

FALCON FLYER

Magazine of the 94th Airlift Wing
Vol. 4, No. 2
February 2013



TRAINING FOR PERFECTION EOD ENSURES SAFETY FROM EXPLOSIVE HAZARDS



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(photo by Brad Fallin)

Staying ahead of the curve!

A member of Dobbins' transient alert team taxis in a C-130 aircraft containing members of the 123rd Airlift Wing, Louisville, KY. Air national Guard Jan. 8. Members of the 123rd AW along with members of the 167th AW, Martinsburg, WV ANG visited the 94th AW to discuss preparations of upcoming Operational Readiness Exercises and a final inspection that will involve all three wings.



ON THE COVER

Tech Sgt. Richard Swann and Master Sgt. Jason Mellor, 94th Explosive Ordnance Disposal craftsmen, participate in a training exercise simulating proper disposal of a pineapple grenade thrown by a perpetrator being pursued by local law enforcement. (photos by Senior Airman Elizabeth Van Patten) (cover 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



Scan to visit us on-line!

Mentoring: the ultimate role of a leader

By **Capt. Darrell B. Bogan**
94th Airlift Wing Equal Opportunity director

Air Force professional development teaches us that leadership is the art of influencing and directing people to accomplish the mission.

According to General Ronald R. Fogelman, former Air Force Chief of Staff, good leaders are people who have a passion to succeed. To become successful leaders, we must first learn that no matter how good the technology or how shiny the equipment, people-to-people relations get things done in our organizations. People are the assets that determine our success or failure. If you are to be a good leader, you have to cultivate your skills in the arena of personal relations.

In addition to cultivating our own skills, being a good leader requires the understanding that we share the responsibility of influencing leadership skills in our Airmen. Each individual possesses leadership skills; however, some may feel that since they do not hold a leadership position, they do not need to hone in on those skills. As leaders, it is our responsibility to mentor our Airmen and tap into their skills to ensure the forward progression of a successful U.S. Air Force.

Mentoring is an inherent responsibility of leadership. So much so that the Air Force has established a mentoring program with Air Force Instruction 36-3401, *Air Force Mentoring*, and the Air Force Reserve Command further established AFRC Pamphlet 36-3401, *AFRC Mentoring Program*. The sole purpose of the mentoring program is to systematically develop the skills and leadership abilities of the less experienced members of an organization. Leaders should know their people and accept responsibility for them. Each of us must take an active role in the professional development of our Airmen.

As a mentor and role model, it is important to convey to our protégé that our main concern is the success of their careers and personal lives. We must be able to define and identify barriers and obstacles that may obstruct this success. It is the people-to-people skills General Fogelman stressed that will allow us to connect with our Airmen and make a difference in their lives, career and ultimately, the Air Force overall.

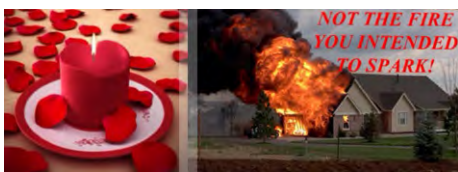
The Air Force has come a long way since its initial origins in 1907 when the Aeronautical Division of the Army Signal Corps was mainly interested in balloons and diri-



Capt. Darrell B. Bogan

gibles. Historically, our active leadership has progressively enhanced the Air Force in becoming the greatest aerial force in the world. To ensure we remain the best of the best, all Air Force leaders must ensure mentoring is a number one priority. Success is our mission is rooted in our ability to continue developing future leaders.

Don't overkill Valentines Day with candles



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

From 2006-2010, U.S. fire departments responded to an estimated 11,640 home structure fires that were started by candles, according to the U.S. Fire Administration. These fires caused 126 deaths, 953 injuries and \$438 million in property damage.

The Dobbins Fire Department offers these guidelines for safe use of candles:

- Trim candlewicks to a quarter inch before use. Long or crooked wicks cause dripping.

