

Southern Flyer

908th Airlift Wing, Air Force Reserve Command, Maxwell AFB, Ala., Vol. 45, Issue 12, December 2008

INSIDE THIS ISSUE

Tuskegee Airmen Dedication

Wing lends hands at grand
opening - Pgs 6-7

Healthy Airmen

Don't let holidays stress
you out - Pg 3

Wing snapshots

Take a look at miscellaneous scenes
around the 908th AW - Pgs 12-13

Pull out Calendar

A look at what's happening
down the line - Pgs 8-11

Regular Features

Commentary	02
UTA Training Schedule	15

Enjoy friends, family, prepare for demanding year

As we approach the new year, I hope each one of you are looking forward to the holiday season and have plans to take some time to relax and enjoy this special occasion with friends and family. In a few weeks, we enter 2009 and the demands and the hectic pace of deployments and operational readiness inspection planning will take center stage.

One of my (early) New Year's Resolutions is to improve my communication with each of you. Specifically, I want to do a better job of making sure you know what my priorities are and what events are approaching us in the coming weeks and months. Toward that goal, this month we've included a pull out calendar in the center portion of the paper to give you important planning information on the activities and events coming up over the next six months. Please pull out the center section of this paper and hang on to it. Additionally, I request that you share this information, particularly the dates of our upcoming deployments, ORTPs (operational readiness training packages) and other ORI prep events with family and employers to ensure they are aware of our plans and have adequate time to deconflict their schedules.

Another resolution or goal for 2009 I hope you will all share with me is to receive an overall outstanding rating for the wing in our upcoming ORI. Believe me, from what I know about you and your professional abilities, we are more than capable of achieving that goal.

The 2008 year has been a wild ride, and I must say that I've been honored and blessed to be part of the best wing in the United States Air Force. I look forward to our future together and spending 2009 as your commander. Again, on behalf of the entire wing command staff, I'm very proud of this team of professionals known as the 908th and will dedicate my best efforts as your commander while trying to hide the swagger in my step.

Wishing you a Merry Christmas and a Happy New Year!

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



Southern Flyer Archive Photo

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...

Santa sends seasons greetings to the entire 908th Airlift Wing family, wishing all a Merry Christmas and a Happy New Year.

Southern Flyer

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Healthy Airmen

Know about holiday stress, avoid 'seasonal blues'

By Lt. Col. Carol Anders
Nurse Practitioner, 908th ASTS

"It's the most wonderful time of the year" or so the song goes, but why do some experts say they see more cases of depression this time of year than any other.

For many there are heightened expectations, financial and social stress, changes in the weather and memories of lost or absent loved ones that can cause tension, anxiety, sadness and depression. These can lead to what has been termed "seasonal blues." This can occur during the holidays themselves or after the New Year from built-up expectations and disappointments from the previous year, coupled with stress and fatigue.

Causes of "seasonal blues" (depression) include stress, fatigue, unrealistic expectations, over commercialization, financial stress and inability to be with one's family and friends.

Signs and symptoms include but are not limited to headaches, excessive drinking, overeating, and a persistent sad or empty mood, loss of interest in once-enjoyable activities, restlessness, difficulty concentrating, insomnia, weight loss, or thoughts of death or suicide.

Let's get real. There is nothing magical about the holidays that will change such things such as difficult relationships, in-law problems, improve the economy or bring back lost loved ones.

We often set unreal expectations and then become saddened when they are not met. So what is the solution—understanding situations and your feelings about them before the holidays arrive.

Here are some tips for coping with the holidays from some noted experts.

- Have realistic expectations about the interactions with family and friends.

- Make a list and prioritize activities that you feel are most important. Realize you can't do everything.

Even Martha Stewart has a whole staff to help her do what she does.

- Limit your drinking. Too much alcohol can lead to bad behavior, hangovers and remorse which can turn into depression.

- Share holiday responsibilities such as shopping, cooking, party planning and activities. OK, so it won't look as great or taste as good but we all have to learn how to do these things. Giving up on perfection to include the younger generation in the process may

reap more than just a perfect pumpkin pie—it might help in family relations and build family tradition.

- Get regular exercise. How about a walk after that big meal and before the sweets?

Or a game of tag/touch football?

