By Bradley Hicks
AEDC Public Affairs

From the replacement of electronic switchgear for safe and reliable electrical power to space renovations, the Civil Engineering Branch at Arnold Air Force Base will have its hands full this fiscal year with a slate of projects supporting each of the Combined Test Forces and general base infrastructure.

AEDC Commander Col. Scott Cain is set to preside over the ceremonial ribbon-cutting for the completion of renovations to the von Kármán Gas Dynamics Facility. "Under SLP, we awarded a contract to replace the old HVAC system in the high bay of the von Kármán Gas Dynamics Facility," he said.

Aging switchgear lineups are set to be replaced across the installation, including the PWC, High Temperature Lab, Engine Test Facility B-Plant, Hi-Tech Plant and Plume Evacuation System. Switchgear equipment used to protect and isolate electrical equipment such as motors, motor controls centers and facility power will be replaced. This work will also be completed through SLEP.

The fifth annual MLK Remembrance Walk will be held Jan. 12 at 11 a.m. in the lobby of the Administration & Engineering Building, or Building 100. The walk precedes Martin Luther King Jr. Day, which will be celebrated Jan. 15.

AEDC team members at Arnold Air Force Base are invited to take part in an upcoming event to celebrate the life of Dr. Martin Luther King Jr. and honor King and others for their work in securing the freedoms shared today.

The MLK Remembrance Walk set for Jan. 12.

The ceremonial ribbon is cut to mark the completion of renovations to the von Kármán Gas Dynamics Facility Main Test & Laboratory Building. The two-phased project consisted of HVAC replacement, fire suppression system upgrades, and improvements to facility lighting, flooring and walls. The renovation also included both mold and asbestos abatement. Pictured from left are: Col. Timothy West, chief of AEDC Test Operations Division; Col. Scott Cain, AEDC commander; Tony Penninston, Test Support Division Engineering Section project manager; Glenn Lison, chief of the High Speed Experimentation Branch; Barry Banks, NAS Construction superintendent; Lance Baxter, director of the Hypersonics Combined Test Force; and Lt. Col. David Hoffman, director of the Flight Systems CTF. (U.S. Air Force photo/Rick Goodfriend)

Among the projects is the replacement of this aging infrastructure will enhance efficiency and reliability of test cell conditions within VGD and VFT, he said.

The Service Life Extension Program, or SLEP, is a five-year program which began at AEDC during the 2013 fiscal year. Phase four of the CE program is part of SLEP, and CE is responsible for managing the base support, facilities and utilities projects associated with SLEP.

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The Arnold Air Force Base (AFB), Ga. (AFNS) – Captain William Williamson Murray correctly answered the question, “Field goal? I can.”

Murray said changing our playbook is not easy. We will be challenged by the conviction to take a risk and run a fly pattern. “The behavior is in our hands,” he said. “Nothing can stop the U.S. Air Force.”

Murray also mentioned, “On fourth-and-one, encourage every Airmen, fail or slow, great hands or stone hands, to go deep and look for the ball in the end zone.”

“Quarterback your break.” The focus of this commentary is to seek every squadron commander to author and approve new and audacious fourth-and-one options.

“Col. Scott Cain

By Capt. William Murray

Airmen are watching. Your actions make us vis- ciously learn the easiest path to promotion is through conservative decisions, and a single mistake will cost you your job.”

In light of these realities, too many noncommissioned officers and career- grade officers are frightened to fail. For too long, many of our leaders and those who’ve swerved slightly off their path, risk career-ending consequences.

The flight path to success is clearer now than ever. The easiest way to avoid mistakes is to bypass higher-education hurdles and to avoid unpredictable outcomes.

Unpromptingly, much more than a one-foot and one-yard gain to satisfaction, the Arnold AFB play book has only one strategy, punt.

So, rudely we pass on fourth-and-one and one-yard to gain satisfaction, the Arnold AFB play book has only one strategy, punt.

