Green Dot training implemented at AEDC

By Raquel March

AEDC implemented Green Dot training Aug. 31, joining the entire Air Force in an initiative to prevent interpersonal violence such as sexual assault, domestic violence and stalking.

The non-profit Green Dot Etcetera organization was contracted by the Air Force to train leaders and designated Airmen and Department of Defense personnel in violence prevention tools. The chosen Airmen and personnel are tasked to instruct other Air Force members in implementing the tools to reduce power-based interpersonal violence.

“AEDC’s senior leaders received specialized Green Dot training in June,” said Lee Smith, a Green Dot implementer and the AEDC Emergency Management Program manager. “As their training we introduced the concepts and activities used in the implementation of the Green Dot initiative. The rest of the year Green Dot implements will offer opportunities for the remaining DOD civilians and military personnel to receive the Green Dot overview and implementation plan.”

Smith and 2nd Lt. Karlie Madden are the implementers for AEDC. They encourage more involvement during the training by using realistic scenarios and group discussions.

The program emphasizes the need for bystanders to be proactive in preventing violence. A choice to display a poster or intervene in a situation before a violent act occurs in actions that could prevent someone from being subjected to violence. According to the program, these are known as green dots that decrease red dots or violence.

Area mayors tour AEDC

Mike Dent, Aeropropulsion Combined Test Force deputy director, holds an F-35 model while speaking to a tour group consisting of mayors, aldermen and representatives from Coffee County and cities of Manchester and Tullahoma in the Aeropropulsion Systems Test Facility C-1 test cell Aug. 10. The purpose of the visit was to foster community relationships and discuss recent contract transitions, the Service Life Extension Program and hypersonic investments and proposed Air Force Test Center alignment. (U.S. Air Force photo/Holly Peterson)

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AEDC Department of Defense team members listen to the Complex Green Dot implementer Lee Smith Sept. 6 during a Green Dot training session about preventing violence such as sexual assault, domestic violence and stalking. The program is expected to bring hundreds of millions of investment dollars to AEDC over the Future Years Defense Program.
The following revised Arnold AFB smoking policy is effective immediately and applies to all individuals on Arnold AFB:

1. Traditional Tobacco products (e.g. cigars and cigarettes):
   - Smoking is permitted only in designated smoking rooms and designated outdoor areas.
2. Smokeless Tobacco products (e.g. snuff and dip):
   - Smoking is permitted only in designated smoking rooms.

Tobacco use on the Arnold AFB Golf Course is permitted, but discouraged based on the health hazards including, but not limited to, secondhand smoke and the long-term health impacts.

The Revised Arnold AFB smoking policy provides a healthy environment for our community, enhances the quality of life for our employees and families, and supports the mission of Arnold AFB.

For more information about the Arnold AFB smoking policy, please contact the Arnold AFB Human Resources Department at 454-6867 or visit www.arl.army.mil.

Use High Mach at your market or environment and contact theadden@odd.com. Com. Call 351-455-4763 for more information.

2016 Feds Feed Families campaign at AEDC a huge success

Feds Feed Families volunteers at Arnold AFB stand with the “Can-Struction” display made from canned food donations to resemble the American flag. Aug. 31. The donations, totaling 1,579 pounds, were given to three local Good Samaritan agencies. Pictured left to right are Latonia Salmon, Shadrone Allen, Capt. Michael Davault, Peggy Proffitt, Pamela Anderson, Jodie Mosier, Jan Henry, Decker Morris, Capt. Jonathan Diaz and Kenneth Jacobsen. (U.S. Air Force photo/Holly Peterson)

By Peggy Proffitt

AEDC Public Affairs

The 2016 Feds Feed Families Campaign, an Air Force wide program that personnel at Arnold Air Force Base have participated in for the past few years, was a huge success this year.

Collecting 1,597 pounds of non-perishable food, personal hygiene items and baby items enabled the base to donate more than 560 pounds to each of our three local Good Samaritan agencies.

