Vol. 55, No. 6 Graphic by James Branch Graphic by James Branch Graphic by James Branch June 2007

Breaking ground



Photos by Phil Rhodes

Above, Master Sgt. Stefan Berrier signals to a surveyor while measuring the depth of a sewage line trench on May 3. He was among 24 reservists from Dobbins Air Reserve Base, who performed their annual tour at Carson City, Nev. as part of the **Department of Defense's Innovative Readiness Training** program. Every two weeks a new Civil Engineer unit rotates through this site to complete civil engineering projects for the Washoe Tribe. Similar training takes place at several sites throughout the U.S. each year. Right, 94th CES members tamp freshly poured cement on the Washoe Indian Reservation.



Air Force, Make-A-Wish team up

Local boy becomes 'one of the guys' at 700th Airlift Squadron during Air Force Week event

By Senior Airman Micah GarbarinoPublic Affairs

The shy, more than slightly reserved young pilot in the flight suit looked about the room nervously. Behind small-framed glasses, his eyes darted from person to person. Flash bulbs went off and a news camera looked on as a booming voice read the last of his citation.

"... and so it is with great honor that Matthew Vroman will be commissioned in the rank of honorary second lieutenant in the United States Air Force, this 26th day of April, 2007."

With that, the room erupted in applause, smiles and congratulations.

"He's definitely the smallest person I've ever seen commissioned," said Col. Heath Nuckolls, 94th Airlift Wing commander, but then again, most eight-yearolds are

As part of the Air Force's 60th Anniversary celebration and the community outreach associated with the Air Force Week Atlanta program, the 94th AW sought out Make-A-Wish and partnered to bring honorary Lieutenant Vroman's dream to life.

"The Air Force has a history of reaching out to give back to the community. This is one way we can do that," Colonel Nuckolls said.

Matthew, a resident of Powder Springs, Ga., suffers from a rare disease called diamond blackfan anemia, a condition that prevents his body from creating enough red blood cells. Matthew needs transfusions every three weeks before he starts to tire and his young body slows.

But, there was no weariness in Lieutenant Vroman during this visit. His mother, Kathi and the volunteers said they hadn't seen him this happy in a while. After Colonel Nuckolls made Lieutenant Vroman an aircrew member, he was given a tour of the squadron building and had a quick look at the charts. Then it was time to get down to business. And to any young pilot, that means flying.

"He loves to fly, that is his dream. Not just in a plane, but to really fly. He told his brother he wanted to be 'like Peter Pan' and be able to just hold his arms out



Photo by Don Peel

A salute from eight-year-old Matthew Vroman who visited Dobbins Air Reserve Base with the Make-A-Wish Foundation April 26-27. Commissioned as an honorary lieutenant, Matthew participated in several activities with members of the 94th Airlift Wing who planned the trip as part of the "Heritage to Horizons" events leading up to Air Force Week Atlanta Oct. 8-14.

and fly," said P.J. White, president and chief executive officer of the Make-A-Wish Foundation of Georgia and Alabama.

In the simulator, the air conditioner hummed and the green lights of the instrument panels revealed an awestruck face as Lieutenant Vroman looked out over the pixels representing Kennesaw Mountain and the surrounding area. With a little help from Maj. James "Flash" Light, project officer and C-130 pilot, he circled the aircraft around, looking for his best friend's house and "The Big Chicken," a Marietta landmark.

"Look at his face," Matthew's mom Kathi said. "He's having so much fun."

That's what the Make-A-Wish foundation is all about, putting smiles on faces, and they've been doing it here in Georgia

Wish: continued on page 2

Guardsmen, Reservists can now get quick USERRA help via internet

ARLINGTON, Va.—Members of the National Guard and Reserve can now request assistance online from Employer Support of the Guard and Reserve ombudsmen for employment issues arising from military service or mobilization.

The Uniformed Services Employment and Reemployment Rights Act is the federal law that protects the employment of military reservists and prohibits employment discrimination on the basis of military service.

Guardsmen and Reservists can visit the ESGR website at www.esgr.mil and select the link, "USERRA Complaint Request" on the right side of the page. The service member is asked to provide contact information for him or herself and his or her employer, as well as a brief explanation of the issue. The information is stored on a secure server and ESGR assigns the request to one of its 900 volunteer ombudsmen for informal mediation. Guardsmen and Reservists are still able to use ESGR's customer service center at 1-800-336-4590 to initiate a request.

