

Southern Flyer

908th Airlift Wing, Air Force Reserve Command , Maxwell AFB, Ala., Vol. 44, Issue 12, December 2007



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Photo by Jeff Melvin

A 908th AW C-130 aircraft drops bundles during "Bama Big Drop," a training exercise featuring multi-ship formation flying and air drops. See Pages 8 and 9 for more about the Nov. 4 training activity.

Southern Flyer

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For information about this schedule, call Jeff Melvin at (334) 953-7874.

Embrace chances to bond, create legacy

Staff Sgt. Jared Ling
908th AW Chaplain's Office

I am fiercely proud to be a member of the enlisted corps.

The backbone of the armed forces, an enlisted service member is asked to give and sacrifice in many unique ways. Some of my fellow enlisted Airmen feel that the sacrifices shared by their peer's sets them apart from much of our society. In reality, they are right. Race, religion, background and age all take a secondary place when viewed through the filter of military service. Commonality in training and service commitments give all Airmen a similar foundation to relate upon. It is our own subculture.

Every military service has a rich heritage in their respective enlisted corps. The Air Force, however, has been struggling for over 60 years to build traditions, heritage and esprit de corps of its own. Often, our Airmen lose sight of this in the day-to-day operations they conduct.

Recently, while standing in line for the November enlisted call, I couldn't help but overhear the conversations of several Airmen around me. While some discussions speculated on the outcome of the various college football games, many more negatively remarked about having to attend the enlisted only event.

A curious thought process began in my head when I heard people complain about having to stay a few minutes late with their fellow enlisted. I wondered if any of the people around me had ever had to rely on a fellow Airman. Many of our unit's members have deployed in support of various contingencies. Even now, for example, our brothers and sisters in security forces are preparing to deploy to hazardous areas. It is in that situation, one of deployment, that one Airman realizes the value of another.



Staff. Sgt. Jared Ling

Our business is a dangerous one. Whether a finance technician, loadmaster, security police officer or mechanic, we all face the possibility of combat and hardship. The ever-expanding war on terror transcends all borders. In that, we must all prepare for those moments.

One of the best forums I have experienced for that preparation was the recent enlisted workshop. More than 20 Airmen from the 908th Airlift Wing attended this maiden voyage of the program. However, everyone - especially the enlisted corps of the unit - could benefit from the training provided.

The workshop was aimed specifically at providing enlisted Airmen with the tools they need to better themselves and further their careers. Experts in financial planning, education, career progression and family support presented invaluable information. Each Airman present was able to "pick the brains" of the experts.

Personally, I can vouch for the usefulness of the finance and education briefings. As with many people my age, personal finances can be rocky at times. Marriage, children and career changes all drastically affect a financial plan. Ms. Dia Washington is a financial planner on staff with the Airmen Family Readiness Center. The information

she provided on credit, budgeting, and investing was liberating. Every Airman who has any debt can feel hope again using the advice she can provide.

Master Sgt. Roderick Parker, the wing's own training and education NCO shed light on tuition assistance and the Montgomery GI Bill, as well as opportunities to succeed with the Community College of the Air Force and the new Air University "Associate to Baccalaureate Cooperative" program - where you can turn your CCAF degree into a bachelors degree through participating four-year institutions. Airmen have resources available to better themselves through education, some of which they may not even realize!

Mixed in with the personal development training, another aim of the enlisted workshop was to aid in preparing our wing's Airmen for deployment. Many of you have not yet deployed. It is a difficult process. I can personally say that without help from fellow Airmen, the process is much more painful.

Events such as the enlisted workshop and even enlisted calls allow every member the opportunity to form relationships with their fellow servicemembers. Perhaps one day, the person you met at that event will be sitting next to you in a 20-person tent downrange. It would be to your advantage to start forming those relationships now.

As I said before, our service, young as it is, has very little tradition of its own. Many Airmen complain about this fact. The opportunity to create those traditions doesn't fall upon a general in the Pentagon... that responsibility falls to you. It is our obligation, through attitude and action, to create an Air Force that will be a legacy for the Airmen of the next 60 years.

Travel card basics refresher

By Staff Sgt. Clairmont Barnes
908th AW Finance technician

All Air Force Reserve members must to use the government travel card while on official temporary duty travel. As the holiday season approaches, now is a good time to remind everyone that improper use of the card can lead to disciplinary actions that, in extreme cases, can lead to an involuntary discharge – no matter what grade/rank.

Some basic rules to follow include:

- Only use your GTC while on official TDY
 - Use of the GTC is **not** authorized during UTAs
 - When at a lodging facility (on or off base) and the unit is paying, do not allow the merchant to bill internet, movie or other personal charges to your GTC
- Only use your GTC on expenses directly related to your TDY
 - Some examples of authorized expenses are meals and necessary toiletry items you may have forgotten
 - Mandatory charges to the GTC include lodging, airfare and rental car when authorized
 - Examples of unauthorized charges include but are not limited to gambling and entertainment – When in doubt, do not use your GTC
- Ensure your charges do not exceed your per diem
 - If you are unaware of your per diem rate, go to the per diem web site at: <http://perdiem.hqda.pentagon.mil/perdiem/pdrates.html>.
 - Use of split disbursement when you file your travel voucher is mandatory
 - If you are unsure of your balance, call the 1-800 number on the back of your card for a current balance

If you need further guidance on allowable charges, see your first sergeant, unit commander, finance/pay office technician, or reference the GTC policy in the DoD Financial Management Regulation (DoD FMR Volume 9 Chapter 3).

Fight infections with good hygiene, proper hand washing

By Maj. Donna Roberts
908th ASTS

A topic we discussed last year is very much in the news again, Methicillin Resistant Staphylococcus aureus. Let's revisit our discussion about MRSA.

