

Peacemaker



A professional team, delivering bombing, airlift support, training and combat support to combatant commanders... anytime, anywhere

Vol. 39 No. 1

Dyess Air Force Base, Texas

Jan. 8, 2004



7th Bomb Wing

Sortie goals as of Jan. 5

	Monthly	Flown	Current Status
	64	4	0
	41	0	-2
	70	3	0

What's Inside



Person of the Year

See Page 3



Reenlistments

See Page 5



New BAH rates

See Page 14



Fitness tips

See Page 15

Weekend Weather

SATURDAY

Partly Cloudy

High 63

Low 35



SUNDAY

Partly cloudy

High 64

Low 39



Weather courtesy of 7th Operations Support Squadron weather flight

317th Airlift Group Goals

As of: Dec. 17



Departure Reliability Goal

Current Departure Reliability

78% 70.3%

CSAF visits Dyess this week

By Capt. David May
Dyess Public Affairs

After a whirlwind fall that included a record-breaking 7th Bomb Wing surge, the 317th Airlift Group's reunion after nearly two years, and visits from both the commander of Air Combat Command and the Secretary of the Air Force, Dyess is set to keep up the momentum in the new year.

Gen. John P. Jumper, Chief of Staff of the Air Force, arrives today and will visit the base, lead a B-1 formation flight, tour a C-130 and hold an Airman's Call before departing tomorrow.

Gen. Jumper is the highest ranking military member in the air force and is responsible for the organization, training and equipping of the entire 710,000 strong active-duty, Air National Guard, Air Force Reserve and civilian forces serving all over the world.

See CSAF, Page 3



Gen. John P. Jumper, then-Air Combat Command commander, learned about bomb loaders from a Dyess weapons loader during his last visit in 2001. Gen. Jumper, now Air Force Chief of Staff, will visit Dyess today. The general will conduct an Airman's Call at 3:45 p.m. today in the 3-bay hangar.

Dyess to provide BRAC data to DOD

Tuesday, the Department of Defense requested commanders of installations in the United States, territories and possessions to gather information about their installations as part of the 2005 round of Base Realignment and Closure.

Dyess officials have confirmed they are in receipt of the request and have begun putting together the information required in a response to the DoD.

The department will use BRAC to eliminate unnecessary infrastructure and to increase military capability and effectiveness.

Formal data calls are one of the ways the department satisfies its statutory obligations to treat all military installations equally and to make its closure and realignment recommendations based solely upon certified data.

The participation of an installation in the data call does not indicate the department is specifically considering the installation for closure or realignment. All installations will participate in these calls. While none of the questions or data associated with the questions

will be released to the public prior to the department's recommendations being forwarded to the independent Defense Base Closure and Realignment Commission, all questions and data will be publicly available once the Commission receives them.

This data call is only one of many steps in the BRAC process. There will be additional data calls as necessary.

In a related action, the department published Draft Selection Criteria in the Dec. 23, 2003, Federal Register for public comment. The department will use the criteria as part of its evaluation process. Comments are due not later than Jan. 28. The department's list of base closure and realignment recommendations will be submitted to the independent BRAC Commission no later than May 16, 2005, as required by the legislation that authorized the 2005 round.

General information on the DoD's BRAC process is available online at: <http://www.dod.mil/brac/>.

(Courtesy of the Office of the Assistant Secretary of Defense for Public Affairs)



PUMIA'S VECTOR

This past year turned out to be a very successful year for Team Dyess and 2004 promises to be filled with even more great opportunities to serve. The same characteristics that made winners last year are likely to be just as useful during this year. Some things to keep in mind:

Expect change--build off of your experiences and anticipate that new events are going to happen.

Stay enthusiastic--success almost always follows those individuals who have a high level of enthusiasm.

Be energetic--a common trait of winners is that they have a large amount of personal energy--our new AF fitness emphasis will help with creating increased energy.

Look forward to serving our nation--most people accomplish great things when they keep in mind what they are working for. And we are working for our country--something bigger and greater than ourselves.

Our nation appreciates what you are doing to make America and the world a better place.

Remember these things and we'll be just as successful this year as we were in 2003!

This week in AF History

Jan. 8 -- The Air Force Cross posthumously awarded, in 1964, to Maj. Rudolf Anderson, Jr., the only casualty of the 1962 Cuban Missile Crisis.

Jan. 9 -- Army Air Forces participate in the opening of the Luzon, Philippines campaign in 1945.

Jan. 10 -- An Army R-5 sets an unofficial world helicopter record of 21,000 ft. in 1946.

Jan. 11 -- The Air Force approves construction of the 5 Texas Towers as part of the Air Defense System in 1954.

Jan. 12 -- President Roosevelt asked Congress for a revision of the authorization for Army aircraft in 1939.

Jan. 13 -- The XR-4, the AAF's first helicopter, made its initial flight in 1942.

Jan. 14 -- The Air Force signed a \$74 million contract for F-102A supersonic all-weather fighters in 1957.

Jan. 15 -- General of the Air Force Hap Arnold died of a heart ailment in 1950.

Only 13 days left until the ORI!

Even though we have scaled down to a Phase I for the ORI we still need to stay vigilant.

- FPCON awareness is essential. Make sure to observe the levels and follow the regulations.
- Remember, in certain FPCON levels military people are not authorized to wear their uniforms out in public. This means no quick bites-to-eat in the local fast-food restaurant or food pick-ups from restaurants. Inspector General team members may be down-town for the same reason and will know if a uniform is authorized or not.

Action Line

The Action Line provides a direct line of communication between Col. Jonathan George, 7th Bomb Wing commander, and the people of Dyess.

As a general rule, people should use their chain of command or contact the agency involved first, however, if you are not satisfied, call 6-3355 or e-mail action@dyess.af.mil and leave your message.

Leaving your name and phone number ensures you will receive a personal reply by phone. The *Peacemaker* staff reserves the right to edit all incoming Action Lines before publication. Not all Action Lines may be published.

To help address customer concerns try calling one of these base agencies for assistance:

Base exchange at 692-8996
 Chapel at 6-4224
 Civil engineering at 6-2253
 Commissary at 6-2434 or 6-3610
 Military equal opportunity at 6-4123
 Inspector general at 6-3898
 Base housing at 6-2150
 TRI-Care at (800) 406-2832

Finance at 6-2274
 Office of Special Investigations at 6-2296
 Public Affairs at 6-2862
 Safety at 6-5574
 Security forces at 6-2131
 Youth Center at 6-4797
 Base operator at 6-3113
 Child Development Center at 6-4337
 Family Support Center at 6-5999
 Area Defense Counsel at 6-4233

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Editorial content is edited, prepared and provided by the 7th Bomb Wing Public Affairs Office. The staff reserves the right to edit all content and submissions. All photos are U.S. Air Force photos unless otherwise noted. The deadline for submissions to the *Peacemaker* is close of business Thursday one week prior to the desired publication date. Submissions should be sent to the 7th Bomb Wing Public Affairs office at 466 5th st., Dyess Air Force Base, Texas 79606 or e-mailed to peacemaker@dyess.af.mil. For more information, call 325-696-4300.

