



DONALD R. PATNODE, airman first class, center, receives congratulations from Col. Rupert C. Welch, left, Kingsley Field commander, as the 408th Fighter Group's airman-of-the-month. With Patnode is his squadron commander, Maj. Victor H. Prarat, right. — Air Force Photo



FLAG PRESENTATION services were held at Kingsley Field's chapel Monday, Feb. 13, in honor of A2C Leland Jones who lost his life during the recent Texas Tower tragedy. Jones formerly was stationed here. In the center is Capt. Jefferson E. Davis Jr., base chaplain. Honor guardsmen presented the flag to Jones' widow, Janice, who lives with her parents at 1417 Siskiyou Street. Guard members are, left to right, A2C Joseph Moody, A2C Laurence Barkley, A2C Ronald G. Neil and A2C William C. Ashenback. — Air Force Photo

Toned Muscles Key To Health AF Maintains

By MSGT. C. J. BENNETT

The uniform you wear is not merely the clothing of the Air Force. It is a badge of office, a symbol of authority and of service to the people of our nation and the free world. Your uniform is a sign of the trust imposed in you as a guardian of the security of our country.

Your uniform has a meaning far beyond the thoughts of many who wear it. It represents the basic power behind one of the four freedoms . . . "freedom from fear." It is symbolic of the power which protects the rights of free men, women and children.

The wearing of the uniform implies great and grave responsibilities. In wearing it you accept the obligation of protecting our country, regardless of the degree of personal sacrifice.

The manner in which you wear your uniform, the manner in which you treat it, the way you conduct yourself and your affairs while wearing it are accurate gauges of the degree to which you can be expected to meet your responsibilities and obligations.

Although the Air Force uniform is comparatively new in military attire, it is already a symbol of great tradition . . . a tradition of men giving their lives in the air and on the ground that others might live in peace and happiness.

What inspired men from the very beginning of aviation? What inspired men to defy the elements, the unknown, to fly into certain

death, to labor long, cold, tireless and seemingly thankless hours to keep aircraft aloft, landing fields in order, building and equipment maintained and personnel equipped? What is it that keeps you at the game?

It is tradition . . . the tradition of brotherhood, mutual understanding and loyalty to one another and to God and country.

The tradition of the uniform is older than you or any person living today. It is a reminder of the brave and honorable deeds of men who wore it before you. Its meaning will exist long after you have gone.

It means something to you to wear this uniform. It is an honor and a privilege to have it on. You have every right to throw out your chest and to hold your chin higher than before you put it on.

Wear your uniform proudly and with respect. Wear it neatly and correctly. Conduct yourself while wearing it as befits the United

States Air Force and the nation under its wings.

Indispensable Man

Sometimes, when you get all puffed up with your own importance, remember the following bit of verse.

Sometimes when you're feeling important,

Sometime when your ego's in bloom,

Sometime when you take for granted,

You're the best qualified in the room,

Sometime when you feel your going,

Would leave an unfillable hole . . .

Just follow this simple instruction,

And see how it humbles your soul.

Take a bucket and fill it with water,

Put your hand in it up to your wrist;

Pull it out; and the hole that's missing,

Is a measure of how you'll be missed.

You may splash all you please as you enter,

You can stir the water much more,

But stop . . . You'll find in a minute,

That it looks quite the same as before.

The moral of this bit of verse, Is to do just the best you can.

Be proud of yourself, but remember,

There's No Indispensable Man!

RATE YOURSELF

NEW YORK (UPI)—The "average" home owner is above average in income, car ownership, education and appliance ownership, reports Dr. Stuart H. Britt, professor of marketing at Northwestern University.

His report is based on study of 2,663 families. The study, sponsored by the Theater-Screen Advertising Bureau, also showed that 86 per cent of the families attending outdoor theaters own their own homes.

Kingsley Field News

KINGSLEY NEWS is a bi-weekly publication produced as a cooperative effort between the Office of Information at Kingsley Field and the Herald and News, in the interest of Air Force personnel and their dependents.

AIRMAN OF MONTH PICKED AT KINGSLEY

AIC Donald R. Patnode, a member of Kingsley Field's 408th CAMRON, was recently awarded airman of the month honors in the office of base commander, Col. Rupert C. Welch.

The 24-year-old airman distinguished himself by performing his duties as an aircraft maintenance man with outstanding proficiency. In addition, his appearance and military bearing were noted as a fine example to airmen of the base.

His awards, including a letter of commendation from Colonel Welch, were a \$25 check, a three-day pass, 15 gallons of gasoline

from Sam's Corner near Falcon Heights and a haircut and shampoo, compliments of Weaver's Barber Shop.

Patnode, a native of Rochester, N.Y., entered the Air Force in May, 1955. He received basic training at Sampson Air Force Base, New York, and was enrolled in the Aircraft Maintenance Technical School at Amarillo Air Force Base, Texas. He was assigned to Kingsley Field in June, 1959.

Patnode is married, and he and his wife, Nondell, and their two children, Cheryl and Steve, live at 393 Hillside Avenue.

Veteran Airman Says Uniform Is A Symbol

The Air Force is interested in physical fitness as it relates to general good health. The muscled man is not the goal. In fact, as technological advances are made certain physical requirements diminish. The well-developed leg and back muscles of the infantryman, for example, are not particularly needed in a radar maintenance man.

A few years ago, color vision was considered very important for a pilot and not too important for a technician. At present, however, the requirement is reversed and vision standards of pilots have been eased. At the same time, color vision is now extremely important in the work of certain technicians. Oxygen, hydraulic, electrical and other lines in modern aircraft and missiles are all color coded. As standards are liberalized in one area they are tightened up in another.

Young airmen who have just completed basic training and initial technical schooling are often surprised to find that calisthenics and drill have ceased to be part of their lives. The majority of them are genuinely pleased that

these forms of soldiering are not often required of them. This does not mean that the Air Force has lost interest in their physical fitness. Far from it!

All Air Force personnel are encouraged to take part in intramural athletics. In addition, a personal program of physical fitness is required. Bowling, golf, swimming, water skiing and winter sports are all aids to general good health and muscle tone.

There is even a relentless war on fat, as many overweight officers and airmen have discovered. The Air Force is in the physical fitness business to stay!

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