

# SABER E-HERALD

SPANGDAHLEM AB

NEWSLETTER OF THE 52ND FIGHTER WING

JUNE 22, 2012

Questionnaire  
clarifies  
fitness test risks

Trier hosts  
32nd annual  
Altstadtfest

## SUPER SABER APPRECIATION DAY

Super Saber Appreciation Day takes place 3 p.m. July 4 at the wing pavilion. Fireworks begin at 10:30 p.m. There will also be free food, paintball, children's games, a dunk tank, a climbing wall, bowling, pony rides and more. For more information, call DSN 452-6466 or 06565-61-6466.



## SABERS SHOW SUPPORT DURING INNKEEPER COMPETITION IN-BRIEF

Airmen from the 52nd Fighter Wing show support for the Eifel Arms Inn lodging staff as they welcome the Air Force Services Agency Innkeeper Award review team before the in-brief inside the Club Eifel ballroom here June 18. The Eifel Arms Inn is competing for the 2012 Air Force Best Small Lodging Operation against three other lodging facilities. (U.S. Air Force photo by Airman 1st Class Matthew B. Fredericks/Released)

## 726th Air Mobility Squadron offers Space-A travel

**Airman 1st Class Matthew B. Fredericks**  
**52nd Fighter Wing Public Affairs**

Space-available travel is a way for active-duty, active-status U.S. reserve members, retirees and their families to fly for free or at a reduced cost.

Space-A allows service members to use empty seats on military aircraft already traveling for official duty as a benefit to military members and their families.

"It is an Air Force requirement for Air Mobility Command to use any and all available seats on military aircraft that aren't otherwise prohibited," said Staff Sgt. Jedidiah Coover, 726th Air Mobility Squadron passenger operations supervisor. "Unless there is a mission requirement, we can fill that seat (with a Space-A customer)."

### Categories

Available seats are on a first come, first served basis. Passengers are assigned a category, and categories determine the priority the travelers are given.

- **Category 1:** Active-status military, Department of Defense civilian or dependent non-funded emergency

- **Category 2:** Environmental Morale Leave with or without dependents

- **Category 3:** Ordinary leave, convalescent leave and permissive TDY (house hunting only) and dependents upgraded due to a sponsor being deployed more than 365 days

- **Category 4:** Department of Defense Dependents Schools teachers and EML travel for dependents without their sponsors and dependents upgraded due to a sponsor being deployed more than 120 days

- **Category 5:** Unaccompanied overseas stationed command sponsored dependents, permissive TDY and student travel

- **Category 6:** Retired military travel

### Flying without a sponsor

Families of military service members flying ...

Read the entire article at <http://www.spangdahlem.af.mil/news/story.asp?id=123306439>.



## SUPER SABER PERFORMER

Staff Sgt. Deborah Silverthorne, 52nd Civil Engineer Squadron NCO in charge of Eifel Pride, is the Super Saber Performer for the week of June 21 – 27. Read the entire article at <http://www.spangdahlem.af.mil/news/story.asp?id=123306801>. (U.S. Air Force photo by Airman 1st Class Matthew B. Fredericks/Released)





Airman 1st Class Sierra Halstead, 52nd Aerospace Medicine Squadron public health technician, uses a digital thermometer to check the internal temperature of a chicken nugget during a food and facility inspection at the Spangdahlem Middle School cafeteria here June 12. The 52nd AMDS Food Safety and Sanitation Office conducts monthly inspections for the middle school and all other food facilities on base to ensure those facilities meet or exceed health standards. These standards allow the facilities to serve quality food to the customers. View more photos at <http://www.spangdahlem.af.mil/news/story.asp?id=123305762>. (U.S. Air Force photos by Senior Airman Christopher Toon/Released)

## Public health ensures safe meals



Above: Airman 1st Class Sierra Halstead, right, 52nd Aerospace Medicine Squadron public health technician, shows Staff Sgt. Ashley Martin, 52nd AMDS public health technician, the results of a chlorine level test during a food and facility inspection at the Spangdahlem Middle School cafeteria here June 12.  
Left: Staff Sgt. Ashley Martin, 52nd Aerospace Medicine Squadron public health technician, takes notes during a food and facility inspection at the Spangdahlem Middle School cafeteria here June 12.



# Caring for People Forum identifies opportunities to excel

**Annette E. McLamb**  
**52nd Force Support Squadron**  
**Airman and Family Services**  
**Flight chief**

The Air Force introduced the Caring for People Forum in 2009 as an opportunity for Air Force helping professionals to address institutional hindrances in support of service delivery.

Since that time, the forum has evolved to include installation and major command forums and has become the primary means for Airmen to present issues or concerns directly to Air Force leaders for resolution.

Spangdahlem's Integrated Deliv-

ery System, which consists of the helping agencies across base, hosted its Caring for People Forum here April 30. More than 100 Sabers came together to discuss concerns and develop recommendations for issues facing the base community.

Six focus groups convened to discuss the following topics: child and youth activities; sponsorship; physical fitness; marital relationships; spouse support; and single Airman support.

The focus groups developed 15 issues to be taken before wing leadership:

- Lack of activities and no indoor facilities for children and youth.

## At a glance

Spangdahlem's Caring for People Forum April 30 highlighted 15 areas for improvement from six topics. These 15 areas are being evaluated by the base's helping agencies to determine a better and smarter way to do business.

- Increase child care availability for non-working parents.
- Sponsorship program is not perceived as a unit priority.
- Sponsors are assigned rather than volunteered and inappropriately matched with the needs of inbound member.
- There are too many places to look for sponsorship information.

