

## Important Links

Wing Website  
[501csw.usafe.af.mil](http://501csw.usafe.af.mil)  
[Commander's Suggestion Line](#)  
Commander's Action Line  
268-4900 or  
[501csw.ccactionline](mailto:501csw.ccactionline)

## Stories from around the wing, Air Force

### [USAFE/AFAFRICA leadership talks about mission. Airmen and families during visit to 501st CSW](#)

Gen. Philip M. Breedlove, U.S. Air Forces in Europe and Air Forces Africa commander, and Chief Master Sgt. Craig A. Adams, USAFE-AFAFRICA command chief, received an in-depth tour of the Air Force's only combat support wing and its mission during a visit here Feb. 5-6.

### [Ali Dee shows bring country, western to 501st CSW](#)

Country singer Ali Dee finished up her two-week Armed Forces Entertainment tour with free concerts at the RAF Croughton Crown and RAF Alconbury Community Activities Center Feb. 11 and 12.

### [Welsh: Sequestration will 'undermine' readiness](#)

Unprecedented budget factors have placed the nation's defense strategy in jeopardy, senior Department of Defense leaders told the Senate Armed Services Committee Feb. 12.

The United Kingdom Cost of Living Allowance (COLA) Survey is open. These surveys directly affect the amount we receive for COLA in the United Kingdom. To prepare for the survey, determine where you purchase groceries, clothing, household furnishings, entertainment, communications and transportation. Also, in Part VI of this survey there will be a "Remarks" section. Members should include their Road/TV tax in this section.

This is our opportunity to voice our feedback and affect our own COLA, so if you want to see changes then you should take the survey. The survey is available at the link below and will end Feb. 15.

[Click here to take the survey](#)

# Wing E-News



501st Combat Support Wing

## The Big Picture

What's going on in the wing and the Air Force

Sometimes, it happens by choice. Sometimes, you don't have an option. In either case, it's important to be prepared for change - because you never know when it might happen to you. Everything in life requires transformation from time to time. Each day brings new challenges you may or may not have been expecting. The thing about change is: it happens to everyone. No one is exempt from it. We, in the military, probably experience more change than those in civilian life. We tend to move more frequently with short tours and deployments, just to name a few.

I'm getting ready to PCS to a new base and a new position. My thoughts at first were, "I'm not ready for a change. I don't want to pack up my house, sell the car, figure out where my kids will go to school ..." The list kept growing. The sheer size, complexity and uncertainty of the task seemed daunting.

The risk of not being able to change in a time when everything around you is shifting is fear of change. We all fear the unknown. Deep down we may wonder whether we can handle a

particular change. We ask ourselves if we are ready for a move, can we handle a new job, etc ... The goal for many of us when faced with impending change - whether it's a PCS, switching shift schedules, or altering our personal relationships - is simple. It's called preparation.

Typically, people don't change unless the pain and uncertainty of changing is less than the pain and difficulty of staying where they are. So, what do we do about the pain, difficulty, aggravation, and stress of our impending changes? Too often, we say, "I can handle it." We grit our teeth, hunker down, and move forward. Sometimes we drink alcohol or engage in other unhealthy activities to help with the denial. And the fear just grows. Admitting to ourselves, and even to others, "I'm scared," or "I'm exhausted - I don't know if I can keep this up," or whatever we are feeling, frees up energy for the task at hand. It may allow us to see whether the change might not be so bad after all.

Success in dealing with change is not about refusing to let it affect you, simply accepting it, or even defeating it. Success in dealing with change is about profiting from it and using the energy that it brings into your life to challenge

yourself. Take advantage of the change.

Breaking change down into its smallest components drives out fear and helps to prepare you for it. When I started breaking down the move into the smallest possible pieces, one step at a time, it was far easier to imagine how I can complete the PCS with as little stress as possible. I got my orders, scheduled the appropriate appointments and then started doing research on my new location. Accepting the move and learning to look ahead drove out the fear and brought great anticipation of what lies ahead. I realized the goal is to look forward to the change rather than dread it. It has been my absolute pleasure working for all of you. Thank you for the wonderful memories and keep doing the outstanding work that you do. You make me proud to be a part of the 501st team.

