

COMBAT AIRLIFTER

Pope Field

440th Airlift Wing

May 4-5, 2013

Combat Airlifters,



We have some good times planned this month! I believe in the adage to work hard and play hard. Speaking of working hard, it's my pleasure to announce the quarterly award winners. Competition was intense and we have an outstanding group of top performers.

CONGRATULATIONS QUARTERLY AWARD WINNERS!

Company Grade Officer of the Quarter:

- Captain Nicholas Brant, 53 APS

Senior Noncommissioned Officer of the Quarter

- Master Sergeant Horatio Fox, 440 OSS

Noncommissioned Officer of the Quarter

- Staff Sergeant Shaneka Thompson, 440 MDS

Airman of the Quarter

- Senior Airman Thomas Vasbinder, 440 MXS

Civilian of the Quarter

- Mr. Nolan Morgan, 440 OSS

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We have been working very hard and now it's time to take a minute to play. The Wing picnic is this month and Adele and I are looking forward to spending some time in the sunshine with you and your families. There will be a live band, face painting, a sticky wall, bouncy castle, dunk tank, corn hole, a dinosaur obstacle course and tug of war! The Chiefs did the planning and will be cooking, the kids will have plenty to do, and there might even be some pie-in-the face fundraising happening! As if that's not enough fun for one day, the Fort Bragg fair is in town, too!

If you haven't heard already, I will be leaving this summer. I will be returning to traditional Reserve status as a Mobilization Assistant and returning to my civilian job at Delta Airlines. I have spent most of the last ten years in an active status and needless to say these last two years here at Pope as your commander have been by far the best! The 440th will be in the best of hands as Brig. Gen. James Scanlan has been chosen to be the 440th Airlift Wing's next Wing Commander. He is a great leader and very good friend of mine. He will be coming here from Washington, D.C. where he was the Deputy for Inaugural Support, Joint Task Force-National Capital Region. In that role, he was responsible to the Joint Task Force Commander for all ceremonial support for the 57th Presidential Inauguration.



General Scanlan is a command pilot with more than 7,000 flying hours in both Navy and Air Force aircraft. He is excited about coming to command the outstanding group of Airmen we have here at the 440th Airlift Wing at Pope Field on Fort Bragg, N.C.

I'm not gone, yet, though. We still have work to do. We continue to navigate the way forward for the J-model conversion, civilian furloughs, and current/future deployments. We are doing this in a time of sequestration and extreme budget cuts. Our Airmen have proven themselves on many fronts and I am confident we will weather these challenges with professionalism. I ask that you continue to stay focused on the mission and taking care of your Wingman.

Thanks for all you do, I am so proud to serve with you. We are Pope!

All the best,

Brig. Gen. Norm Ham



2013 Top Aimpoints:

- Preparation! Lead AFRC as premier TFI Unit
- Predictability! Preserve the Reserve Triad
- Mentoring! Part of the larger Wingman culture

—NEWS—

From the Vice



With Memorial Day approaching, it was with a lump in my throat that I read about but missed seeing the passing of a legacy. On 18 April 2013, the last of the Doolittle Raiders reunions was held in Fort Walton Beach, Florida. The reunions were originally going to be held until there were only two surviving Raiders, but the four still living decided that declining health was

making it too difficult to continue. Most of us know or are related to someone who served in that World War, and every day that becomes more of a past relationship as these heroes pass on. The legacy the Doolittle Raiders leave behind should be particularly inspiring to those of us in the military, no matter what service or specialty. For them to have successfully carried out their daring surprise raid, a true total force effort was required. From Army to Navy, from aircrew to maintenance, from intelligence to security, from personnel to services and medical—all played a role in carrying out that crucial mission and the legacy it leaves with us. And let us not forget the families who carried the home front and supported their service members in spite of the secrecy and uncertainty. With the end of the Doolittle Raiders reunions, it will be up to us to carry on the memories, and to ensure the legacies we leave are worthy of such a history.

So, while Memorial Day is officially a day to remember those who have died while fighting in our nation's service, it is also a good time to reflect on all of our fellow servicemen and servicewomen. Also to reflect on ourselves and what the legacies we leave will be. Whatever you do, give it your best, then look for ways to do more, and stay true to your honor. A saying goes, live a good, honorable life; then when you get older and think back, you'll enjoy it a second time.

