



PH Hometown News

Volume 2, Issue 5

Jun-Jul 2001

PH POCs

- AFMOA
Col Deneice Van Hook 297-4280
Maj George Prascsak 297-4269
Maj Lisa Pegues 297-4216
MSgt Mark Mellinger 297-4340
- ACC:
Lt Col Bill Courtney 574-1268
SMSgt Theron Reed 574-1294
- AMC:
Col (S) Rex Brennan 779-6336
CMSgt Jeff Strout 779-6336
- Space Command
Col Don Coates 692-6810
CMSgt Rich Johnson 834-1206
- AFMC
Col (S) Judith Holl 787-6728
SMSgt Steve Henry 785-2510 X323
- AETC:
Col Tom Stedman 487-6536
SMSgt Tom Bocek 597-6880
- USAFE:
Lt Col Fred Kelsey 314-480-7670
MSgt Therese Huss 314-480-2004
- PACAF:
Lt Col Paul Rehme 315-449-2332 X 269
SMSgt Bill Hollowood 315-630-4232
- AFSOC:
Lt Col Richard "Joel" Williams 641-5625
- Reserves
SMSgt Patricia Tooley 497-0600
- ANG:
SMSgt Shannon Wright 278-8556
- USAFSAM
Col Diana Barnicott 240-2269
CMSgt Rich Hollins 240-3766

New Promotees (TSgt and MSgt)



Here are the newly identified Public Health personnel for promotion to Master Ser-

geant:

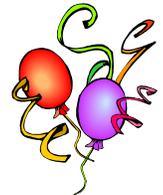
Baker Richard C II
Berkel Kevin P
Billingsley Randy
Codney Walter D
Davis James K II
Davis Jon T
Davis Phillip A
Fohner Ronald B
Green Stephen W
Larkin Michael
Macfadden Missi L
Paolucci Vincent R
Roach Robert G
Robbins Todd A
Sherry David P

Here are the newly identified Public Health personnel for promotion to Technical Sergeant:

Alvord Thressa M
Baer Stacey D

Barnett Harold G
Boulson Phillip S
Calloway Nadine E
Cates Adelaida
Coleman Rodney E
Correa Eduardo
Devereaux Jason R
Hartsfield Cindy D
Hastings Todd C
Hoff Nathan W
Johnson Alvin M
Kays Timothy F
Lacross Kelly G
Lovett Rolton III
Malae Parry I
Malley Candy S
Mardis Rusty E
Mcclusky Cory N
Mobley Kiwanus B
Pratt (Juhnke), Leslie (STEP promoted last month)
Perry Alwayne N O
Reed Martin F
Reid Annette R
Richards Kevin D
Rootes Michelle L
Shubrick Yolly P
Smith James P Jr
Stevens Julee A

I can't stress enough how proud I am of each of you for making it to that next rung of your career ladder. I am sure you realize that as you accept that next level of responsibility...you will be challenged to achieve even higher goals and to accept even more responsibilities...and once you pin on... you will get paid more for it. My challenge to you is to not sit back and rest...you should continue to study hard and expertly perform your duties at the next higher level and to prepare yourself for that next stripe. You are the future leaders of our Air Force Public Health career field. Everyday I am extremely impressed with the caliber of people I work with in PH...you all are prime examples of outstanding achievement! Thank you for all you do for PH!



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

DATELINE Ali Al Salem AB, Kuwait: PH has returned to this forward operating location. IDMT's have done an admirable job covering some of our PH tasks...but Team Aerospace has returned to accept the challenges found there. **DATELINE ROBINS AFB GA:** TSgt (S) Spencer Thomas was recently selected for Officer Training School. Way to go SSgt Thomas! We are all proud of you! **DATELINE McConnell AFB KS:** SrA Karen Edwards was selected for the USAF Women's volleyball team. Unfortunately she was injured early

in the season and returned to McConnell AFB. Hey...you made the team...way to go! SSgt Sigler was the 22nd MDG NCO for the Jan-Mar quarter and will be PCSing to Hickam in July. TSgt Mona Robinson (new cross-trainee) recently arrived and will begin learning about our career field. Welcome Mona! **DATELINE: Keesler AFB MS:** SrA Ryan Devine is PCSing to Offut AFB in July 01. **DATELINE KADENA:** 2Lt Gwen

Boleware reported for duty; Mr Ryokichi Chinen retired after serving 13 years of his long career in Public Health; TSgt Brnadon Madison PCS'd to Mountain Home AFB; SrA Jada Washington went TDY to PSAB; MSgt Carolyn Ivey-Mitchell PCS'd to Nellis AFB. **DATELINE Eielson:** MSgt Alex Perry was promoted 1 Jul.