“Col. Scott Cain

The Arnold Air Force Base Visitor Center and Gate 2 are closed on all federal holidays. Visitors can access the Arnold AFB Visitor Center and Gate 2 for the upcoming: Monday, Dec. 25 – Christ- mas Day

Monday, Jan. 18, 2022 – Martin Luther King Jr. Day

Passed protective

The Arnold Air Force Base (AFB) Visitor Center and Gate 2 are closed on all federal holidays.

“The mission of the Arnold Air Force Base (AFB) Visitor Center is to provide Airmen and their families and other guests access to information about the Arnold AFB,” explained Col. Scott Cain, AFB Commander. "They can access the Arnold AFB Visitor Center by contacting the Arnold AFB Action Line via the AEDC website (www.aedc.af.mil) or by calling 432-9700.”

The Arnold Air Force Base is located at Arnold Air Force Base, Tenn., 37389.

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Col. Scott Cain

Airmen AFB

• Safety & Health. We are relentless in protecting the health and well-being of every Airmen, fast or slow, tall or short.

• Ethics. We are uncompromising in our commitment to the mission. We are the Air Force for the people and we will Fly, Fight and Win. To be Airmen, we must, by the noblest of assurances, boldly. We grab it with visions of grandeur. We seized the guidon of this squadron’s flag because we know that somebody is down, in spite of the forces that want to keep it from the air.”

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The renovation work at VKF included improvements to the base to continue. By Arnold AFB Medical Aid Station

As part of the changes coming to TRI- CARE, in Jan. 1, 2018, there will be new rules affecting disenrollment. Beginning in 2018, if you’re eligible for TRICARE and enrolled in a health plan, there are three ways you can be disenrolled:

• If you fail to pay premiums on time.
• If you or your sponsor lose TRICARE eligibility.

The current processes for TRICARE are changing, so we want beneficiaries to take command and become informed so that they make sure they have the coverage they need. The Engineering Section project manager specifically Spademan, non-commissioned officer in charge of Medical Administration at Arnold, says:

On Jan. 1, 2018, TRICARE Standard will transition to TRICARE Select. Under TRICARE Select, beneficiaries will need to be enrolled if they wish to use the plan, and disenrolled if they no longer wish to use this health plan. In order to disenroll from TRICARE Select, you must fill out a change from the different disenrollment process. Currently, you can disenroll from TRICARE Prime and TRICARE Premium Basic Plans (TRICARE Young Adult (TYA); TRICARE Retired Reserve (TRR); TRICARE Reserve Select (TRS); and US Fam- ily Health Plan (USFHP)). You cannot be disenrolled from TRICARE Standard. Today if you disenrolled or are disenrolled from TRICARE Prime, then you’re still automatically covered by TRICARE Standard. TRICARE Standard transitions to TRICARE Select, you will no longer have this automatic coverage—you must actively enroll.

You may start to disenroll from any TRICARE plan at any time. During calendar year 2018 (Jan. 1-Dec. 31), you’ll receive a fully paid grace period to enroll or re-enroll in TRICARE Prime or TRICARE Select at any time, as long as you remain eligible. Special rules will apply in 2018 for beneficiaries who are eligible for TRICARE, but aren’t enrolled in a plan. These grace period rules include:

• When you disenroll or are disenrolled from care in a civilian network provider will be covered by TRICARE Select at any time. You’ll have an opportunity to enroll or re-enroll. If you disenroll at all time, you’ll only be able to receive care at a military hospital or clinic on a space-available basis and use military pharmacies. You’ll be responsible for all subse- quent costs for using a civilian provider. TRICARE won’t pay any other claims.

The grace period doesn’t apply to pre- mium-based plans.

