





Magazine of the 94th Airlift Wing Vol. 3, No. 10 **October 2012**

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Submission deadline for the Nov. 2012 issue is Oct. 15. Articles must be submitted electronically to 94AW.PA@us.af.mil. For more information, contact Public Affairs at (678) 655-5055.



All shiny and new

The Dobbins Air Reserve Base Fire Department welcomed its newest member — truck number 49 - last month during a department-wide training session, where each firefighter drove, operated the water valves and became qualified on the new fire truck. Pictured is the new truck ready for any emergency as a C-130H taxis to its parking spot. (photo by Senior Airman Elizabeth Van Patten)



Col. Timothy E. Tarchick, 94th Airlift Wing commander, and members of the wing leadership, welcome operations and maintenance personnel home from a four-month deployment to the middle east. The crew flew missions into Egypt, Turkey, Lebanon, Djibouti, Oman, Bahrain, United Arab Emirates, Afghanistan, Yemen, Pakistan and Jordan. (photo by James Branch)

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Wing Commander's Hotline

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

> Weather Emergency Hotline (678) 655-2333

FROM THE TOP

PME: Does it ever end?

By Col. Augusto Casado

94th Maintenance Group Commander

After being assigned to write a commentary for this month's issue Falcon Flyer, my first thought was, "Oh no! I cannot add another thing to my plate."

I'm active in the Boys Scouts and Civil Air Patrol. I have two teenage boys, church, sports and home life.

Like many of you, I also work on professional military education. My course is the Advanced Joint Professional Military Education, and for me, AJPME is tougher than war college. So, to my question, PME: does it ever end? Sure it does, but it's up to you and what you want to do with your career and your life.

What does PME really do for you? The obvious responses are: it's mandatory, you need it for promotions, you need it for career progression, my leadership is making me take it, etc. But there is so much more to PME.

PME instills professionalism and competence. Competence provides a founda-

tion for trust and credibility that is essential to success. PME provides the knowledge, skills and abilities that will prove invaluable throughout your career. Things learned

through PME will also cross over into your civilian professions. PME is a distinguisher, a filter if you will, that sets you apart from those who have not tackled the challenge. PME provides the founda-

tion and tools necessary to assist you in your growth and development. It helps you help others. Also, completing PME demonstrates your commit- Col. Augusto Casado ment, dedication and motivation to prospective employers and selec-

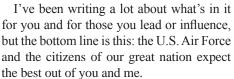
tion boards. After all, we all know how hard it is to be self-motivated and successful in a distance learning self-paced environment.

Leaders — and believe me, we are all leaders, no matter what rank you may have — are always influencing someone else. Leaders set the example and the tone for the organization. If you don't take your personal development seriously and strive to improve your knowledge, skills and abilities, how can you coach and mentor others to achieve their full potential?

Hopefully by now I have convinced you to go sign up for your next level of PME, but

> I would be remiss if I didn't add some words of caution.

> Before you take the step, examine your life balance. Make sure you save some time for yourself and your family. This can be hard for those of us who are "Type A: take-the-hill personalities." It's okay to stretch and challenge yourself, but don't set false expectations or lifeimpacting constraints that hurt those you love.



We must all be better Airmen and warriors, especially during this critical time in history. Our nation deserves nothing less.



In case of fire: Maintain two ways of escape

By Staff Sgt. Joseph Vlahovic and Senior Airman Elizabeth Van Patten 94th Airlift Wing

Unknown to you and your family, a cigarette is dumped into home wastebasket full of paper. The paper bursts into flame. You have 30 seconds before the flames from the paper ignite nearby furniture or the carpet. Things can escalate until the room is filled with noxious smoke and a deadly 1.400 degrees in under four minutes.

Survival at this point is still possible, but unlikely. The primary exit may be impassible. Having a secondary exit will significantly increase your chances of escape.

Your ability to get out depends, largely, on advanced planning.

Airmen are not strangers to this concept, as Dobbins Air Reserve Base's operational and deployment tempo increases. Planning for your family is required for what the military may throw your way on duty. Unfortunately, planning for their safety off-duty can be overlooked.

