



Charleston AFB active and reserve personnel are encouraged to attend an Enlisted Dining-Out, Sept. 16, 6 p.m. at the Charleston Club.

The cost is \$10 for E-1 through E-6, and \$12 for E-7 through E-9. A \$3 surcharge will be added for non-club members. Ticket sales end Wednesday.

The guest speaker will be Chief Master Sergeant Charles Whalum, commandant of the Senior NCO Academy. Each attendee will also receive a commemorative coin.

Tickets can be purchased through Senior Master Sgt. David Adams at 963-5205.

For more information, call Master Sgt. Tracy Brewster at 963-3071 or Master Sgt. James Scanlan at 963-2798.

Rules of the Mess

1. Thou shalt arrive within ten minutes of the appointed hour.
2. Thou shalt make every effort to meet all guests.
3. Thou shalt move to the mess when thee hears the chimes and remain standing until seated by the President.
4. Thou shalt not bring cocktails or lighted smoking material into the mess.
5. Thou shalt smoke only when the smoking lamp is lit.
6. Thou shalt not leave the mess whilst convened. Military protocol overrides all calls of nature.
7. Thou shalt participate in all

toasts unless thyself or thy group is honored with a toast.

8. Thou shalt ensure that thy glass is always charged when toasting.

9. Thou shalt keep toasts and comments within the limits of good taste and mutual respect. Degrading or insulting remarks will be frowned upon by the membership. However, good-natured needling is ENCOURAGED.

10. Thou shalt not murder the Queen's English.

11. Thou shalt not open the hangar doors.

12. Thou shalt always use the proper toasting procedure.

13. Thou shalt fall into disrepute with thy peers if the pleats of thy cummerbund are not properly faced.

14. Thou shalt also be painfully regarded if thy clip-on bow tie rides at an obvious list. Thou shalt be forgiven, however, if thee also ride at a comparable list.

15. Thou shalt consume thy meal in a manner becoming gentlemenpersons.

16. Thou shalt not laugh at ridiculously funny comments unless the President first shows approval by laughing.

17. Thou shalt express thy approval by tapping thy spoon on the table. Clapping of thy hands will not be tolerated.

18. Thou shalt not question the decisions of the President

19. When the mess adjourns, thou shalt rise and wait for the President and head table guests to leave.

20. Thou shalt enjoy thyself to thy fullest.

Budd receives award for contributions to AF psychology

Lt. Col. (Dr.) Frank Budd, commander of the 437th Behavioral Flight Sciences and a clinical psychologist, recently received the "Outstanding Contribution to Air Force Psychology" award from the Society of Air Force Clinical Psychologists. Budd is the first person to receive the recently created award.

"I am incredibly honored to be recognized by my profession in this way," Budd said. "I have had so much fun in the Air Force and feel the Lord has blessed me way beyond what I could have ever asked for. Every assignment has had unique challenges and opportunities and has stretched my professional skills."

"I am particularly proud of my work in prevention," Dr. Budd continued. "Too many people wait until a crisis to get help. I have tried to champion prevention and early intervention. What many people call 'the stigma of mental health' is really personal pride or a resistance to admitting we all need encouragement, mentoring or advice now and then."

"Two things are not reflected in this award that I would like to personally acknowledge," Budd continued. "The first is the tremendous staff of caring professionals I have worked with throughout my career, especially here

"Every assignment has had unique challenges and opportunities and has stretched my professional skills."

Lt. Col. (Dr.) Frank Budd
Commander, 437th Behavioral
Sciences Flight

at Team Charleston. Second, I would like to thank all the people who were brave enough to come to me for assistance with very personal, often traumatic and confusing challenges in life. I have met and helped many fine people as an Air Force psychologist."

Budd received his Bachelor of Science Degree in Clinical Psychology from Arizona State University in 1980. He then received his Master's and Doctorate (Ph.D.) in Educational and Counseling Psychology from the University of Missouri-Columbia (1983 and 1988 respectively). He entered the Air Force in 1986 and had his psychology internship training at Wright-Patterson AFB, Ohio (1986-1987).

At his first duty station, Scott AFB, Ill., (1987-1992), Budd was officer-in-charge of the Mental Health Clinic and served as a briefer to the Headquarters Air Mobility

Command Squadron Commanders' and Spouses' Course. Budd's presentations on crisis management and personal stress management were incorporated into the regular curriculum. While deployed in support of Operation Desert Shield/Storm, he conducted numerous briefings on suicide awareness, stress management and relaxation training.

Budd added to his list of accomplishments here at Charleston AFB (1997-present). He has become the Air Staff Surgeon General spokesperson for the success of Air Force Suicide Awareness Programs, and was selected to brief the program to ABC Weekend News, Nightline, and The Air Force Times. Budd briefed former AMC commander Gen. Walter Kross and his A Staff. Kross had him brief suicide awareness to the AMC Squadron Commander's Course and Budd's training materials are still a part of the course at AMC. Also, Budd was responsible for the current suicide and violence training curriculums in AFI 44-154.

He is also one of only five percent of psychologists in the country to be Board Certified in Psychology (ABPP diploma) with a specialty in Counseling Psychology. **(Submitted by the 437th Medical Group)**



Air Force photo

A videographer from Kazakstan completes his jump while filming other soldiers landing during a previous Operation CENTRASBAT.

Jump

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The 437th Airlift Wing will accomplish pilot lead upgrade training during the 20-hour flight and will have a navigator from the Kyrgyzstan Air Force on board during the airdrop.

"He's on the flight to alleviate any language barriers that might crop up with the air traffic controllers," Strickland said. This same navigator flew with us in 1997."

Capt. Rick Sheetz, wing tactics, started planning the C-17 role for the exercise in May. Each C-17 will have four pilots on board for the long flight and will do some local practice to compensate for the unfamiliar drop zone, according to Sheetz. The sequence for the drops will start with the Kazakhstan Mi6 dropping 50 jumpers, followed by the two C-17s, then a Turkish C-130H will drop another 15 jumpers.

The C-17s will orbit near the drop zone area for about 30 minutes, before dropping the paratroopers.

"The purpose is to get there a little early so we can properly sequence in with the other aircraft," Strickland

said.

This will be the third CENTRASBAT exercise conducted in central Asia since 1997. Charleston aircrews have participated in past exercises. Approximately 300 U.S. personnel will take part in CENTRASBAT 2000. About eight aircrew members (including a flying crew chief) and two combat camera photographers will be on-board the Charleston C-17.

The objectives of this year's exercise include:

- Strengthening military-to-military relationships and regional security
- increasing interoperability between NATO and partner nations
- improving U.S. unit leadership's ability to command and control units in a multi-national peacekeeping environment
- familiarizing all participants in the use of force and rules of engagement considerations

The Charleston members are expected to return Tuesday following an overnight stay at Almaty, the largest city and former capital of Kazakhstan. C-17s have previously landed at the international airport at Almaty.