

ALAMO WING

Volume 56, Number 6, 2007

U.S. Air Force Reserve Command

433rd Airlift Wing, Lackland Air Force Base, Texas

**74,000 square foot
Makeover
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**Airman soaked
by civilian job
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**Marathon
Ma'am
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Numbers represented by hands on litters

By Master Sgt. Colleen McGee

Wing Public Affairs

Numbers. The success rate of every military effort is always tied to a number. It's hard to see faces behind numbers. Ninety-eight percent. That is the number of wounded who get to an Air Force Theater Hospital in the U.S. Central Command Area of Responsibility and survive. It is a number people see but can't fully understand because a number cannot tell the full story of the human effort behind the total.

Those numbers represent people. The people we see in flight suits as CNN follows high profile patients like Army Pvt. Jessica Lynch, reporter Bob Woodruff, and not so famous men and women like Marine Cpl. Eric Morante. Corporal Morante was recently wounded by an Improvised Explosive Device in Iraq and was accompanied by a reporter from the Dallas Morning News from a hospital in Germany to Texas. Soon his journey will appear in print and on the web.

During news coverage like that we learn about the heroes, their lives and family members, but seldom about the people whose hands carry the litters. Maj. Lisa Willis is one of those people. She's a flight nurse and the medical crew director for an aeromedical evacuation crew of Reserve and active-duty Air Force volunteers. Currently, Major Willis



Photo by Master Sgt. Colleen McGee

Major Mary McCann, a flight nurse with the 433rd Aeromedical Evacuation Squadron, watches as Marine Cpl. Eric Morante, recently wounded by an Improvised Explosive Device in Iraq, shows the progress he is making with his physical therapy.

serves at Scott Air Force Base with the 775th Expeditionary Aeromedical Evacuation Squadron. Right now, she's caring for patients on their last flight before they get home to Texas or other stateside locations. As a reservist, Major Willis serves with the 433rd Aeromedical Evacuation Squadron at Lackland AFB. As a civilian, she is an Intensive Care Unit nurse at a hospital near Abilene, Texas. And at home, she is the mother of two grown sons who both serve in the Army. One is currently deployed to Northern Iraq.

"I can't think about that," said

Major Willis when asked about how it feels to know that many of the war wounded she cares for are the same age as her own sons. She admits that sometimes when she looks at the young patients on her flight it does affect her. And because of that, she knows what kind of choice she has made when she volunteers to fly these wounded home.

"I always know it is the right thing to do," said Major Willis. "There are safer, cleaner ways to be a nurse." The major added. But to her, none are more

(See Hands On, 5)

Alamo Wing

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We were, are, will be busy

Past activity, current preparations and future operations tempo for the Alamo Wing stay high



Brig. Gen. John C. Fobian

Wing Commander

They say time flies when you're having fun and we are having some fun. The recent past was extremely busy for the Alamo Wing. We've already had an aggressive schedule full of annual tours, Air Expeditionary Force cycles, Formal Training Unit transition, local exercises and higher headquarters inspections.

We have answered every tasking in support of Operations Iraqi Freedom, Enduring Freedom and Noble Eagle. Numerous volunteers deployed supporting additional AEF requirements.

The spirit of volunteerism continues to exceed my expectations for how much more the Citizen Airmen of the 433rd Airlift Wing can support. There were sacrifices made by individuals and families due to these deployments. Their employer support was outstanding throughout this time of turmoil.

Looking into our immediate future, we continue preparing for the Operational Readiness Inspection. As this Air Mobility Command inspection draws closer, we

need to hone our plans and processes to ensure the job is done right. While nearly 500 personnel from the various Unit Type Codes will deploy for the ORI, I assure you it will take the entire Wing, working together, to be successful. In addition, the Aerospace Medicine Squadron and Medical Squadron will be evaluated during their Health Services Inspections in September.

There are four key elements I'd like you to remember no matter what the tasking: **attitude, teamwork, communication and safety.**

The right mental attitude goes a long way to getting the job done. Don't defeat yourself, get with the program and do your best. Teamwork is critical; nobody wins any war alone. Help each other get the job done, be a good wingman. Communication must be effective both up and down the chain. Correct information must be sent properly and timely. Finally, remember safety always. Short of real bullets coming at you, don't sacrifice safety. Use protective equipment and follow the book. Use risk management to help you avoid injury or equipment damage.

