

# Southern Flyer

808th Airlift Wing, Air Force Reserve Command, Maxwell AFB, Ala., Vol. 45, Issue 11, November 2008



## Mission complete

Medical, services, aerial  
port Airmen end desert  
duty - Pgs 6-7

## *Past meets present*

Reservists salute World War  
II women aviators -- Pgs 4-5

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## Dearths spouse essay, calendar contest winner

**EDITOR'S NOTE:** The following is a reprint of the essay Chief Master Sgt. Douglas Dearth wrote entering his wife, Teresa, in the Army and Air Force Exchange Service Military Spouse Calendar Contest. AAFES selected the Dearths as one of 12 couples DOD-wide to receive a \$500 AAFES shopping spree and have their essays published, along with their photos, in a "Military Spouse" calendar that will be available at Base Exchanges/Post Exchanges in early November. Being selected as one of the contest winners is an honor, Teresa Dearth said, adding, "Doug is a thoughtful husband, and has been extremely supportive of my HERC booster efforts this past year. It sounds corny, but him nominating me was enough thrill even if I hadn't been one of the winners."

She lauded the contributions of the HERC boosters, a group that increased from 8 core members to a group of about 30 participants. "Most of the points in Doug's essay were HERC group activities, and I certainly didn't do those alone. I may have organized it, or documented it-but "my" HERC core group helped carry it out. I have also been told by some of the Maintenance Group members that they really appreciate our support and that it means a lot to know we care, and that is really what this award is all about."

Last August my wife, Teresa, was asked by a Maintenance Group (MXG) First Sergeant to help establish a family support group. The idea was to boost unit morale and assist families during separations. Since then, the "908th HERC Boosters" have become a constant presence in MXG and Wing functions. Before the first meeting, Teresa wrote two main goals: (1) "provide needed support/information to 908 MXG family members" and (2) assist family members to "appreciate the mission of the 908 MXG and the role of their unit member". Teresa retired with 22 years active duty and reserve service, and has a husband, son and son-in-law in the unit so she understands the challenges facing Reserve families.

Hearing that deployments had precluded plans for a Christmas party, Teresa and the HERC group organized a luncheon, complete with JROTC presentation, door prizes and children's activities. The group assists with unit activities, and provides refreshments for each aircraft returning from deployments or TDY's.



Photo by Jeff Melvin

Maxwell AFB AAFES general manager Patricia Austin presents a \$500 AAFES shopping spree to Teresa Dearth and her husband, Chief Master Sgt. Douglas Dearth, as one of 12 winners of an AAFES-sponsored "Patriot Family Salutes the Military Spouse Calendar Contest. The contest was designed to give recognition to military spouses that go above and beyond to help deployed military members and their families.

When the MXG deployed to Qatar, the group provided members with care packages and families with information packets. They hosted send off breakfasts and return receptions. Teresa organized HERC members into sponsors who contacted families weekly. During this deployment, a tornado hit Prattville, Alabama. Realizing that many of our deployed members lived there, Teresa "activated the HERCs", and quickly accounted for all deployed member's families and homes.

Teresa provided cards and e-mails for a terminally ill member and another whose father was ill. She provided flowers or donations upon the death of both individuals. She recently provided supplies and located a recipient for care packages her church built for troops in Iraq.

Teresa believes family involvement before deployments is the key to mission success. The First Sergeant acknowledges the HERC group's contributions and caring spirit has resulted in higher unit morale.

*Chief Master Sgt. Douglas Dearth*  
Superintendent, Maintenance Operations Flight



Photo by Jeff Melvin

Col. Brett J. Clark – Commander, 908th Airlift Wing

Lt. Col. Jerry W. Lobb – Chief, Public Affairs

Jeffery Melvin – Deputy Chief/Editor

Staff Sgt. Jay Ponder – Public Affairs Specialist

### Cover photo:

Staff Sgt. Tekima Howard, Services Flight, poses for a picture with her mom, Jacqueline upon her return from Iraq Oct. 3. See Pages 6 and 7 for more photos of similar reunions as a number of wing personnel returned from deployments.

