

THE



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FLYOVER

Pittsburgh International Airport Air Reserve Station, Pittsburgh Pa.

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Commander

Col. Randal L. Bright

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On the Cover...

Air Force Memorial

The Air Force Memorial spires soar toward the night sky, the lights of nearby Washington D.C. glowing in the background. Designed by the late James Ingo Freed, the memorial pays tribute to and honors the patriotic men and women of the U.S. Air Force and its predecessor organizations. (Photo by Tech. Sgt. Christopher J. Matthews)

Looking back on another successful year

By Col. Patricia S. Blassie
911th Mission Support Group Commander

When I was selected to serve as the 911th Mission Support Group commander, I knew it was a great honor.

From my perspective, it has been a greater honor to work with you this past year. With the Air Force Core Values as our foundation – serving our great Nation together, bringing our unit, our Wing, to even greater heights.

Those who have had the courage have openly described this past year as a “Whirlwind,” or as the “Perfect Storm.” Another said, “What a ride!”

No matter how you view this year while I was in command, I want you to know that I view this year as one of the highlights of my career and here’s why...

We learned together. We grew together. We laughed together and, oh yes, there were some tears along the way.

We confronted the difficult issues in a fair and balanced way. We learned to respect diversity, while adhering to protocols and long standing traditions.

We changed for the better, sweeping away mediocrity; expecting only what is best for the people, for our unit, no matter how hard we had to work – because we have come to know “nothing good comes easy.”

We learned to support one another even when we agreed to disagree. We faced the UCI in a calculated manner, pulling through as a team with flying colors. Then one month later we put on a world-class air show that people are still talking about today.

We won high-level awards, recognized our superior performers, promoted those who were deserving and successfully deployed and re-deployed personnel without incident.

Most importantly, we honored and recognized our families because without their support, where would we be?

Collectively, we moved, and continue to move, in the right direction. .

We have worked to improve our processes. We are working to place the right people in the right positions. We understand the value of being mentored, and mentoring others, in order to ensure

all can positively progress within our great organization.

We understand the importance of attaining wise counsel. Always.

We trained hard, using our skills and experience, second to none.

We worked to embrace fitness as our lifestyle since it is a condition of employment. There is a deepened sense of pride within our unit as we help one another pass the Fit to Fight Test.

We expertly managed the change that came our way. We’ve come to understand it’s not what happens that matters, because things will always happen. What matters is what you do with what happens.

So, yes, I agree with those of you who said this year was a “Whirlwind,” as well as those of you who called this year the “Perfect Storm.”

I also agree that this year has been one heck of a ride! And, not just because of what we accomplished, but because of YOU.

We worked hard. We played hard. We got to know each other and without a doubt, we made one heck-of-a-team!

I will always remember our time together. I am extremely proud to have had the opportunity to serve with you, along side you.

I wish I could thank each and every one of you personally for all you have done, for what you are doing and for what you will accomplish for our Air Force in the days to come.

Don’t ever stop striving for the best. Press on for the good of our great Nation; for the good of the people as a whole; for the good of those whom we love.

I will miss you. But I will never forget.

May God bless you and yours in every way in the days to come.

A Proud Salute!



NSPS coverts about 90 GS employees in January

**By Christine Jenkins,
911th Human Resources**

The Air Force will convert about 26,000 employees to the new National Security Personnel System on January 21, 2007.

Of those 26,000 approximately 90 non-bargaining unit employees of the 911th Airlift Wing will be included in the group known as spiral 1.2H.

Key aspects of the new system include classification, compensation, performance management, staffing and

workforce shaping elements. Employees converting into the new system will be converted to pay bands which will replace the General Schedule.

Employees will also receive new performance plans designed to link performance expectations to their organization's mission and strategic goals.

The new performance management system is one of the cornerstones of NSPS and pay will be directly linked to job performance. The first performance pay-out for Spiral 1.2H employees will be in January 2008.

The Department of Defense has created and posted a course titled 'NSPS 101' on their NSPS website at <http://www.cpms.osd.mil/nsps/nsps101/nsps/index.htm>. NSPS 101 is a web-based course designed to introduce DoD civilian employees to the new system's vocabulary and mechanics.

The course features a conversion tool that allows employees to enter their current GS job series and grade to determine which NSPS pay band they will be placed.

For more information about NSPS 101 visit NSPS online at <http://www.cpms.osd.mil/nsps/>.

