



310TH SPACE WING

# UTA NEWSLETTER

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VOLUME IV, ISSUE 6



## Reservists tackle mud, snow, water, electricity for Wounded Warrior Project

By Tech. Sgt. Scott P. Farley  
310th Space Wing Public Affairs

**BEAVER CREEK, Colo.** – The first rule of Tough Mudder is it's not a race, but a challenge.

At the starting line, competitors recite a pledge, vowing to uphold the tenets of the Tough Mudder before embarking on a challenge that takes them over 4,000 feet of elevation change, through icy water, putrid-smelling mud, up mountain ski runs, and through an electrified obstacle, all while raising money for the Wounded Warrior Project.

As a Tough Mudder I pledge that...

- \* I understand that Tough Mudder is not a race but a challenge.
- \* I put teamwork and camaraderie before my course time.
- \* I do not whine - kids whine.
- \* I help my fellow Mudders complete the course.
- \* I overcome all fears.

It is with these instructions that six members of the 310th Mission Support Group set out among a field of thousands to complete the nine-mile challenge in Beaver Creek Resort in Avon, Colo., on June 26, 2011.

While the Tough Mudder was the pinnacle of the challenge, the challenge started in mid May with Tech. Sgt. Alex Sanchez, the 310th Space Wing Logistics Supply Manager, logging into the Tough Mudder Web site and deciding he was going to sign up.

"Once I logged in, I knew I was going to do it and right away told (Staff Sgt. Conrad Jones) about it and he was onboard to do it with me," said Sanchez.

Sanchez said through his softball sponsors funding some of the wing participants, they quickly had a team of competitors who started training for the event that was only two months out.

"I've never done anything like this before," said Sanchez. "I've done cross country, but not a half marathon; I've done 5Ks, but never a 10K, but I've run seven miles several times over the last couple of weeks."

The group of Buckley Air Force Base, Colo., Reservists, Sanchez, Senior Master Sgt. Peter Price, Staff Sgt. Christian Schweiger, Staff Sgt. Aaron Hunt, and Jones, began a training regimen that included seven-mile runs, running stairs at Red Rocks Amphitheatre and uphill zig zags. The team would later include Master Sgt. Eric Vesey. "The best training we did was when a group of us went to Red Rocks a couple of time. We ran the bleachers and the stairs," said Jones, who works in

the 310th Force Support Squadron education and training office.

After two months of muscle confusion and unusual workouts, the day of the competition brought more advanced challenges.

"The day of, I had butterflies going into it," said

muddy until the last minute."

Jones said they knew they wouldn't leave anyone alone, but it wasn't until the last 24 hours when it became clear how they would proceed.

"It was a little muddy until the last minute, but the minimum was nobody was ever going to be



310th Space Wing Mission Support Group members Staff Sgt. Aaron Hunt, Tech. Sgt. Alejandro Sanchez, Staff Sgt. Christian Schweiger, Senior Master Sgt. Peter Price, Staff Sgt. Conrad Jones, Senior Airman Josh Slaton, and Master Sgt. Eric Vesey sport their finisher's headbands following about three hours completing the Tough Mudder in Avon, Colo. on June 26. The group is already planning to bring a larger group for the 2012 Colorado Tough Mudder. (U.S. Air Force photo/Tech. Sgt. Nick Ontiveros)

Sanchez. "It was something new I've never done. I've never done more than three miles in a race. I knew I could do it, but I didn't know what I was getting myself into."

What the group was getting into was a competition that tests toughness, fitness, strength, stamina, and mental grit all in one place and all in one day, which Tough Mudder claims is probably the toughest event on the planet.

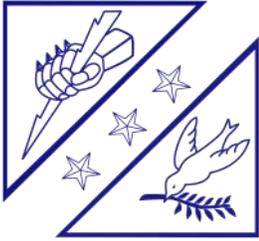
Facing 25 obstacles and nine grueling miles with no game plan, the Reservists quickly found camaraderie was the key to the Tough Mudder.

"This was the ultimate success story," said Jones. "It was difficult. It was team. The camaraderie of our personal team was impressive. We weren't even sure in the beginning how we were going to split up or stay together. It was a little

left alone," said Jones. "In the last 24 hours, we started getting the vibe that Tough Mudder is all about the team. So Sergeant Sanchez and I decided we would all just stick together. Let's get everybody through. I played anchor and worked with whoever fell back. I pushed them and carried them along."

Even working as the anchor throughout the course, Jones found himself face to face with obstacles that left him questioning his ability to complete them.

"One of the toughest for me was the underwater tunnels," Jones said about the obstacle that requires swimming several feet through and under icy water. "They warn you in the very beginning



# Leno brings comedy act to Carson

**By Dustin Senger**  
Fort Carson Public Affairs

**FORT CARSON, Colo.** - Late-night talk show host Jay Leno let loose a series of stand-up comedy bits July 9, seizing his military audience with laughter.

"My abs are hurting right now " this is better than any (physical training) test," said Pfc. Thomas Greiner, 4th Engineer Battalion, who sat near the front row during Leno's monologue, which revealed humor in news headlines and everyday ironies for more than an hour.

