

The Flying Badger

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photo by Capt. Keith Leistekow

Firefighters from the 440th Civil Engineering Squadron hone their aircraft firefighting skills during the squadron's bivoauc exercise held Saturday night of the April UTA.

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440th Airlift Wing has zero tolerance for sexual harassment and sexual assault

by Col. Merle D. Hart
440th Airlift Wing Commander

Sexual harassment and assault. These are serious subjects with serious consequences for all involved. Since becoming your wing commander, I attended several conferences that devoted significant time to these two subjects.

Everyone needs to know that I will not tolerate any form of harassment and will prosecute to the maximum extent of the law any assault. There is no room in our Air Force for anything like this.

Sexual harassment, in any form, is against the law and violates Air Force standards. The 440th policy on sexual harassment is clear and concise: ZERO TOLERANCE.

This is a widely publicized policy of the secretary of Defense, the secretary of the Air Force, and the chief of staff of the Air Force, and I fully support this position.

Zero tolerance means if an allegation of sexual harassment is confirmed, the violator will be dealt with swiftly, fairly and consistently.

One thing that seems to be a common contributor for most assaults or harassment is alcohol. Alcohol can end your career and put you in a new, not so comfortable home if not controlled. Several things you need to know. Most assaults

and harassment are made against women. Most victims know their attackers. Most are not reported.

Try never to be in a position where bad things can happen. Think about where you are going and who you are going with. When TDY in unfamiliar places always use the buddy system when you are out and about. Never go alone and never leave someone out by themselves. Stick together, stay in control, and watch out for your friends; especially when they may become unable to protect themselves. If you sense something is wrong, act.

If anyone becomes a victim or was a victim, the pain and anguish, and the circumstances of what happened may cause shame and keep them from coming forward. The fact is that no one has a right to violate you. **Victims and witnesses of sexual harassment are encouraged to report all incidents to their chain of command.**

All complaints will be thoroughly investigated, and immediate corrective action will be taken if incidents are substantiated.

A confidential report may be the only light that shines on the perpetrator and may be the only key in preventing any future crimes by that individual. When you come here to do your duty I want you to be fully focused on the mission and the tasks at hand. Everyone needs to



Col. Merle D. Hart
440th Airlift Wing Commander

relax and feel free from distractions. **Air Force leadership has directed that we provide a workplace free of sexual harassment for all military members and their families and civilian employees.**

Commanders and supervisors at every level of command must actively discourage sexual harassment in their workplace and encourage victims to come forward by providing an environment free from retaliation. I expect everyone to uphold these practices when addressing complaints or incidents involving allegations of sexual harassment.

Let us all work together to better each other, our wing and our Air Force.

Living wills: legal assistance offered on base

by Lt.Col. Kevin Shomin

The recent legal and legislative battles over the fate of Terry Schiavo force us to ask ourselves some tough questions. What would you want if that were you? Does your family know? Who would decide? What can you do to make your wishes known – and more importantly – enforced?

If you have these questions or concerns, contact the base legal office. We can help answer your

questions and draft the documents you need to reflect your choices on the removal or extension of life support.

A living will is not part of your last will and testament. It is a separate document, also referred to as an advance medical directive or declaration. This document states that if you are diagnosed with a terminal, incurable condition, you are authorizing physicians to remove life support. The conditions that trigger

the living will and the extent of the medical care to be withdrawn vary significantly from state to state.

A medical power of attorney authorization may authorize a person you designate to direct the course of your care, and may include guidance on how to decide when to terminate life support measures. The legal office can help prepare these documents and answer questions you may have about them. For more information, call 482-5225.

SC commander supports war on terrorism in Kabul, reaches out to local Afghans

by Maj. Ann Peru Knabe

“Stunning beauty!” said Air Force Reservist Capt. Scott Jones when asked to describe the Afghanistan landscape. “But Kabul is far from a desert like most assume. It’s 6,000 ft. above sea level, and it was a very cold winter with plenty of snow.”

But its the people that Captain Jones remembers most. The 440th Airlift Wing Communications Squadron commander spent the last four months taking part in an Air Expeditionary Force tasking in Afghanistan. Working as the aide-de-camp and executive assistant for the Combined Forces Command - Afghanistan Commander Lt. Gen. David W. Barno, Captain Jones also served as a liaison between American Ambassador Zalmay Khalilzad’s office and the senior embassy management.

On numerous occasions Captain Jones worked on humanitarian missions, reaching out to the Afghan refugees. The harsh winter’s snow was actually good for agriculture, but tough on the refugees. The captain helped distribute rice, dry goods, clothing, shoes and treats provided by the coalition and NATO.

“There is no question that all of Afghanistan is sincerely grateful that we cared enough to sacrifice and risk our lives for their future,” said Captain Jones. “We are unquestionably influencing the next generation of Afghanistan, and a whole new generation is witnessing our support.”

The officer said it was important to balance the mission with the Afghan’s culture, customs and peaceful religious ideology. “I felt the operation demonstrated the excellent balance of our country’s instruments of power, including diplomatic, informational, military and economic. You could see this in small ways, how the children in the street offered smiles and a big ‘thumbs-up’ as we passed.”

Captain Jones’ days were anything but routine. On one occasion, he was asked by the National Transportation Safety Board to serve on a search and recovery team for the February KAM airline crash. (KAM Air is Afghanistan’s first post-Taliban private airline.)

The plane crashed into Mount Chaperi in the Hindukush Mountain Range about 20 miles east of Kabul, and 104 people lost their lives in the accident.

As part of the team, Captain Jones was transported to the site via UH-60 Blackhawk

helicopter. The crash was on the peak of an 11,000 foot mountain in heavy snow.

The search and recovery team spent five hours searching for the planes black box, an instrument that would lead to clues for the cause of the crash. “Unfortunately, we never located the box,” said the captain. “But I was proud to have the chance to work with the Afghan National Army (ANA) on the recovery of two accident victims.”

Captain Jones climbed down 150 feet down the side of the mountain with the ANA officials, and pulled two victims up to the mountain’s top after they recovered the bodies.

Captain Jones’ AEF tour was far from safe. “Although Kabul is considered a combat zone, I was very conscious of the fact that our threats

were not as dangerous as those down range,” he said.

Early in Captain Jones’ deployment there were infrequent bombings, sniper incidents, car-jackings, suicide bombers and rocket attacks. Everyday had its security threats, and coalition team felt most vulnerable when driving convoys between Bagram and Kabul. Captain Jones said he felt safest traveling with General Barno and his staff.

