The Sector

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Learning to Live with Budget Restrictions

For the last year or so, every commentary has included at least a couple of paragraphs about our budget problems and the challenges created by them.

This one is no different.

Fiscal uncertainty is affecting every facet of our operation. TDY funding is extremely limited and every requested trip will be scrutinized to make sure it is mission essential and an absolute "must do." We're still at the point where we can't fund "should dos" or "like to dos."

Our operations and management funding also has been affected. We'll continue at a minimal spending level – think salaries and electricity – at least until mid-January, when the continuing resolution is extended or a budget is passed.

While the uncertainty makes life harder, it also simplifies things. The only thing we can do right now is our jobs. There isn't money to do anything else.

New ECP Underway

One project we've started is the new entry control point. The money was appropriated for this several years ago but it was on hold until the softball field and pavilion outside our fence could be transferred to EADS from the Air Force Research Laboratory,

The transfer was finalized in September and construction started earlier this month. The $1.6 million project will extend the entrance road from the old ECP to Phoenix Drive and provide a larger, more secure traffic gate, as well as an area for inspecting vehicles. The new ECP will make the site more secure and make coming in and out of the facility easier for staff, visitors, and our vendors and suppliers.

Active Shooter Training

There has been two shootings at DoD facilities in the last couple of months.

Col. Dawne Deskins
EADS Commander

In mid-September, a gunman killed 12 people at the Washington Navy Yard in Washington, D.C. Just last week, another shooter wounded two at a naval facility in Millington, Tenn.

These incidents reinforce the need for workplace violence training. Although an active shooter event remains a statistically low risk, we would be negligent if we did not prepare for this type of attack. Security Forces have been holding active shooter classes for the last week and several more are planned. The classes are part of ancillary training requirements and are mandatory for military and civilians.

PFT Changes

The Air Force has made some changes in the physical fitness test. The fitness appeal process now belongs to wing commanders, passing standards are being adjusted for Airmen who can only test on one component, and the walk test is being changed.

The most talked-about change is that body mass index (BMI) taping is now allowed if – and only if – an Airman fails the abdominal circumference measurement and passes the other components. The hypothetical Airman who is "big but fit" has taken on urban legend status, but, in reality, it is extremely rare for someone to fail the AC measurement and pass the PFT. Of the 1.3 million Airmen tested since the standard was implemented, only 348 have failed the AC measurement and passed the other components. Air Force Chief of Staff Gen. Mark Welsh discusses this issue and several others related to the PFT in a letter to Airmen that's been reprinted on page 4. It's a clear explanation of PFT changes and should give everyone a better understanding why they were made.

THE SECTOR
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Major Changes in Selection Process for In-Residence PME

by Chief Master Sgt. Chris Giuffrida

It seems every time I get to write an article for the Sector there has been a major change that impacts our Airmen. This time is no different; changes have been made to the way Airmen request and are accepted to attend Airman Leadership School. The continuing restraints on spending have reduced the number of seats available at Air Force school houses, meaning that only the best of the best of our Airmen will be afforded a chance to attend in-residence Airman Leadership School PME.

Chief Master Sgt. Chris Giuffrida

An ANG Command Chief Master Sgt. (CCM) memorandum from Sept. 12 asks our State CCM to work closely with the Force Support Squadron/Force Development Flight (FSS/FSD) to distribute their allocated seats according to applicable local/state policy. The intention of this new process is to help facilitate deliberate development of Airmen within the state. Due to the limited quotas each State CCM will create an Order of Merit Listing (OML) of Airmen seeking to attend in-residence ALS. An identified Airman must meet eligibility requirements outlined in ANGI 36-2301, Professional Military Education, and AFI 36-2301, Developmental Education. This OML should identify all Airmen within the state/wings that are being selected to attend ALS. Once the determination is made, the State CCM will provide their OML to the appropriate wing's FSS/FSD who will work with the individual Airmen to select a class date and register the member utilizing Training & Education Application Management System (TEAMS).