The Doolittle Raiders also decided to tap into the bottle of vintage cognac (bottled the year Gen Doolittle was born) sometime this year too, again not waiting until there were only two. Sirs, you've earned that sip—drink deep and savor the memory:

Here's a toast to the host
 Of those who love the vastness of the sky,
 To a friend we send a message of his brother men who fly.
 We drink to those who gave their all of old,
 Then down we roar to score the rainbow's pot of gold.
 A toast to the host of men we boast, the U.S. Air Force!*

*Hopefully these words aren't too foreign—it's the third verse of the Air Force Song, the only verse with a different melody.

Chief's Page



Well, I have been here less than a month and I have had the opportunity to meet some of you and to hear some of your stories. Such as where you are from, what brought you here to Pope or North Carolina, your families and some of your hobbies. The more I hear the more amazed I became, realizing what a diamond Pope is.

My story; (in short order) both of my parents are deaf and sign language is my primary language. I have 5 brothers, moved from Colorado Springs area to Hood River Oregon. Played football (Linebacker) wrestled and did well. Joined the Army back in 1986 ETS'd in 1992 due to emergency family issues, missed the military and found an Air Force Reserve wing located in Portland Oregon. Tried my hand at being a Port Dawg, (2T2 Aerial Port), Took the challenge of being a First Sergeant, PEP'd as a Shirt then became the Squadron Chief. Portland got BRAC'd in 2005 so I competed for a Command Chief position with a Special Operations Wing in Florida, Then I applied to be the first ever Command Chief for the only Reserve Space Wing at Schriever AFB, Colo. (had something to do with where my wife was at too). Got the opportunity to serve at the Numbered Air Force on the West coast and assisted with the downsizing of the NAFS (another BRAC type action) while, living at Robins AFB Ga. (Again, something about wanting to hang my hat next to my wife's hat) for a couple of years and now I am meeting all of you.

Karen and I are a blended family with 4 kids, 4 grand kids and two Yorkshire terrier dog We ride Harleys, love our church and now I am quite the bass fisherman...

So, what's your story? I would love the opportunity to meet you and hear your story.

I hope to meet more of the "Ready Now" airmen of Pope Field during the Family Day picnic this UTA weekend and CMSgt Steve Larwood, 22nd AF Command Chief, will also be out and about meeting our team.



— ANNOUNCEMENTS —

Airmen & Family Readiness

Are you preparing to be activated for 180 continuous days or more on active duty OR are you being deactivated after serving 180 continuous days of active duty? If so, your participation in the Transition Assistance Program (TAP) is mandatory and a public law. Military members must attend the following: Pre Sep briefing, Dept of Labor, and Dept of



VA workshops. Workshop attendees learn about job searches, career decision-making, current occupational and labor market conditions, and resume and cover letter preparation and interviewing techniques. Participants also are provided with an evaluation of their employability relative to the job market and receive information on the most current veterans' benefits. There are exceptions to this law, those exempt from attending TAP workshop must meet the following: 1) be able to confirm employment 2) provide documented acceptance into an accredited technical training, undergraduate, or graduate degree program, or 3) have previously attended TAP. However, pre sep is mandatory for all serving on 180 continuous days or more. We encourage those who require the briefing and workshop to attend prior to activation. Please see your A&FR representatives in Build 430 next to the Shoppette during UTA weekends for more information. Sat hours for May UTA will be 0700-1200 and Sun 0800-1400. For guidance or questions during non UTA days, please call the A&FR Center at 394-2538.

Military teens (14-18 years old) will have an opportunity to participate in adventure camps scheduled May 2013 through February 2014 for FREE (transportation costs are also covered). These high energy, high adventure, and high experience camps are planned across the United States from Montana to Maine and from Colorado to Georgia as well as states in between. There are even opportunities for military teens in the Pacific Rim. This is the perfect chance for you to experience the outdoors as you never have before! Visit https://www.extension.purdue.edu/Adventure_camps/campshome.html.