"Only one of every three American households have actually developed and practiced a home fire escape plan to ensure they could escape quickly and safely," according to the National Fire Protection Association.

As part of the National Fire Prevention Week, Oct. 7-13,

the Dobbins fire department offers several easy tips that anyone can apply in their home or office to increase the likelihood that everyone will survive a

"People should be proactive about fire prevention and life safety," said Michael Hodgson, Dobbins fire department assistant chief of fire prevention. "Their lives depend on it. Don't be reactive, it might be too late."

First, take steps to make sure you and your family are able to escape. Smoke alarms should be installed in every sleeping area and on each floor of your home.

Make sure all doors and windows open easily from the inside. Any door or window can

serve as a viable escape route.

Create an escape plan with two ways out of every room and discuss it with every member of your family, using illustrative floor plans and physically visiting each room to verify that your planned escapes will work.

Make sure every member of your family knows where to meet and the emergency phone number so your local fire department can respond as quickly as possible.

Practice every planned escape route with your entire family.

Challenge yourself to make fire safety a priority for you and vour family.

AROUND THE PATTERN



A team from the Defense Video & Imagery Distribution System records a military "shout-out" from a group of multi-service personnel based here at Dobbins, Sept. 13. The video moment was produced for one of the opening segments of Monday Night Football this season, which will feature many of these military greetings from personnel stationed around the world. (photo by Brad Fallin)



94th Airlift Wing Commander Col. Tim Tarchick looks on as Tech. Sgt. Valentino Bradford performs push-ups during the Unit Training Assembly commander's call, Sept. 9. Tarchick assigned to him the push ups as a "reward" for the extremely short safety briefing he gave to the assembled wing personnel. (photo by Brad Fallin)



A Mexican Air Force C-130 Hercules is refueled on the Dobbins ARB ramp for a return flight to Mexico with a load of cargo, Sept. 11. (photo by Brad Fallin)



One of the two Air Force VC-25 passenger transportation aircraft arrives at Dobbins Air Reserve Base for an overnight stay while President Barack Obama was attending the recent Democratic National Convention in Charlotte, N.C., Sept. 5. (photo by Brad Fallin)



Master Sgt. Lena Tamplin folds the base flag as Senior Airman Cynthia Carson holds it taut and Staff Sgt. Ashley Hanshaw stands by, Sept. 8. The 94th Communications Squadron was selected to perform a retreat ceremony at Dobbins during the September weekend. (photo by Brad Fallin)



Col. Timothy E. Tarchick, 94th AW commander, signs a proclamation designating Oct. 7-13 as Dobbins Fire Prevention Week, as Dobbins ARB Fire Chief Kenneth Karnes looks on. (photo by Brad Fallin)



CFC offers chance to give back

By Senior Airman Elizabeth Van Patten 94th Airlift Wing Public Affairs

Members of Dobbins Air Reserve Base are invited to contribute to this year's Combined Federal Campaign, which will conclude Nov. 23.

Capt. Melissa Z. Greene, 94th Airlift Wing executive officer and Dobbins' CFC coordinator, will be the local source of CFC information and collector of donations.

"Our goal is to collect \$30,000," said Greene. "If every person gave roughly \$17, we could meet our goal today."

The CFC is a one-stop shop for charities, according to Greene, so DOD members don't have to go out and search for causes. It's all in one book. Regardless of your passion – if its people, plants, the planet, illnesses or pretty much anything else – you can find a good place for you to contribute money.

Civilian members can contribute through payroll deduction if they wish. They can give a little each month and that will add up.

"I enjoy doing CFC because giving back is one of my passions," said Greene. "I challenge anyone to look through the CFC book and not find something that they care about. Everything is in the book, and they make it easy to give."

Military members can give a cash or check donation. Units can fundraise together and contribute as a group, and choose their preferred charity or give to the general fund, which is split amongst all the charities.