Members will be scheduled based on class dates and their availability. Keep in mind that allotted seats will not all be utilized at one time during the year, but instead will be spread out over the fiscal year. For instance, if New York receives 10 allocations at McGhee Tyson, Training & Education Center (TEC), they will be utilized two per class throughout the year and will not place all airmen in a single class. New York State CCM Chief Master Sgt. Richard King is in the process of developing an ALS Application Worksheet. The worksheet should be completed and distributed next spring well before the FY15 ALS selection board is scheduled to convene.

This is a sign of the times for in-residence PME and I expect the NCO Academy to make similar changes. What can we do about? First be proactive and complete correspondence courses as soon as they are available to you. Ensure you're prepared to pass the test on your first try – members who fail more than once will not be selected to attend the in-residence course. Chief Dooley and I will pass on other factors that will be considered in the process as soon as Chief King makes them available to us.

We need to continue adapting to these changes with a positive attitude. They seem to come in waves and with all the talk of limiting the DoD budget the wave is breaking on all branches of the military. Having a positive approach will help us come out the other end a stronger force. As always I am proud to work beside the best of the best in the Air National Guard.

CSAF Explains Latest PFT Changes

Fellow Airmen:

Chief Cody and I get a lot of questions about the physical fitness test (PFT). To ensure we fully understood the issues folks were concerned about, we conducted a comprehensive review of the Fitness Program. The one thing that was crystal clear to both of us when we finished is that we have a tremendous program that has fundamentally changed the AF's overall fitness level over the past few years. So I'll tell you right up front that the PFT itself is not going to change. But even the best program can be improved upon, so we are making changes in four different areas to enhance the overall program.

The first change involves the abdominal circumference (AC) portion of the test. We use the AC measurement to assess an Airman's body composition, which is a key component of fitness. Because the AC measurement is integrated into our fitness test, DoD approved a permanent waiver to the DoD Physical Fitness and Body Fat Program, making us the only service not required to have a separate weight management program requiring annual body mass index measurements and assessments for every Airman.

One of the two concerns Chief Cody and I hear most is that there are Airmen who pass every component of the PFT except the AC, but fail the AC because they have a very large, thick body type or are very muscular. To put this in perspective, since we implemented the PFT, only 348 of ~1.3 million Airmen tested resulted in an Airman failing the AC portion and passing all the others with a passing composite score of 75 or higher. That's 0.03%...so this is an unusual occurrence. But, in the future, if an Airman fails the AC portion of the test, and passes each of the other three components, we'll measure that Airman using the Body Mass Index (BMI) taping guidance in DoD instructions. If the Airman meets the DoD BMI standard, they pass the PFT.

Chief Cody and I also hear about the "many" Airmen who have been kicked out of the Air Force for AC-only failures. The fact is that since we started the new Fitness Program, only 76 Airmen have been separated from the Air Force for failing only the AC portion of the test multiple times. That equates to 0.006% of the Airmen tested. It's certainly difficult for the Airmen involved, but it really doesn't happen that often.

We're making three other modifications designed to improve the program. First, we're realigning the fitness appeal process back to Wing Commanders. Second, passing standards are being adjusted for Airmen who can only test on one component of the Fitness Assessment, and third, we're changing and simplifying the walk test.

All these changes will be effective 1 October 2013, and the A1 will send detailed implementation guidance to the field shortly.

The second comment Chief Cody and I hear most frequently is that we need to rethink how we document fitness performance in performance reports. We are doing that as part of a larger effort to examine the performance report itself, along with the promotion system it supports. We'll give you the results of that study in the near future.

I believe we have DoD's best designed, best run Fitness Program, and as a result, we have a force ready for any mission our nation asks us to execute. I'm extremely proud of how far we've come with our fitness culture! Thanks for your personal commitment to staying in shape!

As always, thanks for all you do! See you in the gym!

