AFELM Commander’s Call

Commander’s Call Topics

- New Secretary of the Air Force
- New Air Force Mission Statement
- CSAF Priorities and Goals
- Force Shaping
- Changes in Enlisted Force Structure
- Changes in Air Force Physical Fitness Test
- AFELM Physical Fitness
- Changes in Air Force Uniform Policy
- Combat Wingman Program
- Significant Events
- Promotee List
- Award Winners
- AFELM Booster Club
New Secretary of Air Force

- Honorable Michael W. Wynne
  - New Secretary of the Air Force

- West Point Graduate - 1966
  - Seven years active duty AF

- Twenty-eight years experience at senior executive level in defense industry

- Under Secretary of Defense for Acquisition, Technology and Logistics (2001)
Redefined AF Mission

“...to deliver sovereign options for the defense of the United States of America and its global interests - to fly and fight in Air, Space and Cyberspace.”

Take a look at our mission statement and the priorities of our senior leaders

Make sure we are putting first things first — every day — in support of our warfighters and our most senior leaders

Understand that our GWOT commitment does not end in Iraq and Afghanistan but extends around the globe
CSAF Priorities and Goals

- CSAF Top Priorities
  - Fight and Win the Global War on Terrorism
  - Take care of our people
  - Recapitalize and modernize the inventory

- CSAF Four points that will drive the Air Force’s future
  - Air Force must be adaptable
  - Seamless among active duty, Guard and Reserves
  - Operate in a joint environment
  - Affordability
    - Share resources with Sister Services
      - Joint Weapons Development
      - Kill over-budget / delayed weapons programs
Force Shaping

- **Force Shaping Phase I**
  - Goal: Meet FY05 authorized end strength and balance AFSC requirements across the AF
  - Achieved FY05 authorized end strength in May 05
  - Retrained or separated 300 enlisted personnel

- **Force Shaping Phase II**
  - Goal: Meet FY06 authorized end strength and balance AFSC requirements across the AF
  - Began 18 Nov 05
  - Will involuntarily retrain up to 777 active-duty Airmen
    - Not enough AFSC cross-trainee volunteers in Phase I
  - Limited voluntary separation opportunities for those Airmen/NCOs who don’t want to cross train
  - No enlisted personnel involuntary separation currently projected
  - Career Job Reservation program continued for First Term Airmen
Force Shaping Con’t

- Force Shaping Phase II
  - AF over-manned by ~4,000 officers
  - Officers 2002 & 2003 Year Groups vulnerable to Force Shaping Board (FSB) involuntary separation
    - Not all AFSC’s vulnerable - only over-manned career fields
    - Voluntary separations have eliminated FSB requirement for some career fields
    - Details on FSB vulnerability broken out by AFSC:
Changes in Enlisted Force Structure

- **Goal:** Best use of talents, skills, education and experience of Airman in overall mission accomplishment
- **Tied future assignments and force development structure together**
  - Codified in AFI 36-2618 Enlisted Force Structure changes
- Clarifies NCO and SNCO responsibilities
- Standardizes duty titles across Air Force
- Increased emphasis on frequency of PME
  - PME for Chief Master Sergeants
Fit to Fight -- Air Force

Fitness Test Changes

- Changes to AFI 10-248 “Fitness Program”
  - Change in how body composition is measured
    - Body composition scores no longer based solely on abdominal circumference
    - Body composition measured using body mass index (BMI)
    - BMI Formula: Divide weight in pounds by height in inches squared and multiply the result by 703
  - Airmen with a BMI of less than 25 will earn the full 30 points for body composition
  - Airmen who score a BMI 25 and above will use results of the waist measurement for their test score

http://www.consumer.gov/weightloss/bmi.htm
Fit to Fight -- Air Force
Fitness Test Changes

- Changes to AFI 10-248 “Fitness Program”
  - Change in number of days an Airman must wait before retesting after having scored in the marginal category

  - Between 70 and 74.9 points - retest at 90 days
  - Below 70 points - retest at 90 days

- Minimum passing score still 75 points
  - Refer to AFI 10-248, Attachment 12 to determine your minimum and maximum score requirements
  - Osan Health and Wellness Center has additional material on exercise, nutrition and fitness test
Max Point Targets for Physical Fitness Test