We know there are many challenges for us in the future. We can anticipate a continued vigorous pace. As an Air Force war-fighting unit, we stand ready to do our mission. Thanks for your continued support. 

Are you ready for the ORI?



"We are ready now,

however we will continue to prepare through training exercises and attention to detail, which all our AES members put forth during UTA's and

through their own dilligence."
----- Senior Master Sgt.
Robert Rodriguez, 433rd AES



"We're always in preparation mode ... I think we are always ready. Period. But a good way to prepare is to review safety programs and stepping

up spot safety inspections."

-----Tech. Sgt.
Neal Townsley, 433rd SE

We don't need safety while on deployment

Senior Master Sgt. Steven Benoit
9th Air Force Safety

We are deployed, safety rules don't apply here! Believe it or not, this phrase is actually spoken out loud at deployed locations. Nothing is further from the truth. Remaining vigilant about safety during deployments is even more important, due to the hazardous environment.

Due to a misplaced sense of urgency, some Airmen take personal shortcuts to accomplish the mission. However, these shortcuts increase the risk of mission failure and may jeopardize the physical safety of themselves or others. This free-wheeling approach to operational conduct may lead to mission slowdown or shutdown and that helps the enemy.

Each year, Air Force personnel are injured or killed in mishaps that are easily prevented by simply following basic safety procedures. The intervention of a wingman could mitigate causes and prevent mishaps by breaking the mishap chain of events.

For example, during Fiscal Year

2006 throughout the U.C. Central Command Area of Responsibility, industrial mishaps increased by 50 percent. The majority were caused by inadequate risk assessments, inattention to detail and a misplaced focus. In most of these, a proactive wingman might make a difference between mission success and mishaps leading to mission failure.

Some locations have austere environments that make compliance with established procedures challenging. When conditions don't allow implementation of a prescribed procedure, that's when risk management should kick in.

Risk management allows commanders and supervisors to make the best possible decisions to reduce the risk of injury or property damage. Operational Risk Management is just one tool. Using ORM you will find you can mitigate those unnecessary risks that most often cause mishaps.

Being deployed can be a stressful time. The key is having the self-discipline to maintain a mindset of safety.

To minimize physical and emotional strain, know the rules and procedures, apply ORM principles daily, be an active wingman, take care of family members before deployment and communicate with them while deployed. Following these simple steps will ensure that you stay safe and will reduce stress for the entire military and civilian family. 



2007 STAR SPANGLED FESTIVAL
LACKLAND AFB

29TH ANNUAL

JULY 4TH AT 3PM - 10PM
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AMPHITHEATRE GROUNDS

FREE CONCERT followed by
FIREWORKS EXTRAVAGANZA

FOOD BOOTHS & GAMES
FAMILY FUN & CHILDREN'S RIDES

Music from
Tops in Blue at 8 PM

The Fly-By
A Multi-Stage 100 Year of Flight History

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Chaplain's Corner

Chaplain Lyle Von Seggern, 925-3556
Alamo Wing Chaplain

"Buddy Care"

"Even though I walk through the valley of the shadow of death,

*I will fear no evil, for You are with me;
Your rod and Your staff, they comfort me."*

Psalm 23: 4

The Alamo Wing and attached units remain invincible through the help of God and through people taking care of people. Buddy Care is the key to survival on the battlefield and at home. We honor our Lord for helping our Team work together to solve our difficulties, endure our grief and overcome the enemy.

God bless everyone who makes the effort, day in and day out, to be a buddy.

I believe God wants to be your Buddy. In the above passage of Holy Scripture, this bold statement is made: "I will fear no evil, for You are with me." On the mountain top of joy or in the valley of death, God wants to walk with you, run with you, even fly with you. God, your Buddy, also will cry with you when your heart is broken. If you need Buddy Care today, please pray. We also invite you to call your Chaplain Section at 925-3556 and we will be honored to visit with you and pray with you.

color photo available at <http://www.433aw.afrc.af.mil/photos>

Paint brings more light to inspection hangar

By Airman Basic Steven Jorgenson

Wing Public Affairs

The 433rd Maintenance Squadron recently realized paint is a helpful substance. Especially when it is white and all over the hangar floor. But painting 74,000 square feet is no small project. The entire project took almost a month.