“It was still a dangerous location, and we would never let our guard down,” said the captain. Despite the dangerous duty, Captain Jones feel the coalition’s work is worth our nation’s efforts.

“Through action, the Afghan people know we represent freedom and a better, safer way of life,” he said.



photo by Senior Airman Catharine Schmidt

Capt. Scott Jones poses for a photos with two Afghan girls from families he helped in Afghanistan. “The girls’ innocent faces tell the story that they know we represent a kind and friendly nation,” said Jones. “They were happy we were there to help them during one of Kabul’s harshest winters in years.” Jones volunteered for several humanitarian missions while deployed.

440th Fire fighter earns AFRC civilian fire officer of the year award for 2004

by Liz Stoeckmann

James J. Kula, 440th Fire Department assistant chief of training, has been selected as the AFRC Civilian Fire Officer of the Year for 2004. He is one of three civilians and two reservists representing Air Force Reserve Command in the Department of Defense Fire and Emergency Services Award competition. This is the first time in the history of the 440th Fire Department that a fire officer has been nominated for such a high level award.

“It was an honor to be nominated, but even more of a surprise, and a bit humbling, to be selected,” said Mr. Kula. “You know the competition and talent within AFRC, and being selected is extremely exciting,” he said.

Mr. Kula was nominated and selected for fostering working relationships with communities near the airport and for increasing response efficiency within the 440th Fire Department. Specifically, he was commended for continually developing mutual aid fire protection programs with the communities of St. Francis, Cudahy, South Milwaukee and Oak Creek. He has also served as a role model for young adults through his involvement with the Boy Scouts and programs for disadvantaged children.

Additionally, he was lauded for continually implementing and administering programs that benefit the Fire Department. Mr. Kula created a confined space training facility that provides fire fighters a safe and realistic training environment. He has also designed a respiratory protection program. Also, Mr. Kula has constructed a self-contained breathing apparatus search trainer to enhance the training of fire fighters. To improve new employee training, Mr. Kula created an orientation training booklet. With the help and approval of a local medical director, he increased emergency medical technicians scope of training to equip them with advanced skills. Additionally, Mr. Kula implemented a change in the administration of the drug epinephrine by suggesting auto-injectors be replaced by epinephrine syringes.

“It gives you a sense of pride when AFRC requests to review your policies and programs so other units can emulate them,” said Mr. Kula.

When he is not implementing policy and programs for the 440th Fire Department, he’s representing the department in a leadership role. Mr. Kula has served as an advisor to the Presidential advance team, to Wisconsin state services



photo by JoAnn Lindner

Left: James Kula, 440th Fire Department Assistant Chief of Training, was commended for continually developing mutual aid fire protection programs with the communities of St. Francis, Cudahy, South Milwaukee and Oak Creek.

and local 440th training programs. Specifically, he is a member of the 440th exercise evaluation team, force protection information group, and confined space program team. Mr. Kula also serves as the 440th Fire Department’s infection control officer, occupational safety and health officer, and industrial hygiene officer. He serves on various other departments, local and state committees. Most importantly, he commands the fire department in the absence of the Fire Department chief.

Each military service selects an award recipient for this program, however, only one represents the reserve components. Brian L. Megonigle, 440th Fire Department chief, said, “It was my honor to nominate Mr. Kula for this award. He exceeds the standards of a qualified fire fighter officer. His experience and knowledge are invaluable to not only the 440th, but also to the local community that supports its military.

The award will be presented Aug. 14 at a DOD conference in Denver. AFRC will provide a luncheon to honor the DOD winners.

34th aerial porter is one of the first reservists to graduate from Air Force "rigger" course

by Capt. Keith Leistekow

The first people to graduate from the Air Force's Fabrication of Aerial Delivery Loads (riggers) course at Pope AFB, N.C., on March 7 included Senior Airman Reyes Briseno, 34th Aerial Port Squadron (APS), and 14 other Air Force members. Airman Briseno not only became a fully-qualified rigger just like his dad, Technical Sgt. Jesse Briseno (Retired Air Force), he made a little bit of history as one of the two Air Force reservists who attended and graduated with the inaugural rigger course.

"The (U.S.) Army had always trained the Air Force up until about three years ago," said Mr. Briseno. "I can recall the Army coming to Milwaukee and training us right here at the base back in 1986."

The Air Force has recently experienced a shortage of qualified riggers and in turn, made the decision to develop and create its own training course, said Master Sgt. Gary Wagner, 34th Aerial Port Squadron. The course is two weeks long and its instructors are all fully certified, active duty riggers. "The aerial delivery riggers play a huge part in aircrew training . . . I was a loadmaster for



16 years and without their support rigging the drop platforms at home station and recovering the dropped loads at Fort McCoy AAF, we would not have met our basic requirements for tactical airlift," Sergeant Wagner said.

"Until I attended the course, I was only serving as an assistant to our (34 APS) squadron's qualified aerial delivery riggers," said Airman Briseno. "This course afforded me the chance to receive concentrated training in all aspects of air delivery with strict adherence to all related technical orders."

The school was a success because of its in-depth, formal training, learning alongside other fellow Air Force riggers (active duty and reserve) and the hands-on course curriculum, said Airman Briseno.

Aerial port riggers play a vital role in getting and keeping the wing's aircrews qualified to perform timely and accurate airdrops during real world operations, said Mr. Briseno.

"'Check rides' for loadmasters and qualifications (primarily for aircrew navigators) could not be completed without properly prepared 'rigs'," said Master Sgt. Mark Skarban, 95th Airlift Squadron loadmaster. The wing's aircrews typically train for airdrops two weeks per month, said Sergeant Skarban.

"The amount of simulated weight and the proper number and type of parachutes to support that weight dictate how and in what configuration training rigs are to built," said Airman Briseno. "Properly prepared rigs are good for up to three years before they become what is termed 'stale' and can no longer be used without being re-rigged."

Like father, like son. Airman Briseno became



photo by Capt. Keith Leistekow

Father and son, Senior Airman Reyes Briseno (left) and Technical Sgt. Jesse Briseno (Ret. Air Force), stand in front of palletized loads in the 34th Aerial Port Squadron staging bay.

an Air Force Reservist and 440th Airlift Wing member much to his dad's surprise in October, 2002. With a little "convincing" from dad, the son quickly made the decision to join the 34th APS, follow in his dad's footsteps, and become the rigger he is today.