Our team was excited and active this year as we executed our first “Can-struction” project. We called it the “Help Us Finish the Flag” project and we were able to collect enough cans of soup and vegetables to build a replica of the U.S. flag and the words AEDC/USA.

Our donations surpassed our goal of 1,500 pounds for the campaign, more than doubling our donations from the previous year. We have been able to maintain the spirit of giving back to our community through the Feds Feed Families Campaign.

We coordinate with three local Good Samaritan agencies whose non-profit organizations serve the Tullahoma, Manchester and Decherd communities.

There are so many families in our area in desperate need of assistance. Government services can only provide even basic necessities to their children and families, and this program plays a vital role in providing food, school supplies, baby care items and personal hygiene items to those families.

On Aug. 31, we met with Pat Croixol and Linda Frame of the Tullahoma Good Samaritan; Grace Thompson of the Decherd Good Samaritan; Gaye Jones, Pantry Coordinator for the Manchester Good Samaritan; and Patrick Juzdak, Arnold AFB Community manager to distribute the items so generously donated by caring people at Arnold AFB.

Those of us working in the campaign would like to express our great appreciation to all those who gave donations to support this cause as well as to all the volunteers who helped make this year’s campaign a success.

As the point of contact for the Feds Feed Families Campaign at Arnold, I would like to recognize the team who helped make the campaign a success this year. Knudos to Capt. Michael Davault, Capt. Jonathan Diaz, Becky Morris, Shanna Allen, Pamela Anderson, Cindy Young and LaNora Saltzman. We also appreciate the assistance and cooperation of Patrick Juzdak for allowing us to gather, weigh and store the donations in his warehouse facility at the Commissary until we could distribute it at the end of the campaign.

For more information about the Arnold AFB Feds Feed Families campaign, please contact the Arnold AFB Feds Feed Families Campaign Chair at 454-3460.
Dr. Doug Garrard, AEDC senior staff engineer, explains testing operations in the Aerodynamic and Propulsion Test Unit at theComplex to members of the National Aerospace Solutions, LLC Technical Advisory Board Sept. 9, 2016. APTU is a blow-down, true temperature and pressure test facility designed for testing the performance, operability and durability of supersonic and hypersonic missile scale flight systems hardware including propulsion systems and materials. The NAS TAB members toured several test facilities with the AEDC Test Operations and Sustainment contractor. Pictured left to right is Dr. Wesley Harris, with Mas- sachusetts Institute of Technology; Dr. Krishan Ahuja, with Georgia Institute of Technology; Garrard; Dr. Woodrow Whitlow, NAS technical director; Dr. Edward White, Texas A&M University; and Doug Pearson, NAS deputy general manager. (U.S. Air Force photo/Holly Peterson)

Lee Smith, a Green Dot implementer and Emergency Management Program manager at AEDC, speaks to AEDC military and government team members Sept. 6 during a Green Dot training session about preventing violence such as sexual assault, domestic violence and stalking. The non-profit Green Dot Etcetera organization was contracted by the Air Force to train leaders and designated Airmen and DOD personnel in violence prevention tools. The training is part of an Air Force wide initiative. (U.S. Air Force photo/Holly Peterson)

By Paul Ritter
AEDC Tasking Evaluation Branch

The U.S. Armed Forces are asked to make many sacrifices, one of which is serving outside of their state of residence. This creates unique challenges in exercising a right to vote in local, state and national elec-

tions.

Absentee Voting Week, Sept. 26 through Oct. 2, is an opportunity to elect a president. There will also be elections. For more information, visit www.fsp.gov. For unbiased partisan candi-
date information, visit www.voteスマート.org.

Your Installation Voting Assistance Officers can assist you with the voting process and the absentee voting system. Their goal is to educate voters about the voting process, not to guide anyone towards a partic-
ular candidate or party. If you have any ques-
tions, email aedc.votes@us.af.mil or call 454-7809 or 454-5166.

