the units, built by the MRI Global Research Institute in Kansas City, Missouri, through a partnership with the U.S. State Department and the Paul G. Allen Ebola Program, are now positioned at Dobbins and ready for deployment around the world as needed. (Brad Fallin)



AF extends sexual assault prevention and response services to civilians

In a significant change in policy, the Air Force announced Aug. 24 that, effective immediately, civilian employees — both appropriated and non-appropriated — who are victims of sexual assault are now allowed to file restricted and unrestricted reports with their installation's sexual assault response coordinator.

The policy allows SARC and sexual assault prevention and response victim advocates to assist Air Force civilians who report sexual assaults by providing crisis intervention and advocacy services 24 hours a day, seven days a week.

According to the new policy, civilian employees may utilize SARC or victim advocate services and file a report, even if the incident occurred before the change went into effect.

"Our civilian Airmen are valuable members of our team, and we're going to support them," said Secretary of the Air Force Deborah Lee James. "While this is a huge win for the Air Force and our civilian force, we will continue to work at all levels to prevent sexual assault."

The Department of Defense recently signed an exception to policy, granting the Air Force the authority to extend SAPR services. Air Force civilian employees now receive the same services as those who were previously eligible to use SARC services, with the exception of legal and non-emergency medical services, which are restricted by law.

Prior to this exception, only civilian employees at overseas locations and their dependents 18 years old or older were eligible to use SARC services, and they could only file unrestricted reports.

SARCs and SAPR victim advocates will assist in contacting

the appropriate law enforcement agency for Air Force civilians who file unrestricted reports to ensure reports are properly investigated and prosecuted. They will also be able to help civilians identify and contact additional off-base support organizations as needed.

"Our SARCs and victim advocates provide invaluable support and assistance to our uniformed Airmen who have suffered from this horrible crime," said Maj. Gen. Gina Grosso, the Air Force SAPR director. "We knew we could do more to help our civilian Airmen, so we sought an exception to policy to allow the Air Force to extend the same care and support to civilian victims as we do to our military Airmen and their families."

Air Force civilians stationed on sister service installations will have to contact the closest Air Force SAPR office to make a report. To identify the closest Air Force SAPR office, civilians can go online to www.safehelpline.org and enter their ZIP code.

Prior to the change in policy regarding civilian employees, the Air Force changed its eligibility requirements to allow Air Force Reserve and Air National Guard members in Title 10 status who are sexually assaulted while performing active service or inactive duty training to receive full SAPR support services. Reserve members, including air reserve technicians, who report a sexual assault that occurred prior to or while not performing active service or inactive duty training are eligible to receive limited SAPR support services. Local laws and regulations apply to ANG members in Title 32 status.

(Air Force News Service and staff reports)

Leading the Way

Dover Reservists helping Air Force move toward Super Galaxy full operational capability



By 1st Lt. Sarah E. Bergstein

Air Force Reservists at Dover Air Force Base, Delaware, along with their active-duty counterparts, are leading the way as the Air Force moves toward achieving full operational capability for its fleet of C-5M Super Galaxy aircraft.

"Team Dover's C-5M community, consisting of the [active-duty] 436th Airlift Wing and [Air Force Reserve] 512th Airlift Wing, exceeded key performance parameters for executing both wartime and peacetime operations under the C-5 modernization program nine months ahead of schedule," said Col. Michael Grismer Jr., 436th commander. "This means Team Dover is ready today to execute our C-5M wartime tasking, a constructive first step on the way to our entire AMC (Air Mobility Command) and AMC-gained C-5M fleet reaching full operational capability."

According to regulations, full operational capability, or FOC, occurs when all major commands fully attain the capability to effectively employ an aircraft or weapon system.

