

# The NORTHWEST AIRLIFTER

Vol. 40, No. 2

McChord Air Force Base, Wash.

Connecting Team McChord with the Combat Airlift Mission

January 11, 2008

## INSIDE

**Medical decon team ready for action,**  
Page 4

**McChord innovations,**  
Pages 8-9

**Cold weather calls for changes in fitness routines,**  
Page 10



Photos by Abner Guzman



## Hearty welcome

(Above) Master Sgt. Brent Kerns, 62nd Services Squadron, gives Air Mobility Command Inspector General team member Master Sgt. Page Petrovic lodging directions.

(Left) Col. Jerry Martinez, 62nd Airlift Wing commander, greets Brig. Gen. Donald Lustig, AMC Inspector General, on the flightline as he steps off a C-17. The IG team arrived Tuesday to conduct a week-long Unit Compliance Inspection and Logistics Standardization and Evaluation Program inspection of McChord.

## Wing's protection program sets bar

By  
Tyler Hemstreet  
Staff writer

While Department of Defense guidelines require bases to have an antiterrorism and force protection vulnerability assessment at least every three years, base officials here run their own thorough assessment annually.

The assessment serves as a way for McChord to keep the bar set high when it comes to protecting its mission-valuable assets, said William Bravo, McChord's antiterrorism advisor.

The antiterrorism office took a big step in maintaining that high standard recently by creating a Critical Infrastructure Protection program to identify and categorize the wing's assets on a local and national level, Mr. Bravo said.

That information was then given to Air Force officials, who entered it into a nationwide database.

"We are the only base that has mitigated our vulnerabilities in accordance to the Air Force Critical Asset Management System," Mr. Bravo said. "We're light years ahead of other bases when it comes to the CIP program."

McChord's plan was then adopted by five other bases and AMC.

By identifying certain assets on base and their vulnerabilities, the antiterrorism office has been able to open up lines of communication between unit commanders and generate better ways to protect the assets, said Donald Rosenberry, the wing's deputy antiterrorism officer and critical infrastructure manager.

"If we have a top-tier asset, we're talking about how we can better protect it," Mr. Rosenberry said. "It's good to get people together and talk about everything because it helps us identify anything we need to fix."

Through open dialogue and working with various units on base, the antiterrorism office has been able to significantly reduce the number of vulnerabilities the base is subject to, Mr. Bravo said.

In 2007, the base's Critical Infrastructure Protection program was recognized as a benchmark program during Air Mobility Command's staff assistance visit, as well as being acknowledged as one of the top three antiterrorism and force protection programs in AMC.

## McChord Airmen deliver rescue pallet

HICKAM AIR FORCE BASE, Hawaii — Pilots and loadmasters from the 446th Airlift Wing and 62nd Airlift Wing performed a successful airdrop Saturday in Antarctica, assisting a stranded British fishing trawler frozen in the ice flow off the Ross Ice Shelf.

In an 11-hour mission, a C-17 Globemaster III and crew launched from Christchurch, New Zealand, and airdropped approximately 150 pounds of supplies abeam the Argos Georgia.

The airdrop was done approximately 400 feet from the ground at 150 knots.

"This is what we train for, what we're experts at," said Lt. Col. Jim McGann, Operation Deep Freeze mission commander. "It's a challenging mission, but this capability is inherent in the C-17 and epitomizes the Global Reach concept."

The Argos Georgia had suffered serious engine failure from negotiating ice while heading south in the

Ross Sea, leaving it without propulsion and drifting with the ice. The owning company, Argos Georgia Limited, researched potential options to get the needed engine parts to the stranded crew. When no quick response options were available, the company requested U.S. military assistance. To assist with the operation, Argos Georgia Limited provided the spare parts and floatation aids.

Other options to rescue the ship were either no longer available or would be more than 10 days away. The trawler crew had been without main power for six days.

"Considering the unforgiving Antarctic climate, we recognized the potential for this to become a life or death situation," said Lt. Gen. Loyd "Chip" Utterback, 13th Air Force and Joint Task Force-Support Forces Antarctica's Operation Deep Freeze commander. "Quick action was needed and versatile airpower was the response."

Colonel McGann quickly contact-

ed the U.S. Transportation Command and Air Mobility Command with the information and received approval.

"We have the airdrop equipment located at McMurdo Air Station on Antarctica and can pick up the chutes, platforms and riggers and be ready to execute," he said.

Due to their on-going support for ODF, the McChord crew is a highly-experienced Antarctic airdrop qualified team.

A C-17, aircrews and support personnel from the 62nd Airlift Wing and 446th Airlift Wing at McChord are currently deployed to Christchurch to support the 13th AF-led JTF-SFA's ODF. Operation Deep Freeze is a unique joint and total-force mission that annually supports the National Science Foundation and U.S. Antarctic Program that began in 1955.

(Article courtesy of Air Force Print News and 446th Airlift Wing Public Affairs.)

### Weekend Weather

FRIDAY	SATURDAY	SUNDAY
Hi: 48 Low: 41	Hi: 47 Low: 34	Hi: 44 Low: 39

Forecast generated at 7 a.m. Thursday  
Courtesy of the 62nd Operations Support Squadron

### Mission accomplished

Total McChord sorties	192
Total flying hours	623.7
Cargo moved (tons)	2,001.2
Departure reliability rate	95.9%
Mission capable rate	88%
Personnel currently deployed	448
Reservists currently activated	157
(Jan. 1 to Wednesday. Numbers updated Wednesday.)	

