

## Airmen's Time Tour to re-visit Osan AB

by Maj. Timothy Farr

Personnel Services Delivery Transformation Program Integration Office

**WASHINGTON (AFNS)** -- In today's fast-paced, resourced-constrained environment, Air Force officials here said they are attempting to return a precious commodity to Airmen: time.

A team will visit units at 11 Air Force installations as a follow up to last year's review revealed numerous strains on Airmen's time.

"I want the team to go back out, look at what changes have been made, assess the impact, and come up with another set of recommendations, said Lt. Gen. Richard Y. Newton III, the deputy chief of staff for manpower and personnel, who is also chartering the visit. "The team has also been directed to be laser focused on total force solutions for the active and Reserve components as well."

While visiting with leaders at each installation, the team will focus on additional duties, ancillary training, commander's programs, administrative support processes and personnel services delivery.

Last year, the team found a number of areas in which to give Airmen ... see *'TIME'* continued on pg. 5






### UFG 2009 prep in progress ...

**Master Sgt. Michael Cohen** lays out the chain he uses to connect rifle racks together at Rush Park (Tent City) here July 28. Sergeant Cohen is setting up the racks in preparation for Ulchi Freedom Guardian, a peninsula wide joint-combined exercise set to start in August. More than 550 military members will participate in the exercise. Sergeant Cohen is the non-commissioned officer in charge of the armory, and is deployed to Osan from Homestead Air Reserve Base, Fla. (U.S. Air Force photo/Senior Airman Stephenie Wade)

See more *'UFG'* photos continued on pg. 4

## Osan 3-day Outlook

| Fri.  | Sat.  | Sun.  |
|---|---|---|
| High: 87  | High: 87  | High: 89  |
| Low: 69   | Low: 69   | Low: 66   |
|  |  |  |

Osan gears up for Ulchi Freedom Guardian 2009 ... see more on pg. 4



101 Critical Days of Summer: Pedestrian Safety and the law

"An average of one pedestrian killed almost every two hours and another injured every eight minutes ..."

... see more on pg. 3

# Diamond Talk

## "Financial Independence"

by Master Sgt. Grace Davis  
51st Communications Squadron

Are you financially independent? In today's economy everyone should be concerned with their financial situation.

The housing market is going down the tube and jobs are getting harder and harder to come by.

Financial advisors are recommending that individuals keep at least three month's pay in reserve for emergencies.

Due to the current economy some advisors are even upping their recommended savings to eight month's pay in the event of a job layoff.

Being in the military is not a job security guarantee. You have to separate or retire sometime and it's not always when you would expect to.

Anyway, how can you build up your nest egg?

see **DIAMOND TALK** on pg. 6

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■ **SOAR:** Scholarships for Outstanding Airman Program (SOAR)/Commissioning: If applying for the FY10 board, waivers must be received at AFROTC/RRUE before Sept. 1. Packages without a waiver should be turned in no later than Aug. 1. November board. Application process: <http://www.au.af.mil/au/holmcenter/AFROTC/EnlistedComm/SOAR.asp>

■ **Women's Equality Day:** The EO office is calling for volunteers for the Women's Equality Day (August 26th). Committees are open to all base personnel, their family members and retirees. You do not have to ascribe to a particular group to participate. The only requirement is a passion to enlighten and educate others on the contributions these groups have made to society. To volunteer or for more information, contact the EO Staff at 784-4040 or 51fw.eo@osan.af.mil.

■ **Summer Reading Program:** Osan's Summer Reading program for children ages 5-16 is underway. Stop by today and register. The program runs through Aug. 25. Prizes will be awarded for top readers.

■ **Story Time:** Story Time is a magical and very special time at the Osan Library. Please join us and while you're here stop by the children's section and check out books to read at home. Story Time is every Thursday from 10-10:30 a.m. to 3-3:30 p.m.