American soldiers named Time 'Person of the Year'

By K.L. Vantran

American Forces Press Service

WASHINGTON (AFPN) -- Three 1st Armored Division soldiers graced the cover of Time magazine Dec. 22. They represent "The American Soldier" -- all men and women in uniform -- who have been chosen as Time magazine's 2003 Person of the Year.

"For uncommon skills and service, for the choices each one of them has made and the ones still ahead, for the challenge of defending not only our freedoms but those barely stirring half a world away, the American soldier is Time's Person of the Year," editor-at-large Nancy Gibbs wrote in the opening essay of the magazine.

"By naming the American soldier as Person of the Year, we're using that term in its broadest sense, to stand for all of those in a U.S. uniform who go in harm's way, including (sailors, airmen and Marines)," managing editor Jim Kelly wrote in a letter to readers.

The magazine cover is a "fitting tribute to these young men and women who have volunteered to serve their country and are over there doing a superb job," said Chairman of the Joint Chiefs of Staff Gen. Richard B. Myers.



Time officials said the magazine's naming of a Person of the Year recognizes "the person or persons who most affected the news and our

lives, for good or for ill and embodied what was important about the year, for better or for worse."

Thompson said the more Time officials talked about the cover, the more they realized that it should be the carpenter's tools and not the carpenter they honored, so they opted for the soldier.

"It's a grand choice," said Thompson, who has been in Afghanistan and flown over northern Iraq with U.S. troops.

The photo, taken by James Nachtwey, was shot a few hours before a grenade landed in the Humvee he and Time reporter Michael Weisskopf were traveling in. Weisskopf lost his right hand when he attempted to throw the grenade from the vehicle. Nachtwey and two soldiers also were wounded in the attack. All are recovering from their injuries.

Time's tradition of naming a Person of the Year began in 1927 when the Man of the Year honor, as it was then called, went to Charles Lindbergh for his solo flight over the Atlantic.

This is not the first time the magazine has chosen U.S. servicemembers for its annual honor. "The American Fighting-Man" was Time's Man of the Year in 1950 as the Korean War was being fought.

CSAF

Continued from Page 1

"We are truly honored to host Gen. Jumper and we're going to show him there's none more professional than the heart of the B-1 community that resides here at Dyess," said Col. Jonathan George, 7th Bomb Wing commander.

This won't be his first trip to Dyess though, and one thing Col. George said he hopes he notices is that the high quality of Air Force people working at Dyess hasn't changed over the years.

Gen. Jumper will get an opportunity to meet many of those troops firsthand at the Dyess Heritage Club Sunday, where about 300 military members will have the opportunity to attend "An Evening with the Chief."

The event is being billed as an opportunity for Dyess people to learn of his experiences and listen to his insight in a small setting. Since taking office, Air Force people have often been his main focus.

Within the last year, Gen. Jumper has laid out his vision for Total Force Development—a new initiative that he says will develop "professional

airmen who instinctively leverage their respective strengths together."

Another example of his "people" focus went into effect Jan. 1 with the new fitness standards that replaced the controversial "bike test" and focus instead on a 1.5 mile run, push-ups, crunches and a waist measurement.

To make the Air Force a more visibly distinctive entity, Gen. Jumper has also authorized wear testing of a new, blue utility uniform. The new uniform should be practical, easy to maintain and comfortable, he said in his August Site Picture.

Since taking office, he has also overseen the reorganization of the Air Force and watched it evolve into more streamlined aircraft maintenance operations and a more efficient deployment process that better mirrors what can be found in deployed locations, said Col. George.

"The day is coming when prompt global strike will be a reality, when the kill chain will be reliably and consistently compressed to minutes instead of hours or days, and when the sum of all our sensor, command and control, and information capabilities will be a cursor on the target and steel on the enemy," Gen. Jumper said in his July 17 Site

Picture.

Part of this initiative is the F/A-22, which he has spoken of the need for as the air force goes forward into the new millennium.

Often speaking of its "kick down the door" capabilities, Gen. Jumper called it a remarkable airplane that can get through any defensive system known and has evolved a highly effective air-to-ground capability that reinforces the global strike capability of the air force.

Another issue he said he is continuing to work on is that of time-sensitive targets and at least part of his solution for that may be the B-1.

"They've got three bomb bays in the B-1s and you can put three different kinds of munitions on there and you can orbit them for hours," he said in a recent speech. "When something comes up that you weren't expecting or you were but you didn't know when, these forces (B-1s) are ready to go out and take it on, whatever it is."

Although many of his initiatives are still underway, Gen. Jumper had an opportunity -- and challenge -- that few other CSAFs can share: his ideas were immediately tested by war while he was still in office.

With his first full day on the job as

Sept. 11, 2001, Gen. Jumper could hardly have imagined that the nation would suffer its worst terrorist attack ever that very day and be plunged into war.

His background shows Gen. Jumper is no stranger to challenges, or to war.

After graduating from the Virginia Military Institute in 1966, he became a C-7 pilot and flew missions in Vietnam. Soon after, he became an F-4 pilot and instructor, and over the years has flown the F-15, F-16, C-20, T-37 and T-38.

Altogether, Gen. Jumper has more than 4,000 flying hours including 1,400 combat hours.

Throughout his career, he has held command positions at the squadron, wing, numbered air force and major command levels including service as a combatant commander of the U.S. Central Command Air Forces.

Gen. Jumper is also a member of the Joint Chiefs of Staff and serves as a military advisor to the National Security Council, the secretary of defense and the president.

In March, Gen. Jumper will make a guest appearance as himself in the season finale of the SciFi Channel TV series, "Stargate SG-1."

DeCA: 'Mad Cow' is 'nothing to worry about'



Brian Prechtel

"Mad Cow" disease is often spread through the use of protien-enriched feed for cattle.

By Airman 1st Class Kiley Olds
Dyess Public Affairs

Following the recent increase of "mad cow" disease fears, the Defense Commissary Agency has taken steps to ensure the safety of its shoppers.

Defense Commissary Agency operations span a worldwide chain of more than 250 commissaries providing groceries to military personnel, retirees and their families.

"We are always very concerned about our customers' safety," said Col. Mark Wolken, chief of public health, safety and security for DeCA. "We are taking every action to make sure our stores and customers are informed about the situation, but I can't emphasize enough that we will continue to follow the USDA lead on any further action to insure the beef in our stores is safe."

