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ON THE COVER >> Tech. Sgt. Joseph Saldivar, 80th Aerial Port Squadron, signals Senior Airman Daniel Taylor during a 25K Loader competition, as part of the 2012 Air Force Reserve Command Port Dawg Challenge held here June 19-21. The competition was created to enhance and maintain the camaraderie, esprit de corps and prestige of AFRC aerial port Airmen. (photo by Don Peek)



Col. Tim Tarchick, 94th Airlift Wing commander, welcomes employers of Reservists from Westover Air Reserve Base, Mass., during an Employer Support for Guard and Reserve Bosslift June 14. During their two-day visit, the 32 attendees toured Dobbins Air Reserve Base and the Lockheed Martin Aeronautics Corporation, Marietta, Ga. and gained knowledge of both the C-5 and the C-130 aircraft. "It's important for employers to realize that Westover ARB is not the end all, be all, of the National Guard and Reserve," said Earl Bonett, Massachusetts ESGR vice chair. "We want employers to see all the other things that go on." (photo by Don Peek)



Communication: an essential skill

By Maj. J. Chris Grove 94th Maintenance Squadron

Make no mistake, effective communication is a skill. I believe everyone understands the pitfalls of missing the message from your spouse or boss; heard the words but did not get the message. How often does this happen in our lives? It probably doesn't happen every day, but when it does it can be very uncomfortable. Why does it happen? Well, there have been volumes written on that topic. So why bring it up again? Because honing our communication skills is a lifelong endeavor.

In my research, I found some very simple suggestions that may help us all do better. Listening well is pivotal to effective communication. "Seek first to understand, then to be understood," wrote Stephen R. Covey, author of Seven Habits of Highly Effective People.

Often times we get that

backwards. Our focus is generally on being understood instead of understanding those with whom we live and work. This probably happens more with those in leadership.

Lee Iacocca, former Chief Executive Officer of Chrysler Group, once said, "I only wish I could find an institute that teaches people how to listen. Business people need to listen at least as much as they need to talk. Too many people fail to realize that real communication goes in both directions."

Iacocca's comment reminds me of the old axiom, "God gave you two ears and one mouth, use them proportionately."

Author Jeff Beals asks, "Why is focusing on the other person so important?" The answer is simple: most people are rather self-absorbed. Beals makes a good point; our tendency is to listen less and talk more. Here are a few tips will help you listen well: maintain

eye contact; don't interrupt; sit still; lean toward the speaker; repeat instructions and ask questions. Look for non-verbal cues such as facial expressions and posture to get the full gist of what the speaker is telling you. In our busy environment it is ever more important to focus on listening effectively.

When it is your turn to talk, think about the message you want to send. Comments like "there's a mistake on the second page," or "this is pretty good, but," or "don't get your hopes up" are crushing comments that stifle communication and may even be demoralizing. Pointing out errors is necessary, especially in the work environment, but you should find a way to emphasize the good work first, and then point out the opportunity for improvement. Suggesting that a subordinate or loved one "not get their hopes up" only suggests you lack confidence in the person. Business strategist



By Maj. J. Chris Grove

Lisa Earle McLeod suggests, "keeping your hopes low doesn't insulate you from disappointment. It just keeps you from trying. Hope gives you the emotional jet fuel to tackle big stuff."

There are countless wrong things so say when trying to have a conversation with a colleague or loved one. The key is thinking through what you want to say before you have uttered that unretractable comment

This is far from an all-encompassing exposé on communication. But hopefully there are some tidbits to ponder that may be just one more tool in your communication tool box.

Diamonds are an Airman's best friend

By Senior Airman Liz Gaston 94th Airlift Wing Public Affairs

Wing first sergeants met on June 1 to discuss topics that affect Dobbins' Airmen.

First sergeants meet every month on the Friday before the unit training assembly to discuss enlisted issues and to collaborate on the best practices to deal with current issues within the perspective squadrons. They also discuss upcoming events and how to support them.