TSA Hosts Second Annual WEPTAC Conference

by Lt. Col. Steven Vaughters, Det 2 Commander

The second annual National Capital Region Weapons and Tactics Conference (NCR WEPTAC) was held 17-18 Sep 2013 at the Transportation Security Administrations (TSA) Freedom Center facility in Herndon, Virginia. Over 40 military and civilian organizations were represented at the conference. Discussion focused on the real-world challenges that impact air defense/air security operations in the NCR and the OPERATION NOBLE EAGLE (ONE) mission.

Tactical "breakout sessions" were held with air defense/security stakeholders and local NCR military rotary wing operators to improve communication, identify specific issues, and develop concrete solutions. A total of 16 action items were identified by the group for additional focus/resolution. The NCR WEPTAC continues to be an essential means to bring the many military and interagency air defense/air security stakeholders together to improve ONE and to ensure the defense of our nation's capital. *Pictured above are, front row: (Left to right): Lt. Col. Christopher Jarratt, James Gagnon, Col. Thomas Cucchi, Maj. Jason Hawk, Maj. Brandon Handy, Ronald Montgomery, Robert Campell, Lt. Col. David Ellingson, Joanne Keaser, 2nd Row: Maj. Eric Haagenson, Col. Gary Akins, Steven Eddy, Jan Youmans, Jay Melott, Lt. Col. Clayton Schaefer, Lt. Col. Joseph Roos, Lt. Col. James Rader, Lt. Col. Christopher Hardgrave, Douglas Dal Soglio. 3rd Row: Bruce Browne, James Johnston, Maj Tiffany Shelly, Lt. Col. Joselito Tayao,Maj. Aaron Mahoney, Cdr. Sean O'Brien, Lt. Col. Steve Vaughters, Maj. Erik Figeueriedo. 4th Row: Lt. Col. Tavo Trippe, Col. Wendel Smith, Maj. Joseph Monastra, Eugene Granville, Col. Scott Miller, Capt. Bryan Culipher. Photo courtesy of Lt. Col. Steve Vaughters.*

Pentagon Stone Set at New JADOC Facility

The construction of the new JADOC is 99 percent complete. The focus is now on a final item for close out and the final quality control review. Detail level planning on mission migration and transition efforts are now taking place to ensure no loss of capability exists during transition efforts. On Sept.11, Col. Grant Slayden, AMD Task Force Commander, and Lt. Col. David Ellingson, EADS Det 1 Commander, set a stone from the Pentagon into the front wall of the new JADOC facility. The stone is placed near the entrance as a constant reminder to all who enter of the significance of the building and the mission conducted within. Also pictured is Lt. Col. Erickson, Task Force executive officer. *Info and photo courtesy of Lt. Col. David Ellingson.*

Active Shooter Training Underway

The recent shooting at the Washingon Navy Yard demonstrated the necessity of preparing for workplace violence. The info below are active shooter guidelines provided by the Department of Homeland Security.

If an active shooter is in your vicinity, quickly determine the best way to protect your own life

- Evacuate. If there is an accessible escape path, leave. Have an escape route in mind and evacuate regardless of whether others agree to follow and leave your belongings behind. If possible, help others escape. Prevent individuals from entering an area where the active shooter may be. Keep your hands visible, follow the instructions of any police officers, and do not attempt to move wounded people. Call 911, when you are safe.
- Hide out. If evacuation is not possible, find a place to hide. The hiding place should be out of the active shooter's view and provide protection. If possible, it should not trap you or restrict your options for movement.
- Lock the door. Blockade it with heavy furniture if the active shooter is nearby. Hide behind large items (i.e., cabinets, desks), silence your cell phone, turn off any source of noise and remain quiet.
- If evacuation and hiding out are not possible, try to remain calm and dial 911 to alert police. If you cannot speak, leave the line open and allow the dispatcher to listen.S
- As a last resort, and only when your life is in imminent danger, take action against the active shooter. Attempt to disrupt the active shooter by aggressively attacking him/her, throwing items, yelling and improvising weapons.