"These people give their careers and everything for their country," said Leno, prior to heading on stage. "So, coming and telling jokes, believe me, is an honor." About 1,500 guests funneled into the Special Events Center, where they squeezed into bleachers and grabbed foldout chairs. Leno was introduced by the commander of the 310th Space Wing, Col. Jeff Mineo.

The award-winning comedian is widely known as the host of NBC's "The Tonight Show with Jay Leno," a program that presents entertaining segments and celebrity interviews. He succeeded Johnny Carson in 1992, and then won a primetime Emmy award in 1995.

Throughout his nearly 20 years with the top-rated program, Leno never stopped touring, he said. The comedian still averages more than 150 gigs per year, according to his show's official NBC website.

"We were just up in Alaska, and we're going to Texas in a couple weeks," said Leno, about his current travels with the Air Force Reserve's Tour for the Troops. Leno has a lot of

family in the military, including three "West Pointers" and his brother is a Vietnam veteran.

"I wasn't in the Army ... since I didn't actually serve, maybe I can do this instead," he said, discussing his reasons for bringing stand-up comedy to military installations.

A collection of "welcome home" signs and banners covered the walls and ceiling inside the Special Events Center. Nearly 4,000 war fighters had

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**310SW UTA Newsletter**  
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## WING SCHEDULE

2011

**September**  
10-11 UTA  
**October**  
1-2 UTA  
**November**  
5-6 UTA



310th Space Wing commander Col. Jeff Mineo talks to Airmen and Soldiers before introducing late-night talk show host Jay Leno at the Special Events Center on July 9 at Fort Carson, Colo. Leno performed a monologue July 9 inside the Special Events Center, as part of the Air Force Reserve's Tour for the Troops. (U.S. Air Force photo/Tech. Sgt. Nick Ontiveros)

## 310 SW members selected for Colorado AFA awards

On July 29, the Colorado Air Force Association held its annual awards banquet, recognizing outstanding Airmen throughout the state.

The 310th Space Wing's annual award winners were nominated for these military and civilian award. Master Sgt. Jaime Guerra won the award for senior NCO of the year.



### Need a listening ear?

The Military and Family Life Consultant is here to listen and address marriage and relationship issues, parenting, sibling and family issues, communication challenges, stress and anxiety, grief and loss, and daily life issues. The MLFC is available every day, 0830-1630, at the Airman & Family Readiness Center, Bldg. T-65. Drop-in appointments are available or you can schedule a time by calling the MLFC directly at 651-3379.

For more information, please contact Heidi Tintle of 50 FSS/FSFR at 567-3920 or at [geydy.tintle.ctr@schriever.af.mil](mailto:geydy.tintle.ctr@schriever.af.mil).

### Enlisted Commissioning Brief Leaders Encouraging Airmen Development (LEAD)



**When:** Aug. 17, 2011 9 a.m.  
**What:** USAFA Admissions will be briefing information about the LEAD program. LEAD offers enlisted airmen the chance to attend the Air Force Academy.  
**Who:** Interested Airmen, Commanders, Supervisors and Educators.  
**Where:** USAFA Base Theater

### Financial Freedom:

Aug. 25, 2 p.m.— 4 p.m.

This class is for anyone who wants to make the most of their money! Learn strategies on how to develop a financial plan to meet your financial goals, simple steps to track spending, and most importantly learn how to change financial behaviors that cause us all to slip up! Lots of resources on free budgeting tools and financial calculator websites. A fun, interactive class for anyone who wants to learn more about their finances!



For more information, please contact Heidi Tintle of 50 FSS/FSFR at 567-3920 or at [geydy.tintle.ctr@schriever.af.mil](mailto:geydy.tintle.ctr@schriever.af.mil).



Free SkySox Baseball Vouchers - Aug. 10 game free reserve seat vouchers are available for Aug. 10, Sky Sox vs Memphis Redbirds game. Stop by Outdoor Recreation (Bldg 300, Rm 133), the Main Fitness Center, the Airman & Family Readiness Center, or 50 FSS Marketing (Bldg 210, Rm 214) to pick up your vouchers - up to 10 per person.

For more information, please contact Mr. Kyle Cloppas of 50 FSS/FSK at 567-3588 or at [Kyle.Cloppas@schriever.af.mil](mailto:Kyle.Cloppas@schriever.af.mil).

### Combat Support & Community Service

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# Program helps disabled vets become entrepreneurs

By Donna Miles  
American Forces Press Service

**WASHINGTON** - Retired Army 1st Sgt. Renee Floyd wasn't about to let a disability stop her from realizing her dream of having her own business.

Applying 21 years of experience as an Army mechanic, she launched BRF Mobile Lube Service in Phenix City, Ala., in 2009 and began traveling to people's homes and businesses to provide convenient oil changes and maintenance services.

But her big break came last month, she said, when she attended the Entrepreneurship Bootcamp for Veterans With Disabilities at Florida State University in Tallahassee. The nine-day EBV crash course is part of a program designed to help participants get their businesses off the ground or enhance ventures they have started.

Syracuse University's Whitman School of Management in New York was the first to offer the program for veterans disabled as a result of their military service since Sept. 11, 2001.

FSU administrators launched their own program in 2008. Now, a consortium of seven universities around the United States participates, anxious to help disabled veterans make their dreams of entrepreneurship a reality.