- Lack of sponsorship programs for single Airmen moving here and returning from deployment.
- Individuals feel they are not equipped with adequate training and nutrition guidance to support physical fitness.

Read the entire article at <http://www.spangdahlem.af.mil/news/story.asp?id=123306435>.

## Practicing followership: Understanding true meaning grows tomorrow's leaders

**Staff Sgt. Baneb Ra**  
**606th Air Control Squadron**

Most of us know the word "Followership."

But some either don't know what it really means or misinterpret its value.

We've all heard the phrase, "Don't be a follower, be a leader!" It's phrases like this that create a negative stigma for the art of followership. Good followership is a beneficial skill that must be practiced and applied, and it's something that doesn't come as natural as people may think.

A follower is someone who follows another in regard to his or her ideas or belief; a disciple or

adherent. We all have someone to follow, but how we do it is most important.

You must support the system you work for to be a good follower. You must be faithful to this system whether you agree or disagree with its decisions.

An example of an unfaithful follower is when your favorite football team wins, you say "we" won or "my" team took home the trophy. But when the same team loses, you can't believe "they" threw that game away.

This can be applied to our membership in the Air Force. When we are happy about what's going on, we say "we" take care of our people. But

when it's decisions we don't agree with, we say "the military" or "they" need to figure out how to fix this. Followership is taking a stand and becoming part of "them" and consistently including yourself in the "we" system.

A misconception is that if you're not leading, you're following. In actuality, we all lead and we all follow. Leading may come in the form of being tasked or simply stepping up when there is a need. Choosing to follow, however, takes a conscious effort.

This is no easy task.

Read the entire article at <http://www.spangdahlem.af.mil/news/story.asp?id=123306434>.

## 81ST FS DEFEATS 52ND FSS 9-5 DURING INDOOR SOCCER CHAMPIONSHIP

Daniel Gonzales, 52nd Force Support Squadron, attempts to block a shot by Mike Krestyn, 81st Fighter Squadron, during the indoor soccer championship at the Skelton Memorial Fitness Center here June 12. The 52nd FSS defeated the 81st FS in the first game 7-6. The 81st FS won the double-elimination championship after winning the second game 9-5. View more photographs at <http://www.spangdahlem.af.mil/news/story.asp?id=123305767>. (U.S. Air Force photo by Airman 1st Class Matthew B. Fredericks/Released)



# What's happening?

## Was ist los?

### **Ehlenz volksmarch**

Ehlenz will host a volksmarch 6 a.m. - 2 p.m. June 24 starting at the Ehlenz Gemeindehaus, or community hall. Walking distances are 5, 10 and 20 kilometers and the cost is 1.50 Euro per person. For more information, visit <http://www.wanderverein-seffern.de>.

### **German-American Friendship Run**

The 9th annual German-American Friendship Run takes place 9 a.m. July 1 in Binsfeld. Six running events are offered for children and adults. Registration costs 2 - 6 Euro per person and people who pre-register receive reduced prices. Winners will be awarded monetary prizes, and a limited number of free t-shirts will be given out at the beginning of the event. For more information or to pre-register, call 06575-610, or visit <http://www.sv-binsfeld.de>.

### **Bitburg Folklore Festival**

The annual Bitburg Folklore Festival takes place July 6 - 9. About 30 bands and dance groups from 16 different countries will demonstrate their traditional costumes and products and perform traditional dances during the three-day event. Among the highlights is a parade through

the city's streets. For more information, visit <http://www.folklore-bitburg.de>.

### **Trier Zurlauben**

The Trier Zurlauben wine festival takes place July 6 - 9 along the Mosel. It includes wine tastings, music, a fireworks display and amusement rides.

### **Mosel music festival**

Trier will host a Mosel music festival July 6 - 9 featuring various concerts near the Mosel shore. For more information, visit <http://www.moselmusikfestival.de>.

### **Beer keg rolling contest**

A beer keg rolling contest takes place 2:30 p.m. July 7 at Trierer Strasse in Bitburg. Two teams from the base and about 18 others will compete to see who can roll a keg down the street, guiding it through and around obstacles. The winning team must then drink the entire keg. There is no entrance fee to attend the event.

### **Bitburg parade**

A parade takes place 2:30 p.m. July 8 in Bitburg. The starting point is near the town hall with the route following Trierer Strasse and entering the walkplatz pedestrian area.

### **Blitz Comedy show**

A free Blitz Comedy show takes place 6 p.m. June 29 at the Brick House. Attendees must be 18 years or older. For more information, call DSN 452-7260 or 06565-61-7260.

### **Dead-lift and bench-press competition**

A dead-lift and bench-press competition takes place 9 a.m. June 30 at the Skelton Memorial Fitness Center here. Early registration is available until June 29 and the cost is \$15. Registration on June 30 costs \$20. Prizes and trophies will be awarded. For more information, call DSN 452-6634 or 06565-61-6634.

### **Mountain bicycling trips**

A mountain bicycling trips takes place 8 a.m. - 5 p.m. July 7 and 28 in Houffalize, Belgium. The cost is \$25 for people who bring a bicycle and \$35 for people who need to rent a bicycle. This event is for people age 18 and older. Participants meet 8 a.m. at the outdoor recreation center. For more information, call DSN 452-7170 or 06565-61-7170.

### **'The Life and Death of Sherlock Holmes' performance**

A free mystery theater performance of "The Life and Death of Sherlock Holmes," takes place 5 p.m. July 7 and 3 p.m. July 8 at the Brick House. For more information, call DSN 452-7260 or 06565-61-7260.

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