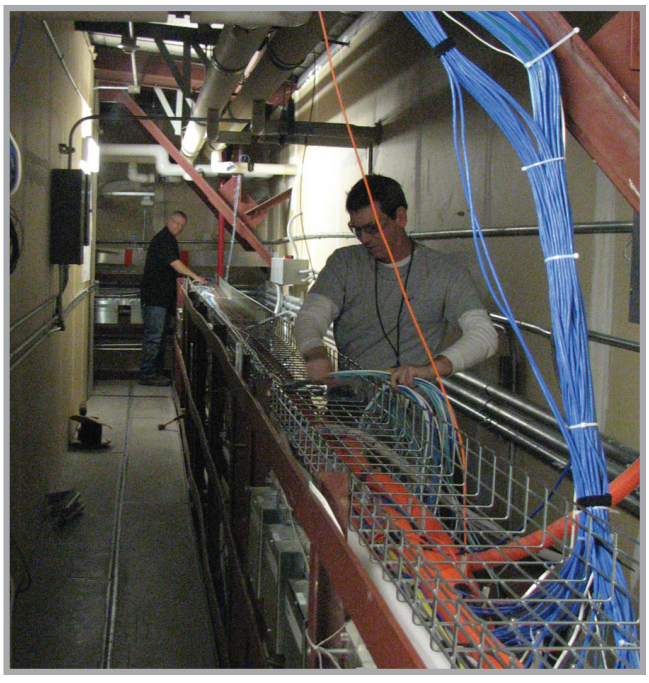
How to respond when law enforcement arrives.

- Remain calm and follow officers' instructions. Put down any items in your hands (i.e., bags, jackets) and immediately raise hands and spread fingers.
- You should avoid making quick movements toward officers and don't scream or yell. Do not stop to ask officers for help or direction when evacuating, just proceed in the direction from which officers are entering the premises.
- If you know, provide law enforcement with information on the location of the active shooter and number of shooters, if more than one. Other useful info would be a physical description of shooter, number and type of weapons held by the shooter and the number of potential victims at the location.
- The first officers to arrive to the scene will not stop to help injured persons. Expect rescue teams of additional officers and emergency medical personnel to follow the initial officers. Rescue teams will treat and remove any injured persons. They may also call upon able-bodied individuals to assist in removing the wounded from the premises.
- Once you have reached a safe location or an assembly point, you will likely be held in that area by law enforcement until the situation is under control. Do not leave until law enforcement authorities have cleared you.

Inside Plant Upgrades Underway in Buildings 700 and 703

Workers pull cable on Oct. 22 as part of an inside plant upgrade taking place at EADS. The upgrade is part of an Air National Guard modernizatoin initiative aimed at standardizing inside plants at wings throughout the country. The national program has received over $105 million in funding since FY08 and has positioned the ANG for future communications growth and transitions. The EADS project should be completed in mid-February.

photo by Tim Jones, EADS PA



It's Deer Season: Review Hunter Safety Rules

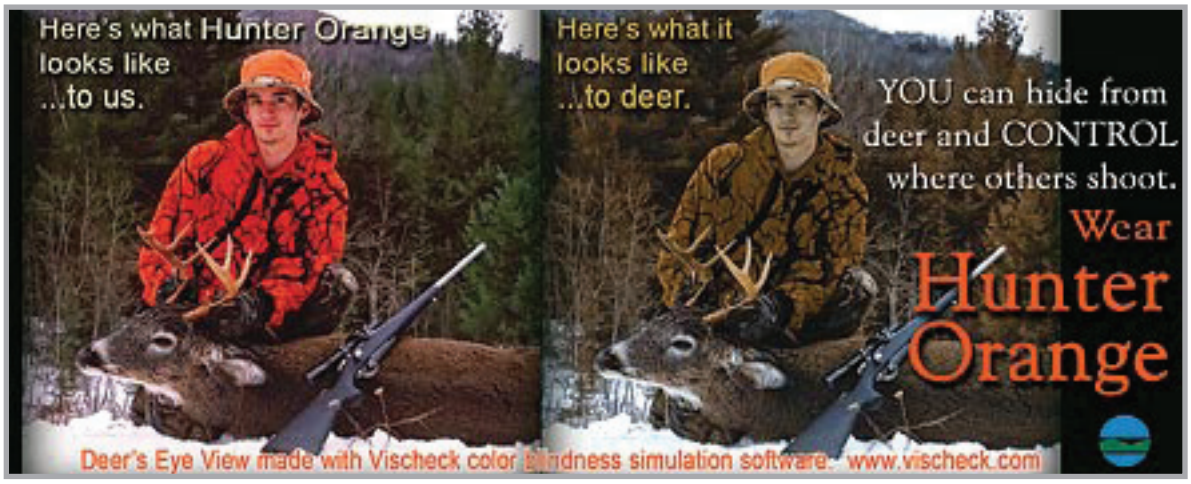
by Capt. Claude Hibbert, EADS Safety Officer

