

ROCK SLATE

Volume 4, Number 1

386th Air Expeditionary Wing

Jan. 5, 2007



Firefighter Challenge
Pages 6-7

New Year's resolutions - just do 'em

Col. Donna Lake

386 EMDG/CC

So here we are—the start of a New Year—when one thinks of what they want to change in their life, and it becomes a New Year's resolution. Good 'ol Webster says, "Resolution is the process of resolving or firmness of purpose." Sounds short and simple... but is it easy to do? Not for me or many people I know, how about you? Read on, I may have found five steps to help us achieve our goals this year.

This is a great place to think about the New Year as we sit on the "Rock" without pressures of both home and work. Also, this could be a good time for reflection, or to focus... so just maybe we'll have time to think and plan about what changes are needed in our lives. Our military life is demanding, and our service causes us to frequently balance many things at one time in our lives and having goals can only make us stronger individuals.

If you're like me, you have had many shots at doing the "New Year's resolution list thing" and in my case I have had a lot of experience of making the list, and only occasionally being successful in accomplishing the goals. In my world of healthcare delivery, I see many people who should have had some New Year's resolutions so they could live a healthier lifestyle and frankly live longer. But I also understand the pace of today's lifestyle sometimes gets in the way of accomplishing what we set out to do. As military members, we know the importance of planning, goal setting, and achieving mission accomplishment, but what happens in our personal life?

Gail Gasper, a leading life coach found that 51% of Americans surveyed do not have New Years resolutions—99% of the respondents feel they need to improve their lives, but only 9% of Americans are serious about achieving their goals. A recent survey asked 104 adults to identify the biggest issue that prevents them from achieving their resolutions--the top three identified were procrastinating (33%); Lack of discipline (24%); No game plan (19%). Do you fit in any of these categories?

You are not alone, if your New Years resolutions fizz out after the fireworks. Some facts to ponder, from Janet Polivy's book, "*If at First You Don't Succeed*," 25% of New Year's resolutions will be abandoned in the first 15 weeks. An average number of times a resolution is made is 10. Many people have tried five or six times before being successful. So the general theme here is persistence, commitment and in the research... goal setting/motivation is necessary for success.

STEP 1 Forgive/and Take Small Steps.

So how do we get started building this year's New Years resolutions, first, forget about it, if you weren't successful in the past... forgive and move on! Dr. Dubin from the University of Maryland offers more tidbits to getting started:

- View setbacks as lessons for growth
- Don't make absolute resolutions... keep them realistic for you
- Share them with close friends for support
- Take baby steps...slow is best
- Fine-tune your spirituality... more time outside... will get you close to nature and help the physical and spiritual sides of yourself... find the sunsets, walk in the snow, explore different terrains

Step 2, Focus on realistic goals with measurable results. You need to break things down into small goals so you can manage it for success.

Step 3, Set the Right Goal. It's so easy to have big ideas, but to be successful the experts say one has to be motivated first--don't wait for inspiration, and build your goals with action in mind. **CAUTION HERE...** keep your expectations within reach, setting the right goal is critical to success. It has been reported over an over, if we set our goals too high, the result is further from reach, and this leads to increased discouragement, which can lead to less motivation in the future.

Step 4, Set a learning goal, to make changes in your life, you must be ready to change, and this takes knowledge, time, and commitment. But you must **LEARN** about what we need to do to make a successful change. It should go like this, set a goal to explore what you need to change, get the facts, find out what action steps are necessary, and what are the potential obstacles in your life to make these changes. Wanting to learn to canoe for example, but not having a canoe, could slow you down in reaching your goal. Once you learn about your goal, develop your own plan.

Step 5, Focus on what you are going to do, for example, if you're planning to stop smoking (which I hope you do); consider doing more activity when you normally would be tempted to smoke. If you want to cut back on drinking alcohol, consider setting a goal of spending more time with family or friends or starting a new hobby instead of hanging out drinking with your friends.

This is our year... to "just do 'em." Set appropriate expectations, learn what actions you need to do to reach your goals, focus on what you want to do, and build realistic goals. Action creates healthy results, so put this Rock Slate down and write down your goals/plans for 2007, and have a great New Year!



386th Air Expeditionary Wing
Editorial Staff

Col. Paul A. Curlett
386th Air Expeditionary Wing
Commander

Capt. Jeff Clark
386th Air Expeditionary Wing
Public Affairs Chief

Staff Sgt. Ian Carrier
386th Air Expeditionary Wing
Rock Slate Editor

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Unless otherwise noted, all photographs are U.S. Air Force photos. The "Rock Slate" may use news and information from the American Forces Information Service, Air Force Print News and other sources.

Contributions for the "Rock Slate" can be made directly to the 386th AEW Public Affairs Office or through e-mail to: 386AEW.pa@salem.af.mil.

