

AVIATION



CHAPTER

Wright Flyer



A Five Star Chapter



Quote of the Month

Be sure to put your feet in the right place, then stand firm

Abraham Lincoln

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President's Message

Sep 2009



Greetings Everyone!

As I write this, I know many of you are knee-deep in FY2009 close out activities—at least, that is what we're doing here in AFSAC. We all hope that by this time next week it will all be over, and we can get to the business of FY 2010! Much hard work and dedication is required during this period, and those of us in FM give it our all! And while we're not looking for kudos, it helps to know that our efforts are appreciated. This brings me to the crux of my message this month.

I have just finished reading [How Full is Your Bucket?](#) by Tom Rath and Donald Clifton, Ph.D. If you have not read it already, I highly recommend it. It is a small book, about 125 pages, and it is all about how positive reinforcement can boost job performance and satisfaction. I know--this sounds like the same-old, same-old, but it is a lot more than that. If your organization has been involved in the Gallup Checkmate Engagement Survey (Q-12), and the accompanying Clifton Strengths Finder assessment tool-

-you know that we have embarked on a journey to maximize employee "engagement" so that we can build a great work environment which will lead to world class organizations. (Do I sound like an ad, or what???)

Anyway, the survey focuses on what Gallup has determined to be the 12 most important factors expected of the ideal workplace. One of those areas is employee recognition. This is probably not surprising to you because in almost every survey (including the Air Force Climate Survey) about workplace satisfaction I've ever seen, lack of recognition is one of the primary reasons for job dissatisfaction. And as much as we try to resolve that problem by introducing new and better awards programs, we never seem to get it quite right.

Well, according to Rath and Clifton, we don't need an elaborate awards program to satisfy employee need for recognition. We need to have our "buckets filled" with words of appreciation or random acts of kindness on a daily basis. A simple "thank-you for your effort" can go a long way. So can a smile, a high-five, or the ever popular knuckle bump! It is even more satisfying to fill someone else's bucket than it is to have one's own bucket filled. Positive reinforcement and appreciation doesn't always have to come from the boss.

Sometimes, it can be directed to the boss. When it comes from our co-workers and peers, it makes us feel more valuable as a team member, and we're more likely to share that same positive energy with others. Don't you feel better working with positive people rather than those who dwell on negativisms? With positive energy flowing every day, it is much easier to get out of bed and look forward to sharing your day, no matter how long it is, with people you value, and who value you in turn. I challenge you to fill someone's bucket today, and see how it feels. This really does work, so give it a try!

Another bucket you can help us fill is the Augsburg Memorial Scholarship Fund. As you know, you can donate to this fund through the Combined Federal Campaign (CFC) by designating part or all of your contribution to **CFC #36870**. The campaign starts in early October, and your contributions are greatly needed and appreciated.

Thanks to all of you for what you do every day to support our nation. I especially thank you for the long hours you'll spend closing out the FY. Everyone appreciates it, even if they don't say so.

Happy New Year!

Carolyn Walker-Kimbrow



Hammock Girls

By Sally Easterling

The days of summer have come and gone and I hope that all of you took time out to have some fun, visit with your family and friends and had a least one day to do whatever you wanted. Actually I wish that we could have at least one day a month that was a “whatever” day. Maybe we would do nothing or maybe we would take advantage of the day.

This summer for the first time ever I took every Friday off and played golf with friends. Luckily for me I had the leave and my workload allow me to do that. I realize that is not always the case but I am thinking I will save enough leave up to hopefully do the same next summer! Now if work cooperates things will go fine!

For the first time in many years I attended my class reunion in Athens Ohio. Our school did it a little different this time, on Friday evening all graduating classes were invited to meet uptown at an “establishment” and visit, eat, and drink a “cold one” of your choice. One of my sisters and her husband went uptown with me and it was fun to hear people say “the Hammock girls have



arrived”. We have not been called that in a long time. I find it interesting how our perspectives of people change as we grow older. Athens is a small college town and for the local people you live on the east or west side....we were from the west side and the kids on the east side didn’t talk or socialize with us much. After 40 years that attitude has gone away and now we are all just the class of 1969. I wonder where that kind of thinking came from and why it was necessary, yet it still out there today.



Several weeks after the reunion a group of us got together at the house of one of our classmates. Joey hasn't attended the reunion so he wanted to catch up with old friends on his turf. What a great time we all had. Joey's family had owned the local pizza shop, which is no longer in existence, so we were all blessed with pizzas from the past! What a great treat and evening for the few in attendance. I hope we do it again soon!



Do you think as we get older we appreciate our past more than we did at the time it happened? I know there are things about my "growing up" years that I do not want to revisit but there are so many things that I remember and cherish. The mother of a classmate was also our 4-H leader and only now do I realize how much she gave each of us girls.

Every time I pull out my sewing machine I remember Juanita and all that she taught us young girls. I mentioned this to her daughter and ask that she pass on my thanks and well wishes to her mother, who is soon to be 80 years old. Who do you have in your past that you remember fondly and need to stop and thank? Be sure you do it before it is too late.