The 433rd MXS hangar took on new light June 1 when contractors began a \$254 thousand project. But why is a paint-job so expensive and what makes it worth the money?

“When the floor was unfinished, it was nasty looking ... like a dungeon,” said Senior Master Sgt. Gilbert Arbizu, Aircraft Maintenance Supervisor for the 433rd MXS,

The new coat of paint isn’t just for looks.

The white paint maximizes hangar lighting and makes C-5 inspections more effective, according to Chief Master Sgt. Theodore Williams, 433rd MXS Flight Chief Superintendent.

“In comparison to the unpainted floor, I would say the reflection properties are at least 35 percent to 45 percent better,” said Chief Williams.

“You can actually see your shadow on the ground, which doesn’t sound like much, but is a good indicator of how well the paint reflects light.”

Another bonus is an increase in workplace safety.

Before the floor was painted, condensation made the floor slippery, said Chief Williams.

“We can now detect leaks [during inspections] a lot easier and spills don’t get left behind for workers to slip on,” said Sergeant Arbizu. “Also, the paint has some grit to prevent a slipping hazard.”

During the month-long project, aircraft still needed work. The inspection and repair processes moved outside. Working outside presented new safety issues concerning work environment.

A job safety analysis was per-



Photo by Master Sgt. Laurence Tilghman, 433rd Aircraft Maintenance Squadron

The 433rd Aircraft Maintenance Squadron inspection hangar floor received a new finish reducing the risk of slipping and greatly improving the use of hangar lighting. The reflective nature of the paint-on floor increases visibility during inspections and will allow the maintainers to see leaks and imperfections during the inspection of C-5 Galaxy aircraft. The increased visibility in the hanger makes it a safer and more efficient work environment for the AMXS maintainers.

formed, which “makes sure everything works,” said Master Sgt. Bryan Price, 433rd Airlift Wing Safety and Occupational Health Specialist.

According to Chief Williams, job safety analysis’ identify possible safety deficiencies. Once identified, processes are put in place to avoid mishaps.

Because of the job safety analysis, a couple of changes had to take place in the way things ran throughout the workday.

For example, workers couldn’t work during hours of darkness because there wasn’t adequate lighting, according to Sergeant Price.

Former indoor maintainers temporarily became overheated flight line maintainers, and were exposed to the elements.

“My guys were ‘crying,’” joked Sergeant Arbizu, “— we had to set up the stands (scaffolding) outside, which took about all week.”

The biggest change was the addi-

tion of wind, along with my workers being exposed to the weather, said Chief Williams.

Things ran smoothly in spite of the workcenter change. “Everybody did a good job and nobody had to see the doctor,” said Sergeant Arbizu.

The floor was completed on June 8, but equipment and the C-5 Galaxies didn’t begin to be moved into the hangar until June 22, giving the paint time to cure.

Not much remains to be finished on this project. However, Chief Williams is aiming for another project.

“I don’t know when, but additional lighting will be installed,” said Chief Williams.

It seems work never ceases at the MXS hangar. There are always C-5’s roaring overhead and maintenance crews working around the clock. But now, the hangar will be a brighter and safer workplace. 

Hands On ... continued from Page 1

satisfying.

Whether it is overseas or in American skies, Major Willis isn't the only one to feel good about the mission they perform.

"All missions are the same, I just love what I do," said Tech. Sgt. Rick Bennett, a medical technician with the 433rd AES.

Sergeant Bennet does admit the atmosphere and mood is lighter on the missions within the United States.

"We have fun and try to make everyone smile," said Sergeant Bennett. "On the last leg (of their journey home) most people are pretty happy."

One member of the crew transporting Corporal Morante was new to medical air transportation. He decided to change his specialty from medical technician to aeromedical technician. The trip transporting Corporal Morante was his third, and he was traveling with an instructor technician.

