

DISPATCH



A I R L I F T

Inside

- ▶ CFC / 3
- ▶ Commentary / 8
- ▶ Suicide / 11
- ▶ Swami / 15

Vol. 40, No. 38

437th Airlift Wing, Charleston AFB, SC

Friday, Sept. 28, 2001



Photo by Senior Airman Jason Smith

Stars and Stripes

Capt. Craig Fleming, 437th Support Group executive officer, his wife, Dana, and daughter, Rachel, 5, decorated Hill Boulevard with over 200 American flags. Fleming said his family wanted to place the flags to show their support and dedication to the United States.

E/MSS = Instant Access

By Senior Airman

Jason Smith

437 AW Public Affairs

Employee/Member Self Service provides a responsive service to military payroll customers.

E/MSS gives military members the ability to make pay account changes to their own accounts in a secure electronic environment, according to an E/MSS pamphlet.

Registered users can change their federal tax withholding information, update Electronic Fund Transfer address, start and stop allotments, change correspondence addresses and view Leave and Earning Statements. According to the pamphlet, future changes will allow users to change state tax withholding information, start and update bond information, elect and change Thrift Savings Plan options, and view travel vouchers.

"All active-duty or reserve military, retired military, annuitants and civilian employees of the Department of Defense can use E/MSS," said Master Sgt. John Griffin, 437th Comptroller Squadron customer service chief. "All you need is your social security

number and a personal identification number. If you don't have one, you must establish a temporary PIN from the Defense Finance Accounting Service."

Griffin said the first implementation phase of E/MSS began with the Marine Corps in February 2000. The remaining active and reserve components were brought on board in November 2000 with PIN notification letters being mailed in January 2001.

From the customer standpoint, E/MSS will give users greater control over their pay accuracy, said Griffin. It eliminates mail delays for LESs also. From the finance end, it will decrease overall transaction processing and the space needed for document storage. It should reduce the time required for researching and correcting problems and telephone inquiries. Perhaps the biggest benefit is that the system will free time for comptrollers to work on other pay-related issues.

More information about the system is available at www.dfas.mil, or by calling the Cleveland Customer Support Unit at 1-800-390-2348, or DSN 580-5122.

The following information must be submitted to establish a temporary PIN: Photocopy of ID, signature, written request for a temporary PIN, daytime telephone number, and type of pay received. The information can be faxed to (216) 522-5800, or DSN 580-5800, or mailed to:

**DFAS Cleveland
ATTN: E/MSS Project
P.O. Box 99191
Cleveland, OH 44199**

Deployment: CAFB needs to be ready to go anywhere, anytime

By Staff Sgt. Melanie Streeter
437 AW Public Affairs

With the nation on alert, Charleston AFB members need to be prepared, professionally, personally and medically, for deployment at any time.

According to Pete Kurth, 437th Airlift Wing installation deployment officer, personal affairs are where most CAFB personnel fall short.

Kurth said it's important for personnel to keep their wills updated and their families informed of what's going on to the extent they can.

"Right now, we have people who have their bags in the car or at work, and they don't know if they're going home that night," Kurth said. "They might be on a plane to places they've never even heard of before. They need to be prepared."

Wills can be prepared on the mobility line, but Kurth said these don't offer the level of detail most individuals need. Life insurance benefits and other emergency data should also be kept up to date.

The Family Support Center offers a briefing for deploying members with a lot of good information, Kurth said. The briefing is a requirement.

A CAFB sergeant who recently re-

turned from a deployment stressed the importance of bringing personal items. Staff Sgt. Wade Johnson, 437th Airlift Wing Plans, found himself at a deployed location without a towel.

"They were simple things, and I should have known better," Johnson said. "I was so wrapped up with professional issues, I forgot about some

See Deployment, page 2

IN THE NEWS

Thrift Savings Plan open sign-ups start Oct. 9

By Staff Sgt. Melanie Streeter
437 AW Public Affairs

The Floyd D. Spence National Defense Authorization Act for Fiscal Year 2001 allows members of the military and other uniformed services to participate in the Thrift Savings Plan starting Oct. 9.

When the TSP program starts, materials will be available through three sources, according to Barbara Lang, personal financial program manager at the Family Support Center.

Members may use the Defense Finance Accounting Service's Employee/Member Self Service Web site, www.dfas.gov, to complete and electronically transmit enrollment to DFAS, according to Lang. Members may also go directly to the TSP Web site, www.tsp.gov, to print a copy of any needed form or pick up a printed, paper form at the Military Personnel Flight, Financial Services Office, or Family Support Center. Completed forms can be submitted through the FSO.

Current guidance shows E/MSS as the preferred method for enrolling in the program, according to Master Sgt. John Griffin, 437th Comptroller Squadron chief of customer service.

Either way, those interested have until Jan. 31 to enroll, according to Lang.

"The money won't come out of their pay until January anyway, so if they

rush to sign up early to start investing in the program early, that's not going to happen," Lang said.

TSP is a retirement savings and investment plan that has been available to civilian federal employees since 1987.

Much like a 401(k) plan, TSP allows members to invest part of their monthly income in a special retirement fund, which is not taxed until earnings and investments are withdrawn.

"The biggest benefit of this program is it gives people another option for supplemental income after retirement," said Lang.

Unlike the military's existing retirement system, TSP participation is optional and not automatic. The amount of money contributed and all earnings from the investment belong to the member, even without serving the 20 years required to receive military retirement benefits, according to Lang.

Under the existing system, benefits are based on rank and time in service. The maximum contribution per year to TSP cannot exceed the Internal Revenue Code's elective deferral limit for that year. For 2001, the limit is \$10,500. It is recalculated every year and may be higher in 2002.

In 2002, participants can contribute up to seven percent of their basic pay each month. They then can contribute all or any whole percentage of any special or incentive pay, including reenlistment or other bonuses received, as long as the total contribution for the year does not exceed the elective deferral limit.

Special pay, incentive pay and bonuses can only be contributed if a contribution is being drawn from basic monthly pay. If servicemembers do not elect to join the program during the initial "open season," they will not be able to begin contributions to TSP until a subsequent semiannual open season.

There are five different TSP investment funds. The Government Securities Investment Fund, or G Fund, consists of short-term non-marketable U.S. Treasury securities specially issued to TSP. G Fund investments pose the lowest risk to the investor and therefore often show lower rates of return than the other funds, according to the TSP Web site, www.tsp.gov.