Beginning Jan. 1, 2019, once you vol- untarily disenroll from TRICARE Prime or TRICARE Select, you can only re-enroll if you experience a qualifying life event (QLE) or during the next annual open enrollment season (and receive cov- erage beginning Jan. 1). If you disenrolled or are disenrolled from a premium-based plan like TRIC, TRS or TRA, you must wait 12 months and equal- ize for TRICARE if you want to purchase coverage again. If you disenroll from the Continued Health Care Benefit Plan (CHCBP), you can’t enroll in another TRICARE plan unless you become eligible for TRICARE again. Specific procedures and disenrollment forms are available online.

 imposed due to loss of sponsor eligibility, you may be eligible for temporary coverage through the Trans- national Assistance Management Program (TAMP).
Focus on safety continues to bring success

By Bradley Hicks
AEDC Public Affairs

The Arnold Air Force Base, NFAC and Tunnel 9 Safety Condition Campaign has thus far proven to be a success, as more than half of the items identified since the beginning of 2017 have been permanently addressed. According to NAS Safety, Health & Environmental Manager Richard Nugent, more than 815 issues have been identified to-date, all of which have been at least temporarily addressed and 462 have been permanently addressed.

“Our Safety Condition Campaign, started in January, has been a great success,” Nugent said. “Our employees have been engaged in finding and fixing hazards, which improves safety for all of our fellow employees. Through October, we have identified over 850 conditions, 450 of which have been permanently fixed. The remaining items have temporary mitigations in place and NAS is actively seeking funding to permanently address.

“All NAS employees are to be congratulated for this effort.”

The purpose of the Safety Condition Campaign is to identify conditions that make compliance with safety requirements a challenge, to ensure NAS is in compliance with the Air Force safety standards, and to establish consistency across work locations. The campaign has focused on a different area of safety each month. Focus areas have included lock-out/tag-out, barricades and signs, lifting and rigging, confined space entry, and elevated work platforms.

The focus area for October was hazardous chemicals. Nugent said 23 items were identified during the month. Examples of these items include missing labels, improper storage and missing Safety Data Sheets. Of the items identified, 14 have been permanently addressed, with the remaining nine in progress.

For November, the focus area was explosive materials. As described in the Safety, Health and Environmental (SHE) Standard on Explosives Safety, an explosive material is capable of releasing mechanical, chemical or nuclear energy in a sudden and often violent manner that results in the release of high pressures and temperatures. Explosives is defined in the SHE as ammunition, munitions fillers, demolition material, solid rocket motors, liquid propellants, cartridges, pyrotechnics, mines, bombs, grenades, warheads of all types, explosive elements of ejection and aircrew egress systems, air-launched missiles and those explosive components of missile systems and space systems, and assembled kits and devices containing explosives material. The term explosives also refers to the fillers of an explosive item. Fillers may be explosive mixtures, propellants, pyrotechnics, and other toxic substances. This term does not include liquid fuels and oxidizers that are not used with missiles, rockets, and other such weapons or explosive item. Explosives weight, net weight, and other like terms also include fillers.

Improper handling of explosive components may not only result in malfunctioning and loss of test data/time, but may cause mishaps that could result in injury, loss of life and/or damage to property.

The focus area for December is defeating safety devices. Information on the topics of focus during the Safety Condition Campaign may be found on the AEDC Team Site via the AEDC Safety Site link.

Help Keep Our Information Secure

A Safety Walk-thru is underway at the Arnold Air Force Base Primary Pumping Station. Pictured from left are: NAS Safety, Health & Environmental Manager Dick Nugent; NAS Supervisor Bob Thomas; NAS Deputy General Manager Doug Pearson; NAS General Manager Cynthia Rivera; NAS Integrated Resources Director Ben Souther; and NAS Cooling Water System Engineer Jeff Quattlebaum. (NAS photo/Rick Goodfriend)
AFCSC wraps up innovation and technology symposium

By Carla Pampe
AF Global Strike Command Public Affairs

SHREVEPORT, La. (AFNS) – The 2017 Air Force Global Strike Command Innovation and Technology Symposium concluded today at the Shreveport Convention Center with a focus on leadership and the Airmen who make the mission happen.