DATELINE Misawa: SrA Rebecca Thornton was promoted on 8 July! Way to go folks...keep the info coming...our family likes to hear about you!



Base Focus: Assignment Scott

This month, we'll take a look at Scott AFB Illinois. This article was submitted by Capt Sandra Moy.

Nestled in the cornfields of southwestern Illinois in the town of Belleville (located approximately 20 miles from St Louis), you will find Scott AFB. Scott AFB's 375th Airlift Wing accomplishes 4 important missions: provide a responsive aeromedical airlift system to move eligible patients; provide operational support airlift of passengers and cargo; conduct all Air Force C-9A qualification and instructor training; and provide all base support services to multiple tenant units on base. Scott houses three headquarters: Air Mobility Command, United States Transportation command, and the Air Force Communications Agency.

mission—(T)Sgt Tammy Lockett and A1C Nicole Finnigan ensure the Immunizations Clinic runs smoothly; TSgt Jerry Delarosa, SSgt Julia Nott, and SrA Juan Rios run all occupational health programs; SSgt Jennifer Feiser, SrA Elizabeth Lujan, and Amn Hilary Sparks ensure Preventive Medicine programs are all in order; and finally, SSgt Donovan Lindo single-handedly handles the Food Safety and Sanitation Program and runs all medical entomology programs.

Scott AFB has two Medical Global Reach Lay-down (FFGRL) Teams and two Wartime Medical Decontamination (FFGLB) Teams and conducts intensive training as much as possible. We are ready to deploy at a moments notice! Thanks for sharing a brief look into the operations at Scott!

The Scott Public Health Office is always busy carrying out the requirements of our immunizations, preventive medicine, occupational health, and food safety and sanitation programs. Led by Major Sam Hall (Public Health Flight Commander), Capt Sandy Moy (Chief of Operations) and MSgt Michael Philbert (NCOIC), the Public Health staff strives to excel in everything we do—improve compliance rates, inject epidemiological methods and techniques into programs, streamline operations to improve customer service and satisfaction, provide technical guidance and training to medical and line units. All the while, we have fun saving the world from pestilence, disability, and death.

Assisting the leaders in preventing disease and disability, Scott Public Health has a team of NCOs and airmen dedicated to carrying out the



Bottom: L to R: SrA Elizabeth Lujan, SSgt Julia Nott, (T)Sgt Tammy Lockett, Capt Sandy Moy, and SrA Juan Rios)

Top: L to R: MSgt Michael Philbert, SSgt Donovan Lindo
Not Pictured: Maj Sam Hall, TSgt Jerry Delarosa, SSgt Jennifer Feiser, A1C Nicole Finnigan, and Amn Hilary Sparks

Meet an AFMOA Leader

Lt Col (S) George M. Prascsak will be taking the important job of helping Colonel Van Hook at AFMOA. He is replacing Lt Col Fred Kelsey. Maj Prascsak is coming from the hardship assignment of Hickam AFB Hawaii. He has been in Hawaii since Sep 1998. His previous assignments include: from Aug 97 to Aug 98 he received his Masters in Public Health in Tropical Medicine at Uniformed Services University for the Health Sciences (USUHS). He was stationed at USAFSAM from Jun 94 to Aug 98 as the Chief of the Medi-

cal Readiness Branch. He was the Associate Chief of Public Health at Kadena AB Japan from Jun 91 to Jun 94. He was the Chief of Environmental Health at Wurtsmith AFB, Michigan from Feb 88 to Jun 91 and the Chief Environmental Health Air Force Reserves at Rickenbacker ANGB Ohio from Feb 83 to Feb 88. Maj Prascsak is from Middletown, New Jersey and has been married to Carol for almost 32 years. Carol works at HQ PACAF as a career Civil Service Financial Manager and she is completing her MBA at Hawaii

