

THE EAGLE

Northern Arizona University Detachment 027

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Inside this issue:

Cadre's Corner	2-3
Secretary of Defense	4
The Man Behind the Camera	5-6
Move More, Sit Less	7
Obtaining Flight Hours	8-9
Practice Safety	9
USAF Chain of Command Word Search	10



Cadre's Corner:

“I’ve realized it’s not just about defeating your enemy, but also helping those civilians left behind to rebuild their country. I’ve realized that not everyone is an enemy combatant, but most are good natured people trying to make a living and raise a family just like us.”

Cadre's Corner

By TSgt Mark Bonner

Even though we have stopped deployments in Iraq and are scaling back in Afghanistan, you can still expect to be deployed somewhere in the world during your Air Force career. No matter where you are, it is important to build a good working relationship with the local population.

Before my deployments I used to be one of those people that would say “just nuke em” or “carpet bomb the entire country and turn it in to a parking lot”. But now that I’ve been deployed, I’ve realized it’s not just about defeating your enemy, but also helping those civilians left behind to rebuild their country. I’ve realized that not everyone is an enemy combatant, but most are good natured people trying to make a living and raise a family just like us.

My most memorable deployment was as a Security Forces member in Iraq. I conducted patrols outside the base, tracked Bedouin camps, conducted LP/OP’s, ran checkpoints on the MSR and occasionally provided convoy security. While some of my fellow Security Forces members wanted nothing to do with the local Iraqis, I took the time to really get to know them. I even had a English to Arabic dictionary that I would use to try to communicate with the Iraqis that I encountered. Of course most of them had a puzzled look on their face while I tried to speak Arabic, but I could tell they appreciated the effort.

There was one family in my sector of responsibility that we called the “Texas” family, they flew a Texas state flag from the top of their house. Every time I would point to the flag the family would say, “George Bush!” and give me a thumbs up. We had been having a problem with thieves breaking through our perimeter and stealing copper wiring from the base construction sites. The Texas family home was only 500 meters outside our perimeter fence and I knew if I built a good relationship with this family, they might provide me with some good intel that could be used to stop the thieves. I would visit with the Texas family at least once a week, every time giving them a case of water and MREs. In turn they would make me tea and offer my team a place to rest while out on patrol.

After about two months of building a relationship with the family, they told me of a home in the area that was being used as a staging area for the thieves that would come steal from our base. I informed my Lieutenant on flight, who then worked with OSI to conduct a raid on the home. They found the family of the accused home to be insurgent sympathizers and a portrait of the local terrorist cell leader displayed in their house. The theft activity

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dropped dramatically after that. Taking the time to build a relationship with the locals helped not only in the performance of my duties, but also helped my view.

As officers you will be doing most of the operation planning behind the scenes, but I encourage you to get out in the field with your Airmen and work on building those vital relationships with the local population. If you are in a career field that doesn't require any duties outside the base, then I would encourage you to participate in the numerous humanitarian runs that are conducted at deployed locations. Anyone can volunteer for these humanitarian runs that deliver water, food, clothes, etc. to the poorest of communities at your deployed location.



Secretary of Defense

By C/3C Brent Alves



As you all should know by now, the Honorable Leon E. Panetta is no longer our Secretary of Defense. On 27 Feb 13, Panetta was replaced by the Honorable Charles “Chuck” Timothy Hagel. Hagel, born 4 Oct 46, served in the United States Army during the Vietnam War. In Vietnam, he held the rank of an E-5 (Sergeant), and served as an infantry squad leader in the 9th Infantry Division. During the Vietnam War, Hagel received the Vietnamese Cross of Gallantry, two Purple Hearts, the Army Commendation Medal, and the Combat Infantryman Badge.

After serving his country in Vietnam, Hagel earned a Bachelor of Arts degree in History from the University of Nebraska in 1971. After he graduated, Hagel began working as a staffer for a Congressman until 1977. After this, he worked as a lobbyist for Firestone Tire and Rubber Company until 1981. Additionally, Hagel served as an organizer for the Presidential campaign of former California Governor Ronald Reagan. In 1981, Hagel was named deputy administrator of the Veteran’s Administration. However, in 1982, Hagel resigned from this position.