Retired Command Sgt. Maj. Patrick Atalon, former U.S. Strategic Command senior enlisted leader, kicked off the two-day symposium talking about the importance of leadership and getting to know the people you are leading.

“The only reason we enjoy the freedoms we enjoy in our great nation is because of you,” he said. “You are leaders, and leadership is the ability of someone to influence someone else to accomplish a mission, but you have to understand who it is you’re trying to influence.”

Part of that is learning how the younger generations operate, and how they communicate, Atalon said. “Your credibility lies with your ability to keep up with the change in times,” he said. “You have to be well versed on what’s going on, and if you’re not misdirected, the next generation is going to replace you, you’re going to fail. A leader is someone who is able to adopt.”

Retired Chief Master Sgt. Gerardo Tapia, former Air Education and Training Command command chief master sergeant, reiterated that topic by talking about the warrior ethos.

“Ethos is the fundamental character of something. It’s the way we live, our culture, the things we will fight for, the things we will die for,” he said. “What you put in the uniform is more important than putting on the uniform.”

As an Airmen who self-admittedly started off on the wrong foot, yet eventually achieved the highest enlisted rank, Tapia said sometimes even Airmen who seem hopeless deserve a second chance. He got that second chance from one person - a commander who believed he was worth saving - and Tapia made a promise to his commander that he would never regret that decision.

“It’s integrity tastes sour, and they keep this system viable and working,” he said.

Wilson concluded the keynote address by Secretary of the Air Force Heather Wilson, who opened with a history lesson. Ms. Bernad Adolph Schriever, the father of modern ballistic missiles.

“The missiles he and his teams developed helped to provide strategic nuclear deterrence throughout the Cold War,” Wilson said. “Today, the president, and Secretary of Defense (James) Mattis have full confidence in all of you to do the same, so that on our worst day, Global Strike Command can provide the nation unmatched global deterrence through the Cold War, and they built us a great machine,” he said. “This is your heritage, but it’s the people who make them tick, and there are a lot of young Airmen, and a few old ones, who keep this system viable and working.”

Secretary of the Air Force Heather Wilson speaks at the 2017 Air Force Global Strike Command Innovation and Technology Symposium Nov. 15 at the Shreveport Convention Center in Shreveport, La. (Courtesy photo)
Smoke and carbon monoxide detectors

- Stay calm; get your vehicle as far off the road as you can.
- Driving and texting make a lethal combination; don’t do it.
- Get a good night’s sleep and take breaks.
- Move fingers, toes and change seated position frequently to avoid frostbite.

Test turn signals, brake and headlight function.

For your car:
- Check fluid levels, service belts and hoses.
- Ensure heater and defroster are working properly.
- Check tire pressure and tread.
- Check brakes within the last 5,000 miles.
- Test turn signals, brake lights, and four-way hazard lights.
- Change cracked or worn windshield wiper blades.
- Stock emergency kit (handamps, flashlight, water, energy bars, warning triangles, first aid kit, etc.).

While driving:
- Driving and texting make a lethal combination; don’t do it.
- Plan your outings; know the area and pack accordingly.
- Slow down … enjoy the drive.
- Get a good night’s sleep and take frequent rest stops.

If stranded on the road:
- Stay calm; get your vehicle as far off the road as safely possible; turn on emergency flashes.
- Call or text roadside assistance or 911; keep windows and doors locked until help arrives.
- Make your vehicle visible; open the hood or tie a brightly colored object to the antenna.
- Remain in the vehicle unless help is visible within 100 yards; don’t risk exposure.
- Run engine periodically to keep the battery charged; emergency car red light should be clear of snow that could block visibility; crack a window to avoid carbon monoxide inhaled.
- Move fingers, toes and change seated position frequently to avoid frostbite.

For your home:
- Supply of flashlights, batteries and blankets.
- Salt or sand for treacherous sidewalks and driveways.
- Safe, radiant space heater (no open coils).
- Supply of medications and food.
- Smoke and carbon monoxide detectors.

