



NASCAR spotlight
Lt. Col. Cary Belmear, 337th Recruiting Squadron commander, stands with Aric Almirola, the No. 43 driver, before the Bank of America 500 at Charlotte Motor Speedway in Charlotte, N.C., Oct. 11. Almirola, the Air Force driver for the Richard Petty Motorsports team, finished the race 22nd. For more photos, see Page 2. (U.S. Air Force photo)



**See Page 4 for tips
and resources**



NASCAR spotlight
Members of the 337th Recruiting Squadron Delayed Entry Program are sworn in at the Bank of America 500 at Charlotte Motor Speedway in Charlotte, N.C., Oct. 11. (U.S. Air Force photo)



LEFT – Lt. Gen. Kevin McLaughlin, deputy commander of U.S. Cyber Command, swears in Delayed Entry Program members from the 337th Recruiting Squadron E-Flight at the Charlotte Motor Speedway FanZone. McLaughlin is also a former commander of Lt. Col. Cary Belmear, the 337th RCS commander. In the background is Chelsea Bain, a rising country music star, who allowed the 337th RCS to cut into her performance time and use her stage. ABOVE – Col. Eric Espino, 360th Recruiting Group commander, poses with the Sprint Cup at the Charlotte Motor Speedway in Charlotte, N.C., Oct. 11. (U.S. Air Force photos)



Pre-Air Force -- Vintage recruiting posters for the Army Air Forces

Recruiting roots

Inspiring Airmen, past and present, to join the Air Force

By Senior Master Sgt. David Jackson
AFRS Command Education and Training

As we start a new fiscal year, we need to reflect on some of the events that have gotten Air Force recruiting to where we are today.

The first article I read while researching the history of Air Force recruiting referenced a letter from Gen. Carl A. Spaatz to Gen. Dwight Eisenhower, written on March 21, 1946. At the time, Spaatz was the commander of the Army Air Forces. Ironically, this article is a reflection of the current environment of Air Force Recruiting Service.

Spaatz wrote, "An analysis of the 260,000 recruits we have obtained shows clearly that we are obtaining too many non-specialists, and what is even worse, too many who do not have the education and mental equipment to be readily trained as technicians."

This statement shows that Spaatz was trying to create a recruiting culture to look for the "best and brightest"

America had to offer. He sent the letter to Eisenhower asking to get Air Force recruiters in Army offices, because the need for specialized applicants was significantly different than what the Army recruiters were providing the Air Force. He was very adamant about having an Air Force sergeant posted in Army offices, so they could screen applicants to find the most qualified people to accomplish the technical mission the Air Force required.

Spaatz closed the letter with: "I feel if these steps are taken, we will be able very quickly, perhaps before June 30th obtain sufficient number of the desirable types we require in the Air Force in order to build it back to the standards we require."

This was the beginning of Air Force recruiting; leaders in the Air Force were focused on the same factors AFRS is focused on today. Recruiting is a delicate process which requires finding the right people, so the Air Force can provide a sustainable force for future success.

Staying connected – the right way

By Tech. Sgt. Steve Grever
Air Force Public Affairs Agency

Social media is a great resource for Airmen and their families to share information and stay connected to relatives at home and abroad.

Although many depend on these wonderful tools, recent events have encouraged us to re-evaluate our digital footprint to ensure our personal and professional information is protected from online predators and individuals who want to do us harm.

While social media use can be entertaining and informative, it poses potential operations security weaknesses, and Air Force Instruction 1-1, Air Force Standards, provides guidance on appropriate social media use by Airmen.

OPSEC and personal privacy concerns should be paramount when using social media. Military members have recently been threatened on social media by terrorist organizations looking for information they can use to harm military families and disrupt Air Force operations.

