



KEESLER NEWS

KEESLER AIR FORCE BASE, BILOXI, MISSISSIPPI

Train. Fight. Win.

OCT. 18, 2012 VOL. 73 NO. 40



Open house held to close 'Fire Prevention Week'

Page 9

CFC campaign wraps up
Page 7

'Operation Hero'
Page 14-15

Boy's and Girls Club CEO
visits Keesler
Page 20

INSIDE

Commentary, 3 Training and Education, 5 News and Features, 7-20 Sports and Recreation, 22-24

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ON THE COVER

Maj. Matthew Pignataro, 81st Security Forces Squadron commander, watches his son, A.J., 7, toss a rubber bowling ball at bowling pins during the Keesler Fire Department's open house Oct. 13. The event was held on the final day of fire prevention week during which the fire department conducted random fire drills throughout the base, toured various facilities with Sparky the Fire Dog, passed out fire safety handouts and fire hats for children and provided stove and fire extinguisher demonstrations. A.J.'s mother, Lt. Col. Carolyn Pignataro, 81st Medical Group, is currently deployed to Afghanistan.

Photo by Kemberly Groue



PHOTO OF THE WEEK



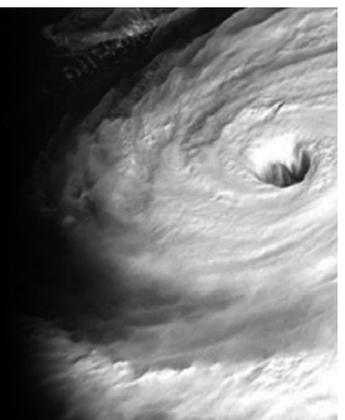
Keesler honors retirees with 'Appreciation Day'

Staff Sgt. James Bowden, 81st Medical Operations Squadron, administers a flu shot on retired Tech. Sgt. Ben Williams of Biloxi during the 81st Training Wing's retiree appreciation day Friday at the Roberts Consolidated Aircraft Maintenance Facility. The event included information booths, guest speakers and lunch.

Photo by Kemberly Groue

HURRICANE SEASON

runs from June 1 - Nov. 30. For more information and preparations tips, visit www.keesler.af.mil/hurricaneinfo.asp



Learning to lead is lifelong process

By Master Sgt. Ryan Bienvenu

336th Training Squadron first sergeant

Have you ever disappointed someone who you really looked up to? How did it make you feel? Did it drive you to better yourself as a result? For me, the answer is yes. Unfortunately, it has happened many times in my life. However, these experiences have helped shape me as a person and ultimately as a leader. The person I look up to most is my father and he has something in common with every role model — leadership.

What is leadership? The dictionary defines leadership as a person who guides or directs a group. But as we know, there is much more to leadership than what the dictionary has to say. Things like courage, humility, trust, credibility and patience come to mind.

It takes courage to make decisions even when it's not the popular thing to do. A leader must be humble and accept when he or she is wrong. If a leader does not have their subordinates' trust, then he or she does not have their loyalty. A leader must be credible, and the only way to gain credibility is to get out and show people that you are willing to get your hands dirty. Patience is also very important; without patience you may be viewed as being unapproachable

and close-minded. When we first start learning to lead, these are all very important attributes — and they still are if we've been a leader for years.

But when does leadership start? I always tell my new Airmen that the time to start learning to lead is now — it doesn't matter if you're an Airman First Class or even an Airman Basic. We preach about the wingman concept from day one in basic military training, and we continue to reinforce it throughout our careers. Being a good wingman is one of the first opportunities to lead that we may come across in our careers.

From there, we grow up from the lower tiers of leadership, gradually move up through the middle tiers and finally make it to the upper tiers. And along the way, we constantly learn lessons that will help us become more effective leaders. I always say you can learn lessons from both good and bad leaders. You learn what to do from good leaders and what not to do from those who have demonstrated bad leadership traits. Good leaders often have a great balance of leadership and management skills.

So, can a manager lead and can a leader manage? Perhaps they can, but the most successful formula is a balance of both good leadership and management. Have you ever experienced

someone who was a total manager? That person may have even been given the title "micromanager" by some. Had that person added something as simple as people skills to their approach or perhaps if that person had empowered their folks to do their job and let them be responsible for their own successes or failures, then that person may have avoided this undesirable title.