440th Airlift Wing members receive AFRC and Richard I. Bong Awards

Staff Sergeant. Harry K. Almas was recently selected as the 440th Airlift Wing's Air Force Sergeants Association (AFSA) NCO of the Year for 2004. This award was designed to recognize and acknowledge a non-commissioned officer who has demonstrated outstanding leadership and professionalism through their contributions to the unit and also to the community. Sergeant Almas was nominated by his supervisor and unit commander based on outstanding job knowledge and performance, initiative, enthusiasm and loyalty.

Senior Airman John Sundara was selected as

the recipient of the 440th Airlift Wing's AFSA First Term Airman of the Year for 2004. Airman Sundara was nominated by his supervisor and unit commander for his outstanding traits of leadership and professionalism through his contributions to the unit, the 440th and the community and also for his outstanding job knowledge and performance, initiative, enthusiasm and loyalty.

Senior Master Sgt. Bonnie P. Fruedinger is the recipient of the 440th Airlift Wing's 2005 Richard I. Bong Memorial Award. This award is named after the Wisconsin native who became

the U.S. Ace of Aces in World War II and lost his life in an air crash while serving as an Air Force test pilot after the war. The Bong Award recognizes people within Wisconsin who have demonstrated outstanding leadership and professionalism through their contributions to their unit and the community. The Milwaukee Armed Services Committee will present the awards at the Milwaukee County War Memorial will present the awards on May 16.

Strike up the band!

Air Force Reserve Band to perform in Milwaukee and Green Bay

by Ann Skarban

The cities of Milwaukee and Green Bay will be the target of the United States Air Force Reserve Band's Strike Package during Armed Forces Week, May 15-20.

The concert series, sponsored by the 440th Airlift Wing will include a number of performances in the local area for public audiences, schools and local businesses. The performances will be held throughout the week of May 15 with a grand finale concert, featuring the 43 member concert band, at South Milwaukee High School on Friday May 20. This concert is their largest performance and is free and open to the public.

Tech. Sgt. Jessica Welles, NCOIC of Public Affairs for the Band of the Air Force Reserve and a flute player described the band strike concept.

"The purpose of a band strike package is to raise awareness about the Air Force Reserve in communities and schools surrounding an Air

Force Reserve wing. Music is a universal language. We use music to tell the Air Force Reserve story."

The Band of the Reserve now has 33 venues scheduled around the Milwaukee and Green Bay areas during their five-day visit. The sixty member band has the ability to break down into seven independent performance groups which include a rock band, jazz band, woodwind and brass quintet. "This week of performances gives us plenty of opportunities to say thank you to the communities, employers and families who support the 440th Airlift Wing," said Sergeant Welles.

The Air Force Reserve Band is comprised of highly trained Air Force professionals. Although not required, a majority of the band members have at least a bachelor's degree in their chosen instrument and many hold a master's degree. All Air Force band members are part of the enlisted career field.

"We look forward to our visit to Milwaukee and Green Bay. We have media events, high school



AFRC Band photo

concerts and public performances. We hope to reach a wide-range of local citizens and spread the word about the Air Force Reserve and 440th Airlift Wing," said Sergeant Welles.

A listing of public concerts is below. Contact the 440th Airlift Wing Office of Public Affairs at (414) 482-5481 for more information on the upcoming band concert series. Information on the band can be found at <http://www.afrc.af.mil/hq/band/>

Monday, 2 p.m. May 16 – Brass Quintet at Gen. Mitchell Intl. Airport Main Concourse

Tuesday, 11 a.m. May 17– Woodwind Quintet at Milwaukee City Hall

Tuesday, 7 p.m. May 17– Blue Notes at Oak Creek Community Center

Tuesday, 7 p.m. May 17– Reserve Generation at St. Norbert College, Green Bay

Tuesday, 7 p.m. May 17– Jazz Ensemble at Oconto Falls High School, Oconto Falls

Wednesday, 12 p.m. May 18– Brass Quintet at Milwaukee County Zoo (Flamingo Café)

Friday, 7 p.m. May 20– Concert Band at South Milwaukee High School



AFRC Band photo

Save the Date!

Commander's Concert

Wednesday May 18, 2005, 2 p.m.

Location to be determined

Performance for 440th reservists, employees and families!

Featuring the music of Reserve Generation, the rock band from the Band of the United States Air Force Reserve.

Contact Public Affairs at 414-482-5481 for more details!
Event is subject to cancellation. Base will be notified prior to event.

Seventy-nine 34th APS Reservists activated

Seventy-nine members of the 34th Aerial Port Squadron were called to active duty in early April to deploy for 12 months in support of the global war on terrorism.

The reservists left on Sunday, April 10 for Charleston AFB, S.C., to join their active duty counterparts at one of the busiest military airports in the world.

Aerial port personnel are trained to process passengers and cargo, load and unload aircraft, whether at a fixed location or in the field, from developed or bare bases in any environment. After a period in Charleston they will deploy to classified overseas locations to operate aerial

ports to meet the mission requirements of American troops engaged in operations against terrorism.

Members of the 34th APS regularly deploy to worldwide locations as part of their annual training requirements. This deployment is the largest in the history of the squadron which was formed 20 years ago and is now part of Air Mobility Command (AMC) for the Air Force. Most members of the 34th live and work in southeastern Wisconsin and northern Illinois. The unit motto is "Anything, Anytime, Anywhere."



photos by JoAnn Lindner

"I can't believe the support from ALL areas of the 440th. Every area has given 110 percent, which has made it easier for us to deploy."

-SMSgt. Ernest "Bud" Henderson, deploying troop commander



"This is why we wear the uniform. It is really a huge personal commitment. We have had many people step up and volunteer for positions. This is something that had made me VERY proud of this group of men and women!"

-Lt. Col. Joseph Rallo, deploying unit commander

"This is really an excellent group of people. We will just do what we have to do, and make the best of it!"

-SrA Jessica Palm, deploying cargo specialist

SrA Jessica Palm, deploying cargo specialist, makes her way through the deployment processing line on April 8.

Airman named top female athlete in basic

by Maj. Ann Peru Knabe

“Fit to fight” is an understatement in describing Airman Melissa Dirnbauer. The Sussex native and reservist boasts the title “Top Female Athlete” of her basic military training class – which is no small feat when one considers she surpassed all of the other women in the BMT graduating class of Feb. 11.