Later in the summer I returned to southern Ohio for a family reunion. In July one of the "first cousins" passed away. When daddy passed away last summer that was the end of his generation so when Tommy passed away it was a reality check for the "first cousins" that it was us or nothing. This was the first reunion in many years and out of 23 cousins 17 of us made it. My kids had never met many of their cousins; there were four generations in attendance and many personalities. We all had a great time looking at old pictures, talking about our parents and all the fun the "first cousins" had growing up. We were lucky growing up in a time that extended families stayed close and spent time together doing fun things. There were many times when a majority of the 23 cousins were together to play, then families started moving, the cousins grew up and moved out on their own, some got married, kids were born, the Viet Nam War took some of us away, others got jobs and life got busy. I am glad we had the reunion and look forward to it again next year.



I wish that I had not waited so long to reconnect with my friends of “younger days” or my family BUT I am so thankful that this summer gave me the opportunity to make up for some lost time and renew the bonds of family and friends. I hope all of you take time to do the same, if you haven’t already. You will never regret it and you will be thankful you did it.

Life is fast, time is short, don’t miss the opportunity!! Connect with the past! It is what made us who we are today.





Treasurer's Update

Sep 2009

By: Kevin Pendergast, Co-Treasurer

This month has been very active for the DoD FM community as we bring FY09 to a close. We are now into the sprint part of the race as we close in on the finish line. Speaking of finish lines we did process reimbursement for 30 of our members who ran in the Air Force Marathon. I echo Nancy's admiration from last month's newsletter for all who participated. Congratulations to all for a job well done!

As has been common over the last several years the Treasure responsibilities are shared between the treasure and a Co-treasure. Nancy and I decided to rotate primary duties on a quarterly basis. I will be handling our second quarter's activity and will use September close out as a learning point. I look forward to serving our community this quarter.

Finally, I had the opportunity to attend a Capitol Hill Workshop session 22-24 Sep 09. Wow, what an experience! Three days of insight on national and global issues from world renowned economists and journalists, former Congressmen, and national security analysts, and yes, even a Soviet defector who was a senior economic advisor to President Yeltsin and President Gorbachev. For those of you have attended the Alan Freed Associates Capitol Hill workshops, you understand my excitement. For those who haven't had the opportunity to attend one of these workshops, I encourage you to get with your training community and make this part of your professional growth.



Chapter Activities



The American Society
of Military Comptrollers
Aviation Chapter

P.O. BOX 33515 WPAFB OH 45433



ASMC Annual Membership Appreciation and Membership Drive Luncheon

Luncheon: October 22, 2009

Social -11:00, Lunch -11:15

Place: Wright-Patterson Meeting & Convention Center



Buffet: almond crusted chicken with sauce, grilled London broil, pasta primavera, rice pilaf, and Bahamas blend veggie. In addition we will have the salad on the buffet, assorted deserts, coffee, and iced tea. Also, as usual, chef salads will be available upon request.

Ticket Price -Current Members \$5.00 & New Members Dine for Free!

Interpreters provided for the hearing impaired upon request.

Contact Anita Kerns at anita.kerns@wpafb.af.mil.

TICKET REPRESENTATIVES



HQ AFMC/FMP	Rebecca Tipton	7-6922	AFSAC/FMO	Emilie Bishop	6-0987
554 ELSG/FMA	Deborah McCreanor	7-0829	NASIC/DA	JoAnne Hutchison	7-4798
AFRL/RBFA	Stella Kirk	5-6499	ASC/FMCX	Janice Burke	6-5466
88 CPTS/FMA	Tosha Allen	4-1002	591 SCMG/GU	Lesa Leggett	7-8436
AFAA/QLS	Margaret Willis	6-0398	GAO	Dayna Foster	937-258-7967
AFAA/WP	Bill Holzinger	4-4998	478 AESW/FM	Samantha Gilmore	4-5333
AFIT/FMA	Brenda Cox	5-8400 x3620	AFRL/FM	Beth Jankowski	6-9057
AFRL/PRF	Brenda Myers	5-6195	702 AESG/SYF	Monique Grant	6-5308
645 AESG/FM	Candice Holvoet	5-4803			



A Tribute to Marie E. Johnson

By Genna Caldwell



The ASMC Aviation Chapter is deeply saddened by the passing of Mrs. Marie E. Johnson, DFAS-CE/MSA, HQ AFMC, on Aug 15th. Although Marie is gone, she will never be forgotten by her DFAS and WPAFB family.

There are several words that described Marie's character, but one over arching word that may best portray her, would be hospitality. Marie received everyone with her hands, arms, and heart wide open. Her welcoming spirit, big smile, and can do attitude was contagious and spread throughout her tenure at DFAS and WPAFB.

Marie volunteered in many ASMC activities such as the King's Island Fundraiser and was an active member of both the Programs and Health and Wellness Committees. As an ASMC member, co-worker, and friend, we acknowledge the kindness and dedication Marie provided in all she did. We share the poem on page 8 in loving memories of our dear friend Mrs. Marie Johnson.



A Tribute to Marie E. Johnson

I Thought (Bobbi Davies)

I thought I heard your voice today,
then laugh your hearty laugh.
And then I heard the angel say,
"There's peace dear one at last."

I thought I felt your touch today,
in the breeze that rustled by.
And then I heard the angel say,
"The spirit never dies."

I thought I saw my broken heart,
in the crescent of the moon.
And then I heard the angel say,
"The Lord is coming soon."