The Exceptional Family Member Program is not only for military families with children that have special needs. Family members with special needs can also include spouses, adult children and extended family members who are dependent on the service member for care and support. A new publication from the Department of Defense will give you all the information you may need as an adult with disabilities or a family member/caregiver of an adult with disabilities. It covers support and resources from the military, TRICARE benefits, the rights of adults with disabilities, independent living resources and much more. The Guide for Adults with Special Needs is a comprehensive handbook with more than 100 pages of helpful information that you can use as a reference. Visit http://www.militaryonesource.mil/12038/MOS/ResourceGuides/Adults_with_Special_Needs.pdf, for more information.

Protocol Corner

The new Chief of Wing Protocol has arrived! Ms. Elizabeth Upton, PCS'd from Izmir, Turkey to Pope Field in early April 2013. Capt Elenah Kelly is also in the Protocol Office & works on the UTA weekends.

Both are on the Global Email System Office Location: 440 AW Office, 374 Maynard, 3rd floor, Room 302 Phone #: DSN 394-3536

Protocol is here to assist the 440 AW personnel with the coordination of their official ceremonies & DV visits. The 440 AW Protocol office has flags, flagpoles & flag stands + DV parking signs available for check-out. Protocol can also assist with DV seating arrangements, review scripts and answer just about any Protocol question you may have on your upcoming official event.

Some template documents are on the Public Drive (AW, Protocol folder) to assist 440 AW personnel with the set up & coordination of ceremonies: scripts, checklists, programs, e-invitation information, Protocol Instruction, Air Force Biography website information, seat tags. The template checklists will help with every step in the planning of ceremonies + there are timelines to help keep on track.

The template documents are generic. Basically, just fill in the areas highlighted in YELLOW, add the Group/Squadron personalized information (names, dates, etc) & customize to fit your ceremony.4. The summer Change of Command season is almost here. Please do not hesitate to call or email us if you need any assistance while planning your ceremony.

If you have any Protocol questions, please contact us at 440aw.cvp@us.af.mil.

SARC News

MANDATORY SEXUAL ASSAULT PREVENTION AND RESPONSE TRAINING: Effective FY13 Bystander Intervention Training (BIT) is no longer authorized and we are reverting back to the DoD mandatory annual training requirement. Available times are posted on the SARC EIM page (link below). Advance sign-up is required at the EIM site or through your UTM. In-house training is an option. For more details contact the Sexual Assault Response Coordinator, Ms. Karen Smith, 394-4551

https://eim.amc.af.mil/org/440aw/440_WSA/440AW_CVK/default.aspx



— ANNOUNCEMENTS —

Lodging Changes

The Army is privatizing all lodging on Fort Bragg effective 1 May 2013. On 1 May 13, the Airborne Inn will change its name to Intercontinental Hotel Group or IHG Army Hotels.

Airmen will not see any process changes for lodging during the Unit Training Assemblies (UTA). UTA lodging will still be direct billed under the 440 AW as it was in the past. However, Airmen will see changes when making lodging arrangements for annual tour or long tour orders. As a result of privatization, the lodging office will no longer issue non-availability statements. Airmen may use any available hotel in the area but they will only be reimbursed for lodging rates up to the max per diem rate of \$94.00 a night before taxes.

The FSS will provide squadron commanders and first sergeants with a listing of some hotels in the area that may honor the max per diem rate when making reservations.



Passport to Adventure

We will be in Building 712, the ISO hanger on Saturday May 4 for the Passport to Adventure. This will consist of a static display C-130 with tours being given by Loadmasters, Aero Medical personnel and Pilots/Engineers/Navigators. Also APS will have several pieces of eq on display such as K-loaders, Fork Lifts, and other APS eq. Other occupations will be represented to include Security Forces, Life Support, Maintenance.

Family of 440th members are welcome to attend this event. This is geared mostly to children, however, any and all will benefit from the program. Children under 13 must be accompanied by an adult at all time. Times are 0900-1100 with the Picnic to follow at the flight line park.

440th Airlift Wing Picnic

Come out and enjoy the 440th Airlift Wing picnic! Bring your family and enjoy the festivities. This year's picnic will include a live band "The Lonesome Few", and fun activity for the whole family. There will be face painting, sticky wall, bouncy castle and slide, a dinosaur obstacle course, corn hole board, tug-a-war contest, and dunk tank! Bring cash if you would like to donate towards your vote for the pie-in-the-face and dunk tank. There will also be a drawing for a corn hole board.