Sometimes folks fall into the "I'm OK but you're not OK" mindset and, as a result, these people send a clear message that they do not trust their people. Yes, I'm talking about trust — one of those attributes that I mentioned earlier. If you don't earn trust, then you will not be a very effective leader. Without trust, you can destroy morale and ultimately your unit's entire mission! Leadership often requires you to focus on others instead of focusing on yourself.

As a prior instructor, I learned the lesson of humility quickly. I learned that the most effective way to teach was to instruct my students the way I wish I had been taught. I would often ask myself "how would I have better understood this when my instructor taught me this lesson?" Then, I would incorporate that mindset into my teaching style. I would teach my students from my past mistakes and experiences. I would say things like "Hey, don't do that" or "a better way to

do this is..." I refer to this as selfless leadership. If you have too much pride to let someone junior to you learn things that will help them advance faster than you did, then you might be a little selfish. Our goal should be to make our future leaders a little better than we were. When you demonstrate this type of leadership, you show your people that you care and, when people know you genuinely care, they will ensure your success as well as their own. Anyone can get people to do what they want by virtue of what's on their sleeve or on their collar, but the problem with that is, over time, morale erodes and with it goes production. Good leadership from the top down will lead to happier and more productive unit members.

How will you be remembered at the end of your career? Will you be that person who someone looked up to and was afraid to disappoint? I say be that leader who demonstrates those good leadership traits. Be that person who starts today to learn to be a better leader and improves those leadership qualities daily. Balance that leadership with good management skills, and be that selfless leader. That's the kind of person I admire and look up to, and that's should be the person we all strive to be.

"Do Common Things, Uncommonly Well"

By Senior Master Sgt. Rich Parsons

366th Training Squadron Detachment 6 superintendent

By SMSgt Rich Parsons, 366th Training Squadron Detachment 6 superintendent

In my years of service, I have found some common traits to be of great importance to me, not only as a person, but as an Airman and a leader. Character, charisma and commitment if displayed uncommonly well, can increase the likelihood of successful leadership.

Character is a trait that I feel can make or break a person and their ability to

lead. Webster's 1913 Dictionary, defines character as "the peculiar quality, or the sum of qualities, by which a person or a thing is distinguished from others..." On one end of the character spectrum there are positive qualities that people should emulate, and on the other there are negative qualities that would not benefit anyone if followed.

I personally feel that character is something developed over time, based on values, beliefs and the influence of people in our lives. Values are typically learned either from family, friends or life-experience. I also feel that just as a person can have a change of

values as they progress through life, so too can their character change, perhaps by way of a solid mentoring relationship. So, strive to keep your character on the "follow or emulate" side of the spectrum. While character is one of the common things that great leaders should exhibit uncommonly well, the same can be said for charisma.

Charisma is a leadership trait that I feel is a complimentary to character. Merriam-Webster's Dictionary defines it as "a personal magic of leadership arousing special popular loyalty or enthusiasm." It can also be described with words like allure, appeal,

or "oomph".

An important thing to keep in mind about charisma is that it has to be genuine and matched to your personality. If it is seen as shallow or fake, then you will likely not achieve the results that you are hoping for, and will likely push people away. My advice is to be natural in your ways and let folks get to know you. Although this might not seem like a common trait for some, it is important that you make your own "magic of leadership." Do this uncommonly well, and you can inspire others with your enthusiasm, and in-turn receive loyalty from the people you lead. Equipped with an

uncommonly solid character and infectious charisma, you are prepped to take on leadership with an unwavering commitment.

The last common trait that leaders should exhibit is commitment. According to McMillan's Online Dictionary, it is defined as, "a strong belief in something; enthusiasm for something and a determination to work hard at it; a duty or responsibility." There are a few words in that definition that stand out to me. I like belief because it ties back into the first trait: character. It is the strong belief in something that is likely to cause a person,

See **Common**, Page 8



Photo by Steve Pivnick

Army 2nd Lts. Timothy Russell, Jason Zack and Darren Hyams and Navy Ensigns Michael Berge and Robert Blackmon receive information at the Intensive Care Unit nurses' station. The students are part of a new Uniformed Services University of the Health Sciences rotation at the 81st Medical Group.

Keesler Hospital becomes alternate teaching location

By Steve Pivnick

81st Medical Group Public Affairs

The Keesler Hospital is now a teaching site for medical students from the Uniformed Services University of the Health Sciences, located in Bethesda, Md.

The 81st Medical Group has hosted some fourth-year students for rotations and Graduate Medical Education Program interviews in the past.