The editor can be reached at 442-2312. Submit contributions by 4 p.m. Thursday, one week prior to publication.

The "Rock Slate" can be viewed electronically by clicking the "Rock Slate" link at <http://intranet.salem.af.mil>.



386 AEW: Teamwork triumphs

Staff Sgt. Ian Carrier

386 AEW/PA

SOUTHWEST ASIA -- The 386th Air Expeditionary Wing's history is one of service and excellence. That tradition was continued last month by AEF 3/4 in its record shattering achievements.

The men and women of the 386th pooled together their tremendous knowledge, skill, and dedication to post the unheard of mission effective rating of 99.4% during the month of December. Out of 1,162 sorties, only seven were dropped due to operations or maintenance problems. The previous record was 97.7% set in Sep. 2005.

"A lot of us get to take credit," said Lt. Col. Howard Ward, 737th Expeditionary Airlift Squadron Commander. "None of us would be deployed here if we weren't necessary to putting the missions in the air." Colonel Ward cited the wing's "Refuse to lose" attitude as a major source of success.

From Aerial Port to Petroleum, Oil and Lubricant personnel, Services to Security Forces, it took an entire base wide effort to achieve such a lofty milestone. Like gears in a clock, the machine breaks down if the teeth on even one gear are worn down. There are no worn out gears here at the Rock, a notion attested to by unheard of statistical achievements.

The 386th has a multi-faceted mission, revolving around sustainment operations. It's aircraft fly supplies and troops in and out of Iraq on a daily basis, and also serve as transports for Distinguished Visitors throughout the AOR. The wing even flies humanitarian missions to the Horn of Africa, returns human remains from Iraq to Kuwait. Our Airmen have ensured that Sol-

diers have gotten to complete the first leg of their trip home for Christmas leave. Ask any soldier in the field and they will tell you a C-130 is as beautiful as a Mercedes-Benz when it's rolling down the tarmac to take you home.

According to Colonel Ward it takes a great maintenance team to keep 40-year-old planes in the air. "The teamwork between Operations and Maintenance (here) is really special. It's the best I've seen in 18 years."

Lt. Col. Miklos Kiss, 386th Expeditionary Aircraft Maintenance Squadron Commander, gave his input from a maintenance point of view. "It's like running an orchestra, and the orchestra is the 20 maintainers that fly nine 9-lines a day with 12 airplanes. Every day they pick tail numbers and build a schedule. Anything mechanical has a potential to break. The challenge is how quickly the plane is fixed or replaced. NCOs like Master Sgt. (Jay) Wilburn who makes that decision and expeditors like Tech. Sgt. (Jeffrey) Duncan; these are the guys that are actually leading the people to the airplane. It's like a juggling act, but I've never seen them lose their cool, even when things are at a crisis."

Colonel Kiss goes on to contribute the 99.4% rating to a culture of customer service. Everyone in the Air Force has a customer, and for the Maintenance Group, it's the aircrews. The crew chiefs strive to maintain 1963 model airplanes to assembly line standards

"Maintenance people look ahead", said Sergeant Duncan. "Paying attention to detail, going the extra step, fixing all the little things. Doing our job. We have a lot of experience this rotation. A lot of people

have been here already, they know what to expect. When people come here already knowing what the job is, not as much time has to be spent on training."

The selflessness and team spirit was evident in almost every interview conducted for this article. Every single one of the Operations personnel and Aircraft Commanders cited maintenance as a key to their success. Other people were eager to acknowledge Security Forces, the Electronic Combat Squadron, the passenger drivers and the Aerial Port. Colonel Ward called the Directors of Operations "unsung heroes." There was barely a group or squadron that wasn't mentioned by someone. An email was sent from the Public Affairs office looking for five or six names of Airmen to be interviewed. More than 20 names were received. Leadership throughout the wing submitted lists of names of the troops they wished to have recognized. It is a testament to the spirit of teamwork and unity here at the Rock.

The 386th AEW Commander, Col. Paul Curlett summed it up by stating, "Our Air Force/386th AEW culture and outstanding Air Force training fostered an environment where mission success is the norm. The entire 386th AEW team to include aircrews, maintainers, aerial port personnel and everyone here deployed for AEF 3/4 can be proud of this amazing record.

"All the squadrons here have achieved high records of performance during this AEF rotation in every area from services to convoy operations to detainee missions in Iraq," Colonel Curlett said. "They set the bar high for any future AEF and I am very proud to be part of this outstanding AEF 3/4 team."



Wing promotions ...