Males

<table>
<thead>
<tr>
<th>Age</th>
<th>1 Minute Push Up (#Reps)</th>
<th>1 Minute Crunch (#Reps)</th>
<th>1.5 Mile Run Time</th>
<th>Age</th>
<th>1 Minute Push Up (#Reps)</th>
<th>1 Minute Crunch (#Reps)</th>
<th>1.5 Mile Run Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Under 25</td>
<td>62</td>
<td>55</td>
<td>9:36</td>
<td>Under 25</td>
<td>42</td>
<td>51</td>
<td>11:06</td>
</tr>
<tr>
<td>25 - 29</td>
<td>57</td>
<td>53</td>
<td>9:36</td>
<td>25 - 29</td>
<td>41</td>
<td>47</td>
<td>11:24</td>
</tr>
<tr>
<td>30 - 34</td>
<td>52</td>
<td>51</td>
<td>9:48</td>
<td>30 - 34</td>
<td>40</td>
<td>42</td>
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<tr>
<td>35 - 39</td>
<td>46</td>
<td>49</td>
<td>9:48</td>
<td>35 - 39</td>
<td>30</td>
<td>40</td>
<td>11:54</td>
</tr>
<tr>
<td>40 - 44</td>
<td>40</td>
<td>47</td>
<td>10:24</td>
<td>40 - 44</td>
<td>30</td>
<td>38</td>
<td>12:30</td>
</tr>
<tr>
<td>45 - 49</td>
<td>40</td>
<td>45</td>
<td>10:24</td>
<td>45 - 49</td>
<td>18</td>
<td>34</td>
<td>12:30</td>
</tr>
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<td>39</td>
<td>43</td>
<td>11:06</td>
<td>50 - 54</td>
<td>16</td>
<td>30</td>
<td>14:24</td>
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<tr>
<td>55 +</td>
<td>35</td>
<td>41</td>
<td>11:06</td>
<td>55 +</td>
<td>14</td>
<td>27</td>
<td>14:24</td>
</tr>
</tbody>
</table>

- Minimum passing score: 75 points
- Points cumulate from the four components of the Fitness Test: BMI/Body Composition, Push up, Crunch and Aerobic Test
Fit to Fight -- Air Force
Fitness Test Changes

- Minimum passing score: 75 points
  - Points cumulate from the four components of the Fitness Test: BMI/Body Composition, Push up, Crunch and Aerobic Test
  - Refer to AFI 10-248, Attachment 12 to determine your minimum and maximum score requirements

<table>
<thead>
<tr>
<th>Component</th>
<th>BMI / Body Composition</th>
<th>Aerobic Fitness</th>
<th>Push up</th>
<th>Crunch</th>
</tr>
</thead>
<tbody>
<tr>
<td>Max Possible Points:</td>
<td></td>
<td>50</td>
<td>30</td>
<td>10</td>
</tr>
</tbody>
</table>

- Example: 33 year old male with a BMI of 23, who completes the 1.5 mile run in 11:32, completes 42 push ups and 37 sit ups
  - Earns 30 points for the BMI/Body Composition component
  - Earns 40.5 points for the run, 8.5 points for push ups and 8.25 points for crunches
  - Total Fitness Score: 87.25
- Next Physical Fitness test date: 6 March
  - Early Spring - weather dependent
- Non excused absence from testing may result in administrative action
  - J1 will notify members who are due for testing
Air Force Physical Training Uniform (PTU)

- Mandatory Wear date 1 Oct 2006
- Obligatory during unit fitness activities
  - Physical Fitness Testing
  - Unit physical training activities
- PTU optional when performing individual PT
- Must comply with tattoo and jewelry standards
- Any athletic shoes may be worn
- Headphones not authorized on Yongsan
- Saluting is not required

Available at Osan & Yongsan Clothing Sales
Not available on-line
Changes in Air Force Uniform Policy

- New Air Force Utility Uniform
  - In final developmental stages
  - New Utility Uniform a gray, slate blue, tan and brown pattern
    - Previous blue camo prototype will not be adopted
  - Will replace woodland BDU
  - Permanent-press / Wash-and-wear
  - Boots fuel and stain resistant
  - Tentative wear date
    - Late 2006 or early 2007
Why a Wingman Program?

- We are all Airmen
- We have accomplished a lot to make our nation safe and secure
- Our mission is demanding
  - Asks a lot of each individual and his family and friends
- Every Airman needs someone to look out for him, mentor him and ‘watch his back’ - Everyone needs a Wingman
What is Your Wingman Responsibility?