### Don't miss it ...

#### MLK, Jr. Luncheon

The luncheon is at 11 a.m. Jan. 18 at the McChord's Clubs and Community Center. For more information call Master Sgt. Byron Grant at 982-9140.

# Team McChord: Ready when duty calls

By

Col. Jerry Martinez  
62nd Airlift Wing commander

Our motto, Global Reach for America, rang loud and true last week. A C-17 from McChord air-dropped critical engine supplies to a disabled British fishing trawler caught for over two weeks in packed ice off Antarctica's northern coast. The Argos Georgia had a very grim outlook with dangerous icebergs and low-pressure weather systems looming in the area. But just 18 hours after notification, Operation Deep Freeze personnel from McChord got the green light to accomplish the rescue.

Lt. Gen. Loyd "Chip" Utterback

said, "Quick action was needed and versatile airpower was the response."

It's all due to the excellent work ethic and determination of the men and women of Team McChord; we are always ready when duty calls.

The Air Force's number one priority is to fight and win the Global War on Terror, but there are also special occasions when we are called upon to support our friends and neighbors with humanitarian efforts. Participation in Hurricane Katrina recovery, the tsunamis in the Pacific and the most recent case of the Argos Georgia can never be planned in advance. Our nation demands that we are not only ready for the defense of the nation, but ready to act on a moment's notice to provide aid to the world.

You are part of a force that our adversaries worry about. Any target is at risk with our lethal combination of air and space power capabilities. You provide our nation with unmatched Global Vigilance, Global Reach and Global Power. Air Mobility Command provides operational reach for the deployment and employment of the joint combat team.

At the same time, we can provide humanitarian relief anywhere in the world. It is safe to say that we have a McChord aircraft operating on every continent, over every ocean and in every major region of the world. But without you, a vital member of Team McChord, none of this would have been possible. As always, thank you for what you do.



Col. Jerry Martinez, 62nd Airlift Wing commander, cheers on troops during a recent commander's call.

## Share personal, team victories with inspectors

By

Lt. Col. Al Miller  
8th Airlift Squadron commander

General George S. Patton once said, "Accept the challenges so that you can feel the exhilaration of victory." Every day Team McChord tackles challenges and brilliantly executes the mission of delivering global airlift, focused logistics and agile combat support for America. Because of the aggressive, professional attitudes of the members of Team McChord, we get to enjoy "the exhilaration of victory" on a daily basis. One of the goals for the remainder of the Unit

Compliance Inspection and Logistics Standardization Evaluation Program inspection should be to let the visiting inspectors have a taste of our victories too. We can share the exhilaration with them by continuing to showcase the results we achieve and the pride we take in executing our daily tasks efficiently, effectively and safely.

Be proud of your unit, your leaders, peers and subordinates; and the great programs and processes you use every day. Please take the time to highlight these to our inspectors, as part of their important job is to capture best practices so every unit in the command can improve. With this in mind, take the opportunity to leverage the talents, knowledge and experi-

ence of the inspectors to improve ourselves. The inspectors are the experts in their field, with vast experience evaluating multiple programs. If they point out a way to improve, try to make the change immediately. If an immediate adjustment is not possible, take good notes and remember to thank them.

As we close out these inspections just as strong as we started them, we should all keep President Dwight Eisenhower's sage words in mind, "When you are in any contest you should work as if there were, to the very last minute, a chance to lose it."

Finish strong, Team McChord. Impress our expert guests and it will make for a great outbrief.

## Professionals of the week

### 62nd Aircraft Maintenance Squadron

#### Staff Sgt. Steve Deyne

**Duty title:**  
Commander's support staff personnel specialist

**Duty section:**  
Commander's support staff

**Hometown:**  
Watervliet, Mich.

#### Why he's tops:

Sergeant Deyne is a top-notch, solid performer. His professionalism and dedication has ensured the success of personnel programs in the largest squadron Commander's Support Staff in the wing with more than 650 members. He is the Agency/Organization Program Coordinator and resident expert for the Government Travel Card program. Since being designated as the squadron A/OPC, Sergeant Deyne has monitored \$13,000 transactions for 535 personnel totaling more than \$1 million. His expertise in the government travel card program earned the 62nd AMXS the title of best in the wing by the 62nd Comptroller Squadron. Additionally, Sergeant Deyne not only sets but exceeds the standards of the Air Force Fitness Program by being a unit physical training leader and scoring 100 percent on his fitness test.



### 446th Maintenance Operation Squadron

#### Staff Sgt. Alicia Kusel

**Duty title:**  
Logistics planner

**Duty section:**  
Plans, programs, mobility

**Hometown:**  
Portland, Ore.

#### Why she's super:

Sergeant Kusel is a highly motivated self starter. She superbly manages 14 complex programs for the 446th Maintenance Operations Flight and the 446th Maintenance Group commander. She spearheaded the deployment preparation of 21 maintainers to support Operation Deep Freeze with zero deployment line write-ups. Furthermore, Sergeant Kusel is the 446th enroute coordinator providing required maintenance manpower which supports Air Mobility Command Enroute locations around the world. Sergeant Kusel is a Status of Resources Training expert. She advises commanders from the two largest squadrons in the 446th Airlift Wing, receives their reports and imputes all data via the classified internet.



