

FAMILY SUPPORT READY TO GO WING WIDE PG. 4-5

SOUTHERN FLYER



GENERAL

APPEARANCE

Also In This Issue:

WANT TO DEPLOY? HERE'S HOW!

22AF/CC VISIT PHOTO GALLERY

908 FAMILY SUFFERS LOSSES

AIR FORCE RESERVE

908TH AIRLIFT WING, MAXWELL AFB

MARCH 2010

SOUTHERN FLYER



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TABLE OF CONTENTS

- 02 *Commentary*
Capt. Hope Norton
- 03 Chaplain's Message
Health Issues
- 04-05 HERC Boosters
prepares to go wing wide
- 06-07 Maj. Gen. James Rubeor
visits 908th Airlift Wing
- 08 Force commander coins
wingmen, pins rank
- 09 Around the Wing
Applying for GI Bill
- 10 News briefs
- 11 UTA schedule/
General info
- 12 Final Page

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Get in the game the right way

I joined to play in the game, not sit on the side lines." There are many men and

women in the 908th Airlift Wing chomping at the bit to get in the game, looking for a deployment. It's what we train for and the Reserve Deployment Readiness Cell (RDRC) is your key.

Believe it or not, there's a right way and a wrong way. The wrong way is short and sweet.

Don't contact your Functional Area Manager (FAM) and "buy"/commit the wing to a tasking.

Now, I'm not saying don't call your FAM. I'm saying don't call and say, "Any deployments going to Balad? Sign me up!" Any FAM worth their salt won't allow this. Per AFRC policy, all deployment buys must be done by the Logistics Readiness Squadron, and with wing commander approval.

So what is the right way?

First, fill out the Man Day Request Form. You can get this from your Unit Deployment Manager (UDM). This form serves to vet volunteers. It asks questions regarding

Fit-to-Fight scores, whether someone is delinquent on government travel card, etc. It lets us ensure we're sending good ambassadors.

Second, fill out/sign DD 2760, the Qualification to Possess Firearms or Ammunition. You can also get this form from your UDM.

Finally, forward the Man Day Request Form, along with the DD 2760 up through your chain of command — the final stop being the wing CC. Again, you *MUST* have wing commander approval *BEFORE* volunteering, without exception. If you "purchase" a tasking prior to approval for someone not qualified, you've committed the wing for that deployment.

And, if there's no replacement qualified to go, Colonel Clark will be forced to "shortfall" the position. "Shortfalling," a tasking that "we" asked for, but don't fill, doesn't go over well with higher headquarters. Don't put Colonel Clark in that position.

Once the RDRC receives written approval from the wing commander, we will contact the member's FAM and "buy" the deployment.



CAPT. HOPE NORTON
OIC, RDRC

A MOMENT WITH THE CHAPLAIN

CH. (MAJ.) JAMIE DANFORD

One of the people to whom I am accountable in my denomination requested I send them a brief biography. Have you ever tried to write a brief synopsis of your life? Here you are putting your entire life's experience on paper. What I have found amazing is the number of times I can see God working in the decisions I have made.

I could not see the whole picture then, but now years removed it is clear.

The trick is that hardly ever at those moments is the way lit completely. Vary rarely do we see a sign that says this is what God wants you to do.

What do we do in those times? How do we make those decisions? I do not believe God leaves us at those moments but he continues to guide us through scripture, prayer, and godly counsel.

Scripture and prayer are easy for us to find. Most of us have copies of the scriptures in our homes — if not, you can find them in chapel literature racks placed all around the wing. Prayer is easy to do as well. All you have to do is — well — say a prayer.

Godly counsel is important as well. We need to listen to others. These people are in our churches, work areas, or friends; people who will listen and pray with us over decisions we need to make.

If you are facing a decision and you do not know which way to turn.

I know God has not left you.

Take proper prenatal steps

By Maj. Noreen A. Burke
908th ASTS

This is the first of a two-part series on pregnancy and prenatal care.