MRSA causes "staph" infections, a common type of bacteria causing skin infections resembling pus-filled pimples or boils, that is usually easily treated with

antibiotics. Methicillin-resistant staph is resistant to certain antibiotics, making it more difficult to treat. In individuals with weakened immune systems, such as the very elderly, those suffering with forms of cancer or liver disease, or HIV, untreated staph can lead to pneumonia or bloodstream infections.

Once confined to patient care settings, 12 percent of current MRSA cases have origins in the community, mainly schools. Staph is colonized (meaning the organism is present in or on the body but is not causing illness) in the noses of 25 to 30 percent of the general population. Transmission of MRSA is most frequently by skin-to-skin contact. Settings other than schools that may be conducive to the spread of MRSA are gyms, day care centers, military barracks, correctional facilities, and public restrooms. Factors associated with the spread are openings in the skin such as cuts or abrasions, contaminated surfaces, crowded living conditions, and poor hygiene.

Prevention of contamination is done by practicing good hygiene, proper hand washing with hot water and soap, or using alcohol-based hand sanitizers. Keeping cuts and scrapes covered and clean until healed, avoiding touching other people's wounds, and avoiding sharing towels or razors are additional preventive methods. For more detailed information, visit the Centers of Disease web site at www.cdc.gov.



The IG says...

Members should attempt to resolve Fraud, Waste and Abuse (FWA) issues and personal complaints at the lowest possible level using command channels before addressing them to a higher level or the Investigator General (IG).

The immediate supervisory command chain can often resolve complaints more quickly and effectively than a higher level not familiar with the situation.

The IG system should be used when referral to the command chain would be futile or there is fear of reprisal.



Maj. Patrick Albrecht,
908th AW/IG

Come fly with us

Attention all Airmen... an incentive flight for approximately 30 908th AW Airmen is tentatively planned for the January UTA.

This flight will consist of a basic orientation flight of the local area and should last no more than one hour. If you are interested in participating in this flight, let your first sergeant know.

More details to follow.

A Page Out of

History

By Master Sgt. Barbara Harbison
908th AW History Office

This month through the telling of the story of the Kowalski family I shine a spotlight on the tradition of serving and inspiring others to fill your shoes and become the best unrivaled wingman today's Air Force Reserve has to offer.

In telling this story I hope to honor the Kowalski family for their strong leadership and contribution to the 908th Airlift Wing and the Air Force Reserve. And in honoring the Kowalskis I also pay tribute to the other families in our midst who have served as honorably and as faithfully as I have no doubt there are many.

The story begins in the early 1970s. Retired Chief Master Sgt. Dave Kowalski serves nine years active duty before joining the Air Force Reserve and embarking on a career that spans 25 years as an Air Reserve Technician here at the 908th Aircraft Maintenance Squadron, previously known as the Consolidated Aircraft Maintenance Squadron.

While attending the 908th Alumni Reunion dinner this past September, Chief Kowalski, a proud father of two sons currently serving in the Air Force Reserve, related some of his adventures. During the course of his long and rewarding career he took part in many missions such as screwworm fly drop missions out of Puerto Rico, ice storm missions to Germany, and Coronet Oak missions first from Panama and later from Puerto Rico.

Through them all, little Pete was brought to the base to see his father off and then back again for the homecoming. Dave's wife, Christine, embraced this family tradition throughout his career to support her husband and the 908th Airlift Wing. "No matter how long or short the missions were – he could always count on our support," she said reflecting on those days.

A particular mission stands out; one the chief refers to it as the "Great Adventure of 1975."

The mission was to recover five C-7A Caribou aircraft that had been flown to Utapao, Thailand, by the South Vietnamese after the fall of Saigon. The mission lasted 34 days, consisting of 93 total flying hours from Utapao to Hayes International in Dothan, Ala. The C-7As had been given to the South Vietnamese in 1972. When the planes were retrieved during the "Great Adventure," none had tail numbers nor maintenance documentation. In fact, 908th crews painted tail numbers on them to differentiate the aircraft before making the long journey back home. There were many gut wrenching obstacles and equipment issues; however, it was day 17 that stands out most – the day he heard the news that his wife was due to have another son. He said he reveled knowing he had one son when he left and was flying back knowing that he would have two.

Once the boys graduated high school, they were quick to follow their father's example, continuing the family tradition. Pete joined the Air Force Reserve, serving in the 908th from 1990-2002, first in 908th Civil Engineering Squadron and later with the 357th Airlift Squadron as loadmaster before becoming an Air Reserve Technician at Dobbins Air Reserve Base in 2002. Chief Kowalski and Airman Pete Kowalski participated together in a mission in Grenada in different capacities and it was there that the chief saw the effects of his mentoring efforts through reciprocated respect from all his fellow Airmen to include his son.

His second son, Stephen, joined the Air National Guard in 1995 as an enlisted man and now serves in the officer corps with the Air Force Reserve as an individual mobilization augmentee at Lackland AFB, Texas. Chief Kowalski experienced the joy of working with then-Senior Airman Stephen Kowalski on a mission to Andrews AFB in the spring of 1996.

Family and career interweaved into a proud history speaks volumes to celebrating the time honored tradition of "Service Before Self." Furthermore, much can be said for the moral support and constant dedication of the wife and mother in this story, proof positive that the phrase, "Behind every good leader is a strong supportive spouse!" is more than a cliché. I'm proud to recount the story of the retired Chief Master Sgt. David Kowalski as shining example of the Airman of yesterday leading the way for the Airmen of tomorrow!.



