

Tiltrotor Test Rig Team including NFAC receives NASA award

By Raquel March
ATA Public Affairs

NASA Ames Research Center recently held their annual NASA Agency Honor Award ceremony which recognized the Tiltrotor Test Rig (TTR) Development Team with a Group Achievement Award Aug. 29.

The multi-agency TTR Development Team is comprised of NASA Ames Research Center, the U.S. Army and AEDC personnel teaming with Bell Helicopter and Triumph Aerospace Systems. The award cited that the team received the award "for envisioning and developing the Tiltrotor Test Rig to provide a new national test capability for next generation military and civilian tilt rotor systems."

AEDC's National Full-Scale Aerodynamic Complex (NFAC) located at NASA Ames Research Center was a member of the TTR development team.

NASA, the U.S. Army and the U.S. Air Force joined to develop the large scale prop-rotor test system for NFAC. It is designed to test prop-rotors up to 26 feet in diameter at speeds up to 300 knots. The combination of size and speed is unprecedented and is necessary for research into 21st-century tiltrotors and other advanced rotorcraft concepts. TTR will provide critical data for validation of state-of-the-art design and analysis tools.



The Tiltrotor Test Rig (TTR) is shown here on the calibration stand. (NASA photo)

The TTR is designed to be used in the 40- by 80-foot and the 80- by 120-foot wind tunnels. TTR is a horizontal axis rig and rotates on the test section turntable to face the rotor into the wind at high speed, or fly edgewise at low speed (100 knots), or at any angle in between.

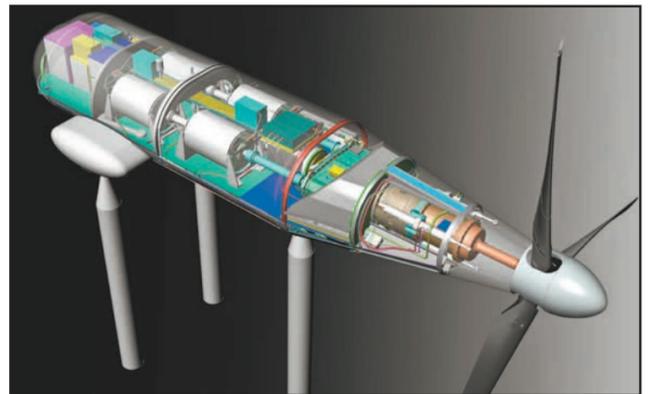
The TTR is designed to accommodate a variety of rotors. The first rotor planned for testing is taken from the Bell/Agusta 609 vertical take-off and landing (VTOL) aircraft.

For maximum accuracy, rotor forces will be measured by a dedicated balance installed between the gearbox and the rotor. Rotor torque will be measured by an instrumented drive shaft.

Other organizations included in the award are contractor support organizations Jacobs Technology, Inc., AECOM, RS Morris Construction, Monterey Technologies, Inc., Thomson Aerospace & Defense, Lufkin Industries, Kern Steel Fabricators, and ElectroMechanical Engineering Associates.

Summary of TTR design capabilities:

- Wind speed** – 300 knots axial, 180 knots edge-wise
- Rotational speed** – from 126 to 630 rpm
- Rotor thrust** – 20,000 lb. steady; 30,000 lb. peak
- In-plane force (resultant)** – 5000 lb. steady; 10,000 lb. peak
- Moment (resultant)** – 30,000 ft-lb steady; 60,000 lb. peak
- Shaft torque** – 48,000 ft-lb. steady; 72,000 lb. peak
- Power** – 6000 hp max (Courtesy of NASA)



Tiltrotor Test Rig (TTR) with cowlings open. For a sense of scale, the rotor shown is 26 feet in diameter and the rotor hub is 20 feet above the test section turntable. (NASA graphic)

VKF modernization program wins Zero Accident Award

By Vicki Peters
AEDC Contributing Writer

Earlier this month, AEDC successfully kicked off a customer test in the recently modernized Tunnel A portion of the AEDC von Kármán Gas Dynamics Facility (VKF).

The expanded capabilities which brought this test to AEDC were the result of multiple smaller projects which began four years ago and are scheduled to end later this month.

In addition to the advanced

test capabilities this effort brings to AEDC, the team of employees who worked on this effort during the period beginning with fiscal year 2011 and continuing through the first quarter of fiscal year 2013 brought additional recognition to AEDC. This team earned the prestigious Jacobs Engineering Zero Accident Award for calendar year 2012. To earn this award, team members worked over 250,000 consecutive hours without an injury.

Multiple project components were considered in determining

this award according to Frank Wonder, former VKF/ABC/4T Program Management Office (PMO) Group Lead and ATA project manager.

Earning the Zero Accident Award is an impressive achievement and a challenge for any group of employees who routinely work together as Marilyn Graves, Jacobs Technology V-Plant Control Project Manager, explained. One of the biggest safety challenges was "having so many people from so many disciplines, groups and departments

working in the same area at the same time and coordinating their work efforts to ensure everyone was safe," Graves said.

"We had other companies working alongside of us for the motor installation and trouble shooting. Their personnel were briefed on our safety protocol which probably differed from that followed by their companies."

Graves noted that the accomplishment was a result of "not rushing to test when systems were not ready just to make schedule."

This involved checking out systems that were completely new from what had once been used and doing so with plans in place in case something went wrong. One of these systems is the Backup Emergency Shutdown System (BESS), which allows plant operators to quickly bring the plant to a safe operating state in case of a power loss or other emergency.

Lisa Waddell Jacobs Technology VKF Project Manager added, "A lot of training went

See PROGRAM, page 3

Community leader retires but promises to continue support for AEDC



Walt Wood (left) shares a quiet moment with AEDC Commander, Col. Raymond Toth, during a special reception held in Wood's honor. Wood has supported AEDC for many years and says he will continue to do so in retirement. He's worked with the Arnold Community Council since its beginning in 2000. (Photo provided)

By Kathy Gattis
ATA Public Affairs

The name Walt Wood may not be familiar to many AEDC employees, but Wood has been a supporter of AEDC and its mission for years.

Wood was one of the original founders of the Arnold Community Council (ACC), a group created in 2000 to promote, support and protect AEDC.

Since that time, the mission of the ACC has changed some, but Wood's involvement continues.

His "day" job (until recently) was at the Shelbyville-Bedford County Chamber of Commerce as its executive director for economic development and tourism, but everyone knew about his passion for the military, the Air Force and especially AEDC.

Though the current AEDC Commander, Col. Raymond Toth, hasn't known Wood long, he attended the community leader's retirement ceremony to thank him on behalf of AEDC saying, "Your reputation certainly precedes you."

Toth thanked Wood for his efforts to support the base, including bringing the Chief of Staff of the Air Force to Arnold and to an ACC banquet at the Calsonic Arena several years ago.

Wood served on the ACC board of directors for two terms and from 2004-2005, he was the ACC president.

AEDC's commander during Wood's ACC presidency was Brig. Gen. David Stringer, now retired. "Commander's need to build strong relationships with surrounding communities and no one did more to make that happen when I was AEDC Commander than Walt Wood – whose call sign is Yoda, said Stringer.

"Walt not only taught me the ropes (now you know where Yoda came from), but three successive Air Force Chiefs of Staff have sought his counsel and valued his skillful work on a spectrum of issues of national importance," said Stringer. "I treasure our friendship

See LEADER, page 3

In This Issue....

AEDC personnel celebrate Air Force 66th birthday
...Page 2



Carter to lead panels on base security, personnel clearance
...Page 3

HIGH MACH

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An Air Force Materiel Command Test Complex

Col. Raymond Toth
Commander

Jason Austin
Director,
Public Affairs



Steve Pearson
General Manager,
Aerospace Testing Alliance

High Mach Staff:
Kathy Gattis, ATA Public Affairs Manager & Executive Editor
Raquel March, Editor

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AEDC Fire and Emergency Services reminds AEDC personnel to 'Prevent Kitchen Fires'

By Steve Macon
AEDC Contributing Writer

It's time for Fire Prevention Week, from Oct. 6-12, and the AEDC Fire & Emergency Services is joining forces with the nonprofit National Fire Protection Association (NFPA) to remind local residents to 'Prevent Kitchen Fires.' During this year's fire safety campaign firefighters will be spreading the word about the dangers of kitchen fires, most of which result from unattended cooking.

According to the latest NFPA research, cooking is the leading cause of home fires. Two of every five home fires begin in the kitchen more than any other place in the home. Cooking fires are also the leading cause of home fire-related injuries.

Often when we're called to a fire that started in the kitchen, the residents tell us that they only left the kitchen for a few minutes. Sadly, that's all it takes for a dangerous

fire to start. We hope that Fire Prevention Week will help us reach folks in the AEDC community before they've suffered a damaging lesson.

Among the safety tips that firefighters and safety advocates will be emphasizing:

- Stay in the kitchen when you are frying, grilling, broiling, or boiling food.
- If you must leave the room, even for a short period of time, turn off the stove.
- When you are

simmering, baking, or roasting food, check it regularly, stay in the home, and use a timer to remind you.

- If you have young children, use the stove's back burners whenever possible. Keep children and pets at least three feet away from the stove.
- When you cook, wear clothing with tight-fitting sleeves.
- Keep potholders, oven mitts, wooden

utensils, paper and plastic bags, towels, and anything else that can burn, away from your stovetop.

- Clean up food and grease from burners and stovetops.

If a fire, police, or medical emergency occurs on Arnold AFB, all personnel should know how to report a fire; the process couldn't be easier, simply dial 911. When dialed from a base phone, the call goes directly to the Emergency Communications Center (ECC) located in bldg. 251. If di-

aled from a personal cell phone, or from the military family housing area, the call goes to the County 911 Call Center and the information is then relayed to the AEDC ECC operator and a response is initiated.

Fire Prevention Week is actively supported by fire departments across the country and is the longest running public health and safety observance on record.

If you have questions or would like additional information about fire safety, please call the AEDC Fire Prevention Staff at 454-5425 or 454-5569.



Senior leaders send Airmen, families birthday best

WASHINGTON (AFNS) – Acting Secretary of the Air Force Eric Fanning, Air Force Chief of Staff Gen. Mark A. Welsh III and Chief Master Sgt. of the Air Force James Cody issued the following message to the Airmen of the United States Air Force:

On the 66th birthday of the United States Air Force, we salute the dedicated Airmen who provide airpower for America.