- Use a candleholder specifically designed for candle use. The holder should be heat resistant, sturdy and large enough to contain any drips or melted wax. Be sure the candleholder is placed on a stable surface.
- Never leave candles unattended. Extinguish all candles when you leave a room or before going to sleep.
- Never burn a candle on or near anything that can catch fire. Keep burning candles away from furniture, drapes, bedding, carpets, books, paper or flammable decorations.
- Keep candles out of the reach of children and pets.
- Keep burning candles away from drafts, vents and air currents. This will help prevent rapid, uneven burning,

smoking and excessive dripping. Drafts can also blow lightweight curtains or papers into the flame where they could catch fire. Ceiling fans can cause drafts.

- Always burn candles in a well-ventilated room.
- Extinguish the flame if it comes too close to the holder or container. For a margin of safety, discontinue burning a candle when two inches of wax remain (1/2 inch if in a container). This will also help prevent possible heat damage to the counter/surface and prevent glass containers from cracking or breaking.

“In general, candle fires are preventable,” said Michael Hodgson, Dobbins ARB Fire Department assistant chief of fire prevention. “The majority of candle fires are a direct result of negligence.”

AROUND THE PATTERN



Members of the 94th Airlift Wing wore team gear in support of the upcoming Atlanta Falcons championship game Jan. 18. Col. Timothy E. Tarchick, wing commander, declared the day Atlanta Falcons Day. (photo by Brad Fallin)



Chaplain (Maj.) Doug Collins is sworn in as a member of the U.S. House of Representatives (the 113th U.S. Congress) by House Speaker John Boehner Jan. 3. Congressman Collins represents the 9th District of Georgia. (courtesy photo)



Wing members gathered in the Dobbins Air Reserve Base Chapel for one of its final UTA services Jan. 6. "If this building could talk, it would reveal many prayers made for our members, families and our country through the years," said Chaplain (Maj.) Olga Westfall. "The Chapel holds many memories for all of us." (photo by Don Peek)



Col. Timothy E. Tarchick, 94th Airlift Wing commander, enlists Staff Sgt. Andre R. Terry, prior U.S. Marine, into the Air Force Reserve Jan. 11. His daughter, Domonique D. Terry (center) was enlisted into the AFR Nov. 12, 2012, and was a Get1Now candidate referred by Tarchick. (photo by Don Peek)



Lt. Col. Kerri D. Ebrecht accepts command of the 94th Maintenance Squadron from Col. Augusto Casado, 94th Maintenance Group commander, during a change of Command ceremony Jan. 5. Ebrecht is the former 514th Aircraft Maintenance Squadron commander, 514th Air Mobility Wing, Joint Base McGuire-Dix-Lakehurst, New Jersey. (photo by Don Peek)



Reservists from the 94th Civil Engineer Squadron, Explosive Ordnance Disposal Flight, train with the Minehound VMR2 Ground Penetrating Radar (GPR) metal detector during an exercise at the Air Force Reserve Command Expeditionary Combat Support Training Certification Center here, Jan. 24. (photo by Don Peek)

Members gear up for Operational Readiness Exercise

Story and photos by Senior Airman Elizabeth Van Patten
94th Airlift Wing Public Affairs

Selected members of the 94th Airlift Wing completed phase one of preparation for an upcoming operational readiness exercise on Jan. 6 here.

This phase, the first of three, required participating Airmen to inventory and prepare equipment for shipment for a mock deployment and go through a processing line at the base Deployment Processing Center, recently renovated to accommodate our increased operational tempo.

“From my experience, this building is very nice - everything is set up in a logical order, conducive to operating a deployment line,” said Chief Master Sgt. Robert L. Walter, Jr., 94th FSS superintendent. “My mission is to make sure everyone gets processed through the processing line to the secure area to receive their briefings. The process itself after the first chalk, had

a few kinks to work out. Everyone is new to the way this works. So, it is good that we are practicing.”

The deployment line included representatives from the 94th Force Support Squadron, 94th Airlift Wing Airmen and Family Readiness Office, the 94th AW Finance Office, the 94th AW legal office, the 94th AW Chaplain’s Office, 94th Traffic Management Office and 94th Aeromedical Staging Squadron. These representatives were on hand to provide services to deployers such as updating wills, getting needed shots and getting advice on family readiness or religious matters.