By AEDC Safety

Electrical hazards are not approved for power devices. Neither of these devices is rated for high power loads such as space heaters, microwave ovens, refrigerators, ovens or coffee pots. They are not approved for power tools or outdoor use. Any of these uses can easily exceed the recommended ratings, leading to overheating or fire.

RPTs or other types of extension cords should never be confused with a high/medium/low switch for the heater; it has a separate on/off switch. Don’t connect to a high/medium/low switch for the heater; it has a separate on/off switch. Don’t connect an RPT switch in your area, here are a few things to know:

• Verify that the heater has an automatic shut-off if it should tip over. Units with tip-over switches that control the fan but not the heating elements should be taken out of service.

• Check that the heater has a separate on/off switch that controls all of its functions. Don’t confuse a lightweight/low-watt switch on the thermostat as an on/off switch for the heater; it only controls that func-
tion. Heaters without an on/off switch must be unplugged from the wall before leaving the immediate vicinity and before leaving for the day.

The information given above is not unique to AEDC. It is based on specifications from manufacturers and national testing labora-
tories such as Underwriter’s Laboratories.

GREEN DOT from page 1

According to the 2015 Annual Report on Sexual Assault in the Military, released by the DoD, 21

percent of bystanders observed a high risk situa-
tion for sexual assault. 88 percent of the three inter-
views reported that “responses included things like stepping in to prevent power-based in-

vulnerability such as sexual assault, domestic violence and stalking. The non-profit Green Dot Etcetera organization was contracted by the Air Force to train leaders and designated Airmen and DOD personnel in violence prevention tools. The training is part of an Air Force wide initiative. (U.S. Air Force photo/Holly Peterson)
We prepare every day. Take steps to prepare yourself and your family for emergencies.

- BE INFORMED about emergencies like severe weather, tornadoes, high winds, earthquakes, and prepare to take shelter. Obtain wind-resistant construction methods. Use an emergency plan such as the National Emergency Preparedness Plan. See AF LAB, page 5.

- MAKE A PLAN about where to go and who to contact in an emergency. Plan and practice escape routes and meeting points. Keep a list of emergency contacts and important documents. See AF LAB, page 5.

- BUILD A KIT of non-perishable food, water, and other supplies that you and your family will need for at least three days. Store items in an accessible location and replace as needed. See AF LAB, page 5.

- TAKE ACTION and help others prepare in your community. See AF LAB, page 5.

September is National Preparedness Month

AF lab investigating microscopic crack formations, metal fatigue

As part of the coordinated plan, the Tunnel 9 test team is doing its part to extend the existing Mach number capability of the hypervelocity wind tunnel.

“This will require advances in material technology and a deeper physics-based understanding of the flow quality in the test cell,” Muren said.

The risk reduction runs are aimed at evaluating the new test environment needed for Mach 18 prior to building a new nozzle.

John Lalffiti, Tunnel 9 technical director said. “We are creating the雏condition that we will experience at Mach 16 to determine the exact thermo-dynamically state of the gas to achieve the best design. Several optical diagnostic techniques not typically deployed as a major T&E tool (test and evaluation) facility are being operated to help promote the physics and calibrate the model.

In order to achieve this, collaboration is occurring across the aerospace testing enterprise. Andrew Alexander, AEDC researcher and scientist, Jeff Bada, NASA Langley and Richard Kennedy, a University of Maryland student, have been working closely to compile operations and analyze data from several non-intrusive instrumentation methods.

Alexander stated that the work has been challenging, but the combined efforts have proved successful.