Agriculture Secretary Ann Veneman announced Dec. 23 that the U.S. Department of Agriculture diagnosed a presumptive positive case of bovine spongiform encephalopathy, also known as "mad cow" disease, in an adult Holstein cow in the state of Washington.

"Despite this finding, we remain confi-

"There's nothing to worry about (at Dyess.) All of our beef comes from a USDA approved source and is inspected by the USDA to assure quality."

Alex Hebert
Dyess commissary store director.

dent in the safety of our beef supply," Mrs. Veneman said.

"There's nothing to worry about," said Alex Hebert, Dyess commissary store director. "All our beef comes from a USDA approved source and is inspected by the USDA to assure quality."

Mr. Hebert said that if customers still felt uncomfortable or have any doubts about purchased commissary beef products, customers can return unopened products for a full refund without question.

For more information, call Mr. Hebert at 6-4805 or visit the Defense Commissary Agency Web site at www.commissaries.com.

31 Dyess airmen add a stripe

By Senior Airman
Matthew Rosine
Dyess Public Affairs

Thirty-one airmen from Dyess' enlisted team added a new stripe in December.

They are:



To chief master sergeant:

Michael McClary, 7th Munitions Squadron



To senior master sergeant:

Jeffrey Myles, 317th Airlift Group



To master sergeant:

David Lingo, 40th Airlift Squadron
Marty Miller, 317th AG
Lawrence Nordell,

317th Maintenance Squadron



To technical sergeant:

Carrie Bolin, 7th Comptroller Squadron

David Montgomery, 40th AS
Norman Bowie, 40th AS
Pedro Gomez, 7th Logistics Readiness Squadron

Ruchell Halloran, 317th Aircraft Maintenance Squadron
James Koss, 7th Component Maintenance Squadron

Gerald McCloud, 39th Airlift Squadron

Marco Salinas, 7th LRS
David Walker, 317th Operations Support Squadron



To staff sergeant:

Peter Adams, 7th LRS

Ryan Bolen, 7th Civil Engineer Squadron

Wesley Clark, 7th Aircraft

Maintenance Squadron

Mark Cogar, 7th Equipment Maintenance Squadron

Mark Johnson, 7th MUNS
Kenneth Kimble, 7th Security Forces Squadron

Bruce Land, 7th CMS

Roberto Macias, 7th Communications Squadron

Brian Mankel, 7th AMXS
Brad Pillion, 7th AMXS
Raymond Sullivan, 7th CMS



To senior airman:

Erin Francis, 7th LRS

Heather Johnson, 7th CS

Jared Johnson, 7th CS
Maria Santiago, 9th Bomb Squadron

Vincent Sweat, 7th EMS



To airman first class:

Richard Pierce, 317th MXS



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TEAM DYESS**Warrior of the Week****Capt. Anthony Min**

Unit: 317th Airlift Group

Job description: Logistics Plans chief

Time in the Air Force: Five years, four months

Time at Dyess: One year, four months

Hometown: Cerritos, Calif.

Job impact on the mission: Ensuring Dyess deployments happen.

Career goal: Go back to University of California Los Angeles in a professional manner to get my master of business administration degree.

Most rewarding job aspect: Watching families reunite after each and every deployment.

Favorite thing about Dyess: The construction, it reminds me a lot of Los Angeles.

Favorite thing about the Air Force: Being able to deploy to places such as Iraq, Kuwait, Qatar.

Editor's note: *The Dyess Warrior of the Week is selected by unit squadron commanders, first sergeants or supervisors on a rotating squadron basis.*



Senior Airman Matthew Rosine



Master Sgt. Jim Varhegyi

Logo authorized on jacket

Air Force Uniform Board members have introduced embroidering the Air Force logo onto the lightweight blue jacket as an optional wear item. The new addition will undergo a wear-testing period at Maxwell Air Force Base, Ala. Airmen can have the option added to their jackets at any time by visiting an embroidery shop.

Top career flyers at Dyess

The following are the members of the 7th Bomb Wing who have accumulated the highest number of career flying hours to date:

- 4,955 -- Lt. Col. Todd Nading, 28th Bomb Squadron
- 4,720 -- Maj. Wayne Catanzaro, 28 BS
- 4,347 -- Lt. Col. Jeffrey Roetzel, 28 BS
- 4,302 -- Maj. Joseph McLaughlin, 28 BS
- 4,264 -- Lt. Col. Gary Barron, 28 BS
- 4,198 -- Lt. Col. John Touchton, 7th Operations Support Squadron
- 4,217 -- Lt. Col. Scott Jackson, 436th Training Squadron
- 4,184 -- Lt. Col. Davis Walette, 7th BW
- 4,170 -- Lt. Col. Jack Caszatt, 28 BS
- 4,141 -- Lt. Col. Robert Fuller, Jr., 28 BS
- 4,027 -- Lt. Col. Ronald McManus, 28 BS
- 3,766 -- Lt. Col. Robin Soule, 28 BS

The following are the members of the 317th Airlift Group who have accumulated the highest number of career flying hours to date:

- 7,933 -- Master Sgt. Steven Simanek, 40th Airlift Squadron
- 7,496 -- Master Sgt. Ernesto Vazquez, 40 AS
- 6,993 -- Maj. Durwood Stewart, 39th Airlift Squadron
- 6,727 -- Tech. Sgt. Myles Sherlock, 40 AS
- 6,521 -- Master Sgt. Thomas Langdon, 40 AS
- 6,435 -- Senior Master Sgt. Alfred Taus, 40 AS
- 6,189 -- Tech. Sgt. Kelsey Gunn, 39 AS
- 6,175 -- Master Sgt. Glen Lachowitz, 39 AS
- 6,075 -- Chief Master Sgt. Robert Myers, 317 AG
- 5,971 -- Senior Master Sgt. David Niehaus, 39 AS
- 5,900 -- Tech. Sgt. Steven Boone, 39 AS
- 5,798 -- Master Sgt. Leroy Haynes, 39 AS

Top Dyess flyers for 2003

The following are the members of the 7th Bomb Wing who accumulated the most flying hours during Calendar Year 2003:

- 377 -- Lt. Col. Wayne Catanzaro, 28th Bomb Squadron
- 296 -- Capt. George Holland, 77th Weapons Squadron
- 268 -- Capt. Stephen Sturm, 9 BS
- 263 -- Capt. William Edmunds, 9 BS
- 261 -- Maj. Matthew Fuller, 9 BS
- 261 -- 1st Lt. Jason Jackson, 9 BS
- 255 -- Capt. Jaime Hernandez, 9 BS
- 254 -- Capt. Thomas Bryant, 9 BS
- 250 -- 1st Lt. Matthew Farley, 9 BS
- 250 -- Maj. Gerard Lambe, 77 WPS
- 246 -- Capt. Jeffrey Strommer, 9 BS
- 245 -- Capt. Daemon Hobbs, 28 BS