## Southern Flyer

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# God's peace to you this Thanksgiving season

By Chaplain (Capt.) Jamie Danford  
908th AW Chaplain's Office

I am an Action/Adventure movie fan. While there are times the action gets so unbelievable that I can not watch them, most times it is good to just be entertained and watch the good guy win despite all the odds. To make the movies realistic though – to appeal to our continued desire for better realism, fabulous stunts have to be achieved. To see how this has progressed watch an action movie today and compare it to one 20 years ago.

It could be said that the stunt crew makes this genre of movie. However, they often go unnoticed. Think very hard – could you name one famous stunt person? Could you name the person who double checks the wires, the pyrotechnics, or the nets? Their names are not recorded on the billboard, or the front of the movie. They are recorded last – after everyone has left the theater. Yet we know they do a necessary job.

Most of the important things in life go completely unnoticed. How many times do we sit and think about the folks in our lives, in our jobs that do not get any recognition – but provide a vital service.

## Healthy Airmen --

# Get vaccinated now to combat peak flu season

by Lt. Col. Carol Anders  
Nurse practitioner, 908th ASTS

Fall is here and it won't be long before winter is close at hand. Have you felt the chill in the air in the early mornings? It's that time of year to be alert to the risk for flu. The peak flu season in the United States is January or February; but the time to prepare is now. The flu viruses are constantly changing so typically new viruses appear each year. The severity or length of the epidemic depends on many factors, but most authorities will agree that the flu immunization is the most effective way to prevent the disease.

The makeup of the vaccine changes each year to coincide with the changes or drifts in the flu viruses. Will the vaccine attack 100 percent of the flu viruses that appear this year? No, but antibodies made in response to the flu vaccination with one strain of flu viruses can provide protection against different, but related strains. A less than ideal match may result in reduced vaccine effectiveness against the variant viruses, but it can still provide enough protection to prevent or lessen illness severity and prevent flu-related complications. The Center for Disease Control recommends that flu vaccination is especially important for people who are a high risk for serious flu complication and their close contacts.

If you get the flu, antiviral drugs, NOT antibiotics, are an important treatment option. These are prescription medicines (pills, liquids or inhalers) that fight against the flu by keeping the flu viruses from reproducing in your body. Antiviral drugs can make your illness milder and make you feel better faster. They also may prevent serious flu complications. This could be especially important for people at high risk. For treatment, antiviral drugs work best if started soon after getting sick (within 2 days of symptoms). Two FDA-approved influenza antiviral agents are recommended for use in the US to treat or prevent flu during the 2008-2009 influ-

enza season: oseltamivir (Tamiflu) and zanamivir (Relenza). See your primary care physician for these treatments.

In addition, you can take everyday preventive steps like frequent hand washing to decrease your chances of getting the flu. If you are sick with the flu, reduce your contact with others and cover your cough to help keep germs from spreading.

Flu shots will be available to all 908th members over the November UTA. The flu shot is made up of killed (inactivated) viruses, so you cannot get the flu from the flu shot. Some minor side effects such as soreness, redness, or swelling at the injection site; low grade fever; and/or aches could occur. If these should occur, they begin soon after the shot is given and usually last 1-2 days. Source of information: [www.cdc.gov/flu](http://www.cdc.gov/flu)

Most of all let us thank God for not withholding the blessings of life from us even though we take them for granted. May God's peace be with you during this time and this Thanksgiving season.



Photo from "Southern Flyer" archives

Flu shots will be available to all 908th members over the November UTA

# Past meets present

## Reservists salute World War II women aviators

By Staff Sgt. Jay Ponder  
908th AW Public Affairs

Few women and men in today's military may recall the struggle of women to attain the opportunity to fly aircraft in the military. This opportunity can rightfully be credited to the women trailblazers who led the way, the Women Airforce Service Pilots.

The surviving members of that fraternity, that band of sisters known as WASP met in Dallas, Texas Sept. 26-28 to celebrate their accomplishments with a reunion and a tour of the new WASP archive museum housed in the campus library of Texas Women's University near Dallas.

"It's important we get together with them, that we honor them, the WASP for what they have done for us. It is equally as important for the WASP to be together with us, so they can see some of the heritage and opportunities they have provided for us," said Maj. Gen. Linda Hemminger, mobilization assistant to the deputy surgeon general. "When they talk to us, the general continued, "especially some of our ladies who are jet-engine mechanics, pilots, flight nurses, or whoever might be involved in the aviation industry, it's real important the WASP get to see that what they started in the 1940s and then lay dormant till the 1970s is alive and well. Women can be anything they want to be in the United States Air Force."

