

Southern Flyer

908th Airlift Wing, Air Force Reserve Command, Maxwell AFB, Ala., Vol. 46, Issue 3, March 2009

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Chaplains cherish honor of serving

By Chaplain (Lt. Col.) Phillip Armstrong
908th AW senior chaplain

As Citizen Airmen, we see both sides of the fence, the military and the civilian. As many of you have, I served on active duty for several years and enjoyed it. Now as reservists, as we chaplain service personnel get to know you on visits, exercises and deployments, we often feel a sense of pride welling up within that brings joy to our hearts.

Just look, we take folks from various generations, different parts of the country, from varying cultures, races, outlooks, etc., and we focus together on one thing, the mission. Now our

focus turns to this unique time, operational readiness exercises and the upcoming operational readiness inspection. The ORI is a test of our ability to mobilize, fight and win our nations wars.

The difference between winning and losing is the difference between choosing the form of government we have versus having a form of government forced upon us. We seek to keep that choice, that freedom to choose our form of government.

What we do involves life and death, yours and mine. It involves keeping life as we know it -- in our homes, communities and neighborhoods for our

children and their children. Our military service is absolutely vital to world peace and stability, and that leads to a sense of security in our home and our neighbor's home.

It is wonderful to be a chaplain, to visit with you in your work center, to deploy with you and to be your pastor in uniform. We see first-hand your sacrifice and valor, and we salute you. It is so good to be able to work together with men and women who represent the best America has to offer.

Take these OREs as seriously as possible. We are depending on you to keep us safe, to protect and defend us from the bad guys, and to come back home after serving with distinction and pride.

Healthy Airmen --

Know smoking cessation offers many rewards

Lt. Col. Carol L. Anders,
Nurse Practitioner, 908th Aeromedical Staging
Squadron

He huffed and puffed as he did his fitness run...couldn't figure out why he was getting so short of breath...what can this smoker do to make it easier to run? Money is tight, need to make budget cuts...how can we save money? Let's see, if only we could save \$100 a month that would be \$1,200 per year..... the answers are easy if you're a smoker. STOP SMOKING. Your lungs will clear and you will have extra money to spend.

It is estimated that 440,000 Americans die each year from diseases caused by smoking. Smoking is responsible for an estimated one in five deaths in the United States. Yearly costs are nearly \$150 billion in health care costs and lost work productivity. The cost of

cigarettes continues to climb. The \$30 cost for a carton of 10 on base or more than \$4 per pack on the economy is just an estimate of the financial cost. The other costs include: one in three smokers dies early due to heart disease, stroke, cancer or emphysema; second hand smoke can harm the health of nonsmokers causing breathing problems in children and cancer and heart disease in adults; plus the trend now is for public places and work places to be smoke-free.

Nicotine is a powerful drug that elevates mood, reduces anxiety, and, in those accustomed to it, increases alertness. Over time it causes changes in the brain such that when you try to quit you have unpleasant symptoms such as irritability, craving for cigarettes and/or difficulty concentrating. To make matters worse additional

obstacles to quitting happen because many daily behavior patterns are linked to smoking that those who smoke may not even realize. These include such things as morning or before-bed cigarette routines, smoking with friends, smoking with co-workers at those ever-popular smoke breaks, or smoking with spouses.

OK, I hear you saying, "I have tried to stop before but..." So it didn't work. Studies show that it may take several tries before you are able to quit. Don't let that discourage you. Most smokers need to "practice" quitting several times before they make it for good. Some people won't quit because they use smoking as a weight control method and every time they try to stop they gain weight. Exercise and will power are the answers to that challenge. If

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: Stop smoking

[Con't from Page 2](#)

more than 45.7 million Americans have quit surely you can too.

Quitting is a two-step approach. It is overcoming the physical addiction to nicotine and breaking the smoking habit. Nicotine replacement therapy helps with the addiction so that the smoker can work on breaking the habit. Studies show that those smokers who use some form of nicotine replacement therapy and participate in some type of behavior change program can double their chances of quitting for good.

