

INFORMATION

187th Fighter Wing

Vol. 3, No. 8 August 2014



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187th Fighter Wing Commander **Col. Samuel Black**
187th Fighter Wing Vice Commander **Col. William Sparrow**
187th Fighter Wing Command Chief **Chief Master Sgt. Lindsey McCall**

Chief of Public Affairs **Lt. Col. Clare Reed**
Public Affairs Officer **Capt. Amy Rittberger**

Photojournalist **Tech. Sgt. Chris Baldwin**
Photojournalist **Tech. Sgt. Matthew Garrett**
Videojournalist **Tech. Sgt. Monique Randall**

ON THE COVER >>

Staff Sgt. Vernon Harris leads fellow security forces members, family and friends in a prayer before their departure to Kuwait . (Photo by Tech. Sgt. Christopher Baldwin)



IN FORMATION is the official publication of the 187th Fighter Wing, Alabama Air National Guard. Contents of this publication are not necessarily the official views of, or endorsed by the U.S. Government, the Department of Defense, or the Department of the Air Force, or the National Guard.

The content is edited, prepared and provided by the 187th Fighter Wing Public Affairs Office, Dannelly Air National Guard Base. All photographs are Air Force/ AL ANG photographs unless otherwise indicated.

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Blake Michael Coatney

(May 16, 1996 - July 21, 2014)

On Monday July 21, 2014, a beloved son went to be with the Lord in Heaven. His name was Blake Michael Coatney. Blake was 18 years old and loved to fish, hunt and hang out with friends. Recently sworn into the Alabama Air National Guard, Blake had planned to attend Ozark Aviation School in the fall. He worked hard and had many goals in life, one of which was to be a pilot in the Air Force. He was very dear to a lot of friends and family, he loved his mother and she loved him. A 2014 graduate of Ashford High School, Blake lived a full life and loved to the fullest. He will be dearly missed by everyone who knew him.

He is survived by his parents Richard and Catherine Coatney, siblings; Spencer Kalar, Brooke Coatney and Trent Mims, grandparents, uncles, aunts, other relatives and many special friends.





Child & Youth Programs

Mrs. Sharon Hubbert
Airman & Family Readiness Program Manager

CHILD CARE ASSISTANCE

NACCRRA: provides subsidies for deployed service members and their families to help pay for child care during a deployment. For more information visit the National Association of Child Care Resource and Referral Agency (NACCRRA) website at www.naccrra.org or call their toll-free number 1-800-424-2246.



OUR MILITARY KIDS GRANT PROGRAM

Our Military Kids provides tangible support to the children of deployed National Guard and Military Reserve personnel and to children of severely injured service members. Such activities help nurture and sustain these children while their parent is away in service to our country or recovering from injury at home. Our Military Kids grants are made to honor the sacrifices military parents make and to ensure that the children have access to extracurricular activities. For eligibility requirements and more information visit www.ourmilitarykids.org



SCHOOL OUTREACH

The School Outreach program provides military education resources to schools, educators, principals, and school counselors. The program conducts teacher in service days on the affects of deployment on National Guard youth. Military Child Education Coalition conducts a "Guard and Reserve Institute" and a "Living in the New Normal Institute" to local educators and Family Readiness Program. For more information visit www.militarychild.org.
OUR MILITARY KIDS GRANT PROGRAM
SCHOOL OUTREACH



SitterCity helps you find babysitters for after-school, hourly care, school vacations, deployment and PCS, extended work hours, special needs children and any other time you need a sitter. It also helps find nannies, certified CDH/FCC care providers, elder care companions, dog walkers, housekeepers, tutors and care providers who are authorized access to an installation. SitterCity membership is available at no cost. Visit www.sittercity.com/dod to register.

YELLOW RIBBON

Adult and teen volunteers work together to lead educational fun filled activities to support children and youth during the deployment cycle. Lessons are experiential based and provide youth with an experience in order to experience, share, process, generalize and apply. Curriculum and activities are supported by Operation Military Kids (OMK) through youth outreach guides, Hero Packs, and use of the Mobile Tech Lab.

TUTORING

The Air Force has partnered with Tutor.com to bring free tutoring assistance to Air Force Families. This program is available to all Air Force-affiliated Families (Military, Civilian and Contractors) regardless of component or deployment status. Visit www.tutor.com for more information.



A close-up photograph of a hand holding a glass vial and drawing liquid into a syringe. The hand is light-skinned and has a silver metal-link wristwatch on the wrist. The background is blurred, showing a red object. The text 'August is... Immunization Month' is overlaid on the top left.

