

**THE**

Pittsburgh International Airport Air Reserve Station, Pittsburgh Pa.



# **FLYOVER**

**Vol. 45 No. 10  
December 2006**

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**Commander**

Col. Randal L. Bright

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- 32<sup>nd</sup> Aerial Port Squadron*  
Maj. Paul Hurley
- 911<sup>th</sup> Aeromedical Staging Squadron*  
Senior Master Sergeant Maureen Reitz
- Senior Airman Ryan Koegler

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## On the Cover...

### Exercise, exercise

About 300 military and civilian emergency responders took part in the National Disaster Medical System exercise held here during the November UTA. The exercise is held every two years simulating transfer of military and civilian casualties from large-scale disasters. (Photo by Mr. Warren Park, VA)



# Looking back while leaning forward to change

**By Col. Randal L. Bright  
911th Commander**

With only a few more days left in 2006 I'd like to take this opportunity to thank the members of the 911th Airlift Wing for your service throughout the past year.

In 2006 you saw many challenges and performed admirably through the Unit Compliance Inspection, Maintenance Standardization and Evaluation Program, and Health Services Inspection and that was just in the month of June. Then in July you followed up with another phenomenal air show.

Throughout the year you stepped up and volunteered for numerous Aerospace Expeditionary Force rotations representing the 911th and serving our nation.

Today our Reservists can be found working in numerous areas of responsibility throughout the world. All of you should be proud of the work you have done, whether it be at home or deployed. Your efforts have been noticed and I am proud of you.

As the New Year approaches it will continue on a course lead by change. Last month alone we said goodbye to two commanders and our command chief. Our first to move on was Command Chief, Chief Master Sgt. Jim Fields who was selected to serve as the 22<sup>nd</sup> Air Force Command Chief.

His departure afforded me the opportunity to convene a selection process to select our new Command Chief. I am proud to say that Chief Master



**Col. Randal L. Bright**

Sgt. John Payne from our Security Forces Squadron was selected as our new Command Chief.

Operations Group Commander, Col. Steve Clayton will return to Dobbins Air Reserve Base, Ga. to assume the duties as the 94th Operations Group commander. His previous experience with the C-130 school house there provided the experience and skills that the command was looking for at Dobbins.

In his place I recently selected Lt. Col. Frank Amodeo, who served as the 439th Operations Group deputy commander at Westover ARB, Mass. Lt. Col. Amodeo will begin settling in this December.

Lastly, we bid farewell to Col. Patricia Blassie at the change of command ceremony held during the November UTA. Col. Blassie leaves Pittsburgh for the Pentagon where she will serve as the Executive Officer to Lt. Gen. John A. Bradley,

Commander Air Force Reserve Command.

As a result of Col. Blassie's departure we welcome Lt. Col. Mike McCully who comes to us from Peterson Air Force Base, Co. as our new Mission Support Group commander.

When you see these new faces out and about please take the time to welcome them as the newest members of the 911th family.

As you read this *Flyover*, you will have already had the opportunity to celebrate the Thanksgiving Holiday. I hope that your holiday was safe and uneventful and that you were able to spend time with friends and family and to give thanks for this great nation that we serve and live in.

It is for folks, such as yourselves, that we can exercise our constitutional rights, such as our right to elect our leaders as witnessed on November 7. Many nations around the world do not have these types of liberties and we owe our thanks to you all for preserving that right by defending this nation. I thank you and I am proud of you!

Amy and I would like to take this opportunity to wish all of you Happy Holidays this season and we hope that you get to spend this time with family and friends and to give thanks for living in a free country that allows you to spend your holidays whichever way your religion celebrates or that you feel inclined to celebrate.

Again, thank you for the service that you provide for our nation and I am honored to be your commander.

# Mission Support Group changes command

By Senior Airman Marc Nickens  
911th Public Affairs

Lt. Col. Michael J. McCully, a 1984 California State University graduate, assumed command of the 911th Airlift Wing Mission Support Group Nov. 5 at hangar 416, as Col. Randal L. Bright, 911th Airlift Wing commander, hosted the event.

