



USAF MSC Association **NEWSLETTER**

DECEMBER 2011

FROM THE CHAIRMAN OF THE BOARD

Officers and Key Contacts

Col Joe Vocks
Chairperson
Col Debra Cavanaugh
President
Col Randy Borg
Vice President
Col Kevin O'Shea
Secretary
Col Al Obuchowski
Treasurer
Lt Col Sam Bowker
Director
Col Charlie Brown III
Director
Col Bob Hauser
Director
Col Denise Lew
Director
Col Tim Morgan
Director
Col Jim Pearce
Director
Maj Wayne G. Terry
Newsletter Editor
Capt Wm. M. Copeland
General Counsel

I am honored to serve the next two years as Chairman of the Board. Colonel Jim Moreland did an outstanding job as Chairman for the past two years and was instrumental in continuing to grow the Association. He leaves BIG shoes for me to fill.

Colonels Deb Cavanaugh and Tim Morgan made the 2011 Scottsdale Reunion the best ever! I'd be remiss if I did not thank them again for planning such an outstanding event. The fun began with the BBQ on Thursday evening around a campfire with the sounds of a great western band. Friday's General Membership meeting was highlighted with our special guest speaker Sheriff Joe Arpaio – America's Toughest Sheriff. On Saturday night we danced to the music played by "Heat" at our Banquet. The very moving Memorial Service on Sunday morning at the outdoor Camelback Circle was followed by a Brunch. Many took advantage of the tours to Frank Lloyd Wright Taliesin West, the Heard Museum, and Desert Botanical Gardens. Some cooked up new dishes at the Andy Food cooking class, and others took advantage of playing golf at the challenging McCormick Ranch Golf Course. Between all of this activity, we socialized in the Colonel Ed Nugent Hospitality Suite. You can get a glimpse of how much fun we had by checking out the pictures of the 2011 Reunion on our website: <http://www.msassoc.org/>

We owe a special "Thanks" to Colonels Jim Moreland, Ray Inman, Lt Col Ralph Charlip and Major Wayne Terry for their outstanding leadership and service to the Association during the past six years as members of The Board of Directors. While Colonel Charles Brown will continue to serve on the Board, I want to thank him for having served as the Secretary for the past four years. The Association is grateful to several of the retiring Board members for their continuing service. Major Terry will continue to serve as the Newsletter Editor; Colonel Moreland will continue to serve as Webmaster and Chairman of the History Committee and Colonel Inman will continue to serve as Chairman of the Survival Assistance Program.

It is my pleasure to welcome Colonels Randy Borg, Kevin O'Shea, Denise Lew and Lt Colonel Sam Bowker to the Board. They were elected at our recent Business Meeting in Scottsdale. The new officers of the Board are

Colonel Deb Cavanaugh, President; Colonel Randy Borg, Vice President; Colonel Kevin O’Shea, Secretary; and Colonel Al Obuchowski, Treasurer. I look forward to working with them to enhance our Association.

In June 2011 the Air Force Medical Service had to reduce their number of annual awards. In order to prevent the loss of three awards named after past Corps Chiefs, the Association agreed to support the Air Force Medical Service by assuming the sponsorship. These awards are The Brigadier General Donald B. Wagner Administrative Excellence award, The Major General Michael K. Wyrick Commitment to Excellence award, and The Brigadier General Patricia C. Lewis Commitment to Service award.

Colonel Mac McClean stepped up to chair the newly-formed Fund Raising Committee. This committee will be responsible for raising funds to support the active duty ACHE Air Force Dinner, AAMA Air Force Dinner, and the Association Biennial Reunions.

Colonel Randy Borg will be chairing our 2013 Reunion. During the next six months your Board will be doing their due diligence to determine the best location between St. Louis and New Orleans.

I hope that you will be able to spend time with your family and friends during this special season.

Here’s wishing you and your family a Happy Holiday Season and a Blessed New Year.

Joe Vocks, Chairman of the USAF MSC Association Board of Directors

PRESIDENT’S LETTER

Tis the season to count our blessings and give thanks for our families and friends. And, let us not forget our Service men and women working to preserve our freedoms.

It’s been a busy year for the Association. Having just celebrated our 2011 Reunion in Scottsdale, Arizona, I’d like to welcome Colonels Randy Borg, Denise Lew, Kevin O’Shea and Lt Colonel Sam Bowker to the Board; congratulate our new Chairman, Colonel Joe Vocks; and thank Colonel Jim Moreland for his stewardship the past two years.

No other veterans’ organizations match the camaraderie and love of the MSC Association – ‘love’ because there is nothing else that describes the elation we see and feel at our reunions. I believe everyone in attendance in Scottsdale had a wonderful time getting reacquainted with friends and making new ones. Hosting a reunion requires a lot of work and dedication. I’d like to thank the 2009-2011 Board and our volunteers for all their help!

One of our ongoing goals is to recruit new members in order to continue preserving our heritage. I’d like to challenge you to get involved: encourage other MSCs to join the Association; encourage those who are not Life Members to consider becoming one; serve on a committee; share your memories and history with us. We have a new slate of Committee members that will be posted on our web page www.mscassociation.org. If you have an interest in serving on one of the committees please let us know.

Annually, the Board reviews nominations for the Commitment to Excellence Award (application and criteria detailed in this issue) and submits one nominee for approval by the Corps Chief in January. If you know any member eligible for this award please submit your nominee to the Secretary as soon as possible, but not later than 15 January 2012.

I look forward to working with Joe and the other Board members in the coming year. It is truly an honor to serve the Association and I look forward to hearing from you.

I wish you and yours a Happy Holiday Season and a safe and healthy New Year.

Debra Cavanaugh, President of the USAF MSC Association Board of Directors

A SNAPSHOT OF THE 2011 SCOTTSDALE REUNION

The 2011 Reunion is now history! 141 Association Members and their guests attended the biennial reunion in beautiful Scottsdale, Arizona, from October 6-10, 2011. A wonderful time was had by all as we enjoyed good company, superb weather, old war stories, and an exceptionally well organized program of events, thanks to the planning skills of Colonels Deb Cavanaugh and Tim Morgan.