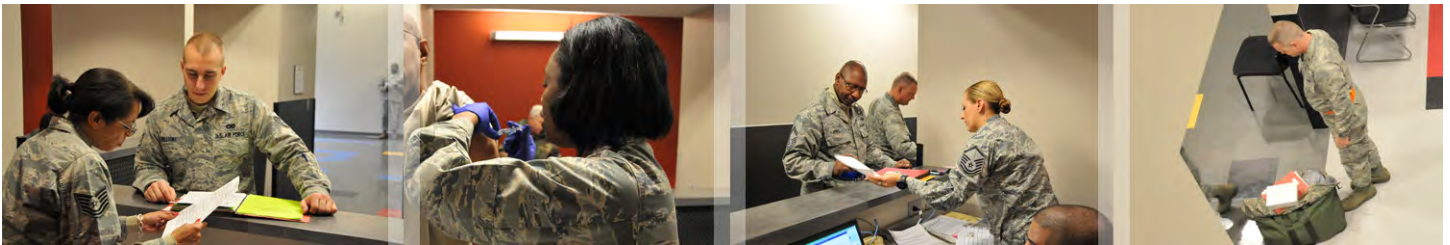
The mock deployers were organized into five groups, or chinks, and were also accountable for getting gear for palletization to a marshaling yard near the flightline. There, members of the 80th Aerial Port Squadron will inspect each pallet for shipment.

“Each unit sends equipment that they

will need on this simulated deployment,” said Tech. Sgt. Joseph Saldavar, 80th APS aerial delivery specialist. “For example, the 80th APS needs a lot of scales and moving equipment. We check each pallet for correct packaging, documentation and make sure it goes to the right location. If the package doesn’t pass all of our inspections, we will return it to the user. Once the package does pass, we’ll send it to flightline to be loaded onto an aircraft.”

During this phase of ORE preparations, Airmen simulated a real-world mobilization, from initial processing up to boarding an aircraft. The next phase will include hands-on training with equipment, such as mission oriented protective posture gear.

The last several chinks went very smoothly, according to Walter. All the bugs were worked out early. Everyone got through the line efficiently and accurately. He insists the wing is definitely ready for the ORE and for real deployments.



Civil engineers depart for Silver Flag

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

Twenty-eight Airmen from the 94th Civil Engineering Squadron departed Jan. 11 from Dobbins for a Silver Flag exercise at Tyndall Air Force Base, Fla.

The Dobbins civil engineers were joined by over 40 Airmen from McConnell AFB for the trip to Florida via C-5.

“Silver Flag is the Air Force’s training site for all civil engineers,” said Lt Col Scott Carlin, 94th Civil Engineering Squadron commander. “It is the premier training site for all civil engineers, active, reserve and guard, simulating real-world combat scenarios.”

The 94 CES participates in Silver Flag every two years.

The last one attended by the unit took place at Ramstein AFB, Germany during the winter months.

The training will consist of several days of advanced classroom training, followed by several days of hands-on field training exercise. Airmen from several different bases and Air Force specialty codes will work together to set up and sustain a base.

Staff Sgt. Mark Spivey, 94th CES heating, ventilation and air conditioning specialist, is attending the Silver Flag exercise and will be receiving specialized training using equipment pertinent to his AFSC.

“We have a lot of contingency equipment,” said Spivey. “I’ll be using portable heating and air conditioning units and water boilers for sanitation and showers. We will be responsible for maintaining these things for a base. We’re all looking forward to this and applying what we’ve been trained to do.”

The Silver Flag training environment will serve as an example of what Airmen will experience in a deployed environment.

“We are prepared,” said Carlin. “We are well prepared for the hands on training we will receive at Silver Flag. Then, we will exercise and see how well our training is. We trained, we will continue to train then, we will get tested on our training. Some of our folks will be deploying soon. They are ready, but after Silver Flag they will definitely be ready.”