Col. Patricia S. Blassie, who had served as the MSG commander since October 2005, has been selected to serve as the Executive Officer to the Chief of the Air Force Reserve and Commander, Air Force Reserve Command at the Pentagon.

"I want to first thank everyone for the warm welcome I have received and how very impressed I have been with the 911th Airlift Wing," said Colonel McCully.

"The 911th Mission Support Group is an outstanding unit and has



(Photo by Senior Airman Marc Nickens, 911th Public Affairs)

Guidon bearer Chief Master Sgt. Mark Ivanco (left) returns to the position of attention after receiving the Mission Support Group guidon from newly assigned 911th MSG commander, Lt. Col. Michael McCully (right). The guidon was passed from Col. Randal Bright, 911th Airlift Wing commander (center) during the change of command ceremony held at hangar 416 here Nov. 5.

a great reputation throughout the Air Force," he said. "I have found that the 911th Mission Support Group is dedicated to the Air Force

mission and all of their successes are well known and well deserved."

Lt. Col. McCully comes to the 911th Airlift Wing from Peterson Air Force Base, Co. where he was the commander of the 302nd Mission Support Group since January 2005. His other commands include the 94th Communications Flight, Dobbins Air Force Base, Ga. and the 349th Memorial Affairs Squadron, Travis Air Force Base, Ca.

"Success comes not from just hard work but also from the desire to make a difference and to fulfill the dreams we all have," said Colonel McCully.

"We are an Air Force family dedicated to serving this great country, making a difference and living the American dream. I would like to thank all of the men and women of the 911th Airlift Wing and especially Colonel Bright again for the warm welcome my family and I have received and together 'we' will make a difference!"



(U.S. Air Force photo)

## Providing service abroad

Senior Master Sgt. Richard Bishop, 376 Expeditionary Logistics Readiness Squadron Passenger Terminal superintendent, and Tech. Sgt. Kristy Skurka, 376 ELRS TMO Flight chief, brief a group of Kyrgyz Ministry officials and U.S. Embassy staff about Passenger Service and Traffic Management Office operations during a tour of the new PAX terminal at Manas International Airport, Ganci Air Base Bishkek, Kyrgyzstan. Sergeant Bishop is deployed from the 32nd Aerial Port Squadron at Pittsburgh Air Reserve Station, Pa., and Sergeant Skurka is deployed from the 27th LRS at Cannon Air Force Base, N.M.

# Payne selected as new wing command chief

By Staff Sgt. Shawn M. Walleck  
911th Public Affairs

After going through a uniform change almost 18 months ago Chief Master Sgt. John E. Payne is making one more trip to the cleaners where his newly sewn on chief master sergeant stripes will welcome the addition of the Command Chief insignia.

After 22 years Chief Payne says he is looking forward to the transition from the 911th Security Forces Squadron to the front office. "It's a tremendous honor that carries with it an awesome responsibility," said Chief Payne.

In August, 911th Airlift Wing Commander, Col. Randal L. Bright began the command chief selection process with nine candidates. Once the packages were reviewed the field then narrowed to three candidates who were interviewed during the October unit training assembly.

By mid-October a selection was made, and Chief Payne was announced as the Wing's new command chief during the November UTA.

Colonel Bright said "each of the three finalists had their own unique style. But sometimes it's what happens outside of the interview that makes the difference. When it was Chief Payne's turn to interview he had disappeared and Capt. Tanaka Dunn went looking for him. When she found him he was talking with an Airman down the hall and that's exactly what I expect of a Command Chief. Someone who will be out and about and not tied to their desk, that's what I like to see and exactly what the wing needs. That's why I selected him."

Chief Payne has experienced numerous successes during his career. But more than medals or certificates,



(Photo by Technical Sgt. Mary Haney, 911th Comm. Squadron)

Col. Randal L. Bright, 911th Airlift Wing commander congratulates newly selected 911th Wing Command Chief, Chief Master Sgt. John Payne during an informal presentation held November 5.

it is his passion for the Air Force that he credits for keeping him "blue."