The Cottonwoods was a fantastic venue and it was great to see old friends and make new friends. We even found we had a few Fred Astaire and Ginger Rogers look-alikes on the dance floor. Rumor has it there will be videos posted on our website soon! Speaking of our website, more than 250 Reunion pictures have been posted there for your enjoyment. Thanks especially to Joan Bellisario, Joe Vocks and everybody else who sent pictures in to be posted! The Cottonwoods staff did a fantastic job taking care of us over the long weekend!

The Current Corps Chief, Brig Gen Mike Miller, gave us an entertaining, informative and well received update on the Air Force Medical Service and particularly the Medical Service Corps.

MSC Corps Chief 15, Colonel Allen Middleton, now Deputy Assistant Secretary of Defense for Health Budgets and Financial Policy, shared a view from "Inside the Pentagon" with his Situation Report on Defense Healthcare. You will soon be able to download a copy of his presentation on our website.

Colonel Allen Gilbar, Deputy Command Surgeon, AF Reserve Command, provided an update on Reserve missions and activities and ended with a music and slide show showing Reserve deployments around the globe.

Maricopa County Sheriff Joe Arpaio addressed our group and kept us in stitches for over an hour! He brought along a pair of his famous "pink" underwear and we auctioned them off to benefit the General Don Wagner Scholarship Fund.

Thanks to all of our presenters for a wonderful program. We received many accolades about all the presentations. Don't forget to visit our website at www.mscassociation.org for photos, a look at the Cottonwoods Resort, briefing slides, and maybe even those rumored videos.

We kicked off the weekend with an outdoor BBQ, which doubled as an icebreaker on our first evening together. We enjoyed getting back together over excellent food while enjoying the music from a Country and Western band, Sunset Pioneers. Those who took advantage of the great tours of many of Scottsdale's biggest attractions had a wonderful time taking in the sights and learning about the area.

Saturday evening's banquet brought more good company, great food, and dancing afterward. On Sunday morning, we honored those who left us since the last reunion in 2009 in a memorial ceremony.

These reunions just keep getting better every time, so you won't want to miss our next one in 2013!

Courtesy of Cols Jim Moreland and Randy Borg.

The following is a message from John Russell Stephenson, Colonel, USAF, MSC (Ret), who for many years represented the Air Force MSC Association at countless graduations at the Health Services Administration "School House" Courses conducted at Sheppard Air Force Base, Wichita Falls, Texas. And, John was there for the final graduating class as well. The following remarks are thoughts and observations that John has collected over the years.

A MOSAIC OF LIFE

It has long been my belief that a person's life is a mosaic of their own construction. The pieces or chips are the numerous circumstances, events and personalities we either encounter or develop. Sometimes those chips can appear quite large, even insurmountable, and thrust upon us with less than well meaning intent. Those are the ones to ignore, discard or convert to stepping stones. It is good to have the dark and even the dull chips among the colorful, bright and yes, even the wacky ones. Otherwise our individual mosaics could lack depth and appear flat, without challenge, and uninteresting; which in the case of an Air Force MSC officer they truly are not.

It turns out that for many of us one of the brightest chips was the Air Force School of Health Care Sciences or its successor at Sheppard Air Force Base in Wichita Falls, Texas, where we were either students or staff or both. On Thursday night the 30th of June 2011, the School, what's left of it, graduated its final class of new Medical Service Corps officers – all First and Second Lieutenants, from class 11-D of the Health Service Administration (HSA) course. After 45 years at Sheppard, it all moves to San Antonio.

Consistent with our tradition, spoons were used to bang on the tables in place of clapping hands at the appropriate times during the formal Dining-Out and graduation ceremonies. Each attendee was given an embossed commemorative spoon for said purposes. And, yes, the grog bowl was in play. The electricity even went off as if by omen. As is normal for MSCs, there was no panic and we continued to enjoy the evening. If you had the opportunity to attend and could not, you missed a colorful yet perhaps nostalgic chip for your mosaic.

For the last several years it has been my honor, privilege and pleasure to represent the Association and introduce it to each graduating class and to share some thoughts on leadership and where we fit in the scheme of things. I thank the Association for those opportunities. Last Thursday was also my last class. Those opportunities solidified my belief that some of my personal brightest chips are also associated with the School. The brightest being my wife, Pamela, whom I met while I was the Deputy Commander and sometimes Commander of the school between 1983 and 1986. The staff was another bright chip and the MSC students, above all the thousands of other students, were always a standout. The caliber of our MSC officers over time is beyond compare and only gets better. We can be justly proud.

The final chapter of the MSC course and the "School House" as a whole at Sheppard is closed. Because I know that chapter is an important and bright chip for many of you, I felt you may be concerned that chapter could be forgotten. Do not be concerned. My "clapping spoon" along with my Chief MSC Badge, a list of the students and staff of the last graduating class, a copy of the graduation program and a copy of this letter are being donated to the Museum of North Texas History in Wichita Falls so that future generations will know we were here.

Just because you and I were and are a significant part of the history of the greatest force of the greatest Nation the world has ever known does not mean that we are finished. That soft clatter you just heard was mosaic chips falling where they may. It is time you and I gathered them up and put them to good use with the remainder of our individual mosaics.

As you would expect, and is fitting, the MSCs were the last to leave the “School House” after turning out the lights and locking the doors.

With warmest regards; it has been a great ride.

Y’all take care,

John

HSA TEAM BUILDER AWARD WINNERS AND OUR NEWEST LIFETIME MEMBERS



2d Lt Brandt Higley hails from Rapid City, SD. Brandt and his wife Stephanie were expecting their firstborn – a little girl who was due in mid-Oct 2011. Congratulations. 2d Lt Higley’s unit of assignment is the 87th MDSS, Joint Base McGuire-Dix-Lakehurst, NJ, where he is the TOPA Flight Commander. 2d Lt Higley was a member of the final class – Class 11-D – to come out of the “School House” at Sheppard AFB in Wichita Falls, Texas. Congratulations on your selection as the HSA Team Builder Award Winner of Class 11-D. Pictured l-r is John Stephenson, Jim Moreland, former Association Chairman, 2d Lt Brandt Higley, and Joe Vocks, Current Association Chairman.