For 17 consecutive months, Dover C-5Ms exceeded the home station logistics departure reliability rate standard, which measures whether or not scheduled aircraft take off on time, of 75.8 percent. Team Dover also exceeded the AMC standard of a 75 percent mission-capable rate. The MC rate, which measures whether or not aircraft are capable of meeting mission requirements, for the month of May was 81.3 percent, the third highest average in Dover AFB history. The only two rates to exceed May's achievement occurred in November 1991 (82.7 percent) and June 1994 (81.5 percent).

Additionally, Team Dover's seven-month rolling average C-5M MC rate is above the standard at 75.7 percent.

Finally, the ability to now carry heavier loads over an extended range allows C-5Ms to support wartime missions and contingencies without having to refuel.

"Our teams [the 436th and 709th Airlift Squadrons, the 436th Operations Support Squadron, and the 436th and 512th Aircraft Maintenance Squadrons] are making it happen at the right level and working through situations at a much lower level," said Maj. Danzel Albertsen, 436th AMS commander. "The team effort between the active and Reserve squadrons is enhanced by the great support of off-equipment

maintenance from the 436th and 512th Maintenance Squadrons.

"Our maintainers care about what they do and understand the need for the aircraft to fly, so they work very hard — with pride — on fixing the aircraft right the first time."

Albertsen went on to say that when the entire C-5M fleet reaches full operational capability, it will drive home the significance of three words: rapid global mobility. For the Air Force, this means having the ability to project capabilities around the globe — anytime, anywhere — in force and on demand.

The success of the C-5M at Dover can be attributed to the Airmen, training, technology, hard work and teamwork, among other things, he said.

"The future of the C-5M enterprise mission is expanding because of the foundation built by the total force enterprise," said Lt. Col. Matthew Husemann, 9th AS commander. "The maintenance and ops teamwork at both Dover and Travis [AFB in California] is built on a culture of excellence and grounded in the superb training of all Airmen.

"The mission support, medical, maintenance and ops professionals have partnered to maximize the capabilities of this impressive aircraft."

Husemann said the C-5M maintainers had a steep learning curve to understand and master the aircraft's new engines and modernized avionics systems, but they have worked diligently and overcome obstacles to provide the Air Force an outstanding rapid global mobility platform. He added that the other service branches lean heavily upon the Air Force's global reach capability, and the communication and teamwork among people at both Dover and Travis have exceeded standards and raised the bar for excellence in the airlift community.

The C-5M brings new capability and reliability over the legacy C-5 aircraft. AMC utilized the aircraft for the first time in an expeditionary role in Afghanistan to transport 25.5 million pounds of cargo in 152 missions — all while closing out Camp Bastion 10 days early and setting record cargo loads in the process.

(Bergstein is assigned to the 436th AW public affairs office at Dover AFB.)

A Heart for Helping Others

Award-winning Key Spouse always looking for ways to lend a hand

By Bo Joyner

As a wife and mother of two small children, Kelly Robin leads a very busy life. ... But she's never too busy to help out her fellow military spouses, especially those with a husband or wife who is deployed half a world away.

"I just enjoy helping other people, and I know that spouses of deployed military members can always use a helping hand," Robin said. "It never fails that when your husband is deployed is the time the car breaks down, you can't find your checkbook or you just need someone to talk to. I really like being available to help out whenever someone is in need."

It's that heart for helping others that led Robin to volunteer to serve as the president of the Youngstown Reserve Spouses Group while her husband, Maj. Ryan Robin, was assigned to the 910th Airlift Wing at Youngstown-Warren Air Reserve Station, Ohio, in 2011. When Major Robin was selected to serve as the commander of the 452nd Security Forces Squadron at March Air Reserve Base, California, in 2012, his wife immediately looked to connect with other military spouses at their new location.

She was helping her husband's unit get ready for an upcoming deployment when she was invited to attend a Yellow Ribbon event by the wing's Yellow Ribbon coordinator. During the event's Warrior Support Forum breakout session, Robin caught the eye of Chief Master Sgt. Timothy White, the 452nd Air Mobility Wing's command chief master sergeant. White could see how dedicated Robin was to helping military members and their families prepare for and reintegrate after a deployment, so he asked her if she would be willing to establish a Key Spouse Program for March from scratch. She eagerly accepted the invitation and became the Key Spouse mentor for one of Air Force Reserve Command's largest bases.