Under the new arrangement, third-year medical students will rotate through the hospital every six weeks on a permanent basis. The first group — three Army and two Navy students — arrived Sept. 17. Army 2nd Lts. Timothy Russell, Jason Zack and Darren Hyams and Navy Ensigns Michael Berge and Robert

Blackmon are doing rotations in internal medicine outpatient and inpatient areas.

The next group arrives Oct. 29.

Maj. (Dr.) Matthew Hann, 81st Medical Operations Squadron and site director for the USUHS program, said, "We are very excited about this. It will surely benefit Keesler over the next few years. We are keeping them very busy. Three students are working on the inpatient services with our resident teams and two students are rotating around the ambulatory clinics. We are also getting them involved with the simulation lab, particularly with the Harvey (cardiopulmonary) simulator."

U.S. citizens overseas urged to vote absentee

By Airman 1st Class Hailey Davis

18th Wing Public Affairs

KADENA AIR BASE, Japan —With the 2012 national election less than 30 days away, Air Force officials are encouraging service members and U.S. citizens stationed overseas to request their absentee ballots.

National Election Day is Nov. 6, and since many service members and their families are stationed or deployed overseas, they are required to submit an absentee ballot to their local county in order to vote for the election.

"An absentee ballot is classified by a ballot that your local county will send you with a list of nominees for election," said Maj. Carissa Grant, 18th Wing installation voting assistance officer.

There are two types of ballots, Grant said. The first type is the absentee ballot local counties send U.S. citizens stationed overseas — service members, dependents and civilian employees — and deployed personnel. The second type is a write-in ballot.

In the case of a delay in the postal system, or counties sending ballots out late, some citizens may



not receive their official absentee ballot, Grant said. In turn, service members and civilian employees are encouraged to send in a write-in ballot from the Federal Voters Assistance Program website, avail-

able at www.fvap.gov.

"We encourage folks that think their ballot will be late, or if they know they have not received (their ballot), to fill out (the write-in ballot)," Grant said.

She said the first and easiest way a citizen can get the write-in ballot is by going to the FVAP website. The other way is by contacting a unit voting assistance officer.

One of the challenges faced with voting overseas is ensuring service members send their application back in a timely manner as well as returning the voting ballot once received, Grant said. To help expedite the process, the post office is now providing free express mail of all absentee ballots whether it's one from a county or write-in ballot.

All U.S. citizens stationed overseas or deployed, whether they are active-duty members, dependent spouses, or civilian employees, should express their right to vote, Grant said. For more information about voting, or to obtain an absentee or write-in ballot, visit the FVAP website or contact a representative at vote@fvap.gov.

CFC campaign ends surpassing goal

By Staff Sgt. Eric Summers Jr.

Keesler Public Affairs

The Combined Federal Campaign drew to a close at Keesler Oct. 12.

The campaign that began Sept. 4 collected more than \$179,000, exceeding the goal of \$150,000 by 19%.

"Personally, I'm glad to have participated in donating spreading the word about the CFC around the base," said Capt. Benjamin Wright, CFC installation project officer for Keesler. "I'm thankful for every single hard earned dollar that was donated from one of you."

"Every designated dollar donated to CFC allows a charity to receive more money from undesignated donations from around the world," Wright



continued. "This means my small donation to my favorite charity will put them on a list to receive a portion of the millions of donations that weren't

sent to a specific cause."

Among the charities donated to, the top five are:

The Fisher house of Keesler with \$21,571.97 received from

58 donations.

St. Jude Children's Research Hospital with \$11,843 received from 57 donations

The Wounded Warrior Project with \$9,946 received from 47 donations.

The Humane Society of South Mississippi with \$7,670 received from 36 donations.

The Wounded Warrior Family Foundation with \$6,217 received from 31 donations.

"The goal for the base is just a number," Wright said. "The real winners here are the people whose lives are changed by the thousands of dollars that are going to these wonderful charities."

The Keesler CFC campaign ended Oct. 12, but donations can still be made online at cfc-nexus.org or contact your unit representative.



Promotions

Three Keesler senior airmen were selected for promotion to staff sergeant in a supplemental promotion release Oct. 11.

Promoted to staff sergeant are:

Stephanie Boatman, 81st Surgical Operations Squadron.

Justin Ireland, 81st Medical Support Squadron.

Jeremy Journigan, 81st Force Support Squadron.



