



301st Fighter Wing, AFRC NAS Fort Worth JRB, Texas

FIGHTER LINE

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**Bosslift gives employers
first-hand look into
reserve mission
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Remembering one of our own

Col Richard Scobee

301st Fighter Wing Commander

May 20 was a tough day at the 301st Fighter Wing. We lost a long-time good friend of the wing, Roy Queretaro, that night.

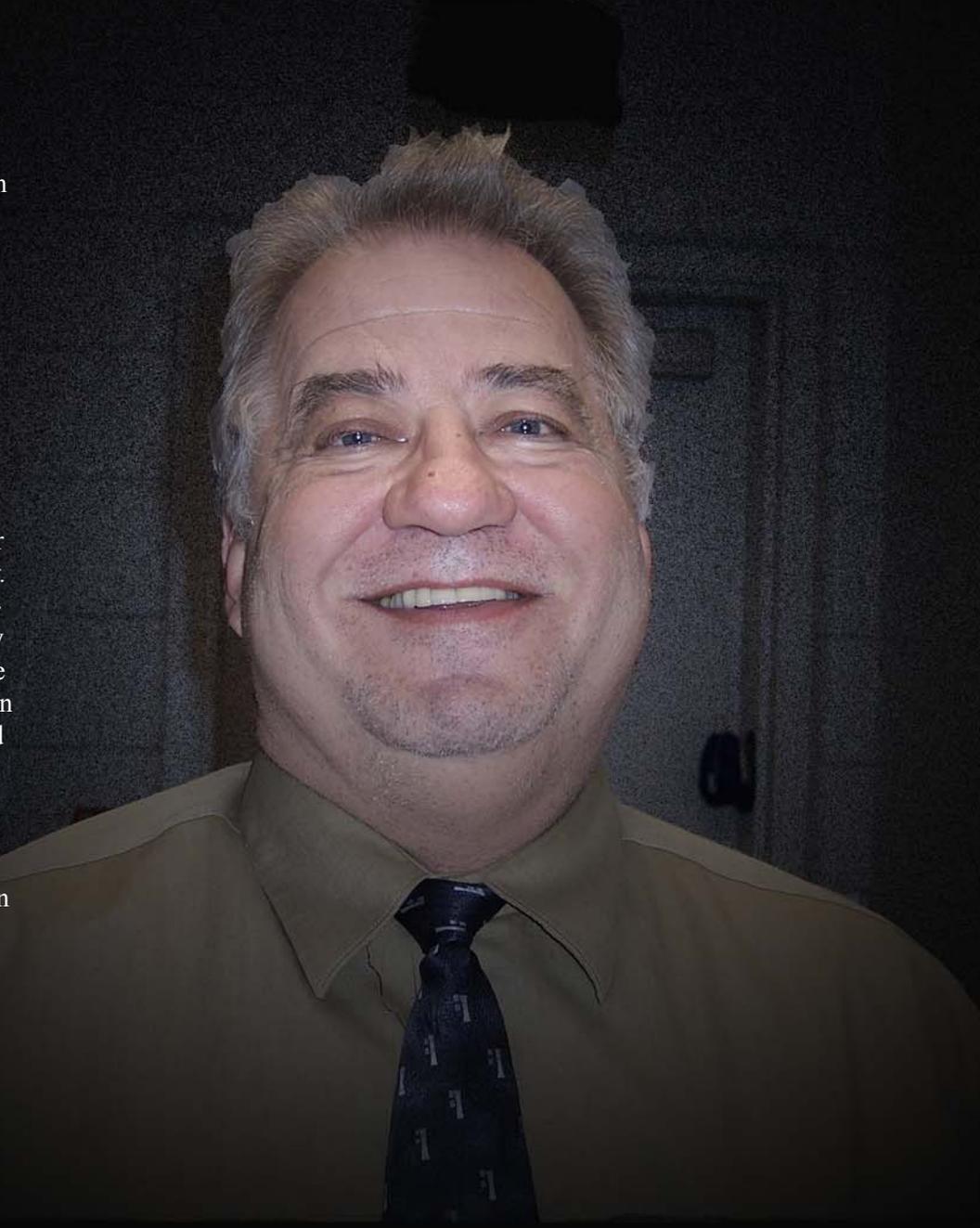
Roy was a mainstay of this organization since the time we had bombers on this base. He was a military member of the 301st Fighter Wing for six years before he retired, but he continued to work for the wing as a civilian for many years, totalling about thirty years of service.