Proceeds will defray costs for next year's wing picnic Festivities will begin at 1200hrs on Saturday, 4 May at Flight line Park (near Manchester gate). Refreshments served - bratwurst, hamburgers, hotdogs, sodas, and water. This is a FREE event for 440th members and their families. In addition, Airman and Family readiness will be hosting "A Passport to Adventure" where family members of all ages can explore the many facets of military life from HUMMVEE's to NVG's and Fork Trucks to Airplanes! Children under 13 must be accompanied by a parent.



Congratulations

Air Force Reserve Command announced its 2012 Airfield Operations Awards winners April 1.

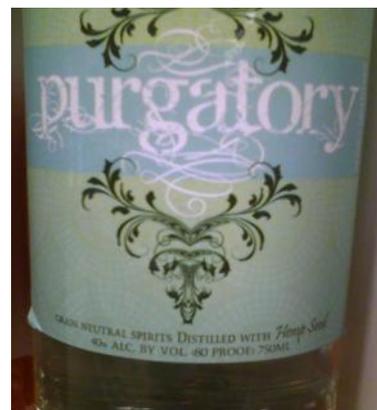
Unit Award: AFRC Outstanding Weather Flight (Unit) of the Year: 440 OSS/OSAW, Pope AAF, NC

Individual: AFRC Weather Civilian of the Year: Mr Charles E. Schmidt, Jr., 440 OSS/OSAW, Pope AAF, NC



Beware!

Purgatory Vodka is a new vodka infused with hemp seed. The use of hemp seed is prohibited by the military and is PDI. The drug test can be positive for THC, active ingredient for marijuana. Studies have shown that products made with hemp seed and hemp seed oil may contain varying levels of tetrahydrocannabinol (THC), an active ingredient of marijuana which is detectable under the AF Drug Testing Program. In order to ensure military readiness, the ingestion of products containing or products derived from hemp seed or hemp seed oil is prohibited. Failure by military personnel to comply with the prohibition on the ingestion of products containing or products derived from hemp seed or hemp seed oil is a violation of Article 92, Uniform Code of Military Justice (UCMJ).



Updated Fitness Assessment Schedule

Saturday fitness testing will be conducted at 0830, 0930, and 1100. Sunday fitness testing will be conducted at 0700 (unit specific), 0830, 0900, and 1330.

Members should get with their Unit Fitness Program Manager (UFPM), not the unit health monitor to see if they are scheduled to test. If they have a fitness profile, they must bring that profile to their fitness assessment.

OpFit will not be held during the May UTA.



— ANNOUNCEMENTS —

Force Development

HQ AFRC has cancelled all June NCO Leadership and Development courses and did not provide the opportunity to reschedule. Unfortunately, this includes our Pope class. Watch for dates for 2014.

Tuition Assistance (TA) is back! On 10 Apr 13 TA was reinstated and on 17 Apr 13, wing education offices were allowed to approve applications once again. We cannot approve any classes that started between 11 Mar and 9 Apr. Please be sure to forward your class schedule when applying and turn in your bill and grades as soon as the course has ended. POC is SMSgt Cheryl Somann at 394-4024.

Dining Facility Schedule

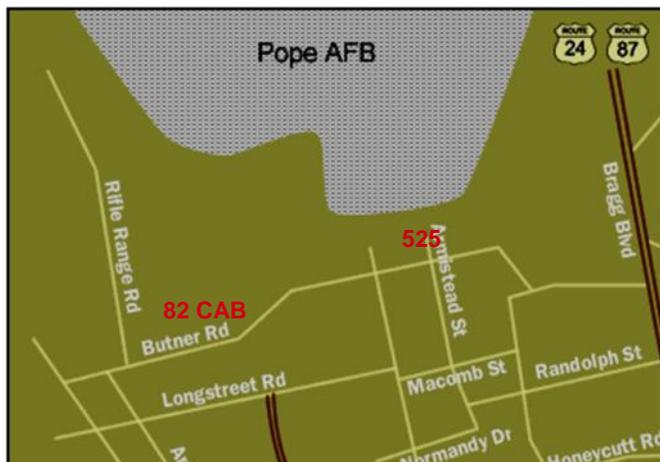
525th BFFSB
Bldg 2-5112 Ricketts St.
(910) 396-8063

Brk: 0930-1300
Din: 1600-1730

82nd CAB
Bldg 3-5103 Longstreet Rd
(910) 432-5538

Brk: 0800-1000
Lun: 1130-1330
Din: 1530-1730

Unit First Sergeants have additional information on dining facility locations.



