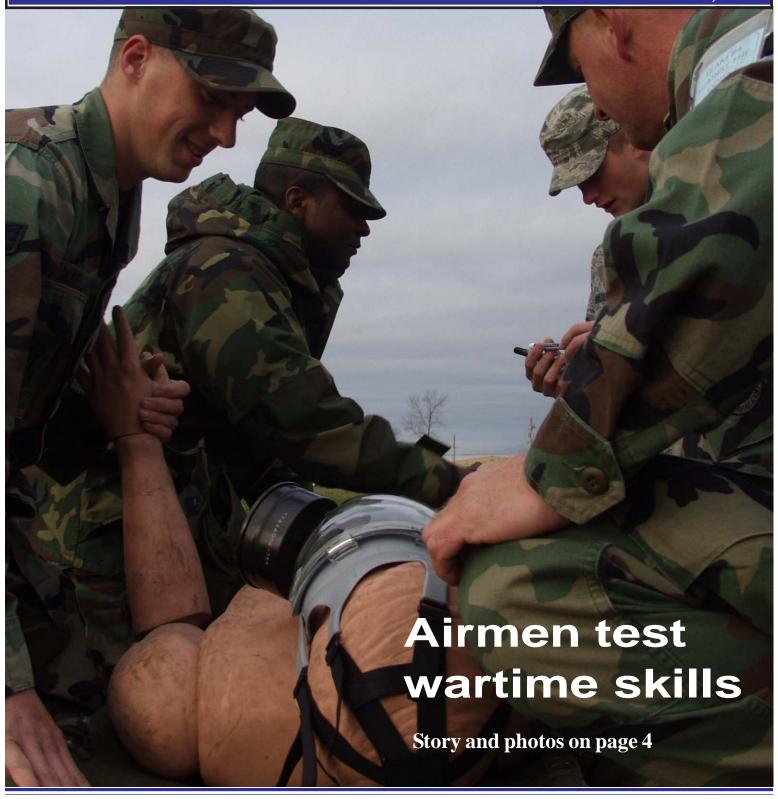


**DECEMBER 2008** 

**NIAGARA FALLS AIR RESERVE STATION** 

VOL 45, NO 12



# **Commanders Column**

### By Col. Reinhard Schmidt 914th Wing Commander

We are coming close to the end of another successful year here at Niagara and what a busy year it was: C-130H3 conversion to the H2 model; the base gained 4 more aircraft; 914th association with the 107th; completed a successful SAV; devised a 2020 Plan for the future growth and sustainability of the Niagara Air Reserve Station; continued with our high OPS tempo; our members received numerous awards including 1st Sgt. of the Year for all of Air Force; numerous community events throughout the summer and the list goes on and on.

The sacrifices you have made in serving your unit, community and our nation are nothing short of extraordinary. You should be immensely proud of yourselves, your fellow Airmen and your families. I want to give special thanks to those of you who have not only done your part, but have gone the extra mile as well. Because of you, the command has placed this wing in very high regard.

Looking ahead to the New Year we will have to hit the ground running in preparation for the UCI and our AEF rotation. As always, I am confident that you will succeed in maintaining and surpassing our high standard of operation that the 914th is noted for.



Col. Reinhard Schmidt

During this festive season, I ask you to remember the Airmen currently serving in harm's way so that others may live in peace. Enjoy the holidays and spend quality time with your family and friends. Rena and I wish you and your family the very best this season and a healthy, happy and prosperous New Year. Finally, be safe, look out for one another, and remember – your family needs you and your country needs you.

## "A date which will live in infamy."

A ceremony is scheduled to be held to commemorate Pearl Harbor Day, Sunday December 7th at the Falcon Club, here on base. The Air Force Sergeants Association is slated to honor those who fought and lost their lives during the surprise attack on Pearl Harbor, Dec.7, 1941.