First Sergeants restore 'Diamond Award'

The Keesler First Sergeants' Council recently restored their "Diamond Award". The Diamond Award helps recognize offices or units who have demonstrated outstanding service to the Keesler First Sergeants' Council. Mr. Raymond Alexander accepted the first award on behalf of the Casualty Affairs Office Sept. 27.

Courtesy photo

Common,

from Page 3

and in our context, a leader, to act a certain way. Hopefully your beliefs are in line with what most would consider an uncommonly good character. The word enthusiasm relates well with the common leadership trait, charisma. That brings me to the last buzz word that stood out from the definition--responsibility. A true leader should take respon-

sibility for leading Airmen. As a leader, I guarantee you that you will be held responsible for those that you are charged to lead!

I encourage you to be a leader who does the common things, uncommonly well. Be a leader with revered qualities that will allow your character to speak volumes, without a single word being spoken. Strive to be a leader whom Airmen are eager to follow because you have a natural "magic" leadership quality,

which can only come from genuine charisma. Embrace the fact that being a leader is an important aspect of your career, and make the commitment needed to be the best leader and supervisor possible. There are many other qualities and traits that I could have focused on, but for me, the leadership traits of character, charisma and commitment are three common things that leaders should be able to do uncommonly well.

Walk-in mammograms Oct. 26

By Steve Pivnick

81st MDG Public Affairs

Keesler's mammography clinic will be offering a walk-in day – their first "Mammo-thon" – Oct. 26 from 7:30 a.m. to 3:30 p.m. as part of Breast Cancer Awareness Month.

Mammography technologist Kerry Hudson, 81st Di-

agnostics and Therapeutics Squadron, said the program is for active duty, retirees and their dependents. "If you are 40 years old or older and due for your annual mammogram, just walk in. All beneficiaries are welcome and no appointment is necessary."

She stated, "If a patient see Hudson said patients who

stop by but are not due for their annual mammogram will be accommodated on a case-by-case basis.

The clinic staff plans to offer the "Mammo-thon" every October.

The Mammography Clinic is located on the 81st Medical Group Room 1A219, near the A tower entrance.

REUSE

investing in items that can be reused buying reusable food containers, such as a thermal coffee mug or a reusable water bottle.

REDUCE

the most essential way to reduce waste is to avoid creating it in the first place. When making a purchase, look for durable products that will last a long time, rather than something that might need to be replaced quickly.

RECYCLE

keeps usable materials out of the landfill. Objects that might be considered waste are turned back into raw materials that can be used in the manufacture of other items.

Benefits

Recycling reduces the need for landfilling and incineration.

Recycling prevents pollution.

Recycling saves energy.

Recycling decreases emissions of greenhouse gases.

Recycling conserves natural resources such as timber, water, and minerals.

Recycling helps sustain the environment.

Call or visit to find out more:
Douglas Smith, Project Manager
Keesler Recycling Center
Building 4004
Zero Waste Solutions
(228) 377-4546



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Working Toward Zero Waste!™

'Energy Action Month' spotlights conservation

By Steve Hoffmann

Keesler News co-editor

October is National Energy Action Month, a presidential proclamation which encourages everyone, government, citizens, institutions and corporate entities to take action on "pursuing safe and responsible domestic energy production, promoting efficiency, and developing clean energy and renewable fuels."

Keesler is well underway in its effort to meet the challenges of this call to action.

Michael Barker is Keesler's resource efficiency manager. The position is installed for the sole purpose of proposing projects that could help the base conserve energy and

is responsible for pushing that project through the proper channels to get them funded.

Keesler is at the top list within Air Education and Training Command in the amount of reductions in energy usage it's been able to achieve since 2003. It's second in the command in total water usage reduction.

In order for an energy conservation project to be approved it must have a savings to investment ratio that's above one and meet a payback goal of no more than 10 years. In other words, the initial investment must be recovered by the savings in energy costs within ten years. Currently, all of Keesler's projects will be paid back within five years.

Among the projects currently underway is an aggressive demolition and consolidation program. In recent years, Keesler has demolished 13 facilities for a total of 629,000 square feet that no longer needs to be heated or cooled and consolidated operations into newer more energy efficient buildings. In the last four years, 62 HVAC units have been modernized. Upgrades to more energy efficient lighting has also helped conserve energy. Keesler is the first installation in AETC to change out its taxiway lights to LED.

An expansion of Keesler's chiller plant circulation is currently underway. This takes chilled water from a

central plant and pipes it to various facilities to cool the air in the building rather than using stand alone units at each building.