The Common Stock Index, or C Fund, is invested primarily in an index fund that tracks the Standard and Poor's 500. While this fund may show greater rates of return, there is some risk involved as the value of stocks can decline sharply depending on changes in economic conditions, according to the site.

The Fixed Income Index Investment, or F Fund, is a diversified portfolio of low credit risk, fixed income securities that tracks the Lehman Brothers U.S. Aggregate index. The F Fund may show a greater return than the G Fund, however, it also poses more risks to the investor, according to the TSP site.

The Small Capitalization stock Index Investment, or S Fund, is invested in a Wilshire 4500 stock index fund, according to the TSP site. The Wilshire 4500 index consists of the

stocks of the companies that are actively traded in the U.S. stock markets, excluding the companies in the S&P 500 index. Wilshire 4500 index returns tend to fluctuate more than S&P 500 index returns because the prices of the stocks of the smaller companies in the Wilshire 4500 index tend to react more strongly (positively and negatively) to changes in the economy. Therefore, an S Fund investment can be more volatile and potentially riskier than a C Fund investment.

The International Stock Index fund, or I Fund, is invested in a Europe, Australia and Far East stock index fund. Losses will occur in the I Fund if the EAFE index declines in response to changes in overall economic conditions or to increases in the value of the U.S. dollar. EAFE index returns tend to fluctuate more than S&P 500 index or Wilshire 4500 index returns and therefore I Fund investments can be more volatile and potentially riskier than C or S Fund investments.

In many 401(k) plans, the employer matches a set percentage of the employees' investment. In order to receive matching funds, members in the designated career fields must agree to serve six years.

TSP can be transferred upon separation from the service to an Individual Retirement Account or other eligible retirement plan, such as a 401(k).

"Social Security may not be there for a lot of military members," said Lang. "We have to approach retirement differently from the way our mothers and fathers did."

More information on TSP can be found at www.tsp.gov.

Deployment

continued from page 1

personal hygiene stuff. I had to dry off with a shirt."

Johnson said to bring towels, washcloths, sheets and pillowcases just in case the deployed location doesn't supply these items. He also recommended calling ahead to the deployed location, if possible.

"Right now that's kind of hard, so bring whatever you think you'll need," said Johnson. "Make sure you take a good book to read, be-

cause you might get stuck somewhere for a while."

As far as medical qualifications, individuals should be sure their Physical Health Assessment and all required immunizations are current, according to Kurth.

"They should take personal responsibility to ensure these things are done, rather than relying on their health monitor or unit deployment manager," said Kurth.

Kurth also said individuals on profile should inform both their UDM and supervisor as

soon as possible.

"If they do feel they have a physical problem, they need to be checked immediately, rather than waiting until it's time to deploy to bring it up," said Kurth.

Professionally, personnel need to be trained in their jobs, according to Kurth. They also need to be proficient in self-aid and buddy care, chemical warfare defense, unexploded ordnance disposal and small arms training.

"Individuals should know when refresher training is due," Kurth said. "I advise people to know what's required and know when it's due. They need to help their health and training monitors and their UDMs schedule required items and events."

Kurth reiterated the importance of personal responsibility.

"Get ready and stay ready," Kurth said. "Nobody can keep track of your readiness but yourself."

Required personal clothing items

three sets BDUs with appropriate insignia	one hygiene kit
three sets of Undergarments (incl Undershirts and Underwear)	one raincoat or wet weather gear
three pairs of Black socks	one Belt and Buckle with Black tip and Buckle
one pair of combat Boots	one Utility cap
two towels, two washcloths and two handkerchiefs	one field jacket with appropriate insignia and liner
	one pair of work gloves with inserts

Sukkoth-The Festival of Booths Shemini Atzereth-The Eighth Day of Assembly Simchat Torah-The Rejoicing of the Law

Sukkoth, usually translated as Tabernacles, or Festival of Booths, culminates the Jewish Fall Holy Day period. Following Rosh Hashanah and Yom Kippur, with their somber mood of repentance and introspection, this Holy Day festival arrives five days later accompanied by rejoicing and celebration at sundown, Oct. 2.

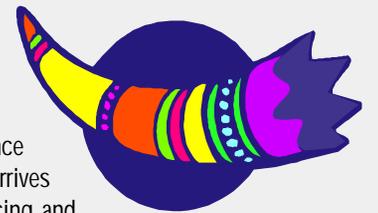
During this festival, the Jewish people are commanded to build a Sukkah, or hut, a simple booth, and make it "home" for the week. The Sukkah represents the frail and makeshift huts in which Jewish ancestors dwelt during their 40 years in the desert following the Exodus from Egyptian slavery. It is supposed to remind Jews of the frailty of life and dependence on God.

The Holy Days of Sukkoth also commemorate the fall harvest, the final gathering of produce before the winter months.

The eighth day of festivities, called Shmini Atzereth, is characterized by a memorial service. The ninth and final day is called Simchat Torah, "The Rejoicing of the Law," and marks the joyous outpouring of fervor at completing the cycle of public readings of the Torah, and beginning the cycle of reading anew with the Book of Genesis.

The Holy Day period of Shmini Atzereth and Simchat Torah commences at sundown, Oct. 8, and concludes at sundown, Oct. 10.

For information regarding worship opportunities during this period, call the wing Jewish lay leader, Senior Airman David Winner at 963-8041 or the base chapel at 963-2536. (Submitted by Senior Airman David Winner.)



CAFB members speak at Citadel

17AS officers, sergeant explain Air Force operations to ROTC classes

More than 90 freshman Citadel cadets learned about the role of aerospace power in war Sept. 20 when Lt. Col. Peter Hirneise, 17th Airlift Squadron commander, Master Sgt. Terry Gabbert, 17 AS first sergeant, and Maj. Jim Regenor, 17 AS pilot, visited Air Force ROTC classes.

"I think that it is outstanding that even though it is so busy at the base, the colonel was willing to take time out of his busy schedule to come and talk to us," said Cadet Recruit Jarrett Hodson, Bravo Company.

Capt. Tracy Velino, Citadel AFROTC instructor and 17 AS spouse, said that while the timing had to be very tough for Hirneise, Gabbert and Regenor, it was perfect timing for her students.

"My classes just completed a chapter on war and aerospace power," said Velino. "The folks from the 17th talked about their personal experiences with air power, which helped the students to understand both their coursework and how the Air Force fits into current, real-world events."

Hirneise, a former F-15 pilot, T-38 instructor pilot, C-141 instructor and chief pi-

lot, and now a C-17 pilot, talked to the students about the application of air power from both the fighter and air mobility perspective.