#### EDITORIAL STAFF

**62nd AW commander:** Col. Jerry Martinez  
**Chief, Public Affairs:** Master Sgt. Alvin Louthier  
**NCOIC, Public Affairs:** Tech. Sgt. Carrie Bernard  
**Chief of Internal:** Airman 1st Class Kirsten Wicker  
**Editor:** Tyler Hemstreet  
**62nd Services Squadron contributor:** Patti Jeffrey  
**Photographer:** Abner Guzman  
**Graphic artist:** Angela Jossy

#### 62ND AIRLIFT WING, McCHORD AFB, WASHINGTON

The Northwest Airlifter is published by Swaner Communications, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with McChord Air Force Base. This commercial enterprise Air Force newspaper is an authorized publication for members of the U.S. military services.

Contents of the Northwest Airlifter are not necessarily the official views of or endorsed by the U.S. Government, the Department of Defense or the Department of the Air Force.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of

Defense, the Department of the Air Force or Swaner Communications of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron.

Advertising copy intended for publication should be submitted to Thomas Swaner, Publisher. Business mailing address: P.O. Box 98801, Lakewood, WA, 98498. Free ads can be e-mailed to: classads@flewisranger.com or call Swaner Communications at (253) 584-1212.

#### CONTACT NUMBERS

Editorial content is edited, prepared, and provided by 62nd Airlift Wing Public Affairs. All photos are U.S. Air Force photos unless otherwise indicated.

**Mailing Address:** 62nd AW/PA  
100 Col. Joe Jackson Blvd., Suite 1077  
McChord AFB, WA 98438  
**Phone:** (253) 982-5637 **Fax:** (253) 982-5025  
**E-mail:** northwestairlifter@mcchord.af.mil

# Voting assistance counselors offer help

*Airmen have multiple tools, resources to help them cast election ballots*

By  
Tyler Hemstreet  
Staff writer

982-VOTE.

Some of the larger units on base have multiple counselors.

UVACs are also available to assist dependents and Department of Defense civilians with voting questions, Captain Parker said. This week through Jan. 15, UVACs will be contacting members throughout their units in an effort to cast ballots for the primary election, he said.

One of the links on the intranet sites directs users to the Federal Voting Assistance Program, which helps walk users through the absentee voting process.

Polli Brunelli, the program's chief, said the program has learned from experience and has put in place a system to make it relatively painless for servicemembers and their families to vote in the upcoming election.

And, she added, servicemembers and their families want to vote. They generally vote in greater percentage than the general population, Ms. Brunelli said.

She also stressed that these votes count. Absentee ballots decided a number of elections in 2004.

"Election officials count every absentee ballot," she said.

*(Information from an Air Force News story was used in this article.)*

From the Voting Assistance page on the McChord intranet site to the Unit Voting Assistance Counselors assigned to each unit, there are a multitude of tools and resources on hand to help Airmen cast their ballots in the upcoming national election.

Through various links on the intranet page and personalized information from the UVACs, Airmen can obtain various voting information, register online and get help navigating the voting process and deadlines for whatever state they are registered in, said Capt. William Parker, the installation voting assistance officer.

"Whether young Airmen are away from home and it's their first opportunity to vote or someone is looking to file an absentee ballot for the first time, all the unit reps are making themselves available to help answer any questions Airmen have," Captain Parker said.

There are listings of UVACs on the site at <https://62aw.mcchord.af.mil/VotingAssistance/default.aspx> and through the base voting action line at



Photo by Staff Sgt. Eric Burks

## Ready to SIP

Senior Airman James Prentice, left, and Airman 1st Class Ramon Negron, both 62nd Logistics Readiness Squadron, practice sealing a door using materials from a Shelter-in-Place kit. Each kit includes a checklist detailing the procedures to follow in the event an office must shelter in place.



# Medical decon team ready for action

By  
Tyler Hemstreet  
Staff writer

The 62nd Medical Group In-Place Patient Decon Team has proven to be a critical part of McChord's response to weapons of mass destruction exercise scenarios.

From the assembling of the tent to ensuring patients are free from contamination before they enter the base clinic and receive treatment, the team of 12 is responsible for the entire decontamination process. The tent is designed for self presenters — people who come directly to the medical treatment facility during a crisis.

When up and functioning, the team can decontaminate 100 people before they have to be resupplied.

The 12-member team is excited at the opportunity to show AMC inspectors the hard work it has put into preparing for the exercise and inspection, said team chief 1st Lt. Philip Hotchkiss, 62nd Medical Operations Squadron.

The team has practiced setting up the tent and preparing the triage for patients multiple times, said alternate team chief Staff Sgt. Eric Harris, 62nd MDOS.

"It goes pretty smooth — everyone knows their job," Sergeant Harris said.

And although the exercise may require the team members to do the setup in their chemical suits because of a simulated noxious plume surrounding the clinic, that's a job everyone is prepared for.

"In the suits it's more challenging, but it's something we're ready for," Lieutenant Hotchkiss said. "We've prepared for the worst-case scenario. That's just the way we train."

Setup in the full suits requires an enormous amount of patience and focus and tests how

well the team works together, Sergeant Harris said.

"Communication in the big, thick suits is the most difficult thing," he said. "We try and get real close to each other to communicate and just pay attention and focus on the job. It's a total team effort."

Because vision is limited in the suits, Lieutenant Hotchkiss said the team stresses safety and focuses on keeping an even pace during the setup process.

And while the team is composed of some young Airmen who haven't been through an inspection and some veterans that have, everyone is anxious to prove themselves.

"We're looking forward to strutting our stuff," Lieutenant Hotchkiss said.