"I was working in a hospital in labor and delivery," said Staff Sgt. Michael Counts, an active-duty member of the 375th AES from Scott AFB. "I wanted something with a little more action and more high speed."

Sergeant Counts has not been disappointed with his decision.

"The reward of bringing these guys back home (that's) job satisfaction," said Sergeant Counts.

For reservists, sometimes job satisfaction is enough to make people walk away from those "easier and cleaner" ways of making a living just long enough to help with the mission. But it doesn't make the balancing act easier.

For those like Major Willis, there is a lot to juggle in order to be available to get this job done. It is a necessity that Reserve AE members walk away from civilian jobs and family to get this mission accomplished because there are only four AE squadrons in the active-duty Air Force. The volunteerism is desperately needed to keep the mission going and to keep the



Photo by Master Sgt. Colleen McGee

Maj. Lisa Willis, a flight nurse with the 433rd Aeromedical Evacuation Squadron, is currently serving at Scott AFB, Ill. She is one of several Alamo Wing members who fly wounded troops from Scott AFB to Texas. "Sometimes they need to talk," said Major Willis during a crew briefing on April 30. She puts that to practice during a flight from Scott AFB to Lackland's Kelly Field the same day.

survival rate numbers high.

These reservists know lives depend on them because numbers don't lie. The survival rates are higher in the current conflict than in any other time in history. Maybe it's better body armor or detection equipment for IEDs. But mostly it is because skilled medical professionals can move the patient within the critical hours to

the closest facility to meet his or her needs. The statistics don't tell that full story and neither will the news coverage of Corporal Morante's journey from the battlefield through recovery. But when he is shown being carried from one aircraft to another, it will be those hands on the litter that made it all possible. 



Photo by Master Sgt. Colleen McGee

Staff Sgt. Michael Counts, an active-duty medical technician verifies the accuracy of an instrument used to monitor patient condition in flight. Sergeant Counts is new to the aeromedical evacuation mission.

Personal fitness goals push 733rd Training Squadron

By Staff Sgt. Carlos Treviño

Wing Public Affairs

When someone says they dream of running a marathon, it usually remains just a dream.

But 34-year-old, Capt. Amber Marcella made the dream reality.

The executive officer with the 733rd Training Squadron completed the Austin, Texas Marathon with a competitive time of 4:19:33 in February. She is now in training for September's Air Force Marathon.

She credits the website of a running coach, Hal Higdon, for giving her a training program to follow and her Air Force Reserve colleagues for inspiration and support.

SERGEANT TREVINO: You said you got into this because you missed active duty. What did you miss about it?

CAPTAIN MARCELLA: *I wouldn't necessarily say I miss active duty but I will never have another employer. The sense of accomplishment I get, knowing that even the slightest effort I put into my job benefits the greater good of America.*

SERGEANT TREVINO: Why running? Why not skydiving, dance lessons, or some other wild, adrenaline junkie activity?

CAPTAIN MARCELLA: *I've been running since I was 12 years old...it's just a way of life. I learned from an early age that your health is partly dependent on the level of fitness a person maintains along with diet etc.*

SERGEANT TREVINO: Why did you pick the Austin Marathon, and not the San Antonio?

CAPTAIN MARCELLA: *I found out about the Austin Marathon through "Team-in-Training" which is a part of the Leukemia and Lymphoma society that raises money for research in the fight of cancer.*

I wanted to do something that

benefited the community as well as achieve my overall goal of running a marathon.

SERGEANT TREVINO: Do you come from an athletic background?

CAPTAIN MARCELLA: *Believe it or not my running began at an early age because I liked watching track and field events and I just started running one day and never really stopped.*

My level of fitness has varied over the years, either because of my work schedule or life events, but I've never not run.

SERGEANT TREVINO: How about your eating and drinking habits, did they change?

CAPTAIN MARCELLA: *I'm actually kind of ashamed of my eating habits. I like chocolate, that's my weakness. The running kind of encouraged me to eat whatever, whenever, but the fluid intake was much more frequent and required with the running.*

SERGEANT TREVINO: What did you learn about yourself from training?

CAPTAIN MARCELLA: *I'm a very strong individual, I'm determined, structured and disciplined, which is what it takes to be an Airman. The qualities required to maintain a successful military career are required in life.*

SERGEANT TREVINO: What did you think about during the marathon?