August is... Immunization Month

- August is an ideal time to make sure everyone is up-to-date on vaccines before heading back to school and to plan ahead to receive flu vaccine.



AROUND THE PATTERN

Story by Dawn W. Smith
Defense Equal Opportunity Management Institute

Women's Equality Day commemorates the day when women in America were given full voting rights under the U.S. Constitution by the passage of the 19th Amendment.

This historic event was the culmination of a massive civil rights movement by women that had its formal beginnings in 1848. The women's suffrage amendment was introduced for the first time to the U.S. Congress on January 10, 1878.

Over the following year, the suffragists spent their time lobbying states in order to have the amendment ratified by the required two-thirds of the states.

Tennessee was the final state needed for Ratification. The state's decision came down to 23-year-old Representative Harry T. Burn to cast the deciding vote.

Although Burn opposed the amendment, his mother convinced him to approve it. Mrs. Burn reportedly wrote to her son, "Don't forget to be a good boy and help Mrs. Catt put the 'rat' in ratification."

Burn heeded the advice of his mother and cast the deciding vote, breaking the tie of 48 to 48. The U.S. Secretary of State, Bainbridge Colby, signed the amendment into law on Aug. 26, 1920.

Fifty years later, on Aug. 26, 1970, Betty Friedan and the National Organization of Women organized a nationwide Women's Strike for Equality, asking women to stop working for a day to draw attention to the prevalent problem of unequal pay for women's work.

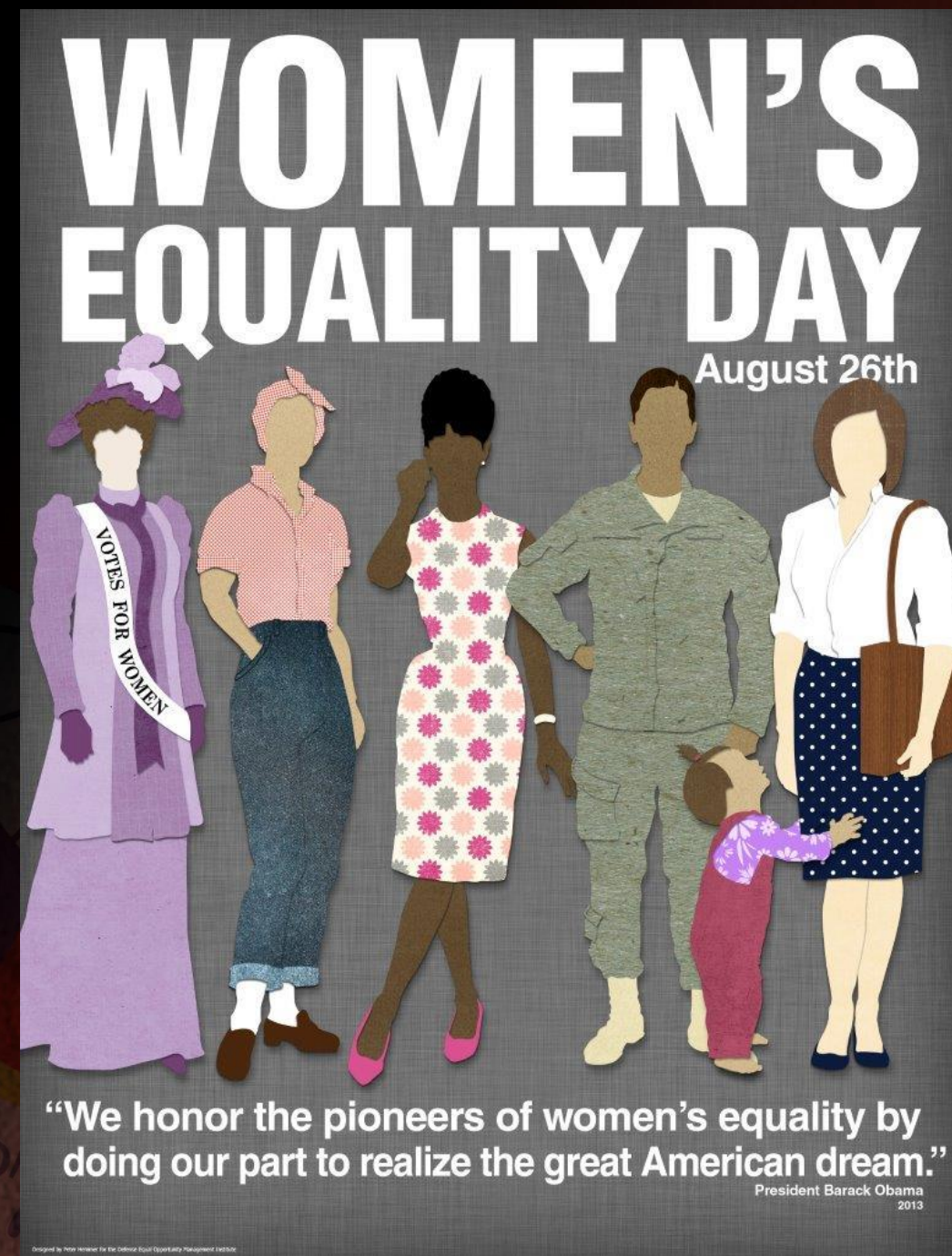
Among the groups participating were the National Organization for Women, the Young Women's Christian Association, the National Coalition of American Nuns, Feminists in the Arts and Women Strike for Peace.