Air Force/Tech Sgt. Andy Bellamy

A1C Alexis Azoca
 A1C Amanda Cheek
 A1C Steven Espinoza
 A1C Mitchell Hawkins
 A1C Patience Correia
 A1C Timothy Pearson
 SrA Sean Fryman
 SrA Casey Holihan
 SrA Ronald Keeling
 SrA Kyle Lawson
 SrA Erica McAdoo
 SrA James Openshaw
 SrA Ian Pyanowski
 SrA Ashanti Sambula
 SrA Bo Srmek
 SrA Edward Stengel
 SrA Terri Williams
 (Pictured)
 SrA Joseph Willing
 SrA Brandon Wright
 SSgt Issac Creek
 SSgt Matthew Hise
 SSgt Tyrel Mitchell
 SSgt Benjamin Parnell
 SSgt Joellie Regan
 SSgt Marshall Pfeiffer
 SSgt Kanesha Smith

ROCK SPORTS

Official Raquetball Doubles League Standings

	Names	Rank		Wins	Losses
	American League				
1	Curlett Col.	Perkinson Col.		4	0
2	Wickencamp SSgt	Teets SSgt		4	1
3	Archung TSgt	Gregor SSgt		2	3
4	Agustin SSgt	Ness Lt. Col.		2	3
5	Way SSgt	Hayes SrA		0	5
	National League				
1	Young MSgt	McKenzie SSgt		6	0
2	Uribe TSgt	Lopez SSgt		5	2
3	Brandy SSgt	Suvill TSgt		2	4
4	Shephard CSM	Finnila Lt. Col.		2	5
5	Kermgard SSgt	Summers SrA		1	5

Standings are current as of 31 Dec 06



New Year's celebrations usually include dancing, fireworks, and alcohol, but at the Rock things were a little different since many revellers kept the dancing but replaced fireworks with casino night and champagne with sparkling juice. That doesn't mean it was any less memorable or exhilarating; just ask the folks from the 386th Expeditionary Civil Engineering Squadron who took the Polar Bear Plunge in the base pool! Actually, this New Year's was missing the usually inflated cover charges, the outrageous dinner and bar tabs as well as the hangovers the next morning so it could be the first truly "memorable" New Year's party in a long time for some. If nothing else, it certainly was ROCK'n!



CHALLENGE

Rising to the

Team Event:

1st Place - 386 ECES, Readiness
2nd Place - 386 ECES, Fire Dept.
3rd Place - 386 ESFS, Viper Team

Individual Event:

1st Place - Senior Airman Josh Trumbauer, 386 ECES, Fire Dept.
2nd Place - Staff Sgt. David Pitts 386 ESFS
3rd Place - Staff Sgt. Brian Schoenecke 386 ECES, Fire Dept.





386th Air Expeditionary Wing Rock Solid Warriors



**Tech. Sergeant
Sorretinia Blount**

4286th Expeditionary Medical Group
4C071, NCOIC, Combat Operations Stress Team

Home unit/base: 79 MDOS, Andrews AFB, Md.

How do you support the mission here? Like any other member of the Medical Group, we function as force multipliers. I'm part of a two person team along with Captain Johnson, and together we support the mission by providing on-time Combat/Deployment stress relieving services. I help to proactively perform outreach which helps members of the 386 AEW continue doing their jobs despite enduring circumstances that would otherwise degrade their mental health and at times their ability to accomplish the mission.

How many times have you deployed and what makes this one unique? I've deployed 5 times in my career. This is my first deployment as a Mental Health Technician which is part of what makes this deployment unique. I've talked to so many more people this time and learned so much more about what everyone does. As a supply troop I didn't have as much interaction with the base population before.

How does your job differ in a deployed environment vs. home base? It doesn't differ much. Our job is helping people take care of themselves and cope with the stressors in life, regardless of their environment. It's rewarding both at home and while deployed.



**Staff Sergeant
Sean Nichols**

586th Expeditionary Mission Support Group DET 1
T3P051B, NCOIC Installation Access

Home unit/base: 343 TRS/DOB 2 Lackland AFB, Texas

How do you support the mission here? By acting as a liaison between contractors supporting US interests on KNB, Camp Patriot and Kuwaiti Security Operations personnel. Supervises four interpreters and supports the south gate ECP assisting US Army SECFOR.

How many times have you deployed and what makes this one unique? This is my second deployment to this AOR. This deployment is unique because I first deployed here in support of Operation Desert Storm supporting combat operations. During this deployment I directly work with the Kuwaiti military and third country nationals providing support to military operations at a Kuwaiti military base.

How does your job differ in a deployed environment vs. home base? I am a Security Forces Combat Weapons Instructor back at Lackland AFB, Texas. I teach all the weapons training to my students both in the classroom and on the range. Here I manage an Installation Access office that is directly responsible for individuals entering KNB/Camp Patriot ensuring the safety of all of its occupants and military equipment that is vital to fighting the war on terror.