Captain John “Mike” Bernabe came on active duty in June 2007 as a line officer and after receiving his Masters Degree in Public Health, cross-trained to become an MSC Officer in May 2011. He is the son of retired Air Force Technical Sergeant Jimmy F. Bernabe. He was commissioned a 2d Lt in June 2007. In his brief military career, he has a Middle East assignment behind him. From October 2010 to May 2011, he was assigned to the 15th Expeditionary Mobility Wing Task Force at Ali Al Salem Air Base in Kuwait. He already has a résumé that is truly outstanding. And, he was in the first Air Force Health Services Administration course graduating Class 12-A from the Fort Sam Houston, Texas program. Congratulations to you on your selection for the HSA Team Builder Award of Class 12-A. Pictured l-r is Lt General Bruce Green, Air Force Surgeon General, Captain Mike Bernabe and Brig General Michael Miller, USAF MSC Corps Chief.



**CALL FOR NOMINATIONS FOR THE
COMMITMENT TO EXCELLENCE AWARD**

Annually the Board of Directors reviews your nominations for the Commitment to Excellence Award and submits a nominee for approval by the Corps Chief in January. If you know of any member eligible for this award please submit your nominee to the Secretary ASAP but not later than 15 January 2012. Using the following format, email nominations to the secretary@mscassociation.org or mail to:

USAF MSC Association
4008 Plantation House Road
Summerville, SC 29485-6239

Description: The purpose of the Commitment to Excellence Award is to recognize outstanding service by a retired Medical Service Corps officer who has contributed to the advancement of the Association, the Air Force Medical Service Corps and/or the Air Force Medical Service. The period of consideration for this award is the member's service following retirement from active duty.

Qualifying for Award: Candidates for this award must:

- Be a member in good standing in the Association,
- Be nominated by an active member of the Association,
- Be a recognized leader among Association members,
- Have made significant contribution to the advancement of the Association, the Air Force Medical Service Corps and/or the Air Force Medical Service after retiring from the Air Force.
- Be a consummate team player, and role model for others in the Association and Medical Service Corps.

Recognizing the Award Winner: The award winner will be notified directly by the Chief, Medical Service Corps, and be recognized at the Annual MSC Awards Dinner held in conjunction with the annual American College of Healthcare Executive's Congress on Administration. The Chief, Medical Service Corps, will determine the appropriate type of recognition that is to be given to the award recipient.

PLEASE PRINT LEGIBLY

**USAF MEDICAL SERVICE CORPS ASSOCIATION'S COMMITMENT TO
EXCELLENCE/SERVICE AWARD NOMINATION FOR CALENDAR YEAR 2012**

Use continuation sheets as necessary (place the nominee's rank and name at the top center of each continuation page and number them).

Use only one nomination for each person. Letters of support from other Association members should be included in lieu of duplicate nominations. If letters of support are used, the individual nominating the candidate should compile the entire package and submit it at one time.

Please note: The period for this award is for service **AFTER** the person's retirement from active duty/Guard or Reserve, so please focus your narrative accordingly.

Name of Person Submitting Nomination: _____

Phone number (include area code): _____

Date joined the MSC Association: _____

Nominee Information

Rank: _____

Last Name: _____

First Name: _____ Middle Initial: _____

Date joined the MSC Association: _____ (if you don't have this information, it will be entered by the Association Secretary)

Describe the nominee's contributions after he/she retired from the Air Force, including Guard/Reserve, in one or more of the following areas:

- MSC Association (offices held, committee membership, etc. – be specific)
- USAF Medical Service Corps
- USAF Medical Service
- Military Service members or veterans

Describe how the nominee is a consummate team player, and role model for others in the Association and Medical Service Corps:

Describe the individual's community and public service following retirement:

PLEASE PRINT LEGIBLY

MISTAKEN IDENTITY

A photographer for a national news magazine was assigned to get photos of a big forest fire. Smoke at the scene was too thick to get any good shots, so he frantically called his home office to hire a plane. "It will be waiting for you at the airport!" he was assured by his editor. As soon as he got to the small, rural airport, sure enough, a plane was warming up near the runway. He jumped in with his equipment and yelled, "Let's go! Let's go!" The pilot swung the plane into the wind and soon they were in the air. "Fly over the north side of the fire," said the photographer, "and make three or four low level passes." "Why?" asked the pilot. "Because I'm going to take pictures! I'm a photographer, and photographers take pictures!" said the photographer with great exasperation and impatience. After a long pause the pilot said, "You mean you're not my instructor?"



LEARN SARVER HEART CENTER'S CONTINUOUS CHEST COMPRESSION CPR

Every three days, more Americans die from sudden cardiac arrest than the number who died in the 9-11 attacks. You can lessen this recurring loss by learning Continuous Chest Compression CPR, a hands-only CPR method that doubles a person's chance of surviving cardiac arrest. It's easy and does not require mouth-to-mouth contact, making it more likely bystanders will try to help, and it was developed at the University of Arizona College of Medicine. Go to <http://tinyurl.com/2fx8r59> for a video presentation showing the new technique. "This video is worth sharing," said Gordon A. Ewy, MD, director of the UA Sarver Heart Center and one of the research pioneers who developed this new method.

MEMBERSHIP RENEWAL DUE IN JANUARY

MEMBERSHIP DUES ARE PAYABLE IN JANUARY FOR 2012! The address label on the front of the Newsletter reads "DUES PAID THRU: XXXX." Use this to find your current membership status. Remember, you can always become a Life Member (And, it can be paid in quarterly installments through the year).

