



Dear Spouse/Significant Other,

Welcome to the 71st Student Squadron, known as the “STUS” at Vance Air Force Base, Enid, Oklahoma.

The STUS is made up of every student pilot here at Vance whether they are on casual status, learning to fly, graduating next week, or have graduated and are awaiting orders to move to their next base. There are also about 30 permanent party instructor pilots, First Sergeant, 85 simulator instructors all of whom mentor an average of 650 students during the pilot training program. We are a BIG and diverse squadron.

Pilot training is one of the most challenging and rewarding years you both will experience. You will undoubtedly make Air Force friendships that will last a lifetime. Enjoy every minute as it will go by in a flash; before you know it, you will be packing up your home and heading to your next assignment.

Please know that the STUS is here to help you and your spouse/significant other in any way you may need. There are several phases of training your spouse will go through and more changes than either of you may be used to, especially if you are a new military spouse. If you have any questions or want more information on how to get involved, join us on the STUCAN Flock Spouse page on Facebook (see below). If you are not on Facebook please send an email to the email address below and we will add you to our email distribution list. Again, welcome to the STUS, Vance Air Force Base and Enid. I look forward to getting to know you over the next year!

Heidi Long

Wife of Lt Col James Long, STUS Commander

71sturonspouses@gmail.com

heidilong266@gmail.com

(623)229-3892



To join us on Facebook, search for *Vance Newcomers (Student Spouses)*! Not on Facebook?
Please send us an email to the address above and we will add you to the distribution list.



Welcome to the 71st Student Squadron, STUS

Lt Col James Long, Commander
Heidi Long
(623)229-3892
heidilong266@gmail.com

Lt Col Graeme Dewstow, Operations Officer
Rebecca Dewstow
(325)320-1199

1. Do you have housing (888-366-1238) and medical care (580-213-7416) set up?
2. Do you know how to contact the Commanders?
 - a. Try your STUS flight commander
 - b. Then try your STUS ADO of training
 - c. In case of an emergency, always call one of us (see numbers above)
 - d. Your STUS Key Spouses (See contacts list inside pocket of folder)
3. Have you been added to the Facebook group or contacted us by email at 71sturonspouses@gmail.com?
4. Do you have a general understanding of your spouse's program?
 - a. IFT – Initial Flight Training – Pueblo, CO
 - b. 12 hour days
 - c. Academics
 - d. T-6 training with either the 8th Flying Training Squadron or the 33rd Flying Training Squadron T-1 training with the 3rd Flying Training Squadron or T-38 training with the 25th Flying Training Squadron
 - e. Follow-on training, SERE, or PIT
5. Do you know how to meet people?
 - a. The 71st STUS Spouses group holds educational and social events throughout each month. These are great ways to connect with other spouses and learn a little about the Air Force, training, and other social groups. Find out more on our Facebook page.
 - b. Vance Spouses' Club (VSC): Check out www.facebook.com/vancespousesclub
 - c. Airman and Family Readiness Center (580) 213-6330; a place for help on just about anything to do with Vance AFB, the Air Force and Enid
 - d. Volunteering, see the 71st STUS Spouses Facebook page
 - e. *What's Happening*, Vance's monthly magazine and *The Air Scoop*, Vance's newspaper, STUS Newsletter
 - f. Attend a Spouse Connect Tour: For information, contact the Airman and Family Readiness Center

If you have not yet been added to the "STUCAN Flock" Spouse Facebook group, search and add yourself to the "Vance Newcomers(Student Spouses)" group. An admin will confirm your association with 71st STUS and add you to the real page. Not on Facebook? Please send us an email to 71sturonspouses@gmail.com and we will add you to the distribution list.

Welcome to Vance AFB and the STUCAN Flock!

Hello! My name is Abby & I am a Key Spouse Liaison and the Newcomer Coordinator for the 71st Squadron Student spouses, also known as the “STUCAN Flock.” I want to take a moment and welcome you and your family to Vance Air Force Base and Enid, Oklahoma. I think you will discover that the community here is very supportive – both the Air Force leadership and Enid residents. Even though moving here – and for many of you, starting Air Force life – may have seemed overwhelming, there are many resources and people here to assist you.

The 71st STUS Spouse group is on Facebook, so please feel free to join us! To find us, search for “Vance Newcomers (Student Spouses)” and request to join. This group is a “dummy page” because the real Facebook page uses the Secret privacy setting. We will contact you through the dummy page and then add you to the real group (“STUCAN Flock”). Please feel free to use the Facebook group to ask any questions you may have. Questions get posted for all reasons – explanations of a certain phase in UPT, how to deal with repairs/ issues in housing, best places to shop or salons to use, finding someone to watch a pet, etc. Don’t worry that your question would seem odd; there is always someone willing to lend advice or a helping hand! For legal reasons, however, members of the group are not allowed to post any business-related information. (You can find other Facebook groups for this purpose, like the VAFB Business Networking and various unofficial Vance Yard Sale pages.)

Please let me know if you have any questions or need any help getting started - whether it’s Air Force related or not. I am here to help! You can contact me on Facebook or reach me at the number below. You can also e-mail the spouse group directly at 71sturonspouses@gmail.com. I look forward to meeting you and helping you with this new adventure.

Again, welcome to Vance!

Abby Moody
(262) 470-7378

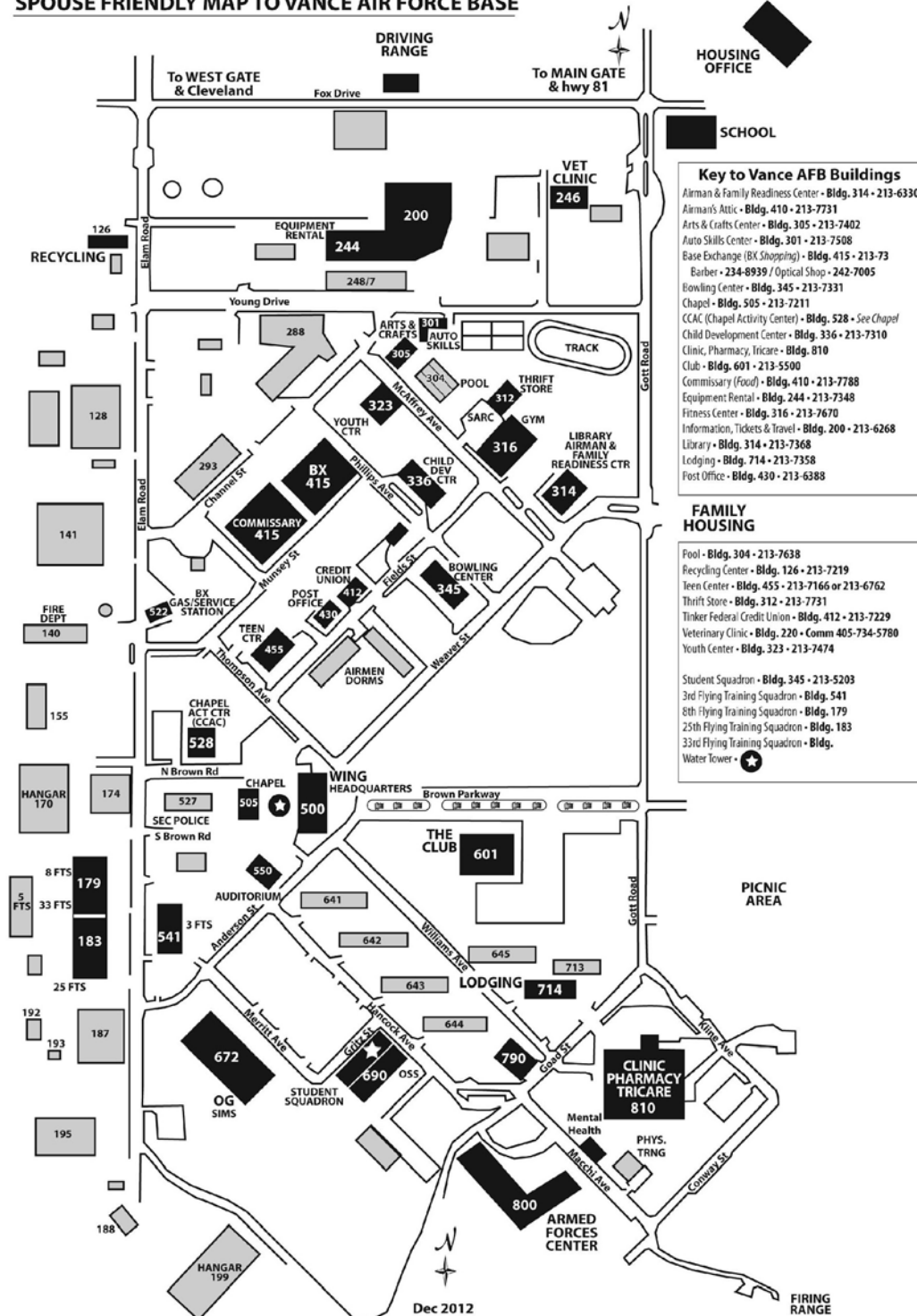
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Essential Phone Numbers

