

Falcon Flyer

The Official Magazine of the 94th Airlift Wing

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**President
stops by
Dobbins**



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FROM THE TOP

Discipline Matters

Lt. Col. Clay Robertson

Staff Judge Advocate, 94th Airlift Wing

Throughout my career as a Judge Advocate General on both active duty and in the Air Force Reserve, I have noticed that many Airmen perceive the legal office as a place “where bad things happen to people.” In many instances, depending on individual perspective, that might be true. However, I would like to do my best to clear any misconceptions.

First, absolutely none of the disciplinary action administered in the Air Force is requested, initiated or imposed by a JAG. The Staff Judge Advocate is the legal advisor to all commanders on the Wing staff regarding disciplinary issues, but the ultimate authority to impose discipline always rests with the commander.

As a judge advocate, I routinely “advocate” for an appropriate level of discipline depending on the particular facts. Having said that, a JAG’s advice on disciplinary matters is usually followed. So the perception that JAGs are involved in the process of administering discipline is correct.

Discipline is not a “bad thing.” Certainly, no one wants to be admonished, counseled, reprimanded or court-martialed. However, good order and discipline are things that make the military unique; which is unquestionably a “good thing.”

When we impose discipline on Airmen for not meeting standards, we are also sending a message to all other Airmen that we appreciate the standards that they maintain. If our standards are ignored, they lose value to those who continue to meet and exceed them.

Civilians and even some military members will occasionally ask why there is a separate criminal justice system for the military or why cases aren’t referred to civilian jurisdictions. These are valid questions, but they reflect a lack of understanding of the importance of the Uniform Code of Military Justice which is a tool for commanders to maintain good order and discipline.



An undisciplined military unit is undistinguishable from an armed mob. From the start of our military tradition, General George Washington made discipline a priority and he appointed the first JAG and used courts-martial to maintain good order.

He famously remarked, “Discipline is the soul of an army. It makes small numbers formidable, procures success to the weak and esteem to all.”

Discipline remains relevant in today’s Air Force. The American public entrusts us with awesome responsibility. The lethality of our weapons and the potential for collateral damage demand well-disciplined units and individuals. As an institution, we need to earn and preserve the public’s trust.

Discipline and punishment are not synonymous. Nevertheless, the ability to demand accountability and to administer consequences is key to creating good order and discipline within Air Force units.

In the military, our system of justice is responsive to commanders, fair to the accused, transparent to the public and administered with competence and confidence. Our members deserve no less.

As good leaders and followers, it is incumbent upon all of us to maintain standards and seek to correct those who do not.

A good leader should never have to feel sorry for having to impose discipline, as long as it is imposed fairly and impartially. However, failing to impose discipline when it is warranted merits an apology to the member needing correction and to the entire unit. In such situations, the leader has failed all.

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Wing commander’s hotline provides wing members with a direct link to the wing commander to relay kudos, concerns or suggestions on wing matters.
(678) 655-9422

IG/Fraud, Waste and Abuse hotline sustains a credible Air Force IG system by ensuring the existence of responsive complaint investigations, and FWA programs characterized by objectivity, integrity and impartiality.

HEADLINES

Obama stops by Dobbins

Col. Timothy E. Tarchick, Commander, 94th Airlift Wing, greets President Barack Obama at Dobbins Air Reserve Base, Ga., Aug. 2 prior to the president attending a convention and political fundraiser in Atlanta. (Courtesy Photo)



J.D. Marckmann
94th Airlift Wing Public Affairs

President Barack H. Obama made a quick stop at Dobbins Air Reserve Base, Ga., via Air Force One Aug. 2 while visiting Atlanta to speak at a convention for disabled veterans and to attend a political fundraiser.

He was greeted at Dobbins by Gov. Sonny Perdue, Atlanta Mayor Kasim Reed, Congressmen Sanford Bishop, Jr., John Lewis, and David Scott and Col. Timothy E. Tarchick, the 94th Airlift Wing Commander.

White House courtesy photo

Relationships: I am a rock

Lt. Col. William Ferrell
Chaplain, 94th Airlift Wing

In the summer of 1966 the song “I Am a Rock”, by Simon and Garfunkel reached #3 on the music charts in the U.S.

