

Meet the new 51st Fighter Wing command chief: Chief Master Sgt. Michael Williams

Q: Why did you join the U.S. Air Force?

A: After completing high school, I had no desire (although my parents wanted me to attend college) to further my education so I enlisted into the Air Force. However, what I didn't realize at the time was this great institution prides itself on having an educated force.

Q: What's an interesting fact about yourself?

A: I love western movies.

Q: Who is your role model and why?

A: My mom and grandmother are my role models. They laid the foundation for Michael. Mom taught me courage, pride and tenacity. My grandmother was a sterling example of humility and ser-

vice before self. Both instilled in me that your word must be your bond and to work hard at whatever endeavor you pursue. Witnessing firsthand the sacrifices those two ladies endured raising three young men is something I'll never forget and will always be grateful for.

Q: What is your favorite quote?

A: I have several favorite quotes: Abraham Lincoln is quoted as saying, "I do the very best I know how, the very best I can and I mean to keep on doing so until the end." Martin Luther King Jr. once said, "Life's most urgent question is: what are you doing for others?" As a chief master sergeant I've made a commitment to myself to embody those two quotes.

Q: What is your major pet peeve?

A: One of my pet peeves is






Airmen turning a blind eye and not correcting others that are violating standards.

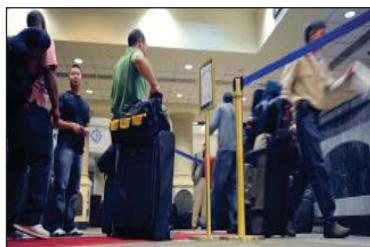
Q: Who is your favorite author?

A: I enjoy reading John C. Maxwell. He's written numerous ... see 'CHIEF' continued on pg. 3

Osan 3-day Outlook

Fri.	Sat.	Sun.
High: 81	High: 83	High: 84
Low: 73	Low: 73	Low: 71
		

Turumi Lodge to compete for prestigious Air Force award ... see more on pg. 4



101 Critical Days of Summer: Heat injuries still a threat

"If one ignores the danger signals their body is sending out, it can lead to death. Being educated is the first step to beating the war on heat."

... see more on pg. 7



Senior Master Sgt. Randall Kirkpatrick
374th Medical Support Squadron

Have your most productive workers been asking to move to other work centers?

Does productivity seem to fall dramatically when one or two of your top performers leave?

Perhaps you have difficulty distributing tasks throughout the section due to training shortfalls or non-motivated people.

The problem could be that you're over working your outstanding people too much and relying on their performance even more.

It's a common problem that can occur in any organization, and an easy trap to fall into.

The reason is simple. You have someone who can get the job done quickly and efficiently. What more could a supervisor ask for?

When you have 12 people in a work center, however most of the work is being done by three or four people (usually the important stuff), it's simply not fair and will ...

see 'CAREER ADVISOR' on pg. 6

MiG Alley Flyer Editorial Staff

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Correspondence may be sent to 51st FW/PA, UNIT 2067, APO AP 96278-2067.

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■ **Air Force Ball:** The 62nd Air Force Ball is set for Sept. 26 from 6 p.m. to midnight at the Lotte Hotel. This year's theme is "Fly, Fight, Win." For Dinner there will be three different menus, and ticket prices are \$40 for E-7 & up, \$20 for E-6 and below. There will be a DJ and a dance portion. For tickets contact your unit point of contact.

■ **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.

■ **Scrapbooking Camp:** A scrapbook camp is scheduled for Aug. 17-21 from 1 to 4 p.m. at the Girl Scout hut here. The camp is open to children ages 8-18. The theme is "Life at Osan" and will include a walking tour of the base to take pictures of what life is like at Osan. Cost of the camp is \$65 and will include an 8x8 album, enough pages to do a 24-page album along with decorative paper the adhesive and a journaling pen. For more information or to sign-up, contact Stefanie Howell at 0505-122-6600.