Randy Blass, a retired Air Force lieutenant colonel who serves as director for the FSU program, said entrepreneurship offers the veterans something a regular job can't.

Particularly for those struggling to deal with a separation from military service that they didn't initiate and often didn't want, Blass said entrepreneurship offers a new sense of identity.

"They are no longer that corporal or that sergeant or that captain," he said. "They are going through an identity transition, and to just get a job doesn't always address that psychological identity need."

Entrepreneurship also holds allure to those who see it as a way to continue serving the country.

"By being an entrepreneur, we are helping with the economic recovery," Blass said. "You are creating jobs. ... That message is not lost on someone who still wants to serve and is looking for some identity to latch onto."

Participants begin online training before arriving on campus for an intensive boot camp that Blass said keeps them engaged from sunup to long after sundown. Through classes and workshop sessions, they learn the nuts and bolts of running a business: how to write a business plan, raise capital and build a customer base.

The cost of the boot camp, including food, lodging and transportation, is picked up by participating universities with gifts from alumni, entrepreneurs, corporations and business leaders.

After the program, participants receive a full year of ongoing support and mentorship.

The training is demanding and expectations of participants are high. "We don't coddle," Blass said. "We also don't dwell. We don't even really talk about their disabilities." Rather, the focus of the program is strictly on entrepreneurship. "We talk about business," Blass said. "We are going forward. We are not looking backwards."

Floyd had made good headway in building her mobile lube business. She had put her bachelor of science degree in business administration from American Military University to work, formulating a strong business plan and

marketing motto: "We change lives, one car at a time."

What she didn't initially recognize was that a fear of approaching authority figures had kept her from fully marketing the business.

"It was holding me back from going to the corporations and small businesses and offering my services to them," she said.

But it took a professor at the FSU boot camp to help her realize and press through that fear, she said.

"After he hit me with that and made me think about it, I was able to resolve that issue right away," Floyd said. She immediately began pushing herself to single out and engage business leaders to promote her business.

Another big takeaway from the boot camp was learning to rethink her approach to the business. "I realized that I had to come out of the technician role and into the management role to make it a success," she said.

The boot camp experience and follow-on mentoring already is making an impact on her bottom line.

"I'm seeing an increase in my business and new opportunities to expand it," she said. "I came back (from the boot camp) on fire. And I am still implementing those things I learned from the school, and making them a permanent part of my daily business."

Now, Floyd calls herself "a walking kiosk" in extolling the value of the EBV program to other disabled veterans.

"The business or idea that you never thought you could own is only an EBV class away," she tells them, and "the business that you currently own is only an EBV class away from success

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**MUDDERS** continued from page 1

can make them without being frozen. Right there you have a decision to make. Do I think that I can get through this and if I don't, is it worth dying today for this? And we're going to say no, you should walk around it. They warned you in the beginning it was cold. I talked to some guys that had done it on Saturday, who said the water was the most difficult event. None of those warning prepared me for what I had to deal with going under the water. I stepped into the water up to about mid chest and my whole body just cringed. When you go under water, time seems to change. That is the first time I have had that kind of shock on my body in my whole life."

Jones said the course was filled with many obstacles that offered shocking trials for Tough Mudder challengers, but it was the camaraderie of the event that stood out the most to him.

"The combination of the team thing was amazing, but it was like that the entire course with everybody," said Jones. "I'd see these superstar guys who could just about leap these 12 foot walls, who would sit there and hang out for a couple of minutes to help five or 10 people over the walls. That's just not normal. I've been to marathons, half marathon and 5Ks and there's nowhere I've seen this kind of team and camaraderie."

Jones said members of this year's team are already planning to participate again next year in the challenge that is also for a good cause.

that you are going to approach some bodies of water that are as cold as they

Tough Mudder events are held across the United States and have raised over \$1 million for the Wounded Warrior Project, a non-profit organization that assists warriors as they recover and transition back into civilian life.

Jones said that not only is he talking to people about participating next year, but also starting to set goals.

"Next year if I could have a goal, it would be that almost every person in this unit would either compete or watch the event," said Jones.

It is with this goal of getting more Reservists to come out that Sanchez and Jones are already looking forward to the 2012 Tough Mudder in Avon, Colo. Jones said that just about any Reservist should be able to not only complete this challenge but find it formidable no matter what fitness level they are at.

"It seemed like you could make it as hard as you wanted to make it," said Jones. "A very average person could do it and that's what was cool to me. An extreme athlete could truly be challenged, and scarred up and busted by it, depending on how hard you decide to attack it."

Even with all of their bumps and bruises, Jones said participating in this unique event left many thirsty for more.

"When I was coming into work the day after, Price said to me, "What are we going to do next? That's cool," said Jones. "Nobody said that after the marathon. Nobody said that after the P.T. test. Nobody said that after the half marathon. Nobody said that after the 5K. That's not normal."

Go to the Tough Mudder Web site for more information or to join the 2012 310th Space Wing team, contact Sanchez at (720) 847-1668.

# I can't believe school is starting already

by **Col. Robert Leivers**  
310th Space Wing Chaplain

I know this article is going to make me sound old, but hey....I am!

