



PH Hometown News

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PH POCs

- **AFMOA DSN 297**
 Col Deneice Van Hook 4280
 Lt Col Dennis Fay 4269
 Maj Linda Bonnell 4216
 MSgt Mark Mellinger 4340
- **ACC: DSN 574**
 Lt Col Bill Courtney 1268
 SMSgt Theron Reed 1294
- **AMC: DSN 779**
 Col Rex Brennan 6336
 CMSgt Rich Johnson 6336
- **Space Command DSN 692**
 Col Don Coates 6810
 CMSgt Bill Babb 6809
- **AFMC DSN 787**
 Col Judith Holl 6728
 SMSgt Dan Huber 7061
- **AETC:**
 Col Tom Stedman 487-6536
 CMSgt Bill Hollowood 554-4153
- **USAFE: DSN: 314-480**
 Lt Col Fred Kelsey 7670
 MSgt Therese Huss 2004
- **PACAF: DSN: 315-449-**
 Lt Col Paul Rehme 2332 X 269
 SMSgt Tony Labonte 3429
- **AFSOC: DSN 579-**
 Lt Col Timothy Woodruff 2269
 CMSgt Tom Huberty 2269
- **Reserves**
 SMSgt Patricia Tooley 497-0600
- **ANG: DSN: 278-**
 Lt Col Cynthia Cogburn 8556
 MSgt George Silvas 8556
- **USAFSAM: DSN: 240-**
 Col Diana Barnicott 2269
 CMSgt Jim Cahill 1553
- **CFM** CMSgt Jeff Strout
 Andrews AFB 857-6720 or
 Bolling AFB 297-0235

Thanks to the AF Merger Team

I would like to take this opportunity to personally thank the members of the Air Force level 4N/4E/4F Merger Team for their dedicated work for more than a year. Overall, this transition has gone very smoothly. I realize there are some pockets of problems...most stemming from the MILPDS problems associated with 4E being the pre-select and not the 4N field. However, when looking at the big picture, the transformation went better than I expected.

The effort, time and brain-power that this merger team put into making this transition smooth was enormous. They had some very talented members at their bases who worked very diligently behind the scenes to help achieve our success. These members are:

CMSgt James Cahill stationed at Brooks City Base. Chief Cahill was the former 4F Career Field Manager (CFM) and is now the USAFSAM School Superintendent. **CMSgt Ellen Harms** stationed at Bolling AFB on the USAF/SG staff, is the 4N CFM. Traveling with these two top notch CFMs was a very rewarding experience. I learned so much from them...they are two of the most knowledgeable and professional Chiefs I know...I respect them very much! Thanks for your friendship!

Major Solomon Zewdu, an International Health Specialist stationed at Hickam AFB, HI (formerly of Andrews AFB, MD) was the Flight Surgeon on the team. He provided the critical provider voice to our team. **MSgt Christopher Foster**, a super 4N stationed at Andrews AFB provided immeasurable insight and process improvement input to our team. We could not have done this merger without his efforts!

MSgt Phillip Browning a 4E stationed at Misawa AFB, provided both the PACAF experience and years of knowledge of traditional PH duties.

MSgt Matt Bertrand a new 4E stationed at DoDMERB in Colorado (formerly of Buckley AFB CO), added the Space Command perspective and years of experience as a 4F (as well as some levity to the group...oh how we needed that from time to time).

MSgt Jeff MaBerry, a traditional 4E from Aviano

AB, Italy, provided the USAFE perspective and years of experience of PH functions. **MSgt Paul Williams**, a former 4F from Altus AFB, OK, provided years of knowledge of the 4F mission. Paul also provided the perspective of how the FHM mission serves the student population. **TSgt Barry Frasier**, a former 4F now 4N from Hurlburt AFB, FL. He provided many years of experience as a 4F and he brought the AFSOC perspective to the group. **TSgt Douglas Lacey**, a new 4E (former 4F) from Holloman AFB, NM, provided the ACC perspective and a wealth of information of 4F programs and policies. **Mr. Dan Adkins**, a retired Public Health technician and current GS employee who is the Deputy Flight Chief for PH at Robins AFB, GA, brought the critical civilian personnel perspective to our group. **TSgt Gordon Green**, a new 4E (former 4F) stationed at Andrews AFB provided many valuable years of knowledge and experience of 4F programs to the group.