New York's modern firearms deer season started this week in the state's northern zone and opens on Nov. 16 in the southern zone. This popular season attracts far more hunters than any other hunting season, making it an opportune time to review hunting and firearm safety rules.

Firearm Safety Rules

Remember, no matter how experienced a hunter you may be, you can never be too safe with a firearm. Review these rules before going afield. First, assume every gun is loaded. Second, Control the muzzle. Point your gun in a safe direction. Third, keep your finger off the trigger until you are ready to shoot. And, finally, be sure of your target and beyond.

Use Hunter Orange: It's Effective



While not required by law in New York State, more than 80 percent of big game hunters, as well as two out of three small game hunters, wear hunter orange. The color has no impact on success rates -- deer and many other animals don't even see hunter orange because they do not have red-sensitive cone cells in their eyes. They can't tell red or orange from green and brown.

Humans, on the other hand, can see orange extremely well and hunter orange's value is in preventing other hunters from mistaking a person for an animal, or shooting in your direction.

Hunters who wear hunter orange are seven times less likely to be shot. During the past ten years, not one person who was wearing hunter orange was mistaken for game and killed in New York.

Tree Stand Hunting

Hunting deer from trees first became popular with bow hunters who needed to be within spitting distance for an effective shot. Today, many firearm hunters have also taken to the trees. Hunting from trees has its advantages. A hunter can see much better and farther, scent is dispersed, and deer rarely look up into trees. The drawback is that it can be dangerous.

Tree Stand Safety Tips

- Use sturdy, portable stand. Permanent stands nailed into trees are difficult to move and they rot, leading to weakened wooden steps and stands that can kill and cripple hunters.
- Know the rules. On state lands, it is illegal to place nails or other hardware into trees, or to build permanent structures, such as tree stands, platforms and blinds.
- Don't go too high. The higher you go, the smaller the vital zone on a deer becomes. The likelihood of a serious injury also escalates if you fall from high up. Usually, 15 to 20 feet is high enough.
- Use a safety belt for climbing. Most falls happen when going up and down the tree, and in and out of the stand.
- Never carry guns or bows up and down trees. They get in the way of safe climbing; they get dropped. Climbing with guns can result in hunters shooting themselves.
- As soon as you get in a tree stand -- strap in. A body harness is better than a plain safety belt, but a belt is a whole lot better than nothing.

RCAF Controllers Course Conducts Three-Weeking Training at EADS

by Tim Jones, EADS PA

A group of Royal Canadian Air Force student aerospace controllers spent three week at EADS putting their previous eight months' training into practice.

The students were from the Weapons Controller Course 13-02, which is administered by the RCAF's 51 Aerospace Control and Warning Operational Training Squadron. The course prepares students to become weapons controllers at tactical control squadrons and air defense sectors in Canada and the U.S., onboard controllers on E-3 Sentry airborne warning and control system (AWACS) flights, and maritime fighter controllers. Held twice a year, the students are newly commissioned officers or officers who are changing career fields and need to be re-trained.