Growing up in New Jersey, our summer school breaks were a little different. We would end our school year about mid-June and go back to school after Labor Day. It wasn't a lot longer than summer breaks in the Colorado Springs area, but as a young person it 'seemed' like a long time.

However, this summer appears to be flying by and already the schools are open. So where did the time go?

It might just be me, but we are all very busy with our jobs/families/Reserve and life just rushes by. For me personally there is a problem with rushing so much...I don't have time to reflect. Now you might say time for reflection isn't important, but I would suggest it is imperative if we are to have meaning in our lives. Just this morning I had to wait

about 25 minutes to get into the North Gate. So I opened the car windows, turned off the radio and watched the cows eat grass. That might not sound so profound, but I suddenly realized 'here I am running from one thing to another, worried about the future, concerned about this or that...and these cows are just quietly eating.'

To be honest, it was a bit calming to have to sit and watch the cows. Eventually I got to thinking how two weeks ago, the field they are eating from was dry and brown, but now it is green and lush – the rains had come. I reflected upon my own life and how just when I need it, the 'refreshing rains' will come and revive me. In my rushing around, I hadn't take proper time to think about life...I always had to be somewhere. At that moment, I couldn't go anywhere and was almost forced to reflect – and it helped me gain some needed perspective.

When was the last time you had a moment to reflect? Are you rushing too



much to think about life?  
Something to think about...

Chaplain B. Leivers

## DISABLED VETS continued from page 4

Other graduates of the program share Floyd's enthusiasm.

Chris Cancialosi, a former Army National Guard aviator, started his own business, gothamCULTURE, shortly after returning from Iraq in 2005. But it was the EBV program, which he attended in 2009, that helped him realize the difference between being self-employed and being an entrepreneur.

"If you expect to grow, you have to focus on growing the business," he said, rather than trying to do it all solo. Now that he's hired a staff and delegates some of the company's support functions, Cancialosi is seeing his company grow by leaps and bounds.

"Being an entrepreneur means that I have the ability to control my destiny, to make a difference in the world in my own way," he said. "The only limits that are set for me as an entrepreneur are those that I set for myself. I am (now) able to create something in the world in my own vision."

Other alumni of the program say they are applying the lessons learned through EBV in building their businesses.

Jose Rene "J.R." Martinez, a veteran severely

burned when his Humvee hit a landmine in Iraq in April 2003, graduated from FSU's program in 2008 and now serves as a motivational speaker and actor on ABC's "All My Children" soap opera.

Daniel Hash, another graduate of the 2008 boot camp, founded United Doves, a company that releases doves at weddings, funerals and other events, then retrieves the birds after they return home.

Marylyn Harris, a former nurse who attended last year's class, runs HarrlandHealthcare Consulting, a management consulting firm.

Veteran Claudel Aubry, a 2010 EBV graduate, runs a logistics management firm that specializes in transportation and supply chain management.

Reggie Crane, a retired chief master sergeant who attended the same class, is applying lessons learned to his company, Next Level Coaching and Consulting Services.

Cancialosi called the program one of the best things going for disabled veterans who have the fire in their bellies to become

entrepreneurs.

"For people who are very serious and very committed to starting their own business and world of entrepreneurship, this program is fantastic," he said. "It is a phenomenal program. The people running it are extraordinary human beings" he added. "It really is that epitome of the idyllic American spirit."

As the program grows, Blass said, the next plan is to expand it to include caregivers of veterans with disabilities and spouses of the fallen.

Syracuse University officials were the first to offer that program, and Blass said FSU officials will offer their first Entrepreneurship BootCamp for Veterans Families in February.

Details about the program and how to apply are posted at <http://whitman.syr.edu/ebv> with links to participating universities' websites.

<http://www.af.mil/news/story.asp?id=123266246>

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**LENO**

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returned during the past two months. Almost 300 Soldiers from 1st Brigade Combat Team, 4th Infantry Division, redeployed from Afghanistan the same day Leno performed.

The supply of free tickets quickly depleted June 23, leaving many servicemembers hoping for space-available admission. Greiner gained last-minute access with Spc. Peter Ziehli, 4th Eng. Bn. The Soldiers said an opportunity to watch Leno live at Fort Carson was something they never expected.

"There was a lot of crowd stuff you cannot hear on television," said Greiner. "Everyone putting in their two cents and the roar of everyone laughing, it was awesome."

"It's fun to tell jokes " it's what I like to do " and you're a great audi-

ence," said Leno, wrapping up his show at Fort Carson. "To be able to come here and have some fun with you guys, life is hell and you guys have been through it all ... God bless you and thank you for everything."



Late-night talk show host Jay Leno performed a monologue on July 9 inside the Special Events Center at Fort Carson, Colo., as part of the Air Force Reserve's Tour for the Troops. A military audience of about 1,500 people showed up for the Emmy-Award winning comedian's routine, which revealed humor in news headlines and everyday ironies for more than an hour. (U.S. Air Force photo/Tech. Sgt. Nick Ontiveros)

# 310th SW Reservist cares for fallen rider with Self Aid and Buddy Care

By Staff Sgt. Jeff Fitzmorris  
310th Space Wing Public Affairs

**SCHRIEVER AIR FORCE BASE, Colo.** -- On the morning of June 12, Master Sgt. Karen Rouse and her husband Tracy decided to take part in a Poker Run Ride supporting the Annual Pikes Peak Fallen Officers Memorial ride beginning in Colorado Springs, Colo.