■ **United through reading:** Thursdays at 3 p.m. you can read children's books aloud and record them on DVD's at the USO to send to your child(ren) back home. This is an opportunity to make a powerful and lasting connection with family members from afar. Call the library at 784-6611 to schedule today.

■ **Sunday night at the movies:** The Osan Chapel is hosting a free movie night each Sunday this summer at the McPherson Community Center at 7:36 p.m. For more information, contact the Chapel at 784-5000.

■ **Rosetta Stone Program:** Stop by the Library and sign-up for this service today. It is an online service which you can access from any computer; microphone required. You must log in within two weeks of registration and at least once every month. Your account will expire after six months. Learn more about the Rosetta Stone program by visiting <http://www.rosettastone.com/personal/how-it-works>.

■ **Join Osan Toastmasters:** Toastmasters meet every Tuesday at noon in the Professional Development Center Bldg. 788. Since 1924, Toastmasters International has helped millions of men and women become more confident in front of an audience. The network of clubs and their learn-by-doing program are sure to help you become a better speaker and leader. Toastmasters will give you the skills and confidence you need to effectively express yourself in any situation, it is the most efficient, enjoyable and affordable way of gaining great communication skills. For more information, contact Toastmaster Kim, Son I at 784-7975 or TM John J. Koehler at 784-3839.

**ATTN ALL PERSONNEL:**  
Col. Thomas Deale, 51st Fighter Wing commander, regretfully announces the death of Staff Sgt. Willie Bryant of the 51st Maintenance Squadron. Anyone having claims against or indebtedness to the estate of Sergeant Bryant should contact 1st Lt. Justin Taylor (51 MXS), Summary Court Officer, at DSN 784-4429 or via e-mail at [justin.taylor@osan.af.mil](mailto:justin.taylor@osan.af.mil).

Got a burning question for the wing commander? Or perhaps you'd just like to voice a gripe, grief or complaint? The Commander's Action Line is your direct link to the commander. Call 784-4811 or direct e-mails to [Osan.CommandersActionLine@osan.af.mil](mailto:Osan.CommandersActionLine@osan.af.mil). \*Note: If the issue affects the entire Osan community, your action line may appear anonymously in the MiG Alley Flyer; however, please address issues to your chain of command first.

# 3 Osan Airmen receive Articles 15

**Staff Sgt. Frank Masella**  
51st Fighter Wing Legal office

The military justice system is a commander's program designed to support good order and discipline in the unit and to ensure mission accomplishment.

When commanders decide to impose nonjudicial punishment, they can choose from a variety of punishments. For enlisted members, that list includes reduction in rank, forfeiture of pay, restriction (e.g., to the base, from the clubs), extra duties, and a reprimand. At some bases, correctional custody is also an option.

Officer could receive forfeiture of pay, arrest in quarters, restriction, and a reprimand.

While the facts of some offenses appear similar, commanders take into account the member's duty performance, attitude, potential and disciplinary history, such as previous counselings, reprimands or nonjudicial punishments.

The following Airman received Articles 15 between July 18-24.

■ An airman 1st class accepted an Article 15 for failing to go to work and being incapacitated on duty. Punishment consisted of suspended reduction to the rank of airman, restriction

to base for 45 days, extra duty for 45 days and a reprimand.

■ An airman 1st class accepted an Article 15 for bar-fining. Punishment consisted of reduction to airman, forfeiture of \$784 pay per month for 1 month, suspended forfeiture of \$784 pay for one month, restriction for 60 days and a reprimand.

■ A senior airman accepted an Article 15 for pushing another airman, being incapacitated on duty and for being drunk and disorderly. Punishment consisted of reduction to the rank of airman 1st class, restriction to the limits of base for 45 days, 28 days extra duty and a reprimand.

## 101 Critical Days of Summer: Pedestrian Safety & the Law

**by Tech. Sgt. Chris Cantrill**  
51st Security Forces Squadron

Did your parents ever tell you, "Look both ways before crossing the street" when you were young?

