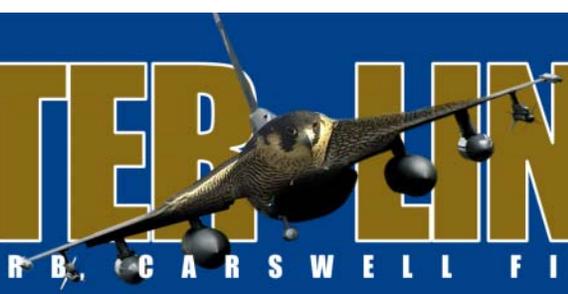




FIGHTER LINE

N A S F O R T W O R T H J R B , C A R S W E L L F I E L D



Vol. 32, No. 10

Air Force Reserve Command: Proud Partner in the Total Force

October 14, 2006



In Phase

Air Force Reserve Command's 301st Fighter Wing conducted a Phase I exercise this past month to test the deployment machine. 301st Logistics Readiness Squadron transportation specialists Phillip Bigtas and Staff Sgt. Jason Coffman relocate a pallet of duffel bags belonging to wing members to the loading area during September's training exercise. (U.S. Air Force Photo/Staff Sgt. Kristin Mack)

NEWS BRIEF

Patch date extended

The Air Force Reserve Command patch mandatory wear date has been extended to May 1, 2007.

Getting fit is more than just getting your body ready

Col. Patricia Ballentine
301st Aerospace Medicine Squadron Commander

During this era of high operations tempo we face an increased emphasis on mission preparedness and training demands. We are also

challenged to identify which requirement *is* top priority? Frankly, competition for number "one" is intense; we often try to do two or three things at once. But if you're not healthy, you can't contribute to the mission — you are not "mission ready."

The 301st Aerospace Medicine Squadron's mission is to ensure wing and tenant personnel are medically fit to meet their combat mission by providing medical support.

How do we do this? The

(FITNESS,
continues on page 3)



Improving mission, lives key to our success

Hello fellow Airmen. It has been 90 days since I took command of the 301st Fighter Wing. One of my goals has been to visit each unit and each member of the 301st FW. Another goal was to talk with each group commander, medical squadron commanders and senior supervisors, to learn what we can do to make the 301st better.

Overall, I feel the wing is in good condition; lots of awards, strong OPR's and EPR's, high percentage of promotions, and good safety awareness. I also noticed lots of compassion and I like that! I did notice some of our facilities need improvements and equipment needs updating. I have already taken steps to make this happen.

As you know Aerospace Expeditionary Force 7/8 is approaching... May '07. In preparation for the AEF, the wing performed a Phase I exercise in September. Everyone did a great job treating this exercise seriously! Your logistics readiness squadron office captured "lessons learned" for us to improve upon before we depart.

For now, you need to prepare your family by updating wills and powers of attorney.

Also, take a look at the calendar through August '07 to see what special days or occasions you will miss. Make plans for those special days before you deploy! You will feel much better when you look back!

The last thing I would like to share with you is where I think the United States military is heading. I recently returned from the Joint Force Reserve Orientation Course (JFROC) in Norfolk, Va. The purpose of the course was to develop operational and strategic awareness of the joint service environment.

Because of dwindling DoD dollars and increased ops tempo, joint service operations using both active and reserve assets are becoming a requirement. Working side by side with our sister services and coalition partners will continue to become more prevalent. I expect Joint Professional Military Education and joint tours will someday become a requirement in order to be promoted to more senior ranks. I will



Col. Kevin E. Pottinger
301st Fighter Wing
Commander

keep you informed!

Here's a little known fact; only three percent of U.S. civilian employers have reservists working for them ... which means 97 percent of our U.S. civilians need to be educated on what we do! Let's get out and spread the word!

Family matters: take care to take care



from the First Sergeant's desk

Senior Master Sgt. Eric Wiley
301st Maintenance Squadron First Sergeant

Over the past few years, the role of the Air Force Reserve has changed. Our deployments have become longer, more frequent, and more vital to the success of the overall

Air Force mission. More and more, we are being asked to deploy to all stretches of the world, often placed in extremely dangerous situations. I believe the men and women

of the 301st Fighter Wing have done this with honor and respect, and are a model for all of the Air Force Reserve.

