



## Flu Season: Don't Get Sick, Get Stuck

Every year in the early fall, flu season begins again. The flu makes most people feel sick and miserable, but for some people it can be deadly. Getting the flu vaccine every year is the best way to protect you, your family and your community from the flu. It's important to get screenings, especially if you are at a higher risk for certain diseases like breast cancer or diabetes.

- This year, the recommended flu vaccine is an injectable flu shot. In previous years, a nasal spray, called FluMist was also available.
- This year, the CDC recommends against using the nasal spray, due to questions surrounding its effectiveness.
- Military hospitals and clinics will not offer FluMist this year.
- TRICARE will not cover it if you get it from a pharmacy or doctor.
- Talk to your doctor if you have allergy concerns about the flu shot:

Proper sleep, physical activity and nutrition are key components of preventive health and day-to-day wellness.

For more information about the flu, visit [www.tricare.mil/flu](http://www.tricare.mil/flu) and your local military treatment facility.



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Don't Get Sick, Get Stuck!

## CSAF Focus Area

### STRENGTHENING JOINT LEADERS AND TEAMS...A COMBINED ARMS IMPERATIVE.

Air Force Chief of Staff Gen. David L. Goldfein recently released his second key CSAF focus area paper. This paper is the second in a series that captures his thinking behind three key CSAF focus areas over the next four years. Here's a quote from his paper: "These ideas are about evolution...not revolution"

To read the paper in its entirety click [here](#).

**CSAF FOCUS AREA**  
STRENGTHENING JOINT LEADERS AND TEAMS

## ► 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 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

**October 20, 1960** – The Jupiter Intermediate Range Ballistic Missile made its first test launch from a tactical-type launcher. It flew 962 miles from Cape Canaveral, Florida, down the Atlantic Missile Range to the target area. This launch ended Army responsibilities for the program.

**October 21, 1965** – Gen. Curtis E. LeMay, former CSAF, received the 1965 Collier Trophy, American aviation's highest honor, presented to those who have made "the greatest achievement in aeronautics or astronautics in America, with respect to improving performance, efficiency and safety of air or space vehicles."

**October 22, 1985** – Airmen with Tactical Air Command launched their first missile from Vandenberg Air Force Base, California. The Tomahawk ground launched cruise missile was also the first of its kind flown from this base.

**October 23, 1909** – Wilbur Wright gave Lt. Benjamin D. Foulois his first flying lesson at College Park, Maryland.

**October 24, 2000** – The Space Shuttle Discovery's successful landing on the Edwards Air Force Base, California, 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.

**October 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.

**October 26, 1962** - Strategic Air Command received its last B-52H Stratofortress and last three B-58 Hustlers from the production lines.

► **FAMILY, HEALTH AND SAFETY** Air Force families face all of the problems that civilian families face – spouse employment, child care, family members with special needs, schools, assignments – and many other, and they are exacerbated by deployments, frequent moves and reintegration. Recognizing that "our Airmen are doing a great job, but no Airman does the job by themselves," Secretary of the Air Force Deborah James hosted a [Spouse and Family Forum in the Smart Center Auditorium on Joint Base Andrews Oct. 19.](#)

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

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