Within six months, Robin had 33 trained Key Spouses helping her support the spouses of Reserve members at March. She also built a cooperative relationship with the base's 163rd Reconnaissance Wing (an Air National Guard unit) and the California State Military Reserve while hosting monthly social events for military spouses and their families. She went on to attend two other Yellow Ribbon events to help military members and their families prepare for an upcoming deployment or reintegrate after a deployment.

For her work in building the Key Spouse program from the ground up at March, Robin was selected as Air Force



Kelly Robin was named Air Force Reserve Command's Key Spouse of the Year for 2014 in recognition of her role in establishing the Key Spouse Program at March Air Reserve Base, California.

Reserve Command's Key Spouse of the Year for 2014.

"We talk a lot about the importance of connections in the Air Force Reserve, and Kelly Robin is definitely connected and making a difference in the lives of our Airmen and their families," said Lt. Gen. James F. Jackson, AFRC commander, during the award ceremony. "Thank you for all of the outstanding work you have done and are continuing to do for our Citizen Airmen and their families."

"I was shocked when I heard I had won this award," Robin said. "I never set out to win this. My goal has always been just to take care of deployed spouses."

AFRC's Key Spouse Program is an official unit/family program overseen by commanders designed to enhance readiness and establish a sense of unity within the Air Force community.

The program was standardized across

the Air Force in March 2006 to address the needs of all military families with special emphasis on support to families across the deployment cycle. The Key Spouse Program is designed to promote individual, family and unit readiness; establish continuous contact with spouses and families; encourage peer-to-peer wingman support; provide links to leadership; provide an informal sounding board; and strengthen leadership's support team.

Robin said she believes the Key Spouse Program is especially important for Reservists and their family members.

"Deployments for Reservists can be a huge shock for their family members," she said. "Getting used to that new battle rhythm can be a big adjustment. As Key Spouses, we are there to help family members with any problems they might be having while their military member is deployed. We may not have all of the answers, but we usually know where to go to get the answers."

Robin is currently with her husband at Maxwell Air Force Base, Alabama, while he attends Air Command and Staff College. She has offered to help train Key Spouses at Maxwell while they are there for the 10-month-long class. The Robins aren't sure where they will be assigned when they leave Maxwell in June, but Kelly said she plans on staying involved in the Key Spouse Program wherever their next assignment takes them.

"I definitely want to stay involved with the Key Spouse Program," she said. "There is nothing like the feeling you get when you help out a fellow spouse."

QUALITY TIME

Teen Leadership Summit provides father, daughter with week of fun, adventure and lifelong memories

By Master Sgt. Chance Babin

Deep in the foothills of the Appalachian Mountains, far from cellphone reception and cable television, a group of 115 teenagers from across the United States gathered at Camp Wahsega, a 4-H camp in Dahlonega, Georgia, July 12-17. Although the majority of the teens didn't know each other, they all shared a common bond — being the child of a Air Force Reservist or Air National Guard member.

They came to Dahlonega to participate in the Teen Leadership Summit, hosted by Air Force Reserve Command, the Air National Guard and Georgia 4-H. It's a challenging week of adventure and education. However, most importantly, the summit serves as a chance for teens to meet other teens who are facing similar challenges and hardships.

For one Reserve recruiter, getting the chance to serve as an adult leader and share time with his daughter made the opportunity to attend the summit even more special.

"It was amazing," said Master Sgt. John Wood, who works in the analysis section of the AFRC Recruiting Service at Robins Air Force Base, Georgia. "She is a very independent and bright young lady. Her enthusiasm was contagious as I watched her interact with the other teens. She is so much fun and always makes me proud."

Adult leaders of the summit are all Reservists and Guardsmen who volunteer to participate in the program. The teens are divided into four flights — Eagles, Falcons, Phantoms and Raptors — and the leaders are distributed among each flight.