Civilian of the Quarter award winners



Ms. Jane A. Armstrong
GS-8 and below and Wage Grade
Chief, Customer Service, Mission Support



Mr. Joseph L. Jarvis
GS-9 and above and Wage Supervisor
Budget Analyst - Civil Engineering

Open season begins in November with new benefits

Dental and vision plans added for 2006

**By Ronald J. Piche
911th Human Resources**

The Federal Employees Health Benefits 2006 Open Season begins Nov. 13 and lasts until Dec. 11, 2006. During this period employees can make changes to their FEHB i.e. medical plans, flexible spending accounts or add the new dental and vision plans.

Employees can make changes to their medical plans using the Employee Benefits Information System or EBIS, which is accessible through the Air Force Portal, the Air Force Personnel Center's secure website or by calling the BEST line at 1-800-616-3775.

Adding a dental plan, vision plan, or both can be accomplished using the BENEFEDS Portal at www.benefeds.com. Flexible spending account changes can be done on the FSAFEDS website at www.fsafeds.com.

The 911th Airlift Wing will hold an open season health fair Nov. 14 from 9 a.m. until noon in the training room of the Civil Engineering building. Representatives from the various health care providers will be present to answer questions on the various plans they offer. For more information contact the human resource office at 412-474-8532.

Short-term loans yield expensive consequences

Pay day lender loans prove costly for reservists' careers

By Terry Stuart,
Family Readiness Office

Money doesn't grow on trees and with prices at the pumps, rising home energy costs and unplanned expenses our wallets are stretched to the max today.

Because of this, modern day loan sharks also known as pay day lenders will lend the equivalent of a paycheck to reservists for participation fees or interest totaling up to 700 percent interest on the amount borrowed.

It is entirely possible to fall behind and owe one of these lenders far more than what was borrowed. The good news is that in the future such lenders can only charge service members a maximum of 36 percent interest. This is a law that recently passed Congress in October so more details

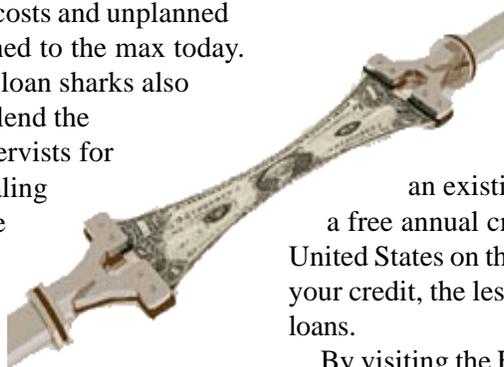
will follow.

The best case scenario is to have investments that give back the type of return equal to an amount borrowed.

Sensible financial planning is important to reservists, their families and to the Air Force. A reservist who fails to keep their personal financial matters in order is at risk for nonjudicial punishment, losing their security and in some cases may face discharge.

Members can take advantage of an existing law passed by Congress to get a free annual credit report. Credit works in the United States on the following principle: the better your credit, the less personnel will pay on a variety of loans.

By visiting the Family Support Office a reservists having financial problems can become educated on the best practices for credit management and elimination of consumer debt. Stop by or call the Family Support Office at 412-474-8544 today.



CARs provide education for eligible TSGLI members

The casualty assistance representatives, Germaine L. Karcz and Steve Cvetkovic at 412-474-8558 or 8559 are the primary points of contact for assisting potentially eligible members with Traumatic Injury Protection Insurance applications in coordination with the base military treatment facility.

TSGLI coverage is a tax free lump sum payment ranging from \$25,000 to \$100,000, depending on the extent of the injury. Members insured under the Servicemembers' Group Life Insurance policy are automatically covered at an increase in their premiums of only

\$1 per month.

The coverage also includes a retroactive provision for Airmen who suffered a qualifying loss as a direct result of injuries incurred in Operation Iraqi Freedom or Operation Enduring Freedom from Oct. 7, 2001 through Nov. 30, 2005. Enrollment in SGLI is not a requirement to receive the retroactive TSGLI benefits.

"The intent of TSGLI is to provide qualifying injured Airmen with an immediate source of income," said Mr. Tom Perry, chief of the casualty matters division at AFPC. "Our casualty assistance

representatives will play an active role in counseling eligible Airmen and assisting them with the certification process."

Certification forms for TSGLI benefits are available at base MPFs and should be submitted at the earliest opportunity.

For more information on the TSGLI benefit, Airmen should contact their base CSR. Airmen with questions regarding eligibility or processing requirements for retroactive TSGLI benefits may also contact their base CAR or call the AFPC casualty services branch at (800) 433-0048.

