

Southern Flyer

908th Airlift Wing, Air Force Reserve Command, Maxwell AFB, Ala., Vol. 46, Issue 2, February 2009

Hero for a day

Medic thwarts detainee's
escape, earns medal -- Pg 6

Swat to the rescue

Wing C-130, aircrew
'star' in anti-hijacking
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Healthy Airmen

Weight loss tips aim to help
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No time left to delay ORI preparations Countdown to excellence underway

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

Sometimes when the alarm goes off in the morning it is tempting to hit the snooze button and drift off for a few minutes. Eventually though, you have to put your feet on the floor and get moving. While many have been snoozing, a core group of people have been planning and preparing for our operational readiness inspection in December. Now I'm ringing the alarm.

It's time for members of this wing to put their feet on the floor and move quickly to prepare for the ORI. We only have six unit training assembly days to prepare for our first major test during the ORTP-4 (operational readiness training packages) in April. If you haven't already done so, it is time pull out your mobility gear, your Airman's Manual, and Mission Essential Task List and start planning.



Col. Brett J. Clark

The most important thing we need to bring to ORI preparations is a "Can Do" spirit and a positive attitude. Inspection reports from other unit's ORIs repeatedly say, "A positive attitude covers a multitude of sins."

Those who courteously engage with the inspectors, listen intently to their inputs, and implement their recommendations, tend to do much better than those who challenge and or disregard their comments.

Unless you think inspectors suggestions violate regulations or pose safety concerns, listen to them and be polite while quickly incorporating their suggestions into your operations.

Many of us can (and have) practiced our ATSO (ability to survive and operate) skills in our sleep, we need to be fully energized to teach/coach our folks preparing for their first engagement with the Air Mobility Command Inspector General. Things do change over time and even old warhorses can stand to learn something new now and then.

Our main goal for 2009 is to prepare and be ready to twist an "Outstanding" out of the tightly clenched fists of the AMC/IG team. It is time to be fully awake and moving toward our goal. The date of our championship game is set in December. Now is the time to

prepare to win!

Are you interested in serving people?

By Chief Master Sgt. Rick Fanning
908th Airlift Wing Command Chief Master Sergeant.

A First Sergeant Selection Board will be convened during the March UTA.

The first sergeant's role in the Air Force is one that is time honored and rich in custom and tradition. First

sergeants exercise general supervision over assigned enlisted personnel and are the focal point within the unit for all matters concerning enlisted members. In today's rapidly deployable Air Force, first sergeants are critical links in providing commanders a mission-ready enlisted force to execute unit missions. This requires first sergeants to be credible, perceptive, the epitome

of integrity, and to exemplify Air Force Core Values at all times. They must communicate effectively and have a high level of competency, energy, and motivation.

In accordance with AFI 36-2113, Chapter 8, the minimum qualifications are as follows:

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Photo by Jamie Pitcher

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:

An FBI SWAT team member frisks Capt. Sam Manno, 357th AS, during a multi-agency anti-hijacking exercise at Maxwell AFB Jan.12. See Page 7 for more photos from the exercise.

Southern Flyer

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Build wealth old-fashioned way – save

Many military, civilian and family members like much of the rest of America are experiencing money woes – falling stocks, soaring foreclosures rates, job losses, bailouts, bankruptcies, etc. dominate the headlines. Defense Department officials are reminding its members that increasing savings is still one of the best ways to protect military families against financial ruin.

Two campaigns, a U.S. Savings Bonds campaign and the Military Saves campaign deserve mention.

"The U.S. Savings Bond program offers an affordable investment that helps to increase personal savings and provides competitive interest rates with the convenience of a systematic savings plan," writes Deputy Secretary of Defense Gordon England in a recent memorandum touting the savings bonds program.

Series EE bonds will earn 1.30 percent while Series I bonds will earn 5.64 percent. These rates are in effect until May 2009.