Thanks to Air Force Reserve Command Human Resource Development Council involvement at this reunion, female Air Force Reserve members found out first-hand what it was like at the beginning for women aviators in the military. "HRDC is here to give our young folks the opportunity to get involved and meet these women," said Master Sgt. Rodney L. Hage, AFRC HRDC manager. "This is something you can't replace, you can't duplicate anywhere else. A chance to talk to these ladies about their history, their past, all the things they have done that make today possible."

Airman 1st Class Veronica Natal, who completed basic training in

January, was impressed with the WASP and glad for the chance to attend their final official gathering.

"I think it's a great thing. I've really enjoyed it. I got to meet great women who are still very strong-willed," said the air transportation specialist from the 25th Aerial Port Squadron.

Countless photographs of the women and their planes, uniforms and

all manner of personal articles donated by former WASP members are housed in the WASP museum. The remaining women still have stories to tell. The stories are of danger, unimaginable adventure, heartbreak and laughter. Stories of unsung heroism that ultimately climaxed in helping win the largest war our country has ever fought. Though all are accomplished pilots and later successful in their chosen careers, they are to the last woman, humble about their deeds and unassuming.

Former WASP Kay Gott Chaffey, who taught school for 36 years, wrote nine books including her book on the WASP, "Women in Pursuit." The retired schoolteacher has many memories of her two-year experience as a WASP including the loss of a comrade.

"The danger was no less because a woman was flying versus a man flying the aircraft," she said as she talked about her loss. "Hazel Lee was killed right in front of me on Thanksgiving Day after another plane flown by a naval pilot landed on top of her on the runway. She had permission to land but the naval pilot's radio was out and he did not hear it."

Another thing she remembers is that while on extended flights, there were no changes of clean clothes. "On long trips, you run out of clothes. You know



Airman 1st Class Veronica Natal, 25th Aerial Port Squadron, admires a WASP uniform on display at the new WASP archive museum at The Texas Women's University library.

in a fighter, there's no baggage compartment," said the 88 year-old Chaffey.

Betty Blake, a graduate of the first WASP class, 43-W-1, recollected how she would pilot P-51s from the end of the assembly line at the factory. She pointed out that the WASP were not only ferry pilots, but test pilots as well. "The plant on the south side of Los Angeles would assemble 44 P-51s each day. I would fly the P-51 from the plant's tarmac to Newark, N.J. I would pray that I could keep the engine going until the aircraft got up to at least 1,000 feet, so I would have enough room to bail out if something went wrong."

The women all have one thing in common, their love of flying.

Blake lived in Hawaii where at the age of 14 she met Amelia Earhart, which heightened her interest in learning to fly.

"Amelia Earhart came to Honolulu and the night before she was flying out from Ford Field gave a talk at the University of Hawaii. I sat in the front row. I was the only kid in the auditorium, the rest were all adults and she stood right in front of me," she said.

After Earhart finished speaking, she walked up to Blake and asked her why she was there. Blake explained she had read books on flying. Earhart invited her out to the field the next



day to watch her take off. The next day, Blake's father drove her out to the field where she met Earhart again and sat in her plane for a while and they talked.

"I climbed out of the plane. It was a very cloudy day and she began to taxi down the runway. She throttled back right before takeoff and she taxied back. She had been so lady-like before she had begun take-off and she had such a soft voice. We were all standing in front of the hangar along with the mechanics. The four-letter words that came out of her mouth," Blake chuckled, "I had never heard before. My father didn't swear and he said, 'Come on honey, we're leaving'."

"I first became interested in flying in 1927, when I was seven," said Chaffey. "My mother took us to the airport in Reno to see Lindbergh as he was coming through for a visit. I learned to fly in 1940 through a government college program."

She said she received a telegram one day from WASP director Jacqueline Cochran. The telegram said the United States needed women flyers to relieve male pilots for combat. "So I sent one back saying I was interested. I then received another telegraph saying if I got a physical, I had three days and I could get into the second class. I was furious! Just furious! I was madder than hell, because had I known about it sooner, I would have been in the first group." She served from 1942 to 1944, flying P-51s to B-25s.