The following are the numbers of the 317th Airlift Group who accumulated the most flying hours during Calendar Year 2003:

- 691 -- Maj. Durwood Stewart, 39th Airlift Squadron
- 633 -- Staff Sgt. Benjamin Darling, 39 AS
- 629 -- 1st Lt. Eric Kubecka, 39 AS
- 627 -- Airman 1st Class Jesse Morey, 39 AS
- 602 -- Tech. Sgt. Steven Pernot, 40 AS
- 594 -- Tech. Sgt. Scott Showalter, 39 AS
- 583 -- Airman 1st Class Martin See, 39 AS
- 574 -- Airman 1st Class Jerome Krammes, 39 AS
- 553 -- Capt. Trent Corcia, 39 AS
- 548 -- Capt. Aaron Mainstone, 317th AG
- 537 -- Tech. Sgt. John Zahn, 39 AS
- 533 -- Staff Sgt. Norman Bowie, 40 AS

Local Advertisement

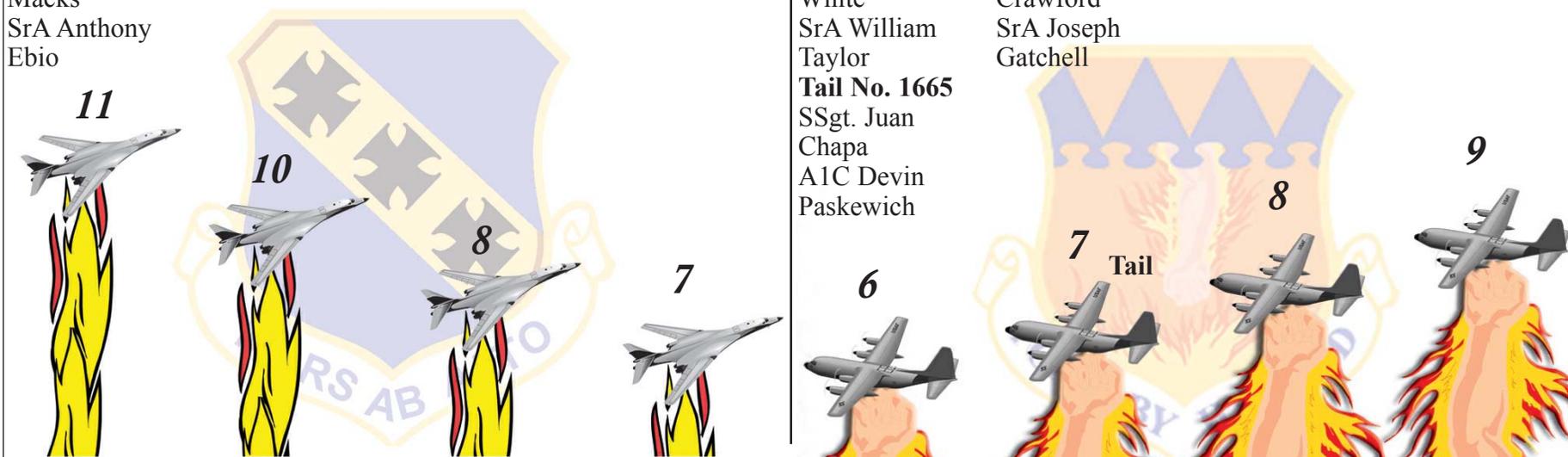
The winners for most on-time takeoffs

Dec. winners for the 7th Bomb Wing:

Tail No. 6126 TSgt Steven Howell SSgt Dylan Michon	Tail No. 6123 TSgt Brian Braga SSgt Robin Mallory	Tail No. 6124 SSgt Tony Cuevas SSgt Christopher Foy	Tail No. 6135 SSgt Johnny Godines SrA Stephen Winn
Tail No. 6105 SSgt Michael Macks SrA Anthony Ebio			

Dec. winners for the 317th Airlift Group:

Tail No. 1688 SrA Nick Britton A1C Dave Pimentel	Tail No. 2134 SSgt. Leigh Spear SrA Joshua Caron	No. 2072 TSgt. Todd Wood SrA Kerry Reyes	Tail No. 1597 SSgt. Joshua Stumpff SrA Chris Pecora
Tail No. 1679 SSgt. Scott White SrA William Taylor	Tail No. 1677 SSgt. Denny Crawford SrA Joseph Gatchell		
Tail No. 1665 SSgt. Juan Chapa A1C Devin Paskewich			



Leadership today: *Get out front and lead*

By Maj. William Robinson
7th Communications Squadron
commander

Leadership.

Many people study it. Others talk about it. There are hundreds of books written about it and if you ask ten different people to define it, you'll probably get ten different views. But what is it?

Over the past couple of months you've read many different views and examples of leadership here in the *Peacemaker*. This week it's my turn, so here's my take.

Bottomline up front: leadership occurs when you exercise your ability to influence others to pull together and accomplish a mission or task that could not be accomplished alone.

So what are the components of leadership and how do you do it?

To "lead" is a verb, (in short) an action word that means to get out in front, to be the first down a path, to make decisions and offer a vision that others can and will fol-

low. To lead is to take positive action.

Leaders are often people that have been given the responsibility to lead by virtue of position: commanders, superintendents, head coaches, elected officials -- these are formal leaders.

Leaders are also people that have the ability to provide focus and direction within a group to influence action within a larger team or organization -- these are informal leaders.

This is nothing new.

However, I believe it is important enough to emphasize one more time. A leader does not have to be designated by position. Rather, a leader is someone who has recognized a situation, made a decision and stepped out in front to focus people on the mission and take positive action.

Does that mean that just by telling or ordering something to happen that it will? Is that leadership?

No, not hardly. So back to my

original question: what is leadership?

Leadership requires establishing a vision, communicating goals and working to enable people to attain them. It requires inspiring trust and developing an atmosphere where people are willing to follow. Leadership requires setting the example and walking the walk, not just talking the talk. It requires making decisions and following through.

Leadership also requires recognizing a bad decision and changing direction if needed. It requires accepting responsibility for your actions and, more importantly, for the results of your actions. Leadership means establishing standards and upholding them.

Leadership means giving your followers the tools needed to do the job, whether training, money or just the freedom to act. It also means holding followers accountable for their actions.

Leadership requires dedication and determination.

Good leadership enables and encourages effectiveness, superior performance and mission accomplishment. Bad leadership cripples the desire for any of these.

Leadership occurs at every level and in every timeframe from a crewchief pushing his team hard to get a jet ready to launch to a group commander leading a 1,000-person team working to recover the base following a simulated attack.

Leadership is many things and leaders come in many forms. Are you a leader? Do you exercise leadership? Can you see yourself in situations that I've described?

