

Texas



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Staff Sgt. Jonathan Hall, 147th Security Forces Squadron rings the bell during the traditional 10 count for the fallen at the annual Battle of the Badges charity event in Galveston, Texas. (National Guard photo by 2nd Lt. Alicia Lacy)

GUIDE FOR A SUCCESSFUL MILITARY CAREER

By Senior Master Sgt. Malvin Baerga-Rivera
147th Mission Support Group First Sgt.

A FIRST SERGEANT'S PERSPECTIVE

Having a career plan is a useful tool to monitor your career progress. The key is that you work the plan, monitor your career progress, and make adjustments the career plan as circumstances change.

Your career goal is to maximize your skills, talents and abilities. Reflecting on your unique skills, strengths and limitations and how they change is time never wasted.

Rapid changes in our military organization, in the nature of work and organizations, have complicated the career planning process. Gone are the days when many military career development plans looked like steps on a staircase. Predictable step-by-step career plans can't be relied on and you must plan for greater flexibility with more frequent performance feedbacks

I encourage you to look around. Often, the individuals most skilled or prepared or willing to take risks in managing their career and maximizing opportunities get the promotions.

Your career plan has to be based on your understanding of who you are, what is important to you, and your ideas and hopes for the future. This detailed understanding will help you to begin the process of developing your career plan.

Answering the following simple questions will get you started. In the past did you change jobs? Why? What are the noteworthy influences in your life? How have these influences affected your career?

Now examine your skills. What are your major skills? What are your principal strengths? What

limitations do you have? List your successes and failures. Do you have any underdeveloped talents? What are they? Where do you see yourself in the short or long term?

Now look at your options. Is there a large gap that you need to start working on or do you need to make smaller improvements? Write out your goals to your career plan. Keep each item measurable in both the short and long term. If, for example, your need to complete your CDC's or pass your physical fitness your career plan would be to complete your CDC's and physical fitness before the ninth month of the year.

One career planning area that many find beneficial is to increase your satisfaction on you current job. Is there an opportunity to undertake a new project, participate in a job swap, look for new responsibilities, innovate new ways to do things, mentor others, or even community service opportunities?

Another area in career planning is to learn new skills. You can take some additional courses at a local college, start a self-study program, work at developing additional mentors or contact a career coach. All will move you toward achieving your career goals and making your career plans a reality.

Finally, after you've looked internally for career opportunities and found nothing but dead ends, you may have to look elsewhere to advance your career. Examine your current situation critically when making plans to change. Develop creative solutions to ensure as close a match as possible between what



you have planned for your career and what might be available. If you have gaps in your skills, plan to get them closed. If you have to learn new skills, get on a training program.

The right military opportunity may not be available at the right time. You may have to think beyond military opportunities that offer a promotion or increase in responsibility, so don't overlook a lateral move or a job that will give you experience.

As you periodically review your military career plan, you will find changes in what abilities are important and others will decrease in priority or some skills become more useful and others become unneeded. The key is to review your military career plan regularly, at least every three months, with a more serious annual feedback review. With these steps you will find yourself more in control, have more satisfaction with your present situation and be more positive and optimistic about your future.

147th ASOS supports Czech Republic in Ample Strike

By 2nd Lt. Alicia M. Lacy
147th Reconnaissance Wing Public Affairs



NAMEST NAD OSLAVOU, Czech Republic (Sept. 20, 2014) – Joint terminal attack controllers with the 147th Air Support Operations Squadron supported their Czech Republic partners through Ample Strike 2014, Sept. 3-13, 2014, in the Czech Republic.

During the large, multinational exercise, the Czech Republic was host to about 1,400 JTACs and NATO forward air controllers from 12 NATO nations, with the intent to increase expertise with equipment and exchange knowledge on the procedural terminal attack con-

troller interoperability required to conduct close air support missions that'll enable the controllers to effectively operate in a coalition environment.

The JTACs role in Ample Strike was twofold: maintaining their sustained relationship with the Czech Republic through the National Guard's State Partnership Program by supporting the exercise and to take part in another avenue for training.

AMPLE STRIKE 2014

Operating in a joint environment is part of the culture for Air Force tactical air control party members or JTACs, as they integrate directly with Army units, contributing their expertise on aircraft and weapons systems to control aircraft and call in close air support attacks from the ground.

