



The Rope

USAF Enlisted Aide Newsletter

Jul/Aug 2009, Issue 5

Cheyenne Frontier Days

For some, Cheyenne Frontier Days (AKA "CFD" and "Daddy of 'em all") is an opportunity to celebrate the Wild West in the format of the largest outdoor rodeo in the world. Visitors are happy to see the line-up of concerts and welcome the carnival for 10 days. The city of Cheyenne triples in population for two weeks. For others, it's a time to recognize the history and very friendly relationship between the city of Cheyenne and FE Warren AFB.

For the Enlisted Aide at FE Warren, it is 10 non-stop days of event planning! This year's events included a breakfast for the SECAF, three receptions at the Governor's mansion, 240 guests at the Wing Commander's house, 70 guests at the General's reception, Pancake breakfasts, parades, concerts, the Thunderbird Air Show, Thunderbird Milk Can dinner and more!

The 113th CFD celebration was supported by MSgt Pat Lilly, MSgt Chuck McKean, TSgt Emily Popkoski and SSgt Jackie Stanton. In addition to Cheyenne hosting the largest rodeo, FE Warren hosts "Ft D.A. Russell days," which includes reenactments open to the community.



Above: volunteers dressed in costumes to conduct tours of the Historic GOQ

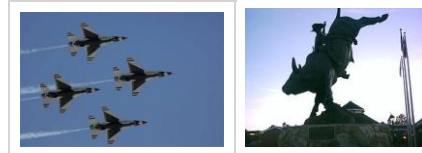
Below: Maj Gen and Mrs. Burg with volunteers on 25 July 2009



Secretary of the Air Force Michael Donley and his wife Gail, take part in the Cheyenne Frontier Days parade July 18. Mr. Donley was the Grand Marshal for the parade and participated in a number of the CFD and Fort D.A. Russell Days festivities during his trip to F.E. Warren.



Col and Mrs. Tims, 90 MW/CC, 90 MW protocol, General and Mrs. Kehler, AFSPC/CC at the Enlisted Thunderbirds Milk Can dinner



For more info on 114th CFD 2010, please visit <http://www.cfdrodeo.com>

Aides in Action...

NGB Highlights



Left to Right: SSgt Chris Clohessy, Mrs. Cheryl McKinley, Gen Craig McKinley, CMSgt Jamie Pasour

CMSgt Pasour joined the Aide career field in Dec 08 and attended Advanced Culinary at Ft Lee and graduated on 30 Jan. He and Gen McKinley moved in to the quarters at Ft McNair on the same day. The house was set up and ready for a reception for 40 people to welcome the new Director, Air National Guard, Lt Gen Wyatt on 1 Feb.

SSgt Clohessy joined the Aide career field in Apr 09 and his first day on the job was 30 Apr. He hit the ground running as Gen McKinley hosted a bar-b-que for 70 people that evening.

They have recently hosted the following functions within a 36 hour time period: a breakfast for a strategic planning group, dinner for a departing GO and a luncheon for the Ambassador of Mongolia.

PACAF News



The Hospitality and Food Service Exposition was hosted in Honolulu, Hawaii, 9 Jul 09. US Coast Guard Chief Petty Officer Phil Templin (command aide), Ernesto Limcaco (corporate executive chef at Y. Hata & Company), TSgt Damon Vitale (PACAF/CC Aide) and MSgt Craig Duclos (PACAF/CC Sr Aide) conducted demonstrations at the VIP booth at the 15th Annual Hawaii Lodging. The two Aides participated in the expo by cooking and serving entrees, such as shrimp, steak and swordfish to Y. Hata and Company associates and vendors.

AMC News

MSgt Thad Payne, SSgt Trish Rivera and SSgt Serita Baysmore delivered a briefing on Entertaining & Etiquette to the AMC Command Chiefs Spouse's Conference held at Scott AFB. The sessions was kicked off by Mrs. Lichte (AMC/CC's spouse) and covered Entertaining 101, Types of Entertaining (Formal & Informal), Table Settings, Napkin Folding, Menu Planning, Wine Selection (Ten Quick Tips), Etiquette (Top Ten Table Manners Don'ts) and Reference Materials. The session concluded with Q & A and feedback was very positive: "best session of the conference."

