

MEMBERS VISIT WASHINGTON D.C.

YEAR IN PICTURES

DOBBINS TOP CHEF

FALCON

# FLYER

Magazine of the 94th Airlift Wing

Vol. 2, No. 12

December 2011



**Honor Guard participates in  
Operation Enduring Opportunity**

[www.dobbins.afrc.af.mil](http://www.dobbins.afrc.af.mil)



**FALCON  
FLYER**  
Magazine of the 94th Airlift Wing  
Vol. 2, No. 12 December 2011



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**94th Airlift Wing commander**

Col. Timothy E. Tarchick

**Chief of Public Affairs**

Lt. Col. James R. Wilson

**Editor**

Master Sgt. James Branch

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**94th Airlift Wing Public Affairs Office**

1430 First Street  
Dobbins ARB, GA 30069

Phone: (678) 655-5055

Fax: (678) 655-5056

Website: [www.dobbins.afrc.af.mil](http://www.dobbins.afrc.af.mil)

E-mail: 94AW.PAv3@us.af.mil

Facebook: Dobbins Air Reserve Base

**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

**Weather Emergency Hotline**

(678) 655-2333

**Staff**

Lt. Col. Tim Johnson

Major Clare Reed

Capt. Patrick Simmons

Master Sgt. Stanley Coleman

Master Sgt. Travon Dennis

Senior Airman Christina Bozeman

Senior Airman Danielle Campbell Purnell

Senior Airman Quadoah Ford

Senior Airman Spencer Gallien

Senior Airman Benjamin Hayes

Senior Airman Chelsea Smith

Mr. Brad Fallin

Mr. Don Peek

Mr. Shaun Shenk

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**ON THE COVER >>** The 94th Airlift Wing Honor Guard posts the colors at the Georgia State Capitol in support of Operation Enduring Opportunity, a national franchise industry-wide effort to hire 75,000 veterans by the end of 2014, as well as to recruit and develop veterans to be franchise small business owners. (photo by Don Peek)



Dobbins Air Traffic Controller Joel R. Barszcz was awarded Air Traffic Controller (Civilian) of the Year Nov. 16. Maj. Gen. Wallace W. Farris Jr., 22nd Air Force commander, presented the award at a ceremony held in the newly constructed control tower. "This award was well deserved," said Clarence L. Miller, Airfield Operations manager, 94th Operations Group. "Barszcz is worthy of this recognition for his many outstanding contributions to Team Dobbins. (photo by Don Peek)



## Seasons greetings

**By Col. Tim Tarchick**  
94th Airlift Wing commander

As we enter the final days of the year, Cindee and I would like to wish you and your families the very best this holiday season.

We'd also like to thank you for your accomplishments this past year.

You are part of what is widely viewed as the most combat capable Air Force in the world today. With little fanfare, you train daily knowing one day you may be asked to put yourself in harm's way. Your selfless service has provided the support necessary for warfighting commanders to bring the gift of peace to homes, schools and communities around the globe.

Though the year is winding down, I see many members of our 94th Airlift Wing family finding ways to help the community by giving of themselves and by sharing generously with those in need.

The sacrifices you have made in 2011 are certainly laudable, yet our current tem-



**Col. Tim Tarchick**

po can easily leave even the most loyal servant weary. Take this opportunity to rest and enjoy your family.

Thank you for your courage and selfless service. You are tremendous Airmen and I am proud to serve with you.

## The benefits of CCAF

**By Senior Airman Christina Bozeman**  
94th Airlift Wing Public Affairs

The Community College of the Air Force's mission is simple, to produce the future. The Air Force has put a community college online to help Airmen succeed. "It's a big deal," Staff Sgt. Arnil Rucker, 94th Airlift Wing training manager stated. "It's identified with more than a civilian degree. It's like mastering your skill." Air University provides the full spectrum of Air Force education, from pre-commissioning to all levels of professional military education, including degree granting and professional continuing education for officers, enlisted and civilian personnel throughout their careers. "It makes you competitive for promotions in today's Air Force," said Senior Master Sgt. Joy Hughes, chief of Education and Training. "CCAF is key." For more information on CCAF and furthering your education, log on to [www.au.af.mil/au/ccaf](http://www.au.af.mil/au/ccaf).