#### NIAGARA FRONTIERSMAN

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**Cover:** Airmen practice self aid and buddy care during the Skills Challenge. (Photo by Airman 1st Class Andrew Caya)

#### 914 AW HOTLINE

Global Address under: Niagara Falls IAP AW Hotline

The Hotline will be used for problems, issues, suggestions and or ideas that have a wing-wide impact. All senders will remain anonymous and issues having wing-wide impact will be addressed in Commander's Call or future additions of this paper unless requested otherwise.

# ASTS promotes hand hygiene, flu prevention programs

Maj. Michael A. Burget 914th Aeromedical Staging Squadron

Hand hygiene is the easiest and number one way to prevent the spread of germs, including the common cold, flu and antibiotic resistant bacteria which are common to healthcare settings. Maintaining proper hand hygiene is as easy as washing your hands with soap and water for 20 seconds.

An even more effective way to clean your hands is through the use of alcohol based hand sanitizers which kill 99.9% of germs. The sanitizers are generally found in the form of a clear gel that is dispensed into the hands and rubbed in until dry. The sanitizers are also designed to be non-drying as they normally contain Aloe and Vitamin E

Hand hygiene should happen frequently and in the following circumstances: before preparing or eating food, before touching your face, after using the restroom, after blowing your nose, coughing, sneezing and anytime they are visibly soiled.

At times, it may not be possible to get to a sink to wash, but it is easy to carry small bottles of gel sanitizers either on you or in your car.

Right now, the ASTS is taking the lead in purchasing alcohol based hand sanitizing dispensers which will be placed on the walls of every unit throughout the wing and should be ready no later than the January UTA. The dispensers will be located in



Maj. Michael Burget sanitizes his hands at a hand washing station before he goes to work at the Areomedical Staging Squadron. (Photo by Mr. Michael Harvey)

convenient high traffic areas as to allow the majority of members to use. It only takes 1 second to dispense enough sanitizer to be effective.

The ASTS is promoting the use of these sanitizers as a way to bring awareness to disease and infection control. After the initial purchase and promotion of the program, it will be up to each unit to maintain the ordering and maintenance of the dispensers. Mostly, it will involve ordering and purchasing the gel refills. All ordering information will be provided to each unit.

The importance of hand hygiene cannot be expressed enough and therefore the hand hygiene program is supported by the wing commander and executive officer as well as the ASTS

commander and the ASTS Infection Control Manager

Additionally, members should also be aware that the ASTS provides the flu vaccination starting in October, but will be offered on an on-going basis for several months after. The flu vaccination program will be held in either the base theatre or the chapel annex. There are two ways to be vaccinated: The flu mist is administered as a mist directed into the nasal passage and also by injection. In general, the mist is provided to members 50 or younger and the shot is provided to those older than 50.

Please remember that good hand hygiene and flu vaccination play a significant role in controlling and preventing the spread of germs which cause thousands of unnecessary colds, flu's, infections and even deaths. Please contact the ASTS at ext. 2301 or 2300 with any questions.



Photo illustration by Airman 1st Class Andrew Caya

# 914<sup>th</sup> skills challenge inspires camaraderie, e' spirit de corps



Airman 1st Class Andrew Caya 914th Public Affairs

The 914th held its first skills challenge during the November Unit Training Assembly. "There was a lot of excitement and an air of competition even though the weather was bad," said Maj. Pat Campbell, 914th Skills Challenge Project Officer. "Folks really got into it and I think it turned out really well."

Skills challenges or "rodeos" are quite common across the Air Mobility Command. Units from around the Air Force have done similar challenges like the 914th completed last UTA.

"Our rodeo started as just a skills challenge for the



Airmen practice their self aid and buddy care skills by transporting a medical dummy on a stretcher during the litter-carry challenge. (Photo by Airman 1st Class Andrew Caya)

aircrew," said Campbell. After some brainstorming and adjustments the 914th decided to get all the Airmen in the wing to get in on the competition. "What we wanted to do was create e'spirit de corps here at Niagara," said Campbell.

"The leadership decided to get the whole base involved, that is why we had a combat dining in after the rodeo. We wanted to bring all parts of the wing together."