(Above) Master Sgt. Jason Mellor and Tech Sgt. Richard Swann, 94th Explosive Ordnance Disposal craftsmen, arrive on-scene and participate in a training exercise simulating proper disposal of a pineapple grenade thrown by a perpetrator being pursued by local law enforcement. (Below left) Swann uses a caliper to measure the diameter of the grenade. Once nomenclature is established, it is prepared for detonation. (Below right) A hole is dug and the grenade is inserted in it. The ordnance is buried to mitigate fragmentation during detonation. Members of the 94th Explosive Ordnance Disposal Flight simulate various scenarios to ensure the safety of the base from explosive hazards. The team is also regularly called out to off base locations within the Southeast to dispose of military explosive devices. Since EOD Airmen only get one chance to disarm ordnance they encounter, they rely a great deal on the training they receive. (photos by Senior Airman Elizabeth Van Patten)



TRAINING FOR PERFECTION

FOR EOD IT'S INITIAL SUCCESS OR TOTAL FAILURE



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

"If at first you don't succeed, try, try, try again," said William E. Hickson, 19th century British writer.

Hickson is credited with this old proverb, which many across the world apply to just about any obstacle in life. Many Airmen live by this creed, which offers the promise of a second chance.

For the Airmen of the 94th Civil Engineering Squadron Explosive Ordnance Disposal Flight, this is not the case. For EOD, there is never a second chance. EOD Airmen go by a different motto: "Initial Success or Total Failure."

"We have a two-fold mission here," said Senior Master Sgt. Bradley McKinney, 94th EOD flight chief. "We prepare our traditional Reservists to deploy, back-fill other EOD units and support contingency operations. We also have a staff of six full-time personnel with the responsibility of homeland defense - ensuring the safety of the base from explosive hazards."

Additionally, the EOD team is regularly called out to off base locations within the Southeast to dispose of military explosive devices, according to Tech. Sgt. Matthew Halstead, 94th EOD training noncommissioned officer in charge. Recently, the EOD flight received a call regarding a civil war era unexploded shell in a local civilian's home. EOD responds wherever and whenever the need arises, in this case, it was on New Year's Eve.

"Civil War and World War II ordnance is the most common live ordnance you will find," said Halstead. "Ordnance from those eras are usually solid metal and have deteriorated explosives inside."

Often people don't know that what they have could be a live round. The EOD flight has responded to dispose of hand grenades,

World War II - American and Japanese - bombs and mortar rounds.

"Because of the movie 'The Hurt Locker,' we've had people call about the stuff they have in their home," said McKinney. "In regards to military ordnance, the military is required by law to respond, render it safe and ensure the general public's safety."

Since EOD Airmen only get one chance to disarm ordnance they encounter, they rely a great deal on the training they receive, and the training has gotten tougher. This is on top of already stringent requirements that far exceed other career fields.

To be considered for EOD technical school, an Airman must attain Air Force Vocational Aptitude Battery scores of 64 and 60 in the general and mechanical subject areas, have good color vision and depth perception, have no record of emotional instability and have the ability to complete physical ability and stamina test (PAST).

The PAST evaluates an EOD candidate's ability to handle the rigorous demands they will face in the field. Its similar to the test Air Force pararescue and combat controllers are required to pass in order to enter into those career fields.

As for the classroom curriculum, EOD candidates must also pass a four-week preliminary course before they attend the 180-day EOD school.

The school is one of the top five toughest technical schools in the Air Force, with a 45 percent attrition rate.

These ever-increasing standards ensure that only the best make it through a program that many people don't want to do, nor can do.

Being near a major metropolitan area, where people live in close proximity to one another, not having the best on the job

could be catastrophic.

As in the case of the civil war round, which was found inside Atlanta's perimeter in a densely populated area, according to McKinney and Halstead. Once they determined what exactly the round was, EOD had to transport it within a specially outfitted truck to a safe site.

"There are a lot of Environmental Protection Agency regulations involved in destroying ordnance," said Halstead. "Military ordnance, for the most part gets destroyed on-site if possible, if it's been out of military control. Military ordnance is property of the military, so we must dispose of it."

All in all, the 94th EOD flight has been called out to dispose of military ordnance an average of 15 times a year, having already responded twice as of Jan. 24. While they respond to calls all over the region, usually the closest military EOD unit will respond - regardless of branch of service.

All military EOD technicians attend technical school at the Naval School of Explosive Ordnance Disposal, Eglin Air Force Base, Fla. Training together sets them up for success, since they often deploy together.