Regenor, a former KC-135 pilot and director of mobilization forces staff during Allied Force, focused on the role of air mobility in war and on what's involved in wartime planning.

Hirneise brought Gabbert to the two classes he visited, and explained to the students that the senior NCOs, like Gabbert, are the folks who really make the Air Force run. He said they're the ones that actually make sure the job gets done.

Hirneise and Regenor both talked to the classes about the life of a pilot, and about how their lives have been affected by current events. After learning most of the freshmen at the Citadel don't get more than four hours of sleep each night, Hirneise said, "Over the last 40 hours I have had only three hours of sleep."

However, he told them that was not to scare them away from Air Force life, explaining that in peacetime he can usually get six-seven hours each night.

Students in the classes said

they enjoyed the opportunity to hear from people who would be affected by the deployment of U.S. forces.

"I find it interesting that he is actually a part of the current situation," stated Cadet Recruit John Ross, Bravo Company.

Hirneise also shared with the class memories about his first year in Air Force training saying that, "It was the best year of my life."

Regenor pointed out to the students that the stakes are much higher for a military member when they make a mistake at work than for civilians. "For a civilian, a mistake can cost his job," he said. "For military, a mistake can cost lives."

Both pilots talked about the unique capabilities of the C-17, and both explained the C-17 is involved in missions all over the world in peacetime and wartime.

"It was a great class that educated the students in many ways," said Ross. "Those of us who didn't know much about Air Force learned all about it today."

(Cadet Audra Ritchie, Bravo Company, The Citadel, contributed to this article)

CFC 2001: what one hour of pay can do

By 2nd Lt. Robert Corley
437 SUPS

Rank determines what an hours pay would be, it's different for everyone. Every month a Team Charleston member could buy a large pizza, two twelve packs of coke, or a seafood platter at a local restaurant. An individual could eat 11 items from a fast food restaurant's value menu or 11 candy bars from the Shoppette. He or she could buy a CD from the BX or rent two movies. Do these sound like good ways to spend money? What if one hour of pay could help cure cancer or AIDS? What if those same Charleston AFB members could help buy a little boy school supplies or send a young woman to college? What if one hour of pay helped feed the hungry or shelter the homeless? Well, it can.

■ \$16 supplies a health clinic in a developing country

■ \$12 will provide a month of after-school child-care for one school-age child

■ \$10 provides eleven hours of tutoring to five adults who cannot read

■ \$8 provides vegetable seeds to twenty families in South America to overcome malnutrition

When as little as one hour of pay per month is given to the Combined Federal Campaign, the money helps support thousands of charities nationwide. This year, when the unit representative asks for contributions, take a moment to think about the best way to spend one hour of pay per month. Individuals may contact unit CFC coordinators or 1st Lt. Wade Cornelius at 963-4723.



AMC commander offers praise

By Gen. Charles "Tony" Robertson
AMC commander

Needless to say, Sept. 11 is a day that will live in the America psyche forever. If the headlines and news reports of the past two weeks are any indication, there is no doubt that Americans today are prouder of their flag, prouder of what they stand for around the globe, are stronger and more resilient, and are closer together as a nation, than at any time in recent memory. And it is also my firm belief that you, the men and women of Air Mobility Command, over the past two weeks, have proven yourselves, once again, to be one of the most critical parts of that strength and that resilience.

From the very first moments of the tragedy on Sept. 11, AMC's men and women responded as you always have: mobilizing rapidly to bring comfort and relief to the victims and to their families; quickly moving search and recovery teams to the New York and Washington D.C. areas; providing direct assistance to on-scene medical and security teams; supporting combat air patrols providing vigilance against other attacks; and giving generously of your time, your money and your blood to help those

who have lost so much. As it has been so many times before, your efforts have been recognized, are deeply appreciated and will be long remembered.

But even as we continue our humanitarian efforts, we move forward resolutely to answer the president's call. As President Bush has suggested, the campaign ahead of us is likely to be more of a marathon than a sprint.

It will, no doubt, require a continued significant commitment of strength and dedication to our mission: the same kinds of values that have become our hallmark around the world every day. It will also, undoubtedly, require the support and understanding of our families as we face longer hours and separation from our loved ones

It is impossible for me to fully express how proud I am of each and every one of you and the great work you are doing for our country. Whether you are an airman or NCO, officer or civilian, member of our Air National Guard, Air Force Reserve or active duty force, our national leadership is singing your praises. Simply put, you are making a difference, and you are one of the big reasons America will prevail.



Photo by Staff Sgt. Melanie Streeter

Just chillin'

Vincent Clapsis, son of Mike Clapsis, Southern Illinois University representative at the Community Education Center, enjoys ice cream during the 437th Services Squadron's Old Fashion Ice Cream Social Sept. 21.

NEWS BRIEFS

Spotlight

Wing promotions: The 437th Airlift Wing will hold its monthly promotion ceremony today, 3 p.m., in the Charleston Club. The uniforms for the event will be BDUs or flight suits.

Around the base

Sam's Club: Sam's Club is offering assistance to all military personnel due to recent events. Any military personnel can go to the Sam's Club membership desk with their military identification and get a three-month guest pass. The pass will expire Dec. 31. As a special offer to the military, Sam's club will give a \$15 gift card when a new membership is purchased at the \$35 annual fee. The gift card can also be used toward the cost of membership, making the final cost \$20. The gift card offer expires Sunday. For more information, call 572-7335.

Education Center: Effective Monday, the testing fees for CLEP exams will increase to \$56 each and the fees for DANTES exams will increase to \$35 each. The payment method for CLEP/DANTES testing is by money order or certified check only. Civilians authorized to utilize on-base programs may test at the Community Education Center. Testing for military personnel will remain free, however, a military identification card is required. For more information, call 963-4575.

TRICARE: Any Guard or Reserve member with questions about their TRICARE benefits should contact the Beneficiary Advisor and Assistance Coordinator at 963-6709, or the TRICARE Service Center at (800) 444-5445.

Commissary: The Commissary will be closed Oct. 8 in observance of Columbus Day, and will reopen at normal hours Oct. 9.

College registration: Class registration for Embry-Riddle Aeronautical University's winter term is going on now through Oct. 15. Classes begin Oct. 15 and end Dec. 18, and are held in the Community Education Center. For more information, call 963-4575.