Photos by Tech. Sgt. Carrie Bernard

Members of the 62nd Medical Group In Place Patient Decon Team practice as part of an exercise Nov. 8 in front of the base clinic. The team of 18 is responsible for the entire medical decontamination process, from setting up the tent to ensuring patients are free from contamination before they receive treatment. The team can decontaminate 100 people before they have to be resupplied.



McChord's Airmen

# AROUND THE WORLD



Courtesy photo

**BAGHDAD, Iraq** — 1st Lt. Rich Smith, 10th Airlift Squadron, poses with Secretary of State Condoleezza Rice on her short-notice trip to Baghdad recently. The 10th AS, deployed as the 817th Expeditionary Airlift Squadron, supported the mission.



Courtesy photo

**ERBIL, Iraq** — Tech. Sgt. Richard Putman, 62nd Security Forces Squadron, right, and another deployed security forces Airman respond to a call of an aircraft under small arms fire during a deployment recently.



# SAPR office plays vital role in healing

By  
**Tyler Hemstreet**  
Staff writer

During a time when sexual assault victims feel vulnerable, lonely and don't know where to turn for help, volunteers at McChord's Sexual Assault Prevention and Response office listen and provide a shoulder to lean on.

One of the first things people notice when entering the office is the approachable demeanor of Sexual Assault Response Coordinator Heather Van Mill, 62nd Airlift Wing.

Mrs. Van Mill, who previously spent time working with sexual assault victims at the Pierce County prosecutor's office and six years as a SARC with the Navy, has been working at McChord for about two years.

As the SARC, Mrs. Van Mill takes a very hands-on role in the office, which includes supervising the volunteer victim advocates, handling sexual assault prevention and awareness, as well as the decision making behind the office's outreach events.

But she said it's the personal contact she has with victims that is most satisfying.

"I love helping empower people and help them move forward from victim to survivor," Mrs. Van Mill said. "It's great seeing the transformation that a survivor goes through."

She said she enjoys helping people regain control of their situation. By working with volunteer victim advocates, Mrs. Van Mill helps her staff give victims emotional support and guidance on their legal options, on a need-by-need basis, she said.

"They can help the victim prepare and teach them what to expect [during the proceedings]," Mrs. Van Mill said.

She also takes great pride in the security the office maintains for each of its clients.

"Confidentiality really does exist for military members when it comes to sexual assault," Mrs. Van Mill said.

Helping people file restricted reports, where the information is only shared with the SARC, victim advocates and the health care provider, helps maintain the integrity of the program by making sure victims have options and someone secure to talk to, she said.

Another part of the program ensures volunteer victim advocates are there for victims throughout the entire process to put them at ease, said Capt. Maria Gomez-Herbert, 62nd Medical Operations Squadron, a volunteer victim advocate.

"Just to have someone guide them through it and has empathy for what they're going through [is key]," she said. "If they want us to speak to their supervisor or be there with them when they do it, then we can do that."

Mrs. Van Mill has done a good job enlightening the base about sexual assault and how it affects the victim, the victim's family and the Air Force, Captain Gomez-Herbert said.

Under the guidance of Mrs. Van Mill, the next step, Captain Gomez-Herbert said, is to reach out to agencies such as McChord's Office of Special Investigations, 62nd Security Forces and the 62nd Medical Group to talk to them about their role in being first responders to sexual assault victims.



Photo by Abner Guzman

**Staff Sgt. Sean Lynn, 62nd Security Forces Squadron, attacks student Staff Sgt. Julia Perry, 62nd Aerial Port Squadron, during a simulated training portion of a free, four-day aggression defense course held here in November. The course, which was hosted by the Sexual Assault Prevention and Response program here, was the first of its kind hosted by a base in Air Mobility Command that used certified trainers.**



# AMC commander awestruck by all mobility Airmen

By

Gen. Arthur Lichte  
Air Mobility Command commander

Scott AFB, Ill. — To the Men and Women of Air Mobility Command:

As my first 100 days in command draw to a close, I wanted to take a moment to share my impressions of the outstanding things I have seen and experienced in these few short weeks. Simply put, I am awestruck by the professionalism, dedication and accomplishments of mobility Airmen command-wide, and energized by the opportunities on the horizon.

I've had a chance to spend time at almost every organizational level in the command — beginning with the AMC headquarters staff and ending at the unit level for my KC-10 flight training. Everywhere across the command, the pride and service of the total mobility partnership is humbling. These mobility Airmen — Active Duty, Reserve, Air National Guard, civilians, family members and industry partners — truly form a critical part of our championship team.

I saw pride in the eyes of Airmen at the 19th Air Refueling Group's 80th Anniversary Banquet at Robins Air Force Base. As heroes from the "greatest generation" sat side-by-side with today's heroes to celebrate a legacy 20 years older than the Air Force itself, it was a glorious reminder of the combat heritage that forms the foundation of our warfighter ethos. It's the same pride in the eyes of Security Forces NCOs at McGuire AFB as they returned from deployments supporting convoy operations in Iraq. As we fight and win this Global War on Terror, it is the service and sacrifice of those NCOs (and of all Airmen) that not only reinforces our rich warfighting legacy, but also extends it to future generations.

At Charleston AFB and Andrews AFB,



Gen. Arthur Lichte, Air Mobility Command commander, observes an aeromedical evacuation.

mobility Airmen are keeping our sacred promise to the sons and daughters of America and saving lives. By working overtime to ship Mine Resistant Ambush Protected vehicles to Iraq, the heroes at Charleston AFB are ensuring that our nation's troops have the best armor protection possible as they take the fight to the enemy on their soil. And, at Andrews AFB, aeromedical evacuation professionals work tirelessly to fulfill our moral obligation to provide life-saving airlift and "care in the air" to fellow soldiers, sailors, Airmen and Marines, and return them safely to their loved ones.