So what can you do to stop? No one plan works for all people. Those people who are dependent on cigarettes most often need to incorporate more than one method to help in their goal to quit and maximize their odds of success.

Steps to stopping:

1. Pick a date to stop. No time is a good time. There will always be excuses to put it off. Carefully plan a date that is not around a holiday or during a lot of stress. If you smoke more at work than at home, pick a date on the weekend. If you smoke more to relax at home; but never at work, start on a Monday of a workweek. Identify your barriers to quitting or why quitting failed in the past and put a plan in place to deal with them. If your spouse smokes, you need to get his or her cooperation to quit together or ban smoking in your common areas. Make plans ahead of time for dealing with temptations and identify two or three coping strategies that work for you.

2. Use medication to break the addiction. Nicotine medication provides

you with a safer alternative source of nicotine that will enter the body less rapidly at a lower concentration and contain no harmful chemicals such as tar. If you take a non-nicotine medication, you will need to start it 7-10 days prior to your quit date. Consult with your doctor about dosage and side effects of these medications. Some people just stop "cold turkey." YEAH for them, if you need the medications please do not consider this a weakness.

3. Staying smoke-free. The support of family and friends is vital to win this battle. Tell them ahead of time how they help and support you. The average smokers will make 2-4 attempts at quitting before they are able to stay smoke-free. If you return to smoking, it doesn't mean you can't quit. You just need to stop and figure out why you went back and have a plan for next time. Stopping cigarettes only to switch to another form of tobacco is not the answer. Low tar/nicotine cigarettes are not safer nor do they reduce your risks for smoking-related disease. Smokeless tobacco, pipes and cigars all carry their own risks.

Benefits to quitting are quite well documented from the physical response to the body.

- 20 minutes: Blood pressure decreases; pulse rate drops, body temperature of hands and feet increases
- 8 hours: carbon monoxide levels in the blood drops to normal and oxygen level in the blood increases to normal
- 24 hours: chance of heart attack decreases
- 48 hours: nerve endings start regrowing and ability to smell and taste is enhanced
- 2 weeks to 3 months: circulation improves, walking becomes easier and lung function increases

- 1 to 9 months: coughing, sinus congestion, fatigue, shortness of breath decreases
- 1 year: excess risk of coronary heart disease is decreased to half that of a smoker

- 5-15 years: stroke risk is reduced to that of people who have never smoked

- 10 years: risk of lung cancer drops to as little as 1/2 that of continuing smokers, risk of cancer of the mouth, throat, esophagus, bladder, kidney and pancreas decreases as well as risk of ulcers

- 15 years: risk of coronary heart disease is now similar to that of people who have never smoked and risk of death returns to nearly the level of people who have never smoked.

Start now on a road to better health and wealth. (Source: American Lung Association)

Tips to help fight germs, winter illnesses naturally

Winter brings in not only cold weather, but unwanted illnesses such as the common cold, flu, throat infections, and other viruses. The following are suggestions for keeping many bugs at bay.

- Allow fresh air to flow into your home daily by opening a window or an outside door for a few minutes each day.

- Change the filter in the air and heating system at least every 3 months.

- Change your toothbrush after recovering from a sore throat, and in the winter change it monthly.

- Disinfect doorknobs, light switches, cabinet knobs, telephone receivers, computer keys, and children's toys when there is sickness in the household.

- Soak drinking glasses used by sick family members in warm water with a cap full of bleach added, for five minutes before washing.

- Wash bedsheets in the hottest water possible adding 1/2 cup of vinegar to each wash load.

- Take garlic and Vitamin C supplements and eat fresh fruit daily.

- Remember to wash your hands after shaking hands, handling dirty laundry, and before and after cooking.

For further information see the wing infection control officer, Maj Donna Roberts, 908th ASTS.



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:

Senior Airman Gabriel Bush, crew chief, 908th Aircraft Maintenance Squadron brakes the propeller of a unit C-130 before an engine run.

