

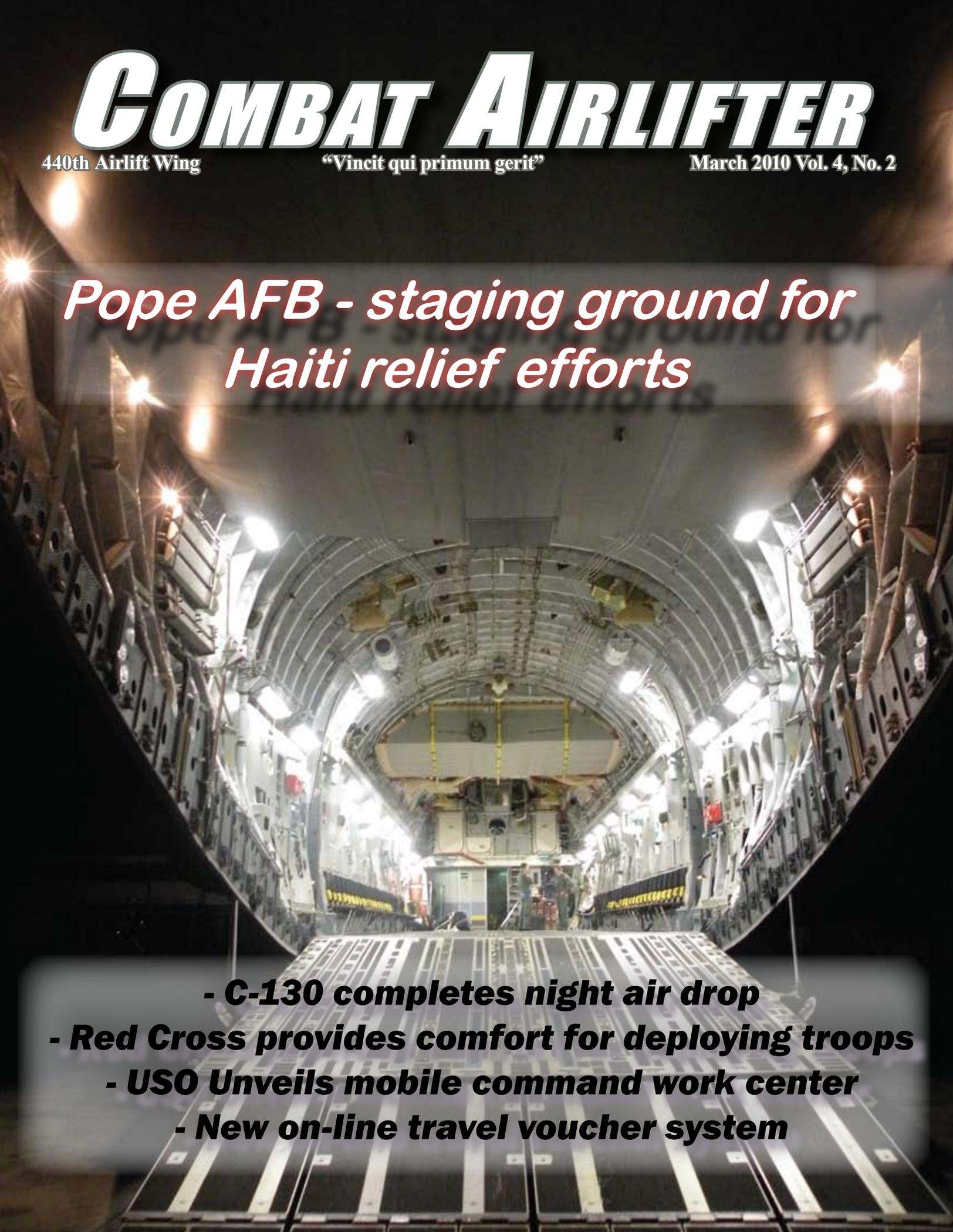
COMBAT AIRLIFTER

440th Airlift Wing

“Vincit qui primum gerit”

March 2010 Vol. 4, No. 2

Pope AFB - staging ground for Haiti relief efforts

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- **C-130 completes night air drop**
 - **Red Cross provides comfort for deploying troops**
 - **USO Unveils mobile command work center**
 - **New on-line travel voucher system**

Volume 4, No.2
March 2010
Wing Commander
Col. Merle D. Hart

Chief, Public Affairs
Dennis J. Mehring

Reserve Chief,
Public Affairs
Capt. Lauri Turpin

Public Affairs Staff
Capt. Jeff Schoen
Master Sgt. Kevin Brody
Master Sgt. Steve Staedler
Senior Airman Peter Miller
Senior Airman Jacqueline Pender
Chief Master Sgt. (retired) Gerald Green

Office of Public Affairs
440th Airlift Wing
374 Maynard Street, Suite 301
Pope AFB, NC, 28308-2409
Phone: 910.394.5455
FAX: 910.394.5459

<http://440aw.afrc.af.mil>

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On the cover:
A C-17 prepares for take off from Pope AFB in support of Operation Unified Response

The 440th Airlift Wing welcomes their new Vice Commander

I am excited to be a part of the 440th Airlift Wing. The 440th AW enjoys a proud heritage and formidable reputation that is based on the great history of the 440th Troop Carrier Group, and a record of excellence since 1945. Several years ago, when I was the commander of the 357th Airlift Squadron at Maxwell Air Force Base, our unit was mobilized along with the 440th AW in support of Operation Enduring Freedom. During this deployment, I had the opportunity to serve with many of you and have always associated the 440th AW with excellence. The sacrifice, achievements and service of those who have gone before weighs on me, and I will do my best to not let this proud heritage down.

We are part of the most powerful air force in the world. Our global mobility, precision strike, persistent intelligence surveillance and reconnaissance, and command and control are unmatched. We are guided by three core values: integrity first, service before self and excellence in all we do.

These are much more than minimum standards. They remind us what it takes to get the mission done. They inspire us to do our best at all times. They are the common bond among all comrades in arms, and they are the glue that unifies the force and ties us to the great warriors and public servants of the past. Living up to these lofty values does not come without effort. We all need to do our best to ensure we contribute each and every day to the success of our team. Ask yourself how you are doing in the area of personal excellence. Are you a master of the technical skills required in your job? Are you working to get in top physical condition? What was the last book you read that broadened your understanding of our service, our current fight, or a relevant historical topic?

I read an article recently in "Sports Illustrated" about Tim Duncan, a star forward for the National Basketball Association's San Antonio Spurs. His story is a great example of excellence from the world of sports. Last month he became the fourth player in NBA history to be credited



Col. John Stokes
Vice Commander 440th Airlift Wing

with 20,000 points, 10,000 rebounds, 2,500 assists and 2,000 blocked shots. Pretty impressive. Do you know what his nickname is? "The Big Fundamental." Night after night, for 13 NBA seasons, the guy shows up and carries his team. When I hear the name Tim Duncan, I think of a professional who quietly demonstrates excellence, a killer work ethic and tough dependability.

What do people think of when they hear your name? Do they think of excellence? Do they think of someone others can count on? Do they think "that's the one I want on my team"?