"While Guardsmen and Reservists have always been able to e-mail us from the website, the USERRA Complaint Request allows them the opportunity to initiate an ombudsman case online at any time of the day or night," said Philip T. Pope, acting executive director of ESGR. "The online request will complement the customer service center in making ESGR more accessible to Guardsmen and Reservists serving all over the world."

In response to USERRA complaint requests, an ESGR ombudsman will contact the service member within 48 hours. If the ESGR ombudsman is unable to resolve the issue through informal mediation within 14 days, the Guardsman or Reservist is referred to the U.S. Department of Labor, the federal agency with statutory authority for enforcing USERRA.

Employer Support of the Guard and Reserve is a Department of Defense agency established in 1972. The mission of ESGR is to gain and maintain active support from all public and private employers for the men and women of the National Guard and Reserve.

ESGR volunteers provide free education, consultation, and if necessary mediation for employers of Guard and Reserve employees.

Life lessons



Courtesy photos

Servicemembers from the 94th Airlift Wing visited Mt. Paran Christian School in Kennesaw, Ga., for the school's service day. The day was a chance for students to not only learn about different ways they could serve their community, but also a chance for them to give back to those who serve. "This year we gathered as a group and discussed how wonderful it would be to honor people in the military whose job is so essential to the way and manner in which we are blessed to live our lives enjoying peace and freedom," said Cathleen McCook, the school's communications chief.



Wish: continued from page 1

for the past 11 years. The Georgia/Alabama chapter alone grants more than 400 wishes per year, Ms. White said.

"It's a good to have the opportunity to fulfill his wish to be a pilot. Because of his condition, it probably wouldn't happen, but we had the ability to show him what a pilot's life is like on a day-to-day basis. The plan is to take him out and treat him like one of the guys," Major Light said

After the C-130 simulator, the group visited the F-22 area at Lockheed Martin and the next day spent time at the squadron and with the pilots on the flightline, getting an up close and personal look at aircraft. When the duty day was over, the young pilot is no longer shy or reserved. In



Photo by Don Peel

Maj. Robert Light goes over some pre-flight planning with eight-year-old Matthew Vroman who visited Dobbins with the Make-A-Wish Foundation April 26-27.

fact, he has enough confidence to pull coin checks with his new friends. He receives a salute from the other pilots and returns it with vigor. He grabs his flight bag and walks to the car where his mom buckles him in and whispers encouragement — a luxury most pilots don't have.



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Submission deadline for the July issue is June 3. Articles should be submitted electronically to the 94th Airlift Wing Public Affairs office. The email address is **94AW.PAV3@dobbins.af.mil.** For more information, contact public affairs at 678-655-5055. This funded Air Force newspaper is an authorized publication for members of the U.S. military services.

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Service before self means sidelining personal agenda

By Maj. Tim JohnsonPublic Affairs

Over the last couple of months we have been exploring the Air Force core values. To ensure they do not become stale and meaningless, I would like to discuss them in greater detail and explore what they mean to us in terms of behaviors we exhibit in our everyday activities. This month, I want to discuss the second core value, "service before self".

We all have our own reasons for why we chose to serve our country in the armed forces. For some it was to gain experience, for others it was to get education benefits or to make some extra income. Whatever our reasons for joining, there was also a desire or willingness to serve our country in some capacity. And, if that was not a reason for our joining, they certainly reinforced the importance of service when we joined and went through basic training. The bottom line is that we all know that we are a part of something that is bigger than ourselves.

For most Airmen then, "service before self" is selfexplanatory and really does not require a lot of definition or discussion. That said, we all at times have seen people who put their own personal desires or ambitions ahead of

"Sometimes we may confuse ourselves and think that what we really 'want' to happen, is really also what is best for the mission."

Mai. Tim Johnson

the mission they perform. Taking it a step further, I think it would be safe to say that we all have done this at least in some small way from time to time. Maybe we have a unit training assembly where we take care of more personal items than tasks for the job, or we steer a strategy discussion around what we would like to see versus what may be the best action to take to support the mission. Sometimes we may even confuse ourselves and think that what we really "want" to happen, is really also what is best for the mission. It can become difficult to separate our personal desires from the decisions we make.