## Clues to ridding the holiday "blues"

**By Senior Airman Chelsea Smith**  
94th Airlift Wing Public Affairs

Gifts, food, friends and family symbolize the holiday season many Americans cherish during the winter months. Separated from the sights and sounds normally experienced during this season, many service members stationed across the world long for these comforts and may experience what is described as holiday depression. During this time, people may experience heightened stress, fatigue, financial constraints and loneliness triggered by the holiday season.

Though not unique to military service members, they may be highly susceptible to these feelings because they are often secluded from their friends and family, triggering feelings of loneliness, hopelessness and more severely, suicidal thoughts.

According to a health library, what is commonly described as "holiday blues," is

actually seasonal affective disorder which is a form of depression that is closely related to the winter season, subsequently increasing in frequency during the holiday season. However, many incorrectly assume this plague of depression stems from the holiday season when in actuality, this condition is triggered due to the short, dark and cold days of winter.

Military service members and their spouses are encouraged to stay well-connected by surrounding themselves with friends and family if experiencing symptoms of holiday depression, said Farmer.

"It is courageous and responsible to ask for help," said Master Sergeant Ernest Farmer, mental health technician for the 94th Aeromedical Staging Squadron. "Honest discussion is usually the best way to deal with the anxiety and minimize potential problems."

Military professionals suggest the following to conquer holiday depression:

**Take control:** See if there is something you can change or control in the situation.

**Relax:** Meditation and breathing exercises have been proven to be very effective in controlling stress.

**Change the way you see things:** Learn to recognize depression for what it is. Increase your body's feedback and make stress self-regulating.

**Do something for others:** Helping others can help get your mind off of a troubling situation.

**Be positive:** Give yourself messages as to how well you can cope rather than how horrible everything is going to be.

For more tips on handling depression, TriCare members may contact **Behavioral Health Care** at 1-800-700-8646. You can also call **Military OneSource** at 1-800-342-9647 for free counseling.

If experiencing suicidal thoughts, please contact **1-800-SUICIDE** (784-2433) for immediate help.

# AROUND THE PATTERN



A Jefferson High School Air Force JROTC cadet accepts the 1st Place Overall Unarmed Division Trophy from Col. Richard Kemble, 94th Airlift Wing vice commander, Nov. 5, at the conclusion of the Southern Invitational Drill Team Championship at East Paulding High School. (photo by Master Sgt. Stan Coleman)



Members of the 94th Security Forces Squadron provide donated toys to Airmen from Dobbins and their families Nov. 10 thru Dec. 10 (photo by Master Sgt. James Branch)



Maj. Patrick Lowe, newly assigned commander of the 94th Maintenance Operations Flight, shares his thoughts during a change of command ceremony here Nov. 4. The former 437th Maintenance Operations Squadron commander, Joint Base Charleston, SC., joined the Air Force Reserve after serving 12 years active duty. (photo by Don Peek)



Col. Tim Tarchick, 94th Airlift Wing commander, and members of the 94th Recruiting Squadron attend the Annual Recruiting Training Workshop at the National Conference Center, Lansdowne, Va. Oct. 23-28. Team Dobbins was awarded the Recruiting Excellence Award for achieving 120 percent of their assigned goal. (Courtesy photo)



Kim Duff, chief of Dobbins Supply, processes a group of simulating deploying Airmen during an Operation Readiness Exercise Nov. 5. (photo by Master Sgt. Travon Dennis)



Pallets of donated toys are loaded onto Fat Albert, C-130 of the Blue Angels' for Lockheed-Martin of Marietta's annual Toys for Tots Christmas toy drive. (photo by Damien A. Guarnieri)

# THE HEAT IS ON:

by Master Sgt. James Branch  
94th Airlift Wing Public Affairs

## DOBBINS KICKS OFF TOP CHEF COMPETITION

Dobbins' Force Support Squadron kicked off its first of six taste tests for the Air Force Reserve Command Top Chef Competition Oct. 28.

Base Clubs and Community Activity Centers are concentrating on their chefs and the quality of the food they serve. The competition will take place Oct. 11, 2011 thru March 31, 2012.

"The goal of this competition is to create excitement within our kitchen staffs and bring that excitement to the food we serve our daily clientele as well as our Airmen during troop feedings," said Shelia Idigpio, AFRC chief of business operations.

