



*315th Airlift Wing Alumni Association
315th Airlift Wing Excellence over the Years
Joint Base Charleston, South Carolina*

Visit our website at: <http://www.315awaalumniassoc.com/>

315AW Alumni Association Newsletter #8, 15 May 2023

Why you're forgetting and when to worry.

How to tell an everyday blip in your memory from something more serious like dementia and Alzheimer's. Lifestyle tweaks that can protect an aging brain. It's called the long goodbye. As the brain slowly dies, you change physically and forget who your loved ones are. You become less of yourself. Your timeline is confusing and you do your best. You can eventually become bed ridden, unable to move, unable to eat or drink or talk to your friends and loved ones.

The Air Force Reserve, 943rd Airlift Group/315 Airlift Wing was activated on 8 October 1969. We have lost two of our very outstanding 315AW Alumni Associating Presidents. We seen it coming. Col Billy Henderson became our replacement President the first time, and Col Jim Roberts took the reins the second time. This was a smooth transition and our legacy lives on.

Over the years many of you have been asking how many members we have in the 315AW Alumni Association. Linda Skillman is our membership chair and she maintains a current roster. I have the current list here before me provided by Linda. When this list was originally printed by Linda, we had 318. This list shows both active and inactive members, those deceased, and those with their \$5.00 per year dues years overdue They may be deceased or they may have mental health issues and unable to respond back to us. I have a six-inch neat stack of all the old membership rosters dating back to July 1994 the day the Alumni started. If someone should ever go through them, I'm sure they would find some that are still alive and kicking.

The newsletter is posted on the following Facebook pages:

701st Airlift Squadron, 315 MAW/AW, 300 Airlift Squadron, and 315 Airlift Friends by Lt Col Ed Hernandez. I will continue this newsletter tomorrow in issue #9 as there is no space left. Our Alumni members enjoyed a great Mothers Day weekend. There were numerous photos and

videos of our Alumni members on Facebook celebrating. We enjoyed lots of good quality time communicating. 😄🌹

Enjoy a great evening and we'll be talking.

Del Oxford, Communications