"This allows for one plant to run at full load capacity rather than multiple units running at partial capacity," said Matthew Borzik, an electrical engineer with CSC. "It's the most efficient way to operate the system."

Another project underway is the installation of heat recovery chillers which takes the heat generated by large HVAC units and uses it to heat water for that building's hot water needs. This is another project where Keesler is first in AETC to undertake such a project.

Another effort is simply

getting the word out and letting the base populace know what they can do to help conserve energy.

"Turn out the lights," said Borzik. "Probably one third of Keesler's entire energy consumption is in facility lighting. Simply turning out the lights goes a long way in saving energy."

To that end, Keesler is also installing motion detectors in many buildings that will be able to detect when no one is in a certain area and can turn out the lights automatically.

Barker and a team of local energy professionals will be at the Keesler Exchange Oct. 23-24 to provide information and tips on how to reduce energy and save money.

Week showcases fire prevention, safety



David Cleland, Keesler firefighter, secures a firefighter helmet on Alex Bullard, 4, as his brother, Kaleb, 8, watches during the Keesler Fire Department's open house Saturday. Alex and Kaleb's parents are Master Sgts. Jerame Bullard, Keesler firefighter, and Sarah Bullard, 81st Dental Squadron.

Photos by Kemberly Groue

Second Lt. Rebecca Dreyer, 81st Surgical Operations Squadron, demonstrates how to safely put out a stove fire in a pan while being watched by David Tijerina, 81st Infrastructure Division firefighter, Oct. 9, outside of the Exchange. Throughout fire prevention week the Keesler Fire Department conducted random fire drills, toured various facilities with Sparky the Fire Dog, passed out fire safety handouts and fire hats for children and provided stove and fire extinguisher demonstrations.

Col. Rene Romero, 81st Training Wing vice commander, and his family, Elena, 7; Ben, 11; his wife, Sharmin; and Matthew, 9, try on chemical gear during Operation Hero Saturday at Keesler. Operation Hero is presented twice a year to give parents a chance to expose their children to what happens when they leave home for deployments tasking or on temporary duty. Photos by Kemberly Groue



Deployment shown through a child's eyes

Staff Sgt. Garth St. Clair, 81st Security Forces Squadron, and his military working dog, Carlos, perform a MWD demonstration by using Staff Sgt. Javonna Peak, 81st SFS, as a 'bad guy'.

Six-year-old Jayda Baonga, daughter of Capt. Magina Baonga, 333rd Training Squadron, has her arm wrapped simulating self aid and buddy care by Laura Patrone, 81st Medical Support Squadron.



Sgts. Charles Steinruck and Matthew Petitgout, Keesler Marine Detachment, assist Akeem Farquharson, 3, and his brothers, Ardennie Jr., 10, and Kimani, 8, with flipping a large tire. The boys' parents are Ardennie and Tech. Sgt. Vonetta Farquharson, 81st Logistics Readiness Squadron.



Three-year-old Christian Garcia, son of Hector Garcia and Tech. Sgt. Triscia Blas, 334th Training Squadron, displays the dog tags he received at Operation Hero.



Ten-year-old Delaney Ware, daughter of Tammy Ware, St. Martin Upper Elementary receptionist, becomes familiar with an M-249 Bravo weapon by the help of Tech. Sgt. Nick Tessmer, 81st Security Forces Squadron. The Wares were invited to the event through the school liaison office on base to educate teachers at local schools about what it is like for their military students who may go through a similar experience with their parents.



Four-year-old Bella Stevenson, daughter of Staff Sgt. Sally Stevenson, 81st Medical Support Squadron, drinks juice through a plastic medicine syringe which simulates medical shots that are given before deployments.

KEESLER NOTES

Keesler Airman's Attic

The Keesler Airman's Attic provides free donated items to enlisted members of any branch, E-5 and below. The facility is located at the corner of Meadows Drive and First Street and is open Mondays, Wednesdays and every non-training Friday from 9 a.m. to 2 p.m. The last Saturday of the month is an "all ranks" day from 9 a.m. to 1 p.m. For more information call (228) 377-3814.

Hispanic heritage 5K

The Keesler Latin American club is scheduled to host a Hispanic Heritage month 5K run/walk 8 a.m. Friday at the Blake Fitness Center. Registration begins at 7 a.m. and there is a \$5 fee to enter. For more information call (228) 376-0418 or (228) 376-4393.