The following tips will make it more difficult for unwanted users to acquire your data through social media:

- Be cautious when accepting friend requests and interacting with people online. You should never accept a friend request from someone you do not know, even if they know a friend of yours.
- Don't share information you don't want to become public. Remember, once you put something out there, you can't control where it goes.
- Disable location-based social networking, or geotagging, on all social media platforms. Geotagging is the process of



adding geographical identification to photographs, video, websites and text messages.

- Avoid posting work or personal schedules and travel itineraries, especially deployment information and return dates for yourself, a loved one or a unit.
 - If you ever hesitate before clicking 'post', reconsider the content you are about to share. Our team follows the motto: When in doubt, throw it out!
 - Adjust your privacy settings to ensure your posts and profile information is secured and seen only by approved audiences. This last tip applies to any social media platforms you may use, but since Facebook is the most widely used, we want to share this detailed how-to guide on how to secure your profile. Check out this [guide](#) for more details.
- Practicing good OPSEC and helping family members follow these security measures is essential to protecting personal and mission-critical information on social media.
- If you ever feel you are being threatened or you notice vulnerable information online, be sure to alert the social media platform's help center and your local OPSEC manager for assistance.

Tips for Recruiter pages

- *Don't identify locations and times for DEP commander calls.
- *Ensure you never post Privacy Act information.
- *Get approval from your DEP members before posting their photo.
- *If any suspicious or threatening information is posted to your Facebook page, take a screen shot of it and send it to your Force Protection expert. Then delete the post.
- *If you have any concerns about your photo and bio being posted on your Facebook page, communicate them to your supervisor.

Resources

[Air Force Instruction 1-1, Air Force Standards](#)

(Information can be found in Chapter 2, Conduct, 2.15, Use of Social Media, Page 20)

[Air Force Social Media Guide](#)

[U.S. Central Command FAQs on Social Media](#)

[Military Community and Family Policy Social Media Guide](#)



Raise your right hand

Maj. Derrick Lee, Thunderbird #12, administers the oath of enlistment to 31 members of the 333rd Recruiting Squadron H-Flight at the Space Coast Air and Space Show in Melbourne, Fla., Oct. 4. (U.S. Air Force photo)

Congratulations

A1 awards

Congratulations to the Air Force Recruiting Service A1 functional award winners for 2014. The following individuals will now compete at the Air Education and Training Command level.

Force Support NCO of the Year: Staff Sgt. April Dimando, HQ AFRS, Joint Base San Antonio-Randolph, Texas

Force Support Senior NCO of the Year: Master Sgt. Stephenie R. Hoffman, 372nd Recruiting Group, Hill Air Force Base, Utah

Personnel Field Grade Officer of the Year: Maj.

Gregory A. Chambers, HQ AFRS, JBSA-Randolph, Texas

Technician of the Year: Celia N. Llamas, HQ AFRS, JBSA-Randolph, Texas

Manager of the Year: Jennifer L. Caracciola, HQ AFRS, JBSA-Randolph, Texas

ROTC commanders

Congratulations to **Lt. Col. Craig McCuin**, 369th Recruiting Group, and **Maj. Will Bragg**, HQ Air Force Recruiting Service, for their selection as 2015 Air Force ROTC detachment commander candidates. This selection highlights their potential to serve and lead in key Air Force positions. Bragg is a lieutenant colonel selectee.

Calling all Airmen!

Sleep disturbances such as insomnia and nightmares can really affect your personal and professional life. There is hope – take a step in the right direction for your health. Reach out to a medical provider today.

(Brought to you by the Air Force's campaign for Early Mental Health Help-Seeking)

Recruiter helps vets pursue excellence through fencing

By Tech. Sgt. Hillary Stonemetz
Air Force Recruiting Service Public Affairs

A recruiter assigned to the 313th Recruiting Squadron is involved in a unique program designed to help veterans in the New York City area integrate into the community while pursuing fitness opportunities.

