

# Commander's Call Topics



July 12, 2012

"I appreciate the opportunity to [make a difference for the Air Force and our nation](#) while also digging more deeply into critical issues like space programs, energy efficiency, (Department of Defense) management reform, and the Air Force budget." -- [Dr. Jamie Morin](#) speaking about his appointment as acting under secretary of the Air Force.

## ► CURRENT ISSUES

### [AFFTC to be re-designated as Air Force Test Center](#)

The Air Force Flight Test Center will be re-designated as the Air Force Test Center during a ceremony July 13.

### ['First shirt' recycles OCPs for Bagram Airmen](#)

Every U.S. Air Force first sergeant is responsible for making sure their Airmen's uniforms are in good order, but one first sergeant here has taken this charge a step further.

### [AFGLSC now part of Air Force Sustainment Center](#)

The Air Force Global Logistics Support Center officially became part of the Air Force Sustainment Center during a ceremony here July 11.

### [Seventh AF commander addresses incident near Osan AB](#)

The 7th Air Force commander held a press conference here July 8, 2012, regarding an incident between Osan Air Base's town patrol and Korean citizens in the Songtan entertainment district.

## ► FAMILY, HEALTH AND SAFETY

### [New options arise for many military homeowners](#)

The Federal Housing Finance Agency recently announced changes to its short-sale policies that should make it easier for military homeowners with Fannie Mae- or Freddie Mac-backed mortgage loans to honor their financial commitments when they are required to move as part of their duty.

### [MAFFS operations move west](#)

Military C-130s equipped with the U.S. Forest Service's Modular Airborne Fire Fighting Systems have moved staging operations from Cheyenne, Wyo. and Colorado Springs, Colo., to Boise, Idaho, and Salt Lake City.

## ► PERSONELL ISSUES

### [AF initiates voluntary limited loadmaster recall](#)

Air Force Reserve and Air National Guard loadmasters may be eligible to apply for a limited period recall to extended active duty, Air Force Personnel Center officials announced.

## ► ENVIRONMENT, SPACE, TECHNOLOGY

### [Little Rock gets iPads, saves paper, money](#)

Officials here received 721 iPad 2s for their C-130 Hercules fliers July 2 as part of Air Mobility Command's effort to reduce paper waste and costs by replacing flight bags, and the loads of paperwork they hold, with the electronic tablets.

### [NSA chief discusses challenges, opportunities of cyberworld](#)

Technology has opened tremendous opportunities for the world, but also poses tremendous challenges for those who work to ensure access to cyberspace, the director of the National Security Agency said yesterday.

---

## ► RESOURCES

### **AF.mil**

<http://www.af.mil>

### **Airman magazine**

<http://www.airmanonline.af.mil/>

### **Air Force Community**

<http://www.afcommunity.af.mil/>

### **Air Force Outreach**

<http://www.afoutreach.af.mil/>

### **Military OneSource**

<http://www.militaryonesource.com/>

### **Military HOMEFRONT**

<http://www.militaryhomefront.dod.mil/>

### **Air Force Personnel Center**

<https://gum-crm.csd.disa.mil>

<http://www.afpc.randolph.af.mil/>

### **Air Reserve Personnel Center**

<http://www.arpc.afrc.af.mil/>

### **Department of Defense**

<http://www.defense.gov>

### **Department of Defense News**

<http://www.defenselink.mil>

### **Department of Veterans Affairs**

<http://www.va.gov>

### **TRICARE**

<http://www.tricare.mil>

### **U.S. Government Website**

<http://www.firstgov.gov/>

### **Employment Opportunities**

[www.usajobs.com](http://www.usajobs.com)

[www.nafjobs.org](http://www.nafjobs.org)

### **Air Force Association Scholarships**

<http://www.afa.org/aef/aid/scholars.asp>

---

## ► CRITICAL DAYS OF SUMMER

According to the Department of Commerce's National Oceanic and Atmospheric Administration, heat is the number one weather-related killer in the United States, claiming more lives than floods, lightning, tornadoes and hurricanes combined.

Although weather is inevitable, suffering from it doesn't have to be. Following are seven safety tips to help deal with the heat and humidity.