Base yard sale: The base-wide yard sale is scheduled for Oct. 13 at the base picnic grounds. Tables may be rented from the Base Consignment Shop, Bldg. 203, Graves Street, for \$10. For more information, call 963-3294.

SAT: The Community Education Center will be taking registration for SAT testing Nov. 2. The test date is scheduled for Dec. 12. For more information, call 963-4575.

A/TA: The Airlift/Tanker Association's convention scheduled for Oct. 18-21 in Dallas has been cancelled. The A/TA's quarterly meeting is also cancelled.

Best base: Air Force Times has implemented an awards program to recognize and honor the Air Force base that provides the best environment and opportunities for airmen and their families. The "Best Base" will be selected from input by the airmen who live there. Nomination forms and voting instructions are available at www.AirForceTimes.com/bestbase. The winning base will be recognized in the Nov. 19 issue of Air Force Times.

Dining out: The 14th Airlift Squadron's Order of the Pelican is holding a dining out, Nov. 9, at the Charleston Club. All present and former Pelicans are invited to attend. For ticket information, call Capt. Eric VonTrotha at 963-2980 or 1st Lt. Cassius Bentley at 963-4767.

Scholarship: The Aerospace Education Foundation is offering a scholarship for Air Force spouses. Applications are accepted until Nov. 1. The \$1,000 scholarships will be awarded in early January. Applicants must be the spouse of an Air Force active-duty, Reserve or Guard member. Applications are available at the Community Education Center. For more information, call 1-800-291-8480.

Scholarship: Applications for the Defense Commissary Agency/Fisher House Foundation Scholarships for Military Children Program will be available beginning Nov. 1 at the com-

missary and at www.commissaries.com. Qualified children of U.S. military ID card holders, to include active duty, retirees, and Guard and reservists, may apply for the \$1,500 scholarships.

Limestone College: A Limestone College representative is now available at the Community Education Center. The representative, Tina LaChance, is located with the other colleges in the center. For more information, call 963-7298 or 745-1100.

Volunteers: The Charleston AFB Retirees Activities Program is seeking volunteers to help in a number of positions working with military personnel in such areas as gate security, pharmacy staffing, administrative offices, medical records, etc. Military retirees, spouses, widows, and veterans and their family members are needed, as well as other citizens who wish to support the U.S. military. Those interested in volunteering do not need to have prior military affiliation. For more information, call 963-2228.

GRE/GMAT: Military personnel are authorized to take the GRE/GMAT once at government cost, provided it's required for admission to a graduate program, and the approval has been documented in their education records prior to testing. GRE/GMAT testing is provided by a DOD contractor, Prometric Testing Centers, 1954 Ashley River Rd., Suite G, 766-5599. The cost of the GRE is \$105 and the cost for the GMAT is \$200.

Charleston Profile



Photo by Senior Airman Jason Smith

Airman Edwin Pena 437th Supply Squadron

Airman Edwin Pena handles parts pick up and delivery for the 437th Supply Squadron.

Pena's day-to-day duties include receiving, stocking, delivering and accounting for all sorts of C-17 parts. The most urgent aspect of Pena's duties is delivering parts that are needed immediately.

"It gets hard trying to get a part to a customer in under half an hour," said Pena. "That happens everyday. The priority parts get delivered first. Sometimes regular deliveries have to wait until we take care of the priority ones."

Pena said the warehouse he works in has any part a C-17 could need. They also still have C-141 parts on stock that Pena said could come in handy when Charleston AFB has a visiting C-141 that needs fixed.

The Dominican Republic native moved to New Jersey with his family in 1994. He joined the Air Force in November 2000, and arrived at CAFB in March. Pena said he enlisted because he wasn't ready for college and he wanted to travel, gain valuable experience and meet different people.

While he's unsure if he's going to make the Air Force a career, Pena said he is certain that he wants to work with computers.

"I'm going to start taking classes at the Community Education Center (CEC) and looking into computer courses."

When not working, Pena likes to watch movies and going out with his friends.

Family Support Center

Pre-Deployment Briefing: Monday, Oct. 15, 22 and 29, 8 a.m., and Thursday, Oct. 11, 18 and 25, 4 p.m.

Junior Smooth Move: Tuesday, 6-7 p.m.

Sponsorship Training: Wednesday, 8:30-9:30 a.m. and Oct. 17, 3:30-4:30 p.m.

Newcomer's Tour: Thursday, 8:30 a.m.-3 p.m.

Educational Opportunities: Oct. 9, 10 a.m.-1 p.m.

Couples Communication: Oct. 11, 10:30 a.m.-noon

TAP Workshop: Oct. 16-18, 8 a.m.-4:30 p.m.

Mini Job Fair: Oct. 18, 2-4 p.m.

Troops-to-Teachers Workshop: Oct. 22, 10-11 a.m.

Resume II: Oct. 22, 10:30 a.m.-1 p.m.

Positive Attitude: Oct. 22, 10:30 a.m.-1 p.m.

SMOOTH Move: Oct. 22, 10:30 a.m.-1 p.m.

Interview Techniques: Oct. 22, 10:30 a.m.-1 p.m.

Smart Women: Oct. 22, 10:30 a.m.-1 p.m.

Workshops: Oct. 22, 10:30 a.m.-1 p.m.

Information or Oct. 22, 10:30 a.m.-1 p.m.

Family Support Oct. 22, 10:30 a.m.-1 p.m.

COMMENTARY

About the paper

AIRLIFT
Dispatch

Published by Diggle Publishing, Inc., a private firm in no way connected with the U.S. Air Force, under exclusive written contract with the 437th Airlift Wing. This commercial enterprise Air Force newspaper is an authorized publication for members of the U.S. military service.

Contents of the *Airlift Dispatch* are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Air Force. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the DOD, Air Force, or Diggle Publishing, Inc., of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron. All photos are Air Force photos unless identified otherwise.

Deadlines

The deadline for submitting stories for space-available publication is noon Friday, preceding the desired publication date. The *Airlift Dispatch* reserves the right to edit all copy submitted for publication.

Advertising

Classified advertisements may be referred to Diggle Publishing, Inc., P.O. Box 2014, Mount Pleasant, S.C., 29465, Phone: (843) 849-1778 or e-mailed to sales@islandpapers.com. Classified advertisements are free, with the exception of personal business ads, for active duty military members and their spouses, retirees and Reservists.

Address/Numbers

Editorial content is prepared by the 437th Airlift Wing Public Affairs Office, Bldg. 1600, Rm. 223.