The Dobbins Consolidated Club will host six taste tests. Five primary and three alternate judges have been selected. Judges will score each dish on taste, texture, presentation, creativity and use of ingredients. AFRC will keep track of all scores. At the end of the six month competition, four top scoring chefs will compete for their bases for overall prizes.

"This is an awesome opportunity for the Dobbins Consolidated Club," said Lisa Stevens, Dobbins chief of services. "Winning chefs and their club manager will travel to Homestead Air Force Base to compete for top honors including a \$200 professional chef knife set, training with two top celebrity chefs, John Besh and Aaron Sanchez and a \$5000 grant for their base club."

The two Dobbins' competing chefs are David Damour and Mike Medford. Judges for the competition are Capt. Robert Mayes of the 94th Security Forces Squadron, Capt. Jamison De la Pena of the 94th Communications Flight, Chief Master Sgt. Ronald A. Aickelin of the 622nd Regional Support Group, Senior Master Sgt. Joy Hughes of 94th Education and Training and Mr. Ken Williams of 94th Civil Engineering.

"We have two highly trained chefs," said Stevens. "Damour is currently our executive chef of 11 years. Medford is a magna cum laude graduate of Le Cordon Blue College of Culinary Arts in Atlanta."

The cooking ingredients for this month's taste test are, beef short ribs, oranges, fresh ginger root and Guinness Stout. The chefs have an hour and a half to prepare a

fully cooked meal, but no access or knowledge of the ingredients until the moment they open them to begin cooking.

The battle begins.

Mike Rearden, Dobbins club manager, monitor's the chef and alerts them when time's up. He introduces them to the judges, who are seated in the Smyrna room of the club with their eating utensils in one hand and grade sheets in the other.

"I prepared the ribs and braised them with a Caribbean, Cuban and Irish (Guinness) sauce," said Medford. "I sided them with rice with ginger and garlic, chopped and mashed to fuse, onion straws with paprika and baked corn as a garnish."

Each tester's plate has enough food for two or three bites. After scoring each of the categories on their critique sheets, they are ready for the next presentation.

"I braised the short ribs in fresh-squeezed orange juice, onion, garlic, cinnamon, raisins and morocco flavor with cumin," said Damour. "It's served on a bed of sweet potato puree."

The judges make their final critiques. The scoring sheets are sent to Idigpio, who will keep scores throughout the competition and select the top four scoring chefs in AFRC. Those chefs will

then compete for the overall prizes.

"Both dishes were excellent," said Williams. "The chefs are very limited on the ingredient selections, but I guess that's the nature of the contest."

Although many of our judges agreed both dishes were good, only one will be crowned AFRC Top Chef.

Rearden took a moment to highlight a brand new Dobbins Club menu.

"We have new daily buffets," said Rearden. "On Monday, we have a freshly-made pasta bar. On Tuesday, there's a Mongolian BBQ bar. Wednesday has All-U-Can-Eat themed buffets including Italian, Mexican and Southern foods. Thursday is Chicken Day, with an option of all-u-can-eat chicken for \$8.95 (club members) \$9.95 (non-club members) or our Blue Plate featuring two pieces of chicken, two side items and a roll (\$5.95 for club members or \$6.95 for non-club members). Friday is All-U-Can-Eat Soup & Salad for \$6.95 or wings by the pound for \$6.95 (10 different flavors of sauce)."

On-Base delivery is coming soon, said Rearden.

The next Dobbins' Top Chef Competition is scheduled for Nov. 30.



Top: Dobbins' chefs Mike Medford (left) and David Damour (right) square off during the first taste test for the Air Force Reserve Command Top Chef Competition Oct. 28.

