## NEW YEARS AROUND THE WORLD PSYCHOLOGICAL HEALTH STAYING FIT IN COLD

O SOLUTIO

REDUNDANT SERIES

Magazine of the 94th Airlift Wing Vol. 3, No. 1

FALCON

Dobbins comm flight grows to comm squadron

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**ON THE COVER** >> Senior Airman Thomas Roland, 94th Communications Squadron communications specialist, prepares a Joint Incident Site Communication Capability (JISCC) satellite system for operation. The squadron maintains the capability of JISCC deployment within 48 to 72 hours notice. Once they reach their destination, they can be operational in two hours (photo by Senior Airman Christina Bozeman)



Members of the Dobbins Fire and Rescue Services administer life saving procedures to a simulated victim during a mass casualty exercise here Dec. 13. The exercise scenario involved a refueling truck colliding with a C-130H aircraft, resulting in the simulated injuries of two maintenance personnel and an individual fatality. (photo by Don Peek)



# A great year lived; a great year forward

By Chief Master Sgt. Wendell Peacock 94th Airlift Wing command chief

Ladies and gentlemen—we've enjoyed another successful and blessed year as a wing and as a family. As a global family we've survived several natural disasters earthquakes, tornadoes, tsunamis and hurricanes.

We were angered by the assassination attempt of U.S. Representative Gabrielle Gifford of Arizona and suffered through the agony of the families of the six individuals killed as a result of that attempt.

We mourned the death of our brothers and sisters in arms who served overseas and helped seal the victories in Southwest Asia.

We patiently waited, listened and observed as our governments worked to keep our local and federal budgets afloat.

We celebrated the victories of our sports champions, along with the victories of our local youth leagues. We also worked with our young to instill the values that make us a great nation. Local sports teams, the Girl Scouts, as well as the Civil Air Patrol, the Army Cadets and Boy Scouts of America, are only a few of the many organizations we collectively support.

We said goodbye to our longtime military neighbors at Forts Gillem and McPherson, as well as our sailors and Marines at Naval Air Station Atlanta. We've reached out to our civilian community with the establishment of the Dobbins Base Community Council.

We celebrated the success of the U.S. Navy Seal team that terminated the leadership of Osama bin Laden; a terrorist whose influence reminded us to be vigilant of our shores and of our neighbors' shores on other continents.

We celebrated the intellectual capacity of our men and women at NASA who successfully composed and orchestrated 135 flights of the space shuttle program.

We bid farewell to our active-duty members, Reservists and Guardsmen who deployed to the war zones of Southwest Asia and welcomed them back with tears, joy and a renewed sense of brotherhood and sisterhood.

We welcomed our new mission as a tactical wing and our new Airmen. Our junior and senior NCOs mentored our new broth-



**Chief Master Sgt. Wendell Peacock** 

ers and sisters in arms. We supported each other through professional organizations such as the Dobbins Top Three.

We bid farewell to our departing commanders and welcomed their successors.

We survived the revisited threat of terrorism on the eve of September 11's 10th anniversary.

As we begin a new year with 2012, there are some things we must focus on to be successful as a wing and as individuals.

#### Budget and personnel

As we've experienced over the past year funding is tight. This isn't going to change. This isn't just a "wing thing". It's a Department of Defense thing and it impacts every area of operations, maintenance, procurement, personnel and well-being of our wing. A large percentage of the military's budget to include our own is spent on personnel. Therefore we must use our time wisely. It's important that every Airman does his or her part during the Air Force's streamlining of personnel versus. mission requirements.

#### Your job, our mission

As you know, on Oct. 1, we converted from a training to a tactical airlift wing. With the mission change, there were many wing members (military and civilian) whose

ter months due to inclement weather, ill-

nesses, travel schedules and other winter

"Every minute someone needs blood,"

said Lt. Col. Jacqueline Toplin, 94th Air-

lift Wing Aeromedical Staging Squadron

related causes that prevent donation.

Continue the season of giving by donating blood

By Senior Airman Chelsea Smith 94th Airlift Wing Public Affairs

January marks the beginning of a new year, but most importantly, signifies a national outreach for blood donation. National blood donor month serves to encourage individuals, especially servicemembers, to pledge and give blood.