This group is finishing up their official work as a dedicated merger team and are putting the finishing touches on the guidance that changed as a result of the merger. I just wanted to take the time to formally recognize their efforts and to thank them for all they have done... it has been an extreme pleasure and privilege to work with them on this monumental project! I salute you all!

Skunk Works...We have Great People Doing Great Things!

DATELINE ALTUS:

Capt Melinda Eaton returned from a deployment and was selected for the Air Force Institute of Technology (AFIT) for a Masters in Public Health (MPH) program at Uniformed Services University of Health Sciences (USUHS) near Washington D.C.



DATELINE FAIRCHILD: TSgt Marlon Muthuveeran returned from a deployment and was recognized as an outstanding graduate where he graduated Summa Cum Laude. He was also selected for a direct commission to become an MSC officer...WAY TO GO Marlon!

DATELINE VANDENBERG: SrA Michael Napolitano won the John Levitow Award back in December 02 at Airman Leadership School...OUTSTANDING!

DATELINE USAF ACADEMY: A1C Tillyanna Acquino won the Airman of the Quarter for the 710th MDOS (4th Quarter 2002)...GREAT JOB!

DATELINE SPANGDAHLEM GERMANY: A1C Brandi Perriman was named the USAFE Aeromedical Services Airman of the Year (Olson/Wegner Award for 2002). TSgt Dante Pawa was named the 52nd Medical Group NCO of the Year while MSgt Kenneth Smithee was named the 52nd Medical Group Senior NCO of the Year. WOW two categories out of one office...

Spangdahlem recently welcomed SSgt Tonya Dease from Langley AFB, SSgt Phillip Harrison from Moody AFB, and A1C Melissa King from Brooks City Base (Technical Training School at USAFSAM). The office has said a fond farewell to SrA Danielle McEachern (to Los Angeles AFB) and A1C Tyson Buckner who separated. TSgt Dennis Bryant recently graduated from the



NCO Academy (13 Feb). The smooth operating deployment machine has been working unbelievably hard and efficiently. In the picture:

A1C's King and Perriman are sorting out deployment 1480's for the next processing line. Congratulations to all the fantastic folks at Spangdahlem...keep up the great work! We are proud of your efforts!

DATELINE NELLIS: MSgt Carolyn Ivey-Mitchell is retiring from our family. She plans on staying in the Las Vegas area for the next couple of years. Many folks have sent in messages to show how Carolyn has positively affected the lives of many people through the years. A few examples: TSgt Brandon Madison wrote "To all the PH folks and other hospital staff, we're going to lose a great NCO. I have had the pleasure of working with MSgt Ivey-Mitchell for over twelve years. She has truly been a mentor and a instructor for me. I've been through several HSI inspections and with her guidance and knowledge I've done quite well on the HSI's. Not only has IM been an excellent mentor but she has been a truly dependable friend to the point that I consider her my sister." He continued to say "IM has also taught me how to be an excellent NCOIC by getting the job done and making sure you take care of your troops." TSgt (MSgt) Jane Cooper from Andrews states "No one in my 17 years in the Air Force has been a greater influence on me. SrA I-M gave me my introduction to PH and taught me how to be a good PH tech. Later, TSgt/MSgt I-M mentored me on how to be a NCO/Supervisor. I can only hope to have learned enough from her to offer even half the guidance she has given me to the troops I now lead. I truly never left her office without becoming a better NCO, PH tech or AF member. She is leaving this career field it's most valuable resources...us, the NCO's whose lives she has touched. We will all miss her." SMSgt Scott James from Aviano stated "Carolyn was always a strong leader who could cut through the red tape. I enjoyed her as a friend and learned from her as a fellow NCO. I know she will continue to have success in life. We can all learn from her example of sometimes having to make the hard choices and then being able to weather the storm." Lt Colonel Steve Williams adds "There are few people that have been part of my life that I'd join an e-mail trail for, but Carolyn is decidedly in a class of her own." He continued with "From the time she arrived, she was the epitome of strength with curiosity that our Flight needed. She set the bar for her subordinates to strive toward and made it clear to me what she expected from me as her OIC." It is not often I get overloaded with e-mails about a special person retiring...Enjoy the retirement...it is well deserved! Thank you for what you have done for PH and our country!