Along with your dues payment, also send in any changes to your contact information on the 2012 Renewal Membership Form on the following page. You can also let our Secretary know at info@mscassociation.org or call Toll free at (866) 818-2110.

When you move, please include your new address, telephone number and any change in your email address. This helps us get in touch more quickly and saves time. Thanks for your help.

Please send all dues payments to the Association Secretary's new address: 4008 Plantation House Road, Summerville, SC 29485-6239. You may also pay by Pay Pal. Just go to the Association's website and follow the directions.

"America needs God more than God needs America.
If we ever forget we are 'One Nation under God,'
Then we will be a Nation gone under."

~ Ronald Reagan ~



ENTER ALL INFORMATION LEGIBLY

2012
RENEWAL MEMBERSHIP
AND CHANGE OF CONTACT INFO FORM

USE THIS FORM FOR ANNUAL RENEWALS AND CHANGES TO CONTACT INFORMATION

Name _____

Date of Birth _____

Rank _____

Spouse's Name _____

Address _____

City _____ State _____ Zip _____

If using an APO/FPO address, please provide:

City _____ Country _____

Phone (_____) _____

Email _____

Status Active Duty* Reserve* ANG* Retired

Method of Payment **PayPal** **Check**

(Payable to USAF MSC Association)

*If Major and below, annual dues is \$15. For all others and retirees, dues is \$20.

Declaration: I agree do not agree to my name, address, phone number, spouse's name, and email address being released in the association's directory to other members of the USAF MSC Association, when appropriate.

Signature _____

Date _____

Please send completed form with dues payment to:

**USAF MSC Association, Inc.
4008 Plantation House Road
Summerville, SC 29485-6239**

Toll Free (866) 818-2110 Email: info@mscassociation.org



SOUNDING TAPS

Colonel	Robert O. Iott	20 Oct 2011
Colonel	Theodore W. Oatley	21 Sep 2011
*Colonel	Jerry W. Schussele	23 Oct 2011
*Colonel	Rodney J. Zimmermann	9 Aug 2011

*Denotes Life Member Status

IN MEMORIAM

We regret that some of the information published in our August Newsletter about the passing of Major Jesse Edwards this past May 2011 was incorrect. Our sincere apologies to his family and friends. The corrected information follows:

Jesse Edwards died in Surprise, Arizona, on 20 May 2011. He was the cofounder of the Physician Assistant Program at the University of Nebraska (UNMC), Omaha, Nebraska. In 1971 the Nebraska State Legislature mandated the establishment of a physician assistant program at the UNMC. Edwards was asked to lead the effort in the early stages of the program's development. Edwards was kept busy establishing the administrative structure of the program, drafting the first PA statute in Nebraska, consulting with members of the State Legislature about the concept, and travelling extensively throughout the State to promote the concept of physicians and to ask them to provide clinical clerkship sites for UNMC PA students.

Prior to his tenure with the UNMC, Edwards completed a noteworthy career in the United States Air Force. He enlisted as a Private in 1946. He retired as a Major in 1967. His military specialization was medical administration and his duty assignments were varied and worldwide. His capstone military assignment was with the Air Force Surgeon General's Office in Washington, D.C. As a member of a select group of manpower specialists he played a significant role in establishing the first ever scientific approach to determining the manpower specialty mix for Air Force medical treatment facilities. The method employed is based on work sampling techniques, and is still used today.

Edwards is widely known for his advocacy for military PAs. In large measure because of his efforts, the UNMC has granted college credits and degrees to the military PA Program since 1975. In recognition of his sustained contributions to the Air Force PA program, the Air Force in 2000 created the "Jesse C. Edwards Outstanding Company Grade Physician Assistant of the Year Award."

Major Edwards is survived by his daughter, Major Joyce Beaty, an active duty MSC, currently serving as the TOPA Flight Commander at Luke AFB, Arizona.

FUNDS SOLICITATION POSITION AVAILABLE

Colonel Mac McClean, as many of you know, has been the official "beggar" for the MSC Association since 2006. Mac began when he was the onsite coordinator for the San Antonio Reunion. At the last board meeting in Scottsdale a new committee was formed, now known as the "Fund Raising Committee." Mac would like to step down as the Chairman of that committee. If you are interested in the Chairman position of this new committee, please contact our Chairman, Joe Vocks, and let him know that you would like to help. The new member would work with Mac and others on the committee during the next one or two cycles. By then, he/she would have gained the necessary experience and could be appointed Chairperson.

Source: Mac McClean, former Association Board Member

THANKSGIVING DAY: 24 NOVEMBER 2011

In the fall of 1621, the Pilgrims, early settlers of Plymouth Colony, held a three-day feast to celebrate a bountiful harvest, an event many regard as the nation's first Thanksgiving. Historians have also recorded ceremonies of thanks among other groups of European settlers in North America, including British colonists in Virginia in 1619. The legacy of thanks and the feast have survived the centuries, as the event became a national holiday in 1863 when President Abraham Lincoln proclaimed the last Thursday of November as a national day of thanksgiving. Later, President Franklin Roosevelt clarified that Thanksgiving should always be celebrated on the fourth Thursday of the month to encourage earlier holiday shopping, never on the occasional fifth Thursday.

NOTE: The Editor a native born Plymothian, subscribes that the three-day feast in the fall of 1621 as the origins of the first Thanksgiving Day feast. The Editor's wife, however, being a Southern-born Virginian equally subscribes to the Thanksgiving Prayers in 1619 at the Berkeley Plantation as the origins of the first observance giving thanks through prayer in the new colonies. Both are right of course! I suspect some of our Native Americans in the mid-west, might take exception to either Plymouth or Berkeley Plantation sites being the real origins of Thanksgiving Day celebrations [Editor].

PHOTOCOPYING OF MILITARY IDENTIFICATION CARDS

Recent incidents regarding the photocopying of military identification cards and common access cards (CAC) by commercial establishments to verify military affiliation or provide government rates for service have been reported. Personnel are reminded that the photocopying of US Government Identification is a violation of Title 18, US Code Part I, Chapter 33, Section 701 and punishable by both fine and/or imprisonment. Many military members, family members and DoD employees are unaware of this law.