"We chaperoned the teens through leadership workshops, outdoor adventures and environmental educational activities," Wood said. "We also provided mentorship and got to participate in the activities the teens were doing as well."

Wood first heard about the summit five years ago and thought once his kids were old enough it would be a unique experience.

"When the email was distributed back in March, my daughter and I discussed the opportunity, and we decided to apply for the camp," Wood said. "We both found the camp to be more than we expected. On our ride home from the Teen Leadership Summit, we reflected on the camp and agreed we

Master Sgt. John Wood, who works in the analysis section of the Air Force Reserve Command Recruiting Service at Robins Air Force Base, Georgia, and his 14-year-old daughter, Christina, had the opportunity to spend a week together with other Reserve and Guard teens at the Teen Leadership Summit in Dahlonega, Georgia. (Master Sgt. Chance Babin)

both had an amazing week."

"It was so cool to be able to meet other kids who I can relate to so much," said 14-year-old Christina. "Being with other kids who are from Air Force Reserve and Air National Guard families was more than helpful. It really made me feel like finally someone understands exactly what I'm talking about."

During the week the teens participated in leadership activities, outdoor adventures, sports and open discussions on issues they face as military dependents. Activities included whitewater rafting, rock climbing, zip lining and Ultimate Frisbee.

"I learned that it doesn't matter where you come from or how 'cool' you are," Christina said. "When you get to the camp, you're all equal. No one is better than anyone else because we all know we're there for the same reasons: to have fun and show leadership by showing how strong we are coming from military families."

The teens also received a briefing on the mission of the Reserve and Guard.

"I was impressed when the question was asked if they were interested in serving their country, and well over 85 percent of the 115 teens in attendance raised their hand," Wood said.

Each morning and evening, the teens performed a flag ceremony with everyone participating in the event. Adult leaders assisted the teens in conducting the service properly, and teens volunteered to perform the national anthem.

"The teens had a great sense of patriotism," Wood said. "Unfortunately, in today's world, we see negativity every day in the news. It was refreshing to spend a week focusing on teens in a positive environment."

Wood hopes to attend the event again next year

and wouldn't mind helping out with the mission brief since he feels it would be a natural fit for a recruiter.

"Recruiters are trained for public speaking events such as this," he said. "I think we can answer many of the questions that the teens would have about the benefits of the Air Force Reserve."

Christina said she would definitely recommend the camp to others.

"There are so many amazing things you get to do there that you probably wouldn't get a chance to normally do," she said. "You create so many memories and meet some great

people that no matter what will always be there for you. It's a really great way to get to know people but also a great way to learn about what your parents do for a living."

In addition to the Dahlonega camp, there is a Teen Leadership Summit each year in Estes Park, Colorado. Information for those interested in attending one of the camps, as well as for adults who want to volunteer as leaders, is available online at <http://georgia4h.org/AFRANGTeenSummit/>. Typically, applications are accepted from mid-January through mid-April.

"The Teen Leadership Summit is a rewarding volunteer opportunity," Wood said. "I would highly recommend it to others as an opportunity to share your experience and wisdom to a highly motivated group of future leaders. They provided a week of fun, adventure and memories that my daughter and I will share for a lifetime."

(Babin is a public affairs NCO assigned to the Advertising Branch of the Recruiting Service at Robins AFB.)





(Clockwise from far left) Tech. Sgt. Josephine Tunnell makes pancakes to serve to military members at the East Black Belt Innovative Readiness Training Eufaula Clinic in June. In all, Air Force, Navy and Marine reservists provided free optometry, dental and medical care to nearly 5,500 patients at clinics set up in Eufaula, Clayton and Tuskegee. The Air Force Reserve was in charge of running the optometry clinics and preparing meals for the mission. Master Sgt. Franky Valentin conducts a preliminary eye exam. Members of the EBB IRT Eufaula Team muster for their morning briefing. Lt. Col. Carl Boeck performs an eye exam on a patient. Capt. Leslie Wilderson checks a patient's eyes. Capt. Roxanne Buffano performs an eye exam. Senior Airman Marcus Morton serves breakfast to service members.

