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is available for 911th members
and their families by calling
1-800-235-7780 or (412) 474-8544

Flyover

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911th Airlift Wing Air Force Reserve Command - Pittsburgh, Pennsylvania



Vol. 45 No. 3
March 2006

Wing celebrates Black History Month

by Senior Airman Marc Nickens
911th Public Affairs

The 911 Airlift Wing presented a performance at the chapel, Feb. 11, honoring this year's National Black History Month.

Master Sgt. Nancy Hornsby, 911th Family Services, put this year's hour-long program together.

"Master Sgt. Hornsby put together an excellent presentation that was both entertaining and enlightening," said Lt. Col. Patricia Blassie, commander, 911th Mission Support Group.

The invocation was given by our new chaplain, 1st Lt. Todd Wainman, followed by the singing of the national anthem by Master Sgt. Hornsby and Ms. Deborah Hollis of the singing group Heavenly Sounds.

There were several presentations including a poetry recital by Master Sgt. Arthur Farward, of the 911th Inspector General's Office; a musical selection by Ms. Hollis and the aforementioned Heavenly Sounds; and a mime performance by Minister Parrish Davenport and his Anointed Mime Ministry.

Mr. Art Terry, the keynote speaker, gave a riveting speech on this year's National Black History Month theme, "Celebrating Community: A tribute to black fraternal, social and civic institutions."



Photo by Airman Jamie Perry

Minister Parrish Davenport and the Anointed Mime Ministry were one of several presentations during this year's celebration of Black History Month, held at the Base Chapel, Feb. 11. The 2006 National Black History Month theme was, Celebrating Community: A tribute to black fraternal, social and civic institutions.

Lt. Col. Blassie presented certificates of appreciation to all who participated with closing remarks given by the wing commander, Col. Randal Bright.

The 911 AW continued the Black History Month celebration during a luncheon coordinated by the Civilian Personnel Office and

held at Club Cargo Bay (consolidated club), Feb. 22.

The guest speaker was Lt. Col. Anthony Baity of the 514th Maintenance Group at McGuire Air Force Base, N.J.

Lt. Col. Baity spoke to wing members concerning "Leadership in the Age of Diversity."



Commander's Corner

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Editorial content and photographs provided by 911th Airlift Wing, Public Affairs, Pittsburgh IAP ARS, 2475 Defense Ave., Coraopolis, Pa. 15108-4403. 911th AW web page address:

<http://www.afrc.af.mil/911aw>

We are down to the wire with only three Unit Training Assembly's (UTA's) remaining before our upcoming Unit Compliance Inspection (UCI), May 30 – June 4. I am proud of the effort each of you are putting forth in getting ready for this inspection. Keep the pace up and remember that these are items we must do day-to-day, not just for the UCI. So, consider this a marathon and not a sprint. Watch out for each other and work hard to alleviate stress during this preparation.



COL. RANDAL L. BRIGHT

The 911th has had a very successful 2005, as will be evidenced by the many awards recognized at our upcoming Wing Awards Banquet. We are honored to have the Air Force Reserve Command Chief Master Sergeant Jackson Winsett as our guest speaker, as well as the Air Force Reserve Command's Reserve Generation Band for entertainment at this event. Please make every effort to attend this important event. All award recipients, both individual and organizational winners, have done a great job.

As you may have noticed, we have been giving various commanders the opportunity to write the Commander's Corner article for the *Flyover*. We plan to continue this effort and have as many commander's as possible provide an article. Every commander has something to offer our fellow members of this wing. If you have something of importance to you, it is highly probable to assume that it is important to the rest of us in the wing. Get with the Public Affairs Office or your Unit Public Affairs Representative (UPAR) for assistance in getting your article into print. I look forward to reading what you have to share.

The week preceding the February UTA, I had the honor of representing the 911th Airlift Wing by attending the Reserve Officers Association's (ROA) Mid-Winter Conference and the Senior Leaders Conference held in Washington, D.C. At the opening ceremony of the ROA Mid-Winter Conference, Command Chief Master Sgt. James Fields and I had the honor of receiving a plaque from the Reserve Enlisted Association (REA) for the first inaugural chapter in the REA. I am proud of our enlisted force for taking the initiative in standing this chapter up and accomplishing the goal of being the first chapter in REA. Immediately after leaving the podium Chief Fields and I were congratulated for this accomplishment; not to mention we were also met by several organizations, from all branches of service, wanting to know more about the REA and how to establish their own chapters. The enlisted force of the 911th can be proud of this accomplishment and look forward to assisting REA in standing up other chapters around the country as you all obviously know how to do it, you are the First. You can forever say that you are #1.

