

Commander's Call Topics



April 22, 2011

"When we discuss openly our desire for democratic values to take hold across the globe, we are describing a world that may be many years or decades off. Though achievement of the ideal may be limited by time, space, resources or human nature, we must not allow ourselves to discard or disparage the ideal itself."

– Defense Secretary Robert M. Gates from [remarks](#) at the groundbreaking ceremony for the George Washington presidential library at Mount Vernon, Va.

FROM AIR FORCE SENIOR LEADERS

[CMSAF discusses quality-of-life, personnel issues on Capitol Hill](#)

Chief Master Sgt. of the Air Force James A. Roy, alongside his sister-service counterparts, testified before the Senate Armed Services Committee about personnel and quality-of-life issues impacting the enlisted force. They highlighted the importance of mental health, transition assistance and educational programs.

PERSONNEL ISSUES

[Officials announce officer voluntary separation pay results and updates to reduction-in-force targets](#)

In response to projected voluntary officer separations, Air Force officials are lowering the reduction-in-force board target. Depending on year group size and competitive category, the Air Force may only need to RIF up to 5 percent compared to the initial 10 percent projection. For more information on year groups and competitive categories eligible for the RIF board, visit the [Air Force personnel services](#) website.

[DOD launches sexual assault response helpline](#)

The Department of Defense Safe Helpline allows service members to click, call or text for victim support services for themselves or others. The resource is free, anonymous and confidential. Those who need the service will connect with live sexual assault support professionals. It is live 24 hours a day, every day. Users can go to <http://SafeHelpline.org>; call the telephone hotline at 877-995-5247; or text their location to 55247 inside the United States or 202-470-5546 outside of the United States.

[Department ends voluntary departure authorization from Japan](#)

The Defense Department's voluntary authorized departures for service members' eligible family members to leave Japan in the aftermath of the March 11 earthquake effectively ended April 18. Family members who left Japan under the voluntary authorized departures or who were prevented from returning during the crisis may now return, except those whose military sponsor will have a PCS move out of Japan within 60 days.

[Air Force Climate Survey yields insights](#)

More than 172,000 Airmen across the Air Force voiced their opinions in the online Air Force Climate Survey from Oct. 8 to Nov. 28. Officials have recently released the total force results on the [Air Force Portal](#). The Air Force is postured to address issues identified by the survey and commanders are asked to create plans to address any areas of concern. The next Air Force Climate survey is scheduled for 2012.

[Nominations open for Portraits in Courage Vol. 6](#)

Nominations are being accepted through May 20 for Portraits in Courage Vol. 6, highlighting compelling stories of Airmen's honor, valor, devotion and sacrifice in a time of war. Stories should be 500 words or less. Packages must include the nominee's biography and three digital photos featuring Airmen in action that complement the written submission. Send questions and "Portraits" to portraitsincourage@pentagon.af.mil.

[Nominees sought for National Public Service Award](#)

The National Public Service Award recognizes individuals with agency-wide responsibility who exhibit the highest standards of excellence, dedication and accomplishment over a sustained period of time, and who are creative and highly skilled career managers at all levels of public service. This award is open to both military and federal employees. For more information, visit the [Air Force personnel services](#) website.

CIVILIAN

[Civilian developmental education application deadline May 1](#)

Air Force civilians interested in civilian developmental education opportunities during academic year 2012 have until May 1 to submit completed application packages to the Air Force Personnel Center force development branch. For more information, visit the Air Force personnel services website or call the Total Force Service Center at 800-525-0102.

FAMILY, HEALTH AND SAFETY

[Smartphone app helps troops, vets manage stress](#)

Veterans dealing with symptoms of post-traumatic stress disorder can turn to their smartphones for help any time with the "PTSD Coach" application created by the Veterans Affairs and Defense departments. PTSD Coach lets users track their symptoms, links them with local sources of support, and provides accurate information and helpful individualized strategies for managing symptoms. The app is now available for download from the iTunes Store and will be available for Android devices by the end of the spring.

[TRICARE supports DEA's National Medication Take Back Day](#)

National Medication Take Back Day will be observed April 30 from 10 a.m. to 2 p.m. at many police departments, universities, hospitals and military installations across America. This one-day event, sponsored by the Drug Enforcement Administration, provides a venue for people to safely dispose of unwanted, unused and expired prescription drugs. To find a collection site, go to www.dea.gov and click on the "Got Drugs?" banner across the top of the home page. This directs beneficiaries to a database where they can enter their ZIP code.

[New CPR training wants you to switch your ABCs](#)

Previous CPR courses taught the ABCs, or airway-breathing-circulation. However, American Heart Association officials are suggesting people change the ABC sequence to CAB, or circulation-airway-breathing. All Airmen will be taught the new CPR sequence in Heartsaver and healthcare provider courses. Airmen needing to update their CPR certificates should contact their unit CPR instructor.

[New features allow users access to expanded personal health data at TRICARE Online](#)

A new feature on TRICARE Online at www.tricareonline.com now allows users access to expanded personal health data, including lab results, patient history and diagnoses, and provider visits. These features are an expansion of the current Blue Button capability, which already allowed beneficiaries to safely and securely access and print or save their demographic information, allergy and medication profiles. The Blue Button features will further encourage beneficiaries to actively engage in their health care.

[Show seeks military families for home makeover](#)

The producers of ABC's "Extreme Makeover: Home Edition" are seeking people involved in the military whose home deserves an extreme makeover. To be eligible, families must own their single family home and be able to demonstrate how a makeover will make a difference in their lives. Interested military families or people who wish to nominate a military family should e-mail a short description of the family's story to emheusa@emhe.tv. For more information on the application process, visit <http://abc.go.com/primetime/xtremehome/index?pn=apply>.

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/app/home>

<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>

TRICARE

<http://www.tricare.mil>

U.S. Government Web site

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

Employment Opportunities

www.usajobs.com

www.nafjobs.org

AIR FORCE HERITAGE TO HORIZONS

This Week in Air Force History

April 26, 1928 – Master Sgt. Harry A. Chapman becomes the first recipient of the Cheney Award for his bravery in attempting to save his shipmates from an airship engulfed in flames.

April 26, 1948 – The U.S. Air Force became the first service to plan for racial integration, anticipating President Truman's executive order to be issued in July 1948.

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

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