



# PH Hometown News

Volume 3, Issue 4

Oct-Dec 2002

**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**
- Col Don Coates 692-6810
- CMSgt Bill Babb 692-6809
- **AFMC**
- Col Judith Holl 787-6728
- SMSgt Annette Semasko 875-8612
- **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
- 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

## Recognition Time

It is that time of year again! Time to recognize our great performers in the Public Health family. This year we have added a category to the Colonel Cleveland L. Parker Award. We have split out the category into a Senior NCO and an NCO category for this award. The following categories of PH annual awards will be evaluated and the winners of the awards will be announced at the Team Aerospace Operational Solutions (TAOS) course at USAFSAM during the Annual PH awards banquet the week of 3-7 March 2003. The categories are: Public Health Officer of the Year; Lt Col George M. Prascsak Jr. Award (Staff Public Health Officer of the Year); Staff NCO of the Year; Public Health Airman of the Year; Colonel Cleveland L. Parker Award—SNCO Category and Colonel Cleveland L. Parker Award—NCO Category. The annual awards banquet is scheduled to be held at the St. Anthony’s hotel and will be a semi-formal event (the same as last year’s event). The projected cost will be close to last year’s cost...however, the budget is being worked by a very competent group of dedicated professionals in San Antonio headed up by Capt Lori Stephens from Lackland AFB. We really appreciate the team’s hard work and dedication in putting this program together. Each year there is a great group of folks that work very hard to ensure the night is an enjoyable evening with a high quality touch of class as we recognize our best of the best!

There is a new AFI published as well. This changes the format for the AF Form 1206...adding a category of “Other Accomplishments” to the form. The categories

include Leadership and Job Performance, Significant Self-Improvement, Community and Base Involvement, and Other Accomplishments. There was a MS Word document AF Form 1206 distributed to make the formats uniform. You can get a copy from your MAJCOM awards representative.

The awards banquet this year will carry a theme throughout the evening of “A look back at our heritage”. It will have two historical paths showing both the history of the Public Health career field (officer and enlisted) as well as the history of the 4FOX1 career field. During 2003, we will remember the anniversary of the deletion of the veterinary service...marking the point where we changed from veterinary services to Environmental Health. We will “walk down memory lane” for both career fields and merge them into one combined family going into an exciting future! Stay tuned to further updates about TAOS and our night of recognition. Remember...take the time to write up a solid package for those PH personnel who have gone above and beyond...those who deserve the recognition...there is no excuse for not recognizing them! We have great people out there doing great things!

## Happy Holidays!

I just wanted to take this opportunity to pass on my best wishes to each of you for the upcoming holiday season. We have accomplished much this past year and I want you to know that the PH leadership really appreciates your dedication and efforts and your daily involvement in prevention activities.

I encourage each of you as you attend the many holiday festivities to reflect and remember those who cannot

be with us or their families during the holidays. Please ensure those in harms way are remembered with care packages and cards from home. Local PH leadership should ensure all PH family members are taken care of for the holidays...as this period of time can be difficult for many. Please take the time to reflect on our accomplishments over this past year and shift the focus to the coming year...but most importantly take the time to share each other’s company and enjoy the holidays! No matter what you do during the holidays...be safe...we want each and everyone of you to return back to the PH family. We need each of you...and our customers need you. Have a safe and happy holiday season!

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

**DATELINE: Spangdahlem AB GE:**

**TSgt Dennis Bryant** was named the 52d Fighter Wing NCO of the Quarter, and graduated from the University of Maryland with a B.S. in Information/Systems Management. **TSgt Dante Pawa** received an AF Achievement Medal for Outstanding Service while



deployed to Oman. **The Public Health Flight** was named the 52d Fighter Wing "Warrior Team of the week" on 11 October, and had their team picture placed in the base paper. PH kicked butt in the ORI ensuring all deployers were medically cleared. Of 400 people processing ONLY three needed shots and only one needed an HIV test...all because of PH "behind the scenes" work prior to the ORI. The Squadron Commander issued a one day pass to all PH personnel for their team effort and results.