CAPTAIN MARCELLA: *Before the race, especially the day of, I was scared to death. It's quite often that people get that competitive spirit when accompanied by other individuals and start out too quickly and often find themselves tired too early.*

I actually had a loved-one attend the Austin with me as a spectator and he met me at the three mile mark... from then on I had my motivation until the 15th mile.

It's so funny, now I have quite



Capt. Amber Marcella
733rd Training Squadron executive officer and marathon runner

an appreciation for spectators and gummy bears. I ate a simple breakfast which was supposed to hold me over until the end of the race, but at the 15th mile point, my body literally almost shut down I was so hungry.

Then I saw a spectator with a measuring cup full of gummy bears and I got so excited. The sugar rush gave me what I needed until mile 17 where I got my biggest motivation of the day.

Seriously, I hear a man calling my name, a little more than most spectators, trying to motivate me, then I look back and it's Lt. Col. Fred McMahan, the 356th Airlift Squadron commander. Tell you what, I had the motivation not

ndron Captain 26 miles farther

only to finish, but I think my pace got a little faster.

It's amazing what happens when a subordinate has a senior leader behind him or her to positively reinforce a goal or effort.

I'll be forever grateful to Colonel McMahon, he not only showed up to my race but he actually went running with me to show support, especially on days where I wasn't as motivated.

SERGEANT TREVINO: How was this experience life changing?

CAPTAIN MARCELLA: I learned that running is a lifestyle I can't give up, it gives me a sense of accomplishment. It gives me a great sense of accomplishment. To run a marathon takes approximately 18-weeks of formal training.

SERGEANT TREVINO: Can anyone do a marathon?

CAPTAIN MARCELLA: With any kind of physical training it's more than just a physical thing. It's mental, anyone who puts their mind to something can do anything. There are people who've done the impossible with little to no support. I've had it easy, I've had nothing but positive reinforcement.

SERGEANT TREVINO: What about the mental aspect of running?

CAPTAIN MARCELLA: Running a marathon is 50 percent strength and 50 percent mental. There are people accomplishing the impossible. I'm healthy and strong and this is nothing.

SERGEANT TREVINO: Tell me about your 'extended family', what did each do to support you on your quest?

CAPTAIN MARCELLA: My extended family are those people I surround myself with daily, the 733rd TRS, 356th AS and our active-duty counterparts in Detachment 6. Each supported my running monetarily, with kind word or food in some cases. I have to thank the members of the 356th AS for \$1000 of the \$2200 earned for Team in Train-

ing.

SERGEANT TREVINO: How has training and running impacted your career?

CAPTAIN MARCELLA: As an Air Force officer, my job is mostly about leadership. One way of doing that is by example. Air Force senior leadership has deemed it necessary to be physically fit, especially with the contingency environment we work in today.

How can I ask someone to be physically fit if I'm not doing the same myself? Leaders can't always do so from the front, but our three year old program has to start somewhere; I challenge my co-workers, peers, subordinates and superiors to keep up!

When you are confident in one aspect of your life, it rolls over into other areas. I've always wanted to be the sort of person who's looked at in a positive light, not necessarily for my personality, but for my work ethic and what I represent as an Air Force member. Integrity First, Service before Self and Excellence in all we do, those are words to live by.

SERGEANT TREVINO: What advice would you offer wing members who want to begin a running program to improve fitness test scores?

CAPTAIN MARCELLA: It is for your life, not just the Air Force. You will feel better, treat people better, don't just think about it, do it. Start by walking a mile, then begin running and steadily increase to run at least 3 miles. You want to do more than what is required compared to the 1.5 mile run you are tested on.

Captain Marcella describes the Austin Marathon as the accomplishment of a short term goal. Her long term goal is to run in the Boston Marathon. The qualifying time for that race is 3:45, a time she says that is "very achievable, very doable." 

Resources for first steps to fitness

Ken Hack, Physical Fitness Director at the Warhawk Fitness Center, said "It is never, ever too late to begin a program," to improving your physical fitness.