Almost 50 years after the Equal Pay Act was passed, American women still earn 77 cents for every dollar men earn. This gap increases among minority women and those living with disabilities.

These disparities demonstrate that the struggle for equality remains unfinished.

"If we continue to fight for our hopes and aspirations, there will be no limit to the possibilities for our daughters and granddaughters," said President Barack Obama.

Submitted by Senior Master Sgt. David Betts,
Human Resource Advisor 187th Fighter Wing



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Office Location:

187FW Headquarters, Bldg. 1502 (Upstairs- East)

AROUND THE PATTERN

Officers' Promotion Matrix

| Promotion to Grade | Unit Vacancy | Mandatory | Required PME |
|----------------------------------|--------------|----------------|-----------------------------|
| Colonel / O-6 | 3 years | Not Applicable | Air War College |
| Lieutenant Colonel / O-5 | 4 years | 7 years | Air Command & Staff College |
| Major / O-4 | 4 years | 7 years | Squadron Officer School |
| Captain / O-3 | 2 years | 3 years | None |
| 1 st Lieutenant / O-2 | 2 years | 2 years | None |

Enlisted Promotion Requirement Matrix



"Successful People use Their Strength by Recognizing, Developing and Utilizing the Talents of Others."

"Talent unused is a picture of frustration."

"Infect as many as you can with your positive attitude."- Col. Samuel W. Black.



Notes:

- Promotion of the State Recruiting and Retention Superintendent (RRS) will require 9-skill level certification by the commander.
- Effective 1 April 2006, any member accessed into the ANG on or after this date must have 12 months TIG as an A1C (E-3) and 24 months TIS to be promoted to SrA (E-4).
- TIS computations for all promotions will be based on satisfactory years of service for retirement.
- TIS is computed from the date the member enters IADT status. The source document for determining IADT is the TTS order or a completed DD Form 214.
- Only satisfactory years of service for retirement will be used to meet TIG requirements.
- TIG is computed from the date the member enters IADT status. The source document for determining IADT is the TTS order or a completed DD Form 214.
- This requirement applies to ANG members enlisted from other branches of the Armed Forces, regardless of the level of PME attained during their prior service.
- Completion of the United States Army Sergeants Major Academy or the United States Navy Senior Enlisted Academy is equivalent to SNCOA.
- Wounded Warrior (WW2) Classification: Although not world-wide qualified and not passing fitness based on their status, those members classified as WW2 are eligible for promotion provided they meet all other mandatory requirements including sole incumbency of a vacant position.