Blake said she was a good friend of Cornelia Ford, (Ford was later the first woman killed flying in service to our country) who was flying an unarmed aircraft at Pearl Harbor when the base was attacked by the Japanese.

"Cornelia was a flight instructor. The Japanese took 'pot shots' at her on their way to Pearl Harbor," said Blake. Ford managed to land her plane safely even after being hit by enemy fire. Blake herself was earning a living flying tourists around the island and had a flight scheduled the morning of Dec. 7. "Fortunately, my passenger called me the evening of the 6th and asked if we could change the flight and make it Monday morning instead. I might have been one of the first casualties had we been in the air at that time."

Though the WASP are a bit older, most still get around very well.

"You want to help them down the stairs, but they'll hurt you with their cane because they want to do it themselves. It's like I don't want your help," chuckled Airman Natal.

Being here and meeting these women has given her more drive. "You know it doesn't matter what your age is, or gender. If you put your mind to it, you can do it," she said. "These women have proved it and they're still doing it. If you listen to their life stories, they're still realizing accomplishments. When the military kicked them out and wanted to have nothing else to do with them, it was like this is not the end of me."

"The young women and men here from the Air Force Reserve are able to see the WASP, the women who opened the doors and hear the stories the WASP are telling us. This will enable the Airmen to understand that the WASP did not have the nation's support overall, but they were still able to accomplish flying thousands of miles delivering thousands of



Photos by Staff Sgt. Jay Ponder

Dressed as a World War II flyer, Michael Vincent of Flagstaff, Ariz., a WASP historian and archivist, poses with former WASP June Drew and Senior Airman Leigha Samples.

aircraft. So I think it gives our young people the opportunity to see that they can do anything they want to do, accomplish anything within the Air Force," said General Hemminger.

"The HRDC wanted to ensure the Air Force Reserve took this opportunity to recognize its heritage," said Sergeant Hage. "The women of the Air Force Reserve are overwhelmingly showing their support in recognizing the WASP for what they have done. And now the WASP are being formally recognized for what they did for us back in the 1940s. Of the 20 percent of the WASP that continued some type of military service, over half joined the Air Force Reserve, so they're part of our military heritage."

Airman Natal said, "These women are great role models for any woman, or any young female growing up unsure if she can do something because she may not be strong enough. The WASP cleared the way for many women. They proved there's really nothing I can't do if I try."

Former WASP Lorraine Z. Rodgers has this message for all Airmen, young and not so young saying, "I travel all over the country speaking in schools to the young people. Our generation kept America free for you folks. Now it's time for you to keep it free for the rest of us." Moreover, about today's volunteer Air Force, Rodgers exclaimed, "And to do it all voluntarily now, I'm proud. I'm telling you, I'm proud."



Former WASP members, Barbara Squires, left, and R. Betty "Wall" Strohfus discuss the attributes of a T-6 Texan with Senior Airman Leigha Samples, a C-130 Hercules loadmaster with the 357th Airlift Squadron.



Below, Senior Airman Jacqueline Doss, 908th Services Flight, poses for a reunion photo with dad, James; mom, Dorothy; and grandmother, Louella, Oct. 3. Late September and early October featured a slew of similar reunions through the wing as deployed medical, services and aerial port Airmen returned home following 120-day tours of duty supporting Operations Iraqi and Enduring Freedom.



Photo by Jeff Melvin



Chaplain (Capt.) Jamie Danford exchanges pleasantries with his wife, Staff Sgt. Natalie Parnell, following Parnell's return.



Photo by Lt. Col. Jerry Lobb

Maj. Gwen Hill, 908th Aeromedical Staging Squadron, gets a tight embrace from a co-worker upon her return from Iraq Sept. 19.



Staff Sgt. Ebony Besteda, 908th ASTS, is warmly greeted by a welcoming party that includes her mom, grandma, sister, brother, and nephew.



## complete

port Airmen end desert duty



Photo by Lt. Col. Jerry Lobb

s with 25th Aerial Port Squadron Tech. Sgt. Benjamin Parnell  
ell's return Sept. 23.



Photo by Lt. Col. Jerry Lobb

t includes co-workers from the kindergarten where she works



Photo by Lt. Col. Jerry Lobb

Returning deployer Staff Sgt. Jamie Patterson, 25th APS, is greeted with a hug and flowers



Photo by Jeff Melvin

Senior Airman Chris Barbour, Tech. Sgt. Willy Dickerson and Staff Sgt. Monica Lorenzo, 908th Services Flight, exit the Montgomery Airport following their return from Iraq Oct. 3.





