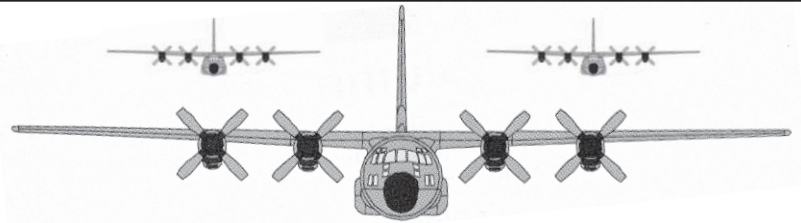


The 914th Airlift Wing

NIAGARA

FRONTIERSMAN



January 2009

NIAGARA FALLS AIR RESERVE STATION

VOL 46, NO 1

The year in review



Commanders Column

By Col. Patricia Jarmuz

914 Aeromedical Staging Squadron commander

Happy New Year! As the new commander of the 914th Aeromedical Staging Squadron I would like to thank all members of the wing for their efforts to maintain Individual Medical Readiness (IMR). As we know, staying medically fit for world-wide duty doesn't just happen.... it takes a concerted effort every day of the year.

The introduction of the new Preventive Health Assessment/Individual Medical Readiness (PIMR) system changed the way we manage physical exams and requires new actions from your unit health monitors. The PIMR scheduling system should shorten the time required for a physical exam. After this month's health monitors meeting, all units will be scheduling physical exams using PIMR and long lines may become a thing of the past. We realize that waiting = waste and we are looking at ways to streamline the physical exam process to get you in-and-out in the shortest time possible. An important component of everyone's IMR is providing documentation from your private physician for any condition that effects your health and fitness — to include prescribed medications. This supporting documentation helps our providers make quick decisions when assessing status and duty/mobility restrictions.

Your dental health is equally important and has become a big area concerning deployment readiness. Our ASTS now has one dentist; we previously had three. Consequently, it is imperative that we begin using the DD Form 2813 for the years that we are scheduled for a short physical. Having this form signed by a private dentist once a year will save you from long lines waiting to see an ASTS dentist for an exam. I understand that dental care is very expensive and I encourage all of you to look into the Tricare Dental Plan – United Concordia at www.TRICAREdentalprogram.com. This program has changed a lot over the years. The plan no longer requires your dentist be on a participating list, and is a very cost effective way to keep dental expenses down.

The new PIMR system has the advantage of talking to MilPDS, AROWS and eventually UTAPS. What does this mean to you? This means; when you are Failure To Comply (FTC) for a physical exam requirement, you will be coded as No Pay No Points until the requirement is cleared. Your unit health monitors are critical to making sure you stay on track for all medical requirements and appointments; hopefully they are keeping you in the loop!

The ASTS is continually looking for ways to support the wing's medical readiness. We now offer Self Aid and Buddy Care classroom and hands-on training each UTA for 40 members. We are doing this



by using your instructors on a rotating basis and our support for equipment, classroom space, and training documentation. We are also in the process of launching a medical page from our Niagara portal page as a one stop shopping for all your medical needs and information.

If you have not yet made a New Year's resolution, here's a great idea.... **IMPROVE YOUR FITNESS!** Along with other medical requirements, you can't make this happen only on UTAs. Diet, exercise, adequate rest, and ways to manage stress need to be part of your day-to-day lives.

According to a recent Air Force audit, the Air Force Fitness Program is not being administered properly. Administrative actions were not taken for members failing fitness tests; fitness programs did not effectively influence Airmen to make fitness a year-round commitment, and fitness assessments were not properly performed to include accurate abdominal circumferences. As a wing we are committed to a Fitness Program that is fair for all and meets the intended purpose of making sure we are fit to serve.

The initial focus of our Wing Fitness Program has been on those members who failed to pass their fit test. We have made considerable progress in successfully transitioning members out of the Fitness Improvement Program. We also need to support and encourage the more than 80% who passed their fit test. How? By continuing to encourage them to stay on track with healthy living and their personal fitness goals. As a result, the level of fitness across the wing will continue to improve for all.