Just a few years ago, while he worked as the 301st Operations Group range officer, he was selected as the Air Force Reserve 2006 Air Force Association Outstanding Civilian Employee of the Year in the Civilian Program Manager category.

In 2007, Roy was given the responsibility of being the Range Operating Authority (ROA) for Falcon Bombing Range for the 301st Operations Group. He was integral in putting that team together, and they shared great success with him as a part of that team.

He was known as a fantastic husband, father, grandfather, and American. His wife, Patti, their children, and grandchildren were at his side when he passed away. Chaplains Mark McDaniel and George Jones were there as well. Family and friends paid their final respects at his memorial service Wednesday, May 26.

Please keep Roy's family in your thoughts and prayers as we all go through the grieving process.



FIGHTER LINE

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Articles should be typed, single-spaced, and, if possible, submitted via email to the public affairs office at 301fw.pa@carswell.af.mil.

For more information about the Fighter Line, call the 301st Fighter Wing public affairs office at 817-782-7170.

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The resilient wingman

Chaplain (Maj) Mark McDaniel

301st Fighter Wing Chaplain

(Editor's Note: This is the third in a series of Chaplain commentaries on managing stress.)

Over the past couple of months we have explored various aspects of stress especially as it relates to combat operations, multiple deployments and general increased operational tempo. The question then remains, how can I insulate myself, or build resiliency against such stresses so that I can maintain operational functionality?

One way of looking at this is with the acronym RESILIENT. Over the next several months we'll look deeper into resiliency. This time around we will focus on the first letter in this acronym.

"R" stands for rest or relaxation. Proper and adequate rest and relaxation is critical to combating stress. And a lot of what our bodies do in reaction to stress starts in the brain. When a person endures prolonged periods of stress, their bodies dump chemicals into the brain which subconsciously transition us from "normal living" mode to "alarm red" conditions. After an extended period

of stress these chemicals begin to degrade the emotional center of the brain called the hippocampus.

Once this happens, the fight-or-flight center of the brain, called the "limbic center," takes over and pushes the body into a vicious cycle of worry and anxiety.

How does proper rest and relaxation counter this? Adequate sleep and rest allows the body to recoup from the stressful situation and begin the healing process which reverts control of the brain back to the hippocampus.

Many returning veterans from OIF/OEF are having sleep-related issues. If you operate with less than five hours of sleep a night, you are creating the vicious cycle evidenced by worry and anxiety. Many of the individuals that I have counseled in recent years tell me that they have not slept in a number of days. Instrumental to recovery is plentiful rest. Instrumental to being able to absorb traumatic or combat related stress is a robust sleep regimen.

If you don't have six to eight hours each night to dedicate to sleep, consider prayer and meditation. These



Chaplain (Maj) Mark McDaniel

options also have been found to help alleviate the effects of stress.

In the Bible, God commands that people keep the Sabbath as a day of rest. He certainly didn't need rest Himself, so it was His way of setting an example for us to follow, and we're made with that need.

In other words, the human body has a normal and routine need for rest. We are not designed to endure prolonged periods of stress without experiencing physical, emotional and spiritual consequences. Those consequences are our body's way of telling us to take a break. So, the bottom line is – get's some rest!

ON THE COVER: TSgt Juan Duharte, a life support specialist with the 920th Rescue Wing at Patrick Air Force Base, Fla., shows the tools of his trade to employers during an ESGR joint Bosslift May 6. The story is found on page 4 of this issue (U.S. Air Force Photo/SrA Jeremy Roman)

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Civilian employees entitled to union representation

Ms Wanda Black

301st Civilian Personnel Office

NOTIFICATION OF WEINGARTEN RIGHTS. Pursuant to Section 7114(A)(3) of Title 5 U.S. Code as added by the Civil Service Reform Act (P.L. 95-454), this is to inform you that the exclusive union (American Federation of Government Employees, Local 1364) must be given the opportunity to be represented at any examination of an employee in the bargaining unit by a management representative in connection with an investigation if the employee reasonably believes that the examination may result in disciplinary action against him or her and the employee requests representation.