I thought that you had left me,
for the stars so far above.
And then I heard the angel say,
"They left you with their love."

I thought that I would miss you so,
and never find my way.
And then I heard the angel say,
"They're with you every day."
"The sun, the wind, the moon, the stars,
will forever be around,
reminding you of the love you shared,
and the peace they've finally found.



Frederick W. Augsburg (5 Sep 1954 – 23 Feb 1987)

Susan G. Augsburg (4 May 1955 – 21 Feb 1987)

The Aviation Chapter Augsburg Scholarship Committee invites you to stop by their booth at the Miami Valley Combined Federal Campaign Agency Fair/Kickoff event.

Where: Nutter Center

Date: Wednesday, 7 Oct 2009

Time: 11:00 – 1:00 pm

The Augsburg Memorial Scholarship was named for Fred and Susan Augsburg by the members of the Aviation Chapter as a lasting and beneficial memorial of their friends. The Augsburg Memorial Scholarship Fund promotes education and training through scholarships for high school seniors and continuing education college students from Southwest Ohio majoring in accounting, financial management and related courses of study. The scholarship is funded by Combined Federal Campaign (CFC) donations and managed by ASMC, Aviation Chapter.

There are no administrative costs incurred for this CFC organization. All contributions go toward the Augsburg Scholarship Fund.

Please remember **CFC#36870** when considering participation in CFC this year.

Thank you!



QUARTERLY NEWSLETTER ARTICLE INCENTIVE AWARD

Here's another opportunity to shine----and earn \$\$\$! The Aviation Chapter has established a quarterly incentive award in the amount of **\$25** for newsletter articles. This quarterly award period is 01 Oct - 31 Dec 2009.

The winner will be announced in the January newsletter!

If you would like to participate on the Review Board for your organization, please contact your organizational VP. Review Board members must be active members and in good standing. If you are interested in competing for the Aviation Chapter Newsletter Article Quarterly Incentive Award, please prepare an article and submit it through your organizational ASMC Vice President. Guidelines for article submissions are as follows:

- Article must be no less than one page in length (Times New Roman, 12 pitch font, 1" Margins)
- Article must be authored by an active ASMC Aviation Chapter member in good standing
- Article must address one of the following topics within Financial Management, Auditing, or WPAFB Organizational experience with a clear connection to ASMC and/or its members: Leadership, current policy/trends/technology, professional development, current initiatives/hot topics, ethics, or a personal job-related experience that would serve to inspire others
- Articles must be current and not published in any past venue
- Articles must be received by the Newsletter Chair, through the organizational Vice President, by the 20th day of each month

AVIATION NEWS

"Did you know you can now access older ASMC Newsletter editions from as far back as 2001?" Well, you can...just go to www.asmcaviation.org and click 'Newsletter'!



Upcoming Events



Professional Development Committee Members Needed

The Professional Development Committee is looking for individuals interested in helping to plan and execute professional development efforts such as teleconferences, CDFM study groups, and more. The committee routinely meets to plan these events. For more information and to volunteer, please contact Ms. Kathy Fugett at 257-7734 or Mr. Doug Cornelisse at 255-6959.

2010 Mini PDI Volunteers Needed

The Professional Development Committee is looking for individuals interested in volunteering their services during the mini PDI to be held on 25 Feb 10. Help is needed in many areas and would be greatly appreciated. Meetings to plan the event are held periodically and anyone is welcome to attend. For more information and to volunteer, please contact Ms. Kathy Fugett at 257-7734 or Mr. Doug Cornelisse at 255-6959.

Professional Development Questionnaire

Would you like to learn more about what is available for the CDFM modules? Would you like to be a part of a peer/mentor group? Do you know of professional development opportunities that you would like to see initiated by the Aviation Chapter? If you answered yes to any of these questions, then the Professional Development Committee encourages you to go to the website at http://www.asmcaviation.org/index_files/Page343.htm and fill out the questionnaire. Once you print it out and complete it, you can either send it via email or put it in the mail distribution to one of the individuals listed on the form.

LinkedIn Professional Networking

LinkedIn is an online network of more than 25 million experienced professionals from around the world, representing 150 industries. ASMC has created a group on LinkedIn as a forum for discussion of ASMC matters. Discussion and membership will be moderated to a limited degree, and the opinions expressed on the group are those of the individual members and not of ASMC. You may find our group here at <http://www.linkedin.com/groups?gid=953357>.



Air Force Research Laboratory (AFRL) Implements CCaR

By Jim Graham

“CCaR is coming! CCaR is coming!” Those cries rang around the offices of AFRL financial offices everywhere over the past fiscal year. Okay, that might be a slight exaggeration. The cries actually were quiet whispers, and the whispers all seemed to echo a puzzled sentiment: “What is CCaR?” As word of this new system spread, people asked a more basic question: “What does CCaR even stand for?” The second question is easy to answer. The acronym CCaR stands for the **Cost and Comprehensive Requirement System**. But for many people, this answer does not help answer the original question.