Our gym now has a full time personal trainer, William "Chad" Stowe (ext 2101), who is available during the week and on UTAs to work with members who want to improve their fitness. In addition, I challenge all leaders to encourage their members to engage in year round fitness and when time permits allow for group fitness activities on UTAs.

We have a busy year ahead of us with the Unit Compliance Inspection and AEF rotation coming up. Remember to take time for yourself and encourage each other to stay healthy and fit.... it is the building block to help us all face new challenges!



NIAGARA FRONTIERSMAN

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- Public Affairs Staff**
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Master Sgt. Peter J. Borys
Tech. Sgt. Christopher K. Boswell
Tech. Sgt. Kevin L. Nichols
Tech. Sgt. Karl C. Vester
Staff Sgt. Daniel A. Lanphear
Staff Sgt. Joseph J. McKee
Staff Sgt. Everette M. Myrick
Airman 1st Class Andrew J. Caya
Ms. Brittany E. Cooper
Mr. Michael R. Harvey

On the cover:
The 914th Airlift Wing saw many changes and events occur in 2008. The association between the 914th (Air Force Reserve) and the 107th Airlift Wing (Air National Guard) took place. We welcomed home and bid farewell to hundreds of wing personnel supporting various operations around the globe and a special mass enlistment ceremony took place in front of the mighty Niagara Falls. Many other events made 2008 a very busy and memorable year.

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

In brief:

UTA travel reimbursement

Certain Air Force reservists who travel 150 miles or more from their homes to perform monthly drills may be eligible for round-trip travel reimbursements. Qualifying reservists include those displaced by Base Realignment and Closure actions and programmatic changes or those serving in critical Air Force specialties. They could receive up to \$300 for each round trip taken after Aug. 14, 2008. For more information, unit reservists can contact their local Reserve military personnel flight. IMAs can contact their respective program manager or base individual mobilization

augmentee administrator. Local Reserve finance offices also have information about the travel reimbursement.

Military pay raise

Airmen received a 3.9 percent pay raise effective Jan. 1, 2009. A copy of the 4 drill pay chart for 2009 is available on the Air Force Reserve Command public Web site at <http://www.afrc.af.mil>

Employer support awards

Employer Support of the Guard and Reserve, a Department of Defense agency, has opened the nomination season for the 2009 Secretary of Defense Employer Support Free-

dom Award. National Guard and Reserve members and their families are eligible and encouraged to nominate employers who have gone above and beyond in their support of military employees. Nominations will be accepted at www.FreedomAward.mil until Jan. 19, 2009. The Secretary of Defense Employer Support Freedom Award is the highest recognition given by the U.S. government to employers for their outstanding support of their employees who serve in the National Guard and Reserve. For questions regarding the Freedom Award nomination process, please visit www.FreedomAward.mil or contact Beth Sherman, ESGR Public Affairs, at 703-380-9717.



What can Team Niagara offer?

only the **Best** and the **Brightest**

Niagara to host civilian job fair during January UTA

A civilian job fair will be held Saturday, January 10 from 10 a.m. until 2p.m. All who are interested should bring a résumé and be prepared to interview on the spot. The following companies are slated to attend:

- Small Business Development Center of Buffalo State College
- United States Border Patrol
- U.S. Dept of Homeland Security Customs and Border Protection
- Calspan
- Time Warner Cable
- Adecco
- Independent Health
- Moog
- New York State Department of Corrections
- Geico

- VA Buffalo
- Catholic Health
- Opportunities Unlimited
- Seneca Casino
- US Department of Agriculture
- New York State Department of Labor
- Northrop Gruman
- Ecology and the Environment
- 914th Airlift Wing Civilian Personnel

Better to give than to receive: Aerial Port member goes above and beyond

By Staff Sgt. Dan Lanphear

Thousands of cans, bags, boxes and jars of food covered the floor of the 30th Aerial Port Squadron's cargo area for the unit's fourth annual holiday food drive December 6. The food drive supports the Airman & Family Readiness section's programs to feed local needy families during the year-end holiday season.

Made up of both food and cash contributions from various organizations and individuals, the entire collection filled more than three quarters of Tech. Sgt. Phil Tillinghast's basement this year.