Defying odds: An Airman’s focused journey

By Staff Sgt. Diana Coesbloom
20TH Fighter Wing Public Affairs

SHAW AIR FORCE BASE, S.C. (AFNS) – It is 5 a.m., and the sun has yet to rise on a chilly morning when all that can be heard are the crickets chirping at the Main Fitness Center at Shaw Air Force Base, South Carolina. Inside, however, the clicking and clacking of those pushing their bodies to their limits fills the room as Staff Sgt. Jaquelynn Madsen, 20th Civil Engineer Squadron Airman dorm leader, walks through the front doors.

Madsen, previously a 20th CES operations manager, currently works at dorm management. Ensuring new Airmen are properly briefed and settled in their new homes, as well as assisting with any complications that arise while living there.

Even though she spends her days working for the Air Force, she uses every other moment she can to train. Madsen said she loves to challenge herself, and one of the ways she chooses to do that is physically.

“I believe you don’t know yourself until you’ve reached the part of the road where you think you can’t push on anymore,” Madsen said. “I tell myself mentally ‘I can do this’ and I go for it.”

Every moment Madsen has put aside has prepared her for the challenges she faces each day.

Keep safety in mind in seasonal, holiday plans

By Darlene Cowsert
AF Safety Center Public Affairs

KIRTLAND AIR FORCE BASE, N.M. (AFNS) – Temperature changes, shorter daylight hours, increased travel and participating in the seasonal and holiday travels, celebrations and festivities part of every activity – on duty and off duty – I’m convinced there will be more Airmen who return to duty after the holidays with great memories and stories to share.”

The Air Force has been focusing on quality of life issues for the past 25 years, increased travel and participating in the seasonal and holiday activities,” Rauch said.

Occupational safety experts at the Air Force Safety Center track mishaps through the fall/winter-holiday period from the Monday preceding Thanksgiving Day to the day after New Year’s Day. Mishaps for those past periods over the past five fiscal years resulted in 25 serious off-duty mishaps; 20 deaths, one permanent partial disability and four permanent partial disabilities. Motor vehicle mishaps made up the majority with 15, followed by sports, recreation and individual fitness with five.

“While we know that one fatal mishap is too many, it’s especially disheartening when we see that most of these mishaps were preventable,” said Bill Parsons, Air Force chief of occupational safety. “[The Air] Force aims to make risk management part of every activity – on duty and off duty – I’m convinced there will be more Airmen who return to duty after the holidays with great memories and stories to share.”

While serious off-duty mishaps involve motor vehicle operation, safety experts agree that potential dangers in the home and in recreational activities must also be managed effectively to save lives and reduce injuries.

And Airman dorms and families can use the following safety checklists to keep seasonal and holiday travel, celebrations, and activities safe.

For your car:
- Check fluid levels, service belts and hoses.
- Ensure heater and defroster are working properly.
- Check tire pressure and tread.
- Check brakes within the last 5,000 miles.
- Test turn signals, brake lights, and four-way hazard lights.
- Change cracked or worn windshield wiper blades.
- Stock emergency kit (hankies, flashlight, water, energy bars, warning triangles, first aid kit, etc.).

While driving:
- Driving and texting make a lethal combination; don’t do it.
- Plan your outings; know the area and pack accordingly.
- Slow down … enjoy the drive.
- Get a good night’s sleep and take frequent rest stops.

If stranded on the road:
- Stay calm; get your vehicle as far off the road as safely possible; turn on emergency flashes.
- Call or text roadside assistance or 911; keep windows and doors locked until help arrives.
- Make your vehicle visible; open the hood or tie a brightly colored object to the antenna.
- Remain in the vehicle unless help is visible within 100 yards; don’t risk exposure.
- Run engine periodically to keep the battery charged; emergency car red light should be clear of snow that could block visibility; crack a window to avoid carbon monoxide inhaled.
- Move fingers, toes and change seated position frequently to avoid frostbite.
TYNDALL AIR FORCE BASE, Fla. (AFNS) – Preparing for a major power outage or planning a backup generation exercise is complicated in the best of conditions. Now, imagine doing it in temperatures as low as 50 degrees below zero at Clear Air Force Station, Alaska.