From 1947 to today, Airmen have accomplished our Service's core missions – air and space superiority; intelligence, surveillance, and reconnaissance; rapid global mobility; global strike; and command and control. We have evolved into a Service that carries out missions through air, space and cyberspace, but our core missions have remained constant. Advances in technology now allow us to fly faster, far-

ther and higher than ever before. We use aircraft and spacecraft that no one could have imagined at our Service's creation, and we continue to provide an asymmetric advantage for America.

Airmen have been and continue to be the strength of our Service.

The U.S. Air Force was forged by airpower legends with names like Si-jan, Levitow, Jones and Day. These heroes and many others made history, and their legacy continues as today's Airmen write the history of this generation. Decades from now, the names of

Airmen among us today will be as familiar as the names of the earlier heroes we celebrate.

America depends on the Airmen who provide Global Vigilance, Global Reach and Global Power, and our remarkable Total Force of Active Duty, Guard, Reserve and Ci-

vilian Airmen has never failed to answer the Nation's call. Please join us in proudly celebrating the 66th birthday of the U.S. Air Force. As always, we sincerely thank you and your families for all that you do.

Happy Birthday, Air Force!

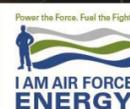
AEDC personnel celebrate AF 66th birthday



AEDC personnel celebrated the Air Force 66th birthday during a ceremony Sept. 18. AEDC Commander Col. Raymond Toth (left) made remarks as personnel were served birthday cake and refreshments. Also pictured is 2nd Lt. Stuart Coston (center), of the AEDC Aeropropulsion Ground Test Branch, and Col. James Krajewski, the AEDC Test Support Division director. Initially part of the U.S. Army, the U.S. Air Force was formed as a separate branch of the military September 18, 1947 under the National Security Act of 1947. It is the most recent branch of the U.S. military to be formed, and is the largest and one of the world's most technologically advanced air forces. (Photo by Rick Goodfriend)



OCTOBER IS ENERGY ACTION MONTH 2013



You play a role in sustaining an assured energy advantage in air, space and cyberspace.

- Improve Resiliency
- Reduce Demand
- Assure Supply
- Foster an Energy Aware Culture



AEDC Energy Action Month Events

- Challenge to develop energy savings projects. Enter process and facility energy savings projects for systems you work with every day to win. The best energy savings project idea, as determined by the AEDC energy team, will win 9 holes of Golf (for two) at the AEDC golf course; does not include cart, and is non-transferable.
 - Entry forms: \arnold-2k\aedc\Public\Energy_Action_Month
 - Email entries to Jennifer Daugherty.
- Unplug it campaign for buildings 100 and 1103. Unplug printers, coffee pots, microwaves, monitors etc. for the weekend of Oct 12-13 to save energy. Energy usage will be recorded for these buildings prior to and during the campaign to determine the savings.



Core Values

- Integrity first
- Service before self
- Excellence in all we do



Vision

"ATA will be a trusted partner in delivering best value warfighter support and assert stewardship to AEDC"

Core Values

- Be accountable for our own actions
- Ensure the safety of individuals and equipment
- Demonstrate the highest integrity and ethical standards
- Communicate clearly and openly
- Deliver professional and technical excellence
- Nurture, enable and treat people fairly
- Align with customer goals and objectives
 - Use disciplined and innovative processes
- Continually improve in all that we do

Action Line

Team AEDC

I believe in free and open communications with our Team AEDC employees, and that's why we have the Action Line available. People can use the Action Line to clear up rumors, ask questions, suggest ideas on improvements, enter complaints or get other issues off their chests. They can access the Action Line in one of three ways: via the AEDC intranet home page, Action Line boxes at the base cafeterias and by calling 454-6000.

Although the Action Line is always available, the best and fastest way to get things resolved is by using your chain of command or by contacting the organizer directly involved. I encourage everyone to go that route first, then if the situation isn't made right, give us a chance.

Col. Raymond Toth
AEDC Commander

Carter to Lead Panels on Base Security, Personnel Clearance

By Jim Garamone
American Forces Press Service

WASHINGTON — “Obviously, something went wrong” in security procedures at the Washington Navy Yard, where a gunman killed 12 workers Sept. 16, Defense Secretary Chuck Hagel said here today, and the department will close gaps, address inadequacies and correct failures.

In a Pentagon news conference, Hagel announced two panels that will investigate the situ-

ation and make recommendations.

Hagel and Army Gen. Martin E. Dempsey, the chairman of the Joint Chiefs of Staff, expressed their condolences to the families and co-workers of the 12 Navy employees gunned down at the Navy Yard. Both emphasized that DOD personnel deserve a safe and secure environment wherever they work.

Yesterday, Hagel said, he asked Deputy Defense Secretary Ash Carter to lead two departmentwide reviews. The first will ex-

amine physical security and access procedures at all DOD installations, the secretary said.

In the second, Carter will look at DOD’s practices and procedures for granting and renewing security clearances, including those held by contractors. He will coordinate with officials at the Office of the Director of National Intelligence and the Office of Management and Budget, Hagel said.

The secretary also has directed an independent panel to conduct its own assessment of security

at DOD facilities and of the department’s security clearance procedures and practices.

Dempsey praised the actions of the police and medical personnel who responded to the rampage.

“Even in the midst of tragedy, there are moments of triumph,” he said. “The most visible feats were accomplished by professionals -- our military, police, and EMTs -- but there were other unseen moments equally heroic. I was especially inspired by the story of Omar Grant, a

Navy Yard civilian, who helped a blind colleague to safety as they exited building 197 in the middle of the shooting. Omar refused to leave his friend behind. The urge to run toward danger to help someone in need is a testament to an American’s character.”

Dempsey said some of the lessons learned from past tragic episodes helped during the Navy Yard shooting. Early indications are that procedures put in place after a Nov. 9, 2009, shooting spree that killed 13 people

at Fort Hood, Texas, may have led to “a less horrific outcome,” the chairman said. Officials put in place alert notices. Base officials also coordinated with local and federal officials in advance of crises, he said. There was also some benefit from training scenarios for employees and law enforcement on active shooter situations, he added.

“Some of the things we did as a result of those earlier incidents, we believe, actually reaped the benefit we intended,” Dempsey said.

Legal assistance for the ‘Modern Military Family’

By Capt. Sarah Kress
AEDC Contributing Writer

In 2007 Edith Windsor married her domestic partner, Thea Spyer, in Ontario, Canada. The couple resided in New York until 2009 when Spyer passed away and left her entire estate (to include \$300K in estate taxes) to Windsor. Although Windsor applied for the federal estate tax exemption for surviving spouses, her application was denied as the federal Defense of Marriage Act (DOMA) defined “marriage” and “spouse” as excluding same-sex partners.

Now imagine Spyer

is really Lt. Col. Spyer. And Windsor walks into the Air Force Legal Assistance Office after receiving a bill for \$300K in estate taxes. Oh, and by the way, Windsor also has questions about life insurance proceeds for her and her daughter. Is Windsor or her daughter entitled to legal assistance? Does it matter that Spyer and Windsor married in Ontario? What if they married in California, or Tennessee, or not at all?

On Feb. 11, the Defense Secretary signed a policy memo extending certain benefits to same-sex domestic partners of



Capt. Sarah Kress
AEDC Deputy Staff Judge Advocate

military members. There are currently 20 educational, survivor, and travel and transportation benefits

that are available by designation of the service member. Selecting a Service Members’ Group Life Insurance (SGLI) beneficiary is one example of member-designated benefit. Anyone designated by the service member as a beneficiary, in writing, would be eligible to receive SGLI payments.

On Aug. 13, the Department of Defense reviewed the current list of benefits and directed the extension of all benefits, beyond member-designated benefits, to same-sex domestic partners, and where applicable, children of same-sex domestic part-

ners. Eligibility for these benefits, however, requires the service member to provide a valid marriage certificate from a jurisdiction that recognizes same-sex marriages.

What benefits are covered? The policy is to treat all military personnel equally and to recognize all marriages that are valid in the place of celebration. As a result, the policy extends a variety of services, entitlements, and benefits, to include legal assistance, to married, same-sex partners, and their dependents. Benefits include member-designated benefits, such

as SGLI designation, and non-member-designated benefits, such as medical or dental benefits.

How soon will the changes take effect? Implementation of these benefits will require substantial policy revision, training, and possibly even technical upgrades. Some growing pains are to be expected. However, it is the Secretary’s expectation that such benefits will be made available to same-sex domestic partners “as expeditiously as possible.”

If you have any questions, contact the Arnold AFB Legal Office at 454-7814.

PROGRAM from page 1

on before and during the checkouts. The operators were consulted during design, installation and checkout. Some things that just weren’t working - such as alarming at close to warning levels - were changed or modified.”

Waddell commented that complicated safety measures included development of a new threading procedure for a safer way to thread motors, ensuring that motor lifts followed the requirements for “critical lifts” and that rigging was inspected per procedure, as well as following a very complicated lock-out/tagout process to en-

sure continued use of high pressure air throughout the base.

Weekly meetings with VKF plant personnel were held to discuss which work efforts were being executed and how they affected one another, Graves explained. These and compliance with ATA and AEDC processes regarding use of the job safety analysis and master work permit were key in coordinating safe work efforts. Wonder noted that “There were a handful of folks in the PMO who prayed daily for our work, particularly for the safety of those working in the field. God surely answered

our prayers!”

According to Wonder, a major safety concern involved the Tunnel A Nozzle and Diffuser Actuators and Controls project.

“Hundreds of hours were spent developing a comprehensive demolition and installation plan for the outage required for the ABC Modernization TIPP [Test Investment Planning and Programming],” he said, noting that the outage was required to ensure “protection of personnel and the two 40-foot long upper and lower nozzle contour plates during removal of the nozzle actu-

ators.” This included procedures for replacing the 80 nozzle actuators in a manner that would be safe for personnel and also ensure that the irreplaceable plates would not be damaged in the process. The plan was even reviewed by a ‘Red Team’ chaired by Brandon Stiles, AEDC/TSDI (Test and Communications Branch), and a team that included several senior engineers from AEDC and Jacobs Technology. The result was a great success! The old actuators were safely removed and the new ones safely installed while the nozzle contour plates re-

mained perfectly intact.”