ART & Civilian Time & Attendance System

ARTS and Civilian members will soon have a new system to replace the manual time card process which is in place now. The Automated Time, Attendance and Production System (ATAAPS) is a web-based application that provides an online facility for the entry, update, concurrence and certification of time and attendance data for civilian employees of various DoD agencies. It serves primarily as a data entry and repository system, which then feeds payroll data to the DoD payroll system. Under the new system, members will enter their Time & Attendance data directly into ATAAPS, and will have it certified in directly in the system, reducing the need for additional external documentation. Training will be accomplished during May, implementation will be in June.

440th Communications Focal Point

Frequently Asked Questions:

How do I access my share drive?

Answer:

- Click the Windows Start Button,
- Click on Computer
- Click on Map network drive
- Type in \\52TMKH-FS-001,
- Select browse and find your specific share folder
- Click OK and then select finish.

How to connect to a network printer?

Answer:

- Click Windows Start button
- Click on Computer
- Click on P:\ drive
- Scroll down to "Print Server"
- Select your printer
- Listed by: Unit, Building number and room to include printer name

Contact Numbers:

- CFP: 394-3400
- Hours of Operation
- Weekdays: 0730 - 1630
- UTA Weekend: 0700 - 1600

Enterprise Service Desk(ESD): 394-2666. Commercial (210) 925-2900, DSN 945-2900

Contact information

- Emergency: 911
- Non-Emergency SFS: 910-394-2800/2808
- Chaplain: 910-394-5465
- Safety: 394-8387/8387
- Military Equal Opportunity: 394-3961
- IG: 394-1798
- ALRS/UTA lodging: 910-394-1291
- Comm. Help Desk: 910-394-2666
- Services Customer Support: 910-394-2216
- Military Pay: 910-394-1600/1909/1409/1332
- Travel Vouchers: 910-394-1412
- MPF Customer Service: 910-394-4337/4439
- Patriot Pope/Airlift Support: 910-394-7152/6152
- Airborne Inn Lodging: 910-396-7700
- Wing Public Affairs: 910-394-5533
- Fitness Questions: 910-394-2538
- Pope Operator: 910-394-1110
- Command Post: 910-394-9000

Pope Fitness center hours

- Monday-Friday 5a.m.-10 p.m.
- Saturday & Sunday 7 a.m.– 3 p.m.
- For more information, call 394-2671.

— ANNOUNCEMENTS —

Suggestion Boxes

Suggestion boxes are going up in the wing building as well as the groups and TFI squadrons. The boxes are here for you to make your voice heard, suggest a better way of doing things, or bring up a concern.

Take advantage of this tool and have your voice heard!



440 AW MOBEX

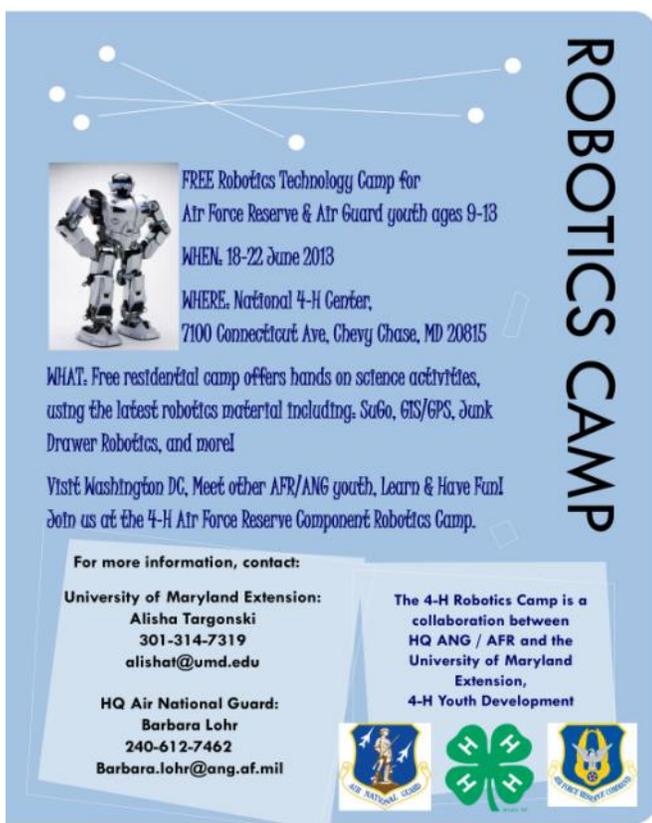
Hello All! Welcome to the May UTA...