Tech. Sgt. Gervacio Maldonado is one of the proponents and original members of the Veterans on Guard program, established in 2013 by Fencers Club, a 501(c)3 nonprofit organization dedicated to pursuing excellence through fencing. The program is free to all active duty military and honorably discharged veterans, and is funded in part by grants from the Department of Veterans Affairs, U.S. Paralympics and the U.S. Olympic Committee. No prior fencing experience is required.

“While I was recovering from a rather debilitating injury to my dominant arm, I saw an advertisement for fencing,” Maldonado said. “I thought to myself, I only need full use of one arm to compete in fencing, so I might as well try. Since then, I’ve completely fallen head over heels for the sport. It has challenged me physically and mentally, exposed me to a world about which I knew very little, and helped keep me in shape.”

Through the Veterans On Guard program, Fencers Club seeks to promote health, physical fitness and emotional well-being of active duty military and honorably discharged veterans, he said.

“Our goals are also to identify and engage disabled and able-bodied veterans to pursue excellence in fencing, professional development, and community service,” Maldonado said.

He added that the program provides opportunities for veterans to integrate into the broader community through fencing, mentoring, sharing knowledge and experiences, and creates a pipeline for wheelchair fencing for disabled veteran fencers in New York City and surrounding areas.

The Veterans On Guard program currently has a core group of about 15 veterans who attend the sessions at a fencers’ club in the local area.

“We currently have fencers from all over New York City and are looking to expand our program reach to New Jersey, Long Island and the surrounding areas,” Maldonado said. “Since our beginning we have hosted tournaments in conjunction with U.S. Olympic Committee and have partnered with other veterans organizations from Columbia University, New York City College and Team Red, White and Blue.”



ABOVE -- Tech. Sgt. Gervacio Maldonado stands with Coach Slava Zingerman, a three-time NCAA fencing champion, ranked second in the world. BELOW -- Maldonado (right), fences with the Veterans On Guard program. (Courtesy photos)



“This program will provide veterans of all ages with the opportunity to compete locally, nationally and internationally and eventually mentor and coach,” Maldonado said. “One of our goals is to have veterans participate in the Olympics or Paralympics. It also provides veterans a platform to maintain camaraderie outside of a traditional military setting.”



Sylvania 300

Brig. Gen. Kathleen Cook, Director, Air Force Public Affairs, stands with Delayed Entry Program members from the 319th Recruiting Squadron A-Flight at the NASCAR Sylvania 300 in Loudon, N.H., Sept. 20. Cook swore in the DEP members before the race. More than 100,000 NASCAR fans gathered at the two-day event. At left is the No. 43 Air Force show car. (U.S. Air Force photo/Staff Sgt. Samuel Harris)



Commander's visit

Col. Eric Espino, commander of the 360th Recruiting Group, speaks to members of the Delayed Entry Program at the Huber Heights, Ohio, YMCA amphitheater. The DEP members were from the 338th Recruiting Squadron D-Flight from the greater Dayton, Ohio, area. Espino visited the 338th RCS Sept. 29 through Oct. 3. (U.S. Air Force photo)



Presenting the colors

Airmen present the colors at the Indianapolis Colts vs. Baltimore Ravens NFL game at Lucas Oil Stadium in Indianapolis, Oct. 5. From left are Tech. Sgt. Cindy Taylor, 338th Recruiting Squadron C-Flight chief; Tech. Sgt. Jacques English, 347th RCS, Chicago Military Entrance Processing Station Senior Liaison NCO; Tech. Sgt. Josh Hutchins, 338th RCS, NCO in charge, Client Systems Technicians; and Senior Airman Trevor Loggins, 88th Communications Squadron CST, Wright-Patterson Air Force Base, Ohio. (U.S. Air Force photo)



Queen Bee

Members of the 338th Recruiting Squadron, Delayed Entry Program members and personnel from Wright-Patterson Air Force Base, Ohio, gather for a photo at the Queen Bee Half Marathon in Cincinnati, Oct. 11. The group volunteered at the event, and handed out medals to all finishers of the race. (U.S. Air Force photo)



Columbus Crew

Recruiters from the 338th Recruiting Squadron A-Flight were on hand at the Columbus Crew soccer game in Columbus, Ohio, Sept. 27. ABOVE – From left, Tech. Sgt. Judson Andrews, recruiter from Mansfield, Ohio, and Staff Sgts. Jacob Valladares and Zachary Straton, recruiters in Columbus, stand with members of the Delayed Entry Program before their swear-in ceremony.