■ **Name that paper:** Paper newspapers will soon be returning to Osan! Osan Air Base, Kunsan Air Base and Seventh Air Force Public Affairs will soon be producing a peninsula-wide newspaper and need your help giving it a name. The paper will consist of Air Force news from around the peninsula and will help keep you and your families in the know of command information. To submit a name, e-mail suggestions to the MiG Alley Flyer inbox at migalleyflyer@osan.af.mil.

■ **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.

■ **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.

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. *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.

101 Critical Days of Summer: Heat injuries still a threat

by **Capt. Kristin Dowd**

51st Operations Support Squadron Weather Flight commander

Believe it or not, the summer heat has not yet visited Osan.

Eventually the monsoon boundary will leave Japan and move north of us, and when that happens, the heat will arrive to keep the humidity we already have company and together they can become a dangerous combination.

Our bodies keep us cool through the evaporation of sweat. A person can suffer from a heat-related illness when this cooling system is pushed beyond its limits.

If one ignores the danger signals their body is sending out, it can lead to death. Being educated is the first step to beating the war on heat.

Know these signals of dehydration and heat exhaustion:

- Headache
- Feeling faint or experiencing tunnel vision
- Muscle pains and spasms
- Painful cramps can occur after heavy sweating due to the loss of water and salt.
- Flushed or red skin.

If you experience any of these symptoms take a break, find shade or an air conditioned room, and slowly drink

water. One should show signs of improvement in 15-30 minutes.

Know these signals for heat stroke — heat stroke is life threatening:

- Vomiting
- High body temperature that is hot to touch
- Rapid pulse and/or rapid, shallow breathing
- Moist skin, or worse, the body has stopped sweating and is dry
- Loss of alertness or consciousness

Immediately call 911 if you are with someone whose experiencing these symptoms, then lay the person down in the shade or air conditioned room with their feet elevated. Put cool, wet cloths or ice packs on their neck, armpits and wrists to cool their body down. If they begin to shiver, stop until the shivering stops. Let them sip water if they are conscious.

You can stay safe from the summer heat by following these three easy tips:

- Drink plenty of water. If you wait until you are thirsty — you will have waited too long!
- Use sunscreen. Even on a cloudy day your skin can burn.
- Stay in the shade or go somewhere with air conditioning. The hottest part of the day is from 10 a.m. to 4 p.m. so avoid prolonged sun exposure during that time.

Avoid dehydration, protect your skin, and stay cool. Don't let the heat spoil your summer fun!



Batter up!

The Osan Air Base women's softball team won the 2009 women's softball championship for the Republic of Korea August 2nd. The team played the Camp Humphreys team on their field but walked away with the win with the final score being 6-5 in the eighth inning. (Photo courtesy of Senior Airman Katherine Dickerson)

Turumi competes for Air Force Innkeeper Award

by Senior Airman Stephenie Wade
51st Fighter Wing Public Affairs



Voted the best lodging facility in the Pacific Air Forces for 2009, Turumi Lodge will now compete for the most prestigious lodging award in the Air Force: the Innkeeper award.

The Air Force Innkeeper award is presented annually to recognize the lodging operation that provides the most outstanding hotel-type lodging and customer service to Air Force travelers.

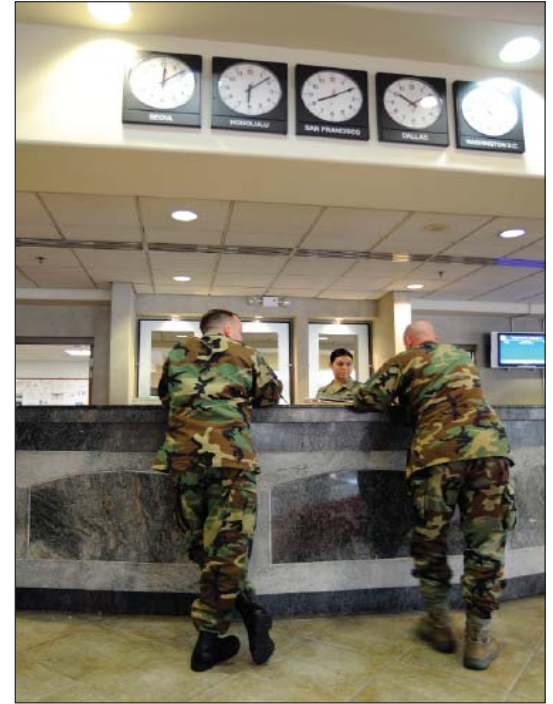
With a staff of 93 people, Turumi Lodge accommodates more than 120,000 guests a year. Constance V. Roderick, lodging general manager, says their key attribute to winning is "our genuine care and respect for one another and our lovely smiles. No other base has this staff."