She had no idea that what lay on the road ahead of her would test her memory and Self Aid and Buddy Care training.

Rouse, 7 SOPS commander's support staff and the additional-duty first sergeant, was riding her Harley Davidson Sportster 1200 with the Blue Knights international law enforcement motorcycle club from Castle Rock, Colo., to Palmer Lake, Colo., with about 50 other riders, when she saw an eerie sight for a motorcyclist. One of the guest riders in their group took a sharp S-shaped turn too fast and slid off a steep embankment into gravel, landing on rocks with momentum taking his bike further down the hill.

"I saw dirt flying high up into the air and him on his bike go down into the ditch, and his bike kept going down the hill," said Rouse.

Rouse said she approached the scene safely and slowly around the corner on her bike and noticed the blood on the rider's head as she came to a stop. The rider, who was standing, had the wind knocked out of him, among other more serious injuries. Rouse employed her years of Self Aid and Buddy Care training

to take control of the scene.

Rouse laid the victim down, stopped the bleeding from his head with her bandana and treated a protruding bone from his thumb. The victim complained of head pain, back pain, thumb pain, and massive road rash. He was not wearing a



Tracy and 7th Space Operations Squadron Master Sgt. Karen Rouse, stand by their motorcycles before the Annual Pikes Peak Fallen Officers Memorial ride. Later that day, Master Sgt. Rouse's quick reaction to an accident by a fellow rider prevented further injury to the severely injured rider. Due to her training she was able to treat, stabilize and help prepare the accident victim for emergency evacuation. (Photo courtesy Master Sgt. Karen Rouse)

helmet, jacket or any personal protective equipment, except goggles. Rouse's fellow riders wanted to give the victim water, but Rouse knew from her training that was not

a good idea. She maintained his calm state while waiting for the emergency medical services, by helping to avoid shock, bleeding and any further injury to him by limiting his movement and fluids.

Due to her knowledge and quick thinking, she was able to control the situation and make sure the individual was able to be recovered by paramedics without further injury, but Rouse said his injuries could have been prevented.

"He should have slowed way down around the sharp corners, and wore his protective gear," said Rouse, who added that every year she has SABC, but always hopes she will never have to use it, but if she does, she knows she will remember it now. "It was so strange how instantly, everything came together, and all my training kicked in."

Rouse said she was grateful that her years of SABC contributed to her split-second reaction and that a fellow cyclist was so impressed with her actions, he believed she was a nurse.

Later that day she replayed the incident in her mind and continually wished the victim would have been safer around the corners and had been wearing his PPE.

"Luckily the accident wasn't fatal, but without the correct precautions before each ride the next incident could be much worse," said Rouse. "Always wear you PPE, take the motorcycle safety course, and pay attention to (SABC), it could save your life."

## Military One Source helps Reservists take charge of financial wellbeing

As we go about our summer fun, we stay aware and take precautions to ensure our safety. It is just as important to be an aware consumer. This month, Military OneSource is highlighting Consumer Awareness to highlight the many resources available to help us all be more educated as consumers. Visit his link Consumer Awareness

<http://www.militaryonesource.com/LinkClick.aspx?fileticket=kHC60Gqa02g%3d&tabid=940> on the Military OneSource Monthly Communication Calendar to access the flyer that provides links to resources including the following:

- \* Consumer Awareness Webinar Series including topics such as mortgage scams, home repair scams, and auto issues
- \* Moderated Chat on Work at Home Tips
- \* Orderable Materials including Identity Theft packet, Take Charge of Your Money CD, Healthier at Home: The Proven Guide to Self-Care and Being a Wise Health Consumer booklet
- \* Articles such as Avoiding Frauds and Scams After a Natural Disaster, Money Traps to Avoid and Special Protections for Service Members and Their Families, The Servicemembers Civil Relief Act (SCRA), Avoiding Scams and Finding Help When You're at Risk of Foreclosure, and Avoiding Fraudulent Health-Product Claims
- \* Tools & Services including Consumer Purchases category page, Financial Counseling / 45 different Financial Calculators, ScamCast with the FTC podcast series, Everyday Tips and Money Matters newsletters, and Online Libraries providing access to Consumer Reports magazine through the MasterFILE and the Morningstar Investment Research Center online library

We hope this pre-packaged list of materials and services will help you refer service members and families to Military OneSource through your own newsletters, on your web sites, and at your events. For more information on our calendar as well as past and future themes, please visit the Service Provider Home Page <http://www.militaryonesource.com/MOS/ServiceProviders.aspx>.

## Tickets to begin August 1 for booster seat violations

By Maj. Eric A. Johnson  
310th Space Wing Safety Office

**DENVER** - Kids up until age 8 are required to be in booster or car seat or face \$82 fine ~

August 1st marks the one-year anniversary of the expanded child passenger safety law in Colorado, which means law enforcement will start pulling over and giving \$82 citations to drivers transporting children under age 8 who are not in a car seat or booster seat. Previously, the law only required child safety seats for children under age 6.