"When we deploy, we may not deploy only with Air Force personnel," said McKinney. "I was the only Air Force EOD tech in my region while I was deployed. We deploy with the Army, Marines and Navy as well. That is the biggest difference between stateside missions and deployments. We still have improvised explosive devices, pipe bombs and other ordnances. While deployed, you have more austere environments. Wherever the mission is, that's where we go. We are always in need of good, hard-charging Airmen who want a challenge."

Reveille and Retreat starts Feb. 1

By Capt. Jamison S. De La Peña
94th Communications Squadron

Reveille (To the Colors) will be played at 8 a.m. and Retreat (The National Anthem) at 4 p.m. each day through the Dobbins' outdoor Giant Voice speaker system beginning Friday, Feb. 1.

These ceremonies are a time for everyone to stop and pay their respects. There are certain procedures that take place for each ceremony for different situations. Reveille signals the beginning of the official duty day of Dobbins Air Reserve Base and Retreat signals the end of the official duty day for Dobbins ARB.

FAQ's:

What do I do when Reveille is played?

Whether in uniform or not, at the first sounds of Reveille or Retreat, stop where you are and turn to face the flag, in a case where the flag is not visible, turn in the general direction of the flag or the sound and, if in uniform, stand at parade rest. If not in uniform, protocol still dictates that you stop and face the flag or the music out of respect.

When do I come to attention and salute the flag?

In uniform, when the Reveille or Retreat music concludes, come to attention and render a salute when you hear the first note of "To the Colors" or the national anthem. If not in uniform, do not salute. Come to attention and place your right hand over your heart. Remove your hat with the right hand and hold it at the left shoulder while your right hand is over the heart.

Exception: Service members and veterans not in uniform may render a salute during the hoisting, lowering or passing of the flag; this was changed by the 2008 Defense Authorization Act; Congress realized they omitted the national anthem and added an amendment to the Department of Defense Authorization Act for Fiscal year 2009 (S. 3002, section 1081) to amend title 36, USC, to allow veterans and service members not in uniform to salute during the national anthem if they so desire.

How long do I hold my salute?

Remain at attention saluting the flag until "To the Colors" or the national anthem has finished playing.

What if I'm wearing my physical training uniform?

Proper military customs and courtesies apply while wearing the PTU during Reveille or Retreat (attention and saluting)

What do I do if I'm driving at the time of Reveille or Retreat?

At the first note of Reveille/Retreat and "To the Colors"/national anthem, you should bring your moving vehicle safely to a complete stop as you would if an emergency vehicle were approaching and put the car in park. Turn off any music playing in the vehicle. Everyone inside the vehicle, including the driver, should remain seated at attention.

Please reference **Air Force Instruction 34-1204 8.1.6.2** if you have any questions.



Wing participates in Air Force wide Health and Welfare Inspection

Senior Airman Christina Bozeman
94th Airlift Wing Public Affairs

What if you're at work and you overhear an ill-mannered joke or an off-color conversation? What if there is a distasteful poster or photo posted near your work area? At work where you spend the majority of your day, it should be a place that is pleasant and not feared.

On November 28th, 2012, Gen. Mark A. Welsh III, Air Force chief of staff, called on all wing commanders to examine their work settings to make certain that every single Airman applies standards of professionalism and respect. This Air Force-wide examination was called the Health and Welfare Inspection.

"What was visibly out and around was looked at," said Brande Newsome, wing sexual assault response and behavioral health support coordinator. "They didn't go into people's desks or bags."

As Welsh states, the purpose of this implementation was to inspect and reinforce expectations for the workplace environment and to correct deficiencies and deter conditions that might not be favorable to good order and discipline.

Commanders were to look for and remove unprofessional or inappropriate items that keep a work environment from being professional.

These inspections couldn't have been more on track. In early November of 2012, Tech. Sgt. Jennifer Smith, after be-

ing told by her supervisor to keep quiet, decided she could no longer be silent about graphic material on members of her unit's computers. She also endured repeated sexual assaults and harassment.

"The majority of our Airmen do not commit these offenses," said Newsome.



"The few that do commit them are making it difficult for the masses. We've been given the opportunity to improve our actions. We need to seize these opportunities."

In early December 2012, Dobbins Air Reserve Base went through this new inspection.