As the food drive organizer for each of the last four years, Tillinghast said he asks himself "What can I do to go above and beyond?" His answer was "We all have problems, but you might help someone if you stop and listen. Don't just look at what you're going through, but what you can do for others—things to make a meal and put a smile on someone's face. I get the biggest warmth inside."

Last year, he found out his sport utility vehicle couldn't handle the load—the hard way. As the bulk weight of all the cans, boxes, jars, and bags he crammed in the back seat and cargo area bounced along, his rear window cracked, and the electronics package under the rear seat was crushed. However, Tillinghast said his car dealer repaired the damage at no cost to him in return for his charitable acts.

Of course, at the aerial port squadron, anything scheduled for delivery usually gets palletized. By the time this year's food drive pallet was full, an estimated 2,800 pounds of food were holding it down, said Chief Master Sgt. Charles E. "Chuck" Craven.

Tillinghast joined the Air Force Reserve in 2001 following a 16-year stint in the Navy, and described the people of the 30th APS as "phenomenal." "I look forward to every drill weekend—it's my second family," he said.

To further support the food drive, Tillinghast took the cause to his civilian job. A steelworker by trade, he has collected

donations from his coworkers each year. Although he said the plant management recently announced the facility is scheduled to close in January 2010 and work hours have been reduced, Tillinghast said the spirit of giving was still strong this year. "Even going through hard times, the workers were still donating."

In this same spirit, his longtime friend and fellow steelworker Mr. Ronald Shaw of West Seneca, N.Y. joined him last year in organizing the event and doing some of the grunt work.

Mr. Shaw lost his son Army Sgt. Daniel G. Shaw who died while serving in Iraq in November, 2007. Though brokenhearted, he joined his friend in the work.

"Ron put his grieving aside and helped me out," said Tillinghast. "Between the two of us, we made it happen. I couldn't find a better friend."

"I know it's going to someone who needs it. It feels good. I just like to do things that I know (my son) would appreciate," said Mr. Shaw.



Mr. Ronald Shaw and Tech. Sgt. Phil Tillinghast show the fruits of their labor; giving goods and food to the less fortunate.



Photos by Mr. Michael Harvey

This pallet of food goods is one of many that were collected and donated.

You Get More from Get One Now!

The best way to keep the Air Force Reserve strong is to recruit good people – people like you. You can help by talking about the benefits of joining the Air Force Reserve to your family and friends, then submitting their names to *Get One Now*. The people you care about will benefit and so will you.

The Get One Now program offers a selection of awards when a person you refer joins the Air Force Reserve.

New Awards

There are four award levels and multiple awards in the first three of these. The awards range from satellite radios to laptop computers, the only award in the Level 4 category. The more people who join, the more awards you are eligible for and the more their value increases. Awards are calculated from 1 October 2008 through 30 September 2009, but you can submit referrals at any time and if any of the people you recommend join within 24 months, you earn a Get One Now award.



914th Airlift Wing recruiters Staff Sgt. Joel Laureano and Tech. Sgt. David Williford hold up an Air Force Reserve snowboard that will be given to the unit member with the most *Get One Now* enlistments for the year. This prize is in addition to any other awards received.

New Get1Now.us

Get1Now.us has a new look and it is easier than ever to enter recommendations and monitor your “account” for the status of your referrals and awards.

You can also order awards from this website. If you’re eligible for one, you log into the website and you will be prompted through the selection process. Your award will be sent to you in approximately ten business days.

Forgot Your Password?

Your username and password are listed on your *Get One Now* card. You can also get help accessing your account by calling 877-786-2372.

The Rules

The *Get One Now* Rules

- All Air Force Reservists are eligible to participate, except AFRC Recruiters and their family members and Reserve liaisons.
- There is no limit to the number of referrals that can be submitted, and they may be accumulated over time.
- A referral must be submitted to Get1Now.us, to 877-786-2372, by online “chat,” or by e-mail, to qualify for the *Get One Now* program.
- A referral must result in an enlistment within 24 months of entry into the *Get One Now* program to qualify for the accession awards.
- Accessions must be achieved during the AFR fiscal year, 1 October through 30 September, to qualify for the *Get One Now* awards for that particular year.