Types of U.S. Savings Bonds

Series	Issue date
EE	Jan 1980 - present
I	1998 - present

In 2002, the Series I bond became available in electronic (book entry) form, followed in early 2003 by the EE bond. Both can be purchased directly from the Treasury through the TreasuryDirect account system <http://www.treasurydirect.gov/tldhome.htm>, which also offers most types of marketable securities. Paper EE and I bonds remain on sale through financial institutions.

: Serving

Con't from Page 2

Applicants entering into the first sergeant special duty career field must be in the grade of master sergeant. Technical sergeants may be selected to a master sergeant vacancy only. Those technical sergeants selected for the position must be immediately eligible for promotion to master sergeant under the provisions found in AFI 36-8001, Reserve Personnel Participation and Training Procedures and must be promoted prior to attending the USAF First Sergeants Academy. As a condition of promotion, the member must agree to attend the USAF FSA within 12 months from the date of appointment. Failure to do so will result in immediate removal of the 8F000 SDI and

Information regarding the U.S. Savings Bonds program may be obtained at www.savingsbonds.gov. Military/civilian personnel can purchase savings bonds directly through their Mypay account by automatic payroll deduction (<https://mypay.dfas.mil/mypay.aspx>). Once logged in, click on "savings bonds" link under the "pay changes" heading. There, members have the option to start, change, or stop allotments for savings bonds.

Mypay help may be obtained by contacting a centralized customer support unit at 1-888-DFAS411 or 1-888-332-7411, comm (216) 522-5096, DSN 580-5096 (0700-1830 hrs EST).

The Military Saves program is a DOD campaign adopted by the Air Force to promote personal financial readiness among all Airmen and their families to enhance mission readiness. It is part of two larger campaigns -- the DoD Financial Readiness Campaign, and the national America Saves campaign.

Information and events are available during Military Saves Week to educate Airmen and their families on how to

avoid debt and create a savings plan. While it is an ongoing campaign, the entire military community comes together to focus on financial readiness during Military Saves Week, the last Sunday in February to the first Sunday in March. This year's campaign runs from Feb. 22 through March 1.

The campaign's lifeblood is in its partners, organizations that see the value in working together to empower members, employees, customers, and clients to become financially stable through saving, debt reduction, and wealth-building over time. (Based on DOD Press Releases)

immediate demotion, unless returning to previous master sergeant billet and former AFSC.

In addition, candidates must:

- Have a minimum physical profile of PULHES 333231, and not have an Assignment Limitation Code (ALC) of 'C-2 or C-3.'
- Have a minimum General AQE score of 62 or Administrative AQE score of 41.
- Be financially stable.
- Be within physical fitness standards and project an overall image that exceeds minimum standards; minimum fitness score of 75 required. Failure to maintain Air Force fitness standards after selection will result in immediate probation. Upon fitness failure member will retest within 90 days but not within the first 42 days. A second fitness failure will result in immediate

removal from the first sergeant career field. In addition, applicant's physical appearance and military image must meet the highest standards expected only of the most dedicated professional senior NCOs.

- Have completed the NCO Academy prior to application. In-residence attendance is highly desirable. Must complete the SNCOA within 18 months upon graduation from the USAF FSA.

Interested applicants who meet the above criteria should submit their military resume, copies of their last three EPRs, a current records review listing, and a letter of recommendation from their commander including your PT score to Master Sgt Cynthia Barker, 908th MPF, Building 1056, not later than 3 p.m. Tuesday, March 3, 2009.

For more information, see me or your first sergeant.