More Skunkworks

DATELINE KEESLER: SMSgt Tom Bocek also recently retired from an active career. He positively touched many lives and programs throughout Public Health and will also be deeply missed. He has shaped our readiness posture and helped develop the AFMS Peacetime In-Place Decontamination Team. He served us at many locations including USAFSAM as a Medical Readiness Instructor, HQ USAFE PH functional at Ramstein AB GE, as well as Andersen AFB on Guam and Lajes AFB in the Azores. Thanks for your dedicated work and friendship through the years. Enjoy your retirement...it is well deserved.

DATELINE DOVER: TSgt Kordecki graduated from the NCO Academy on 13 Feb...SrA Tamica Rivera won the Wing Airman of the Year, TSgt Geoffrey Kordecki won the Wing NCO of the Year and Capt Maureen Farrell won the Wing Company Grade Officer of the Year.

WOW...three 436th Wing winners from one office...THAT IS INCREDIBLE...WAY TO GO DOVER!

DATELINE SCOTT: TSgt Jerry Delarosa recently was awarded the CCAF degree in Public Health technology! Way to go Jerry!

DATELINE TYNDALL: Capt Christily Silvernale was awarded Conditional Reserve Status in January.

DATELINE KADENA: Lt Gwendolyn Boleware was also awarded Conditional Reserve Status in January.

DATELINE EIELSON: TSgt Teresa Bates won the 354th MDOS and Medical Group NCO of the Quarter for 4th Quarter 2002. SrA Erica Larsen and A1C Chris Bradford have recently received the Top 3 Council's Look Sharp Award...way to go! TSgt Charlie Jordan will be retiring on 1 Apr 03...enjoy your re-

irement Charlie!

DATELINE FAIRCHILD: MSgt Tom Lane was selected as the 92nd Wing SNCO of the Quarter for 4th Quarter 2002. That makes two Wing winners within one year for the office (Capt Middleton won it previously for 1st Quarter)...way to go Fairchild!

DATELINE McCONNELL: TSgt Michael Bousquet won the NCO of the Year for the Aerospace Medicine Squadron!

PROMOTION TO MAJOR: Capt Nicole K. Boylan from Incirlik; Capt Mark R. Duffy from AFIT; Capt Matthew J. Eitutus from Shaw; Capt Levette M. Hamblin from Brooks City Base; Capt Natalie M. Keeler from Kunsan; Capt Abdollah P. Moghaddam from Brooks City Base; Capt Lynn M. Shinabery from Andersen.

Congratulations to one and all!

Meet SMSgt Dan Huber

SMSgt Daniel J. Huber is the AFMC Superintendent of Aerospace Medicine and 4E Functional Manager at the Office of the Command Surgeon. His assignment history includes: 1979-1983, Dyess Air Force Base, TX, as an Aeromedical Technician; 1983-1987, Rhein-Main AB, GE, as a Squadron Medical Element (SME) to the 7th Special Operations Squadron and NCOIC of Physical Examinations and Standards (PES) and Flight Medicine; 1987-1989, Seymour Johnson AFB, NC, as a 336 TFS SME and NCOIC PES; 1989-1992, Randolph AFB, TX, as NCOIC, Aeromedical Services; 1992-1996, Brooks AFB, TX, USAFSAM, Superintendent, Advanced Enlisted Courses and Master Instructor; 1996-2001, Edwards AFB, CA, Superintendent, Aerospace Medicine Squadron; and 2000-2001, Worked at the Air Force Flight Test Centers' Marketing Office; 2001-current, Supt Aerospace Medicine, 4F Functional, 4E Functional. He is married to Ann and they have eight children: Jeremy, 22; Daniella, 19; Ashley, 16; Matthew, 11; Joseph, 9; Monica, 4; Nathaniel, 2; and Nichole, due to be delivered 14 Mar 03. Also included in their family is their pet dog Brandy 13 years old. SMSgt Huber enjoys playing racquet ball and golf...when he gets a chance. His famous quote he would like to share with us is: "The only thing we have to fear, is fear itself"



His message to our career field: "What a great time to be in the Air Force. All of us, from the newest recruits through the Chiefs are literally reshaping the way the Air Force is going to look in future years. Don't be afraid of this change, embrace it.