Southern Flyer

This funded Air Force Reserve Command newspaper is an authorized publication for members of the U.S. military services. Contents of the "Southern Flyer" are not necessarily the official views of or endorsed by the U.S. Government, Department of Defense or the Department of the Air Force. Editorial content of the "Southern Flyer" is edited, prepared and provided by the 908th Airlift Wing Public Affairs Office. All photos are Air Force photos unless otherwise indicated. 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 Jeff Melvin at (334) 953-7874.

ORI Milestones

Make sure these dates are checked on your calendar

Operational Readiness Training Package 4 (ORTP-4): April 23-30, 2009 at Gulfport (Miss.) Combat Readiness Training Center

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)



ATSO Memory Jogger

Reporting an Attack

Ref AFH 31-302

Use the S-A-L-U-T-E report as a quick and effective way to communicate ground enemy attack information up the chain of command. Example of a S-A-L-U-T-E Report: "Six enemy soldiers, running away from the command post, heading toward the flightline. Uniforms solid green fatigues—possibly Republic Guards. Time was 0230 hours. Equipment— AK-47 rifles, backpacks and gas mask being carried."



Report Area	Information to Report
Size	The number of persons and vehicles seen or the size of an object
Activity	Description of enemy activity (assaulting, fleeing, observing)
Location	Where the enemy was sighted (grid coordinate or reference point)
Unit	Distinctive signs, symbols, or identification on people, vehicles, aircraft, or weapons (numbers, patches, or clothing type)
Time	Time the activity is observed
Equipment	Equipment and vehicles associated with the activity

New GEM no jewel but certainly valuable

What is GEM?

General education mobile is an exciting new partnership between Community College of the Air Force and civilian academic institutions.

- GEM offers "clustered" General Education courses to meet associate of applied science requirements.

- Participating schools offer at least one course in each of the five general education areas—mathematics, written communication, oral communication, social science, and humanities

- Courses are offered in mobile (distance) learning format: anytime, anywhere, availability

- Reduces the impact of deployments, PCS, and family commitments

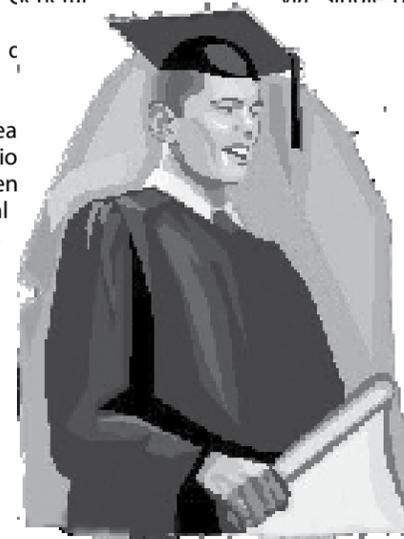
Why GEM?

- Average graduation time

for CCAF students exceeds 10 years;

- General education courses are typically the last taken;

- GEM eases student course selection and registration via single-point access on the Virtual Center



Facilitates student planning and enrollment—entire curriculum—motivates student to complete courses on self-paced online.

- GEM goal is to reduce the average C C A F

graduation time to less than six years

- GEM features partnerships with community colleges to offer education focused on freshman/sophomore level instruction at a lower per-credit tuition assistance cost.

How will GEM work?

- GEM will be delivered via the Air Force Portal and AFVEC.

- GEM will feature a familiar look and feel as the successful AU-ABC platform

- Students will conveniently search for schools that meet their needs and preferences.

- GEM will feature integrated search, registration, course enrollment, tuition assistance, and transcript ordering processes.

When will GEM be available?

GEM will be available to the field for enrollments on March 2.

For additional information please contact Staff Sgt Aaron Knight, wing education and training office, at 953-6771.

AF creates single 800 number for personnel questions

RANDOLPH AIR FORCE BASE, Texas (AFNS)--Members of the total force -- regular Air Force, Air National Guard, Air Force Reserve, civilian and retired Airmen -- are on line to have one central phone number for help with their personnel questions starting at 5 p.m. Central Standard Time Feb. 22.