The Turumi Lodge offers its customers a wide variety of unique features while they are here, including wireless internet in all the rooms, 24-hour ATM and store, conference room, computer room with common access card reader, free shuttle service to contracted hotels and more.

"What I like the most about Turumi Lodge is everything here is very thought out. Each room is equipped and ready to go to support both the folks doing military operations and those ready to go home," said Senior Master Sgt. Francis Dailey, 607th Air Support Operations Group superintendent, who has stayed at Turumi Lodge more than seven times in the past five years.

While customers only stay at Turumi Lodge for a limited amount of time, Senior Airman Margaret Wilson, a guest service representative, says their goal is to make every customer comfortable and have them feel at home while there.

... see **'TURUMI'** continued on pg. 5



Turumi Lodge guests talk with Airman 1st Class Amber Quintana, a guest services representative.



(Above) Guests head to their rooms after checking into Turumi Lodge here Aug. 4. (Below) (Left) Jessica and Claire Glover enjoy a bran muffin at Rickenbacker's inside Turumi Lodge here Aug. 4. Voted the best lodging facility in the Pacific Air Forces for 2009, Turumi Lodge will now compete for the most prestigious lodging award in the Air Force: the Innkeeper award.



Housekeeper Hui Nang Chae changes the sheets on a bed in Turumi.



Senior Airman Bradley Syson

51st Operations Support Squadron



Hometown: Snohomish, WA
 Time on station: 5 months
 Follow-on assignment: Civilian
 Most rewarding job aspect: Using my experience in the Air Force to supervise and motivate new Airmen.

Airman Syson is an outstanding Intelligence Force Protection Analyst Journeyman assigned to the 51st Operations Support Squadron. He has been a key player in superior intelligence support for 210 personnel sustaining 51st Security Forces Squadron combat operations. He recently trained more than 180 security forces members on anti-terrorism and force protection and captured a USFK AT/FP "Best Practice." Additionally, he acquired Pacific Air Forces only Land Mobile Radio crypto, enabling the radios to be used for classified communications and expediting information from pilots in aircraft shelters to wing leadership. The program received a "Best Seen to Date" during the 2009 ORI. Airman Syson is also the Random Antiterrorism Measure liaison for the 51 OSS. During a recent inspection his RAM efforts resulted in 100 percent compliance across six facilities. He became the 51 OG focal point for PACOM AT/FP and theater travel plans based on his flawless work ethic in the AT/FP realm. Airman Syson also augments the intelligence shop at the 36th Fighter Squadron. His dedication in that position earned him distinction as a 2009 MAX THUNDER "Superior Performer" at Kunsan AB where he supported 80 US and ROK pilots. Airman Syson continues to learn about all aspects of Air Force intelligence. He recently completed courses focused on targeting and electronic warfare capabilities and techniques. He spends his free time as a baseball coach for Osan youth and plays on the 51 OSS volleyball and softball teams. Airman Syson is truly "Leading the Charge" in the 51st Fighter Wing!

- Maj. Allison Galford
 51 OSS Intelligence Flight commander

Don't be sick! Get your Self Initiated Care Kit

The 51st Medical Group is allowing prime enrolled beneficiaries to request certain over the counter medications when they are experiencing an acute illness without making an appointment.