Healthy Airmen

Here are some tips how to keep that top new year's resolution -- weight loss

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

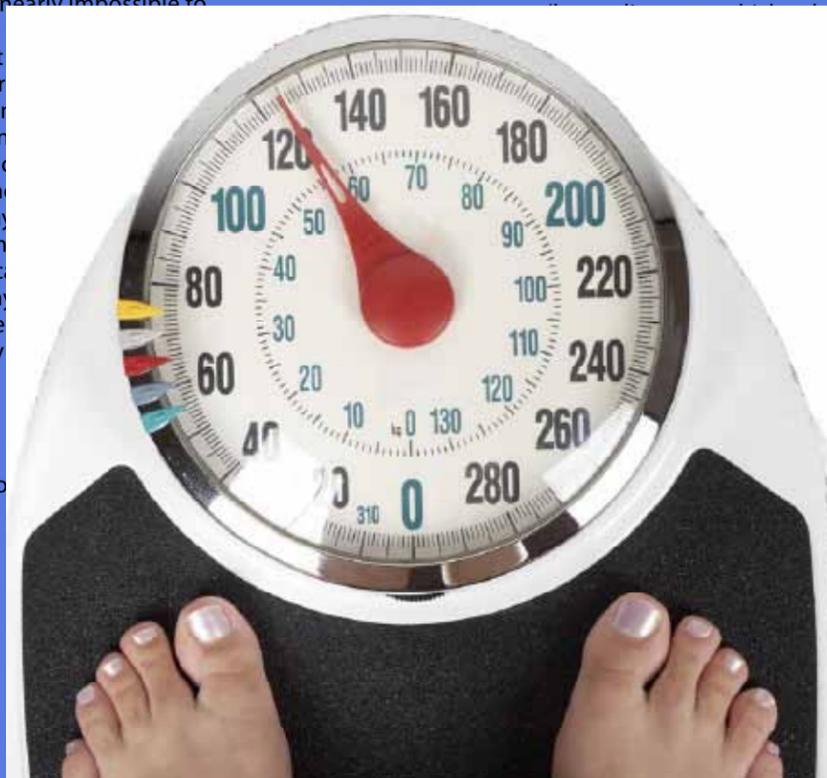
The New Year is here and the No. 1 New Year's resolution is "I am going to lose weight this year".

This all time favorite has its ups and downs. A friend's son graduated from high school last year at 258 lbs. He said he put the weight on to play football. Today he weighs 158 lbs. His secret to success is running 6-7 miles per day. Not all of us can be that successful in such a short period or use his method. The State of Alabama is aware of the on-going battle of the bulge and thus each year sponsors "Scale back Alabama." In the military, fitness has a higher profile than ever before. So what can each of us do to fight the battle of the bulge and move to a more fit and healthy person in the New Year?

First, be realistic about the goals you set for yourself. How much do you weigh now? Where do you want to be? To lose weight, you must eat less calories or burn up more calories. Either way the magic number for one pound of weight loss is 3,700 calories. So to lose 10 pounds you have to eat 37,000 less calories or burn up through exercise 37,000 more calories than you take in eating. To say you will lose 10 pounds in a week is not realistic. That would mean you would have to consume over 5,000 calories less a day or burn up over 5,000 calories a week less than your nutritional intake. But if you say over the next 10 weeks I would like to lose 10 pounds, then you need to eat 500 calories less a day or exercise and burn 500 calories more than your intake of calories. Your caloric intake should never drop below 1,000. That sets you up for failure in two ways. It puts your body metabolism in the starvation mode and prevents weight loss and these types of diets are nearly impossible to

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20-30 minutes...
3-4 times per...
week. The af-



fects of exercise depends on your body mass. The heavier you are the more calories you'll burn with exercise. For example, a 200-lb person will burn 400 calories doing 30 minutes of stair climbing. A person weighing 125 lbs will burn only 250 calories doing the same amount and type of exercise. That is why it is so hard to lose those last few pounds.

Last step, look at what and how much you are eating. There is a misconception that lite, diet, low calorie, fat free, or no-added sugar means you can eat all you want. The key to weight loss is that the calories expended must exceed the calories consumed. The internet is a valuable source for help in calorie counting techniques. A recent posting from PREVENTION magazine listed 12 suggestions for effective weight loss. Let's look at them.