The way we continue to make our Air Force the best in the world is for each one of us to do the best we can in the job we are given. As we do our best we will make our flight, squadron, group, wing and ultimately service better. The reputation we will enjoy will be built on the quality of our performance in the task we are given today. I want to make the name of the 440th AW shine. I want to do all I can to ensure that my name is worthy of those who've gone before to make this wing a benchmark for excellence. I encourage all of you to strive to do the same as we work together to make our organization and our Air Force better.

Command Perspective New Year - New Goals

We face many challenges as we stand up our active associate maintenance group. Hiring the right personnel, extensive training and evolving missions top the "attention getters" for most supervisors. Each of these challenges present an opportunity to fall short of our encompassing objective to safely fix and fly aircraft, on time, all the time. Throughout this article, I am going to use some quotes I've collected to give us a "Selah" moment (to stop, pause and reflect) about being in a leadership or supervisory role.

"The greatest danger for most of us is not that our aim is too high and we miss, but that it is too low and we achieve it." – Michelangelo, Italian Renaissance painter, sculptor, poet and architect

What standards have we set before those we supervise? Is it at the prescribed level, or has it been set low internally because you think it cannot be achieved? We have a remarkable record of achieving any standard set before us. Standards and expectations tend to pull individuals into the norm. Whether high or low, standards and expectations are historically achieved in human history. The challenge in organizations is that once a culture of low standards is ingrained it takes extreme measures to get rid of it. We must continue to clearly define and communicate our objectives to our personnel, then take predictable and measurable steps to meet and exceed them. Aim high!

– "Leaders must be close enough to relate to others, but far enough ahead to motivate them." -John Maxwell, author and internationally recognized leadership expert.

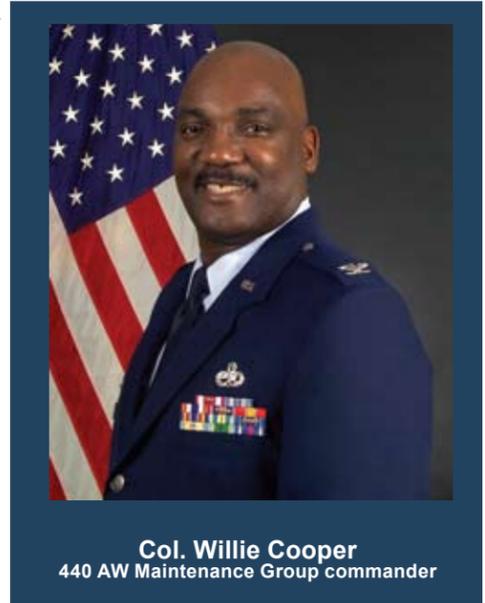
As a supervisor, those you supervise must be able to relate to you and you to them. Don't make the mistake of being so untouchable that you don't have a clue about the welfare of your personnel or their concerns. While assigned to the 920th Combat Search and Rescue Unit as the maintenance group commander, Chief Master Sgt. "Bo" Barrett, who was the helicopter flight-line chief for the 920th, once explained to me how he stayed in tune with his folks. He called it mix, mingle, and listen (MML). At scheduled times throughout the day he would stop in wherever his folks were and engage them in conversation. He knew birthdays, special events, family names, what was hot and what was not. The Chief was tough and didn't make or accept any excuses for failure, yet his folks worked hard and earned all types of recognition for superior performance. They were crazy about Chief Bo. That was back in the 90's, but to this day I keep MMLs marked on my calendar.

"Don't let your experience dictate what is true. Let what is true dictate your experience!" Mike Fletcher, Senior Pastor Manna Church Fayetteville, N.C.

A big one! We must remain diligent to collectively know published changes (i.e. technical data, AFIs, policy letters) and new concepts on how we do what we do. It is so easy for us to push procedures that we did long ago back at base 'X' and mistakenly fail to seek out and incorporate updated changes.

Such a practice will foster unwarranted opportunities for one to fail. Written prescribed procedures are incorporated in most of our tasks – they should dictate our experience.

"The most fruitful source of error is ignorance." – Jesse Mercer, Founder Mercer University, Macon Ga.



Col. Willie Cooper
440 AW Maintenance Group commander

You should always work to improve yourself and in the process increase your potential. It is important to be the best that you can be. Lead by example and stay current. Trust me, what you learned ten years ago in college and in professional military education has evolved. Are you sharpening your leadership skills, or have you simply settled for yesterday's results? Do something, hobbies included, to increase your knowledge and abilities. The more you expand your capabilities the farther you can take your family and those you lead. Remember, you can never take a person where you have never been yourself.

"If you allow it, you condone it. If you condone it, you own it!" – author unknown

In the same manner, we are the gatekeepers to our areas of responsibility. We are responsible for what is allowed in our workplace. Remain diligent to the details! Manage the details of what is acceptable and what is not acceptable. Make it your personal business to know what's happening around you and don't hesitate to ask if you have a question. We will hold each other accountable.

"Higher priorities, such as spending time with God and family, must not be afterthoughts jammed into your schedule." Tony Dungy, former Baltimore Colts coach.

I will end with this thought. If your position and what you do at work is your number one priority, I suggest that you make plans to change that immediately. I submit to you that you will be of much greater value and effectiveness when higher priorities are in place. If you give me a person that comes to work from a peaceful home, I will show you a person who has more focus to get things done here. You come in here with serious stressors at home and you will be distracted at work. It comes with being a human being.

C-130s complete first night-air drop to Haiti

by Master Sgt. Kevin Brody

Photographs by Senior Airman Jacqueline Pender

As relief efforts kicked off for the earthquake stricken country of Haiti, Pope Air Force Base became a staging ground for military aircraft from across the United States. On the night of Jan. 22, 2010, under the dimly-lit lights from the C-130 cargo bay, aircrews from Dyess and Pope Air Force Bases, worked with soldiers from Fort Bragg to load two C-130 Hercules aircraft with supplies for U.S. Army soldiers already deployed to Port-au-Prince, Haiti.

After the cargo was loaded onto the aircraft, the crews then rigged the parachutes to the static lines to ensure the parachutes would deploy as the cargo was dropped from the aircraft.

“We loaded two C-130 aircraft each with 16 A-22 containers weighing approximately 27 thousand pounds, said Capt. Wesley Stark, aircraft commander with the 40th Airlift Squadron assigned to Dyess AFB, Texas. “The containers were made up

of water and MREs for soldiers already deployed to Haiti.”

At approximately 10 p.m. the two aircraft lifted off from Pope AFB on their four hour flight.

“Our mission was to fly two C-130 aircraft at night using night vision goggles over a drop zone (DZ) near Port-au-Prince, said Capt. Stark. “This was a significant flight because it was the first C-130 to perform a night drop into Haiti.”

As the aircraft approached the DZ the pilots reduced airspeed while the loadmaster opened the ramp and door. Once over the drop zone, the navigator signaled five seconds to drop. When the navigator gave the green light, the co-pilot flipped the switch to engage the static-line retriever that was rigged to cut the cargo restraint straps. Within seconds the cargo rolled down the fuselage and exited the aircraft.

“The mission was a 100 percent success,” said Capt.

Stark. “We were able to fly over a specific point the Army needed, deliver the supplies on the point-of-impact, at the specific time they needed.”