Pacific University and after graduating she will transfer to the Pentagon. They have 3 children Mike (30), Ken (28), and Suzy (24) and 3 grandchildren Joey (8), Brandon (8), and Mikey (4). He enjoys wine-making, photography, golf, and fishing. His quote: "The best thing about working in Public Health is that every day there is something new." This is an exciting time to be in PH and the AF. Change is upon us. We are getting back to the basics and refocusing our efforts on what really is important, prevention. Instead of accepting the old axiom of doing "more with less", maybe, we can have more impact with doing "less with less" by deciding what's important and doing that very well. Maj Prascsak, thanks for sharing a slice of your life with us!

Meet another AFMOA Leader

Meet MSgt Mark Mellinger. He is the NCOIC of the Operational Prevention Division at AFMOA. MSgt Mellinger's previous assignments include: NCOIC Public Health at Charleston AFB, South Carolina from Sep 95 to Nov 00. He was the Assistant NCOIC of Public Health at Plattsburgh AFB, New York from Nov 93 to Aug 95 and the Assistant NCOIC of Military Public Health at Andersen AFB, Guam from Nov 91 to Oct 93. He started out his career as NCOIC of the Epidemiology, Occupational Health, Food Safety and Hygiene sections at Wright Patterson AFB, Ohio from May 84 to Oct 91. MSgt Mellinger hails from Pittsburgh Pennsylvania and enjoys raquetball, tennis, flag football, hiking, and home repair. He is married to Julie and they have 2 daughters Sarah (20) and April (16) and a grandson Tyler (2). A quote I

like to live by is, "If a job is worth doing, it's worth doing right." From the time I was a kid growing up in Pittsburgh with my (9) siblings, my parents taught me that if you are going to do something, make sure you do it right and to the best of your ability. I like to live my life this way whether I am on a weeds and seeds detail or inspecting the child development center. The best thing about my current job is that I get to see how policy is developed and that I have an impact on what the policy looks like. I work with a great group of professionals who really have a keen interest on how the policy affects the people in the field and how they do their jobs. Also, too many people today base a tasks worth on how far it will take them. One of the phrases I hate most is, "Do this

because you need bullets for your EPR/OPR/Award Package, etc." We all need to give back to our communities, not because we need a bullet, but because it's the right thing to do. My parents always instilled in us that if we needed to borrow something, return it in better condition than we received it. When it's time to PCS, retire, or separate, we should leave the community in better condition than it was when we moved in. We are the MTF's epidemiologists and can help our MTF's maximize their productivity. Although we are coming to the PCO table a little late, we still have a lot to offer and the rest of the AF Medical Service knows it, and welcomes it. I suggest everyone, including the enlisted technicians, sharpen those epi skills. You are going to need them. P.S. Remember your family, they will always be there. MSgt Mellinger, thanks for sharing your life with us.

Meet a USAFSAM Key Member

Meet TSgt Wes Walker...instructor extraordinaire! TSgt Walker is from Gloucester County, Virginia. He is currently an instructor in the Force Protection Branch at USAFSAM. He is the Course Supervisor of the newly developed Contingency Counter Terrorism Casualty Decontamination Course at USAFSAM. Trains Team Aerospace, including medical planners, flight surgeons, medical intelligence officers and bioenvironmental engineers and their respective enlisted corps, in nuclear, biological, chemical (NBC) agent characteristics, detection, decontamination, and personal protection; field hygiene and sanitation; disease prevention in contingency operations. TSgt Walker has earned his Bachelors degree in Occupational Education

with an emphasis in Public Health from Wayland Baptist University and holds an AA degree in Military Science and Technology (2001) and an AA degree in Environmental Medicine (1998) from the Community College of the Air Force. His previous assignments include: Barksdale AFB, LA from Sep 84 to Jan 87; 1st Medical Group Langley AFB, VA from Jan 87 to Aug 98; Public Health Liaison