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AFSPC News



On 29 Jul 09, the Peterson AFB club hosted "Spotlight" Guest Chefs. MSgt Pat Lilly, MSgt Chuck McKean, MSgt Eric Mattison, TSgt Emily Popkoski and SSgt Jackie Stanton each taught a portion of the 4-course meal to over 50 spectators.



Welcome to Global Strike (AFGSC)!

As of 7 Aug 09, Global Strike Command is the Air Force's newest MAJCOM. Please welcome TSgt Kim Grisby as our newest EA MFM!

ACC News

By MSgt Lori Kelly

As we approach the upcoming COMACC Change of Command and Retirement Ceremony on 10 Sep, things are steadily getting busier and busier at Langley! The past two years have flown by and before we know it we'll be hitting the road. TSgt Kim Grigsby is off to Barksdale AFB to be the Aide for the new Global Strike Commander and I am heading north, back to DC. The other Aides in ACC have been pretty busy this past month as well...SSgt Danielle Relyea from Barksdale AFB completed Front Range training and attended two weeks at the CIA in Hyde Park and from what I hear, she had an awesome experience. TSgt Pelagia Jones from Tyndall AFB completed CUP. SSgt Daniel Franco from Davis-Monthan AFB survived the 12AF Change of Command and is helping his boss get settled. We welcomed TSgt Iris Levenson back to ACC, as she hit the ground running with a promotion ceremony for her boss. We also bid farewell to SMSgt Tricia Benning, who left Shaw AFB for the sandy beaches of PACAF where she will make an outstanding MFM.



Photo: Gen Corley, TSgt Grigsby, MSgt Kelly and Mrs. Corley at the Award Ceremony 19 Aug 09

Welcome Baby

SSgt Trish and SSgt David Rivera welcome Ava Maria Rivera. 21 Aug 2009 at 1628, weight 8lbs, 4 oz and length 20 inches.



Promotions!!!!

TSgt Dana Hagan-1 Aug 09



Enlisted Aide Coins

A special thank you to MSgt Tracy Meador, who has managed our Enlisted Aide Coin program for the last year. TSgt Robert Morgan has been selected to manage the coin program for next year. If you want to purchase any Enlisted Aide coins, please contact TSgt Morgan. The next mass order will be placed in October.

Military Hospitality Alliance (MHA)

MHA is now on facebook! Check it out and become a fan of the organization by searching for MHA.



Congrats!

18 July 2009

TSgt Brian Charney
& Mrs. Tawanna Charney



Enlisted Aide's Mission & Vision Statement

The mission of the Air Force Enlisted Aide is to assist senior leadership in the accomplishment of official military duties through a comprehensive management system to enhance mission focus.

The vision of the Air Force Enlisted Aide is to cultivate a dynamic environment of excellence where military professionals enhance the quality of service with continued professional development and pride in support of senior leadership.

Hail and Farewell



Arriving Enlisted Aides:

MSgt Eric Mattison
PAFSC: 3M0X1
Last Station: Peterson AFB
Current: US Air Force Academy
Hometown: Detroit, MI

MSgt Brian Perkins
PAFSC: 3M071
Last Station: Ramstein AB
Current: Ramstein AB
Hometown: Nacogdoches, TX

TSgt Margo Ham
PAFSC: 3M071
Last Station: Hickam AFB
Current: Hickam AFB
Hometown: Rancho Cordova, CA

TSgt Pelagia Jones
PAFSC: 1P071
Last Duty Station: Tyndall AFB
Current station: Tyndall AFB

TSgt Rhodello Nuval
PAFSC: 3M071
Last station: Ellsworth AFB
Current: Wright-Patterson AFB
Home Country: Philippines

SSgt Serita Baysmore
PAFSC: 3M051
Last Duty Station: Barksdale AFB
Current Duty Station: Scott AFB
Hometown: Lake Charles, LA

SSgt Marina Boulos
PAFSC: 4E071
Last Duty Station: Edwards AFB
Current Duty Station: Peterson AFB
Hometown: Upland, CA

SSgt Ivelina Konstantinova
PAFSC: 3M0X1
Last station: Mountain Home AFB
Current: Ali Al Salem, Kuwait
Future: USAFA (in Oct)
Home Country: Bulgaria

Departing Enlisted Aides:

MSgt Chuck McKean
PAFSC: 3M071
Last Duty Station: Peterson AFB
New Duty Station: USSTRATCOM
Protocol, Offutt AFB
Hometown: Peoria, IL

MSgt James Riley
PAFSC: 3A071
Last Station: Hickam AFB
Retiring: Olympia, WA
Hometown: Tacoma, WA
“Being an Enlisted Aide is undoubtedly the best job in the Air Force—25 years of service and 10 of those have been as an Aide!”