This is the reality the civil engineer team had to account for when planning a project that eventually became coal-fired power plant in favor of a tie-in to the local electric grid. This project was funded through the energy resiliency and conservation investment program (in conjunction with the Golden Valley Electric Association), and existing power plant and connecting facilities and equipment. Without proper heating and power, piping carried both fresh and waste water could freeze and split, open, vehicles and equipment become inoperable, and the lives of Air Force personnel could be threatened.

The AFCEC Civil Engineer Main Station, Alaska, is one of the nearly 10-year effort in executing this critical project under budget and on schedule. This was significant and many portions of the mission, allowing for areas to continue to operate properly, TRICARE will extend payments (for example, catastrophic caps and deductibles) on Oct. 1 through the end of the calendar year. Any enrollment fees you paid during the transition period will continue to count against the catastrophic cap until it resets on Jan. 1, 2018. This means that if you reach your fiscal year 2017 catastrophic cap you will not have additional out-of-pocket costs for authorized TRICARE-covered services for the last three months of your current year. If you think you were charged deductible in error, call your contractor. On Jan. 1, 2018, new rules for deductibles and catastrophic caps will come into effect. If you pay enrollment fees on an annual basis, you don’t need to do anything. You will continue to pay your current enrollment fees for TRICARE-covered services for the last three months of your current year. If you think you were charged deductible in error, call your contractor.

TRICARE Young Adult-Prime Option
TRICARE Young Adult-Standard Option
TRICARE Reserve Select
Continued Health Care Benefit Program (this will continue to follow a fiscal year cycle). If you pay enrollment fees on an annual basis, you’ll be billed for the fees to cover the three-month period and sent a billing notice for the annual fee for calendar year 2018.

TRICARE Young Adult-Prime Option
TRICARE Young Adult-Standard Option
TRICARE Reserve Select
Continued Health Care Benefit Program (this will continue to follow a fiscal year cycle)

US Family Health Plan

If you’re in a plan that requires enrollment fees, there is a transition period through Dec. 31, 2017, so you won’t experience additional costs in 2017. During this time, you’ll continue to pay your enrollment fees. However, enrollment fees will be prorated for the three-month period and sent a billing notice for the annual fee for calendar year 2018.

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TRICARE Young Adult-Prime Option
TRICARE Young Adult-Standard Option
TRICARE Reserve Select
Continued Health Care Benefit Program (this will continue to follow a fiscal year cycle)
On Nov. 16, NAS team members with the AEDC Test, Operations and Support Contract received awards during the Salute to Excellence Annual Awards Banquet at the Arnold Lakeside Center. Presentations were given for the: Quality Award, Safety Award, Security Award, Innovation Award, Customer Service Excellence Award, Program/Project Manager of the Year, Technician of the Year, Engineering Design and Facilities Professional of the Year, Science and Technology Professional of the Year, Technical Project Leader of the Year, Engineering Analysis of the Year and Engineer of the Year. Employees were nominated based on their superior performance in supporting the AEDC mission and the company’s core values, and in technical excellence. Disclaimer: These awards were given by National Aerospace Solutions, LLC, and does not reflect any stance, opinion, or determination made by the United States Air Force.
Okyere to decide on making her first combat Battalion in 2012, the New York Army National Guard's 69th Infantry Battalion, she was transferred to the 514th Air Mobility Wing as a crew chief with the 514th Air Rescue Squadron.

During her time in the New York Guard, she received her U.S. citizenship in December 2017. Okyere was also the same year she received her U.S. citizen - ship, courtesy of her service to the citizens of the Republic of Ghana.