Chief Master Sgt. Steven M. Larwood, 22nd Air Force command chief, headlined the first sergeant's council meeting and discussed upcoming changes to the first sergeant corps.

These expected changes include a drastic rewrite of the Air Force Instruction - AFI 36-2113 - concerning the first sergeant's position and their role within the Air Force.

"The only constant in the Air Force is change," said Larwood. "First sergeants will have to help their Airmen through these changes. Remind them that we are all in this together."

Master Sgts. Steven D.
Winters of the 94th Force Support Squadron, and David F.
Strickland of the 94th Security Forces Squadron, serve as the council's president and vice president. Both led discussions on topics concerning the 94th Airlift Wing's Airmen, includ-

ing the Single Airmen's Initiative and the recent chartering of the Dobbin's First Four organization.

Another topic put forth was the recent hack of the Thrift Savings Plan. When the Federal Retirement Thrift Investment Board announced May 25 that approximately 123,000 Thrift Savings Plans had been compromised, Air Force Reserve Command took protective measures to ensure that Reservists' TSPs were not among them. There is no evidence that Reservists need to fear investing in the TSP.

"Regardless of compromise, every Airman should be checking their credit reports early and often," said Strickland. "Every resident within the State of Georgia is authorized two free credit reports each year from each credit reporting agency - Equifax, Experian, and TransUnion."

Strickland recommends that Airmen order their free credit report from http://www.annual-creditreport.com.

"It is important to check your credit report," said Strickland. "If you have issues with your credit, it can affect your security clearance when it comes up for renewal."

If an Airman's credit is compromised, they should consider "freezing" their credit. That added security keeps thieves from establishing new credit if they obtain your identity.

AROUND THE PATTERN



Atlanta Chapter Tuskegee Airmen members Mr. Eugene Henry, Rev. Thomas Bristow, Mrs. Irma "Pete" Dryden and Mr. Wilbur Mason (far right) share a photo opportunity with members of the Dobbins Air Reserve Base Honor Guard, Senior Airman Cameron Janzen, Master Sgt. Bryan Reed, Staff Sgt. Jasmine Ewing, and Tech. Sgt. Aaron Abshire at the "Georgia Honors Iraq Veterans Day Parade" in Rome, Ga., June 16. (photo by Master Sgt. Stan Coleman)



Col. Tim Tarchick, 94th Airlift Wing commander, presents Mrs. Carissa Mayes, wife of Capt. Robert Mayes, 94th Security Forces Squadron operations officer, with the wing Spouse of the Year Award during the annual Wing Family Day, June 3. Mayes volunteers often with the Dobbins Airman and Family Readiness office. (photo by Senior Airman Christina Bozeman)



The Dobbins flightline is closed for repair during the month of July. Over half of the wing's aircraft are deployed, supporting operations in the middle east. The remaining have relocated to Maxwell Air Force Base, Ala., during the renovation. (photo by Don Peek)



Maj. Michael McFadden, 94th Airlift Wing safety officer and current director of operations, 305th Expeditionary Airlift Squadron, New Castle Air National Guard Base, Del., greets Vice President Joe Biden during a recent flying mission. The 305th EAS operates three C-130 Hercules aircraft and supports White House Military Office requirements. (Courtesy photo)



Col. Tim Tarchick, 94th Airlift Wing commander, presents Capt. Jamison Delapena, 94th Communications Squadron commander, and members of the 94th CS Air Traffic Control and Landing Systems department the 2011 Air Force Lt. Gen. Ewin W. Rawlings Information Dominance Team Award. "ATCALS makes the mission happen," said Tarchick. "If the towergoes down, we stop flying." (photo by Brad Fallin)



Mrs. Jane Eisele talks with members of the Army National Guard at the Dobbins Air Reserve Base Chapel, June 9. Eisele, along with the Dobbins Chapel Foundation are working to have the chapel moved to the Clay National Guard Center by Aug. 1. She and her husband were married in the chapel, and so were their son and his wife years later. (photo by Brad Fallin)

Zip Line Tour provides thrills and adventure

Story and photos by Senior Airman Chelsea Smith 94th Airlift Wing Public Affairs

Eight Dobbins Air Reserve Base members embarked on a zip line adventure in historic Banning Mills, Ga., as part of the Air Force's Single Airman Initiative, May 19.