In the coming years the 914<sup>th</sup> can expect more skills challenges. "We want to make a rodeo happen every two years here at Niagara," said Campbell.

For Skills Challenge results please contact Major Campbell's office at base extension 3233.



Aeromedical technicians practice on Airmen who are simulated patients onboard a C-130 during the skills challenge. (Photo by Tech Sgt. Christopher Boswell)



Airmen hone their war-fighting skills by firing an M-16 rifle on a virtual firing range during the skills challenge. (Photo by Staff Sgt. Joseph McKee)

# "A season of hope"

Ch, Lt. Col. Weldon G. Thomas 914th AW Installation Chaplain

Our new President-elect and Commander-in-Chief Barack Obama came into prominence on the national political stage soon after he delivered a memorable speech entitled, "The Audacity of Hope" at the Democratic National Convention in the summer of 2004. Two years later he would publish his second book by the same name, "The Audacity of Hope: Thoughts on Reclaiming the American Dream." Who would have thought that yet another two years later he would have been elected the 44<sup>th</sup> president of these United States of America. Ultimately, his hopes of fulfilling an American dream were fulfilled

This elusive word – *hope*, is according to Webster's Dictionary - a desire of some good, accompanied with at least a slight expectation of obtaining it; or a belief that it is obtainable. *Hope* differs from wish and desire in this, that it implies some expectation of obtaining the good desired, or the possibility of possessing it. Hope therefore when it comes to past always gives pleasure or joy; whereas wishes and desires may produce or be accompanied with pain and anxiety.

It is fitting therefore that as Americans we have arrived at a season of hope, not only for the inauguration of the newly elected president and vice president; but we are looking towards the future with a great hope and pregnant expectation that our economy will make an upturn, and that the fallout and affects of Wall Street's challenges and woes -which have trickled down to Main Street and now finding its way to your street and my street will improve!

But we also wait in hope that our fellow airmen, soldiers and sailors will be protected and will soon return home. That they return safe and sound to be with family during this holiday season that is anchored in many family traditions, customs and practices; many of which center around the beliefs of our particular faith tradition. This is the beauty of American's freedom; that we can celebrate various holidays (holy days) according to our own desires and yet respect others who may or may not observe any of the many holidays that occur in this month of December.

We hope in knowing that whatever we may wish for – especially a brighter tomorrow; the safety of our troops serving abroad and those of us here on our own shores, including fellow Americans around the world, and our family and friends all will be blessed. This season of hope which is a confidence in future events; the highest

degree of well founded expectation of good; is also a hope founded on God's gracious promises for all Americans and all peoples of the world.

In that speech that catapulted President-elect Obama into national prominence in 2004, he said, "...I'm not talking about blind optimism here — the almost willful ignorance that thinks unemployment will go away if we just don't talk about it, or the health care crisis will solve itself if we just ignore it. No, I'm talking about something more substantial. It's the hope of slaves sitting around a fire singing freedom songs; the hope of immigrants setting out for distant shores; the hope of a young naval lieutenant bravely patrolling the Mekong Delta; the hope of a millworker's son who dares to defy the odds; the hope of a skinny kid with a funny name who believes that America has a place for him, too. Hope in the face of difficulty. Hope in the face of uncertainty. The audacity of hope."

Let us take serious our hopes, wishes and dreams, especially during this *season of hope*, that our hopes may be fulfilled. Be encouraged by the scripture verse that reminds us, "For as he [she] thinketh in his [her] heart, so is he [or she]." Proverbs 27:3

# Air Force Reserve Commander Shares Holiday Wishes

Lt. Gen. Charles E. Stenner Jr. Commander, Air Force Reserve Command

As we look forward to this Holiday Season and the start of 2009, I want to express my gratitude to each of you, your families and employers for the sacrifices you make for our great country each and every day.

Much has been asked and each reservist and family member has given of themselves for their country. You've stepped up to the challenge smartly, without hesitation.