Once Hagel left the Veteran’s Administration, he co-founded Vanguard Cellular, which is a mobile phone service carrier. In 1992, Hagel moved back to Nebraska and became the President of the McCarthy Group, LLC, which was an investment banking firm. Eventually, Hagel became the Chairman and CEO of American Information Systems (AIS). On 15 Mar 95, Hagel resigned from AIS and decided to run for office.

In 1996, Hagel ran for a Senate seat in Nebraska and became the first Republican in 24 years to win a Senate seat in Nebraska. Hagel served in the Senate for two terms and retired in 2008. Following his retirement from Senate, Hagel became a professor at Georgetown University in Washington D.C. Hagel was then nominated to be the next Secretary of Defense by the Honorable Barack Obama on 7 Jan 13. When he was sworn in, the Honorable Chuck Hagel became the first enlisted combat soldier to be approved as Secretary of Defense.

The Man Behind the Camera

By Mr. Creighton Penido

Most of you recognize me as the guy with the camera, but not many of you know how I got into media production. When I was very young (probably around seven years old), my parents purchased a little Sony Handycam. The idea of capturing moments on film intrigued me. As soon as my dad would let the camera out of his hands, I started playing around with it. At that point, filming things was the only thing I did because I hadn't even been exposed to the art of postproduction.



In seventh grade, I took a beginners filmmaking class. It didn't teach much in the way of composition, sound, or lighting, but it gave us the equipment to create what we had envisioned in our minds. I made a few short films in that class and continued to make videos all throughout middle school. Once I entered high school, I saw that there was a media arts class on campus. Although it sparked my interest, I chose to take photography and graphic design classes my freshman and sophomore years. By the time I entered junior year, I had started the application process for the academy. Because there was no film degree offered at the academy, I chose to focus my efforts on baseball and school and forget all about filmmaking. I still continued DJing, as it was a good outlet to express my creativity and it was a (not so steady) job.

“That’s how I like it and how I’ll continue to do things until the day I die.”

The Man Behind the Camera (cont.)

By Mr. Creighton Penido



When I didn't get into the academy, I flipped everything 180 degrees. I didn't play on the baseball team senior year and focused all my efforts on media and filmmaking. I was chosen to be the head of video productions for the school district and I was chosen to be the technical director of my school's news broadcasting team. In the fall of senior year, I was commissioned to make a documentary about my school's varsity football team. Amidst all of this, I was also directing all of the video productions for the musical, the plays, the dance shows and all the school sports in the district.

My media arts teacher was able to provide us with tons of state of the art equipment and software. If it were not for him and for the media program at the high school I went to, I wouldn't even know half of the things I know now. Towards the end of senior year, my school sent me to a regional arts competition and I took home the silver medal in the filmmaking category. A month before we graduated, a classmate and I decided to form a media production company (AMP Media Productions) in order to put a name on the content we were producing.

Fast forward to freshman year of college. I was at Quinnipiac University in Hamden, CT. I continued to make films just for fun and was contracted to make promotional videos for student government events as well as on campus organizations.

Second semester of freshman year, I joined an independent newspaper on campus (Quad News) as a photographer. I shot sporting events as well as concerts and other events. I was also a part of the film society on campus. In the spring of my freshman year, I entered their film festival and walked away with first place in the experimental category.

Media production has been such a big part of my life that I cannot go to an event without some sort of camera. I went to my high school grad night with a camera and filmed almost the whole night. I've been programmed to not be able to go to an event and without documenting it in some way. That's how I like it and how I'll continue to do things until the day I die.

