

Commander's Call Topics



October 24, 2013

“Change your thoughts and you change your world.”

Dr. Norman Vincent Peale (1898-1993)
Minister and author

October is
[National Disability Employment
Awareness Month.](#)

“Because we are all
EQUAL
to the task.”

Breast Cancer Awareness: Prevention far better than painful cure

October is officially designated as breast cancer awareness month, and just about every base highlights examples of local women impacted by the disease. And, with one out of every eight women diagnosed with breast cancer at some time during their lifetime, the impact on women within the Air Force is great.

According to the National Breast Cancer Foundation and the Centers for Disease Control and Prevention, in the U.S. alone this year, more than 230,000 new cases of breast cancer will be diagnosed, with more than 40,000 dying from the disease. That breaks down to someone being diagnosed with the disease every 19 seconds and dying every 13 minutes.

Cancer experts agree that there are several important warning signs to look for. The most obvious they say is to look for a lump or pain in the breast. Other indications include thickening or swelling of part of the breast, irritation of the breast skin, redness or flaky skin on the breast, pain in the nipple, fluid that isn't breast milk and a change in the shape or size of the breast.

Doctors and cancer researchers believe that a family history of breast cancer, especially in the immediate family of siblings, mom or aunts and grandmothers is a red flag that you are at risk. Being younger with your first menstrual period, never giving birth, beginning menopause at a later age and using long-term hormone replacement therapy are thought to be risk factors for breast cancer. While white women are more likely to be diagnosed with breast cancer, African-American women seem to develop more aggressive types of the disease and die at a higher rate.

Early detection, according to the CDC, through mammogram screenings is the best way to detect breast cancer. According to studies, mammograms have been shown to reduce the risk of dying of breast cancer by as much as 35 percent for women over 50. In addition to regular screenings, a healthy lifestyle, including a diet low in fat and loaded with fruits and vegetables, and at least 30 minutes of exercise each day, have been shown to reduce the risks of developing cancer.

► TRENDING...

"We're still the world's greatest Air Force...Don't ever forget that," said CMSgt. James Davis, USAFE and AFAFRICA command chief, as he toured Spangdahlem Air Base Oct. 18, with Gen. Frank Gorenc, USAFE and AFAFRICA commander, to talk about [the value of mentorship and leadership development during this time of change.](#)

► 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

www.afa.org/AFA/InformationFor/Military/Scholarships

Air Force Safety Center

www.afsec.af.mil.asp

► CURRENT ISSUES

[2013 Holiday Mailing Dates Set](#)

Plan ahead for holiday mailing in U.S., Europe and Africa.

► PERSONNEL ISSUES

[Enlisted EPME course return policy explained](#)

Three options for Airmen who were sent back to their home station while in the process of completing their respective Enlisted Professional Military Education course, as a result of the government shutdown.

[AF implements change to PT assessment](#)

Further guidance on the implementation of several changes to the physical assessment test, which will take place Oct. 21.

► FAMILY, HEALTH AND SAFETY

[Military parenting website assists Communication](#)

Service members who deploy or are otherwise separated from their families due to mission needs now have an online resource allowing them to hone their parenting skills as they reconnect with their children.

► ENVIRONMENT, SPACE AND TECHNOLOGY

[Harvesting the wind at Cape Cod Air Force Station](#)

It's not just the leaves that are changing at Cape Cod Air Force Station.

For more information on Air Force heritage, visit <http://www.airforcehistory.af.mil>

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► THIS WEEK IN AIR FORCE HISTORY

Oct. 24, 2000 - The Space Shuttle *Discovery's* successful landing on the Edwards AFB, Calif., main runway, its 46th, ended the system's 100th mission. The 13-day mission prepared the International Space Station for its first full-time residents. Mission Commander Col. Brian Duffy and Pilot Lt. Col. Pamela Melroy both graduated from the Air Force Test Pilot School.

Oct. 25, 1923 – The court martial of Brig. Gen. Billy Mitchell for insubordination began. He was found guilty on Dec. 17 and sentenced to five years' suspension from active duty without pay or allowances. After reviewing the sentence, President Coolidge made it five years' suspension at half pay. On Feb. 1, 1926, Mitchell resigned his commission. During the trial he succeeded in championing the cause of air power as a separate entity.

Oct 26, 1962 - Strategic Air Command (SAC) received its last B-52H Stratofortress and last three B-58 Hustlers from the production lines.

Oct 27, 2006 – The 49 FW flew 25 F-117 Nighthawks in formation over Holloman AFB for the largest flyover in its history to commemorate the aircraft's 25th anniversary.

Oct. 28, 1985 – The first six female officers started initial qualification training for Minuteman crew duty. All six women previously worked with the Titan II system. They finished the class on 7 February 1986.

Oct 29, 1950 – C-47s made aeromedical flights from Sinanju Airfield, North Korea, the northernmost Korean airfield ever used by Far East Air Forces aircraft, some 40 miles north of Pyongyang.

Oct 30, 1940 - The 71st Squadron Royal Air Force (1st Eagle Squadron with American volunteers) became operational.