INNOVATIVE READINESS TRAINING

Reservists help treat thousands in Alabama communities

Story and photos by Capt. Meghan Liemburg-Archer

After putting on his first pair of glasses and being able to see things close up, like the numbers on his phone, for the first time in more than a decade, Charles Rivers was ecstatic.

"I wanted to jump up and yell, 'Hallelujah,' but I didn't want ya'll to think that I'm crazy," said the Ozark, Alabama, resident.

The recipients of his joy and gratitude were Air Force, Navy and Marine reservists who traveled to East Alabama in June to participate in the East Black Belt Innovative Readiness Training project.

In all, the reservists provided free optometry, dental and medical care to nearly 5,500 patients, including Rivers, at clinics set up in Eufaula, Clayton and Tuskegee.

IRT is an Office of the Secretary of Defense program designed to provide realistic training to reservists while helping underserved communities. IRT projects like the one in East Alabama allow military members to not only gain experience working with the equipment they would use in a deployed environment, but also to interact with members of other military services, said Navy Capt. Robert Gherman, officer in charge of the EBB IRT project.

The Marine Corp led the overall EBB project, while the Air Force Reserve was in charge of the optometry clinics and

meals for the mission.

Working with the Air Force Reserve was wonderful, said Navy Lt. Cmdr. Brian Heintschel, who served as Eufaula Clinic officer in charge.

"The optometry teams worked diligently, blending in with Navy and Marine teams, and the food the services team made for us was better than we'd ever hoped for," Heintschel said.

The optometry teams, made up of optometrists and technicians, provided eye exams, patient education and glasses prescriptions. The glasses were then made by a Naval Ophthalmic Support and Training Activity team at the Eufaula site and given to the patients at no charge.

"We helped so many people," said Capt. Leslie Wilderson, a Clayton Clinic optometrist from the 459th Aerospace Medicine Squadron at Joint Base Andrews, Maryland. "We saw a significant amount of glaucoma, cataracts and retinal detachments, and did a lot of patient education that will be shared and spread throughout the community. I feel good about being part of this exercise."

The Air Force optometrists and technicians worked side by side with their Navy and Marine equivalents, giving them the opportunity to learn new techniques and methods of practice while serving their patients.

"The training is incredible," said Tech. Sgt. Luis Torres of the 927th AMDS at MacDill Air Force Base, Florida., who served as a Tuskegee Clinic optometry technician. "We turned a middle school media room into a clinic to see over 100 patients a day, making something out of nothing."

"One lady came in to pick up her glasses and said she'd never been able to see so well in her whole life, and she began to cry," said Capt. Roxanne Buffano, 927th AMDS member and a Clayton Clinic optometrist. "Helping someone like that makes all the work that goes into what we do worth it."

Juanita McKianon's two children received eye exams at the Eufaula Clinic.

"This experience really enhanced my already positive view of the military," she said. "These services really helped families in the local community, and I really appreciate it."

The services teams working at all three clinics experienced similar job satisfaction and training opportunities during the EBB IRT. They made and served breakfast, lunch and dinner to all the military members working in the clinics.

"This is a great program," said Tech. Sgt. Melvin Banks, Tuskegee Clinic services NCO in charge. Banks is a member of the 307th Force Support Squadron at Barksdale AFB, Louisiana. "It's allowed us to see how different branches do things, and the training environment gave us a fresh perspec-

tive so we can improve on our own processes."

Each services team consisted of Air Force Reservists from four to six different bases. Members used the EBB IRT project as both a team-building exercise and an opportunity to learn new skills and tasks they aren't exposed to at their home units.

"We take care of the service members, and the service members take care of the clients," Banks said. "As a team, we all play our part to ensure the mission is accomplished."