Airman and Family Readiness Center (A&FRC) (580) 213-6330	Vance AFB Pharmacy Refill Line (Allow 2-3 days for refill) (508)213-7292
Angel Dominguez Spouse Employment and Federal Resume Assistance (580) 213-7873	Tinker AFB Veterinary Clinic (Visits Vance AFB twice monthly) (405) 734-5780
Child Development Center (CDC) (580) 213-7310	Vance Family Housing and Maintenance (580) 234-0658
School-Aged Programs (580) 213-7474	Visitor Control Center (Hairston Main Gate) (580) 213-5528
Equipment Rentals (580) 213-7348	MFLAC Military Family Life Consultant (580) 478-3446
Sexual Assault Response Coordinator (SARC) Office (580)213-5598 24/7 Cell (580) 541-7095	Vance AFB Cherokee Lodge (580) 213-7358
Vance AFB Clinic Appointment Line (Regular business hours) (580) 213-7416	Vance Chaplain (580) 213-7211
Vance AFB Clinic After-Hours Appointment Line (<i>Do not need to call before being seen for an emergency</i>) (580) 249-4471	Vance Legal Office (580) 213-7404
Vance AFB Clinic Referral Line Appointment line can give referrals if the clinic does not have appointments available (580) 213-7367	Vance Mental Health & Family Advocacy (580)-213-7419
	Vance Library (580) 213-7368
	Vance Ticket Travel & Information Office (580) 213-6268
	Vance Youth Center (580) 213-7474

SPOUSE FRIENDLY MAP TO VANCE AIR FORCE BASE



Vance AFB Chain of Command for Student Squadron

- **Wing Commander:** Col Corey Simmons
 - **Vice Wing Commander:** Col Jay Johnson
 - **Operations Group Commander:** Col Bob Haas
 - **71st STUS Squadron Commander:** Lt Col James Long
 - **71st Operations Officer:** Lt Col Graeme Dewstow
 - **Student Squadron Phase II (8th or 33rd) Flight Commander***
_____ Phone: _____
 - **Student STUS Flight Commander***
_____ Phone: _____
 - **Student SRO***
_____ Phone: _____

*Each class will have their own Student SRO and Flight Commanders. Your student spouse should have this information within the first few weeks of class. You will also be able to attain this information at the T-6 Flock Brief spouse orientation (scheduled near the week the class hits the flight line).

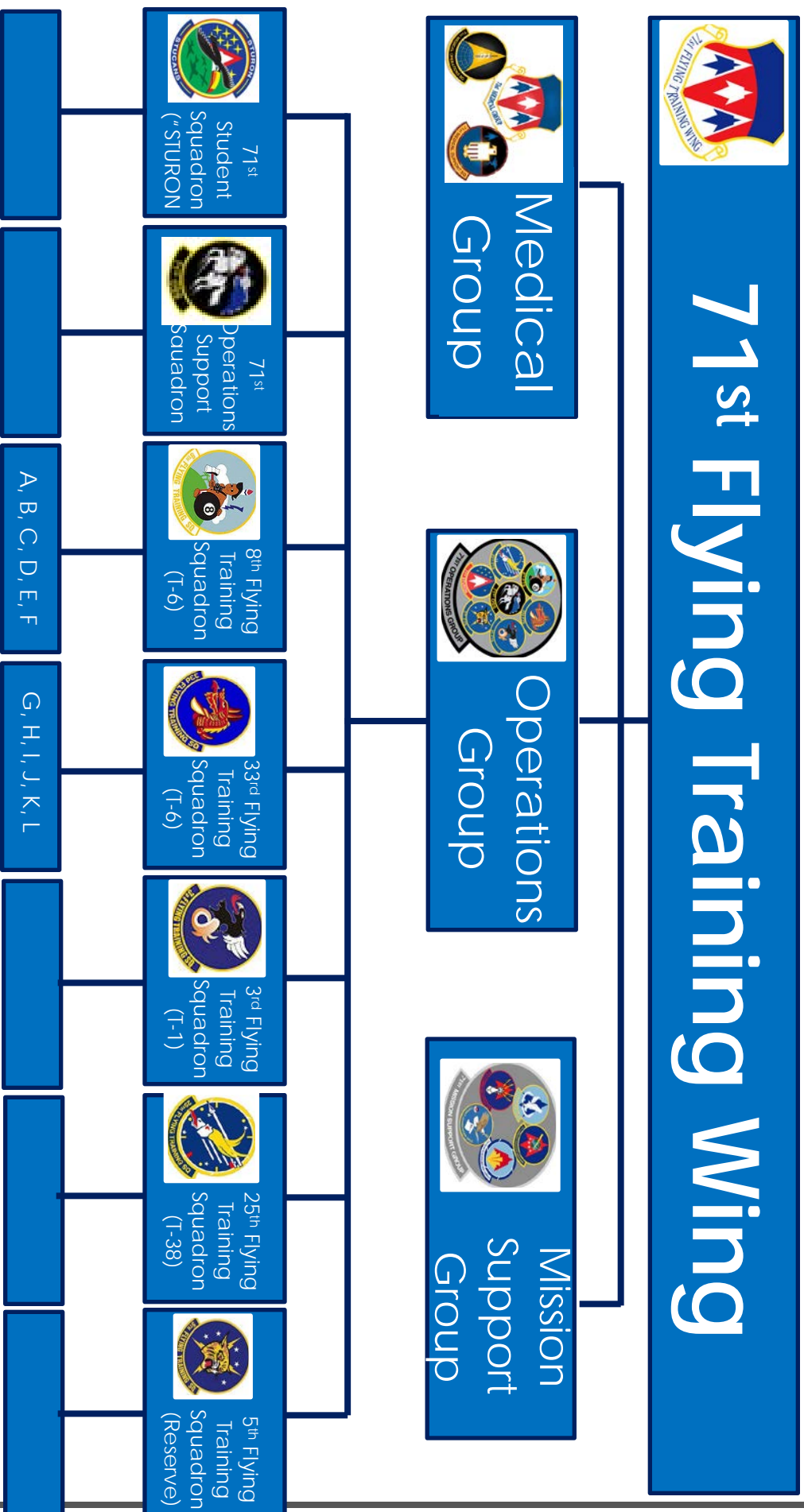
In case of an emergency:

If you or someone in your family has a personal emergency the STUS Flight Commander is the first person contacted. For **medical emergencies** involving life, limb, or eyesight, call 911 **immediately**.

If you do not feel comfortable contacting your spouse's flight commander(s), please contact a Key Spouse or the Student Squadron.

VANCE AFB WING COMMAND

As your spouse begins JSUPT, you might hear him or her refer to various parts of the command structure, such as the Wing, Group, Squadron, or Flight. This bracket will show you the command hierarchy from the wing (all of Vance) all the way down to the Operations Group's flights (there are two flights per class). Although not shown, the Medical Group and Mission Support Group command squadrons and flights of their own.



Making the Most of a New Base

Adapted From: www.militaryonesource.com

How you and your family approach living on or near a base will in large part determine your quality of life as a military family. If you look at life in the military community as an adventure — full of exciting new opportunities and friends to cherish for the rest of your life — you will learn, grow, and enjoy yourself, too. Here are some ways to make installation life the best possible experience:

"Take charge" of your life on the installation. A positive attitude is everything! While there are many programs and facilities available at Vance Air Force Base, it's up to you to take advantage of them. When you're invited to that first "coffee" or other event for spouses, be sure to accept — this is where you can get many of your first questions answered by people who are familiar with military life. Be sure to attend any welcome events — you're likely to meet other newcomers who are looking for friendship. Go for walks. If you stay in your home and keep to yourself, you are likely to begin to feel isolated.

Take advantage of programs available to spouses new to the community. Inquire about spouse education programs, on-base life, "Spouse Connect Tour" briefings, and social events.

If you have children, get them involved in base activities. Whether it's scouting, piano, baseball, or soccer, your child is sure to find an activity of his or her liking. Vance's youth center and teen center offer various classes and activities.

Get to know your neighbors. Practically everyone at Vance AFB is in a situation similar to yours — in a new town, away from family, and surrounded by unfamiliar faces. Other military families seek the same things you do, including a sense of community and wholesome family activities. Reach out to these families for friendship, education about military life, and a general sense of belonging. Remember it is important to have respect for and be gracious to all military members and their families, regardless of rank.

Get to know your base and local community. Be sure to: Read The Air Scoop, Vance AFB's weekly newspaper. It comes out on Fridays and can be picked up at the Commissary, Airman & Family Readiness, the gym & more. For base resources, contact the Airman & Family Readiness Center. Attend Vance AFB City Hall meetings when offered and check out the local newspaper Enid News & Eagle or Enid Buzz online. These will give you the opportunity to learn accurate information about policies, changes, or events that affect life at Vance AFB and in the Enid community.