Phone: (843) 963-5608

Fax: (843) 963-5604.

Mail to: 437 AW PAI

102 East Hill Blvd.

Charleston AFB, SC 29404-5154

or send to:

dispatch@charleston.af.mil

Editorial Staff

437 AW Commander
**Col. Vern M. "Rusty"
Findley II**

Chief, Public Affairs
Lt. Col. Edmund Memi

Editor
Senior Airman Jason Smith

Staff Writer
Staff Sgt. Melanie Streeter

Photo Support
Base Visual Information Center

Team Charleston answers call to get job done

The operations tempo has picked up. Aircraft and personnel have received a deployment order. CAFB members still find a way to complete the mission.

By Col. Rusty Findley
437 AW commander

The operations tempo at Team Charleston has really picked up since last week. We have had a number of people process through the mobility line and several aircraft launch in support of ongoing activities. The article on page 1 of the *Airlift Dispatch* provides some sound advice on how to prepare for potential deployment. We need to ensure we are ready to deploy when tasked.

I cannot say enough good things about the way Team Charleston has rallied to get the job done. For everyone who fixes, flies and supports our aircraft, we have flawlessly executed our missions so far and are getting the job done well. You have done a superb job of answering the call. I have witnessed many launches and recoveries of our aircraft simultaneously; many of those launches were ahead of schedule.

The 315th Airlift Wing has really stepped up to the plate to help get the job done. This fabric that we have sewn together over the years between the active duty and Reserve has really paid off. We have a model relationship with the Reserve and could not accomplish what we do without their help. I have seen firsthand the pride, professionalism and passion of Team Charleston members in action, and I am impressed!

With the increased operations tempo and everyone working longer hours, it is especially important that safety be at the forefront of everything we do. These times dictate an increased sense of urgency, but we are not going to do that unless it is done safely. If you are too tired, then take a rest. Do not take any shortcuts. Keep applying the principles of Operational Risk Management. ORM is a common-sense approach to balancing the risks against the benefits to be gained in a situation and then choosing the most effective course of action. Safe mission accomplishment is our priority.

I want to thank the 437th Services Squadron for hosting an Ice Cream Social Sept. 21 at the Charleston Club pavilion from 3:30 to 6:30 p.m. Ice cream donated by a number of sponsors was served. A special thanks to the following sponsors: Flavor Rich, Ye Old Fashion Ice Cream, Webco, Piggly Wiggly, Bi Lo and First Command Financial Planning. Flavor Rich and First Command Financial Planning employees even helped serve the ice cream. A special thanks to **KathyAnn Hopkins**, a school-age program coordinator in 437 SVS Youth Programs, for singing a truly heartfelt rendition of Lee Greenwood's "God Bless the U.S.A." The 437 SVS also distributed patriotic materials.

A special thanks to Capt. **Craig Fleming**, 437th Support Group executive officer, his wife, **Dana**, and daughter, **Rachel**, for planting flags along Hill Boulevard Saturday. Flags have started appearing all across America following the Sept. 11 terrorist attacks. It is good to see the renewed patriotism, but military members have always had a special place in their heart for the flag and what it

Action Line

The Commander's Action line is your direct link to me. It's your opportunity to make Charleston Air Force Base a better place to live, work and play.

First give the appropriate base agency a chance to solve the problem, but if you don't get a satisfactory answer, call me at **963-5581** or send an e-mail to action@charleston.af.mil.

To ensure you receive a response to your concerns, please leave your name and the information needed to contact you.

represents. It is nice to see that spirit alive and well on Charleston AFB.

A new worm virus, W32.Nimda.A@mm, also known as Nimda, is spreading rapidly via e-mail. Opening an e-mail with a hidden attachment can cause infection, and has the potential to cause problems with files stored on the hard drive. Infected systems can open additional security holes, slow down networks, and cause bandwidth problems as the virus tries to spread itself. As a reminder, do not open emails or attachments unless you know the source. Make sure your anti-virus program is running and up-to-date. Report any viruses immediately to your workgroup manager.

Our 437th Communications Squadron warriors are energized and there to help. Now, more than ever, it is important we do everything in our power to keep email functioning smoothly. The command has asked everyone to avoid sending large attachments in their emails since it can slow the networks down considerably. For example, it is not appropriate to distribute large images of the terrorist attacks unless it is mission essential.

The Air Force implemented a stop-loss program Saturday to retain individuals on active duty beyond their date of separation or retirement. The order also applies to reservists and the Air National Guard. Those affected by the order generally cannot retire or leave the service. Stop-loss was last used during Operation Allied Force.

The initial Stop-Loss period for all Air Force specialties will be for at least 30 days. All retirement, separation or component transfer actions will be suspended until termination of Stop-Loss, unless an exemption is applicable or waiver is granted. The affected Air Force Specialty Code list will be revised and made available once requirements are validated.

This suspension does not apply to mandatory separation or retirement of personnel because of disabilities, or hardships. Separating or retiring members who, as of Saturday, had an approved effective date on or before Monday, or who had made arrangements to ship household goods on or before Monday, are exempt from Stop-Loss. If this program has affected you, your commander and the military personnel flight will have already contacted you.

Following the terrorist attacks, we were in Force Protection Condition Delta, then later Charlie and are now currently in an enhanced version of Bravo since Sunday evening. Although our Force Protection Condition has been lowered, we need to remain vigilant. We have reopened almost all of our 437 SVS facilities, with the exception of the trap and skeet range. We have allowed base members to sponsor guests again, but it is important to remember that this is not operations "normal." I urge everyone to keep their guard up.

I hope to see many of you at the Monthly Enlisted Promotion Ceremony today at 3 p.m. in the Charleston Club. This is our chance to recognize those who have been promoted. My congratulations to each person who attends and to those who cannot attend because of our on-going operations. Also, I invite any of you who can to attend my promotion ceremony Monday, 3:30 p.m., at the Charleston Club.

We must stay focused for the long term and keep our guard up when it comes to operational and communications security. Please protect our folks by keeping operational details private. The safety and security of our deployed folks is paramount. Do not compromise our operations.

Team Charleston is ready to get the job done for our nation, and there is a reason why we were picked once again to get the forces to the fight. We are the premier airlift wing on the face of the planet!



Off duty--Around town



Sports:

Summerville Speedway: Cumbie Chevrolet Bubba Chinner's Memorial Championship night Oct. 13, featuring NASCAR Super Trucks, NASCAR Late Models, plus 4 divisions of NASCAR Racing. For more information, call 871-8331.