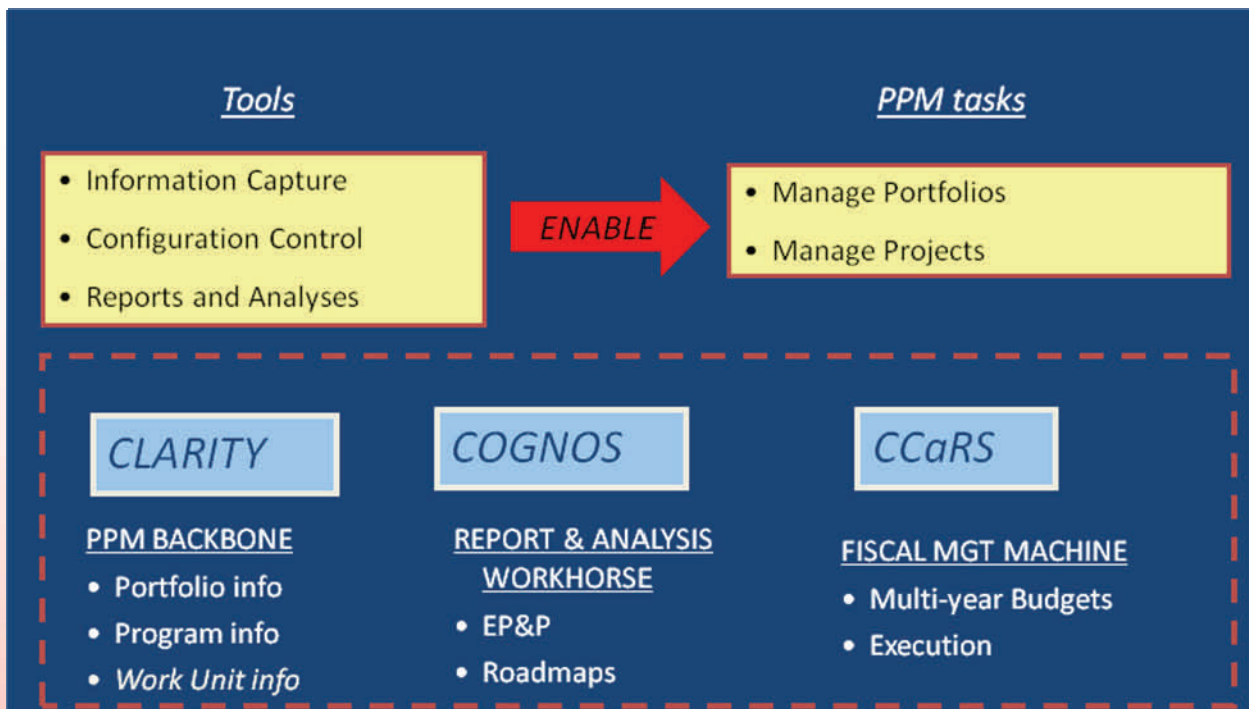
As of today, the familiarity of AFRL with CCaR is a far cry from the initial, uncertain impressions. Much work has been accomplished over the past fiscal year, and the entire organization is ready to use CCaR for its core financial execution duties starting in FY10. How did AFRL achieve so much in such a small timeframe? Well, in order to answer that, we must first answer the original question: “What is CCaR?”

CCaR is an off-the-shelf, AF-recommended program developed by Integrated Data Services (IDS). As an enterprise program and financial management system CCaRs delivers real-time program information to program and financial managers. In addition, CCaRs has automated reports and analysis tools which allow managers to define program requirements, formulate program budgets, forecast program execution and track the execution of program funds. CCaR is designed to give organizations greater flexibility and control over their program requirements and budgets.



CCaR also supports all phases of the planning and execution of program budgets from planning program requirements through funding document generation, official accounting system interfaces, and obligation and expenditure tracking.

With AFRLs move to an enterprise product and process management , and emphasis on better project management CCaR will be partnered with Clarity Project Portfolio Management Software and COGNOS to make up the new Integrated Product and Process Management (IPPM) tool suite. CCaR will be the financial management and execution piece of the toolset. As such, CCaR is primarily used by the financial management offices across AFRL. However, CCaR will allow those financial managers to directly tie their budgets to execution documents so that program managers will have greater visibility into the financial status of their programs. CCaR will provide AFRL with the first standardized view into execution across the directorates. This push for standardization stretches to Clarity and COGNOS as well. (Clarity and COGNOS are the program management and reporting tools respectively in the IPPM tool suite.) The ultimate goal is to allow AFRL to make better organizational decisions when it comes to the vast array of programs that reside in AFRL.



AFRL's journey towards the adoption of CCaR began in late 2007, when it was decided that the tool would be tested. The Materials and Manufacturing Directorate (AFRL/RX) was selected to assess the functionality of the new system. The Sensors Directorate (AFRL/RX) provided another data point. The two organizations gave constant feedback to headquarters as they felt their way through the system. While abundant challenges and roadblocks were encountered, the decision was made in 2008 that CCaR would be the way forward. The system was presented to the other directorates for implementation. With the goal of standardization still weighing heavily on the minds of AFRL leaders, an Integrated Process Team (IPT) was formed that spanned all of the AFRL Directorates. This group has worked vigorously to meet the varying demands of a large number of organizations and is on schedule to have every directorate using CCaR for its financial execution at the start of FY10.