#### According to the Association of Donor Recruitment Professionals, or ADRP, blood supply is scarce during the win-

ADRP states 39,000 units of blood are needed to save lives in hospitals nationwide. Dobbins Air Reserve Base will sponsor a blood drive Jan. 18. at building 813, 10:30 a.m. to 3:30 p.m.

jobs were affected. We've also seen a re-

organization and new mission for 22 AF. The wing has taken care of every mem-

ber who was eligible for job relocation to

make sure that it kept its most valuable

asset: its people. Many members were reassigned to other units. The wing is

doing its best to make sure those members get properly trained to perform their

new duties. If you're like me change isn't

easy, but I encourage you to accept the

change. If we are resistant it will only make change more difficult for you and

everyone involved. However, I've found

that if I accept it and develop a positive

plan of action things flow much easier

Our mission transition will increase

downsizing of our active duty forces may

bring more deployments, which means

more separation from our families, civil-

ian jobs, etc. Our Airmen must maintain

Employer Support of the Guard and

ployers informed and get them involved

in ESGR. Make sure family affairs are in

order (JAG, DEERS, family Readiness,

etc). Make sure you maintain your personal readiness—Fit to Fight, medical requirements, and your deployment re-

cords). Each of us has made the com-

mitment to serve. With that commitment

comes personal responsibility and ac-

Remember—Integrity First, Service

before Self and Excellence in all we do-

and exercise our core values. If you will

put these core values into action every-

thing will fall in place and we will ex-

perience new heights never seen before

mand Chief and to serve with you. I look

forward to an exciting new year. May

God continue to bless the 94th Airlift

Wing and this great country in which we

I am proud to serve you as your Com-

countability. It's time to step it up.

Remember our core values

within our beloved 94th.

live and serve!

Keep your families and civilian em-

The overall

and I experience less stress.

our operations tempo.

a 100% state of readiness.

Preparation

Reserve

Read more at www.dobbins.afrc.af.mil





Col. Marshall S. Irvin, 94th Mission Support Group commander, and other judges taste test entries of the second annual 94th Security Forces Squadron chili cook-off Dec. 9. (photo by Senior Airman Danielle Purnell)



Members of the Army 382nd Combat Camera, East Point, Ga., board a Dobbins Air Reserve Base C-130 in route to Fort Bragg, N.C. in support of Operation Toy Drop Dec. 9. The unit documented approximately 4000 paratroopers from the U.S. Army Civil Affairs and Psychological Operations Command, 18th Airborne Corps and visiting paratroopers from 11 countries as they parachuted and delivered new, unwrapped toys to be distributed to local children's homes and social service agencies. (photo by Master Sgt. James Branch)



The final F-22 Raptor fighter jet produced for the U.S. Air Force rolled off the Lockheed Martin Aeronautics, Marietta, Ga. assembly line during a ceremony Dec. 13. The jet is the last of 187 F-22s produced for the Air Force completing, its operational fleet. (photo by Senior Airman Danielle Purnell).



The Dobbins Top Three cumulated 2011 with its final meeting and elections of new officers Dec. 4. Master Sgt. Richard Graddy, 700th Airlift Squadron loadmaster, was elected vice president, Senior Master Sgt. Joyce Hughes, 94th Airlift Wing Education Office chief, president and Master Sgt. Greg Lee, 700 AS loadmaster, treasurer. (photo by Master Sgt. James Branch)



Atlanta Chapter Tuskegee Airmen are honored by members from Dobbins Air Reserve Base and the Atlanta City Council for their military service during World War II, Dec. 5. (photo by Master Sgt. Stan Coleman)



Senior Master Sgt. Rocky Epps, 94 SFS superintendant, presents keys to two 2011 Chevrolet Impalas to Master Sgt. Kenny Moore, 94 SFS noncommissioned officer-in-charge, and Staff Sgt. James Sutherland, 94 SFS vehicle control officer. The vehicles, equipped with the latest LED technology, will save energy and promote a cleaner environment than the two replaced vehicles. (photo by Master Sgt. James Branch)

## **Security Forces commander receives Bronze Star**

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

"I am truly humbled by these honors," said Lt. Col. Timothy Martz, 94th Airlift Wing Security Forces Squadron commander, as he sat at his desk.. "I simply represented my squadron and my family to the best of my ability."

A Bronze Star medal sat in front of him. Beside it laid a medal from the Republic of Bulgaria. He gazed straight ahead and thought retrospectively.