Because of the gravity of their duties, JTACs have to be able to employ and continuously improve the critical skills needed to perform controls and close air support, which the exercise helped facilitate.

“One of the main tasks of the Al-

2014 through Guard's State Partnership Program



liance Air Headquarters is to achieve the highest efficiency in the interaction of ground and air forces,” said Gen. Frank Gorenc, commander of U.S. Air Forces in Europe and U.S. Air Forces Africa. “This is exactly what exercise Ample Strike 2014 is about and why it places so much emphasis on training FACs in conditions that are close to a possible operational environment. Although we change from combat operations to train and assist in Afghanistan, it is important that we maintain the experience gained.”

In addition to supporting the exercise, the Houston-based controllers were able to execute close air support missions, while interfacing with their peers – the first

time the squadron expanded their engagement to an exercise of this scale through the SPP, said Lt. Col. Nigel Atkins, 147th ASOS commander.

Participants executed challenging scenarios during the 10-day exercise, which allowed them to hone their skills of coordinating tactical air operations with NATO pilots, to include more than 30 sub-scenarios, 130 actual and 40 simulated control

runs guiding aircraft weapons onto targets, and nearly 50 aircraft sorties totaling more than 60 hours of flight time.

Ample Strike allowed the controllers to utilize the skillsets used to put bombs on target in a combat environment, but it made clear to leaders that those same skillsets can be used in domestic emergency response operations, something the JTACs have performed and exercised with local emergency response agencies in Texas.

“This capability is crucial, not only for combat operations, but also for other missions like humanitarian ones,” said Gen. Petr Pavel, the chief of the general staff of the armed forces of the Czech Republic. “These missions involve effective CAS, but also different types of evacuation and extraction from danger zones. The role of these specialists is increasingly necessary.”

STATE PARTNERS

In today's military, joint operations and working with coalition forces in warfare or humanitarian missions are becoming the norm, so the ability for all parties to speak the same standard language is critical.

Understanding this reality, the National Guard facilitates exchanges through the SPP, in which Texas and the Czech Republic have sustained a close, working relationship since 1993.

For the past several years, the squadron has played an integral role in exchanging information with, training and mentoring their Czech forward air controller counterparts, whether stateside or abroad.

The program pairs a state's National Guard with a partner country to support broad national interests and international security cooperation goals.

For more information on the squadron or being a TACP at Ellington Field, call 832-632-1387 or 800-864-6264.





- S** Swords, knives, and similar costume accessories should be short, soft, and flexible.
- A** Avoid trick-or-treating alone. Walk in groups or with a trusted adult.
- F** Fasten reflective tape to costumes and bags to help drivers see you.
- E** Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.
- H** Hold a flashlight while trick-or-treating to help you see and others see you. Always WALK and don't run from house to house.
- A** Always test make-up in a small area first. Remove it before bedtime to prevent possible skin and eye irritation.
- L** Look both ways before crossing the street. Use established crosswalks wherever possible.
- L** Lower your risk for serious eye injury by not wearing decorative contact lenses.
- O** Only walk on sidewalks whenever possible, or on the far edge of the road facing traffic to stay safe.
- W** Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.
- E** Eat only factory-wrapped treats. Avoid eating homemade treats made by strangers.
- E** Enter homes only if you're with a trusted adult. Only visit well-lit houses. Don't stop at dark houses. Never accept rides from strangers.
- N** Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.

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What about retirement?

By Chief Master Sgt. Richard Reynolds
147th Operations Support Squadron



As I reach the end of my career, the thought of retirement has motivated me to find out what that will look like. Through my research about the subject, one topic kept repeating, most Americans are not stocking away enough for retirement. In regards to retirement nest eggs, Forbes reports, “With the average 401(k) balance for 65 year olds estimated at \$25,000 by independent experts – \$100,000 if you believe the retirement planning industry - the decades many elders will spend in forced or elected ‘retirement’ will be grim.” Yes, this is only one point of view, but there are many that echo the same sentiment. Based on these types of stats, there is not much to look forward to. It is important to understand that this can be done at any time, regardless of age, income and/or years until retirement. Most of all, start doing something now. Once I became educated, I took inventory of where I stood, reevaluated my goals and adjusted some things I felt needed immediate attention, which will benefit me in the future. My drive became “How do I go about figuring out how much I need to put away today, to live on

tomorrow?” The best rule of thumb I found was that I would need about 70 percent of my pre-retirement income to live comfortably; I also found this to be SMART – Smart, Measurable, Achievable, Relevant, and Time-bound.