My name is Maj Stephen Cheek and I am the 440AW Wing Readiness Officer. I am writing to explain the annual mobility exercise that will occur the week prior to the June UTA. The Air Force requires all wings to simulate deploying 50% of our assets every 2 years. This requirement enables us to practice mobilizing our people and cargo so that we are ready to go when our nation calls. This exercise will help all organizations on base make sure our people and equipment are up to speed for a mobilization, and also enables us to make sure the machinery and deployment processes needed to get our warfighters out of town is ready to go if we are called to duty. So, with that explained what does it all mean to you? Good question, I'm glad you asked...

First and foremost, this event will be occurring the week before our June UTA, and the actual processing will occur on Friday 31 May 13. As a result, there is a good chance you may not be involved if you are a traditional reservist with limited availability. The exercise was designed to not impact the limited training time we all have during the actual UTA. If you have availability though, and are looking for some extra reserve participation, you might have an opportunity to come in during the week to participate.

Over the May UTA, all units will be receiving their mobilization tasking, and will be making the decisions on who and what is needed to participate. Your Unit Deployment Managers will be your Commander's representatives as primary operators to deal with this event. They will be observed by members of the Wing Exercise Evaluation Team who will be grading and reporting on the exercise. Some of you may be asked to process through a deployment line, or help ready cargo to be processed for the simulated deployment. If you are a participant I trust that you treat it just like you would any other training event, as the professional airman that we all are in the US Air Force Reserves. If issues or delays occur, always remember that we exercise to highlight the problems so that we can solve them before we are called for an actual mobilization. By keeping a good attitude and making sure all of our individual and squadron affairs are in order, our wing is better positioned to do our duty as instruments of Air and Space power projection, and defenders of freedom and our way of life. I can be reached at 394-7655 if there are any questions related to the MOBEX. I look forward to seeing you all at the end of the month!

Robotics Camp



ROBOTICS CAMP

FREE Robotics Technology Camp for Air Force Reserve & Air Guard youth ages 9-13
WHEN: 18-22 June 2013
WHERE: National 4-H Center, 7100 Connecticut Ave, Chevy Chase, MD 20815

WHAT: Free residential camp offers hands on science activities, using the latest robotics material including: SuRo, GIS/GPS, Junk Drawer Robotics, and more!

Visit Washington DC, Meet other AFR/ANG youth, Learn & Have Fun! Join us at the 4-H Air Force Reserve Component Robotics Camp.

For more information, contact:

University of Maryland Extension:
 Alisha Targonski
 301-314-7319
 alishat@umd.edu

HQ Air National Guard:
 Barbara Lohr
 240-612-7462
 Barbara.lohr@ang.af.mil

The 4-H Robotics Camp is a collaboration between HQ ANG / AFR and the University of Maryland Extension, 4-H Youth Development



2013 AFR/ANG Teen Leadership Summit

Now in its sixth year, the AFR/ANG Teen Leadership Summits are week-long camps for 14-18 year old dependent teens of current Air Force Reserve or Air National Guard family members. Teens will focus on leadership development and self-confidence, learn about programs and services available to Air Force dependents, and build an appreciation for and sense of belonging to the Air Force community.

Information is now available for the 2013 Air Force Reserve/Air National Guard Teen Leadership Summits at <http://www.georgia4h.org/afrangeteensummit/>

Medical Appointments Changes

Saturday, May 4:

Medical Appointments: 0830-1130
 Walk-Ins: 1000-1030

Sunday, May 5:

Medical Appointments: 0800-1200
 No Walk-Ins, Only scheduled appointments



— **WING HIGHLIGHTS** —

PROMOTIONS: Check out who's flashing new rank!