Criminal elements and terrorist organizations place U.S. government identification as a high value logistical element when planning acts against the U.S. military. Although commercial establishments are not prohibited from asking for military/government identification, many government personnel and commercial establishments

There are two things that a democratic people will always find very difficult –
To Begin a war and to end it.
~ Alexis de Tocqueville ~

are unaware of the prohibition on duplication of government identification. Unfortunately, there are no safeguards in place to ensure a government identification card won't be counterfeited or "cloned" based on a photocopy by a commercial establishment.

It is recommended that military/DoD personnel provide a state drivers license or other form of photo identification to be photocopied if an establishment insists on a photocopy of the traveler's identification.

*NOTE: This does not apply to medical establishments (i.e. doctor's office, hospitals, etc.) who are allowed take a copy for the purpose of filing insurance claims; and other government agencies in the performance of official government business.

SOURCE: Security Bulletin from OASD-Reserve Affairs, 27 Oct 2011

PRECAUTIONS RE MAMMOGRAMS AND DENTAL XRAYS **A USEFUL WARNING**

On a recent TV segment it was reported that the fastest growing cancer in women, was thyroid cancer. It was a very interesting program that mentioned that the increase could possibly be related to the use of dental x-rays and mammograms. On the apron/shield the dental tech places over your upper body during dental x-rays there is a little flap that can be lifted up and wrapped around your neck. Many dentists don't even bother to use it. Also, there is something called a "thyroid guard" for use during mammograms.

By coincidence, I had my yearly mammogram the day before. I felt a little silly, but I asked the technician about the guard and sure enough, the technician had one in a drawer. I asked why it wasn't routinely used. Answer: "I don't know. You have to ask for it." Well, if I hadn't seen the TV show, how would I have known to ask?

I hope you pass this on to your friends and family.

SOURCE: www.organizedwisdom.com/DrOz/; and snope.com.

AF MSC PAGE ON FACEBOOK

A Facebook page for Air Force MSCs has been on-line for almost a year. According the current Corps Director, Colonel Perry Cooper, the current Corps Chief, BGen Mike Miller, checks it almost daily and uses it frequently to communicate with MSCs. Take a look at <http://www.facebook.com/groups/14963664974/>. You can also find a link to this and many other sites on our web site... www.mscassociation.org.

The art of medicine consists of amusing the patient while nature cures the disease.
~ Voltaire, philosopher (1694-1778) ~

TEN THINGS YOU MIGHT WANT TO TALK ABOUT WITH YOUR FAMILY BEFORE YOU DIE

Over the past two years, I have seen dozens of obituaries and death notices on Association members and friends. Colonel Ray Inman and his team respond as soon as they are notified, with assistance for family members that includes points of contact for benefits. They have a “checklist” of things to consider when a family member dies. Family members are usually very pleased with our efforts and often comment positively about them. Too many tell us they wish they would have thought of “this or that” earlier, or that they “wish” they had talked with their spouse long ago so they knew what they wanted done in terms of burial, services, obituaries, and the like.

This is NOT Estate Planning 101. Rather, just some subjects that seem to come up time and again as we talk to our members about issues encountered when family members die. So, in addition to the “checklist” Ray Inman and team use (which follows this article), we have put together some thoughts about things you should talk to your family about before one of you dies, leaving the other to figure things out. Not a pleasant subject, but hopefully, one that your family will appreciate when you are gone.

1. Ensure your spouse/family know where wills, powers of attorney, tax records, your DD Form 214 and other important papers are kept and make arrangements for access to them. Perhaps locating all important information in a three ring binder would make things easier.
2. Insurance policies. Where are they and who survivors should contact about them?
3. Safe deposit box access and contents.
4. Make arrangements for access to your computerized accounts (USERIDs and PASSWORDS).
5. Talk about any loose ends that may need attention. Who pays the bills and methods for payment? Loans, bank accounts, major transactions pending, etc. Have you started 529 accounts or made other arrangements for the education of children or grandchildren? Have you moved since your last will (might need updating to comply with differing state laws).
6. Instructions and points of contact for home systems (pool, hot tub, furnace, air conditioning, sprinkler system, TV and cable/satellite systems, etc.).
7. Who do you want notified at the time you die? Consider things like who you would like to attend your funeral, or who might be of assistance to your family? Which friends, relatives, and acquaintances should be notified right away, and which ones later? How about estate planners, family lawyers, insurance agents, brokers, etc. and don't forget the MSC Association!
8. Jot down your preferences about where you want to be interred, funeral services, and obituaries. Do you want to be buried or cremated? Viewing or no viewing? Church funeral or memorial service or graveside service? Burial clothing (uniform or suit)? What do you want in your obituary? The mortuary is usually good with family stuff, but how about AF and other career information, or a list of your significant awards and decorations and significant accomplishments you might want published?
9. Disposition of special possessions (are there particular things you want to go to particular people?) If so, seek legal counsel to ensure your wishes can be honored.
10. To your family: Is there anything else you would want to know if I suddenly died?

Contributed by Jim Moreland, former MSC Association Chairperson

SURVIVORS CHECKLIST

This check list is not intended as a definitive guide, but rather as an aid to the survivor in completing actions normally required after a spouse's death. Portions of the information contained in these check lists were taken in whole or part from a Military Officers Association of America (MOAA) Checklist and is used with permission. Following are some important calls you need to make. Check off each call as you go and take notes of your conversations including the date you called and the name of the person(s) you spoke with.