After serving on active duty, Chief Payne stated that it was a natural progression to then serve in the Reserves. "I serve because I believe strongly in the Air Force and our core values and being selected for this position gives me an even greater opportunity to lead by example," added Chief Payne.

Knowing what it's like to rise through the enlisted ranks Chief Payne believes that spending significant time and resources on young Airmen is the key to maintaining longevity and consistency at the 911th.

"They are our future and the more time we spend with them the stronger our future. So I encourage each of our Airman to fully embrace the Air Force and what it stands for, plan your careers carefully, ask for help and always be ready and willing to take on more responsibility."

Beginning in December, Chief Payne will be looking forward to getting out and about in an effort to better know those who serve the wing.

"I want people to know who I am and I can't do that from my desk or from an e-mail, so I'll be visiting everyone in the wing over the next several months," said Payne.

"I look forward to meeting everyone and they should know that my door is always open, just don't be surprised if you don't find me at my desk."

## FITNESS CENTER HOURS

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.
UTAFriday	7:30 a.m. to 9 p.m.
UTASaturday	8 a.m. to 8 p.m.
UTASunday	7 a.m. to 1 p.m.

# Employer Appreciation Day touches down

By Senior Airman Lou Burton  
911th Public Affairs

Expectations from various directions often occupy the mind of the typical reservist. With family, work and drill it is easy to become frazzled from so many unyielding forces demanding attention.

The 911th Airlift Wing understands these external commitments and during the November Unit Training Assembly offered Reservist's an opportunity to show their civilian employers the importance of their participation in the Air Force Reserves. In order to help employers gain a better understanding of this commitment, the 911th AW holds an annual Employers Appreciation Day.

This year three groups of civilian employers were greeted by Col. Randal L. Bright, 911th Airlift Wing commander, who stressed the importance of fostering understanding and cooperation between the Reservist's employer and the base requirements that may create challenges between the two.

Proceeding the greeting and continental breakfast, employers were briefed by members of the Employer Support of the Guard and Reserve. ESGR personnel explained the rights of a Reservist in relation to their civilian job responsibilities and what is expected of them from the Air Force, said Capt. Stephen Pituch, Mission Pilot and 2006 Employer's Day Action Officer.

Following the briefing the employers were divided into two groups. One group was given a ride aboard a C-130 while the second group was given an opportunity to view a static display of a C-130. This gave them an opportunity to ask questions as well as tour the Aerial Port, said Captain Pituch.

The flight gave participants a scenic tour of



(Photo by Senior Airman Lou Burton, 911th Public Affairs)

Employers from the Tri-state area prepare to take flight aboard a C-130 'Hercules,' for the 911th's annual Employer Appreciation Day held here Nov. 4.

Southwestern Pennsylvania over the orange, yellow and magenta covered tree tops and then back over the steel city.

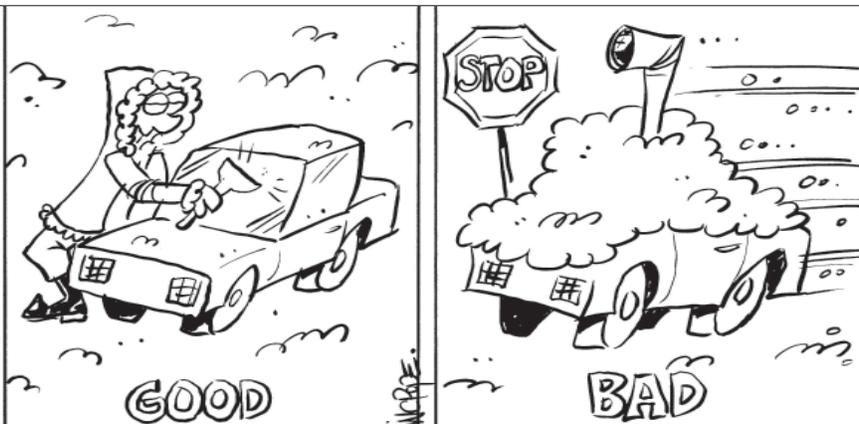
With 62 employers on hand, this year's turnout was "one of the largest I've seen," said Captain Pituch.