For those who are able to celebrate this Holiday Season with friends and family at home, I ask that you remember our brave men and women who are serving around the world far from family and friends.

About 2,000 of our Air Force Reserve warriors are serving overseas with incredible distinction in global operations every day by saving lives and thwarting terrorism. The entire Air Force Reserve family has you in our hearts and



looks forward to your safe return.

The holiday season provides an opportunity to remind us all to set aside time for friends and family who share and support those sacrifices.

Dee and I wish you and your families the very best this Holiday Season and for 2009!

(Air Force Reserve Command News Service)

# "GET 1 NOW" awards program proves successful

#### Senior Master Sgt. Pat Muoio 914th Senior Recruiter

New awards and a new look...that's what the Air Force Reserve's Get 1 Now Program has for fiscal year 2009. The last few months, recruiting has been working hard to develop community awareness and reach out to individuals with a need the Air Force Reserve can help fulfill.

The recruiting team has been placing various types of literature in local establishments. Recruiters, along with unit members, have worked numerous events to include Art Park concerts, high school and community college visits, and more recently, the Buffalo Bills tailgate party with 97 Rock. The radio station 97 Rock has been airing 30 second Air Force Reserve advertisements during both the

Buffalo Bills pre and post game show. The Buffalo Bills tailgate party presents us with the opportunity to place a banner at the event while speaking to hundreds of individuals from the local community. We hand out numerous types of Air Force Reserve freebies and have Airmen Andy as depicted walk around during the event. Airmen Andy is a huge draw, grabbing the attention of those around him and creating an Air Force Reserve presence.

With all this hard work, we still cannot do it alone; your help is needed as in previous years. Niagara Falls placed second in the Air Force Reserve Command for the FY08 Get One Now Accessions Program with 32 referrals that ultimately joined our wing. Senior Master Sgt Sherrie Campbell placed 4<sup>th</sup> throughout AFRC with 3 Get One accessions while Staff.Sgt Jason Jones, Amn Justine Korodi, Tech. Sgt Jamal Malkey and Airman 1st Class Meagan



Airman Andy, the recruiting and Get 1 Now program mascot tailgates with enthusiastic Buffalo Bills fans at a game in Orchard Park. (Photo by Senior Master Sgt. Pat Muoio)

Indelicato tied for 5<sup>th</sup> in the AFRC with 2 Get One accessions each. Congratulations and a huge thank you goes out to these outstanding members.

Recruiting relies heavily upon these referrals to put quality individuals into the Air Force Reserve. People expect us, as recruiters, to make claims however; they are impressed when the information comes from people such as you! There are 5 recruiters assigned to Niagara Falls ARS that do their best to get the word out. With over 1200 unit members assigned to the 914th Airlift Wing you can make a significant impact by talking to co-workers, neighbors and friends that may benefit from the opportunities the Air Force Reserve offers. Making a referral must be submitted to the "Get1now.us" website, by calling "877-786-2372" by online "chat" or lastly by e-mail. To learn more about the Air Force Reserve Get1Now Awards Program, or if you are interested in joining in on one of our many recruiting events, please contact your local recruiting office at 716-236-3033, or stop by bldg 800 room 121. Thank you for your support ... together we will improve the 914<sup>th</sup> and the Air Force Reserve!

# Anonymous mental health screening tool for military members

## Maj. Michael A. Burget

The website: www.militarymentalhealth.org is available for reserve members to complete an anonymous self assessment screening regarding a variety of mental health issues, ranging from depression ,PTSD to drug and alcohol abuse. The website is designed specifically to help members of the military and in no way ever identifies the individual.

As quoted by *Screening For Mental Health*, *Inc 2006*, the program is described as such:

"Military Life, especially deployments or mobilizations, can present challenges to service members and their families that are both unique and difficult. Some are manageable, some are not. Many times we can successfully deal with them on our own. In some instances matters get worse and one problem can trigger other more serious issues. At such time it is wise to check things out and see what is really happening. That's the purpose of these totally anonymous and voluntary self-assessments.