Operation Unified Response - Pope AFB

13 Jan. - 4 Feb. 2010

Missions: 338

Sorties: 360

Flying Hours: 1036.4

PAX: 2469

Cargo Tons: 3331.8



“The C-130 is ideal for the missions because of its maneuverability,” Capt. Stark later explained.

“We are small enough to fly down between mountainous terrains, in a tight area, at low altitude with NVGs and get the load off safely,” said Stark. “The C-130’s size allowed us to safely maneuver the aircraft around the mountainous terrain, successfully deliver the cargo and exit the drop zone safely.”

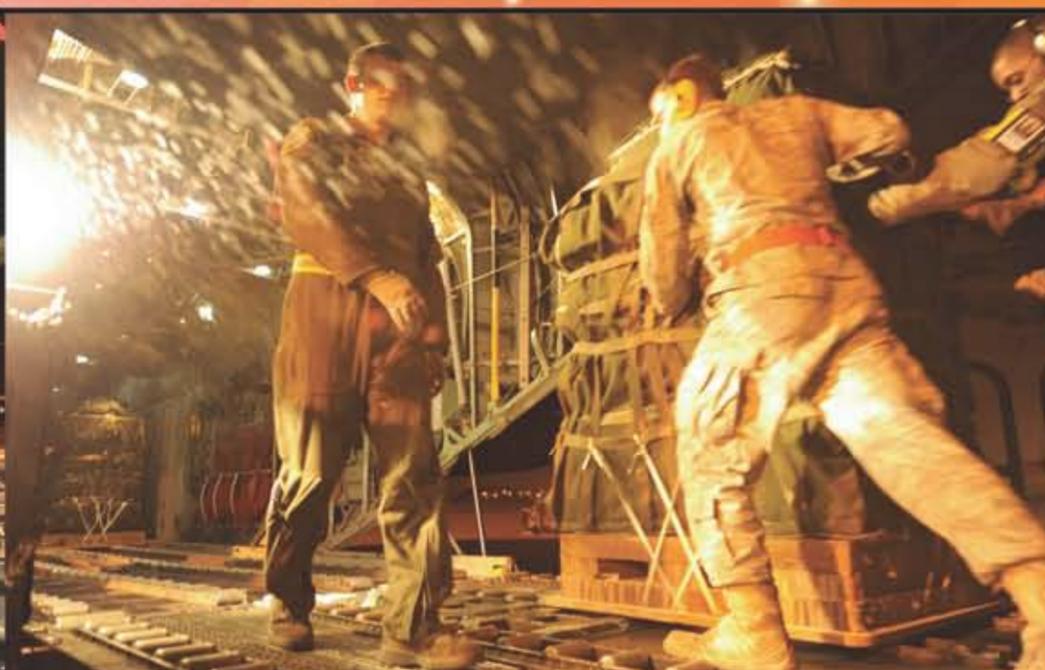
While the pilots flew the aircraft, the loadmasters were all eyes and ears which ensured the cargo deployed correctly and the aircraft was secured for the return trip home.

“I felt a sense of accomplishment after participating in this mission,” said Airman

First Class Brandon Bailey, a load master assigned to Dyess AFB. “I have been at Pope AFB for a week helping to turn aircraft and this was my first chance to fly. I think about the Army being out in the field, and I am glad that I could be a part of this mission.”

Relatively new to the loadmaster career field A1C Bailey was excited about the success of the mission.

“This was my first real world CDS mission,” said Bailey. “We learned about this in tech. school and trained for it, but being part of a real CDS mission is rewarding.”



What is the SCRA and are you covered?

by Lt. Col. Karen Hecker

President Bush signed the “Servicemembers Civil Relief Act”, on Dec. 19, 2003. This law is a complete revision of the 1940 Soldiers’ and Sailors’ Civil Relief Act. Both of these statutes were designed to provide a wide range of protection for active duty or Reserve component members. Any member of the uniformed services serving on active duty is covered under SCRA, including reserve component personnel called to active duty. It protects uniformed service members by postponing or suspending certain civil obligations and thus lessening certain financial hardships that would result from deployments. The protections generally begin on the date of entering active duty and generally end within 30 to 90 days after the date of discharge from active duty. The SCRA provides a number of significant protections to servicemembers.

Interest rates: If a service member’s military obligation has affected their ability to pay on financial obligations such as credit cards, loans, and mortgages, the service members can have their interest rate capped at six percent for the duration of the service member’s military obligation and any interest over that must be forgiven. Qualifying debts are debts that were incurred prior to the service member coming on active duty. The service member must be on active duty at the time of the request, and the service member’s military career must have materially affected the service member’s ability to pay on the debt, generally because the member makes less money in the military than as a civilian. This provision does not apply to federally guaranteed student loans. The service member should contact their creditor (in writing) and request that their interest rate be reduced to 6 percent according to the provisions of the SCRA.

Residential leases: A service member who is leasing or renting property used for dwelling, professional, business, agricultural, or similar purposes may terminate a lease that was signed before the service member entered active duty and the lease or rented premises have been occupied for the above purposes by the service member or their dependents.

Civil proceedings: A servicemember who is involved in civil (not criminal) judicial proceedings as either a plaintiff or defendant is entitled to a stay of these proceedings if the court finds that their ability to prosecute or defend an action is “materially affected” by reason of their active-duty service. Courts are reluctant to grant long-term stays of proceedings and tend to require servicemembers to act in good faith and be diligent in their efforts to appear in court. A servicemember’s ability to prosecute or defend a civil suit is shown to be “materially affected” when it can be satisfactorily demonstrated to the court that their military duties prevent them from appearing in court at the designated time and place. An affidavit setting out all the facts and cir-

cumstances is usually required.

Installment contracts and auto leases: A service member or spouse may request protection under the SCRA for pre-service debts incurred under installment contracts and auto leases. The service member or the spouse must prove that the service member’s military obligations have materially affected their ability to pay on the debts. Also, at least one deposit or installment payment must have been made on the contract before entry on active duty. If the contract falls under the protection of the SCRA, the creditor is thereafter prohibited from exercising any right or option under the contract, such as to rescind or terminate the contract or to repossess the property, unless authorized by a court order.

Mortgage foreclosures: The Act protects servicemembers against foreclosures of mortgages, deeds of trust, and similar security devices, provided certain conditions are met. For example, the obligation must have originated prior to entry upon active duty; the property must have been owned by the servicemember or dependent before entry on active duty status; the property is still owned by the servicemember or dependent at the time relief is sought and the ability to meet the financial obligation is “materially affected” by the servicemember’s active-duty obligation.

Default judgments: When a law suit is filed, notice must be served on the defendant. If the defendant does not respond in time, a default judgment is usually entered against the defendant. The SCRA requires the plaintiff to sign and file an affidavit with the court stating that the defendant is not in the military service before a default can be taken. When the affidavit shows that the defendant is in the military, no default judgment can be taken until the court has appointed an attorney to represent the servicemember defendant.

In summary, the SCRA is a powerful statute that was specifically enacted to assist military personnel who are serving on active duty. Invoking it can be complicated so it is highly recommended that you discuss the situation with the Judge Advocate office if you believe you qualify for any of its protections.