1. Don't diet -- portion control is the key, not exclusion of food groups. Divide your plate into 4 sections. Fill ¼ with a healthy protein food like fish, poultry, or lean red meat; fill ¼ with a whole grain like brown rice; and fill the other 2 quarters with vegetables and fruit. Add a glass of milk and you're set. Still hungry? Serve yourself additional helpings of vegetables until you are satisfied. Serving sizes are always exaggerated when you eat out. This guide will help keep things in perspective: Fist=1 cup of rice or pasta or a fruit serving; thumb= 1 ounce of cheese; tip of thumb to bottom of nail=1 tsp of butter; palm= 1 serving of meat, poultry or fish and cupped handful=1 serving of cereal, chips or pretzels.

2. Eat from plants, trees and animals -- the more easily recognized the food is the better. Fruits, mangoes, apples, bananas, berries, grapes, kiwi, oranges, peaches, pears, plums, strawberries, watermelon, etc. are more processed and less identifiable you often. Example: Fruit Loops. Eat whole grains like whole grain bread, oatmeal, whole grain pasta, etc. Avoid processed foods such as candy, cookies, candies sparingly. 3. Boost up your metabolism. Studies have shown that even the best morning meal — whole grain cereal, skim milk and fruit — lengthens attention span, sharpens fact recall, and elevates mood. If you are serious about weight loss, make your morning meal a priority. Eat 25-30 percent your day's calories in the morning. You will start the day well fueled and be less likely to snack all afternoon or worse, binge at night. Remember to avoid starting your day with a sugar binge. It won't fill you up long enough to sustain you through the morning.

4. K.I.S.S. (Keep it simple and speedy) - avoid the temptation to do the drive through



rather than preparing a simple healthy meal at home. You will save not only calories but money as well.

5. Wet your whistle with H2O -- proper hydration with water not only prevents you from feeling hungry it can also help you lose weight. Researchers have shown that after drinking 17 ounces of water, men's

women's metabolisms increased by 30 percent within ½ hour. The researchers estimated that by boosting water intake by about 48 ounces — 6 glasses per day — you could burn an extra 17,400 calories during the course of a year or over 4 pounds.

6. Indulge wisely -- you are not a bad person for eating potato chips. Ice cream is not "bad." They just have a lot of calories and little nutrition. The key is not to get carried away. Steps to stay on track include: plan it - tell yourself you will have only one slice of birthday cake; pace it - limit treats to special occasions 2-3 times a month; portion it — allow yourself one moderately sized serving; enjoy it — pay attention to the food, don't read or watch TV, eat it slowly; pitch it — discard any leftovers to prevent temptation or share it with others and forget it — go right back to your healthy eating habits.

7. Have it your way — eating out have it your way. On any given day, half of all Americans will eat out at a restaurant. So don't treat every dining out as an indulgence every time you go. Decide what types of healthy dishes you will look for before you go, choosing clear broths over cream sauces, grilled or broiled over fried. Then stick to your choices. Can't resist the bread or chips—either ask they not

be served or have them served with the meal. Remember every bite counts—get it the way you like it (remember the movie "When Harry Met Sally"). Order salad dressing on the side even with Caesar salads, grilled instead of fried, sauces on the side or not at all, extra veggies instead of potatoes, or bake potato with toppings on the side instead of French fries. Just because it is not on the menu does not mean you can't get it the way you want it.

8. Snack smart — smart snacking doesn't have to be tedious. It can include trail mix, carrots, celery with peanut butter or cream cheese, 2 graham crackers with peanut butter; apple slices with peanut butter, hard-cooked eggs lightly sprinkled with non-salt seasoning or small bowl of whole grain cereal with fat-free milk.

9. Pay attention to protein — adding more fish, poultry and lean meat to your meal plan will accelerate the benefits of your workout. Protein helps the enzyme insulin work better to rebuild your muscles and rev metabolism. Be creative add protein to every meal — soy foods, kidney beans, legumes, nuts, fish, eggs, dairy (cheese, milk, yogurt etc), chicken and lean meat.