Let's take a fictitious example of an Airman who has been put in charge of appointments at a service agency on base. He makes the decision to cut off appointments after 2:30 p.m. because it helps the staff "close out" any paperwork and prepare for the end of the UTA. Upon further scrutiny however, it could be that the staff only needs 30 minutes to close up shop and what is really driving the decision is that the Airman likes to

spend time shooting the breeze with his office mates—especially this new single Airman he has had his eye on. In all actuality, because this individual put his personal desires before the mission, the office lost an hour of productivity and their customers were inconvenienced.

So what actions can we take to make service a priority over our own personal desires?

The Air Force Blue Book (which can be found online at http://www.usafa.af.mil/core-value/cv-mastr.html) refers to four behaviors important to Airmen. By following rules (generally put in place to encourage desired behavior), having respect for others (putting our troops ahead of ourselves), exercising discipline and self control (controlling anger, appetites for material or physical things, etc.), and demonstrating faith in the system (refrain from thinking that we know better than our superiors on all matters) we can help control our personal desires and remain focused on what is best for the mission.

What are your thoughts? Let us know. Send your comments or questions to the *Minuteman* at 94AW.PAV3@dobbins.af.mil. Next month we will explore "Excellence in all we do."

OPSEC, family important link that cannot be ignored

By Special Agent Patrick Brom Air Force Office of Special Investigations

"Hi ... I'm Jane Doe, 23, married to John, 25. He works in Security Forces as a gate guard. He is deployed right now and will be home May 10 after being gone for nine months!! We have one son, Johnny, who is 20 months. We have been here for a little over a year. We came from Ellsworth Air Force Base, South Dakota ... we were there for three years. I would like to join the playgroup when you guys start it up ... My son would love it!"

Where would someone get this information? Maybe a support group on base, or at a base picnic, right? In those arenas this information would be harmless, and it would be a great way for the speaker to reach out and find others like her.

But what if this same information is posted on the Internet, for millions of viewers – many who do not have the best of intentions for those in a vulnerable position? This is an example of information that is actually out there, and it is a major concern for leaders across the Air Force who have the responsibility to protect the Airmen and their families within their charge.

The above example gives a lot of information that can be used to harm an Airman or his family. Specifically:

• The active-duty member is deployed and the young wife is home

alone with a baby – translation: rob me, assault me, kidnap my child;

• Here are the details of my complete family, oh, and my complete address – translation: I am home alone while my husband works and my kids are in school;

• Here is enough detail to explain to them how you can pick them up, and here is where you can pick them up.

The advent of the Internet, incorporating the vast amounts of information that can be garnered just by surfing the Web, has made it imperative

that military personnel and their family members pay special attention to the information placed in public and even private forums there.

Unfortunately, family members are not always kept abreast of the latest threats in the cyber realm. The Air Force Office of Special Investigations spends a considerable amount of resources and effort in protecting Air Force operations, people, resources and its family members. To do so, OSI special agents utilize Internet resources just as anyone else would to collect information. When necessary, agents look at MySpace, Yahoo groups and personal profiles. What are the agents looking for?

Internet forums such as MySpace and Yahoo groups are excellent arenas to meet new people in a new duty location.



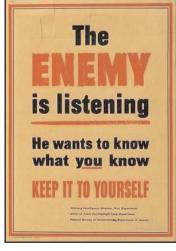
ments, locations of deployments, specific squadrons where they work and return dates. In some extreme cases, agents have found individuals posting their addresses and even detailed information about family members

From an operation-security standpoint, it is imperative for the war fighter to feel comfortable knowing their safety and the safety of the mission has not been compromised. Terrorist organizations utilize Internet resources much like the intelligence world. They collect, analyze and put pieces of a puzzle together to give them a full perspective of what the Air Force and the United States are doing to combat them. The responsibility of our Airman and their families is to not give them these pieces. Missions fail and lives are endangered when OPSEC is compromised