2007 Wings Over Pittsburgh Air Show Contest

Put your thinking caps on because the 911th Airlift Wing Vice Commander is looking for creative people to submit their ideas for this year's theme and design of the patch, coin, shirt and poster for the 2007 Wings Over Pittsburgh Air Show. For more information contact Col. Thomas E. Kittler at 412-474-8040.

Wingman Day is December 2

Airmen taking care of Airmen

Beginning in 2004, the Air Force set aside time to provide its Airmen a new forum to reinvigorate a sense of community and revisit the Air Force Core Values.

In that spirit this year Col. Randal Bright, 911th Airlift Wing commander has designated Dec. 2, 2006 as Wingman Day. The wingman program stems from former Air Force Chief of Staff Gen. John P. Jumper's counsel for Airmen to focus on taking better care of one another.

The *Wingman* concept is about looking out for your fellow Airmen, being respectful to one another and providing support during trying times.

Even though Dec. 2 has been designated "Wingman Day," the *Wingman* concept should be

reinforced and implemented by all personnel everyday of the year with continued focus on how everyone should live up to and have a shared sense of the AF Core Values.

Wingman Day activities begin with all unit commanders and first sergeants having their units break into discussion groups.

Topics for group discussions include:

- What does serving in the AF Reserve mean to you?
- What are specific unit challenges or problems?
- What distractions do you have that affect mission readiness success?
- How does this unit support the Wingman culture throughout the year?



The annual Combined Federal Campaign begins Oct. 30. and runs through Nov. 10.

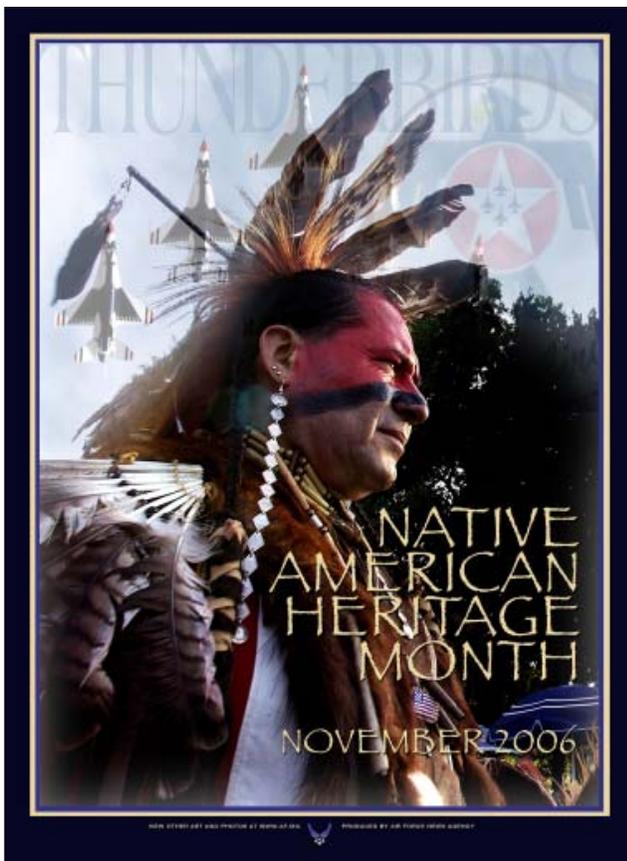
This year there is a raffle for two tickets to the Steelers Tampa Bay game Dec. 3 and a \$45 gift certificate to the Grand Concourse.

One winner gets both prizes. Tickets are \$5 each or three for \$10. One winner will be selected from all local federal agencies. A pledge card will be distributed to all civilians and ARTS for this year's campaign.

A \$2 minimum payroll donation is required.

The web site for the CFC Directory is: www.3riverscfc.org/directory.php.

This year's goal is \$20,000. For more information or a pledge card please contact John Lengyel at 412-474-8539.



Seeing is believing

Vision ready is mission ready.

Our mission as an Optometry clinic is to make sure all military personnel are able to see well enough to perform their duty both effectively and efficiently. These are some helpful hints to avoid delays during your visit.

- Do not wear contact lenses
- If available, bring a current glasses prescription
- Bring glasses – cannot process without
- Let us know if you wear contact lenses
- Sign in on the log sheet on the door
- Arrive early to clinic for your appointment

All aircrew members enrolled in Soft Contact Lens Program must maintain compliance with annual eye exams.

If you have ordered gas mask inserts, please come to the clinic and pick them up.