Old Faces in New Places:

SMSgt Roy Bowser
Leaving: Pentagon, DC
Arriving: Air House, DC

SMSgt Tricia Benning
Leaving: Shaw AFB
Arriving: Hickam AFB

SMSgt Mark Veomett
Leaving: Hanscom AFB
Arriving: Air House, DC

MSgt Lori Kelly
Leaving: Langley AFB
Arriving: Pentagon, DC

MSgt Clayton Cooper
Leaving: Bolling AFB
Arriving: Langley AFB

MSgt Craig Duclos
Leaving: Hickam AFB
Arriving: Bolling AFB

MSgt Jamie Green
Leaving: Bolling AFB
Arriving: Langley AFB

MSgt Aaron McIntosh
Leaving: Wright-Patterson AFB
Arriving: MacDill AFB

TSgt Kim Grigsby
Leaving: Langley AFB
Arriving: Barksdale AFB

TSgt Iris Levenson
Leaving: Norfolk
Arriving: Nellis AFB

TSgt Raphel Rauer
Leaving: Ft Shafter
Arriving: Ft Shafter

TSgt Scotty Phelps
Leaving: Hickam AFB
Arriving: Hickam AFB

TSgt Lamar Ramsy
Leaving: Maxwell AFB
Arriving: Air House, DC

TSgt Bev Klaver
Leaving: Ramstein AB
Arriving: Bolling AFB

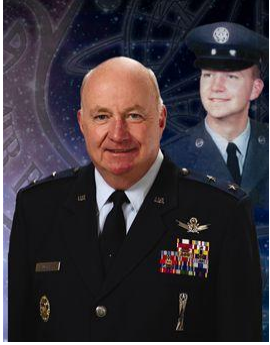
TSgt Randy Gill
Leaving: Ft Myer
Arriving: Bolling AFB

TSgt Nancy White
Leaving: Langley AFB
Arriving: Ramstein AB

TSgt Damon Vitale
Leaving: Hickam AFB
Arriving: Bolling AFB

SSgt Saleem Khan
Leaving: Bolling AFB
Arriving: Ramstein AB

“Just a little longer...” Maj Gen Thomas Deppe



The Beatles released "Sgt. Pepper's Lonely Hearts Club Band" album. Hollywood's box office hits were, "The Graduate,"

"Bonnie and Clyde" and "Cool Hand Luke." Gasoline was 33 cents a gallon, movie tickets were \$1.25, the average cost of a new home was \$14,250 and a new car would cost around \$2,750. That was 1967--the year Maj Gen Thomas Deppe, vice commander of Air Force Space Command, Peterson Air Force Base, Colo., attended boot camp at Lackland Air Force Base, Texas.

"At that time you were either in college or you got drafted," said General Deppe. "I had just dropped out of college, and then came my draft notice in the mail not too long after."

Convinced by a friend the Air Force was the way to go, the young Thomas Deppe proceeded to the recruiting office to sign on the dotted line, with little knowledge of the positive impact that signature would have on his life.

"I had no plans on staying in the Air Force any longer than I had to," General Deppe said. "But as time went on and I made staff sergeant in less than four years, I thought, 'Well, why not stay in a little longer?' I already had a job that I liked, why would I quit it when I might get something on the outside I didn't like?"

That "little longer" became 42 years of military service. Putting his enlisted career behind him, General Deppe

earned his commission in November 1977.

"It was an interesting switch," he said. "I went from having credibility with my job as a technical sergeant, to a brand new lieutenant with no credibility whatsoever."

General Deppe continued in the officer ranks with the intention of retiring as a Captain. In fact, when it came time for him to pin on Captain, 21 years of service had already passed. Captain Deppe continued on with his career. In March 1987, continuing to prove himself, he was selected for major below-the-zone, squelching, yet again, his intention to retire. He could have turned down the promotion and went ahead with his plans, but instead he chose to extend his commitment to the Air Force just "a little longer".