Move More, Sit Less

By C/Lt Col Acevedo

According to the Harvard School of Public Health, physical inactivity can be just as detrimental to your health as smoking. A recent Harvard study revealed that “for every two hours [that] women [spend] watching television each day, they [have] a 23 percent higher risk of becoming obese and 14 percent higher risk of developing diabetes” (Harvard). Unfortunately, if you are an active person who goes to the gym at least five times a week, you are still vulnerable to the same detrimental effects of inactivity. The same study stated that those who are active and exercise regularly are not exempt: the more television you watch, the more likely you are to develop diabetes or gain weight. Additionally, the study also found that long periods of sitting at work “also increased the risk of obesity and diabetes” (Harvard). The Nurse’s Health Study, as well as many other studies conducted by Harvard, concluded that there is a strong ‘link’ between “television watching and obesity” (Harvard).

One thing that you can do to remain as healthy as possible is to cut down your “sit time” and increase your physical activity time. In order to benefit the most from your workouts, the 2008 Physical Activity Guidelines for Americans recommends that adults get at least 2-1/2 hours per week of aerobic activity (moderate intensity) (Note: that is more than the time we spend working out at PT!). Also, they suggest that “more benefits occur with more physical activity” (Physical Activity). So, move more and sit less!

For more information, visit the following websites:

<http://www.health.gov>

<http://www.hsph.harvard.edu/nutritionsource>

Sources:

"Harvard School of Public Health » The Nutrition Source » The Benefits of Physical Activity." *The Nutrition Source*. Harvard School of Public Health, 2013. Web. 28 Mar. 2013.

"2008 Physical Activity Guidelines for Americans Summary." *2008 Physical Activity Guidelines for Americans: Summary*. U.S. Department of Health and Human Services, 16 Oct. 2008. Web. 28 Mar. 2013.

Obtaining Flight Hours

By C/3C Robert Bingham

For many, the desire to serve in the United States Air Force does not include a desire to fly. For others though, a chance to serve our Nation flying for the world's greatest Air Force is a dream come true. Whether cadets get any formal flight training outside of the Air Force or not, they will still have a chance to become an Air Force pilot. With the recent change in the PCSM (Pilot Candidate Selection Method) algorithm, however, it is more important than ever for cadets desiring to fly to gain some flight-hours before applying for a slot. I earned my private pilot's license in the summer of 2011 and The Eagle has asked me to inform the wing about how I was able to do this and hopefully give flight-thirsty Detachment 027 cadets the best chances of getting selected to be pilots.

Firstly, an important distinction to make is between getting flight hours and a pilot's license. As of right now, the Air Force is not so concerned with whatever sort of license a cadet may have but is more focused on the number of flight-hours applicants have. A cadet without a license with more flight hours than someone who may have their license could actually score more points on their PCSM. This being said, the majority of expenses that a pilot's license entails are flight-hours. This is definitely the hardest part about acquiring flight-time-. It is not cheap. If you plan on flying in Flagstaff, there is currently only one flight school. They are fairly priced compared to most flight schools but fairly priced is still expensive. If you plan on being back home for summer or other breaks, look up flight schools in your area and compare prices. I was lucky enough to find a non-profit flight school in Tucson where I also had a job and I could stay with my family. I usually flew about four hours per week (which is considered a lot) and I worked about 40 hours per week to keep up with that. Even working full time, I still ended up needing to borrow some money. Acquiring a decent amount of flight-hours is definitely possible and a more common and affordable pace is one or two hours per week. I don't want to give the wrong impression and say that it's easy- you'll be working just to pay for flying, but it is possible and at least for me, the experience was worth it whether I get a pilot slot or not.

Finding a way to accrue flight-hours in general is one thing, but there are also some strategies that cadets can use when trying increase their PCSM score with flight-hours. If it does not seem to be possible to pay for any significant flight hours, even getting one logged flight hour will increase your PCSM score. [It could also be beneficial to get an hour in to ensure that you enjoy flying and feel comfortable with it]. Additionally, be sure to look at the flight-hour brackets when planning your flying. By just going from nine to ten flight hours, your PCSM score may increase by a couple of points. If any sizeable amount of flight hours may be possible for you, remember this: if a student pilot can get their solo endorsement (usually about 15 flight-hours), they can fly without the instructor. This translates to notably lower flying costs because most flight schools charge for the use of the aircraft and the instructor separately.

Obtaining Flight Hours (cont.)