The path towards CCaR for AFRL has been a long and winding one, and the journey is not yet fully complete. There is hope that CCaR will aid enormously in the future reporting of financial status in addition to the pure execution element. But the advantages of CCaR are apparent for all to see. As day-to-day employees grow more comfortable in the use of CCaR, AFRL will continue to see more reliable, real-time data for important programmatic decisions in these times of increased budget constraints and financial limitations. So the next time you hear someone from AFRL speak of CCaR, chances are the whispers will have turned into voices of conviction, stating that “CCaR is here.” And it is here to stay.





THE HEALTH & WELLNESS ZONE



Submitted by Kris Wilkerson

As a member of the AFMC CAT (Crisis Action Team) we recently received training for a potential flu pandemic. I am not an alarmist and hope this goes the way of most news stories that can be panic inducers; however, I found the information helpful for many situations and was glad to have gotten the training. I wanted to share it here so you all can make the decisions on how to prepare for this or any situation that might require extra precautions. I hope you will find it helpful too. The training originated in USNORTHCOM.

Pandemic Influenza - Challenges and Preparation

As you and your family plan for an influenza pandemic, think about the challenges you might face, particularly if a pandemic is severe. You can start to prepare now to be able to respond to these challenges. The following are some challenges you or your family may face and recommendations to help you cope. In addition, checklists and other tools have been prepared to guide your planning efforts. A series of planning checklists can be found at www.pandemicflu.gov/plan/checklists.html.

What You Need to Know

An influenza (flu) pandemic is a worldwide outbreak of flu disease that occurs when a new type of influenza virus appears that people have not been exposed to before (or have not been exposed to in a long time). The pandemic virus can cause serious illness because people do not have immunity to the new virus. Pandemics are different from seasonal outbreaks of influenza that we see every year. Seasonal influenza is caused by influenza virus types to which people have already been exposed. Its impact on society is less severe than a pandemic

Con. On Page 17



and influenza vaccines (flu shots and nasal-spray vaccine) are available to help prevent widespread illness from seasonal flu.

Influenza pandemics are different from many of the other major public health and health care threats facing our country and the world. A pandemic will last much longer than most flu outbreaks and may include "waves" of influenza activity that last 6-8 weeks separated by months. The number of health care workers and first responders able to work may be reduced. Public health officials will not know how severe a pandemic will be until it begins.

Some Differences Between Seasonal Flu and Pandemic Flu

Seasonal Flu	Pandemic Flu
Caused by influenza viruses that are similar to those already circulating among people.	Caused by a new influenza virus that people have not been exposed to before. Likely to be more severe, affect more people, and cause more deaths than seasonal influenza because people will not have immunity to the new virus.
Symptoms include fever, headache, tiredness, dry cough, sore throat, runny nose, and muscle pain. Deaths can be caused by complications such as pneumonia.	Symptoms similar to the common flu but may be more severe and complications more serious.
Healthy adults usually not at risk for serious complications (the very young, the elderly, and those with certain underlying health conditions at increased risk for serious complications).	Healthy adults may be at increased risk for serious complications.



Essential Services You Depend on May Be Disrupted

- Plan for the possibility that usual services may be disrupted. These could include services provided by hospitals and other healthcare facilities, banks, restaurants, government offices, telephone and cellular phone companies, and post offices.
- Stores may close or have limited supplies. The planning checklists can help you determine what items you should stockpile to help you manage without these services
- Transportation services may be disrupted and you may not be able to rely on public transportation. Plan to take fewer trips and store essential supplies.
- Public gatherings, such as volunteer meetings and worship services, may be canceled. Prepare contact lists including conference calls, telephone chains, and email distribution lists, to access or distribute necessary information.
- Consider that the ability to travel, even by car if there are fuel shortages, may be limited.
- You should also talk to your family about where family members and loved ones will go in an emergency and how they will receive care, in case you cannot communicate with them.
- In a pandemic, there may be widespread illness that could result in the shut down of local ATMs and banks. Keep a small amount of cash or traveler's checks in small denominations for easy use.

Being Able to Work May Be Difficult or Impossible

- Ask your employer how business will continue during a pandemic.
- Discuss staggered shifts or working at home with your employer. Discuss telecommuting possibilities and needs, accessing remote networks, and using portable computers.
- Discuss possible flexibility in leave policies. Discuss with your employer how much leave you can take to care for yourself or a family member
- Plan for possible loss of income if you are unable to work or the company you work for temporarily closes.



Schools and Daycare Centers May Be Closed for an Extended Period of Time

Schools, and potentially public and private preschool, childcare, trade schools, and colleges and universities may be closed to limit the spread of flu in the community and to help prevent children from becoming sick. Other school-related activities and services could also be disrupted or cancelled including: clubs, sports/sporting events, music activities, and school meals. School closings would likely happen very early in a pandemic and could occur on short notice.

- Talk to your teachers, administrators, and parent-teacher organizations about your school's pandemic plan, and offer your help
- Plan now for children staying at home for extended periods of time, as school closings may occur along with restrictions on public gatherings, such as at malls, movie theaters
- Plan home learning activities and exercises that your children can do at home. Have learning materials, such as books, school supplies, and educational computer activities and movies on hand
- Talk to teachers, administrators, and parent-teacher organizations about possible activities, lesson plans, and exercises that children can do at home if schools are closed. This could include continuing courses by TV or the internet
- Plan entertainment and recreational activities that your children can do at home. Have materials, such as reading books, coloring books, and games, on hand for your children to use

Medical Care for People with Chronic Illness Could be Disrupted

In a severe pandemic, hospitals and doctors' offices may be overwhelmed.