Members of the Air Force community should call the Total Force Service Center at 800-525-0102 to reach a customer service counselor to discuss issues ranging from retraining, promotions and identification cards to leave, retirements and civilian benefits. While this number already is familiar to Airmen who call the Air Reserve Personnel Center's contact center in Denver, it's a change for Airmen who call the toll-free number currently assigned to the Air Force Personnel Center's contact center in San Antonio.

"Having a single phone number for the entire force will make it easier for all of our customers to reach us so we can give them the most accurate and up-to-date information," said Brig. Gen. Eric Crabtree, 4th Air Force commander and former ARPC commander. "It's vitally important in this fast-moving environment that we keep providing accurate, consistent and understandable answers to all Airmen and their families."

The single number is a first step toward the Total Force Service Center, or TFSC, concept. This concept provides Airmen seamless access to personnel information and services regardless of the organization or system actually providing it. With the single number, the ARPC and AFPC contact centers become virtually connected, making it easier for all Airmen to reach their needed personnel services.

Teams will be working throughout the day on Feb. 22 making the TFSC number the single access point for all the Air Force components and their families. Once all the telephone lines are reorganized, Airmen dialing in will be appropriately routed to either San Antonio or Denver, depending on the selections they make from the updated menu options.

Customers dialing the 800 number might experience minimal disruption in service while the number is being transferred.

"This is just one more example of how we are providing smarter and better personnel services to our total force," said Maj. Gen. K.C. McClain, AFPC commander. "Technology is allowing us to interface with our Airmen or commanders when they want to work personnel actions, without the Airmen ever leaving their homes or offices."

"Above all, we want to hear from you about your experiences with the centers," General McClain said. "We value feedback from the customers so we can continue to improve how we deliver our services to you."

AFPC-serviced Airmen should continue using 800-616-3775 until 5 p.m. CST Feb. 22. After that time, those who call the former number will be advised of the change in phone numbers.

For those calling from outside the United States, dial the toll-free AT&T Direct Access Number for the country they are located, then dial 1-800-525-0102. AT&T Direct Access Numbers are found at www.business.att.com/bt/dial_guide.jsp.

There is no change for individuals with hearing impairments. They can still reach the civilian Benefits and Entitlements Service Team and AFPC's Personnel Systems Operations Control Center, as well as ask employment questions, by calling the Telephone Device for the Deaf number, 800-382-0893. The commercial TDD number is 210-565-2276.

Airmen and their families also can find answers to many of their personnel questions at AFPC's <http://ask.afpc.randolph.af.mil> or ARPC's www.arpc.af.mil.

Medical units hone patient care, transport skills

Members of 908th Aeromedical Staging Squadron took part in block training last month capped by a contingency aeromedical staging facility exercise in conjunction with the 908th Aeromedical Evacuation Squadron.

The exercise held at the Blue Thunder training complex was designed to enhance the medical practitioners performance in war-time conditions. A CASF is a 24-hour medical holding and staging facility. Medical practitioners staffing a CASF expedite the treatment of the wounded by assessing the nature of their injuries, providing first aid, and prioritizing the movement of patients to a medical facility based on their conditions.

Along with classroom training and the CASF, the medical practitioners underwent chemical, biological, nuclear, radiological, and/or explosive training and practiced litter carrying and patient movement capped by the loading, transport, and unloading of patients on a unit C-130 aircraft on the Maxwell AFB flightline.



Photo by Jeff Melvin

Above, ASTS nurses Maj. Catherine Moore and Maj. Doreen Burke discuss the conditions of the CASF's 'simulated' patients. Right, Maj. (Dr.) Javier Tapia and medical technician Senior Airman Shiletha Myles confer while preparing to make an initial assessment of patient's injuries.



Photo by Jeff Melvin



Photo by Jeff Melvin

ASTS med tech Senior Airman Justin Woodruff Underwood looks at medicines and documents as he interviews mock patient Staff Sgt. Anthony Griggs as part of his prep for transport.