Everywhere I visited, the effects of Airmen working together to improve the mobility system was a sight to behold. By refusing to accept inspection checklists for the 60K Tunnor loader that took twice as long to complete as the entire pre-flight inspection for C-130s, a command-wide team re-wrote the

checklists, cut the timeline by two-thirds, and saved Aerial Port crews one hour of work per shift for every 60K Tunnor loader in the entire Air Force. Likewise, from the first transcontinental C-17 flight with alternative fuels to the regionalization of C-5 ISO inspections, mobility Airmen are helping the Air Force transition from foreign to domestic sources of fuel and effectively adding more than two C-5s to our fleet without buying a single aircraft. At every turn, you're making things better. As Airmen, that's what we do, and it has been priceless to see it all in action.

By rallying behind our "Top 3" priorities to fight and win the Global War on Terror, care for Airmen and their families, and recapitalize & modernize our fleet, mobility Airmen are not only providing leading-edge support to our fellow joint warfighters, but you're also ensuring that future generations of Airmen can do the same. I am proud of our current vector, and I want to thank you for your support because in the words of Yogi Berra, "You got to be careful if you don't know where you're going, because you might not get there."

The bottom line is simple. Over the last 100 days, I have seen mobility Airmen providing Global Reach and hope for today and future generations.

You provide the clenched fist of Global Reach for our nation's leaders, and the outstretched hand of hope to those who wear the uniform and to our nation's friends in need. I am confident that with the appropriate national investment today, we will secure the rewards of strategic air mobility for future generations of Americans.

Global Reach and hope for today & future generations: It's what I've seen in the eyes of mobility Airmen over the last 100 days. It's why we're focusing on our "Top 3" priorities. And, it's what's at stake for warfighters today and in the future.



# Taking the initiative

*McChord zeroes in on excellence*



Photo by Abner Guzman

(Right) Airman 1st Class Nelson Lopez-Toledo, 62nd Services Squadron, wraps a sandwich for box lunches available to Airmen from the flight kitchen. The flight kitchen provides more than 1,500 quick meals a month.



Photo by Abner Guzman

Col. Jerry Martinez, 62nd Airlift Wing commander, greets the Turkish Rodeo team on its arrival to McChord for the Air Mobility Command Rodeo held here in July. Team McChord shined while hosting AMC's 2007 Rodeo, prompting Gen. Duncan McNabb, prior AMC commander, to proclaim it as the 'biggest and best' in the history of the event.



Courtesy photo

**Editor's note:** *McChord Air Force Base boasts many accomplishments. This page represents just a few of the benchmarks, best practices and initiatives that make it a great place to live, play and work.*

An Airman directs a McChord C-17 while deployed. McChord made recent history when a C-17 on a flying mission to Manas Air Base, Kyrgyzstan, passed a major milestone: Air Mobility Command's one-millionth sortie since Sept. 11, 2001. The crew was from the 62nd Airlift Wing's 10th Airlift Squadron.



Photo by Abner Guzman

Senior Airman Charles Coppock, 62nd Maintenance Squadron, left, reviews prior entries to a log to ensure all items are accounted for prior to checking out a tool from the Consolidated Tool Kit section. The 62nd Logistics Readiness Squadron's priority parts ordering process was recognized as an Air Mobility Command benchmark for others to follow by allowing more time at the aircraft for maintainers. Instead of a maintainer picking up a part, the squadron delivers it. Overall, the process saves the maintainer nearly 63 minutes per order and costs 62nd LRS just nine minutes per order — saving the Air Force almost 54 minutes per order.



Courtesy photo

A McChord-based C-17 Globemaster III recently completed the first transcontinental flight of an aircraft using a blend of regular aviation and synthetic fuel. The jet flew from McChord to McGuire Air Force Base, N.J., before flying over New York City.



Photo by Abner Guzman

62nd Security Forces Airmen wait for further instructions during a road march as part of the Expeditionary Combat Skills Training course designed here to prepare Airmen for situations they may encounter during deployment. The 62nd Security Forces Squadron became the first security forces unit in Air Mobility Command to combine Expeditionary Combat Skills and Combat Arms training. This initiative saved an estimated 1,040 man-hours a year versus completing the training in two separate blocks.



Photo by Abner Guzman

Capt. Bakhtiar Pribadi, 62nd Medical Operations Squadron, speaks to a group of children at the Child Development Center regarding the importance of maintaining proper dental hygiene as part of a Children's Dental Health month initiative.



Photo by Abner Guzman

Senior Airman Marshall Jackson, 62nd Aircraft Maintenance Squadron, loads a wet tool sleeve into a dryer cabinet. In order to combat the wet climate of the Pacific Northwest, the 62nd Aircraft Maintenance Squadron's drying cabinet gives the squadron the ability to not only dry out fabric and leather items, but also dry tools and their foam storage pallets. The cabinet has reduced the occurrence of tools becoming corroded by residual moisture in the foam storage pallets and ensures a ready supply of dry coveralls and work gloves.



Photo by 1st Lt. Erika Yepsen

(Above) From left, Senior Airman Kory Williams, 8th Airlift Squadron, and Senior Master Sgt. David Stutts, 313th Airlift Squadron, assess the C-17 Globemaster III's condition after landing on the ice runway at McMurdo Station, Antarctica. The 62nd Airlift Wing completed the first-ever airdrop to the South Pole by a C-17 and the first in more than eight years. The McChord jet shuttled supplies, equipment and personnel for Operation Deep Freeze.