Well, it seems all too often when people arrive at Osan they tend to forget that same age old wisdom they were passed when they were young and randomly step out into oncoming traffic at every opportunity.

With the decent weather starting, more and more people will be out on Osan enjoying the sun, so it's imperative we remember some simple issues regarding pedestrian safety.

51st Fighter Wing Instruction 31-104, *MOTOR VEHICLE TRAFFIC SUPERVISION* outlines specific pedestrian rights as having the right of way in crosswalks only; however, it is the **PEDESTRIAN's** responsibility to actually ensure it's safe to cross.

In 2007, the National Highway Transportation Safety Administration reported 4,654 pedestrian fatalities and 70,000 injuries as results of traffic crashes.

That was an average of a pedestrian killed almost every two hours and another injured every eight minutes. I am constantly amazed at the amount of times a parent will push a stroller into the active roadway oblivious to the several thousand pounds of deadly force bearing down on them and their young child.

You wouldn't let your child go play on a cliff face or with a box full of matches, so why wouldn't you ensure all vehicles come to a stop first before entering the crosswalk?

There is also a misconception that you can walk around and wear headphones everywhere around Osan.

As per 51 FWI 31-104, the use of headphones/ear-

phones while roller skating, roller blading, skateboarding, jogging, bicycling, or walking is prohibited on or within 12 feet of installation roadways, parking lots, and areas of vehicular traffic.

The fitness center indoor track, outdoor jogging track and the High School track are the only authorized areas to wear headphones while jogging.

Finally, being a pedestrian in Korea takes patience. If you are walking across a parking lot or anywhere other than a painted crosswalk, you are required to yield to vehicular traffic.

All too often pedestrians cause accidents because they step into the roadway, causing the driver to swerve and then hit another vehicle or object. Rule of thumb – if it's not specifically designated for you to walk on (e.g., a sidewalk) then find something that is and

if you absolutely **MUST** cross that traffic area, then be sure you are safe in doing so and won't cause a traffic hazard.

Your life may just depend on it.

For more information on traffic safety, contact the 51st Security Forces Squadron at 784-2771.



# UFG

*Continued from pg. 1*



(Above) Contract Electrician Konho Yi replaces a metal halide bulb in one of the K-SPAN housing units at tent city here July 28. The bulbs are being replaced in preparation for Ulchi Freedom Guardian. (Below) (Front) Staff Sgt. Venessa Salas and Staff Sgt. Cindy Fejaran unpack and assemble cots in preparation for UFG. The purpose of the exercise is to provide training as well as to evaluate and improve combined and joint coordination, procedures, plans, and systems necessary for the conduct of contingency operations of Republic of Korea and U.S. forces in defense of the ROK. The Airmen pictured are deployed here from the 254th Force Support Squadron, Andersen Air Base, Guam, as well as the 51st Force Support Squadron here.



(Left) The cots that will be used by UFG participants living in tent city during the exercise are unpacked in preparation for assembly here July 28. The exercise is set to start in August.



(Above) Tent city support personnel unpack and assemble cots in preparation for Ulchi Freedom Guardian, a peninsula wide joint-combined exercise set to start in August. More than 550 military members will participate in the exercise. During the exercise, forces from all branches of the U.S. military and their South Korean counterparts will practice working together in simulated command and control scenarios. The Airmen pictured are deployed here from the 254th Force Support Squadron, Andersen Air Base, Guam, as well as the 51st Force Support Squadron here. (U.S. Air Force photos/Senior Airman Stephenie Wade)



(Above) Senior Airman Jarvis Mitchell, Tech. Sgt. Rich Goines and Tech. Sgt. Katrina Haskin place a standard desktop configuration on computers in Tent City in preparation for Ulchi Freedom Guardian, a peninsula wide joint-combined exercise set to start in August. This is the second year it will be called UFG after its name changed from the former annual exercise, Ulchi Focus Lens.