Throughout the VKF Modernization Project, weekly integration meetings were used to coordinate activities and ensure the Project Management Office was informed of what work was going on with other efforts. Prior to checkout of each system, designers generated detailed checkout plans to ensure systems operated correctly. One individual was assigned as the project’s point of contact for drawings. This person was responsible for keeping up with all of the drawings, collecting and consolidating red-lines from multiple

sources onto one drawing that would then be sent to drafting. These actions along with detailed planning in every phase of the project and selection of the safest methods available helped overcome the significant safety challenges encountered throughout the effort.

“Achieving this level of performance took something more than simply following the rules,” said Tom Lavelle, Jacobs Technology Health, Safety and Environmental Division Director. “It took each person taking care of himself as well as watching out over one another.”

LEADER from page 1

and salute his magnificent legacy.”

During his time at AEDC, Stringer planned several civic leader tours. The tours took community leaders to other bases across the United States so they could learn more about the Air Force. One of those trips was to Altus AFB and Moody AFB. Each had community councils who met with elected officials trying to gain support and improve their base’s visibility with decision makers in Washington, D.C.

ACC focused on sponsoring base events, collecting donations for the annual Veterans Picnic and for the AEDC annual award winners. Altus AFB and Moody AFB did these things and more.

Wood and a few others developed a Legislative Affairs Committee. The goal of the committee was to keep elected officials and their staffers, whether state or federal, aware of AEDC and its impact on national defense. Prior to his employment with the city of Shelbyville, Wood worked as a staffer for Congressman Jim Cooper.

In 2005, Wood led a small team of ACC vol-

unteers on the group’s first trip to the nation’s Capitol where they met with elected officials to discuss AEDC.

He later helped plan an annual breakfast for members of the Tennessee Legislature and the first ACC breakfast on Capitol Hill.

The Legislative Affairs Committee has grown through the efforts of Steve Cope, the current ACC president, who led the group for several years, and more recently, Mark Williams and Mike Niederhauser.

In addition to the annual breakfast held for elected officials and their staffers, meetings are scheduled with the Chief of Staff of the Air Force and key leadership at the Pentagon involved in test and evaluation. During the last two years, ACC has also formed a working relationship with the community councils for Edwards and Eglin Air Force Bases; an effort led by AEDC retiree and then ACC President, Temple Bowling.

Meanwhile, Wood started to focus on bringing in new blood. He encouraged other leaders in Bedford County to visit and learn more about

AEDC. Before his stint with the board of directors ended, Wood found and recruited his replacement, Ben Craig. Craig is on the ACC board and is the vice president; he becomes ACC president next month.

Through the years, Wood took advantage of numerous opportunities to learn more about national defense. He participated in numerous Civic Leader Tours, both outgoing and incoming to AEDC. In 2008, he was selected for the Air Force Chief of Staff’s Civic Leader Program.

As part of the Chief of Staff’s group, Wood, traveled to a variety of places to see and learn more about the Air Force mission.

In 2012, he was awarded the Air Force Community Service Award. The citation read in part, “Mr. Walt Wood provided exceptionally distinguished public service to the United States Air Force from January 2008 to January 2012. He conscientiously advised senior Air Force leaders on the development of national and international Air Force programs, and facilitated cooperation between civilian



At last year’s ACC Dinner (from left), Walt Wood (left) and Ben Craig (right) talk with Air Force Test Center Commander, Maj. Gen. Arnold “Arnie” Bunch Jr., who is a native Tennessean. (Photo by Jacqueline Cowan)

communities and Air Force entities to ensure each program’s success. He openly communicated information about Air Force missions and requirements to the American public, increasing awareness and understanding among local, regional and national audiences.”

When receiving the award, Wood said he understood how important it is for AEDC’s workforce to be in a position to stay focused on the mission.

“We face a very dan-

gerous world,” Wood said. “Arnold is on the forefront, making sure aircraft, solid rocket motors and engines work properly and we get as much life as we can out of them. We need {our weapons systems} to do what they’re supposed to – when our airmen, soldiers and other members of the military press the button, pull the trigger or give the command, it’s got to work.”

Stringer said, “Along with Jerry Mansfield (another former ACC presi-

dent), Walt Wood provided knowledge and support that changed AEDC from a best kept secret to a well-prized asset in Tennessee, Alabama and on Capitol Hill.”

Today, Walt Wood is part of the emeritus team selected to assist the Air Force Chief of Staff with key items such as strategic planning and even though he is now enjoying retirement, he promised to stay active in the ACC and continue to support and promote AEDC.

Air Force Flight Test Museum moves X-48C

By Rebecca Amber

412 Test Wing Public Affairs

EDWARDS AIR FORCE BASE, Calif. – The Air Force Flight Test Museum placed an X-48C on display Aug. 20. According to X-48B/C project manager for Boeing Research Technology, Michael Kisska, the aircraft is “on loan” to the museum while Boeing, NASA Dryden Flight Research Center and the Air Force Research Laboratory actively pursue research opportunities for the aircraft.

“Putting the X-48C in the museum not only allows us to share its accomplishments with the public, but it also keeps it in a near flight configuration such that if we do get more research funding we can pull it right back out and take it down to the flight line,” said Kisska.

He explained that the X-48C was reconfigured from the original B model by replacing the winglet rudders with in-board verticals on the tail and removing one of the three engines representing a low-noise configuration.

The aircraft is designed to test the low-speed handling qualities and stall characteristics of a blended wing body class of aircraft. It has flown 92 missions as an X-48B and 30 as a C model for a total of 122 successful missions.

“This is a wonderful opportunity for the museum to exhibit some of the modern technology being developed here at Edwards. This is kind of rare because usually the things that we end up with are already completed or in the past and this aircraft is fairly up to date,” said George Welsh, 412th Test Wing museum curator.



(U.S. Air Force photo by Rebecca Amber)

Budget concerns force AFMC to eliminate Blended testing flu shots for some civilian employees

By Michelle Martz
AFMC Public Affairs

W R I G H T - PATTERSON AIR FORCE BASE, Ohio – As command officials make tough budget decisions with fewer dollars to spend, Air Force Materiel Command civilian employees who are not beneficiaries of the TRICARE health program will no longer receive Air Force Materiel Command-provided flu shots in advance of the upcoming flu season.

Civilian health is a top priority in AFMC. However, vaccine purchases had to be made early in 2013, when this year's budget numbers were less certain. Analysis determined that less than 20 percent of the civilian population used the AFMC-provided flu vaccine program and officials elected to instead fund AFMC's more

comprehensive civilian programs, the Employee Assistance Program and Civilian Health Promotion Services. CHPS is designed to provide wellness educators and screening programs that improve the overall health of the civilian workforce. CHPS offers health education classes, cardiac risk profile screenings and an online employee health management tool at afmcwellness.com.

“In the past, AFMC has offered both the flu vaccine and wellness programs because civilian health and wellness is an important factor that supports our command mission,” said Colonel James King, AFMC command surgeon. “Unfortunately, limited resources required us to prioritize and ultimately fund broader health programs that provide more resources for the total health

of our civilian workforce.”

Two years ago, AFMC was able to expand its civilian wellness program to include offering free flu shots to the entire civilian workforce. In 2012, approximately 12,000 civilians participated in the program.

Today, civilians not covered by TRICARE are urged to contact their private health care providers and get a flu shot. “Getting a flu shot is the best way to help prevent influenza,” said King. “Early immunization is key to protecting yourself and your family members, so we encourage everyone to get vaccinated.”

While many civilian employees are no longer eligible for the free on-base flu vaccine, TRICARE continues to provide shots for all active duty members, military retirees and military family members.



A two-percent model of the Blended-Wing-Body (BWB) X-48B concept test in the AEDC's 16-foot transonic wind tunnel (16T) in 2007. The unmanned X-48B, which has a 21-foot wingspan, is the result of collaboration between Boeing Phantom Works, NASA and AFRL. The X-48B has flown 92 missions. (Photo by David Housch)

Majdalani named Aerospace Engineering chair at Auburn

University of Tennessee
Space Institute Public
Relations

TULLAHOMA, Tenn. – After ten years at the University of Tennessee Space Institute (UTSI), Joe Majdalani, professor of mechanical and aerospace engineering, has accepted the appointment as the Chair of the Aerospace Engineering Department at Auburn University. His

last day at UTSI was August 31, 2013.

“I have given UTSI ten of the most productive years of my life,” Majdalani said. “I hence look forward in establishing collaborations between Auburn and UT, which can bring new opportunities to our faculty and students. To have held two endowed professorships is among the most rewarding experiences of my career. More



Majdalani

rewarding perhaps is the ability to witness the evolution of my students from junior engineers to world-class professionals.”

Leaving his position as an Assistant Associate Professor of Mechanical Engineering at Marquette University, Majdalani joined UTSI during August 2003 as the second Jack D. Whitfield Professor of High Speed Flows. He became the second

Arnold Chair of Excellence in September 2007. During his tenure at UTSI, Majdalani coauthored 150 papers and graduated 24 Masters and Ph.D. students. He was instrumental in developing several new courses, including two short courses that are now offered internationally within the American Institute of Aeronautics and Astronautics (AIAA); he presently serves on the

AIAA Propulsion and Energy Steering Committee, and has been appointed Vice-Chair for the Hybrid Rocket Technical Committee.

Robert Moore, Executive Director of UTSI, commented “Professor Majdalani has been a remarkable representative of UTSI and the UTK College of Engineering. Auburn is gaining a uniquely productive individual.”

Journey home: Final C-17 leaves Boeing for Charleston

By Senior Airman

Dennis Sloan

Joint Base Charleston
Public Affairs

JOINT BASE CHARLESTON, S.C. (AFNS) – As the sun rose above Long Beach, Calif., the last U.S. Air Force C-17 Globemaster III, P-223, rolled off the Boeing assembly onto the flight line where it was prepared for its inaugural flight to Joint Base Charleston, S.C.

A ceremony was held on stage with the P-223 in the backdrop for all to see, while Air Force leaders thanked the Boeing employees, who worked on the U.S. Air Force C-17's for the past 20 years, for all their

hard work.

“Even though this is the last C-17 to be delivered to the Air Force, we know that the Boeing employees will stand behind us and all 222 C-17s we operate for many years to come,” said Gen. Paul Selva, Air Mobility Command commander.

The keys to the bird were handed over to Selva and the aircrew boarded the aircraft to begin their journey to JB Charleston.