Local employers get first-hand look at reserve missions



Local employers and base leadership spent time with members of the Blue Angels team at Naval Air Station Pensacola May 5. Employers joined leadership from Naval Air Station Fort Worth Joint Reserve Base and members of Texas Employer Support of the Guard and Reserve for a joint “Bosslift” to Air Force and Navy installations in Florida (U.S. Air Force Photo/SrA Jeremy Roman)

TSgt Shawn David McCowan
301st Fighter Wing Public Affairs

Naval Air Station Fort Worth Joint Reserve Base leadership and the 301st Fighter Wing teamed up with the Employer Support of the Guard and Reserve for their first joint Bosslift May 5-6.

Employers and area business leadership boarded an Air Force KC-10 from the 514th Air Refueling Wing, McGuire Air Force Base, New Jersey, and headed south to Florida.

The bosslift’s first stop was Naval Air Station Pensacola, where the Navy got to showcase its joint training environment, and the importance of employer support for reservists.

The second leg of the trip

took the group to Patrick Air Force Base, Fla., where they visited the 920th Rescue Wing.

The purpose of the ESGR is to help keep reservists and their employers aware of rules protecting their civilian employment. They also help employers stay connected to the mission of the military and the importance of reservists in that mission.

Annual Bosslifts are one way the ESGR and military help employers understand the mission of their employees.

The employers were wowed by the technology, training, skills and dedication needed to be a reservist assigned to a rescue unit.

After the bosslift, employers unanimously voiced support for their current and future



Local employers and base leadership visited a Navy helicopter training “dunk tank” at Naval Air Station Pensacola May 5. Employers experienced many joint training areas during the “Bosslift” to Air Force and Navy installations in Florida (U.S. Air Force Photo/Laura Dermarderosiansmith)

reservist employees, and showed great appreciation for the efforts of both the reserve and the ESGR.

Many employers signed statements of support with the

ESGR at the end of the trip.

Mr. Dale Fisseler, Fort Worth City Manager, says that Fort Worth employs many Reservists. He also said his support for his reservists was even stronger.



“The trip has reinforced my commitment to ensure that we provide any and all support needed for these dedicated employees.”

Mr. Johnny Shotwell, Mayor Pro Tem of Crowley, Texas, says his city employs several reservists in their police department, and was more aware of reservists involvement in each community.

“This trip highlighted to me what a huge impact our reservists have in our current military. This was my first exposure to ESGR and their mission. I appreciate what they’re doing, and have passed information about ESGR on to our Human Resources staff.”

The local ESGR office can be reached at 817-386-7322.



TSgt Juan Duharte, a life support specialist with the 920th Rescue Wing at Patrick Air Force Base, Fla., explained the tools of his trade to employers and base leadership during an ESGR joint Bosslift May 6. (U.S. Air Force Photo/SrA Jeremy Roman)

Wing’s newest pilot touts 301st over Thunderbirds, Blue Angels



As part of the 301st Fighter Wing's Pilot of the Day program, 11-year-old Tyler Durst learns how to launch an F-16 with the help of Staff Sgt. Jason Lester, 301st Maintenance Squadron crew chief. (U.S. Air Force Photo/Tracy Harris)

Laura Dermarderosiansmith
301st Fighter Wing Public Affairs

Tyler Durst entered Air Force territory and bravely dared to say he preferred the Navy Blue Angels to the Air Force Thunderbirds. There is no doubt this 11-year-old knows all about being courageous. Although he is currently in remission, Tyler has endured battling leukemia most of his young life.

Tyler spent part of his day on May 14 with the 301st Fighter Wing as an honorary fighter pilot in the wing’s Pilot for a Day program.