- Keep your holiday spending under control. Draw names if the family is large or buy throughout the year. Lay away is back, even the department stores realize a big outlay of money at one time a year is hard on everyone.

- Eat well, get rest and make time for yourself.

Even if it is a cup of your special coffee or tea or a trip to your favorite store just to browse or tune in a listen to your favorite Christmas music or movie.

- Spend time with caring and supportive people and reach out to those who may benefit from your support. You don't always have to be with family. Alone on "THE DAY." Don't sit at home, go volunteer at a soup kitchen or some other organization serving the needy. How many others are like you (alone)? How about inviting others who are alone to share the day with you (neighbors, friends, church members, students)? You don't have to do it all; have a potluck and have the guests bring their favorite holiday foods. So what if you end up with five green bean casseroles. Think of the fun you will have.

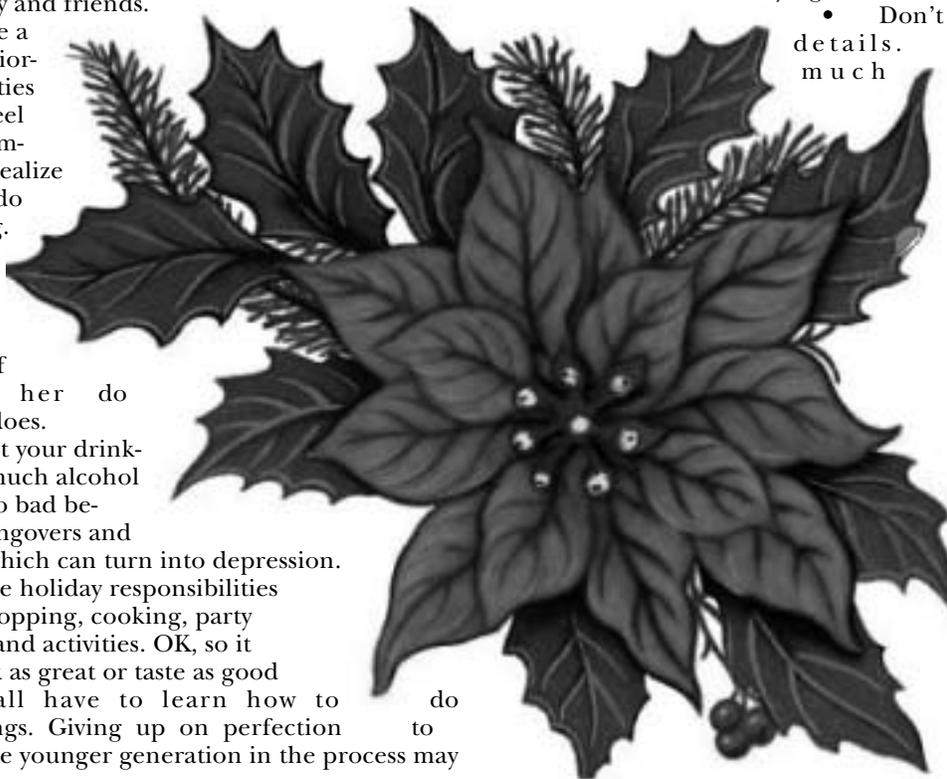
- Don't put all your energy into one day. Spread out the holiday cheer from one event to the next.

- Don't set yourself up for disappointment and sadness by comparing today with the "good old days" of the past.

- Try something new. Several years ago, we had a Luau theme for Thanksgiving. That's right no turkey, stuffing, mashed potatoes or pecan pie. We still laugh about the fun we had trying new food and going to the beach.

- Don't worry too much about the details. Live in the moment as much as possible and look for meaningful moments throughout the season.

May you have a glorious holiday time and look forward to the New Year with optimism and hope.