We welcomed **SrA Qanna Taylor** and **AIC Teresa Booker**, said goodbye to **SSgt Jodi Lingelbach** who is now at Lackland. We also welcomed **MSgt (S) Shawn Rickey**, **TSgt Mi-**

**chael Waller**, **TSgt Glenn Rameres**, and **AIC Brandi Perryman** to the PH fold from the 4F community. **Maj David Duque** and **TSgt Dennis Bryant** deployed to Uganda for two weeks in support of MEDFLAG 02.....Both did an outstanding job in a very difficult environment (no running water, HIV in the local population in epidemic numbers, leprosy, you name it..it was there).

**DATELINE AFIT:** The following Public Health officers have been selected to attend the listed AFIT program: **Capt Monica Selent**, **Capt Christine Poel**, **Capt Alisa Iriye**, and **Capt Melinda Eaton** have been selected to get their Masters of Science in Public Health degrees. **Capt Natalie Keeler** will attend a Fellowship in Epidemic Intelligence Services and **Capt James Coker** will attend a Public Health Fellowship at the Air Force Medical Operations Agency (AFMOA). Congratulations to all!

**DATELINE 376 AEW/EMDG:** The deployed members of Team Aerospace won top honors as team of the month at Ganci AB. This great team consisted of: Major Janette Goodman, Public Health, 89 MDG, Andrews AFB; Major Doug Rouse, Flight Medicine (not in picture), 89 MDG, Andrews AFB; Major Craig Adams, Bioenvironmental Engineering, 89 MDG, Andrews AFB; SGT Tracy Harris, Veterinary Technician (not in picture), 109th Med Det, Stanton, CA;



AIC Celina Johnson, PH Tech, 437 MDG, Charleston AFB, SC; SrA Yolanda Jones, BEE Tech, 437 MDG, Charleston AFB, SC; SrA Brandon Turner, BEE Tech, 437 MDG, Charleston AFB, SC. This team worked diligently with members of other forces (Dutch and Norwegian forces) to solve problems associated with asbestos exposures and potential exposures to hydrazine. Their efforts in prevention enhanced the readiness status of the deployed forces at Ganci AB. They should be proud of their "job well done!"

**DATELINE Maxwell AFB AL:** SSgt Ronald Buchanan recently retired after 20 years of dedicated service to our country. Here is a photo of the Maxwell AFB PH family at his retirement. The PH family photo: left to right: MSgt James Gage,



SSgt Mandi Wichman, Maj Mel Stephens, SSgt Ronald Buchanan, TSgt Christopher Mayo,

SSgt Yolanda Heard, TSgt David Quakenbush, SrA Douyon and SSgt Erica Aguilar.



**DATELINE Altus AFB, OK:** MSgt Paul Williams was recently promoted to the rank of MSgt. Here is a photo of his family at his ceremony. Let the celebration begin! Congrats MSgt Williams.

**DATELINE Brooks AFB Texas:** CMSgt Richard Hollins was recently selected as the Command Chief Master Sergeant for the 311th Wing at Brooks AFB and will take on his new role shortly. Wow...one of our family members moves up to take on a critical Wing leadership role! Congratulations Chief Hollins and please don't forget about your PH family! For everyone else...stop by his office the next time you are at Brooks AFB...and congratulate Chief Hollins!

PLEASE KEEP THE GREAT NEWS COMING IN!

# Another Sad Loss for Our Family

## SSgt April Hafner

The Kadena Public Health office lost one of its rising stars on 26 October 2002. SSgt April Hafner passed away due to a tragic water related accident on the island of Okinawa, Japan. April was born in Nashville, Arkansas on 28 April 1978, later moving to Chambersburg, Pennsylvania where she graduated high school in 1997. She joined the Air Force in 1998 and was assigned to Kelly AFB, San Antonio, Texas until the base closed and was then re-assigned to the Kadena Public Health Team in 1999.

April thoroughly enjoyed the Public Health career field, and took great pride in providing the best medical care to each patient she came into contact with. Her jovial attitude and personality garnished her with many friends, both within the career field and throughout the rest of the AF. April's unprecedented dedication to duty and outstanding performance allowed her to be honored with many accolades, including the coveted Kadena AB Command Chief Coin in 2001. CMSgt Chris Dobbins chose to give her the coin because "she was one of the professionals



that was not just meeting standards, but far exceeding them by consistently taking it to the next level."

The loss of SSgt Hafner will not be felt only by the Kadena Public Health Flight, but also by the entire AF Public Health Team and all the other AF lives she touched. Our sincerest condolences go out to her family and friends, and our deepest appreciation to April for all of her contributions during her outstanding AF career.