Photos by Tech. Sgt. Kevin Nichols

Airman 1st Class Dana Humphrey receives the oath of enlistment into the Air Force Reserve from 1st Lt. Jamie Gilkerson as Tech. Sgt. Karen Humphrey, Dana’s mother and now fellow unit member, looks proudly on. Family friend Airman 1st Class Patrick Debo, who recently enlisted October 30, was in attendance as well and both friend and daughter were brought into the Air Force Reserve through the *Get One Now* program by Tech. Sgt. Humphrey.

Information you provide will be used by the Air Force Reserve Recruiting Offices only. Your information will never be sold, rented or distributed to any other branch of the military or to a third party.

Reservists may qualify for early retired pay

Department of Defense officials here have issued new guidelines for early receipt of retired pay for members of the Reserve components.

Instead of having to wait until age 60 to receive Reserve retired pay, eligible members may receive retired pay prior to age 60 but not before age 50.

Under interim changes to Department of Defense Instruction 1215.07, Service Credit for Reserve Retirement, issued under a law passed by Congress effective Jan. 28, 2008, Reserve component members are able to reduce the age at which they are eligible to receive retirement pay by three months for each cumulative period of 90 days served on active duty in any fiscal year.

Under the new law, members eligible to receive retired pay earlier than age 60 must still wait until age 60 to receive health-care benefits.

Involuntary mobilization and voluntary active duty in support of a contingency qualify, but there is no requirement to be involuntarily mobilized, to support a contingency or to serve on active duty outside the continental United States to receive credit under the law. Most active-duty time qualifies, including training, operational support duties and school tours. It does not matter whether active-duty time is paid for under military or reserve personnel appropriation accounts, provided such active duty is performed under the authority of 10 U.S. Code § 12301 (d).

Also included is full-time National Guard duty served under a call to active service by a governor and authorized by the president

or the secretary of Defense under 32 U.S.C. § 502(f) for purposes of responding to either a national emergency declared by the president or a national emergency supported by federal funds.

The following time served on active duty is not creditable service for purposes of reducing retired pay age: as a member of the active Guard and Reserve (10 U.S.C. § 12310); on annual tour (10 U.S.C. § 12301(b)); while in captive status (10 U.S.C. § 12301(g)); for medical treatment, medical evaluation for disability purposes or medical study (10 U.S.C. § 12301(h)); as a member not assigned to, or participating satisfactorily in, units (10 U.S.C. § 12303); under active-duty agreements (10 U.S.C. § 12311); for disciplinary/courts-martial (10 U.S.C. § 12315); or for muster duty (10 U.S.C. § 12319).

Qualifying active-duty service performed after Jan. 28, 2008, the date on which the fiscal 2008 National Defense Authorization Act was enacted, is creditable. The law does not provide credit for time served on or before that date.

Here's an example of how these new guidelines work. A reservist performed five days of active-duty service on MPA orders in February 2008. He then volunteered for active duty beginning June 1 and ending Nov. 30 (leave, reconstitution and post-deployment/mobilization respite absence included, as applicable). The reservist performed a total of 127 days of active-duty service in fiscal 2008 and 61 days in fiscal 2009.

Under this scenario, all of the active-duty time the reservist performed could be credited toward reduced retirement age

eligibility because it was active-duty time performed under circumstances permitted under the new law (i.e., orders for voluntary service, 10 U.S.C. § 12301(d)). However, because time credited must total 90 days or must be in multiples of 90 days in the aggregate during a fiscal year in order to correspondingly reduce his retirement age by three months, or multiples of three months, the reservist will be able to reduce his retirement age by three months for fiscal 2008. Had he performed 53 more days of active-duty service after Jan. 28 and before going on active duty June 1, he would have accumulated 180 total days for fiscal 2008 and thus would be able to reduce his retirement age by six months.

Similarly, because the reservist has so far served on active duty 61 days in fiscal 2009, he must perform an additional 29 days of active-duty service some time during the year in order to reduce his retirement age by an additional three months.

All Airmen are encouraged to ensure their orders specify the statutory provision under which their active-duty service is performed. Airmen are also encouraged to keep track of their active-duty service and orders to ensure they receive proper credit and they meet the cumulative 90-day thresholds to reduce retirement age.

More information is available on the Air Reserve Personnel Center Web site at www.arpc.afrc.af.mil.