PRIMARY NOTIFICATIONS

- √ **CASUALTY AFFAIRS OFFICE** - Contact the nearest Military Casualty Affairs Office (CAO) in your area. If you do not know where the nearest CAO is located please phone toll free to the central CAO at 1-800-433-0048. They will advise you of the nearest CAO and provide an address and telephone of the office nearest to you. The Casualty Affairs Office will provide complete guidance and assistance to you in notifying the proper agencies and other actions necessary.
- √ **DEPARTMENT OF VETERANS AFFAIRS** - 1-800-827-1000. If the cause of death is related in whole or part to military service, you may qualify for VA benefits such as burial, application for headstone, and Dependence and Indemnity Compensation (DIC) payments. Burial in a VA cemetery (Arlington is managed by the Department of the Army) is available for any veteran with other than a dishonorable discharge. A headstone is also available whether or not burial is in a federal cemetery.
- √ **SURVIVOR BENEFIT PLAN/RETIRED SERVICEMEN FAMILY PROTECTION PLAN/SUPPLEMENTAL SURVIVOR BENEFIT PLAN (SBP/RSFPP/SSBP)** - 1-800-321-1080 - In order to start the annuity application and application for residual retired pay process, you should notify the above office of the death of the service member.
- √ **RESERVE COMPONENT SURVIVOR BENEFIT PLAN (RCSBP) FOR RESERVISTS** – 1-800-321-1080. For survivors of Reservists and National Guardsmen who are enrolled in the Reserve Component Survivor Benefic Plan Program but not yet receiving military retired pay.
- √ **SOCIAL SECURITY** - 1-800-772-1213. You may be eligible for social security survivor and death benefits.
- √ **CIVIL SERVICE** – If the retiree was a member of the Civil Service Retirement System (CSRS) or Federal Employee Retirement System (FERS) after military retirement, notify the Office of Personnel Management @ 724-794-2005 (Civil Service SSP. Casualty and Federal Group Life Insurance inquiries), or call toll free 1-888-767-6738.
- √ **THRIFT SAVINGS PLAN** - If the deceased was a CSRS or FERS retiree and participated in the Thrift Savings Plan, contact the Federal Retirement Thrift Investment Board at 1-877-968-3778.
- √ **LAWYER/ESTATE EXECUTOR** – Contact your lawyer, trust administrator, or executor of the estate.
- √ **LIFE INSURANCE** - If the deceased had current life insurance, contact the company or companies. Be prepared to provide policy numbers and copy of a death certificate.
- √ **OTHER INSURANCE PROGRAMS** - If the deceased was a participant in any of the VA insurance programs (SGLI, VGLI, NSLI, USGLI, etc.), call 1-800-669-8477 and report the death. Have policy numbers available if possible.
- √ **PRIVATE PENSIONS** If the deceased also qualified for a retirement plan or pension from a private employer, notify the Employer or pension plan administrator.
- √ **INVESTMENTS** – Notify any financial institution including banks, brokerage houses and investment firms that has an individual or joint account in the name of the deceased. Remember to locate all stocks, bonds and securities. Have account numbers available, if known.

SECONDARY NOTIFICATIONS

- √ **Current Military ID Card** - You must have a current valid military Identification (ID) card to be registered in the Defense Eligibility Enrollment System (DEERS) to be eligible for any entitled services including but not limited to entrance to commissary and military exchanges. You may obtain a current ID from the nearest military facility.
- √ **DEERS UPDATE** - To insure your military benefits, you must keep your address current in the Defense Eligibility Enrollment Reporting System (DEERS). Change of address may be made by phoning 1-800-538-9552 or mailing DSO, Ann, TR, 400 Gigling Road, Seaside. CA 93955-6771.
- √ **TRICARE INFORMATION** - If under 65: Questions should be addressed to the TRICARE Service Center in your Region. (North at 1-877-874-2273, South at 1-800-444-5445, or West at 1-888-874-9378). You may also call the TRICARE Information Service at 1-888-363-5433. On the web, go to www.tricare.osd.mil.
- √ **Credit card companies or other charge accounts** - Have account numbers available, if known.
- √ **Accountant/CPA or tax preparer and other insurance companies** (health, property, automobile, mortgage, MEDIGAP, TRICARE supplements, etc.) – Have account numbers if known.
- √ **State Department of Motor Vehicles (DMV) and City, County, and State Property offices.**
- √ **Fraternal or professional organizations** – Examples: AARP {American Association of Retired Persons}, Disabled American Veterans, Veterans of Foreign Wars (VFW), etc.

RETIRED AF SURGEON RECALLS PENTAGON POST 9/11ATTACK RESPONSE

Release No. 08-07-11 | 26 Aug 2011

By G. W. Pomeroy, Air Force Surgeon General Public Affairs

WASHINGTON (AFRNS) – The Air Force surgeon who led the medical response after the Pentagon attack 10 years ago said a couple of readiness firsts in the months before mitigated what could have been a much worse outcome.

Retired Lt. Gen. (Dr.) Paul K. Carlton Jr., one of several Airmen awarded the Airman's Medal for lifesaving contributions on Sept. 11, 2001, was the Air Force Surgeon General when American Airlines Flight 77 slammed into the Pentagon.

Scores of people were injured, trapped or both. Before he made his way to the triage area where medics from all services would gather to treat and send off victims in ambulances, the senior Air Force medic waded through fire, smoke and chest-high debris looking for victims.

"The clock was ticking," he later told People Magazine. "I thought, 'If we wait for normal rescuers, we won't have anyone alive.'"

At first he thought it had been a terrorist bomb. "But then I saw the landing gear. It was on the ground in the alley between the B and C rings. When I saw it there, not only did I realize an airplane had struck the Pentagon but it was clear that the plane had come through the E, D, and C rings to get there."

He wasn't thinking about it at the time but the tragedy was replete with ironies. First of all, Carlton's office wasn't in the Pentagon. It was across town at Bolling AFB, D.C. The fact that he was there when the plane hit was a coincidence. But the biggest irony – if not saving grace – was that he had approved what was apparently the first mass casualty exercise at U.S. military headquarters ever earlier in the year.

The origin of the May 2001 exercise was a stairwell conversation in February between Carlton and now-retired Col. John Baxter, who was the Air Force's Flight Medicine Clinic Commander in the Pentagon at the time.