Ties between our mouth, our health clearer

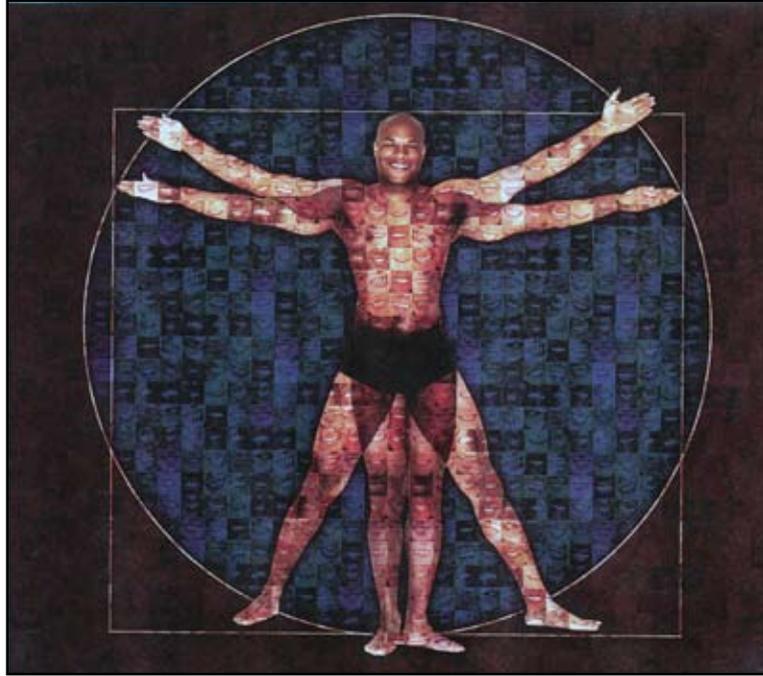
Maj. (Dr.) Teri Forster
Dentist, 908th ASTS

Have you ever wondered why the military is adamant about your annual dental examination?

As research continues to evolve in the dental profession, the interrelationship between the mouth and the rest of the body has become clearer. Dental professionals, physicians, and the patients that we serve will need to rethink the term "oral health". As we gain more understanding of what HEALTH means to our overall physical health and wellbeing we will begin to understand why the dental examination is an annual requirement.

Researchers have found that tooth and gum health or disease may influence the health or disease of the entire body. Studies have shown that gum disease (periodontitis) may increase a person's risk for heart attack, stroke, and diabetes. The risk factors of obesity, hypertension (high blood pressure), smoking and diabetes are direct factors that affect the body's immune system. These findings become even more significant with older people because of the likelihood of developing oral disease with the increase in our age.

In the United States, periodontal disease affects an estimated one



Courtesy artwork

in 10 adults and one in five adults over the age of 65 years of age. Periodontal disease is the leading cause of tooth loss in adults. Advances in research show emerging evidence that links periodontal disease with serious health problems.

When the gums of the patient bleed during tooth brushing and/or flossing, bacteria from the mouth enter the bloodstream through the tiny vessels that are capillaries in the mouth. Any sign of bleeding of the gums is a sign of a dental infection. The dental

plaque and toxins have been found to migrate with the bacteria and can cause a buildup of fatty deposits within the arteries of the heart and blood vessels. These fatty deposits channel through the blood stream and can deposit in the heart and brain. This buildup of fatty deposits is what we call atherosclerosis. These atherosclerotic plaques can lead to heart attack or stroke.

By establishing an annual complete physical and dental examination, evidence of changes in a person's health can be assessed and treated early. By incorporating a routine of at least twice a year dental

exams and cleaning, the patient can decrease the incidence of

dental cavities, periodontal disease and tooth loss. Daily brushing at least twice a day, flossing, rinsing with an antimicrobial mouth rinse (Listerine, Pro Health, etc.), and regular trips to your dentist for professional cleanings and checkups are the insurance to good physical health. By keeping the teeth and gums healthy the patient can reap the benefits of oral and physical health.

Money matters Changing banks, be sure to update travel and military pay information

Did you know that your travel payments do not have to go to the same account as your military pay? Therefore, if you're changing banks or bank accounts, you will need to make sure to update both your military pay and your travel pay designations.

Unit members may continue to update their banking information for military pay by submitting a direct deposit form to the Reserve Pay office at anytime.

