

IN THE NEWS

Air Force changes Base of Preference program

Air Force officials have changed the Base of Preference program, known as B-O-P, for first term and career airmen to help improve retention and maintain stability of the force.

Recently implemented changes include expanding the eligibility criteria for the first-term airman Base of Preference Program and initiating the Career Base of Preference Program, formerly known as the Volunteer Enlisted CONUS Assignment Program, or VECAP.

According to Gen. Michael Ryan, Air Force chief of staff, "this initiative speaks volumes for Air Force leadership's commitment to improve retention for our enlisted force. We're extremely hopeful we can get more of our people assignments to locations of their choosing and these folks will respond by staying with us."

"We have received several inquiries about the B-O-P program," said Master Sgt. Russel McCray, 437th Mission Support Squadron superintendent, outbound assignments and formal training. "Based on those inquiries, I believe the program will improve retention."

The current first-term airman B-O-P program is very small and applies

only to those desiring to remain in place or retrain.

"We are expanding the program dramatically to allow almost every first-terminer reenlisting the opportunity to participate," said Lt. Col. Michael Gamble, chief of Assignment Programs and Procedures Division. "If you're at Seymour-Johnson AFB (N.C.), wanting to get to Holloman AFB (N.M.), and you're willing to reenlist, then you make an application. If manning supports, we'll work it."

However, Gamble cautions, there are no guarantees.

"With first-term B-O-Ps, we are looking at gaining manning," said Gamble. "Is there a requirement I can put you in? If not, we'll work alternatives with you."

The other program receiving a facelift is the VECAP, now renamed the Career B-O-P. Currently, members must have five-and-a-half-years to apply and move at the six-year point.

"We want to liberalize this requirement so that members can apply at the three-and-a-half-year point and move at four years, if approved," said Gamble.

Officials at AFPC say they look at losing and gaining base manning, as well as overseas vulnerability, when making assignments for career air-

men.

"If you're a seven-level in a key mid-management position at Tinker AFB (Okla.) and you want to go to Hurlburt Field (Fla.), but moving you there will cause mission problems for Tinker, then your request will be denied," added Gamble.

All B-O-P applicants may request a maximum of eight bases. Those requesting more than one will be considered in priority order.

"If we can work your first choice, it's game over," said Gamble. "If not, we'll take a look at your second choice and try to make that happen."

If none of the preferences can be worked, the airman may immediately apply for other bases, as long as he remains eligible. Additionally, he can re-apply for the same bases six months later to see if manning has changed at those bases.

The exception will be for first-term airmen. Since their B-O-P application is submitted in conjunction with reenlistment and retraining, they will be unable to submit multiple applications. But the good news is they will be offered alternatives immediately if their choices can't be approved.

A new web-based B-O-P application is also available for individuals with

access to the World Wide Web. Members desiring a continental United States to CONUS permanent change of station B-O-P, other than in-place, can now apply through the AFPC home page at www.afpc.randolph.af.mil. Choose enlisted, military assignments, AMS web login. This application is similar to the current process for updating an Assignment Preference Worksheet using AF Form 392.

Gamble cautions people to use their "B-O-P chit" carefully because back-to-back B-O-Ps will not be authorized.

"If your goal in life is to get to Moody (AFB, Ga.), but you list other locations on your application, manning at Moody could drive us to approve your second or subsequent choices," said Gamble. "Should that occur, you will not be eligible to apply for a B-O-P to Moody as your next assignment."

The enlisted assignments program will still be requirements-driven. But according to Lt. Gen. Donald Peterson, Air Force director of personnel, "We strongly believe B-O-P will allow us to better balance individual desires with mission requirements." *(Courtesy of AFPC News Service. Staff Sgt. Michael Duhe, 437 AW Public Affairs also contributed to this article.)*

Teaching kids discipline

By Maj. (Dr.) James Feiste
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chief of pediatrics

Have you ever been told, "Maybe your child just needs Ritalin?" School-aged children with behavior problems are frequently referred to a pediatrician's office to look for Attention Deficit/Hyperactivity Disorder (ADHD). Less than 20 percent of children with behavior problems have a medical problem requiring medication. Most problem behaviors can be controlled through a conscientiously applied program of "discipline."

Furthermore, children with ADHD (or other diagnoses) need good discipline even more!

Discipline is an educational process in which children learn how to behave in a socially acceptable manner. When properly applied, it will allow your children to gain self-control and respect for themselves and others.

First, look objectively at yourself and your family and identify problems causing stress in your child. Divorce, custody battles, abusive relationships, or a family member with emotional, psychiatric or medical problems, can often lead to behavior problems at home or at school. If your family is going through these kinds of problems, it is essential that you get help through counseling, church, doctors, friends or extended family.

Next, outline for your children exactly what you expect of them. Some families post a set of "house rules." The rules should be simple to understand and follow. Rules that change unexpectedly, or are not followed by everyone, are essentially meaningless.

When the rules are broken, the punishment that follows is most effective when it follows these simple "ABC's":

Appropriate - The punishment should fit the crime - don't ground your teenager for two months for waking up late.

Boring - The child should be sent to an uninteresting place and remain there for a set amount of time. A good rule of thumb is one or two minutes for every year of age (use a timer which starts only after the child is calm). A plain corner for toddlers, or rooms without distractions for older children, are good locations. "Grounding" or taking away privileges can be effective in teenagers.

Consistent - Punish each offense every time it occurs! Don't make repetitive warnings such as "the next time you do that, I'll..." because if you fail to act, your child will learn not to take you seriously.

Direct - Punish inappropriate behavior as soon as possible after it occurs.

Emotionless - Approach your child calmly and coolly, inform him that he has broken the rules,

and escort him to his room. Do not yell, scream, cry, or shout insults under any circumstances. Children frequently misbehave in order to get their parents' attention - even if it is negative attention.

Finally, and most importantly, always recognize your children's good behaviors and accomplishments. When your child lives up to your expectations or does well in something, lavish him with compliments. It's important for your child to hear "We're so proud of you!"

Remember, teaching discipline is not always easy. It can be difficult to remain calm and unemotional when your three-year-old is throwing canned fruit at the checkout clerk! Changing three years of difficult behavior will not happen overnight. Good discipline, once established, will help your child become happy, productive and well adjusted - even without medications!

Security Checklist

By Senior Airman Jeffrey Rice
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crime prevention manager



Secure your home with sturdy locks on doors and windows.

Take care of your keys; don't give others the chance to duplicate them.

Outside, don't let your home look unoccupied. Keep things from piling up.

Put a light on while you're away...preferably one with an automatic timing device.

Think twice before letting strangers know when you'll be away from home.

Have a trusted friend or neighbor check your home while you're away.

Insure your possessions and keep an up-to-date inventory of them.

Etch an identifying number on items a thief might steal.

Find out about burglar alarm systems and install one.