

# Commander's Call Topics

January 7, 2016

"The beginning is  
the most important part  
of the work."

*Plato  
Philosopher and Mathematician  
424-348 BC*

January is  
National Mentoring Month.  
See a special message  
from Secretary James  
at the bottom of this page.

## New Year, New You

The New Year provides an opportunity to emphasize the importance of health and wellness within the Air Force. This month we focus on the importance of integrative **wellness, proper nutrition, physical activity, mental wellness, tobacco-free living, and proper sleep habits**. Through various online tools and resources there are a number of ways to improve your health and wellness by developing healthy habits and practices.

- Take some time this month to embrace healthy, diet-free living habits that can last a lifetime. Through proper nutrition and exercise, we can all reach our health goals:  
<http://www.airforcemedicine.af.mil/HealthyLiving> for recipes, resources, and motivational success stories from Airmen like you!
- Are you excited to start the New Year with new goals for personal growth and wellness, but don't know where to begin? the Human Performance Resource Center has a goal-setting worksheet you can use: <http://hprc-online.org/blog/how-good-are-you-at-setting-smart-goals>
- Gearing up for comprehensive fitness in 2016? The Wingman Toolkit website and mobile app provide resources to build and sustain a thriving and resilient Air Force Community that fosters mental, physical, social and spiritual fitness:  
[www.wingmantoolkit.org](http://www.wingmantoolkit.org)



## MyVector wants You

January is National Mentoring Month and what better way to recognize this important part of our Air Force heritage than to sign up on the Air Force's MyVector site. It has a real-time mentoring plan, mentor matching capability, discussion forums, a bullet tracker to document accomplishments, and the ability to dialogue online with your mentor or mentee. A resource page is also available to assist both parties with mentoring questions and relationships.



## ► RESOURCES

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

[AF.mil](#)

[Airman magazine](#)

[Military OneSource/HomeFront](#)

[Air Force Personnel Center](#)

[Air Reserve Personnel Center](#)

[Department of Defense News](#)

[Department of Veterans 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

**Jan. 7, 2005** – Col. Joseph Lanni, the 412th Test Wing Commander at Edwards Air Force Base, California, delivered an F/A-22 Raptor to Langley Air Force Base, Virginia. That Raptor, the fifth built, formed the nucleus of the first operational F-22 squadron.

**Jan. 8, 1973** – In their F-4D Phantom, Capt. Paul D. Howman and Lt. Lawrence W. Kullman shot down a MiG fighter jet southwest of Hanoi, Vietnam, with a radar-guided AIM-7 missile. This shootdown was the last aerial victory before the North Vietnamese signed the ceasefire agreement, which went into effect on Jan. 29.

**Jan. 9, 1943** – The Lockheed C-121 Super Constellation flew its inaugural flight.

**Jan. 10, 1957** – The Department of Defense assigned the highest national priority to intercontinental ballistic missile and intermediate-range ballistic missile projects.

**Jan. 11, 1944** – During a World War II bombing mission over Oschersleben, Germany, [Lt. Col. James H. Howard](#) was leading a P-51 Mustang fighter escort group, when numerous German fighters attacked. Not waiting for his group to reassemble, Howard attacked 30 enemy planes, destroying three and damaging several others. Even when three guns stopped working and his fuel tanks neared empty, Howard continued to protect the bombers. For his bravery, he was awarded the [Medal of Honor](#).

**Jan. 12, 1965** – At Plattsburg Air Force Base, New York, the 380th Air Refueling Squadron received the Strategic Air Command's last KC-135 (Tail No. 64-14840).

**Jan. 13, 1993** – Maj. Susan Helms became the first U.S. military woman in space during a flight of the Space Shuttle Endeavour.



The OPM data breach, massive in its identity theft implications, gives rise to other crimes, and often one crime can result in two more. For example, phishing scams can morph into credit card fraud and social security abuse. Learn how to protect yourself [here](#).

To learn more about the Office of Personnel Management data breach, legitimate assistance being provided to impacted individuals, and to understand cybersecurity as it is grounded in the Air Force tradition, please go to the specially created [Air Force Cybersecurity](#) web page.



## ► FAMILY HEALTH AND SAFETY

[TRICARE pharmacy copays change Feb. 1](#)

Although prescription copays will increase slightly Feb. 1, beneficiaries can save up to \$208 in 2016 for each brand name prescription drug they switch from retail pharmacy to home delivery.

## ► PERSONNEL ISSUES

[Nominations sought for 12 Outstanding Airmen of the Year Award](#)

Three categories – Airman, NCO and Senior NCO – are featured as part of the 2016 Airman of the Year Award.

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

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