At the Warhawk, a popular offering is the Microfit program, a 90-day regimen covering all fitness and health components. It also tracks individual progress by computer. A staff member sets goals with the client. A client is also evaluated at the halfway point and again at the end.

Personal trainers and other exercise programs including, sports specific fitness training, like golf, are also available. Members can compete in contests and win prizes based on results against others.

He recommended the Health and Wellness Center at 671-0566 as a good resource for nutrition.

Eating plans and powders, endorsed by famous football coaches, athletes and celebrities, saturate the media. "There is not a magic pill out there," Mr. Hack said. Working out at the gym three times a week for 30-45 minutes and adjusting habits is beneficial, Mr. Hack said. "Why are you going to pay \$150 for it [prepackaged meals], when the same thing is available at the Commissary," he said.

Not only is healthy food available at the Commissary for reasonable costs, numerous websites covering topics like general health information, recipes, calorie calculators, exercise information, running tips and consumer warnings for diet pills and supplements can all be found on the Air Force Portal's Fit to Fight page.

More Air Force Reserve specific information is available within the site.

Note Worthy

Promotions



Rudy Durand Jr., CES
Cori Dockery, MOS
Philip Kekahu, ALCF



David Delgado, ALCF
David Scott, AMDS



Alan Brinkerhoff, AMXS
Allan Folsom, MDS
Guillermo Jalomo, 68th AS
Jeffrey Madison, 68th AS
Kathryn Noel, 556th RHS
Anthony Savage, LRS



Daniel Hammonds, LRS
Daniel Mendiola, 26th APS



Matthis Herrera, MXS
Philip Garcia, AMXS
Mario Quinones, SFS
Michael Edwards, SVS
Kimberly Herrera, LRS
Robert Vasquez-Jaramillo, OG
John Rogers, AMDS
Susan Ayala, 74th APS



Janice McPhee, 556th RHS
Stephany Bauknecht, MDS
Taylor Esco, MDS
Christina Puckett, AMDS
Natalia Trejo, SVS
Louis Delacruz, 26th APS



Donell Granados, AMXS



Cynthia Guerra, OG
Lorraine Sparacino, 26th APS
Sean Talamantes, AES
Bryan Winget, CES

A few months
to ORI -Are
you ready?

UTA SCHEDULE

July
A UTA July 7-8
B UTA July 21-22

August
A UTA August 4-5
B UTA August 18-19

September
A UTA September 8-9
B UTA September 22-23

Reenlistments

Senior Master Sergeant

Richard James, MXS

Master Sergeant

Tash Bowden, CES
Russell Dekrone, AMXS
Richard Garcia, 26th APS
Jose Garza, ASTS
Paul Harris, Jr., MXS
Letasha Roberson, AES
Mathew Tabler, 356th AS
Russell Thompson, AES

Technical Sergeant

Richard Breisch, MXS
Roger Finley, ASTS
Longoria Flores, CES
Anthony Gutierrez, AMXS
Edwina Marshall, AES
Jerome Middendorf, AMXS
Jose Morales, ASTS
Roy Riojas, MXS
Raymond Robinson, MXS

Staff Sergeant

Juan Carlin, CES
Jose Castellanos, AMXS
Jeffrey Despain, LRS
Terence Frankland, 710th IF
Jason Hebert, CES
Corey Murphy, MXS
Megan Oneal, AMDS
Julia Sandoval, AMDS
Anthony Whalen, TRS

Senior Airman

Anthony Gindratt, 74th APS
Rudy Sandoval, 556th RH
Venetra Smith, ASTS

Airman First Class

Terry Allen Jr., MXS

Military Training Instructor of the Year, Reservist Category: Tech. Sgt. Hugo Gamarra, an instructor with the 433rd Training Squadron earned the title of 2006 433rd TRS Blue Rope of the Year. He expertly prepared the 433rd TRS Military Training Instructor students to succeed, resulting in a 100 percent graduation rate. Brig. Gen. John Fobian, commander of the 433rd Airlift Wing, congratulates Sergeant Gamarra on a job well done.

Remember the Alamo Wing

The current Alamo Wing patch was originally approved in July of 1961. The patch depicts what the 433rd Airlift Wing did, does and can do.