"I'm proud to announce that no significant incidents were found after the Health and Welfare Inspection was performed here on Dobbins," said Col. Timothy E. Tarchick, 94th Airlift Wing commander. "We will continue to provide a

safe and favorable environment in which our Airmen can thrive and succeed."

By implementing this inspection, the Air Force attempts to make sure that these kinds of unfortunate circumstances do not happen to its members.

Nevertheless, with the restrictions and stated repercussions, there will be the few that do break the rules and that unfortunately, for Airmen like Smith, won't be thwarted. Whether the deplorable behavior being performed consists of lewd materials, verbal abuse or sexual harassment, all items or actions should be brought to the attention of your supervisor.

Affected members should also seek help from their base sexual assault response coordinator.

"The report will be taken up with the member's leadership, and we will be their voice," Newsome said. "Each SARC has a case multi-disciplinary management group that will review the report."

The Air Force believes that everyone deserves to be treated with respect and that anything less is unacceptable.

A positive and comfortable environment is an essential asset. If integrity, service and excellence is aimed for, then cleaning up the work place must be accomplished and maintained.

"If Airmen witness or experience any kind of questionable activity, they should step forward," said Tarchick. It is their duty to come forward and make known negative behavior and to aid fellow Airmen.

TOUCH & GO's

Enlisted Airmen of the Year

The following were selected 94th Airlift Wing 2012 Enlisted Airmen of the Year:

Airman of the Year: Senior Airman Stephen B. McDowell, 94th MXS; Lt. Col. Kerri D. Ebrecht, commander

NCO of the Year: Tech Sgt. Jonathon H. S. Sadler, 94th MXS; Lt. Col. Kerri D. Ebrecht, commander.

Senior NCO of the Year: Master Sgt. Johnny Vinson, 94th MXS; Lt. Col. Kerri D. Ebrecht, commander

First Sergeant of the Year: Master Sgt. Patrina D. Sheffield, 94th MXS; Lt. Col. Kerri D. Ebrecht, commander.

Outstanding performance and well done Airmen!

Airmen of the Quarter Awards (4th Qtr)

The following Airmen are recognized for their outstanding performance Oct. through Dec. 2012:

Airman of the Quarter: Senior Airman Gregory Handley; Lt. Col. Kerri D. Ebrecht, commander

NCO of the Quarter: Tech. Sgt. Gregory A. Meghoo, 80 APS; Maj. Kelly Bronson, commander

Senior NCO of the Quarter: Senior Master Sgt. Harold Johnson, 94 SFS; Lt. Col. Tim Martz, commander

Company Grade Officer of the Quarter: Capt. Katrina Jones, 94th AMXS
Great job Airmen!

ANG looking for qualified Service members

The Air National Guard is currently looking for qualified candidates and prior service military, active duty and reserve, to fill a number of positions across the state of Georgia. For information, contact Staff Sgt. Curtis C. Lancaster, production recruiter, 283rd Combat Communications Squadron, 1809 Sabre Street Bldg, Dobbins ARB, Ga. 30069, call (678) 655-4240 or email curtis.lancaster@ang.af.mil.

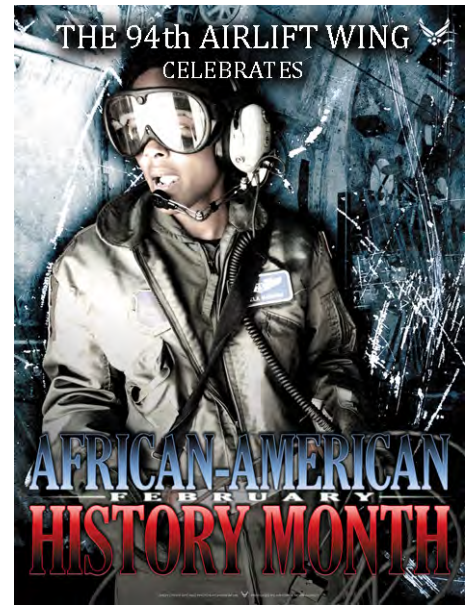
Wing member wins 2012 AF Outstanding SFS Award

Brig. Gen. Allen J. Jamerson, director of Security Forces, deputy chief of staff for Logistics, Installations and Mission Support, Headquarters U.S. Air Force, Washington, D.C., congratulates Capt. Derrick Burks, 94th Security Forces Squadron for being selected as the 2012 Outstanding

SFS Air Reserve Component Company Grade Officer. Burks is invited to attend the 2012 SFS Awards Banquet, scheduled for March 2013 at Joint Base San Antonio-Lackland, Texas.