Staff Sgt. Zachary Straton talks with a soccer fan before the Columbus Crew game.



Staff Sgt. Jacob Valladares poses with the Columbus Crew mascot before the game Sept. 27. (U.S. Air Force photos)



Community involvement

Members of the 342nd Recruiting Squadron adopted Lady Bird Johnson Park in San Antonio, and conducted a clean-up Oct. 3. From left are: front row – Maj. Cristy Long, Tech. Sgt. Nicholaus Abramow, Senior Master Sgt. Jose Torres and Tech. Sgt. James Guyett; middle row – Tech. Sgt. Roberto Montalvo, Master Sgt. Walter Hodges and Staff Sgt. John Mass; and back row – Senior Master Sgt. Adam Reed, Tech. Sgt. Juan Maldonado, Lt. Col. Michael Alexander and Staff Sgt. Dewon Rucker. (U.S. Air Force photo)



'If baseball doesn't work out...'

Members of the 317th Recruiting Squadron attended the Washington Nationals Air Force Day Sept. 25 at Nationals Park in Washington, D.C. The secretary of the Air Force threw out the first pitch and 150 Airmen lined up at the first and third baselines. Staff Sgt. Dennis Jones, the Falls Church, Va., recruiter, handed his business card to Washington Nationals player Nilson Robledo and told him, "If baseball doesn't work out, here's my card." Robledo gave Jones two baseballs in return. (U.S. Air Force photo)



Alamo City Comic Con

Staff Sgt. Misael Torres and Staff Sgt. Adrian Rodriguez (right), 341st Recruiting Squadron B-Flight recruiters, speak to visitors at the Alamo City Comic Con in San Antonio, Sept. 26. The event, held at the Henry B. Gonzalez Convention Center, attracted more than 65,000 people. (U.S. Air Force photo)



Staff Sgt. Terrance Blue (second from left) and Staff Sgt. Marqus Armour of the 341st RCS taking a picture with the WWF superstar tag team "Demolition" at the Alamo City Comic Con in San Antonio, Sept. 26. (U.S. Air Force photo)



Tech. Sgt. James Buslon (left) and Staff Sgt. Marqus Armour of the 341st RCS take a photo with actor Clark Gregg at the Alamo City Comic Con in San Antonio, Sept. 26. Gregg has starred in such movies as "Iron Man" and "Marvel's The Avengers." (U.S. Air Force photo)

Quest for Zero

Safety campaign focuses on risk management

No matter what sport or recreation activity you participate in, your most important goal should always be safety. That means doing everything you can to protect yourself and other participants from injuries.

You can't stop all injuries, especially in sports. But you can help make sure they happen less often and are less serious. Just follow a few basic routines and you'll shoot, you'll score!

GET THE PROPER TRAINING: For vigorous sports activities, concentrate on learning the skills first then gradually increase the intensity. Take skiing for instance, you have more fun once you learn how to turn, stop and ski in control.

FOLLOW THE RULES: If you don't want to get hurt, you've got to go by the rule book. So before you play, learn the rules of the game – and stick to them. Keep constant watch over children around water, in parks, and public places. In addition, ensure indoor and outdoor play spaces are safe; survey the area beforehand.

WARM UP: It's easier to get hurt when you play a sport with cold, stiff muscles. That's why it's important to warm up

for at least five minutes before you start. Plan to arrive early so you can jog, stretch or shake out your arms and legs.