Postal center new hours

The Keesler Postal Center's new hours of operation effective

Oct. 1 are:

Official mail center — 9 a.m. to 3 p.m. Mondays through Thursdays and training Fridays.

Postal service center one — 11 a.m. to 5:30 p.m. Mondays through Fridays and 10 a.m. to 1 p.m. Saturdays.

Postal service center two — noon to 6:30 p.m. Mondays through Fridays and 10 a.m. to 1 p.m. Saturdays.

United States Postal Service: 8:30 a.m. to 4:30 p.m. Mondays through Fridays (Closed for lunch 1:15-2:15 p.m.)

Tent sale

There is a tent sale scheduled for 11 a.m. to 5 p.m. today and Friday in the BX Express gas station parking lot.

Home Away From Home

The Base Chapel is sponsoring the 16th annual "Home Away From Home" Thanksgiving dinner program for our non-prior Service Airmen.

This base tradition brings together families from the Keesler community (active duty, retired and civil service) and NPS Airmen on Thanksgiving.

Host families volunteer to provide a "Home Away From Home" experience for two or more airmen by inviting them to their homes and providing a Thanksgiving meal. Host families can be anyone who has access to base services.

Host sign-up forms are available now and must be turned in at the Fishbowl in the Levitow Training Support Facility or Triangle Chapel by Nov. 19.

You may also register via the Keesler website www.keesler.af.mil and email completed form to: 81trw.hc@us.af.mil or by phone at (228) 377-4105. Student sign-up forms are available only in the Fishbowl.

Mail center

The official mail center is open 9 a.m. to 3 p.m. Mondays through Thursdays and train-

ing Fridays.

OSI tip line

The Air Force Office of Special Investigations recently created a tip line to provide people with a safe, discreet and anonymous option to report criminal information, counterintelligence indicators or force protection concerns.

Tips may be submitted via text message, online or through a smart phone application.

Smart phone:

1. Download the smart phone application, TipSubmit Mobile, from your mobile provider's marketplace.

2. Choose "manually select an agency"

3. Choose "federal/military" then select Air Force Office of Special Investigations

4. Create a password

5. Select "new tip"

6. Fill out form with as much information as possible

7. Select "submit tip"

Text message:

1. Text "AFOSI" plus your tip information to 274637 (crimes)

Online:

1. Go to the following website: <https://www.tipsubmit.com/WebTips.aspx?AgencyID=1111>.

Tips submitted through the web are encrypted, confidential, anonymous and immediately and securely transferred directly to AFOSI. After submitting your tip, you will be provided with your own unique tip number and will be afforded an opportunity to create a password that you will use when checking on the status of your tip.

USM counselor

A University of Southern Mississippi admissions counselor, and a USM/MBA academic advisor, will be in the Blake Fitness Center 2-4 p.m. Oct. 31. Stop by and check out what USM has to offer for spring 2013.

Keesler Events Calendar

Today

8 a.m. — Veterans' benefits briefing at the Sablich Center Room 108A.

1 p.m. — Airman and family readiness center post deployment briefing at the Sablich Center Room 108.

— Retirement benefits briefing at the Sablich Center Room 108A.

4 p.m. — After school open house at the youth center.

6 p.m. — Wreath and Bow making at the arts and crafts center.

— Scrapbooking class at the arts and crafts center.

Friday

6 p.m. — Nite-crawlers 9-hole golf scramble at the Bay Breeze Golf Course.

— Scary-movie night at

the Bay Breeze Community Center.

— Intro to sewing machines class at the arts and crafts center.

8 p.m. — Pre-teen lock0in "Live. Learn. Green." At the youth center for ages 9-12.

Saturday

1 p.m. — "Teen Read Week" dance-off at the McBride Library for ages 13-19.

7 p.m. — Latin night at the Bay Breeze Event Center.

Tuesday

9 a.m. — Pre-separation counseling at the Sablich Center Room 110.

— Airman and family readiness center post deployment briefing at the Sablich Center Room 108.

1 p.m. — Retirees pre-separation counseling at the

Sablich Center Room 110.

Oct. 25

1 p.m. — Airman and family readiness center post deployment briefing at the Sablich Center Room 108.

Oct. 30

9 a.m. — Pre-separation counseling at the Sablich Center Room 110.

— Airman and family readiness center post deployment briefing at the Sablich Center Room 108.

1 p.m. — Retirees pre-separation counseling at the Sablich Center Room 110.