"It seems like every time I thought about it, I committed more and more to the Air Force," General Deppe said. "Every promotion requires you to stay in that position for a certain amount of time. I kept getting promoted, so I stayed in the Air Force."

The Air Force can only be thankful that General Deppe said "just a little longer", his solid commitment can be seen through his 42 years of service. Airmen can only be inspired by his commitment. It takes loyalty, dedication and determination. A sense of belonging, a family, a family of...Airmen is what General Deppe finds most rewarding.

On 14 August 2009, General Deppe's formal retirement ceremony was conducted at Peterson AFB, CO. Aides from throughout AFSPC came to show respect to one of the longest continuously serving members of the United States Air Force.

General Deppe's Enlisted Aide of four years, SSgt Jackie Stanton said, "It's been an honor and a privilege to work with and serve beside Maj Gen and Mrs. Deppe. I couldn't have asked for a better boss."



MSgt Chuck McKean, MSgt Pat Lilly, Maj Gen Tom Deppe, Mrs. Eileen Deppe, SSgt Jackie Stanton, TSgt Emily Popkoski and TSgt Liz O'Kane

U&TW: Q&A

The annual Enlisted Aide Utilization and Training Workshop will be held **4-6 November, in Colorado Springs, CO**. This workshop is mandatory for all MFMs and optional for those SMEs that can participate. If you have questions, suggestions or concerns about the Enlisted Aide Career Field, please contact your MFM, so they may address these issues at the U&TW. As of now, the following topics are scheduled to be addressed:

- MAJCOM updates
- EA Uniforms
- Nominations of new SMEs
- The Rope format
- The EA handbook
- Certified executive chef certifications
- AF JQS

Before and After...

By MSgt Kristin A. Lewis



I was a SSgt working in wing protocol, enjoying the days and loving the job. The hustle and bustle was what made the job exciting and very fulfilling. I loved

everything about it. Unfortunately, my time in the job ended after two years when I received orders to PCS to Hill AFB.

I was working as a LAN administrator in the 649th Munitions Squadron – yes...with the AMMO gang. I was way out of my element...but having a blast. I received a call one day from a General I worked closely with at Shaw AFB who suggested I put together a formal package to apply for Enlisted Aide duty. Apparently, this General knew the incoming Maj Gen at Hill AFB and said I would be a perfect fit for the job. I put together my package and sent it forward. When the current Maj Gen reviewed my package before it was sent to the Pentagon, he pulled me from the MUNS and had me start working for him (that same day!), shadowing his Enlisted Aide.

The Maj Gen that was hiring an EA arrived and I was lucky enough to have had 6 weeks on the job so I wasn't so "blind". We hit it off immediately – he and his wife were two of the most wonderful people I had ever met. He hired me on permanently and I was thrilled! I attended the culinary course at Randolph and found my niche – and when I attended the culinary course at Ft. Lee, I really "arrived" with my culinary skills. I won the Iron Chef Trophy and distinguished graduate – and was floating!

I enjoyed every aspect of the EA field; my favorite was entertaining. Any time there was a party – I was stoked! I got to meet the POTUS, VPOTUS, SecAF, SECDEF, many MAJCOM/CCs and senior leaders in Corporate America. Every day was exciting...who will I meet today? It became common to meet dignitaries. My attention-to-detail and my ability to "notice the little things" really sharpened as an Enlisted Aide...I knew if I missed the slightest little thing I'd be risking putting my General in an embarrassing situation.

After nearly 3 years, my General decided it was time to retire. I was offered the position with his successor and a position in Washington DC, but I had to put my family first. My stepson was in high school at the time and asked us not to move him until he graduated. I made the tough decision to step out of the EA field and returned to my career field.

Returning to my career field and going back to the squadron level was a much easier transition than I expected. I contribute the smooth transition to having been an EA and having been exposed to so many things. Initially, I wasn't approached very much so I started to wonder why. It seemed for about a month, everyone was pretty reluctant to strike up a conversation with me or to even make an effort to welcome me to the squadron.

Eventually the hospitality flowed and I had a really great time working with my peers and participating in all the squadron events that I hadn't had the chance to participate in for the 3 previous years. It turns out – I was thought of as "unapproachable" since I had been associated with the "General's staff" and it took a while for that association to fade.