But, with the increased operation requirements, we can not neglect the most important thing; our families. We have a responsibility to ensure we take care of those we leave behind. A good source to document important information is the "What My Family Should Know" docu-

ment, which can be obtained from your First Sergeant. If you are the one taking care of the family finances, share that information as well. Also, we need to remember to update wills and powers of attorney. Our 301st FW Legal Office will prepare these documents free of charge.

I would also urge you to

**(FAMILY,
continues on page 6)**

FIGHTER LINE

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Texas. All photographs in the Fighter Line are Air Force photographs unless otherwise indicated.

Deadline for unsolicited submissions is close of business Monday after the "A" schedule unit training assembly.

Articles should be typed, single-spaced, and, if possible, submitted via e-mail to the Public Affairs office at 301fw.pa@carswell.af.mil. For more information, call the 301st Fighter Wing Public Affairs office at 817.782.7170.

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Fire Prevention Week Oct. 9-13

Exercise fire safety in your home, lives

Master Sgt. J. Douglas Quiroga
Safety Office

Summer is coming to an end. With less than normal rainfall this year, leaves and grass have dried up all around us creating a potential fire hazard that can endanger homes and open fields alike. Prematurely withered leaves accumulating all around, combined with dry grass, has increased the potential for wild fires.

With this combustible material available in many areas all that is needed for a fire to get started is a source of combustion. Human carelessness or an act of nature can easily provide the missing element to start a conflagration. Here are a few tips that can help you prevent the start of a fire that can rage out of control.

If you need to mow the lawn to get rid of wild grasses during the fall season, be aware that sparks from the exhaust of your gas mower can ignite your yard's dry grass. Gas operated leaf blowers can also expel red-hot carbon deposits from the exhaust with the same results.

To prevent such an occurrence, ensure that your equipment is properly maintained and have fire extinguisher equipment readily available. Do not disregard the possibility that a fire can be started or that it will not happen to you just because "it rarely happens."

Be alert to children who like to play with matches. If you must



have an ignition source around the house, use butane lighters as a substitute for matches. Butane fire igniters are much safer and easier to control than matches.

Do not burn trash in barrels or in the open. Your backyard is not the proper place for disposal of combustible materials. Cinders are sure to fly out. There is no easier way to start an unintentional fire.

There are many potential fire starters in your home. Be alert to seemingly innocuous sources of heat that can create a fire inside your home.

Let's start with leaking gas lines. Investigate any suspect odor around gas lines, do not attempt to "check it out" with a match. Call the gas company immediately and if the odor is strong, open doors and windows and then evacuate the house.

When cooking with oil or lard do not leave pots or pans unattended and properly regulate the amount of heat on the stove. It is always a good idea to have a fire extinguisher rated for grease/oil fires in a place where it is easily reachable.

If a grease or oil fire starts in your kitchen, do not use water to

(SAFETY,
continues on page 6)

(FITNESS, continued from page 1)

Reserve Component Periodic Health Assessment system is the driver. The information it requires allows us to determine if there are issues we need to evaluate further or if you are good to go. The Unit Health Monitors, your key players and your points of contact, will keep you up to date with whatever is needed to ensure your health information is complete and accurate. They schedule your physical and dental exams; identify needed immunizations; and often serve as the liaison with the 301st AMDS. Some important points to remember are:

Varicella - otherwise known as chicken pox, is back in the news. You'll need to provide medical proof you've had this typical childhood illness or we will draw a titer* to verify your immunity. If

you're not immune, you're required to receive this immunization. In adults, chicken pox is a serious illness. Your health monitor will give you more details as we develop a process for this requirement.

Immunizations - October is the beginning of flu season. The inhaled vaccine, "Fluzone", will be given during the October UTA for anyone 49 years old and younger. The vaccine doesn't give you the flu, at most, a few aches and pains. Those over 50 receive the flu shot, depending on it's availability at that time.

Keep "fit to fight" - October is also the big testing month. You may be exempt from completing any one or all components of the fitness test by medical waiver from your private physician. *But*, this waiver is only good for *one year*. After that, you must either test or obtain a "fitness

for duty" evaluation.