Most of the students started their basic course at the School of Aerospace Control Operators in Cornwall, Ont. in January, said Capt. Joey Baker, the Canadian Officer in Charge of the training detachment at EADS. After completion of that five-month course, the group then reported to 51 Squadron, where it has undergone four months of weapons controller upgrade training.

Most of the course is conducted at 51 Squadron's home base in North Bay, Ont. Near the end of each course, the class travels to one of the U.S. air defense sectors to practice the tactics, techniques and procedures they have been trained on. The U.S. sector training sessions also serve to introduce the controllers to the U.S. side of NORAD operations.

The 13-02 class was split between the two U.S. sectors, with three students going to the Western Air Defense Sector at Joint Base Lewis-McChord in Washington and three to EADS. While at EADS, each student completed more than 15 live and simulated, multi-aircraft training missions.

The Sector training provides invaluable experience for the new controllers. "EADS can facilitate complex training missions and this is crucial to the students' tactical development," said Maj. Chris Horner, the Commander of 51 Squadron. "Training at EADS also allows our young controllers to get a sense of the sustained, rapid operational tempo at NORAD's busiest air defense sector."

An additional advantage of the three-week session is that it enables the Sectors to have a hand in training some of their future staff members. "This training helps us play a role in molding the aerospace controllers who will soon be assigned to one of the air defense sectors," said LCol Kyle Paul, the Commanding Officer of EADS Canadian Detachment. "It's beneficial for the students and the organization as a whole."

"The training support EADS provides for the controller course is an investment in the future," said Col. Dawne Deskins, EADS Commander. "It is in our best interest to have all our controllers as well-trained as possible and exposing them to Sector operations early in their careers is one way to accomplish that."

Student aerospace controllers and their instructors from the 51 Aerospace Control and Warning Operational Training Squadron in North Bay, Ont. spent three weeks training at EADS in September. Pictiured in the front row are studetns: Capt. Cynthia Duchene, 2nd Lt. Meghan McCready and Capt. Michael Kallio. Back row, from left to right, are instructors Cpl. Terry Gibbins, Capt. Jim Mesereau, Capt. Michael Garret and Capt. Joey Baker, OIC for the training.

The students finished their training at EADS on Sept. 20. The group returned to North Bay, for graduation and assignment to their new duties.

Humility, Faith in the System and Personal Excellence

A Closer Look at Our Forgotten Core Values

by Master Sgt. John Mills, EADS First Sergeant

An idea can contain the potential for positive growth and innovation, or decay and stagnation and can spread and reproduce itself over and over until it becomes a "forest." That forest can become two, and then four, and so on. In the U.S. Air Force, we use Core Values to guide and measure expected behavior in our Airmen and to gauge the impact their ideas and actions will have on our mission. Integrity, Excellence, and Service, all key words that create a common focus thereby unifying our drive and direction. So easy to repeat, and often just breezed over when they come up in daily conversation. When asked which of the Core Values is most important, many answer Integrity First, or Service Before Self, or Excellence In All We Do. These are all very good answers, but I think there are subtleties underlying these rehearsed terms that are often missed. I would like to take a moment and present a slightly more in depth look at some of the less common answers like Humility, Faith in the System, and Personal Excellence.

Master Sgt. John Mills

Humility is when a person of integrity grasps and is sobered by the awesome task of defending the Constitution of the United States of America. Upon donning the uniform, we raise our hand and promise to protect the Constitution. We promise to obey the orders of our superiors. We swore that these things were important enough to us, that we will sacrifice our lives to do these things. That's humbling. Faith in the System is to believe in your chain of command. To lose faith is to adopt the view that you know better than your superiors what should or should not be done; it's placing self before service. Personal Excellence encourages us to grow and develop as a military professional. Completing professional military education, staying in physical and mental shape, and continually refreshing our general education backgrounds are all ways to develop Personal Excellence. Don't procrastinate doing PME or upgrade training, make fitness a regular thing and not just an "oh-crap-the-PT-test-is-coming" thing. Take an online class, read up on domestic and world events, and discuss these things with your peers. Keep growing and getting better.

