



U.S. Air Force/ Michigan Air National Guard

Thunder Bay Sunrise Times

Quarterly Publication of the Alpena CRTC

Quarterly Special Interest Items (Jan—Mar 2013)

- Individual Fitness Readiness and Improvement
- Meet established milestones for CUI/CI+ (Continuity Binders/LIMFACS)

Safety Interest Item

- Increased awareness of slip & fall hazards

CC Comments — Col Bryan Teff

CRTC Members and Families,

I hope you had a great Christmas holiday and I wish you a happy, healthy, and safe New Year!

2012 was a great year and we have much to be thankful for. As expected, 2013 will be another busy year filled with challenges and opportunities.

Unfortunately, one of our challenges will be the closure/movement of our long-standing MRTS program. Due to a significantly decreased training requirement, Air National Guard leadership has decided to move the program to Camp Bullis, TX. The move is scheduled for 1 Oct 13 and there are still many questions left unanswered.

In August, we will host Northern Strike 13. This year's exercise will be significantly improved over last year as we validate our combined arms and joint training capability. Also, I was informed on 27 Dec that we will be the host for the ANG Executive Safety Summit, scheduled from 29 Apr—3 May 13. This is a high level conference for key leadership from every state and the National Capital Region. This conference will provide great visibility for the Alpena CRTC and will showcase our



tremendous people, facilities, and equipment. In addition, we will begin preparation for our Mar 14 compliance inspection plus. This is a new type of inspection where five inspections will be rolled into one two-week period. As a result, we have a couple of extra mandatory drill weekends scheduled for this year.

Outside of work, we plan to add a few social events to the calendar in 2013. A Dining-In is scheduled in early March for our military personnel. In addition to our golf outings, we're looking at dates for a winter social event as well as a summer/fall event. With the exception of the Dining-In, we want these events to be inclusive of our entire CRTC Team (military, civilian, families).

My best to you and your family!

The following bullets summarize our 2013 priorities. These points should be reviewed occasionally to maintain focus during the upcoming year.

2013 Priorities

- Provide superior mission capability & support that meets current needs and future requirements
- Aggressively market the CRTC enterprise
- Follow established process to prepare for 2014 CI+/CUI
- Provide support for our Airmen & Civilian personnel

Inside this issue:

Need More Energy?	2
Setting Goals	3
Eagle Eyes	3
Airmen of the Year	4
Check Us Out!	4
Upcoming Events	4
Promotions	4

Need More Energy?- MSgt Rod Thompson

Is it just me or has there been an explosion in the Energy Drink market? It seems like every day there is another product being advertised. Every time I see one of those "5 hour energy" commercials I cringe and wonder how long before we will see those lawyer ads on TV. "If you have consumed five hour energy shots and have experienced these myriad of symptoms then call us, you may be entitled to compensation." Energy drinks are those types of beverages that are purported to provide mental and physical stimulation. And obviously they do exactly what they are advertised to do. Otherwise people wouldn't buy them. But have we considered that there may be long term health effects that are caused by this temporary infusion of supposed energy?

Many countries have banned or put out strong warnings against the consumption of these products. Unfortunately, as a society, we do not just eliminate these potential hazards. Instead we give people the right to choose whether or not they will consume known hazardous chemicals. Like smoking cigarettes, you are warned that they may cause problems later. But for some unknown reason we choose to do it anyway. And you know that these products have caffeine in them so they are addictive just like the nicotine. But a bigger problem is that we just don't know yet what the long term effects will be.

But that may change real soon. Energy drinks have had much publicity lately. In November of this year, the FDA received claims that a popular energy product may have led to 13 deaths and 33 hospitalizations during the past four years. In October, the family of a 14-year-old girl sued the makers of one particular energy drink for wrongful death. After consuming two 24-oz. containers in 24 hours, the girl became unconscious and later died from a cardiac arrhythmia (i.e., rapid, slow or irregular heart rate) due to caffeine toxicity, which prevented the heart from pumping blood.