“There’s the country of America, which you have to defend, but there’s also the idea of America. America is more than just a country, it’s an idea. An idea that’s supposed to be contagious.”

_____ Bono, Irish lead singer of U2 (1960 -)

Some civilian jobs are...

all
Wet



NASA Courtesy Photo

Astronaut/aquanaut Jose Hernandez and aquanaut Josef Schmid, NASA flight surgeon, work with the "LunaSea" underwater structure during extravehicular activity.



NASA Courtesy Photo

Air Force Reservist and NASA flight surgeon/aquanaut, Col. Josef Schmid, swims along the ocean floor during an undersea training session for the NASA Extreme Environment Mission Operations (NEEMO).

Col. Josef Schmid, commander of the 433rd Aerospace Medicine Squadron, is a flight surgeon for the Air Force Reserve and for NASA. Colonel Schmid spent 12 days, May 7-18, on an undersea mission aboard the National Oceanic and Atmospheric Administration's (NOAA) Aquarius Underwater Laboratory, operated by the University of North

Carolina at Wilmington and located off the coast of Key Largo, Florida.

The Air Force Times covered Colonel Schmid in a recent article and quoted him as saying, "The most exciting thing about my job is anything that involves working as a team member with the mission and with the crew. The experiences are priceless here at NASA."

Colonel Schmid is a team player in his role as AMDS commander, according to members of his staff.



NASA Courtesy Photo

Air Force Reserve colonel and aquanaut, Josef Schmid, NASA flight surgeon, unpacks fresh food inside the undersea habitat for the 12th NASA Extreme Environment Mission Operations (NEEMO) mission. As an Air Force Reserve flight surgeon Colonel Schmid works with above sea level altitude effects on health and wellness. His civilian job extends his experience to below sea level effects.

Who's Who in the...

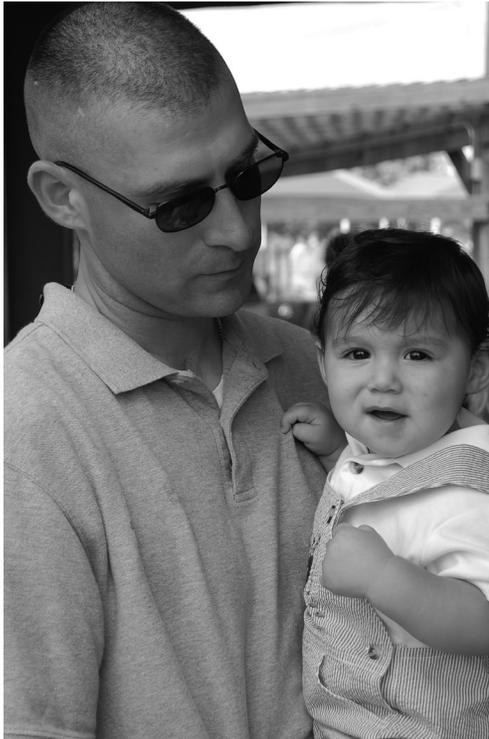


Photo by Airman Steven Jorgenson

Staff Sgt. Joseph Peche, from the 433rd Security Forces Squadron, and his 6-month-old son, spend a little extra time together during a farewell barbeque. Sergeant Peche is one of about 40 SFS members deploying to Iraq in early July.



Photo by Capt. Carla Gleason

Master Sgt. Jose Basaldua, a loadmaster with the 68th Airlift Squadron stays in communication with the aircraft commander during a recent Boss Lift supporting the Employer Support of the Guard and Reserve Committee. ESGR.org has resources and information for employers and Reservists to help keep the balance and the working relationship smooth.



Photo by Senior Master Sgt. Lynch

Tech. Sgt. Robert Kane, from the 733rd Training Squadron, operated the K-loader to unload the new Cargo Load Trainer for the C-5 Formal Training Unit. Sergeant Kane, also a member of the 433rd Airlift Wing Top Three Association, is currently seeking volunteers to mentor and launch a 56 group for wing E-5's and E-6's. Those interested in participating can email Sergeant Kane directly or any member of the Top Three.



News Bites...

