

Commander's Call Topics



September 5, 2013

“Good ideas have a very short shelf life.”

John M. Shanahan
American author and entrepreneur

September is

National Preparedness Month.

Resources, toolkits, discussions, links
and tips are at [FEMA's National
Preparedness Community](#) website.

More Than Meets the Eye Can Be Hazardous to Your Health

Editor's Note: From time to time, Commanders Call Topics presents timely topics of special interest. Today we feature a message from the Office of the Air Force Surgeon General.

Appearances can be deceiving, especially when what looks like a healthy food is anything but that. In fact, this so-called “healthy” food actually undermines Air Force readiness.

The Office of the Air Force Surgeon General has directed military members to avoid a Chobani yogurt called “Blueberry Power Chobani Flip” because it contains hemp seeds and walnuts that can be mixed into the yogurt.

The Air Force’s prohibition of a popular yogurt brand spotlighted a regulation, in effect since the late 1990s, aimed at ensuring military readiness.

“The Air Force has a long-standing policy in place that prohibits military members from ingesting any product, regardless of manufacturer, that contains or is derived from hemp seed or hemp seed oil,” said Capt. Adam Koudelka, legal advisor for the Air Force Drug Testing Laboratory, Air Force Medical Operations Agency, Lackland AFB, Texas.

The prohibition is explained in Air Force Instruction (AFI) 44-120, paragraph 1.1.5, and in AFI 44-121, paragraph 3.2.2, which states, “Studies have shown that products made with hemp seed and hemp seed oil may contain varying levels of tetrahydrocannabinol (THC), an active ingredient of marijuana which is detectable under the Air Force Drug Testing Program. In order to ensure

military readiness, the ingestion of products containing or products derived from hemp seed or hemp seed oil is prohibited.”

Capt. Koudelka emphasized each military member is individually responsible for ensuring that he or she is compliant with this policy, and failure to do so is a violation of Article 92 of the Uniform Code of Military Justice.

If an Airman is found to have consumed hemp seeds or oil, they can be punished for disobeying the regulation, according to Gregory Girard, deputy director of administrative law, Office of the Judge Advocate General.

Reading labels is the best practice, because the ingredient can be contained in myriad products available in health food stores and throughout consumer markets.

“Air Force military members should be mindful that products containing hemp seeds can be found at health food stores, including health food stores and commissaries located on military bases, and therefore the best policy for Airmen to follow is to be vigilant about what they put into their body,” Capt. Koudelka said. A good practice is to read product labels prior to consumption to see whether the product contains hemp seed, hemp seed oil or tetrahydrocannabinol (THC).

Chobani has since stated they will remove the ingredient from their product, according to the Air Force Surgeon General’s office.

► TRENDING...

The Air Force officially closed [the KC-46 Weapon System](#) Critical Design Review (CDR) on August 21, one month ahead of the Sept. 24 contractual date...allow[ing] the program to progress into its manufacturing and development test phases.

► RESOURCES

AF.mil

<http://www.af.mil>

Airman magazine

<http://www.airmanonline.af.mil>

Air Force Outreach

<http://www.afoutreach.af.mil>

Military OneSource

<http://militaryonesource.af.mil>

Military HOMEFRONT

<http://www.militaryhomefront.dod>

Air Force Personnel Center

<https://mypers.af.mil>

<http://www.afpc.af.mil>

Air Reserve Personnel Center

<http://www.arpc.afrc.af.mil>

Department of Defense News

<http://www.defense.gov>

Department of Veteran Affairs

<http://www.va.gov>

TRICARE

<http://www.tricare.mil>

U.S. Government Website

<http://www.firstgov.gov/>

Employment Opportunities

www.usajobs.com

www.nafjobs.org

Air Force Association

Scholarships

<http://www.afa.org/aeaf/aid/scholars>

Air Force Safety Center

www.afsec.af.mil.asp

► CURRENT ISSUES

[129th Rescue Wing continues fighting Rim Fire](#)

Air National guardsmen from the 129th Rescue Wing have performed more than 400 bucket drops resulting in over 188,000 gallons of water dropped since they began fighting the Rim Fire August 20.

► PERSONNEL ISSUES

[Tuition assistance application window delayed for 2014](#)

Airmen applying for tuition assistance in fiscal 2014 will see several changes in both eligibility for and administration of the program.

[Same-sex spouses can get ID cards](#)

Same-sex spouses of Air Force military members, eligible civilian employees and military retirees may be enrolled in the Defense Enrollment Eligibility Reporting System by their sponsors and get their dependent identification card beginning Sept. 3, Air Force Personnel Center officials said today.

► FAMILY, HEALTH AND SAFETY

[Passport, VISA mandatory before overseas PCS](#)

The number of Airmen and families moving overseas without the proper passport or VISA is increasing, according to Air Force Personnel Center officials.

For more information on Air Force heritage, visit

<http://www.airforcehistory.af.mil>

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► THIS WEEK IN AIR FORCE HISTORY

September 5, 1951 - The U.S. Air Force awarded a contract to Consolidated Vultee for the world's first atomic-powered plane. General Electric built the engine.

September 6, 2002 - During Operation Noble Eagle, fighters resumed 24-hour combat air patrols temporarily over Washington, D.C. and New York City as the anniversary of the Sept. 11, 2001 terrorist attacks approached.

September 7, 1956 - At Edwards AFB, Calif., Capt. Ivan C. Kincheloe set an altitude record for manned flight by flying the Bell-X-2 rocket-powered aircraft to 126,000 feet. He later received the Mackay Trophy for this flight.

September 8, 2004 - Air Force Flight Training Center retired its NKC-135E refueling tanker after 49 years of U.S. Air Force service. Originally, the unusual aircraft had most of its windows on one side to monitor nuclear testing activities. It was then remodified for the FISTA program before resuming its career as a tanker. It was the second oldest operational plane in the U.S. Air Force, with the Dryden Flight Research Center's B-52 52-0008 being the oldest.

September 9, 1967 - Airman 1st Class Duane D. Hackney, Air Rescue and Recovery Service, became the first living enlisted man to receive an Air Force Cross for his heroic efforts to rescue a pilot downed in North Vietnam's jungles.

September 10, 1956 - First flight of the F-107.

September 11, 1953 - A Sidewinder N-7 (AIM-9) air-to-air missile made its first successful interception, sending a Grumman F6F-5K Hellcat drone down in flames at China Lake, Calif.