I am by no means a financial expert, but thinking about retirement has guided me through numerous theories, thoughts, stats, etc., to help adjust my finances to achieve my 70 percent rule. In my opinion, there are three thoughts on how a retirement can be funded. First is through Uncle Sam via Social Security; secondly, a personally funded retirement; and thirdly, a combination of both. If you plan on living off Social Security alone, go to their website and figure out your projected benefit. Personally, I do not think Social Security is going away, but I would expect it to look a little different a decade from now. This thought is not appealing to me, as I have no plans for having to work while collecting Social Security.

Now, let’s take a look at my other two thoughts on how to fund a retirement. Personally funding a retirement puts the path and control of the retirement into an individual’s hand. What does personally funding your retirement mean? It means you are responsible for your investment into your future. Whether it is the stock market, mutual funds, real estate, stowing money under the mattress, and/or precious metals, you assume the risks and reap the rewards of your investments. Pensions can also be lumped into this category, assuming your employer will still be around to honor that commitment.

The last thought on funding a retirement incorporates the Social

Security benefit combined with personal funding. Personally, I am a proponent of personally funding my retirement, as I am responsible for my future, not Uncle Sam. But I will happily accept my Social Security benefit.

Investing in retirement means investing in the future, so there are associated risks and rewards with whatever retirement plan you execute. First, the risks: You are at the whim of the future and there is no prophecy I know of indicating what stocks, real estate, etc., will do. Retirees who had investments in stocks and mutual funds took a huge hit in the 2008 stock market crash, as did those in the real estate market. As history has shown, one could expect a reset or correction every few years. Stocks, mutual funds and real estate are typically resilient enough to bounce back after a few years in the dumps. Now, the good part – the rewards. Based on statistics, stock and real estate have been solid investments over the course of any 10-15 year period. Take a look at the stock market today versus what it was just three years ago, and the rising prices of real estate; precious metals did outstanding during the 2008 stock market crash. As noted earlier, the stock market and real estate are very resilient. Do your own research and learn as much as you can.

So now that I’ve discussed my thoughts on funding retirements, what are some ways to find money now for a retirement tomorrow?

First, get out of debt. It will free up the money you need to be putting away. Your income is your most important wealth-building tool. As long as your income is tied up mak-

Retirement continued on page 8

Child Trafficking in Texas

Provided by the 147th Reconnaissance Wing
Combat Trafficking in Persons Office

Texas is a hub for international human trafficking because of its many busy interstate highways, international airports, countless bus stations, the shipping commerce through the Gulf of Mexico, and its shared border with Mexico. This border is North America's number one supply site for young children used in sex and labor trafficking. Texas is also home to Houston, the fourth largest city in the U.S. with one of the largest international communities in the country. In addition, Texas houses the I-10 corridor, which the Department of Justice designated as the number one route for human trafficking. Texas continues to serve as the biggest point of illegal entry into the United States largely because traffickers are able to get aliens across the border without documents. Trafficking in Texas especially flourishes due to three major factors: proximity, demographics, and the large immigrant labor force. In fact, in the last quarter of 2007, 30% of the calls received by the National Human Trafficking Hotline were out of Texas and 25% of all international victims certified by the U.S. Department of Health and Human Services were in Texas. Most people assume that slavery in the modern world ended with Lincoln and the 13th amendment. This could not be further from the truth. Nearly a century and a half after abolition slavery persists inside and outside of our country's borders in the form of human trafficking. Trafficking of persons is one of the largest criminal industries existing today, superseded only by drug and arms dealing.