“Especially when considering the high number of test components, the p-CARS (pico Second Correlation anti-Stokes Raman Scattering) microscope at Wright-Patterson Air Force Base, Ohio. By looking at the microscopic features on the fracture surface, researchers are able to determine how the crack initiated and spreads through the component to cause the failure. (U.S. Air Force photo/Michele Eaton)

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September is National Preparedness Month
AFMC promotes managing anger campaign

By Air Force Materiel Command Health and Wellness Team

WRIGHT-PATTERSON AIR FORCE BASE, Ohio – During the fall months, Air Force Materiel Command will promote its managing anger campaign. Managing anger is the process of learning to recognize signs that you’re becoming angry, and taking action to calm down and deal with the situation in a positive way.

Anger is a natural emotion felt by everyone from time to time, and can be felt when we are frustrated, hurt, annoyed, or disappointed. Anger can help or hurt you depending on how you react to it. Sometimes anger can be used as positive energy to help you exercise harder, work faster and accomplish more. Other times, anger can be harmful to yourself and those around you.

It is the behavior that follows anger that often gets people into trouble. When driving, reacting to being cut off in traffic by provoking an alteration with the other driver can get you into trouble. Screaming into an airport ticket agent because of a flight delay can lead to trouble. These destructive forms of anger can generate everything from hurtful comments to outbursts of violence to health problems. And while you can’t always control your feelings, you behavior and reactions when angry are something you can learn to control and express constructively.

There are warning signs that show you need help controlling your anger. These warning signs include:

- Proport arguments with your partner, children or co-workers that escalate frustrations;
- Physical violence, such as hitting your partner, children or starting fights;
- Frightening or out-of-control behavior, such as breaking things or driving recklessly; and
- Constant cynical, irritated, impatient, critical or hostile feelings.

The first step in learning to manage your anger is to know when you are angry. Learn to recognize the physical sensations and behaviors that precede your anger, such as muscle tension, clenched fists, increased heart rate, sweating, shallow breathing, knots in stomach, trembling and headache. Knowing these early warning signs of anger will give you a few other room.

- Calm yourself down when you begin to feel upset. Sit down and breathe slowly, until you feel as though you can speak clearly.
- Talk yourself out of anger. When you sense your anger warning signs such as fast pulse, knots in stomach, tell yourself “OK, relax” or “Stop, I’m getting angry.” Support services available for the AFMC workforce on managing anger include professional counseling, classes, and educational materials. Professional counseling services are available through the Employee Assistance Program.

“Studying fatigue in the source of fatigue. If you cannot leave because you are watching children, walk into another room. Calm yourself down when you begin to feel upset. Sit down and breathe slowly, until you feel as though you can speak clearly. Talk yourself out of anger. When you sense your anger warning signs such as fast pulse, knots in stomach, tell yourself “OK, relax” or “Stop, I’m getting angry.” Support services available for the AFMC workforce on managing anger include professional counseling, classes, and educational materials. Professional counseling services are available through the Employee Assistance Program.

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Wellness Team

AF LAB from page 4

“Our team is using a novel methodology in Silv? a non-destructively, the cracking mechanisms during early stages of fatigue. The information from these characterizations presented their research can help reduce sustainment costs and improve fleet readiness, without compromising safety,” said Vikas Sinha, a materials scientist in the metals branch. Pilchak and his team applied the study during the International Metallographic Contest at Microscopy and Microanalysis 2016, where they were awarded first place for research in electron microscopy, as well as the Jacquet-Lucas Award for excellence in metallography.

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September 19, 2016 • 5
WWII aviator returns to Guam after 71 years, gets unexpected surprise

By Staff Sgt. Benjamin Gourley
36th Wing Public Affairs

ANDERSEN AIR FORCE BASE, Guam (AFNS) – The year was 1945 during the tail end of World War II. The sound of roaring aircraft engines and busts on the ground filled the air, raising dusted levels to resounding heights.

For Rowland Ball, now 91, the sounds became familiar and today serve as a nostalgic reminder of his time as a B-29 Superfortress navigator.