The Kowalskis- Christine, Dave, Pete and Stephen



Wing bids farewell to former command chief

By Capt. Tara Simmons-Gulck
908th AW Military Equal Opportunity Office

After 20+ years of military service, Chief Master Sgt. Amos Moore, who served as the 908th AW's Command Chief from July 2002 until September 2006, retired Nov. 9.

Since his tenure as the wing's top enlisted leader ended the chief has been administratively attached to the 908th while serving as special assistant to the chair of the Air Force Reserve Command Human Resources Development Council. In this capacity, he was able to do what he came to Alabama to do in the 1960s – help ensure diversity and equal opportunity for all.

Anyone who wants to succeed in the military or life for that matter should spend a few minutes talking to Chief Moore. In those short minutes he'll reveal a road map to success, a journey characterized by hard work, dedication, commitment to family, friends and community, pursuit of excellence and leadership by example both in the way he conducts himself and in the lessons he learned by watching others he admired.

You'll have to pay close attention because he won't say any of these things directly. He doesn't lecture, preach, or boast about his successes. He simply tells his story without fanfare or exaggeration and by listening to his story you learn all those things.

His father grew up in Perry County, north of Selma, in west central Alabama. He migrated to New York, where he met his wife, a native New Yorker, got married and raised his family.

Moore always visited his grand parents in the summer. As a teenager, he wanted to come to Alabama and help with the burgeoning the Civil Rights movement. His parents agreed provided he stay here and finish high school. He marched and in his words "was jailed on at least seven occasions" from 1962-1964, before graduating in 1965. After spending two



Photo by Jeff Melvin

Chief Moore presides over an NCO induction ceremony; he was passionate about recognizing enlisted member's career milestones.

years at Knoxville College and four years in the Air Force, he then returned to New York City where through hard work and diligence he rose to the position of package delivery operations manager at UPS. After retiring from UPS in 1987, he returned to Alabama.

Around this time, he enlisted in the Air Force Reserve, joining the 908th's 25th Aerial Port Squadron as an air transportation specialist. Chief Moore wrote the curriculum for the squadron's first training flight and served as an original instructor in the flight. His career progression included assignments as load team chief, academic instructor, vehicle instructor, drop zone recovery team chief, deployment equipment custodian, weapons custodian, hazardous materials certifier, load planner/certifier, joint cargo inspector, joint airdrop inspector, noncommissioned officer in charge of cargo processing, NCOIC of the air terminal operations center, standardization and evaluation quality control manager, and aerial port superintendent. He also served as a facilitator (instructor) in the Air Force Reserve Noncommissioned Officer Leadership

Development Program from 1991 to 2002, earning recognition as Outstanding Facilitator of the Year in 1995 and 1996.

He followed his years of service at the aerial port with a four-year stint as the 908th AW's Command Chief, advising the commander on matters influencing the health, morale, welfare, and effective utilization of more than 1,000 enlisted reservists within the wing and served as the commander's

representative to committees, councils, boards, at military and civilian functions.

A friend and consultant of Selma Mayor James Perkins Jr., whose campaigns he worked on in addition to overseeing a computer tuto-

rial program for residents sponsored by the city of Selma, Chief Moore marvels at the positive changes that have been made since those turbulent years of his youth in the south. The changes and opportunities he sees now, he said, made the marches, boycotts and jailings worthwhile. He sees correlation not separation between his civilian and military lives.

Chief Moore is married to the former Bernice Tipton of Selma, Ala. He and his wife have three children.

A retirement luncheon in his honor will be held Dec. 1 at 11 a.m. at Carraba's Italian Grill in Montgomery with a retirement ceremony to follow at 3:30 p.m. in Polifka Auditorium with Maj. Gen. Linda S. Hemminger as the presiding official. General Hemminger, deputy joint staff surgeon and director, Joint Reserve Medical Readiness Operations and Affairs, Joint Staff, Logistics Directorate, J4, Health Service Support Division at the Pentagon, chairs AFRC Human Resource Development Council.

UPCOMING EVENTS

December

- 1 — Wing Commander's Call, 3:30 p.m., Polifka Auditorium
- 1 — Holiday Open House, Montgomery Museum of Fine Arts, 1-4 p.m. Free but canned goods for donation to Montgomery Area Food Bank or new toys for Toys for Tots requested. Features local choral groups, horse and carriage rides and arts activities. 240-4333
- 1- 2 — Glenn Miller Holiday Concert, 7 p.m. Dec. 1, 3 p.m. Dec. 2, Davis Theater. Free available at all Regions Banks and Maxwell ITT. Air Force Band "Airmen of Note" perform Miller favorites and holiday music.
- 1- 31 — Christmas Lights @ Montgomery Zoo, 5:30 to 9:30 p.m., \$8 adults, \$5 ages 3 and older
- 25 — Christmas (federal holiday)

January

- 1 — New Years Day (federal holiday)
- 5 — Bowling tournament. First 10 unit teams to sign up (five members per team; \$30 per team entry fee) compete in a 9-pin No Tap contest at Maxwell Bowling Center starting at 6 p.m. Other lanes, pool tables and video games available on a first-come, first served basis. For team registration, contact Chief Master Sgt. Lyn Whited at 3-7791.
- 21 — Martin Luther King Birthday Observed (federal holiday)

New leaders take charge of operations, med groups

By Jeff Melvin
908th AW Public Affairs

The reins of command of the 908th AW's operation and medical groups changed hands Nov. 1 with Col. Edward L. Jennings replacing Col. John A. Jones at the helm of the 908th Operations Group and Col. Lisa A. Naftzger-Kang taking charge of the 908th Aeromedical Staging Squadron, replacing Col. Ben Busbee.

908th AW Commander Col. Michael J. Underkofler, who presided over both change of command ceremonies, said unlike on other occasions when he didn't know the principals that well, all the principals' in the operations group change in leadership had crossed paths many times over the years.