10. Go with the grain — USDA recommends that you have 3 or more servings of whole grains every day. "Whole Grain" means that the good contains the entire edible portion of any grain, whether it be wheat, oats, barley or rye. If the food is labeled "Whole Grain Good Source" it means the food delivers ½ a serving of the whole grain. Remember the goal is 3 or more.

11. Be a big dipper—avoid getting "sauced" by asking for everything on the side. Then take your fork and dip the tines in the sauce, salad dressing or dipping sauce before stabbing your food. These sauces can contain hundreds of hidden calories.

12. Quell cravings — indulging yourself occasionally is perfectly okay, but if cravings start becoming daily occurrences, you need to find a way to suppress them. Some craving quenchers include—eating strong tasting foods like olives, pickles, or hot pepper to overwhelm taste buds; chew bubble gum, it keeps your jaw going and its sweet; or brush your teeth (ever notice how nothing tasted very good right after you brush your teeth). If these don't work and you find yourself slipping -- shrug it off and get right back on track. There's always tomorrow. Remember it is what you do most of the time — not those few occasions you fall off the wagon — that determines your success.

You have all year to reach your goal. Good luck and stick to it.

Hand Symbol	Equivalent	Foods	Calories
	Fist 1 cup	Rice, pasta Fruit Veggies	200 75 40
	Palm 3 ounces	Meat Fish Poultry	160 160 160
	Handful 1 ounce	Nuts Raisins	170 85
	2 Handfuls 1 ounce	Chips Popcorn Pretzels	150 120 100
	Thumb 1 ounce	Peanut butter Hard cheese	170 100
	Thumb tip 1 teaspoon	Cooking oil Mayonnaise, butter Sugar	40 35 15

Hero for a day

Alert medic foils escape attempt while deployed

By Staff Sgt. Sgt. Jay Ponder and Jeff Melvin
908th Airlift Wing Public Affairs

"He just looked suspicious," remarked Staff Sgt. Otis T. Luke, referring to the Iraqi detainee he prevented from escaping from a medical facility.

Luke was awarded the Air Force Achievement Medal in late-December for thwarting a detainee's escape attempt while deployed this summer.

Sergeant Luke, 908th Aeromedical Staging Squadron's NCOIC of the immunizations clinic, worked as a medic in the emergency department in the 332nd Expeditionary Medical Group at Joint Base Balad, Iraq. While on duty, he sensed something wasn't right with a patient he was working with.

Most medics might have tucked that gnawing suspicion away and pressed on but Sergeant Luke isn't your typical medic. In civilian life, he's a 12-year veteran of the Birmingham Police Department.

Some might see a bit of incongruity between his two dissimilar jobs. However, he sees none at all because it turns out that medicine "is and always will be my first love," the sergeant said.

Luke was a premed student in college before money woes prompted him to join the police force. When he joined the Air Force Reserve six years ago, the sergeant chose the medical technician career field versus the security forces (a more obvious choice). Now a college senior he plans to pursue a nursing career after his police retirement.

His two careers came together in this instance. Certain he had treated the patient previously but under a different name, he passed his suspicions to superiors. Cautioned by his superiors that they couldn't act on suspicions alone, he did something that comes naturally, police work.

He diligently searched the admissions records and found proof that the patient, a high-value asset with a history of violent attacks against coalition forces, had switched ID badges



U.S. Army photo

Army Gen. David Petraeus, then-commander Multinational Force Iraq, congratulates Staff Sgt. Otis Luke after presenting the medic with one of his commander's coins. The sergeant thwarted an escape attempt by a dangerous terrorist while deployed last summer.

with another detainee scheduled for an early release the next day.