- Get to know your Wingman
  - Have the courage to care - ask questions
  - Recognize the signs of stress and intervene when necessary
  - Keep them squared away
  - Spend time together

- Walk the talk
  - Become “well” yourself
  - Change starts with you...you are responsible for the organizational climate
Safety

- Impacts our most valuable resources - Airmen
  - Accidents degrade mission readiness
  - Unsafe work / living environment decreases mission effectiveness and efficiency
  - An unsafe environment wastes scarce resources

- Stay alert to your environment
  - Winter safety is paramount - coldest weather is still ahead of us
    - Be alert to signs of frost bite, hypothermia, and the dangers of winter weather driving conditions
    - Keep an eye open to symptoms of depression brought on by short winter days / lack of regular outdoor exercise routine
HOT Lines

- **Suicide Prevention / Intervention**
  - Social Work Services DSN 737-4101
  - Life Skills (Osan) DSN 784-2148
  - Life Skills (On Call Number) DSN 784-7000
  - USAF Chaplain (Chaplain Lt Col Voyt) DSN 723-4427
  - First Sergeant (MSgt Fallis) DSN 723-3766

- **SARC Phone Number**
  - Osan SARC 784-7272 (784-SARC) / 011-9067-0355
  - Commercial 00-800-3429-6477
  - Commercial Collect 1-484-530-5908

- **Air Force One Source**
  - www.airforceonesource.com
    - ID: Airforce   Password: Ready
Significant Events

- USFK Change of Command - 1 Feb 06
- Courageous Channel (NEO) - 1ST Qtr Dates TBD
- Rapid Thunder / RSOI - March 06
Upcoming MWR Events

**Lemme** (Rock Band) 11 Jan - Area I, Place TBD

**Comedy ROK's with MWR #3** 21 January, MPC - Yongsan

**Drowning Pool & Tantric** (Rock Band) 18 Jan - Collier Field House Yongsan

**Band of Brothers** Tentatively set for 9-13 Feb, Place TBD

**Oakland Raiders "Raiderettes" Cheerleaders** 10 – 16 Feb

_Detected entities:_
- Lemme (Rock Band)
- Comedy ROK's with MWR #3
- Drowning Pool & Tantric (Rock Band)
- Band of Brothers
- Oakland Raiders "Raiderettes" Cheerleaders
Promotions

1 October
- Maj Chris Budde - XO Dep USFK Chief of Staff
- Lt Col Nancy Rower - USFK/J36

1 November
- Maj Beth Graboritz - USFK/SCJS
- Col Norm Schaefer - CFEN-D

1 December
- Maj Wes Netcher - USFK/J4-AM
- Lt Col Kevin Cruze - USFK/J3-Ops
- Col Buddy Blanke - USFK/J64

1 January
- Col Carl Block - USFK/J36
- Col Rodger Drew - USFK Dep Judge Advocate General
Command Selection

- Group Command List

  - Col Buddy Blanke
    - 96th Communications Group, Eglin AFB

  - Col Carl Block
    - 5th Combat Communications Group, Robins AFB

  - Col Matthew Donovan
    - Officer Training School, Maxwell AFB
3rd Quarter Award Winners

- **Airman of the Quarter** - SrA Tamika N. Spigner
  - HQ ACC/PJ
  - Client Support Administrator

- **NCO of the Quarter** - SSgt Steven D. Widmer
  - USFK/J64
  - Computer Systems Controller

- **SNCO of the Quarter** - MSgt Wintfred A. Davis III
  - SOCKOR/SOJ4
  - Superintendent, Logistics Operations

- **CGO of the Quarter** - Capt Duncan Leuenberger
  - USFK/J64
  - Chief, Resource Management Branch
AFELM Booster Club

OFFICERS
President: Maj Beth Graboritz
Vice President: Capt Darrell Smith
Treasurer: TSgt Nanette Simmons
Recorder: Ms. Florentina Rymer
Council Members: MSgt Terry Leliefeld, Ms. Elaine Curry, SrA Yazmin Montoya, SSgt Gary Rymer, Ms. Seung Won Wenz

CHARITIES SPONSORED
Young Nak Orphanage; Young Nak Aenea’s Nursing Home

NEXT EVENT: Saturday, 14 January 2006, 1300-1500
Meet at CC Seoul Parking Lot at 1240
Casual Attire

NEXT MEETING: Thursday, 12 January 2005, 1200 at Oasis
Questions?

I n t e g r i t y  -  S e r v i c e  -  E x c e l l e n c e