Although they knew each other that wasn't why or how they were there today, the trio were there today because of "How we served and we continue to serve," Colonel Underkofler said.

He heaped praise on Colonel Jones whom he described as "incredibly humble, it's never about him, it's always about the mission and the people."

He then recapped some of the highlights of Jones tenure as operations group commander: a two-year activation; completion of an operational readiness inspection and aircrew standardization and evaluation during the activation period; post activation high ops tempo wind down and successful completion of more than 200 line of duty determinations; last year flying, on average, more hours per aircraft than any non-activated unit in the command; and most recently, the aeromedical evacuation squadron posting one of the highest ratings he could recall a medical unit receiving during a health services inspection.

None of this could have been accomplished, he said, without Colonel Jones flying more hours than any other ops

group commander, "leading from the front, making the mission happen day in and day out."

Colonel Jones won't be far away, he's going to Headquarters 22nd Air Force where he'll be the chief of training.

He thanked operations group personnel, saying "Each and every day you truly amaze me. Your hard work, your dedication, thank you isn't enough but that's the best I can do. And make sure when you go home tonight be sure to say thank you to your families because you couldn't do what you do without them."

He remarked that he left the Regular Air Force because of the prospect of so many moves; yet, ironically, he's now making his fifth move in the Reserve. "Every time I leave a unit, I take a little part of that unit with me," he said. "Conversely, you leave a little part of yourself and hopefully I leave things a little better than they were before. I wish good health and happiness to you and your families."

The operations group will continue to excel under the more than capable leadership of Colonel Jennings, Colonel Underkofler said, adding that their association dates back many years when both were on active duty at Pope AFB, N.C.

"Over the years I have called him on occasion and said, 'Hey, I need help,'" Colonel Underkofler said.

Colonel Jennings military career began in August 1985 when he received his commission through the Air



Photo by Staff Sgt. Christian Michael

New 908th Operations Group commander Col. Edward Jennings and son, Christopher, daughters, Taylor (dark hair) and Ashlyn, and wife, Janet



Photo by Staff Sgt. Christian Michael

Departing operations group commander Col. John "JJ" Jones delivers parting remarks.

Force Reserve Officer Training Corps program at the University of Illinois.

He served more than seven years on active duty before joining the Air Force Reserve in 1992. After his departure from active duty service, Colonel Jennings started his air reserve technician career with a four-year stint with the 64th Tactical Airlift Squadron, O'Hare International Airport Air Reserve Station, Ill., as chief of aircrew training and squadron flight examiner. He then served nearly 10 years at Youngstown/Warren Regional Airport, ARS, Ohio, first as aircrew ground training officer and tactics officer for the 773rd Airlift Squadron, followed by assignments as chief standardization/evaluation navigator, and then deputy commander, 910th OG, and lastly, director of operations, 757th AS.

Prior to coming to the 908th he served as commander, 913th OG, Willow Grove ARS, Pa.

He is a master navigator with more than 5,500 flying hours.

Colonel Jennings thanked Colonel Jones for his leadership, saying all the accolades bestowed on the operations group during his tenure were "a reflection of the man."

The unit's hospitality has been great, he said, and he's forward to meeting everyone.

"All units are families and I'm proud to be a member of this family. I'm humbled to be your group leader and I look forward to learning from you guys."

The spirit of volunteerism that characterizes being in the Air Force Reserve is a live in well in the 908th OG, he added.

Noting that a new year and a new deployment was on the horizon, Colonel Jennings pledged to get the resources to keep the unit "equipped and trained to accomplish the mission."

Saying his family is "my support group, that comforts me and helps me be an effective leader," he pledged to take care of the families of deployed while they were gone.

Family is very important him. With family members living in Georgia, he'll get to see more of them. He then thanked his wife and children.

Family was a central theme of the Aeromedical Staging Squadron change of command, especially for Colonel Busbee, who earlier that day administered the oath of enlistment to his son, Jason, who'll join his dad and stepmom as 908th members.

A hard working leader about whom Colonel Underkofler said, "You give a busy person more work, Colonel Busbee is busy running hospitals for the State of Alabama, so we give him more work helping get the wing's Airmen physically fit and medically qualified," the outgoing ASTS commander deflected credit for the success of some of the command's busiest health care providers.

"It's soon to be, in a few minutes, your family, your squadron," he told Colonel Naftzger-Kang. "I want to paraphrase what my predecessor Col. Betty Williams said to me when I assumed command, 'It's hard to relinquish command of your family, your squadron; but it's easier when you know your family's being placed in capable hands. You have a great group here.'"

Colonel Busbee will serve as a special assistant to the 908th commander until he retires in July 2008.

Colonel Naftzger-Kang takes charge of a unit Colonel Underkofler, who says he has an affinity for medics because he comes from a family of medics, described as "First in, last to leave."

Formerly chief of standardization and evaluation in 908th AES, "She was the most respected stan eval nurse I ever met. She's highly regarded in our command. It's proof you can come home, we're glad to have you back," the wing commander said, welcoming Colonel "NK" back to the unit.

Having recently pinned on colonel, she said she delayed promotion waiting



Photo by Jeff Melvin

Outgoing ASTS commander Col. Ben Busbee and his replacement, Col. Lisa Naftzger-Kang

for an opportunity to command, "It's not something I take lightly. I consider it a privilege being given such responsibility."

She thanked colonel Busbee for leading the squadron successfully and adeptly through many challenges including a favorable HSI.

"I know I have big shoes to fill and that there are many expectations for this squadron to achieve even greater accomplishments," she said.