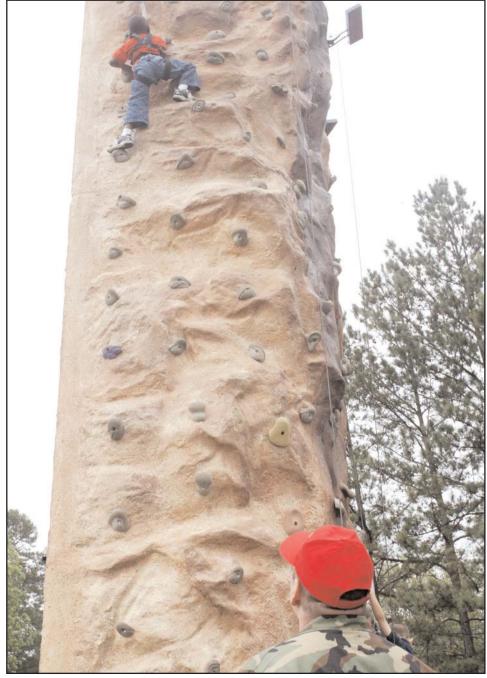
Times spouses are gone during the day or if they are gone at all, specific addresses, telephone numbers and detailed personal and family information are very valuable from the criminal viewpoint. Criminals are just as calculating as terrorists, and collect and target this information. People can see examples of this daily just from reading the newspaper and turning on the local news. As war fighters, Air Force members want to be sure their families are safe and not potential criminal targets. It is being comfortable with the situation at home that allows the deployed member to concentrate on the mission at hand and safely return home.

Some basic OPSEC and Internet practices:

- Know your groups, forums and owners of the groups
- Post no information on spouse's location, dates leaving or returning from a deployment (This is need-to-know information)
- Personal information such as addresses, phone numbers, specifics about children and family members should not be posted on public forums
- Use groups or forums that have moderators – these middlemen can usually aide in flushing out potential OPSEC breaches or personal information before messages get posted



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Above: A child scales the climbing wall, which was just one of many attractions that were available to play on, in or around for family members. Below: Steel clanged together as Medieval Times knights performed for cheering crowds three times throughout the day.



Above: Families tried their hand at fishing during a derby put on by Outdoor Recreation with the help of the Top Three Association. Below: Surprised with his 10-and-a-half inch catch, the winner of the day was eight-year-old Robbie Reily.

complete



By Master Sgt. Angelita Colón-Francia Public Affairs

Overcast skies didn't stop more than 1,000 Airmen and their families from enjoying Family Day activities here last month. Positive comments dominated many discussions about this year's event. Many in attendance said it was the best Dobbins Family Day celebration in years.

"We're having excellent fun," said Galyn Everett, wife of Senior Airman Charles Everett, a ramp specialist with the 80th Aerial Port Squadron. The Everetts, along with their 3-year-old daughter and 2-year-old son, enjoyed their first Family Day celebration.

"This is really nice," Mrs. Everett said.

Organizing Family Day this year was the Dobbins Chiefs Group. Under the leadership of group president Chief Master Sgt. Patrick Ferrell, of the 22nd Air Force, setup and preparations for draw. Airmen, and a few children, lined up for an opportunity to Support and local businesses.

the event began on May 4 and continued into the morning of May dunk Col. Joseph Thomas, 94th Airlift Wing vice commander; 5. By the time Airmen and their families arrived in the early after—Maj. David Dick, 22nd AF executive officer; 94th AW Command noon, everything was ready for their enjoyment.

organize Family Day," said Chief Master Sgt. Les Davy, others. Headquarters, 22nd AF. "It's our calling as chiefs to enhance the morale and to take care of enlisted personnel.

"It's important to say though, that we could not have done "The help was overwhelming. They have made the Chiefs Group are better," he said. look good. I can't pass on enough kudos to all of the volunteers

Chief Master Sgt., Lesley Morrissette; and Master Sgt. David "The wing commander requested the Chiefs Group's help "Catfish" Williams, 94th Aerial Delivery Flight, among several

"Today is very nice, bigger than last year's event," said Vincent Alonso, husband of Master Sgt. Juliet Alonso, 22nd Air Force Services. Mr. Alonso said that it was his family's second any of this without the help of many volunteers," said Chief Davy. Dobbins Family Day. "There are more people and the activities