"Based on the wing's CFC participation from last year, I am confident that we will meet this year's goal of \$30,000," said Col. Timothy E. Tarchick, 94th Airlift Wing commander. "The CFC affords us the opportunity to give back to those that have the most need. This program represents a broad range of charities that need support from our Air Force family."

Members who wish to donate by check can make them payable to "Combined Federal Campaign" and give them to their unit CFC representative. For more information on the CFC, contact Capt. Greene at melissa.greene.2@us.af.mil.



Members of the Dobbins First Four and Airmen Committed to Excellence provided manpower to Picnic in the Park, a military veteran appreciation event, Sept. 14, with support from each group's command chief master sergeant. The First Four ACE membership come from the junior enlisted tier of the 94th and 908th Airlift Wings, respectively.

Airmen break boundaries, make history

By Senior Airmen Shaniqua Rogers and Elizabeth Van Patten

908th Airlift Wing and 94th Airlift Wing

The junior enlisted councils from the 908th and 94th Airlift Wings joined forces to participate in "A Hero's Welcome" on Sept. 15 at Ida Bell Young Park in Montgomery, Ala.

The event was coordinated by Tech. Sgt. Keith Daniels, 25th Aerial Port Squadron, as a military appreciation picnic for all retirees, veterans, current military members and their families in the area.

"I think we reached a lot of people with this event," said Daniels. "Thanks to those who are from the area and those from Georgia. These Airmen work hard, and we all appreciate it."

Both junior enlisted councils are fairly new. Airman Committed to Excellence was founded in March at Maxwell Air Force Base, Ala., and the First Four was founded in May at Dobbins.

Despite their age, both organizations have taken their wings and communities by storm by participating in various community outreach and volunteer endeavors. Events of the two groups in-

clude feeding the homeless, aiding handicapped veterans at regional sporting events and providing needed manpower at base-wide fundraising and community service endeavors.

Also attending the picnic to cheer on the two groups of Airmen was Chief Master Sgt. Owen T. Duke, Sr., 908th AW command chief.

Duke confessed to going "way back" with Chief Master Sgt. Wendell L. Peacock, 94th AW command chief. Both command chiefs were security forces specialists together.

The common bond that Duke and Peacock shared is being passed down to the next generation of Airmen.

"We thank all the Airmen that put the time in, especially those that made the drive down to Montgomery," said Duke. "Our two wings, the 908th and the 94th, have a lot in common and we've always worked well together."



Over 100 Reservists returned to Dobbins Air Reserve Base from the Middle East Sept. 21-24.

Members of the 94th Airlift Wing returned in various groups from a four-month deployment, during which they formed half of a combat-ready squadron — the other half of the squadron consisted of active duty Airmen from Pope Air Force Base, N.C.

"On behalf of the 94th Airlift Wing and everyone on this installation and in this community, welcome home!" said Col. Timothy E. Tarchick, 94th Airlift Wing commander. "Thank you for getting it done!"

The first wave of 53 Airmen arrived Sept. 21, with the remaining arriving on Sept. 22 and 24.

Over the course of the deployment, the Aircrews flew 832 sorties, amounted to over 2,700 flying hours. Approximately 1,850 of those hours were combat hours in support of Operation Enduring Freedom.

"They carried 5,052 passengers, 2,650 tons of cargo, 164 distinguished visitors, and, most importantly, 430 aeromedical evacuees," said Tarchick. "They flew missions into Egypt, Turkey, Lebanon, Jabuti, Oman, Bahrain, United Arab Emirates, Afghanistan, Yemen, Pakistan and Jordan."

The deployed 94th Airmen responded immediately to bring medical supplies to Yemen after a suicide bomber killed and wounded over 100 Yemini military. They were also the first into Lebanon with humanitarian supplies and relief vehicles to support Syrian refugees, who were then overwhelming the abilities of the Lebanese people to help.

These aircrews manned the first Air Force aircraft to land in an Al Qaeda-conside, forcing them to approach and land without the use of radio communication with the airfield.

"To the men and women of the 94th AW that just returned, you lived up to the highest standards of this unit, the Air Force and the tactical airlift community," said Tarchick. "These operations and maintenance teams worked closely together to overcome early difficulties in maintenance resulting in a 27% increase in aircraft availability."