Bottom: Col. Marshall Irvin, 94th Mission Support Group commander, looks on as five judges from various Dobbins' units taste dishes prepared by AFRC Top Chef competitors. (photos by Brad Fallin)



Snow and ice surround the Dobbins Air Reserve Base chapel after an unusually harsh winter storm dumped six inches of snow on the Marietta, Ga. area, Jan. 13. (photo by Brad Fallin)



HotLanta Hot Pants group members sew pants to a variety of specifications for combat injured military personnel. The Dobbins Thrift shop provides space and money to help continue their mission. (photo by Brad Fallin)



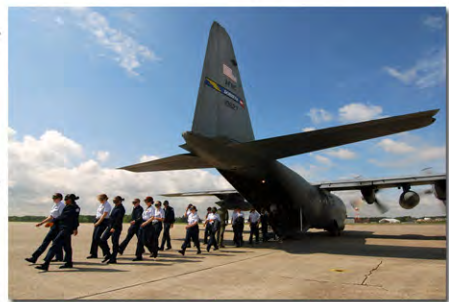
Kindergarten thru 12th grade educators from eastern Tennessee take flight in the Dobbins C-130 Simulator June. The visit was part of a three week workshop designed to familiarize them with aerospace technologies. (photo by Brad Fallin)



Aircrew members from the 94th Airlift Wing receive instruction on the use of the 20-person life raft during annual water survival training at the Cobb Aquatic Center in Marietta, Ga. Feb. 4. (photo by Brad Fallin)



Lt. Col. Timothy H. Martz, 94th Security Forces Squadron commander, celebrates after the unit received the trophy for the 2010 Air Force Reserve Command Outstanding Security Forces of the Year Mar. 5. (photo by Don Peek)



Air Force Junior Reserve Officer Training Corps cadets from the Atlanta regional area exit a C-130H2 aircraft after a familiarization flight, Apr. 12. The 94th Airlift Wing hosted 1,500 cadets for a JROTC Orientation Flight and base visit. (photo by Brad Fallin)

2011 DOBBINS

Year in



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Dutchtown High School Air Force JROTC cadets perform during the Armed Exhibition competition event at the Southern Invitational Drill Team Competition, Nov. 5 at East Paulding High School. (photo by Master Sgt. Stan Coleman)



Dobbins reservists participate with thousands of runners in the Annual Peachtree 10k Road Race held in Atlanta, Ga. July 4. (photo by Don Peek)



Command Chief Master Sgt. Wendell L. Peacock focuses on Dobbins' greatest asset: it's Airmen. The former manager of the 94th Security Forces Squadron became the 94th Airlift Wing Command Chief May 1. (photo by Brad Fallin)



Police, firefighters, and Airmen from around the 94th Airlift Wing participate in a retreat ceremony honoring the 10th anniversary of the 2001 terrorist attacks, Sept. 11. (photo by Senior Airman Christina Bozeman)



Tech. Sgt. Darrien Thornton of the 94 SFS, represents the wing's transition colors at the Georgia State Capitol in support of Operation Enduring Opportunity, a nation-wide effort to hire 100 veterans by the end of 2014, as part of a recruitment and development program to recruit and develop small business owners. (photo by Don Peek)

The 94th Airlift Wing Honor Guard posts colors at the Georgia State Capitol in support of Operation Enduring Opportunity, a nation-wide effort to hire 100 veterans by the end of 2014, as part of a recruitment and development program to recruit and develop small business owners. (photo by Don Peek)

# AIR RESERVE BASE

# Pictures

# Dobbins crews use technology in airdrops with clock-like precision

By Senior Airman Danielle Campbell Purnell  
94th Airlift Wing Public Affairs

Air dropping has always been a tough process, especially when making an accurate drop is a matter of life or death. High-altitude airdrops can sometimes go badly, making cargo vulnerable to the enemy while low-level drops face dangers such as enemy fire and reduced delivery range.

To overcome this dilemma, the 700th Airlift Squadron conducted one part of a Joint Precision Air Drop System (JPADS) training Nov. 6.

“JPADS refers to dropping a steerable load that guides to a preset GPS coordinate using the wind data from a drop sonde and the navigator’s inputs,” said Maj. Terrence Green, 94th Operations Support Squadron instructor navigator.

In everyday terms, the system is an improved way of making more accurate airdrops to a specified zone.

“JPADS is unique because it uses a guidance, navigation and control method to accurately fly itself to a designated location point on the ground,” said Lt. Col. Tom Moffatt, 700th Airlift Squadron director of operations. “Once data like the wind dimension has been gathered, the navigator says ‘green light’ and the co-pilot flips a switch, releasing a bundle by a pulley and knife system.”

Currently in Afghanistan, JPADS is the primary method of delivering air-dropped supplies such as food, water and ammunition, reducing the number of

casualties due to ground transportation. Airlift Squadrons such as the 700 AS are required to be JPADS qualified prior to deploying to any combat location.