Texas is a hotspot for domestic human trafficking because cities such as Dallas, Houston and Austin have many runaway and "throwaway" youth. On average, both Houston and Dallas have about 6,000 runaways each annually. According to National Incidence Studies of Missing, Abducted, Runaway, and Throwaway Children, an estimated one out of every three children that run away is lured into sex trafficking within 48 hours of leaving home. Even more frightening is the fact that the average age of entry into sex trafficking is between 12 and 13 years old. Children who run away from home can often be found at bus stations, which have become a major recruiting ground for prostitution. ICE Operation Predator estimates that 1 in 5 girls and 1 in 10 boys in the United States are sexually exploited before they reach adulthood. Texas is also home to a large amount of sexually oriented businesses including strip clubs, massage parlors, and modeling studios, most of which can be found along inter and intra-state highways. In addition, Houston, Dallas, and Austin, with their many university and professional sports teams and events, attract many visitors. Major sporting events and conventions provide a great demand for the commercial sex industry and traffickers often travel to these events to fill that demand.



Retirement from page 7

ing debt payments, you won't be able to build wealth. Financial Peace University is available to wing members through the Airmen and Family Readiness Program. This is a comprehensive program focusing on debt elimination. If possible, invest up to whatever your company's retirement plan will match, it's free money. If that is too much, start at 1 percent of your gross pay - an amount that will be not missed. Perspective: On a \$3,000 per month income, that would be \$30; it costs more to eat lunch twice a week. After about six months, increase by 1 percent every six months or so until you begin to live on that new amount. The ultimate goal is to save 15 percent of your income, this is called paying yourself. This simple formula can be applied to any investment strategy you choose, except real estate.

There are several things that will influence a retirement plan: family history of investing, personal experiences, poor decisions, and worst of all, lack of knowledge. With this being said, before you do any investing, keep the money in savings until you are familiar with your investment strategy and who is investing on your behalf. There are numerous free resources on the Internet to help you make educated decisions.

Finally, I encourage each of you to sit down with your loved one and establish retirement expectations and goals. Use calculators to project what your future would look like with as many scenarios as possible. Know that you do not have to be an expert on investing, just be educated so you don't end up with \$25,000 at 65. For me, 70 percent of my current income post-retirement looks SMART.

BOTB brings emergency responders together

By 2nd Lt. Alicia M. Lacy

147th Reconnaissance Wing Public Affairs

GALVESTON, Texas (Sept. 7, 2014) –The players are all the same. When citizens are in need, first responders are there to serve the community, whether it's a police officer, firefighter, emergency medical technician, or a member of the National Guard.

However, this particular event was not the collaboration of several emergency response agencies taking care of the needs of citizens, but rather, those individuals coming together in the four corners of a boxing ring to duke it out in the fourth annual Galveston Island Battle of the Badges Sept. 6, 2014, at Moody Gardens in Galveston.

The annual event created a platform for local firefighters and police officers to build relationships and camaraderie in an environment not plagued by their response duties.

"I can tell you from personal experience that I knew very few firefighters before the event," said Jorge Trevino, event organizer and now a retired lieutenant from the Galveston Police Department. "There's no time to communicate or interact with each other (during emergency response.)"

The result is a mix of firefighters supporting police officers and vice versa during matches and an overall sense of fellowship, Trevino said. Though this year no participants from the military participated in the fighting portion, Staff Sgt. Jonathan E. Hall, a security forces airman with the 147th Reconnaissance Wing, had the honor of ringing the bell during the traditional 10-Count for the Fallen.