During the past several months, Martz deployed for the third time of his military career, this time serving as the chief of base security and base security group commander at the largest NATO base in the world in Kandahar, Afghanistan. There he led more than 700 troops from nine countries and was responsible for the security of at least 30,000 personnel.

He was awarded the Bronze Star medal for meritorious service.

Martz was one of three members from the NATO Headquarters for Kandahar Airfield to be nominated for commendable work. He said wasn't expecting this level of recognition and that his troops were key to his success.

"I was so fortunate to have highly trained and motivated forces, the best from nine different countries, who were dedicated to completing the mission at all costs," he said.

He also highlighted the importance of representing his home unit, which

was awarded the Outstanding Air Force Reserve Command Security Forces Unit award this past year.

"I am the commander of an award winning unit," said Martz. "I have to practice what I preach, represent my unit and uphold the standards that we established."

Martz said he was caught by surprise when he received additional awards.

In addition to the Bronze Star, Martz was also awarded the NATO International Security Assistance Force (ISAF) Medal, Afghanistan Campaign Medal, and a Bulgarian Mission Medal by order of the Minister of Defense of the Republic of Bulgaria. Martz faced several challenges during the more than six months he was deployed. His base security group was responsible for protecting and defending a strategic NATO hub during the height of the fighting season in Southern Afghanistan. He also had to overcome the challenges of working in a multi-national environment.

"I had to draw upon all the leadership principles that I had in my tool kit to lead in such a complex, dynamic and extremely diverse area of operation," he said.

There were also several takeaways Martz was able to bring back home to Dobbins and to his family.

"Leadership and great people are keys to success in any mission," he said. "On a personal level, the deployment served to reinforce what is truly important in my life; God and family."



(Left) Lt. Col. **Timothy Martz**, 94th Security **Forces Squadron** commander is welcomed home by his wife, Heidi, daughter, Sasha, and sons Johnny, Jake and Jack at Hartsfield-Jackson Airport in Atlanta last Nov. Martz returned from Kandahar, Afghanistan where he was awarded the Bronze Star medal for meritorious service. (courtesy photo)

## New Years day around the world

#### By Senior Airman Danielle Campbell Purnell

94th Airlift Wing Public Affairs

Celebrating the New Year is said to be one of the oldest traditions. Jan. 1 is the first official day of the Gregorian calendar, which is recognized by most countries as the official calendar and is a continuing practice of the Roman calendar.

"In Ukraine, we celebrate two New Years," said Maj. Olga Westfall, 94th Airlift Wing chaplain. "We celebrate based on the Gregorian as well as the Julian calendar."

For many of the countries where Eastern Orthodoxy pre-

dominates, the Gregorian day is generally celebrated as a civic holiday and the Julian date is celebrated as the "Old New Year," a religious holiday.

In addition to Ukraine, the orthodox churches of Georgia, Jerusalem, Russia, the Republic of Macedonia and Serbia also use the Julian calendar.

Other nations recognize the Gregorian calendar but only celebrate based on their own.

For example, the Chinese New Year, also known as the Lunar New Year, occurs every year on the new moon of the first lunar month, about four to eight weeks before spring. The exact date can fall anytime between Jan. 21 and Feb. 21, and is considered the most important celebration of the year.

No matter the region, people tend to usher in the New Year with family and friends worldwide. Many spend time reflecting on the previous year and making resolutions for the incoming year. Some attend religious ceremonies. Others spend time partying and celebrating under fireworks.

"Ultimately, we accept the New Year as a time for new beginnings," said Westfall.



Laptops, wireless internet and video teleconferencing: all of the necessary factors that are required to be up to date when it comes to electronic interaction.

BY SENIOR AIRMAN CHRISTI

94TH AIRLIFT WING PUBLIC AF

The 94th Communications Squadron, until recently, the 94th Communications Flight, here, encompasses every aspect of it and then some, especially in this age's thirst to be connected.

The 94 CF used to be 94th Combat Communications. However, combat communications left Dobbins, along with their tasking. Air Force Reserve Command saw the need for a Communications Flight mission and out of that, new growth grew into the communications Squadron.

"When combat comm, left, it created a vacuum," explained Senior Master Sgt. Tommy Sams, 94th Communications Squadron readiness air reserve technician (ART). "There was no mission."

Joint Incident Site Communication Capability, or JISCC, is their new mission and is the reason the 94 CF changed to the Communications Squadron Jan. 1.