By C/3C Robert Bingham

If obtaining flying hours is really not in the cards for you, don't be discouraged- most people who are selected to be pilots do not have a large number of flight-hours. If you think you might be able to, however, I would strongly recommend it and I hope that this information and these tips help. Feel free to talk to me about it or send me an email (rjb237@nau.edu) and I will help you the best that I can!

Practice Safety

By C/3C Veronika Tsymbler

A few weekends ago I was snowboarding when the unexpected hit me, literally. I was going down the mountain the same way I always do, when I heard someone behind me screaming. Before I knew it, the person who was screaming was already hitting their board into me and pushing me down to the ground. Growing up my parents always made me wear my helmet, and as I've gotten older I've just worn it out of habit. I've never needed it before, but the one time I did need it, I was very thankful I had worn it all those other times. The person who crashed into me was not wearing a helmet, so luckily for them I broke I their fall.

Although we control our own actions, we can not control the world around us. Even if you are doing everything right, whether its driving a car or walking down the street, it's impossible to know what will happen around you. For this reason we must always be aware of what dangers might be around us. When it comes to activities that helmets are sold for, wear them. When you are in a car and there is a seat belt, use it. If you are riding your bike in the dark, use reflective lights. By making a habit out of always being safe, you increase the chance that when you do need that helmet for protection, you will be wearing it regardless of if you think something might happen that day or not.

One last thing to keep in mind: be cautious of the people around you as well. Although you might be paying attention to your safety, they might not be paying attention to their own. Accidents are preventable when we are aware of our safety and everything around us.



**SAFETY
FIRST**



**THE SAFE WAY IS
THE BEST WAY**

USAF Chain of Command Word Search

What You Need To Know:

- Complete for 5 honor points!!
- Turn it in to either C/Tsymbler's box or email (vt77)
- Find the last names of those who hold the following positions: Commander in Chief, Secretary of Defense, Secretary of the Air Force, USAF Chief of Staff, AETC/CC, AU/CC, Holm

U L X F N M L U K D X N E Y E X L B H J C Q L M D F O X A O
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 K Z V H H F Y G Z G T J J J U F C M B F G C I F C C Q J J I
 C X T J R O K P H C Y R D J Y K U F C Z J V H Q Y T E O U J
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 U E L O Y V K O H S C U B J M U W B Q Y U K L D K U Q W X W
 A L C I L B B J M O W G N V G S E S D R A J S O R V L K B B
 X N Z A I V C E Q W H Y M A S Y Y V I L T J C L C S Y J F W
 I O U J M Q T F D J Q H U Z K T N O Q L L C K C W X X W X V
 F D Q E U Z Q P O D E D L Y N Y V R Z V T L G K Y J D E H B
 X C T Z R P H Q C G U Z T N S D O L T U S V I B G M V L H K
 V W J W R S B P K A V N G Y S T W L Q B C Q R J E R Y S S Z
 U J M Q J E O H U Y G G X S Z J E Q L K W J D C S I W H C M
 S Q J G C W R I W U P B P Y H N T H E K Q D H M R R C Y S O
 U H W U H H J X E G X H G O X Y R J I F K T R B R V A J U K
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 F T H O V W J I S S N A R G B J V H K C Q Y M D A S Z V H B

AIRMAN'S CREED

I AM AN AMERICAN AIRMAN.

I AM A WARRIOR.

I HAVE ANSWERED MY NATION'S CALL.

I AM AN AMERICAN AIRMAN.

MY MISSION IS TO FLY, FIGHT, AND WIN.

I AM FAITHFUL TO A PROUD HERITAGE,
A TRADITION OF HONOR, AND A LEGACY OF VALOR.