Lt. Col. Karen Hecker
Reserve Staff Judge Advocate

Red Cross supports Haiti relief efforts on Pope AFB

by Master Sgt. Steve Staedler

In the days following the Jan.12 earthquake in Haiti, Airmen and Soldiers from Pope Air Force Base and Fort Bragg answered the call to support relief efforts in the Caribbean nation. But they weren’t the only ones from the greater Fayetteville area to be moved to action.

The Highlands Chapter of the Red Cross, based in Fayetteville, served meals to Airmen and Soldiers departing from Pope AFB for Haiti. While the two organizations provided volunteers and supplies, they also received donations from several area grocery stores and restaurants.

“The American Red Cross is well known for blood drives, but the other part we’re known for is supporting the troops, and that’s what our chapter in Fayetteville is all about – supporting the Airmen and Soldiers of Pope AFB and Fort Bragg,” said Brenda Dunn, program assistant for the Red Cross Highlands Chapter.

Dunn, along with a group of volunteers, served lunches and other snacks in the days following the earthquake as Pope AFB became a main transient point for troops and equipment deploying to Haiti.

More than 1,500 troops from the 2nd Brigade Combat Team, based at Fort Bragg, passed through Pope AFB on their way to Haiti. Those men and women all enjoyed a hot meal served by Dunn and other Red Cross volunteers before taking off.

“Having these meals is making a huge difference,” said Chief Warrant Officer Ray Rijkse, 2nd Brigade Combat Team human resources technician. “If it wasn’t for the Red Cross, Soldiers would be breaking open meals ready to eat right about now.”

Since Fayetteville is a city with deep military roots, when the call goes out for donations to help support Airmen, Soldiers and their families, many businesses step up and provide donations. “We have a great relationship with the community,” Rijkse said. “We are highly appreciative of the generous support everyone gives us. And it’s the little things, like receiving a hot meal, that mean the most.”

Dunn said the Highlands Chapter has enjoyed a wonderful partnership with the city of Fayetteville and the surrounding communities over the years. The organization’s history dates back to 1917 when it was formed to support local military activity during World-



photograph by Master Sgt. Steve Staedler

The Red Cross from the Fayetteville area came to Pope AFB to assist with the Haiti relief efforts. As soldiers were staged in PAX shed three Red-Cross volunteers served food and drink that were donated by business’ in the local area.

War I. The Highlands Chapter held its first meeting at a home in downtown Fayetteville, and since that time, it’s been supporting local service men and women ever since.

“We’re very happy to do this,” Dunn said. “You have young Soldiers, 18 or 19 years old, going out to do a mission to try and save lives. It’s going to be very hard on them. Whatever we can do to support them, we will do it. They’re going to be a great asset to Haiti and represent the United States extremely well.”

Army Specialist Jesse Charter, a Soldier with the 2nd Brigade Combat Team, dined on lasagna and dinner rolls for lunch before boarding a flight for Haiti. Knowing he’s likely settling in for several days of MREs when he arrives in Haiti made the lasagna lunch a bit more special.

“Having this food helps a lot, especially with us not knowing exactly what to expect when we arrive down there,” he said. “The hot meal was a good taste of home cooking, and who knows when we’ll have a hot meal again.”

PiPS: e-Finance work flow

by Jerry Green

1/22/2010 - Pope Air Force Base, N.C. -- Beginning April 1, there will be a travel voucher checklist implemented to expedite the payment system which will result in getting vouchers paid quicker. “Starting that day all travel vouchers must have the new applicable checklist attached when forwarded to finance via email or when submitting vouchers in the customer service lobby,” said Maj. Thelma Jenkins, 440th Airlift Wing finance officer. This new checklist addresses a number of common mistakes when filling out the voucher and will eliminate delays, she added.

The finance section highly recommends traditional Reservists begin using e-Voucher, which is an on-line travel voucher system. It uses an electronic tax filing system, which guides members in completing travel vouchers through an interactive interview session. Once complete, the voucher will be routed to their supervisor to be digitally signed as reviewer or the approving official if applicable.

Once the voucher is reviewed, it is routed to the 43d Comptroller Squadron where it is quality-checked by a customer service representative, and then submitted to the Air Force Financial Services Center. Attachments such as receipts orders or amendments must be electronically available to be included with the voucher. A CAC reader is required to use the program. CAC readers are available from the 440th Airlift Wing Communications Flight help desk if vouchers are prepared and submit from a non .mil computer.

Reference guides for e-Voucher are available to help guide you through the program. The test website can be found at <https://workspace-gat.securedatanc.com>; the live link to access the e-Voucher website is <https://www.my.af.mil/efinanceprod>. You can also access it at the Air Force Portal under “Life and Career” and “Money-Finance Central.” Follow the prompts and choose “Pope AFB.” Air Reserve Technicians and civilians that work at Pope AFB will use e-Vouchers starting Feb. 1.

Total force crews support Operation Unified Response in Haiti

by Master Sgt. Steve Staedler
 photographs by Master Sgt. Steve Staedler

One look into Marven Jeannis' eyes showed just how tired he was. Holding his father's hand, the little boy wearing an orange shirt and a designer cap, a few too sizes too big, walked up the ramp of an Air Force C-17 Globemaster III. His eyes squinted momentarily as they adjusted to the brightly-lit fuselage. After finding his seat, Jeannis and the other seven children on board were given teddy bears to help provide comfort for the two hour flight from Port au Prince, Haiti, to Orlando.

An Air Force public affairs representative helped secure his and his father's seatbelts. The Airman flashed the boy a thumbs-up, and he responded in turn with a smile.

"We're glad you're here," said the boy's father, Mr. Jean Jeannis. Although the one-and-a-half-year-old boy probably didn't realize the significance this flight would have on his life, his father certainly understood.

"We are so happy to see the Air Force and what you are giving to us," he said. "My son and I are very grateful to you."

The boy and his father, and most of the other 14 passengers were fast asleep as the aircraft taxied for takeoff. At 2:40 a.m. Jan. 22, the C-17 lifted off the ground, banked left and headed toward Florida to embark on the next, and hopefully, more promising chapter in their lives. Less than five minutes later, the remaining few passengers who stayed awake for takeoff were all asleep.

Airmen answering the call: This late-night flight is just one of hundreds flying in and out of Haiti every day piloted by U.S. Air Force active duty, Reserve and Guard Airmen since the Jan. 12 earthquake. Pope Air Force Base, N.C., is one of the major staging areas for transporting troops and supplies

into the country. In the first 11 days since the earthquake, Pope AFB airmen airlifted nearly 2,900 soldiers and more than 2,700 tons of cargo and equipment to Haiti in support of Operation Unified Response.

The C-17 and the smaller C-130 Hercules provided the majority of the airlift muscle, with flight crews from bases throughout the United States operating out of this North Carolina base. The flight involving the boy and his father, a C-17 based at Travis AFB, Calif., was flown with a Reserve flight crew from the 317th Airlift Squadron based at Charleston AFB, S.C.

Departing at 8:20 p.m. Jan. 21, the C-17 carried more than 80,000 pounds of cargo – namely three U.S. Army medium tactical vehicles, a generator and water purification equipment, a few civilian contractors and a reporter for a national news website.