"We've more than doubled in size in the last year," said Senior Master Sgt. Claudia Martin, 94th Communications Squadron base knowledge operations manager.

In the last three years, the squadron has grown from 19 to 53 members, and that amount qualified them to be upgraded to squadron level.

JISCC consists of a satellite system that provides internet capability. It also provides ground to air and ground to ground communications. Those communications can talk to airplanes, and the planes can talk to us, and we can talk to other ground to ground points, which include High Frequency (HF), Ultra High Frequency (UHF) and Very High Frequency (VHF).

Confused yet? Don't worry, because the 94th Communications Squadron isn't; it's their job to understand. The squadron can be ready within 48 to 72 hours notice and, once they reach their destination, they can be operational in two hours.

"We train for real world; the big picture," said Master Sgt. Debbie Laviolette, 94th Communications Squadron work center supervisor. "That's the reason the squadron exists."

The squadron was invited to participate and do just

that during Task Force Razorback (TFRB) in West Helena, Ark., last June. TFRB was the first opportunity to put the JISCC to the test.

"We're your one-stop-shop for communication," said Sams.

The 94th Communications Squadron provided direct

support to the Army and Navy in the forms of video, teleconferencing and cyber café. The TFRB was a joint force military mission to provide medical, dental, optometry, pharmacy, and veterinarian services to the depressed of the Delta region in Arkansas. There are five cities in the Delta region on the Eastern side. The total economic impact to that area was equivalent to 1.5 million dollars. Teams from the squadron were deployed in two different waves over a month period. The mission ran so smoothly that the squadron was invited by the Air National Guard to participate in a similar exercise again later this year in Alabama.

"Training is a huge initiative for Airmen to step up and prove themselves," stated Laviolette. "A humanitarian feel creates motivation in a training status."

In addition to communication support, the communications squadron also offered moral support for Army and Navy members, providing the ability to keep in touch with family while on the mission through the cyber café. That's a luxury that the Army and Navy didn't think would be provided.

The squadron is also responsible for training the wing Knowledge Operation Managers (KOM) and the reserve and civilian administrative assistants that perform KOM duties as well.

All this practice is in lieu of when the squadron will be called up at a moment's notice to support the internal part of any given man-made or natural disaster. Their unit is a lightweight, highly mobile crux to any kind of emergency. The 94th Communications Squadron is embracing their new mission, and, moreover, showing that they have what it takes.

"We're going to make a name for ourselves AFRC wide," proclaimed Laviolette. "We have a lot of talent."

(Upper left) Tech. Sgt. Jacob Lavender, Senior Airman Sonja Brooks and Tech. Sgt. Carl Perry, cyber transport specialists, transmit data with the Joint Incident Site Communication Capability (JISCC) satellite system during operational training. (Lower right) Senior Airmen Thomas Roland, Chadwick Brigham and Ali Shekey receive data using the JISCC. The squadron maintains the capability of deployment in 48 to 72 hours notice. Once they reach their destination, they can be operational in two hours (photos by Senior Airman Christina Bozeman)

## PHAP: help is never far

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

Stress is a daily factor in everyone's life. For a deployed member or spouse, stress may feel magnified with nowhere and no one to turn to. The Psychological Health Advocacy Program (PHAP) was developed not only for members of the Air Force Reserve Command, but for their families to assist with their psychological needs as well.

"We recognize the challenges for spouses who are left behind," said Ernest Farmer, PHAP outreach specialist and retired Air Force member.

PHAP services are available to every Air Force Reservist and their family, regardless of whether the member is deployed or at home. Located on Dobbins Air Reserve Base, the

#### PSYCHOLOGICAL HEALTH ADVOCACY PROGRAM

PHAP services cover the entire southern region. They travel all over to ensure military members are aware of the services they.

"We try to advertise our services and create an awareness that we are here," said Michael Lemon, PHAP outreach specialist and retired Army member.

PHAP is more than just a number to call. It's a support system. When a military member or spouse makes contact, resources are found for them, and they follow-up to ensure that the needs of the member and family have been met.

If the military member is deployed, PHAP can get their spouse in contact with the member.