Remember - change always favors the prepared - "Prepare for rain, but hope for sunshine."

- *Chief Master Sgt. Losacco*

Superintendent, 422nd ABG  
RAF Croughton

## Going Local: Base Community Events

### RAF Menwith Hill



- Menwith Hill Station Day at the Hydro! The Chapel has rented the Hydro from 4 to 6 pm. March 10. No need to register, just stop by! Children under 12 years old will need to be accompanied by an adult.

### RAF Croughton



- The fitness center will be closed from 9 a.m. Feb. 15 until 9 a.m. Feb. 18. There will be no key checkout during this period. The closure is due to a power outage for essential maintenance work.
- There will be a group commander's All Call at 9 a.m. Feb. 20 at the Community Activities Center.
- There will be an Airmen All Call at 10 a.m. Feb. 20 at the Community Activities Center.

### RAF Alconbury



- The African-American Heritage Committee is hosting a potluck at noon Feb. 20 at the Community Activities Center.
- ITT has a trip to the [Greenwich Market & Prime Meridian](#) Feb. 23. Transportation only is £19 for adults, £16 for children 3-14 years old, and £10 for children under 3.
- ITT has a trip to [Stonehenge and Salisbury](#) March 2. Stand in wonderment at the sight of the massive circle of stones at Stonehenge. After you've had time to ponder the mysteries of Stonehenge, you'll travel to the nearby city of Salisbury. There you can visit the cathedral, which has the world's oldest working clock. This amazing timepiece has been keeping time since 1386. Transportation only is £25 for adults, £18 for children 3-14 years old, and £10 for children under 3.

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ALCONBURY, United Kingdom – (left to right) Godmanchester Mayor Christopher Vane Percy leads Huntingdon Mayor Colin Hyams and St Ives Mayor Debbie Townsend in the Pancake Day races in Huntingdon Feb. 12. Pancake Day (also known as Shrove Tuesday) marks the last day before Lent, traditionally a period of abstinence, associated with clearing your cupboards of goods such as milk, butter and eggs. It's commonly known as Pancake Day because pancakes represented a good opportunity to use such ingredients ahead of the fasting period. For more photos of the Pancake Races, click [here](#). (U.S. Air Force photo by Tech. Sgt. Chrissy Best)



RAF CROUGHTON, United Kingdom – Country western singer Ali Dee built a snowman before her concert at RAF Croughton Feb. 11. Dee performed free concerts at RAF Croughton and RAF Alconbury as part of the Armed Forces Entertainment tour. "I was so excited to be able to come and entertain the servicemembers, this is something I have always dreamed about doing," said Dee. For photos of the RAF Alconbury Concert, click [here](#). (Photo courtesy Ali Dee)

A promotional graphic for Military Saves Week. On the left is the "MILITARY SAVES" logo with the tagline "START SMALL. THINK BIG." and "BUILD YOUR SAVINGS ARSENAL". In the center is a large image of a US quarter coin. On the right is a graphic that says "TAKE THE PLEDGE TODAY!" with an American flag motif. The website "militarysaves.org" is listed at the bottom.

The Department of Defense has designated Feb. 25 to March 2 as Military Saves Week, a financial awareness event. As part of this event, a personal financial counselor will hold a class offering his financial expertise at 9 a.m. Feb. 25 at the 423rd Civil Engineer Squadron Conference room on RAF Alconbury.



# Wing Calendar

(A) Alconbury (C) Croughton  
 (F) Fairford (M) Molesworth  
 (MH) Menwith Hill (W) Welford (S) Stavanger

Sun	Mon	Tue	Wed	Thu	Fri	Sat
17	18 President's Day	19	20 Group Commander's Call (C) African American Heritage Committee Potluck (A)	21	22	23 <a href="#">Disney on Ice presents 'Let's Party' Trip</a> (C) <a href="#">Stoke-on-Trent Day Out</a> (A)
24 <a href="#">Royal Forest of Dean Family Walk</a> (C)	25	26	27 Dorm Dinner (C)	28 Monthly Promotion Ceremony (A, C, MH) <a href="#">The Phantom of the Opera Trip</a> (A)	1	2 <a href="#">A Day at Stonehenge and Salisbury</a> (A)

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