"Let me go again! I will volunteer to go anywhere to provide service to the other branches to see what they do. This has been an awesome experience," said Tech. Sgt. Josephine Tunnell, Eufaula Clinic services NCO in charge. She is assigned to the 349th FSS at Travis AFB, California.

Navy Lt. Cmdr. Steve Wang, Tuskegee Clinic deputy officer in charge, echoed the sergeant's sentiments.

"I've loved working with the Air Force Reservists," he said. "It's great to train in a joint team like we would actually deploy. We couldn't have done this without them."

"God bless each one of you for what you're doing here," Rivers said. "Our community really needs this."

(Liemburg-Archer is an individual mobilization augmentee assigned to the Headquarters Air Force Reserve Command public affairs office at Robins AFB, Georgia.)



Be a Good Wingman

Sometimes all it takes is listening and letting people know they have something to offer

By Lt. Col. Mario Tommasi

(Editor's note: Tommasi, an individual mobilization augmentee, is the consultant for psychology to the chief of aerospace medicine in the Headquarters Air Force Reserve Command surgeon general's office at Robins Air Force Base, Georgia, and the senior leader for AFRC psychologists. In civilian life, he is a licensed and board-certified psychologist in New Jersey, where he lives with his wife and two children. He wrote this first-person account about a tough time in his life in an effort to stress the importance of Reservists seeking help in dealing with mental health issues.)

It was just after 9/11, and I was working as an active-duty Air Force clinical psychologist. Like most of my colleagues, I was working long days at a frenetic pace. I found myself

struggling to keep up with the demands of running several programs, providing services to patients and remaining current with required training. Adding to these professional demands were the challenges posed by having a growing family with two young children.

Just when I thought things couldn't get much worse, I was notified that one of my programs was being transferred to another officer. To me, this was a sure sign that my supervisor was losing confidence in my abilities. It would be an understatement to say that I was crushed when I heard the news.

There I was, a young captain eager to prove myself and forge a career in the Air Force. But, instead, I was humiliated and felt like I was being held back. I was buckling under the weight of the very same problems that I was helping my

patients resolve. I wasn't sleeping well, my concentration was off and getting things done seemed to take twice as long as they should.

I knew I needed help but didn't know where to turn, despite advising patients on how to do that very thing! I was worried about protecting my privacy, losing my security clearance and being identified as having a duty-limiting condition. More than any of those things, I felt disempowered by the system of which I was a part.

Despite hearing my patients' worries on a daily basis, this was the first time that I really understood the impact or stigma associated with seeking help in the Air Force for mental health issues. I continued to struggle for what felt like months but in reality was only a few days. Then I decided to speak to a chaplain. I hoped that would be a safe place to start figuring out what to do.

However, my hope was stunted soon after I entered the chaplain's office. After listening for a few moments, the "Army full bird" chuckled and said something to the effect, "Captain, you think too much." He then sort of sent me on my way. I'm still not sure what he meant by that comment. Sometimes I think he was trying to inject humor into the situation. Other times, I think he was telling me not to worry.

I left his office feeling let down but with a renewed interest in spirituality as a support resource. I developed the daily habit of sitting quietly in the chapel and reflecting on my day. The disappointment I experienced with the chaplain also changed how I approached my patients. I became more sensitive to their fears and the stigmas about seeking help. I worked harder to help them understand that they could find solutions to their problems.

Despite all of this, I kept my troubles to myself, and my struggles at work persisted. Soon afterward, I came to the conclusion that I probably couldn't make it in the active-duty Air Force. I turned down a chance for a great permanent change of station and an opportunity to get advanced training in my career field. As far as I could foresee at that time, my career was coming to an end.

As my separation date approached, fate took a different turn. I got up the nerve to confide in a co-worker that I was struggling. He helped me see more clearly that my problems were temporary and that each one, when taken individually, could be resolved. He buoyed my confidence and said that I had something to offer the Air Force. So, rather than completely separate, I have enjoyed 14 years in the reserve component.