Again, thank you for the service you provide for our nation and I am honored to be your commander.



Letter to Airmen: Air Force Core Values

by The Honorable Michael W. Wynne
Secretary of the Air Force

I continue to be honored to serve with you as Secretary of this great Air Force. Whether on the ground, in air or space, or on the new frontier of cyberspace – and whether you wear uniforms or civilian clothes – you respond to daily challenges that embody our core values of *Integrity First, Service Before Self and Excellence in All We Do*.

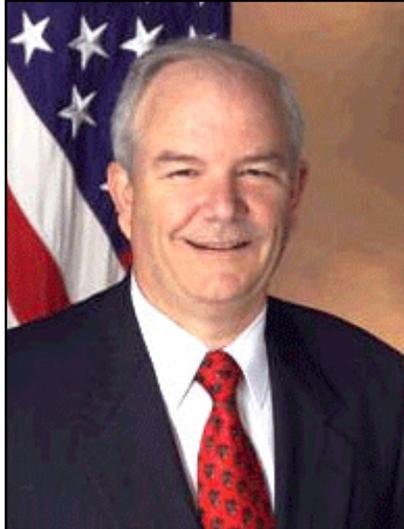
These core values should reflect the values we share from the moment we take our oath to support and defend the constitution. We must continue to reflect on these values, linked to that oath. Sharing my thoughts in this note is part of that ongoing process.

Integrity First reminds us we must “walk the talk” – our words and actions must be integrated in our lives. It reminds us of Thomas Jefferson’s concept of moral muscles – that we build and strengthen our character through the daily exercise of words, actions and decisions. Integrity first means not only physical courage, but moral courage as well, so that we sometimes stand up by speaking up. It means being loyal to our friends, to each other – by being loyal to our oath, our Air Force, and our Nation.

Service Before Self is not the same as “service,” a value also claimed by some civilian institutions and corporations. Our Service requires sacrifice and commitment to our Nation. We understand we make decisions in an environment where freedoms are on the line, and lives are at stake. Service Before Self begins with duty, but it means more. It means that, in our Air Force, as we fly and fight in war and peace, going above-and-beyond-the-call-of-duty is not the exception – it is the rule.

Excellence in All We Do reminds us, at the most basic level, of the old “Hometown Newspaper Test” – imagining our parents reading about our actions, and wanting them to be proud. But it also includes the military concept of honor – knowing our actions reflect on all Airmen – and on the Air Force itself. It reminds us that we stand on the shoulders of giants: heroes like Billy Mitchell, and Doolittle, Spaatz, and Rickenbacker; heroes who faced and beat incredible odds. We have inherited a history of excellence, courage and greatness. We must live up to that heritage, become part of it, and pass it on.

All Airmen are men and women of character. Our enduring Air Force Core Values provide a touchstone as we rise to meet current and future challenges, threats, and opportunities. As America’s Airmen, it is imperative that we maintain the moral high ground – our nation depends on it. I thank all of you for your contributions and sacrifices. I salute you!



QUICK CLIPS

Family Fun Night

The Fitness Center will be open every Wednesday from 5:30 p.m. to 8 p.m. for some family play time.

Various games as well as a Party Bounce will be available.

All children must be supervised by a parent at all times.

Everyone must handcarry their shoes into the Fitness Center. No street shoes will be allowed. Guest rules will be strictly adhered to with only one guest per authorized patron.

The gym floor will still be available for basketball and other games.

Blood drives

The 911th Airlift Wing had approximately 60 members show up to give blood during the Feb. 12th and 15th blood drives.

According to the Central Blood Bank, the 911 AW doubled the amount of blood they expected to receive.

There were several winners of the Sheetz \$25 gift cards. Congratulations to Master Sgt. Steve Joseph, Technical Sergeants Jim Blaha, Steve Wilson and Mark Schinzel, and Staff Sgt. Regis Hess.

UTA Pay dates

Primary: March 15

Alternate: March 22

(Dates are subject to change without prior notification)



Wing establishes first Reserve Enlisted Association Chapter

by Senior Airman Danyael Clark
911th Public Affairs

Since 1948, the Reserve Enlisted Association (REA), inspired by the Reserve Officer Association (ROA), was an idea of repose until Sept. 3, 2003, when a conversation finally set the wheels back in motion and the REA became incorporated.

However, it doesn't stop there. Although it was now incorporated, it had no charter or members.

With the help of Ms. Lani Burnett, a retired reserve chief master sergeant, and the executive director for REA, the 911th Airlift Wing enlisted ranks stepped up to the plate and accepted the challenge.