In the scenic hills of West Georgia, participants zipped through the fresh air hovering over Snake Creek on the world's largest zip line canopy tours, according to the Guinness Book of World Records.

Participants encountered high speed thrills through three levels of zip lines that included the forest and new woodland canopy tour, the flight line pattern tour and the flight pattern plus, of which speeds topped more than 50 miles per hour and lengths of 1,500 feet.

"Single Airmen who did not participate missed out on a fun-filled day of zip lining," said Missy Bozeman, 94th Force Support Squadron event coordinator. "The feedback was great, and we've had many requests to plan more events."

Initiated here in April 2012, the SAI began as an Air Force Headquarters project implemented to foster a strong culture and sense of community through fun, free activities for single Airmen.

Bozeman said she is in the process of planning more events in the future as the program continues to develop.

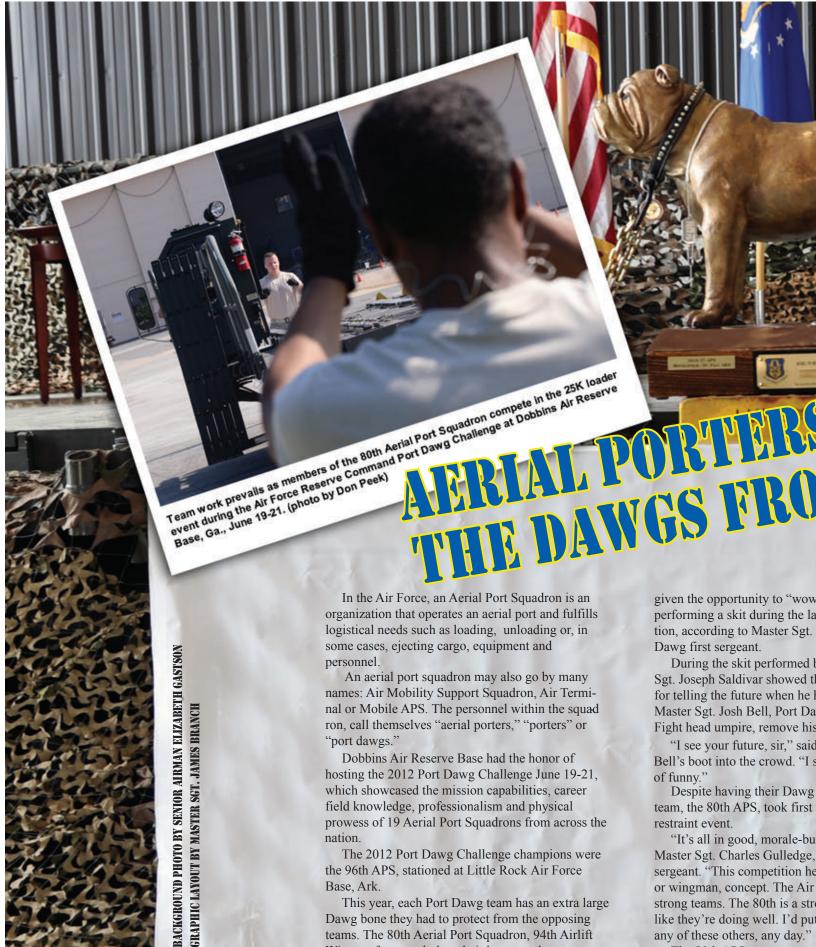
Single Airmen interested in participating may sign-up for the free events by visiting the Dobbins Force Support Squadron website at *http://dobbin-sarbservices.com* or calling the Outdoor Recreation Center at (678) 655-4594. Participant slots are filled on a first come, first served basis.