Oct. 31

8 a.m. — Newcomers' Orientation at the Sablich Center Room 108B.

Keesler Spouses' Club

It's 5 O'clock Somewhere
Auction and
Gala!!!

Thursday, November 8th, 2012
Bay Breeze Event Center

6:00pm

Join us for our annual auction to support scholarships and our charitable endeavors. There will be silent and live auctions with amazing items.

Tickets are available at the Thrift Store and from KSC members. Tickets will be available in advance* for \$13 and sold at the door for \$18 dollars. Heavy Hors d'oeuvre, cash bar, and dessert auction will be present.

*Advance purchases (by 11/7) are eligible for a door prize valued at \$50.

Boys and Girls Club of America President, CEO visits Keesler

81st Force Support Squadron

New President and CEO of Boys & Girls Clubs of America, Jim Clark, visited the Keesler Youth Programs Oct. 9. While touring traditional Boys & Girls Clubs along the Mississippi Gulf Coast, Mr. Clark wanted to see a military club to gain understanding of any issues and strengthen the national organization's support for military youth and families.

Youth center staff, 81st Force Support Squadron leadership, parents and Keesler's "Youth of the Year" winner, Kevin Baker, greeted Mr. Clark and took him on a short tour of the center.

"We had the opportunity to highlight some of the amazing

work happening within military Youth Programs, our state and also to show our support of his new appointment," said Ann Smith, youth programs director.

Keesler Youth Programs, as well as Air Force and other military services youth programs, have been affiliated with Boys & Girls Clubs for more than 20 years. "Our military clubs are fortunate to benefit from B&GCA's youth development programs, staff training, special events for youth and some funding," said Smith. Many youth programs offered at Keesler are based on B&GCA resources; programs such as "Power Hour" for homework assistance, "Keystone" and "Torch Clubs"

teaching leadership, fine arts and national photography contests and a fitness, health and nutrition program.

Boys and Girls Clubs of America is the nation's largest youth development organization with a primary focus on creating great futures for young people. Accompanying Mr. Clark were Joe Ethier, regional service director, Southeast Boys & Girls Clubs of America, and Lorraine E. Orr, senior vice president, Field Services Boys & Girls Clubs of America.

The Air Force is working to maintain and strengthen the partnership with Boys & Girls Clubs of America at every level into the future.



Photo by Adam Bond

Cindy Ray, 81st Force Support Squadron, shows Jim Clark, Boys & Girls Club of America president, a ferris wheel assembled by Youth Center students during a tour of the Youth Center Oct. 9 at Keesler. Clark visited Keesler during his tour of clubs along the Mississippi Gulf Coast so he can better understand any issues and how the national organization can best support Keesler's youth and family.

Building culture sustains resilient Airmen

By Staff Sgt. Amanda Dick

Air Force Public Affairs Agency

WASHINGTON — Resilience: Merriam-Webster defines it as "an ability to recover from or adjust easily to misfortune or change."

Resiliency is a word used a lot throughout the Air Force, but not many take to heart; many see it, specifically Comprehensive Airmen Fitness, as just a program, but it's so much more.

"It's not a program," said Lt. Col. Gregory Laffitte, the Headquarters Air Force Comprehensive Airman Fitness Branch Chief. "We're creating a culture. We want to foster this Air Force community that's thriving."

The concept of resilience has been around long before the Air Force. Thomas Edison and the Wright Brothers were all resilient members of society who paved the way for many of today's luxuries, despite obstacles they faced and negative comments.

"There were two brothers — this was years ago — these two guys, they grew up together in the same household with the same mom and dad," Laffitte said. "Their lives were challenged with the economy, the Great Depression, the down turn of how things can be. Historically, they struggled. As they got older, they had a hard time keeping jobs, becoming established and be-

ing successful. They had failed business ventures and enterprises.

One of them was out playing hockey and got hit in the mouth — knocked his teeth out. The other one elected to stay home to take care of family. As they faced these challenges, they didn't get to go on and do what they wanted to do or maybe had some failings along the way. One day, they opened up a bicycle shop in Dayton, Ohio. Guess who these guys ended up being? Orville and Wilbur Wright."

Comprehensive Airmen Fitness aims to create a culture where Airmen have the skills they need to overcome adverse or traumatic events in their lives. CAF consists of four main pillars: mental, physical, social and spiritual fitness.