Since 2004, the 301st Maintenance Group and the 457th Fighter Squadron have worked together to bring critically ill children to the base for a day devoted solely to them. The intent of the program is to give these children a wonderful experience to draw from during some of the most painful times associated with their illness or treatment.

Accompanied by his grandparents and sister, Tyler’s day began by getting dressed for the part. Chief Master Sgt. Mark Godfrey, 301st Maintenance Group chief enlisted manager, presented him with a flight suit and

leather aviator jacket adorned with all the appropriate nametapes and patches.

After receiving the fighter squadron brief from Maj. Steve Nelson, 301st safety officer and one of the coordinators of the wing’s program, Tyler then went about the day doing what pilots do and observing how other sections support flying operations.

Tyler had the opportunity to fly in the C-130 and F-18 simulators, parachute in the virtual reality simulator and sit in an F-16 trainer, used for learning emergency egress procedures, before heading out to the flightline.

Lt. Col. Lane Been, 457th Fighter Squadron assistant director of operations showed Tyler how to do a pre-flight check of the aircraft. After he and Tech. Sgt. Jason Lester, a crew chief with 301st Maintenance, launched the aircraft, he was able to see the jet take off from the taxiway.

The day ended with 301st Fighter Wing personnel honoring Tyler with a barbeque lunch and presentation of gifts. After he had taken the Honorary Fighter Pilot oath and was given the call sign, Nugget, he was willing to concede that the 457th Fighter Squadron was better than the Thunderbirds and Blue Angels.

Local hockey tradition honors past and present veterans

TSgt Shawn David McCowan
301st Fighter Wing Public Affairs

Area active and retired military members gathered May 30 for the 2010 Memorial Day Hockey Classic at NYTEX Sports complex in North Richland Hills, Texas.

The annual event pits veterans from the Army and Air Force against the Navy and Marine Corps. Many of the players are current and former Air Force and Navy members once assigned here, including several still assigned to the 301st Fighter Wing.

Navy Captian T.D. Smyers, Naval Air Station Fort Worth Joint Reserve Base commander, and Colonel Richard Scobee, 301st Fighter Wing commander, kicked off the game with a ceremonial faceoff. In an additional treat for the attendees, the puck was dropped by WWII veteran Basil Gentry.

The relatively new tradition began a few years ago as a pick-up game between military members who played in local amateur hockey leagues at NYTEX. The arena hosts several amateur hockey leagues throughout the year. Eventually, more military members joined the local leagues. A few years ago, after coordination with players, NYTEX and the military, the official Memorial Day Classic was born.

Although admission to the game is free, many spectators generously donate each year to support veterans. This year, all money received was given to the Honor Flight of Dallas, a



During the 2010 Memorial Day Hockey Classic at the NYTEX Sports complex in North Richland Hills, Texas, the Navy/Marine team opened a first period 5-1 lead, but the Army/Air Force team caught up by the end of the second period. Although an evenly-matched contest, the Navy/Marine team decisively won 10-5. (U.S. Air Force Photo/SrA Jeremy Roman)

non-profit organization that flies World War II veterans to the WWII Memorial in Washington, D.C.

During the game, the Navy/Marine team opened a first period 5-1 lead, but the Army/Air Force team caught up by the end of the second period.

Despite the evenly-matched contest, the Navy/Marine team won decisively 10-5. At the end of the game, there was no sign of bitterness or pride from either side, as the two "rival" service teams lined up at center ice for the hockey tradition of team handshakes.

Future military-related games are in discussion between NYTEX and local military members.



Navy Captian T.D. Smyers (left), Naval Air Station Fort Worth Joint Reserve Base commander, and Colonel Richard Scobee (right), commander of the 301st Fighter Wing, performed the ceremonial faceoff During the 2010 Memorial Day Hockey Classic at the NYTEX Sports complex in North Richland Hills, Texas. The ceremonial puck was dropped by WWII Navy veteran Basil Gentry. (U.S. Air Force Photo/SrA Jeremy Roman)

301st Fighter Wing players at Memorial Classic

Steve Nelson-Right Wing

Shawn McCowan-Right Wing

Kacy Bird-Defense



Taking care of those 'DEER' to Airmen

CMSgt Richard Ernst

301st Military Personnel Flight Superintendent

Members of the 301st Fighter Wing are reminded to keep their Defence Enrollment Eligibility Reporting System (DEERS) account current by ensuring dependents are enrolled.