In November 2004, after several meetings and a valiant effort concentrated on membership, the 911th Airlift Wing became the very first Reserve Enlisted Association Chapter.

While attending the Reserve Officers Association's Mid-Winter Conference in Washington, D.C., both Col. Randal L. Bright, 911th AW Commander, and Command Chief Master Sgt. James Fields were called to the podium during opening ceremonies in order to receive the plaque of recognition on behalf of the 911th AW enlisted force.

"I can't tell you how proud I felt, standing up there as your commander to accept this plaque on your behalf," said Col. Bright. "I am so honored to be your commander and a part of this organization."

Although there are plenty of other military organizations service members can join, the one unique factor that the Reserve Enlisted



Association possesses is its sole focus on enlisted personnel of all Reserve components.

The REA serves to benefit all reserve component personnel, as it functions as a proponent to voice quality of life issues to Congress in five areas of concentration: Pay, Medical, Education, Retirement, Employment Benefits and Protection.

There are two membership categories, Regular and Associate. Regular membership includes personnel currently serving or are retired from a Reserve component of the Armed Forces. These members are able to hold office, vote, and serve on the Board of Directors.

Associate members are individuals who have an interest in the purpose of the association but do not qualify for Regular membership.

Anyone interested in membership with the REA can contact CMSgt. James Fields at (412) 474-8742, or see your unit's First Sergeant.

Command Chief Fields notes that receiving the plaque for Chapter # 1 is a credit to all members of the wing, and states as the saying goes, "whenever you need something done, just call 911."

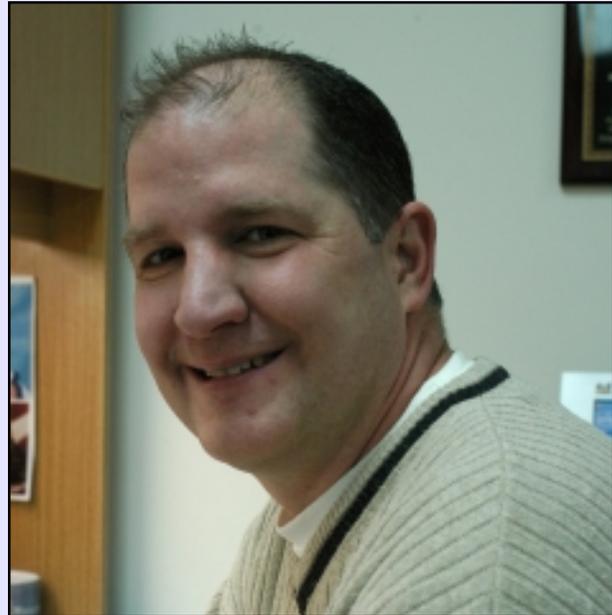
For detailed information on the Reserve Enlisted Association visit the REA website at: <http://www.reaus.org>.



Civilian Award winners for the fourth quarter



Congratulations to Ms. Cynthia Baum of the 911th Maintenance Squadron for her recent Civilian of the Quarter Award in the GS-08 and below, Wage



Photos by Master Sgt. Mark A. Winklosky

Grade category; and Mr. Brian Zator of the 911th Airlift Wing for his award in the GS-09 and above, Wage Supervisor category.

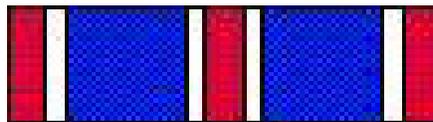
Flight, squadron receive Outstanding Unit Awards

The 911th Operations Support Flight, and the 758th Airlift Squadron, have been selected as recipients of the Outstanding Unit Award for 2005.

The Outstanding Unit Award was established on Jan. 6, 1954, by Secretary of the Air Force Harold E. Talbot. It may be awarded by the Secretary of the Air Force to numbered units such as Air Forces, Air Divisions, Wings, Groups, and Squadrons; and to Medical Facilities such as hospitals, clinics, and medical centers (whether or not they are numbered) for exceptionally meritorious service or exceptionally outstanding achievement that clearly sets the unit above and apart from similar units.

Heroism may be involved, but is not essential.

The service or achievement



may be in any of the following areas:

- performing exceptionally meritorious service of national or international significance
- accomplishing specific acts of outstanding achievement of national or international significance
- participating in combat operations against an armed enemy of the United States
- military operations involving conflict with or exposure to hostile actions by an opposing foreign force.

Concerning order of precedence, the Outstanding Unit Award

is worn after the Joint Meritorious Unit Award and before the Organizational Excellence Award.

Additional awards of the Outstanding Unit Award are denoted by oak leaf clusters.