Since Toussaint Louverture International Airport in Port-au-Prince is small with limited parking ramps, arriving aircraft often have to circle above waiting for space on the ground to open up before landing. The inbound C-17 circled for a while before touching down in Haiti about 12:15 a.m.

Operating with very little ramp lighting, Staff Sgts. Gus Morse and Stephen Pinkerton, Reserve loadmasters from the 317th Airlift Squadron, worked with their Army passengers to unload the vehicles and equipment in less than 15 minutes. The two then set up seats and prepped the aircraft for its Haitian passengers.

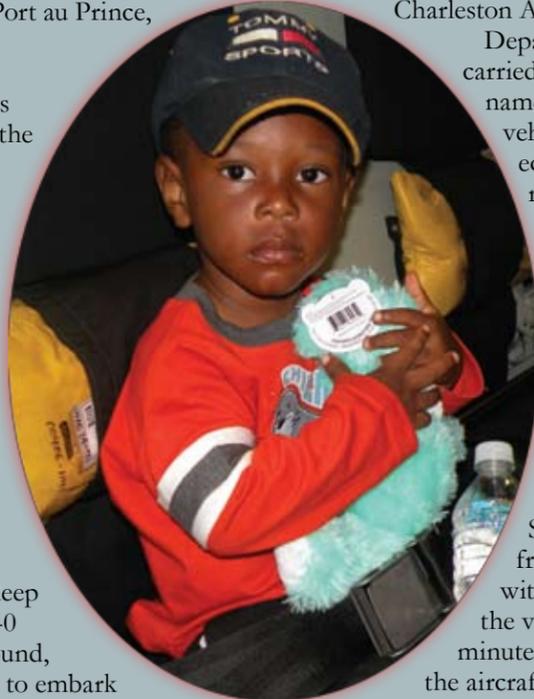
Shortly after 2 a.m. 16 Haitians (eight adults and eight children), many of which are U.S. citizens, boarded the aircraft. Prior to departure, Sergeant Morse handed out foam ear plugs to his passengers. He assisted one woman, who came onboard in a wheelchair, with her ear plugs and ensured they were properly inserted and that she was comfortable.

"I volunteered for these missions as I just wanted to help out in any way I can," Sergeant Morse said. "For us, some have a little more meaning than others. This is probably going to be

one of them."

"I think all of us on this crew volunteered to do this because we wanted to do something meaningful," added sergeant Pinkerton.

One boy, who looked to be about six, lay down across his seat with his head in his father's lap. Not wanting to wake his son, he took the extra set of ear plugs and put just one into his son's



exposed ear. Shortly after takeoff the little yellow foam plug popped out of the boy's ear and landed on the floor. It didn't seem to matter much as he slept the entire two-hour flight, much of it in the comfort of his father's lap.

The flight touched down at Orlando's Sanford Airport about 5 a.m. and was met by immigration and border control agents. The 16 Haitians were escorted off the aircraft and greeted by a gray, rainy Florida sky.

After processing in Orlando, Mr. Jeannis said he and his son planned to move to the Miami area, reunite with his wife and get a job driving taxi. The only injury Mr. Jeannis had from the earthquake was a two-inch cut above his right eye from a piece of debris that fell from his house; his son wasn't injured because he was playing outside at the time.

"We're all friends here," Mr. Jeannis said of the other passengers on the flight. "I'm just looking forward to going to Miami and starting over."

Pope Air Force Base Flight Line



Pope, Bragg provide key step in Haiti humanitarian relief in support of Operation Unified Response.



Photographs by U.S. Air Force Senior Airman Kris Levasseur

Soldiers from the 82nd Airborne Division, 2nd Battalion stationed at Ft. Bragg boarded a C-130 Hercules aircraft headed for Port-au-Prince, Haiti, in support of Operation Unified Response.

**by Senior Airman Kris Levasseur
43rd Airlift Wing Public Affairs**

1/17/2010 - POPE AIR FORCE BASE, N.C. (AFNS) -- A combined aircrew from the Air Force Reserve Command's 440th Airlift Wing and the active-duty 43rd AW here departed Pope AFB on a C-130 Hercules Jan. 14 transporting approximately 61 Soldiers from the 82nd Airborne Division at Fort Bragg, N.C.

The mission was to deliver the Soldiers to Port-au-Prince, Haiti, to help support relief operations after a 7.0-magnitude earthquake devastated the Caribbean nation Jan 12.

"Primarily this group of Soldiers will be performing air-field security," said Maj. Ryan Consie, a pilot with the 440th AW. "Right now, because of the crisis, there is a lot of chaos in Port-au-Prince. In order to perform further humanitarian effort, we needed to provide more security."

"When we were down there, there was a lot of commotion," he added. "(Delivering the security forces) was a key step for us to provide food, water and other humanitarian relief functions in the future."

Other capabilities that may be provided by Pope AFB Airmen in the future are aeromedical evacuation, search and rescue, cargo transportation and additional security details.

"It felt good to be able to help the people of Haiti," said Staff Sgt. Dale Etter, a C-130 crew chief with the 2nd AS. "I'm sure the people and supplies we brought down there will be a big help to the relief efforts."

All of the personnel deploying are dedicated and ready to carry out the mission, regardless of the challenges, the major said.

"We had a lot of challenges flying into Port-au-Prince, such as congested air space and limited communications, but our crew worked well together to get the mission accomplished," Major Consie said.



Apply to Fly! Experience the excitement of Space Exploration at Space Camp

The Air Force Space Camp (AFSC) is a residential 6-day program that shows youth firsthand what it takes to be an astronaut. Activities include simulated Space Shuttle missions, training simulators, rocket building and launches, scientific experiments, and lectures on the past, present, and future of space exploration. More information is available at www.spacecamp.com.

Scholarship recipients must be able to attend the entire AFSC program. Recipients arrive in Huntsville, Ala. on Sunday, 25 July 2010 and depart on Friday, 30 July 2010.

HQ USAF/A1SA has funded all lodging, meals, and activity fees after arrival at Space Camp at no cost to attendees or their installation. Airline or POV travel costs to Huntsville, Ala. are the responsibility of the attendees or the installation's Youth Programs. Spending money for snacks, souvenirs, etc. are the responsibility of the participants.

Eligible Applicants must meet the following requirements:

- A dependent of Active Duty Military assigned to or living on an AF installation, AF Retired Military, AF Civilian Employees, Air National Guard or AF Reserve who have been activated within the

2010 Air Force Space Camp

last 12 months

- Must have a GPA of 2.8 (must provide documentation).
- Must demonstrate an application of leadership abilities and social maturity through involvement in school and community activities.
- Must demonstrate skills and achievements outside of the realm of science and outside the realm of academic pursuits.
- Must demonstrate a curiosity and an eagerness to explore many and varied topics.

All completed active-duty applications, interviews, and questions from Youth Programs should be directed to the following:
- Ms. Lori Phipps, HQ AFSVA/SVPY, 10100 Reunion Place, Ste 402 San Antonio, TX 78216

All Guard and Reserve applications, interviews, and questions should be directed to the following:
- Reserve: Ms. Stacey Young or Ms. Brandi Mullins, AFRC/A1SY, 550 Allentown Road, Bldg 763, Robins AFB GA 31098
stacey.young@us.af.mil, brandi.mullins.ctr@us.af.mil
- Guard: Ms. Sandra Mason, NGB/A1SA, 3500 Fetchet Ave, Andrews AFB MD 20762-5157, Sandra.mason@ang.af.mil

Breakfast: The Right Start Every Day

by Capt. Chrisi Logan

Beep, beep, beep...wake up! It's time to start a new day. As you begin your daily morning routine – getting lunches packed, kids ready for school and yourself out the door – the American Dietetic Association reminds you to be sure breakfast is one of your family's top priorities each morning.