"(CAF) translates into readiness," Laffitte said. "The data out there demonstrates, with a lot of validity, that if (the pillars) are in balance, a person is happier — they thrive. When Airmen receive training to gain skills to be more resilient, they do even better."

No one knows this better than Chief Master Sgt. Richard Simonsen, the Joint Base Anacostia-Bolling senior enlisted leader, who suffers from post-traumatic stress disorder and minor traumatic brain injury due to several attacks from a prior deployment.

Simonsen runs on the treadmill

several times a week, shutting out the world with headphones and running with his eyes closed. When asked why, his answer was simple.

"It's 30 minutes I can spend with God," Simonsen said. "I use it to enhance myself spiritually. I like to listen to Christian music; there's podcasts of Christian messages. I like to take care of the spiritual side of Rich Simonsen while I'm taking care of the physical side."

While Christian faith is Simonsen's spiritual pillar, it's not the end-all-be-all for every Airman.

"The spiritual aspect means having faith or a belief in something that's bigger than yourself and not necessarily limited to a religion," Laffitte said. "The notion of having a spiritual connection means a lot of things to different people, and the Air Force is not proselytizing one faith or another. It's a significant piece in people's lives. When you're facing something that's really giving you a hard time, your faith — whatever that may be — is something you can draw upon and a source of strength for a lot of people."

Laffitte said CAF is not a new concept, but merely one using existing resources available to all Airmen. There are assets available at every installation to help Airmen be mentally fit, especially if they hit a mental threshold.

For Airmen who are struggling with the physical portion, facilities like the health and wellness center can provide information one needs to shape up his lifestyle. As for the social pillar, Laffitte said this is an area the Air Force can work on.

"The digital age is undermining social contact," he said. "We need to bring people together to create a culture where people look at each other and understand what's going on."

Another piece of CAF is training. Recently, the first Air Force-level Master Resiliency Training Course ended. This class teaches students resiliency skills focusing on what Laffitte called the "power of positive psychology." After the instructor teaches the class, the students then teach the material back to their peers to make sure each student understands it.

The goal is to have a minimum of four master resiliency trainers from each base trained who will return to their home installations and create resiliency training assistants who together will teach resiliency courses across the installation.

"We create a culture that empowers people to go back to the basics where you know who your people are," Laffitte said. "Bouncing back from adversity is just ordinary people doing great big things."

Fishing rodeo catches kids attention



Photos by Kemberly Groue

Jordan McDevitt, 11, and his brother, Jayden, 8, attempt to catch fish during the Kids Fall Fishing Rodeo Saturday, at the Keesler Marina. Jordan and Jayden's grandparents are Ruth and retired Master Sgt. Randall Adams of D'Iberville.

Airman Basic Nicole Willis, 335th Training Squadron, and her husband, Michael Aldridge, Sr., watch their son Michael Aldridge, Jr., 2, fish during the Kids Fall Fishing Rodeo.

Sesame Street characters come to Keesler

Children cheer as Sesame Street characters arrive during the Sesame Street/USO Experience for Military Families show Oct. 9 at the Welch Theater. The 45-minute family-oriented event hosted by the 81st Force Support Squadron includes a character named Katie who is a military child. With the help of her Sesame pals, Katie learns to deal with her fears and excitement about relocating. The show emphasizes the importance of adjusting to change and the power of friendship.

Photo by Kemberly Groue





Block party celebrates dorm renovations



Photos by Adam Bond

Don Kinman, CSC manager, explains the details of the new dorm renovations inside the "Ocean Springs" dorm to Col. Rene Romero, 81st Training Wing vice commander, and Brig. Gen. Brad Spacy, 81st TRW commander, as David Pierson, CSC Keesler dorm manager, stands by for assistance with further information on the renovations.

Senior Airman Eric Sajowitz, 403rd Force Support Squadron, makes a perfect throw dunking Tech. Sgt. Ormondu Coleman, 81st Medical Operations Squadron, at the dorm block party Oct. 12, at the field between the Exchange and Shaw House.

Keesler varsity basketball



Photos by Kemberly Groue

Jesse Harris, Keesler head coach, discusses court strategy with his team during the men's varsity basketball game Saturday, at the Blake Fitness Center. Maxwell-Gunter defeated Keesler, 74-68. The Keesler women's varsity team played an exhibition game against the Mississippi Lady Storms. Keesler defeated the Lady Storms 55-37.



Calvin Walker, Keesler, and Alexander Nelson, Maxwell-Gunter, perform the tip-off to start the men's varsity basketball game.