What can *you* do? Whether there is a deployment, Aerospace Expeditionary Force rotation in your future or not, completing all physical exam requirements can be done up to *six months* before your birthday. This includes physical and dental exams, immunizations (especially those that will expire while you are gone), etc. See your health monitor for *your* specific due dates. Stay ahead of the game!

The bottom line is, wrap up all the physical exam loose ends before you're asked to deploy. Bring in documentation from your private doctor or dentist if needed; get any needed dental work done, etc. The last few days before you leave are too late to make major corrections and updates.

*the concentration of an antibody in serum

ARPC is now open when you're working

The Reserve Personnel Contact Center is now open every primary UTA between 7:30 a.m. to 4 p.m. (MST) both weekend days. You may reach your Contact Center 24/7/365 at DSN 926.6528 or toll free at 1.800.525.0102.

Their team looks forward to providing world-class support to our Citizen Airmen ... and, all Airmen are encouraged to establish a virtual Personnel Center-Guard and Reserve (vPC-GR) account so that future support can be provided centrally by your personnel center.

Roat era comes to an end

Tech. Sgt. Stephen Bailey
Public Affairs

Matilda “Tillie” Roat is a person who will tell you what’s on her mind even when you’re not ready for it. But for those who know and respect her, it’s this type of personality and determined spirit that have paved a successful road, opening up opportunities in civil service spanning 45 years.

But, as it has been said, all good things must come to an end. Tillie Roat, who has served faithfully as the 301st Fighter Wing budget officer, said her final good-bye Sept. 30 following what she describes as a ‘fun-filled time of serving the military she loves.’

“It has been a great ride and a super opportunity to serve the military these many years – it has been a pleasure, but I know it’s time,” she said.

The youngest of 10 children, Tillie, a daughter of Chinese parents who grew up in Hawaii, sadly recalls her earliest memory of the military -- that, being that fateful day, Dec. 7, 1941, when her homeland and the U.S. Naval Fleet were attacked at Pearl Harbor.

“I was just a child being hurried into a bomb shelter but it was something I will never forget,” Tillie said.

Taking into account many of these early experiences, she decided to join the military in 1958 serving in the Air Force at Eglin Air Force Base, Fla., as a personnel specialist. It was just two years later that Tillie set her sights on a higher goal of



Mrs. Tillie Roat, 301st Fighter Wing budget manager, displays the collage depicting nearly half a century of her life with the military. (U.S. Air Force Photo/Tech. Sgt. Stephen Bailey)

working in civil service.

“I applied and took the entrance exam and got my first opportunity to work with the Army Corps of Engineers first in Maryland and then in Panama,” Tillie said. Following her five-year tour in Panama, she and her husband, Frank, and her children joined the Seventh Bomb Wing in Fort Worth working first as a budget analyst then advancing to budget officer.

“Even in those early years, Tillie was making an impact in helping to strengthen the relations between the active duty and the Reserve,” said Maj. Bobbie Munsell, 301st FW comptroller. “She has always been a team player and a huge asset within the budget career field.”

Her career took a twist in

1993, when the 7th BW left Carswell, giving her the chance to become the 301st FW’s budget officer, crossing over from working with the active duty to the Reserve.

“This wasn’t a problem because I was already somewhat familiar with the Reserve and was just glad to be able to continue my civil service work,” Tillie explained.

And work she did. Commanders and coworkers continued to laud her dedication and leadership stating it’s been these characteristics that have worked to develop a ‘world-class’ budget office. Her knowledge and expertise have been invaluable to the success of the overall mission. One coworker even remarked he wished he had just a ‘tenth of the knowledge’ that Tillie has

when it comes to budget policies and regulations.

Senior Master Sgt. James Chess, III, 301st Finance customer service section chief, has fond memories working with Tillie, describing her as someone who lets you do your job.

“I worked with Tillie in the 7th Bomb Wing when I was a young airman. Years later, when my active duty service was completed, and I was looking for a position in the Reserve, she brought me in ... and I have enjoyed every minute of it. She is a great person to work for and yes, she can be very direct at times, but really, her bark is worse than her bite,” he said jokingly.

For Tillie, the joy, she says, has been the relationships she has developed along the way, many of whom have become true friends. “Tillie is a true-blue person who genuinely cares deeply about the job and the people who work with her. She has a great ability to bring everyone together as a team and focus them on the task at hand,” said Major Munsell.