Participate in your military community activities. Vance AFB offers a variety of year-round activities. You can usually find out about these activities through advertisements and announcements on the squadron Facebook page, in the monthly magazine, What's Happening App, on marquees, and on flyers distributed throughout the installation. Vance AFB also participates in the MyMC² application, which maintains a calendar of base events.

Learn about your new military culture. Classes for spouses explaining rank, structure, history, and protocol may be offered through base programs, spouse organizations, or by the service member's command. Talk to your Key Spouses. Vance AFB has a travel office dedicated to providing information about recreational activities in Oklahoma, neighboring states, and discounts on vacationing. You are likely to find language and culture classes on base, or in town. You'll find these advertised in The Air Scoop, What's Happening, Vanceconnect.com.

I Wish I Knew...



Who is this toucan?

In 2015, the 71st Student Squadron voted on a new mascot, the STUCAN toucan. This also led to a new patch for the squadron designed by a student spouse.



Important information about Enid

- Area Code (580)
- Zip codes 73701, 73702, 73703, 73705 (Base offices)
- In Garfield County
- Weather alert station 162.475 mHz

Vance AFB Commissary

- Normal Hours: Sunday: 10:00-5:00 Thursday, 9:00-7:00
Monday, CLOSED Friday, 9:00-7:00
Tuesday, 9:00-7:00 Saturday, 9:00-6:00
Wednesday, 9:00-7:00
- Baggers work for tips only. Tip amount will vary with your comfort level, amount of groceries purchased, and how busy the commissary is. Baggers will bag your groceries and take them to your vehicle to load. It is appropriate to tip after they have loaded your goods.

Living on base

- You cannot walk/run around base with headphones or ear buds because it is a safety hazard. You can use them on the track.
- After dark you should wear a reflective belt when walking outside.
- When riding a bicycle on base a helmet must be worn at all times.
- The speed limit in base housing is 15mph. Exceeding the speed limit by 7mph will result in license suspension for 30 days.
- There is a Dog Park! The dog park is intended for base housing residents. Help keep the privilege and follow the posted rules. Introduce yourself to new people! The Dog Park is located on the north side of Woodring Pkwy between Lehr St. and Parker St.
- Park on the correct side of the street, look for the signs!
- There are species and breed restrictions on pets in base housing. Contact the housing office for current information.
- You may have up to 3 pets on base.

Vance AFB Resources

- Check out www.vance71fss.com and Vanceconnect.com for information on all of the Vance AFB Services. A few examples are the gym, arts and crafts center, equipment rentals, and youth center.
- Sign up at www.vance71fss.com for **automatic text alerts** for emergencies, base events, base closures, socials, education & volunteer opportunities and more.
- The Airman & Family Readiness Center (580-213-6330) offers multiple services: Spouse employment, Relocation assistance, Childcare & local school information, OBGYN

Orientations for expectant mothers, Spouse Connect Tour Newcomer's Tours of base, financial counseling, volunteer opportunities, family deployment preparation, life consultants & counseling, & babysitting training.

Emergency Information

- To receive text message alerts from Enid and Garfield County Office of Emergency Management text your zip code to **888777**
- The Enid & Garfield county Office of Emergency Management is on facebook check <https://www.facebook.com/pages/EnidGarfield-County-Emergency-Management> for up to date announcements.
- Keep a weather radio in your home set to weather alert mode for alerts channels are: **103.1 - KOFM ; 960 - KGWA - AM ; 107.1 – KNID; 95.7 KXLS - FM ; 1390 - KCRC - AM**
- When on base listen for alerts over the big-voice system
- For information on how to prepare for emergencies visit www.ready.gov
- Also contact the Vance Emergency management office **(580) 213-7579** to find out how to get prepared.

Air Force Aid Society 20hrs Free PCS Child Care

- The AFAS will provide you with a Signed Certificate of Eligibility to take with to the Child Development Center and/or School-Aged Program for 20hrs of drop-in care, on a space-available basis. This service is available on both ends of your deployment (20hrs childcare/per child when you depart a base and 20 more hrs when you arrive at your receiving base).
- You must contact the CDC & School-Aged Programs in advance for availability and documents to bring: Copy of PCS Orders & Parent military ID card (see essential #s page)

Leadership Pathways & Resiliency Training

- The Leadership Pathways program offers classes and opportunities to enhance leadership skills at all levels. Take classes with physical, mental, social and spiritual topics and get ready to help yourself and others.
- Participants will receive credit and recognition at the Squadron, Group and Wing levels. Achievements can also be used for career progression as well as bullets, awards, and professional resumes for spouses.
- Develop the leader in you in a relaxed and fun environment. Convenient, easy and simple 5 min – 1 Hr classes
- Check out <http://www.vanceconnect.com/leadership-pathways.html> (580-213-7709) for a brochure of course offerings and schedules.

Vance AFB Yard Sale and Vance Military Spouse Yard Sale Facebook Pages

- Request to join the group, this is a great place to sell and buy furniture, moving supplies and children's cloths, books & toys.

- Check your “other” messages on Facebook. You will receive a message asking you to confirm your connection to Vance AFB.

The DIY District

- Monthly craft socials offered and open to all who wish to attend. Learn a new craft and meet new people. (580) 402-5379 Search “DIY District-Vance AFB” for their Facebook page to find out about upcoming events!

The Bradley Fitness Center & Health and Wellness Center

- Offers free fitness, group & health education classes
- Open 24 hours with approved access card. See gym front desk for details.

Advertising personal businesses

- You cannot advertise your business on our Spouse Facebook page. You may, however, include it in our monthly newsletter. Contact us to be included at 71sturonspouses@gmail.com
- Check out the VAFB Business Networking Page on Facebook (attached to the pinned welcome post)

Fax Machines

- The Airman and Family Readiness Center (A&FRC) has a fax machine for use at no charge for local faxes only
- The library has a fax machine available for use for \$1

Tax Help

- There are several people at Vance AFB that volunteer with VITA, a volunteer tax assistance program available to military members for free. Contact a volunteer to set up an appointment. The Airman Family Readiness (580-213-6330) has a complete list of tax volunteers updated yearly.
- There are several tax-prep companies that also offer free tax service to military members. Among them are H&R Block and TurboTax

Tips for Reservists

- Base housing cannot take the allotment from your paycheck like it does for active duty. Instead you will need to go in and pay rent monthly.

Visitors

- Vance AFB Visitors Center
 - Normal Hours Monday-Friday 7:00-4:00
 - 100 Gott Road, Building 72
 - (580) 213-5522
- Guests must have a sponsor with a military ID to enter Vance AFB.
- If the guest is in the vehicle with the sponsor no guest pass is necessary.
- All guests must have some form of picture ID with them to enter Vance AFB.

- If the guest is entering Vance AFB in their own vehicle, without a military ID in the vehicle, then a visitor's pass must be obtained. They will need Driver's license, car registration, proof of insurance, and a sponsor to obtain a pass. Once they have a pass (that must be carried at all times on base) they can enter and leave base as desired as long as the pass is valid.
- The Visitors center issues visitor passes during normal operating hours. When the Visitors center is closed the Hairston main gate can issue visitor passes.
- **Visiting foreign nationals must have extra processing time to be issued a pass.** Contact the Visitors center at least 4 weeks prior to arrival to ensure proper processing.

Traveling

- You (a civilian) can go where you want when you want; however, your spouse does not have the same freedoms.
- Your spouse must get **all** overnight travel approved. If they do not spend the night in their own bed then their flight commander needs to know about it.
- Generally, there is no time during pilot training to take leave. The schedule is very busy and does not allow for vacation time. However, students will get federal holidays and family days off.
- Your spouse's schedule following graduation will vary depending on follow-on training. It is not wise to plan a vacation right after graduation until your spouse knows his/her orders.
- If there are important upcoming events that your spouse needs to be present for (IE: your own wedding celebration or birth) it is possible that he/she can be there. However, his/her flight commander must be made aware of the situation as soon as possible so arrangements can be made. There is no guarantee that training will allow for time off for the event.
- There are restrictions on where your spouse can travel. For example, military members may not visit Mexico. Check with your spouse before booking any vacations to make sure they meet the requirements for travel.
- Military members often qualify for inexpensive travel. Visit www.avfclub.com and/or call the ITT office for information on reduced-fare vacations.