Col. Brett J. Clark, 908th Airlift Wing commander, said he was proud of Sergeant Luke's vigilance and situational awareness, remarking "Sergeant Luke's attention to detail and situational awareness saved the day. In this case, he foiled the escape of a dangerous terrorist who was bent on striking and killing the innocent."

"He certainly deserves to be called a hero in my book," the commander added.

"Sergeant Luke is an outstanding professional and a very dedicated Airman," said Col. Lisa A. Naftzger-Kang, Luke's immediate commander in the 908th ASTS. "He represents all the fine medics in the ASTS who volunteer to treat our heroes in the (area of responsibility), and they are, themselves, heroes for their dedication to duty. It is a pleasure to serve with Sergeant Luke."

Luke's certificate accompanying his achievement medal read, "Sergeant Luke's attention to detail and quick action prevented the inadvertent release of a potentially dangerous individual and further risk of attacks on American service members."

Interestingly enough it turns out that the patient had cleverly concealed the fact that he spoke fluent English until he was about to be transported back into custody via helicopter and quipped, "I almost got away."

The sergeant although pleased by the recognition tried to deflect the praise. "I was just doing my duty; It was the right thing to do," he said.

Though he doesn't consider himself a hero he's pleased that he represented his fellow reservists admirably. He said he and many of his deployed Reservists opened some eyes by blending in seamlessly and performing beyond reproach.



Air Force photos by Jamie Pitcher

Swat to the Rescue

A 908th C-130 and aircrew had a starring role in a multi-agency anti-hijacking exercise on Maxwell AFB Jan. 12. Top, Maxwell Fire Department members respond to the scene and block the path of the C-130.

Left, a 42nd Security Forces member radios a situation report.

Lower left and bottom, members of the local FBI SWAT team prepare to swarm the aircraft.



Feature



Photo by Staff Sgt. Jay Ponder

908th AW Commander Col. Brett Clark congratulates chaplain assistant Tech. Sgt. Tonya Peterson on her election as mayor of Lithonia, Ga.



Photo by Staff Sgt. Brannen Parrish

Former 908th AW commander Brig. Gen. James Stewart gets help putting on his one star epaulets from his wife, Kristi, and daughter, Aubrey, in a ceremony at Maxwell Dec. 22. Maj. Gen. Thomas Carter, mobilization assistant to the Secretary of the Air Force and a long time friend of General Stewart's presided over the ceremony. General Stewart chose to have a ceremony here because many members of his family, including his parents and in-laws, live in Montgomery and so 908th AW members could attend. General Stewart is currently the assistant vice commander of Air Force Reserve Command.

Feature



Photo by Jeff Melvin

Operations Group commander Col Ed Jennings and Aircraft Maintenance Squadron commander Maj. William "Joe" Friday greet Master Sergeant Donnie Freeman, 357th Airlift Squadron, and Tech. Sgt. Kelvin Pettus, 908th ASTS, on their return from Operation Coronet Oak in Puerto Rico Jan. 10. Wing aircrew, maintenance and support personnel normally participate in two to three Coronet Oak rotations each year.

Wing snapshots



Photos by Lt. Col. Jerry Lobb

Lt. Col. Jerome S. "Scott" Hayes, accepts the unit guidon from 908th Operations Group Commander Col. Ed Jennings, symbolizing his acceptance of the reins of command of the 357th Airlift Squadron Jan. 23. Hayes, a C-130 pilot, is a long-serving 908th AW member having served previously as a tactics planner, wing flight safety officer and flight commander. Right. 357th AS Commander Lt. Col. Scott Hayes and his wife, Angela, greet guests following his change of command ceremony.



Photo by Staff Sgt. Jay Ponder

Medical sisterhood -- Cols. Lisa Naftzger-Kang, left, and Sharon Andrews, right, pose for a keepsake photo with the newest member of the 908th Chief's Group, Chief Master Sgt. Kimberly Devore, following a ceremony Jan. 11 marking the chief's ascension to the highest enlisted grade. Chief DeVore is superintendent of the 908th Aeromedical Staging Squadron. Cols. Naftzger-Kang and Andrews are commanders of the 908th ASTS and Aeromedical Evacuation Squadron, respectively.