Effective November 15, 1961, Air Force Outstanding Unit Awards given for combat or direct combat support entitle the unit to have the letter "V" embroidered on its streamer and individuals to wear a bronze "V" device on the ribbon.

"Members of these organizations should be extremely proud of their many achievements and contributions resulting in this prestigious award," said Maj. Gen. Allan R. Poulin, vice commander, Air Force Reserve Command, in a memorandum announcing the awards, Feb. 5.



Do you get SAD at certain times of the year?

Seasonal Affective Disorder

by Master Sgt. Kenneth Komlos
911th Aeromedical Staging Squadron

Some people suffer from symptoms of depression during the winter months, with symptoms subsiding during the spring and summer months. This may be a sign of Seasonal Affective Disorder (SAD).

SAD is a mood disorder associated with depression episodes and related to seasonal variations of light. SAD was first noted before 1845, but was not officially named until the 1980's. Sunlight has affected the seasonal activities of animals such as reproductive cycles and hibernation, and SAD may be an effect of the seasonal light variation in humans.

As the seasons change, a shift occurs in our "biological internal clocks" or circadian rhythm, partly due to these changes in sunlight patterns. This can cause our biological clocks to be out of "step" with our daily schedules. The most difficult months for SAD sufferers are January and February, and younger persons and women are at higher risk.

Symptoms

- regularly occurring symptoms of depression such as excessive eating and sleeping and weight gain during the fall or winter months.
- full remission from depression occurs in the spring and summer months.
- symptoms have occurred in the past two years, with no non-seasonal depression episodes.
- seasonal episodes substantially outnumber non-seasonal episodes.

- cravings for sugary and/or starchy foods.

Possible Cause of This Disorder

Melatonin, a sleep related hormone secreted by the pineal gland in the brain, has been linked to SAD. This hormone, which may cause symptoms of depression, is produced at increased levels in the dark. Therefore, when the days are shorter and darker, the production of this hormone increases.

Treatments

Phototherapy or bright light therapy has been shown to suppress the brain's secretion of melatonin. Although there have been no research findings to definitely link this therapy with an antidepressant effect, many people respond to this treatment. The device most often used is a bank of white fluorescent lights on a metal reflector and shield with a plastic screen. For mild symptoms, spending time outdoors during the day or arranging homes and workplaces to receive more sunlight may be helpful. One study found that an hour's walk in the winter sunlight was as effective as 2 ½ hours under bright artificial light.

If phototherapy doesn't work, an antidepressant drug may prove effective in reducing or eliminating SAD symptoms, but there are unwanted side effects to consider. Discuss your symptoms thoroughly with your family doctor and/or mental health provider.



Resources

For more information, contact your local mental health center or contact the following:

**Society for Light Treatment
and Biological Rhythm**
P.O. Box 591687
174 Cook Street
San Francisco, CA 94159
<http://www.websciences.org>

**Mental Health Resource
Center**
800/969 National Mental
Health Alliance (NMHA)
TTY Line 1(800) 433-5959
<http://www.nmha.org>

**National Mental Health
Association**
2001 N. Beauregard Street
12th Floor
Alexandria, VA 22311
(703) 684-7722



Regular flossing, good oral hygiene saves lives

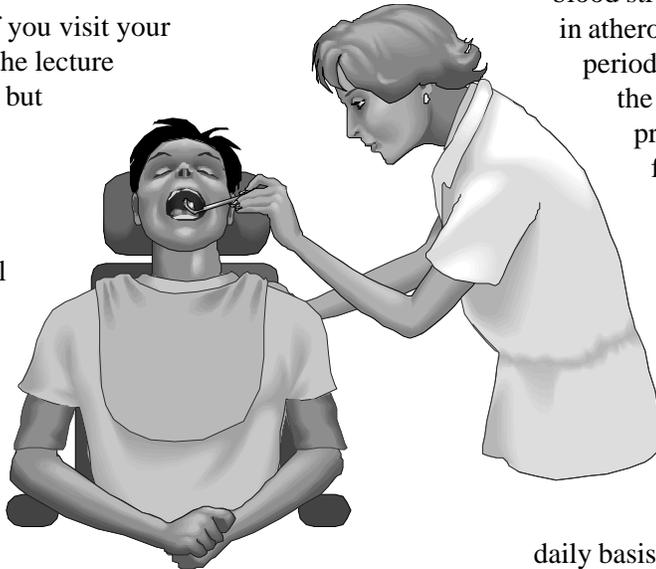
by Lt. Col. Linda S. Kelly, DMD
911th Aeromedical Staging Squadron

I am certain that many of you visit your dentist regularly and receive the lecture on brushing and flossing daily, but despite your good intent have failed to floss regularly. Now new clinical evidence gives you reason to try harder.