If you look at some of the lyrics of the song; “I have no need of friendship, friendship causes pain,” “If I never loved I never would have cried,” “I touch no one and no one touches me.” You may wonder what made such a depressing song so popular.

I think it was because he was expressing something so many people could relate to, the pain of broken relationships. His solution was simply to not have any more.

Each verse ended with the assertion, “I am a rock, I am an island” and the song ended with the somber lines, “and a rock feels no pain, and an island never cries.”

Relationships can be one of the biggest sources of pain



U.S. Air Force courtesy photo

and hurt in our lives. The vast majority of people who come to me for counseling are in distress because of problems in some relationship.

But the truth is we can't just cut ourselves off from any human contact and avoid the potential for pain and hurt. Relationships pervade every aspect of our lives. But while it is true that relationships can cause problems and hurt, they can also be the biggest source

of joy and comfort and peace in our lives.

In my experience I observed that a big factor in how someone's life turns out is shaped by the relationships they choose. For the last six years my civilian job has been working with people who have addictions to alcohol or drugs. It is tragic to see the devastation that these addictions cause in people's lives. It amazes me how

many times the root of their substance use goes back to the group of friends they chose in Junior High School. It is vitally important to choose relationships that are positive and nurturing.

Long before Paul Simon wrote “I Am a Rock” the poet John Donne wrote, “No man is an island, entire of itself; every man is a piece of the continent, a part of the main.” Relationships do involve risk. We can't control what other people do or how they behave. But we are vitally connected to the people around us and those we choose to invest our lives in. Learning to choose positive relationships and properly managing our relationships are key skills we need to develop to have a satisfying life. If you are having problems in some relationship or would like some help in developing your relationship skills the chaplains here would be glad to meet with and help you.

THE ORGANIZATION

Whats in a Name?

Marietta Air Force Base was renamed Dobbins Air Force Base in honor of Capt. Charles Dobbins.

Captain Dobbins was killed on July 11, 1943. He was a co-pilot of a C-47 of the 316th Troop Carrier Group, carrying paratroopers of the 376th Parachute Field Artillery Battalion, 82nd Airborne Division. The operation was called Husky II. D-Day for operation Husky was 10 July 1943 and it all took place in southern Sicily. During the night of July 9th, 226 C-47s took off with paratroopers of the 505th Regimental Combat Team reinforced by the 3rd Battalion 504th Parachute Infantry, more than 3,400 paratroopers in total. The paratroopers were



dropped behind the beaches. Due to several reasons, the paratroopers landed over entire southern Sicily. I have no knowledge if Captain Dobbins participated in this mission, but I assume he did. In the early hours of July 10th,

the US infantry stormed the beaches. In the southeastern part of the island British troops landed. In the evening of July 10th they were supposed to drop reinforcements, but the mission was postponed by 24 hours.

Where in the world is the 94th?

1942- MacDill Field, FL
1942- Pendleton, OR
1942- Davis-Monthan Field, AZ
1942- Biggs Field, TX
1943- Earls Colne, England
1943-1945- Bury St. Edmunds, England
1945- Camp Kilmer, NJ
1947-1952- Marietta Army Airfield / Marietta AFB / Dobbins AFB
1955- Scott AFB, IL
1957-1959- Laurence G. Hanscom Field, MA
1972-present Dobbins ARB, GA



Did you power down Dobbins?

Ed Saleem

Courtesy Story

I have recently received many questions about how to save energy with regards to computers. For example, “when should one turn off a computer for energy savings?”

Here are some general guidelines to help you make that decision.

Although Department of Defense computers cannot be shut off, everything else around them CAN be turned off. For maximum energy savings, consider turning off monitors, printers, speakers, and any other accessories connected to your computer and in your workspace. Try plugging

everything but the CPU into an approved power strip/ surge protector. When this equipment will not be in use for extended periods, simply turn off the

switch on the power strip. This also prevents these devices from drawing power even

when they are shut off as many electronic devices do. In our shop, we are investigating “smart” power strips that will automatically shut down the extra equipment when the computer is not in use. These strip utilize motion or other

“Everything else around them CAN be turned off”

sensors to detect when the computer is idle. If you don’t use a power strip, simply unplug extra equipment when it’s not in use. However, when

installing new power strips, one word of caution: do not plug one power strip into another power strip

(called piggybacking) as this may cause them to overload.