Leadership skills are developed just like every other skill -- study, hard work and practice. There are many books on good leadership; find one and read it but don't stop there -- apply it. Recognize situations where you can lead and practice your leadership skills. The upcoming Operational Readiness Inspection will be a great time for all of us to shine at every level. So take action and lead!

Mentorship: People helping people

By Lt. Col. Jim Adamski
7th Bomb Wing director of staff

"Lt. Adamski, report to me in my office in a military manner!" My commander's voice boomed across the squadrons' ready room like the crack of thunder.

Then the silence set in, like the calm in the eye of the storm-- a silence that would make E. F. Hutton proud. Every eye was locked on me as I hastily moved across the room and down the hall towards the commander's office straightening my scarf, pulling my flight suit zippers closed, tucking the pull tabs. The rip of Velcro echoed down the hallway as I centered and leveled all my patches "OK, good to go," I thought to myself as I approached the hallowed door to the inner sanctum of the commander's office, scouring my skull to recall the day's activity... wake up, morning chow, morning brief... seems simple enough. Just another day on alert. What could it be?

Whatever it was, it was shaping up to be a good old butt-chewing. You know, like the one in Top Gun where Maverick and Goose were getting face time.

We didn't call it mentoring back then, but the lesson and insight I gained that day are still remembered... a lesson of people helping people be successful.

Once I reported in, my commander asked me to explain the number one rule of engagement in his squadron. In what seemed like an eternity, the words came surging from the back of my brain:

"Sir, you told me that if I ever ran into trouble or had a problem, that I was to come see you for help."

I could see the joy on his face, the joy of a lesson remembered.

Apparently he didn't care about the little incident of 'Hookie-bob'n' I was involved in-- you know the trick: hanging on a car bumper and skating through the parking lot -- kids stuff, right? Well not to the security police and certainly not to the safety office.

Surely, they would let it drop after they stopped and talked to me. Wrong.

"We must recognize the mission is only successful due to the efforts of many individuals coming together in a unified effort through the accomplishment of his or her job."

Maj Jim Adamski
7th Bomb Wing, Public Affairs

They wanted a letter of reprimand and one even lobbied for an Article 15. It was getting out of control and now the mess was in my commander's lap.

Despite the look of joy on his face, I could see the disappointment in his eyes. I had broken his trust.

He trusted that I would give him an opportunity to help me and I had let him down. It was not a good feeling.

To this day I believe he sincerely wanted to help me, because he fought through his disappointment to give me some words of wisdom.

He shared with me his perspective as the commander.

First and foremost, to consider his efforts successful, he (we) must be successful in the mission. Second, we must recognize the mission is only successful due to the efforts of many individuals coming together in a unified effort through the accomplishment of his or her job.

Third, we must do the job without losing someone along the way. Be it through injury (safety), or through adverse action.

"It costs dearly in time and effort to replace you," he said.

Furthermore, he let me know that commanders, can bring many assets to bear in almost every situation to help ensure success, but you must give them a chance -- a chance I did not give him. So how do I apply that lesson in today's mentoring environment? The lesson has one point but two sides.

First, recognize that Dyess is built for mission success through its people. By keeping the men and women of the Dyess community medically and physically able, financially sound and spiri-

tually fit, the mission will continue to be a success.

As a former aircraft commander, flight commander, assistant director of operations and now as the director of staff, I've had the opportunity to work with the outstanding men and women of Dyess. I see a team built for success yielding success. I see success in everyone's preparation for the Operational Readiness Inspection. It's been people helping people non-stop since the first Operational Readiness Exercise in August and I must say we've come a long way.

I've seen the success of individual efforts coming together for the success of the team during Iron Thunder 03-4 -- 114 sorties, 321 bomb runs -- this stands as a feat never before accomplished in the B-1 community. Whether you turned a wrench on the flight line, pre-flighting, refueling, building bombs, delivering bombs, loading bombs or working air traffic control; whether you maintained roads, buildings or dormitories; whether you fed airmen, clothed airmen, fixed airmen or prayed with airmen; it took everyone's individual effort executed in a unified cause to make the mission a success. Everyone should feel proud of their contribution. Keep it up!

Second, one must realize that in spite of all the mission success, sometimes there are situations that can impede it. In the past I observed a young airman having difficulty paying her bills. This was partly due to over-extending herself and partly due to issues associated with an extended deployment. The creditors did not care and they were knocking at her door. Little did the airmen know that had she

asked for help, relief was available under the Soldiers' and Sailors' Civil Relief Act of 1940

In another incident, a young airman knew he had a substance abuse problem yet continued in his ways. He did not seek help from Life Skills until after he was pulled over for driving under the influence. By then, it was too late -- too late to keep him on the team.

In all these cases, people failed to remember my first point -- Dyess is built for success (even in individual failure). The men and women of Dyess form a team that possesses a wide array of tools a commander (or supervisor) can bring to bear to build success from failure. Situations often burst out of control when in fact they could be avoided if the individual only asks for help. Early intervention is the key to a successful outcome.

Once the cat is out of the bag you are tying the hands of your commander, so take action early. Recognize those troubling situations and then make the right (and early) decision to seek help.

Yes it is difficult to ask for help -- everyone has his or her pride, but it should be an easy decision because people sincerely want to help. Everyone is valuable to the team and it is in the team's best interest to lend a hand as opposed to replacing you. All one has to do is open the door to empower the help. Once the door is opened you will find an open hand which will guide you away from difficulty and towards success. If you ever find yourself needing help, remember the choice is yours.

As for me, 16 years ago, I failed to ask for help. I completed my penance and ten months later, I found myself in my commander's office again. Only this time I was asking for help; in particular, to ask for a letter of recommendation for my B-1 selection board package. Needless to say, the letter was flattering and the rest is history.

People helping people is the key to success. It is a lesson I will never forget.

Service hours

Medical

Dyess Clinic -- 7:30 a.m. to 4 p.m. Monday to Thursday and 9:30 a.m. to 4 p.m. Friday.

Dining facilities

Longhorn -- Breakfast -- 6 to 8 a.m.; Lunch -- 11 a.m. to 1 p.m.; Dinner-4 to 7 p.m., Midnight 11 p.m. to 1 a.m. Monday-Friday.

Weekends: Breakfast 7:30 a.m. to 12:30 p.m. Dinner 4 p.m. to 6 p.m., Midnight -- 11 p.m. to 1 a.m.

Fitness

Dyess Fitness Center -- 5 a.m. to 11 p.m. Monday to Friday; 7 a.m. to 7 p.m. Saturday and Sunday.

Customer service

Finance -- 9 a.m. to 4 p.m. Monday to Friday.

Legal -- 7:30 a.m. to 4:30 p.m. Monday to Friday. Walk-ins are 8 to 9 a.m. Fridays.