The state conducted a yearlong education period to inform parents and caregivers about the change in the law and reinforce the importance of properly securing children to prevent serious injuries and help save lives. From 2006-2010, 20 kids, ages 4 through 7, died in traffic crashes in Colorado, and 11 (55%) of them were unrestrained or improperly restrained.

“Children ages 4 to 7 who use booster seats are 45% less likely to be injured in a crash compared to children who are restrained only by seat belts,” said Col. James Wolfinbarger, chief of the Colorado State Patrol. “Many parents mistakenly believe that a seat belt provides enough protection for their older child in a crash,” said Wolfinbarger. “A booster seat is a safer option because it lifts the child up so that the lap belt rests across hip bones to protect internal organs, and it positions the shoulder strap so it rests across the collar bone instead of on the neck or falling off the shoulder.”

Parents who need help determining the safest option for their child or baby can visit one of CPS Team Colorado's 140 car seat fit stations across the state. The fit stations provide free assistance and car seat checks that are conducted by trained child passenger safety technicians. For parents

facing financial hardship, some car seat fit stations provide car seats and booster seats at a reduced price or for a small donation. Parents can find a fit station closest to them by visiting the newly revamped [www.carseatscolorado.com](http://www.carseatscolorado.com) or calling toll free 1-877-LUV-TOTS or 303-239-4625 in Metro Denver.

In addition to expanding the use of booster seats, the revised law gives parents more flexibility in choosing the best safety seat for their child or baby, as long as they adhere to the upper weight and height limits set by the seat's manufacturer and follow installation instructions. The law also has the following minimum requirements:

- \*Babies under 1 year old and less than 20 pounds must ride in a rear-facing car seat and only in the back seat of the vehicle.
- \*Once babies turn 1 year old and weigh at least 20 pounds, the law gives them the option of using a front-facing car seat. Rear-facing car seats are still allowed by law and safety experts recommend that parents continue using them to the upper weight limit allowed by the car seat manufacturer because it provides the most protection.
- \*Children ages 4, 5, 6 and 7 must continue to be protected in a child safety restraint. For most kids in this age group that means a booster seat, but experts recommend that children remain in a forward-facing car seat longer if the upper weight limit of the seat allows it (usually 40-50 pounds).
- \*When a child turns 8, the law allows them to use a vehicle seat belt. But for the best protection, safety experts recommend that kids continue to use a booster seat until they are at least 4'9" tall, which half of children will not reach until they are 11 years old.
- \*The minimum fine is \$82 per violation. All child passenger safety violations are primary enforcement.

# Mullen stresses lessons joint ops

**By Jim Garamone**  
American Forces Press Service

**BAGHDAD (AFNS)** -- The men and women gathered in the apse of the Al-Faw Palace here spoke volumes of what the U.S. military has become.

Soldiers, Sailors, Airmen, Marines and Defense Department civilians gathered to hear and to ask questions of America's highest-ranking military officer. Their service together in the headquarters for U.S. Forces Iraq signified how far the joint force has come.

One young Sailor asked Navy Adm. Mike Mullen how to capture the lessons learned about operating jointly, and the question clearly energized the chairman of the Joint Chiefs of Staff.

"Through the course of two wars, we have built an incredibly joint force in ways that many of us could not have imagined," Mullen said. "I love each service to death -- the ethos and culture that each service has. It's a critical part of who we are as a military."

But the military has found that if the services work together, they can accomplish a lot more and can eliminate duplication, he said.

"We can see best practices and ideas from other services that sometimes make us scratch our head and ask why we weren't doing that," he added.

Those people who turned the situation around in Iraq and those who are turning the tables on the Taliban in Afghanistan have depended on members of other services to a degree never seen in American history, the chairman noted, acknowledging that getting to this point has not been easy.

Today, he said, everyone praises the Goldwater-Nichols Act of 1986 for the way it brought jointness to the forefront. But it was a tough sell at all levels of the military, he recalled, and only the vast prestige of Arizona Sen. Barry Goldwater put the law on the books.

"It really took us about 10 to 15 years (after the law took effect) that we moved in the joint direction," Mullen said. "It was really these conflicts that made us joint."

And this needs to continue, the chairman added.

"We need to leverage not only what has happened here, but recognize the importance and opportunity in places like cyber, like space, (and) in intelligence," he said. "As we get smaller as an institution, that mandates that we work more closely together. In returning to our services, you can't forget what you learned."

Mullen said that when he was chief of naval operations, he moved Sailors onto the shore and into the combat zones in Iraq and Afghanistan. He did it because the Sailors could contribute to the effort ashore, he explained, and they also would learn how to operate jointly -- and they would return to the fleet "and plant the seed that would change the Navy."

The American military has built capabilities that are extraordinary, Mullen said.

"Things we didn't know we needed when this began, we now have, whether it is intelligence, surveillance and reconnaissance capabilities or force protection or intelligence and operations systems that feed each other so we can be much quicker to the fight," he said.

When the wars began, those in the military spoke about the speed of war, the chairman said, noting that the U.S. military was lagging behind a nimble and adroit terror group.

"That's no longer the case," he said. "Not only have we caught up with them, we've gotten ahead of them. We went from a classic conventional force to the best counterinsurgency force the world has ever seen, and we did it on the fly, we did it in stride, we did it in the fight."