Many PCs available today come with power-down or sleep mode features for the CPU and monitor. ENERGY STAR® computers power down to a sleep mode that consumes

15 Watts or less power, which is around 70% less electricity than a computer without power management features

Remember that ‘screen savers’ are not ‘energy savers.’ Screen savers were designed for old style tube monitors to prevent images from burning into the screen. The truth is that modern LCD color monitors do not need screen savers to prevent screen damage at all! Using a screen saver will in fact use more energy and override the monitors automatic power-down feature and prevent energy saving.

FEATURE

Master Sgt. Bruce See from the 94th Airlift Wing Honor Guard instructs Angela on the proper way to render a salute. She was treated to a performance by the drill team as well during her tour of the base on Aug. 4. (U.S. Air Force Photo/Don Peek)



Tech. Sgt. Karie Contreras of the 94th Airlift Wing Aircraft Maintenance Flight took Angela, the featured Wednesday's Child, in the cockpit and let her be "co-pilot." (U.S. Air Force Photo/Don Peek)



Angela, the featured Wednesday's Child received a squadron coin from Command Chief Master Sergeant John Anderson. (U.S. Air Force Photo/Don Peek)



Fox 5 films Wednesday's Child at Dobbins

Senior Airman Danielle Campbell
94th Airlift Wing Public Affairs

WAGA Fox 5 Atlanta and the Georgia Department of Family and Children Services accompanied Angela, a hopeful Air Force enlistee and their Wednesday's Child nomination, here to tour the base Aug. 14.

Wednesday's Child- Georgia was formed to find permanent homes for children in foster care by featuring children who are available for adoption

The program partners with the Freddie Mac Foundation, WAGA Fox 5 Atlanta and the Georgia Department of Family and Children Services' Adoption Unit.

Several agencies were involved in making this special tour a great success and making this an unforgettable moment for Angela.

The Fox 5 van as well as representatives from Georgia Department of Human Resources met at the front gate of Dobbins to commence their tour.

"This was such a good day that I got a little choked up," Angela said.

She was just a few years away from making her dream a reality. She walked out of the recruiting office with a bag full of Air Force goodies.

Her head was lifted, her shoulders were pulled back and her eyes could light up a dark room.

Wednesday's Child- Georgia is featured

on Fox 5 during the 6 o'clock newscast each week. Since the inception of the program in 2000, more than 574 children have aired, of which 299 have finalized adoptions and 57 now have identified adoptive families and are working toward finalization. Additionally, more than 11,000 families have inquired about becoming a foster or adoptive parent as a result of seeing the segments.

"This was such a good day that I got a little choked up."

AROUND THE AIR FORCE

Air Force general reflects on Iraq tour of duty

Staff Sgt. Sanjay Allen
Air Component Coordination
Element-Iraq

9/1/2010 - CAMP VICTORY, Iraq, (AFNS) -- After spending more than a year coordinating airpower in Iraq and helping to ensure U.S. forces there drew down to less than 50,000 boots on the ground, the top Aiman in Iraq is headed home.

Serving as the director of the Air Component Coordination Element in Iraq, the director of the force strategic engagement cell for U.S. forces in Iraq, and the 9th Air Expeditionary Task Force-Baghdad, Detachment 2

commander, Maj. Gen. Joseph Reynes Jr. has watched the number of servicemembers in Iraq decrease from 148,000 to almost 50,000, and the number of Armen decrease from more than 12,000 to fewer than 6,000

General Reynes explained the mission the Air Force has had in Iraq during his 18-months-plus tenure.

"We've provided timely and precise air mobility," he said. "We've had 24/7 unblinking (intelligence, surveillance and reconnaissance) to cover and work with our joint force partners. And then, of course,

we've had kinetic and non-kinetic operations at the discretion of the commanders in support of their missions.

"It's been an awesome mission that we've executed over and over again, and we've just gotten better every day," the general added.

U.S. forces in Iraq have transitioned from Operation Iraqi Freedom to Operation New Dawn. And, although the Air Force's mission in Iraq will mostly stay the same, General Reynes said, it will continue to evolve.