As the C-17 took off and Lt. Gen. James Jackson, Air Force Reserve Command commander, performed a fly-over Boeing, employees could be seen waving American Flags



The final U.S. Air Force C-17 Globemaster III, P-223, is rolled off the Boeing assembly line and placed on the flight line during a ceremony celebrating 20 years of delivering C-17s to the U.S. Air Force Sept. 12, 2013, at Long Beach, Calif. (Photo by Senior Airman Dennis Sloan)

in the air cheering the Air Force on.

“I had never flown a C-17 before, but after going through the simulators and getting hands on instructions from experienced C-17 pilots I felt confident taking off

and flying the Globemaster high into the sky,” said Jackson.

Jackson is a former F-4 Phantom and F-16 Falcon fighter pilot as well as a KC-135 Stratotanker pilot.

The crew on board the

C-17 was handpicked and included a general officer, pilot, loadmaster and crew chief from active-duty, reserve and guard components.

“It is truly an honor to be a part of the mission today,” said Tech.

Sgt. Paul Garner, Air National Guard 155th Airlift Squadron loadmaster out of Memphis, Tenn. “I’m happy I can represent the Air National Guard as a loadmaster on this historical flight.”

After taking off and flying for more than an hour, Jackson handed the controls over to Selva who flew the C-17 alongside Lt. Col. Scott Torrico, Air Force Reserve, 701st Airlift Squadron out of JB Charleston, S.C.

“There is nothing this aircraft cannot do,” said Selva. “If we need to transport vehicles, cargo, personnel or even perform an aeromedical evacuation, the C-17 and its crew are highly capable of doing any one of these missions.”

While the generals took care of the piloting of the aircraft, crew members to include loadmaster and crew chiefs took care of all the flight duties in the rear of the aircraft as well as sharing stories of their time with the C-17 and how much it meant to be on the flight.

This is something I will definitely be telling my grandchildren someday,” said Staff Sgt. James Regan, 437th Maintenance Squadron crew chief. “My wife Samantha and my four-year-old son Taylor will be on the ground at JB Charleston to greet me when I land.”

After Regan turned the controls of the C-17 over to Lt. Gen. Stanley Clarke, Air National Guard director, Selva handed him the keys to P-223.



Fireworks and rockets

AEDC STEM volunteers such as Lance Baxter, in the AEDC Test Technology Branch, assisted youth of all ages in building and launching straw rockets at the recent Tullahoma Kiwanis Club's Fireworks and Air Show at the Tullahoma Municipal Airport. (Photo provided)

Deployed Airmen trailblazers of Reaper world

By Senior Airman Jack Sanders

451st Air Expeditionary Wing Public Affairs

KANDAHAR AIRFIELD, Afghanistan – Many of the iconic images from military operations are of U. S. Air Force legacy aircraft, such as a C-130 Hercules bringing troops and supplies to austere battlefields or F-15 Eagles streaking across the sky twisting and turning in dogfights and ground attacks.

Generations of Airmen have flown legacy aircraft still in service today. Because of the brave work of those men and women, these airframes are still finely tuned war machines.

Today's Air Force faces advances in computers and war fighting aircraft, includ-

ing the F-22 Raptor, the F-35 Lightning II and the remotely piloted MQ-9 Reapers.

At Kandahar Airfield, Afghanistan, the men and women of the 451st Expeditionary Aircraft Maintenance Squadron are building the heritage of Reaper Airmen as they develop the institutional knowledge for one of the nation's newer air warfare assets.

"The biggest challenge we face personally from an MQ-9 perspective is that everything is so new - when you're dealing with legacy aircraft like F-16s or C-130s you have that institutional knowledge base," said Capt. Michael Black, 451st EAMXS Reaper Aircraft Maintenance Unit officer in charge. "There's some guys that have worked on F-16s their whole career. They've been in for 25 years and

they've worked on nothing but F-16s and the Reapers don't have that."

For generations men and women of the Air Force have upheld a tradition of honor and a legacy of valor. Reaper Airmen wish to instill that tradition and legacy for future generations to come, Black said.

"The Air Force has only been operating the MQ-9s for about six years so there's not the institutional knowledge base here that you'd have with other aircraft," Black said. "There's a lot of tech data, parts data and things of that nature but the legacy knowledge hasn't quite caught up. We're on the forefront of that knowledge. It's the future."

With the future in mind the 451st EAMXS Airmen strive to demonstrate possible



Airmen from the 451st Expeditionary Aircraft Maintenance Squadron move an MQ-9 Reaper in preparation for a mission Aug. 27 at Kandahar Airfield, Afghanistan. Members of the 451st EAMXS are building the institutional knowledge base for Reaper maintenance as they enable continuous intelligence, surveillance and reconnaissance coverage in support of Operation Enduring Freedom. (Photo by Senior Airman Jack Sanders)

with the MQ-9 Reaper. A demonstration made possible through cooperative work between active duty, National Guard and Royal Air Force Airmen.

"If I put the same uniform on everybody, you could go out there at any part of the day and never know there were two active-duty units, three active-guard elements and a UK element out there on the flightline working - it's just seamless," said Master Sgt. Wayne Wood, 451st EAMXS superintendent. "It's actually a beautiful thing to watch. As a supervisor, you always worry

about how people are going to mesh and work together when you get down range and they have mastered it over there and it is a beautiful thing."

Wood said their cooperative work has aided in the understanding of RPA use and brought more knowledge to the field.

"I'm new to the RPA world; I've only been working in it for a year now," Wood said. "I'm an F-16 guy by trade and I've been deployed numerous times with the F-16s. It's a great airplane and they're doing great things, but we are very busy and the requirement

for what we can provide is insatiable.

"We're constantly putting aircraft back in the fight and you definitely feel like we're making a difference," Wood continued. "But, there are still a lot to come for the RPAs in the future. We don't even understand 100 percent of the capabilities it brings to the table because it's so new. It's very capable, very reliable. We've just scratched the surface. I think in 10 years from now you're going to see faster RPAs, bigger RPAs, doing things 20 years ago would have been unheard of."

AEDC firefighters climb to remember 9/11



AEDC Firefighters Ken Locker (left) and Dennis Eggert participated in the 4th Annual Nashville 9/11 Memorial Stair Climb Sept. 8 at the William R. Snodgrass Tennessee Tower in downtown Nashville. 343 Firefighters climbed 110 stories in remembrance of the 343 FDNY Firefighters that died 12 years ago at the Twin Towers on Sept. 11. (Photo by Rick Goodfriend)

AEDC Commander tours Barrett Firearms

By Claude Morse
Tennessee Shooting
Sports Association



Col. Raymond Toth, AEDC's Commander, and several AEDC staff members got a look at the Barrett Firearms Manufacturing Inc. factory near Murfreesboro recently where the military Barrett .50 caliber rifles used extensively in Iraq and Afghanistan are manufactured.

In addition to touring the factory, they got to meet the rifle's inventor and company CEO Ronnie Barrett. A highlight of the tour was firing the .50 caliber Barrett military configured M107A1 rifle with and without a sound suppressor.

The Barrett rifle started out as a civilian .50 caliber semi-automatic rifle that was adopted for military use in the first Gulf War and is now used by all U.S. Armed Forces and many allied militaries. Barrett built his first innovative prototype .50 caliber rifles in his garage in Murfreesboro 30 years ago.

Barrett has received many honors for his unique rifle designs and is only one of seven designers of new U.S. military rifles in the last century. He currently serves on the board of directors of the National Rifle Association.



Left to right, AEDC Executive Director Douglas Blake, AEDC Chief of Staff Ken Jacobsen, Tennessee Representative Judd Matheny, Judd's son Aulden, Barrett's Firearms Manufacturing Inc. CEO Ronnie Barrett, AEDC Commander Col. Raymond Toth, AEDC Historian Chris Rumley, Matheny's visitor Steve Chester and AEDC Test Support Division Director Col. James Krajewski take a break during AEDC's recent visit to the Barrett Firearms factory near Murfreesboro. (Photos by Claude Morse)

AEDC Commander Col. Raymond Toth fires the Barrett M107A1 .50 caliber military rifle at the Barrett Firearms Manufacturing Inc. factory.

JOURNEY from page 6



General Paul Selva, Air Mobility Command commander, takes control of C-17 Globemaster III, P-223, mid-flight during the inaugural flight of the final U.S. Air Force C-17 Sept. 12, 2013. Lt. Gen. James Jackson, Air Force Reserve commander, performed the take-off from California and Lt. Gen. Stanley Clarke, Air National Guard director, landed the aircraft at Joint Base Charleston, S.C. (Photo by Senior Airman Dennis Sloan)

"Words can't describe how I felt being handed the keys to the last C-17," said Regan. "Speechless, really."

As the aircraft approached JB Charleston, Clarke performed a fly-over for the crowd of military, community members and their families all

eager to see the final U.S. Air Force C-17.

"This was my first time flying the C-17, so I made sure to make the landing as perfect as possible," said Clarke.

"It's a little bigger than the fighters I am used to," he jokingly said.

P-223 landed and was parked right in front of the crowd of people waiting to greet the aircrew and celebrate 20 years of history in the making.

"While this may be the last U.S. Air Force C-17 delivery, this bird has many more flights in its future," said Jackson.

Weapon system sustainment gains highlight results of command's 5-center construct

By Airman 1st Class
Alexander Riedel
Air Force News Service

WASHINGTON (AFNS) – Improved sustainment of service weapon systems tops the list of command accomplishments after a year-long reorganization effort, the Air Force Materiel Command's top general said here Sept. 16.

Gen. Janet Wolfenbarger addressed her command's mission of regaining acquisition excellence in a time of fiscal constraint at the Air Force Association's 2013 Air & Space Conference & Technology Exposition.

"Our mission, as we have embraced it, is to equip the Air Force for world-dominant air power," Wolfenbarger said. "In essence we are responsible for providing combat capabilities to the warfighter and that is an awesome responsibility the men and women of Air Force Materiel Command execute on a daily basis."

Representing 83,000 military and civilian service members in her command, Wolfenbarger outlined the progress of an ongoing restructure effort of AFMC's operations and procedures.

By reducing 12 centers to five, aligned around the primary mission areas of science and technology, life cycle management, developmental test and evaluation, and sustainment, command leaders have improved AFMC processes, Wolfenbarger said.

