

# Commander's Call Topics



Feb. 19, 2010

"There is nothing more noble than being part of something bigger than yourself," said Lt. Gen. Vern M. "Rusty" Findley II, Air Mobility Command vice commander, about serving in the Air Force and the military. "You should be very proud of that and never forget how important that is." General Findley [visited Airmen in Southwest Asia](#) as part of a tour with other AMC senior leaders through the U.S. Central Command area of responsibility.

## ► CURRENT ISSUES

### Cyber Bulletin

The Air Force Cyber Operations Center has created a bi-weekly bulletin to strengthen user-level situational awareness of on-going computer network threats that affect or could affect Air Force personnel and systems. The bulletins are available on the [Air Force Portal](#) under the 'Cyber' tab.

## ► PERSONNEL ISSUES

### [Policy letter bans use of salvia divinorum, spice for special operations Airmen](#)

The commercially sold psychoactive hallucinogenic plants salvia divinorum and spice are prohibited for use by Air Force Special Operations Command military members. Salvia divinorum, also known as "Sally D" and "Magic Mint," is commonly smoked or chewed. Spice, including golden spice, is a mixture of herbs with hallucinogenic effects and is typically consumed by smoking. Members who consume the products are subject to disciplinary action under the Uniform Code of Military Justice. The policy letter is posted at [www.afsoc.af.mil](http://www.afsoc.af.mil).

### Air Force Fitness Program

Revisions to the Air Force fitness program take effect July 1, 2010. Biannual testing under the current standards began Jan. 1. These modifications, improvements and upgrades will bring about some of the most significant changes to fitness standards in the last five years and shift a greater level of responsibility for maintaining year-round physical fitness to all Airmen. Visit the [Fitness Program](#) Web site for details.

### '30 days through Afghanistan'

Two Air Force journalists are spending 30 days traveling throughout Afghanistan. Starting Feb. 8, they began documenting their daily travels through blogs and video blogs to showcase the troops in an interactive manner. For more information, visit the Web site at <http://30days.isaf.nato.int>.

## CIVILIAN

### ['My Biz' offers certifications, licenses updating for civilians](#)

A tab in "My Biz" allows civilian employees to update and view their completed certifications and licenses through the self-service module in the Defense Civilian Personnel Data System. By making this function a Web-based, self-service capability, employees can see the updated information in their personnel records instantaneously, and on their career brief the following day.

## FAMILY, HEALTH AND SAFETY

### [Spear phishers target military members at home, work](#)

Spear phishing is a highly-targeted phishing attempt to fraudulently acquire sensitive information by using the victim's name, organization, and even relevant jargon to further make them think the e-mail is legitimate.

Protective measures include: looking for signs of a fake e-mail such as a lack of proper "For Official Use Only" tags, misspellings, incorrect signature blocks and other items out of place or missing; double-checking Web site addresses; and disabling the e-mail preview pane to verify a sender before opening an e-mail with attachments.

## FINANCES AND EDUCATION

### [2010 Military Saves campaign](#)

The Department of Defense will launch the 2010 *Military Saves* campaign during *Military Saves Week*, Feb. 21 – 28. The goal of this year's campaign, "Start Small, Think Big," is to help servicemembers and their families avoid common financial pitfalls and ensure financial readiness. Log on to [www.militarysaves.org](http://www.militarysaves.org).

### **Free tax preparation resources**

There are several options for military personnel to file their 2009 taxes for free. Most military installations have a Volunteer Income Tax Assistance office that provides free tax advice, tax preparation, and assistance to military members and their families.

If you prefer to do your taxes yourself, there are several options to efile your taxes online. [Military OneSource](#) brings you online tax filing as well as phone tax consultations by calling the hotline at 800-730-3802.

[TaxSlayer.com](#) offers free e-file of federal and state returns for active-duty military. [TurboTax Freedom Edition](#) also offers free online federal tax preparation and efilings for active-duty, Reservists and National Guard personnel with an adjusted gross income of \$57,000 or less.

### **New COLA toolkit**

The Defense Travel Management Office recently launched a [Cost of Living Allowance toolkit](#) to aid servicemembers in better understanding this allowance. Because overseas COLA payments fluctuate, a servicemember's fixed expenses should be based on what they can afford without it. The toolkit includes a COLA video and a link to a COLA calculator where servicemembers can calculate their COLA rate.

## RESOURCES

### ***AF.mil***

<http://www.af.mil>

### ***Air Force Community***

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

### ***Air Force Highlights***

<http://www.afoutreach.af.mil/usafhighlights/index.asp>

### ***Military OneSource***

<http://www.militaryonesource.com/>

### ***Military HOMEFRONT***

<http://www.militaryhomefront.dod.mil/>

### ***Year of the Air Force Family***

<http://www.af.mil/yoaff/index.asp>

[www.MyAirForceLife.com](http://www.MyAirForceLife.com)

### ***Air Force Personnel Center***

<http://ask.afpc.randolph.af.mil/>

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

### ***Air Reserve Personnel Center***

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

### ***Department of Defense***

<http://www.defense.gov>

### ***Department of Defense News***

<http://www.defenselink.mil>

## **TRICARE**

<http://www.tricare.mil>

## **U.S. Government Web site**

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

## **AIR FORCE HERITAGE TO HORIZONS**

### **This Week in Air Force History**

**Feb. 20, 1944** – Staff Sgt. Archibald Mathies refused to bailout of his crew's crippled B-17 Flying Fortress aircraft with an unconscious crewman aboard. He died while attempting to land, and was posthumously given the Medal of Honor.

**Feb. 22, 1977** – Nine women became security specialists at Grand Forks AFB, N.D. They were the first women in the Air Force to be armed with a primary mission to defend the security of the base.

**Feb. 24, 1967** – Capt. Hilliard A. Wilbanks attacked a large body of Viet Cong who had ambushed a smaller force of South Vietnamese rangers. Captain Wilbanks sacrificed his life to protect the withdrawing rangers and was posthumously awarded the Medal of Honor.

**Feb. 24, 1969** – An AC-47 Spooky gunship on which Airman 1st Class John L. Levitow served was struck by an enemy mortar shell. Although seriously wounded, he ejected a smoking flare to prevent the aircraft from exploding and was awarded the Medal of Honor for his actions.

For more information on Air Force heritage, visit the Air Force Link heritage section at

<http://www.af.mil/information/heritage>.

*The Defense Media Activity-San Antonio produces Commander's Call Topics weekly. For questions or comments about this or any other DMA-SA product, send e-mail to [afproducts@dma.mil](mailto:afproducts@dma.mil). To subscribe to Air Force news and information products online, go to [www.af.mil/information/subscribe](http://www.af.mil/information/subscribe).*