DRINK UP: Make sure plenty of fluids are available, especially in hot weather, to prevent dehydration. Playing sports makes you sweat, and that means your body is losing a lot of fluid. If you don't replace this lost fluid, you could start feeling very sick or even pass out. So it's important to drink lots of water before and during the game, especially on hot days.

WEAR THE GEAR: Wear it. Wear it. Wear it. We can't say it enough times: Wear the gear that's right for your game, and be sure to wear it the right way. You won't get hurt as much, even if you fall or crash into another player. Wear comfortable clothing and footwear that suits the activity – and the weather!

WEAR SUNSCREEN: If you're playing outdoors, apply waterproof sunscreen onto your skin at least 15 minutes before the game begins.

(Courtesy of Air Force Recruiting Service Ground Safety)

Play hard, but play it safe

Sports injuries are inevitable, but here are ways to help prevent them:

- Make sure you have the proper skills and training before participating in any sport.
- Use the proper protective gear for a particular sport. This may lessen the chances of being injured.
- Minimize the chance of muscle strain or other soft-tissue injury by warming up before starting. Cool down later to loosen the body's muscles.
- Apply sunscreen and wear a hat (where possible) to reduce the chance of sunburn.
- If a person receives a soft-tissue injury (a sprain or a bone injury), immediately treat with RICE – rest, ice, compression, elevation.
- Schedule frequent water breaks during practices and games, and use misting sprays to keep the body cool.

(Courtesy of Air Force Recruiting Service Ground Safety)



Enseña Awards

Recruiters from the 341st Recruiting Squadron sit with students and faculty from South San Antonio High School at the Latino Magazine 2014 Enseña Awards ceremony at the Pearl Brewery Stable in San Antonio, Sept. 29. The Enseña Awards affirm the value of education by recognizing outstanding Latino high school teachers in the fields of science, technology, engineering and mathematics. Three teachers from around the country receive this annual recognition and are featured in Latino Magazine. From left are: Staff Sgt. Misael Torres, Master Sgt. Teyhones Lundy, and Tech. Sgt. Christopher Moore. (U.S. Air Force photo)



Ultimate Frisbee

Members of the 336th Recruiting Squadron joined forces to form the Nighthawks Ultimate Frisbee Team for the Moody Air Force Base, Ga., Super Sports Day Sept. 30. Standing from left are: Capt. Brian Murray, Staff Sgt. Robert Cooper, Tech. Sgt. Joe Jessup, Tech. Sgt. Ezra Tanner, Master Sgt. Wilbert Smith, Staff Sgt. Joy Dulce, Staff Sgt. Vanessa Spry, Tech. Sgt. Jesse Emmons, and Master Sgt. Darnell Reynolds. Kneeling in front are Lt. Col. Joseph Egresits, 336th RCS commander, and Senior Master Sgt. Robert Veuleman. The team made it to the quarter finals but lost a close game to the 23rd Special Operations Squadron. (U.S. Air Force photo)



Command Center Alpha

Staff Sgt. Edward Rohde, 344th Recruiting Squadron F-Flight recruiter in Athens, Texas, secured Command Center Alpha for an event he set up at a local high school. Seven other local area high schools were invited. Rohde was able to get the school district to bus seniors and juniors to come see CCA at Eustace High School in Eustace, Texas. More than 350 students registered. ABOVE – Seniors from Crossroads High School pose with Rohde in front of CCA. LEFT – Rohde speaks with students and counselors during the school visit at Eustace High School. (U.S. Air Force photos)





Dallas soccer

Members of the 344th Recruiting Squadron H-Flight were on hand at the FC Dallas vs. Seattle Sounders game at Toyota Stadium in Frisco, Texas, Sept. 24. ABOVE – Twenty-five members of the Delayed Entry Program are sworn in at the game in front of more than 13,000 fans. Capt. Deanna Franzen, 344th RCS Support Flight commander, officiated the ceremony. At right is Staff Sgt. Ablay Sherman, recruiter in Sherman, Texas.