Photos by Staff Sgt. Jay Ponder

Anybody ready for some pinfall patter. Max Allen, CE, takes a turn at knocking down the pins.



908th AW HQ team member Loretta Moore

Teams square off in bowling tourney

Teams from around the wing squared off in the semi-annual "9 Pin, No Tap" bowling tournament sponsored by the 908th Chief's Group, Jan. 10 at the new Gunter Annex Bowling Lanes. Results of the tourney are as follows: Women's High Game: Cindy Fogleman (Recruiters) - 140; Men's High Game: Matt Matheson (25th APS) - 256; Women's High Series: Cindy Fogleman (Recruiters) - 399; Men's High Series: Adriel Carr (25th APS) - 629; First Place Team - 25th APS; Second Place Team - Recruiters; Third Place Team - 908th AW HQ.



25th APS team member Shannon Whited shows off her stroke.

Take Note

Grade	Years of Service														
	<2	2	3	4	6	8	10	12	14	16	18	20	22	24	26
O-8	1,206	1,246	1,272	1,279	1,312	1,366	1,380	1,431	1,446	1,491	1,555	1,615	1,634	1,654	1,654
O-7	1,003	1,048	1,070	1,087	1,118	1,149	1,184	1,220	1,255	1,366	1,461	1,461	1,461	1,461	1,468
O-6	743	817	870	870	873	911	915	915	967	1,060	1,113	1,168	1,198	1,228	1,289
O-5	619	698	746	754	785	803	835	872	910	967	994	1,021	1,051	1,051	1,051
O-4	534	615	661	669	708	748	799	840	867	883	893	893	893	893	893
O-3	470	533	575	625	657	689	711	746	764	764	764	764	764	764	764
O-2	405	462	533	550	562	562	562	562	562	562	562	562	562	562	562
O-1	352	367	443	443	443	443	443	443	443	443	443	443	443	443	443
O-3E	-	-	-	628	637	689	711	746	776	793	816	816	816	816	816
O-2E	-	-	-	550	562	580	610	634	650	650	650	650	650	650	650
O-1E	-	-	-	443	473	491	508	527	550	550	550	550	550	550	550
L-9	-	-	-	-	-	-	556	601	616	637	656	688	737	744	787
L-8	-	-	-	-	-	480	502	514	531	547	578	594	620	635	671
L-7	354	364	378	397	411	435	450	463	489	501	512	521	544	560	601
L-6	289	318	331	346	359	392	404	418	430	434	437	437	437	437	437
L-5	264	283	296	311	331	350	364	368	368	368	368	368	368	368	368
L-4	243	255	269	283	294	294	294	294	294	294	294	294	294	294	294
L-3	219	233	247	247	247	247	247	247	247	247	247	247	247	247	247
L-2	209	209	209	209	209	209	209	209	209	209	209	209	209	209	209
L-1	186	186	186	186	186	186	186	186	186	186	186	186	186	186	186

Graphic courtesy AFRC/PA

2009 Reserve pay for four drills

All amounts reflect 3.9 percent raise over 2008 totals and are rounded to the nearest dollar. Pay for Airmen with a rank of E-1 and less than four months is \$168.

Promotions

Congratulations to the following people promoted to the grades indicated:

....to Senior Master Sgt.
James Rickels, 357th AS

....to Master Sgt.
William Rupinen, CES

....to Tech. Sgt.
Jeffery Harris, AMXS
Sonya Myers, 25th APS
Christopher Parrish, MXS

....to Staff Sgt.
Dwayne Curtis, LRS
Sandra Percival, LRS

....to Senior Airman
Kemisha Askew, 357th AS
Kevin Summersill, CES

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