“I was in Guam for about six months and left as the war ended,” Ball said. “During my time, we flew two types of missions: daytime strategic formation flights, where we would bomb factories and other assets, and night flights, which were missions where we bombed our adversaries.”

Ball has many memories of Guam, which he said he recorded in detail despite the lengthy passage of time.

The challenges he and his crew faced their courage and willed to a break- ing point as they faced structural changes and mechanical issues.

“We were so good many men,” he recounted, with tears in his eyes. “I don’t have many fond memories.

“My crew almost perished during a mission over the coast of Japan, where we were shot down. The resulting injuries during a mission where we bombed our base and flightline to the war effort.

“Showing him the awesome experience,” Kippie said. “To be able to show the former base commander the war effort, the team working together, the past to the present.”

After Ball finished sharing the story with the audience, he was presented with multiple squadron patches, which he will proudly display.

“His stories have inspired me to continue to learn and the amount of research that needs to take place to fly these he- roes. They will lead America into the future.”

As he bid farewell to the Airmen, he all lined up to shake his hand. The sound of Velcro soon filled the air, as he was presented multiple squadron patches in appreciation of the story he stood for and accomplished.

“His stories have inspired me to continue to learn and the amount of research that needs to take place to fly these he- roes. They will lead America into the future.”

As he bid farewell to the Airmen, he all lined up to shake his hand. The sound of Velcro soon filled the air, as he was presented multiple squadron patches in appreciation of the story he stood for and accomplished.

“It was remarkable speaking to these young Airmen,” Ball said. “These planes have become so technologically advanced throughout the years. It is astonishing what they have to learn and the amount of studying that needs to take place to fly these he- roes. They will lead America into the future.”

As he bid farewell to the Airmen, he all lined up to shake his hand. The sound of Velcro soon filled the air, as he was presented multiple squadron patches in appreciation of the story he stood for and accomplished.

“This was an amazing opportunity for me to share my story with the young Airmen and to inspire them to continue to learn and grow,” Ball said. “It was a truly humbling experience.”

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Now why would they give us ice cream of all things? So, during that mission, we decided to fly at a higher altitude than normal, to keep it frozen,” he continued. “Unfortunately, by the time we completed our mission, the ice cream was unusable.”

After Ball finished sharing the story with the audience, he received a standing ovation.

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Air Force, Army planners find ways to see greater jump in airdrops

By Sean Kimmons

AIRDROPS

VIII Airborne Corps and its 82nd Airborne Division could meet face-to-face to shape major training events. Since then, Air Force planners have sought to bolster the 82nd Airborne and its global response force, a battalion-sized unit capable of deploying within 18 hours. As the XVIII Airborne Corps and its 82nd Airborne Division prepared to conduct joint training events, one of the collaborative efforts of looking at it, he said. "That is just an extension of the collaboration that we've been doing over the course of the last year to try to increase strategic relationships."

As a result, he added, "It's sort of integrated operational capability is better now than it has been in the last decade."

Drilling down: Each month, AMC organizers handle about 150 airdrop requests within the JA/ATT system. The purpose of it is to try to make sure that's not only cost effective but it's efficient, Rauls said. "That's a lot more people, so they really don't see our side of it," Rauls said. "There's a lot more people who will fill the request. Usually, more requests than available aircraft come in. You will very rarely have a unit that will say, 'Well, we're just not going to do that.' There are normal reasons why they can't do things," Fuller said. But "there's some flexibility that can happen to still get training," he said. In the Army, an air support request comes from one of the units involved is formed. An order to execute the mission is given to Rauls about 90 days in advance. "There's a lot more people, so they really don't see our side of it," Rauls said. "We've made a lot better effort of that than we used to do." Once division lead approves the request, Stellfox sends them off to the Air Force. "We put our request into the JA/ATT system. We try to get some of them reviewed by other units within the JA/ATT system. It's sort of like a work request that we send on to the next step," he said. "We cut out the middleman and Army paratroopers trained on it." Air support After Air Force planners validate the requests, they can be viewed by aircrew leaders and Army paratroopers trained on it. "Increasing the ability to marry the training is one of the reasons we're looking at MMCs, paratroopers and other assets together," Rauls said. "We're making sure that we're utilizing the assets effectively."