“JPADS equipment has been trickling in since our mission conversion from Air Education and Training Command to Air Mobility Command began,” said Green. “Now we are working to get all crewmembers JPADS qualified.”

An initial [trained] cadre hosted a briefing at the November Unit Training Assembly.

“We sent a crew to Pope Air Force Base, N.C. Oct. 13-14 to get our initial cadre of instructors trained,” Green explained. “These instructors will now train all the other members in the 94th Airlift Wing.”

The second part of the training consisted of each crewmember dropping a 4 feet by 8 feet Container Delivery System at Preston Drop Zone, located on Fort Gordon in Augusta, Ga.

Once the CDS is successfully delivered, the crewmember becomes JPADS certified.

Ultimately, JPADS will enable us to airdrop from a much higher and safer altitude, Green said. “It also reduces drop zone size requirements because of its accuracy.”

Airman 1st Class Matthew Massey, 700th Airlift Squadron loadmaster, performs a final gear inspection before loading it onto a C-130 aircraft for a Joint Precision Air Drop System (JPADS) test drop Nov. 16. (photo by Don Peek)



Members of the 700th Airlift Squadron load and secure pallets onto a C-130 aircraft prior to take-off for a JPADS test drop Nov. 16. (photo by Don Peek)



700th Airlift Squadron crewmembers await for the “green light” from a C-130 navigator during a JPADS test drop Nov. 16. (photo by Don Peek)



# Dobbins' members embark on landmark experience

By Senior Airman Chelsea Smith  
94th Airlift Wing Public Affairs

Breezing by portraits of retired service members, war heroes, and inspirational quotes engraved on the walls, 37 men and women of Dobbins dressed sharply in full service uniform, made their way through the eighth corridor admiring what few have seen.

The Pentagon, a prestigious American landmark and symbol for America's national defense, played host to these men and women for the Air Force Reserve Headquarters Orientation Course held Nov. 14-16.

The two-day trip included exclusive access to the Pentagon and Washington D.C. landmarks, as well as briefings conducted by directorates of the Air Force Reserve covering information designed to illustrate the day-to-day operations of the Reserve staff. Reservists were introduced to the legislative process in formulating Air Force policy and current and future issues affecting the Air Force Reserve.

The open-forum atmosphere included briefings and question-answer sessions between Dobbins reservists and headquarters air staff. "The purpose of the orientation is to communicate to Reservists how the Air Force Reserve functions on a strategic level at headquarters," said Chief Master Sgt. Desriann L. Stevens, superintendent of Policy Integration at United States Air Force headquarters. "We show how our processes are streamlined from the air staff down to the command level, in which Reservists will see those policies implemented."

Following the conclusion of the day's briefings, Dobbins members were treated to a tour of the Pentagon in which a fortunate few were able to walk through the office of Gen. Norton A. Schwartz, Chief of Staff of the Air Force and shake hands with Chief Master Sgt. of the Air Force James A. Roy.

Attendees were the first from Dobbins to experience the orientation course held at the Pentagon, an initiative sponsored by the Human Resources Development Council,

or HRDC, headed by Capt. Darrell Bogan, 94th Airlift Wing Equal Opportunity officer.

Trip participants mimicked that privileged sentiment by the closing of the orientation.

Most selected by their unit's group commanders to attend, are now equipped with a plethora of new knowledge, and are encouraged to brief their squadrons upon return, said Bogan.

"I've been on trips to Washington D.C. before," said Senior Airman Luis Pluguez, 94th Aeromedical Staging Squadron medical technician. "But not like this. This is by far the best experience I've had in the D.C. area and I'm so appreciative of the opportunities afforded to us on this trip."

Besides new experiences or the chance to visit the Pentagon, members representing various units around Dobbins were also attracted to attend in order to unite with other service members they've never met before.

"I enjoyed being around the people that I normally don't get an opportunity to see," said Airman 1st Class Diantre Williams, 94th Airlift Wing avionics technician. "We all come one weekend a month, but we really don't know each other and bringing all of us together allows us to see how we interact with one another."