Now airborne, some employers explore the interior of the unit C-130 H, while others settle into the web passenger seats.

Photo by Lt. Col. Jerry Lobb

Right, Employers Day attendees are treated to an upclose view of the cockpit of a 908th AW C-130H.

## Area employers view wing in action during tour

Twenty-six area employers and supervisors of 908th Airlift Wing unit Reservists got a chance to see what their workers do in their "part-time jobs" during Employers Day, Oct. 3. Employers were treated to: a briefing by 908th AW Commander Col. Brett J. Clark, a tour of the 25th Aerial Port Squadron operations, a C-130H orientation ride and a visit to their employees work places.



Photo by Lt. Col. Jerry Lobb



Photo by Jeff Melvin

Lt. Col. Jerry Lobb, 908th AW Public Affairs Officer, explains the air drop process during a tour of the 25th Aerial Port Squadron.



Photo by Lt. Col. Jerry Lobb

Visiting employer John Adcock peers out a porthole during the local area orientation flight.



# No gimmicks, no fad diets

*Airman slims down, shapes up through hard work*

By Staff Sgt. Jay Ponder  
908th AW Public Affairs

As we grow older, we notice subtle changes in our metabolism. Aches and pains appear that just a few years ago, we knew nothing about but through hearing the complaints of our elders. The contours of our bodies change as some begin to experience the battle of the bulge. One Airman has taken that challenge seriously. He is 'Fit to Fight'.

Tech. Sgt. Lance D. Haywood, operations manager, 908th Civil Engineers, wanted to meet the fitness qualifications and be 'Fit to Fight.'

He began in March 2007 at the age of 30, weighing 252 pounds. "I decided I had to do something about my weight, thinking I can't stay like this. I'm not going to lead a very productive life like this," he said describing how he decided to undertake a major lifestyle change.

He didn't use supplements or try any gimmick diets. "I started to eat healthier and I cut out foods that were unnecessary. I changed my diet and lifestyle and just made sure I worked out three or four times a week. I gradually built up to working out five times per week."

However, he didn't do it alone. He had help from co-workers. One of his co-workers, Airman 1st Class Kevin Summersill was at the unit on orders for several weeks and began working out with Haywood.

"The Wingman concept is really important," the CE operation manager said. "We began running together. He really pushed me. Having someone there to push you plays a big part in reaching new heights in fitness."

"As I ran more," a smiling sergeant Haywood



Courtesy photo

Above Tech. Sgt. Lance Haywood before embarking on a lifestyle change to become fitter and healthier. Right, a slimmer, fitter Sergeant Haywood

continued, "I ran faster and really started losing weight. Airman Summersill was a young guy and he really pushed me."

He also developed what he referred to as a "three destination philosophy: One is to be a master of discipline; two is to be a master of your diet; and three is replace bad habits with good ones.

Losing the weight, he said, was the hardest thing he had ever done. Some of the challenges were fighting through the hunger and resisting the temptation of falling back into the bad habit of eating the wrong foods. "That's just part of becoming a master of discipline," he said referring to his 'three destination philosophy.' "When I fell off the wagon, I would just come back. If I missed a workout, I knew where I needed to be. If you fall down, you have to get back up."

Haywood said he has experienced many benefits of his weight loss including feeling better and having more energy. "I'm not tired all the time," he said. "I can focus better and I just feel better about myself. I have more self-confidence than when I was over-weight. When I got down to 182

lbs, I stopped because that is where I wanted to be. I now keep my weight between 182 and 185 lbs. That is a weight loss total of 70 lbs."

Compliments from fellow workers are another benefit of his weight-loss. Though he said he bashfully accepts the compliments, he said, "The foundational thing is my weight loss benefits the Air Force because I'm more ready to fight than I was before. That's the ultimate benefit."

Stating, "weight-loss is really, really hard work, he advised those who wish to be more 'fit to fight' to "keep plugging away. Be determined and absolutely do not look back. If you start on a weight-loss program, do not look back no matter how hard it gets, just keep going."



Photo by Staff Sgt. Jay Ponder



Photo by Jeff Melvin

Sergeant Haywood, now 70 lbs lighter, stretches before beginning a run at the base track.