The wing and the event organizers have had a sustained relationship

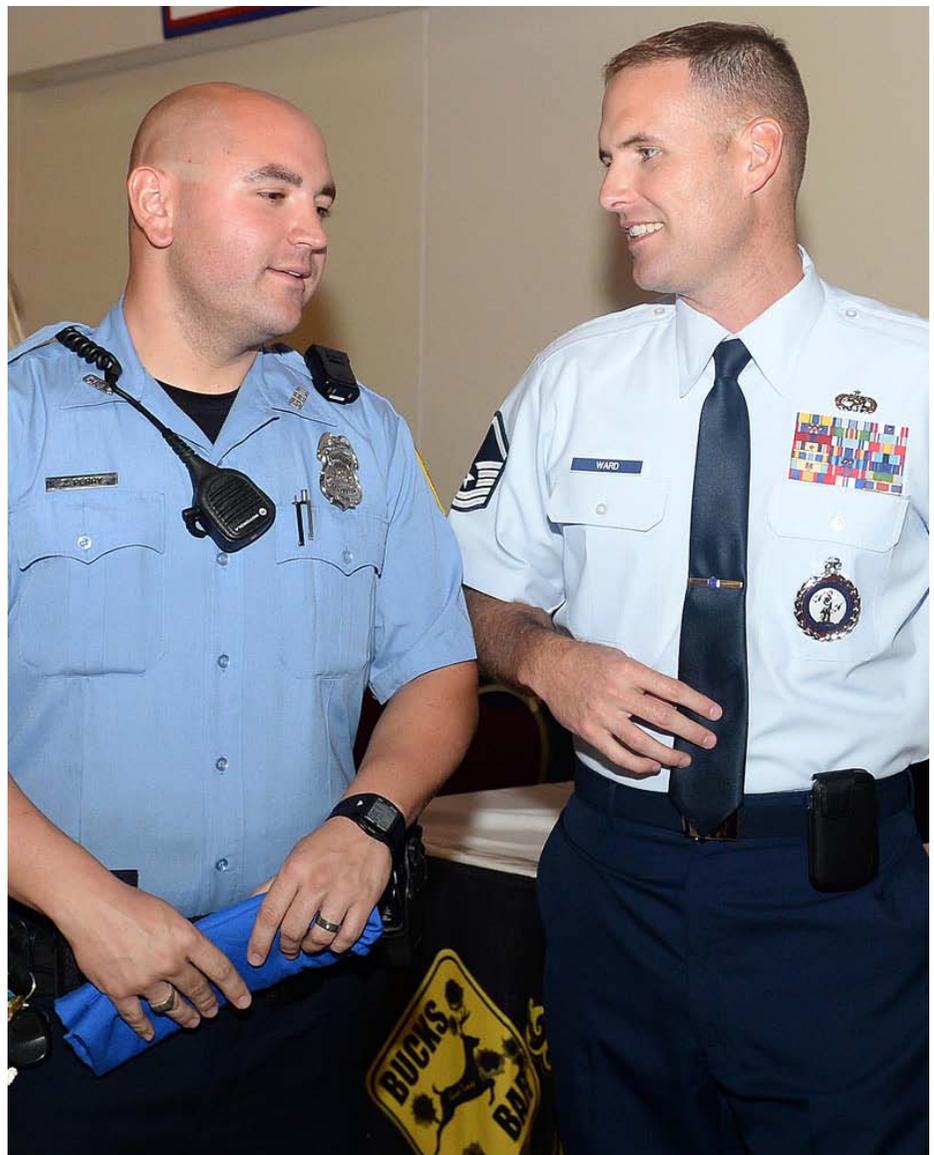
since its inception, with Master Sgt. Mark Ward, the wing's recruiting supervisor, witnessing the event grow from the first year with hundreds of spectators to this year's event with attendance climbing into the thousands.

"This is our audience," Ward said. "The first responders, police officers, firefighters, veterans, these are the individuals who we target for

the Air National Guard."

Though there have been military participants in past events, Trevino said he and organizers have considered incorporating a military bout between members of two different branches.

"We appreciate the military and we want to see how we can put a military twist in it," Trevino said.



Master Sgt. Mark Ward, 147th Reconnaissance Wing Recruiting Superintendent talks with a member of the Galveston Police Department at the Annual Battle of the Badges Charity event held in Galveston, Texas. National Guard Photo by 2nd Lt. Alicia Lacy

Money-saving tips for the holidays

Information provided by the Airman and Family Readiness Program Manager

If you take a little taste of the holidays now, you could be way ahead of the game come Dec. 1.

“The less time you have at the holidays, the more likely you are to spend more, just to get things out of the way,” says Gerri Detweiler, author of “The Ultimate Credit Handbook.”

1. Make your budget and gift list now

Since your holiday budget is likely to be similar to what you’ve spent in years past, Chris Farrell, author of “Right on the Money” says. “You can pretty much come up with your budget.”

As for gifts, advance planning removes the deadline pressure, but it does require some added consideration. “You really have to be more thoughtful about the gifts you’re buying,” says Farrell. “And you have to think, ‘Will they like this come December?’”