The 20-year-old reservist who goes by “Dirny” among her college friends, left the competition in the dust. Her personal fitness record at basic includes 97 crunches, 60 pushups and a 9 minute, 36 second mile-and-a-half run. Airman Dirnbauer also cranked-out six chin-ups in two minutes, but claims she didn’t push herself.

Her active lifestyle made basic training fitness requirements a cinch. A junior at the University of Wisconsin – Whitewater, Airman Dirnbauer plays on the school’s intercollegiate soccer team. During the off-season, she works out everyday.

“I run every day, and lift weights every other day,” she explained. “I especially like to run in the afternoon and at night.”

Airman Melissa Dirnbauer (left) lowers the training squadron guidon in salute during the basic training graduation parade. The 20-year-old UW-Whitewater student joined the 34th Aerial Port Squadron at the urging of her boyfriend, Senior Airman Cotey Jordan, and a former teacher who is also a reservist.

Airman Dirnbauer claims the benefits of exercise extend beyond physical fitness.

“Working out is a wonderful lifestyle — it keeps me going through the day,” she said. “You can relieve stress while running, and get everything off your mind while you’re exercising by

“Working out is a wonderful lifestyle!”

~Airman Melissa Dirnbauer

processing your thoughts.”

The 34th Aerial Port Squadron member also thinks working out helps her mental agility, allowing her to focus on her academics. A mathematics education major, Airman Dirnbauer has made UWW’s honor role several times. She plans on returning to her undergraduate studies and the university soccer team in August after completing Air Force technical school.



Airman Melissa Dirnbauer flashes a grin in her basic training photo. She ran her fitness run in 9 minutes, 36 seconds.



photos submitted by Sen. Airman Cotey Jordan

Security Forces leading the way for the wing

fitness motto is "No one left behind!"

by Maj. Ann Peru Knabe



photos by Senior Airman Chris Hibben

Top: Security Forces members perform 4-count side-straddle-hops during the April UTA.

"Left... Left Left, Right, left, right, left..."

The sing-song cadence bellows from Master Sgt. Dewain Milbach, as a group of 10 security forces reservists run past the headquarters building in two lines.

The cops are at it again - setting the standard for the rest of the wing - as they train for their annual fitness test.

"Our unit always wants to stay ahead of the power curve," said Maj. Tim Martz, security forces officer. "We started running six months ago, kept it up all winter, and now do it several times a week."

Sergeant Milbach, who works as a SWAT officer as a civilian, took the lead in organizing the unit's new fitness program. The plan is simple: offer several runs on the UTA, integrate stretching, strength and agility into the warm-up session.

During the April UTA, a dozen reservists started their exercises around 12:45, beginning with Russian crunches, 4-count push-ups, a dozen "inch-worms" and 4-count side-straddle-hops (known to many children across the United States as jumping-jacks). After 15 minutes of warm-up exercises focusing on the body's core, the reservists hit the pavement, and run a little more than two miles.

The security forces program is designed for all levels of fitness.

Despite the varying running speeds and strides, the reservists stick together. "No one's left behind," explains Sergeant Milbach. "If we have slower runners, we stick with them, and use jungle runs to challenge the faster ones."

The security forces reservists discovered the UTA fitness program has increased morale and fitness levels.

"Personally, I've cut two minutes off my run since I started running with

the group," said Senior Airman Bryan Boula. As a power-lifter, the security forces specialist has a great deal of upper body strength and muscle, but needed to improve his aerobic endurance in the run.

The squadron's goal is to have the best physically-conditioned squadron by summer, so their cadence calls will continue to ring out a number of times every UTA.



Left: Master Sgt. Demaine Milbach performs abdominal crunches, along with other members of Security Forces, while training during the April UTA.

Family Support Office has information for parents

Parents know their children better than anyone else. Sometimes, questions arise about growth rates or skills development. If something “just seems wrong” parents might want to consider the possibility of a learning disability and seek an evaluation.

The Federal Individuals with Disabilities Education Act (IDEA), requires all states to fully educate children with disabilities. Part C of IDEA, the Early Intervention Program for Infants and Toddlers with Disabilities, applies to children who need services from birth until their third birthdays. Early intervention services are for infants and toddlers that are meant to identify and treat — as soon as possible — a developmental problem or delay related to learning. The delay can be in one or more of areas like physical developments like vision and hearing, cognitive development, communication and social or emotional

development.

Evaluations and early intervention services may be provided by a combination of psychologists, early intervention specialists and occupational and physical therapists.

If a child is eligible for services, most of them will be provided at no cost. Depending on the state, parents may have to pay for some services, while others may be covered by private health insurance or Medicaid.

Every child with a disability also has the right to a free and appropriate public education. “Appropriate” means that your child’s educational plan must suit his or her unique needs. All public schools are required to provide certain kinds of help for children with disabilities. In addition, parents have other rights that relate to particular areas of their child’s education, such as formal evaluation and school records.

To find a program call the local public school system and ask for the early childhood specialist. Information is also available at www.nichcy.org, the Web site of the National Information Center for Children and Youth with , or call NICHCY at 800-695-0285.

For more information go to www.airforceonesource.com and enter **user id:** airforce and **password:** ready. Then click on the Disability link on the left side navigation bar. Find the Family Resources bullet, click on Special Needs for School-aged Children and scroll down to booklets. Click “Add to Order” and follow prompts for shipping information.

Reprinted from: Family Education, LD and Your child: An Age-by-Age Guide, March 2005
Air Force One Source: Raising a Child with a Disability: Your Rights and Responsibilities, Air Force One Source, March 2005



photo submitted by Tech. Sgt. Joan Tamboli

440th members, (from left) 2nd Lt. Jaran Meinzen-Derr, 2nd Lt. Wynn Pfeiffer, 1st Lt. Brian McReynolds and Tech. Sgt. Joan Tamboli, visited Mrs. Barr’s 5th grade class at County Line School in Germantown, on March 24 to talk to the students. The students spent the day learning about the 440th, its mission and other aspects of the Air Force. Tamboli’s son Kyle, is a student in the class.

440th JAG staff earns AFRC awards

by **Melissa Kimball**

Maj. Jeremy Weber, active duty staff judge advocate for the 440th, was recently named as the winner of the Air Force Reserve Command Albert M. Kuhfield Award, which is given to the top judge advocate in the Air Force Reserve.

Major Weber has been a member of the 440th since July 2003. After learning of his achievement, Major Weber said, "I was really pleased about the award, and also extremely happy for Pat. She has worked here for a long time, so it is nice that she could be recognized."