"Everyone who wanted to see their employees alternate work environment and gain a better understanding of what their overall job function is here, were able to," said Captain Pituch. "The event was successful and everyone was impressed with the effectiveness of the 911th and really seemed to enjoy themselves overall."

## Winter Parking

- Designated parking lot for overnight POV parking is either Parking Area "G" behind the VOQ or Parking Area "K" adjacent to the Civil Engineering compound.
- Parking between buildings 418 and 419 is no longer authorized.
- Vehicles found by Security Forces personnel to be in violation will be towed off base at the owner's expense.

(graphic by William Pope, Westover ARB, Mass.)



# Privacy Act safeguards personal information

By Tech Sgt. Richard Reiner  
911th Privacy Act Monitor

Personal information should never be placed on shared drives for access by groups of individuals unless each person has an official need to know the information to perform their job. To ensure this information is protected users can add the appropriate access controls to ensure access by only the authorized individuals.

Also commanders and supervisors should give consideration to those individuals with unlisted phone numbers, who do not want their number included on the office recall roster.

Examples of information that is not releasable without the written consent of the subject:

- Marital status (single, divorced, widowed, separated)
- Number, name, and sex of dependents
- Civilian education degrees and major areas of study (unless the request for the information relate to the professional qualifications for Federal employment).
- School and year of graduation
- Home of record

- Home address and phone
- Age and date of birth (year)
- Present or future assignments for overseas or for routinely deployable or sensitive units

- Office and unit address and duty phone for overseas or for routinely deployable units

- Race/ethnic origin
- Educational level (unless the request for the information relates to the professional qualifications for Federal employment)

- Social Security Number

Information system that contain information individuals that is retrieved by name or personal identifier are subject to the Privacy Act. All information systems subject to the Privacy Act will have warning banners displayed on the first screen (at a minimum) to assist in safeguarding the information. Use the following language for the banner:

“PRIVACY ACT INFORMATION – The information accessed through this system is FOR OFFICIAL USE ONLY and must be protected in accordance with the Privacy Act and AFI 33-332.”

Exercise caution before

transmitting personal information over e-mail to ensure it is adequately safeguarded. Some information may be so sensitive and personal that e-mail may not be the proper way to transmit it. When sending personal information over e-mail within Department of Defense, ensure:

- There is an official need
- All addressee(s) (including “cc” addressees) are authorized to receive it under the Privacy Act
- It is protected from unauthorized disclosure, loss, or alteration

When transmitting personal information over e-mail, add “FOUO” to the beginning of the subject line, followed the subject, and apply the following statement at the beginning of the e-mail:

“This e-mail contains FOR OFFICIAL USE ONLY information which must be protected under the Privacy Act and AFI 33-332.”