Photos (Left to right) Senior Airman Keith Hood from the 94th Civil Engineering Squadron, completes the 1500 foot-long zip line during the Single Airmen Initiative Zip Line Tour May 19 at historic Banning Mills, GA. Initiated here April 2012, the SAI began as an Air Force Headquarters project implemented to foster a strong culture and sense of community through fun, free activities for single Airmen.

George Carper from the 94th Force Support Squadron is strapped to his locking carabineer in preparation for the Zip Line Tour during the Single Airman Initiative in historic Banning Mills, Ga. May 19. Since its inception in October 2011, SAI programs take place at more than 50 Air Force bases and provide an avenue for single Airmen to build long-lasting relationships while participating in free, fun activities that won't hurt their pockets.

Missy Bozeman, 94th Airlift Wing Force Support Squadron event coordinator, enjoys the view as she speeds down the zip line during the Single Airman Initiative Zip Line Tour at historic Banning Mills, GA May 19. Bozeman, along with Fred Engel, 94th Airlift Wing services recreation director, has planned numerous events including Painting with a Twist and Cooking for two, as part of the Dobbin's SAI.





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The 80th APS was represer



Family Day celebrates Dobbins' loved ones

By Senior Airman Chelsea Smith 94th Airlift Wing Public Affairs

Droves of flip-flops and boots walked the street near Lakeside Lounge as Dobbin's members brought out family and friends to celebrate Family Day held here June 3.

Carissa Mayes, wife of Capt. Robert Mayes, 94th Security Forces Squadron operations officer, was awarded Spouse of the Year for her commitment and continued support of the wing mission.

Highlights also included water-dunking sessions with several members from wing leadership including Col. Tim Tarchick, 94th Airlift Wing commander, Col. Richard Kemble, 94th AW vice commander and Col. Steven Clay-

ton, 94th Operations Group commander.

Several attendees spent the day visiting informational booths catering to both the military and civilian population. A few vendors in attendance included representatives from the Community College of the Air Force, Georgia State Patrol, Navy Federal Credit Union and the Marietta Eye Clinic.

"We're here to answer general questions and concerns pertaining to obtaining their Community College of the Air Force degree," said Master Sgt. Craig Downs, Air Force Reserve Command education liaison. "Large events like these are great to be a part of because we're able to answer a lot of questions and cut down on the number of contacts we receive at our offices."

To pacify the younger ones, inflated slides and jumping castles served as magnets for the kids, and the "kids at heart." Other popular attractions included face-painting, balloon animals, fatal vision demonstrations and the roll-over simulator, all which incorporated educational enrichment with entertainment value.

"It's great to come out and enjoy the fresh air," said Alicia Blake, mother of Senior Airman Jessika Reeser from the 94th Airlift Wing Aeromedical Staging Squadron. "It allows us get a lot of information, spend time with our families and keep the kids out of trouble, that's why we continue to come back."

To cap the festivities, the Dobbin's Fire Department conducted a mock office burn on the baseball diamond fields to a crowd of enthralled viewers as they witnessed the damage caused by the rapid momentum of fire.

Attendees received hands on instruction during the fire extinguisher training that allowed them to suppress a fire using the pull, aim, squeeze and sweep, or PASS technique taught by Rodney Long, from the 94th Mission Support Group.

An annual tradition, Family Day is a popular event serving to keep our families at home connected with our families at Dobbins.

First Four drives membership, gets projects going

By Senior Airman Liz Gaston 94th Airlift Wing Public Affairs

Until recently, Dobbins Air Reserve Base has had groups for its noncommissioned officers and senior noncommissioned officers, in the form of the Dobbins 56 Group, Top 3 Group and the Chiefs' Group.

Now, Dobbins ARB can proudly boast its own fullyoperational First Four, specifically for the junior enlisted tier.