Major Weber credits his award to the work that is done by Patricia Myles every day. "She makes it possible for our staff to do as well as we can." He continued, "A lot of what I was recognized for was made possible by the work that Pat does on a daily basis."

Patricia Myles, legal assistant at the 440th, has worked at the 440th since July 1993, and also received top AFRC honors for her work at the 440th.

She is the recipient of the Harold A. Vague award, which recognizes the top legal services civilian of the year.

When asked about her award, Ms. Myles said, "I am very happy...excited...blessed to be recognized by my supervisor."

Patricia Myles (left) and Maj. Jeremy Weber, 440 AW/JA, were recently named AFRC award winners.

photo by JoAnn Lindner



Reservists and civilians on edge as BRAC deadline approaches

The Secretary of Defense, Donald Rumsfeld, is supposed to forward the Department of Defense's recommendations for base closure and realignment (BRAC) to the independent BRAC commission on May 16 and release the list to the public as well. The commission has eight members: James H. Bilbray of Nevada, Philip Coyle of California, Admiral Harold W. Gehman, Jr., USN (Ret.) of Virginia, James V. Hansen of Utah, General James T. Hill, USA (Ret.) of Florida., General Lloyd W. "Fig" Newton, USAF (Ret.) of Connecticut, Samuel Knox Skinner of Illinois, and Brigadier General Sue Ellen Turner, USAF (Ret.) of Texas.

The commission has the authority to change the Department's recommendations, if it determines that a recommendation deviated from the force structure plan or selection criteria. The commission will hold regional meetings to solicit public input prior to making its recommendations. The commission must forward its report to the President by Sept. 8, 2005 for review and approval.

The President will accept or reject the recommendations on an all or nothing basis and forward the recommendations to Congress by Sept. 23. Congress has 45 legislative days to act on the commission report on an all-or-none basis. After that time, the commission's realignment and closure recommendations become law. Implementation must start within two years, and actions must be complete within six years.

President George W. Bush announced the nomination of the eight members of the commission on March 15. Former Congressman James H. Bilbray was a member of the Foreign Affairs, Armed Services and Intelligence Committees. He served in the U.S. Army Reserve from 1955 to 1963. Philip Coyle is a senior advisor to the Center for Defense Information. He served as assistant secretary of Defense and director of operational test and evaluation at the Department of Defense. Admiral Harold W. Gehman, Jr., USN (Ret.) served on active duty in the U.S. Navy for more than 35 years. His last assignment was as NATO's supreme allied

commander, Atlantic and as the commander in chief of the U.S. Joint Forces Command. Former Congressman Hansen was a member of the Armed Services Committee. He served in the U.S. Navy from 1951 to 1955. General James T. Hill, USA (Ret.) served in the U.S. Army for 36 years. His last assignment was as combatant commander of the U.S. Southern Command. General Lloyd W. "Fig" Newton, USAF (Ret.) was the the commander of Air Education and Training Command and served in the U.S. Air Force for 36 years. Samuel Knox Skinner served as chief of staff and as secretary of transportation for President George H. W. Bush. He served in the U.S. Army Reserve from 1960 to 1968. Brigadier General Sue Ellen Turner, USAF (Ret.) is a member of the American Battle Monuments Commission. She served in the U.S. Air Force for 30 years, most recently as the director of nursing services in the Office of the Air Force Surgeon General at Bolling Air Force Base, Md.

NEWS & NOTES

Awards & Decorations

AFRC First Term Airman
SrA John Sundara

AFRC NCO of the Year
SSgt. Harry Almas

Richard I. Bong Memorial Award
SMSgt. Bonnie P. Fruedinger

AFRC Active Duty Staff Judge Advocate
Maj. Jeremy Weber

AFRC Civilian Legal Assistant of the Year
Patricia Myles

AFRC Civilian Fire Officer of the Year
James J. Kula

Promotions

Col. Richard Fischer	440 MDS
Maj. Chris Brennan	95 AS
Maj. Erika Cashin	440 MXG
Maj. Jeffrey Dasher	95 AS
Maj. Anthony Guehlstorf	95 AS
Maj. Gary Hopkins	440 MDS
Maj. Todd Moore	440 OSF
Maj. Deiter Presser	440 AW
Maj. Andrew Schliesman	440 AW
SMSgt. Keith Heapes	440 MSF
SMSgt. Sandra Tank	440CES
SMSgt. Jeffrey Roeder	440 SFS
SMSgt. Michael Witcheck	440 MXS
MSgt. Dale Allen	440 MXS
MSgt. Craig Ardagh	440 MSG
MSgt. Jeffrey Hiltgen	95 AS
MSgt. Joseph Jalove	440 CES
MSgt. Dennis Jones	34 APS
MSgt. Thomas Rice	440 MXS
MSgt. Jeffrey Venus	440 CES
TSgt. Brian Balsewicz	34 APS
TSgt. Richard Brockmann	440 CES
TSgt. Felita Calvin	440SVF
TSgt. Brad Gardebrecht	440 AMXS
TSgt. Dennis Gerard	34 APS
TSgt. Kristen Roesler	440 MDS
SSgt. David Cefalu	440 MXS
SSgt. Jason Guldán	440MXS
SSgt. Jason Lambert	34 APS
SSgt. Keith Leach	440 LRS
SSgt. Rusty Lison	440 LRS
SSgt. Rocio Resendiz	440 SVF
SSgt. James Schneider	440 SFS
SSgt. Daniel Smith	440 MXS
SrA Ryan Chapman	34 APS
SrA Adam Craft	440 CEF
SrA Benjamin Doss	440 MXS
SrA Joshua Dupleiss	440 MXS
SrA Steven Fortune	440 SFS
SrA Michael Glenn	34 APS
SrA Darren Reid	34 APS
SrA Shannon Savage	440 MDS
SrA Dustin Strehkow	440 MDS
A1C Jovan Hahm	440 MDS
A1C Cheryl Melchert	440 LRS
A1C Stephen Nehls	440 MSF
Amn Daniel St. Pierre	440 CF

Retirements

MSgt. Jon G. Miller	440 MDS
TSgt. Robert D. Tedesco	440 SFS
SSgt. Timothy J. Doyle	34 APS

Newcomers

Maj. Rick E. Jellison, 440 AW
SSgt. Jesse E. Henschel, 440 CES
SrA Grant L. Sackett, 95 AS
SrA Robert Stanish, 440 MOF
A1C Matthew M. Palumbo, 440 CES
A1C Allyn N. Yanke, 440 SFS
Amn Jesus Sanchez, 440 SFS
AB Dontrell Grandberry, 440 SVF

Running Badgers invite you to run two miles on Saturdays of UTA

The Running Badgers of the wing headquarters staff invite all reservists to take part in a short run at 11 a.m. on Saturdays of the UTA. No reservations required. Meet at the flagpole in front of the headquarters building. The 2-mile run is designed for all fitness levels. For more information, call Chaplain Capt. Derek Wolter at 482-5225.