"We make morale calls for

the member to keep in touch," Farmer explained. "We can help. If a member can't get in touch, then we assist the spouse. "

An aspect about PHAP that may be refreshing to members is that their services are confidential. However, if the member states that he or she will do harm to themselves or others, that is grounds for notifying the command. The service is also not reportable to the reserve medical unit and is free regardless of income or location. If a member encounters a stressful situation, the act of seeking help will not affect his or her security clearance, which is a fear that many military members have.

PHAP members also attend

Yellow Ribbon events and set up booths providing information on the services they provide. All four of the PHAP members are prior military, so they are very aware and can relate to the rough times members may be going through

Mental health is important and mental distress is common. Everyone experiences concerns and may think they simply just have to deal with it or that there is no way out.

Whether a member is deployed or stateside or a spouse is in need, PHAP wants Reservists and their families 8 to know that they are not alone and help is available.

For more information or to contact PHAP facilitator, email **AFRC.PHAP@us.af.mil.** 

### **Exercising in cold weather**

#### By John Mikula

Exercise Physiologist, 94th Force Support Squadron

Winter is upon us. The change in seasons brings colder weather, but Airman still must train and test in this environment. How can you perform your fitness training under cold-weather conditions?

First, it is apparent that the cold weather can be a barrier to outside exercise primarily due to being uncomfortable. In addition, residing in Georgia, traditionally not considered a "cold-weather" state, may lead some to simply being unprepared to exercise out in the cold.

Let me provide you with a few tips how to better exercise in colder weather:

#### **Dress in layers**

A big mistake in exercising outside during colder months is overdressing. This potentially leads to over-heating which in turn creates perspiration and can make you feel colder in the long-run. Dress in layers wearing dry-fit material if possible. This material allows you to fitness-train, perspire, and feel comfortable longer out in the cold. As a guideline, cotton materials should be avoided as the material layer directly in contact with your skin while exercising.

## Protect your hands, feet and ears

Wear a comfortable stocking hat or ear-covering material, runner's gloves and moisture-resistant stockings. This suggestion will go a long way towards keeping your body warm and comfortable during outside exercise in the winter months.

#### Use sun protection

It's just as easy to get sunburned in winter as well as summer. During the day-time, wear sunscreen that blocks Ultra Violet Rays (both UVA and UVB) with a sun protection factor, or SPF, of at least 30. In addition, use a lip balm to protect your lips from the effects of the sun and wind.

#### Hydrate

You need to stay well hydrated when exercising in cold weather just as you do when exercising in warm weather. Drink water before, during, and after workouts, even if you're not really thirsty. You can become just as dehydrated in the cold as in the heat, but it may be harder to notice during cold weather.

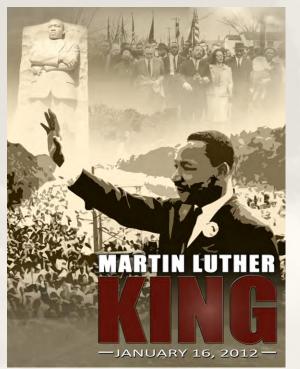
#### Know the danger signs

Frostbite is most common on exposed skin, such as your cheeks, nose and ears, but it also can occur on hands and feet. The early warning signs include numbness, loss of feeling or a stinging sensation. If you suspect frostbite, get out of the cold immediately and seek medical care. Exercising in cold, rainy weather also increases the risk of hypothermia. Hypothermia signs and symptoms include intense shivering, slurred speech, loss of coordination and fatigue. Seek emergency help right away if you suspect possible hypothermia.

Following these tips can help your work-out when exercising outside in cold weather.

During cold weather exercise, continually monitor your body for warmth, a feeling of being dry or comfortable, and hydration. It's also a good idea to let someone know your exercise location and your expected return time.

Stay safe, and stay healthy!



Dr. Martin Luther King Jr. Day is Jan. 16. It is observed on the third Monday of January each year, which is around the time of King's birthday, Jan. 15. The floating holiday is similar to holidays set under the Uniform Monday Holiday Act, though the act predated the establishment of Martin Luther King, Jr. Day by fifteen years.

King was the chief spokesman for nonviolent activism in the civil rights movement, which successfully protested racial discrimination in federal and state law. The campaign for a federal holiday in King's honor began soon after his assassination in 1968. Ronald Reagan signed the holiday into law in 1983, and it was first observed on Jan. 20, 1986. It was officially observed in all 50 states for the first time in 2000. (graphics by Master Sgt. Travon Dennis)

A full size King Day observation poster can be downloaded at www.dobbins.afrc.af.mil

# Dr. Martin Luther King, Jr. A timeless humanitarian

Commentary by Tech. Sgt. Jeff Nix 94th Airlift Wing Human Resources Development Council

Serendipity abounds; there are no coincidences, is a phrase I often use in attempt to explain the abundance of goodness that exists among what people normally perceive as ordinary. Such was the remarkable life and the historical contributions of Dr. Martin Luther King, Jr.