The First Four was initiated by former 56 Group presidents, Master Sgts. Robert Kane and Vanessa Miguel, and later revisited by Senior Airman Danielle Purnell, 94th Airlift Wing Public Affairs Specialist. Purnell is now in her final weeks of Officer Training School at Maxwell Air Force Base.

"The mission of the Dobbins First Four is to enhance and maintain the camaraderie, esprit de corps and prestige of the junior enlisted Airmen while promoting mentorship, leadership, training and service," said Purnell.

Before Purnell left for OTS in April, she handed over her vision for the organization to the newly elected president, Senior Airman Michael K. Roman, of the 94th Maintenance Squadron.

"Airman Purnell started something great that we can all have ownership in," said Roman. "This base has a high operational tempo. The First Four will, hopefully, become a great outlet for junior enlisted to get involved in to add that little piece of total Airman fitness they may be needing."

The First Four has called upon members of all the upper tier groups and has received ample guidance from all levels.

"Young Airmen are our most precious resource," said Chief Master Sergeant of the Air Force James A. Roy. "We owe Junior Enlisted Airmen the proper training, education and experiences it takes to develop them into leaders in their field. We owe them the mentorship and guidance they need to succeed, and they should be expected to do everything they can to meet the high standard set by the supervisor."

The officers of all the enlisted groups are working together on a plan to formalize a process for targeting mentors for any Dobbins Airmen that is in need.

In addition, the First Four is currently working on several service projects, many of which are in conjunction with other groups around Dobbins ARB.

June 30 Airmen will be on hand to staff tables, talk with family members of deployed Airmen and help the Dobbins Airmen and Family Readiness Office during "Care Package Day," where families will be invited to build care packages for their loved ones overseas.

Dobbins Airmen have also volunteered to help work a "Corn and Sausage Roast" alongside the Chief's Group. The roast is an event that is hosted by the local Square and Compass organization. This event will help raise money for the Dobbins ARB Emergency Fund.

An on-going opportunity that the First Four Airmen have recently become involved with is "Airmen Against Drunk Driving," a program organized by the Dobbins ARB Human Resource Development Council. Airmen volunteer their nights to remain on-call to act as designated drivers to any Reservist who needs a ride.

To augment these projects, the First Four draws its membership from, primarily, the 94th Airlift Wing. Dues are \$12 a year.

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



Dobbins celebrates the life and service of orders clerk

Michael Kevin Snelson, 94th Financial Management orders clerk, was honored during a Celebration of Life Service at Pleasant Grove Baptist Church, Marietta, Ga., June 15.

Born in Champaign, Ill., Snelson served the Dobbins community from June 1999 until his retirement Sept. 2010. His service to the federal government spanned a total of 36 years.

After serving six years in the U.S. Army, including several years in Germany, he began a career as a

civil servant. He died at age 57.

According to many family and friends, Snelson had a "serving heart" and a strong desire to help others. He served in the transportation ministry at his church, providing homeless with a ride to church and treating them to lunch afterwards.

Co-workers remember him as being content, no matter the situation.

His knowledge of finance management and positive work ethic earned him several cash awards for outstanding job performance.

Dobbins, ESGR, thanks, educates employers June 2

By Senior Airman Elizabeth Gaston 94th Airlift Wing Public Affairs

On a clear day, a C-130 flies a true path. However, when high winds are added that path will remain true, but the aircraft stands to be jostled around.

For an inexperienced passenger, this can be a nauseating, trying ordeal. As local civilian employers exited a C-130 on such a day, shaky legs walked back to an awaiting bus.

These employers got to see what exactly a Reserve aircrew can go through and, hopefully, gained a new respect for Dobbins' own Citizen-Airmen.

Employers of Dobbins Air Reserve Base Reservists were given an extensive orientation of what exactly doing the mission entails, during the 94th Airlift Wing's annual Employer Appreciation Day June 2.

The day started with a presentation by Col. Timothy E. Tarchick, 94th AW commander, highlighting the wing's mission and culminated with the ride on a C-130 Hercules.