Documents needed by customer service to update DEERS includes original marriage license, birth certificate, Social Security cards and final divorce decree or death certificate. For students over the age of 21, verification of enrollment with an expected graduation date is required.

Having family members pre-enrolled will save time when it comes to accessing medical benefits. That is one of the important reasons to keep DEERS updated is should a member be on orders for more than 31 consecutive days.

Keeping DEERS current is a mandatory compliance with the annual requirement to report civilian employee information is in accordance with the Civilian Employee Information (CEI) Program Handbook Para 3.6.3.

Although it only takes a couple of minutes to accomplish, please remember that Airman must be given adequate time during training periods to comply with this requirement.

Members who fail or knowingly refuse to provide required employment-related information or provide false employment-related information may be subject to adminis-

trative action or punishment under the Uniform Code of Military Justice for dereliction of duty.

The purpose for collecting civilian employment information for Department of Defense use is to achieve fair treatment between members in the Ready Reserve who are being considered for recall to active duty, ensure that there will be no significant attrition of Ready Reserve members or units during a mobilization and to inform Reserve Component members and their employers of their rights, benefits, and obligations under the Uniformed Services Employment and Reemployment Rights Act (USERRA).

To complete the CEI review/update, click on <https://www.dmdc.osd.mil/appj/esgr/>.

Airmen may also access the CEI website from the Air Force Portal. Once logged on the CEI is a mandatory update that Reserve members have to make every year to certify current employment status. To complete your CEI click the following link:

1. <https://www.dmdc.osd.mil/appj/esgr/>

2. Members can also access the CEI website from the AF Portal. Once logged on and at the Portal home page, there is a section titled "Links and Applications" about halfway down and to the right of the main page. On the list, select the Career-Guard/Reserve and one will find the CEI web page link there.

Education offices announce changes to current re-testing process

Ms Cindy Adams

301st Education Services Manager

Effective November 20, 2010, Defense Activity for Non-Traditional Education Support (DANTES) will only fund a Service member's initial examination fee for each subject College Level Examination Program (CLEP) and Excelsior College (ECE) exam.

Due to the change, all Service members who took these exams on or after May 20 will be informed they will not be allowed to retest with DANTES funding – you will have to pay for retake exams yourself.

Individuals who took a test prior to May 20 must retest prior to Dec 11, 2010. There is still a 180-day restriction before you are allowed to retake exam.

Additionally, retest scores are not automatically forwarded to Community College of the Air Force. Students will have to submit a transcript request form for CCAF or other schools to receive the scores. There is a \$30 fee per transcript. Depending on the exam, transcript request forms can be found on the following websites.

DSST scores: www.getcollegedecredit.com

CLEP scores: www.collegeboard.com

ECE scores: www.excelsior.edu.

The wing education and training office has various textbooks, workbooks and CD-ROMs that you can check out to help you prepare for these exams.

Sergeants Association scholarships available

The Air Force Sergeants Association has scholarship opportunities for high school seniors and college students. Scholarships range between \$500 to \$1,000 based upon availability of funds. See an AFSA representative for eligibility criteria, documents required and mailing address. Completed applications must be postmarked no later than Jun 30.

For additional information, please contact TSgt Rodney Pollard, AFSA Local Chapter 1055 Scholarship Committee Member, at (214) 502-1017 or email him at:

Big25Red25@yahoo.com or Rodney.Pollard@us.af.mil

301st honors spring graduates

Twenty-one wing members recently earned their Associates Degree through the Community College of the Air Force in a ceremony during the May Unit Training Assembly.