Take this opportunity to have a positive impact on things going on around you. When problems arise, seek solutions, don't become the problem. Think of problems as challenges, and where there is a challenge, there is always an opportunity to excel. The Air Force does have the best and brightest, and with that comes unlimited potential just waiting to be exploited. The Public Health career field is no exception. More than ever the services of our community are needed for the homeland security and that of our troops that have been deployed. Stay trained, be vigilant, and remain flexible. The world is in a constant state of flux continually presenting new challenges to be conquered. Accept these challenge and find the solutions." SMSgt Huber... Thanks for sharing yourself with the rest of us!

Assignment: Edwards

Edwards AFB is the second largest military installation (land mass) located in the picturesque high desert of Southern California. It is home of the AF Material Command's Air Force Flight Test Center (AFFTC). Here is where the aircraft of tomorrow's Air Force are tried and tested. The AFFTC supports the war fighter through aerospace research, development, testing, and evaluation. Edwards serves as a major resource for all branches of the armed forces, various government agencies, private contractors, and allied nations. Edwards has put some truly remarkable "birds" in the sky and has brought about remarkable electronic systems bringing many engineer's dreams to life.

To mention a little of Edwards' history, it was here that the US's first jet air craft was produced, the Bell XP-59A Aircomet, and the newest air dominating fighter the F-22 Raptor. Chuck Yeager was first to break the sound barrier in the Bell X-2 at Edwards AFB, and Edwards serves as a landing site for the Space Shuttle. This is just a tickler which I hope "spurs" you into "checking out" your own items of interest regarding Edwards.

The 95th Medical Group Clinic, whose mission is "To Provide Care and Service for Mission Success and Lifelong Health," serves a community of 10,339 personnel. Outpatient services include Family Practice, OB/GYN, Internal Medicine, and, Dental Services. Our clinic has dedicated personnel who are determined



Third row from left to right: Capt Stacey Thomas, SSgt Joshua Arthur, TSgt Thressa Burley (Recently left Edwards AFB), SSgt Phillip Charter, SrA Mario Campos, TSgt Charles Conley, and SrA Bill Johnston
Second row from left to right: Linda Jackson, 1Lt Alison Green, SrA Maria Christina Ablang, SSgt Crystal Goff, and SSgt Joanne Johnston
First row from left to right: SrA Jesus Jimenez (Recently left Edwards AFB) and A1C Farzad Ferydouni

to effectively meet the needs of customers.

The 95th Aerospace Medical Squadron more directly supports war fighters who carry out the fighting mission and those involved in new systems development. The squadron provides medical care to these individuals and their families. The mission statement is "To Aeromedically Support the Projection of Our Nation's Combat Air and Space Power." The vision statement is "The World's Greatest Aerospace Medicine Squadron." The motto is "Make it Happen!" Having moved into the Air Forces' newest and modern Aeromedical facility housing the major tenets of Aerospace Medicine: Flight Surgery, Bioenvironmental Engineering, and Public Health, we are destined to making good things happen and serving as a model unit for AF Material Command. Public Health indirectly supports the Aerospace Space mission through its traditional means of identifying and stopping any possible spread of communicable diseases in the Edwards community, educating and monitoring the health of those industrially involved in the support of the war fighter, and ensuring the safety of Edwards food supply. Now, through the newly formed Public Health/ Force Health Management section, we are heavily involved in managing the health of all Edwards' military personnel in an effort to maximize deployment readiness.

To the great PH team at Edwards AFB: Thanks for sharing your team's efforts with the Air Force PH Family...we really appreciate everything you do! Thank You!



FROM LEFT TO RIGHT: A1C Demetrius Best, SrA Erika Davila, SrA Kelly Moore, TSgt Martin Reed, and A1C Rebeca Nuss



SrA Erika Davila

tion operation--one of the USAF's largest (and possibly THE largest). The word is that they are doing well at their deployed location...all are great troops! We really appreciate them and wish them a safe return as soon as they are allowed to rotate back. Please stay safe and know that we often think about all of you who are deployed PH family members...we know you will serve proudly and get the mission done with style! We are very proud of each of you!