"The purpose of Employer Appreciation Day is to say 'thank you' to civilian employers for their support of the wing's mission by allowing members time to train with the Air Force Reserve," said Tarchick. "This event is also designed to provide civilian employers a better understanding of the Air Force Reserve and 94th Airlift Wing's mission."

Each employer was also invited to see, first-hand, what their respective Reservist does at their specific shop, which ranges anywhere from C-130 crewmember to 22nd Air

Force administration.

"I enjoyed being able to take my boss out and show him a little bit about what we do on the aircraft," said Tech. Sgt. Herman W. Trautwein, 94th AW C-130 loadmaster and Marietta Fire Department Lieutenant. "As a Lieutenant, it sometimes creates a hardship to have to ask off, but today I got to say 'thanks' for 22 years of support from the Marietta Fire Department."

The 94th Airlift Wing was supported with this endeavor by the Georgia Employer Support for the Guard and Reserve, who provided breakfast and lunch to all Employer Appreciation Day participants. ESGR acts as an educator to the employer and an advocate for the servicemember.

"The day went really well," said Tonia Randall, administrative support technician for ESGR. "Participation for this event was really nice. We were able to get the word out about ESGR and the wing was definitely able

Managers and Supervisors of companies that employee Air Force Reservists assigned to Dobbins Air Reserve Base tour base facilities, have breakfast and lunch, and fly on a C-130 Hercules during the 2012 94th Airlift Wing and Employer Support of the Guard and Reserve Employer Appreciation Day June 2. (photo by Don Peek)

to get the message out to the employers."

In addition, the visiting employers were escorted to the explosive ordnance disposal range for demonstrations by the wing's EOD personnel and the 94th AW security forces squadron.

"We were able to enhance the employer's understanding of our mission while high-lighting the importance of our Reservists and the rigors of today's Citizen-Airmen," said Col. Richard L. Kemble, 94th Airlift Wing vice commander. "Events like this are essential to educating and nurturing the relationship we have with our employers and EGSR provides that critical linkage between the employer and our Airmen."

All in all, employers and Reservists were pleased with the experience and the day was a marked success. Employers were able to see first-hand, how Reservists train to ensure they are ready to accomplish the wartime mission when called upon by the active force.



TOUCH AND GO'S



Free marriage enrichment retreats for veterans

The National Veterans Affairs Office of Patient and Family Centered Care will sponsor three free marriage enrichment retreats for veterans at the Marriot Evergreen Conference Center in Stone Mountain Park, July 20-22, Aug.17-19 and Sept. 14-16.

The weekend retreats will allow veterans and their spouses the opportunity to attend seminars and group meetings facilitated by VA chaplains in order to re-enforce, recapture, and renew the love that initially brought them together.

It will also be a time for couples to enjoy the attractions at Stone Mountain Park and escape the demands of their busy schedules.

If interested, please visit http://www.dobbins.afrc.af.mil/shared/media/document/AFD-120511-025.pdf, print the application, fill it in and fax it to the Atlanta VAMC Chaplain's office at 404-329-2235. For more information please call Atlanta VA Chaplain's office at 404-321-6111 ext 6870.

Roth feature of TSP now available

Effective June 25, Air Force-serviced appropriated fund civilian employees may begin to make Roth elections to their Thrift Savings Plan accounts through the Employee Benefits and Information System. This new feature allows employees to contribute to TSP on an after-tax basis and receive tax-free earnings when they withdraw the funds.

Employees may make both traditional and Roth contributions to their TSP accounts as long as they do not exceed the elective deferral limits. Roth TSP elective deferral limits are the same as traditional TSP limits (\$17,000 for regular contributions and \$5,500 for catch-up contributions). Agency matching contributions must continue to be tax-deferred and deposited as traditional contributions.