After 18 months in the squadron, I was interviewed for a job in the tenant wing's command section as the new superintendent. I was hired and was able to utilize my EA skills even more. I was on the front lines when the wing commander hosted DVs – I would help protocol with ideas on snacks and drinks, help set up, organize events at the wing commander's quarters (no EA there, so the help was needed). I was able to bring many fresh ideas to the table when we would have our planning meetings. I also became the "head honcho" in developing the menus for snacks and working lunches. I would always make my favorite dishes for the office and really emphasized presentation. At times, my coworkers and leadership didn't want to "dig in" because the presentation was too good to ruin, which was flattering! I couldn't help but sit back and smile as I reminisced about my days of being an Enlisted Aide. I always had so much fun – and a lot of it is contributed to my skills and training from my EA days!

I am now part of General Kehler's personal staff and still get to utilize my EA skills in the same way I have in my past few positions – and having a relationship with the General's EAs (where I can actually relate) makes the office a little stronger. I understand, respect and admire what they do...and honestly, at times I wish I could jump back in!



CCAF Degrees:

By: MSgt Clayton Cooper



**CCAF
Degrees:
Restaurant,
Hotel and
Fitness
Management**

After many exhausting efforts by Mr. J.R. Breeding, The Chief of Certification Programs and Co-Chair of JSAMTCC-Community College of the Air Force and MSgt Clayton Cooper; CCAF approved 7 certifications for CCAF credit. The courses were loaded in the CCAF Student Transcript, Administration and Record System (STARS) on 8 July 2009. The certifications that were approved are as follows:

Certified Executive Chef (CEC)
American Culinary Federation (ACF),
4 Semester Hours
Certified Household Manager (CHM)
Starkey International Institute,
24 Semester Hours
Certified Household Management
Systems – Starkey International
Institute, *3 Semester Hours*
Certified Food Manager (CFM) –
IFSEA, *2 Semester Hours*
Certified Food Executive (CFE) –
IFSEA, *2 Semester Hours*
Master Certified Food Executive
(MCFE) – IFSEA, *3 Semester Hours*
ProChef Certification Level 1-
Culinary Institute of America,
3 Semester Hours

These certifications have been assigned CCAF course numbers and course descriptors. To assist with the validation process and loading of these certifications to your CCAF record, a copy of each issued certificate must be attached to the action request in AFAEMS. All you need to do is take a copy of the issued/awarded certificate to your respective education

office and you will be awarded the credits upon validation.

CCAF Credit for Ft Lee - Advanced Culinary: The Advanced Culinary Skills Certification is a US Army training course and not a certification. The American Council on Education (ACE) has evaluated the course and recommends 4 semester hours in Principles of Food Preparation. To receive credit, the student will need to order an ACE transcript. Please note that in order to receive CCAF Credits for your Advanced Culinary Training at Fort Lee the Education Office at your respective base will need to contact:

Carol Brown, AARTS Operations Center, 415 McPherson Ave., Ft. Leavenworth, KS 66027-1373; (913) 684-9482. Ms. Brown's office will issue a Letter of Verification that reflects the course(s) completed, graduation date and ACE Guide number.

CCAF's award of credit will assist Enlisted Aides with completing the Technical Educational requirements of Restaurant, Hotel & Fitness Management degree program and save AF Tuition Assistance funds.

CIA ProChef Graduates



Chef Crispo, TSgt Tony Snyder, Cathy Kallberg, TSgt Christy Henderlong, MSgt Damion Peterson, Tama Murphy, TSgt Brian Charney, TSgt Nicholas Gomez and SSgt Jennifer Clay... Graduated 20 Aug 2009

Fort Lee Graduate



SSgt Jennifer Clay-Silver Medal
Graduated 31 July 2009

Front Range Graduates



Sgt Bart Beatty, Sgt Christian Price, MSgt Jamie Kuzio, SSgt Danielle Relyea and SSgt Christopher Clohessy
Graduated 24 July 2009

Cup Graduates



TSgt Roberto Toro, Chef Henry, TSgt Pelagia Jones, TSgt Margo Ham, MSgt Eric Mattison, Commissary Rep, SSgt Chris Clohessy, SSgt Marina Boulos, TSgt Jeanna Irby and Mrs. Shirley Stephens
Graduated 13 Aug 2009

GO Handguns:

By MSgt James Fuller



Recently, I had the task of returning a GO's handgun back to the AF Munitions

Storage Site. If anyone is ever tasked with this issue, a great starting place is the General Officer Handbook. Be sure to reference the Talking Paper on General Officer's (GO) Handgun, under "disposition."