- If you have a chronic disease, such as heart disease, high blood pressure, diabetes, asthma, or depression, you should continue taking medication as prescribed by your doctor
- Make sure you have necessary medical supplies such as glucose and blood-pressure monitoring equipment



- Talk to your healthcare provider to ensure adequate access to your medications
- If you receive ongoing medical care such as dialysis, chemotherapy, or other therapies, talk with your health care provider about plans to continue care during a pandemic
- A "Family Emergency Health Information Sheet" is provided in this guide and at: <http://www.pandemicflu.gov/planguide/familyhealthinfo.html>

Vaccination

Vaccines are used to protect people from contracting a virus once a particular threat is identified. After an individual has been infected by a virus, a vaccine generally cannot help to combat it. Because viruses change over time, a specific pandemic influenza vaccine cannot be produced until a pandemic influenza virus emerges and is identified. Once a pandemic influenza virus has been identified, it will likely take 4-6 months to develop, test, and begin producing a vaccine.

While there is currently no human pandemic influenza in the world, the federal government is facilitating production of vaccines for several existing avian influenza viruses. These vaccines may provide some protection should one of these viruses change and cause an influenza pandemic. The supply of pandemic vaccine will be limited, particularly in the early stages of a pandemic. Efforts are being made to increase vaccine-manufacturing capacity in the United States so that supplies of vaccines would be more readily available. In addition, research is underway to develop new ways to produce vaccines more quickly.

Antiviral

A number of antiviral drugs are approved by the U.S. Food and Drug Administration to treat and prevent seasonal influenza. Some of these antiviral medications may be effective in treating pandemic influenza. These drugs may help prevent infection in people at risk and shorten the duration of symptoms in those infected with pandemic Influenza.



However, it is unlikely that antiviral medications alone would effectively contain the spread of pandemic influenza. The federal government is stockpiling antiviral medications that would most likely be used in the early stages of an influenza pandemic and working to develop new antiviral medications. These drugs are available by prescription only.

Home Care for Individuals Infected with Influenza

Persons who have a sudden onset of influenza-like symptoms (e.g. headache, fever, chills, cough, chest pain, sore throat, muscle aches, weakness, exhaustion) should do the following:

- Remain at home until all symptoms have resolved (approximately 4-5 days)
- Take medication as needed to relieve the symptoms of the flu
- Never give aspirin to children or teenagers who have flu-like symptoms (and particularly fever) without first speaking to your doctor. Giving aspirin to children and teenagers who have influenza can cause a rare but serious illness called Reye syndrome.
- Drink lots of fluids (water and other non-alcoholic, non-caffeinated beverages)
- Get plenty of bed rest
- Do not smoke
- Restrict visitors to their home
- Persons should seek medical attention at their physician's office, urgent care facility or hospital emergency department if:
 - Fever persists for more than 4-5 days
 - Difficulty breathing
 - Chest pain



- Cough becomes productive of yellow sputum
- Onset of confusion or seizures
- Skin color changes (lip and hands)
- Vomiting persists – 2 to 3 times in 24 hours (vomiting is usually present in young children and elderly persons with influenza infection)

At high risk for the development of complications

- People age 65 and older, people of any age with chronic medical conditions and very young children are more likely to get complications from influenza
- Pregnant women also have an increased risk for pneumonia, lung insufficiency, and death after an influenza infection

To protect the patients infected with influenza, individuals having contact with the patient, and the community in general, certain infection control measures should be practiced:

- Wash hands often with warm soap and water, scrubbing for 10-15 seconds
- Persons entering the home of suspect influenza case should wash their hands after patient contact and before leaving the home.
- Patients should cover their mouths and noses with tissue when coughing or sneezing, dispose of used tissues immediately after use and wash hands after using tissues
- Family members should wash hands after contact with the patient
- Do not share eating utensils or drinks
- Do not rub eyes, touch nose or mouth
- Wash hands or use waterless hand sanitizer after shaking hands with someone



People should plan ahead and think about what they need to have in their house in case someone in their household were to become infected with influenza and need to receive care at home. If you live alone, are a single parent of young children, or are sole caregiver for a frail or disabled adult, it would be a good idea to have some items stored in your home in case of illness:

- Have enough fluids (e.g. water, juice, soup) available to last for 1-2 weeks
- Store two weeks of nonperishable food
- Select foods that do not require refrigeration, preparation (including the use of water), or cooking
- Insure that formulas for infants and any child's or older person's special nutritional needs are a part of your planning
- Store two weeks of water, 1 gallon of water per person per day. (2 quarts for drinking, 2 quarts for food preparation/sanitation), in clean plastic containers. Avoid using containers that will decompose or break, such as milk cartons or glass bottles
- Have enough basic household items (e.g. tissues) to last for 1-2 weeks
- Have acetaminophen and a thermometer in the medicine cabinet. Do you know how to use/read a thermometer correctly? If not, ask someone to show you how
- Think of someone you could call upon for help if you became very ill with the flu and discuss this possibility with him or her
- Think of someone you could call upon to care for your children if you were required to work and their school or day care was closed because of the influenza pandemic; discuss the possibility with them