King is singularly credited as being the progenitor of the modern civil rights movement in the United States.

Many people reference him based solely on his list of notable accomplishments, such as his great speeches, winning the Nobel Peace Prize, cofounding the Southern Christian Leadership Conference as well as numerous worldwide awards and recognitions.

While focusing on this list is worthwhile in terms of historical understanding, it's my opinion the single most important and unrecognized attribution to his life was his understanding about the fearless outworking of his spiritual calling. He was a man with a "divine" universal mission. From his youth, King understood that his life's purpose would be patterned from the spiritual guidance and example of his father.

It's no accident that his name was changed from Michael to Martin upon the inspiration of his father when the family traveled to Germany, learning of the importance of German priest Martin Luther's work in the evolution of the Catholic Church.

King was an icon of change, set forth in this time by sheer necessity of man's progress the inhuman circumstances of slavery's legacy and its negative impact on the black race in the United States.

Any sensible and realistic look at pre-civil rights America easily reveals the overwhelming necessity for permanent change that I believe was step two in the evolution of civilized co-existence between blacks and whites.

Things needed to change. No man-made institution could have initiated the dramatic changes that racial segregation demanded. Non-violence and civil disobedience was the key to humanizing the plight suffered by the victims of racial discrimination. Eventually, and at a high price, the message took root and forced the self inspection of America and its walls of separation that existed between the races.

King had a high calling. His inspirational relationship with the largest civil tasking of our time was driven in part by his deep understanding gained by virtue of his early world travels and the impression made on his sense of purpose by spiritualists he encountered along his life's way.

Martin's life represented the convergence of time, necessity, situation, circumstance, purpose, vision and determination, all toward a universal goal that maybe he himself didn't fully understand as it was unfolding.

King's divine objectives were larger than life, yet he was limited to living it out as a common man, suffering the same frailties and weaknesses that all share in common. He, like us, represented "treasure in earthen vessels" yet the largess of his dream was not minimized by his humanity.

King captivated the world's consciousness regarding racial equality. He was not bound in his thinking or his actions by harsh reality.

He told a different story; he imagined a different reality. He saw a different world. His dream was more than an idea about possibility; it was a foreknowledge of what he knew to be a coming reality and he lived it fully.

Our task now is to simply continue to dream his dream for it is a unifying message that ensures a peaceful coexistence.



#### **2012 Air Force Marathon**

The 94th Airlift Wing Human Resources Development Council (HRDC) is seeking wing members for attendance or participation in the 2012 Air Force Marathon at Wright-Patterson Air Force Base in Dayton, Ohio Sept. 15. The event is comprised of four races; a Marathon (26.2 miles), Half Marathon (13.1 miles), 10K (6.2 miles) and 5K (3.1 miles). Registration begins Jan. 1. Participation is on personal time. Member will not be in military status. The HRDC plans to organize a car-pool and represent Dobbins Air Reserve Base as a group. For complete marathon details, visit www.usaf-marathon.com If you wish to participate, please email your interest to Staff Sgt. Derek Sanchez at derek.sanchez.1@us.af.mil and sanchez.derek40@yahoo.com.

#### **Full-time DTF NCOIC needed**

A sharp noncommissioned officer-in-charge is needed to manage the Development and Training Flight (formally known as the Delayed Enlistment Program) for the 94th Airlift Wing. The full-time NCO will serve under the wing commander as part of his staff, while reporting directly to the 94th Recruiting Squadron on Dobbins Air Reserve Base. The NCOIC is responsible for instructing, lesson plans, organizing physical training and ensuring those in the Development and Training Flight are prepared for Basic Military Training (BMT), both physically and mentally. Visit www.dobbins. afrc.af.mil for complete position requirements. For more information on qualifications and application materials needed, contact the 94th Recruiting Squadron senior recruiter, Senior Master Sgt. Bryan Schexnayder in person or via e-mail: bryan.schexnayder@us.af.mil. Hurry! Application packages must be received by Jan 27.