"(We have) done a lot of work to launch us on a path that leverages a reorganization that is historic in nature," Wolfenbarger said. "What I'm most excited about in this reorganized Air Force Materiel Command is not how much more efficient we've gotten, but how much more effective we've become."

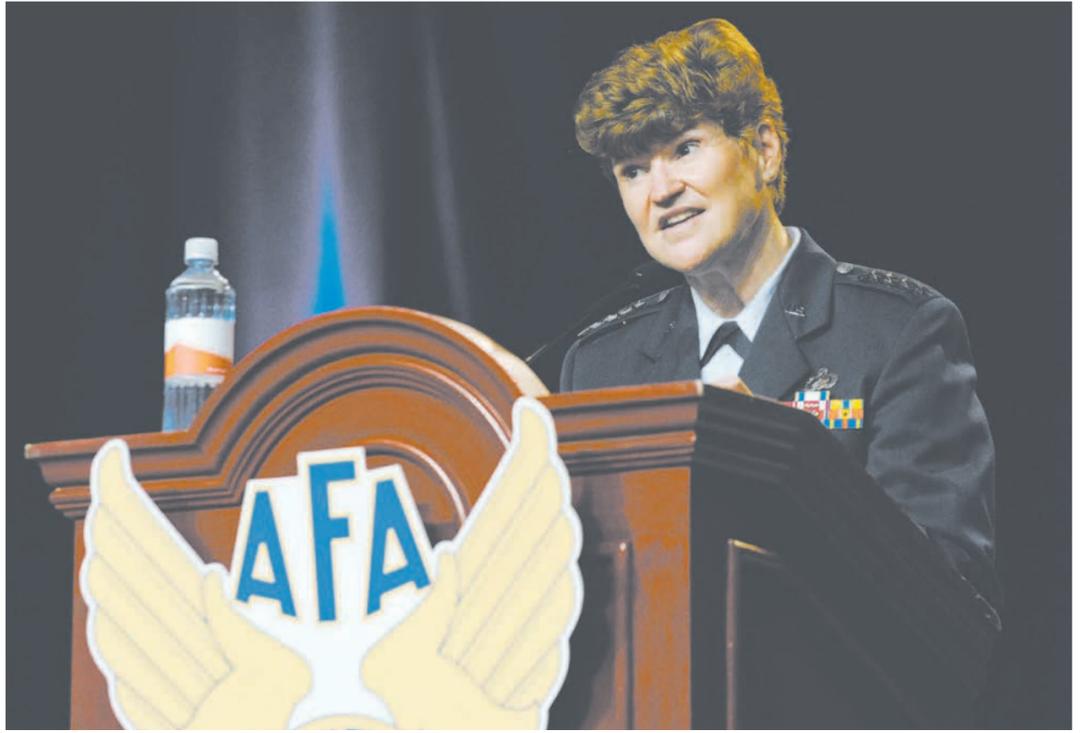
The command's five centers are the Air Force Research Laboratory and the Air Force Life Cycle Management Center, both headquartered at Wright-Patterson AFB, Ohio; the Air Force Test Center, headquartered at Edwards AFB, Calif.; the Air Force Sustainment Center, headquartered at Tinker AFB, Okla.; and the Air Force Nuclear Weapons Center, headquartered at Kirtland AFB, N.M.

Part of the new organization's success, Wolfenbarger said, is the implementation of integrated life-cycle management – reducing "seams" in the organization through standardization and streamlining of processes.

"The real power of the new construct is our ability to work across the centers to ensure that while they have their own distinct mission, we can better succeed by working collaboratively," she said. "We are looking for standardization and cost-cutting opportunities that take the construct of ILCM to a level we have never seen before in our U.S. Air Force. True ILCM is the enabler for delivering affordable and effective global vigilance, global reach and global power to our nation."

Despite the importance of the civilian workforce for AFMC, Wolfenbarger said in the wake of sequestration her command was able to maintain support to the most important mission sets.

"We had to slow down some of the great momentum we have had, during the furloughs," she said. "We are now ramping back up again, but it will take us some time – we're estimating until the second quarter of fiscal year 2014, to get back to that pace we were on before the furloughs – but that hinges on not having to embrace addi-



Gen. Janet C. Wolfenbarger speaks about sustaining the force at the 2013 Air Force Association's 2013 Air & Space Conference and Technology Exposition Sept. 16, 2013, in Washington, D.C. The 2013 Air & Space Conference is a professional development conference sponsored and conducted by AFA in support of the total Air Force. Wolfenbarger is the commander of Air Force Materiel Command at Wright-Patterson Air Force Base, Ohio. (U.S. Air Force photo/Airman 1st Class Nesha Humes)

tional civilian furloughs in fiscal year 2014."

During fiscal shortfalls, maintaining existing fleets is an important challenge the Air Force successfully continues to manage, she said.

"We are very good at maintaining legacy aircraft," the general said. "We, along with our industry partners, can continue to maintain these systems for the length of time our nation demands. But I have to tell you – they are not necessarily up to the threats that are evolving."

Despite the hardship, Wolfenbarger said there is excitement within AFMC for the opportunity to standardize approaches, continually improve them, and to enable the workforce to have a role in a different way of accomplishing the workflow.

"There is always an opportunity to get better," she said. "We're executing in this new organizational construct for about a year now and are about 10 days from declaring full operational capability. But we are all appreciative of the fact that we are on the forefront of really leveraging

this new organizational construct and what it can provide in terms of a more effective way of executing our mission."

In an address to civilian leaders within the audience, Wolfenbarger asked industry partners to also examine their own approaches of executing military contracts while reducing inefficiencies.

"Maintaining our national defense comes down to a concerted collaborative partnership between government and industry," Wolfenbarger said. "Our Air Force

partners with industry on identifying and implementing best business practices and on developing technologies and weapons systems across the life-cycle management, testing and sustainment arenas ... Collectively, it is our responsibility to squeeze as much as we can out of every defense dollar that's allocated to us."

While the current budgetary environment provides a significant opportunity to reinforce the role of industry and military in this partner-

ship, Wolfenbarger said smaller budgets will require all to bring even more ingenuity, creativity and collaboration to the table.

"We will preserve to the best of our ability the execution of mission sets that are critical and part of our DNA as the U.S. Air Force," Wolfenbarger said. "We will have to make some tough decisions on our weapons systems and capabilities that go with executing those critical mission sets. But we will get through this downsized budget environment and come out the other end."



AEDC personnel certified as PMI Project Management Professionals

AEDC personnel (l-r) Mark Duke, Joy Taylor and Jon Seely with the prime contractor ATA, and Project Management Institute (PMI) members, were recently certified PMI Project Management Professionals. Duke, Taylor and Seely are shown here at the recent Southern Middle Tennessee Branch of the PMI Chattanooga Chapter meeting where Dr. James T. Brown presented "The Art of Stakeholder Management." Dr. Brown is the president of SEBA® Solutions Inc., a training and consulting service company, and a registered education provider for the Project Management Institute. (Photo provided)



Arnold Community Council Annual Dinner

Thursday, October 10, 2013
at the Manchester-Coffee County
Conference Center

5:30 p.m. Social, 6:30 p.m. Dinner
7 p.m. Program

Special Guest Speaker
Lt. Gen. David A. Deptula (Ret.)
Dean,

Mitchell Institute of Airpower Studies
Senior Scholar,
US Air Force Academy



Business Attire or Service Dress

Table Sponsorship

- Gold** ~ \$700 - Reception and ten seats at a reserved table with sponsor name
- Silver** ~ \$350 - Reception and five seats at a reserved table with sponsor name

Individual Seats ~ \$75 - Reception and one seat at the dinner in the general seating area

Each ticket includes an ACC individual membership for one year. Table Sponsorships will receive recognition in the program, the dinner slideshow and on the ACC web site.

To purchase a table or individual tickets contact:
Ben Craig - 931-639-0694; Harry Brittain - 931-247-5417;
Steve Cope - 931-212-4093; Temple Bowling - 931-455-3234
rspv to 2013dinner@arnoldcommunitycouncil.com

ACC raises money to improve awareness of AEDC by holding an annual meeting with the Tennessee Congressional delegation; provides welcome baskets for new military arriving at AEDC; donates to quarterly and annual military award winners; donates to the annual AEDC Veteran's Picnic and the AEDC Children's Christmas Party; sponsors receptions for visiting dignitaries; sponsors Honor Flight; and sponsored an area-wide job fair.

WWW.ARNOIDCOMMUNITYCOUNCIL.COM

This month in AEDC history

Ten years ago

- AEDC's prime contractor ATA completed employment offers to the previous Jacobs Sverdrup, ACS and subcontractor employees before taking over the Complex's support contracting functions in the 2004 FY.

Thirty years ago

- Removal of a defective 65,000-pound Mosser valve from the Aeropropulsion System Test Facility was tricky, but the Air Force, Pan Am and Mosser Industries team removed the valve using a 300-ton crane supplied by Veterans Steel Erection Co. of Knoxville.
- The most-advanced law enforcement communications system in the Air Force System Command was installed at AEDC. The system allowed hook-up of important phone calls to on-scene emergency personnel and featured a built-in slide projector containing detailed procedures and alarm system maps.

Forty years ago

- AEDC completed preliminary studies on two designs for an air-slewed missile, a new type of air-to-air missile that will have greater maneuverability than present comparable models.
- The YF-17, Northrop Corp. entry into the Air Force lightweight fighter prototype program, underwent tests in 16S.
- A new biography of General of the Air Force Hap Arnold became available in the AEDC library.



AEDC craftsman Eugene Lane and Capt. Charles Hutcheson, an Air Force test director, inspect the inlets on this large-scale model of Northrop's YF-17 lightweight fighter prototype before testing in the supersonic circuit of PWT. Tests on a model without outboard wing sections and tail surfaces were primarily concerned with performance of the inlets that will feed air to the aircraft's two engines. The model was also tested in the transonic circuit. (1973 AEDC Photo)

Twenty years ago

- J-6 officially opened with a dedication and ribbon-cutting Sept. 2. AFMC Commander Gen. Ronald W. Yates addressed a crowd of more than 500. Sen. Jim Sasser and Rep. Jim Cooper also took part in the event.