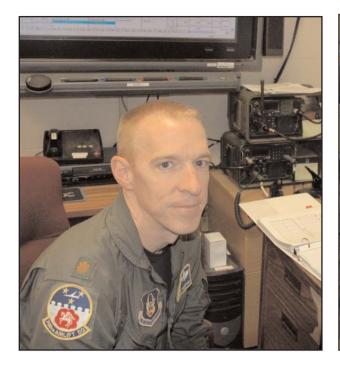
Children enjoyed the park, jungle gym, paddle boats, who helped. Many have already volunteered to help again next climbing wall, and the inflatable slide and castle. Sparks flew from the clashing swords of Medieval Times knights. Eight-year-The sounds of music and laughter, and the smell of grilled old Robbie Reily won the annual fishing derby trophy for his 10hotdogs and hamburgers filled the air. Cheers came from specta- and-a-half inch catch. Adding to the excitement were several raftors watching the softball games. The dunking booth was a huge fles and giveaways sponsored by Dobbins Services, Family



Above: Col. Edward Whiteley, 22nd Air Force Operations Director of Training, lends a hand on the grill before the party gets started. The wing fed more people than ever before during the "best family day in years." Below: The Dobbins Air Reserve Base Honor Guard performed a five-minute drill ceremony with M1-Garand rifles.



WHO'S WHO







Photos by Tech. Sgt. Micky Cordiviola

Name: Randy Thompson

Rank: Major

Unit: 700th Airlift Squadron Position: Navigator supervisor

If you could add one thing to the base, what would it be? We have a growing number of runners in our unit and a running track

would be a great addition.

Name: Chad Beaver Rank: Staff Sergeant

Unit: 94th Aerial Delivery Flight
Position: Air Transportation Specialist
If you could add one thing to the base what
would it be? A commissary would be great

Name: Kimono Akins Rank: Staff Sergeant

Unit: 94th Airlift Wing Recruiting

Position: Recruiter

If you could add one thing to the base what would it be? A running track would be a great benefit, enabling military members to

get in shape for fit to fight.

Maintenance Squadron's avionics flight: who they are and what they do

By Master Sgt. Angelita Colón-Francia Public Affairs

More than 1,800 Airmen working in a headquarters element, three groups, and a medical element containing 11 squadrons and four flights make up the 94th Airlift Wing. In an occasional series, the *Minuteman* will highlight individuals and elements of the wing detailing the various ways Airmen here impact the global war on terrorism today.

Airmen and aircraft from the 94th AW are actively engaged in various contingencies around the world. Whether training C-130H aircrews for the United States Air Force (active duty, guard and reserve components); maintaining combat ready units to deploy on short notice; or assisting other agencies and tenants, the personnel at Dobbins Air Reserve Base are actively involved in the fight.

The wing accomplishes its mission with a very diverse mix of people. Together we help protect the nation and keep the Air Force in the fight.

94th Maintenance Squadron, Instrument & Flight Controls Shop

At a time when increased flying hours are stressing airframes; the cost of

See more on the Web at www.dobbins.afrc.af.mil



Photo by Don Peek

Tony Haskett, an avionics specialist, checks engine data and then inputs information into the flight data recording system.

aircraft spare parts are increasing (six percent this year according to Gen. John D.W. Corley, Air Force vice chief of staff); and the price for a barrel of fuel is rising (costing the Air Force another \$600 million annually), the instrument and flight control systems craftsmen, apprentices and jour-

neymen of the 94th Maintenance Squadron work hard to provide safe, reliable aircraft and delivering uncompromised combat capability to the war fighter.

Tech. Sgt. John Raymond, an instrument and flight control systems craftsman, answered a few questions about what he and the Airmen in his section do and their role in keeping the wing's air assets ready for any mission. Here is the first question.

Minuteman: What are some of the specific duties of you and Airmen in the shop perform?

Sergeant Raymond: We perform and supervise intermediate and organizational maintenance activities; troubleshoot, repair, install, align, modify and conduct operational checkouts of instrument and flight control systems; diagnose malfunctions using and interpreting logic circuits, signal flow, component schematics, technical orders, diagrams, test equipment, mock-ups and other publications; test repaired equipment using test benches; identify maintenance problem areas and recommend corrective actions.