However, as part of the migration of travel payment operations to Ellsworth AFB, S.D., the only way to update banking information for travel payments is to submit a new direct deposit form along with your travel voucher. This must be accomplished even if several months elapse between the establishment/change of the banking account and the next official travel. Otherwise, your travel payments may disburse to the old banking account. (Submitted by Staff Sgt. Clairmont Barnes, Accounting Technician, 908th AW/FM)



Courtesy artwork

Command honors 908th AW Human Resource Development council



Courtesy Photo

Col. Brett J. Clark, center, and members of the 908th Airlift Wing attending the AFRC Human Resources Development Council Workshop in Atlanta Oct. 28-30 pose with the Maj. Gen. Joseph A. McNeil Leadership Award plaque. The award recognizes organizations within AFRC for outstanding teamwork and leadership in human resource development efforts. The 908th earned recognition in the small unit category. The 908th group is joined in the photo by AFRC Commander Lt. Gen. Charles Stenner (front row, far right), and 22nd Air Force Commander Maj. Gen. Martin Mazick (front row far left).



Photo by Lt. Col. Jerry Lobb

Wing helps with Tuskegee Airman honors



Ala. Gov. Bob Riley, at the podium, and Sen. Jeff Sessions (Rep Ala) were among the dignitaries speaking during the grand opening celebration that kicked off three days of events honoring the Tuskegee Airmen Oct. 10-12. About 25 wing members serving as escorts provided assistance to 300 or so surviving Tuskegee Airmen who attended the ceremony. The famed black aviators Airmen 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.

Right, Capt. Tonia Stephens, 908th LRS, poses for a keepsake photo with a group of original Tuskegee Airmen and Air Force Col. (ret) R. J. Lewis, far left, before the opening ceremony of the Tuskegee Airmen National Historic Site Oct. 10 at Moton Field, Tuskegee, Ala. Colonel Lewis is a second generation Tuskegee Airman and longtime airfield manager at Moton Field.



Below, visitors explore the interpretive and static displays such as this Stearman P-17 trainer housed in the only remaining original hangar. Bottom right (from left) 908th AW members Senior Master Sgt. Tom Haney, Staff Sgt. Charles Jackson and Tech. Sgt. D'Wayne Guice lend assistance to an original Tuskegee Airman preparing to gain entrance to the grand opening activities Oct. 10.



Maj. G. Airlift pose for Colonel



Tech. S. Haney with the Stearman P-17 registered only to

News



General Linda S. Hemminger and Harold L. "Mitch" Mitchell along with 908th Airlift Wing members including former 908th AW Command Chief Amos Moore pose for a keepsake photo with original Tuskegee Airman Col. Charles McGee. Col. McGee has the distinction of being the Air Force's record-holder for the

highest number of combat missions flown in three wars. General Hemminger is the mobilization assistant to the Air Force deputy surgeon general; General Mitchell is mobilization assistant to the commander, U.S. Transportation Command.



Sgt. D'Wayne Guice poses for a keepsake photo with retired Lt. Col. Lee "Buddy" Archer in front of the original Tuskegee Airman PT-17 trainer exhibit. Colonel Archer earned five confirmed enemy kills to become the first Tuskegee Airman "Ace" during World War II.



908th Airlift Wing recruiters, new recruits and re-enlistees pose for a keepsake photo with original Tuskegee Airmen retired Lt. Col. Herbert E. Carter and Corp. Roy S. Richardson following an enlistment ceremony Oct. 11 at Moton Field.

A look ahead at what's going on in the 908th AW

AF priorities & Wing Mission 

1. Fighting and winning the war on terrorism
2. Develop and care for our Airmen
3. Recapitalize and re-modernize the Air Force



908 AW Mission Statement: Provide unrivaled theater airlift and flexible combat support across the spectrum of military operations.

Key Events Beyond Six-month Calendar

Operational Readiness Exercise (ORE): Sept. 13-20, 2009 at Gulfport, Miss. w/911th Airlift Wing, Pittsburgh IARS, Pa.

Operational Readiness Inspection: Dec. 4-11, 2009, (location to be announced)

December 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6 UTA
Operational Readiness Inspection Training Package (ORTP) 3- Volk Field, Wis.						Wing Cmdrs Call
AES - Sustainment Training to Advanced Readiness Skills (STARS) Training (San Antonio)						
7 UTA	8	9	10	11	12	13
AES - STARS Training (San Antonio)						Wingman Workshop
14	15	16	17	18	19	20
Wingman Workshop						
21	22	23	24	25	26	27
						Coronet Oak
28	29	30	31			
27 Dec - 10 Jan 09 - Coronet Oak						