Williams, along with four other airmen, was selected to visit the White House which included a tour through the famous East Room, State Dining Room, library, and uniquely color-coded Red Room, Blue Room and Vermeil Room.

"It's a wow factor from start to finish," said Bogan. "Getting the opportunity to see things you've never seen before and do things you've never done before, while in the process of building professional relationships - it's priceless. It's retaining power to make airmen want to stay and continue loving this Air Force."



(Right top) Dobbins Reservists gather in the visitor's center of the Pentagon before visiting Air Force Chief of Staff Gen. Norton A. Schwartz's office.

(Right center) Col. Tim Tarchick, 94th Airlift Wing commander, briefs 37 Dobbins reservists upon arrival at the Crystal City Marriott Hotel in Arlington, VA Nov. 13.

(Right bottom) Dobbins Reservists are briefed by Chief Master Sgt. Desriann L. Stevens, superintendent of Policy Integration at United States Air Force headquarters, on the orientation schedule Nov. 14 at the Pentagon. (photos by Senior Airman Chelsea Smith)

Senior Airman Jermaine Griffin, 94th Maintenance Group Command Support Staff, reads the inscription on the Pentagon Memorial in Washington D.C. on a recent visit to the Pentagon, sponsored by the 94th Airlift Wing HRDC. (photo by Master Sgt. Travon Dennis)



## Area high school receives ESGR award

Trion High School in Trion, Ga. recently received an "Above and Beyond Award" from the Employer Support of the Guard and Reserve (ESGR). Trion received the award after Tech. Sgt. Jason Paseur, member of the Dobbins' Force Support Squadron and Trion history teacher, wrote an essay to the Awards Committee two years ago demonstrating the lengths Trion has gone in granting him leave for military duty when the Air Force mission requires. The "Above and Beyond Award" is given to 60 employers in the state of Georgia, and is presented annually by the Georgia ESGR Committee during an Annual Awards Dinner. Trion received two certificates that are now on display in the high school lobby. Each year, the Georgia ESGR recognizes companies whose policies have gone above and beyond the requirements of the federal law in supporting the service members they employ. The administration and office staff members are more than willing to help and encourage me when I'm absent from work to fulfill my duties as a Reservist, said Paseur.

## Dobbins Club offers new menu

What's new for lunch at the Dobbins Club? The entire menu! The Dobbins Club now offers new lunch sandwich baskets and daily buffets including a Pasta Bar, Mongolian BBQ, Italian, Mexican and Southern Buffets, All-U-Can-Eat Chicken Day and All-U-Can-Eat Soup & Salad, to name a few. Call (678) 655-4594 to place pick-up orders. On-base delivery is coming soon!

## Newcomers

*The following Airmen were welcomed in November:*

Capt. Rebecca L. Brown  
 Master Sgt. Timothy L. Wood  
 Staff Sgt. Sandra M. Clark  
 Staff Sgt. Blaze Lottinger  
 Staff Sgt. Natshea S. Walker  
 Staff Sgt. Valerie L. White  
 Senior Airman Keandras S. Berry  
 Senior Airman James Bonilla  
 Senior Airman Robert P. Fletcher  
 Senior Airman Christopher W. Hess  
 Senior Airman Norvan S. Gonzalez  
 Airman 1st Class Shynethia Kendrick  
 Airman 1st Class Shanithia Kendrick  
 Airman 1st Class Adrian McGruder  
 Airman 1st Class Alexander Prince  
 Airman 1st Class Karen Ross  
 Airman 1st Class Christina Valdes  
 Airman 1st Class Jon Warrick  
 Airman 1st Class Lindsey C. Wiley  
 Airman Shondrica Brooks  
 Airman Robert Hepburn  
 Airman Basic Anthony Colvin  
 Airman Basic Angel Lett  
 Airman Basic Nikki Nicholson

## Promotions

*Congratulations! The following Airmen were promoted in November:*

**Senior Master Sgt.**  
 GERALYN DANIEL

**Tech. Sgt.**  
 Megan C. Denman  
 Robbie L. Hill  
 Alvin R. Hill, Jr.  
 Patrick Johnson  
 William Johnson, Jr.  
 Jamie R. Steele  
 Bruce A. Wright