Useful websites

- Vance AFB Official Website www.vance.af.mil
- Vance AFB Services www.vance71fss.com
- Vance Connect <http://www.vanceconnect.com>
- Enid Buzz www.enidbuzz.com Source for upcoming events in Enid
- Oklahoma Tourism Department www.travelok.com
- Enid www.visitenid.org, www.enid.org
- Vance Family Housing www.vancefamilyhousing.com
- Military One Source www.militaryonesource.mil
- Automated Housing Referral Network www.ahrn.com Posts on and off-base housing

- Military By Owner www.militarybyowner.com
- Posts houses for sale near military installations
- Armed Forces Vacation Club www.afvclub.com
- Emergency preparedness www.ready.gov

Each of the following Enid and Vance Air force Base organizations have Facebook pages that are frequently updated with new events and base information:

- 71st STUS Spouse's Group
- Vance Spouses' Club
- Vance Military Spouse Yard sale page
- Vance Business Network
- Vance AFB Bradley Fitness and Sports Center
- Vance AFB Health and Wellness Center
- Vance Connect
- Vance AFB Force Support Squadron
- SARC Vance Air Force Base
- Vance AFB Mental Health Services/ Family Advocacy
- Vance Airman & Family Readiness Center
- Vance Bowling Alley
- Vance AFB Teen Center
- Vance Air Scoop
- Vance AFB Cycling Club
- Vance AFB Airman's Attic
- Vance DIY Group
- Enid Buzz
- Main Street Enid
- Enid Chamber of Commerce



SICK?

Vance AFB Clinic

❖ <i>Location:</i>	527 Gott Road or Building #810
❖ <i>Hours of Operation:</i>	Monday – Friday 0730 -1630
❖ <i>Clinic Appointment Line:</i>	(580) 213-7416
❖ <i>Clinic Pharmacy*:</i>	(580) 213-7783
❖ <i>Clinic Pharmacy – Prescription Refill*:</i>	(580) 213-7292 or 1-800-453-0387
❖ <i>Clinic Referral Line:</i>	(580) 213-7367

TriCare

❖ <i>TriCare Nurse Advice Line:</i>	1-800-874-2273, Option 1
If it's after hours or you're just not sure if you need to see a doctor, call TRICARE's Nurse Advice Line— 24 hours per day, 7 days per week. You can talk to a registered nurse who can:	
<ul style="list-style-type: none"> • Answer your urgent care questions • Give you health care advice • Help you find a doctor • Schedule next-day appointments at military hospitals and clinics 	
❖ <i>Humana Military /TriCare South Region:</i>	1-800-444-5445
❖ <i>Appointment Referral when you are out of the South Region area:</i>	1-800-444-5445
❖ www.myTRICARE.com	www.tricare.mil www.Humana-Military.com

A Note About Your Benefits

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- ❖ Military dependents qualify for the TriCare Prime benefits package at no cost. Vance AFB is located in TriCare's south region, and is operated by Humana Military. This medical and vision insurance program is an HMO. That means that all off-base doctors' visits (for the exception of mental health services) require a referral from the base clinic beforehand.
 - ❖ Spouses and families can also enroll in the MetLife dental program, which is automatically deducted from the officer's paycheck. Your spouse should receive a briefing on this option during their medical in-processing, which spouses are encouraged to attend. The dental clinic at Vance AFB is for military members only; families will need to use an off-base dentist.
 - ❖ When visiting an off-base Doctors' office, your insurance policy ID# is your spouse's Social Security Number. If you or a family member needs to go to the Emergency Room after business hours, you need to call TriCare within 24 hours after the visit.
 - ❖ You can upgrade your insurance policy to the PPO option, called TriCare Standard, which does not require pre-approved referrals.
 - ❖ An annual eye appointment does not require a clinic referral. An annual gynecologist checkup does not require, but is highly encouraged to receive a pre-approved referral. However, you must still choose an in-network doctor.

* TriCare Prime members can also get prescriptions filled off-base for a small fee. You just need a doctor's written or called-in script. Enid's in-town network pharmacies include FAMILY PHARMACY (Jumbo Market), EVANS Pharmacy, WAL-MART, KMART, SCHEFFE, RICK's, CVS. Walgreens does not accept TriCare Prime.

Feeling depressed, anxious, or just want someone to talk to? Please do not hesitate to contact the licensed counselors at the Military & Family Life Counseling Program (MFLC), a chaplain, or a Key Spouse.

This document was created by the 71st Sturon Spouses group and is not endorsed by TriCare. It is not intended to be a comprehensive list of benefits. For the most accurate information about your plan, visit www.tricare.mil



Staying Safe Online

Adapted From: www.staysafeonline.com

Many of us believe that we mastered the concept of internet safety sometime before puberty, but becoming a military spouse brings new awareness to the dangers of information sharing and a need to protect not just ourselves, but our heroes as well. Below are tips that will help you be more aware of your online activity:

For Military Families

- **Keep information vague.** Avoid sharing information about the current location of you or your family. NEVER post specific information about your spouse's travels (ie. "So excited – hubby comes home from deployment at 5:00!" or "Sad, hubby leaves for <insert location here> in the morning ☹️").
- **Make your security settings restrictive.** Check the settings on your devices and social networking sites to ensure only approved friends can view profile and information about you and your family.
- **Be sure to double-check your settings each time you load photos.** Often times, strangers can still see the photos you post though friends of friends, even if security settings are restrictive.
- **Disable Geotag on your phone to avoid specific locations being attached to photos and posts.** This is very important to avoid strangers who see your photos from knowing *exactly* where you live!

Protect Your Personal Information.

- **Secure your accounts:** Ask for protection beyond passwords. Many account providers now offer additional ways for you verify who you are before you conduct business on that site, such as sending a text message with a code to confirm identity.
- **Make passwords long and strong:** Combine capital and lowercase letters with numbers and symbols to create a more secure password.
- **Own your online presence:** When available, set the privacy and security settings on websites to your comfort level for information sharing. It's ok to limit who you share information with.

Be Web Wise.

- **Stay current. Keep pace with new ways to stay safe online.** Check trusted websites for the latest information, and share with friends, family, and colleagues and encourage them to be web wise.
- **Think before you act:** Be wary of communications that implores you to act immediately, offer something that sounds too good to be true, or asks for personal information.

Keep a Clean Machine.

- **Keep security software current:** Having the latest security software, web browser, and operating system are the best defenses against viruses, malware, and other online threats.

- **Automate software updates:** Many software programs will automatically connect and

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- ❖ You can upgrade your insurance policy to the PPO option, called TriCare Standard, which does not require pre-approved referrals.
- ❖ An annual eye appointment does not require a clinic referral. An annual gynecologist checkup does not require, but is highly encouraged to receive a pre-approved referral. However, you must still choose an in-network doctor.

* TriCare Prime members can also get prescriptions filled off-base for a small fee. You just need a doctor's written or called-in script. Enid's in-town network pharmacies include FAMILY PHARMACY (Jumbo Market), EVANS Pharmacy, WAL-MART, KMART, SCHEFFE, RICK's, CVS. Walgreens does not accept TriCare Prime.

Feeling depressed, anxious, or just want someone to talk to? Please do not hesitate to contact the licensed counselors at the Military & Family Life Counseling Program (MFLC), a chaplain, or a Key Spouse.

This document was created by the 71st Sturon Spouses group and is not endorsed by TriCare. It is not intended to be a comprehensive list of benefits. For the most accurate information about your plan, visit www.tricare.mil

One Last Word on Security

Adapted From: www.armymedicine.army.mil

What Is OPSEC?

Operations Security, or OPSEC, keeps potential adversaries from discovering our critical information. As the name suggests, it protects our operations – planned, in progress, and those completed. Success depends on secrecy and surprise, so the military can accomplish missions faster and with less risk. Our adversaries want our information, and they don't concentrate on only soldiers to get it. They want you, the family member. As a family member of our military community, you are a vital player in our success, and we couldn't do our job without your support. You may not know it, but you also play a crucial role in ensuring your loved one's safety. You can protect your family and friends by protecting what you know of the military's day-to-day operations. That's OPSEC.

Protecting Critical Information

Even though information may not be "classified", it can be what we call "critical information." Critical information deals with specific facts about military intentions, capabilities, operations or activities. If an adversary knew this detailed information, our mission accomplishment and personnel safety could be jeopardized. Critical information must be protected to ensure an adversary doesn't gain a significant advantage. By being a member of the military family, you will often know some bits of critical information. **Do not discuss them outside of your immediate family and especially not over the telephone or internet.**

Examples of Critical Information

- Detailed information about the mission of assigned units.
- Details on locations and times of deployments (or homecomings).
- Personnel transactions that occur in large numbers (Examples: pay information, powers of attorney, wills, deployment information).
- References to trends in unit morale or personnel problems.
- Details concerning security procedures.
- References to illness, injury, or death that has occurred.

Puzzle Pieces

These bits of information may seem insignificant. However, to a trained adversary, they are small pieces of a puzzle that highlight what we're doing and planning. Remember, the elements of security and surprise are vital to the accomplishment of our goals and our collective personnel protection.

- Where and how you discuss this information is just as important as with whom you discuss it. Adversary agents tasked with collecting information frequently visit some of the same websites, stores, clubs, recreational areas, or places of worship as you do.
- Persistent individuals can easily collect data from cordless and cellular phones and even baby monitors, using inexpensive receivers available from local electronics stores.
- If anyone, especially a foreign national, persistently seeks information, notify your military sponsor immediately. He or she will notify the unit OPSEC program manager.

