

The

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Connecting Team McChord with the Combat Airlift Mission

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## Welcome Inspectors Team McChord is Ready!



# Hard work prepares us for UCI, LSEP

By

Col. Jerry Martinez  
62nd Airlift Wing commander

As the 2007 holiday season draws to a close, I would like to take this opportunity to thank you for your hard work and dedication over the past year. I hope each and every one of you had a wonderful holiday with your family and friends. Please continue to keep those that are serving around the world away from their family and friends in your thoughts.

We had an amazing year here at McChord. To name just a few accomplishments from 2007, we had two very successful Nuclear Surety Inspections, an unprecedented "best ever" Rodeo airlift competition, the 62nd Medical Group's terrific Health Services Inspection, a multitude of Air Force and Air Mobility Command-level



Col. Jerry Martinez, 62nd Airlift Wing commander.

unit and individual awards, designation as the first C-17 wing to use synthetic fuel, and claim to AMC's one millionth sortie since Sept. 11, 2001. Additionally, we successfully deployed a large number of McChord personnel to distant locations — men and

women that protected our freedom here, and the freedom and liberty of countless individuals around the world.

With the advent of 2008, this New Year provides us all with the opportunity and promise of a new, fresh start ... an opportunity to establish new goals and aspire to achieve those goals. Some of the first opportunities we'll have to excel in 2008 are in the upcoming Unit Compliance Inspection and Logistics Standardization and Evaluation Program inspection.

The 62nd and 446th Airlift Wings will soon welcome AMC inspectors to McChord. While they will be here from Jan. 8-16, your hard work throughout the past year will be evident in their short inspection time. Over the past year, the announced and no-notice exercises conducted by members in your units and the Wing Plans and Programs shop worked to prepare us

all for this inspection. These inspections are designed to be tough ... please know that it will be stressful and will thoroughly test our well-established procedures and responses.

As the inspectors visit your work areas and examine your procedures, please take this opportunity to share your knowledge, professionalism and pride with them. Learn from the inspectors; they can help us improve our processes to be even better. Trust your instincts, follow your checklists and established procedures and have confidence in yourselves! You are an expert in your area of work, and I am confident that you will shine.

Thank you all for everything you do to keep McChord, our Air Force, and the nation as the leader in supporting democracy and freedom around the world. Happy New Year and good luck in the UCI and LSEP! We are ready to impress!

## Let change become a growing tool instead of an area of stress

By

Lt. Col. Norbert Motz  
361st Recruiting Squadron commander

Change is inevitable. How many times have we heard this? If you are like me, it usually precedes something I'm not going to care for.

Essentially we all prefer the status quo, what is regular is comfortable. Change may mean we are going to have to do something differently or perhaps do something we do not want to do at all. Because of this, change is often synonymous with stress. But does change have to be stressful?

If we approach the change in our lives without preconceived notions and accept it for what it is, change can be less traumatic. Whereas we usually think change can be managed by controlling the world around us, I believe it is more true to say change and its inherent stress is properly managed from within. There are many ways to do this: seek an inner stability, be willing to accept change as a new opportunity rather than a hurdle to be overcome, see the problems created by change as merely situations you can improve, and be willing to put aside former preconceived notions and encourage flexibility in your thinking.

For example, all of us in uniform and our fam-

ilies have become used to moving and job changes. This is one of the biggest changes people go through in life, and we do it regularly. Each time we change a job we feel some stress, but probably not as much as probably the time before, and so on. We understand our assignment changes can bring good things. They may mean more money, more job satisfaction or more responsibility.

When change comes in your life, remember what you have already accomplished and how change has influenced your personal growth. Have confidence that whatever comes your way in the future you will be able to handle it.

## Professionals

of the week

### 62nd Comptroller Squadron

#### Staff Sgt. Jocelyn Foo

**Duty title:**

Non commissioned officer in charge of customer support

**Duty section:**

Customer support office

**Hometown:**

San Diego, Calif.

**Why she's super:**

Sergeant Foo is the functional expert for all auditing functions within the financial services office. She is responsible for maintaining continuity with finance regulations as they apply to both military and travel pay documents. Her expertise has been instrumental in preparing the financial services office for the Unit Compliance Inspection. She is currently taking classes to earn her Bachelor's of Arts in psychology. Her hobbies include spending time with her family, working out and volunteering her spare time to help out the surrounding communities.



#### Airman 1st Class Winnie Otieno

**Duty title:**

Customer support technician

**Duty section:**

Customer support office

**Hometown:**

Denver, Colo.

**Why she's tops:**

Airman Otieno is the primary auditor for all travel vouchers processed at McChord. She has excelled at maintaining consistency with all travel regulations for the 62nd Airlift Wing, 446th AW and other tenant units on base. She is currently working on her Community College of the Air Force degree and during her free time she translates medical research work from Swahili to English for the University of Washington.



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