The program is called "S.I.C.K." (Self Initiated Care Kit) and has three parts:

- Participants must be a 51 MDG prime enrollee.
- Each participant will attend a short class explaining how the program works, some of the most common ailments affecting our beneficiaries, and how to use the "Take Care of Yourself" handbook (participants will receive a "Take Care of Yourself" handbook). The Take Care of Yourself handbook contains step-by-step information and instructions on common ailments, home treatments, when to seek immediate medical care, and what to expect at a medical appointment.
- Participant will receive the very important S.I.C.K. Card which allows them access to three OTC medications monthly from our pharmacy without an appointment.

The classes are the fourth Tuesday of every month at 9 a.m. in the Hospital Garden Court. *(Story courtesy of the 51 MDG)*

TURUMI Continued from pg. 4

Turumi Lodge has a total of 363 guest rooms including 16 suites, which places them in the large facility category of the competition against two other stateside bases; Davis Monthan AFB, Ariz., and Kirtland AFB, N.M.

As a nominee, Turumi Lodge had to go through intense inspections. The Air Force Innkeeper inspection team spent three days guided by a 26-page inspection standard check list to evaluate all aspects of Osan's lodging operation and programs.

"They paid close attention to the little things," said Airman Wilson. "For example, with customer service, they wanted to see if we answered the phone within the first three rings and if we acknowledged a customer while they were waiting in line."

Added Sergeant Dailey, "Turumi Lodge is one of the best kept secrets in the Air Force lodging system, it is even better than some of the resorts we have."

CAREER ADVISOR Continued from pg. 2

... eventually lead to some serious problems, including burnout.

Granted, due to mission requirements and time constraints, you may have to use these top performers. But when possible, you need to distribute the workload equally.

Problems arise quickly when you task the best people all the time.

How would you feel if you have five time-critical jobs pending, yet most of your counterparts were sitting around talking about what they did last weekend? Very frustrated to say the least.

No matter how great a worker may be, he or she can only do so much.

We all know that some people are more dedicated, enthusiastic and reliable than others, however do we “bank” on their performances for the work center’s success while others contribute enough to get by or very little? These are definite warning signs that a supervisor needs to watch for.

Most importantly, you need to be sensitive to the needs of your workforce, especially the professional performers.

If you can, freeze time for a second. See who’s doing productive work and who isn’t.

If you see three or four people always working on projects, in addition to their regular workload, while five or six others are stretching out tasks to prevent being assigned a new one, that’s a good indicator of an uneven workload.

Listen to conversational tones in the office. The overworked may not complain to their supervisors, but they

will definitely complain to their peers.

How often do you hear the phrase “why don’t you get a real job?” Is the office always tense? Are there any barriers to communication? How is morale overall?

Then there’s the final indicator. One of your outstanding workers doesn’t want to work in your section anymore. He or she requests an assignment to another shop in your organization, or regardless of his or her initial high motivation for the job, a worker channels their efforts and enthusiasm into retraining actions.

Sometimes they elect to separate from the Air Force and you’re left with a void to fill.

While these indicators may not mean you are overworking some of the people, they should be considered carefully and taken as a “wake-up” call.

There are some simple steps you can take to ensure workers are treated equitably.

- Train people. Make sure everyone can do the job and do it right. Concentrate on flexibility not extreme specialization.

- Reward your best performers. Do it in front of their peers if possible. This not only makes them feel appreciated, it stimulates others to achieve recognition also.

- Lead by example. Don’t just assign work to everyone then go back and sit at your desk. Be active and follow-up with the work you assign.

- Be attentive. Show an interest in what your people are doing and be available for guidance.

The Air Force strives to maintain a workforce of highly trained and motivated people. By making sure all workers are treated equitably and rewarded for their best efforts, the Air Force, as a whole, can only be better.