SUPT Important Events

T-6 Solo Flight

What is it? Your spouse's first flight without an instructor in T-6 Primary Phase. It is preceded by a flight with an instructor before they are sent out by themselves. Solo flights may last up to one hour. After the solo flight your spouse will be thrown in the traditional "dunk tank" to celebrate his first flight.

When & Where is it? You will meet one of your spouse's flight mates to sponsor you during the solo flight. You must obtain a pass from Base OPS before you are allowed on the flight line. You may not leave your sponsor at any time. You must remain behind the yellow line to prevent interruption.

Who is invited? Spouses are welcome to attend to take pictures.

What is the dress code? This is a casual event. You will be standing along the flight line, so take weather into consideration. Enid is breezy on the best of days so loose clothing may fly away.

Track Select

What is it? The end of Primary Phase of pilot training. The students "track" into the Advanced phase of training into helicopters, T-1s, or T-38s.

When & Where is it? This is class dependent and will look different for each class.

Who is invited? Anyone connected to or in support of that class.

What is the dress code? Uniform of the day, and casual for spouses

Flock Briefs

What / Where is it? Flock Briefs are typically held the Wednesday following Track Select in the 25th / 33rd Heritage Room or the 8th Auditorium. Phase II Flock Briefs occur every 4 weeks and Phase III Flock Briefs occur every 6 weeks and will include several classes. During the brief the class's IP will go over what to expect during that phase of training, answer questions, take spouses on a tour of the Flying Squadron, Life Support and it will end with a Pet-the-Jet session.

Who is Invited? This is an important event and all spouses & significant others in the class are highly encouraged to attend.

What is the dress code? Uniform of the day for AD and casual for the spouses.

Assignment Night

What is it? Your class, both T-1s and T-38s, will likely meet at the Vance club for the presentations of the Class Patch and Class Video to the base. This is followed by a humorous, yet meaningful presentation of the student assignments (what airframe and base everyone gets). They will start with the SRO (senior ranking officer) and proceed alphabetically. Food and beverage items (these may vary from class to class) may be served, while the supply lasts, to the attendees of the assignment night. The class pays for food and kegs.

When & Where is it? Assignment Night usually takes place inside the Vance Club

Who is invited? There is always an open invitation to anyone on base to come watch an assignment night. Students are welcome to bring their families; there is no limit to the number of guests that may attend, nor an age limit. However, kegs are provided and the bar will be open throughout the event; activities/language is not monitored to be "kid friendly." *NOTE your class food is made available to anyone attending.

What is the dress code? Assignment night is an informal event. The students will be in flight suits. Feel free to wear jeans to this event.

Red Carpet Day

What is it? This day is for family and friends of the graduating students. There is a breakfast in each respective squadron in the morning. IP (instructor pilot) awards are given out in each flight in the morning, along with a presentation from the squadron/flight commander. Following these events the day is full of opportunities to tour Vance AFB.

Available Tours: RAPCON, Air Traffic Control Tower, Aerospace Physiology, Life Support, Simulator rides, Fire House, Static Displays of the planes

When & Where is it? This day will be the day before graduation; usually a Thursday. The breakfast is at 8:00 in the flight rooms or squadron auditorium, with tours around the base to follow throughout the day.

Who is invited? Each student is able to invite any family or friends that they want. There is no limit on how many guests can attend, nor an age limit. However, in both the Tower and the RAPCON if children are misbehaving they will be asked to leave immediately for aircraft safety.

What is the dress code? This is another casual day; the students will be in flight suits. Keep in mind there will be lots of walking both indoors and out on this day, so please dress accordingly and keep the weather in mind.

Graduation Morning

What is it? This is the ceremony where each student pilot receives his or her wings. There is also a DV (distinguished visitor) who will speak and awards will be presented.

- i. Pictures during the ceremony: The front row is intentionally left empty to allow family to come forward and take pictures during their student's time up front. Once they are done getting pictures they are to return to their seats. The auditorium will also be left unlocked and lighted to allow for additional time after the ceremony for more pictures.
- ii. Please note that most students may borrow a pair of magnetic wings to use during the pinning ceremony. It aids to the overall timing of the event. These wings must be returned to the graduation coordinator.

When & Where is it? It is held in the base auditorium at 9:00 and 10:00. Many families arrive early to obtain good seats. The ceremony lasts approximately 50 minutes.

Who is invited? Any family or friends the student wishes to invite are welcome.

What is the dress code? The dress code is "Sunday clothes". Students will be in their dress blues. Nice pants and a collared shirt are appropriate for men, most attendees are in a coat and tie; a sun dress or nice pants outfit for ladies. Jeans are inappropriate for this occasion. Ladies—the floor is slanted downwards, so please be aware of this when choosing your shoes.

Graduation Evening

What is it? This is the formal dinner for the graduating students, held the evening of graduation day. There will be a receiving line, a formal, sit down dinner, the breaking of the wings ceremony (wings should be pre-scored), a slide show presentation which includes baby pictures, the presentation of aeronautical certificates to each student, presentation of 5 awards (per flight) to the students, and presentation of certificates and roses to spouses. (Note: It is base policy that only spouses receive roses at this event)

- i. *NOTE There will be time available for simulator rides and to see the static aircraft displays on this day between the morning and evening activities for those unable to attend Red Carpet Day.

When & Where is it? The formal dinner event (held at the Stride Bank Center at this time) will open at 6:00 the evening of graduation. The receiving line begins at 6:30. The evening will end between 9:45 and 10:15.

- i. Receiving line protocol: The class SRO starts the line. Military Members are to go first and introduce their family members. If the family party is large, the member is responsible only to introduce immediate family (or those right behind him) and the rest of the family may introduce themselves.
- ii. Military Members must not sit down before the Wing Commander once entering the event.

Who is invited? Students are welcome to bring their families; there is no limit to the number of guests that may attend (depending on the venue choice, the Club has seating limits of 210 people, the country club 180, etc.). Guests attending the banquet must be registered ahead of time by the student.

What is the dress code? This event is black tie. Graduates will be in formal mess dress. (See "Mess Dress Regulations" to help your spouse properly dress for this event.) Men may wear either a tuxedo or a dark suit and tie; ladies may wear either a cocktail dress or long evening gown. Active Duty spouses or AD NOT IN UPT may choose to wear mess dress or formal wear. Please do not feel that you or your family must go and spend money on new clothes for this event. No one will be turned away for attire; just dress as closely to the formality as possible.

THE *TRUE COST* OF BEING IN THE AIR FORCE:

Discovering Your Benefits

MEDICAL CARE

TriCare provides *FREE* health care and prescriptions (for active duty, retired & dependents) at the base clinic for Active Duty members, their family, and military retirees. Dental insurance is also available at discounted rates. Save hundreds to thousands of dollars each year over private health and dental insurance.

COMMISSARY, THE EXCHANGE (BX) & AFFES

Commissary shopping provides an average of 30% savings over commercial purchases. AAFES provides merchandise and services at uniformly low prices – items are tax free!

LEGAL ASSISTANCE

FREE legal advice from experienced lawyers is available to service members and their family. Create a will, establish power of attorney, notarize documents, and receive tax preparation assistance.

SERVICE MEMBER GROUP LIFE INSURANCE (SGLI)

SGLI is a program that provides low-cost term life insurance coverage. Eligible service members are **automatically** enrolled and issued the maximum SGLI coverage. In the case of a service member's death, beneficiaries are awarded a total of \$400,000, with \$100,000 put into their bank account within 24 hours of the incident ... ***all for just \$29/ month!*** Family SGLI covers spouse deaths at \$100,000 and children at \$10,000 for just \$5 more per month.

SURVIVOR BENEFIT PROGRAM

Beneficiaries receive 55% of the service member's calculated retirement pay for the rest of their life (unless spouse remarries before age 55.) Free financial planning services are also included.

THRIFT SAVINGS PLAN (TSP)

The Thrift Savings Plan (TSP) is a retirement savings and investment plan for Federal employees and members of the uniformed services. TSP offers the same types of savings and tax benefits that many private corporations offer their employees under 401(k) plans, and is a supplement to your CSRS annuity or military retired pay. Learn more at www.tsp.gov or visit your base Finance Office.