Notaries, powers of attorney walk-ins are 8 to 9 a.m. Fridays.

Supply -- 7 a.m. to 4 p.m. Monday to Friday.

To post hours in the *Peacemaker*, e-mail peacemaker @dyess.af.mil or call 6-4375.

Dyess Chapel

Chapel schedule

Catholic: Reconciliation starts at 4:15 p.m. Saturday followed by Mass at 5 p.m. Sunday Mass is 9 a.m. Sunday School is 11 a.m. at Dyess Elementary School. Daily Mass is at 11:30 a.m. Tuesday through Friday.

Protestant: Sunday School begins 9:15 a.m. at Dyess Elementary School. Shared faith worship begins 11 a.m. Sunday. Gospel service starts 1 p.m. Sunday. Sunday Night Worship Service begins 6:30 p.m. A nursery and children's church are available at all services.

Jewish: For information about the times and places of Jewish services, call Capt. Matt Paskin at 829-6149.

For more information, call the chapel at 6-4224.

Thrift shop hours

The Dyess Thrift Shop is open from 9 a.m. to 2 p.m. Tuesdays and Thursdays and the first Saturday of the month from 10 a.m. to 1 p.m.

For more information, call 6-8203.

MLK luncheon

The Martin Luther King Jr. holiday luncheon is at 11:30 a.m. Thursday at The Heritage Club.

Capt. Anthony Mitchell from Keesler Air Force Base, Miss., will be the guest speaker.

The cost is \$7.50 for members and \$8.50 non-members.

For more information, call Tech. Sgt. Ivy Bell at 6-5240.

OSC fashion show

The Officers Spouses Club's annual fashion show is 6:30 p.m. Thursday at The Heritage Club.

The cost is \$8.35 for club members and \$10.35 for non-club members.

For more information, call Nessie Norris at 698-5617 or Susan Weaver at 698-5279.

Observance month committees

The military equal opportunity office is looking for volunteers to join committees for upcoming observance months.

The upcoming months are Black History Month in February, Irish History Month in March, Jewish

Observance Month in April, and Asian-Pacific Islander Month in May.

They are actively seeking a diversified group of volunteers interested in any or all of the observances.

For more information, call Staff Sgt. Melida Edwards at 6-4226.

Position available

The Dyess Airman Leadership school is looking for highly motivated staff sergeants to join their team. The school has several openings in the near future.

For more information, call Master Sgt. Stephanie Powell at 6-3495.

Bass slayers

The Dyess bass slayers club will meet at 7 p.m. Wednesday at Harlow's. For more information, call Master Sgt. Michael Gassaway at 6-2882.

Dyess toast masters

The Dyess toastmasters club's next meeting begins at 11:45 a.m. Tuesday at The Hangar Center.

The club focuses on developing better speaking and presentation skills, leadership abilities and quick thinking.

All members are welcome.

For more information, call Patrick Clancy at 6-1046.

CALENDAR



Today, Jan. 8, 2004

Friday night social hour, 5 p.m. at The Heritage Club and Hangar Center.

Open-ranks breakfast, 7 to 8:30 a.m. at The Heritage Club. For more info, call 6-2405.

Friday, Jan. 9, 2004

Thunder Alley, 8 p.m. at Dyess Lanes. For more info, call 6-4166.

Late Night, 11 p.m. at The Hangar Center. For more info, call 6-2405.

Saturday, Jan. 10, 2004

Sunday brunch, from 11 a.m. to 1:30 p.m. at The Heritage Club. For more info, call 6-2405.

Sunday, Jan. 11, 2004

Intramural bowling, 5:30 p.m. at Dyess Lanes. For more info, call 6-4166.

Airman's Golf Day, E-1 through E-4s golf for half price.

Monday, Jan. 12, 2004

Bingo, 7 p.m. at The Hangar Center. For more info, call 6-2405.

Tuesday, Jan. 13, 2004

Club Dyess Toastmasters meet at 11:45 a.m. every Tuesday at The Hangar Center.

Volleyball Tournament, 8 p.m. at the youth center.

Wednesday, Jan. 14, 2004

Quarterly Airmen's Birthday Meal, at the Longhorn dining facility

Thursday, Jan. 15, 2004

Asian Buffet, at The Heritage Club.

Upcoming events

Jan. 15 -- Dr. Martin Luther King luncheon at The Heritage Club.

Jan. 16 -- Quarterly awards luncheon

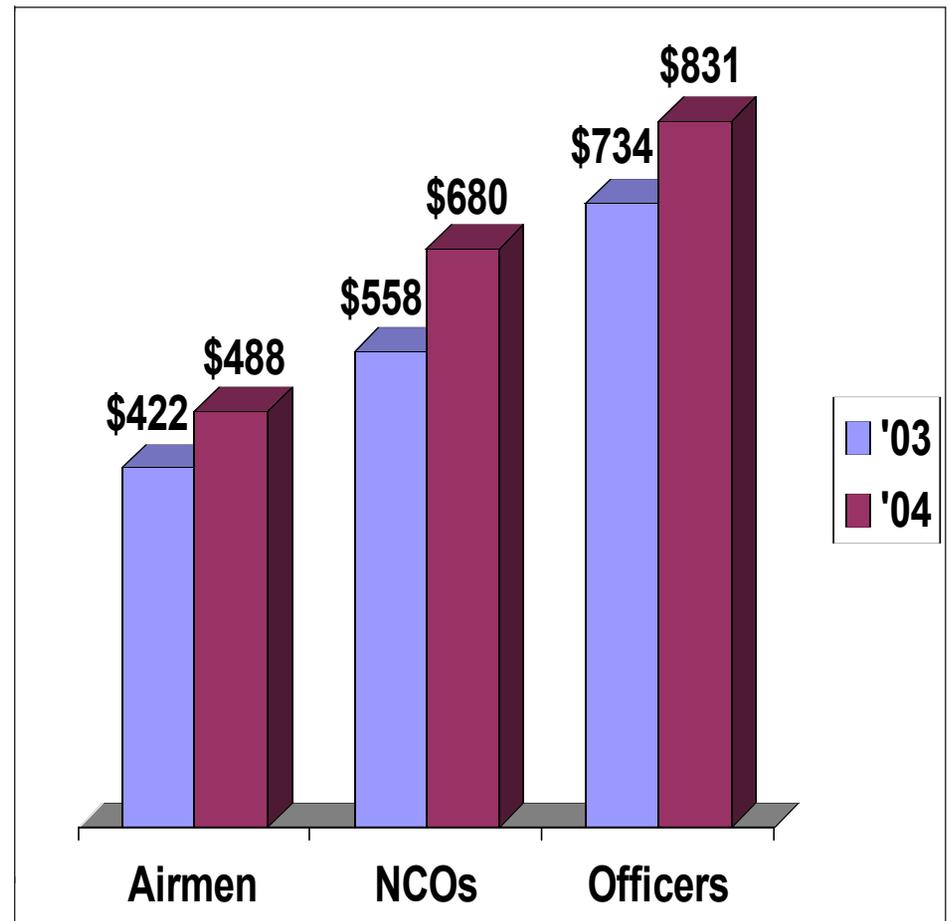
January 17-19 -- Ski Apache Trip -

Jan. 21 -- Air Combat Command Operational Readiness Inspection

Seeing Green

With the passing of the 2003 Defense Authorization Act late last year, airmen across the Air Force will see an average boost of 8.75% to their Basic Allowance for Housing starting Jan. 15.