Breakfast is important to everyone's overall health and performance. It is an early-morning refueling stop for your body. After eight to 12 hours without a meal or a snack, your body needs to replenish its glucose, also called blood sugar, the main energy source for the brain.

Studies show breakfast eaters tend to have more strength and endurance, and better concentration and problem-solving abilities. On the flip side, those who skip breakfast often feel tired, irritable or restless in the morning.

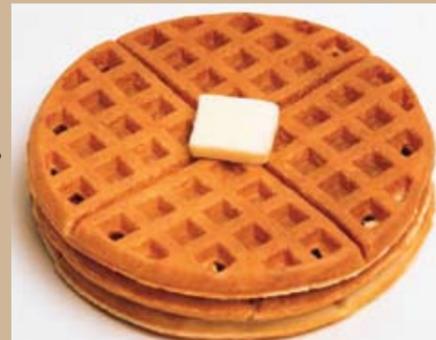
Breakfast is essential to children's health and nutrition and gives them a jump-start on their day's daily requirements for vitamins, minerals and other nutrients. Research shows

kids who regularly eat a morning meal tend to perform better in school, often scoring higher on tests. Kids who skip breakfast tend to be tardy or absent from school more often. Breakfast eaters often behave better in school, too.

Don't forget who else should eat breakfast: You! Kids who see their parents eat breakfast are more likely to eat breakfast, too. If time is a concern for you in the mornings, start the day with quick breakfast options, like:

- Whole-grain cereal with fruit and milk
- Whole-grain cereal with a cup of yogurt
- Toasted waffles topped with peanut butter and jelly
- Instant oatmeal with milk and dried fruit
- A whole-wheat pita stuffed with sliced hard-cooked eggs, tomatoes and low-fat cheese

If your taste buds just don't crave breakfast foods, enjoy a sandwich or leftovers like pizza, soup, pasta or rice in the morning. Just make sure to start your day the healthy way – with breakfast!



Maintenance facility renovation starts

by Jerry Green

After years of hard use and low maintenance, renovation on Building 731, the Maintenance Squadron facility is underway. Since early December, sections of the building have been gutted down to bare-metal studs, while workers prepare to install all new plumbing and electrical wiring.

Built more than fifty years ago, the structure has been home to the "back shops" of the maintenance world. Just a few years ago, the 43rd Maintenance Squadron operated avionics, hydraulics, and paint and fabrication sections for fighter and airlift aircraft. Today, members of the 440th Maintenance Squadron and 2nd Airlift Maintenance Squadron work out of this building.

"There have been areas of this facility that have been abandoned for years. The bathrooms had leaking pipes and some of the sinks were unusable," said Chief Master Sgt. Danny Formanski, 440th MXS Supervisor. "The first thing they did in those rooms was to remove all toilets, sinks, and pipes. After that was completed, the concrete floor was broken up and pulled out to make way for plumbing."

Walking back through the facility, dirty walls and oil-stained floors are visual remnants of the years of maintenance work

that went on in the building. The building looks like a gutted pole barn devoid of its contents. Where aircraft repair specialists used to work, construction equipment is now being used. Skid-steer loaders, portable high lifts, and scaffolding are in use fixing ventilation ducts, tearing out machinery, and replacing old wiring and circuit panels.



The room that housed the old paint booths is being replaced with the latest in "state-of-the-art" corrosion control equipment. Soundproofing and temperature control instruments will replace 30-year-old climate controls. The updated electrical circuit boards and switches will complete the building renovation.

The renovation of Building 731 is part of the funding requirements outlined in the 2005 Base Realignment and Closer Initiative.

Once completed, the facility will house the electrical shop and metals technology section. The renovation is scheduled to last six months and cost more than \$650,000.

The MXS commander and chief enlisted supervisor will have new offices and operable restrooms. When asked about future improvements in the facility Chief Formanski commented, "If the bathrooms are working, that will be the biggest benefit of the construction."

The North Carolina United Service Organization unveils new mobile work center.

by Jerry Green

Thirty members of the 440th Airlift Wing returned home Dec. 30, after serving more than 120 days of duty in Iraq. It was late in the day when the Security Forces specialists finally arrived at Raleigh-Durham International Airport. Greeting the tired travelers were family, friends, wing support staff and the United Service Organization.

Incorporated in New York in 1941, the USO has been a bridge between the American people and the men and women in uniform. Later that year, the nation's first USO office was built in Fayetteville, North Carolina.

The USO is a nonprofit-charitable organization dedicated to providing morale, welfare, and recreational services to U.S.



photograph by U.S. Army Staff Sgt. Joseph E. Rey

The North Carolina USO recently unveiled a mobile work center at a ribbon cutting ceremony held at the Army National Guard, in Raleigh N.C. (Left) Maj. Gen. William Ingram, Adjutant General, North Carolina, Kari Stoltz, Triangle Regional Marketing President, B.O.A., John Faulkenbury, Pres. N.C. USO, John Goff, dedicated RV to USO, U.S. Senator of North Carolina, Richard Burr, Mr. Rueben Young, representing N.C. governor Beverly Purdue.

military members and their families. Whether it is a quiet place to go for rest and relaxation, movies, refreshments, or a friendly face, the USO consistently delivers its special brand of service to the military. Since 1941, the USO has provided a little bit of home in a faraway place. Where soldiers have gone, the USO has gone. Leading the team of volunteers at the airport was John Falkenbury, president of the North Carolina USO. Two weeks later Mr. Falkenbury and Mrs. Hoku Hobbs, director of the Fort Bragg USO Center and her team of USO volunteers were at Pope AFB in response to the Jan. 12, 2010 earthquake that struck the country of Haiti. As soldiers from Fort Bragg's 82nd Airborne Division started to deploy in support of the humanitarian relief efforts to that country, the USO was on location providing support to the troops waiting to depart Pope AFB, but this day, the USO brought their newest asset, a 34 ft. recreation vehicle.

When asked about the RV, Ms. Hobbs and Janine Bresnahan, Assistant Director, were proud to show off the vehicle. "This is our brand new USO mobile unit and we are excited about bringing it to Pope-Bragg and showing off its capabilities," said Mrs. Hobbs. "Today is the first trip for the vehicle to Fort Bragg and Pope AFB, and it comes at an appropriate time

as these Army troops depart for the Haiti relief mission." Outside the vehicle Army troops were watching sports on one of the large screen TV's while others were playing a Wii game. Inside, two soldiers were checking e-mails on laptop computers.

On Feb. 5, 2010 at a ribbon cutting ceremony at the North Carolina Army National Guard Headquarters in Raleigh, the mobile unit was officially placed into service. U.S. Sen. Richard Burr (R-N.C.) and Mr. Rueben Young, representing Ms. Bev Perdue, governor of North Carolina, attended the event. Mr. Young who is secretary of crime control and public safety for N.C., also oversees the N.C. National Guard. Senator Burr and Governor Perdue are honorary co-chairs of the North Carolina USO.