Although there have not been any re-

ports of deaths attributed to energy drinks in the military, the limited knowledge about the physical effects of energy drinks and how many Air Force personnel consume them is a potential health risk. Surveys are just now revealing that energy drinks are widely used in the military, although little is known about the physical effects on the body. The Air Force Times published an article in June 2012 regarding a two-year research project currently underway at David Grant USAF Medical Center, Travis AFB. This study is specifically looking at the effects of energy drinks on the blood pressure and heart rate/rhythm of users. There is also an ongoing study on the prevalence of energy drink consumption among all Air Force personnel, including civilians, stationed at Wright-Patterson Air Force Base.

The survey was initiated by investigators at Travis AFB, Calif., in September to understand how many Air Force personnel take energy drinks, the side effects that are experienced and the reasons people choose to consume them.

A previous research study in 2008 found consumption rates of energy drinks to be 61 percent of all active-duty members surveyed at one Air Force base. A more recent study in 2012 at Travis AFB indicated that consumption rates were 87 percent for active-duty members, with 40 percent consuming at least one drink per week. Consumption among non-active-duty members at Travis was 61 percent, which is significantly lower. These findings raise more questions about why the more recent consumption rates are higher, and why active-duty members consume energy drinks at higher rates than non-active-duty members. While the U.S. Food and Drug Administration (FDA) limits the amount of caffeine in sodas and other beverages to no more than 71 mg. per 12-oz. can, there are no such restrictions on energy drinks since they are classified as "nutritional supplements."

This is particularly concerning to medical providers, since some energy drinks contain up to 500 mg. per container. Most people consume them for the positive effects of increased mental alertness, energy and

stamina; however, excessive amounts of caffeine can cause insomnia, irritability, anxiety, crabbiness, headaches and an increased heartbeat. And these are just the short term effects. No one knows yet what the results of long term consumption will be.

Please consider and count the costs of what you may be putting into your body or allowing your children to put in theirs. And use caution when purchasing so called energy supplements. This is only the beginning of a trend that is exploding into what will certainly become a culture shift. For example there are now caffeinated alcoholic energy drinks on the market. Energy drinks such as Red Bull are often used as mixers with alcoholic beverages, producing mixed drinks such as Vodka Red Bull which are similar to but stronger than rum and coke with respect to the amount of caffeine that they contain. And then this of course has led to the anti-energy drinks. Several beverages have been marketed in the 2000s as "anti-energy", "chill out", or "relaxation" drinks, including Lava Cola, Slow Cow, Drank, iChill, Marley's Mellow Mood, Mary Jane's Relaxing Soda, Chill, Calm, Malava Kava, V.i.B., Relax by Rockstar and Jones Gaba. They are growing in popularity, with sales doubling from 2008 to 2010, and they are expected to more than double again by 2014. They contain ingredients such as theanine and melatonin. And who knows what these will lead too next. Our bodies were not designed to take this kind of abuse. I don't know about you but it leads me to ask the question, what else am I putting in my body that is not good for me? Is it any wonder that we have so many health issues in our society today?

Check out our Website!
www.alpenacrtc.ang.af.mil

Setting Goals - CMSgt Alan Vanpate



As we approach the start of the new year, it's time to consider our goals for the year ahead. Setting goals for ourselves is an effective technique to become successful, especially when it comes to EPR time. One helpful tool is to create a list of goals to accomplish throughout the upcoming year.

At the end of each year, we Airmen struggle to provide our supervisors with a list of accomplishments, so that EPRs and awards packages can be written. Your supervisor will ask

“What did you do this year”? Often the response is, “I did my job”. All supervisors want their troops to excel; however, checking the “Clearly Exceeds” block on the EPR is a challenge when the last year is surmised as, “I did my job.” This feedback doesn't justify what you did for yourself, your unit or your country.

Creating goals for ourselves requires thought. Consider five to ten goals in areas such as: work, community and self improvement; these are similar areas to the ones that will help your supervisor write an EPR. Our professional goals should align to unit goals as much as possible. This way, we succeed as individuals and as a team. Also, formulate realistic, but challenging goals, and prominently display your goals in the work place. Making your goals visible is a constant

reminder of objectives that you are trying to attain.

Writing your own goals develops ownership of your own career. Aligning those goals with unit goals fosters teamwork. Taking the time now to write goals for that impending question, “What did you do this year?” can provide a validated list of accomplishments which allows those “Clearly Exceeds” blocks to be checked.