## Money Matters – Tips to decrease voucher turnaround

Staff Sgt. Clairmont J. Barnes  
908th AW FM Accounting Technician

The travel backlog at Ellsworth AFB is steadily decreasing allowing many travel vouchers to be processed within 10-15 days. However, in an effort to further reduce the turnaround time for travel reimbursements, the Reserve Pay office has made a checklist to assist members with filing their travel voucher. Members should:

- Ensure their personal information is legible and correct (name, SSN, mailing address, e-mail address, phone number, applicable travel order numbers, etc)
- \*Include a certified copy of the traveler's orders
- Include accurate itinerary including dates and places
- Attach all receipts to include: lodging (including non-availability or contract quarter's authorizations if on-base lodging is not obtainable), rental car, conference fees, and any receipts for expenses over \$75

- Check box 16 to indicate if traveler is the owner/operator or passenger if using a privately owned vehicle (POV)
- Check box 17 to indicate the duration of the TDY travel

- Ensure the supervisor signs and dates the voucher
- Ensure the member has signed and dated the voucher

Once all items are completed, the member should bring 3 copies of the certified travel order, 2 copies of the travel voucher (DD1351-2), and 2 copies of applicable receipts to the Reserve Pay office. All items must be single sided. Remember to keep a copy for your records.

\*Travelers may obtain copies of their orders and modifications by accessing the Air Force Reserve Order Writing System (AROWS-R) <https://arowsr.afrc.af.mil/arows-r/>. The site contains instructions for first timers to login using their SSN and DOB.



Photo by Lt. Col. Jerry Lobb

### Governor signs statement of support, unveils new Guard/Reserve license plate

Alabama Army National Guard Brig. Gen. (Ret) Russell Summerlin presents Alabama's Governor Bob Riley with a copy of a Statement of Support certificate the Governor signed at the state capitol building in Montgomery Sept 12. Inset at left is the a plaque of the new Active Reserve license plate that was also presented to the governor in a ceremony held in conjunction with the statement of support signing. A statement of support pledges to fully recognize, honor and enforce the Uniformed Services Employment and Reemployment Rights Act; provide managers and supervisors with the tools they need to effectively manage employees

who serve in the National Guard and reserves; and continually recognize and support the country's servicemembers and their families in peace, in crises and in war. General Summerlin serves as the executive director of the state chapter of the Employer Support of the Guard and Reserve, a volunteer organization charged with fostering positive relations between Guard and Reserve members and their employers. Governor Riley praised the 5500 companies/organizations across the state that employ Guardsmen and Reservists and called for them to continue to support the military service of their employees.



## Take Note



Photo by Lt. Col. Jerry Lobb

### Wing Airmen assist at Tuskegee Airmen site dedication

From left, Senior Master Sgt. Tom Haney, 908th AES, Staff Sgt. Charles Jackson, 908th AW/CP, and Tech. Sgt. D'Wayne Guice, 908th MXG, assist an original Tuskegee Airman preparing to gain entrance to the grand opening activities for the dedication of the Tuskegee Airmen National Historic Site at Moton Field in Tuskegee, Ala. Oct. 10. Sergeants Haney, Jackson, Guice, and 23 other members serving as escorts provided assistance to 300 or so surviving Tuskegee Airmen who attended the ceremony. The famed black aviators overcame segregation and prejudice to become one of the most highly respected fighter groups of World War II. Their achievements, together with the men and women who supported them, paved the way for full integration of the U.S. military. See next month's "Southern Flyer" for more photos from the dedication.

### Promotions

**Congratulations to the following people promoted to the grades indicated:**

....to Master Sgt.

**James Melton, MXS  
Karen Morgan, AES  
Keith Rollins, MXS**

....to Tech. Sgt.

**Kathleen Byrd, 25th APS  
Devin Jackson, ASTS  
Spencer Roeder, MXS  
Victor Senegar Jr. AMXS  
Daniel Varnes Jr., MXS  
Jennifer Wilson, CES**

....to Staff Sgt.

**Joshua Green, MXS  
Joshua Phillips, 25th APS**

....to Senior Airman

**Allen Hammond IV, ASTS  
Carol Pitchford, MXS  
Justin Woodruff, ASTS**

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