# Cold weather calls for changes in fitness routines

By

Tyler Hemstreet  
Staff writer

While cold temperatures and wintry weather may complicate the workout schedule for some Airmen, there are still plenty of ways to keep active in the winter months. Running is one of the biggest ways Airmen keep in shape, but when temperatures dip below 32 degrees, ice is the biggest thing to worry about for runners, according to Patrick Conway, an exercise physiologist with the 62nd Medical Operations Squadron.

To combat the outdoor elements, Mr. Conway recommends Airmen instead run on a treadmill inside, set to a 2 percent grade.

"Wind sprints or jumping rope is another excellent indoor activity for the winter months," he said.

He also recommends pumping iron.

"Weight lifting is great, especially in winter," Mr. Conway said. "It will help keep you lean and strong and help keep the fat off."

By balancing some strength training with a 45-60 minute walk every day, even with the added holiday treats, the combination will help each Airman's weight remain constant, he said. If Airmen do choose to run or walk outside, drinking plenty of water is another important thing to remember when exercising in winter weather.

"When you're exercising outside in



Photo by Abner Guzman

**Irene Noriega, 62nd Airlift Wing, stretches before a workout. Proper stretching and a light warm-up before a winter workout can lead to efficient calorie burning by increasing core body temperature, increasing metabolic rate so oxygen is delivered to the working muscles more quickly and also prevent injuries by improving the elasticity of the muscles.**

the winter, sometimes you just don't notice that you're getting dehydrated," Mr. Conway said.

Airmen should also allow a little more time for a longer warm-up, whether that entails a walk leading into a slow jog for running or jumping jacks or pushups for an indoor workout, Mr. Conway said.

A gradual warm-up leads to efficient calorie burning by increasing your core body temperature, increases your metabolic rate so oxygen is delivered to the working muscles more quickly and can prevent injuries by improving the elasticity of

your muscles, according to the American Council on Exercise.

An effective warm-up will also give you better muscle control by speeding up your neural message pathways to your muscles, allow you to work out comfortably longer because all your energy systems are able to adjust to exercise, thereby preventing the buildup of lactic acid in the blood, according to the ACE.

Mr. Conway recommends specific and non-specific five-minute warm-ups for cardio exercise.

The specific warm-up entails mimicking the activity of the work-

out, like a light jog before a run or beginning in lower gears before a hard bike ride outside. For the non-specific warm-up, Mr. Conway recommends jumping jacks, or "something that gets the heart rate going."

For warm-ups for strength training, he recommends one set of at least 20 reps.

"Just enough to get the muscles moving around that joint," he said. "It's priming the muscle."

Once the muscles get the full range of motion, then you are getting adequate stretching, he said.

Proper stretching is also recommended during the cool-down period.

"If you stretch after exercising, this will help you maintain muscular and joint flexibility and prevent post-exercise stiffness," he said.

During the colder months, there is an increase in squadrons that chose to do their physical training inside at the fitness center, said Master Sgt. Robert Snyder, 62nd Services Squadron.

Most squadrons chose the morning to do their workouts, Sergeant Snyder said. He recommends squadrons to log onto the services Web page at [www.62services.com](http://www.62services.com) and download a letter of instruction and reservation form to ease congestion at the center. By faxing the form to the fitness center and reserving a block of time on the gym floor, racquetball court or exercise bikes in the Fitness Center Annex, squadrons can work out together.



# Winter fitness classes



File photos

McChord's Fitness Center Annex offers a variety of indoor fitness classes such as Pilates, Zumba, kickboxing, Yoga, Fitness Readiness and spin that offer a combination of different workouts.

**(Left) Pilates instructor Angelina Jackson demonstrates a pose recently at the fitness center annex. Pilates is a full body workout that focuses on core, working on the abdominal, hip flexor and lower back muscles.**

**(Below) Fitness Readiness class participants do crunches as part of the class routine. The class includes 30 minutes of cross training and can utilize training elements from basic aerobics, step, power walking, running, circuit training, grid training, boxing, sports skills and body sculpting.**





# Letter to Airmen

## Make 2008 the Year of Achievement

By

**Michael Wynne**  
Secretary of the Air Force

Happy New Year! I am so proud to begin another year serving with all of you as Secretary of this great Air Force. You performed magnificently as an Air Force in 2007, and our nation needs you to have a repeat performance in 2008. As we begin this new year together, I want us all to set the personal and organizational goals necessary to capitalize on last year's efforts and make 2008 The Year of Achievement.

Set Your Goals for the Year. I encourage each of you to set personal goals that will take care of your mind, body and your family so you are ready to defend our great nation today and in the future. Additionally, each organization should set goals focused on accomplishing their

specific missions with excellence and taking care of their people. To accomplish the Air Force Mission, General Moseley and I need every unit and individual to continue to develop, maintain and sustain the Warfighter Edge so you are prepared to fight alongside our Joint brothers and sisters anytime, anywhere.

Achieving Our Air Force Goals. In 2008, our Air Force will continue to train and equip warrior Airmen to fight and win the current war while also preparing our Air Force for the uncertain future. This year we will also continue to achieve results towards the Air Force Goals I previously established. For example, we will achieve successful results in the critical modernization of our aging aircraft inventory by putting the top two Air Force acquisition priorities on contract — the new air refueling tanker and the new Combat Search and Rescue (CSAR) helicopter.