Their teamwork also resulted in 33 days without a dropped mission and a near perfect record of 97.6% maintenance effectiveness. The maintenance Airmen were recognized as the best maintenance unit for the month of July.

Additionally, one of the deployed aircrews was recognized for expertly managing degrading engines and was awarded the Wing Flying Safety Award for the month

Airmen were greeting by family members whom they had not seen since early May.

"A lot more than you think can happen in four months," said Kelly Martin, wife of Master Sgt. Joseph Martin, 94th Maintenance Group. "I've been keeping busy with our girls; camping, swimming, and activities like that. Our oldest girl started high school, so that was a big event. It's going to be an adjustment, having him go back to taking care of the things I've had to take SHALL NOW ANY SHALL care of."

Kelly Martin also said that she was ex-

tremely proud of her husband and couldn't wait for his return. Master Sgt. Martin has been deployed before.

Returning men have been encouraged to utilize

bon Program and the Airman and Family Readiness Office, which can be reached at (678) 655-5004.

Representatives from the Georgia Congressional delegation, the Dobbins ARB Honorary Commanders Association, Hercules Community Council, the United Service Organizations and Veterans of Foreign Wars Post 304 were also in attendance to offer their support to the returning Airmen.









Eagle

How you can help SFS keep Dobbins safe

By Senior Airman Elizabeth Van Patten 94th Airlift Wing Public Affairs

The 94th Security Forces Squadron watches over the base day and night, day in and day out. Airmen have a sense of security while at work, knowing that the SFS Airmen man the gates and patrol the streets and buildings of Dobbins Air Reserve Base.

However, security doesn't stop with security forces. They can't be everywhere. They need help from the rest of the base.

Are you up to the task?

"Overcoming complacency is our greatest challenge," said Neil Bethune, 94th Airlift Wing antiterrorism officer. "Of all the things we are vulnerable to, our greatest threat is the mindset of apathy and complacency. We have a military mission at Dobbins and that makes us all a target."

Terrorists think globally but act locally. They use the element of surprise to attack for the purpose of advancing their political, religious or ideological goals.

Historically, terrorists follow a general planning cycle. They begin by formulating a list of possible targets and gather information on these possible targets, primarily through surveillance and intercepted intelligence. Based on information they have gathered, terrorists will select a final target, taking into account target availability, impact and value.

The planning phase will also include sur-

veillance over extended periods of time. Multiple dry runs are practiced until the final attack plan is fine-tuned. Then, the attack will take place. Should the attack succeed, terrorist will exploit media coverage to publicize their cause.

"While we have no indicators of an imminent threat. surveillance is still a reality," said Bethune. "There are enemies to freedom who will seek to do us harm."

Should someone enter vour work area that vou don't know, they should be greeted and offered an appropriate amount of cus-

tomer service. If there is still a concern, everyone is encouraged to notify Security Forces promptly.

"If you see something, say something," said Bethune. "Profiling individuals is wrong. However, profiling behaviors may indicate suspicious behavior. You have to decide if someone is a potential threat. Ask yourself if this person supposed to be in your work area, or why are they wearing a trench coat in 95 degree weather or why is that vehicle parked next to the fence line? Sometimes suspicious people just 'don't belong' or a behavior seems out of place."

On the other hand, an insider threat is usually a disgruntled employee of the Air Force. They pose a significant risk because they already have access to the base, and may have access to classified materials.

The signs that a military or civilian member may be a potential threat include: working odd hours without authorization, taking large amounts of information home, copying materials unnecessarily, travelling to foreign countries often and for only short periods of time, buying things they can't afford, are overwhelmed by life or career disappointments and they may act on concerns that they are being investigated.

For a more information on what the possible actions and behaviors of someone who may become an active shooter or inside threat is visit www.dhs.gov/xlibrary/assets/active shooter poster.pdf.

The best prevention, or detection, from an insider threat is to be a good wingman. The wingman concept is simple - get to know those around you, watch them and provide support. Wingmen

foster every one of us to collaborate and be held accountable for our actions.