Tickets for sports events, as well as many other attractions in the area, may be available at a discount price for active-duty military, reservists, military retirees, Department of Defense civilians and their dependents from the Outdoor Recreation Center. For more information and for prices, call the Information, Tickets and Tours Program at 963-5271.

Entertainment:

Theatre: The Old Village Playhouse presents "Cat on a Hot Tin Roof," the classic Tennessee Williams play tonight and Saturday, and Oct. 4-6, 8 p.m., at 730 Coleman Blvd., Mount Pleasant. Tickets are \$15 for adults, \$13.50 for seniors and students. For more information, call 856-1579.

Live music: Cracker performs at the Music Farm tonight, 10 p.m., with Superdrag and Freeloader. Tickets are \$12. For more information, call 722-8904.

Live music: Bring a chair or blanket and groove to the reggae sounds of Jah Works at North Charleston's Wannamaker Park Saturday. Gates open at 6:30 p.m. Tickets are \$5 for adults. Children under 12 get in free. For more information, call 795-4FUN.

Live music: Rock for Kids, a fund-raiser concert with 14 bands, prizes, food and refreshments, is scheduled for Sunday, 3-10 p.m., at Bowen's Island. Tickets cost \$7, and proceeds benefit Camp Good Times for autistic children. For more information, call 588-6253.

Concert: l'Onissimo!, a chamber music ensemble, performs patriotic

music Sunday, 5 p.m., at l'On Village, Mount Pleasant. The concert is free. For more information, call 849-8481.

Events:

Ghost walks: A two-day annual fund-raiser offering tours of downtown homes and historical ghost stories takes place today and tomorrow at Washington Square, corner of Meeting and Broad streets. Tours leave every 10 minutes from 6:30-9 p.m. Tours are \$12 for adults or \$5 for children ages 4-11. For more information, call 723-5375.

Children's sale: A children's clothing and equipment sale, organized by Charleston Area Mothers of Multiples, is scheduled for Saturday, 8 a.m.-noon, at the Army National Guard building, Mount Pleasant.

Insect festival: This annual event, featuring insect exhibits, crafts, games, races, contests and more, takes place Saturday, 10 a.m.-5 p.m., at Cypress Gardens, Moncks Corner. The festival is free with park admission. For more information, call 553-0515.

Kayak Edisto: Launch from Cherry Point and paddle to a dolphin playground Saturday or Sunday, 9 a.m.-5 p.m. The event costs \$35 for Charleston County residents or \$52.50 for nonresidents, and is open for ages 16 and up. For more information, call 795-4FUN.

Forest walk: Join Jon DuPre Sunday, 2 p.m., for a walk through Francis Marion Forest, starting from the Sewee Visitor Center, Highway 17. The event is free. For more information or to register, call 928-3368.

Sidewalk sale: Charleston Artist Guild's Fall show and sale is scheduled for every Saturday and Sunday through Oct. 28, 10 a.m.-5 p.m., at Washington Park, corner of Broad and Meeting streets. For more information, call 873-0255.

Listings are published on a space-available basis at the discretion of the editor of the Airlift Dispatch. Events listed are subject to change without notice. Those interested in attending an event should call ahead to confirm the date and time. To submit an event for Off duty, send a fax with all pertinent information and a call-back number to 963-5604.

FEATURE

Suicide: Many see it as the only way out

By Staff Sgt. Melanie Streater
437 AW Public Affairs

"I love you and the kids but I just can't live with myself anymore. I am overwhelmed with life. I hurt, my head, my throat, my guts. I can't think straight anymore. I'm overwhelmed at work. I have become ineffective. I need to sleep. I'm sorry!"

These are the last words of a 26-year-old senior airman who felt he could no longer face the world and took his own life.

The letter was taken from, "Suicide Among Active Duty USAF Members 1980-1989," by Dr. Charles McDowell, Headquarters USAF Office of Special Investigations, Bolling AFB, Washington, D.C.

According to McDowell, "This note illustrates the totality of alienation felt by many suicide victims and also illustrates the fact many of them don't want to die so much as they want relief from their problems. When they come to the conclusion that their problems are hopeless, death is seen as a means of escape. In this case it did provide the 'sleep' this tormented man so desperately wanted."

From January through June 2001, the Air Force Institute for Environment, Safety and Occupational Health Risk Analysis reported 21 suspected suicides and 158 reports of self-injury Air Force-wide. Air Mobility Command recorded three suspected suicides and 16 self-injuries.

The reasons people decide to commit suicide or otherwise injure themselves are complex, but can be

narrowed down to several main causes, according to Lt. Col. (Dr.) Frank Budd, 437th Behavioral Sciences Flight commander.

"What we are seeing here at Charleston, I can't speak for everybody across the Air Force, but we are seeing a lot more people coming into the Air Force with some significant mental health problems, especially depression, and it's therefore much more difficult to treat," Budd said.

Budd said his office also treats many people who are suffering from depression and feelings of despair following the breakup of a marriage or relationship.

"I think the statistic is about 70-80 percent of suicide attempts are because of relationship breakup, and that can be married or unmarried," Budd said. "And people don't understand that that's something you can help prevent. Many times though, especially men, wait too long. Their wives have been telling them to get marriage counseling, the guys blow them off, the woman finally gets fed up and leaves, or someone else tells her she's beautiful and she's important and listens to her, and they leave, and then the guy falls apart."

"I see guys who come in here just sobbing, sobbing, sobbing because they finally realize they really love somebody else but they've been ignoring them for two years, ten years, and there really is very little chance to turn it around now," Budd continued. "It could have been prevented."

Budd pointed to programs available for couples, including classes

and marriage counseling, but stressed they need to be implemented before problems spiral out of control.

With the increased hours and time spent away from home, as well as the anxiety military members are feeling due to the Sept. 11 terrorist attacks, Budd said many may be feeling fatigue, helplessness and frustration.

"The 12-15 hour shifts are certainly taking their toll on a few people," Budd said. "This resolves with some sleep, hot food and empathy from others."

In 1997, the latest year with available statistics, the National Institute of Mental Health reported suicide as the third leading cause of death among young people, ages 15-24, following unintentional injury and homicide.

More men than women die by suicide, with a ratio of 4:1, according to NIMH. White men commit 72 percent of all suicides and 79 percent of all firearm suicides.