| R U L E | Promotion to | Required PAFSC | Time in Service (TIS) of at least | Time in Grade (TIG) of at least (Note 5) | Mandatory education requirements | Promotion retainability requirement |
|---------|---|---|--|---|--|--|
| 1 | E-2 (Amn) Airman | 3-skill level | 6 months (Note 4) | 6 months | Initial Active Duty for Training (IADT) | None |
| 2 | E-3 (A1C) Airman First Class | 3-skill level | 12 months (1 year) (Note 4) | 6 months (Note 6) | IADT | None |
| 3 | E-4 (SrA) Senior Airman | 3-skill level | 24 months (2 years) (Notes 2 and 4) | 12 months (1 year) (Notes 2 and 6) | IADT | None |
| 4 | E-5 (SSgt) Staff Sergeant | 5-skill level (or 3-level when no 5-level exists in the AFSC) | 48 months (4 years) | 24 months (2 years) | ALS (Note 7) | None |
| 5 | E-6 (TSgt) Technical Sergeant | 7-skill level | 72 months (6 years) (Note 3) | 24 months (2 years) | ALS (Note 7) | None |
| 6 | E-7 (MSgt) Master Sergeant | 7-skill level | 108 months (9 years) (Note 3) | 24 months (2 years) | Noncommissioned Officer Academy (NCOA) | AGR - 24 months (2 years) All others - 12 months (1 year) |
| 7 | E-8 (SMSgt) Senior Master Sergeant | 7-skill level (Note 1) | 156 months (13 years) (Note 3) EPP: 204 months (17 years) | 24 months (2 years) | Senior Non-commissioned Officer Academy (SNCOA) (Note 8) | 24 months (2 years) EPP - 36 months (3 years) |
| 8 | E-9 (CMSgt) Chief Master Sergeant | 9-skill level (Note 1) | 204 months (17 years) (Note 3) | 24 months (2 years) | | 24 months (2 years) EPP - 36 months (3 years) |
| 9 | Wounded Warrior (WW2) All Grades (Note 9) | Applicable Skill level for grade to be promoted to (Note 9) | Applicable TIS for grade to be promoted to (Notes 3 and 9) | Applicable TIG for grade to be promoted to (Note 9) | Applicable to the grade to be promoted to (Note 9) | Applicable to grade to be promoted to (Note 9) |



An F-16C Fighting Falcon flies over Afghanistan after an in-air refueling mission in support of Operation Enduring Freedom, July 22, 2014. The F-16 Fighting Falcon is a compact, multirole fighter aircraft. It is highly maneuverable and has proven itself in air-to-air combat and air-to-surface attack. It provides a high-performance weapon system for the U.S. and allied nations. (U.S. Air Force photo by Staff Sgt. Vernon Young Jr./Released)



AROUND THE PATTERN

SGLI Premium Rates Increase

SGLI Premium Adjustment Effective July 1, 2014

Posted 4/28/2014 Updated 4/28/2014

4/28/2014 - WASHINGTON -- The Service members' Group Life Insurance program will adjust its monthly premium rate from 6.5 cents per \$1,000 back to the 2006 rate of seven cents per \$1,000 of insurance, a modest increase to ensure the SGLI program remains in a strong financial position.

The Department of Veterans Affairs continues to place the interests of Service members first and foremost by keeping SGLI premiums as low as possible while also maintaining the necessary reserve levels to ensure funds are available to pay claims to Service members' beneficiaries. Since the start of the SGLI Program in 1965, monthly premiums have decreased from 20 cents per \$1,000 to the current 6.5 cents per \$1,000. There have been periodic increases and decreases, but over the past 30 years premiums have fluctuated only 2.5 cents per \$1,000 of insurance.

In order for the program to remain in good financial condition, it is now necessary to increase the premium rate by half a cent per \$1,000 of insurance. Since 2008, as a result of the half-cent reduction and decreases in interest rates, reserve funds have decreased. Insurance companies hold reserve funds to ensure they can pay future claims. It is common practice in the group insurance industry to adjust premium rates as reserve funds increase and decrease. VA also uses actuaries, individuals who deal with financial impact of risk, to conduct program experience studies when evaluating and adjusting reserve assumptions; and each year, an independent auditor verifies the accuracy of their reserve calculations.

For a Service member with the maximum \$400,000 of life insurance, this change will mean an increase of two dollars a month.

The new premium rate will take effect on July 1, 2014. Individual Ready Reserve members who are drilling for points toward retirement or who do not receive pay for other reasons will be billed by their branch of service for the higher premium beginning in July 2014. For information on the new rates, visit <http://benefits.va.gov/insurance/sgli.asp>.

Cost/Rates

If you have SGLI coverage, you pay a monthly premium that is automatically deducted from your base pay. The current basic SGLI premium rate is 6.5 cents per \$1,000 of insurance. The premium includes an additional \$1.00 per month for Traumatic Injury Protection coverage ([TSGLI](#)). Effective July 1, 2014, SGLI premiums are increasing from 6.5 cents per month per \$1,000 to 7 cents per month per \$1,000.