As we set the stage for the future, we will also

break new ground by applying innovative technologies in areas such as alternative energy and cyberspace. Building on last year's certification of the B-52 to fly on synthetic fuel and the first-ever transcontinental flight on 'synfuel' by a C-17, we are taking aggressive steps to certify the entire fleet to reduce dependence on foreign oil. We will also achieve a major step towards providing global effects across our air, space and cyberspace domains when the new Air Force Cyber Command reaches Initial Operational Capability status targeted for October 2008. This new command will lead our cyberspace forces and ensure dominant air, space and cyberspace power for the 21st century.

All of the program successes we see in 2008 will result from incredible efforts by our Guard, Reserve, Active Duty and Civilian Airmen. In 2007, you did an excellent job of planting the seeds — let us all set goals to achieve and harvest the results in 2008!

### 0-0-1-3



The medical standard is one drink for women or two drinks for men if a daily drinker. For periodic drinking, the standard is to keep the blood alcohol level or blood alcohol content under 0.05.



*Use personal risk management  
Use situational awareness  
Use your wingman  
Use a friend*

**0 Drinks under age 21  
0 DUI's  
Max 1 drink per hour  
Max 3 drinks in one night**

**DON'T DRINK AND DRIVE**



## Looking back on 2007

# A time of reflection

By

Capt. Erin Dorrance  
86th Airlift Wing Public Affairs

SAN ANTONIO — The year 2007 was a time for reflection as the Air Force community celebrated the service's 60th anniversary, but it was also a time of great success as Airmen across the world defended their nation through air, space and cyberspace.

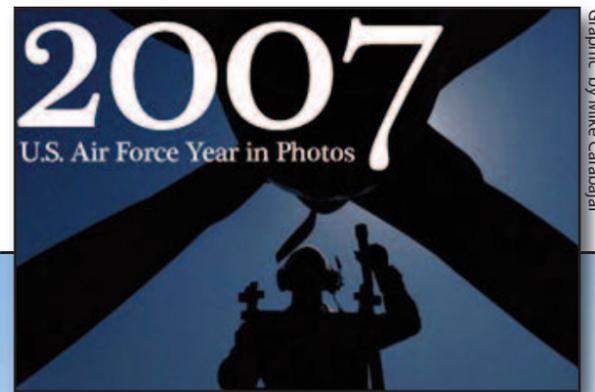
Forty Air Force photos have been selected to highlight Airmen's global efforts in 2007. A photo highlighting McChord's support of Operation Deep Freeze is featured in the presentation. The images can be viewed at [www.af.mil](http://www.af.mil).

In celebration of the 60th anniversary, six locations across the country hosted special Air Force weeks. Each Air Force week included community visits and talks by senior Air Force officials, flight demonstration team performances and displays providing an up close and personal look at the Air Force men and women serving on the front lines.

The events occurred at Phoenix from March 19 to 25, Sacramento from June 4 to 10, St. Louis from July 2 to 8, the New England states from Aug. 18 to 26, Honolulu from Sept. 10 to 16, and Atlanta from Oct. 8 to 14.

Throughout the year, a continued focus remained on the priorities that Air Force Chief of Staff Gen. T. Michael Moseley established for the service: Fighting and winning the war on terrorism, developing and caring for Airmen, and recapitalizing and modernizing the aging fleet and equipment.

(62nd Airlift Wing Public Affairs contributed to this article.)



Graphic by Mike Carabajal

The year 2007 was a time for reflection and success as Airmen across the world defended their nation through air, space and cyberspace.



Photo by Shane Cuomo

Exhaust vapors form around a C-17 Globemaster III after engine start-up during an Operation Deep Freeze mission. The C-17 and 31 Airmen from McChord Air Force Base, Wash., conducted the annual winter fly-in augmentation of scientists, support staff, food and equipment for the U.S. Antarctic program at McMurdo Station, Antarctica.



# AMC commander visits Airmen in Southwest Asia

By

Capt. Christopher Moore

386th Air Expeditionary Wing Public Affairs

SOUTHWEST ASIA — Deployed Airmen need modern aircraft and equipment to continue to effectively prosecute the war on terrorism, the commander of Air Mobility Command said in January during a recent tour of Southwest Asia air bases.

Gen. Arthur J. Lichte made his first trip downrange since taking command of AMC in September.

Despite the rigors of operating and maintaining aircraft more than 40 years old, deployed Airmen continue to raise the bar while playing a vital role in operations Iraqi Freedom and Enduring Freedom, General Lichte said.

“Our people continue to amaze me,” he said. “Young Airmen are constantly coming up with more and better ideas on how to do the mission more effectively and using techniques from Air Force Smart Operations (for the 21st century) to make working in the Air Force better.”

While dedicated Airmen are able to accomplish the mission with new ideas and procedures, General Lichte said he owes it to his Airmen to make sure they have everything they need.

“One of the things that I lose sleep about are Airmen flying into harm’s way,” he said. “We need to modernize our fleet to make sure that none of our Airmen deploy without being prepared and without the proper equipment. We’re flying into some very bad neighborhoods.”

Airmen from General Lichte’s command are doing air refueling, aeromedical evacuation and airlift missions, and they’ve been doing those without interruption since the Gulf War. The



**Gen. Arthur J. Lichte greets Senior Airman LizaMarie Franz Jan. 7 at a Southwest Asia air base. General Lichte, commander of Air Mobility Command, was making his first visit downrange since taking command in September. Airman Franz is assigned to the 386th Expeditionary Medical Group.**

general was very impressed with the mission-capable rates that his Airmen are achieving while working in less-than-ideal conditions for such long periods.