AFPC WEB SITE ADDS CITIZENSHIP APPLICATION

Airmen can apply for U.S. citizenship via the Air Force Personnel Center's Web site or via the virtual Military Personnel Flight. Once completed, Airmen should turn in the application to their commander support staff for review. For more information on citizenship procedures, visit your CSS or call the Air Force Contact Center at 800-616-3775.

AFRC COMMANDER TO GET NATIONAL AWARD

The commander of Air Force Reserve Command will receive the Minuteman Hall of Fame Award at the Reserve Officers Association national convention June 27-30 in San Francisco. Lt. Gen. John A. Bradley will accept the association's highest honor for contributing to "the advancement of ROA programs and objectives," according to an association press release. General Bradley is chief of AFRC, and his office is at Headquarters Air Force in the Pentagon. Headquarters AFRC is at Robins Air Force Base, Ga. As chief of AFRC, the general serves as principal adviser on Reserve matters to the Air Force chief of staff. In his capacity as AFRC commander, he supervises command units around the world. Previous inductees include Presidents

Harry S. Truman and John F. Kennedy and Gens. Colin Powell and Merrill McPeak.

NEW CUSTOMER SERVICE HOURS

The 433rd Customer Service Office extended the hours of operation. The new hours are:

Mondays, Thursdays and Fridays - 7 a.m. to 4 p.m.
*ID Station closes at 3:30 p.m. for records maintenance

Tuesdays - 7 a.m. to 6 p.m.,

Wednesdays - 7 a.m. to 1 p.m. and 3 - 4 p.m. (Closed from 1 - 3 p.m. for training)

Other 433rd Mission Support Squadron hours are:

Education & Training, Career Enhancement, Relocation and Employment, 7 a.m. to 4 p.m., Monday through Friday, except on Wednesdays when they close for training from 1 - 3 p.m.

Personnel Systems Management Office is open 6:30 a.m. to 3:30 p.m., Monday through Friday, except on Wednesdays when they close for training from 1 - 3 p.m.

Personnel Readiness Function is open 7:30 a.m. to 4 p.m., Monday through Friday, except on Wednesdays when they close for training from 1 - 3 p.m.

The Airman and Family Readiness Office is open 7:30 a.m. to 4:30 p.m. Monday through Friday.

The Lackland Customer Service Office is open from 7:30 a.m. to 4:30 p.m. Customers have the option of requesting an appointment in person, by phone or through the web scheduler.

Appointments requested via the web scheduler can only be requested by Common Access Card holders with a .mil e-mail address. The scheduler is on the Lackland Intranet, identified as CAC Web Scheduler. The MPF ID Customer Service Office will also be open from 8 a.m. to noon on the second Saturday of each month beginning in July.

THE AIR UNIVERSITY ASSOCIATE-TO-BACCALAUREATE

The AU-ABC is an initiative between the Air Force and civilian higher education institutions to offer baccalaureate degree opportunities to every Air Force enlisted member, including Reserve. The program directs Airmen with Associate in Applied Science degrees to a collection of accredited "military friendly" colleges and

university to consider when completing a four-year degree. AU-ABC degree programs are linked to one or more AF-relevant degree programs currently offered by CCAF. Select institutions will accept **all 64 CCAF** credits in transfer. Students must complete no more than 60 credits from the specific institution to be awarded a Bachelor's Degree. See attached handout for further details. Students can apply on-line through the Air Force Virtual Education Center via the Air Force Portal. For more information go to the Portal or contact the Wing Education and Training office at 925-4922.

Check Your Mask

If you've ever thought, "I don't have to inspect this thing before I wear it because the inspection date on the card is still within the allowable time," about your chemical protective mask, turn this card over for one good reason to check your mask over very well - EVERY TIME.

The lucky owner of this mask actually did check first. Just think if he were to take it to an Operational Readiness Exercise and do everything in his power to get that mask on fast.....



All Photos by Florida State University Air Force ROTC Cadet Kimberly Wicker

The 4th Annual 433rd Airlift Wing Folklife Festival took the Alamo Wing from India to Hawaii via Europe during one lunch period. The annual festival mirrors activities in downtown San Antonio celebrating the cultural diversity found around the Alamo

Photo Illustration by Staff Sgt. Bethaney Watson