Scouting in the local community

Osan Junior Girl Scout Troop 54 was presented the Bronze Award in a ceremony here July 14. The Troop’s Leader, Capt. Eliza Richburg, said it was a joy to work with the girls as they performed more than 15 hours of community service. Troop 54’s main project was to clean up the Post Library’s Children Section. The girl’s learned the Dewey Decimal system so they were able to organize the books properly and spent a lot of time restocking collected and donated books and blankets for a local orphanage. The girls who earned the Bronze Award include Jasmine Anderson, Kendall Westmore, Alyssa Wheeler (pictured along with Captain Richburg - on the left) and Clarissa Duncan and Helen Kahler (not pictured). The Girl Scout Bronze Award is the highest honor a Junior Girl Scout can earn and requires her to learn the leadership and planning skills necessary to follow through on a project that makes a positive impact on her community. The Osan Girl Scouts are very proud of these young ladies, and all the girl scouts on base for their dedication and determination to set and accomplish goals. The Girl Scouts will be represented at a booth at the Osan Elementary School Open house at 3 p.m. Aug. 17 for girls wanting to inquire about the upcoming year of scouting. For more information or to contact the Osan Girl Scouts, at westpacificceo@gmail.com (Photo courtesy of Osan Girl Scouts)

TRICARE Online: Access is Power!

by Ms. Sheri Pueblo

TRICARE Pacific Marketing Representative

TRICARE Online gives you and your eligible family members' secure interactive access to TRICARE tools and resources.

TRICARE Online provides beneficiaries greater access and convenience by interactively connecting them with their military treatment facilities, their providers, as well as a vast network of health and wellness information.

All TRICARE beneficiaries now have immediate access to one of the most comprehensive health care sites ever developed. Some of the current features of TRICARE Online:

- Online appointment scheduling – Currently, routine appointment scheduling is available only to Osan TRICARE Prime beneficiaries.

- Rx Checker—for drug interactions and side effects

- TRICARE Health Care—claims, benefits, enrollment and other entitlement information

- Medical Library—provides a variety of databases for the latest information about pharmaceuticals, symptoms, illnesses, as well as surgical and diagnostic procedures.

- Health and Wellness—links to general health issues, aging, food and nutrition, sports and fitness, mental health, sexuality, alternative medicine, medications, traveler's health, articles from the *New England Journal of Medicine*, and more.

- Healthy Life Style Tools—programs such as smoking cessation and health calculators for individual, overall health assessments.

- Facility and Clinic Pages—information about each facility, its clinics, hours, driving directions and more.

- Web-based Pharmacy refills

TRICARE Online ensures that all of your health care information is now portable, universal, and secure. It is accessible anytime, anywhere, and from any computer.

To take advantage of this valuable resource, log on to www.tricareonline.com to register and gain access.

CHIEF *Continued from pg. 1*

A: ... books on leadership: "Developing the Leader Within You, 21 Irrefutable laws of Leadership, The difference Maker and How to be a Great Manager" are some of his books I've read thus far.

Q: How do you feel about coming to Osan?

A: Well, honestly I never thought of coming to Osan. However, once I received the initial call from Colonel Deale it became an instant possibility. After discussing the assignment with my wife, Charlene, she reminded me that the Air Force has simply provided us another opportunity, Osan, to grow ... so here we are. We look forward to the experience and serving alongside some great Americans while continuing to forge relationships with our incredible hosts.

Q: What are your initial plans as the new command chief?

A: Simply to observe and soak it all in; this is my third tour as a command chief but every installation presents its own unique set of challenges. Therefore, I'm taking my time to learn Osan.

Q: What is the goal and mission of a command chief?

A: My goal and mission is to assist the wing commander with making sure Osan is a great place for our Airmen and their families to work, play and live; while simultaneously equipping, preparing and training our Airmen to fight and win tonight.

Q: What was your most memo-

orable assignment and why?

A: Osan is my most memorable assignment. I realize that sounds corny but it's true. My family and I make it a point to focus on our current assignment and we understand that what was, was and what's now is now. Bottom line, make the best of where we are and not dwell on where we've been because it will hinder our progression at our current assignment. Besides every assignment is a memorable one.

Q: What are your expectations of Team Osan?

A: I'm very proud to be a part of this great organization and have the privilege to serve with some incredible Americans. My expectations are simple: be the best Airmen we can possibly be, and be prepared to fight and win tonight.