AIR FORCE AID SOCIETY

Assistance with personal emergencies
Parents a Break Program
Bundles for Babies
Phone Home program

Spouse Orientation Program (Spouse Connect Tour)
Child Care for PCS
Car Care Because We Care

SERVICE MEMBER CIVIL RELIEF ACT

Formerly the Soldiers' and Sailors' Civil Relief Act of 1940, the SCRA is intended to postpone or suspend certain civil obligations to enable service members to devote full attention to duty and relieve stress on the family members of those deployed service members. A few examples of obligations you may be protected against are outstanding credit card debt, mortgage payments, pending trials, terminations of lease. Most commonly, the SCRA is known for the lowered interest rate on debt (maximum of 6%) per year and interest in excess of the 6% cap is forgiven (NOT APPLICABLE TO STUDENT LOANS). *Visit your base legal office for details.*

MyCAA

My Career Advancement Account provides up to \$4,000 of financial assistance to eligible military spouses (E1-E5, W1-W2, and O1-O2) and can be used to pursue a license, certification, or Associates Degree. Find out more at www.militaryonesource.com

DOD MILITARY SPOUSE PREFERENCE PROGRAM

This program affords spouses preference in the placement of qualified federal employment positions. You can sign up at your base's Human Resources Office (HRO) or visit the Airman & Family Readiness Center for assistance with creating a federal resume.

CHILD DEVELOPMENT CENTER/YOUTH CENTER

The CDC/YC is nationally accredited and staffed by well-trained professionals you can trust to care for your little ones ages six weeks to ten years. Child Development Centers across the country offer a variety of programs including full day care, hourly care, part-day enrichment, "Give Parents A Break" program, and even Overnight Care at some bases. Costs are adjusted according to family income making these programs much more affordable than downtown options.

SPACE "A" TRAVEL

Space-A travel is a means by which military members, their families, retirees, and US [Department of Defense](#) civilian personnel are permitted to travel on military aircraft when excess capability allows. Learn more at <http://www.amc.af.mil/amctravel/>

ARMED FORCES RECREATION CENTERS

These full-service resort hotels provide quality, wholesome, affordable, family-oriented vacation recreation opportunities to service members, their families, and other authorized patrons of the Total Defense Force. AFRC resorts are located in Florida, Hawaii, South Korea, Japan, and Germany. Visit <http://www.armymwr.com/travel/recreationcenters/> to find out more.

TRAVEL ORDERS

Transportation, Per Diem, personal property move, POV shipment... ALL COVERED with orders!!!

ADDITIONAL SERVICES AVAILABLE ON BASE

* Fitness Center * Golf Courses * RV & Trailer Storage * Bowling Center * Family Camp*
* Vet Clinic * Lodging* Skills Development Center * Sports Fields * and many more!

RETAIL SAVINGS

Many hotels, restaurants, retail stores, car insurance companies, and more offer discounts to military!

RETIREMENT

Retirement check after only 20 years, Thrift Savings Plan, Savings Deposit Program, and more!

PROMOTIONS AND PAY

The US Air Force has a fair, impartial, visible, understandable, promotion system that provides equal opportunity for all! Promotion opportunities occur annually, while in the civilian sector jobs are often stagnant. Base pay and allowances increase with promotion and time in service.

Example:

O-1 Base Pay -	\$2,905.20
Flight Pay -	\$125.00
BAS -	\$246.24
+ BAH -	<u>\$1080.00</u>
Annual Salary	\$52,227.28**

****Not bad!** But, we hope this document has helped show you that your member's annual salary will go farther than it would in the private sector because of military discounts and programs.

Protocol and Etiquette

From: <https://www.usafservices.com/Home/SpouseSupport.aspx>

Many times during the Air Force member's career you will be invited to attend all sorts of ceremonies, from promotions and changes of command, to formal dinners and retirement functions. Knowing a little about Protocol can make you feel more comfortable and confident. Protocol is nothing to be afraid of or worried about. To quote from the Protocol Primer, "Protocol is an adherence to customs, tempered with a touch of common sense, good manners, and a concern for others." As an Air Force spouse, it is important to know the Protocol of the military world, which is a combination of tradition, etiquette, and courtesy.

Dress code

The invitation will indicate the type of attire. When in doubt, call the host of the event and ask what the appropriate dress will be. What the military member is required to wear to an event can also be a good indication what sort of civilian clothing would be appropriate.

Very Casual

- Corresponds with type of function (BBQ, hayride, sporting event, etc.). Usually jeans or shorts, t-shirts, sweatshirts, etc.
- For this type of event, the member will also probably wear civilian clothing.

Casual

- Corresponds to what would ordinarily be worn to work on a day-to-day basis. Ladies - slacks, simple dress, skirt and blouse. Men - open collar shirt, khakis.
- Air Force members wear the "duty uniform," usually ABUs, the light blue shirt with or without tie, or flight suit, depending on duty section.
- At civilian casual functions, dress for men will normally be a short or long-sleeved open-neck shirt, perhaps a sweater or sports coat, but no tie. For ladies, a casual dress, slacks and blouse, and long or short skirt are appropriate. Short skirts need to be no more than 2 inches above the knee.

Sport Coat and Tie

- Next step up the ladder towards more formal attire and would be appropriate for some icebreakers or dinner at the Commander's quarters. Ladies - church dress or dressy slacks outfit. Men - sports jacket, slacks and tie.
- When the invitation specifies "sport coat and tie," the Air Force member would typically wear civilian clothing instead of uniform.

Business Suit/Informal

- Most closely corresponds to "informal." Ladies - business suit, or dressy, street-length or Sunday dress (very similar to the Sport Coat and Tie dress code). Men - dark (subdued) suit and tie.

- Air Force member's "business suit" is the Service Dress Blues. Service Dress is most often worn to promotion and retirement ceremonies, changes of command, parades, pass and reviews, and official visits of VIPs and dignitaries.

Semi-Formal

- A slight step down from formal attire. Ladies – cocktail dress (knee length or tea length) or dressy cocktail pants outfit. Men – dark distinguished business suit.
- Mess Dress uniform for Air Force member.

Formal

- Known as "black tie." For the Air Force member, this is the Mess Dress equivalent and is appropriate attire for functions like the Dining-In/Out, Graduations, annual award dinners, military weddings (as a participant), and various civilian "black tie" affairs, like charity galas or holiday balls.
- Civilian equivalent to the Mess Dress uniform for men is a black tuxedo with black bow tie. Ladies – long or short evening dress. Keep in mind that anything shorter than 2 inches above the knee is never appropriate.

Types of Ceremonies and Events

There are a variety of Air Force ceremonies and events. If the invitation has an RSVP or "Please respond," you should reply within two days of receiving the invitation, or by the "respond by" date if one is indicated. Children are typically not invited to a function unless specified. The following is a brief description of the most common ceremonies/events.

Awards and Decorations

The Air Force presents many levels of awards in recognition of service or achievement. The Commander's timely presentation of the appropriate decoration at a "public" ceremony greatly enhances the value of the award to the recipient and is a plus for the entire unit. Award/Decoration ceremonies range from formal reviews to presentations at Commander's Call and much smaller informal office ceremonies, depending largely on the recipient's desires. The basic elements of this ceremony include the reading of the official orders and the presentation of the award or decoration. Dress for these events ranges from casual to business suit/informal. Spouses and family members are invited and encouraged to attend.

Formal Military Dinners

- Formal military dinners are a tradition in all branches of the Armed Forces. The Dining-In and Dining-Out represent the most formal aspects of Air Force social life. A Dining-In or Dining-Out is designed so that Air Force members can celebrate formally as unit but also enjoy frivolity with various forms of skits and entertainment interspersed.
- There are "Rules of the Mess," which are printed in the formal program. The rules are designed to conform to tradition and promote levity. Violators of these rules are subject to the mischievousness of Mister/Madam Vice President of the Mess. Assigned "penalties" are humorous and carried out at the Mess.
- The Dining-In is a formal dinner for Air Force members of a wing or a squadron. The "Combat Dining-In" is far less formal because of the dress requirements and more informal

atmosphere. The Dining-In is reserved for military members only; however, civilians may be included when they work in the unit.

- The Dining-Out is a formal dinner similar to the Dining-In but includes spouses and guests, as does the "Combat Dining-Out."

Receiving Lines

The word reception means the act of receiving or greeting. A receiving line is a practical and efficient way to accomplish this greeting. In the Air Force, receiving lines are frequently used to greet a new Commander and spouse after a change of command ceremony; at Commander's receptions honoring civic leaders and visiting DVs; and at traditional holiday receptions. An announcer leads the receiving line to introduce guests to the host or Commander. The Commander's aide or protocol officer may act in this capacity.

- No eating or drinking in the receiving line.
- When going through the line, give the announcer last name and rank, i.e., Major and Mrs. Smith, official title (Mayor and Mrs. Tom Jones), or Mr. and Mrs. Brown.
- The man precedes the lady in the line at *official* functions; ladies first all others.
- Never engage in extended conversation in a receiving line to preclude delay.

Promotions The promotion ceremony is important to the fabric of the Air Force, as it recognizes Air Force members for their selection to serve in the next higher rank/grade and, with that, to accept the increased responsibility that goes with that exciting achievement. The basic elements of this ceremony are similar to that of the Awards and Decorations, with the reading of the official orders and the pinning of the new rank/insignia. Dress for these events ranges from casual to business suit/informal. Spouses and family members are invited to participate in the promotion ceremony with the "pin-on." Dress for these events ranges from casual to business suit/informal.