2. Set aside some money

“Remember that anything you put on credit cards and finance at those convenient monthly (rates) costs more,” says Gary Foreman, publisher of The Dollar Stretcher. “Now is the time when, if you’re in the habit of going out for lunch every day at work, maybe you bring leftovers once a week and sock away that \$6 to \$8.” Before you know it, those lunch savings will add up to a tidy sum you can spend on the holidays. Want to make it almost painless? Set up an automatic deposit to a savings account or Christmas club fund.

3. Start shopping now

Sock away money for presents and you still have to do your shopping later. But salt away actual gifts and you’ve saved time and money. If you’re the type of person who shops estate sales or garage sales you’ll have time to find that perfect present, says Foreman.

Shopping months ahead means you can make the most of sales and seasonal pricing trends. Spreading out your spending “is a good way to avoid using credit cards,” says Farrell. “The reason people use credit cards at Christmas is they are going out and buying a lot of things all at once.”

Early shopping also gives you the chance to pick up nonspecific gifts at bargain prices. Good late-summer buys include outdoor entertainment-related items, such as hand-blown imported lanterns, says Rebecca Kolls of Seasons by Rebecca. Stores, she says, “are practically giving that stuff away now.”

Carol Schroeder, author of “Specialty Shop Retailing,” suggests looking for “things like stationery, soap or (nonperishable) holiday foods or decorations. Those are things that anyone can use and give you flexibility to use them as hostess gifts or last-minute gifts.”

If you prefer to make gifts instead of buying them, get crafty now. “Who’s got time for that Dec. 15?” says Foreman. By starting early you can use evenings and odd moments to actually finish your projects.

4. Order early

Do you prefer shopping from home instead of maneuvering the malls? Take advantage of the catalogs that are starting to trickle in, says P. Allen Smith of P. Allen Smith Gardens.

“I’ve got my holiday bulbs ordered now, so when they arrive Nov. 1, I can just start potting them up,” says Smith. “You can also get them started and give them as gifts.”

It’s a money-saver, too. In the fall, amaryllis bulbs go for \$2.50, says Kolls. Buy them as blooming plants two months from now, “and you’ve already kicked (the price) up \$30,” she says.

Early mail-order and online shopping also allows you to save on shipping. Buy at the last minute and you pay a premium for shipping. Buy early and use the delivery method that is the most economical, says Foreman.

5. Pick your plastic

If you plan on charging your holiday purchases, choose the credit card you want to use. “Negotiate a low interest rate on it if you think you’ll be carrying a balance,” says Detweiler.

And if all of your credit cards are maxed out, take control of your debt now rather than during the holiday rush.

“If you’re having trouble,” says Detweiler. “Now is a good time to talk with a credit counseling agency.”

6. Check your credit report

Make sure the credit card you plan to use will be accepted. One out of four credit reports contains an error serious enough to trigger a refusal of credit, according to a 2004 U.S. Public Interest Research Group study. “The interest rate for holiday purchases is definitely affected by your credit report,” says Detweiler. If you find a mistake, you’ll have time to correct it before the holidays.

7. Preset the holiday table

“There are so many ways to set a delicious table without spending a lot of money,” says Kolls. One of her favorites: Get the makings for a table cloth from the cloth store bargain bin or pick up an on-sale sheet with a cool design. Start ahead and you’ll have plenty of time to find something you like.

Also buy special groceries gradually. “If you’re the kind of family who likes baked goods, now’s the time to stock up on ingredients that won’t spoil,” says Foreman.

And ask yourself what you can cook ahead of the holiday dinner and freeze, says Kolls. She uses this trick to help with Christmas sugar cookies, a tradition with her family.

8. Include the family

“It’s a good time to sit down with kids and establish some guidelines,” says Detweiler. Depending on their ages, you can touch on how much they can spend, what they can expect and what they can do to help others, she says. “And maybe even give them extra chores to earn money for holiday spending.”

Don’t forget about the rest of the family. Did last year’s spending get out of control? Before the holiday music hits the airwaves, talk with relatives about this year’s gift policies, says Foreman. Consider trading names, making charitable donations in honor of each other, simply sending cards or baked goods or organizing a gift-free potluck family dinner.