“Producing mission-capable rates of more than 97 percent in the hot, sandy environment of a desert is absolutely amazing,” he said. “To fly 40- or 50-year-old airplanes takes dedication and extra tender, loving care. Crew chiefs spend a lot of time on the ground to make sure aircraft are perfect when they launch. It’s a tribute to

maintainers and aircrews who keep them flying and get them home safely.”

General Lichte said his visit here helped him better understand current issues Airmen are having and gave him a chance to thank them firsthand.

“We’re saving lives every day and playing a vital role in the war on terrorism,” he said. “For me to see it firsthand, (that) drove home our involvement. I have the highest respect and admiration to everyone over here.”



**Quarterly awards luncheon**

The Team McChord Quarterly Awards luncheon is Thursday at 11 a.m. at the McChord Clubs and Community Center. Prices are \$8 for club members and \$10 for non-club members for the bacon turkey sierra sandwich and fries, \$10.50 for club members and \$12.50 for non-club members for baked chicken piccata with au gratin potatoes and salad and \$9 for club members and \$11 for non-club members for the veggie lasagna. Reservations for seats to the luncheon need to be purchased by Monday. Please contact your unit first sergeant or designated representative for tickets. For more information, call Master Sgt. Bill Baker at 982-5890 or Master Sgt. Ed Perry at 982-5107.

**Col. Martinez's farewell**

There will be a farewell dinner for Col. Martinez Friday with a social starting at 5:30 p.m. and dinner starting at 6 p.m. at the McChord Clubs and Community Center. The menu is South of the Border. Cost will be \$11.25 for club members and \$13.25 for non-club members. Dress code is casual dress only. RSVP by Monday to your squadron first sergeant.

**Chiefs' Group induction**

The 62nd and 446th Airlift Wings' Chiefs' Groups will

host their induction ceremony on Feb. 8 at the McChord Clubs and Community Center. Social hour begins at 6 p.m. and dinner is at 7 p.m.

**MLK Jr. luncheon**

The Martin Luther King Jr. luncheon is Friday at 11 a.m. at the McChord Clubs and Community Center. The featured speaker is Elder Jay Thomas, a community leader in the nonprofit sector for more than 12 years and former executive director of the Federal Way YMCA. The menu consists of Mediterranean buffet. Cost will be \$11.75 for club members and \$13.75 for non-club members. For more information, call Master Sgt. Byron Grant at 982-9140.

**Lost and found**

The 62nd Security Forces Squadron is currently in possession of numerous personal property items such as bicycles, keys, etc. These items were found on or near McChord and may be reclaimed by contacting the Security Forces Investigation Section, located in Bldg. 160. For more information, call the Investigations Section at 982-5936.

**Physician's assistant training**

Applications for physician's assistant training classes beginning in January, April and August will be accepted no later than Jan. 25. See Education and

Training course announcement catalog J9OQA42G1-01AA, physician assistant (Phase I), for course description, prerequisites and application procedure. The selection board is scheduled to convene on March 19. For more information, call Mr. Bruce Houseman at 982-3149.

**Air Force Aid Society**

Concerned about the soaring cost of higher education for your children? Maybe the Air Force Aid Society (AFAS) can help. The Society's General Henry H. Arnold Education Grant Program awards \$2000 grants to sons and daughters of active duty, Title 10 AGR/Reservists on extended active duty, Title 32 AGR performing full-time active duty, retired, retired Reservists with 20 plus qualifying years of service, and deceased Air Force members. Also eligible are spouses (residing stateside) of active duty and Title 10 AGR/Reservists on extended active duty and surviving spouses of deceased members. It might be a mistake to assume that you won't qualify. Last year, 75 percent of the McChord certified entries received the \$2000 award. Call your AFAS section at the Airman & Family Readiness Center today at 982-2695 for more information and an application, visit the Air Force Aid Society's web site at [www.afas.org](http://www.afas.org).



# Faith and Worship Programs

**For more information,  
call the chapel support center at 982-5556.**

The following chapel program takes place at the base chapel support center, Bldg. 746, unless otherwise noted:

**Adult Bible study** is from 11 a.m. to 1:30 p.m. Wednesdays.

## Schedule of worship services

**Catholic Services:**

All Catholic services are in chapel two.

Saturday: 4 p.m. Confession

5 p.m. Mass

Sunday: 9:30 a.m. Mass

11 a.m. Mass

**Protestant Services:**

Sunday: 8:30 a.m. Liturgical worship: Chapel one

9:45 a.m. Sunday school for all ages at the chapel support center

11 a.m. Traditional worship: Chapel one

11 a.m. Contemporary service: Chapel support center

**Jewish Services:**

Friday: 6 p.m. Fort Lewis chapel every 1st, 3rd and 5th at the corner of 12th Street and Liggett Avenue 967-6590

**Orthodox Activities:**

Sunday: 9:30 a.m. Divine Liturgy, St. Nicholas Church, 15th Street and Yakima Avenue, Tacoma

**Other services:**

Orthodox Christian Community, Cascade Chapel, Fort Lewis

Sundays: 8:45 a.m. Pre-Communion prayers

9:30 a.m. Divine Liturgy

Confession is by appointment only. Call Father John Anderson at 967-1717 or 906-6843 or e-mail [father.anderson@us.army.mil](mailto:father.anderson@us.army.mil).