For more information, contact a financial advisor *http://www.irs. gov/retirement/participant/article/0,,id=211358,00.html.*

Newcomers

The following Airmen were welcomed to the 94th Airlift Wing in June:
Maj. James Jones, 628 CEF
Capt. Robert Mehan, 94 MXS
Tech. Sgt. Philip Klinge, 94 SFS
Staff Sgt. Stephon Wise, 80 APS
Senior Airman Demetruis Lang, 80 APS
Senior Airman Anthony Moore, 94 ASTS
Senior Airman Juan Ortiz, 94 CES
Senior Airman Paris Pierre, 94 ASTS
Airman 1st Class Dylan Brown, 94 MXS
Airman Gabriel Getchell, 94 MXS
Airman Ashley Langhorne, 94 LRS
Airman Austin Turner, 94 MXS
Airman Basic Roland Roberts, 94 MXS

Retirements

The following retired in June: Master Sgt. David Williams Mr. Charles Faulkner

Promotions

The following were promoted in June: Master Sgt. Jason Brown, 94 SFS Staff Sgt. Timothy Robinson, 94 MXS Staff Sgt. Mark Spivey, 94 CES

Yellow Ribbon event for dependents Aug. 3-5

Air Force Reserve Command is hosting a Yellow Ribbon reintegration event for spouses and dependents of currently deployed members at the World City Marriott in Orlando, Fla., Aug. 3-5.

Free childcare is provided by licensed professionals for dependents ages 0-18.

Space is limited and attendees will be chosen on a first come, first serve basis.

To reserve, email Capt. Travis Shepard at travis.shepard.1@us.af.mil.

Safe summer trip planning

School's out! Many of you may travel during the summer. Traveling should always include planning and risk management. Before you hit the road, consider long distance driving risks and what to do in the event of emergencies.

First, if you have a blown tire, do not panic! Gradually release gas pedal, correct steering and pull over to side of road

Second, if you break down on the road, move over to right side and turn your flashers on. Stay with your vehicle.

Third, prepare your car for night driving. Have headlights properly aimed. Reduce your speed and increase your following distance. Make frequent stops for light snacks and exercise.

The TRIPS tool, implemented by the U.S. Army, is a great trip planner. Visit https://trips.safety.army.mil.

Summer fire prevention tips

Summertime should be a time of fun and making happy memories. However, disaster can strike when you least suspect it, when Airmen are careless or ignore rules. Knowing a few fire safety tips and following instructions will help everyone have a safe summer. Airmen should be vigilant and follow these tips for safe grilling a camping:

If you own a grill, position it well away from siding, deck railing, from under leaves and overhanging branches.

Keep children and pets from the grill area. Declare a three-foot "safe zone" around the grill.

If you own a propane grill, check the cylinder hose for leaks before using it for the first time each year. A light soap and water solution applied to the hose will reveal escaping propane quickly by releasing bubbles.

When camping, avoid using soft wood, such as pine or cedar. Use of seasoned hardwood is suggested.

Don't build a campfire in hazardous, dry conditions or in an area that prohibits campfires.

Dobbins First Four

94th Airlift Wing junior enlisted Airmen are invited to attend our next meeting on Sunday, August 5, 11:30 a.m. to 12 p.m. in building 838, room 2606 (ATN room). HRDC will be present to discuss upcoming opportunities.

For more details, contact Senior Airman Michael Roman or Senior Airman Elizabeth Gaston. by phone at 678-655-5055.

56 Group Meeting

94th Airlift Wing Staff and Tech Sgts. are invited to attend our next meeting on Sunday, August 5 at 12 p.m. in building 838, Heritage Hall.

For more details, contact Tech. Sgt. Tanisha Lofton, 56 Group president.

Top 3 Meeting >> >

94th Airlift Wing senior NCOs. rre invited to attend our next meeting on Saturday, August 4 at 4 p.m. at the 700 AS.

Special guest speaker will be Dale Carnegie.

For more details, contact Senior Master Sgt. Joy Hughes, Top 3 president.