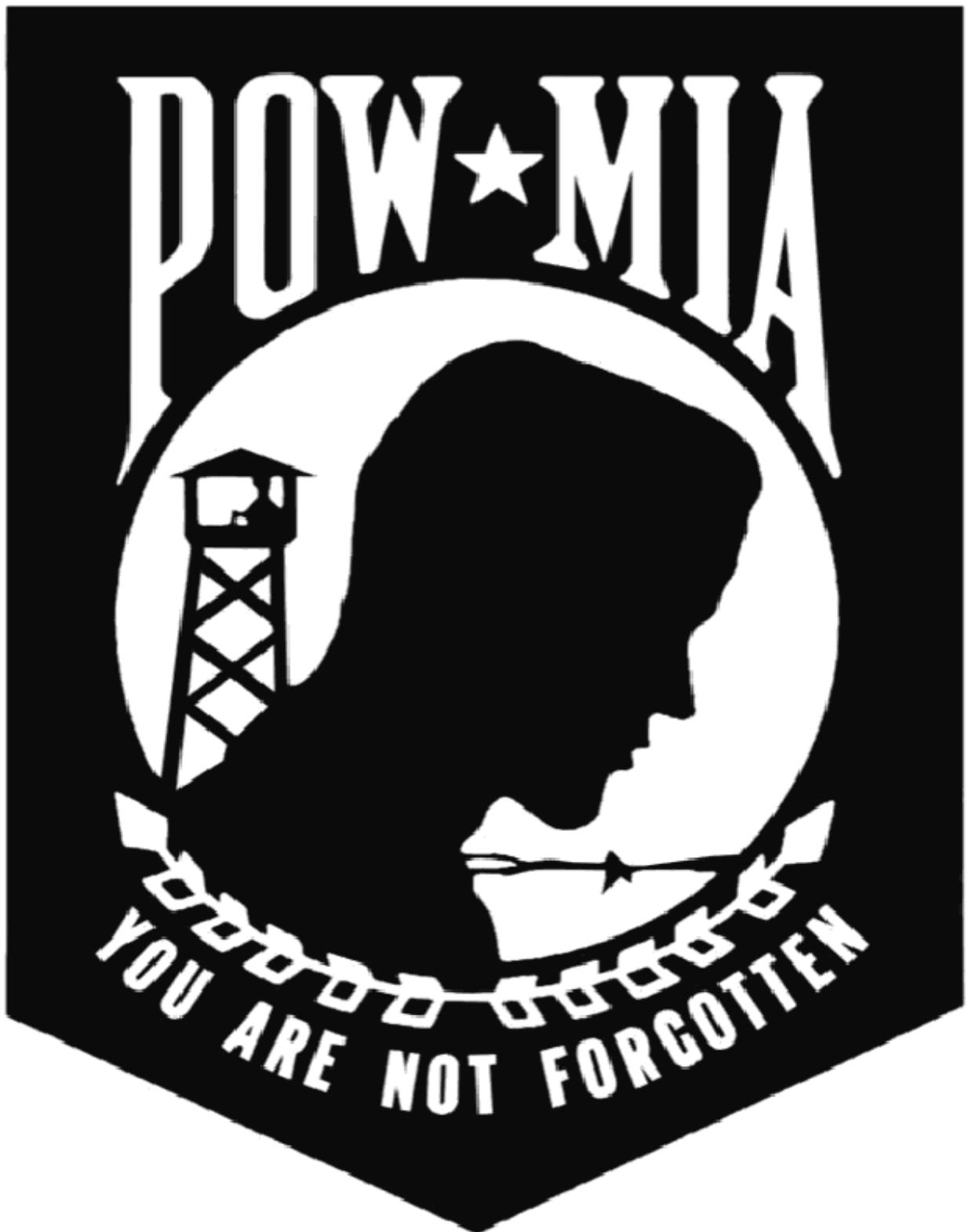
I AM AN AMERICAN AIRMAN,
GUARDIAN OF FREEDOM AND JUSTICE,
MY NATION'S SWORD AND SHIELD,
ITS SENTRY AND AVENGER.

I DEFEND MY COUNTRY WITH MY LIFE.

I AM AN AMERICAN AIRMAN:
WINGMAN, LEADER, WARRIOR.

I WILL NEVER LEAVE AN AIRMAN BEHIND,
I WILL NEVER FALTER,
AND I WILL NOT FAIL.





REMEMBER THOSE WHO
FOUGHT FOR YOU