Changes of Command

The change of command ceremony is a clear, legal, and symbolic passing of authority and responsibility from one Commander to the next. At the conclusion of the ceremony, the new Commander and spouse will typically host a reception immediately afterwards, which may include a receiving line. By tradition, the out-going Commander and spouse seldom attend this reception as a courtesy.

Honors to the Flag

- During the National Anthem, face flag or music and put right hand over heart (both indoors and outdoors).
- Retreat is usually sounded with the National Anthem at the end of the duty day. Civilians should face the flag or in the direction of the flag and place right hand over heart. If driving a vehicle, come to a complete stop with your flashers on until the playing of the National Anthem is complete and the flag is lowered and secured.

Helpful Hints

- Always stand (and sing!) for the Air Force song, which is typically played at the conclusion of an official function.
- Always RSVP "yes" or "no" by the requested date on an invitation, or sooner.

- When invited to a dinner or gathering at someone's private residence, be on time or slightly (5 minutes) late, but NEVER arrive early. If you are going to be more than 10 minutes late, call host/hostess to let them know.
- It's courteous to bring an inexpensive but thoughtful host/hostess gift to the function, but *not at all* required.
- Always try to greet your host/hostess upon arriving to an event and then thank them before departing.
- Remember to send a written thank-you note (vice e-mail) to host/hostess within 7 days.
- Civilian Nametags – wear on the right side, which corresponds to extending your right hand for a handshake and following the line of sight to the nametag

The Air Force Song

Off we go into the wild blue yonder,
Climbing high into the sun;

Here they come zooming to meet our thunder,
At 'em boys, Give 'er the gun!
(Give 'er the gun! Hey!)

Down we dive, spouting our flame from under,
Off with one helluva roar!

We live in fame or go down in flame. Hey!
Nothing'll stop the U.S. Air Force!

Mess Dress Regulations

From: www.afpc.af.mil



Male Mess Dress

Mandatory:

White formal long sleeve shirt

Blue satin bow tie

Matching cuff links and studs as a set. Wear either silver wing and star design, satin finish with Air Force symbol or plain highly polished cuff links.

Blue satin cummerbund with pleats up, around waist, halfway between pants and shirt

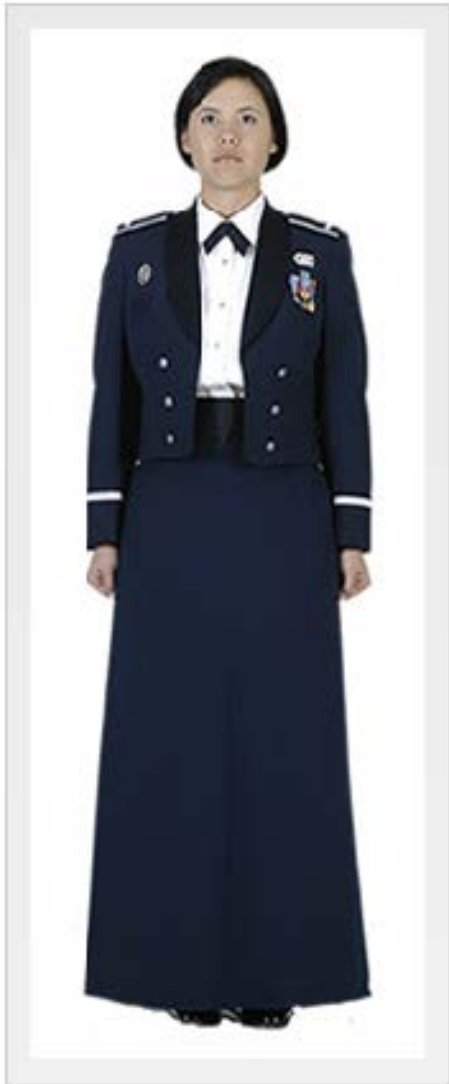
How to wear it:

Name tag and headgear is not worn

Saluting is not required when outdoors

Center all miniature medals between lapel and arm seam and midway between top shoulder seam and top button of jacket

Place shoulder board insignia as close as possible to shoulder



Female Mess Dress

Mandatory:

- White formal long sleeve blouse

- Blue satin invert V-tie tab

- Blue satin cummerbund with pleats up, around waist, halfway between pants and blouse

Optional:

- Matching cuff links and studs as a set. Wear either silver wing and star design, satin finish with Air Force symbol or plain highly polished cuff links.

- Ankle length skirt

How to wear it:

- Name tag and headgear is not worn

- Saluting is not required when outdoors

- Center all miniature medals between lapel and arm seam and midway between top shoulder seam and top button of jacket

- Place shoulder board insignia

Flight Training Terms and Acronyms

Adapted From: "Unofficial Guide to SUPT" by Tsyuoshi Tung

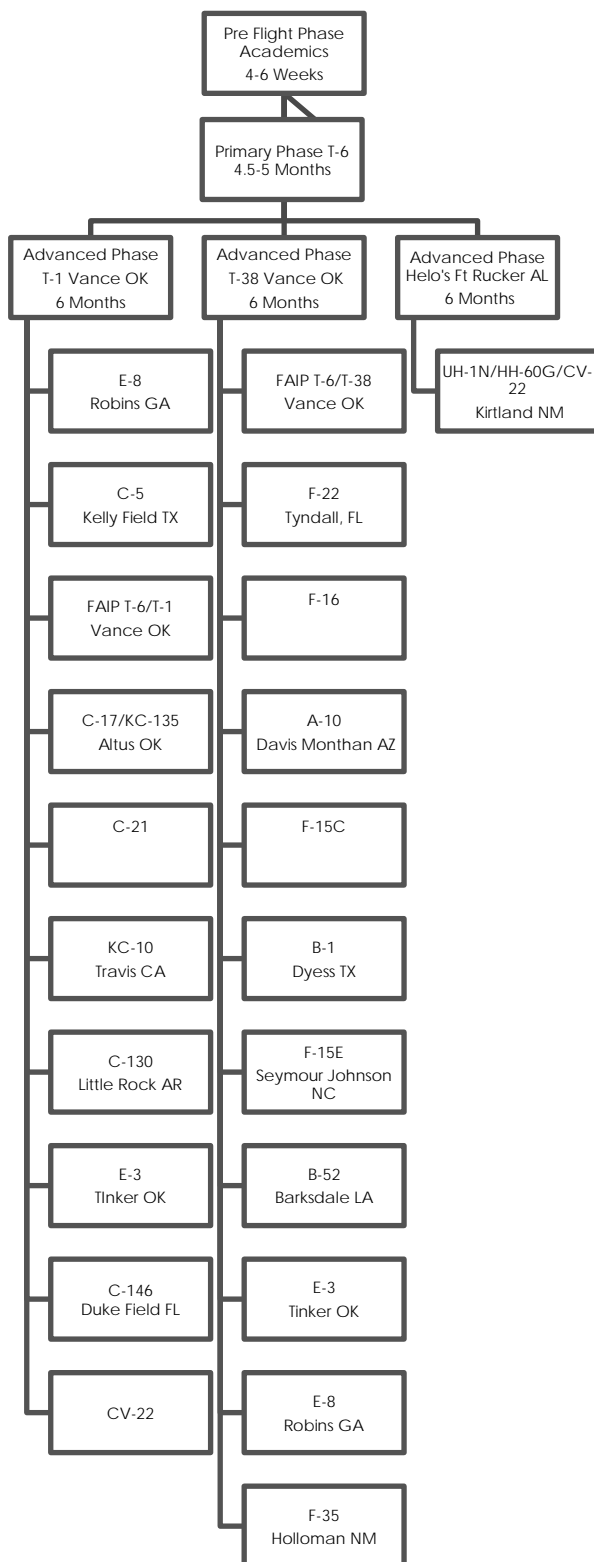
- ❖ Altitude Chamber: A large walk-in tank-like structure capable of seating more than a dozen individuals. Once the door is sealed, the air within can be pumped out, creating a low-pressure environment which simulates high altitudes.
- ❖ Assignment Night: A festive ceremony when advanced students who are only weeks away from graduation find out the aircraft and location assignments they have earned.
- ❖ Base Operations (Ops): A facility found at every military airfield where the pilot can check NOTAMs and weather, and file a flight plan.
- ❖ Boldface: A set of checklist items which have been determined to be "critical action" procedures. Critical action procedures must be committed to and applied from memory (verbatim) when a situation warrants. Most military aircraft have a set of boldface procedures and pilots are periodically tested to see if they can write the boldface from memory.
- ❖ Bust: See "Hook"
- ❖ CAI: Computer Aided Instruction
- ❖ Casual Duty: Status of active-duty students who are given various duties around the base to keep them from being idle and to maximize personnel resources throughout the wing. At Vance AFB, "Causal" officers are referred to as APTers (Awaiting Pilot Training).
- ❖ Checklist: A technical publication supplement to the Dash 1 that is required to be carried and used in the cockpit. Pilots are required to reference the checklist during various stages of flight and ground operation to ensure no steps are missed.
- ❖ Commander's Awareness Program (CAP): A supervisory tool used by the Squadron Commander to monitor students who have difficulty with training. It involves counseling and arrangements to provide the student with tighter instructor continuity and a limited flying schedule.
- ❖ Commander's Review: A formal process in which the wing commander determines a student's future when they are eligible for elimination from pilot training. After considering the student's motivation, past performance, and potential to complete his or her training, the Operations Group Commander will submit a recommendation affirming or overturning the elimination to the Wing Commander, who makes the final decision.
- ❖ Course Training Standards: The syllabus-derived performance measures by which students are graded during simulators and aircraft sorties.