“If you want to live a happy life, tie it to a goal, not to people or things.”

~ Albert Einstein

Eagle Eyes - Ken Anderson

Ever heard of the Eagle Eyes Program? No? Well let me tell you about a very simple program within the Air Force that could possibly save Air Force property or even your life.

The Eagle Eyes program is an Air Force anti-terrorism initiative that enlists the eyes and ears of Air Force members and citizens in the war on terror. Eagle eyes teaches people about the typical activities terrorists engage in to plan their attacks. Armed with this information, anyone can recognize elements of potential terror planning when they see it.

The program provides a network of local, 24-hour phone numbers to call whenever a suspicious activity is observed. At The CRTIC it is the Base

Defense Operations Center (BDOC), and for those who are not used to this term, it is the Security Forces Operations Center. Here are some of the typical activities to be watching for and should be called in. Once investigated it can be determined that these actions were innocent, or they could be combined with other behaviors that lead to the prevention of a terroristic act if investigated:

A vehicle parked along the perimeter fence; could be conducting surveillance of the installation, testing response time for security units to investigate, or could simply be broken down and needs assistance. Call Security Forces; let them determine if it is innocent or an issue.

Someone calling and asking for information about what we do, what units are here training, why are they here, what capabilities do they have. Let someone know, do not just tell them you can't answer that, write down the number, take notes, pass it along to the proper authorities.

These are some of the ways which the bad guys obtain information, or plan an action against us. Do not be complacent; IF YOU SEE IT, REPORT IT: EAGLE EYES: Keep your eyes open and report suspicious activity to Security Forces at 354-6210.



UPCOMING EVENTS:

- *1 January - New Year's Day*
- *8 January - Family Support Meeting*
- *15 January - QSCC*
- *21 January - Martin Luther King Jr. Holiday*
- *5 February - Family Support Meeting*
- *5-6 February - ADFAC*
- *15 February - Commander's Call*
- *18 February - Washington's Birthday*
- *19-22 February - Quarterly Meetings*
- *2-3 March - MANDATORY UTA*
- *2 March - Combat Dining In*
- *5 March - Family Support Meeting*
- *10 March - Daylight Savings Time*

Check us Out! - Patricia Luna

Have you ever navigated to the Alpena CRTC public website to see for yourself what information is being made available? The website, www.alpenacrtc.ang.af.mil, offers an abundance of information that may prove helpful to you and your family. Some of the items you can research while visiting the site include:

Commander Priorities
Newsletters
ID Card Information
Job Announcements
Upcoming Events
News Stories

The base website is updated on a continual basis to ensure that content is current, relevant and important. If you've looked at it before, check us out again as you never know what might have changed! If you haven't been to the website, check it out today and you just might learn something new!

**Outstanding Airmen of the Year -
Patricia Luna**

The Alpena Combat Readiness Training Center recently announced the winners of the coveted Outstanding Airmen and Civilian of the Year Awards.

To be considered, members were nominated by their supervisors based on leadership and job performance, community service and significant self-improvement. Packages were submitted to a board who reviewed and made their selections. The following individuals have received the distinct honor of Outstanding Airmen and Civilian of the Year 2012:

Senior Non-Commissioned Officer of the Year -
SMSgt Paul Coleman
Non-Commissioned Officer of the Year -
MSgt James Fuller
Airman of the Year - SrA Ty Swenor
Civilian of the Year - Mrs. Patricia Luna

In addition to being recognized at the base level, military personnel will go on to compete at the state level. Congratulations to these fine individuals for their outstanding accomplishments!

PROMOTIONS: October–December 2012
CONGRATULATIONS!

CMSgt Vanpate
Maj Enderby
SMSgt Brown
MSgt Perrin
MSgt Fuller

**“You are never too old to set another goal or
dream a new dream.”**

~ C.S. Lewis

Mission: *The Alpena CRTC provides premier support, facilities, instruction, and airspace to Department of Defense, Department of Homeland Security, Coalition, and emergency responders to meet the mission requirements of Combatant Commanders and Civil Authorities.*