If your GO is retiring, such as in my case, there are two options. Option 1, purchasing the handgun or option 2, turning in the handgun. If using option 1, there are very specific steps to follow in the Talking Paper. However, if turning in the handgun, the Logistics Readiness Squadron/Chief of Supply at the GO's duty station handles the shipment of the handgun to the Air Force Munitions Site. If you are in the Washington, DC National Capital Region you can just turn in the weapon to the 11th LRS, TMO for disposition.

A significant lesson learned from my experience is that not every Logistics Readiness Squadron/Chief of Supply knows the guidelines for turning in "General Officer Handgun" weapons. As I said before, be sure to read the talking paper in its entirety to gather useful information, point of contacts and phone numbers that can be useful. My experience involved more than just contacting the Logistics Readiness Squadron/Chief of Supply.

The important thing to know is that your LRS/TMO, Shipping and Freight

Section will be responsible for shipping the handgun to the appropriate storage facility. This section should be able to contact the office of primary responsibility through their systems to verify the correct organizational mailing address to place on the DD FM 1149, "Requisition and Invoice/Shipping Document" and mandatory associated forms for shipment. Be sure to have your name and contact information listed on the DD FM 1149 in case additional information is required. The two storage sites I am aware of, through my recent experience, are the Air Force Munitions Site at Warner-Robins AFB, Georgia and the Gunsmith Shop at Lackland AFB, Texas. It is very important to know where the handgun is being shipped to maintain accountability and verify receipt at the final disposition location.

Prior to shipping the GO handgun through your local LRS, verify the serial number on the handgun with the Air Force Small Arms General Officer Monitor at Robins AFB, GA and

coordinate the date and time with all involved agencies for shipment.

If the handgun is stored at the local SFS armory, be sure to contact them for retrieval procedures. A letter of authorization for release and a copy of the GO orders may be required to remove the weapon from their inventory.

Remember, the handgun is "accountable equipment" and should be handled accordingly. Maintain the e-mails of everyone involved with the shipment of the handgun and request a confirmation e-mail once the handgun is received at the final disposition location.

The GO Handbook is a great resource. If you encounter problems, contact any of the POCs referenced on the talking paper for assistance. My sincere appreciation to SMSgt Roy Bowser, Mr. Paul Sandy, Ms. Brandi Randolph at Robins AFB, and Ms. Darnell Yogi, Hickam AFB, HI. They were very helpful to me throughout this process.



Letter to the Editor: Chief Master Sergeant Broder Retires-1 Sep 09

Can you imagine starting a new job with limited training and guidance? Entering the Enlisted Aide program back in 1997, you were issued a house key and directions to the GOQ. Through trial and error you figured out your duties and the expectations of the GO. Working closely with the spouse, you developed a guide to accomplish this, but every Aide authorization had different duties and standards.

Back then it was the “Enlisted Aide program.” Now it is known as an official Air Force special duty. The new Air Force Specialty Code of 8A200 was authorized October 2002. Prior to that, Aides worked under a generic code of 9G000, which did not authorize specialty training.

Since Oct 02, senior leaders began to place priority on standardizing the training and career opportunities for

Aides, in order to provide stability to the career field. Improving the training and standards of the enlisted aide program was a win-win situation for both the enlisted member who wants to make it a career and the senior leaders who use their services

Some of the other changes I’ve seen in the Enlisted Aide Career Field include: gaining oversight and support from senior leaders, appointing Enlisted Aide leadership positions, developing a formal training plan, deployments, CCAF internship degrees, culinary competitions, Enlisted Aide of the Year program, standardized uniforms and pro chef certifications from the Culinary Institute of America.

As an Aide, each of you are currently more prepared for your job and marketable in your retirement years, than ever before. Each and every one of you has the leadership qualities needed to succeed in this career field. Set your goals high and make a difference in our Air Force and the next generation



of Enlisted Aides!

As I end my Air Force career of nearly 29 years I extend thanks and appreciation to my former bosses: Gen John Corley, Lt Gen Steven Polk and Maj Gen Kurt Anderson. Thank you for the opportunity to serve under your leadership.

To CMSgt Hamdan, CMSgt Rodriguez, SMSgt Benning, SMSgt (S) Kelly, SMSgt (S) Duclose and MSgt Meador, thank you for your professionalism. You rock!