Stay Informed

Knowing the facts is the best preparation. Identify sources you can count on for reliable information. If a pandemic occurs, having accurate and reliable information will be critical. Reliable, accurate, and timely information is available at www.pandemicflu.gov. Another source for information on pandemic influenza is the Centers for Disease Control and Prevention (CDC) Hotline at: 1-800-CDC-INFO (1-800-232-4636). This line is available in English and Spanish, 24 hours a day, 7 days a week. Look for information on your local and state government Web sites. Links are available to each state department of public health at www.pandemicflu.gov. Listen to local and national radio, watch news reports on television, and read your newspaper and other sources of printed and web-based information. Talk to your local health care providers and public health officials.

For More Information

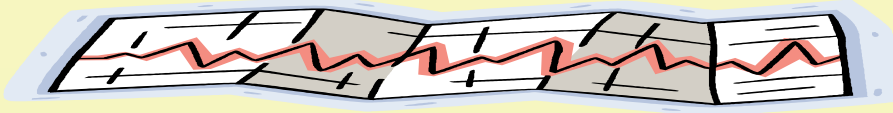
Visit: www.pandemicflu.gov

The Centers for Disease Control and Prevention (CDC) hotline, 1-800-CDC-INFO (1-800-232-4636), is available in English and Spanish, 24 hours a day, 7 days a week. TTY: 1-888-232-6348. Questions can be emailed to inquiry@cdc.gov.

Links to state departments of public health can be found at www.pandemicflu.gov/state/statecontacts.html.



THE HEALTH & WELLNESS ZONE



Catherine's Spicy Chicken Soup



Rated: ★★★★★

Submitted By: AUNTTAF

Photo By: DART1121

Prep Time: 15 Minutes

Cook Time: 30 Minutes

Ready In: 45 Minutes

Servings: 8

"A shredded chicken soup flavored with garlic, onion powder, salsa, tomatoes, tomato soup, chili powder, corn, beans and sour cream."

INGREDIENTS:

- | | |
|--|---|
| 2 quarts water | 3 cloves garlic, chopped |
| 8 skinless, boneless chicken breast halves | 1 (16 ounce) jar chunky salsa |
| 1/2 teaspoon salt | 2 (14.5 ounce) cans peeled and diced tomatoes |
| 1 teaspoon ground black pepper | 1 (14.5 ounce) can whole peeled tomatoes |
| 1 teaspoon garlic powder | 1 (10.75 ounce) can condensed tomato soup |
| 2 tablespoons dried parsley | 3 tablespoons chili powder |
| 1 tablespoon onion powder | 1 (15 ounce) can whole kernel corn, drained |
| 5 cubes chicken bouillon | 2 (16 ounce) cans chili beans, undrained |
| 3 tablespoons olive oil | 1 (8 ounce) container sour cream |
| 1 onion, chopped | |

DIRECTIONS:

1. In a large pot over medium heat, combine water, chicken, salt, pepper, garlic powder, parsley, onion powder and bouillon cubes. Bring to a boil, then reduce heat and simmer 1 hour, or until chicken juices run clear. Remove chicken, reserve broth. Shred chicken.
2. In a large pot over medium heat, cook onion and garlic in olive oil until slightly browned. Stir in salsa, diced tomatoes, whole tomatoes, tomato soup, chili powder, corn, chili beans, sour cream, shredded chicken and 5 cups broth. Simmer 30 minutes.



Ask A S M C

(A Sharing Motivational Champion)

No questions submitted this month but here are a few suggestions to make your recipes healthier.

Some basic tips for making your favorite recipes healthier include:

- Decrease the meat and increase the vegetables called for in stews and casseroles.
- Choose whole-grain versions of pasta and bread; substitute whole-wheat flour for bleached white flour when you bake.
- Serve imaginative whole-grain side dishes like bulgur or kasha instead of white rice or pasta. Cook with less fat by using non-stick skillet.
- Blot all fried meats on paper towels. Or better yet, try baking instead of frying.
- Avoid cooking with soy or Worcestershire sauce and products that contain monosodium glutamate (MSG).
- Use garlic or onion powder instead of garlic or onion salt, and use unsalted or low-salt vegetable broths and products.
- Buy reduced-fat cheese or use mozzarella, which is naturally lower in fat.
- In recipes calling for milk or cream, substitute reduced fat versions or try using other “milks” such as rice milk, nut milks or soy milk. Also use low-fat cream cheese, yogurt, an mayo.
- Unhealthy fats like certain oils, butter, or margarines can usually be cut by 1/3 to 1/2 in recipes. At first try a small cut-back and then use less and less over time; you'll hardly notice the difference.
- You can also use fat substitutes like prune purees and applesauce in baked goods.
- Use fresh-frozen fruit without added sugar if fresh is unavailable.
- Cut the sugar called for in most recipes by one-third to one-half.
- Sweeten waffles and quick breads with cinnamon, cardamom, vanilla or almond extracts in order to cut the sugar content.
- Try salsa on a baked potato or salad rather than high-fat dressing or butter.