To combat suicide and raise awareness among the AMC community, the command has begun a

For my beloved wife
This will be the last time we will talk. I'll
want you to know I loved you so much. I
kept asking myself why? I could come up
with no answer! Don't worry about me
Now, I am at peace with God! Finally
I thought I would be afraid to die
and I am. God put me on earth &
I was a FAILURE! I'm sure I
can do his will much better in
heaven. Please comfort my mom.
She will need you more than ever!
I'm so sorry ~~about~~! I loved
you more than life itself,
if only you believed in me!
I will be your holy spirit forever
AMEN! I ♥ U! XOXOXOXO

A 19-year-old white male Airman had been married for six months when his wife left him, returning to live with her mother. She was extremely immature and dependent on her mother, according to Dr. Charles McDowell. Two days after she left, he hanged himself, leaving this note.

new "Train the Trainer" course as a progression of the Applied Suicide Intervention Skills Training program, according to an AMC news release.

According to the release, the plan is to position trainers at each AMC base to conduct workshops at their home stations.

Historically, contemplation of suicide occurs when a life-changing event involving tremendous loss occurs, Pena stated in the release. This may include job loss, divorce, death in the family or an impending court martial.

"Suicide is often an impulsive act," Pena said. "If an ASIST-trained airman can intervene during this critical impulsive time, the outcome can be life saving. We are going to train airmen how to identify the warning signs and how to take appropriate and immediate actions when necessary. If we, as airmen, can provide a person with just 24 hours to consider other options than suicide, the chance for a positive outcome increases dramatically."

In many cases, suicide can be prevented. Just as military members are armed with training and weapons to fight and win a war, they will also be trained and armed to prevent meaningless deaths.

Symptoms of major depression

Not all people with depression will have all these symptoms or have them to the same degree. If a person has four or more of these symptoms, if nothing can make them go away, and if they last more than two weeks, a doctor or psychiatrist should be consulted.

- Persistent sad or "empty" mood
- Feeling hopeless, helpless, worthless, pessimistic or guilty
- Substance abuse
- Fatigue or loss of interest in ordinary activities, including sex
- Disturbances in eating and sleeping patterns
- Irritability, increased crying, anxiety and panic attacks
- Difficulty concentrating, remembering or making decisions
- Thoughts of suicide; suicide plans or attempts
- Persistent physical symptoms or pains that do not respond to treatment

Danger signs of suicide

- Talking about suicide
- Statements about hopelessness, helplessness, or worthlessness
- Preoccupation with death
- Suddenly happier, calmer
- Loss of interest in things one cares about
- Visiting or calling people one cares about
- Making arrangements; setting one's affairs in order
- Giving things away



Miles above the ground a group of passengers took a stand when their airplane was hijacked. Their refusal to be bullied, to go along with a horrific plot, inspired people the world over. The events of Sept. 11 made one Charleston AFB master sergeant realize ...

Being a good supervisor means placing leadership before self

By Master Sgt. Frank Lisenbee
437 MDG

As I sat in the Medical Control Center Sept. 12, I wondered how a nation could possibly persevere in the face of such devastating events as the terrorist attacks in New York and Washington.

Yet unwavering solidarity was immediately evident from every corner of our country regardless of race, religion, or political ideology. President Bush indicated we were attacked because we are the "brightest beacon of freedom" in the world.

No doubt he is right. And it was our very freedom that had been violated. As someone sworn to defend that precious freedom and protect the citizens of this nation, I felt somewhat personally responsible for our security failures and thought long about my role in preventing this from happening again.

The next day, news commentators reported one of the aircraft, United Airlines Flight 93, crashed

in a corn field in Pennsylvania and had not reached its intended target in Washington, D.C. It appeared several passengers had decided to take back control of the airliner from the terrorists and succeeded.

One passenger reportedly contacted his wife by cellular phone indicating what he and several other passengers planned to do and added they did not expect to survive the ordeal.

What remarkable leadership! These outstanding Americans simply decided the terrorists would not succeed and took matters into their own hands. Their selfless actions prevented a worse catastrophe, and they did it knowing they'd likely pay the ultimate price.

Where does one acquire the kind of leadership training and discipline to make these agonizing decisions? How does one find the kind of faith and courage to conquer fear and adversity and make the right choice? I believe it comes from within and is

based on our values as individuals and Americans.

Battling with terrorists at 30,000 feet is the kind of resolve our founding fathers built this nation upon. It is having the courage of our convictions and being able to say; "the buck stops here!"

Although few of us have ever experienced such dramatic events, we are all faced with significant challenges at different times in our lives. I find strength of character in the sacrifices those passengers made and am reminded that I must provide unselfish, unconditional leadership every day of my Air Force career.

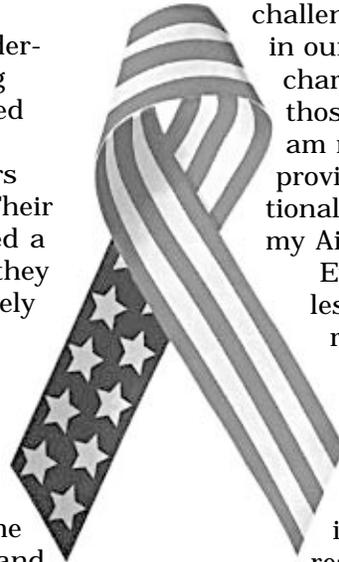
Every one of us, regardless of rank, has a basic responsibility to lead – especially when times are tough. Whether it is operational or personnel problems within the duty section, it is just as much your responsibility as it is your chain of command's to confront the issues and fix them.

Cohesive, functional teams are

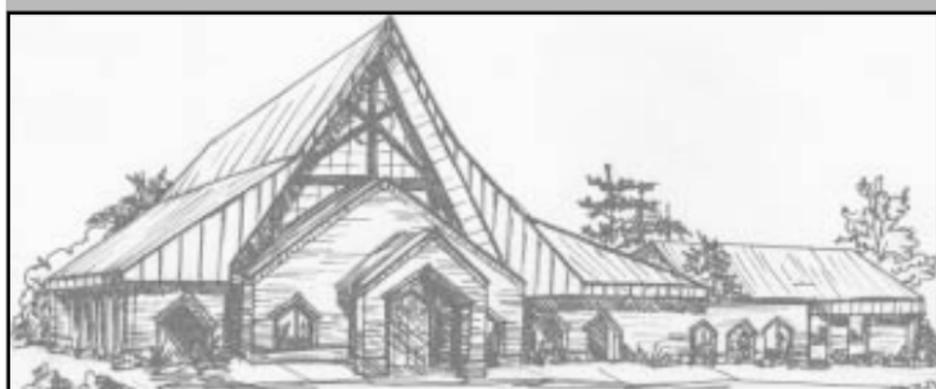
not manufactured by our leadership and pushed down the chain; they are built by each of us every day and our role is very binary; we're either part of the solution or part of the problem. Our unwillingness to confront leaders or other staff members directly, about personnel problems in particular, only propagates dissention and always injures the mission in the end.