Without dependents	Increase	With dependents	Increase
E-1 -- \$ 488	\$ 66	E-1 -- \$ 662	\$ 106
E-2 -- \$ 488	\$ 66	E-2 -- \$ 662	\$ 106
E-3 -- \$ 488	\$ 66	E-3 -- \$ 662	\$ 106
E-4 -- \$ 488	\$ 66	E-4 -- \$ 662	\$ 106
E-5 -- \$ 574	\$ 78	E-5 -- \$ 708	\$ 83
E-6 -- \$ 622	\$ 87	E-6 -- \$ 885	\$ 78
E-7 -- \$ 665	\$ 105	E-7 -- \$ 914	\$ 86
E-8 -- \$ 743	\$ 104	E-8 -- \$ 946	\$ 94
E-9 -- \$ 798	\$ 102	E-9 -- \$ 998	\$ 97
O-1E--\$ 708	\$ 87	O-1E--\$ 920	\$ 83
O-2E--\$ 785	\$ 105	O-2E--\$ 960	\$ 98
O-3E--\$ 885	\$ 78	O-3E--\$ 1018	\$ 95
O-1 -- \$ 616	\$ 84	O-1 -- \$ 728	\$ 95
O-2 -- \$ 692	\$ 96	O-2 -- \$ 881	\$ 79
O-3 -- \$ 821	\$ 95	O-3 -- \$ 964	\$ 99
O-4 -- \$ 917	\$ 86	O-4 -- \$ 1084	\$ 90
O-5 -- \$ 936	\$ 91	O-5 -- \$ 1168	\$ 83
O-6 -- \$ 965	\$ 99	O-6 -- \$ 1178	\$ 84
O-7 -- \$ 985	\$ 102	O-7 -- \$ 1191	\$ 84



The above graph shows the increases of the 2004 Basic Allowance for Housing rates for the Abilene area based on the average allowances for each rank category with no dependants. As a whole, Dyess members without dependents will average a \$91 per month increase while members with dependents average an increase of \$89.

2004 pay chart

2004 Enlisted Monthly Pay Chart

(Effective Jan. 1, 2004)

Pay Grade	Years of Service														
	<2	2	3	4	6	8	10	12	14	16	18	20	22	24	26
E-1 <4 mos	1086.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
E-1 >4 mos	1193.40	1193.40	1193.40	1193.40	1193.40	1193.40	1193.40	1193.40	1193.40	1193.40	1193.40	1193.40	1193.40	1193.40	1193.40
E-2	1337.70	1337.70	1337.70	1337.70	1337.70	1337.70	1337.70	1337.70	1337.70	1337.70	1337.70	1337.70	1337.70	1337.70	1337.70
E-3	1407.00	1495.50	1585.50	1585.50	1585.50	1585.50	1585.50	1585.50	1585.50	1585.50	1585.50	1585.50	1585.50	1585.50	1585.50
E-4	1558.20	1638.30	1726.80	1814.10	1891.50	1891.50	1891.50	1891.50	1891.50	1891.50	1891.50	1891.50	1891.50	1891.50	1891.50
E-5	1700.10	1813.50	1901.10	1991.10	2130.60	2250.90	2339.70	2367.90	2367.90	2367.90	2367.90	2367.90	2367.90	2367.90	2367.90
E-6	1855.50	2041.20	2131.20	2218.80	2310.00	2516.10	2596.20	2685.30	2763.30	2790.90	2809.80	2809.80	2809.80	2809.80	2809.80
E-7	2145.00	2341.20	2430.60	2549.70	2642.10	2801.40	2891.10	2980.20	3139.80	3219.60	3285.50	3341.70	3498.00	3599.10	3855.00
E-8	0.00	0.00	0.00	0.00	0.00	3085.50	3222.00	3306.30	3407.70	3517.50	3715.50	3815.70	3986.40	4081.20	4314.30
E-9	0.00	0.00	0.00	0.00	0.00	0.00	3769.20	3854.70	3962.40	4089.30	4216.50	4421.10	4594.20	4776.60	5054.70

2004 Commissioned Officers Monthly Pay Chart

(Effective Jan. 1, 2004)

Pay Grade	Years of Service														
	<2	2	3	4	6	8	10	12	14	16	18	20	22	24	26
O-1	2264.40	2356.50	2848.50	2848.50	2848.50	2848.50	2848.50	2848.50	2848.50	2848.50	2848.50	2848.50	2848.50	2848.50	2848.50
O-2	2608.20	2970.60	3421.50	3537.00	3609.90	3609.90	3609.90	3609.90	3609.90	3609.90	3609.90	3609.90	3609.90	3609.90	3609.90
O-3	3018.90	3422.40	3693.90	4027.20	4220.10	4431.60	4568.70	4794.30	4911.30	4911.30	4911.30	4911.30	4911.30	4911.30	4911.30
O-4	3433.50	3974.70	4239.90	4299.00	4545.30	4809.30	5137.80	5394.00	5571.60	5673.60	5733.00	5733.00	5733.00	5733.00	5733.00
O-5	3979.50	4482.90	4793.40	4851.60	5044.80	5161.20	5415.90	5602.80	5844.00	6213.60	6389.70	6563.40	6760.80	6760.80	6760.80
O-6	4773.60	5244.30	5588.40	5588.40	5609.70	5850.00	5882.10	5882.10	6216.30	6807.30	7154.10	7500.90	7698.30	7897.80	8285.40
O-7	6440.70	6739.80	6878.40	6988.50	7187.40	7384.20	7611.90	7839.00	8066.70	8781.90	9386.10	9386.10	9386.10	9386.10	9433.50
O-8	7751.10	8004.90	8173.20	8220.60	8430.30	8781.90	8863.50	9197.10	9292.80	9579.90	9995.70	10379.10	10635.30	10635.30	10635.30
O-9	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	10954.50	11112.30	11340.30	11738.40
O-10	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	12524.70	12586.20	12847.80	13303.80

'No pain, no gain': Not a safe motto

When starting a new exercise program, officials stress not 'over-doing it'

Story and photo by Airman James Kang
Dyess Public Affairs

With the Air Force's new fitness standards taking effect this month, airmen should have a routine exercise program set up by now to be physically ready.