Officials seek 10 enlisted for AFIT degree program

Air Force Institute of Technology officials are offering 10 noncommissioned officers the opportunity to pursue an advanced science, engineering or management degree at Wright-Patterson Air Force Base, Ohio.

Ten NCOs from around the Air Force will be selected in February to attend the Enlisted-to-AFIT program. The program is designed to provide commanders with a diverse and renewable source of highly proficient and educated career NCOs.

Nominations are due to the Air Force Personnel Center by January 15 and can be sent to AFPC.DPAFE.ORGBOX@RANDOLPH.AF.MIL.

"The Air Force has a strong tradition of valuing education. This is a great opportunity for our enlisted members to further their

academic development" said Lt Col Douglas Wall, chief of Officer Force Development at AFPC.

Airmen interested in applying for the 18 to 24 month program must be at least a technical sergeant with a minimum of eight years time in service, 24 months time on station and three years retainability upon graduation. They must have completed the appropriate skill-level upgrade and resident professional military education schooling for their rank, officials said.

Applicants must also possess a bachelor's degree from a regionally accredited college or university and a Community College of the Air Force degree.

Besides academic transcripts, applicants have to provide test scores from either the Graduate Record Examination or Graduate Man-

agement Admission Test, depending upon the specific AFIT degree-program requirements. Prospective students can review complete program requirements and nomination procedures on the Enlisted to AFIT Web site at <http://www.afit.edu/en/Admissions/Default.cfm?l=enl>.

AFIT is the Air Force's graduate school of engineering and management and its institution for technical professional continuing education. Since residence degrees were first granted in 1956, more than 15,000 masters and 300 doctorate of philosophy degrees have been awarded. Since the Enlisted-to-AFIT program began in 2002, 63 Air Force noncommissioned officers have been selected to participate in the program.

Employment Opportunities

The Webpage for viewing job announcements and applying is located at <https://ww2.afpc.randolph.af.mil/resweb/> (for current federal AF employees) or www.afrc.af.mil/jobs (for ART positions). All external applicants need to apply through USA Jobs at www.usajobs.opm.gov <<http://www.usajobs.opm.gov/>> .

The rules for applying for civil service positions can be complicated or confusing, so if you or someone you know is interested, they should contact the Civilian Personnel Office at 236-2218 or 2205.

WING:

Budget Analyst, GS-560-11;
Drug Demand Reduction Specialist, GS-301-09

OPERATIONS:

Aircraft Loadmaster (Instructor) (ART), GS-2185-09

MISSION SUPPORT:

Firefighter , GS-0081-06/07 (several positions);
Environmental Engineer, YD-0819-02;
Training Technician, GS-1702-05;
Automotive Equipment Dispatcher, GS-2151-05;
Recreation Assistant, GS-0189-04;
Facilities Services Asst, GS-1603-07;
Civil Engineer, YD-810-02;
Accounting Tech, GS-525-05;
Human Resources Specialist (ART), YA-201-02;
Logistics Management Specialist (ART), YA-346-02;
Supervisor Human Resources Specialist (ART Officer) YC-201-02

MAINTENANCE:

Aircraft Mechanic (ART), WG-8852-10;
Aircraft Mechanic Supervisor (ART) WS-8852-09;
Aircraft Engine Mechanic Supervisor (ART), WS-8602-09

Newcomers

Capt. William Gourlay, 914 SFS
Capt. James McDuff, 914 AES
Capt. Terry Salmonsens, 914 AES
Capt Rory Stien, 328 AS
Staff Sgt. Jason Eldridge, 914 SFS
Senior Airman Jenie Fargo, 914 MXS
Airman Jesse Bonacci, 914 CES
Airman Christopher Fox 914 CES
Airman Mark Frick, 914 AMXS
Airman Ian Rising, 30 APS
Airman Lasharice Werts, 914 ASTS

Farewell

Tech. Sgt. Christopher Boswell
Staff Sgt. George Donadi
Tech. Sgt. Heather Hinz
Staff Sgt. Matthew King
Senior Airman Lane Neally
Lt. Col. Daniel Sank