This 1993 Large Rocket Test Facility J-6 ribbon cutting ceremony shows participants cutting the ribbon. From left, with their titles at the time of the ribbon cutting, are W.E. Hall, president of the Ralph M. Parsons Company; Col. Karsten H. Rothernburg, Air Force director of military construction; Maj. Gen. Pat M. Stevens IV, Army Corps of Engineers; Sen. Jim Sasser; Gen. Ronald W. Yates, commander of Air Force Materiel Command; Col. Lawrence P. Graviss, AEDC commander; U.S. Rep. Jim Cooper; Brig. Gen. Roger Yankoupe, commander of South Atlantic Division of the Army Corps of Engineers; Ron Campbell, Ebasco Construction Co., and Raymond W. Holdsworth, president of Daniel Mann, Johnson and Mendenhall. (AEDC Photo)

Fifty years ago

- Rocket Test Facility J-4 for testing solid-propellant rocket motors neared completion.
- The 42-foot diameter Aerospace Environmental Chamber (Mark I) was under construction. The chamber's base is 48 feet below floor level and the completed chamber will rise to 82 feet.



J-4 Rocket Test Cell moves toward completion and a section of the diffuser assembly, which will be 150 feet long and 20 feet in diameter when its five sections are installed, awaits installation into the cavernous structure. To the right rear is the cone section of the diffuser assembly, it fits into the J-4 structure about half way below ground level supporting the diffuser tube. The giant primary steam ejector, lying behind the diffuser assembly section, will be installed in the slotted section of the diffuser assembly in the far background of the picture. (1963 AEDC Photo)

Sixty years ago

- On Sept. 9, 1953, the first test of a purely developmental type was initiated in Tunnel E-1, Gas Dynamics Facility, for the Falcon guided missile.

'Be Ready' to be a hero

By John Burt
Air Force Civil Engineering
Center Public Affairs

TYNDALL AIR FORCE BASE, Fla. (AFNS) – September is National Preparedness Month, part of an annual campaign

to raise awareness on the importance of emergency preparedness.

"Emergency preparedness is each individual's responsibility," said Mike Connors, the Air Force Emergency Manager. "The better prepared

you are, the more likely you'll be able to save a life, possibly even a family member's or your own."

Started by the Federal Emergency Management Agency and Department of Homeland Security in the year following the terror attacks on our nation Sept. 11, 2001, the goal of National Preparedness Month is to increase the number of people who take steps to

prepare for emergencies of all kinds.

This year's theme is, "You Can Be the Hero."

"FEMA's National Preparedness Month is a great way to get the readiness message out each September," said Connors, a member of the Air Force Civil Engineer Center's Readiness Directorate. "The Air Force's 'Be Ready' awareness campaign is year-round and works together with it. Through 'Be

Ready' we have an array of information and practical resources to help Airmen and their families be prepared for whatever the threat may be."

One resource introduced this year is the "Be Ready" application for Android and Apple mobile devices. The app is free and gives detailed information covering a wide range of both natural and man-made threats. It offers features like emergency numbers, websites and emergency supply checklists.

"Three things that we stress to our Airmen is 'Get a kit, make a plan, and be prepared,'" said Sam Hazard, the AFEM education and training program manager. "The 'Be Ready' app provides a recommended emergency checklist of supplies at your fingertips. The list can be customized depending on your threat, geographic area or situation. You can check off items as you add them to your kit."

Further, the app offers

Airmen help in creating a family emergency plan, officials said.

"The app has a customizable family evacuation plan where users can pre-select meeting points and be able to provide that to children, spouses or parents," said Rob Genova, an emergency management education and training specialist. "It can serve as the single-source for important things needed after a disaster as well, like utilities and insurance account information."

Each installation's emergency management office offers preparation information including a comprehensive emergency preparedness guide and even "Be Ready Kids" activity sheets to help educate younger family members.

For more information and resources to help you and your family "Be Ready," contact your installation's emergency management office or visit <http://www.BeReady.af.mil>.

Doolittle Raiders' final toast ceremony slated for Nov. 9 at Air Force Museum

By Rob Bardua

National Museum of the U.S. Air Force

DAYTON, Ohio – The U.S. Air Force will host the famed Doolittle Tokyo Raiders' final toast to their fallen comrades during an invitation-only ceremony on Nov. 9, 2013, at the National Museum of the U.S. Air Force.

On April 18, 1942, 80 men achieved the unimaginable when they took off from an aircraft carrier on a top secret mission to bomb Japan. Led by Lt. Col. James H. "Jimmy" Doolittle, these men came to be known as the Doolittle Tokyo Raiders. Today, just four of the men survive: Lt. Col. Richard E. Cole, co-pilot of Crew No. 1; Lt. Col. Robert L. Hite, co-pilot of Crew No. 16; Lt. Col. Edward J. Saylor, engineer-gunner of Crew No. 15; and Staff Sgt. David J. Thatcher, engineer-gunner of Crew

No. 7. At this time, all four Raiders are planning to attend the event.

According to Museum Director retired Air Force Lt. Gen. Jack Hudson, the Doolittle Raid was an extremely important event in the development of American air power because it marked the first combat use of strategic bombardment by the U.S. Army Air Forces in World War II.

"While the attack itself caused little actual damage to Japanese war industry, the psychological impact on the Japanese military and the American public proved to be immense," said Hudson. "The U.S. Air Force has drawn upon the Doolittle Raiders for inspiration ever since, and we are deeply honored that they have chosen to have this final ceremony at our national museum."

In 1959 the city of Tucson, Ariz., presented the Doolittle Raiders with a

set of silver goblets, each bearing the name of one of the 80 men who flew on the mission. At each of their past reunions, the surviving Raiders would conduct their solemn "Goblet Ceremony." After toasting the Raiders who died since their last meeting, they would then turn the deceased men's goblets upside down. The Nov. 9 event will mark their final toast.

Among those scheduled to attend the ceremony to pay tribute to the Raiders are Air Force Acting Secretary Eric Fanning and Chief of Staff Gen. Mark Welsh III.

The public will also have an opportunity to celebrate these World War II aviation heroes that day through events that include a wreath-laying ceremony at the Doolittle Raiders memorial and a flyover of B-25 aircraft. In addition, the Air Force Museum Theatre is planning to show Doolittle



Members of the Doolittle Tokyo Raiders celebrate at an early reunion. (U.S. Air Force file photo)

Raider and World War II-themed films. More details will be announced as the event nears at www.nationalmuseum.af.mil/doolittle.asp.

The National Museum of the United States Air

Force, located at Wright-Patterson Air Force Base near Dayton, Ohio, is the service's national institution for preserving and presenting the Air Force story. Each year, more than one million visitors

come to the museum to learn about the mission, history and evolving capabilities of America's Air Force. For more information about the museum, visit www.nationalmuseum.af.mil.

Arnold Golf Course 454-GOLF, 454-FOOD

Check us out on Facebook! Arnold AFB Services Golf Course

Arnold Golf Course season ending tournament Oct. 5.

Mulligan's Grill is open 10:30 a.m. to 2 p.m. Monday through Friday and 7 a.m. to 2 p.m. Saturday and Sunday. Call ahead orders for dine in or carry out, 454-FOOD (3663).

Arnold Lakeside Center 454-3350

Check us out on Facebook! Arnold AFB Services Arnold Lakeside Center and Arnold AFB Services Information, Tickets and Travel

October Movie Schedule.

Movie nights are Thursdays at the Arnold Lakeside Center with movie start time of 6:30 p.m. and dinner available from 5-8 p.m.

Oct. 3 – “Despicable Me 2,” rated PG (1 hr. 38 min.) starring Steve Carell, Kristen Wiig and Benjamin Pratt. Gru is recruited by the Anti-Villain League to help deal with a powerful new super criminal.

Oct. 10 - “Pacific Rim,” rated PG-13 (2 hr. 11 min.) starring Idris Elba, Charlie Hunnam and Rinko Kikuchi. As a war between humankind and monstrous sea creatures wage on, a former pilot and trainee are paired up to drive a seemingly obsolete special weapon in a desperate effort to save the world from the apocalypse.

Oct. 17 – “The Lone Ranger,” rated PG-13 (2 hr. 29 min.) starring Johnny Depp, Armie Hammer and

William Fichtner. Native American warrior Tonto recounts the untold tales that transformed John Reid, a man of the law, into a legend of justice.

Oct. 24 – “Man of Steel,” rated PG-13 (2 hr. 23 min.) starring Henry Cavill, Amy Adams and Michael Shannon. A young itinerant worker is forced to confront his secret extraterrestrial heritage when Earth is invaded by members of his race.

Oct. 31- Special edition movie night, showing “Monsters University,” rated G (1 hr. 44 min.) starring Billy Crystal, John Goodman and Steve Buscemi. A look at the relationship between Mike and Sulley during their days at Monsters University—when they weren't necessarily the best of friends. In celebration of Halloween, this movie night will have special door prizes up for grabs, as well as candy for the kids.

First Friday Jam will be held at 6 p.m. on Oct. 4. Come to play, listen, dance and enjoy. Join in with the band to play an instrument or sing. Or take over and do your own performance. Dinner is available from 5-8 p.m.

Arnold Lakeside Center will host a **Members Only Texas Hold 'Em Tournament** ends Oct. 12. Play will begin at 6 p.m. in The Landing bar. There is no cost to enter but all players must be age 18 or older. Players will be divided evenly among tables in random draw placement each week. The number of tables will be determined by the number of participants each week. Tables will be responsible for the deal at each table. A dedicated dealer will be provided for the championship table.

As players are eliminated, the number of remaining players will be redistributed throughout the night to make as many even-number tables of players per game until the final eight. Placement points will be determined by finishing ranking each week once the player pool gets down to the final eight players of the night. Players eliminated before final eight will not receive points. Point placement is as follows: eighth place: 1 point, seventh place: 2 points, sixth place: 3 points, fifth place: 4 points, fourth place: 5 points, third place: 6 points, second place: 7 points, first place: 8 points. A running seven-week tally of total weekly points will determine the ranking order to decide who plays in the final championship round.

The Championship Table will be made up of the top eight players plus any ties from the seven-week standings. Winning a single week does not guarantee a seat at the Championship Table. Seats are decided by point ranking only. Play will be single elimination. Prizes will be given to top two winners each week. Grand prizes will be given to the top three finishers in the championship. There will also be a perfect attendance finals table for anyone who did not get into the championship table but attended each of the seven week events. Prizes will be awarded to the top three finishers at the perfect attendance finals. Dinner is available every Saturday from 5-9 p.m.