"The amount of energy we devote to our fitness programs is not consistent with the growing demand of our warrior culture," wrote Air Force Chief of Staff Gen. John P. Jumper in his July Sight Picture. "It's time to change that."

For those who haven't started yet or just need to recuperate from the holiday slump, make sure to start up a routine at a steady and challenging pace, not painful. People have a tendency to mistake muscle ache with muscle tear or even worse a sprain.

If you have been inactive for a while, you may want to start with less strenuous activities such as walking or swimming at a comfortable pace. Beginning at a slow pace will allow you to become physically fit without straining your body. Once you are in better shape, you can gradually do more strenuous activity.

There is something you are doing wrong if you find yourself requiring ice packs or use of aspirins after workouts to soothe your pain, state Dyess health officials.

Officials also stress that working out shouldn't need more than two days of rest between workouts in order to be ready for the next.

The following are some helpful workout tips.

First, determine if you are exercising at the proper level. A beginner should not try to bench press 300 lbs or run the treadmill at the highest level. Believe it or not, starting off slowly will actually make you stronger faster, as you will avoid injuring your muscles. Also, pain is an excellent deterrent. You should feel invigorated and maybe even a little sore, not pain.

Two important points people tend to minimize are stretching and warming up. These are a must. The stretching before you workout should be light, as your muscles are cold. Never bounce or be jerky. This increases the likelihood of tearing your muscles.

Warm up for about 10 minutes then stretch lightly. After working out, you can stretch more thoroughly. It is very important to stretch the muscles you have just worked in order get the most out of the exercise. Stretching the muscles lengthens them and allows them to heal stronger and be more limber. Again, never bounce or jerk while stretching.

Proper form is more than important, it is a must. If you are not executing the exercise properly, you might as well not be doing it at all. Improper form leads to injuries and an inefficient use of the muscle and your time.

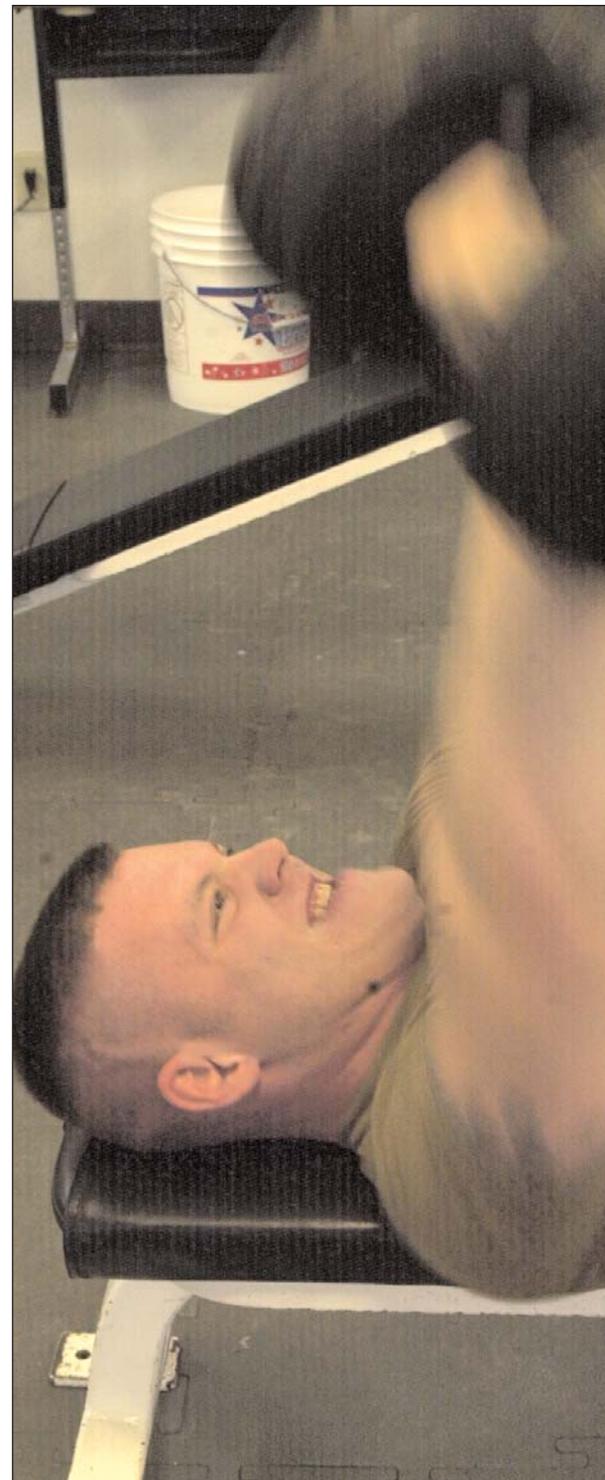
Do not tweak yourself in order to do more sets or to keep up with an aerobics instructor. It is always quality and not quantity that will get you results.

Further, be sure that you are giving your body ample rest time between workouts. One should not exercise the same muscles in the same manner every day.

Exercising tears down the muscles. It is the healing of the muscles that makes them grow and become stronger.

If after taking proper preparations, you are still experiencing pain during or after your workouts, be sure to check with your doctor. You may be doing an exercise that is not right for your body. Be sure you are exercising correctly with the correct form and equipment. There are so many things that one can do to exercise. Don't give up.

"No matter what type of workout plan you have, the key to getting back in shape is staying determined and remaining consistent," said Dyess health officials.



Airman first class Brandon Havens, 7th Aircraft Maintenance Squadron, 28th Bomb Squadron aircraft maintenance units hydraulics, has a routine workout program setup to be physically prepared for the new Air Force fitness standards.

Dyess fun run scheduled

The Dyess Fun Run 5K is Friday and begins on Ave B in front of the readiness building.

There are several "heats" allotted for the the groups on Dyess to accomodate the traffic delays. Showtimes are 6:45 a.m. for runners who wish to run in the timed heat. Runners who finish the timed heat with a time of 18 minutes and 40 seconds or less will earn a day pass from Col. Jonathan George, 7th Bomb Wing commander. For the rest of the Dyess population, the runs continue at **6:55 a.m. for the 7th Maintenance Group, 317th Maintenance Squadron and the 317th Aircraft Maintenance Squadron; 7:15 a.m. for the 7th Mission Support Group and 317th Operations Support Squadron; 7:35 a.m. for the 7th Operations Group, 40th Airlift Squadron, and 39th AS; and 7:55 a.m. for the 7th Bomb Wing Staff, 317th AG staff and the 7th Medical Group.**

The run is mandatory for all base personnel and runners need to arrive 30 minutes before their squadron's scheduled start time to check in at the desk.

For more information, call Capt. Kevin Lockett at 6-4224.