Recent studies in medical journals, like the Journal of the American Medical Association, link dental diseases such as periodontal (gum) disease to chronic cardiovascular disease.

Although mild periodontal disease like gingivitis affects 75 percent of the population, nearly 20 percent of the adults in the United States have the more severe form. It is this severe form that is implicated as an independent risk factor for cardiovascular disease placing those individuals at a three-fold increased risk.

Periodontal disease is an infection caused by bacteria found in the dental plaque that forms on your teeth and gums. The more severe form, called periodontitis, can result in inflammation, bleeding gums and



gradual loss of bone around your teeth. Left untreated these periodontal bacteria can travel throughout the blood stream and have been found in atherosclerotic plaques. Also, periodontal bacteria can cause the production of C-reactive protein, which is a predictor for heart attacks and strokes.

In a number of ways, then, periodontal bacteria can increase your risk of cardiovascular disease.

The good news is that periodontal disease is treatable.

Good oral hygiene on a daily basis, as well as regular visits to your dentist are the first steps in preventive maintenance. Also, by following the dentist's recommendations if periodontal treatment is indicated, you can perhaps reduce your risk of cardiovascular disease. So, maybe flossing can save your life!

NOTE: Dr. Linda S. Kelly is an Assistant Professor at the University of Pittsburgh, School of Dental Medicine, Pittsburgh, Pa.

Liberty Tax Service Armed Forces Appreciation

Liberty Tax Service salutes the local area military beginning the week of Feb. 16. Bring this coupon in and receive FREE tax preparation. This offer is good Feb. 16 through March 15, 2006. It is not valid with any other offers. Returning military clients and coupons redeemed prior to Feb. 13 (typo on coupon) will receive 25 percent off their tax preparation fees. For more information, contact West Hills Shopping Center in Moon Township at (412) 262-2324. Coupon can be cut out or picked up in Building 213.



Liberty Tax Service

ARMED FORCES APPRECIATION

We salute our area military beginning the week of 2/16/06. Bring this coupon in and receive **FREE** tax preparation. Offer good 2/16/06 - 04/15/06 only. Not valid with any other offers. Returning military clients and coupons redeemed prior to 2/16/06 will receive 25% off their tax preparation fees.

West Hills Shopping Center in Moon Township
412.262.2324



**Staff Sergeant
Regis Hess**

Unit: 911th Communications Squadron Help Desk
Job: Computer Technician
Job Scope: Fixing computers
Most demanding job aspect: Finding time to help everyone
Most rewarding job aspect: Helping people
Hometown: Pittsburgh
Hobbies: Guitar, snowboarding
Favorite food: Italian
Favorite music: Christian
Favorite movie: The Passion
Who'd play you in a movie? Sean Williams Scott
Favorite TV show and why? The View - Trying to gain a better understanding of a woman's perspective on things
Favorite saying: Love is patient, love is kind...
If you weren't working right now, what would you be doing? Playing guitar

U T A S c h e d u l e

April 1 - 2
 May 6 - 7
 June 3 - 4

Air Force Reserve announces awards

The Air Force Reserve Command announced several awards in January that included a few 911th Airlift Wing members.

Out of 16 people recognized in the Financial Management and Comptroller of the Year category, two members were none other than Senior Master Sgt. Brian Zator for Superintendent; and Ms. Connie Withrow for Acquisition Cost Analyst.

In the medical field, Maj. Mary

Anne McQuade, 911th Aeromedical Staging Squadron, received the award of Field Grade Nurse of the Year; The Chief Master Sgt. Lewis W. Dunlap Outstanding Noncommissioned Officer of the Year was Tech. Sgt. Britte Clay, 911th Aeromedical Staging Squadron; and the Team Aerospace Award went to the 911th Aeromedical Staging Squadron.

Congratulations to each on a job well done!

Promotions

To Airman:
 Christophor Edison,
 911th SVS;



To Senior Master Sergeant: Todd Deyoe, 911th CS.



To Airman First Class:
 Amber Reed, 911th CS;



The Public Affairs Office apologizes for an error in the February issue recognizing Todd Deyoe as being promoted to Master Sgt.

March is Women's History Month

This year's theme is "Women: Builders of Communities & Dreams. For more information concerning Women's History Month visit: www.nwhp.org

"You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You must do the thing which you think you cannot do."

Eleanor Roosevelt

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 PITTSBURGH IAPARS
 2475 DEFENSE AVENUE
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