1. Children are particularly susceptible to the ravages of hot weather, and cars are especially dangerous places for them. Before getting in the car, make sure your child's safety seat and safety belt buckles aren't too hot to comfortably secure your child in his or her safety restraint system, especially when your car has been parked in the heat.
  2. Once you reach your destination, make sure that all children exit the car. Never leave a sleeping child or infant in the car, and never leave a child alone in a vehicle, even with the windows down.
  3. Children, seniors and anyone with health problems should stay in the coolest place available. Understand that the coolest place may not be indoors.
  4. Adapt to the heat by rescheduling strenuous activities to the coolest part of the day—or postpone activities to another day or eliminate them entirely.
  5. Dress appropriately. Wear lightweight, light-colored clothing to reflect heat and sunlight, with enough coverage to minimize sunburn. Sunburn reduces the body's ability to dissipate heat.
  6. Just as important as what you put on your body, is what you put in it. Proteins increase metabolic heat, which in turn, increases water loss. Drink plenty of water and other non-alcoholic or decaffeinated beverages, even if you don't feel thirsty.
  7. Spend more time in air-conditioned places or cooling centers set up by community services. When out at parks, zoos and other managed open spaces, look for drinking fountains and seasonal cool water misting systems where you can refresh yourself.
-

## ► THIS WEEK IN AIR FORCE HISTORY

**July 12, 1955** - The Air Force issued its operational requirement for the Atlas and Titan ICBMs

**July 13, 1959** – During Operation Hercules Ark, the 4440th Air Delivery Group airlifted 20 calves donated by businessmen in Waco, Texas, to Colonel Dean Hess's Orphans Home of Korea.

**July 14, 1970** - The C-5A Galaxy completed its first transpacific flight of 21,500 miles, inaugurating service to Hickam AFB, Andersen AFB, Clark AB, and Kadena AB.

**July 15, 1950** - During the Korean War, Airmen at Taegu flew the first F-51 Mustang combat missions in Korea. Fifth Air Force assigned the "Mosquito" call signs to airborne controllers in T-6 aircraft. This name later became the aircraft's identifier.

**July 16, 1940** - First bombardier training in Air Corps Schools began at Lowry Field with the first class of bombardier instructors.

**July 17, 1962** – Maj. Robert White flew X-15 No. 3, with the XLR-99 rocket engine, on the first spaceflight by a manned aircraft. He reached a record altitude of 58.7 miles (314,750) feet above Edwards AFB. This was the first flight in which the X-15 achieved its designed altitude. White also became the first man to exceed Mach 6, when he attained 3,784 MPH.

**July 18, 1969** - NASA and the Air Force decided to conduct a cooperative YF-12 Blackbird flight research program.

For more information on Air Force heritage, visit <http://www.airforcehistory.af.mil>.

*The Defense Media Activity produces Commander's Call Topics weekly. For questions or comments about this, or any other DMA product, send e-mail to [afproducts@dma.mil](mailto:afproducts@dma.mil). To subscribe to Air Force news and information products online, go to [www.af.mil/information/subscribe](http://www.af.mil/information/subscribe).*

## ► RESILIENCY

*Editor's Note: The following is an excerpted version of commentary written by Lt. Col. Lou Marnell. It can be viewed in its entirety on the Air Force website, <http://www.af.mil/news/story.asp?id=123309223>.*

*As you recall from your training, the four pillars of resiliency are physical fitness, mental fitness, social fitness and spiritual fitness. Resiliency is working through challenges, taking advantage of the resources available to us.*

*In my opinion, one of the biggest factors that helps lay the foundation for these pillars is the family. This can be our loved ones who are stationed with us or the role the military family plays in our resiliency. It is this military family that really sets us apart from the rest of corporate America.*

### **Our At-Home Family**

*The same four pillars support our at-home life. It's important not to feel like you're alone. When looking at physical fitness, make time as a family to work out together. You can do things as simple as taking a walk together once a week or going for a bike ride.*

*For mental fitness, it is important for families to communicate to work through issues. As my shirt and I talk with Airmen, communication is the area struggling couples need to work on the most. Start with something simple; dinner as a family. For those who are geographically separated, set up a time to talk. Skype or FaceTime make long-distance relationships a little more bearable.*

*When discussing social fitness, it is important to get out as a family and get involved in volunteer work, social clubs, or other organizations, and to meet others with similar interests.*

*For spiritual fitness, the chaplains have great resources, whether in the form of counseling, religious social groups, or volunteer opportunities that you can do as a family.*

### **Our Military Family**

*In our overseas environment, the military family plays a crucial role in our resiliency. Physical fitness is always important, not only in our daily lives as service men and women, but it's also a great stress reliever. Physical fitness can also play a role in team building. Intramural sports are a great way to build squadron pride.*

*For mental fitness, it is incumbent on the supervisors to "know their Airmen." If you notice someone is acting differently, get involved and find out why. Know what resources are available to you and your Airmen.*

*For social fitness, squadrons and work centers should plan on family-friendly events to bring everyone together. Booster clubs, organized trips and squadron picnics are great ways the squadron can help out.*

*Spiritual fitness is also important for our military family. This can be done through social groups, lunch-time bible studies or other events to highlight your spiritual needs.*

*Family readiness affects first-line leaders and Airmen readiness. It's important for leaders to encourage unit members to use the available family resources. Family centers offered by the military can help families stay resilient during, in between and after deployments. This, in turn, helps strengthen the health of the whole force.*

*Commentary by Lt. Col. Lou Marnell  
86th Aircraft Maintenance Squadron commander*