January 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
Coronet Oak 27 Dec -10 Jan						
4	5	6	7	8	9	10 UTA
						Blood Drive
Coronet Oak 27 Dec- 10 Jan						
11 UTA	12	13	14	15	16	17
18	19	20	21	22	23	24
908 OSS Block Training						
					ASTS Medical Functional Assistance Visit	
25	26	27	28	29	30	31
ASTS Medical FAV						

February 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7 UTA
Leadership, Today & Tomorrow/Reserve Officer Association Reserve Components Joint Officer Professional Development Seminar (LTT/RCJOPDS) 1-4 Feb				AES- Dec Rescheduled UTA		
			Joint Enterprise 4-20 Feb			
8 UTA	9	10	11	12	13	14
ASTS Blue Thunder			Joint Enterprise 4-20 Feb			
15	16	17	18	19	20	21 UTA (B) APS CE
	Joint Enterprise 4-20 Feb					
22 UTA (B) APS CE	23	24	25	26	27	28

March 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7 UTA
						Wing Cmdrs Call
8 UTA	9	10	11	12	13	14
	Washington DC-WG/CC					
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

April 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4 UTA (mandatory)
				22 AF Senior Leaders Conference 2-5 April		
5 UTA (mandatory)	6	7	8	9	10	11
22 AF Sr Ldr's Conf						
12	13	14	15	16	17	18 UTA (B) APS CE
19 UTA (B) APS CE	20	21	22	23	24	25
	Chaplain's Conference				ORTP 4- Volk Field, Wis. (all ORI tasked UTCs)	
26	27	28	29	30		
ORTP 4- Volk Field, Wis. (all ORI tasked UTCs)						

May 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 UTA
					Employer's Day	
3 UTA	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	27	28	29	30		

Wing snapshots

908th AW Command Chief Master Sgt. Rick Fanning is greeted at the Montgomery Airport upon his return from deployment Oct. 29 by his wife, Judy (left), his mom and family friend. While deployed, the chief served as first sergeant for Bagram AB, Afghanistan's, 455th Expeditionary Maintenance Group.



Photo by Jeff Melvin

357th AS members participating in the 2008 Glassner Autumn Challenge, annual bike ride sponsored by the Montgomery Bike Club, pose for a group photo. Pictured from left to right are Capt. Claude Smith, Tech Sgt. Christy Henderson, Master Sgt. Joe Houston and Senior Master Sgt. Jack Hunter.



Courtesy Photo



Photo by Lt. Col. Jerry Lobb

Ala. Gov. Bob Riley, center, displays a limited edition, framed and engraved print of a 908th AW C-130 presented to him by 908th AW Commander Col. Brett J. Clark and formerly deployed security forces members Nov. 20. The 908th AW contingent also presented the governor with a U.S. flag from the war zone. They were on hand as the governor unveiled a new initiative to provide more help to the state's returning warriors. The remaining members are (from left) Senior Master Sgt. Owen Duke, former 908th Mission Support Group Commander Col. William Forshey, Master Sgt. Tim Oliver and Tech. Sgt. Kelly Beeler.



Photo by Jeff Melvin

Lt. Col. Steve Catchings, chief, standardization and evaluation, 908th OSF, answers a question from Air Mobility Command evaluator Maj. Mike Bailey. The 908th Operations Group underwent an Aircrew Standardization and Evaluation Visit from Headquarters Air Mobility Command Nov. 13-20.

Drug reduction program aids mission

By Staff Sgt. Jay Ponder
908th AW Public Affairs

Just as civilian employers sometimes test their employees for substance abuse, the Air Force Reserve also tests its members to detect and prevent the use of illegal drugs and/or the abuse of legal substances without prescriptions. This is done to help ensure the safety and welfare of all 908th Airlift Wing members, wing healthcare officials say.

"All the commands throughout the Air Force have a zero tolerance policy for substance abuse," said Capt. Ronald Helms, drug reduction program manager, 908th Aeromedical Staging Squadron. The drug reduction program is mandated by Headquarters Air Force. Substance abuse programs at major command, numbered air force and wing levels are mandatory.

"We detect the use of marijuana, cocaine and PCP," the captain, a mental health nurse in the wing, said. "These substances don't have any medical use. Detection prevents us from having to work with people, or depend on people who may be impaired mentally through the abuse of those substances."