SrA Erika Davila recently re-enlisted while deployed. Re-enlistments are a special time for us...and to perform it while deployed is even more exciting. The above pictured members ...all are from the 59th Aerospace Medicine Squadron's Public Health Flight at Wilford Hall Medical Center at Lackland AFB...were there to support SrA Davila. Just for your information...A1C Best, SrA Davila and A1C Nuss are on their second deployed tours since Sep 2001. The group spent more than 5 months in theater the first time and left here again this past November with an unknown return date...and SrA Kelly Moore came back to active duty this past July after separating from the USAF less than two years ago. Welcome back SrA Moore! TSgt Reed runs the WHMC Communicable Disease Control and Preven-

More Skunkworks



DATELINE OFFUT: TSgt Jasmin Stewart was STEP Promoted...SMSgt Jeff Hurst is pictured with her.

Under the Air Force's Stripes for Exceptional Performers program, a select few airmen each year earn command-selected promotions based upon career achievements and other factors such as character, awards and service to community.

DATELINE McCHORD: TSgt Tracey Cabot (not pictured) was STEP Promoted recently!

The PH family is proud of each you!

DATELINE LAKENHEATH: MSgt Stan Knutelski was step promoted on 10 Mar 03. Pictured with him are CCM (Chief Brown) and Wing/CC (BG Brennan).





USAFSAM FOCUS: SSgt Allison Heintzelman

SSgt Allison L. Heintzelman is an Occupational Health Team Master Instructor at USAFSAM at Brooks City Base near San Antonio Texas. She has been assigned at USAFSAM since 1999 and was a previous 4FOX1 Instructor. She has had one previous assignment...at Nellis AFB as an Aeromedical Technician from 1995-1999.

SSgt Heintzelman's family includes just one dog (Chaz) and two cats (Calvin & Simon). Her



off duty interests include: Running, swimming, dancing, water/snow skiing, shopping, movies and spending time with friends.

She has a favorite Famous quote to share with us: "Do not do what you would undo if caught." -Leah Arendt

The message she wants to share with us is "Keep your chin up and be patient and before you know it, we will all be working off the same sheet of music. Best of luck to the new 4E's and thanks to all the traditional 4E's for making us feel so welcome."

Thanks for sharing a little of your life with us!

Final Thoughts...Team Building and Success

Again, I did some internet surfing and found some more good information that might help folks at base level...so I thought I would share some of it...

TEAMWORK: So, what is expected in a good team player?

*Know what your responsibility is and do it. This is called being dependable or responsible.

*Demonstrate initiative. Do things that you see need to be done without waiting to be told to do them.

*Be creative. Analyze situations and brainstorm in attempting to find new ways to handle problems. Don't be afraid to suggest things. No ideas are ever stupid!

*Be willing to always listen to others ideas and recognize that they may be better than yours. You are not always right!

*Implement good communication skills.

*Accept your responsibility cheerfully and take pride in what you do.

*Exhibit good personal qualities such as honesty, integrity, and trust.

*Be versatile and flexible.

*Be willing to learn, to be open minded and to accept change.

*Cooperate with others, even if you don't always agree. Show sensitivity and tact when you disagree.

*Delegate to allow others the opportunity to grow and accept delegation.

TIME MANAGEMENT: This involves organizing the activities of the day by priority.

1- List all of the tasks that you know you are responsible for.

2- Prioritize them by times, e.g. things that need to be done at 9

o'clock in the morning verses 2 o'clock in the afternoon.

3- Then prioritize them by the things that are the most important. Feeding a patient is more important than taking time to paint their fingernails.

4- Identify tasks that you can group together.

5- Save steps and time by collecting all needed supplies before beginning a procedure.

6- Be flexible! There will always be unexpected things that will take your time. Allow enough time in your plan for those unexpected things.

I hope these few management tips will help a few folks develop and fine tune their skills. I also hope it will improve our daily interaction with others so we can get the mission done a little easier and with less frustration!