(Left) Airmen relocate a conex in tent city in preparation for UFG. This will be the second exercise in which the ROK military is in the supported role and the U.S. military is in the supporting role. The military forces will operate as separate but complementary commands during the exercise.

# Fit to Fight ... Not just a catchy slogan

by Dr. Reginald B. O'Hara

*Osan Health and Wellness Center*

"What does it mean to be Fit or Fit to Fight?" This is a somewhat complex question because there are many definitions of fitness.

There are five components of fitness to include, cardiovascular fitness, muscular strength, muscular endurance, flexibility, and body composition.

The quest to be fit can become overwhelming and in some cases burdensome. The problem is further exacerbated when you attempt to define fitness.

For example, you could have someone that has a high aerobic capacity, but not a lot of aerobic endurance or vice versa. You could also have someone that has good muscular strength, but not enough muscular endurance or power. Are you confused yet?

In this article I will provide my definition of fitness and educate you on how to obtain overall fitness.

As an Airman your primary objective is to pass the Air Force fitness test. Your secondary objective is to be Fit to Fight or in other terms would be Battle Ready or Functionally Fit. You should develop a training routine that will prepare you for both. When someone says they are fit I always think of the following:

Can the person push and/or pull his own body weight and any additional weight? Can the person easily run 1.5 or three miles? Can the person lift heavy bags and carry the bags short distances? Can the person run or walk with heavy loaded backpacks and do so over any type of terrain for prolonged periods without fatigue? Can the person shuffle side to side, and move frontwards and backwards at a fast pace? Is the person ready to do all the above noted in extreme environments?

When designing a fitness routine, focus on cardiovas-

cular fitness, but don't run every day. For the Air Force fitness test one should run twice weekly (every other day). Agility task specific training could also be included in the routine. For example, work on moving your own bodyweight and progress to wearing a weighted vest when performing side to side and backward shuttles.

When running we move the body in a straight line (linear motion) and in battle we are required to move the body in different directions and generate power (ability to generate maximum force in a short period of time). A portion of your routine could include this type of training.

In the battlefield situation, rarely does the opposition force you to run in a straight line. In most cases, the Airman will be required to run fast, travel short or long distances and move his own bodyweight with an estimated 80-pound backpack attached to his shoulders, plus any additional gear.

The Air Force test requires the Airman to run as fast as possible for 1.5 miles. Training should address the 1.5-mile run, but could also include a three mile run. The 1.5 mile run assesses aerobic capacity (ability of the heart to pump out a high volume of blood) while the three-mile run assesses aerobic endurance (ability of your skeletal muscles to soak up the oxygen in the blood).

For example, you could have someone that performs well on a 1.5-mile run, but when asked to run three miles they perform poorly. Therefore, including a longer easy run in the routine may be wise.

When designing a muscle strengthening program one should train specifically for the Air Force muscular fitness test. However, one could also train the upper body and stomach muscles by hanging from a vertical bar ...

see **'FIT'** continued on pg. 6

## TIME *Continued from pg. 1*

... time back and improve efficiencies in these areas.

For example, the team recommended approval for 1,200 civilian administrative positions to be added back into larger squadrons.

These additions will free up time for commanders and first sergeants for leadership opportunities and reduce the number of Airmen performing administrative duties outside of their core Air Force specialty code.

The team also made a number of recommendations that led to im-

provements in information technology support and ancillary training policies.

Mark Doboga, the director of plans and integration for manpower and personnel, will lead the team consisting of members from the Air Staff, Air National Guard, Air Force Reserve, Air Force Personnel Center, and the Air Force Manpower Agency.

They will visit Mountain Home Air Force Base, Idaho; Osan Air Base, South Korea; Elmendorf AFB, Alaska; Kulis Air National Guard

Base, Alaska; Randolph AFB, Texas; Charleston AFB, S.C.; McEntire Air National Guard Base, S.C.; Hurlburt Field, Fla.; Eglin AFB, Fla.; Aviano AB, Italy; and Royal Air Force Mildenhall, England.

