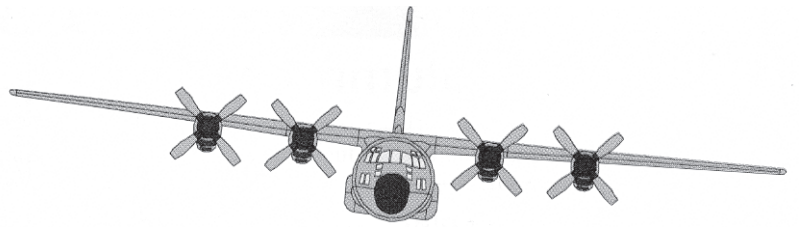


The 914th Airlift Wing

NIAGARA

FRONTIERSMAN



MAY 2008

NIAGARA FALLS AIR RESERVE STATION

VOL 45, NO 5



Niagara welcomes new support group commander

Lt. Col. Timothy McCoy (center right) accepts the flag and thereby command of the 914th Mission Support Group from 914th Airlift Wing commander Col. Reinhard Schmidt. Lt. Col. McCoy takes over the support group command job from Col. Kurt Hammer (pictured far right). Lt. Col. McCoy comes to Niagara from Beale AFB, California. (Photo by Tech. Sgt. Christopher Boswell)



NIAGARA FRONTIERSMAN

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Visit us on the web at
www.niagara.afrc.af.mil

**914 AW
 HOTLINE**

Global Address under:
 Niagara Falls IAP AW Hotline

The Hotline will be used for problems, issues, suggestions and or ideas that have a wing-wide impact. All senders will remain anonymous and issues having wing-wide impact will be addressed in Commander's Call or future additions of this paper unless requested otherwise.

The "fit to fight" commitment

By Capt. Paul Delano
 914th Services Squadron Commander

With the upcoming wing physical training (PT) test and recent articles in the AF Times about our Airmen's fitness, it looks like it's a good time to talk about how our member's fitness responsibilities affect not only our individual health, but the mission capabilities of the Air Force Reserve.

The "fit to fight" program just began its fifth year and from the time of its inception to now, the wing has seen a steady increase in both member participation and passing scores. These increases can be directly attributed to the healthy life choices our members make during the month and the commitment they make to their own physical fitness.

While deployed, I saw first hand how being physically unprepared affected our mission capability. During our first two weeks we had five Airmen, both active and reserve, succumb to heat related injuries. Every one of them had either failed or scored marginal on their PT tests. The additional burden their absence placed on their co-workers was not only an unfair one but also unnecessary.

Without the active duty ability to mandate weekly PT, reserve commanders depend on our members to make the daily choices necessary to maintain their physical fitness. Our base fitness personnel stand ready to assist any member who needs help establishing a weekly training program to guide them throughout the month. We continually strive to improve the equipment and programs made available to our members, but it's the member's commitment to themselves and to those they serve with that makes the program work.

Physical fitness for Air Force members has moved from a life choice to a career necessity. We as a wing can expect to see the increases we've made continue as the value we place upon our members physical condition increases. Our wing's Airmen have always met the challenges we've been tasked with and the "fit to fight" program helps to make that possible.



SHARP TROOP!

This award is presented by the Niagara Falls Chief's Group to an individual who demonstrates exemplary standards, appearance and professionalism on a continuous basis. The Chief's Group recognized **Airman 1st Class Keisha Dobney** from the **914th OSF**, during the April unit training assembly. Airman Dobney received a Chief's Group "Sharp Troop" coin and certificate.



General Stenner nominated to command Air Force Reserve



Maj. Gen. Charles E. Stenner Jr. has been nominated for appointment to the rank of lieutenant general with assignment as chief of Air Force Reserve, Headquarters U.S. Air Force, Pentagon, and commander of Air Force Reserve Command, Robins Air Force Base, Ga.

Secretary of Defense Robert M. Gates announced April 18 that the president had nominated General Stenner for the promotion and assignment.

The general will replace Lt. Gen. John A. Bradley as chief of Air Force Reserve and AFRC commander. General Bradley will retire in June.

General Stenner currently serves as assistant deputy chief of staff, Strategic Plans and Programs at Headquarters Air Force. He assists in the development, integration, evaluation and analysis of the U.S. Air Force Future Years Defense Program that exceeds \$682 billion, as well as the Air Force long-range plan to support national security objectives and military strategy.

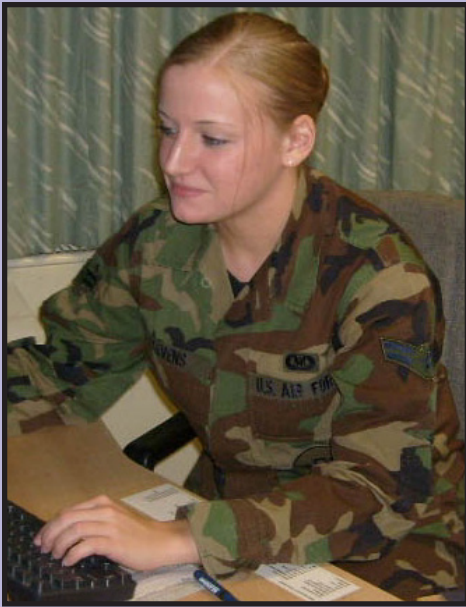
From July 2003 to July 2006, General Stenner was the director of operations and then director of plans and programs at Headquarters AFRC, Robins AFB.