9. Plan a special moment

Want to enjoy dinner with your spouse at that super exclusive -- and costly -- restaurant during the holiday season? Or make a holiday weekend of it at that special bed and breakfast? If you make the reservations and start setting aside the money now, “you’ve planned for it, you’re not just putting it on the credit card,” Farrell says.

10. Book your holiday travel

If you’re opting for a high-traffic destination, a cruise or an international jaunt, book those tickets and hotel rooms early, says Edward Hasbrouck, author of “The Practical Nomad.” When it comes to international or popular options, “you save money by doing it now,” he says.

11. Stock up on supplies

What’s the one thing (other than cash) that you never have too much of at the holidays? Time. Buy candles, glass or crystal items, ribbon, faux greens, wreath forms, and other items now when you see a good price, says Smith. Then in a few months when it’s time to deck the halls, decorating will be quick and easy.

The selection is better earlier. Plus, having time to search for those supplies also gives you the chance to stretch your imagination. Start looking at inexpensive store merchandise with an eye toward the holidays, says Smith. One example: Chinese lanterns or paper umbrellas look Christmasy in yuletide red.

“The bottom line is: Be creative,” he says.

12. Give back to your community

While food banks typically get half their donations in November and December, in the fall, the Salvation Army is helping kids with back-to-school clothes and supplies. With their year-round schedule of serving people through youth programs, care for the sick and elderly, substance abuse counseling and providing shelter or education, the opportunities for donating throughout the year can still count as holiday gifts, says Melissa Temme, public relations director for the Salvation Army.

“If you’re looking for a way to give back but can’t afford to do it all at once, give monthly gifts of financial donations, volunteer or in-kind support in the name of a friend or family member and surprise them at Christmastime with the total support you’ve given to the community in their name during the year,” Temme says. “Many charities have a way to help you package this kind of gift.”

Your holiday-inspired generosity also might pay you back a bit in the form of a tax deduction for your donations. While the tax savings won’t show up until you file your return next year, you can set aside the money then for next Christmas.

Get Moving: Easy Tips to Get Active!

Provided by the 147th Medical Group

At Home

It's usually convenient, comfortable and safe to work out at home. It allows your children to see you being active, which sets a good example for them. You can combine exercise with other activities, such as watching TV. If you buy exercise equipment, it's a one-time expense and other family members can use it. It's easy to have short bouts of activity several times a day.

- Do housework yourself instead of hiring someone else to do it.
- Work in the garden or mow the grass. Using a riding mower doesn't count!
- Rake leaves, prune, dig and pick up trash.
- Go out for a short walk before breakfast, after dinner or both! Start with 5-10 minutes and work up to 30 minutes.
- Walk or bike to the corner store instead of driving.
- When walking, pick up the pace from leisurely to brisk.
- Choose a hilly route.
- When watching TV, sit up instead of lying on the sofa. Or stretch. Better yet, spend a few minutes pedaling on your stationary bicycle while watching TV.
- Throw away your video remote control.
- Instead of asking someone to bring you a drink, get up off the couch and get it yourself.
- Stand up while talking on the telephone. Walk the dog.
- Park farther away at the shopping mall and walk the extra distance.
- Wear your walking shoes and sneak in an extra lap or two around the mall.
- Stretch to reach items in high places and squat or bend to look at items at floor level.
- Keep exercise equipment repaired and use it!

At Work

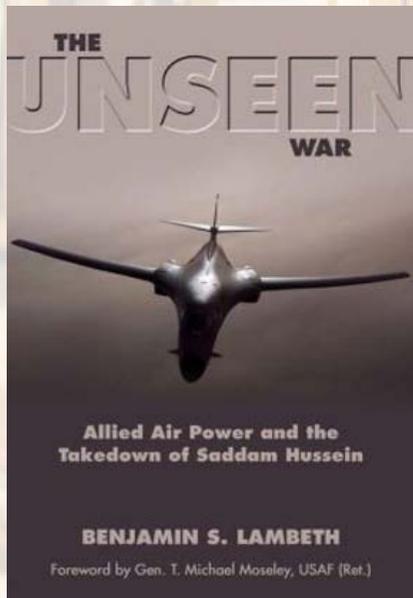
Many of us have sedentary jobs, and work takes up a significant part of our day. What can you do to increase your physical activity during the work day? Why not...:

- Brainstorm project ideas with a coworker while taking a walk.
- Create an exercise accountability partnership.
- Walk during business calls when you don't need to reference important documents.
- Stand while talking on the telephone.
- Walk down the hall to speak with someone rather than using the telephone.
- Take the stairs instead of the elevator. Or get off a few floors early and take the stairs the rest of the way.
- Walk while waiting for the plane at the airport.
- Stay at hotels with fitness centers or swimming pools and use them while on business trips.
- Take along a jump rope or a resistance band in your suitcase when you travel.
- Jump and do calisthenics in your hotel room.
- Download some audio fitness coaching.
- Participate in or start a recreation league at your company.
- Form a sports team to raise money for charity events.
- Join a fitness center or YMCA near your job.
- Work out before or after work to avoid rush-hour traffic, or drop by for a noon workout.
- Schedule exercise time on your business calendar and treat it as any other important appointment.
- Get off the bus a few blocks early and walk the rest of the way to work or home.
- Walk around your building for a break during the work day or during lunch.
- Some have mastered the art of typing while on a treadmill by securing the laptop to the base.
- Be creative! Get a stand-up desk.



AIR FORCE CHIEF OF STAFF READING LIST 2014

Featured Book



The Unseen War

By Benjamin S. Lambeth

The Unseen War offers a comprehensive assessment of the air contribution to the three weeks of major combat that ended the rule of Iraq's Saddam Hussein in 2003. In contrast to Operation DESERT STORM in 1991, the role of allied air power in the Nation's second war against Iraq was not apparent to most observers, due to the concurrent land and air offensives coupled with the overwhelming majority of reporters embedded with ground units.

Even today, the air war history of Operation IRAQI FREEDOM remains largely unreported, despite the fact that American air assets, aided substantially by the air forces of the United Kingdom and Australia, played a key role in achieving the coalition's immediate campaign goals. Lambeth's work fills a long-standing gap in the literature on modern warfare by telling the detailed story of the role of airpower in OIF for the first time.

Photo by Stewart Butterfield

What's for lunch?

4 October 2014

Chicken & Waffles
Fish & Grits
Greens
Asparagus

5 October 2014

Baked Chicken
Smothered Pork Chops
Broccoli Casserole
Mixed Veggies
Mashed Potatoes
Corn
Sweet Cornbread

Short Line

Burgers
Wings
Corn Dogs
Nacho Bar
Steak Fries
Onion Rings
French Fries

This Month in History

“Lost Battalion” never gives up

Article Courtesy of National Guard

1944

La Houssiere, France - The 1st Battalion, 141st Infantry, 36th Infantry Division (TX), soon known as the “Lost Battalion” was cut off on top of a hill by German infantry and armored forces. For six days the unit stemmed enemy attacks suffered extremely high losses. With ammunition, food, and water running out, the battalion was relieved by the other two battalions of the 141st, along with the famed 442nd Regimental Combat Team made up of Japanese-Americans



A member of the 36th Infantry Division (TX) stands guard over German prisoners in France in the autumn of 1944. Note his 36th “T” shoulder patch for representing the “Texas Division.”
National Archives and Records Administration

Looking to become an Officer in the ANG?

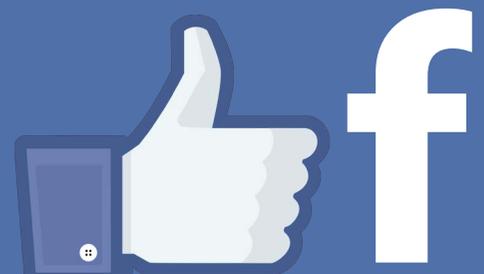
Apply now to find out what positions are available!

The ANG has developed a new recruiting process for officer applicants involving a Designated Officer Recruiter (DOR).

Your local DOR:
281.709.5183

- Single point of application (DOR)
- Apply to as many or as few units as you want
- We do not know other states vacancies
- Contact DOR for checklist
- Print off all records required on checklist
- Obtain a copy of certified transcripts with seal
- Turn in ALL required documents to you DOR
- DOR will submit your application for approval

The Official 147th RW
Facebook page is



www.facebook.com/147RW