Airman Basic to Airman

Dalvin L. Harrison, 440 OSS
Kiah R. Herrin, 53 APS
Chelcie N Hollifield, 53 APS
Charles D. Peninger, 53 APS
Ayanna D. Shaw, 440 OSS



Tech. Sgt. to Master Sgt.

Joe E. Byrd, 36 AES



Congratulate these Airmen when you see them!

Airman to Airman 1st Class

Jonathan M. Arredondo, 440 SFS
Alexis A. Best, 440 MXS
Christopher M. Bishop, 440 SFS
Phillip J. Burnham, 440 SFS
Carl R. Hananker, 440 MXS
Ajulya J Irby, 440 SFS
Joshua R. Lykins, 36 AES
Jacob S. Mazza, 440 MXS
Bobby Moore Jr., 440 SFS
Kwame D. Perry, 440 MXS
Francis X. Travolina, 440 SFS



NEWCOMERS

Welcome the following Airmen to the 440 AW Family

Maj. Scott D. Haning, 440 MDS
Capt. Kathleen D. Fitzpatrick, 440 AMXS
Capt. Mackenzie C. Johnson, 36 AES
2nd Lt. Sherri Finleyson, 440 MDS
Chief Master Sgt. Karen Hart, 440 AW
Master. Sgt. Gillian M. Albro, 440 FSS
Tech. Sgt. Evelyn Faye, 440 MXS
Tech. Sgt. Johnathan L. Harvey, 53 APS
Tech. Sgt. Turquoise Stanley-Linton, 440 MDS
Staff Sgt. Christin D. Cordova, 53 APS
Staff Sgt. Thomas Z. Lemonds, 440 SFS
Staff Sgt. Antwaion M. Wickware, 440 SFS
Staff Sgt. Lisa M. Wright, 440 FSS
Senior Airman Christina D. Smith, 53 APS
Senior Airman Jordan A. Stone, 440 AW
Senior Airman Brett E. Van Horne, 440 MOF
Senior Airman Fredrick White, 440 CF
Airman 1st Class Brent J. Harrison, 440 AMXS
Airman 1st Class Christopher J. Kimpell, 440 MXS
Airman 1st Class Keshia a McLean, 53 APS
Airman 1st Class Nakiyyah C. Whitehead, 36 AES
Airman Niasia Calhoun, 440 OSS
Airman Starkeisha A. Gambrell, 440 FSS
Airman Basic Phillip Armstrong, 440 MXS
Airman Basic Michael A. Gainey Lane, 440 CF
Airman Basic Challen M. Haywood, 440 MXS
Airman Basic Robin R. Klus, 36 AES
Airman Basic Kendra S. Miller, 440 MXS
Airman Basic Tara Rodger, 440 FSS
Airman Basic Sam S. Sawaked, 440 FSS

Airman 1st Class to Senior Airman

Wesley S. Beardsworth, 440 LRS
Joshua R. Brandon, 440 MXS
Garrison R. Davis, 440 MXS
Amy D. Flynn, 440 OSS
Russell A. Gardner, 440 SFS
Anthony M. Lucas, 440 SFS
Judy L. Manley, 440 MXS
Dorothy J. Maurice, 440 OSS
Akaela S. McGinty, 36 AES
Franklin H. Montero, 440 SFS
Jasmine A. Robinson, 36 AES
Sarah K. Schwister, 53 APS
Adam Z. Shapiro, 440 MXS
Justin B. Smith, 53 APS



Senior Airman to Staff Sgt.

Phebe J. Walsh, 440 FSS



Staff Sgt. to Tech. Sgt.

