

# Commander's Call Topics



**July 30, 2015**

"Politics ought to be the part-time profession of every citizen who would protect the rights and privileges of free people and who would preserve what is good and fruitful in our national heritage."

*Dwight D. Eisenhower (1890-1969)  
34<sup>th</sup> President of the United States*

**Avoid forgetting about the baby** in the back seat of a hot, parked car this way:  
Put the diaper bag up front with the driver, and put the driver's cell phone in the back with the baby. People are rarely so distracted that they forget their cell phones.

## Make self-reliance the key to summertime safety

The new [Wingman Toolkit](#) is like no other. It's a phone app that enables the integration of Comprehensive Airman Fitness — a balance of mental, physical, social and spiritual qualities — into alignment. Videos, stories, testimonials and tracking tools provide resources throughout the day.

Technology, however, can only do so much, and nothing can compare to enjoying a day at the beach or heading out on your bike to explore your surroundings and provide an experiential uptick to one's mental, physical, social and spiritual qualities. The key to getting the greatest benefit from any experience, however, is to do it safely so tragedy does not undermine what are meant to be uplifting times.

That's where self-reliance comes in. There's no substitute for knowing safety tips so completely that they become second nature. Committing to memory the following safety tips for two of summer's most popular pastimes -- beaches and biking -- and using them regularly, increases the benefit from that oh-so-necessary downtime.

A day at the beach or on the water shouldn't be a solitary pleasure. Having someone with you who knows what to do in case of emergency can yield big benefits when seconds count. Accidents happen. Playing out a couple of "what if" scenarios in your head beforehand can keep an emergency from becoming an out-and-out disaster. These five safety tips serve beach-goers and boaters well:

1. If a child is missing, check the pool, hot tub or shoreline first. Seconds count.
2. Know CPR and when to use it.
3. Avoid alcohol use. It impairs judgment, balance and coordination.
4. Keep a fully charged cell phone handy, and know when to call 911 and even the Coast Guard for help. Know your location, too.
5. Check the weather before you venture out, and be ready to head indoors if a sudden storm arises.

Similarly, these seven safety tips for biking have been found to be most useful.

1. Headlights on your bike and on your helmet helps drivers see you and helps you see the road.
2. Be aware what's going on around you and where you're riding, and be prepared to stop to avoid hazards like an opening car door or an all-too-quick lane change.
3. Brakes and tire inflation have a way of varying from their optimal setting, so they should be checked regularly.
4. Reflective clothing — not just white, bright or neon-colored — is a must. It's more than a fashion statement. It defines your space.
5. Ride defensively to accommodate blind spots in other riders and driver.
6. Choose your route wisely. A less-congested route parallel to the main roads offers an easier and safer ride.
7. Earbuds, headphones, cell phones and other distracting devices could be deadly. Just as they have no place behind the wheel, they have no place behind the handlebars. Safe bike riding requires full attention.

There is no substitute for firsthand experience, and there is no substitute for knowing how to enjoy the summer safely.



## ► RESOURCES

Website access to the following resources can be gained by clicking on the name.

[AF.mil](http://www.af.mil)

[Airman magazine](#)

[Military OneSource/HomeFront](#)

[Air Force Personnel Center](#)

[Air Reserve Personnel Center](#)

[Department of Defense News](#)

[Department of Veteran Affairs](#)

[TRICARE](#)

[U.S. Government Website](#)

[Air Force Association  
Scholarships](#)

[Air Force Safety Center](#)

[Civil Service Employment  
Opportunities](#)

[NAF Employment  
Opportunities](#)

[Air Force Bands/Outreach](#)

## ► THIS WEEK IN AIR FORCE HISTORY

**July 30, 1948** - North American Aviation delivered the first operational jet bomber to the Air Force, the B-45A Tornado.

**July 31, 1995** - The 351st Missile Wing, the last Minuteman II unit, deactivated at Whiteman Air Force Base, Missouri.

**August 1, 1943** – During a bombing raid on Ploesti, Romania, the lead aircraft flown by Lt. Col. Addison Baker, the 93rd Bombardment Group commander, received serious damage from a large caliber anti-aircraft shell and caught fire. Baker, who was a mobilized guardsman from Ohio, continued to lead the formation and dropped his bombs before trying to gain enough altitude for the crew to parachute. The attempt failed and the B-24 Liberator crashed. For his gallant leadership and intrepidity, Baker was awarded the Medal of Honor.

**August 2, 1909** – the Army accepted the first Wright Flyer, identified as “Airplane No. 1.”

**August 3, 1944** – Pacific Air Force (originally established as Far East Air Forces) was activated.

**August 4, 1964** - The U.S. began the first air strikes against North Vietnam.

**August 5, 1954** - A production-model B-52 Stratofortress was flown for the first time.

As the result of an interagency forensics investigation by the Office of Personnel Management into the cybersecurity breach, OPM has announced it will continue to provide assistance for impacted individuals. To learn more about this breach and to understand cybersecurity as it is grounded in the Air Force tradition, a special [Air Force Cybersecurity](#) web page has been created.

## ► CURRENT ISSUES

[SecAF addresses priorities at Aspen Security Forum](#)

During the Aspen Security Forum in Colorado, [Secretary of the Air Force Deborah Lee James](#) sat down with Fox News to discuss important national and homeland security issues and challenges and changes to personnel.

[Final rule puts more teeth into Military Lending Act](#)

President Barack Obama announced on July 21 that the Department of Defense closed several loopholes for the protection of the armed forces against predatory lending practices.

## ► PERSONNEL ISSUES

[12 Outstanding Airmen of the Year for 2015 announced](#)

An Air Force selection board chose 12 Outstanding Airmen of the Year for 2015, for their superior leadership, positive job performance, and personal achievements.

## ► FAMILY HEALTH AND SAFETY

[Portable door locks designed by AFRL team could save many lives](#)

An Airmen team from an Air Force Research Lab at Wright-Patterson Air Force Base, Ohio, produced a portable door lock that can be placed on a door in seconds, potentially saving lives during an active shooter situation.

## ► ENVIRONMENT, SPACE AND TECHNOLOGY

[AF earns 10 Federal Energy, Water Management Awards](#)

The Air Force received an unprecedented 10 awards — more than any other federal agency — from the Department of Energy's Federal Energy Management Program for saving energy, money and for helping the environment.

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

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