**In May, AFRC had two Administrative Discharge Boards:**

Rank	Capt	Capt
Basis	Drug Abuse	Unsatisfactory Participation
Service Characterization	General	General

## 310th Space Wing Promotions

**JUNE PROMOTIONS**

VAUGHT, RYAN D	SSGT	8 SWS
MARROQUIN, ROLANDO A	SRA	DET 1, 8 SWS
CURTIS, SEAN D	SRA	310 SFS
MAJERNIK, MATTHEW J	SSGT	310 SFS
VIGIL, MATTHEW J	SRA	710 SFS
ARMBRUSTER, MITCHELL J	TSGT	710 SFS
FLORES, SHAWNA R	TSGT	RNSSI

**AUGUST PROMOTIONS**

BALLARD, RAYMOND L	SRA	710 SFS
GWALTNEY, MARCUS N	SRA	710 SFS
TUCKER, BRANDON A	SRA	710 SFS
GLANTON, ANTHONY M	SSGT	310 SFS
BANISTER, LYNDEE M	SSGT	710 SFS

# Professional development key to Airmen's success

**By Staff Sgt. Amanda Dick**  
Air Force Public Affairs Agency

**SAN ANTONIO** -- In a culture where deployments are part of daily life and Airmen regularly perform duties above their rank, professional development is an important piece of cultivating the enlisted force to meet mission requirements, Air Force leaders said recently at the 2011 Air Force Sergeants Association Professional Airmen's Conference.

Though many venues exist for enlisted Airmen to flourish, AFSA's Professional Airman's Conference, which was held this year here from July 23-27, is an annual opportunity for many to join together and learn.

"Professional development is a combination of learning your career field, but also what the Air Force needs, including the changing events going on," said Master Sgt. Shana Cullum, a Reserve first sergeant with the 932nd Aeromedical Staging Squadron based in Scott Air Force Base, Ill. "It keeps everybody up to speed on the Air Force and what's upcoming, preparing us for the future. Professional development ... you can't go forward without it."

Held in conjunction with the organization's international convention, the PAC consists of professional forums mixed with breakout sessions based on rank or special duty.

It's always great when you combine a variety of (people in) different backgrounds, bases and career fields who put their heads together, sharing their stories and examples," Cullum said. "It's also motivating to know you're not in the boat alone ... everybody is having the same issues and problems, but together we come up with better solutions."

As part of the conference, top enlisted leaders from four combatant commands held a panel discussion to address issues, concerns and questions while providing their professional insight. The panel included U.S. Marine Sgt. Maj. Bryan Battaglia, the command sergeant major of U.S. Joint Forces Command; Chief Master Sgt. Jack Johnson, the command chief master sergeant and command senior enlisted leader of U.S. Africa Command; U.S. Navy Command Master Chief Daniel Millier, the U.S. Cyber Command senior enlisted leader; and Chief Master Sgt. Thomas Narofsky, the command chief master sergeant of U.S. Strategic Command.

The panel highlighted the importance of investing in training and education, building relationships with joint and coalition forces, building capacity and capability, and providing joint training opportunities in Airmen Leadership School for Marine, Army and Navy brethren.

Several Air Force leaders also presented their major command perspective, which covered topics Airmen face globally.

Gen. William Fraser, the commander of Air Combat Command, highlighted the need to take care of Airmen and their families - a

recurring theme throughout PAC - and ACC's Comprehensive Airmen Fitness Program, which focuses on maintaining Airmen's social, mental, physical and spiritual fitness. Fraser also addressed the need for "innovative" Airmen to fight today's fight and come up with ideas for future challenges.



Sam Parish, the eighth chief master sergeant of the Air Force, along with other retired chief master sergeants of the Air Force, answer questions about Airmen leadership responsibilities and challenges facing the Air Force during the 50th Anniversary Air Force Sergeants Association Forum in San Antonio on July 27, 2011. (U.S. Air Force photo/Tech. Sgt. Rey Ramon)

While many professional development opportunities prepare warfighters for worldwide combat operations, Airmen must also sharpen their job skills to be prepared at a moment's notice to provide humanitarian assistance or disaster relief.

Pacific Air Forces commander Gen. Gary North communicated the importance of being ready to go when he discussed PACAF's recent involvement in Operation Tomadachi. He showcased the integrated effort between the Air Force and Japan, as well as with other joint and coalition forces, to support Japan's rescue and recovery operations.

According to Callum, Airmen getting together for these forums help in rumor control.

"We're all given the same information at the same time from the same sources -- it solves a lot of rumors that could be out there and helps dispel those rumors already present," she said.

As attendees head home from AFSA's PAC, they take with them increased knowledge, new experiences and camaraderie to improve themselves and the Air Force.

"The conference was an interesting and motivating experience," said Airman 1st Class Mashwelle Batres, who is with the 624th Regional Support Group based in Joint Base Pearl Harbor-Hickam, Hawaii. "It's always great to meet those you have heard so much about. I can't wait to get back and put the information I learned into practice."