LaTonya C. Hemmingway, 440 AW
Darrell M. Hornabck, 440 AW
Kristianjon H. Kankelfritz, 95 AS
Damian A. Williams, 440 MXS



Let these Airmen know you are glad they've joined our team

— AROUND THE WING —



Col. Brian Kraemer, 440th Operations Group Commander, spoke to the crowd at the Celebration of the Military Child in Southern Pines, N.C. The Kiwanis Club of the Sandhills held its fourth annual Celebration of the Military Child April 20. More than 300 were in attendance at the Pinehurst Arboretum for games and entertainment, including music by the UPHS band and the 82nd Airborne Division All-American Chorus. (Courtesy photo)



150 service members participated in the 8th Annual Warriors on the Water Bass Fishing Tournament at Jordan Lake, N.C., April 19. Warriors on the Water is completely free to service members. Everything from rods and reels, lures, and food is donated from the local community. Boaters sign up months in advance for the opportunity to take a service member fishing for the day. (U.S. Air Force photo by Adam Luther, 440 AW/PA)



150 service members participated in the 8th Annual Warriors on the Water Bass Fishing Tournament at Jordan Lake, N.C., April 19. Warriors on the Water is completely free to service members. Everything from rods and reels, lures, and food is donated from the local community. Boaters sign up months in advance for the opportunity to take a service member fishing for the day. (U.S. Air Force photo by Adam Luther, 440 AW/PA)



Congratulations to Chief Master Sgt. Rocky Hart, 440th Airlift Wing Command Chief, for his second place finish at the 8th Annual Warriors on the Water Bass Fishing Tournament. (Photo by Adam Luther, 440 AW/PA.)



Center for the Study of Traumatic Stress

The Center for the Study of Traumatic Stress (CSTS) is part of the Department of Psychiatry, Uniformed Services University of the Health Sciences

National Child Abuse Prevention Month Tips for Caring for Your Children and Yourself

National Child Abuse Prevention Month recognizes that all adults in both our military and civilian communities have a role in promoting the emotional and social wellbeing of our nation's children. In this fact sheet, the Center for the Study of Traumatic Stress presents common issues that many new parents experience in caring for their children, and offers some pointers to help guide and support you.

Caring for your child is a full-time job.

- Caring for a child is a 24/7 job and when an extra pair of hands is not around to help, even the calmest mother can become frazzled.
- Children learn about the world through you, their caregiver. They are fragile and require patience and gentleness.
- Your baby will make cooing sounds and will respond to your voice, even as early as hours after birth. S/he will recognize your voice among others, so sing to him/her and coo back.
- Babies prefer human faces to anything else.
- Your baby will smile even when sleeping and as early as the first month of life. That smile will be special for *you*, so enjoy it and make sure you smile back.
- Comfort your baby gently. Don't be afraid of spoiling by too much picking up or holding. Your baby needs to trust that you are there to care, love and make him or her feel safe.
- Infants have different personalities. Some will settle into their new lives with ease while others may have more difficulty adjusting. They may cry more, have feeding problems or be more sensitive to or distressed by their environments. These are usually normal. If you are worried, call your doctor or a nurse. Do not punish your baby for crying.
- An infant's neck muscles are not strong enough to be supportive of the head. During shaking, the brain can hit the inside of the head, causing swelling, bleeding, and pressure in the brain. *Babies should NEVER be shaken.*

Here are important tips to help you.

- Helping the healthy early development of your child is the most important thing you can do.
- Make your child feel better when he or she is sad.
- Tell your child you love him or her.
- Play with your child and watch your child play.
- Praise your child when he or she does something right.
- Cook your child's favorite food.
- Hang your child's drawings in your house.

Your Needs are Important, too! Take care of yourself.

- Eat a well-balanced diet, exercise, get regular medical checkups.
- Get enough sleep.
- Accept offers from those you trust to baby-sit and take an occasional break.
- When your child goes to bed, take time for yourself to relax: nap, read a book, listen to music, take a bath, or call a friend.
- The stress of raising a child and managing your home, particularly if a spouse is deployed or on training, or has a civilian job with extensive travel or unusual hours, cause some people to start or increase unhealthy behaviors such as alcohol or drug misuse or cigarette smoking.
- Out of loneliness, caregivers whose spouses are often away, may seek the company of other adults. But, remember not to expose yourself or your child to individuals or environments that compromise your or your family's health and safety.

Remind yourself often that there is no greater satisfaction than knowing you have given your child or children a healthy start in life. Pat yourself on the back for doing a good job. *Prevent child abuse and neglect by Caring, Hearing and Knowing Your Children!*