Generations of Honor: wing members, retirees and friends invited to May 1 Veterans event in Heritage Hall

440th Airlift Wing reservists, civilians, family and friends are invited to *Generations of Honor* at 1:30 p.m. on Sunday, May 1, at Heritage Hall in building 102. Veterans from World War II, the Korea War, the Vietnam conflict, and Operation Iraqi Freedom will discuss their defining moments serving our country.

Guests who don't have a military identification card should RSVP by April 30 by calling the 440th Airlift Wing Office of Public Affairs at 414-482-5482.

Spouse of the Year nominations sought

If you have a spouse who has shown a lot of support, or know friends who have shown a lot of support, nominate them for the Spouse of the Year or Trooper of the Year award given by Family Support. The award will be decided by an in-person interview.

Contact Family Support for a 15-minute interview in which you can share the following information about your nominee: describe how your nominee supports your military career; tell about the nominee's community, school, military, professional or volunteer services.

Interviews will take place on the May and June UTAs. For more information, contact Family Support at 482-5424.

Breakfast hours extended on UTA

Because of the varying sign-in times associated with the main gate construction, Sijan Dining Hall has extended its hours to include a continental breakfast option from 7:30-8:30 a.m. on UTAs.

Blood drive scheduled for July UTA

The wing's semi-annual blood drive is seeking volunteers to sign up for the July 16 blood drive.

Due to the large number of deployed reservists, it has been challenging for the wing to meet – and exceed – its quota for donations.

Travel to certain locations can eliminate a donor's ability to donate – sometimes for a year, others permanently – so it makes it that much more important for those who can donate to do so.

Reservists, family members and retirees are all encouraged to donate blood on Saturday July 16. For more information, contact Mary Savarino at (414) 482-5482. For questions regarding eligibility, e-mail The Blood Center of Southeastern Wisconsin at donorservices@bcsew.edu.

Opportunity for reservists to take part in VA historical event

The Department of Veterans Affairs Medical Center in Milwaukee invites 440th members and units to take part in 2005's Reclaiming our Heritage veterans celebration.

The event takes place June 4 -5, at the VA grounds, 5000 W. National Avenue.

For more information on working security, military programs and booths, reservists must first coordinate with their squadron commander and then contact Laura Rinaldi at 414-460-6554.

Reservists invited to town hall meeting

The Principle Deputy Assistant Secretary of Defense for Reserve Affairs invites all 440th Reservists to a "town hall" meeting at 10 a.m. on Monday, May 16 in Heritage Hall, building 102. Mr. Duehring is seeking feedback from the field to bring improvements to the military reserve components.

It's not the new PT uniform

The Army and Air Force Exchange Service Web site is advertising Air Force PT uniforms. Air Force officials are cautioning members to be careful before they buy from the Web site and are also asking commanders to ensure that none of their troops order the "PT uniform" from the AAFES Web site.

The AAFES clothing is not the new uniform, but rather, is PT gear with the Air Force logo.

TRICARE points of Contact

The 440th Airlift Wing's TRICARE points of contact are Maj. Tom Collins (482-5279) and Master Sgt. Dan Skopp (482-5251). Reservists with questions about TRICARE procedures should contact these two representatives.

New health plan extends care for activated reservists

WASHINGTON – Health care for reservists gets a booster shot April 25. That's when a premium-based health care plan starts for those activated for a contingency anytime since 9/11.

Department of Defense officials announced Tricare Reserve Select at a Pentagon news conference March 24.

"We are committed to providing the proper combination of compensation and benefits that will allow us to attract and retain the world's best fighting force," said Charles Abell, principal deputy undersecretary of defense for personnel and readiness.

TRS offers a bridge for reservists entering or leaving active duty who are not covered by a civilian employer or other health insurance plan. It's similar to Tricare Standard and comparable

to the Blue Cross and Blue Shield plan for federal employees.

Monthly premiums for a reservist are \$75. A reservist and family pays \$233. Premiums will be adjusted annually.

Air Force reservists must serve on active duty for 90 consecutive days or more on or after Sept. 11, 2001, in support of a contingency. And, they must enter an agreement with Air Force Reserve Command to serve in the Selected Reserve for one or more years before leaving active duty. If they got off active duty, they have until Oct. 28 to apply.

Reservists earn one year of care for every 90 days of continuous active-duty service and every year of service commitment. For example, reservists with 360 days of qualifying active duty

can get four years of coverage if they sign up for four years in the Selected Reserve.

Coverage ends when the service agreement ends. It stops sooner if the reservist separates from the Selected Reserve, voluntarily withdraws from the program or fails to pay the monthly premiums.

The Tricare Web site – www.tricare.osd.mil/reserve/reserveselect – will have more details. To get updates by e-mail, reservists and their families can subscribe to www.tricare.osd.mil/tricaresubscriptions/.

For those enrolled in the Transitional Assistance Management Program, coverage will start the day after TAMP ends. (AFRC News Service)

440th becomes a member of SECUB

The 440th Airlift Wing is a new member of the Southeastern Chambers United in Business (SECUB), the combined chambers of commerce for the cities of Oak Creek and Franklin and other businesses in Southeastern Wisconsin. Wing membership in SECUB allows 440th reservists and employees to take advantage of the same discounts and benefits that the employees of other SECUB member companies get.

The 440th Airlift Wing does not endorse any business or private organization in the SECUB, or any of the products or services offered by such businesses or organizations, but is making this information available to wing members.

To find out more about the benefits SECUB is offering, visit their website at www.secub.net. To take advantage of the discounts, Wing members should identify themselves as a 440th employee and a SECUB member at participating businesses.

Reservists and 440th employees who would like additional information regarding member discounts, please contact the Wing Office of Public Affairs at (414) 482-5481.