## Congratulations

### 3rd Quarter Enlisted Award Winners

#### Airman

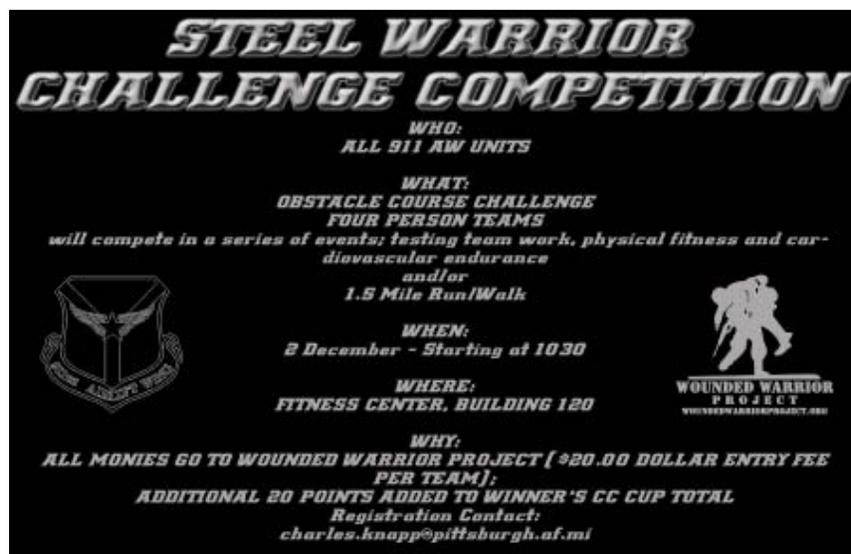
Senior Airman Victoria Blumenberg, OSF

#### noncommissioned officer

Tech Sgt. Britte Clay, ASTS

#### Senior

noncommissioned officer  
Master Sgt. Joseph Martinez, SFS



**STEEL WARRIOR CHALLENGE COMPETITION**

**WHO:**  
ALL 911 AW UNITS

**WHAT:**  
OBSTACLE COURSE CHALLENGE  
FOUR PERSON TEAMS  
will compete in a series of events; testing team work, physical fitness and cardiovascular endurance  
and/or  
1.5 Mile Run/Walk

**WHEN:**  
2 December - Starting at 1030

**WHERE:**  
FITNESS CENTER, BUILDING 120

**WHY:**  
ALL MONIES GO TO WOUNDED WARRIOR PROJECT ( \$20.00 DOLLAR ENTRY FEE PER TEAM);  
ADDITIONAL 20 POINTS ADDED TO WINNER'S CC CUP TOTAL

Registration Contact:  
charles.knapp@pittsburgh.af.mil

WOUNDED WARRIOR PROJECT  
WWW.WOUNDEDWARRIORPROJECT.ORG

# How to make money work smarter not harder

## Balancing commitments between debt, income equals formula for financial success

By 911th Family Support Office

Good debt is debt that goes up in value, such as property or housing. Investment debt might include rental units that pay for themselves in the long run. Paying rent on the other hand is not debt instead it is a cost for which you get no long term benefit. So if you are a renter you may want to think long and hard about ways of becoming a home owner, but do not include this in your debt to income

calculation.

What is bad debt? In a nutshell it is debt that depreciates in value or is for something that is only a pleasant memory such as a meal out put on a credit card you keep a balance on.

The debt to income ratio involves all of your monthly debt payments in ratio to your monthly net take home pay. The formula is total monthly debt payments divided by total monthly net income. Since

making minimum payments on your credit card debts can mean a 30 year payout, you may want to double the minimums when calculating your ratio.

If your ratio is less than 30 percent you are in excellent shape, 30 to 36 percent you are considered in the good category but should work to the below 30 percent range. At 36 to 40 percent you are border line and will still be eligible for loans, but may have payment difficulties. At 40 percent or higher your debts need attention! Best outcome, cut debts, focus on bad debt.

## PROMOTIONS



Airman Randelle N. Hedges, AMS



Airman 1st Class Greg A. Matz, LRS  
Airman 1st Class Gina M. Wade, ASTS



Senior Airman  
Charice C. Henderson, AS



Staff Sgt. John M. Dingman, AW  
Staff Sgt. Michael A. Flaata, AW  
Staff Sgt. James E. Heintz, MXS  
Staff Sgt. Jeffrey A. Kilby, CS  
Staff Sgt. Eduadro E. Saldana, ASTS



Master Sgt. Michael J. O'Neil, AES



### New recruit

Hello 911th! I am Senior Airman Mark Moore, your newest recruiter and will be working out of the Greensburg office. I'm coming from Avionics Guidance and Control at the 914th Niagara Falls, N.Y. I previously served four and a half years on active duty in the Air Force. When I was given my choice of assignments, I did not hesitate to take this one. I look forward to meeting you during the UTAs and working to bring you top-notch talent.