**MSgt Baker:** "April always asked the "Why" question not just the "How""

**SSgt Mitchell:** "Highly motivated; always wanted to do the right thing" ...A people person!

**SSgt Williams:** "have never met anyone who was more eager to learn"

**SrA Gunn:** "Always brightened up the whole office with her attitude"

**TSgt Maher:** "Her happy, bubbly spirit was contagious -- you just had to smile..."

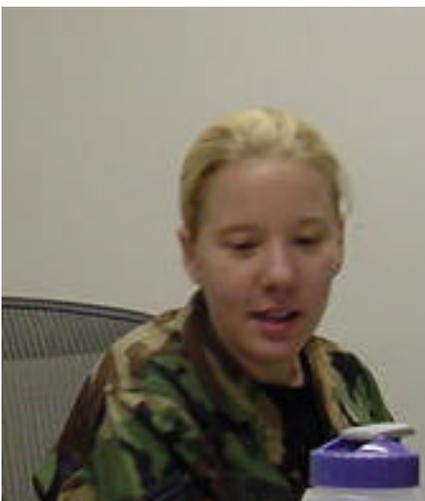
**SSgt Wells:** "Reliable... wholehearted...above all, one of a kind"

**SrA Evans:** "Very Uplifting Attitude w/ a Shining Personality"

**SSgt Farvour:** "No matter how bad of a day I was having, April always knew how to cheer me up."

**TSgt Silva:** "Very thorough; seemed she was always ensuring her job was done right"

**SHE WILL BE MISSED!**



# Another Sad Loss for Our Family

## Lt Col George Michael Prascsak Jr.



**Lt Col George M. Prascsak Jr.**, assigned to the Operational Prevention Division, Air Force Medical Operations Agency, Office of the Surgeon General, passed away suddenly on the evening of 1 December 2002. Lt Col Prascsak was the Chief of Public Health operations.

Lt Col Prascsak was born in Braddock, Pennsylvania on 6 Sep 1950. Upon graduation from Middletown High School, N.J. in 1968, he enrolled at Ashland College in Ashland, Ohio. He enlisted in the Air Force in February 1971 and attended basic military training at Lackland AFB, Texas. Following basic training, he attended technical school at



Sheppard AFB, Texas where he was trained as a medical technician. His first assignment was at Wright-Patterson AFB, Ohio from 1971-1975, where he worked in the pediatric clinic. While assigned at Wright-Patterson AFB, he achieved the rank of staff sergeant before separating from active duty to pursue his education and joining the Air Reserves.

While in the Reserves, he attended Wright State University, earning a bachelor's of science degree in environmental health. Upon graduation, he was discharged from the Reserves and accepted a position with the Red Bank City Department of Health in Red Bank N.J. In 1979, he and his family moved to Ohio where he worked with the Ohio Department of Health. During this time, he rejoined the Air Reserves and was commissioned as a second lieutenant.

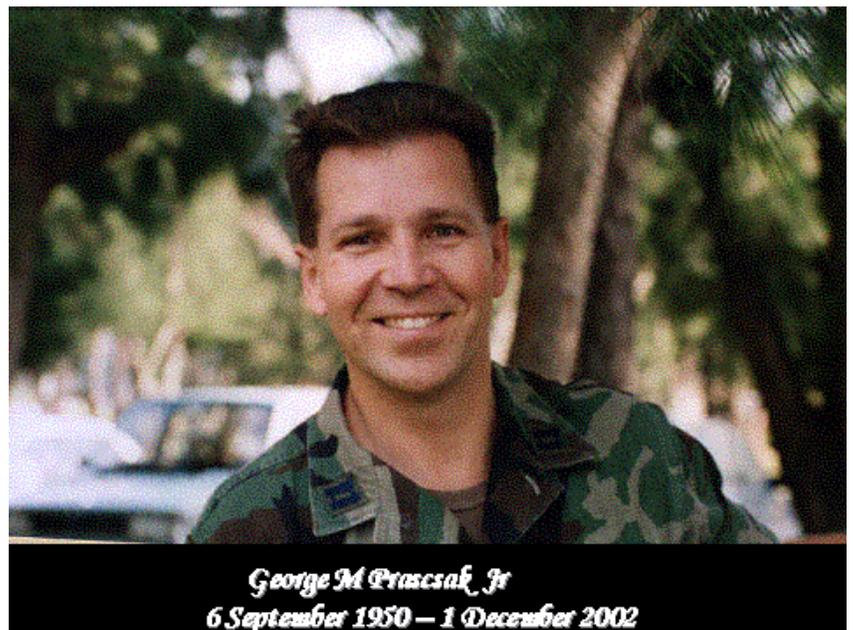
In 1988, while on a medical mission in Honduras with the Reserves, he was offered an active duty commission as an environ-