In the end a commander's primary role, she said, is to provide vision and set the environment. "My vision is simply this, to take the squadron that Colonel Busbee has so well prepared and nurtured to the next level."

She concluded by paraphrasing President John F. Kennedy, who once said, "To whom much is given, much is required. When at some future date the high court of history sits in judgment of each one of us recording whether during our brief period of service we fulfilled our responsibilities to the state our success or failure in whatever office we may hold will be measured by the answers to four questions. Were we truly men or women of courage? Were we truly men and women of judgment? Were we truly men and women of integrity? Were we truly men and women of dedication?"

The answer for the men and women of the 908th ASTS to each of these questions is yes, she said. "And each of us will continue to ask ourselves these questions to serve as our guide as we accept the challenges and

tough jobs that face us as we strive to be the best of the best."

Colonel Naftzger-Kang's military career began in May 1983 when she was commissioned after graduating from Iowa Wesleyan College.

During a six-year stint in the regular Air Force she served as a staff nurse and nurse manager at Wilford Hall Medical Center, Lackland AFB, Texas, and Chanute AFB Hospital, Chanute AFB, Ill., respectively.

After her departure from regular Air Force service in 1989, Colonel Naftzger-Kang started her Reserve career with 928th Aeromedical Evacuation Squadron, O'Hare International Airport ARS, Ill., serving first as flight nurse, and subsequently as medical readiness officer, flight instructor, and chief, standardization and evaluation, respectively, from October 1989 to October 1996. From January to March 1991, she was called to active duty, supporting Operation Desert Shield/Storm as a flight nurse.

Leaving the 928th in October 1999, she served three years as chief, standardization and evaluation for the 908th AES before transferring to Scott AFB, Ill.'s 932nd ASTS and serving first as flight leader, and subsequently as medical readiness officer, and later as chief nurse before accepting her new position as 908th ASTS commander.

In her civilian capacity, Colonel Naftzger-Kang is a certified family nurse practitioner, working in the surgery department at John H. Stroger Hospital (formerly Cook County Hospital) in Chicago, Ill.

'Bama Big Drop

Multi-ship formation flying allows aircrews, aerial porters to test air dropping, recovery skills

By Jeff Melvin
908th Airlift Wing Public Affairs

Planes and parachutes packed the blue skies over Maxwell AFB and nearby Autaugaville Nov. 4 during an 908th Airlift Wing airdrop training exercise dubbed "Bama Big Drop."

The Alabama Army National Guard also assisted with CH-47 Chinook helicopters. B Company, 1st Battalion, 169th Aviation Regiment "sling-lifted" cargo from the Autaugaville drop zone back to Maxwell. Additionally, the helicopter aircrews provided a simulated slice of combat life to Regular Air Force and Reserve Airmen, taking them on brief tactical troop transport orientation flights near the Maxwell AFB flightline. Priority was given to first responders and emergency personnel, while selected Air University staff, Reserve Airmen performing their weekend training assembly and Airmen assigned to Maxwell were treated to flights on a space available basis.

Four 908th AW C-130 Hercules airlifters practiced tactical formation flying and airdrops first at the 908th's Buzz drop zone near Autaugaville and then at Dixie drop zone here at Maxwell. The Autaugaville airdrops featured heavy equipment platforms configured to simulate the dropping of equipment needed in a war

zone such as road graders, Hum Vees, armored personnel carriers, etc. At Maxwell, the aircrews dropped containerized delivery systems, three bundles consisting of water-filled barrels weighing about 1,000 pounds each to approximate the weight of actual cargo. The CDS is the most commonly used method for airdropping supplies quickly for military and contingency operations.

"Bama Big Drop" activities allowed the wing's Reservists to get concentrated training that increases their proficiency and at the same time helps them accomplish their individual training requirements, said Lt. Col. James Dignan, director of operations for the 357th Airlift Squadron, the 908th's flying arm.

Unit aircrews train continually; normally, in two-ship formations. Four-ship formations are a rarity that allows the aircrews "to put mass on target in a simulated combat environment," the director of operations said.

"Multi-ship formation flying results in more realistic training and wartime planning. Although that also means additional mission planning and coordination, it's worth the increased workload," Colonel Dignan said.

Another benefit derived from exercises like "Bama Big Drop" is increased wing cohesion and enhanced

esprit de corps stemming from related activities such as concept briefings for all participants; tactics and intelligence training for aircrews; aircraft maintenance; and load preparations and recovery by aerial port personnel.

The Alabama Army Guard participation, a departure from most previous exercises, fulfills their mission training requirements and reflects inter-service cooperation that is in keeping with the joint nature of most military operations.

It's also especially beneficial for the 908th AW's aerial port personnel who relish the chance for sling load training, a skill increasingly in demand while deployed. Using helicopters to transport loads reduces the number of ground convoys; thus, decreasing potential exposure to improvised explosive devices. Here at home, sling lifting cargo during post airdrop recovery operations reduces the unit's transportation costs

by reducing wear and tear on the vehicles normally used to haul equipment back from the drop zone.

Participating 908th AW units included the 357th Airlift, 25th Aerial Port, and 908th Maintenance Squadrons and the 908th Operations Support Flight with support from Maxwell's security forces and base operations personnel and the Alabama ARNG's B Company, 1st Battalion, 169th Aviation Regiment.



Senior Master



er Sgt. Adriell Carr, Chief Master Sgt. Lyn Whited and Senior Airman Gerald Scribner recover loads following an air drop. Photos by Staff Sgt. Christian Michael



Montgomery area civic leaders listen to a member of the 314th Airlift Wing's Explosive Ordnance Disposal team as he describes the operations of the bomb disposal robot.