I am telling my story

because it highlights a common set of issues that seem to affect how we, as Reservists, go about getting help and some of the persistent misconceptions about seeking help.

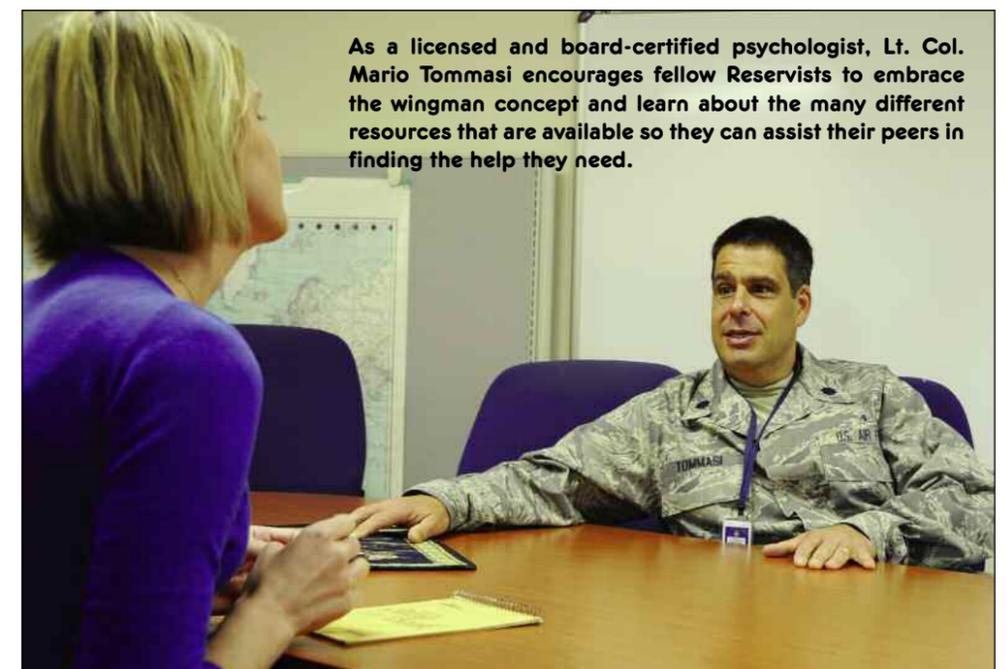
Reservists are fearful that getting help for their problems will compromise their privacy and negatively affect their career. Despite my own admissions, I don't believe that this worry is justified in the vast majority of situations.

In my nearly two decades working as a psychologist, I have provided services to many hundreds of service members, and I have seen things change for the better. I can count only a very few patients whose careers were affected by voluntarily visiting with a mental health provider. In fact, I believe that for many, their careers have been enhanced as they learned to better cope with problems that would otherwise derail them. I also believe that the problems of access to care and the stigmas associated with seeking care are being effectively addressed through programs and the prevailing posture toward help seeking. The wingman culture is one of these initiatives that is relevant to my story.

I hope that you take a moment to reflect on your efforts to be a good wingman. Really — take a moment. Ask yourself, "Have I recently helped a peer with a problem? Do I know where to find resources for a peer in need?" If you can answer "yes" to these questions, then you are a good wingman.

If your answers aren't in the affirmative, I want to encourage you to embrace the wingman concept. I am not expecting you to be an expert. Let the professional providers serve that role. But I do hope that you get better at listening and reaching out to peers who might be struggling in silence. I hope you learn about the resources that are available so you can help your peers find what they need.

Do the things that the chaplain didn't do for me. Be a good wingman. All you need to do is listen and tell people in need that they have something to offer. Be a wingman and save a career.



As a licensed and board-certified psychologist, Lt. Col. Mario Tommasi encourages fellow Reservists to embrace the wingman concept and learn about the many different resources that are available so they can assist their peers in finding the help they need.



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