Often times the opposite of leadership is not followership, but cowardice. Our lack of individual assertiveness in resolving these day-to-day issues diminishes unit effectiveness because more time was spent behind closed doors counseling than on the front line performing. The events of Sept. 11 tell us we cannot afford to be weak and self-centered, even at the grass-roots level, if we are to prevail as an effective fighting force.

Despite the PME diplomas hanging on my wall and my years of experience supervising people, a handful of American citizens on United Airlines Flight 93 reinforced a valuable leadership lesson; the needs of many outweigh the needs of one.



Chapel schedule



107 Arthur Drive

Office hours: 7:30 a.m. to 4:30 p.m., Monday-Friday.

Phone: 963-2536. After duty hours, call the command post at 963-2531 for emergencies only.

Catholic Services

Saturday -- 4 p.m. Reconciliation, 5 p.m. Mass.

Sunday -- 9:30 a.m. Mass, 9:30 a.m. Children's Church.

Weekdays -- 11:30 a.m. Mass, Sacrament of Baptism pre-baptismal classes are held the first Sunday of each month at 11 a.m. in the Chapel Annex. For Sacrament of Marriage, call the Catholic chaplain six months prior to the wedding.

Protestant Services

Sunday -- 9:30 a.m. Sunday School in Bldg. 245, 11 a.m. Traditional Worship Service, 11 a.m. Children's Church.

Thursday -- 7 p.m. Praise and Worship contemporary service.

Buddhist: Columbia Shambhala Meditation Center, Suite 109, Columbia, S.C. 29405. Phone: (803) 254-9048.

Orthodox: Holy Trinity, Greek Orthodox Church, 30 Race St., Charleston, S.C. Phone: 577-2063.

Jewish: Call Jewish Lay Leader: Senior Airman David Winner at 963-8041.

Islamic: Al-Jami Ar-Rasheed, 1998 Hugo Ave., Charleston Heights, S.C. Phone: 554-1773.

Movie schedule

Admission prices:

Adults/Children -- 99 cents

Any child under 17 years of age requires a parent or adult guardian (21 years old) to purchase an admission ticket for the minor child to view R-rated movies. The ticket office opens 30 minutes prior to start of movie, unless otherwise noted.



Movie schedules are provided by AAFES. Patrons should call 963-3333 to verify movie titles, running times and start times, which are subject to change.

Today, 7:30 p.m.

"American Outlaws" – Colin Farrel

As Confederate soldiers in the Civil War, the James boys and their cousins, the Youngers, became expert killers who were able to live off the land for long periods of time and practiced in attacking their enemies supply lines. The gang would later use these skill gained in the war against railroads and banks. **(PG-13) 95 minutes**

Saturday, 2 p.m.

"The Princess Diaries" – Julie Andrews

Teenager Mia Thermopolis is thrown for a loop when she learns the astonishing news that she's a real-life princess. She must make the biggest decision of her life: to remain with her family or leave everything behind to accept the royal responsibilities that come with being the Princess of Genovia. **(G) 111 minutes**

Saturday, 7:30 p.m.

"American Pie 2" – Jason Biggs

The summer after their first year at college, the boys rent a beach house and vow to make this the best summer ever. As it turns out, they discover that times change and people change, but in the end it's all about sticking together. **(R) 105 minutes**

Fitness & Sports

Skins fumble helps Speedy Nick slip past the Swami

Week Four

Name/Phone #: _____

Comments: _____



"The Swami will apologize now for the whipping he will give you on Sunday."

--The Swami

Sunday, Oct. 7

San Diego @ Cleveland

Tennessee @ Baltimore

Washington @ **New York Giants**

Arizona @ **Philadelphia**

Chicago @ **Atlanta**

Cincinnati @ Pittsburgh

Minnesota @ New Orleans

New England @ **Miami**

Jacksonville @ Seattle

Kansas City @ **Denver**

New York Jets @ Buffalo

Green Bay @ Tampa Bay

Carolina @ **San Francisco**

Monday, Oct. 8

St. Louis @ Detroit

Monday night total points: _____

Swami's Monday night points: 41

Swami's picks are in bold and underlined.

Send your picks to: Swami@charleston.af.mil

Picks may be dropped at the Public Affairs office in Bldg. 1600, Room 224.

****Picks must be submitted by Friday, Oct. 6, 4 p.m.****

By The Swami

Pigskin Prognosticator

Nick "Speedy" MacArthur has taken week two honors with a nice 11-3 record. Also finishing 11-3 was the Swami and Sheryl Sande. MacArthur won by having the best tiebreaker score, only missing the total score by one point. He has won some great gift certificates from the 437th Services Squadron. The Swami was seen out Monday night fuming over a Redskins fumble.

"I had the title in the bag, when all of the sudden the Redskins decided to fumble with three minutes left," said the Swami at his post pick conference. "I hope the Redskins lose the rest of their games like the Cowboys. These teams are pathetic. They certainly do not belong in the NFL."

All the Dallas fans out there continue to pick the "Girls" every week. It shows in their records. Keep it up losers! You all know who you are.

The Swami was pleased with his performance last week. He beat out 48 others. The real laughter last week is the picks submitted by Dutch Umbaugh. This is the same

freak that picked the Panthers to beat the Vikings in week one. The Swami realizes this guy was crazy last week, and now it shows with his pretty 5-9 record. That is good for last place. Give it up Dutch. Last year you didn't have a clue, and this year you still don't.

This week looks like another easy week. The Swami is riding high and confident that he will be at the top again. The Swami doesn't see any tough picks. About the only one that concerns the Swami is the Buccaneers and Vikings game. The Swami doesn't know what is wrong with the Vikes, but he thinks this is the week they will win their first game.

The Swami has made a change in labeling the picks as week four again. If you notice (the Swami knows some of you are not too bright), this week's picks (Sept. 30) are labeled week four, when actually this will be week three. Because of the week that was not played, the Swami has fixed things here at the *Airlift Dispatch*. The Swami has probably confused you, but it appears you are already confused looking at your horrendous picks.