We also develop methods to improve maintenance efficiency; align and calibrate aircraft equipment and systems for operation. Finally, we work to ensure that safety, quality and performance standards are followed and updated. (Story continues at www.dobbins.afrc.af.mil)

If you would like to recommend an individual or element of the wing for a spotlight in an upcoming edition of the newspaper, call 678-655-5055 or email to 94AW.PAV3@dobbins.af.mil

Page 6 Minuteman, June 2007

SHORTS

Music on the deck

Mark your calendars for June 2. During the UTA at the Dobbins Lakeside Lounge, Services plans to put the deck at the lakeside to good use with good music, good food, and good fun; with prizes being given to show our appreciation to their many loyal, faithful patrons. You don't want to miss this UTA party.

Armed Forces Softball Tournament

The Dobbins Fitness Center is looking for softball teams to represent each branch of service to participate in the Annual Armed Forces Softball Tournament on June 4 at 5:30 p.m. This will be a single elimination tournament and a first place trophy will be awarded to the winners along with T-shirts for each member of the winning team. Stop by or call the Fitness Canter at 678-655-4872 to

sign your team up.

Prime Rib and Shortcake Rar

The Consolidated Club is offering an outstanding evening of fine dining and dancing June 8. The club's experienced staff will pamper guests during dinner and afterwards. Attendees can enjoy dancing to the sounds of one of Atlanta's premier DJ's. The Prime Rib and Shortcake Bar is a great place for friends and family. Members pay \$13.95 and non-members can enjoy dinner and dancing for \$15.95. Call the Club at 770-427-5551 for reservations.

Home Run Derby

Any home run hitters should sign up to join Annual Home Run Derby Contest June 18. The contest has a 10-pitch rule and each participant can supply their own pitcher. The derby will be held at the Base Softball Field at 6 p.m. Call the Fitness Center at 678-655-4872 for more information and to sign up.

ARPC seeks customer feedback

Air Reserve Personnel Center leaders want to hear what their customers are thinking. To do this, they have developed an online survey to give people the opportunity to provide feedback on their experience with ARPC service.

The survey, which is posted on the ARPC Web site, seeks comments from people who call the contact center, visit the Web site briefly or dive deeper into the online applications through the virtual Personnel Center – Guard and Reserve.

Questions on the survey range from wait time for speaking to a customer service counselor and quality of the information given to ease of finding information posted on the Web site. To access the survey, visit the ARPC Web site, http://arpc.afrc.af.mil, and click on the "Take the ARPC Customer Satisfaction Survey" link. Or, go to the survey directly at http://arpc.afrc.af.mil/survey.

Deployed military get pass

Under a new directive, the Transportation Security Administration may allow families of military members access to areas to escort the military passenger to the gate or to meet a military passenger's inbound arrival at the gate. The family member can go to the airline that the military member is flying and receive a pass to go to the gate.

They will be required to have a pass and a photo ID to get through the security checkpoint, giving families to stay with the departing military member longer, or to be able to greet them at the gate upon their arrival.

Safe cooking steps can ensure summer stays fun, injuries don't occur

By Bill Wilson Assistant Fire Chief

Among the many scents of summer, none is more recognizable than cooking on an open grill.

Hot dogs and burgers cooked on the grill are tastes hard to beat. With the summer months rapidly approaching, many cookouts will use charcoal or propane to fire up the grill. Both of these fuels, when used safely, are considered a small risk. However, when used incorrectly, they could result in tragedy – needless injury, property damage and death. The Dobbins Fire Prevention Office offers the following guidance to ensure a fire-safe cookout.

Pick a safe place for grilling

- Place your grill on a flat, level surface so it won't tip over. Keep it away from overhangs, fences, wooden decks, and shrubbery that could be ignited by a sudden flare-up or flying sparks.
- Position the grill in a well-ventilated location never indoors as toxic, odorless carbon monoxide can build up.
 - Keep kids and pets away from the grill when it's in use.
 - Have a fire extinguisher handy.

Charcoal grill safety tips

- Never add lighter fluid directly to hot coals to get a sluggish fire going again. The flames can travel up the stream of fluid and burn you.
- If coals are slow to start, place several new briquettes in a small metal can and add lighter fluid. Add these briquettes, using a pair of long-handled tongs, to warm coals and light with a match.
- Never use gasoline or kerosene to light a charcoal fire. Both can cause an explosion.
- Do not close the lid until you are ready to cook. Doing so might put the fire out or cause a rush of flame when the lid is opened. Closing the lid prematurely can also prevent lighter fluid from completely burning away, giving the food a strange taste
- Coals are hot; they can reach up to 1,000 degrees. Use insulated, flame-retardant mitts when cooking or handling any



part of the grill. Also, use long handled barbecue tongs for safe handling of food and coals.