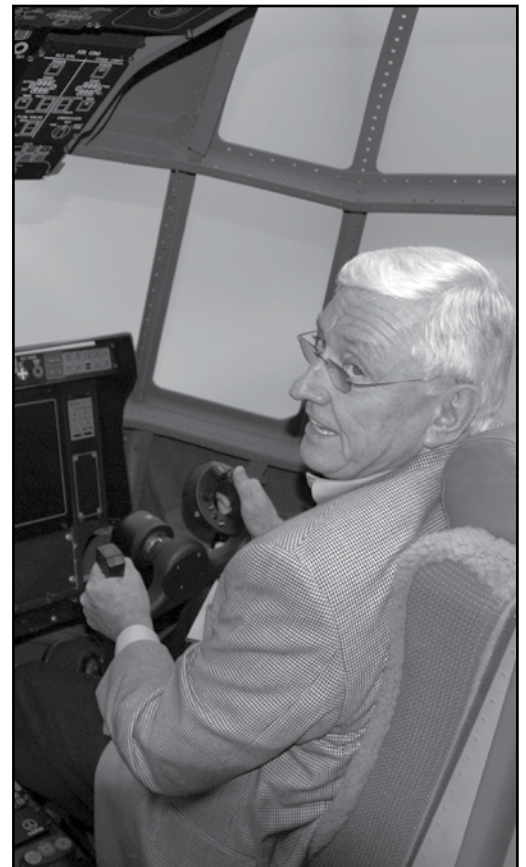
Right, Montgomery City Councilwoman Martha Roby fires an M-4 carbine on a 300 meter pop up range at Arnold AFB, Tenn.

Area civic leaders view Air Force in action during two-day tour

Thirty community leaders from across the state flew to Little Rock AFB, Ark., and Arnold AFB, Tenn., Nov. 1 and 2 aboard one of the 908th's C-130s. In addition to touring Little Rock AFB's 314th Airlift Wing, the group toured Arnold AFB's Engineering and Development Center. Civic leader tours aim to educate civilians about the military and the Air Force Reserve.



Colonel Underkofler describes the differences of the J model C-130 to Montgomery Mayor Bobby Bright and Prattville Mayor Jim Byard



Photos by Lt. Col. Jerry Lobb

Montgomery City Council President Charles Jinright at the controls of a C-130 simulator at Little Rock AFB Ark

Healthy Airmen

Get smart about stress, know if, when you need help

By Lt. Col. Carol L. Anders
908th Aeromedical Staging Squadron

The holidays are upon us. We have just celebrated a time of thanksgiving and now we are moving into Christmas and a New Year. WOW! Shouldn't we be excited and joyous with all the parties and gift getting and giving. While this may be true for most of us, for others it is a time of increased stress and loneliness.

We need to be especially mindful of how we are handling all of this increased activity and yes, stress. Stress in our life comes with good situations (birth of a child, marriage, moving into a new house) as well as negative situations (death of a loved one, separation from loved ones, loss of a job).

What is stress? How do we measure it? What effect does it have on our physical well being? What can we do about it? Who is there to help us through it? This article is an overview of stress. It is by no means intended to be used as a definitive diagnostic tool to determine whether or not you have stress or as the final authority as to how to treat your stress. Its purpose is to make you aware that stress does exist for all of us, that it has a real impact on us both physically and mentally, that the effects of stress can come from both good and negative situations and there is help out there for all of us.

What is stress? Though we talk about stress a lot, it is not clear what stress is really all about. Perhaps that is because each of us perceive situations differently. For some the birth of a child, being promoted or moving into a new home may not be perceived as threatening. However, we may feel that situations are "stressful" because we don't feel adequately prepared to deal with them. The dictionary defines stress as mental, emotional

or physical tension, strain, or distress.

How do we measure stress?

One way is to answer a simple checklist like the one below; it's an inventory of events happening in people's lives that may cause stress.



What effect does stress have on our physical well being?

Chronic unrelieved stress harms the immune system, decreasing the body's ability to fight diseases, infection and allergy. Medical conditions that are related to stress include heart and circulatory diseases, headaches, stomach complaints, heart disease, stroke, higher levels of blood cholesterol, increases in blood pressure, increased risk to form blood clots, ulcers, colitis and asthmatic conditions. Depression and anxiety are also common symptoms of chronic stress overload. In an attempt to cope with stress, some people drink too much alcohol, abuse drugs, blame others (e.g. spouse or parent), and may become physically violent, most often with family members.

What can we do about stress? The first step is to recognize that stress is present and what is your response to it—over eating, excessive alcohol consumption, headaches, etc. Look at your lifestyle and see what can be changed. Use relaxation techniques. Exercise—physical activity is one of the most effective stress remedies around!

Time management—Do essential tasks and prioritize the others. Watch your diet—Alcohol, caffeine, sugar, fats and tobacco all put a strain on your body's ability to cope with stress. Get enough rest and sleep. Talk with others about what is bothering you. Help others—volunteer work can be an effective and satisfying stress reducer. Get away for awhile—read a book, watch a movie, play a game or listen to music. Leave yourself some time that is just for you. Work off your anger—get physically active, dig in the garden, start a project. Give in occasionally—avoid quarrels whenever possible. Tackle one thing at a time—don't try to do too much at once—learn to say no. Don't try to be perfect. Ease up on criticism of others. Don't be too competitive. Make the first move to be friendly. Have some fun!! Laugh and be with people you enjoy! Seek professional help if needed.

Who is there to help us through it? Do you have a good support group? Friends and family, chaplains and mental health professions are there for you to help you. Reach out to those around you. We need to help one another. The wingman concept means being there for each other. Be sensitive to those around you. Look for signs of stress and lead them to seek resolution.

Enjoy the holidays and life.

How stressed out are you right now?