Base case lot sale to take place May 21

The General Mitchell Air Reserve Station Base Exchange will have a case lot sale from 8 a.m. - 4 p.m., Saturday, May 21. The Great Lakes Commissary will be bringing in truck loads of products for the one-day sale and the BX will also have sales on items not usually sold in commissaries like electronics, large and small appliances and tires. Product information will be available in mid-April and will be posted on e-mails, flyers and newsletters. For more information call the exchange at (414) 482-5291, or 744-8028 or e-mail barnest@aafes.com.

AFAF campaign underway

Members of the 440th Airlift Wing will be able to donate money to the Air Force Assistance Fund (AFAF) campaign during the May UTA. The wing has set a goal of raising almost \$1,400; one dollar for each assigned member. So far, \$773 has been donated. Donation boxes have been placed in each squadron and are monitored by the unit first sergeant. Cash or check donations (made out to the Air Force Assistance Fund) will be accepted until close of business on May 1.

AFAF supports reservists, active duty, retirees and their dependents including surviving spouses. Reservists are eligible for Air Force Aid Society after a period of activation and when away from home station on extended active duty for 15 days or more. Retired AFR members and their families receive the same benefits as other AF retirees and may use the retirement communities.

Last year AFAF provided \$113,274 in direct assistance to Air Force Reserve members. Most of that total - \$79,763 - covered emergency assistance. Another \$4,500 went to education grants and spouse tuition assistance, and \$29,011 helped community enhancement programs such as phone cards for deployed members and baby items for new and expectant parents.

The campaign raises funds for four charities - the Air Force Aid Society, the Air Force Enlisted Village Foundation, the Air Force Village Foundation, and the General and Mrs. Curtis E. LeMay Foundation.

Honoring the troops

The Brewers announced a new promotion, "Stars and Stripes Sundays," designed to pay tribute to men and women serving in the United States Armed Forces.

The Brewers will offer two free terrace level tickets to all Sunday home games at Miller Park to active and retired military personnel. Those eligible should bring a valid military ID to ticket windows 7-12 on the day of the game, with seating based on availability.

Call the Brewers Ticket office at (414) 902-4000 or 800-933-7890.

Flexibility is the key to force development in Air Force Reserve

by Tech. Sgt. Jason Tudor
Citizen Airman magazine

ROBINS AIR FORCE BASE, Ga. – Force development for members of the Air Force Reserve will be tailored to meet the needs of Citizen Airmen and be flexible enough to satisfy the career goals of reservists of all shapes and sizes, according to the officer overseeing the program.

Maj. Dean Hicks, force development point person for the Air Force Reserve at the Pentagon, said no one will lose sight of the “unique needs” of Reserve officers, enlisted troops and civilians.

“The vision for Reserve force development – as an element of Total Force development – is to create a Reserve force that is responsive to overall Air Force requirements and can be managed as an integral part of the Total Force,” Major Hicks said. “In doing so, we cannot lose sight of the fact that we are predominantly a part-time force and must respect the fact that we share our reservists with their civilian employers and their families. The challenge is finding a way to deliberately develop our people while still respecting their time and volunteerism.”

“Force development” is the term coined by senior leaders when discussing how the Air Force trains, educates and assigns its Airmen. It includes changes to developmental education and the assignment process. Force development stems from direction given by Air Force Chief of Staff Gen. John P. Jumper in November 2002.

Much of the force development “foundation” comes from the Air Force Strategic Personnel Plan. It’s also based on the recently published Air Force Doctrine Document 1-1, Leadership

and Force Development. Lt. Gen. John A. Bradley, Air Force Reserve Command commander, emphasized the importance of the doctrine document in a recent message.

“It lays the foundation for how we deliberately develop the force,” he said. “We have taken its tenets to heart. ...”

In the 18-page document called “Force Development (Reserve Officer) Concept of Operations,” senior leaders pinpointed what’s needed during this transformation.

“(The goal is) translating desired mission effects into capabilities and determining the human competencies needed to satisfy them,” the document said.

Force development, Major Hicks said, will help ensure Reserve officers – be they at the tactical, operational or strategic level of the fight – “will have the requisite occupational and leadership competencies to excel.”

Force development affects each functional area. Similar to the active-duty force, the Reserve formed an integrated process team almost two years ago to look at functional areas across the board. The Reserve organized the team around the various reservist categories – Active Guard and Reserve, individual mobilization augmentee, traditional reservist and air reserve technician. The team met four times with the most recent meeting taking place in February.

Officers have already seen two changes, both in the area of selection for developmental education courses. In a change occurring in 2004, personnel records were also updated to reflect reduced emphasis on secondary degrees.

Much of the early process focused on revamping the career paths of about 16,000 officers, but the command’s top chief master

sergeant said the same transformation is beginning for the 60,000-plus members of the enlisted force.

“The ultimate goal is to ensure the Air Force Reserve deliberately develops enlisted people to meet future needs,” said Chief Master Sgt. Jackson A. Winsett, AFRC command chief master sergeant.

Meanwhile, as the Reserve enlisted transformation begins, the chief said he has six priorities:

- * Proper utilization of the enlisted force.
- * Developing the enlisted force to assume greater responsibility.
- * Ensuring that families are priority one.
- * Continuing to foster the relationship between the Citizen Airman and the employer.
- * Recognition of the Reserve’s people.
- * Ensuring all enlisted people have a fair and equitable opportunity to succeed.

“Lots of folks – civilian and military – don’t realize there are 60,000 enlisted people in all categories – unit, IMA, AGR, ART and active duty – assigned to the command,” the chief said. “Those men and women are counting on us to make the right call and to ensure that the recommendation or decision is always fair and equitable.”

Chief Winsett met with the enlisted integrated process team March 17 and 18 in Washington, D.C. The outcome of the meeting was not readily available.

With change on the horizon, Major Hicks emphasized the need to tailor force development to the needs of Air Force reservists.

“The continuing goal in Reserve force development is deliberate and organized development tailored to meet AFR needs within the context and culture of the Citizen Airman program,” he said. (AFRC News Service)

Update on 2nd Lt. Patty Birschbach, 34 APS

A welcome, unexpected sight was on base during the April UTA. 2nd Lt Patty Birschbach, 34 APS, came to give well wishes to those leaving on deployment and attended the memorial service for Chief Master Sergeant Les Pfeffer. As reported in the February issue of the Flying Badger, Lieutenant Birschbach is battling Non-Hodgkin’s Lymphoma.