mental health officer that he quickly accepted. He was assigned to Wurtsmith AFB, Michigan, until 1991, when transferred to Kadena AB Okinawa, Japan. From 1994-1997, he was assigned to the USAF School of Aerospace Medicine as a public health instructor where he developed and taught the Public Health Concept of Operations Course (CONOPS). Upon completing this assignment, he earned his Masters of Public Health degree from the Uniformed Services School of Health Sciences (USUHS). Upon graduation, he was transferred to the 51st Medical Group, Hickam AFB, Hawaii. This assignment was curtailed to bring him to the Air Force Medical Operations Agency where he worked on food security, force protection, biological warfare defense and other readiness issues.

Lt Col Prascsak is survived by his wife Carol; his mother, Olga Prascsak; sons George Michael Prascsak III of Las Vegas; Ken Prascsak of Hollywood, California; a daughter, Suzy Fowler of Fort Campbell, Kentucky; grandchildren Brandon Prascsak, Michael Prascsak, Joey Fowler, Lilly Fowler; sisters Sandra Castles,

Catherine Potaczek; brothers Wayne and Barry; son-in-law Army Sgt Nathan Fowler, assigned to the 101st Airborne Division; daughter-in-law Leslie Prascsak; uncle William Priatco; and mother and father-in-law Ken and Marianne Seeley of Columbus, Ohio. He was preceded in death by his father, George Michael Prascsak. His wife Carol works for the Secretary of the Air Force, Office of Financial Management, Budget Investment, Military Construction. His uncle, William Priatco, served in the Air Force Presidential Honor Guard and played for the Bolling Generals before being drafted by the Pittsburgh Steelers.

Visitation and a memorial service were held at Demaine Funeral Home in Springfield Virginia on 12 December and he is scheduled to be laid to rest at Arlington National Cemetery on Wednesday, December 18th with full military honors. His dedication, hard work, service to his country and friendship to us all will be greatly missed.



## Meet CMSgt (S) Scott Truesdell

The recent promotion announcement for CMSgt yielded a new selectee from Kadena AB, Japan. Scott Truesdell, a former 4FOX1 who recently joined our Public Health family during the merger, is the Superintendent of the 18th Aerospace Medicine Squadron...last year's winner of the Air Force Team Aerospace Award.

CMSgt (S) Truesdell's assignments include: From Septeber 1984 to September 1990 at Scott AFB, IL he was an Aeromedical Specialist and eventually became the NCOIC, Flight Medicine. His next assignment was from September 1990 to October 1994 at Spangdahlem AB, GE where he was the NCOIC, Flight Medicine for a period of



time and also a Squadron Medical Element (SME) for a flying unit for a period of time.

CMSgt (S) Truesdell then moved to Vance AFB, OK where he became the NCOIC of Aerospace Medicine from November 1994 to July 1997. His next as-

signment took him to Keesler AFB, MS (July 1997 to September 1998) where he started out as the NCOIC of Flight Medicine and later became the Superintendent of the Aerospace Medicine Squadron. In September 1998, he moved to Kadena AB, Japan where he assumed his present position.

He is married to the lovely Renee and they have two wonderful kids, Heather (18) and Zach (13). Besides time with his family, Scott enjoys a good game of golf when he gets an opportunity.

Scott may not have a special quote to share...but he states that he is just happy to be part of the Public Health family. He adds to all of the PH family...“Thanks for the warm welcome we have received.”

We are glad to have you in the family. Congratulations on your selection and thanks for sharing a small segment of your life with us!