Baxter suggested a mass casualty exercise. Carlton, a long-time proponent of preparing for disasters in unlikely places, was intrigued. As they were trying to come up with a scenario, their conversation was interrupted by a jet after taking off from nearby Reagan National Airport.

"We had to stop talking because the jet noise was so high," Carlton said. "Then we resumed our conversation."

Baxter suggested the idea of an aircraft hitting the Pentagon. He did not suggest wild-eyed terrorists bent on murder. In fact, Baxter's idea was mundane compared to the reality of what was to come.

"Why don't we have an airplane hit a bunch of birds, lose an engine, do a VMC rollover (which means one engine is out and the flying speed is not enough to prevent the airplane from rolling over on its back), and hit the Pentagon?" Carlton said, repeating Baxter's suggestion.

"I thought it was a great idea," Carlton said. The tabletop exercise, developed by Baxter and approved by Carlton, included the Army's DiLorenzo Tricare Health Clinic and the Air Force Flight Medicine Clinic, both

housed within the Pentagon. Representatives from Arlington County Emergency Medical Services and various agencies also participated.

Carlton said they "did not do very well on the exercise" and set a "get well" date for Sept 1. Even so, Col. James Geiling, then-commander of the DTHC, later said this exercise prepared them well to respond to the Pentagon attack on 9/11. For example, the Air Force Flight Medicine Clinic retooled its trauma packs. Staffers from both clinics were issued special blue vests labeled "physician," "nurse," or "EMT," to allow for easy identification.

The "get well" exercise in early August was a mass casualty exercise that involved a practice evacuation and treatment of wounded. Retired Gen. Lance Lord, then-assistant vice chief of staff of the Air Force, was a participant. He later told Air Force Space Command News Service: "[It was] purely a coincidence, the scenario for that exercise included a plane hitting the building." Lord also said that on 9/11, "our assembly points were fresh in our minds" thanks to this practice.

There was one more irony.

When he became Air Force Surgeon General in October 1999, Carlton chose two cities to work on for mass casualty management: Washington D.C. and New York City. Prior to 9/11 he had lectured on the topic to the New York City Council of Hospitals and the Washington Hospital District.

Carlton said that like many folks directly involved that day, it was difficult for him to talk about for quite a while. His Airman's Medal citation, which focuses on the very beginning of his September 11, offers insight as to why.

"General Carlton entered a room filled with chest high debris," according to his Airman's Medal citation. "Although half the room was engulfed in flames and smoke filled, General Carlton and several other rescuers located a trapped victim who was stuck under some fallen debris. The men could see the trapped victim, but could not quite reach the man. One of the rescuers cleared the debris while General Carlton tried to pull the victim free.

"He then placed a water-soaked tee shirt on the victim's face to aid his breathing. The victim was roused, and realizing the imminent danger they were all facing, rolled to his left far enough for General Carlton to grab him. They were then able to move the victim to safety. All the while, the room continued to rain fire and debris on General Carlton and the others.

"As the fire intensified and moved closer in the room, General Carlton continued to sweep the room for other victims. There was a loud noise, the flaming ceiling began to fall and one of the rescuers shouted for all to leave the area. As the metal caging in the ceiling gave way, General Carlton helped the others to escape the burning room."

Today Carlton is director of Innovation and Preparedness for The Health Science Center at Texas A&M University in College Station, Texas. He has consulted on homeland security and disaster response for many organizations, most recently the destroyed medical center in Joplin, Mo.

Ten years after the Pentagon attack, Carlton is optimistic but cautious. "We have faced a determined foe that has shown us repeatedly that life has no meaning, and used a weapon we did not expect him to use," he said. "Our enemy out-thought us! We can never let that happen again!"

He also kept the blue vest. "It's a reminder that we live day-to-day."

THE MEDEVAC FLIGHT: M STANDS FOR MARY

Here is a short story about a wounded soldier's return on one of our Air Force Aeromedical Evacuation Flights. There are so many stories like this and most are lost in the commotion of the mission. Hope you enjoy it as much as I did. [Editor].

He hadn't imagined going home this way. The cargo plane had two rows of bunks to accommodate the wounded, stacked side by side down its center and bolted to the floor. Racks of double bunks also lined the port and starboard bulkheads. Every bunk had a wounded soldier, or sailor or airman strapped into it on takeoff.

Nurses and corpsmen dressed in BDU's moved from bunk to bunk administering medication, passing out bottles of water and sandwiches and offering words of encouragement. "You'll be home soon."

It was a long, long flight to Washington, DC. The plane would stop only once for refueling in Elmendorf Air Force Base in Alaska on the journey. Many bed pans and colostomy bags would need emptying.

He was a twenty-two year old second lieutenant and among the lucky ones assigned to the upper bunks because they could climb up and down on their own. Some in upper bunks lacked an arm or hand. He was among the especially lucky who were still whole.

With barely more than a month in country, an explosion had ended his tour. He hadn't been wearing body armor, none of them had. *My fault. I was in charge. It was so damn hot. Even so, I should have insisted.*

No one else blamed him. They gave him a frigging medal, a purple heart, his wrong-place-at-the-wrong-time medal. Guilt was a constant companion.

Sufficiently far from the blast to survive, he sustained wounds from many pieces of shrapnel. Two punctured his left lung, two tore meat from his right shoulder, another tore meat from his left, another collapsed veins in his groin, smaller pieces peppered his body. His wounds had to be minor compared to those of his men who were closer.

He wondered what had happened to Swartz and Mendoza. It had been over a month and a half and no one had been able to tell him what had happened. *Maybe they don't want me to know.* He felt guilty that he did not know, that he was going home without knowing, that he was going home at all. His body still needed rehabilitation, but he wasn't like these others, truly disabled.

The novel propped on his chest was a gift from a helicopter pilot who had left on an earlier flight. The pilot had lost a hand and was worried how the loss would affect his wife, and how he would provide for his family, now that



flying helicopters was out of the question. The pilot wasn't whole and he still was. It was as simple as that. So why did he feel guilty even being grateful that he was whole? Did his gratitude suggest that the pilot, and all these men who had lost limbs, were something less? He really didn't want to see it that way.