Additionally, maintaining military bearing will help you maintain situational awareness. When in doubt, fall back on training — such as the use of duress

words - whether basic military training, officer training school or advanced training.

All stateside military bases are under Force Protection Condition Alpha with Bravo measures in place, and no military installation has been at FPCON Normal since before Sept. 11, 2001.

"Talk," said Bethune.

"Communicate. Do not be complacent. Be aware. If it turns out to be nothing, then great. If it turns out to be something, then we've averted an attack."

U.S. AIR FORCE

EagleEyes

WATCH.REPORT.PROTECT.

The Air Force as a whole is constantly put to the test. Success or failure is measured easily, just by watching the news.

For more information on antiterrorism. contact Neil Bethune by e-mail at neil. bethune@us.af.mil. If you see suspicious activity, call Security Forces at (678) 655-4908 or 4909.



Exercise your voting rights the right way

By Major Scott Van Schoyck and Senior Airman Elizabeth Van Patten 94th Airlift Wing

Despite the high operational tempo, Dobbins Airmen are encouraged to remain a part of the political process, just as their military and civilian colleagues.

Voting assistance representatives can answer questions regarding where to send documents, state residency or how to find information on the different candidates and political parties.

The voting assistance representatives for Dobbins Air Reserve Base are Maj. Tamika Washington, 94th Manpower and Personnel Section commander, and Capt. Melissa Z. Greene, 94th Airlift Wing executive officer.

"The voting assistance representative ensures that all of our service members have someone to assist them in registering to vote, whether by going to the polls or via absentee ballot," said Greene.

To register to vote via absentee ballot, service members should have proof of residence, which could include their driver's license. To register, request a ballot, or vote absentee service members can go to www.fvap.gov.

Airmen are encouraged to use all the resources available to make an informed decision before casting their votes.

"Our main job and focus is to ensure everybody knows how and where to go to vote, not direct them on who to vote for," said Greene. "I would encourage everyone to watch the political debates and hear the different sides directly from the candidates,

rather than relying solely on the media. The best Be especially thing anyone can do is to educate themselves."

Even overseas, Air you say on social Force Network television stations will broadcast media sites. the presidential and vice. presidential debates for service members. Check

your local listings or contact your local AFN station to find out when these events will air.

Throughout the election season, especially during the candidate debates, it is important to remember that service members may not use their military affiliation to influence others on whom to vote for. Service members may not host a fundraiser for a partisan candidate or threaten any candidate.



Capt. Melissa Z. Greene, 94th Airlift Wing executive officer, points out when Election Day is on her office calendar. Election Day is Nov. 6, less than two months away.

"We, in the military, support and defend the constitution of the United States, regardless of who sits in the Oval Office," said Greene. "When participating in the electoral process, it is important that all Airmen adhere to the guidance handed out by the 94th Airlift Wing Legal Office. Be especially careful about what you say on social media sites."

If an Airman or a federal civilian employee violates established rules and regulations, there could be serious consequences. Advising the 94th Airlift Wing commander on such matters will be Maj. Scott Van Schoyck, 94th Airlift Wing staff judge advocate.

"[Military] members who violate any rules are subject to prosecution under Article 92

of the Uniform Code of Military Justice, in addition to any other applicable violation of the UCMJ or federal law," said Van Schoyck. "For civilian employees who violate the Hatch Act, they can be suspended from work without pay

94th Airlift Wina

careful about what

and can even be subject to removal from government employment."

However, Van Schoyck emphasized that these rules only limit partisan political activities. They in no way are meant to discourage Airmen or civilian employees from voting.

"We want our military members [and civilian employees] to vote," said Van Schoyck. "They ... protect the liberties we have in the United States. It's important that they exercise those rights themselves."

Airmen and civilian employees can do more than vote, according to Van Schoyck. They can give their personal opinions on subjects and even participate in partisan political events, so long as they remain within the bounds of the rules and regulations that have been set out.

"The Air Force doesn't discourage people from getting involved," said Van Schoyck. "What we discourage is Airmen and federal employees using their position for gain ... to add clout to their argument."