# First lady to help build home for female vets

By **Stephanie Tatum**  
Fort Bragg Public Affairs

**FAYETTEVILLE, N.C.** - A former Sailor who houses homeless female veterans here received the surprise of her life today when hundreds of workers and well-wishers -- including First Lady Michelle Obama -- were on hand as she became the latest winner on the "Extreme Makeover: Home Edition show."

The ABC-TV reality show's host Ty Pennington, as well as design crew, workers and volunteers have been at the home at 120 Langdon St. for 24 hours each day for the past seven days, working to finish the house on time. Between scorching temperatures and a grueling schedule, workers were put to the test.

Barbara Summey Marshall, a 15-year Navy veteran, bought the house with the hopes of providing shelter, support and services such as mentoring and life coaching to homeless female veterans. Just a week ago, Marshall was struggling to house the women in the modest, 1,600-square-foot ranch house that was in need of major renovations. When the Extreme Makeover crew showed up at her house on July 14, Marshall knew that some very special volunteers would donate their time to help build her a new home.

Today, those volunteers turned out en masse with none other than Obama at the front of those congratulating Marshall and wishing her well.

"The fact that [Obama] came to Fayetteville to take part in this phenomenal project confirms how passionate she is about people, women and veterans," said Master Sgt. Jennifer Loredo, Comprehensive Soldier Fitness noncommissioned

officer in charge, 18th Airborne Corps at Fort Bragg, N.C.

In the end, the builder met its deadline and Pennington and crew, along with hundreds of volunteers and local residents, revealed the new and extremely improved Steps N Stages Jubilee House today with the show's signature shout out, "Bus driver, move that bus!"

Marshall's new house now includes enough space for her to move in with her son, and space for additional residents to live comfortably. It includes a gym, garden, greenhouse, resource center and more than Marshall ever dreamed of.



Photo courtesy / Associated Press

a Smithfield, N.C. native and supply sergeant at Fort Bragg's Advanced Airborne School volunteered during the week and attended the reveal.

"I was more than happy to volunteer my time because that could be me one day. I think it is great that Barbara spends her time helping people, so now that someone is taking the time to help her -- it's awesome," Dublin said.

In addition to her stop in Fayetteville, Obama will continue to promote "Joining Forces," a national initiative that mobilizes all sectors of American society to support service members and their families. Her next stop will be July 24 at a New Hampshire event for National Guard and Reserve families.

"This campaign is about all of us -- all of us joining together as Americans to give back to the extraordinary military families who serve and sacrifice so much every day so we can live in freedom and security," Obama said during an event

earlier this year.

The first lady and Jill Biden, wife of Vice President Joe Biden, have made numerous appearances to further the program's reach.

Obama's last visit to the Fort Bragg area was in March 2009 for her first tour outside the White House after becoming first lady.

"I had the distinct honor and pleasure of, not only, meeting Mrs. Obama today but also shooting a few scenes with her for Extreme Makeover Home Edition, Loredo said. "She was very genuine and expressed her gratitude for my family's sacrifice, as I am a Gold Star wife. I am extremely grateful for this opportunity and will never forget it."

The Extreme Makeover: Home Edition show featuring the Jubilee House is scheduled to air in October.

## **RESOURCES**

### **AF.mil**

<http://www.af.mil>

### **Airman magazine**

<http://www.airmanonline.af.mil/>

### **Air Force Community**

<http://www.afcommunity.af.mil/>

### **Air Force Outreach**

<http://www.afoutreach.af.mil/>

### **Military OneSource**

<http://www.militaryonesource.com/>

### **Military HOMEFRONT**

<http://www.militaryhomefront.dod.mil/>

### **Air Force Personnel Center**

<https://gum-crm.csd.disa.mil/app/home;>

<http://www.afpc.randolph.af.mil/>

### **Air Reserve Personnel Center**

<http://www.arpc.afrc.af.mil/>

### **Department of Defense**

<http://www.defense.gov>

### **Department of Defense News**

<http://www.defenselink.mil>

### **TRICARE**

<http://www.tricare.mil>

### **U.S. Government Web site**

<http://www.firstgov.gov/>

### **Employment Opportunities**

[www.usajobs.com;](http://www.usajobs.com;) [www.nafjobs.org](http://www.nafjobs.org)



## 310<sup>TH</sup> SPACE WING AT A GLANCE

The 310th Space Wing, the only space wing in the Air Force Reserve, is located at Schriever Air Force Base, Colo., and has units assigned to Schriever, Peterson and Buckley Air Force Bases, Colo., and Vandenberg Air Force Base, Calif.

### Vision Statement

World's best citizen Airmen bringing unrivaled expertise to secure space and cyber superiority for U.S. and Allied global interests.

### Mission

Provide optimized, scalable combat ready forces, delivering space and cyberspace power for faster, more lethal, more accurate effects everyday, everywhere.

### Organization

The wing is composed of 17 units, under the 310th Operations Group, 310th Mission Support Group and two direct-reporting units, that support various military and other government organizations including, but not limited to, the Department of Commerce, Air Force Space Command, Air Combat Command, the Space Innovation and Development Center, 14th Air Force, 24th Air Force, 50th Space Wing, 21st Space Wing, and 460th Space Wing.

<http://www.310sw.afrc.af.mil>



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*310th Space Wing — "A Family of Professionals"*