Overseeing the dedication ceremonies was Mr. Michael Langley, Assistant Director and Mobile Unit Operations Director.

"The equipment we have in this mobile unit basically offers the same capability we have at our fixed locations," said Langley. "The North Carolina USO has the same mission as the National USO, but the main focus is the active, reserve, guard, and retired members of the military right here in North Carolina." Langley added "This state has 11 percent of our active-duty military, and when adding in the guard and reserve, that amount comes to 20 to 25 percent," said Langley.

At the close of the ceremony Mr. John Falkenbury paid a special thank you to the person who was responsible for the RV donation.

"This RV is the result of a generous donation from Mr. John Goff a Gastonia, North Carolina native and World War II Navy veteran," said Falkenbury. "Mr. Goff donated the RV after his wife passed away last year and felt that giving the vehicle to the USO would also honor her memory."

Mr. John Goff and his family stood by, beaming as offers of gratitude and thanks were bestowed on them. At the entrance of the RV are the words "Dedicated to the memory of Betty Goff."

After a tremendous ovation, Falkenbury also thanked the several corporate donors that paid for the outfitting of the vehicle. The vehicle has four laptops with Wi-Fi capability and cell phones that will be used to help members of the military stay in touch with their families. The mobile unit also has a satellite TV dish, flat-screen TVs that can be set up outside, a DVD player, video games and a commercial-size gas grill where volunteers can cook for hungry troops.

Through the generous donations of people like John Goff the North Carolina USO will continue to support the thousands of military members in the state.



Four reasons to choose your GI Bill carefully

Several members have asked "what's the big deal about choosing the Post-9/11 GI Bill over the Montgomery GI Bill." In fact, one member asked, "I don't understand this. How can another program be better for me if I want to attend college? Isn't the reason for the new Post-9/11 GI Bill to pay for any state tuition of my choice?" Many veterans think this is a no-brainer, but there are several factors that can severely limit your GI Bill education benefits. And, since you cannot change your mind once you make the switch, choosing carefully is your best option.

Reasons to choose carefully:

1. Payment rates are set for undergraduate tuition rates – this could mean that veterans who wish to attend grad school will need to pay the difference out-of-pocket.
2. The housing stipend is not available for students taking all their courses through non-traditional classes – online and other distant learning students won't receive payment for cost of living. In addition, veterans taking courses on a half-time rate and members serving on active duty are also excluded from the housing stipend.
3. The Post-9/11 GI Bill is set at the in-state undergraduate tuition rate which varies from state-to-state. In some states the tuition rate may severely limit a student's education options. Example: The highest in state tuition rate for the state of Wyoming is currently

\$94.00 per semester hour. That won't go very far in a private college or master's degree program.

4. The new Post-9/11 GI Bill does not cover trade schools or on the job training and apprenticeship programs like the Montgomery GI Bill.

Department of Veterans Affairs officials are encouraging anyone considering enrolling in the Post-9/11 GI Bill program to learn the facts and make sure the Post-9/11 GI Bill is the right fit for them.

The VA recommends getting answers to the following questions before changing programs:

- 1) Which benefit will pay more?
- 2) What tier of benefit am I eligible for under the Post-9/11 GI Bill?
- 3) What type of training do I want to pursue?
- 4) How long do I expect to take to use the benefit?
- 5) Do I plan to attend school less than full-time?

The Bottom Line if you plan to attend classroom based courses at a state operated college on a more than half-time basis — or - you intend to transfer your benefits to a family member, then the Post 9/11 GI Bill most likely fits your needs perfectly. Otherwise, take your time — don't be in a rush.

This article is an excerpt from an original article posted on May 10th 2009 by Terry Howell on Military.com



GET 1 NOW

AIR FORCE RESERVE

North Carolina Recruiters

Senior Recruiter: Chief Master Sgt. Ricky Clark - (910) 394-9074 - Pope AFB
Asst. Senior Recruiter: Master Sgt. Tommy Vitone - (910) 394-2657 - Pope AFB
Master Sgt. Jason Maney - (910) 394-1099 - Pope AFB
Master Sgt. Charles Anderson - (864) 370-3050 - Greenville, S.C.
Master Sgt. William Fulkerson - (864) 370-1333 - Greenville, S.C.
Technical Sgt. Alexander Asencio - (336) 851-4330 - Greensboro, N.C.
Master Sgt. Jerry Harms - (704) 525-5675 - Charlotte, N.C.
Staff Sgt. Warren Hill - (704) 525-5674 - Charlotte, N.C.
Technical Sgt. Tynnishua Fowler - (910) 483-0083 - Fayetteville, N.C.
Technical Sgt. Erica Schultz - (910) 483-0348 - Fayetteville, N.C.

1A151 - Flight Engineer

1A251 - Load Masters

1C351 - Command Post

1P051 - Aircrew Flight Equipment specialist

X46N3 - Flight Nurse

X4N051 - Flight Medical Technician

2A551 - Aerospace Maintenance specialist

2A651 - Propulsion specialist

2A6X4 - Aircraft Fuel System

2A6X5 - Aircraft Hydraulic System specialist

2A6X6 - Aircraft Electrical and Environmental Systems specialist

Expanded services for TRICARE beneficiaries

Members can receive select vaccines with no out-of-pocket expense at retail pharmacies.

For the first time ever, beneficiaries can visit TRICARE retail network pharmacies to receive seasonal flu, H1N1 flu and pneumonia vaccines at no cost. This expanded coverage is available to all TRICARE beneficiaries eligible to use the TRICARE retail pharmacy benefit.

For more information please visit:
<http://www.tricare.mil/pressroom/news.aspx?fid=581>

Free military benefits handbooks available

The Airman and Family Readiness Center sent out a notice to all wing members last month that announced the availability of free military benefits handbooks at this web site <http://www.militaryhandbooks.com>.

The handbooks cover benefits for retired military members, veterans and dependents, paying for college, what to do after leaving the military, veterans' healthcare, and military children's scholarships.

Quality means doing it right when no one is looking.
Henry Ford

The USAA Total Force Top 3 Association

Congratulations to David Koenig, son of Chief Master Sgt. Mark Koenig, on his scholarship award of \$500 from the USAA Total Force Top Three Scholarship program for 2009. David is a student at Carroll University, Waukesha Wisconsin and is enrolled in the pre-medical program majoring in biology with a minor in chemistry. He currently holds a 3.8 grade point average.

Program guidelines:

- The award recipient must be in the rank of E-9 or below or the family member of E-9 and below (i.e. son, daughter, etc.)
- Military member must be a current member of the Air Force Reserve, Air Force Reserve command, or a family member of the above.
- Currently enrolled in an Associates, Bachelor or Masters program at a regionally accredited college or university during the upcoming semester or have a letter of acceptance from the registrar's office from regionally accredited college or university.
- Grade point average of 3.0 or higher within the last six months.
- Must not have been a Total Force Top 3/USAA scholarship recipient in the last 12 months.

For more information you can contact:

The Total Force Top 3 Association, PO Box 98484, Robins AFB, GA 31098

President: SMSgt Kristine J. Freeland (478) 327-1787.