“She is mother to us all and is a special lady – everyone loves Tillie,” Senior Master Sgt. Beverlin Smith, assistant NCOIC of travel pay, said.

“I truly wish continued success for the 301st Fighter Wing,” Tillie said. “It has been my pleasure to serve the greatest fighter wing in the Air Force Reserve.”

For her, the future is still going to be full of excitement – she plans on traveling with her husband and spoiling her three grandchildren and great grandson.

And those who have tasted her world-class pineapple upside down cake want her to continue to make many more, bringing them back for the whole wing to enjoy. Thanks Tillie – have a great retirement!

**(FAMILY
continued from page 2)**

talk with family and friends. Ask if they will be available if they are needed -- whether it's to mow the grass, fix something around the house, or any number of other things. I have found most are more than willing to assist. If you are not deploying, offer help to the families of those who are.

Through numerous deployments, I have found it more difficult for the family left at home than for the Airman. Our families often wonder where we are, what we are doing, and if we are safe. We should not burden them with undue stress that could have been easily avoided. Not only does this planning help them out, but it also helps us to focus on the mission: to fight and win America's wars.

Useful Web Sites

www.militaryhomefront.dod.mil/ is the official Department of Defense Web site for reliable Quality of Life information designed to help troops and their families.

www.militaryonesource.com is available to help with child care, personal finances, emotional support during deployments, relocation information, or resources needed for special circumstances ... for military personnel and their families... 24/7/365.

www.ourmilitarykids.org ensures children (K-12) of deployed and severely injured Reserve and National Guard personnel can afford to participate in activities such as youth sports, fine arts and tutoring programs that are so important in their young lives during this stressful time.

**(continued from page 3)**

attempt to extinguish it. First, cancel the heat source and, if the appropriate fire extinguisher is not available, immediately place a lid on the utensil or place a thoroughly water-soaked blanket or sheet on the utensil. This may eliminate the oxygen source required to sustain combustion.

Be aware that combustible materials in contact with a light bulb can ignite and propagate a fire. Unless absolutely necessary to do otherwise, always use low-wattage light bulbs in cramped spaces where clothes or other combustible materials can come in contact. Better yet, use fluorescent bulbs that don't generate the heat usually produced by an incandescent-type light.

During winter, ensure gas or

electric heaters are kept clear of combustible materials and at least one foot from wooden walls. If you are into "candle-light," make absolutely sure the candles aren't placed directly on any combustible material and are clear from curtains.

If you must connect electrical appliances to an extension cord, make sure the cord is surge protected and has a circuit breaker that can interrupt the current flow if an overload condition is created by too many appliances or by nature's lightning.

Finally, test the smoke detector devices in your home for proper operation and replace batteries as needed. Install smoke detectors in every room if you don't already have them. Early fire detection will save and your family's life.

Fire prevention requires attention to detail and planning. Improve your odds by following these simple tips. Be alert, be safe and stay alive.

In Memory:**Tech. Sgt.
Vance Alfred
Lyles, Sr.
1958 - 2006**

Tech. Sgt. Lyles, Sr., 47, passed away Sept. 13, 2006, at his home. He's now laid to rest at the Dallas-Fort Worth National Cemetery.

Sergeant Lyles was born in New Orleans, La., and graduated from George Washington Carver High School and Xavier University with a bachelor's degree in business and music. He served honorably in the United States Navy, Air Force and lastly as an Air Force Reserve jet engine mechanic here in the 301st Maintenance Squadron.

Sergeant Lyles originally joined the 301st Fighter Wing back in May 1987. He left us briefly for a year to work at Homestead Air Reserve Base, Fla. Then, he returned for his final assignment here in April 2005.

He loved making people

happy whether it was during or after work hours. A fun-loving guy and an entertainer at heart, Sergeant Lyles enjoyed music, especially karaoke, and was known as "Mr. Motown" by his many friends and comrades. He never met a stranger and loved doing for others. The word 'no' was simply not in his vocabulary.

Those who had the pleasure of knowing Sergeant Lyles remember him as always having a song on his lips and a big smile on his face wherever he went in life. May he join the choir of angels in song for eternity. God bless you Vance!