If you need to order gas mask inserts, please bring a current prescription to the clinic.

For more information with questions or concerns call 412-474-8385.

Political dos and don'ts in an election year

Article courtesy of the Air Force District of Washington Legal Office

Bumper stickers, yard signs and television commercials can only mean one thing; it's an election year.

Air Force Instruction 51-902 provides the guidelines and prohibitions regarding political activities as they apply to members of the Regular Air Force and Air Force Reserve on active duty for training, including the Air National Guard when federalized.

This AFI implements DoD Directive 1344.10, *Political Activities by Members of the Armed Forces on Active Duty*. Violations of this instruction are punishable under the Uniform Code of Military Justice.

To clearly understand what you can and cannot do involving political activity, it is first necessary to understand the difference between nonpartisan political activity and partisan political activity.

Nonpartisan political activity is activity that either supports or relates to candidates who do not represent, or issues which are not specifically identified with, national or state political parties, or associated or ancillary organizations. Issues relating to constitutional amendments, referenda, approval of municipal ordinances, and others of a similar character are considered not specifically identified with national or state political parties.

On the other hand, partisan political activity supports or relates to candidates who represent, or issues specifically identified with, national or state political parties, or associated or ancillary organizations. A candidacy, declared or undeclared, for national or state office is a partisan political activity, even if the candidate is not affiliated with a national or state political party.

There are many things an Air Force member may not do that you should be aware of during the upcoming election season:

Air Force members may not use official authority or influence to interfere with an election, to affect its course or outcome, to solicit votes for a particular candidate or issue, or to require or solicit political contributions from others.

With limited exceptions, Air Force members may not be a candidate for, or hold civil office. They may not participate in partisan political

management, campaigns, or conventions, or make public speeches in the course of such activity.

Members may not allow, or cause to be published, partisan political articles signed or authorized by the member for soliciting votes for or against a partisan political party or candidate. They can't serve in any official capacity or be listed as a sponsor of a partisan political club.

As an Air Force member you cannot speak before a partisan political gathering of any kind to promote a partisan political party or candidate.

Neither can you participate in any radio, television, or other program or group discussion as an advocate of a partisan political party or candidate.

You may not conduct a political opinion survey under the auspices of a partisan political group, or distribute partisan political literature; perform clerical or other duties for a partisan political committee during a campaign or on Election Day; solicit or otherwise engage in fund-raising activities in federal offices or facilities, including military reservations, for a partisan political cause or candidate.

Marching or riding in a partisan political parade is forbidden, as is participating in any organized effort to provide voters with transportation to the polls, if the effort is organized by or associated with a partisan political party or candidate.

You may not attend, as an official representative of the Armed Forces, partisan political events, even without actively participating.

For specific questions about this subject, please contact the base legal office at 412-474-8840.



Environmental Compliance and Assessment Management Program holds inspection

By Senior Airman Lou Burton
911th Public Affairs

Tension mounts as an Airman nervously yanks at the normally cooperative filing cabinet to access records maintained by a superior. While reaching for the intended target, previous training overrides all uncertainty of personal knowledge. What might one ask that has inflicted a sensation of doubtful nervousness?

One word: inspection.

During October's UTA many shops were visited by a team of Environmental Compliance and Assessment Management Program assistants who asked questions pertaining to the safety of their perspective unit. This year's group of military personnel was lead by Chemical Engineers.

VA, UPMC team-up for post traumatic stress study

The Veterans Administration, in collaboration with the University of Pittsburgh Medical Center, is performing a study regarding sleep disturbance as a result of having Post Traumatic Stress Disorder.

If you believe that you have PTSD and related sleep disturbances you may be eligible for this study. If you are interested in being a study participant, contact 1st Lt. David Sever at 412-474-8233 or david.sever@pittsburgh.af.mil.

All contacts and referrals will be kept strictly confidential.



(Photo by Francine Vollmer, 911th Civil Engineering)

Tech. Sgt. Eugene Nichols, 911th Maintenance Squadron; Paul Lorenz, URS Corp. chemical engineer; and Senior Airman Lou Burton, 911th Airlift Wing Public Affairs look inside a dumpster for hazardous waste during an Environmental Assessment and Compliance Management Program Oct. 14 - 15.

The ECAMP was established in the late 1980's mandating that an internal inspection be conducted annually and an external inspection conducted every three years, said Paul Lorenz, Chemical Engineer for the URS engineering firm.

Having the inspections annually ensures that the base remains up to date for the external inspections, said Francine Vollmer, Chief of Environmental Flight.