Thank you, Chief Broder (Retired)



**Congratulations on
your retirement!**

Community of Practice (CoP) Updates:

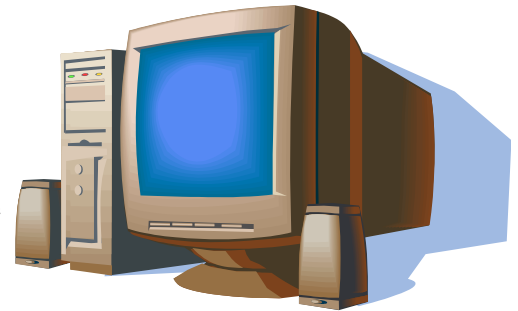
By MSgt James Fuller

Networking is a key component to any successful business. We as Enlisted Aides understand this and pride ourselves in knowing someone just about anywhere in the world and having resources to get information at a moment's notice. We network in a way that most people do not understand, keeping fellow aides in the know is our business and quite frankly we do it quite well.

A key area in our networking has evolved way beyond most people's expectations both in and out of our career field. This networking forum has grown because of you, steadily giving of your knowledge and experience to a centralized point where others can glean from your experience and expertise in a particular area. What is this you ask? It is the Enlisted Aide Community of Practice, better known as the CoP.

In just three years this site has achieved goals that were once thought to be nearly impossible.

We now have a centralized location where you can access checklists, recipes and conglomerate ideas from fellow aides within the field. Our first year was good. We had new visitors and people became a bit bored with the idea. Our second year did not fare much better, but this last year, starting in Jul, the response to the CoP has been outstanding. Here are some numbers that will help you understand just how far this has come. In our second year we had only 204 new visitors this year 504, a 59% increase. This shows we are getting the word out and people are taking a look, whether it is your boss or prospective aides; word of the site is moving. Last year the number of documents that were placed on the CoP for you to view and download was four, sad but true. This year, 209 documents have been placed on the site for you, a 51% increase. And lastly, we as a field viewed 10,308 documents, but this has increased to 18,660 documents which is an increase of 81%. This is the largest increase of all the numbers which shows that Aides are now utilizing this resource for information and finding it on the CoP.



The one thing I believe is helping the CoP to grow like it has is YOU! When you visit the CoP and give us feedback on what you want to see, it enables me and SMSgt Bowser to publish the information you need. I encourage you to give both positive and yes, even negative feedback so we can continue to help all Enlisted Aides network and gather the knowledge they need to make every facet of their job run smoother.

I want to give a special thanks to MSgt Tracy Meador who assisted me and SMSgt Bowser so many times and in fact, several times taking the lead on many projects ensuring they are added to the CoP in time for deadlines and other special events. Thank you MSgt Meador. You have been a true asset to the team.

<https://www.my.af.mil/gcss-af/USAF/ep/globalTab.do?channelPageId=s6925EC13369F0FB5E044080020E329A9&command=org>

To the Left: A "snapshot" of CoP front page

Editor's Note:
All previous editions of "The Rope" can be found on the CoP.

Recipes of the Month



Watercress Salad with Tangerine Vinaigrette

Submitted by MSgt Tracy Meador

- 2-3 Tangerines
- 3 Tbsp Olive Oil
- 2 Bunches Watercress, stalks removed
- 1/2 c thinly sliced red onion
- 1/4 c crumbled goat cheese

Wash and dry tangerines, finely grate peel. Cut sections away from the white pith. Squeeze tangerine over bowl to measure 1 Tbsp juice.

Whisk together olive oil, tangerine juice, grated peel and salt and pepper to taste. Set aside bowl, combine watercress, sliced onion and tangerine sections. Drizzle dressing over watercress, toss to coat. Top with cheese and serve.

Rosemary Roasted Sweet Potatoes

Submitted by TSgt Robert Morgan

- 2 lbs sweet potatoes, cut 1 1/2" cubes
- 3 large garlic cloves, chopped
- 1 Tbsp chopped fresh rosemary
- 2 Tbsp olive oil
- 1/4 c toasted pine nuts
- 2 Tbsp chopped parsley
- 1 tsp salt
- 1/4 tsp coarse black pepper

In a roasting pan, combine sweet potatoes, garlic, rosemary and oil. Toss to blend well. Roast at 375°F for 40 minutes, turning sweet potatoes occasionally. Just before serving, season with pine nuts, parsley, salt and pepper.