Substance abuse doesn't only entail illegal substances, the captain said. Testing can detect opium-based products such as prescription narcotics used as pain medications to relieve pain in a therapeutic setting. Those types of drugs have a high potential for abuse and they're available on the street corner like anything else, he said.

Captain Helms pointed out that if a member has a health reason to use those products, it should be well documented in the member's medical file, or the member should be able to provide prescriptive information to the healthcare facility.

"On active-duty, they have rehabilitative programs; however, in the reserve, we do not have a rehabilitation program," he said. In most cases, administrative action is warranted when substance abuse is detected. These actions, he pointed out, aren't taken by the drug reduction program

whose role is merely to administer the tests and report the results.

"If a member is tested and tests positive for a legal or illegal substance, that person's medical record is reviewed to determine if there is a medical reason for that person to have that substance in his or her system. If there isn't one, then information is provided to the Judge Advocate office and the person's unit commander.

Appropriate actions are then taken, which in the Air Force Reserve are determined by the JAG."

The wing's quota for testing is 25 percent of the wing population each year. For 2009, that equates to approximately 300 people. The wing doesn't determine the numbers; the numbers are determined by 22nd Air Force.

The selection program is computer generated. "We type in the number of people we need to test for any given month," the captain explained. "The computer will output a list of random names of unit members. Neither I, nor any of the people who work for me have the ability to determine who will be tested and who will not get tested. It is a completely random process and sometimes a person's name can be selected more than once in a year."

The drug reduction program works with the commanders and the first sergeants to provide the best service possible with the minimum mission impact but sometimes a large number of folks must be tested on one UTA. Posing a rhetorical question Captain

Helms asked, "If there's someone out there smoking marijuana, taking cocaine or PCP, do you want them working on your airplane?"

"We want the best and the finest in the reserve and sometimes, unfortunately, we catch someone who is using a drug that is illegal in the military and the civilian world. AFRC has the largest number of positive results compared to all the other commands together. Having said that, we're looking for seven-tenths which means out of every 1000 people tested, we catch about seven and it's those seven that cause us to have this program."

Rank isn't a factor into the program; everyone is tested, the captain said. Nor does time in service make a difference. Members with as much as 16 years of service and those with as little as six months of service have been detected.

"We have an affective drug abuse program that conveys the message that drug abuse is not tolerated in the 908th Airlift Wing. It will have an adverse affect on your career," the captain said.

If you have questions on the Substance Abuse Prevention Program, you may contact Capt. Ronald Helms, Master Sgt. Sharon Jackson or Staff Sgt. Jermaine Bivens at (334) 953-1130. For further reading, see AFI 44120, Drug Testing Program.

**Have you checked
your cabinet lately?**

**Some of the most dangerous
drugs aren't all on the street,
they may be in your medicine cabinet
Prescription abuse can lead to
addiction, misdiagnosis
of serious illness, life threatening
circumstances and even death**

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<https://www.mil.afrc.af.mil/trueblue>



Photo by Staff Sgt. Jay Ponder

Captain Ronald Helms, wing drug reduction program manager, examines empty specimen bottles. The 908th AW, like all Air Force units, has a zero tolerance policy for substance abuse.

Take Note



Photo by Col. Brett Clark

ORI prep in full swing

Expert moulage application makes Senior Airman William Phillips, 908th AES, a realistic looking patient needing treatment during the Operational Readiness Inspection Training Package 2 exercise conducted here Oct. 18-19.

Promotions

Congratulations to the following people promoted to the grades indicated:

....to Senior Master Sgt.

John Wilds, MXS

....to Master Sgt.

William Fletcher III, LRS

Joshua Morasco, MSS

....to Tech. Sgt.

Linda Blakely, MXG

Joel Clak, 357th AS

Kenneth Kimsey, MXS

Kembela McCary, ASTS

Thomas Streeter Sr., CES

....to Staff Sgt.

Joshua Jones, MXS

Allan Jordan, CES

Aaron Knight, MSS

....to Senior Airman

Gabriel Bush, AMXS

Jeremiah Means, AES

David Davis, 357th AS

....to Airman 1st Class

Kelvin Kendrick, 25th APS

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