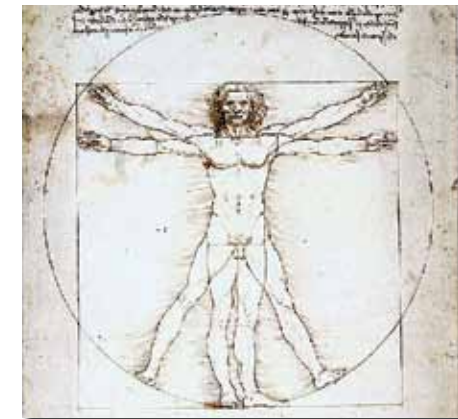
Fifty years ago a woman would go to her doctor if she was concerned about being pregnant. Pregnancy tests, which required using rabbits, were not performed before she had missed two cycles or was approximately eight weeks late. This is why women were told "Congratulations, the rabbit died," if she was pregnant.

Today with the advent of over-the-counter pregnancy tests, which are extremely sensitive, many women find out they are pregnant at home long before they ever see their doctor. So what should you do when you learn you're pregnant?

First, you need to make an appointment with your obstetrician. Don't be worried if you are not given an appointment right away. Many doctors prefer to see you between six to eight weeks when an ultrasound is more accurate in confirming your due date and assessing the fetus.

Of course, there are instances when an early appointment is necessary. This would be for women with a history of early miscarriages or women with any medical conditions, especially if she is taking any daily medications.

While you are waiting for your appointment, there are some good health care practices that you may want to start if you haven't done so. All pregnant women should be taking prenatal vitamins. These can be purchased over the counter or by prescription and should contain 400 micrograms of folic acid. Drink plenty of water and start making



healthy choices in your diet. Limit your caffeine to the equivalent of one to two cups of coffee per day.

Anything above that goes right on you, which increases your risks for complications during the pregnancy and will be very difficult to get off after you deliver. Women who are underweight or overweight will have a different range. Dieting in any form during pregnancy is discouraged. If you smoke, drink or do any illegal drugs, you should stop immediately. The fewer chemicals your baby is exposed to the less risk of birth defects.

Do not stop any prescription medications until you discuss this with your health care provider. If you are currently involved in an exercise program you may continue that as long as tolerable, otherwise walking will be encouraged. Cat owners are at risk of exposure to a parasite called toxoplasmosis that is found in feces.

Exposure can be prevented by having someone else care for the kitty litter box, but if unable to do so, be sure to wear gloves and wash your hands well with soap and water.

Read part 2 of this series in next month's Southern Flyer



SOUTHERN FLYER

COVER PHOTO:

Maj. Gen. James T. Rubeor, commander, 22nd Air Force, takes notes during one of his meetings with the Airmen of the 908th Airlift Wing during the wing's February UTA.

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We solicit articles, drawings and photographs and reserve the right to edit materials to conform to "Southern Flyer" editorial policies. Because of the printing and mail-out schedule the newspaper goes to press on Friday, two weeks prior to the unit training assembly.

The submission deadline for articles or information is the Monday two weeks prior to the UTA. Send inquiries and submissions to 908AW/PA, 401 W. Maxwell Blvd., Maxwell AFB, AL 36112 or e-mail them to 908aw.pa@maxwell.af.mil. Our phone number is (334) 953-6804 or DSN 493-6804; our fax number is (334) 953-2202 or DSN 493-2202. For information about this schedule, call this office at (334) 953-7874.



Members of the HERC Boosters pose during a Fall Celebration Dinner. The family support group, which began in 2007 with a focus on the 908th Maintenance Group, will soon expand its activities to the entire 908th Airlift Wing. From left: Teresa Dearth, Ashley Newman, Lori Sims, Master Sgt. Connie Rollins, Cathy Shepan, Master Sgt. Kym Corkum, Kim Alexander, Kim Corporon and Tonya Prempramot.