Promotions

Master Sergeant

Brian Smith

Technical Sergeant

Reginald Amos
James Handrich
Kenneth Kaczmarek
Francenia Reed

Staff Sergeant

Daniel Dorazio
Robert Delany
Joseph Ferko
Andrew Gibson
Davon King
Deana Stefko

Senior Airman

Cynthia Flateau
Samuel Scalzo
Brandon Stack
Daniel Tagliatalata

Airman 1st Class

Sugarray Lytle

Spotlight



Name: **Dominic P. D'Orsaneo**

Unit: **914th Security Forces**

Job Title: **Squad Trainer/ Unit Career Assistance Advisor**

Time in service: **7 years**

Hometown: **Lockport, NY.**

Favorite Sports: **Wrestling and Hockey.**

Hobbies: **Times with friends and family, riding my motorcycle, playing sports and learning new things.**

Favorite TDY: **Al Udeid, Doha, Qatar.**

Department of Defense releases 2009 BAH rates

The Department of Defense has released the 2009 Basic Allowance for Housing (BAH) rates.

Military members will receive an average housing allowance increase of 6.9 percent when the new rates take effect, Jan. 1, 2009.

For members with dependents, average increases in the BAH are approximately \$95 per month. A typical junior enlisted member with dependents, for example, will find his/her BAH about \$68 per month higher than last year, while a senior non-commissioned officer with dependents will receive about \$93 more than last year.

Three components are included in the BAH computation: median current market rent; average utilities (including electricity, heat, and water/sewer) and average renter's insurance.

Total housing costs are calculated for six housing profiles (based on dwelling type and number of bedrooms) in each military housing area. The BAH rates are then calculated for each pay grade, both with and

without dependents. An estimated \$17.4 billion will be paid to nearly 950,000 service members in 2009.

An integral part of the BAH program is the provision of individual rate protection to all members. No matter what happens to measured housing costs, an individual member in a given location will never see his/her BAH rate decrease. This assures that members who have made long-term commitments in the form of a lease or contract are not penalized if the area's housing costs decrease.

In addition, the military services were recently authorized to pay for local moves for military members forced out of a rented home due to their landlord's foreclosure. For more information, service members and their families should contact their installation housing office, or contact Military One Source at 1-800-342-9647, or <http://www.militaryonesource.com>

2009 Reserve Drill Pay Chart

Grade	Years of Service														
	<2	2	3	4	6	8	10	12	14	16	18	20	22	24	26
O-8	1,206	1,246	1,272	1,279	1,312	1,366	1,380	1,431	1,446	1,491	1,555	1,615	1,654	1,654	1,654
O-7	1,003	1,048	1,070	1,087	1,118	1,149	1,184	1,220	1,255	1,366	1,461	1,461	1,461	1,461	1,468
O-6	743	817	870	870	873	911	915	915	967	1,060	1,113	1,168	1,198	1,228	1,289
O-5	619	698	746	754	785	803	835	872	910	967	994	1,021	1,051	1,051	1,051
O-4	534	618	661	669	708	748	799	840	867	883	893	893	893	893	893
O-3	470	533	575	628	657	689	711	746	764	764	764	764	764	764	764
O-2	405	462	533	550	562	562	562	562	562	562	562	562	562	562	562
O-1	352	367	443	443	443	443	443	443	443	443	443	443	443	443	443
O-3E	-	-	-	628	657	689	711	746	776	793	816	816	816	816	816
O-2E	-	-	-	550	562	580	610	634	650	650	650	650	650	650	650
O-1E	-	-	-	443	473	491	508	527	550	550	550	550	550	550	550
E-9	-	-	-	-	-	-	586	601	616	637	656	688	737	744	787
E-8	-	-	-	-	-	480	502	514	531	547	578	594	620	635	671
E-7	334	364	378	397	411	435	450	463	489	501	512	521	544	560	601
E-6	289	318	331	346	359	392	404	418	430	434	437	437	437	437	437
E-5	264	283	296	311	331	350	364	368	368	368	368	368	368	368	368
E-4	243	255	269	283	294	294	294	294	294	294	294	294	294	294	294
E-3	219	233	247	247	247	247	247	247	247	247	247	247	247	247	247
E-2	209	209	209	209	209	209	209	209	209	209	209	209	209	209	209
E-1	186	186	186	186	186	186	186	186	186	186	186	186	186	186	186