"The creation of a thousand forests is in one acorn." Ask yourself, are you planting positive acorns or negative ones?

FY 14 Unit Training Assembly (UTA) Schedule*

November 2-3
December 6-8
January 3-5
February 7-9
March 7-9
NO APRIL UTA

May 2-5
June 7-8
NO JULY UTA
August 9-10
September 6-7

**UTAs in December, January and March have been expanded to three days to make up for training days lost when October UTA was cancelled during the government shutdown.*

Det 1 Runners Complete Marathons in Toronto and Syracuse

Maj. Thomas Carney, near photo, the Chief of Cyberspace Control at EADS Detachment 1, completed his 91st marathon – and first marathon in Canada – on Oct. 19 in Toronto. Carney has completed marathons in 41 states and with a goal of running one in all 50 states. "My goal is to have around 105 or so by the time I retire next year, with at least 45 or 46 of the 50 U.S. states completed," he said. After retirement, he plans to finish the states, run in as many Canadian provinces as possible and possibly run an overseas marathon. Carney finished the race in 4 hours and 9 minutes. Master Sgt. Chris Spurrier of Det 1 (on the right) was one of 522 runners to complete the Empire State Marathon on Oct. 20 in Syracuse. Spurrier completed the race, which started and ended at NBT Stadium, in a self-described "slow" 4 hours and 33 minutes. *Photos courtesy of Maj. Thomas Carney and Master Sgt. Chris Spurrier.*

Annual Awards Banquet on Jan. 17 in Utica

Info provided by Chief Master Sgt. Maureen Dooley, DO Superintendent

The Annual Awards Banquet will be held at the Radisson in Utica on Friday, Jan. 17 from 1800-2200. Tickets will soon be on sale so start planning to enjoy a formal night out to relax and honor our annual award winners for 2013 and all our Airmen who have been nominated this year. Also, it's not too late to become a volunteer to help with making this all come together. Again, hope to see you all there!

Remember November 22: We'll be holding a MAKE IT, BAKE IT, FAKE IT! from 7 to 10 p.m., all are invited! Please make something crafty or offer your talents to help someone, bake one of your favorite desserts, or fake it and put together a basket of goodies or just a single item and bring it with you to the event. If you have never been, it is a fun night out to gather and catch up with co-workers and friends. We'll have more info out on this event as it gets closer. Hope to see you all there!

Children's Christmas Party on Dec. 7; Staff Party on Dec. 20

EADS annual Children's Christmas Party will be held on Saturday, Dec. 7 at the Huntress Club. There is a sign-up sheet and anyone interested in attending should contact Master Sgt. John Mills, EADS First Sgt.

The staff Christmas party will be held at the Huntress Club on Friday, Dec. 20. The start time will be announced later.

Congratulations Corner

Third Quarter Award Winners

Airman	Sr. Airman Benjamin Plumley
Noncommissioned Officer	Tech. Sgt. Jeremy Stanbro
Sr. Noncommissioned Officer	Master Sgt. Jason Kelsey
Company Grade Officer	Capt. Jennifer King
Civilian	Mr. Arnold Zumbrun

Promotions

Terry Hughes	Sr. Master Sgt.
John Adams	Master Sgt.
Paul Kulesa	Master Sgt.
Rachel Blackburn	Tech. Sgt.
Matthew Grinnell	Staff Sgt.

Hail and Farewell

EADS welcomes **Sr. Airman Philip Gentile**, **Maj. Ryan Mleczowski**, **Sr. Airman Ron Saturnio**, **2nd Lt. Tom Perkins**, **Sr. Airman Kyle Hesse**, **Capt. Peter Onan**, **Staff Sgt. Anibel Verdejo** and **Sr. Airman Pierce Relyea**. And bids a fond farewell to **Master Sgt. Sarah Armitage**, **Mr. Ferdinand Wacht**, **Sr. Master Sgt. Richelle Battams** and **Master Sgt. Anthony Fiorilli**.