Instructions: Circle the number which comes closest to representing how true the statement is for you right now. Then score yourself, using the key at the bottom of the list.

1 is less true, 5 is mostly true

- | | |
|-----------|---|
| 1 2 3 4 5 | A close family member died in the past 12 months |
| 1 2 3 4 5 | I moved to a new town in the past 12 months |
| 1 2 3 4 5 | I changed jobs in the past 12 months |
| 1 2 3 4 5 | My son/daughter left home in the past 12 months |
| 1 2 3 4 5 | A close friend/family member who is ill depends on you for care |
| 1 2 3 4 5 | I have had a major health problem in the past 12 months |
| 1 2 3 4 5 | A close relationship ended in the past 12 months |
| 1 2 3 4 5 | I lost my job or retired in the past 12 months |
| 1 2 3 4 5 | I got married in the past 12 months |
| 1 2 3 4 5 | I took on a lot of debt in the past 12 months |
| 1 2 3 4 5 | I got divorced or separated in the past 12 months |
| 1 2 3 4 5 | I lost a lot of money in the past 12 months |
| 1 2 3 4 5 | I have ongoing marital problems |
| 1 2 3 4 5 | I have ongoing sexual problems |
| 1 2 3 4 5 | I have ongoing financial problems |
| 1 2 3 4 5 | I have ongoing trouble with friends or relatives |
| 1 2 3 4 5 | I have ongoing problems meeting family demands |
| 1 2 3 4 5 | I have ongoing pressure at work or school |
| 1 2 3 4 5 | I have ongoing pressure with emotional problems |
| 1 2 3 4 5 | I am constantly facing do-or-die deadlines |

TOTAL SCORE (add up all numbers circled)

SCORING KEY

20-35 Virtually stress free

36-50 Somewhat stressful

51-75 Stressed – watch out

76-100 Super stressed – reduce all pressures in your life or someone will be calling 911

(source: Critical Incident Stress Management – What is your stress index?)

Wing snapshots



Photo By Jeff Melvin

Above, Employer Support of the Guard and Reserve local rep Duane Smith fields questions from 908th AW members attending the enlisted workshop Nov. 1 and 2. The two-day workshop entitled "Preparing Today for Tomorrow's Challenges," was designed to help Airman prepare for the challenges of life, said 908th AW Command Chief Master Sgt. David "Rick" Fanning.

Right, newly promoted Chief Master Sgt. Bryan Martin, and his wife, Shadi, accept congratulations from family, friends, co-workers and well-wishers. Members of the 908th AW Chief's Group marked the occasion by hosting an induction ceremony commemorating Martin's promotion to the highest enlisted grade. Chief Martin is 908th AES's nursing superintendent.



Photo by Staff Sgt. Jay Ponder



Left, 908th Military Personnel Flight's Senior Airman Kalliah Holmes donates blood to the Red Cross Nov. 5. To accommodate 908th personnel, the Red Cross parked the collection van outside wing headquarters, making it easier for busy Reservists to give blood.

Photo by Staff Sgt. Jay Ponder

Montgomery Mayor Bobby Bright presents a proclamation to Maj. Gen. Allen Peck, vice commander, Air University, designating the week of Nov. 11-17 "Military Appreciation Week" in the city. Also pictured (from left), 908th Airlift Wing Commander Col. Michael Underkofler, Alabama National Guard State Adjutant General Maj. Gen. A.C. Blalock, Edward Crowell, chairman, Montgomery Area Chamber of Commerce (Crowell is an Air Force Reservist serving as mobilization assistant to the commander of Air University), Col. Jeff Smiley, commander, 187th Fighter Wing, Alabama Air National Guard, and Col. Edward Jennings, commander, 908th Operations Group.