Group family support organization prepares to

Spread its Wings

By Gene H. Hughes
908th Airlift Wing Public Affairs

It's not too difficult for Teresa Dearth to think of the 908th Airlift Wing as family. She served in its maintenance group from 1981 until her retirement in 2001. Her husband, Chief Master Sgt. Douglas Dearth is the maintenance operations flight superintendent. Their son, Senior Airman Matthew Dearth, serves with the 357th Airlift Squadron, and their son-in-law is Master Sgt. Brady Newman, who serves with the 908th Maintenance Squadron's Avionics Flight.

Through her service, her family has gotten bigger over the years, and her current mission is to extend



that family even further. So if you're going to deploy or plan to go TDY and don't yet know Mrs. Dearth, chances are good that you — and your family — will within the next few months.

In September 2007, a first sergeant in the maintenance group called a group of spouses together and asked for help addressing a low-morale issue. With seven original members, the 908 HERC Booster

club was thus formed with the mission to support wing families during deployments and temporary duty assignments.

In the charter, there are two simple objectives: To provide needed support/information to 908 MXG family members," and to help family members to "appreciate the mission of the 908 MXG and the role of their unit member."

"When you deploy, that's not the time to get to know the spouses, especially Reserves," she said. "In the first couple of months we were talking to people, some of them didn't even know how to get on base. A member comes down once a month, they come home and the

spouse knows nothing, especially the ones (not living) in the Montgomery area. Many spouses didn't know where their members worked; some didn't know the phone numbers."

For the maintenance group, the boosters set out with the first sergeant's and the commander's backing as to what they wanted the group to accomplish. The seven started out with the plan that before members deployed, they would voluntarily provide the names of spouses, grandparents, whoever they wanted the group to check on.

"That was another thing that was missing," Mrs. Dearth said. "Base and the wing family care are for the immediate family. We have grandmothers, uncles, girlfriends and so forth."

The purpose of the group was not only to check on family members during deployment and TDYs, but at the same time, to try and get families more involved.

"So to that end, we started doing what Doug calls the 'cheerleader thing' that we do," Mrs. Dearth said.

Boosters provide breakfasts for most deployments, and greet returning aircraft with refreshments. They coordinate with unit members, as well as Wing Family Support folks to help ensure families have needed information and support. Dearth, who works at Air University, passes along helpful information to spouses they might not have access to, such as unit and base events, benefits, or deployments.

According to the 2008 charter, the group has "provided child care activities for the Air Force Reserve 60th Anniversary Heritage Event, successfully nominated a member's daughter for Air Force Reserve Command Youth of the Year, supported members during time of illness and hosted two chief induction ceremonies and two unit dinners."

In 2008, Chief Master Sgt. Doug Dearth nominated his wife in the Patriot Family Salute to the Military Spouse Essay Contest. Twelve winners were selected,



HERC Booster members make centerpieces for a function.



Lori Sims sets up breakfast for a maintenance group departure.

awarded a \$500 Army and Air Force Exchange Service gift certificate and included in the 2009 Military Spouse calendar. Teresa Dearth was recognized as one of the top 12 military spouses in all of the Department of Defense to go above and beyond to help deployed military personnel and their families.

The group now communicates via e-mail with approximately 30 spouses, family members and friends of unit members. With the hectic pace of the recent Operational Readiness Inspection, the group has toned down the pace of its activities. That will soon change.

Recently, 908 Command chief Cameron Kirksey asked if she would take the helm of the Key Spouse program for the wing. This got her to thinking about breaking beyond the limitations of the boosters' "unofficial" status. With the weight of the sanctioned program behind her, she hopes to expand the activities of the maintenance group's original seven into other wing units. Key Spouse program is a formal unit program that offers informal peer-to-peer support to families, as well as keeping them informed and assisting with referring them to appropriate agencies.

"When the Key Spouse program goes wing wide, I know for a fact she will bring an infusion of energy that will rock the socks off the Wing members and their families," said her husband, Chief Dearth. "She has a keen way of getting people on board even without knowing them. Colonel Clark and Chief Kirksey could not have found a better 'CEO' for the Wing Key Spouse program."