And a special EADS welcome to…

Elias Kelsey, the son of Master Sgt. Jason Kelsey and his wife Emerine, born on Sept. 9.
Flynn Peterson, son of Sr. Airmen Asa and Nancy Peterson, born Oct. 19.

Security Forces Wins Griffiss Park Flag Football Title

EADS Security Forces won this fall's flag football championship on Griffis Park. The team went 5-0 on the season and defeated EADS Red Hawks 33-18 in the final.

Pictured from left to right, are Staff Sgt. Adam Scott, Tech. Sgt. Eric Stone, Tech. Sgt. Jean Warner, Staff Sgt. Jason Garner, Master Sgt. Brad Ramie and Master Sgt. Bernie Jowers. Team members not pictured are Staff Sgt. Mike Britton, Staff Sgt. Jose Marerro, Sr. Airman Ian Stone and Sr. Master Sgt. Terry Hughes. *Photo provided by Master Sgt. Brad Ramie.*

November is National Diabetes Awareness Month

By Col. Clark F. Speicher, USAF, Ret.

A former Commander at EADS, Col. Speicher is a diabetic and a volunteer with the American Diabetes Association. He also serves Planning Committee Chair for the 2014 Central New York (CNY) Tour de Cure fundraising event.

I'm sure most of you know someone who has diabetes, or are dealing with it on a personal level. Diabetes is a very insidious disease and millions are at risk and don't even know it. I was one of those at risk who didn't know.

Don't let it happen to you or someone you know. Don't assume all medical care providers are experts and can identify the symptoms or understand the treatment for diabetes, because they don't.

The American Diabetes Association's goal is to raise awareness and understanding of diabetes, its consequences, management and prevent Type 2 diabetes. American Diabetes Month is an important element in this effort, with programs designed to focus the nation's attention on the issues surrounding diabetes and the people impacted by the disease.

Diabetes doesn't stop. It is 24/7, 365 days a year. It's toll on health and the cost of this disease is staggering:

Prevalence

- Nearly 26 million children and adults in the United States have diabetes.
- Another 79 million Americans have prediabetes and are at risk for developing type 2 diabetes.
- Recent estimates project that as many as one in three American adults will have diabetes in 2050 unless we take steps to stop diabetes.

The Toll on Health

- Two out of three people with diabetes die from heart disease or stroke.
- Diabetes is the leading cause of kidney failure.
- Diabetes is the leading cause of new cases of blindness among adults.
- The rate of amputation for people with diabetes is 10 times higher than for people without diabetes.
- About 60-70 percent of people with diabetes have mild to severe forms of nerve damage that could result in pain in the feet or hands, slowed digestion, sexual dysfunction and other nerve problems.

Cost of Diabetes

- The American Diabetes Association estimates that the total national cost of diagnosed diabetes in the United States is $245 billion.
- Direct medical costs reach $176 billion and the average medical expenditure among people with diabetes is 2.3 times higher than those without the disease.
- Indirect costs amount to $69 billion (disability, work loss, premature mortality).
- One in 10 health care dollars is spent treating diabetes and its complications.
- One in five health care dollars is spent caring for people with diabetes.

You can help make a difference.

First, take care of yourself and see if you are at Risk of developing diabetes. Go to www.stopdiabetes.com and take the Risk Test. Become aware and educate others.

Second, Get Involved on a Personal Level or as a Rotary Chapter: Volunteering to support the ADA Step Out and Walk event or Tour de Cure bicycling event in Central New York are great ways to give back to your Community: Check out www.diabetes.org for more information or contact me directly at cfs@twcny.rr.com

Third, Learn About the Facts and Myths.

FACT: Diabetes is a growing epidemic with a devastating physical, emotional and financial toll on our country. It kills more Americans each year than AIDS and breast cancer combined.

MYTH: Diabetes is caused by eating too much sugar.

Become aware, stay healthy, and volunteer to Make a Difference. Please feel free to contact me for further information or questions. Statistics from the American Diabetes Association website: www.diabetes.org.

Thank You All for Your Service to Our Country!