- ❖ Crew duty: The period of time a pilot is on-duty. Maximum duty period is 12 hours, or as defined locally. Maximum duty is 10 hours when “night flying.”
- ❖ Crew rest: A required off-duty rest period between periods of flight duty.
- ❖ Cross Country: A navigation training mission involving two or more flying sorties with refueling stops at other airfields. The term implies remaining overnight at one or more locations.
- ❖ Dash 1: The “owner’s manual” for the aircraft flown. Every USAF aircraft type has its own Dash 1 flight manual which is the technical publication that provides all the pilot needs to know in order to safely operate the aircraft.
- ❖ DNIF: Duties Not Involving Flying; another word for being grounded, usually for medical reasons.
- ❖ Dollar Ride: The student’s first aircraft training sortie. The student uses this sortie to get acquainted with the aircraft and the flying environment as well as getting motivated for the large amount of training ahead.
- ❖ Double Turn: When a pilot flies twice on the same day.
- ❖ Elimination Checkride (EC): A checkride given to students who have previously undergone a Progress Checkride and performed below the course training standards of the respective syllabus. Failure of the EC will result in being considered for elimination from training (see “Commander’s Review”).
- ❖ EPQ: Emergency Procedures Quiz
- ❖ FACT: Fighter Aircrew Conditioning Test. A test consisting of a series of weight-lifting exercise to assess one’s ability to resist the effect of high-G environment.
- ❖ FAIP: First Assignment Instructor Pilot
- ❖ Flight surgeon: A military physician specializing in aerospace medicine.
- ❖ Formal Brief: A mandatory formation held at the beginning of the day for all line instructors and students in a flight. It consists of announcements, the weather brief, standup, and any other required briefs, usually in T-6 and T-38 flights.
- ❖ Formal Release: A mandatory formation held at the end of the day for all students after the day’s training has been completed.
- ❖ Flight Lead: The formation leader of a two, three, or four ship formation.
- ❖ Hook: Another name for the letter “U”, or “Unsatisfactory.” Also called “Bust” or “Taco.” Students “hook” a sortie (flight) when they perform below course training standards or in a dangerous manner.
- ❖ G-Strain: A method used during high-G maneuvers in which the individual strains upper & lower muscles, and employs a special breathing cycle to help combat the effects of high G forces.
- ❖ IFF: Introduction to Fighter Fundamentals. This is a post-graduation training course for students who tracked T-38s.
- ❖ Informal Release: The status of a class when the formal release requirement has been waived by the Flight Commander.
- ❖ Initial Solo: Getting to fly alone without an instructor for the first time.
- ❖ Permanent Change of Station (PCS): When you move from one base to another after receiving orders.

- ❖ Progress Checkride: A checkride given to students who fail a syllabus checkride, perform unsatisfactorily, or has poor general knowledge based on failed EP tests.
- ❖ Pubs: Publications used for academic instruction.
- ❖ SERE: Survival, Evasion, Resistance, and Escape. A formal training program after graduation.
- ❖ SIE: Self-Initiated Elimination. Refers to a student who states that he or she no longer wants to continue training.
- ❖ Solo Tank: A tradition in which a student who solos for the first time is thrown into a shallow tank of water by his or her classmates.
- ❖ SRO: Senior Ranking Officer, normally the highest ranking student in the flight.
- ❖ Sortie: A flight of a military aircraft on a mission.
- ❖ Standup: An exercise during formal brief in which randomly-selected students are given an in-flight scenario which involves a serious malfunction. The students, while standing at attention, will explain in detail how they will maintain aircraft control, analyze the situation, take the proper action, and land as soon as conditions permit.
- ❖ TDY: Temporary Duty. Implies being relocated to another base on a temporary basis.
- ❖ Taco: See "Hook."
- ❖ Wash-back: Students who are held back and re-assigned to a class that is junior to the one the student was previously in. This may occur if the student falls behind on the training timeline excessively for any reason (i.e. illness, CR re-installment).

Training Schedule*

**Classes up to 19-08



Additional Trainings

IFT (Initial Flight Training)

IFT is a program at Pueblo Municipal Airport in Pueblo, CO with 22 training days. All OAPTs (Officer Awaiting Pilot Training) attend IFT for initial flight training that includes basic ground school and 12-18 hours of flying before returning to Vance AFB to begin pilot training. Potential students who have previous flight experience may have this portion of training waived.

Land and Water Survival Training

Water survival lasts approximately one week at NAS Pensacola, FL for fighter, bomber, and trainer aircraft and at Fairchild AFB, WA for heavy aircraft.

Land survival (Survival, Evasion, Resistance, and Escape) is one month and takes place at Fairchild AFB, WA for all aircraft. Air Force Academy graduates who have completed the survival portion of training will only go for one week to complete the resistance portion of training.












IFF (Introduction to Fighter Fundamentals)

IFF is a 6 to 8 week course in the AT-38C at Sheppard AFB, TX, Columbus AFB, MS, and Randolph AFB, TX. This is where T-38 graduates with fighter follow-ons learn basic fighter tactics before going on to their specific fighter aircraft.

A Quick Guide to Air Force Rank

Adapted from: <http://servingtogetherproject.org/resources/military-rank-structure/>














Officer Ranks:

O-1	2 nd Lt	Second Lieutenant	
O-2	1 st Lt	First Lieutenant	
O-3	Capt	Captain	
O-4	Maj	Major	
O-5	Lt Col	Lieutenant Colonel	
O-6	Col	Colonel	
O-7	Brig Gen	Brigadier General	
O-8	Maj Gen	Major General	
O-9	Lt Gen	Lieutenant General	
O-10	Gen	General	
Special	GAF	General of the Air Force	

A Quick Guide to Air Force Rank

Adapted from: <http://servingtogetherproject.org/resources/military-rank-structure/>

Enlisted Rank

E-1	AB	Airman Basic	No Insignia
E-2	Amn	Airman	
E-3	A1C	Airman First Class	
E-4	SrA	Senior Airman	
E-5	SSgt	Staff Sergeant	
E-6	Tsgt	Technical Sergeant	
E-7	MSgt	Master Sergeant	
E-7	-	First Sergeant (with diamond)	
E-8	SMSgt	Senior Master Sergeant	
E-8	-	First Sergeant (with diamond)	
E-9	CMSgt	Chief Master Sergeant	
E-9	-	First Sergeant (with diamond)	
E-9	CCM	Command Chief Master Sergeant	
E-9 Special	CMSAF	Chief Master Sergeant of the Air Force	

SUPT Training Phases and Possible Assignments

Pre-Flight Phase: Academics and Aerospace Physiology

Primary Phase: T-6A

At Vance: 8th Flying Training Squadron or 33rd Flying Training Squadron

As your pilot approaches this phase, we host an event called a **Flock Brief** with fellow spouses from a class or two before or after you. A STUS IP will give you a quick brief about this phase of training and answer any questions you yourself may have about training itself or some upcoming training events. We then go out and see inside the T-6! You will receive this invite via email and also there will be a Facebook event created with the dates. If you miss your particular brief, come to a later one!

Advanced Phase:

T-1A at Vance: 3rd Flying Training Squadron

or

T-38C at Vance: 25th Flying Training Squadron

The Flock also will host a **Flock Brief** for both advanced phases. This invite will arrive via email!

Possible Assignments from T-38C:

B-1	B-52	A10	F-22	E-3
B-2	F-15C	F-15E	F-16	

The T-38 is universally assignable. In addition to the above air frames, see the T-1 list below for other possible assignments.

Assignments from T-1A:

C-130 C-17 C-5 KC-10 KC-135

E-3 E-8 C-21 C-146

Every 5-6 months, we host a **plane panel** with IP spouses from the whole spectrum of air frames. There, you can ask an IP spouse what the operation tempo was like for that airframe, how the community is, the base locations...anything that you think would be useful information from the perspective of a significant other! These events are widely advertised on our Facebook page.

We hope this Newcomer's Packet has been helpful to you. If you have any further questions, do not hesitate to contact one of us on Facebook or by the contact info in your folder. We look forward to seeing you at one of the upcoming STUS Spouse Events!