## 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.

# Boeing builds new search, rescue helicopter

**By Gen. T. Michael Moseley**  
**U.S. Air Force Chief of Staff**

The Air Force has selected the CH/MH-47 built by The Boeing Company, Chicago, Illinois, as our newest Combat Search and Rescue aircraft, culminating a competitive source selection process among three vendors. We'll call it the HH-47.

We're confident our dedicated, professional CSAR Airmen and the HH-47 will carry on the rich Air Force CSAR heritage - stretching back to the Army Air Corps, through conflicts in Korea, Vietnam and most recently in Iraq and Afghanistan - toward a limitless horizon, where they continue to fly and fight "That Others May Live."

Our ability to return isolated personnel to safety is a moral and ethical imperative, so we've made procurement of this new CSAR aircraft one of our highest weapon system procurement priorities. American and coalition war fighters can rest assured we will come to get them, no matter where they are.

Today's battlefields are non-linear and non-contiguous, changing shape and venue with speed that outpaces and out-reaches legacy aircraft. The Air Force must have a more capable next-generation CSAR aircraft to better support US and coalition personnel isolated from friendly forces by distance, threat, weather and enemy action. We are committed to leaving no one behind - a commitment that gives all members of the joint and coalition team the confidence to perform vital work in hostile and uncertain circumstances.

We plan to acquire 141 CSAR-X helicopters to replace our aging inventory of HH-60G PAVE HAWK helicopters, and we expect to achieve Initial Operational Capability by the end of 2012 with the most capable CSAR aircraft ever.

Range and payload remain the soul of an air force, and the HH-47 exceeds our requirements in both areas. It will be capable of flying faster over longer ranges and higher altitudes, day or night, during adverse weather

conditions, while carrying more personnel and specialized equipment than our legacy platform. Its increased payload capability provides a dramatic improvement in the number of injured personnel that can be rescued per sortie.

Additionally, the HH-47 will be net-ready and outfitted with advanced avionics giving crews vastly better battlespace awareness than ever before. HH-47 crews will employ the best force protection capabilities ever offered, including a suite of integrated defensive systems and onboard weapons that give them greater firepower,

lethality, and standoff range than legacy systems.

The USAF has a long history of excellence conducting Search and Rescue operations in times of conflict and in times of humanitarian need. In World War II, Army Air Forces elements partnered with the British to demonstrate the first US aviation rescue

capability. After the war, the AAF consolidated Search and Rescue operations and training under an organization that in 1964 became the Aerospace Rescue and Recovery Service.

During the Vietnam era, ARRS CSAR Task Forces saved 4120 personnel, 2780 of those in combat. "Jolly Green Giant" rescue crews were highly regarded by their fellow aviators and highly rewarded for their heroism. They earned two Medals of Honor, 39 Air Force Crosses, and countless Silver Stars. Since 1979, the Air Force has awarded seven Mackay Trophies - given annually for the year's most meritorious flight - for rescue mission flights. Air Force CSAR Airmen have rescued over 470 members of the joint and coalition team in the Central Command AOR alone since 9/11. Finally, in the aftermath of the 2005 hurricanes, Air Force personnel rescued 4544 Americans from the flood-ravaged Gulf Coast.

Thanks to decades of successful Combat Search and Rescue missions, America's enemies understand our commitment to recovering isolated friendly forces. Unfortunately, our enemies have also repeatedly



*(continued on page 10)*

(continued from page 9)

demonstrated they intend to exploit captured personnel to undermine American strategic objectives. Effective CSAR denies the enemy the ability to exploit our courageous war fighters by returning them to safety. While other services do personnel recovery, the Air Force is the only service with forces dedicated entirely to CSAR. Whether stranded by downed aircraft, surrounded by a hostile enemy, or abducted by terrorists, isolated personnel know they can rely on our Air Force CSAR professionals to do their job.

Every day our CSAR assets conduct operations across the spectrum of conflict. These dangerous missions are inherently high risk. But now, with the advent of the HH-47, those risks will be dramatically reduced. Our CSAR crews will have the increased combat radius, lift performance, and payload capability they need to operate effectively worldwide in the 21st century.