SGLI Premium Rates July 1, 2008 – June 30, 2014

| Coverage Amount | Monthly premium rate | TSGLI Premium | Total Monthly Premium Deduction |
|-----------------|----------------------|---------------|---------------------------------|
| 400,000 | \$26.00 | \$1.00 | \$27.00 |
| 350,000 | \$22.75 | \$1.00 | \$23.75 |
| 300,000 | \$19.50 | \$1.00 | \$20.50 |
| 250,000 | \$16.25 | \$1.00 | \$17.25 |
| 200,000 | \$13.00 | \$1.00 | \$14.00 |
| 150,000 | \$9.75 | \$1.00 | \$10.75 |
| 100,000 | \$6.50 | \$1.00 | \$7.50 |
| 50,000 | \$3.25 | \$1.00 | \$4.25 |



Alabama National Guard members recognized for Honor Guard service at military funerals

by Mike Cason
mcason@al.com

MONTGOMERY, Alabama --- Gov. Robert Bentley signed an executive order creating a new Alabama Honor Guard Ribbon for National Guard members who serve in honor guards at military funerals.

Bentley signed the order during a ceremony at the State Capitol attended by members of the Alabama Army and Air National Guard who serve in honor guards.

"I'm very honored to do this to honor the men and women who spend their time doing this," Bentley said. "And they do it to honor the veterans who die and who have served our country and kept our country free."

Major General Perry Smith, adjutant general of the Alabama National Guard, said any veteran who was honorably discharged can request a military funeral.

Smith said honor guards typically include a rifle team, bugler for "Taps," pall bearers and members to fold and present a flag to the veteran's family.

Part-time Guard members have to participate in 54 military funeral missions to qualify for the ribbon. Full-time members have to participate in 108.

The ribbon will be awarded retroactively to Jan. 1, 2000.

"Alabama has the best group of fighting men and women in the nation," Bentley said.





Col. Samuel Black, Commander, 187th Fighter Wing, welcomes Maj. Gen. Pumbo, Commander, 9th Air Force, Shaw Air Force Base, to the 187th Fighter Wing on July 29. (Photo by Tech. Sgt. Chris Baldwin)



CHAPLAIN



TRUST IN GOD

It is easy to get discouraged when things are going bad. But, we shouldn't lose heart because God is at work in our lives even in the midst of pain and suffering. So when you feel that your hut is burning to the ground, know that it just may be a smoke signal that summons the grace of God. You see, for all the negative things we say to ourselves, God has a positive answer. Trust in God and share these positive affirmations with others. You never know who may be in need of God's Word to help them make it through.

| YOU SAY: | GOD SAYS: | SCRIPTURE REFERENCE: |
|---------------------------------|--|------------------------------------|
| I Can't Figure Things Out | I Will Direct Your Steps | Proverbs 3:5-6 |
| I Can't Do It | You Can Do All Things | Philippians 4:13 |
| I'm Not Able | I Am Able!!! | II Corinthians 9:8 |
| I'm Not Smart Enough | I Give You Wisdom | I Corinthians 1:30 |
| I'm Too Tired | I Will Give You Rest | Matthew 11:28-30 |
| It's Impossible | All Things Are Possible | Luke 18:27 |
| I'm Afraid | I Have Not Given You A Spirit Of Fear | II Timothy 1:7 |
| I Don't Have Enough Faith | I Have Given You A Measure Of Faith | Romans 12:3 |
| I Can't Manage | I Will Supply All Your Needs | Philippians 4:19 |
| It's Not Worth It | It Will Be Worth It | Romans 8:28 |
| I'm Always Worried & Frustrated | Cast All Your Cares On Me | I Peter 5:7 |
| I Can't Forgive Myself | I Forgive You! | I John 1:9 & Romans 8:1 |
| Nobody Really Loves Me | I Love You!!! | John 3:16 7 John 3:34 |
| I Can't Go On | My Grace Is Sufficient | II Corinthians 12:9 Psalm 91:15 |
| I Feel All Alone | I Will Never Leave You Or Forsake You | Hebrews 13:5 |





ABSENTEE VOTING

Deployed Wing Members,

Please exercise your right to vote by submitting your Absentee Voting application to your county election office.

Alabama voters please visit <http://www.alabamavotes.gov/uocavavoterinstructions.aspx?m=voters>

Members who live in another state please visit <http://www.fvap.gov/>

It's not too early to register for Absentee Voting, as a matter of fact the earlier the better.