during OPERATION BRIGHT STAR Cairo West Air Base Egypt from Sep 89 to Oct 89; NCOIC Public Health at the Air Transportable Hospital, Dhahran AB, Saudi Arabia from Aug 89 to Mar 90; Public Health Liaison for OPERATION CORONET MACAW in Jan 94; and Preventive Medicine Refugee Liaison for OPERATION SEA SIGNAL Guantanamo Bay, Cuba (Jun 96 to Oct 96). He is married to Kristy and they enjoy downhill skiing, wilderness backpacking, and taekwondo. His motto is "Seek out your mountain and conquer it!" TSgt Wes Walker is a top notch NCO and a great person...Thanks for all of your hard work and dedication and for sharing a slice of your life with us!





WORLD-WIDE TELECONFERENCE... The next TC will not be until I get relocated to Andrews AFB MD...probably not until October time frame...stay tuned to a message (or e-mail) announcing the next teleconference.

Correction: In the last issue I reported in the USAFSAM article about Col Stedman's quote PREDATOR...I mistakenly reported the P for Predator...it should have read P is for Pride and not predator. Sorry for any confusion this may have caused.

MORE SKUNKWORKS: DATELINE McChord AFB Washington: Staff Sergeant Charles Gilman II pinned on his new rank on 1 April this year, SSgt Alan K. Munro pinned his new rank on 1 Jun of this year and he will be PCSing to Wilford Hall Medical Center at Lackland AFB in San Antonio, Texas in August. Captain Maureen Farrell returned to Public Health after serving a year as the Wing Protocol Officer...she did an outstanding job...but we are glad to have her back working PH issues again. TSgt MacNeal Baptiste will be arriving from Eielson AFB, Alaska in August...a welcomed newcomer! **DATELINE Shaw AFB, South Carolina:** A1C Kathy Vassey was recently selected as the 20th Medical Group Airman of the Quarter. She completed her Career Field Development Course with a score of 86% and managed to run the Occupational Health Element (while her NCOIC was deployed), updated five operating instructions and performed extensive volunteer time with a local Girl Scout troop. She will compete at the Wing level next! **WAY TO GO FOLKS...**the PH leadership is so very proud of you and your efforts!

Final Thoughts...

I was surfing the world wide web and found a few management tips that I thought might be useful for some of you...

You Can't Listen With Your Mouth Open. Your associates, your employees, your suppliers, your customers all have something of value in what they have to say. Listen to the people around you. You will never learn what it is if you drown them out by talking all the time. Remember, the only thing that can come out of your mouth is something you already know. Shut up and learn.

Appearance Does Matter. It may be a sad commentary on our superficial society, but appearance does matter. Whether it's the packaging on your product, the first impression you make when calling on a new client, or your company's web site people notice how

things look. They care about how things look and make judgments about you and/or your product based on appearance.

Don't Spray The Apes. "Start with a cage containing five apes. In the cage, hang a banana on a string and put stairs under it. Before long an ape will go up the stairs and start to climb towards the banana. As soon as the ape touches the banana, spray all apes with cold water. After a while, another ape makes an attempt with the same result - all the apes are sprayed with cold water. Then turn off the cold water.

"Now if another ape tries to climb the stairs for the banana the other apes will try to prevent it even though no water sprays them. Now remove one of the five apes from the cage and replace with a new one. The new ape sees the banana and tries to climb the stairs. To his horror, all of the apes attack him. After another attempt he is again attacked. He

knows now that if he attempts to climb the stairs he will be assaulted.

"Next, remove another of the original five apes and replace with a new one. The newcomer goes to the stairs and is attacked. The previous newcomer takes part in the punishment with enthusiasm. Again, replace a third of the original five apes with a new one. The new one makes it to the stairs and is attacked as well. Two of the four apes that beat him up have no idea why they were not permitted to climb the stairs, or why they are participating in the beating of the newest ape. After replacing the fourth and fifth of the original apes there are no longer any apes that have been sprayed with cold water. Nevertheless, no ape ever again approaches the banana. Why not ?? "Because that's the way it's always been around here." "That is how policy begins!!!"

I hope these were a few useful tips for you...stay tuned there will be more to come!