These questions are designed so that you can review your situation with regard to some of the more common mental health issues. The screening will not provide a diagnosis - for that you need to see a professional. But, it will tell you whether or not you have symptoms that are consistent with a condition or concern that would benefit from future evaluations or treatment. It will also give you guidance as to where you might

seek assistance." Please check out the site today and click on Begin the Screening to begin the assessment.

For members dealing with thoughts about <u>suicide</u>, please immediately contact the National Suicide

Prevention hotline to speak with a trained professional. The hotline is manned 24 hours 7 days a week. The extent of services you receive will depend on the severity of your symptoms. Enrollment in a program can be done over the phone.

National Suicide Prevention Hotline: 1-800-273-8255 (TALK).

Family Support Ex2097

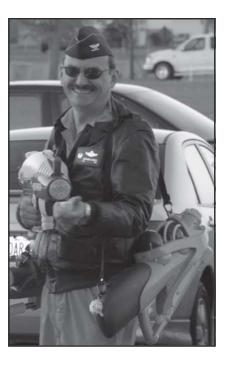
Behavioral Health 6342/3495 Sexual Assault Resource Coord. (SARC)-716-989-9443

# Around Niagara...



Master Sgt. Michael Haag navigates the obstacle course set up at the combat dining-in on his way to drink from the grog-bowl. (Photo by Tech. Sgt. Christopher Boswell)





Above: Col. Reinhard Schmidt aims his squirt-gun at fellow Airmen before entering the Combat Dining In. Left: Who Let the Grogs Out? An Airman displays the official symbol of the 914th's 2008 Combat Dining In on the back of a t-shirt during the festivities. (Photos by Tech. Sgt. Christopher Boswell)





A cement curb and pad is being poured around static aircraft for better protection against the elements. The curbs will be completed this year and the pads will be poured weather permitting. After being poured, the curbs are covered with heating blankets until the cement cures. The aircraft are on loan from the National Museum United States Air Force. It is the base's responsibility to maintain display aircraft and to report on their condition annually. It is hoped the cement pads will protect the aircraft from damage . (Photos by Staff. Sgt Joseph McKee)

# Niagara's do's and do not's of winter parking

#### Kenneth J Coogan

We are currently in winter snow removal operations.

Due to the fact that there are large pieces of snow removal equipment in operation on a 24/7 basis as needed, it is imperative that vehicles be parked in designated TDY or overnight areas, such as the TDY area on the east side parking lot by building 403.

Any vehicles left in parking lots that obstruct snow removal operations risk the chance of the entire parking lot being left untouched. Any questions regarding this can be directed to the RPM snow call desk Monday-Friday, base ext. 2051



(Photo by Michael Harvey)



The fair will invite local businesses on base to recruit our members, their spouses and adult children who are looking for civilian work. The fair will be held on Saturday of the January UTA. Everyone attending should have a resumé available to speak to employers. Employers anticipate conducting some interviews on the spot. For any questions call or write to Col. Mark Murphy mark.murphy@niagarafalls.af.mil or Command Chief Steven Larwood at Steven.larwood@niagarafalls.af.mil.

# Spotlight

(Photo by Michael Harvey)

Name: Eric Moseman

Unit: 914th MXS

Job Title: Comm/Nav Tech

Time in service: 15 years. 6 active duty.

Hometown: Niagara Falls.

Favorite Sports: Buffalo Sabres Hockey.

Hobbies: Computers, Music and chasing his four year old.

Favorite TDY: Saudi Arabia, Tabuk becuase of the way everyone pitched in to do the work that had to be done.

#### Farewell from Niagara:

Senior Master Sgt. John Busch

Master Sgt. Richard Barham

914th ASTS

Master Sgt. Gilbert Uhlendorff

30 APS

Staff Sgt. Roger Finan

30 APS

Tech Sgt.Curtis Hollie Jr.

914th MSF

Senior Airman David Lam

914th ASTS