Additional POC: CMSgt Patti Miller (478) 327-1787.

Mandatory wear of reflective belts

During periods of darkness or reduced visibility, all personnel jogging, running, roller skating, skateboarding, or using other non-motorized vehicles on Pope AFB roadways, or any portion thereof (i.e. crosswalks, intersections) will wear a reflective vest, belt, or the Air Force physical training uniform. Reflective wear will not be covered by backpacks or other obstructions. It is further recommended all dependents and guests who run or jog on Pope AFB use reflective gear.

Periods of darkness include all hours extending 30 minutes prior to sunset through 30 minutes after sunrise each day. However, reduced visibility can occur during normal daylight hours due to fog, inclement weather, or other environmental conditions

Identity theft information available

This website, <http://www.ftc.gov/bcp/edu/microsites/identitytheft/>, is a one-stop national resource to learn about the crime of identity theft. It provides detailed information to help people deter, detect, and defend against identity theft. On this site, consumers can learn how to avoid identity theft – and learn what to do if their identity is stolen. Businesses can learn how to help customers deal with identity theft, as well as how to prevent problems in the first place.

Be a star - fill out a hometown news release

Have you recently been promoted, won an award or relocated with the unit here to Pope Air Force Base? If you've done something that's newsworthy - then share it with the world. Fill out a hometown news release today. It's fast, easy and only takes a few minutes. Visit <https://hnforms.afnews.af.mil:8443/lfserver/440AWPOPEAFB>

Military families gain access to free online tutoring

Defense Department officials launched a free, online tutoring service for servicemembers and their families.

The site -- <http://www.tutor.com/military> -- offers round-the-clock professional tutors who can assist with homework, studying, test preparation, resume writing and more.

Marine Corps and Army families have had access to the program for more than a year. Seeing the value, DOD officials decided to expand the service to encompass all servicemembers and their families, officials

Active-duty servicemembers, Guard and Reserve members on active duty in a deployed status, DOD civilians in a deployed status and their dependents are eligible to participate, officials. Along with test preparation, the site is open to students of any age, from kindergarten to high school seniors, for one-on-one help in math, science and social studies.

Lodging - Use the ALRS system

The Automated Lodging Reservation System (ALRS) is available for members authorized lodging at Pope. Call (910) 394-1291 or DSN 424-1291 to access the system. MSgt. Stuart Wheelless said that lodging reservation capability through this system is for scheduled primary and alternate UTAs only. Reservations may be made up to 90 days in advance but no later than 10 days prior to a scheduled UTA. Members that will be performing duty during the week or non-UTA weekends will need to contact the Carolina Inn directly at (910) 394-4131, toll free at 1-888 AF Lodge (1-888-235-6343), or at <http://www.43dservices.com/> (follow the link of Carolina Inn Reservation System). Callers should mention if they have already scheduled a reservation for the UTA using the ALRS. For more information, read about the Pope ALRS online at <http://www.440aw.afrc.af.mil/library/patriotpope.asp> or email Sergeant Wheelless at Robert.Wheelless-02@pope.af.mil

Promotions December 2009

SMSGT Michael J. Dederich 440 SFS	SSGT Michael G. Hughes 440 MXS
SMSGT Jada L. Holland 440 SFS	SSGT Brian M. Weller 440 MXS
SMSGT Patrick J. Kortsch 440 SFS	SSGT Bryan M. Rudy 440 AMXS
MSGT Michael J. Brofka 95 AS	SSGT Christina M. Butler 440 OSF
MSGT Aurora J. Broughman 440 SFS	SRA Deborah L. Dickman 440 MXS
MSGT Tracy D. Cornett 440 LRS	SRA Travis B. Johnson 440 MXS
MSGT Derrick J. Ray 440 SFS	SRA Sharad R. Lindsey 440 SFS
MSGT Barry R. Satterfield 440 MDS	SRA Justina A. Gilliam 53 APS
MSGT Arnita Tunstall 440 MDS	SRA Donnell C. Highsmith 440 SFS
TSGT Barbara B. Jones 440 OSF	SRA Tara L. Riggins 440 MXS
TSGT Jackie W. Lawson 440 MXS	SRA Gabrielle C. Shaw 440 OSF
TSGT Russell P. Thompson 440 SFS	SRA Rashad V. Wise 440 AMXS
SSGT Senna M. Bennett 36 AES	AMN Samuel Ii Burnett 440 SFS
SSGT Stephen D. Carroll 440 MXS	AMN Tanika R. Ballard 36 AES

Promotions January 2010

MSGT Lisa M. Barron 440 MDS	SSGT Nakeya J. Stanley 440 SFS
MSGT Joshua J. Meisenhelder 440 MSG	SSGT Brandon A. Mcknight 440 MDS
TSGT Shawn D. Carroll 440 MXS	SSGT Matthew A. Benjamin 53 APS
TSGT Samantha Dillard 440 MDS	SRA Nicole M. Caldwell 36 AES
TSGT Martin Dunosvky 440 AW	SRA Cazavia O. Henley 440 SFS
TSGT Joe E. Byrd 36 AES	SRA Tasia T. Holmes 440 LRS
TSGT Lawrence J. Silk 440 AMXS	SRA Seth D. Norris 440 MXS
TSGT Philip J. Walker 440 AMXS	SRA Taylor J. Thomas 440 MXS
TSGT Rebecca J. Wyatt 36 AES	SRA Dominique J. Smith 440 MDS
TSGT Deana D. Vanburen 53 APS	A1C Roshanunda L. Hayes 440 LRS
SSGT Deborah V. Green 440 CF	A1C Robert. L. Little 440 LRS
SSGT Mark T. Hannon 440 MDS	AMN Hakim M. Madyun 440 SFS
SSGT Sheelah R. Eller 440 MDS	AMN Kaira L. Osgood 440 SFS
SSGT Bradley S. Pike 440 MXS	

Promotions February 2010

SMSGT Angela R. Phillips 36 AES	SSGT Veronica C. Lombard 440 AMXS
MSGT Angela D. Brown 36 AES	SSGT James M. Sanders 440 AMXS
MSGT Steven E. Kennedy 440 SFS	SRA Jamar D. Blue 440 MXS
MSGT Tony Romansky 440 LRS	SRA Christian L. Dawid 440 MSF
MSGT Craig A. Schwinden 95 AS	SRA Nathan R.I. Horton 95 AS
MSGT John M. Sosko 440 MXS	SRA Joseph M. Merrifield 95 AS
MSGT Edward C. Zanto 440 MOF	SRA Corbin T. Mckemie 440 MXS
TSGT Afshan P. Quarles 36 AES	SRA Kyle W. Ragay 440 MXS
TSGT Timothy J. Canfora 440 LRS	A1C Kevin T. Black 36 AES
TSGT Adrion N. Little 440 MXG	A1C Shilo M. Austin 440 SFS
SSGT Michael A. Clark 440 MXS	A1C Brenda E. Bonilla 440 SFS
SSGT Malach Eziongeber 440 MXS	A1C Gerita M. Glenn 440 SFS
SSGT Travis S. Hansen 440 MXS	AMN Michael P. Chirichello 440 MXS

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