Putting the fire out

- Place the cover on the grill, close the vents and allow the coals to burn out completely. Let ashes cool for at least 48 hours and then dispose of them in a non-combustible container.
- If you must dispose of coals before they've com-

pletely cooled, carefully bury them in a can of sand or in a bucket of water. Never pour hot coals into a pail of water, or vice versa, steam from the briquettes may burn you.

Storing coals

- Store briquettes in a cool, dry area. When charcoal absorbs moisture, it can be hard to light.
- For instant lighting charcoal, keep the bag tightly closed to prevent lighter fluid from evaporating.

Propane grill safety tips

- Always follow manufacturer's instructions for assembly, operation, maintenance, repair and storage.
- Always turn control knobs to the off position and ensure the tank valve is closed when not in use.
- Make sure the tank has the right connection for your grill.
- Inspect the grill and tank before each use for damage or wear. Replace worn grill parts as needed, especially hose and regulators.
 - Before lighting the grill, always open the lid.

Following this guidance will enable you to plan for, and safely complete, any cookout regardless of your preferred choice of fuel. For additional information on other fire safety subjects contact the Fire Prevention Office at extension 678-655-5679.

To nag or not to nag? A healthy question

By Staff Sgt. Houston Gilliand Jr. 94th Aeromedical Staging Squadron

Candlelight and roses have their place. But sometimes you really want to say "I love you" with a health club membership or a refrigerator full of fresh fruit. A loved one maybe lost too soon if they are overweight. There is a reality we all must face. "You can't make anyone do anything they don't want to do," and some strategies people think are effective can actually cause people to bristle. Please consider the following when trying to instill healthy habits:

- Timing is everything you don't want to bring up healthy eating and losing weight in the mist of an argument
- When you talk, use words of concern, love and support
- Practice what you preach by adopting the same healthy habits (i.e., taking walks together, or eating salads for lunch)
- Doing things to make the change easier by cooking more healthy food, or entertaining the kids while your spouse goes to the gym
- Providing emotional support and encouragement.

Less effective actions:

- Threats, nagging and appeals of fear too negative and one may end up feeling bad about themselves and may even become angry at you, and more unwilling than ever to make a positive change.
- The biggest mistake is to become the Food Police. "Do you really want to eat that?" can trigger a rebellion in some.

Minuteman, June 2007

Promotions

Chief Master Sergeant

Sandra A. Wright

Senior Master Sergeant

Ward R. Durant Rocky R. Epps Perry L. McDaniel

Master Sergeant

Debra L. Demmons

Technical Sergeant

Renee A. Cooper Nevlynn L. Johnson

Staff Sergeant

Ryan L. Edwards John N. Falkenhagen Portia A. Howard Frank A. Link Torre T. Poole

Senior Airman

Jarrita Blackmon Warren C. Dill April N. Lee

Airman 1st Class

Haley N. Enix Nudera M. Whitsett

Airman

Nathan J. Livesey

Newly assigned

Maj. Scott A. Carlin

Maj. Lori P. Walden

Capt. Rafael C. Clark

Master Sgt. Kevin D. Shirley

Tech. Sgt. Chad L. Hampton

Tech. Sgt. Jessica E. King

Staff Sgt. Frederick W. Durham

Staff Sgt. Sandra L. Findley

Senior Airman Terrence D. Best

Senior Airman Monica Jasso Gutierrez

Senior Airman Joseph M. Masiello

Interested in an Air Force Week Atlanta coin? Contact a representative the Chief's Group, the Top Three, or the 56 Group to purchase one.