Photo by Jeff Melvin

From left Master Sgt. Joseph Smith, Tech. Sgt. Daniel Stacy and Senior Master Sgt. David Lutza, ASTS, discuss the movement of patients to the flightline for aeromedical evacuation.



Photo by Jeff Melvin

ASTS med techs Senior Airman Tia Moore, front, and Staff Sgt. Decica Williamson, rear, roll a litter patient out of the CASF for aeromedical evacuation.



Photo by Staff Sgt. Jay Ponder

Flight medic Tech. Sgt. Michael Laursen, 908th AES, secures mock patient for transport.

Feature



Photo by Kimberly Grouse

908th SFS member Staff Sgt. Christopher Pike, right, assists a simulated victim with a leg injury during an anti-hijacking exercise at Keesler AFB, Miss. Dec. 12. Sergeant Pike and two other 908th security forces members are backfilling active duty vacancies at Keesler's 81st SFS.

Feature



Photo by Jeff Melvin

Maintenance Squadron's Master Sgt. Keith Tareco answers the technicians questions as he prepares to give blood at the blood drive held Jan. 11 outside the 908th headquarters building.



Photo by Staff Sgt. Jay Ponder

Optometrist Dr. (Col.) James Bedsole, ASTS, examines Master Sgt. William Lyndall, AMXS crewchief, during the January UTA.

Wing snapshots



Photo by Lt. Col. Jerry Lobb

Tech. Sgt Kim McBride, 908th SFS, receives the enlistment oath from former 908th MSG and SFS commander Col. Bill Forshey during a ceremony at the Enlisted Heritage Research Institute at Gunter Annex Feb. 13. Sergeant McBride is scheduled to become a recruiter in the near future. Of note, departing 908th AW Command Chief Master Sgt. Rick Fanning is the new director of the EHRI.



Photo by Jeff Melvin

A sure sign that the ORI is getting closer is frequency as well as large turn out at the pallet building training sessions held each UTA..

Intramural basketball action in full swing

The 908th AW men's intramural basketball team missed a chance to reach the .500 mark when their Feb. 18 game against HQ Air University was cancelled due to a severe weather warning with the 908th leading at halftime. The 908th team, perennial playoff contenders, is 2-3 as the season nears midpoint. Games are played at the base gym annex Mon-Thurs. Call the gym staff at 953-5354 to get the latest schedule. It's not too late to show your support before the season ends March 18.



908th AW basketball team player Anthony Maxie, center, heads up court against HQ AU.

Photos by Jeff Melvin



Player/coach Prentiss Tucker ignites a fast break.



Above, 908th AW intramural basketball team member Will Weston scores in the paint. Right, 908th's Fred Boyd (9) snares a rebound in traffic.

Take Note

Promotions

Congratulations to the following people promoted to the grades indicated:

....to Senior Master Sgt. Thomas Eichhorn, ASTS
Micahel Eubanks, MXG

....to Master Sgt. Thomas Duke, AMXS
Samantha Jones, OG
Vickey Matthews, LRS
James Rone, MXS

....to Tech. Sgt. Stephan Jones, LRS

....to Staff Sgt. Michael Anguilli, MXS
Annie Giles, LRS
Allen Jones Jr., 25th APS
Ryan Miller, MXS

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To the Family of:

....to Senior Airman Cory Brewster, 25th APS
Jason Busbee, MXS
Arka Erickson, 25th APS
Caleb Kohler, CES
Cornaid Rice, MXS

....to Airman 1st Class Kevin Garrett, MXS

....to Airman Jasmine Heard, AES

Have a Complimentary Summer Adventure on Us!

AFR/ANG
Teens!
Are you between ages 15-18?

The 2009 Teen Summits are shaping up to be fantastic summer adventures! The mountains are majestic and the ocean is awesome - from white water rafting and high ropes adventures at Wahsega to sea kayaking and island exploring around Jekyll and more!

Join us! For information & application (Due by 8 April 2009):
July 13-17 @ Wahsega - July 27-31 @ Jekyll Island
www.georgia4h.org/AFRANGTeenSummit

SUMMIT
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