As was done last year, General Newton will share the results of this initiative with command staffs, functional communities and the Air Force's senior leaders to effect changes to policies and programs that will institute meaningful solutions for the field.

## Diamond Talk *Continued from pg. 2*

One way to become financially sound is to start saving today.

It might be hard to accomplish if you live from pay check to pay check. But the first thing you need to do is track your spending. Once you know where the money is going you can determine if you are buying what you need vs. what you want.

Do you really need that \$4 coffee every day? By forgoing that tasty beverage everyday you could save \$1,460 a year!

Another sensible way to increase your bank balance is to get out of debt. Go ahead and pay off those credit cards and use them sparingly. By paying off your debts you also can improve your credit score and possibly get lower interest rates on future loans.

Although credit cards are a great way to get through a financial crisis, what are they if they are maxed out and you experience a financial emergency?

The Air Force has several avenues to help individuals experiencing a financial hardship.

The Airman and Family Readiness Center offers three programs open to all Air Force members and in some cases their family members too.

One relatively new program is called the Falcon Loan. This interest free loan can be up to \$500, no questions asked. You can apply for the Falcon Loan once in your career and payments are automatically withdrawn from your paycheck over a year's time frame.

Air Force Aid is another program that the Airman and Family Readiness Center oversees. Air Force Aid loans are for hardship cases such as

emergency travel, car repairs, car payments or car insurance, etc...

Air Force Aid loans have strict criteria and can only be applied for once in a career. For subsequent Air Force Aid requests higher level approval is required. The size of the loan depends on the situation and is paid back through an allotment from your military pay account. These loans are also interest free and are paid back over a year's time frame.

The final financial program the Airman and Family Readiness Center offers is a free full time financial advisor.

The financial advisor is a highly qualified individual who can assist you with all your financial needs such as basic budgeting, home buying, and investments.

Also, don't forget most First Sergeant's Councils have a program called "Warm Heart" which can grant families up to \$300 in a financial crisis depending on the council.

What are some other financial benefits that can help you save money?

The finance office also has several programs to assist individuals when they're feeling a financial pinch.

One little known program is called a Partial Pay request. Individuals can contact their First Sergeant for assistance with this request letter. Members can get advance pay on their next pay check before pay day in the event of financial emergency.

This advance pay is taken directly from your next pay check and can be in your bank account in a little as two to three days.

Other standard money saving options that the Finance Office can

assist you with are Basic Housing Allowance Advances and Basic Pay Advances in conjunction with a PCS move.

There are timelines and payment limits, so contact the finance office as soon as you PCS.

These advances are interest free loans that are paid back directly from your monthly pay check and can be paid back over a 12 or 24 month time frame.

Another form of compensation is a Dislocation Allowance, that must be applied for prior to a PCS.

The amount of DLA is based on pay grade, i.e. E-1 – E5 with dependent rate is \$1,887.89.

DLA is not a loan but an allowance and applies to certain PCS situations. Contact your local finance office for more details and other PCS allowances.

But what is a failsafe strategy that will guarantee you have savings in the bank?

A direct deposit allotment from you military pay to your savings account or other investment account such as Thrift Savings Plan is the only way to ensure your savings will grow.

The old adage "Pay yourself first," could never be more true than in these times of financial uncertainty.

Another advantage of being away from home is you can start new enhanced spending habits that can last a lifetime.

You never know where you'll be tomorrow, but if your nest egg is healthy you will have one thing less to worry about.

## FIT *Continued from pg. 1*

... while pulling his own body weight.

For example, can you hang from a vertical bar and complete three sets of 10 repetitions? Or can you hang from a vertical bar and lift your legs forming a 90 degree angle at the hip joint for three sets of 10 repetitions?

Both are pertinent to developing muscular fitness.

Bottom line, the key to developing overall fitness is to systematically vary your workouts, slowly progress to higher level training and ensure you have the correct exercise equipment.