His joint assignments include deputy director and director of strategy, policy and plans, and director of transformation, U.S. Southern Command, Miami.

During his career, General Stenner commanded the 482nd Fighter Wing at Homestead Air Reserve Base, Fla., from December 1998 to May 2001, and the 442nd FW, Whiteman AFB, Mo., from August 1997 to December 1998. He also served as commander of four operations groups.

He was commissioned a second lieutenant upon completing Officer Training School in 1973. (Air Force Reserve Command News Service)

Spotlight



Name: Emma Louise Stevens

Rank: Airman 1st Class

Unit: 328th Airlift Squadron

Hometown: Horseheads, NY

Position: Aviation Resource Management Apprentice - Flight Records

Years of service: One

Favorite Sports: Running, swimming, basketball, biking

Hobbies: Dancing, reading, socializing, touring, decorating

Career Goals: Will be attending Corning Community College in the fall with the goal of a bachelor's degree in accounting. Plans thereafter have not yet been decided.

Join "Team Niagara" in...



- Looking for riders of all skill levels from the 107th, 914th, MEPS and their families
- Saturday, 28 June 08 at Baird Point at UB
- This is the 6th year for "Team Niagara" who have raised over \$33K
- Questions - contact Virginia Ballester at x3235 or virginia.ballester@us.af.mil
- Be part of the joint Guard and Reserve team - log on to www.rideforroswell.org to register or donate to **Team Niagara**



DEFENDERS OF FREEDOM MILITARY 5K RUN & AMERICA'S ARMED FORCES KIDS RUN

Saturday, May 17, 2008
9am: America's Armed Forces Kids Run
10am: Military 5K Challenge and Fun Run

Presented By: 914th Recreation Services

Location: The Defenders of Freedom Run will take place on the Niagara Falls ARS, Niagara Falls NY. All runners will enter the base through the Main Gate located off of Lockport Rd.

Cost:

- Any Individual or Team Participant \$15
- ROTC Cadets \$10
- Armed Forces Kids Run **FREE**
- Deployed **FREE**
(includes T-Shirt and Lunch)

Awards:

- Unit Challenge: Men's Team Award
- Military Unit Challenge: Women's Team Award
- Military Unit Challenge: Combined Team Award
- ROTC: Overall Winning Unit (Combined top six times)
- ROTC: Top 2 Male and Female Freshman Cadet
- ROTC: Top 2 Male and Female Sophomore Cadet
- ROTC: Top 2 Male and Female Junior Cadet
- ROTC: Top 2 Male and Female Senior Cadet
- Top two Male and Female Individuals ages 18-24
- Top two Male and Female Individuals ages 25-29
- Top two Male and Female Individuals ages 30-34
- Top two Male and Female Individuals ages 35-39
- Top two Male and Female Individuals ages 40-44
- Top two Male and Female Individuals ages 45-49
- Top two Male and Female Individuals ages 50+

Schedule:

0700-0830	Check-In for ALL Participants . Youth and Adults
0830	Line up kids for America's Armed Forces Kids Run
0845	Parents and Adults to Finish Line bleachers (for finish line viewing)
0900	America's Armed Forces Kids Run
0930	Line up and Warm up for Military Fun Run & Challenge
0945	Youth and Families to Finish line Bleachers (for finish line viewing)
1000	Military Fun Run & Challenge
1115	Awards
1130	Lunch

For More Information:

914th Base Fitness Center- (716) 236-2101
 Michael.williams@niagarafalls.af.mil
 Michael.mariglia@niagarafalls.af.mil
<http://www.914services.com/>

Make checks payable to **914/SVR**
 Mail to: 914th Recreation Services
 2485 Ent Ave
 NFIAP/ARS, NY 14304

Registration Form — Deadline Monday, May 11, 2008

Last Name: _____	First Name: _____
Address: _____	
City: _____	State: _____ ZIP Code: _____
Home Phone: _____	Email: _____
D.O.B. (mm/dd/yr): _____	Age on race day: _____
Gender: (circle one) MALE FEMALE	
T- Shirt size (circle one) S M L XL XXL	
Emergency Contact Name: _____	Phone: _____
Branch of Service (circle one): Air Force Army Navy USMC Coast Guard	
Air Guard Army Guard ROTC Ret/ Veteran Dependent	

<u>Competitive Division:</u>	
Individual Participant Walker	<input type="checkbox"/>
Individual Participant Runner	<input type="checkbox"/>
Military Unit Challenge <input type="checkbox"/>	
Team Captain: _____	
Phone: _____	
Recruiters Challenge <input type="checkbox"/>	
Team Captain: _____	
Phone: _____	
ROTC <input type="checkbox"/>	
Team Captain: _____	
Phone: _____	
Deployed Member <input type="checkbox"/>	

Western New York Armed Forces Week