Once a mission is confirmed, the team of planners from both services in one fell swoop. Fulfill and other planners build backup plans and protocols for broader, more critical missions in providing effective training. But it doesn't stop there. Ongoing work by the Air Force and Army have filled training schedules by streamlining the Joint Airborne/Air Transportability Training program, an online system used by military units to request air support. (U.S. Air Force photo/Master Sgt. Brian Ferguson)
Malmstrom Tests Minuteman III missile with launch from Vandenberg

By Carla Pampa
Command Public Affairs

BARKSDALE AIR FORCE BASE, La. — A team of Air Force Global Strike Command Airmen from the 341st Minuteman III intercontinental ballistic missile equipped with a test reentry vehicle Sept. 5 at 2:10 a.m. Pacific Daylight Time from Vandenberg Air Force Base, California.

The ICBM's reentry vehicle, which contained a telemetry package used for operational testing, traveled approximately 4,200 miles to the Kwajalein Atoll in the Marshall Islands. Test launches verify the accuracy and reliability of the ICBM weapon system.

Of the missile bases with crew members standing alert 24 hours a day, year-round, overseeing the nation’s ICBM alert forces.

“I’m extremely proud of the 21 maintainers and operators from the West Missile Wing Task Force who worked flawlessly along the professionals from the 57th FLETS to make this happen,” Lt. Col. Ron Clough, Task Force commander, said. “An effort on this scale, and the enormous insights gained from an on-orbit launch following an enormous re-configuration of range assets that took months to complete…is simply a testament to the dedication and professionalism of these proud organizations. I’m proud to play a small part in it.”

Malmstrom AFB is one of these missile bases with crew members standing alert 24 hours a day, year-round, overseeing the nation’s ICBM alert forces.

“I’m proud to play a small part in it.” Rauls said. “We try to get some ‘skin’ or heavy platforms in mind. The ICBM’s reentry vehicle, which contained a telemetry package used for operational testing, traveled approximately 4,200 miles to the Kwajalein Atoll in the Marshall Islands. Test launches verify the accuracy and reliability of the ICBM weapon system.

“The ICBM test launch was a testament the dedication and professionalism of these proud organizations. I’m proud to play a small part in it.”

“People who see our side of it,” Fuller said, “because I’m proud to play a small part in it.”

“The Air Force planners I always joke with the young planners that it’s much easier to do real world than it is to do real world,” Wendler said. “This is usually flying downrange, doing forward base support.”

“Future planning and flexibility on each side, Fuller said, looks to free up those training opportunities.

“There are difficult decisions that have to be made all the time,” he said, “I can’t give every Airmen a side or window seat. Some people have to sit in the middle. But we do the best we can to make sure that everybody has the airdrop that they need.”

AIRDROPS from page 8

“The wing flying the mission typically pays for the flight with its own training dollars,” Col. Dan Schultz, the center’s vice commander and combat delivery director, said. “Since wings can only support about two-thirds of requests, Air Force planners ask users to avoid duplicating missions that may bog down the ICBM system or merge them in order to stretch funds. This move has helped the average number of requests on the system drop from 150 to 150 per month compared to five years ago, said Schultz, adding that military budget cuts have also played a role.

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Every Airman plays a role in suicide prevention

By J.D. Levine
Air Force Surgeon General/Public Affairs

FALLS CHURCH, Va. – The Air Force is determined to prevent suicide, but an Airman doesn’t need to be a specialist or doctor to do that. Sometimes all it takes is a starting a conversation. Everyone has a role to play. That’s a key part of the Defense Department’s ‘Life’s There’ campaign, which encourages making a difference through everyday connections.