"And over the next year, you're going to see more partnering with our Iraqi brothers and



Maj. Gen. Joseph Reynes Jr. addresses attendees at the Air Force Central Command-Iraq Planning Conference spring 2010, at Camp Victory, Iraq. (U.S. Air Force photo/Senior Airman Perry Aston)

sisters, but also we'll be doing more training. About 6,000 U.S.

Airmen will remain in Iraq, General Reynes said.

COMMENTARY

Safety Corner:

Lt. Col. Walther Koelln
94th Airlift Wing Safety Squadron

Greetings from your Wing Safety shop. Welcome to week 11 of the Critical Days of Summer campaign. This week's topic is "Wingman Resources."

94 AW participated in the USAF Wingman Standdown earlier this summer. I would ask that you reflect back on the information shared during your time together as wingmen, and what you've learned over the years about how to be an

effective wingman.

Commanders, Chiefs and 1st Sergeants, the next UTA is a good time to re-engage the Wingman Stand Down concepts and information.

Please ensure all your members have had a chance to participate in the Wingman Stand Down program.

There are some wingman resources you can use available on the Dobbin's website.

The first resource is a short 2-minute video of a young airman's testimony of some bad personal and wingman choices he made resulting in injury and death; would be a good video to show your folks

during your unit UTA staff meetings:

Air Force Suicide Prevention Program
<http://dev.wingmanonline.org/>

Wingman Resources at the AF Safety Center
<https://www.my.af.mil/gcss-af/USAF/ep/contentVie>.

How to pursue a fit life

Col. L. Josephine Almonte

94th Airlift Wing Inspector General

Editor's note: Colonel Almonte is a certified fitness instructor in her civilian job.

I think it very appropriate to publish this article since the new fitness standards took effect on 1 Jul of this year. Since we are expected to be more 'aerobically' fit, then we need to concentrate on working out more than just once or twice a year. I realize not everyone is an avid runner (myself included), but it's imperative that we establish a workout routine and make it part of your weekly activities. The following are some guidelines you might want to follow to help you pass your fit to fight test....Hope this helps!

Fitness is not something that only belongs to the young – it belongs to everyone regardless of age. When you participate in at least 20 to 30 minutes of physical activity a few times a week, the body works more efficiently. It's never too late to start.

First, consult your physician before starting an exercise program. Next, get a complete physical and discuss any medications you may be taking that might affect your performance. When starting an exercise program, take note of how you feel before and after your exercise routine. You may experience some fatigue in the beginning, but you may be delighted to find how quickly you progress.

What exercises should you pursue?

Select an activity that you enjoy and that will motivate you to participate on a regular basis. Cardiovascular exercise, which is continuous, non-resistive movement, should be done at least three times a week. The goal is to complete 20 to 30 minutes each session. Strengthening exercises are highly recommended as well. These sessions should be done at least two to three times per week for 15 to 30 minutes minimum.

What time should you exercise?

It doesn't really matter when you schedule your sessions. However, it's recommended that you try to exercise around the same times each session. In other words, if you have more energy in the mornings, then

you should stick with a morning session. If you're consistent with scheduling it around the same time, you're more likely to maintain good habits for a longer period of time.

What are some safety precautions?

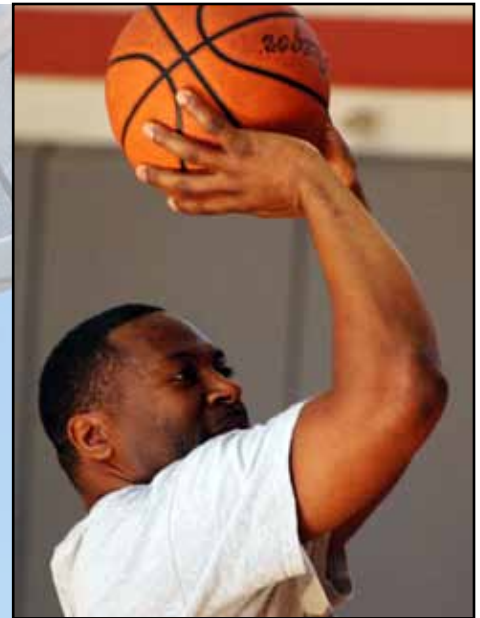
Eat at least two hours prior to a workout session. Drink plenty of water before and during your exercise routine to replace important fluids. Select good shoes and clothing that are appropriate for the exercise sessions. Make sure you spend the extra money on good sneakers for the particular exercise. Dress in comfortable, layered clothing that allows you to move freely and stay cool.