Rank and name	Unit	Degree
MSgt John W. Holt, Jr.	301 FSS	Restaurant, Hotel and Fitness Mgt
MSgt Melinda M. McNicholas	301 MDS	Allied Health Sciences
MSgt Pamela A. Stump	301 MOF	Maintenance Production Mgt
TSgt Timothy L. Cloud	301 AMXS	Aviation Maintenance Technology
TSgt Keajwana L. Davenport	610 SFS	Human Resource Mgt
TSgt Aaron R. Fallon	301 AMXS	Aviation Maintenance Production
TSgt Veronica K. Jones	301 FSS	Human Resource Management
TSgt Terry E. McGovern	73 APS	Transportation
TSgt Christopher M. Newark	301 OG	Communications App Technology
TSgt Spencer L. Thomas	301 MXS	Aviation Maint Technology
SSgt Bryan J. Black	301 AMXS	Avionic Systems Technology
SSgt James M. Burleson	301 MXS	Nondestructive Testing Technology
SSgt Andrea L. Espinoza Lopez	301 OG	Communications App Technology
SSgt Andrea L. Espinoza Lopez	301 OG	Electronic Systems Technology
SSgt Amy C. Jones	301 FSS	Education & Training Management
SSgt Julian T. Kurz	301 CES	Mechanical & Electrical Technology
SSgt Cory D. McCray	457 FS	Aviation Management
SSgt Cynthia Morley	301 LRS	Logistics
SSgt Casey M. Pearson	610 SFS	Criminal Justice
SrA Aaron D. Drysdale	301 MXS	Munitions Systems Technology
SrA Kevin P. Mount	301 MXS	Aerospace Ground Equip Tech
SrA Jacob A. Schwen	301 AMXS	Avionic Systems Technology

Promotions



John Burke, 301 OG

Jared Bowen, 301 AMXS
 Joshua Brooks, 301 SFS
 Joel Harding, 301 AMXS



Anthony Johnson, 301 SFS
 Julian Kurz, 301 CES
 John Samford, 301 LRS
 Michael Stinemetze, 301 SFS
 David Tigges, 301 AMXS
 Spencer Wight, 301 AMXS

Benjamin Alexis, 301 CES
 Aaron Black, 301 AMXS
 Rene Garcia, 301 AMXS



Jorge Lomas, 73 APS
 Lucas Ortega, 73 APS
 Andrew Outland, 73 APS
 James Rojas, 301 AMXS
 David Staffeld, 301 AMXS
 Miles Thayer, 301 MDS

Mitchell Brawner, 301 AMXS
 Ivan Carrejo, 301 CES
 Talinia Haynes, 301 LRS
 Jonathan Holt, 301 AMXS
 Crystal Mulkey, 73 APS
 Adam Roberts, 73 APS

Remembering Those Who Came Before Us

SMSgt Sylvia Budinich

301st Medical Squadron

Has it happened to you? Have you been in public in uniform and a stranger say “Thank You” for your service?

Once, while dining with several squadron members, a stranger even paid for our lunch. Recently it happened to me when I was off base at a local store during lunch. It catches you by surprise and it is a humbling experience.

Once I responded, the kind soul then said he was also a veteran. I said, “Thank you for your service. I’m continuing to follow the fine traditions and high standards you have set for us.”

It may have been a brief exchange in a store parking lot, but the memory and great feeling it leaves stays long after the moment.

What did you do on Memorial Day? Did

you go to a local or national cemetery, visit a hospitalized veteran, or enjoy a parade in your community?

It’s the official time to remember and honor all fallen heroes as well as those who previously served and are currently serving.

Memorial Day is not the only day I think about our veterans. I think of them and honor them each time I wear the uniform and remember the sacrifices made to defend our freedom so we can continue to enjoy living in the best country in the world.

My brother proudly served in the Marine Corps for many years on active duty and as a reservist. Our Medical Squadron is comprised of many members who served on active duty or in one of the other branches of the military. What a wealth and breath



SMSgt Sylvia Budinich

of experience they collectively bring to our squadron.

It is a distinctive honor and a privilege to wear the uniform, serve with each of you and pay homage to those who came before us; continue to wear it proudly and in conformance with AFI 36-2903 as each time you do you’re honoring the veterans who served before us and are in their final resting place.