Like us on acebook



Scan here to visit Dobbins Air Reserve Base on Facebook, and to receive the latest news about base projects and activities.

AADD: one call can save a 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.

All grades of Airmen can volunteer for AADD. This is a great, high-impact volunteering opportunity. To sign up, email dalia.nesmith@us.af.mil. Drivers will not be reimbursed financially.

CHAPLAIN'S CORNER

Friendship is worth more than gold

By Chaplain (Maj.) Olga Westfall 94th Airlift Wing Chaplain Office

There's an old Russian saying, "Tell me who your friend is, and I will tell you who you are." Often, we tend to associate with people who are like us or at least we feel comfortable being with. But how would you define friendship? What is a friend? A friend is a person with whom you are not afraid to be yourself. You don't have to be on your guard. You can say what you think without any fear of rejection or misunderstanding. You can weep with them, sing with them, laugh with them and pray with them. They love you just as you are. A friend is one you can trust even with the deepest and darkest parts of your soul.

Even modern psychologists stress the importance of friendship and having a support system. It has been proved that social ties and social support systems affect mortality and disease rates. The more social ties a person has, the better that person's

health. Conversely, the more isolated the person, the poorer the health and the higher the death rate. Social ties are good preventative medicine for physical problems and for mental-emotional-behavior problems.

There's a scripture in the Holy Bible that states, "Two are better than one, because they have a good return for their work: If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up!" (Ecclesiastes 4:9-10)

At the beginning of June, the 94th Airlift Wing hosted its annual Family Day, when members can bring their families to base for fun, food and fellowship. It was great to see family and social systems at work. It definitely brought the morale up! Even when some Airmen came without family members it was great to see them fellowshipping and participating with other Airmen in various activities. Events like Family Day bring us closer to each other

and help us to relate to each other on a human level. It strengthens the cohesion and morale of the service members.

Think about these questions:

- Who are your friends?
- How have your friends helped you?
- How have your helped your friends?
- In what ways can you help your friends and the people around you?

Through my years of counseling, I've noticed that people who have friends who understand and care about them go through stressful events much easier than those who don't. It's not healthy for a person to accumulate pain and bottle down negative feelings, emotions and experiences and have no one to share them with. Someone you know may be going through a rough time, and might need a friend who cares. Can you be that friend for them? As the Bible says, "A friend loves at all times."



Employee: Senior Master Sgt. Kathy Petridis

Hometown: Witchita Falls, Ks.

Job Title: Wing Finance Superintendent

Years of service: 20

What does your job entail?

(Petridis) Ensuring my finance team is ready to deploy in 72 hours and is able to set up a finance office. (McElroy) Oversite and assistance of budget execution and analysis of global health problems.

Tell us a recent accomplishment you've made in your job.

(Petridis) I spearheaded the development of a joint-training initiative with Defense Finance and Accounting Service and Air Force Reserve Command for financial reservists, providing them with upgrade training in the areas of accounting.

What do you do for recreation?

(Petridis) I spend time with my kids. They're getting older, so time is precious. Also, I make time to workout. (McElroy) I love sewing and quilting. I've been sewing since I was a teenager.

What's your favorite movie?

(Petridis) "The Ultimate Gift" (McElroy) It depends on my mood. I have a few favorites, "Moulin Rouge," and "Overboard.

Employer: Carol McElroy **Hometown:** Fort Bragg, N.C.

Job title: Budget and Analysis Assistant for International Center for Disease Control

Years of service: 4

What were your previous assignments?

(Petridis) Before coming to Dobbins, I served in the 190th Airlift Wing, Air National Guard, Forbes Field, Ks. (McElroy) I worked at Ft. Belvoir, Va. as a Budget Officer.

What is your most memorable assignment?

(Petridis) The 101st Air Rescue Wing in Bangor, Maine was my most memorable. I was activated during a bad ice storm to help the Red Cross set up shelters on base for citizens in the community.

What was your favorite part of Employer's Day? (Both) We loved the C-130 flight!

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