For example, a military member may write a letter on a political topic and uses their military affiliation — their rank, for example — in the letter, according to Van Schoyck. However, it must be made clear that the views expressed within the letter are personal views, and not the views of the military or Department of Defense.

Reservists on Active Duty orders are held to the same standards while on those orders. When not on orders. Reservists must avoid any political activities that would hinder performance of military duties or conform to accepted customs and traditions of the Air Force.

Furthermore, Reservists may not engage in political activities while in uniform or utilize government assets for political activity.

For the rest of this story, visit us online at www.dobbins.af.mil.

TOUCH & GO's

Ultimate Wingman Award

The Wingman Foundation, an off-base organization, has announced the inaugural Ultimate Wingman Georgia Military Heroes Award Banquet for Nov. 15 at the Cobb Energy Performing Arts Centre to recognize and reward three Georgia-based service members for their exemplary service. The foundation mission is to seek out America's distinguished military heroes, share their stories and thank them for their service.

Family members, friends, colleagues, and fellow soldiers can visit www.theultimatewingman.com to nominate members who most exemplify remarkable commitment and service to their country and community. Descriptions should include information about the nomimee's special military achievements, community/volunteer service and other philanthropic activities. The award is based upon the nominee's particular service-based achievements between Jan. 1, 2009, and May 31, 2012, and only those members currently stationed in or are current residents of Georgia serving elsewhere in the world can be nominated. Nominations will be accepted until Oct. 31.

Discount tickets are also available to those wishing to attend and support nominees. For tickets, call (770) 330-9600.

SUBJECT: FY13 Lodging Rates

As of Oct. 1, lodging rates have changed.

Visiting Airman Quarters	\$42
Visiting Officer Quarter &	
Visiting Quarters	\$53.25
Distinguished VOQ/VQ	\$66.75

For official travelers, in the event you are traveling with a 'Pre-Loaded' Controlled Spending Account Travel Card, please ensure you contact your unit's resource advisor for the action you need to take to load additional funding on your travel card, if

Gary Clayton

required, prior to your checkout. If you cannot load additional funding prior to departure, please contact the lodging manager for assistance. For more info, contact Mark Ward at (678) 655-4783.

Dobbins First Four

94th Airlift Wing junior enlisted are invited to attend our next meeting on Sunday, Oct. 14, at 11:30 a.m. in building 838 (ATN room). For more info, call Senior Airman Elizabeth Van Patten (678) 655-5055.

Top 3 Meeting

The Top 3 meeting is scheduled for 4 p.m. Saturday, Oct. 13 at Lakeside Lounge.

56 Group

Staff and tech sergeants are invited to attend our next meeting at noon Sunday, Oct. 14, in building 838, Heritage Hall. For more info, contact Tech. Sgt. Tanisha Lofton (678) 655-5002.

DTS Training

DTS Training is scheduled for 9 to 11 a.m. Saturday and Sunday of the UTA at building 501 (road behind BX). There is space for approximately 150 per class. Parking is limited, carpool highly encouraged. For more info, call Isidro Renteria-Silva at (478) 327-1429.

UTA Chapel Services

Chapel services are held each Sunday of the Unit Training Assembly at 7:15 a.m. at the Dobbins Chapel and 8 a.m. at the 80th Aerial Portal Squadron classroom. Chaplains are also available for pastoral counseling during UTA weekends. For more information, contact the Chaplain's office at (678) 655-4956.