**Staff Sgt.**  
 BRANDY N. BECKHAM

**Senior Airman**  
 Alan M. Bentsen  
 Shwana King  
 Myria A. Mosby  
 Jessica S. Nowell  
 Stephanie A. Lee  
 Malcom L. Oldham  
 Elentee I. Lee  
 Nicholas E. Parker

## Dobbins weather hotline

Dobbins Air Reserve Base employees can call the base's weather hotline at (678) 655-2222 or (678) 655-2333 for reporting instructions in the event of inclement weather. The automated message will state the nature of the emergency and the periods of the work day affected. Group dismissals of employees because of severe weather can only be authorized by the base commander. Employees who perform functions deemed "essential" due to reasons of public health, safety and national security should report to Dobbins in accordance with their normal work schedule.

## Personnel Center now at Buckley

The Air Reserve Personnel Center has moved from Lowry Air Force Base in Denver to Buckley AFB. ARPC's 82,000-square-foot building provides administrative support to more than 980,000 Airmen and tracks military careers from initial service entry to retirement. Citizen Airmen needing assistance can contact the Total Force Service Center - Denver at 1-800-525-0102.

## Active Duty opportunities for Guard, Reserve and prior service

For a limited time, a military-wide Prior Service Enlistment Program is currently allowing a select number of separated individuals to return to active duty through Direct Duty and select retraining opportunities. For eligibility information, contact an Enlisted Accessions Recruiter at (478) 256-7737.

Ali O. Shekhey  
 Kevin R. Turley  
 Kenitra P. Vincent

**Airman 1st Class**  
 Docie Binion  
 Byron Hunter  
 Patrick W. McGuire  
 Jessica Reeser  
 Corrigan R. Willis, Jr.

**Airman**  
 Taylor Al Gwyn  
 Diane Piedrahita

## Retirements

Lt. Col. Christine L. Englemann  
 Chief Master Sgt. John L. Cowman  
 Chief Master Sgt. Les Davy  
 Senior Master Sgt. Stefan Berrier  
 Master Sgt. Ernest Farmer

## Make New Year's Resolutions stick

It's that time of year again when people resolve to make a positive impact in their lives through New Year's Resolutions. According to an ABC News report, 40 to 45 percent of Americans make New Year's Resolutions each year, but only half of those resolutions pan out. In order to make those resolutions stick, experts offer the following tips: Communicate your resolutions. Those who tell others about their goals instead of keeping it privately to themselves have been found to be more likely to stick to their resolutions. Make small, manageable changes at first and gradually build up to your ultimate goal. Make lifetime resolutions, not New Year resolutions. Focus on making resolutions that don't require a time limit, but rather a permanent state of mind. Don't just lose those 10 pounds and then stop exercising or eating healthy -- make exercise and healthy eating a permanent habit in your life. Don't just eliminate your debt, but continue to stay out of it and manage your money well. Do you have any unique New Year's resolutions you'd like to share? Call the Public Affairs office at 678-655-5055 or e-mail 94aw.pav3@us.af.mil so we can share your accomplishments with others and inspire them.

## Nominate your supportive employer

Nominate your employer for the 2012 secretary of defense employer support freedom award. This award is the highest award given to employers for exceptional support of Guard and Reserve employees. Nominations are being accepted Nov. 1, 2011 through Jan. 16, 2012 at [www.freedomaward.mil](http://www.freedomaward.mil).

## 2012 UTA schedule

The Fiscal Year 2012 unit training Assembly (UTA) schedule is now posted on the Dobbins Air Reserve Base Official Website: [www.dobbins.afrc.af.mil](http://www.dobbins.afrc.af.mil). Remember to provide this link to your civilian employers and family members for reference.

## Falcon Flyer submission deadline

The deadline for submissions to the Falcon Flyer is the 15th of the month prior to the following month's issue. Public Affairs welcomes articles and photos for the base website, [www.dobbins.afrc.af.mil](http://www.dobbins.afrc.af.mil) as well. For more information call the editor at (678) 655-5005 or e-mail the PA office at 94aw.pav3@us.af.mil.

## CHAPLAIN'S CORNER



## The greatest treasure

**By Lt. Col. William Ferrell**  
94th Airlift Wing Chaplain Office

I had an extraordinary experience recently while attending the ribbon cutting ceremony for the new control tower on base. Even though I was asked to do an invocation for the event, I planned to attend anyway because I had a personal connection to the old tower.