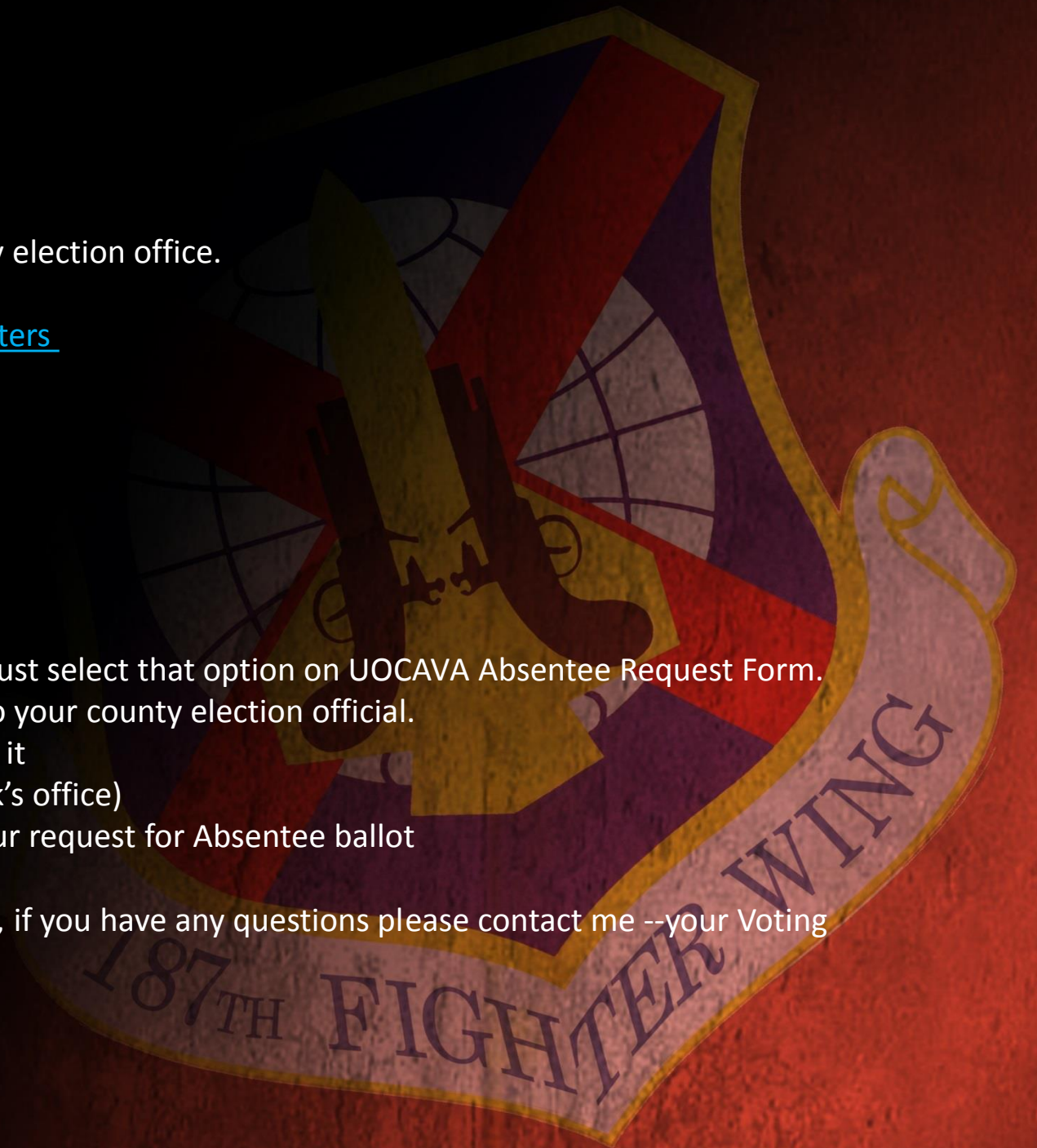
Other useful information:

- Currently all requests must be mailed to the county election official.
- Under Federal Law, you can decide to have the federal portion of the ballot emailed to you. Must select that option on UOCAVA Absentee Request Form.
- You must hand mail both parts of the Ballot via U.S. Mail or Commercial Carrier(UPS, Fed-Ex) to your county election official.
- The best way to fill-out your Absentee ballot is utilizing the online assistant then print and mail it
- Municipal elections are not covered under this process (You must apply through your City Clerk's office)
- The preferred method to receive your ballot is via email. However, you must specify this on your request for Absentee ballot

The websites above are very helpful and walk you through the process pretty clearly . However, if you have any questions please contact me --your Voting Assistance Officer-- [via email](#) or cell at 334-657-5485.