The nurse in his section of the plane was a first lieutenant, which meant she was probably older than he. She cropped her wavy blond hair above shoulder length, and wore no makeup. Baggy BDU's cloaked what looked to be a great figure. The way she moved, her strength and grace and balance, suggested it was. He wanted it to be. Her mane framed a high forehead, wide cheekbones and bright blue eyes. A too-wide mouth, square jaw and a scattering of freckles made her more girl-next-door than model-beautiful, but more attractive for it.

Moving from bunk to bunk in his line of sight, the nurse distracted him from reading. With a touch here and word there, she gave solace to men who hadn't seen a woman like her in quite some time. He hadn't seen a woman like her in a long time. Those who were well enough hung on her words and basked in her smiles. Those who were not demanded most of her time.

When she passed, sometimes she would smile and ask how he was. Her name tag read M. Summerville. He kept the exchanges short, even though he desperately wanted her attention too. The others needed her much more. *M might stand for Mary.* His mother's name was Mary.

Walter Reed Army Hospital waited for him. He was healthy enough that he would probably complete his rehab as an outpatient. That meant time with his family, and a chance to connect with old friends before going back on duty. *Will the wounds affect my next assignment? At least I can count on having a next assignment.* The ceaseless drone of the engines lulled him to sleep.

He woke needing to pee. Climbing down from the bunk made his chest ache where the doctor had done emergency surgery under a local anesthetic to slip a vacuum tube between his ribs, drain the blood and reinflate his lung. He walked along the steel floor to join a line waiting to use the head. Bags of urine hanging off the sides of bunks of catheterized troops made him doubly grateful to be ambulatory. On the way back, he met her.

"I see you are up. How are you feeling?" she said. "Good." He lowered his voice. "Next to the rest of these guys, I'm doing great. You're wonderful with them." Her smile lit the dark interior of the plane like a ray of sunshine. "Where are you from?" she asked. *Is she flirting with me?* "I'm from Alexandria, Virginia. When we hit the ground, I'm almost home. Where are you from?"

She's even prettier when she smiles.

"I grew up an army brat, but right now, I'm from San Diego." "I'm an army brat too." Just then, one of the more seriously wounded men down the aisle moaned and asked for more medication. "I've got to go," she said.

He went back to his bunk, climbed in and finally got into the novel the pilot had given him. When she would pass, she smiled and sometimes pauses to chat. *We had a moment there. Didn't we?*

He let his mind drift over the events of the past year. Graduation leave, Officer's Basic School at Ft. Sill, Jump School, Ranger School. Ft. Sill hadn't been all studies. There had been wild parties, weekend football games in Dallas and U of O, dances at the O' Club and beautiful women. Time at Ft. Benning managed to produce its own series of escapades. Life had been a blur. He had lit the candle at both ends and didn't care. He lived like there might not be a tomorrow. As it turned out, there damn near hadn't been.

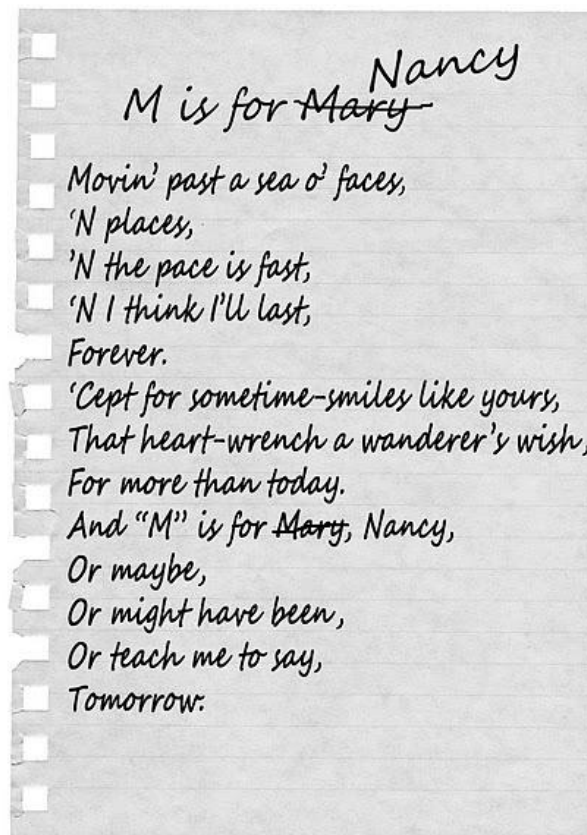
He watched the nurse, ministering to the troops, smiling and sharing words as she passed. He soaked in the essence of the woman. Generous. Giving. *There's no chance, but I'm losing a piece of my heart here.*

Dragging a notepad from his duffel, he scribbled down what he was feeling.

On the ground, after the plane had taxied to the terminal, while preparing to disembark, he had a chance to speak with her one last time. "What does M stand for?" She looked confused. "M?"

"Your name tag says your first initial is M. I wondered what M stood for?" "Oh. It's not my name tag. My uniforms weren't clean and I borrowed this from a friend. My name is Nancy." He quickly scribbled something on the notepad, tore out a page and gave it to her. "I'd like you to have this."

He shouldered his duffel and moved down the corridor towards the exit. He glanced back and waved. She held the paper in one hand and waved goodbye with her other, and turned to read.



SOURCE: Received indirectly from CMSgt Shem Miller (Ret), former Loadmaster at the 514 Wing, and furnished by Joe Early, Col, USAF, MSC (Ret). In turn, the author, Pete Grimm graciously provided permission to reprint. [Http://petegrimm.blogspot.com/2011/10/medevac-flight.html](http://petegrimm.blogspot.com/2011/10/medevac-flight.html) [Editor].

Once again, we've met our goal to keep you informed, entertained and on top of MSC issues of interest. We wish you all a very special Yuletide Season and a happy and prosperous New Year!

Your Newsletter Editor – WGT