"I bleed blue, if you can forgive the cliché," Mrs. Dearth said.

Participants in the 908th HERC Boosters and the Wing Key Spouse program are volunteers, and most are spouses. However, other family members and friends are welcome to participate. If anyone would like to learn more, contact Teresa Dearth at deartht@knology.net or via phone at (334) 399-7535.

Two stars fall on Alabama

22nd Air Force commander pays call on 908th, lays out AFRC future, commends Airmen for ORI



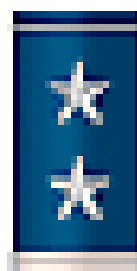
Major Gen. James Rubeor, above, listens to wing personnel during a breakfast with Airmen. He also shared meals with first sergeants and chiefs. Below, Chief Master Sgt. Doug Dearth looks on as Chief Master Sgt. Leon Alexander discusses maintenance issues with the general.



Mrs. Michele Rubeor, left, listens as a first sergeant brings up a point concerning family issues. Right, the general accepts breakfast from an employee at the dining facility.



Above, Tech. Sgt. Everett Jones outlines a diagram for the plans for a new fabrication building for the general.



As wing commander Col. Brett Clark listens, Major Gen. Rubeor talks about the future of the 22nd Air Force, the Reserve command and the airlift community with group commanders.



The Rubeors, above and left, display tokens of the local baseball team, the Montgomery Biscuits, given by the wing. Below, the general shares a moment with Senior Airman Kevin Summersil after an early morning PT session.



Above, Maj. Gen. Rubeor poses with the wing's resident twins, Tech. Sgt. Christy Henderson and Senior Airman Angela Burton. Below, the general listens to Master Sgt. Theresa Harrington at the dental clinic.



Maj. Gen. Rubeor bestows coin commendations, pins rank



During his visit to the 908th Airlift Wing, Maj. Gen. James Rubeor took time out to present his coin and 'pin' rank on some deserving Reservists. Receiving coins are, top left, Staff Sgt. Cortney Tremmer; top right, Master Sgt. Alison Gomez; top center, Senior Airman Jake Yates; below center, Senior MSgt. Trey Godwin; bottom left, Capt. Hope Norton; lower right, Master Sgt. Rick Valenzuela and above right, Staff Sgt. Nakeya Livingston. The general also helped pin, from second photo right down, Airman First Class Courtney Thompson, Tech. Sgt. Katrina George and Tech. Sgt. Joseph Lassiter.

Air Force photos/
Gene H. Hughes



Yellow Ribbon event scheduled for March 13

The 908th Airlift Wing's Yellow Ribbon program will host a pre-deployment event March 13 for those deploying in April. The event is scheduled to take place at the Renaissance Hotel in downtown Montgomery, Ala., and will feature appearances by noted dignitaries and representatives of several organizations and programs that can make deployment separations a lot easier.



BRIGHT

The activities will begin Saturday morning at 7 a.m. with breakfast, followed at 8 a.m. with welcomes from U.S. Congressman Bobby Bright, Montgomery Mayor Todd Strange, representatives from the Montgomery and Millbrook chambers of commerce and commander of the 908th Airlift Wing, Col. Brett Clark.

Anyone can attend, but only

eligible members deploying during their deployment phase and their guest will be placed on orders. Those who qualify will be placed on RPA orders, and their dependents or guests (up to three) will be placed on ITA orders. If more than three guests will be attending, arrangements must be made through Master Sgt. Felicia Cunningham, the wing's Deployed Cycle Support representative.

Every time an eligible member attends an event, the member and their guests will be placed on orders. The only expense members will incur is lodging and dinner, which will be reimbursed through the completion of a travel voucher.

This event will accommodate children of all ages. Child care and activities will be provided. There will also be giveaways during the event.

For more information, call (334) 953-6718, DSN 493-671, or by e-mail at felicia.cunningham@maxwell.af.mil.