Stuffed Pork Tenderloin with Honey Mustard Glaze

Submitted by TSgt Robert Morgan

- 1/2 c sliced celery
- 1/2 c chopped onion
- 1 Tbsp butter or margarine
- 1-1/2 c cooked brown or white rice
- 1 medium apple, cored and chopped
- 1/4 c chopped walnuts
- 1/2 tsp salt
- 1/2 tsp ground black pepper
- 1/2 tsp rubbed sage
- 1 whole pork tenderloin (about 1 pound), butterflied and flattened for stuffing

Honey Mustard Glaze

- 3 Tbsp honey
- 2 Tbsp cider vinegar
- 2 Tbsp firmly packed brown sugar
- 1-Tbsp Dijon-style mustard
- 1 to 1-1/2 tsp ground paprika

Cook celery and onion in butter in large skillet over medium-high heat until onion is transparent. Stir in rice, apple, walnuts, salt, pepper and sage; remove from heat. Fill tenderloin with rice mixture; roll and tie with string at 1-inch intervals. Prepare glaze by whisking together honey, vinegar, brown sugar, mustard and paprika in small bowl. Place tenderloin in shallow roasting pan. Brush with glaze. Roast at 375°F 25 to 30 minutes or until internal meat temperature registers 160 degrees. Brush with remaining glaze after 15 minutes. Slice before serving.

Icebox Cheesecake

Submitted by MSgt Greg Krems

- 1-8 oz package cream cheese, softened
- 1 c powdered sugar
- 1-8 oz container frozen whipped topping, thawed
- 1 tsp vanilla extract
- 1-premade crust (ie: Nilla Wafer)
- 4 c fresh berries or sliced fruit
- 1/2 c seedless blackberry jam
- 1/4 c orange liqueur

Beat cream cheese and powdered sugar at medium speed with an electric mixer until blended. Fold in whipped topping and vanilla; spoon into prepared crust. Cover and chill 8 hours. Can be made the day before and placed in freezer...then 2 hours before serving remove from freezer to thaw at room temperature.

Arrange fruit over cream cheese filling. Stir together jam and liqueur; drizzle over fruit.





SMSgt Bowser's Corner

Issue 5 - Hot off the press! It's amazing how fast time flies when you're having fun. One of our many goals discussed at last year's Utilization and Training Workshop was to reinvigorate the EA newsletter and that we did. Communication both within the field and with our principals across the AF is way up! Having an inside view of what we do to serve has brought about a new appreciation from those outside the field that had heard of EA's but never fully understood our mission. Congrats...goal accomplished! Recruiting is through the roof and information flow amongst the team continues to rise. Kudos, the effort you all have put into communicating your ideas, submitting your photos and articles has been a huge part of the success of the newsletter. I am equally as proud as I am thankful for your steadfast involvement, keep up the good work!

As I prepare to turn over the field to (S)MSgt Kelly I want to thank you all again for the unyielding support and patience throughout my time as the EA Mgr. Although there is still a lot of work to be done I have no doubts that under her leadership we are destined for even greater success. As the MFM for ACC she has performed remarkably and has been a valuable asset to me and the field. Over the last 17 months, on numerous occasions she has provided strategic feedback which has helped make many of our field changes smooth. Most importantly when ideas or tweaks weren't in the best interest of the field for the long term she called them out and we redirected. These are just a few of the reasons why I am excited about

handing over the field to her along with the fact she has the understanding, reputation, fortitude, professionalism and initiative necessary to manage a field as diverse as this. You can rest assured, as I transition back into quarters that (S)MSgt Kelly and the field will have my continued support and involvement. As you all are aware there is a large amount of information she will need to get spun up on; your patience during this transitional period will be instrumental in ensuring this change is seamless. Keep the focus...continue to empower, inspire, challenge and motivate each other towards bigger, better and brighter opportunities.

“Success comes in cans; failure comes in cant’s” - Vern Mclellan.



Newsletter Inputs

Please submit your newsletter inputs, recipes, lessons learned and/or photos to “The Rope” Newsletter editor: TSgt Emily Popkoski at emily.popkoski@warren.af.mil or on the CoP under the heading “The Rope.”