Newcomers

The following Airmen were welcomed to the 94th Airlift Wing in August:

Airman Basic

Michael Bastian	MXS
Lakeisha Brown	SFS
Justin Carlisle	SFS
Nicholas Cawthon	MXS
Jordan Edwards	SFS
Michael Frank	MXS
Gerald Jordan	SFS
Martin Orr	OSS
Calyn Sanders	FSS
Eva Stringer	AES
Shawn Tillman	ASTS

Airman

John Edwards MXS

Airman 1st Class

Carmilleon BaldwinASTS AW Michael Bias 700AS Tyla Flowers Jacqueline Harris LRS Scott Laffler **CES** Kelvin Omoregie **CES** Jennifer Peterson **ASTS** Cody Wheeler MXS

Senior Airman

George Moss CES Alan Taylor-Johnson 80APS

Staff Sergeant

Marquita Balom **FSS** Lequone Copeland ASTS

Captain

Renee Barron OG Keri Matwick **FSS**

Lieutenant Colonel

Oclla Fletcher **ASTS**

Promotions

Promoted in September

Senior Master Sergeant

Lavern Figg **SFS**

Master Sergeant

Joseph Bushman **CES**

Technical Sergeant

Toron Bordain **MXS**

Warren Dill **CES** Nicholas Payne AES Gregory Winston 80APS **Staff Sergeant**

MXS

Benjamin Haves PA Allen Williams 80APS

Senior Airman

James Wright **SFS** Adam Howard **CES** Kelvin Omoregie CES

Airman 1st Class

Constance Hall **FSS** Shawnyse Harris **FSS**

Airman

Shawn Kalmbach 80APS Joey Kornegay 80APS Jade Orr Martin **OSS**

Retirements

Chief Master Sergeant Jeffrey Cain 22AF

Senior Master Sergeant Sharon Beaulieu 22AF

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CHAPLAIN'S CORNER

Never give up!

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

Did you know the saying "throw in the towel" originated in boxing when a trainer would concede defeat for his losing boxer by throwing a towel into the ring?

When we go through mental, spiritual, social and physical pain in the way of loss of income, declining health, failed relationships, spiritual isolation and other issues, we might be under pressure of quitting and giving up. Life can be difficult at times, but let me encourage you to never give up.

Not giving up means one creates an awareness about themselves and their surroundings that highlights alternatives to giving up. It means there is always something to be learned from each experience, and hope in spite of difficulties in life.

I remember when God called me to ministry 22 years ago and my own church in Ukraine did not even believe in having women in the ministry. When I applied for a Master of Divinity in a seminary in the U.S., while still in Ukraine, people told me it was an impossible dream. With no support other than the assurance of God's Will, He made it possible and provided me opportunities to join the military and Veterans Affairs Chaplaincy.

Not giving up is about believing in yourself, in others, and in something greater than you. Believing in yourself can be difficult at times, with negativism from family, friends and the enemy, but it's important you respond positively and never give up. When last did you reach across and offer a helping hand to someone in need? The person you helped today could be the person who helps you or someone else tomorrow.

Never giving up is an understanding that we don't have all the answers to the questions of setbacks, defeats and life generally not unfolding as we planned. However, it is always being hopeful that as we believe in ourselves, in others, "lifting up our eyes to the hills where our help comes from" (Psalms 121:1).

Look inwardly, look outwardly, look upward and never give up!



Olivia Duckworth and Cassie Montelongo perform a traditional folk dance during the Hispanic Heritage cultural event at the Robins Exchange Sept. 15. Hispanic Heritage events continue on Robins Air Force Base, Ga. with a picnic at Gator Park on base, Sept. 22.

Hispanic Heritage Month

By Master Sgt. Elena Lund and Senior Airman Elizabeth Van Patten 94th Airlift Wing

During her annual tour several months ago at March Air Reserve Base, Calif., Master Sgt. Elena Lund, 94th Airlift Wing law office superintendent, found an article in the base paper highlighting Asian Pacific American Heritage Month.

She then reflected on her own Hispanic heritage and how she and her family would celebrate during Hispanic Heritage Month.

"It occurred to me that we did not do anything in particular, but that maybe we should," said Lund. "Every Thanksgiving and Christmas the family gets together to participate in the tradition of making tamales, menudo and salsa. It concerned me however, that I could not pinpoint doing anything specific for Hispanic Heritage Month."

President Ronald Reagan made Hispanic Heritage Month from Sept. 15 to Oct. 15, to celebrate and recognize Hispanic and Latino American heritage and culture. U.S. presidents since have honored this tradition.