“My four months of chemo were completed in January and I just finished radiation at the end of March,” said Birschbach. “After chemo, a scan showed a good partial, if not complete response to treatment. My next scan cannot be done until early June, which will hopefully show remission.” Lieutenant Birschbach is now working at getting herself back into physical condition and catching up at her civilian job. “Never give up”, she said. “Dark days can turn bright in a hurry.”

New TRICARE Select Website set

New TRICARE Reserve Select (TRS) health plan materials have been added to the TRICARE Web site. New benefits information and training materials are added weekly.

The most recent additions include a TRS brochure and answers to the most frequently asked questions.

Reservists can read this information at <http://www.tricare.osd.mil/reserve/reserveselect/index.cfm>.

Colonel Laura Talbot receives award for second time

Col. Laura Talbot, commander of the 440th Medical Squadron, was recently named the winner of the Faye G. Abdellah Senior Researcher Award for the second year in a row. The award was earned at her civilian job with the Uniformed Services University of the Health Sciences.

Colonel Talbot was cited for her work with several grant submissions as well as her mentoring and expertise in teaching a proposal writing course work.

NEWS & NOTES

Summer is a season to exercise off-duty safety

by Lt. Gen. John A. Bradley
Commander of Air Force Reserve Command

WASHINGTON – “There are no second acts in American lives,” F. Scott Fitzgerald once wrote.

Memorial Day Weekend signals the start of summer, traditionally a time of fun and sun. During the 101 Critical Days of Summer, we sometimes try to do too much because of the extra sunlight.

Here are suggestions on how to keep healthy and safe this summer:

Alcohol consumption – Don’t drink and operate vehicles – automobiles, boats, jet skis, etc. If you drink, do it moderately and always appoint a designated driver.

Traveling – Be sober, vigilant and well-rested. Ensure everyone wears a seatbelt.

Watercraft – Know your craft and use personal floatation devices. Use caution when operating boats and jet skis, staying away from other boaters, swimmers and jet skiers.

Motorcycles and all-terrain vehicles – Don’t operate without proper training and personal protective equipment. Always remain vigilant and drive defensively.

Outdoor activities – Before and after athletic activity, take a short moderate-to-brisk walk to improve circulation rather than stretching, which experts say contributes to muscle strain. Know your limits and don’t overdo it. Avoid prolonged exposure to the sun, use sunscreens and drink plenty of water.

Swimming – Swim with a buddy in known waters and don’t drink.

In the past few years we’ve been made more aware of the need for diligent force protection. We need to apply this same kind of vigilance off duty during the 101 Critical Days of Summer.

Most mishaps involve one or more of the following factors: alcohol, fatigue, darkness, bad weather, poor judgment, inappropriate risk-taking. Let’s use common sense, plan ahead and be prepared.

An “it-will-never-happen-to-me” attitude is not a guarantee but rather a recipe for disaster. Take care of your family and of your Air Force Reserve family. Be alert and prevent incidents that could cause a lifetime of regrets.

Let’s all enjoy the months of summer, but let’s enjoy our off-duty time responsibly. (AFRC News Service)

Official Employer’s Day Application

Friday, July 15, 2005

(time will be determined by operational scheduling)

(Please type or print clearly – if it’s illegible-no invite)

Employer’s full name and title:
(please circle/highlight one) Mr. Mrs. Ms. Dr. Other: _____

Employer’s company/agency name: _____

Employer’s mailing address: _____

Employer’s daytime phone number: _____

Reservist’s name, rank, unit (office symbol): _____

Reservist’s daytime phone number: _____

Note: A schedule of events will be in the information mailed to you and your employer.

Day will include:

- Registration/refreshments
- Welcome by the wing commander
- Base tour and orientation flight in a C-130
- Lunch
- Optional tour of your (reservist) workplace

The flight is subject to cancellation for weather or operational reasons.

Note: This event is open ONLY to employers of 440th reservists.

Return this form by June 10 to:
440th AW/PA (rm. 111, bldg. 102)
300 E. College Ave.
General Mitchell ARS, WI 53207
Fax: (414) 482-5913
Phone: (414) 482-5481
E-mail: 440AW.PA@generalmitchell.af.mil

In Memory

Chief Master Sgt. Lester F. Pfeffer Jr., 34th Aerial Port Sq., passed away on Sunday, March 27. He was 56 years old.

Chief Pfeffer was a 33-year military veteran who served in Vietnam with the U.S. Army where he earned a Bronze Star. He joined the 440th in 1978 and was the NCOIC of operations for the 34th APS at the time of his death. Chief Pfeffer was also an employee of Briggs and Stratton.

He is survived by his fiancé Arlene Dunstan and his son Brandon Pfeffer. He is the son of Eileen and Lester Pfeffer Sr., brother of Sharon (Tom) Tradewell Sr., of Sussex, Paul Pfeffer of Lyndon Station and Mary Pfeffer of Pottsboro, Texas; uncle of Tom Tradewell Jr. of Hartford, Gary Tradewell of Allenton, Clint Holzman of Pottsboro, Texas and Sara Pfeffer of Barcelona, Spain.

Visitation and funeral services were held on March 31. Memorials in his name can be sent to Heritage Funeral Homes; Gillette Johnson, Johnson & Reiss, 9200 S. 27th St., Oak Creek, WI 53154-4312.





photo by Tech. Sgt. Robert Sommer

Health and Wellness Fair update

by SrA Deanne Perez

Airmen were treated to another dose of health and wellness at the second wing Health Fair on April 9.

Nearly 300 Airmen benefited from the materials and in-person advice. Many sought training advice from two seasoned marathon runners and learned what makes a good running shoe, while others took away some valuable nutritional advice from a nationally certified dietician and saw first-hand the effects smoking has on the heart. And that was in just just one half of Heritage Hall!

Gym representatives, massage and sports therapists, diet and exercise experts and the numerous others who took part spent time answering questions, measuring body fat percentages, demonstrating workout machines and of course, proving first-hand the benefits of massage therapy.

The Fit to Fight program is in full force and Airmen will continue their quest for higher fitness scores, so 440th services officials said there will be more events like this in the future.

Captain Scott Uselding, (left) 440th Services, gets nutrition information from Erin Dummert, a personal wellness dietician, during the Health and Wellness Fair in Heritage Hall on April 9. The fair gave an opportunity for wing members to learn more about improving their health through better nutrition and exercise.

440th Airlift Wing
Office of Public Affairs
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