#### Newcomers

*The following Airmen were welcomed in December:* 

Capt. Jeremy Corner Capt. Daniel Doak Capt. Michael Terrell 1st Lt. Nichole Dennis 1st Lt. Gideon Esuzor Senior Master Sgt. Kenneth Bryant Master Sgt. Jackie Zawada Tech. Sgt. David Swanson Staff Sgt. Jennifer Bryant Staff Sgt. Brian Burns Staff Sgt. Juan Gaitan Staff Sgt. Marvin Graham Staff Sgt. Richard Swann Senior Airman Matthew Dyer Senior Airman Robert Fletcher Senior Airman Lyndsy Harrison Senior Airman Ricky McNair Airman 1st Class Kellie Creel Airman 1st Class David Garritson Airman 1st Class Steven Jackson Airman 1st Class Britton Pennington Airman 1st Class Miraclle Smith

Airman 1st Class Raven Wallace Airman Chandra Smith Airman Basic Joshua Charlton Airman Basic Kendra Chunn Airman Basic Brandon Davis Airman Basic Samantha Dotson Airman Basic Angel Lett Airman Basic Joel Putnam Airman Basic Jason Rubin

#### **Retirements**

Senior Master Sgt. Claudia Martin

#### **Promotions**

*The following Airmen were promoted in December:* 

#### Colonel

Augusto Casado Steven Klein Deborah Saltmarsh

#### Master Sergeant

Aaron Albright Angela Ferguson Dustin Little

#### AADD; one call can save your life

The 94th Airlift Wing has launched AADD, Airmen Against Drunk Driving, a program available during Saturday nights of the Unit Training Assembly (UTA) to offer transportation to Airmen with a 25-mile radius of Dobbins Air Reserve Base, who are unable to drive due to intoxication. Although drinking and driving should never be in your plan, available volunteers will transport members to lodging or hotels, no questions asked, no retribution. Call (678) 993-6802.

#### **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.

#### **Consolidated Club open for breakfast**

The Dobbins Consolidated Club is open for breakfast Monday thru Friday, 6:30 a.m. to 8:30 a.m. Early-Bird sandwiches with eggs, cheese, choices of bacon, sausage or chicken served on biscuit, bagel or English muffin are available. Also try our Biscuits & Gravy. Dine-in, carry out and call in orders are welcomed

**Technical Sergeant** 

Richard Blackinton Brian Huelskamp John King Angel Montez Gregory Rutledge Vincent Wilson

#### Senior Airman

Shawnmichael Dixon Jaleesa Holden Roy Johnson Antwain Jones Hillary King Adrian McGruder Valentin Olah Kiffany Porter

Airman 1st Class Shondrica Brooks

Airman Robert Cupp Devin Cyr Nikki N icholson

#### Members achieve 115 percent of CFC goal

After an initial goal of raising \$28,500, members of the 94th Airlift Wing donated \$32,705 to the 2011 Combined Federal Campaign, which ended Dec. 15. We appreciate the support and combined effort from the Dobbins community in exceeding our CFC goal, said Col. Tim Tarchick, 94 AW commander.

#### **TSP increases in 2012**

The Federal Retirement Thrift Investment Board has announced the 2012 elective deferral limit for regular TSP contributions has increased from \$16,500 to \$17,000 for 2012. The TSP catch-up plan contribution limit will remain at \$5,500. TSP is a longterm retirement savings plan which allows investors to build an investment portfolio while lowering their taxes each year they contribute. Members may enroll and adjust contribution amounts through their myPay account. Military members can call TSP officials at 877-968-3778 for more information. For general TSP questions, call the Total Force Service Center at 800-525-0102 (press 1 and then press 6). Air Force-serviced civilians submit contribution elections via the Employee Benefits Information System, accessible on the Air Force Portal and through the Air Force Personnel Services secure site. To reach EBIS via phone, dial 800-525-0102. Employees in foreign areas should call the toll-free AT&T direct access number for the country they are in, and then dial 800-525-0102. For AT&T direct access numbers, go to http://www.att.com/esupport/traveler.jsp

#### Wing departments win AFRC awards

Air Force Reserve Command recently awarded two departments from the 94th Airlift Wing with 2011 outstanding service awards. the 94th Force Support Squadron was awarded the Civilian Personnel Program of the Year and The 94 AW Equal Opportunity Office was awarded the Col L. Joseph Brown Equal Opportunity Award. I take pride in congratulating the entire EO and Civilian Personnel staffs, said Col. Tim Tarchick, 94th Airlift Wing commander. You are the best in AFRC!