HEALTHY NEIGHBOR

This section will be provided monthly by the Health and Wellness Committee to answer health questions.

Various wellness questions (physical or mental) are welcomed as we plan to answer a couple of questions in each Newsletter. Please submit your questions by the 6th of each month to have a possible response in the current month's Newsletter. Send all questions to alice.becton@wpafb.af.mil or kristine.wilkerson@wpafb.af.mil

GIVE THE GIFT OF LIFE

For current information on upcoming blood drives click on: <http://wpmc1.wpafb.af.mil/blooddonorcall>

Thanks for continuing to support our troops!



GOVEXE Articles

Government per diem rates get boost in fiscal 2010

By Elizabeth Newell August 24, 2009

The General Services Administration announced per diem rates for federal travel in fiscal 2010 on Monday during the National Business Travel Association Conference in San Diego.

Per diem rates -- the allowance for lodging, meals and incidental expenses incurred by federal employees on official travel -- on average will be slightly more than the fiscal 2009 rates, GSA reported. The fiscal 2010 rates go into effect on Oct. 1.

"With these new rates, federal employees on official travel can perform their duties on behalf of the American taxpayer while being fairly reimbursed for their travel expenses," said Michael J. Robertson, associate administrator for GSA's Office of Government wide Policy, in a statement.

Rates vary by location, and GSA reported that in some of the 402 areas where rates exceed the nationwide standard of \$70, per diems will decrease slightly. But as a whole, rates will increase marginally. The standard rate, which applies to more than 2,600 counties in the continental United States, has remained unchanged the last two years.

GSA also announced on Monday that meals and incidental rates are increasing for fiscal 2010 for the first time since fiscal 2006. Rates will range from \$46 to \$71, depending on location, up from a \$39-to-\$64 range. The incidental expense rate will increase from \$3 to \$5.

Federal travelers coming to the Washington area will see a dip in per diem lodging rates for peak seasons but a slight increase in rates for off-season lodging. Rates for fiscal 2010 will range from \$170 to \$229, depending on the time of year, compared to the fiscal 2009 range of \$165 to \$233.

Group finds earmarks drop in fiscal 2010 appropriations

By Humberto Sanchez August 24, 2009

The amount of money earmarked in fiscal 2010 spending bills has dropped more than \$880 million, or about 30 percent, from fiscal 2009, according to a preliminary analysis by Citizens Against Government Waste of nine appropriation bills.

The nonpartisan spending watchdog group has tallied the earmarks in seven of the House spending bills and the Senate Agriculture and Homeland Security appropriations bills. The total amount of earmark funding for the nine bills dropped to \$1.99 billion in fiscal 2010 from \$2.87 billion in fiscal 2009.

"Of course we have to wait until the end to see where it all comes out ... but it is definitely moving in a positive direction," said CAGW President Tom Schatz. While he stressed the analysis is very preliminary, "it's about as good as we can get so far."

The group attributed the decline to increased exposure and pressure from taxpayers and anti-earmark groups to answer for the line items, along with consistent pressure from anti-earmark crusaders like Rep. Jeff Flake, R-Ariz., and Sen. Tom Coburn, R-Okla.



"There are always some members, like former Senate Appropriations Chairman Robert Byrd ... who are unabashed and unrepentant, but we think that a significant percentage of members have become a bit squeamish about having to answer for these earmarks, who recognize that some of them will inevitably lead to damaging scandals and that the system is broken," CAGW Media Director Leslie Page said.

"They are on the defensive and are beginning to wonder if the practice isn't more trouble than it's worth," she added.

The decline also comes after Democratic leaders in March implemented new earmark rules for the fiscal 2010 appropriations cycle, which include requirements that members must post their earmark requests on their Web sites, certify that they have no financial interest associated with the request, that the earmarks be subject to agency review, that they must be competitively bid, and could be rescinded if requested by the White House.

Of the nine bills the group studied, only two bills reflected increases in earmarked funds. The House Interior-EPA spending bill showed an increase to \$156 million from \$134.9 million in fiscal 2009, a 15 percent boost. The Senate fiscal 2010 Agriculture bill posted \$220.7 million in earmarks, nearly a 32 percent increase over the \$167.2 million provided in fiscal 2009. The largest percentage decrease came in the House Labor-HHS Appropriations bill, which dropped 42.2 percent from \$618.8 million in earmarks in fiscal 2009 to \$357.4 million in fiscal 2010.

Earmark funding in the Financial Services Appropriations bill declined 42 percent to \$33 million in fiscal 2010 from \$57 million in this fiscal year.

The Military Construction-VA bill shed earmark spending in fiscal 2010 by 36 percent, to \$394.8 million from \$621.3 million, while earmarked funding in the House Energy and Water spending bill slipped 30 percent to \$574.4 million from \$821 million.

The House Commerce-Justice-Science bill reduced earmarks spending by 10.5 percent to \$366.7 million in fiscal 2010 from \$409.8 in fiscal 2009.

The Senate Homeland Security spending measure reduced its earmark funding nearly 32 percent to \$156.2 million from \$229.6 million, while the House Homeland Security bill scaled back its earmarked spending 8.7 percent to \$109.7 million next year from \$120.1 million in the current fiscal year.



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