Brushes and Bottles will be held 6-8 p.m. at the Gos-sick Leadership Center Oct. 15. Bring your favorite beverage and get ready to get creative as an instructor will lead you through a canvas painting work of art step-

Hours of operation

Arnold Lakeside Center: Catering/Management offices by appointment. Operations Clerk Monday- Friday 7:30 a.m.-4 p.m. Dinner: full menu available Thursday 5-8 p.m., Friday and Saturday 5-9 p.m.; Main Bar Thursday 5-8 p.m., Friday 4-10 p.m. and Saturday 5-9 p.m.; Social Hour Friday 4-6 p.m., Movie Night Thursday 6:30 p.m. **CLOSED Oct. 14**

Information, Tickets & Travel (ITT): Tuesday through Friday 10 a.m. – 3 p.m. **CLOSED Oct. 14**

Café 100: Monday through Friday 6:30 a.m. – 1 p.m. Lunch starting at 10:30 a.m. **CLOSED Oct. 14**

Barber Shop: by appointment – Monday, Tuesday, Thursday & Friday 8 a.m. – 4 p.m. **CLOSED Oct. 14**

GLC (office located at Arnold Lakeside Center): Monday through Friday 7:30 a.m. – 4 p.m. May vary depending on bookings.

Outdoor Rec: Tuesday through Sunday 8 a.m. – 6 p.m. FamCamp Store Friday through Sunday 12-4 p.m. Also open Monday when in conjunction with a holiday weekend.

Fitness Center: Monday-Friday 5 a.m.-7:30p.m.; Saturday 8 a.m.-1 p.m.; Sunday Closed. **Oct. 14: Open 5 a.m.-6 p.m., classes as normal.**

Arnold Golf Course: Pro Shop & Driving Range 7 a.m. – 7:30 p.m. Closed during inclement weather. Driving Range open 24 hours with pre-purchased key card. Mulligan's Grill Monday through Friday 10:30 a.m. – 2 p.m., Saturday and Sunday 7 a.m. – 2 p.m.

Recycling: Monday through Friday 6 a.m. – 2:30 p.m. **CLOSED Oct. 14**

Wingo Inn: Monday through Friday 7 a.m. – 6 p.m., Saturday and Sunday 8 a.m. – 4 p.m.

Nonappropriated Funds Human Resources: Monday through Friday 7:30 a.m. – 4 p.m. **CLOSED Oct. 14**

by-step. By the end of the evening you will have your own masterpiece to take home. A different design will be done each month. These painting parties are for all skill levels ages 21 and over with a cost of only \$25 per person. All paint, brushes, aprons, easels, canvas and other necessary materials will be provided. All you have to bring is your beverage of choice. Light snacks will be provided and other beverages will be available for purchase. Deadline to sign up for this event is Oct. 11. Class size is a maximum of 15. Call 454-3350 to sign up or for more information.

The annual **chili cook off** is returning to the Arnold Lakeside Center Oct. 18 with a new spin. In addition to chili, teams may also compete in a pulled pork BBQ cook off. Teams entering the event will need to provide all of their own supplies to prepare their entry, where cooking begins at 9 a.m. Additionally, they

should plan to make enough to provide samples as well as enough for final judging, taking place at 3:45 p.m. Entries made off-site will not be eligible for competition. The ALC requires a list of all ingredients prior to the start of the event. All ingredients must be purchased or obtained from an approved, reliable source for health and food safety reasons. Teams need to be self-sufficient and make all necessary arrangements for electrical (if required), tables, chairs, utensils, containers, ingredients, etc. Power may or may not be available to contestants, so teams need to plan accordingly. Cash prizes will be awarded in both contests, \$100 for first place and \$75 for second. 8ft tables are available to rent from the ALC or ODR (454-6084) for \$4 each and must be reserved in advance to ensure availability. Costumes and booth decorations are encouraged, but not required. Official rule sheet is available upon request. Call 454-

3303 to register your team by Oct.15.

Arnold Lakeside Center **Dart Tournament** finale Oct. 18. There will be a continuing points system gathered throughout the duration of the tournament, with point totals going toward the final seeding for the championship tournament. Points will be as follows: first place – 8 points, second place – 7 points, third – 6 points, fourth – 5 points, fifth – 4 points, sixth – 3 points, seventh – 2 points and eighth – 1 point. Services Bucks will be awarded to 1st and 2nd place finishers in each monthly tournament. The championship winners will receive a set of darts. If the same person wins both championships then the two second place finishers will have a playoff to determine the other champion. This event is for ages 18 and up. Darts will be provided or players may bring their own ADO regulations darts.

See BRIEFS, page 14

BRIEFS from page 13

Calling all flappers and fellows - pull out your finest 20s attire and join us for a party worthy of Jay Gatsby himself. A **Gatsby Style Party** is coming to the Arnold Lakeside Center Oct. 19. Beginning at 6 p.m. attendees will be greeted with champagne to enjoy a cocktail social and hors d'oeuvres. Just before 7:30 p.m. dinner will be served in the ballroom, complete with Caesar salad, sliced ham, baby carrots, a mashed potato bar, and Daisy Fay's favorite- lemon cake. At 7:30, "The Great Gatsby," starring Leonardo DiCaprio, will begin and guests will travel back to the days of prohibition and grand parties. Completing the event, ALC staff will announce the best dressed male and best dressed female. Other specialty drinks of the era will be available for purchase, as well as tea and soft drinks. The cost to take part in this memorable event is \$23 member/\$25 non-member. Gather your group and reserve your spots by calling 454-3350 by Oct. 11. Costumes are encouraged but not required. We look forward to seeing you there!

Last Friday Trivia Contest will be Oct. 25. Trivia starts at 6:30 p.m. with questions in random categories. Teams may have up to four people. No cell phones are permitted during the event. Anyone using a phone while a question is underway will be disqualified. There are eight rounds with three questions per round. For rounds

1-4 teams have two, four and six points to wager per round. Rounds 5-8 teams will have four, eight and 12 points to wager per round. Only one point value may be used per question. For example, if you wager four points on the first question then you must choose either two or six points for the next question. Which ever value is left must be used for the final question in that round. After the eighth round, teams may wager up to their total points earned for the final question. Prizes are awarded for top finishers.

Barber Shop is located in the A&E Building in room A107 and is open Monday, Tuesday, Thursday and Friday from 8 a.m. to 4 p.m. Haircuts are \$8 and are by appointment. Call 454-6987. CLOSED Oct. 14.

**Fitness Center
454-6440**

Check us out on Facebook! Arnold AFB Services Fitness Center

Group Class Schedule: (for eligible users only)

Cycling - Monday, Wednesday, Friday 11 a.m.-12 p.m.
Yoga - Monday and Wednesday 11 a.m.-12 p.m.
Interval Training - Monday, Wednesday and Friday 6-6:45 a.m. /Tuesday and Thursday 3:45-4:30 p.m.

Paintball tournament sponsored by the Fitness Center at the Outdoor Recreation paintball course. Five man teams will com-

pete each Saturday in October beginning at 9 a.m. and lasting until 12 p.m. Masks, paintball gun, paintballs and Co2 is provided. Winning team will receive t-shirts. Call the FC at 454-6440 to register your team.

Cool 100 Walk/Run Begins on October 1st. Lace up your tennis shoes and get ready to log in your miles starting in October. Using the honor system, participants who complete 100 miles before the end of December will receive a free t-shirt. Whether you prefer to use the track behind the A&E building, the trail behind the Fitness Center, or a treadmill at the Fitness Center or your home, all miles logged during this time frame may be applied to your total. Mileage may be turned in daily or weekly to Kevin Duncan at the FC. Call 454-6440, or stop by the FC to sign-up and remember to give your shirt size.

Fitness Center Launches New System and Group Class Schedule in Oct. If you visit the FC you may notice some changes the facility is implementing starting in October. New at the facility, is a Fitness on Request kiosk. The kiosk provides virtual instructors leading exercises in areas such as Vibe Dance, Fusion Mind Body, Fit for Duty, Rev Cycling, TKO Kickboxing, Stomp Step and Kinetics. Not only will the kiosk be leading some of the group fitness classes, it is also available for use to groups of up to 10-12 individuals. You're encour-

aged to gather your friends or officemates to come to the FC to check out the new equipment! Regularly scheduled classes will also receive a makeover starting in October. Group classes will take place as follows; Cycling-Monday/Friday 11 a.m.-12 p.m., led by Fitness on Request kiosk, Wednesday 11 a.m.-12 p.m., led by instructor; Yoga- Monday/Wednesday 11 a.m.-12 p.m., led by instructor; Interval Class- Monday/Wednesday/Friday 6 a.m.-6:45 a.m., Tuesday/Thursday 3:45 p.m.-4:30 p.m., all led by FC staff. Call 454-6440 if you have any questions, or stop by and see a member of the FC staff.

Fitness Center to hold 5 Card Draw October 23. Those interested in testing their luck are invited to complete the trail behind the Fitness Center anytime during the day on October 23. Participants will pick up sealed cards along the trail and return them to the FC to be opened and recorded. The top 3 hands of the day will receive a prize. Call 454-6440 for more information or if you have any questions.

**Outdoor Rec (ODR)
454-6084**

Check us out on Facebook! Arnold AFB Services Outdoor Recreation

Did you know ODR now has disc golf? Disc golf is a flying disc game in which individual players throw a flying disc at a target. Much like golf, the object of the game is to traverse a course from beginning to end in the fewest number of throws of the disc. The ODR course targets are portable so course location may change. Initial plans are to begin in the softball outfield behind the ODR building. Players may play for free with their own discs or rent discs from ODR for \$1 each. There are different sizes and weights of discs much like different clubs in golf to better serve the needs of the target desired. For more information on disc golf call ODR at 454-6084.

Archery Basics Class will be held at the Outdoor Recreation building at 9 a.m. on Oct. 5. Individuals will learn how to properly hold a bow, correct shooting technique and archery history. There must be at least two to hold the class and maximum class size is 12. The cost is \$5 and open to all ages. Call ODR to reserve your spot by Oct. 4.

Kayaking for Beginners is an introduction course to kayaking. Come join us Oct. 13 as we have a day on the water exploring kayaking. Meet at the Crockett Cove pavilion at 9 a.m. where guests will learn about the kayak, equipment, emergencies, and wet exits. Following the class room time, participants will load equipment to go to the beach and practice entering, maneuvering, paddling and turning. A wet exit, basic self-rescue, and additional strokes will also be practiced. Participants will then take a tour of the lake to practice their new skills. The class will be approximately four hours in length. Cost is \$10 and the class is for ages 10 and older. There must be at least three to take the course and no more than 5. Sign up by Oct. 11 by calling 454-6084.