The inspected areas of interest included: air emissions management, hazardous materials management, hazardous waste management, other environmental issues, POL, solid waste, storage tank, toxic substances, wastewater and water quality management.

The program incorporates military personnel volunteers "to help get the word out to people in shops who may not consider the various aspects of their workplace that keep help keep them safe," said Ms. Vollmer.

The ECAMP participants were split into three groups that investigated specific aforementioned criteria then filed reports based on the discrepancies found. The group also received hands on training and guidance from team leaders who participated in previous inspections.

The reports filed were based on major or minor infractions and will be sent to the specific sections in violation along with deadlines for correcting the infractions found, said Ms. Vollmer.

Even with the major infractions found they only require minor adjustments to rectify the problem, said Mr. Lorenz.

"The base did well overall. Everyone took pride in their work, were knowledgeable in their fields and those units inspected made sure their personnel stopped what they were doing so we could complete the inspection," concluded Mr. Lorenz.

Americans fall prey to weight-loss supplement ‘hype’

American adults think weight-loss supplements are safer and more effective than they actually are, researchers report in a new survey.

More than 60 percent of the 1,444 telephone respondents, all of whom had made significant efforts to lose weight, mistakenly said that such supplements have been tested and are proven to be safe.

Over half (54 percent) wrongly stated that such supplements are approved by the U.S. Food and Drug Administration.

“FDA-approved drugs for weight loss have gone through years of testing with thousands of patients to prove that they are safe and

effective. Supplements have not,” said Thomas Wadden, president of North American Association for the Study of Obesity-The Obesity Society. “And this survey sounds the alarm that most Americans have the wrong idea about the safety and efficacy of these supplements.”

There are currently no over-the-counter drugs for weight loss approved by the FDA.

The survey, conducted by the University of Connecticut’s Center for Survey Research & Analysis was presented in late October at the Obesity Society’s annual meeting, in Boston.

“The survey shows many Americans want to and will try to lose weight without a doctor’s help and without a prescription medication,” said investigator Saul Shiffman, a professor of psychology at the University of Pittsburgh. “To maximize their success, overweight Americans need to be informed about products that have been proven effective, and to use effective products and methods, to increase the effectiveness of Americans’ dieting efforts, and improve their health and well-being.”

Article courtesy of National Health Information Center

Fitness Center News

The fitness center offers state-of-art equipment, including stair steppers, elliptical machines, free weights and nautilus equipment. The center also has a full length basketball court racquetball court and locker rooms with showers. For more information call 412-474-8245.

Monday to Friday	6:30 a.m. to 10 p.m.
UTA Friday	7:30 a.m. to 9 p.m.
UTA Saturday	8 a.m. to 8 p.m.
UTA Sunday	7 a.m. to 1 p.m.

Grapefruit-Cranberry Punch

Prep. Time: 5 min.

Number of Servings: 4

Cups of Fruits and Vegetables Per Person: 1

Ingredients:

2 cups cranberry juice cocktail, chilled

3/4 cup frozen grapefruit juice

1 can (12 oz) lemon-lime carbonated beverage, chilled

Directions:

In pitcher, combine the cranberry juice and thawed concentrate. Gently stir in the carbonated beverage.

Serve at once over ice cubes.



Air Force Academy Falcons 2006-2007 schedule



Date	Opponent / Event	Location	Time/Result
09/09/06	at Tennessee	Knoxville, Tenn.	L, 31-30
09/23/06	at Wyoming	Laramie, Wyo.	W, 31-24
09/30/06	vs. New Mexico	USAFA, Colo.	W, 24-7
10/07/06	vs. Navy	USAFA, Colo.	L, 24-17
10/12/06	vs. Colorado State	USAFA, Colo.	W, 24-21
10/21/06	at San Diego State	San Diego, Calif.	L, 19-12
10/28/06	vs. BYU	USAFA, Colo.	L, 33-14
11/03/06	at Army	West Point, N.Y.	8:00 p.m. ET
11/11/06	vs. Notre Dame	USAFA, Colo.	2:00 p.m. MT
11/18/06	vs. Utah	USAFA, Colo.	5:30 p.m. MT
11/24/06	at UNLV	Las Vegas, Nev.	4:00 p.m. PT
12/02/06	at TCU	Fort Worth, Texas	3:30 p.m. CT

Veteran's Day

November 10, 2006



Patriotism is not short, frenzied
outbursts of emotion, but the tranquil
and steady dedication of a lifetime.

— Adlai Stevenson