America's service men and women deserve the best. After careful consideration and a fair and open competition among multiple proposals, we've concluded that the Boeing CH/MH-47 is the best aircraft for the job. By purchasing 141 HH-47s, the Air Force will be

able to provide the required force structure to sustain worldwide taskings for the nation's Combatant Commanders. We're pleased about the opportunity to partner once again with Boeing, and are convinced our Airmen - and all those in need around the world - are in good hands.

## Welcome to the 911th

- Airman Basic Emily Varga, ASTS
- Airman 1st Class Andrew Barry, MXG
- Airman 1st Class Casey Conner, ASTS
- Airman 1st Class Aaron Cosner, CS
- Airman 1st Class Deonell Hardy, MXS
- Airman 1st Class Melissa Leighty, ASTS
- Airman 1st Class Demore Nelson, MXS
- Airman 1st Class Joshua Winans, AES
- Senior Airman Michael Prince, SFS
- Senior Airman Matthew Sonsino, AMXS
- Senior Airman Denise Waldemarson, SV
- Senior Airman Melissa Walker, MOF
- Staff Sgt. Ross Gordon, MXS
- Staff Sgt. Mark Russak, AES
- Staff Sgt. Shawn M. Walleck, AW/PA
- Technical Sgt. Kevin Hyman, MOF
- Master Sgt. Linda Davis, MSF



# December Events Calendar

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>Holiday Hours</b> Club Closed 24 December—1 January	<b>Great Holiday Gifts Available right here in Services!</b> <b>Disney Watches, Tickets, Massages, and lots more.</b> <b>December Special Wings Over Pittsburgh</b> <b>Shirt &amp; Hat \$15.00</b>					1 Welcome Army ROTC	2 Check out our Designated Driver Program <b>911th UTA</b>
December 5 Membership Lunch Holiday Lunch Free for members \$7.95 for non-members	<b>3 Tampa Bay VS Pittsburgh Super Steelers Frenzy</b>	<b>4 Aerobics 1030 at the Fitness Center</b> <b>CLUB CLOSED</b>	<b>5 Membership Holiday Lunch FREE For Members</b>	<b>6 Welcome Duquesne Light</b> Holiday Lunch Buffet	<b>7 Jump Rope Contest at the Fitness Center</b> Lunch Buffet BBQ	<b>8 Pot Of Gold Drawing 1800</b> Lunch Buffet Fish	<b>9 Try a Peppermint Mocha at Perksburgh Café</b>  Christmas Parties
December 17 Party With Santa Children's Christmas Party 1200-1600 Infant to 10 \$2 per Child \$4 per Adult Food, Games, Presents, Entertainment	10 Call Pam and get yourself a new Holiday Style x8320	11 Aerobics 1030 at the Fitness Center <b>CLUB CLOSED</b>	12 Don't be left out get your Club Cargo Bay Mug For only \$20.00	13 Welcome 911th Retirees Holiday Lunch Buffet	14 Welcome Airport Authority Lunch Buffet BBQ	15 Pot Of Gold Drawing 1800 Lunch Buffet Fish	16 Get your Disney Tickets Today at the ITT Office Christmas Parties
December 21 Club Membership Breakfast 0630-0830  Perksburgh Café Specials During December Gingerbread Latte Or Peppermint Mocha!	<b>17 Carolina VS Pittsburgh Party with Santa See insert</b>	<b>18 Aerobics 1030 at the Fitness Center</b> <b>CLUB CLOSED</b>	<b>19 3 Point Shoot Out Contest at the Fitness Center</b> Lunch Buffet Pasta	<b>20 Open up a savings account at the Credit Union</b> Lunch Buffet Home-Style	<b>21 Club Membership Breakfast</b> Free for members Lunch Buffet BBQ	<b>22 Pot Of Gold Drawing 1800</b> Lunch Buffet Fish	<b>23 Treat yourself to a massage for Christmas!</b>
December 24 Club Closed Holiday	24 <b>CLUB CLOSED</b> Holiday	25 Aerobics 1030 at the Fitness Center <b>CLUB CLOSED</b>	26 <b>CLUB CLOSED</b> Holiday	27 <b>CLUB CLOSED</b> Holiday	28 <b>CLUB CLOSED</b> Holiday	29 <b>CLUB CLOSED</b> Holiday	30 <b>CLUB CLOSED</b> Holiday
December 31 Club Closed Holiday	<b>Get your team ready and make plans to join up for the Biggest Loser III Starting January 8, 2007</b>						