June UTA schedule

	ียน.	ne UIA sched	UTA schedule subject to ch
	<u>Time</u>	Activity	Location
	6 - 7 a.m.	Breakfast @ Troop Dining Facility	Bldg 813
	7:15-7:45 a.m.	Wing Element Staff Mtg	Bldg 838/WCR-2107
	7:30-8:30 a.m.	Fit To Fight Evaluations	8
\mathbf{q}		& Profiles: LOD/WWD	Bldg 922
D	7:30-9 a.m.	Flying Physicals	Bldg 922
	7:30-11 a.m.	Optometry	Bldg 922
Δ	7:30-11 a.m.	Immunizations, Hearing, Lab,	
. 7		Pulm Func Test	Bldg 922
	7:30-11 a.m.	Dental Screenings	Bldg 922
Ι.	9:30-11 a.m.	Non-Flying Physicals	Bldg 922
_	9:30-10:30 a.m.	Medical Deployment Outprocess	Bldg 922
ГТ	8:00+	M-16A2 and 9MM AFQC Firing	Firing Range
	8-9 a.m.	AEF Deployment Outprocessing	Bldg 838/Rm 2406
	8-11 a.m.	CBRNE Refresher (Every 15 Months)	Bldg 838/Rm 1322
R	8-8:30 a.m.	Newcomers Intro by Wing/CC staff	Bldg 838/WCR-2107
LU	8:30-10:20 a.m.	Newcomers Orientation	Bldg 838/WCR-2107
	9-11 a.m.	Relocation Briefings	Bldg 838/ATN Rm
U	10 a.m.	IG Complaints	Bldg 838/Rm 1324
	10-11 a.m.	Unit Deployment Managers Mtg	Bldg 838/MSG CR-1302
٨	10:30-11:30 a.m.	First Sergeants Gp Mtg	Bldg 838
A	10:30-11:30 a.m.	Training Managers Meeting	Bldg 838/Rm 2304
	10:30-12:30 p.m.	Lunch @ Troop Dining Facility	Bldg 813
Υ	Noon-3:45 p.m.	Newcomers Ancillary Trng	Bldg 838/WCR-2107
_	Noon-3 p.m.	Dental Exams	Bldg 550/Navy Clinic
	12:30-2 p.m.	Laboratory Tests	Bldg 922
	12:30-3 p.m.	Physicals, Hearing, PFT,	
		Optometry, Immunizations	Bldg 922
	1-4 p.m.	CBRNE Refresher (Every 15 Months)	
	4 p.m.	Retreat/Unit: 94 MSS	Bldg 838/Flagpole
	4:30 p.m.	Chiefs Group Meeting	Bldg 838/Rm 1202
	5-6 p.m.	Dinner @ Troop Dining Facility	Bldg 813
	<u>Time</u>	Activity	Location
a	6 - 7 a.m.	Breakfast @ Troop Dining Facility	Bldg 813
O	7:30	M16A2 AFQC Firing	Firing Range
	7:30-8:30 a.m.	Protestant Chapel Service	DARB Base Chapel
	7:45-8:30 a.m.	Enlisted Advisor Council Mtg	Bldg 838/WCR-2107
	8-9 a.m.	MILPDS Trng	Bldg 838/Rm 2406
T	8-11 a.m.	CBRNE Refresher (Every 15 Months)	Bldg 838/Rm 1320
V	0.10 a.m.	(Oct-Nov-Jan-Feb-Apr-May-Jul-Aug)	Novy Chanal
	9-10 a.m.	Catholic Service (Mass)	Navy Chapel
	9-10:30 a.m.	Chiefs Group Mtg	Bldg 838/Rm 1202
	9-11 a.m.	Physical Exams Follow-Up	Bldg 922

9-11 a.m. 9-Noon 10-11 a.m. 10-11 a.m. 10:30 -12:30 p.m. 11:30 a.m.-noon 12:30-1:30 p.m. 12:30-2 p.m. 1 p.m. 1 p.m. 1-2 p.m. 4 p.m.

9-11 a.m.

Hearing Tests Follow-Up Dental Exams Follow-Up CDC Exams Protestant Service Commander's Mtg Lunch @ Troop Dining Facility Protestant Chapel Service 56 Group Meeting - "Call to Arms" Relocation Briefings CDC Exams Unit EM Rep meeting Flying Safety Mtg Unit Sign Out

/Rm 1322 /Flagpole /Rm 1202 inge ase Chapel WCR-2107 /Rm 2406 /Rm 1320 apel /Rm 1202 Bldg 922 Bldg 550/Navy Clinic Bldg 838/Rm 2304 Navy Chapel Bldg 838/WCR-2107 Bldg 813 Bldg 727/Briefing Rm Bldg 747/Rm 121 Bldg 838/Rm 2406 Bldg 838/Rm 2304 Bldg838/Rm 1322 Bldg 732 Unit Asgnd

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