Annual Family Day Picnic is here

The annual 301st Fighter Wing Family Day Picnic and softball tournament will be Oct. 14.

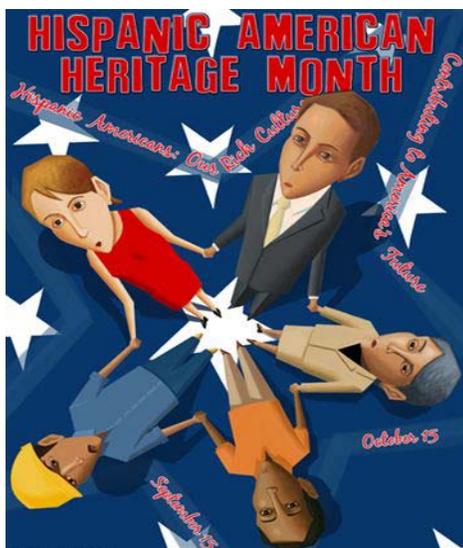
From 11 a.m. to 4 p.m. booths and free food will be available to all wing military and civilians as well as their immediate family members. The traditional menu of hamburgers, hot dogs, sausages and side dishes will be served.

Fun for the children include free game booths complete with prizes and various jump houses.

Anyone wishing to join this year's softball tournament must call Maj. Chris Clark, 817.782.5868 to sign up.

Volunteers are also needed in various areas from set-up/clean-up to working an hour or so at the children's game booths. Please call Lt. Col. John Moyer at 817.782.6875 to help make this year's picnic another success story. If you'd like to set up a booth or other type of organized activity at the picnic, contact Lt. Col. Moyer.

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TO THE FAMILY OF

Walk the line

Senior Master Sgt. Samantha Boswell, 301st Aerospace Medicine Squadron health services section chief, assists Tech. Sgt. Robert Steele, 701st Medical Squadron medical service journeyman, during September's Phase I exercise. This kind of training helps 'oil' the deployment machine and gives 301st Fighter Wing members a trial run for identifying any areas needing adjustments. (U.S. Air Force Photo/Tech. Sgt. Stephen Bailey)



PROMOTIONS and REENLISTMENTS

Promotions

701 MDS

- Senior Airman Nicole A. DeLeon
- Staff Sgt. Courtney C. Bourn
- Staff Sgt. Pamela D. Ichinose

301 LRS

- Staff Sgt. David L. Britton
- Staff Sgt. Mark Coopershedfield
- Staff Sgt. Robert E. Long, Jr.
- Staff Sgt. Denise Lopez
- Staff Sgt. Celina Sangsvang

73 APS

- Staff Sgt. Jeffrey Chesworth
- Master Sgt. Janet M. Reed

301 AMXS

- Staff Sgt. Eric Contreras
- Staff Sgt. David J. Cruz
- Staff Sgt. Todd B. McMillen

- Staff Sgt. John P. J. Rachwitz
- Tech. Sgt. Ritchie R. Heyne
- Master Sgt. Rebel L. Hester

301 CES

- Staff Sgt. Cecyle Marie Hetzel

457 FS

- Staff Sgt. Korina L. Longoria
- Senior Master Sgt. Alton A. Brunswick

301 SFS

- Staff Sgt. Jennifer L. Martinez
- Staff Sgt. David A. Munoz
- Staff Sgt. Travis K. Powell
- Tech. Sgt. Ezra J. Simmons, Jr.

610 SFS

- Tech. Sgt. James R. Banks
- Master Sgt. Bruce C. Hoyt

301 SVF

- Tech. Sgt. John F. Dake

- Tech. Sgt. Esther J. Davis

10 AF

- Senior Master Sgt. Stefan W. Henrich

Reenlistments

301 MXS

- Tech. Sgt. Billy M. Jones, Jr.

610 SFS

- Senior Airman Jarah Yound
- Master Sgt. Joel T. Garcia

301 LRS

- Tech. Sgt. Gary Hill
- Master Sgt. Edward V. Wendorf, III

701 MDS

- Senior Airman Constance V. Jackson

457 FS

- Tech. Sgt. Santos Gonzales

301 AMDS

- Senior Master Sgt. Samantha B. Boswell