## 911th stands up first health and wellness center in AFRC

**By Col. Anne Manly  
911th ASTS Commander**

Anyone who has set foot on an active duty base has been to or heard of a Health and Wellness Center. Traditionally they are part of the fitness center where trained staffs are available to assist Airman with health and wellness related issues.

Reservists have enjoyed access to a HAWC on co-located installations. Now you can visit the HAWC at the 911th Airlift Wing which is the first of its kind on a stand alone reserve base.

The HAWC concept was piloted with members of the Aeromedical Staging Squadron and met with overwhelming success. The staff of the HAWC consists of a personal trainer and diet technician who were trained at the Cooper Institute in Dallas, Texas.

The initial focus of the HAWC will be to help those who were rated as poor or marginal performers on their annual fit-to-fight assessment. Visits will be tailored to meet the needs of each member and may include development of an exercise plan

along with nutritional counseling.

As part of the program those who take advantage of the new service will receive an SF 600 for their member's medical record for continuity of care. A copy of SF 600 will be also be given to the individual's unit fitness monitor to ensure compliance with AFI 10-248, which mandates a specific timeline for training members with poor and marginal fitness scores.

Helping Reservists get back on track by dedicating personnel and resources to improve their wellbeing is taken seriously and nonparticipation by a member who has been assigned required training and testing is subject to the Uniform Code of Military Justice.

Once the majority of the poor and marginal performers have had an opportunity to access the HAWC, the program will then be expanded to provide fitness counseling to all interested members. The ASTS's intent is to train more staff in the near future to support the HAWC.

The 911th AW is fortunate to have these talented resources and training opportunities available. Appointments will be available on

Saturday of the UTA for individual and small group sessions. Contact your UFM to schedule an appointment.

### Chaperone program alleviates anxiety

In a continuing effort to improve the quality of physical exams and the comfort levels for our customers, the Aeromedical Staging Squadron has made improvements to the Chaperone Program.

The program is designed to alleviate anxiety between patients and providers, and to protect both parties from the threat of harassment or allegations thereof. Special consideration was given to many different scenarios, and the end result was a comprehensive Chaperone Program, which is now available to all providers and patients.

When requested, an appropriate chaperone will escort any patient or health care provider during examinations which require the patient to disrobe or undergo other intrusive evaluation. For more information on this program enhancement call the ASTS Physical Exams Section at (412)474-8336.

### Fitness Center News

**Congratulations**

**911<sup>th</sup> Aeromedical Staging  
Squadron  
First Place  
Base Intramural Volleyball  
Tournament**

**BIGGEST LOSER**

Sponsored by Club Cargo Bay and 911th Fitness Center

First Official Weigh in January 8  
Register your 2 person team by January 7

\$150 First Place Team  
 \$75 Second Place Team  
 \$50 Third Place Team  
 \$25 Fourth Place Team

SERVICES  
**Fit Fight**  
 Fitness & Sports

For more information and registration contact the  
Fitness Center 412-474-8245

*If you gain weight it will cost you \$5 dollars per team to re-enter*



I WILL ALWAYS DO MY **DUTY** NO MATTER WHAT THE PRICE  
I'VE COUNTED UP THE COST, I KNOW THE **SACRIFICE**  
**AMERICAN SOLDIER**  
I DON'T WANT TO **DIE** FOR YOU, BUT IF DYING'S ASKED OF ME  
I'LL BEAR THAT CROSS WITH **HONOR**  
'CAUSE FREEDOM DON'T COME **FREE**

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