Intermediate Archery Class Oct. 19 This class will further develop the skills learned in basics of archery. The intermediate level class will focus on aim, draw and shoot. The cost is \$5, and it is recommended that everyone bring one tube sock with them to cut and make an arm guard, as the class will consist of repetitive shooting. Call 454-6084 to sign-up by Oct. 18.

Fall Lake tour returns Oct. 20 where participants will be given a private tour of Woods Reservoir and the beautiful fall colors that take over the natural scenery. Hop aboard the SS Stewart behind the Arnold Lakeside Center at 12 p.m. sharp to take part in this 2 hour, tranquil boat ride. Suitable for ages 10+, cost is \$7 and seats are limited. Call 454-6084 to reserve your seat.

2nd Annual Fright Fest at Crockett Cove Oct. 26. Outdoor Recreation has planned a Fright Fest at Crockett Cove beginning at 6 p.m. Oct. 26. All ages are invited to come in costume for a bonfire where we will roast hot dogs and make s'mores. The costume contest winners will be announced at 6:30 p.m. Remember this is a family event so costumes should be suitable for all ages. Following the costume contest, there will be a Halloween movie on the outdoor screen so bring your blankets and chairs. For those who dare to make a trek through the woods, there will be a spooky trail starting at 8 p.m. Please note that there may be some scary elements along the trail that may not be suitable for younger children. Cost for the entire evening of fun is only \$7 for ages 13 and over. Ages 12 and under may attend for free. Soda and water will be provided. Call 454-6084 to sign up for this event by Oct. 23.

Outdoor Rec inflatables! There is an assortment of inflatables for almost everyone's needs. We have a huge backyard obstacle challenge measuring 40'L x 10'W x 13'H, and a double lane jump slide for only \$150 per day. We also have a giant basketball hoop for \$30 per day and a Rocket Bounce House for \$75 per day. If you need a water slide then our 18' Double Drop Wet/Dry slide will be great for any event and is only \$150 per day. Please contact Outdoor Recreation at 454-6084 to make your reservation today!

Teambuilding Facilitation now available through Outdoor Rec. Book your team building event at least two weeks in advance and customize your activities to include leadership, communication, trust, conflict resolution and more. Our kit has 289 activities and can serve up to 120 participants. Large group challenges can accommodate up to 60 people. This equipment must be facilitated by an Outdoor Rec staff member and is not available for rent for private use. Department of Defense organizations may utilize the program for free. All others have the option of half day (4 hours) for \$50 or full day (8 hours) for \$100. Call to find out more information or book your team building event.

**Wingo Inn
454-3051**

Check us out on Facebook! Arnold AFB Services Wingo Inn

Reservations for Wingo Inn can be made 120 days in advance. Room rates start at \$53.25 per night. Please call 454-3051 for reservations.

See BRIEFS, page 15

BRIEFS from page 14

Gossick Leadership Center 454-4003

Check us out on Facebook! Arnold AFB Services Gossick Leadership Center

The Gossick Leadership Center (GLC) may be used for events such as meetings, conferences, luncheons, dinners, etc. and is booked through the Services Conference Center Manager (CCM) up to one year in advance. Requests must be made in writing by email to arnold.glc@arnold.af.mil. All event coordinators are required to sign an agreement. Official unit functions are authorized at no charge and are defined as bona fide official meetings or training held as part of the normal duty day. Unofficial and private functions may be held for authorized users at a fee. Community members may host events with the approval of the Services Director for a fee. Outside food and beverages are not allowed. First consideration must be given to Arnold Lakeside Center. In the event they cannot accommodate, an outside source may be utilized with CCM approval. For more information contact the CCM at 454-4003.

Responder demystifies calling military crisis line for help

By Terri Moon Cronk
American Forces Press Service

WASHINGTON (AFNS) – When someone is in crisis and feeling despondent, reaching out for help is a stronger step to take than doing nothing, which can lead to a worsening state, a Military Crisis Line responder told American Forces Press Service Sept. 9.

Tricia Lucchesi said she encourages service members, families, veterans and friends to feel comfortable calling the crisis line.

She said people contact the crisis line to discuss a variety of issues, from feeling suicidal, depressed or anxious to feeling pressure from finances or relationships, among a wealth of other concerns.

"I want to encourage people to reach out, day or night, any day of the year," Lucchesi said. "Our veterans and service members that do the best are the ones who make those calls."

To reach skilled responders who are knowledgeable of military culture, dial 1-800-273-8255 and press No. 1. The crisis line also is available by cell-phone text by dialing 838255, or through online chat at <http://www.veteranscrisisline.net/ActiveDuty.aspx>.

Lucchesi said callers can expect a live person and not an electronic menu to answer their calls.

People can call the crisis line to speak with trained professionals about their problem safely,

anonymously and confidentially, "which is really important," Lucchesi said.

"We stay on the phone for as long as it takes," she added. "We'll do whatever we need to do to get that person the help that he needs," she added.

Callers receive a follow-up call from a suicide prevention coordinator the next day, or another professional who's linked into the crisis line team. A "compassionate callback," follows about 10 days afterward, Lucchesi said, to make sure the callers connected with the services they needed, and so responders can make sure callers are feeling better.

While some service members hesitate to seek help because they fear it will have a negative impact their military career, Lucchesi advises them to make the call to the crisis line before matters worsen.

"Military people do worry about (career impact), but if they're getting to the point where they're so much in crisis, they need to call us," she said. "It becomes imperative for us to get them help, (and) if they don't call, their military career could be at risk."

The Military Crisis Line, also known as the Veterans Crisis Line at the same phone and text numbers, is a joint effort between the Defense and Veterans Affairs departments. It provides worldwide services for active-duty troops, veterans, family members and concerned friends of those in crisis, Lucchesi said.

"Suicide has become such a prominent issue, the (departments) are working closely together to create a system to assist our members without them having to worry about their careers or confidentiality," she said.

As the nation observes Suicide Prevention and Awareness Month, Lucchesi said, she wants people to know they will find a welcoming environment of helpful responders who will stay on the phone with a caller until a "safety plan" is in place. A safety plan varies by individual, she explained, but can typically involve callers committing to seeking suggested help and various resources, and taking other actions such as securing weapons and pills that could be used to take one's life.

"Just agreeing with somebody that they can do that, and knowing they're going to get some help takes away some of the hopeless feelings they have," she said. "Isolation is an issue for many of our veterans, service members and their families. We're here 24/7, and we never want anyone to feel alone. They don't have to sit in emotional turmoil all by themselves.

Responders don't want veterans or military personnel to become suicidal, Lucchesi said.

"We much prefer that they call us when they're in crisis so we can point them to services. We don't want to risk losing any of them," she said. "Any person who calls the crisis line has the choice about how much information they want to share."

The only time an anonymous call could require more identifying information is when the need for help delves further, but only when the caller gives permission to link to such resources, Lucchesi noted.

DOD leaders have worked for several years to remove the perceived stigma attached to seeking mental health help. Lucchesi said she hopes a reduced stigma is why the crisis line has produced an increase in calls, chats and texts. Yet, there are other reasons why contacting the crisis line has increased, she said.

"People who have used the line learned we're not just going to send rescue out to them," Lucchesi said. "They can call here for all kinds of reasons, and if they can (set up a) safety plan, they don't have to worry about a policeman or emergency services showing up at their door."

"We're very aware that (such actions) can cause a financial burden, increase stigma, and be a problem for some people," she added, but noted that it crisis line responders are concerned someone is about to take his or her life, emergency services might be necessary. Lucchesi emphasized the importance of contacting the crisis line, by calling, texting or chatting, whichever is more comfortable for a person in crisis.

"Someone could call here totally hopeless and have no reason at all to live," she said. "And if we're doing our job well, by the time that call ends, they're feeling differently."



F-110 Heat

Airmen Brandinn Kim and Elizabeth Ulring heat a No.1 bearing housing on the F-110 engine before installing a rotating air seal Aug. 27 at Sheppard Air Force Base, Texas. The engine is from an F-15 Eagle. Kim and Ulring are assigned to the 361st Training Squadron Jet Propulsion course. (U.S. Air Force photo/Frank Carter)

Virtual fitness kiosks set up at 66 locations

By Staff Sgt. Ian Hoachlander

Air Force Personnel Center Public Affairs

JOINT BASE SAN ANTONIO - RANDOLPH, Texas (AFNS) – To help improve total force fitness levels, the Air Force is installing "Fitness on Request" kiosks at 66 locations by the end of September, Air Force Personnel Center officials said.

Part of the Operational Fitness Program, the

kiosks are available to all Airmen, including retirees and family members, at base fitness and sports centers.

"The goal of this program is to encourage Airmen to live healthy lifestyles and provide alternative avenues to staying fit," said Scott Nunnally, the AFPC fitness program manager. "The 'Fitness on Request' kiosks allow many individuals to come together and participate in group exercise without the need of a live

instructor."

The fitness kiosks enable fitness staff or customers to schedule group exercise classes during which exercise videos will play on a large screen. Each "Fitness on Request" kiosk comes with 30 pre-loaded workout videos, which will be updated quarterly.

Workout routines include kinetics, technical knockout kickboxing, step aerobics, cycling and fusion, which will run for 20-, 30-, 45- and

60-minute increments. Each installation will determine how its kiosk will be scheduled for workout sessions.

Although designed for groups, classes are also set up to allow individuals to follow at their own level. Videos feature a virtual instructor and two assistants who perform the exercise routines at different skill levels.

Some workout routines, such as kinetics, cycling, and step, require specialized equipment to

participate in the class. Attendees must contact their local fitness and sports center for information on what kind of equipment is available in the kiosk area.

"With many Air Force fitness facilities losing all or part of their local group exercise instructor contract funding, this program will help supplement or replace the group exercise programming," explained Anthony Alcala, fitness program specialist. "We

want to provide customers an alternative at bases that lost these funds to ensure fitness and sports centers continue to provide a variety of programs."

For more information about the "Fitness on Request" kiosk and other quality of life programs visit www.usafservices.com or www.myairforcelifelife.com. To set up a class, contact your local fitness and sports center or unit physical training leader.