Senior Airman Selina N. Okyere, a crew chief with the 514th Air Mobility Wing at Joint Base McGuire-Dix-Lakehurst, N.J., poses with a CPR mannequin. Okyere created Global Life Savers Inc., a nonprofit organization to teach basic first aid skills to the citizens of the Republic of Ghana. (U.S. Air Force photo/Master Sgt. Mark C. Olsen)

The 30 minute classes teach the basics of first aid. So far, Okyere has taught multiple classes and spent time together with about 30 people. She said, “Then we went to churches, schools and sporting events to teach people about first aid.” Okyere is one step closer to realizing her goal.
Mental health expands services, reaches more Airmen

By Staff Sgt. William Banton

SOUTHWEST ASIA (AFNS) – The 386th Expeditionary Medical Group, with support from the 386th Expeditionary Operations Group, expanded mental health services recently to Airmen at an undisclosed location supporting ongoing operations in Syria.

“This time of year, if there are going to be challenges with folks struggling it’s because they are away from home [during] Halloween, Thanksgiving, Christmas and New Year’s,” said Chief Master Sgt. Robert Johnson, 386th EOG superintendent. “Those are going to be the times when folks are most likely going to dip into dark places and need a mental health ‘belly button’ to reach out and maybe just talk.”

For Johnson this “belly button” came in the form of Maj. Candee Berck, 386th EMDG mental health officer in charge and licensed clinical social worker, deployed from Peterson Air Force Base, Colorado, and Senior Airman Brittany Edwards, noncommissioned officer in charge of mental health, deployed from the 96th Medical Operations Squadron, Eglin AFB, Florida.

The project began in September when the mental health office reached out to 386th Air Expeditionary Wing leadership with the hope of increasing services to Airmen stationed in remote locations across the area of responsibility. Their goal was to educate service members on the effects of trauma and its symptoms, while breaking the stigmas surrounding mental health and resiliency in deployed environments.

“The key is to build relationships so they have some faces to names and people know that we aren’t out to kill careers,” Berck said. “Our job here in the AOR is to help folks back into the mission, understanding that life still goes on back in the states. Life still happens, it doesn’t stop just because we come out here to the sandbox.”

According to www.ptsd.va.gov, about seven percent of the U.S. population will have post-traumatic stress at some point in their lives. For combat veterans, this number increases to between 11 and 20 percent, depending on the war or conflict they served in.

Symptoms of trauma manifest differently from person to person, but the U.S. Department of Veterans Affairs cites increased irritability, being quick to anger, sleeplessness and increased or heavy drinking as possible warnings or signs of issues.

“We see a lot of isolation,” Edwards said. “We see a lot of isolation and a decrease in functioning, as far as work performance, but I would say that isolation would be the biggest symptom I have seen in my career.”

Berck said research shows quick assessment and treatment of traumatic events can decrease the amount of time it takes a person to recover. Knowing the deployed location had limited access to certain resources, Edwards and Berck completed a site survey to determine the feasibility of installing a secure telecommunications system allowing video conferenced appointments.

“Knowing the deployed location had limited access to certain resources, Edwards and Berck completed a site survey to determine the feasibility of installing a secure telecommunication system allowing video conferencing appointments,” said Berck. “This system enables Airmen to walk into their on-site medical tent and request to speak to a mental health professional when they have issues.”

Once established, the remotely located medical clinic would be able to contact the 386th Medical Group, who would then schedule a time for the video conference like a regular appointment.

“Clearly, in mental health we would prefer to see people face-to-face,” Berck said. “There’s a lot of things that we read nonverbally, so we do not just like to do something over the phone, in fact most of the time we will not do that. Too much of what we re- lies on the full realm of communication.”

The implementation of this type of communication would not be possible without leadership’s support, said Berck.

“Anytime someone has an idea or suggestion that can allow us to better take care of our Airmen, enable our Airmen, increase the warfighting effort and focus our Airmen on the things that will keep them safe and most ready to execute, everyone is all for that,” Johnson said. “That’s a no-brainer, that’s a win-win.”