Schedule of Events

7:00 - 8:00 a.m.: Breakfast
8:00 - 8:15: Welcomes
8:15 - 8:30: Operation Grateful Heart, Employer Support of the Guard and Reserve (ESGR), Uniformed Services Employment and Reemployment Rights Act (USERRA)
8:30 - 8:45: Education
8:45 - 9:00: Veterans' Administration benefits
9:00 - 9:15: Airman Family and Readiness
9:15 - 9:30: Military Life Consultants-Counseling Resources
9:30 - 9:45: Break
9:45-10:00: Military OneSource
10:00 - 10:15: Personnel Finance Support
10:15 - 10:30: Separation issues
10:30 - 10:45: TriCare
10:45 - 11:00: Key Spouse program
11:00 - 12:30 p.m.: Lunch (There will also be a DEERS information briefing)
12:30 - 12:45: Legal information
12:45 - 1:00: American Red Cross
1:00 - 1:25: Sexual Assault Response Coordinator (SARC)
1:25 - 1:45: Psychological health advocate
1:45 - 2:15: Yellow Ribbon Reintegration Program
2:15 - 2:30: Break
2:30 - 3:15: Information tables
3:15 - 3:30: Closing remarks
3:30 - 5:00: Complete and turn in travel vouchers

908 family loses three members



Three members of the 908th Airlift Wing family recently passed away. Tech. Sgt. Walter K. "Nuke" Maddox passed away in December after losing his battle with cancer. He joined the wing in 1992.



Ja'Colby Vaughans, the son of Staff Sgt. Quiana Carter, sadly succumbed to Acute Myeloid Leukemia after a courageous and dramatic eight-month struggle with the disease.



Staff Sgt. Teqwenda Madison lost her life as a result of smoke inhalation in a tragic house fire at her home in Tuscaloosa, Ala. She is survived by her husband and two children.

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CLASS ACTS



Graduates of the Senior NCO Leadership course, hosted by the 908th Airlift Wing in January, gather for a class photo. Front row, from left: Chief Master Sgt. Ingrid Fitzpatrick, 908th Airlift Wing Command Chief Master Sgt. Cameron Kirksey, 22nd Air Force Command Chief Master Sgt. Steven Larwood, Senior Master Sgt. Michael Bellerose and Master Sgt. Kenneth Wright. Second row: Master Sgt. Dennis Ellis (908th CES), Senior Master Sgt. Brian Bell, Master Sgt. Kenya Mills, Senior Master Sgt. Juliet Alonso, Master Sgts. Ali Muhsen, James Williamson (908th MXG) and Thomas Duke (908th AMX). Third row: Master Sgts. Roland Gray, Eunice Stockdale (908th LRS), Donika Rivera, Kevin Nichols and Senior Master Sgt. Ritchie Howard. Back row: Master Sgts. Howard DeForest (908th ASTS) and Donald Cusick, Senior Master Sgt. Rich Coseglia, Master Sgt. Wayne May and Senior Master Sgt. Gerald Roth (908th CES).



Airman 1st Class Melissa Carmon, right, of the 908th Airlift Wing Command Post recently graduated from the Command Post Apprentice Course at Keesler AFB, Miss. Airman Carmon poses above with Lt. Col. Michael Callender of the 334th Training Squadron.

PROMOTION ORDERS

ENLISTED

Master Sergeant
Audra Lynn Frederick

Technical Sergeant
Todd A. Benge
Matthew David Bruce
Catherine M. Coats
Christopher A. Foote
Katrina T. George
Joseph A. Lassitter
Kimberly L. Price
Scott H. Tucker

Staff Sergeant
Jesse R. Blankenship Jr.
Janmichael W. Burkhalter
Johnny W. Lovett IV

Senior Airman
Ladreidre D. Moore
Edward M. Wilson

Airman 1st Class
Courtney I. Thompson

Airman
Jacob W. Harris

Congratulations!