#### Last call to nominate your employer!

The deadline to nominate your employer for the 2012 Secretary of Defense Employer Support Freedom Award is fast approaching. This award is the highest award given to employers for exceptional support of Guard and Reserve employees. Jan. 16 is the final day for submission. Visit www.freedomaward.mil for details.

#### 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 as well. For more information call the editor at (678) 655-5005 or e-mail the PA office at 94aw.pav3@us.af.mil.



# Living the life of faith

#### By Chaplain Maj. Olga Westfall 94th Airlift Wing Chaplain Office

When you hear the word "faith" what comes to your mind? Maybe you struggle with the following questions: What is faith? What good do I get from having faith? Do I need it to live a successful life?

In the Bible, Hebrews 11:1 defines faith as being sure of what we hope for and certain of what we do not see. In other words, it is something that you don't see with your natural eyes but firmly believe it. Faith may help to give enough light to see the way even in the darkest night of your circumstances. It will encourage you not to give up, not to quit but to persevere and believe that it is going to be all right. It will promote integrity, and help you to make the right choices even when nobody is looking.

Faith is not a noun, it's a verb. It's not just something you have, but it's also something that you do. A cup of coffee is something that you have; raising children or serving your country is something that you do, likewise is faith. It isn't something that only comes into play in the midst of adversity. Sure, Anne Frank and Martin Luther King, Jr. have exemplified the value of faith in the midst of personal and national adversity, but most of us will be called upon to live out our faith in much more routine circumstances. Our personal faith influences and shapes our response to even the most mundane events in our lives.

Faith is influencing our perspectives and responses whether we are tending children, interacting with a spouse, attending meetings, maintaining our homes, or responding to adverse and challenging situations. It helps us to see beyond routine, to life's big picture. It compels us to enjoy and make the most of every moment.

A great psychiatrist, Smiley Blanton used to say that he would help any person to become well if he could get that person to put up a real fight within him or herself to believe. As we set realistic goals, it is fundamental to believe that they are achievable and strive to reach them. The doubts, fear and negativism might appear on the path but don't let them discourage you. Don't give up, keep on believing! Go all the way, do the best you can and leave the outcome to God. The end result is worth it!

In conclusion, I would like to quote a few "action techniques" from Norman Vincent Peale, author of Faith Builders:

#### Visualize

Visualize your mind so full of faith that fear is crowded out.

#### Read an inspirational book

Associate with inspiring persons. Practice your faith.

#### Practice stretching your faith

Never build a case against yourself. **Affirm** 

"I put my life in God's hands. I trust God's guidance and I leave the outcome to God."

# INNERview

#### Master Sgt. Luz Moseley

Hometown: Queens, N.Y. Job title: Operation Flight Manager Years of service: 19

How long have you been at Dobbins? Four years.

What does your job entail? I manage Food Service, Fitness and Lodging for the 94th Force Support Squadron.

What is a recent accomplishment you've made on your job? I recently attended the Airlift Tanker Association Conference in Nashville, Tenn. I learned more about the Air Force in three days than in all my years as a Reservist.

What's most rewarding about being in the Air Force? The camaraderie.

What is the most difficult part of being in the Air Force Reserves? With the standard Unit Training Assembly (UTA) being only two days a month, it's a challenge accomplishing all of your required tasks.

What do you do for recreation? I love reading, hiking and white water rafting.

What is your favorite movie? Notting Hill is my all time favorite movie.

What were your previous assignments? I was active duty my first 10 years in the Air Force. My first assignment was at Dover Air Force Base. My second was Incirlik, Turkey and third was Randolph AFB, Texas.

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What is your most memorable assignment? My most memorable was Turkey, where I met my husband. I also loved the people and food there.

What advice would you give to someone coming into the Air Force? Take advantage of all of the education, travel and everything else the Air Force sends your way.

**Tell us an interesting fact about yourself?** I am of Latin heritage. I was born in Columbia. I love the Latin culture, food and music. Being bilingual has opened many doors for me.

What are your holiday plans? I work for the Westin, in the hospitality industry. This is one of the busiest times of the year, so I'll probably be working.

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