From 1973 through 1977, I was stationed at Dobbins Air Force Base as an air traffic control radar repairman in the 2157th Communications Squadron. During that time, I helped install the first radar screen for the air traffic controllers in the old tower. It was called a Bright II system and was basically a closed circuit TV camera taking a picture of a radar screen and displayed on a television monitor in the cab of the control tower. It never worked well, from what I remember. I made a lot of trips up those stairs to try to tweak it for the controllers.

As I arrived at the tower for the ceremony, there sitting in the back row was my supervisor from when I was in the communications squadron on active duty. I had not seen him or talked to him since I left active duty in 1977. Since I've been coming to Dobbins for my Reserve duty, I'd heard from some "old timers" on base that he was still in the area, but I'd never been able to make contact with him.

As you can imagine, we had quite a reunion. He was surprised to see me as a Lieutenant Colonel. When he last saw me I was a three striper, then known as a sergeant. We ended up going to lunch together after the ceremony and had a wonderful opportunity to catch up with all that has happened in each other's lives in the past 34 years.

As we go through our lives we will be touched or influenced by hundreds, if not thousands, of other people. With some people, like family or close friends, we will form deep, meaningful, lasting relationships. They will be a part of our lives on a regular basis.

Other people, like co-workers, casual acquaintances, or maybe people we meet on deployment, will move in and out of our lives over time. Usually once the circumstance that brought us together changes, we rarely, if ever see them again.

There will be a few people that "stick" and a relationship is maintained even over time and distance, and on rare occasions, we will cross paths with someone from our past that we haven't seen for years and be amazed at how quickly the time melts away and we feel that we have picked up where we left off years before.

The greatest treasures you will accumulate in life are the relationships you build with other people. We sometimes get deluded into thinking that accumulating more "stuff" is what will make us happy, but it's our relationships that will enrich us, bring us joy, and give meaning and purpose to our lives.

Guard, protect and nurture your primary relationships. These relationships going wrong are the cause of most of the pain and heartache that we will experience in our lives.

Even the casual or temporary relationships play an important role in our lives. My supervisor from years ago was instrumental in shaping me during that season of my life. We need to be careful about the relationships we nurture because they can be a positive or negative influence.

During seven years of working with people with addictions, one of the biggest insights I've gained is that the peer group people choose in junior high school has a huge influence in how their life turns out.

Make sure you choose positive people to be a part of your life. Then invest yourself in others and reap the benefits of lasting relationships.



# INNERview

**Lena (Mae) Ledford**

**Hometown:** Fairfield, CA

**Job title:** Administrative Assistant

**Years of service:** 10

**What does your job entail?** Fulfilling the administrative requirements of the 94th Communications Flight, to include monitoring 225 base telephone lines, overseeing the base cellular phone accounts, scheduling video teleconferences and processing Dobbins' Defense Automated Printing Service orders.

**Tell us a recent accomplishment you've made in your job.** I recently had the opportunity to travel to Maxwell Air Force Base in Montgomery, Al. to get trained and certified on the Commander's Resource Integrated System (CRIS) budget application.

**What's most rewarding about being an Air Force civilian employee?** I get the chance to work with both civilian and military personnel on some exciting base projects. The 94 CF takes pride in the service it provides to Dobbins and the rest of the Air Force.

**What's the most challenging part about being an Air Force civilian employee?** Although our projects are exciting, some can be very demanding.

Arranging priorities to ensure the 94 CF mission is met can sometimes be challenging.

**What do you do for recreation?** My daughter sings. She has a fantastic voice. With my free time, I manage her and book singing gigs for her in the Atlanta area.

**What's your favorite movie?** First Knight

**Any plans for the holiday season?** I plan to spend time with family and friends.

**Do you have a favorite holiday song?** Have Yourself A Merry Little Christmas.

**Before coming to Dobbins, what was your previous assignment?** I worked for Naval Air Station, San Diego, CA.

**What's your most memorable assignment?** I have to say that my most memorable is my current one... Dobbins. I really enjoy working with the staff here.

*If you would like to nominate someone for the INNERview, please e-mail the editor at [94aw.pav3@us.af.mil](mailto:94aw.pav3@us.af.mil) or call Public Affairs at (678) 655-5055.*