Respectfully,

Charles P. Griggs, Lt Col, AL ANG
Wing VAO/MSG-Dep CC





The Special Emphasis Program presented a cultural awareness event honoring Asian American Pacific Islander, Hispanic American and Native American Indian months. This event was held at the Joint Forces Headquarters on July 16, 2014 to recognize the achievements, contributions and cultures of these different heritages for they were a huge part of the United States history, politics and culture. (photo by Tech. Sgt. Chris Baldwin)



VACANCIES

Air National Guard Technician

| <u>POSITION TITLE</u> | <u>ANNC NUMBER</u> | <u>CLOSE DATE</u> |
|--|--------------------|-------------------|
| ADMINISTRATIVE SUPPORT TECHNICIAN (OA) | ALAF14-145 | 8/18/14 |
| IT SPECIALIST (PLCYPLN) | ALAF14-146 | 8/18/14 |
| FUEL DISTRIBUTION SYSTEM WORKER | ALAF14-148 | 8/18/14 |
| PURCHASING AGENT | ALAF14-154 | 9/1/14 |



Click the link below for more available jobs

<http://alguard.state.al.us/Careers/HRO/jobannouncements/default.aspx>

A white F-16 fighter jet with a red tail fin is shown in flight against a blue sky, leaving a white smoke trail.

RESILIENCE

by Senior Master Sgt. Kristie Pomilia, First Sgt.
187th Fighter Wing

Resilience is the ability to withstand, recover, and grow in the face of stressors and changing demands. It is a skill that can be learned and sharpened with practice. It involves behaviors, actions and thoughts that can be developed in anyone. As service members we face unique stressors and we must find a balance to recover and adjust to our stressors. If we are not resilient, our stressors may challenge our fitness for duty and our ability to manage home and family life. Here are 10 tips the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury share to help service members manage stressful situations:



- **Communicate regularly and effectively.** Express what you think, feel or believe in a way that will help you solve problems and receive the outcome you desire.
- **Maintain positive and personal connections.** When you're challenged or stressed, sometimes it's easier to respond successfully with the support of family and friends.
- **Avoid seeing a crisis as unconquerable.** Even if you can't change a stressful situation, you can change your reaction to it.
- **Be accepting of change.** Accepting the things you cannot change allows you to focus on the things you do have control over.
- **Move toward your goals.** Focus on goals you can achieve in the near future instead of focusing solely on distant goals.
- **Take positive, decisive actions.** Don't view problems as permanent.
- **Look for opportunities for self-discovery.** Learn from a stressful situation.
- **Nurture a positive view of yourself.** Build confidence in your abilities.
- **Keep things in perspective.** Focus on the big picture.
- **Look to a hopeful future.** Visualize what you desire for your life to be.

No one is immune to setbacks, but if we take the time and put forth some effort we can manage life's difficulties and have the greatest chance of overcoming them. Being resilient allows us to bounce back from stressful situations and better prepare for the initial impact of stress.



Members of the Alabama Garrison of the 501st Legion wish the members of the 187th Fighter Wing deployed to Afghanistan a safe return during Star Wars night at the Montgomery Biscuits baseball game, Montgomery, Ala., July 19, 2014. The 501st Legion, also known as Vader's Fist, is a non-profit charity organization who dresses as Star Wars characters.



TOUCH & GOs

2014 UTA SCHEDULE

Next Drill is *September 6-7*

October 4-5

November 1-2

December 6-7



Reminder: Don't forget to take advantage of the on base gas pumps; it contributes to the wing's morale fund for YOU!

JOIN THE HONOR GUARD



If you are interested in learning about opportunities with the Base Honor Guard, contact [Tech. Sgt. Mia Powell](#)



REMINDERS & NOTICES



IMPORTANT NOTICE



In accordance with the ALNG TAG'S Policy Letter dated 21 November 2013, Privately Owned Weapons (POWs) are allowed on ALNG installations. Members must adhere to the following to comply with the policy:

- POWs are **NOT** allowed until member receives a commander's brief,
- POWs are **NOT** allowed until member signs a statement of understanding,
- POWs are **NOT** allowed inside any building,
- POWs must be stored in a locked privately owned vehicle,
- Members must be eligible to carry a POW, according to all statutes and ordinances,
- Park in a valid designated area; (DANG defines a valid designated parking area as any legal POV parking space).
- Personnel will not use POWs under any circumstances to aid Security Forces**
- POWs are **NOT** allowed on federal installations, i.e. Maxwell and Gunter AFB.