UTA Chapel Services

Chapel services will held UTA Sunday at 7:15 a.m. at the Base Chapel and 8 a.m. at the 80th APS classroom. Chaplains are available during UTA weekends for counseling. Chaplain's office: (678) 655-4956.



Newcomers

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

Airman Basic

Kiana Baldon 80 APS
Darius Shields 94 CES
Devon Whittaker 80 APS

Airman First Class

Alexis Crawford 94 AW
Essence Merchant 700 AS
Travis Pereira 94 ASTS
Michael Phillips 94 SFS

Senior Airman

Ryne Kirkland 94 SFS

Staff Sergeant

Justin Shields 94 CES

Technical Sergeant

Helen Carson 622 CEG

Senior Master Sergeant

Angela Poole 94 AES

2nd Lieutenant

Candi Hicks 94 AES
Jefre Potterbaum 80 APS

Promotions

The following Airmen were promoted in January:

Master Sergeant

Zandra Hayes 94 FSS
Raymond Ross, Jr. 94 APS

Technical Sergeant

John Davidson 94 APS

Staff Sergeant

Andrew Alexandersen AS
Lyndsy Harrison 94 ASTS
Carl Mathews 94 AES
Chanelle Render 94 CES
Adam Wallace 94 CES

Senior Airman

Abdul Bishop 94 MXS
Anthony Colvin 94 SFS
Devin Cyr 700 AS
Russell Echols 94 SFS
Christopher Friend 94 FSS
Jacob Gunter 94 APS
Ashley Jackson 94 APS
Cedric Williams 94 MXS

Airman First Class

Derek Knight 94 SFS
Joshua Spires 94 APS

Meetings

Dobbins Top Three

The Dobbins Top Three will meet Saturday, Feb. 2, 11 a.m. at building 701 (Security Forces.) POC: Senior Master Sgt. Joy Hughes (678) 655-5604.

Workshops

Interviewing Skills - Feb. 2, 9:30 a.m. - 11:30 a.m.

Resume Writing - Feb. 3, 8 a.m. - 11 a.m.

Both at Verhulst Hall
POC: Angela Pedersen
(678) 655-5004

CHAPLAIN'S CORNER

Stressed or blessed?
Living and enjoying
life, even when it's
hectic

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



We live in a fast-paced society; always in a hurry to meet the numerous demands that are placed on us. Things get tougher when we experience illness or negative events that add stress to our lives. Is it possible to live stress free?

Stress is a pretty common human factor of life. It's impossible to live in this world without any stress. If we can't get away from stressful events of life, what can we do to minimize the negative effects on us?

There are things that we can't change, but some things are in our power to change and make a positive difference. I like the serenity prayer, "God, grant me the serenity to accept the things I cannot change, courage to change things I can, and the wisdom to know the difference."

We create additional stress when we try to change things that we can't and fail to change what we can. In any situation, it's good to sit back, take a good look and ask God for wisdom to see what we can do and what we need. Often we attempt to "fix" what is beyond our control and as a result, we create more stress. I believe knowing the difference is the key.

As stress accumulates what do you do to relax and be healthy? We often are so busy that we don't have much time to relax. It's important to put things in perspective and pay attention to even little things that we often miss in our hectic lives.

I encourage you to take a walk. Look around and notice a flower and how beautiful and unique it is. It may be gone tomorrow, but today it's here for you to enjoy its beauty and be thankful. Be blessed today!

BRING YOUR
DD-214!!



The Dobbins Air Reserve Base HRDC presents Education & Job Fair 2013

WHO: Reservists, Active Duty, DoD Civilians & Dependent of any branch of service
DATE/TIME: 3 Mar, 2013 @ 1000 – 1400
LOCATION: Building 840
POC: Brande Newsome EMAIL: brande.newsome@us.af.mil PHONE: 678-655-4031

Expect to connect with employers who currently have positions available, and colleges/universities and other organizations to discuss benefits & resources available to you. Bring and updated resume and DD-214 and walk away with valuable connections to assist you wherever your path takes you.