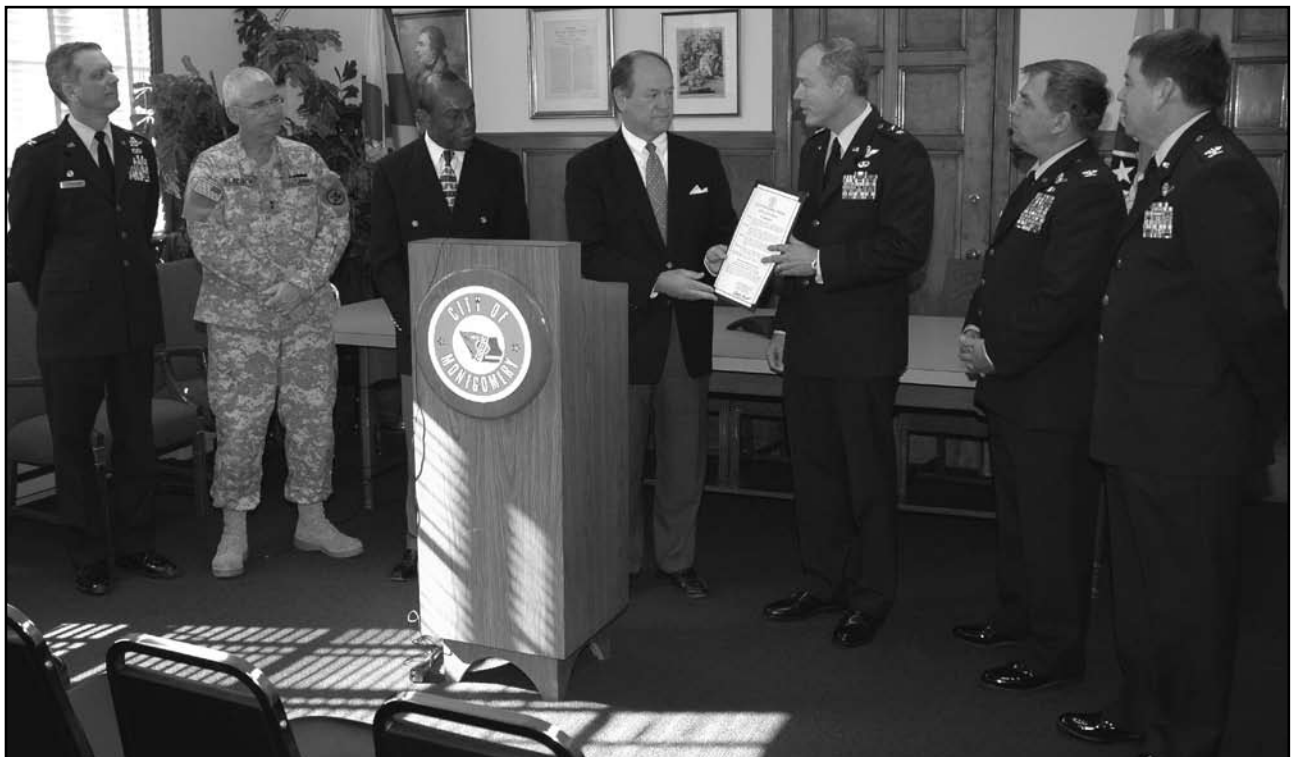


Photo by Lt. Col. Jerry Lobb

Maintainer spouses create 'HERC' boosters association

The 908th Maintenance Group spouses have gotten together to form an association to assist our family members during unit activations and deployments, as well as to get family members more involved in unit activities.

"The goal of the group is to develop a strong network between unit members, supervisors and family members that is already in place prior to contingencies," said one of the booster club's organizers, Teresa Dearth, retired unit member and spouse of Maintenance Operations Flight superintendent Chief Master Sgt. Doug Dearth. "Our first meeting was in September, and we're already planning the maintenance group Christmas luncheon, future fund raisers, and coordinating briefings on pre-deployment preparation for our families. We are also assisting one of our shops with providing support for one of our members who is gravely ill," Mrs. Dearth said.

MXG spouses or family members who would like to find out more about the group should contact Mrs. Dearth at (334) 279-6527 or MOF first sergeant Senior Master Sgt. Kymberly Corkum at (334) 953-1907.

On a related note, all MXG members and families are invited to the group commander's call and Christmas luncheon Saturday,

Dec. 1 from 11 a.m. to 1:30 p.m. in at the Maintenance hangar (half-bay), Bldg. 1455.

HRDC head talks to women's group

Women of all ranks are invited to come meet and hear Maj. Gen. Linda Hemminger, head of the AFRC Human Resource Development Council, Saturday, Dec. 1, at 9:30 a.m. in the CE classroom, in Bldg. 1055.

An open forum discussion centered on career development and training will take place.

For more information, e-mail Lt. Col. Nancy Stephenson, chief, 908th AW Command Post at nancy.stephenson@maxwell.af.mil or call her at 953-2719.

Flight engineers wanted

1A1X1 – Flight Engineer. Must interview with Senior Master Sgt. Ken Eddy, 357th AS, pass a Flying Class III physical and have a minimum G-57 ASVAB score. Additional requirements: must have a prior 5- or 7- skill level in the 1A0, 1A2, 1A3, 1A7, 2AXXX or 2M0 career field ladder or possession of a valid Federal Aviation Administration Flight Engineer certificate, FAA private pilot license, or valid FAA aircraft and power plant license or Aircraft Maintenance Technician license.



Photo by Staff Sgt. Jay Ponder

Wing members must get flu shots by Dec. 31

All 908th AW members are reminded that they should receive the flu vaccine or flu mist by Dec. 31 either through a military treatment facility or through their own healthcare provider. This applies whether here at Maxwell or TDY. Reservists who receive the shot from a civilian source, must bring in documentation of receipt by Dec 31 too. All suspected adverse reactions

to the flu vaccine must be reported to a 908th AW healthcare provider. Civilian employees are urged to take action through their family physician or community public health department to receive a flu immunization. Receiving a flu shot before the peak of the flu season provides optimal protection.

Take Note

Wing pays tribute to veterans

Former longtime unit member retired Lt. Col. Harold Dobbs, a highly decorated Airman who was shot down in Vietnam, shovels dirt around the roots of a North American elm tree planted in front of the wing headquarters building Nov. 5 to honor all veterans. Colonel Dobbs was a special guest at the Veterans Day tree planting ceremony. 908th AW commander Col. Michael J. Underkofler reminisced about years past when elm trees "graced avenues all across America" before the trees were virtually wiped out by disease. This tree, a disease resistant variety, was a symbol of resurgence, the colonel said. "This tree represents all Americans past and present who've sacrificed so much in the name of freedom and to help make our nation strong."

Promotions

Congratulations to the following people promoted to the grades indicated:

....to Chief Master Sgt.
Bryan Martin, AES

....to Senior Master Sgt.
Thomas Haney, AES

....to Master Sgt.
Gary Waldron, AMXS

....to Tech. Sgt.
Patrick Clark, 25th APS
Bryan Nichols, 25th APS
Phillip Odom, 25th APS
Michael Weiler, CES

....to Staff Sgt.
Brandon Ballenger, MXS
Michael Conner, ASTS
Erik Darden, MXS
Christopher Pike, SFS
Timothy Russell, MXS

....to Senior Airman
John Butler, ASTS
Charles Roland, CES
Dustin Weeks, 357th AS

....to Airman 1st Class
Debra Bates, SVF
Shantel Gonzales, CES
Julius Johnson, 25th APS

....to Airman
Thomas Brackins, 357th AS
Nathan McCrary, 25th APS



Photo by Staff Sgt. Jay Ponder

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