****This is the TAG's policy and it's not negotiable.****

For additional information contact:

Senior Master Sgt. David E. Sellers, 187th Security Forces Manager at 334-394-7535 or david.sellers@ang.af.mil

Troop 9175 of Prattville has been collecting toiletries for the Alabama Air National Guard's 187th Fighter Wing which has been deployed to Afghanistan. The troop collected hundreds of hygiene and grooming products and writing materials. These were donated from various businesses within the Prattville area.

From left to right Abbilyn Castle, Laurel Schrupp, Isabella Carroll, Hannah Garris, Abigail Coiro, and Gwin Rhodes





“187th Fighter Wing Community Action Information Board (CAIB), Integrated Delivery System (IDS) and Comprehensive Airmen Fitness (CAF) Designed to Strengthen Guardsmen’s and Their Families Resiliency”

Mrs. Sharon Hubbert

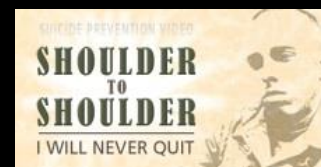
Airman & Family Readiness Program Manager

187th Fighter Wing Community Action Information Board (CAIB) is an Air Force program that's been effective in improving the life and military readiness of Airmen and their families. • The Community Action Information Board is a proactive approach promoting the perception of the Air National Guard as a positive way of life, and enhance guardsmen's ability to function as productive members of the Air Force community. • The 187th FW CAIB will play a key role in the creation of the wing's Comprehensive Airman Fitness (CAF) program, which is designed to improve the well-being of Airmen. The CAIB brings together key leaders from the wing's groups, squadrons and representatives from the chaplaincy, medical, mental health professionals, airmen and family readiness, and public affairs to evaluate programs in place and implement new ones. The CAIB uses a variety of approaches such as focus groups, surveys, and interviews to identify individual, family, installation, and community concerns, then implements solutions to problems and generates ideas that will promote wellness, fitness and increase morale. The **Integrated Delivery System (IDS)** functions as the action arm of the CAIB, and develops a comprehensive, coordinated plan for integrating and implementing community outreach and prevention programs. The IDS is comprised of many of the "helping agencies"(Airmen and Family Readiness, Chaplains Corp, etc.) at the 187th FW. The Comprehensive Airman Fitness (CAF) is a new culture and a new way of thinking and doing that enables the force to become more resilient through awareness of two principles. First, when a person behaves positively in everyday situations, it shapes how he or she reacts when tough times hit. Secondly, health is more than physical fitness; it includes mental, social and spiritual fitness. CAF helps each of us in our overall readiness. The goal of CAF is to help Airmen, Air Force civilians and family members become more

resilient and better-equipped to deal with the rigors of military life. The Air Force does this by promoting: Positive Behaviors (Caring, Committing, Connecting, Communicating and Celebrating) and Holistic Health (Mental Fitness, Physical Fitness, Social Fitness and Spiritual Fitness).

Four Pillars of Comprehensive Airmen Fitness (CAF)

Mental: Approaching life's challenges in a positive way by demonstrating self-control, stamina and good character with choices and actions; seeking help and offering help. Examples include: MFLC's, Chaplains, personal financial management



Physical: Performing and excelling in physical activities that require aerobic fitness, endurance, strength, flexibility and body composition derived through exercise, nutrition and training. Examples include the fitness center, FitFamily, etc.

Social: Developing and maintaining trusted, valued friendships that are personally fulfilling and foster good communication, including exchange of ideas, views and experiences. Examples include: volunteerism, Air Force Aid Society, career development (TAP)

Spiritual: Strengthening a set of beliefs, principles or values that sustain an individual's sense of well-being and purpose. Examples includes spiritual worship, pastoral counseling, etc.

Spiritual fitness is about having a sense of purpose and meaning in your life. It's essential to an individual's resiliency as esprit de corps is vital to a unit's mission accomplishment.

It includes but not limited to worldviews, religious faith, sense of purpose, sense of connectedness, values, ethics and morals.

For more information please contact

Mrs. Hubbert at

334-394-7527 or email sharon.hubbert@ang.af.mil



Final Photo



Firefighters Michael Wood and Brian Thompson (driver) give the static display of a model F-16 a much needed cleaning. (Photo by Tech. Sgt. Chris Baldwin)