Dobbins to hold job, education, veteran benefits fair

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

A free job, education and veteran benefit fair is scheduled from 10 a.m. to 2 p.m. Mar. 3 in building 840 here and will be open to all military members, Department of Defense civilians and dependents.

The 94th Airlift Wing Human Resource and Development Council is teaming up with the Community Action Information Board, Employer Support of the Guard and Reserve, the 94th AW Education and Training Office and local civilian employers – several Fortune 500 companies among them – to help Dobbins personnel and their families achieve education and career goals.

"In my opinion, an Airmen's priorities lie with family, a civilian job and the Reserve" said Col. Richard Kemble, 94th AW vice commander. "The Airmen here sacrifice a lot for the 94th AW, many times at the detriment of their other priorities. They need to be aware of the benefits that are out there for them, and be pushed to take the next step in achieving their goals beyond the Reserve. The HRDC and CAIB are offering a great way for us to help make sure our Airmen are taken care of in the long run."

Veterans are encouraged to bring their DD form 214, discharge papers or separation documents, as they could be entitled to additional benefits.

All fair participants should bring a completed resume and be prepared to interview.

Civilian employers have been requested to have vacancies and be willing to hire military members, DoD civilians or dependents.

Fair participants who have questions or concerns regarding job or educational goals can have them answered by representatives from ESGR or the 94th AW Education and Training Office.

"Dobbins Air Reserve Base is dedicated to our military members and their families," said Maj. Brande Newsome, 2013 Job Fair coordinator. "By partnering with us on this 2013 Fair, many agencies and organizations can help to serve those who serve and defend our nation. We are delighted to offer a pool of applicants who are truly the best and brightest that this country has to offer."

Civilian companies wishing to participate in this year's job fair must contact Newsome by email at brande.newsome@us.af.mil.

Cupid View



(photo by Senior Airman Christina Bozeman)

Staff Sgt. Charles and Lauran Oswald

This is a special edition of the INNERview that features a married couple on base in honor of Valentine's Day and National Heart Month.

Lauran Oswald
94th Airlift Wing Security Specialist

Staff Sgt. Charles Oswald
Security Forces Patrolman

Where did you meet each other?

Both: We met at O'Hare Air Reserve Station, Chicago, Ill. in 1991. We started going out Sept. 18, 1993 and it was just one of those nights. We didn't actually meet for a date; we were both at the Club on base and just hung out all night and had a nice time.

When did you realize that you were in love?

Lauran: I am not sure. We had known each other and were friends for a couple of years. I think I may have started to fall in love with him that night in September as we spent time with each other.

Charles: We were friends for about a year and a half before we started our relationship.

What did you do on your first Valentine's Day?

Lauran: I remember our first date and our first sweetest day which was the following UTA from our first date but our first Valentine's Day I am not sure.

Charles: I remember. I surprised her with a card during the UTA at her office.

What would you say is the most romantic characteristic or best personality trait about your spouse?

Lauran: He has a great sense of humor, very caring and is

easygoing.

Charles: She is very generous person, very outgoing and never thinks of herself.

How do you balance your career and time with your spouse?

Lauran: It works out with both of us working during the day. We have the late afternoons and evenings together; at least for now. It was harder when he worked swing shifts. We try and make sure to spend time as a family. Alone time is hard when you have kids. LOL

Charles: Being off in the evenings, we're able to spend some time with each other.

How many children do you have?

Lauran: Together we have two kids Breana 14 and Charlie 12. We have another child together, but he came at a time when we were not able to care for him, so we ended up putting him up for open adoption. He is 17 and lives in New York. I also have 1 child from my first marriage (27-years-old) and Chuck has 2 children (29-years-old and 26-years-old) from his first marriage.

Charles: Six kids.

Write a special Valentine's Day message to your spouse.

Lauran: I have loved the last 19 years together and look forward to many more. I fall deeper in love with you as time passes.

Charles: I love every minute we spend together; it doesn't seem like 19 years. Each year is just as special as the last.

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.