## Meet Major Tim Bennett

Major Tim Bennett is a Medical Inspector at the Air Force Inspection Agency, Kirtland AFB, New Mexico. His previous assignments include Chief, Environmental Health Surveillance, at Wilford Hall Medical Center, Lackland AFB, TX, from 1990-94; Public Health/Health Promotion/Medical Readiness Flight Commander at Columbus AFB, MS, from 1994-1997; Public Health Flight Commander at Keesler Medical Center, Keesler AFB, MS, from 1997-2000; Public Health Flight Commander and Exercise Evaluation Team Chief at Luke AFB, AZ, from 2000-2002 and moved to Kirtland for his present assignment earlier this year. Major Bennett was born at Fort Sill Army Medical Center, Oklahoma, on 10 July 1965. He is the son of Naval Chaplain, Commander and Mrs William Bennett. Major Bennett and Kim, his wife of sixteen years,

have one son, Tyler, who is 10 years old and a poodle named Boo. When not on the road inspecting, Maj Bennett is engaged in home

schooling, scouting, and church activities with Tyler and Kim. Leisure time is mostly spent with family sightseeing throughout New Mexico. When time permits Maj Bennett enjoys running, weightlifting, woodworking, hunting, fishing, and horse wrangling on trips home to the Bennett family farm. Thanks for sharing a little of your life with the rest of us.



## Meet CMSgt (S) Jeanette Medina

CMSgt (S) Jeanette C. Medina is the very **FIRST EVER** Active Duty **female** Chief Master Sergeant selected for the Public Health career field (including going back to the beginning of the Veterinary Services and since the rank of CMSgt was incorporated into the USAF). She is the 62d Medical Group Superintendent at McChord AFB, Washington. Her assignments include: 1979 –1983 Missile Systems Maintenance Technician, 52 EMS (USAFE) Spangdahlem AB, Germany; 1983-1986 Aircraft Armament Systems Load Crew Chief, 430 AMU, 474 TFW (TAC) Nellis AFB, Nevada; 1986-1988 Aircraft Armament Systems Load Crew Chief, Red AMU, 52 AGS (USAFE) Spangdahlem AB Germany; 1988-1990 Armament Systems Load Crew Chief, VCNCO, Maintenance Operations Control Center Controller, 318th Fighter Interceptor Squadron (TAC) McChord AFB, Washington; 1990-1993 NCOIC, Occupational



Health, McChord AFB, Washington; 1993-1998 NCOIC, Public Health, McChord AFB, Washington; 1998 – 1999 Superintendent, Public Health/Supt, Medical Group (dual-hatted), McChord AFB, Washington; 1999-

present Group Supt, 62d Medical Group (AMC), McChord AFB, Washington. Jeanette is married to TJ and they have a daughter Pam (in Junior College), a son, Ramses (a High School Junior), and a Rotweiller, Petra. She enjoys spending time with her family, watching her son's football games (they're in state finals, playing at the Tacoma Dome!), writing music, singing patriotic songs with the Voices of McChord, (AD acapella group) at various military events.

She has a couple of favorite quotes or sayings "Do the right thing, and do it well!" Another favorite "Wisdom has two parts: 1) having a lot to say, and 2) not saying it." Another message she would like to share with the rest of us is: "I know I have not "arrived"...I need to go on earning this stripe over and over again everyday for the rest of my AF career! We simply owe that to every troop with stripes as it is our duty and responsibility as Chiefs." Thanks for sharing with us...and CONGRATULATIONS on being the first ever female Public Health CMSgt!

## Meet Lt Col John Kildew

Lt Col John Kildew is a Medical Inspector at the Air Force Inspection Agency at Kirtland AFB, New Mexico. His previous assignments include Chief, Environmental Health at Eielson AFB, AK, from 1990-1993; Chief, Military Public Health at Whiteman AFB, MO, from 1993-1996; Public Health Fellow, AFMOA, Bolling AFB, DC, from 1996-1997; Director, Environmental Surveillance at Armed Forces Medical Intelligence Center (AFMIC), Ft Detrick, from 1997-1999; Public Health Flight Commander at Ramstein AFB, GE, from 1999-2002 and his present assignment at Kirtland. Lt Col Kildew was born in Pocatello, Idaho, on 13 March 1952. He practiced equine medicine for twelve years before joining the Air Force, after receiving an age waiver! Lt Col Kildew and Natalie, his wife of 22 years have two daughters in college, Kortney and Kristen and two boys at home, Kurtis and Kordan. When not on the road inspecting, Lt Col Kildew plays with the boys as much as they will allow, tries to maintain some degree of fitness by running and cycling and travels home to Idaho to "cowboy up" and hunt!