Exercise in healthy environments. If the weather is too hot or too cold outside, opt for a gym or your home. Some people may feel intimidated to work out at a gym if they are novices. In that case, make sure you read about how to begin a program via books or the Internet, or consult a certified fitness instructor for proper technique.

How hard should you exercise? The intensity of your workout will depend upon your overall level of fitness. Intensity should range from 55 to 90 percent of estimated maximum heart rate depending upon your age. Find a comfortable pace that's right for you. Beginners should start with five to 10 minute intervals and gradually work up to 20 to 30 minutes.

What should you eat? Using the basic food pyramid, you can eat a healthy diet based upon high-energy, high-fiber foods like whole grain breads, cereals and pasta. Add a variety of fruits and vegetables for vitamins and minerals. To keep your body strong you will also need moderate amounts of low-fat dairy products, lean meats, poultry and fish for protein. Protein helps build and repair lean body mass. The foods at the top of the pyramid, like fats, oils and sweets should be limited. Less than 30 percent of your total calories should come from these.

Who should exercise? All of us can gain from exercise. The most common reasons why people don't get started or stick with a program are 1) lack of time



Retired Senior Master Sgt. Harold Jones focuses on each shot as he pursues a fit life. (Air Force photo/Master Sgt. James Branch)



Dobbin's new quarter-mile running track is now available for use at the north side of the base off Gym Road on Readiness Circle. (Air Force photo/Don Peek)

2) not enough energy 3) no motivation 4) no quick results. Remember, there will always be an occasional challenge. When this happens you just need to modify what you're doing to reap the benefits in the long term.

The benefits of regular exercise are endless. It improves circulation, improves blood lipids and good cholesterol, can lower blood pressure and reduce stress, promotes bone health and strength, maintains or increases lean muscle tissue, improves glucose tolerance and metabolism, controls weight and reduces body fat, and, improves endurance for daily activity and enhances overall quality of life.

Get moving today for a healthier tomorrow.

(Fitness Gets Personal, Aerobics and Fitness Association of America)

TOUCH AND GO'S

DAC Program

One, Deserving Airman Commissioning (DAC) Opportunity exists within the 80th Aerial Port Squadron, Dobbins ARB, Georgia. The DAC prerequisites and the application package are available at dobbins.afrc.af.mil. The 94 AW/CC will convene a DAC selection board during the Nov 2010 UTA.



UTA Child Care

Military childcare is available for those service members who fall into such a category that there is a hardship to providing quality childcare during UTA. The program is sponsored through the Air Force Reserve Command and implemented via the local Family Readiness Center. To be clear, this program is only for those who lack regular childcare arrangements for their children.

Call Angela Pederson for more details at (678) 655-5004

CC Access Line

A direct link to Col. Timothy E. Tarchick has been created to express points of view and to give input. Col. Tarchick wants your input after coordinating properly through your chain of command.

Access this line at (678) 655-94CC or email 94aw.cc.accessline@us.af.mil



Dobbins Air Reserve Base, Ga - The best way to keep the 94th Airlift Wing and Air Force Reserve strong is to recruit good people- people like you. You can help by talking about the benefits of joining the Air Force Reserve with family and friends, then submitting their names to Get1Now. The people you care about will benefit, and so will you.



Mark your calendars

The Wings Over Atlanta 2010 Air Show and Open House is coming to Dobbins Air Reserve Base Saturday and Sunday, Oct. 16 - 17.

Team Dobbins welcomes aviation lovers from the Metro Atlanta area and beyond to see a wide variety of military and civilian aerial and aerobatic performances.

There will also be several aircraft and equipment on static display and a variety of refreshments and souvenirs available for purchase.

For more information please visit the official air show website at www.WingsOverAtlanta.com

Admission is FREE and open to the general public.
Gates open each day at 8:30 a.m. and close at 5:30 p.m.
(Contact Julie McKinney at 678-655-3999 for more information on becoming an Air Show sponsor)