"Our Nation's story would not be possible without generations of Hispanics who have shaped and strengthened the fabric of our Union," said President Barack Obama. "They have enriched every aspect of our national identity with traditions that stretch across centuries and reflect the many ancestries that comprise the Hispanic community."

Those of Hispanic descent have contributed much to the development of this side of the world — beginning with the Spanish-funded rediscovery of the continent by Christopher Columbus.

The list of influential Latino Americans, ranges from sports greats such as baseball

players Jose Canseco and Sammy Sosa, boxer Oscar de la Hoya and golfers Nancy Lopez and Chi Chi Rodrigez, but also scores of scientists, political figures, artists and military heroes.

The 94th Airlift Wing pays tribute to Hispanic Americans who have served and continue to serve by participating in National Hispanic Heritage Month. Col. L. Josephine Almonte, 94th Aeromedical Staging Squadron commander, is originally from the Dominican Republic.

The Air Force offered her an opportunity to be a department head in a medical facility right out of graduate school. She could not pass up that offer. She intended to sign up for three years and come out with a superior resume. Twenty-seven years later, she still serves.

"The Air Force is one place where race, gender, nationality, religion, age, etc. doesn't matter, and I am proud to be a senior Hispanic officer in the greatest military in the world," said Almonte. "We celebrate HHM at Dobbins because we are proud of the many contributions that Hispanics and all other ethnic groups have made to make the U.S. the powerful nation that it is today."

Almonte came to the U.S. with her family when she was two years old and rose to become a senior leader within the 94th Airlift Wing. She is also a member of the Human Resources Development Council.

Lund is the chair of the Diversity and Special Observances committee, within the council.

"This year Hispanic heritage has a new meaning for me," said Lund. "I am turning over a new leaf. I pledge to embrace my Latin roots not just this month, but every month each year."

INNERview

Master Sgt. Elena Lund

94th Airlift Wing law office superintendent Years of Service – 16 (10.5 Active Duty) Temple City, Calif.

What does your job entail? I manage and perform legal functions not prohibited by statute and the Lawyers' Manual on Professional Conduct. I plan, organize, perform and direct legal services personnel in the areas of military justice, general law, civil law, claims and general office management.

What is your most recent accomplishment? I was awarded the 2011 Outstanding Reserve Paralegal of the Year for HQ AFRC. This award recognizes the most outstanding Air Reserve Component Paralegal of the year based on demonstrated superior initiative, technical skill, training accomplishments or contribution to mission support, exhibition of leadership in the military or civilian community, and enrollment in off-duty programs of professional self-improvement.

What advice do you have for junior enlisted?

Junior enlisted should take care of themselves in regards to physical and mental health. If they aren't physically and mentally in shape, it makes taking care of their family members, fellow Airmen and pursuit of personal goals difficult to accomplish.

What challenges have you faced as a mentor? I have faced the challenges of mentees who want career progression or a more desirable professional relationship with their co-workers, but are not willing to make any changes to achieve their goal. I can sympathize with them because it is difficult to see the light at the end of a dark tunnel. My approach to overcome these challenges is to motivate mentees to be the positive transformation in these circumstances, but ultimately they have to be willing to compromise at some level in order to succeed.

What is the most rewarding part about having been a mentor? To see mentees who have benefitted in their career path from taking my advice. One example that comes to mind is the induction ceremony I attended for one of my mentees who became a Military Training Instructor (MTI).

What advice would you give junior enlisted who are seeking a mentor? Seek out an individual who displays the characteristics of a successful military leader versus waiting for them to find you. Junior officers and enlisted are the future leaders of the USAFR, and should take this role seriously.

Do your official duties compliment your capability to be a mentor? It does relate, because what we are doing here is keeping good order and discipline. It applies to me being a mentor because I can give individuals advice on how to meet their goals in a legalistic way. Sometimes, mentoring can occur by happenstance.

Interesting fact? I am a licensed cosmetologist in the states of Colorado and Texas. I have worked as a haircolor technician in a professional salon.

What are you going to be for Halloween?

The Statue of Liberty, also known as Lady Liberty!