Master Sgt. Larry Wright, 344th RCS H-Flight chief, speaks with soccer fans at the Air Force booth.



Tech. Sgt. Jose Cortez, recruiter in Plano, Texas, works at the Air Force information booth. More than 100 leads were obtained at the game. (U.S. Air Force photos)

**Air Force champions**

The team from the 360th Recruiting Group poses with their trophies Sept. 26, after the Defense Logistics Agency Commander's Cup, an annual competition held at the Defense Distribution Center in New Cumberland, Pa. Teams representing all services compete against each other in five events spanning two months. This includes a biathlon, obstacle course, adventure challenge, golf challenge and culminates with a 10K run in September. The 360th RCG team won the championship, beating 420 other active duty members, and became the first Air Force team to win the event. Two team members also won individual awards. From left are: Tech. Sgt. Jonathan Mikan; Capt. Ronnie Ling, top male finisher; Tech. Sgt. Dominic Monacelli with the Commander's Cup; Angela Ling, top female finisher; and Master Sgt. Patrick Lippold. (U.S. Air Force photo)

**Think pink**

The 313th Recruiting Squadron H-Flight provided volunteers and a competing team in the YMCA's annual "Y Fit Games" in Wilton, N.Y., Oct. 11. The competition consisted of a medley of strength and endurance exercises and support's the YMCA's annual scholarship campaign. Outfitted in pink to show support of breast cancer awareness, the Air Force took first place for the second year in a row. From left are Staff Sgt. Patrick Earl, recruiter; Tech. Sgt. Nina Butler, H-Flight chief; and Bart Butler. (U.S. Air Force photo)

**Zombie Run**

Members of the 319th Recruiting Squadron A-Flight, along with 15 Delayed Entry Program members, participated in the first Zombie Run challenge in Litchfield, N.H., Oct. 4. The team, led by Tech. Sgt. Jason Ball, A-Flight chief, and Staff Sgt. Tracy Kelly, recruiter, set up a display along with the Raptor and informed more than 500 event participants. DEP members were at multiple stations throughout the obstacle course and helped ensure participant safety. Kelly negotiated the free booth with event organizers, who said the run was a success and they would like to have the Air Force participate again. (U.S. Air Force photo)

**Rapid Strike at Miramar**

Recruiters from the 362nd Recruiting Squadron were on hand at the Miramar Air Show in San Diego Oct. 3. Standing in front of the Rapid Strike display are, from left, Staff Sgt. Michael Williams, recruiter in Santee, Calif.; Staff Sgt. Roberto Conde, 362nd RCS trainer; Tech. Sgt. Cecil Evans, recruiter in National City, Calif., and six members of the Delayed Entry Program. Also present at the event was the 362nd RCS commander, Lt. Col. Erin Meinders. (U.S. Air Force photo)

**Earned his backpack**

Staff Sgt. Brandon Barnwell, 339th Recruiting Squadron, hands a backpack to Bridger Gibbs, Delayed Entry Program member, at the GALamaZOO Festival in Kalamazoo, Mich., Oct. 4. The event was held at Waldo Stadium for the Western Michigan vs. University of Toledo football game. Attendees did push-ups for water bottles and answered trivia questions to earn Air force stadium seat cushions. Gibbs, who wants to try out for Special Operations, did 30 push-ups in the rain to earn his backpack. Barnwell is the recruiter in Jackson, Mich. (U.S. Air Force photo)

**Air Force Appreciation Night**

The U.S. Air Force Honor Guard performs at Air Force Appreciation Night at Turner Field in Atlanta Sept. 22. Members of H-Flight and F-Flight from the 336th Recruiting Squadron were joined by Airmen from Robins Air Force Base, Ga., for a giant flag ceremony on the field during the national anthem. (U.S. Air Force photo)