Both Lt Col Kildew and Major Bennet wanted to share the following with us: What is a Medical Inspector? "A typical IG is a man past middle age,

spare, wrinkled, cold, passive, non-committal, with the eyes of a codfish, polite in contact, but at the same time unresponsive, calm and as damnably composed as a concrete post or plaster of paris cast, a human petrification with a heart of feldspar and without charm or friendly germ, minus bowels, passion or a sense of humor. Happily they never reproduce and all of them finally go to Hades." -Gen George S. Patton, Jr.

Hopefully Lt Col Kildew and Maj Bennett will not live up to this amusing "black hat" definition. They are both committed to fulfilling the IG mandate to provide an independent assessment upon which local and senior leaders can make accurate decisions. Both state that it is often a challenge to balance a fair and objective assessment with education and encouragement. Their combined twenty-four years of base-level public health experiences (good and bad) keeps them keenly grounded to the "big rocks" that support the local mission with sensitive awareness of the disruptive impact the inspection process brings to the organization.





## USAFSAM FOCUS: MSgt Joel Berry

Introducing MSgt Joel K. Berry, the NCOIC Apprentice Training and Master Instructor at the USAF School of Aerospace Medicine. He is the senior enlisted member in charge of all apprentice training at the school. He arrived at the school back in 1998. He was awarded the Master Instructor designation after completing the strict requirements associated with these honors. His previous assignments include: From 1994 to 1998 he

was the NCOIC of Flight Medicine and Physical Examinations and Standards Section at Malcolm Grow Medical Center, Andrews AFB, Maryland. Prior to Andrews he was an Aeromedical Technician at the Hospital at Langley AFB, Virginia from 1988 to 1994. MSgt Berry is married to the wonderful Jeannie M. Berry and they enjoy their daughter Hannah E. Berry and their dog

Juma (a Boxer). MSgt Berry's Off Duty Interest include: Softball, weight-lifting, spending time with his wife and daughter.

His favorite saying is: "Most people go to sleep at night wondering about their goals, I wake up early seeking them!"

A message he would like to share with the rest of us is: "Take every advantage of opportunity, if you don't... someone else will!"

## Final Thoughts...What a Year It Has Been

Oh what a year it has been indeed! I am sure many of us can easily show our massive accomplishments both in our work and our personal lives. The world has changed since September 11, 2001 in all facets of our lives. Some people are more skeptical and cautious while others are much more focused and dogmatic in attaining their dreams. Whatever your particular situation ...please take some time to reflect on this past year...what was good and what could have been better. Take time to focus on the important things in your life...maybe it is family, friends, religion, or even your career....what ever is important to you...it is important to take a little time to ensure you have things in the right perspective.

In this issue alone we have lost two great patriots from our ranks...a sad time indeed. These tragic losses should remind us how short life can be and that we should seize the opportunities of each and every day. The old saying "Carpe Diem" is an important motto we should have in the center of our lives.

We have had a busy year...we have worked on improving many of our programs and we have planned new initiatives that we have not had the time to even start yet. I am sure most of us have a large backlog of things we would like to get accomplished...we just did not have the time. Time is a very precious commodity that we never seem to have enough of...many of us do not manage the time we have very wisely. Some of us have even taken classes to help us manage it while others have not had the time for even taking these classes.

Classes such as the ones Stephen Covey presents like "First Things First" or "Seven Habits of Highly Effective People" or "Principled Centered Leadership" often help people keep things in the proper perspective. I have been lucky to take all of these classes listed as well as many others. They help me to organize the things in my life and they help me focus on the important things in my life...allowing me to have a more balanced life style.

It is so easy to get caught up in the daily drudgery that we lose sight of

those things that are important to us. We should take time periodically to

refocus or "sharpen the saw" (as Stephen Covey puts it) to make sure our important things are really at the top of the list.

I highly encourage you to take the time to check with co-workers and ensure they are also building in balance in their lives. Remember that the holidays are busy times for most of us...we often have to force ourselves to take time to enjoy with our friends, co-workers and family. Please make the effort...and make sure all of our PH family (and their families) return next year safely and with a plan to have balanced lives!

If you will be traveling during the holidays, please do so safely. If driving long distances, schedule rest stops at the right intervals and if traveling by air, plan extra time at airports for security checks and weather delays etc. But above all...have patience. There are too many people out there who do not show the holiday spirit during this season. It should be a time of joy and happiness...and should not be a time for stress and anxiety. Best wishes to each of you for the holidays...and may you have a great year in 2003! Chief Strout