“We’re sending the message it’s OK to have problems and it’s OK to talk about them. Having problems and talking about them with people you work with openly is a sign of strength, not weakness,” said Maj. Joel Foster, chief of Air Force Deployment Health who supports the Department of Defense’s ‘Be There’ campaign, which encourages making a difference through everyday connections.

Every Airman is a censor.”

For this reason, supervisors, commanders, first sergeants, and peers need to get to know their Airmen more personally because they’re the ones Airmen should feel comfortable talking to for help.

“Supervisors and commanders really need to get involved with their Airmen and get to know them personally so they can identify when things are not going well,” Foster said. “They can see subtle changes in their behavior, and in their personality and in their work productivity, so they can intervene early and help the Airmen get the tools and the right resources that they need.”

Commanders have a huge role to play in preventing suicides because they have such a large amount of influence, Foster said.

“They have the influence to create an environment that is conductive to help-seeking behavior; to promoting a healthy lifestyle and encouraging a sense of balance in life,” Foster said. “If we have all of those factors operating, then Airmen will feel a sense of connectedness. They’ll have a strong support system to buffer against the stresses of life.”

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There are already a number of resources for Airmen in need, such as Wingman Online or Military One Source, and the Air Force is introducing new initiatives all the time. For example, Airmen always have access to mental health clinics on base when they need help. Plus, they can always find military and family life consultants at Airman and Family Readiness Centers.

Something new the Air Force is doing is embedding military and family life consultants directly into the squadrons. MFLCs don’t replace mental health or medical services, but they do provide access to a short-term counseling service. Airmen with embedded MFLCs will have increased access to this service at the point where they need it.

“We’re decreasing the barriers, decreasing the stigma, increasing availability and increasing the use of services,” Foster said. “They know the culture of the squadron. They’re a part of all of that makes it easier for Airmen to trust them and feel like they can go to them.”

He said by catching things early or referring Airmen to the appropriate care at the right time, MFLCs could help Airmen in all four areas of Air Force resilience by keeping them physically, emotionally, psychologically and spiritually fit.

“The bottom line here is if you have your life well-ordered, and you are engaged in all four dimensions of Airmen fitness, suicide is not something you would resort to,” he said. The Air Force is also collaborating with chaplains, who have 100 percent confidentiality when Airmen need someone to talk to about the troubles they’re facing. Foster said they’re working with the chief of chaplains to give chaplains the tools to enhance their ability to assess suicidal risk.

“We’re hoping to give them the tools to be more effective in evaluating the level of risk of Airmen,” Foster said. “Then they can use that information to inform Airmen about the next steps to take and what they need to do to get the right services.”

Foster said recent studies have shown when one person commits suicide it can impact up to 100 other people that they knew and worked with, and eventually those numbers can impact productivity and readiness. If one suicide can impact that many people, then it’s important for an organization, like the Air Force, that values people, to develop concrete ways to prevent it.

“Every Airmen matters and every single Airmen has a role to play and makes a difference,” Foster said. Airmen should think about all the different ways they can #BeThere for friends, family, fellow service members, and veterans. Other helpful resources are the Wingman Toolkit and the National Suicide Hotline at 1-800-273-8255.

By Emily Howell
Arnold Services Office

It was a very exciting day for Bud Casteel Sept. 3 at the Arnold Golf Course Fall Open, a two-day tournament.

Casteel shot a score of 81, just one less than his age of 82, highlighted by a hole-in-one. This was his first hole-in-one. Casteel said, “I felt like I hit a good shot.”

The shot was witnessed by Bill Thacker, Eric Day and Greg Casteel.

Bud is one of our oldest members and has been a member of Arnold Golf Course for many years. He even has a tournament named after him called the “Bud-Up.”

Bud Casteel hits his first hole-in-one at the Arnold Golf Course Fall Open Sept. 3. (Courtesy photo/Emily Howell)