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Connecting Team McChord with the Combat Airlift Mission

February 1, 2008

INSIDE

Four McChord Airmen awarded Bronze Star,
Page 4

62nd CS radio maintenance under the spotlight,
Pages 8-9

Center at Manas helps Airmen home faster,
Page 13

McChord hosts NATO visitors

By

Tyler Hemstreet
Staff writer

Team McChord hosted nearly 50 distinguished visitors from NATO on Thursday, showing the group everything from how the 62nd and 446th Airlift Wings work together to accomplish the mission to explaining the many capabilities of the C-17 Globemaster III.

McChord was selected to host the visit due to the presence of its Reserve associate wing, the 446th AW, due to C-17s operating out of here and because of the close relationship Team McChord has with the Army and Fort Lewis, said assistant action officer Capt. Chad Harris, 7th Airlift Wing.

The visit consisted of multiple briefings informing the delegates about how all units on base are integrated into the mission and information about what role the C-17 plays in the Global War on Terrorism.

"They were curious about the support functions on base and how we all fit together," Captain Harris said.

The delegates also got to experience a flight in a C-17 and watch Army Stryker vehicles get on-loaded and off-loaded from the aircraft.

The entire visit was an exercise of precision organization and participation by Team McChord, said Lt. Col. Brian Newberry, 7th Airlift Squadron.

"This was just another great example of Team McChord in action," Colonel Newberry said. "With many of the delegates in the group not only being NATO members but also members of parliament in their own countries, we put on a great performance and really showed off the Air Force at its best."



Photo by Abner Guzman

Capt. Matthew Oliver, 7th Airlift Squadron, describes the C-17 Globemaster III's airdrop capabilities and its use during Operation Enduring Freedom to delegates from the NATO Parliamentary Assembly on Thursday.

Troops to receive retroactive pay next month

By

John Kruzel

American Forces Press Service

WASHINGTON — Active duty troops will receive retroactive earnings next month, followed weeks later by a supplemental payday for non-active personnel, a Pentagon official said Tuesday.

The National Defense Authorization Act signed into law Monday by President Bush stipulates a 3.5 percent military pay raise. This hike is 0.5 percent higher than an executive order the president signed Dec. 28 to increase pay by 3 percent, which took effect Jan. 1.

In mid-February, Defense Finance and Accounting Service officials will

pay active duty servicemembers the extra 0.5 percent raise earned since the start of 2008. Non-active members will receive the supplement "a couple weeks later," said Bill Carr, deputy undersecretary for military personnel policy.

Mr. Carr said Pentagon officials are "delighted" with the act and praised cooperation by Congress. Disagreement between the president and Congress over non-defense-related earmarks and controversial language about the Iraq war had delayed the bill's enactment.

"I think it's good news for everybody in uniform," Mr. Carr said. "This Congress has been terrific in working with us in terms of providing to the troops the things that they need."

Between 2000 and 2007, private-

sector pay increased by 29 percent, while military pay jumped 42 percent during the same time, Mr. Carr said. Meanwhile, wages paid to non-commissioned officers, which includes corporals and all grades of sergeant and petty officer, spiked by about 52 percent.

"We've made considerable headway, in terms of increasing the value of military pay, to the point where we're now frankly in about the 70th or 80th percentile of similarly educated American earners," Mr. Carr said.

He noted that the most recent raise, by virtue of exceeding the current inflation rate, will increase servicemember recipients' purchasing power.

Pentagon Press Secretary Geoff Morrell said the retroactive pay-

ments ensure "that our forces are compensated commensurate to their service and sacrifice."

In a news conference at the Pentagon today, Mr. Morrell noted that troops will benefit in various ways by provisions codified in the act.

"It lets us resume offering bonuses to new recruits and re-enlisting troops," he said.

The act also includes funding to improve health care and benefits for wounded troops and veterans.

The bill became law just a week before the next budget cycle begins as President Bush sends his fiscal 2009 request to Capitol Hill. That budget proposal, along with a request for \$70 billion in emergency war spending, will be delivered to Congress Feb. 3.

Weekend Weather

FRIDAY	SATURDAY	SUNDAY
Hi: 43 Low: 31	Hi: 38 Low: 32	Hi: 40 Low: 31

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

Mission accomplished

Total McChord sorties	1,047
Total flying hours	3,595.2
Cargo moved (tons)	8,487.8
Departure reliability rate	95.2%
Mission capable rate	86.1%
Personnel currently deployed	446
Reservists currently activated.....	174
(Jan. 1 to Wednesday. Numbers updated Wednesday.)	

Don't miss it ...

Super Bowl Sunday

The club will host a viewing party with food and door prizes at 2:30 p.m. and Sounders Lanes will host a themed bowling event.

Thanks Team McChord for great welcome

By

Col. Jeffrey Stephenson
62nd Airlift Wing commander

Thank you, Team McChord!

Tina and I are excited to be a part of this great family. I want to say thanks to everyone who helped put together the world-class change-of-command ceremony last Wednesday. It was a perfect beginning for my family and I, and we couldn't be more appreciative of all the hard work that went into this memorable event!

I must admit the quality of the event and meticulous attention to detail was not surprising as Team McChord has a reputation for "excellence" around our mobility family and throughout the Air Force. All you have to say is "McChord" and folks immediately mention the pride and patriotism of this great base.

The 62nd Airlift Wing and our Reserve partner, the 446th AW, are at the tip of the spear in the glob-

al war on terrorism. Our team members in the Western Air Defense Sector are keeping our homeland skies safe, while the combat control and pararescue Airmen of the 22nd Special Tactics Squadron are getting it done on the ground in the military's most hostile of environments.

Perhaps most important of all, our families, neighbors, local community leaders and retirees are always there on the home front, giving our men and women of Team McChord their full support. They appreciate our service and give us the strength we need to persevere.

So thank you Team McChord ... for the perfect change of command ceremony, for what you have done to protect America and for what you will do in the months and years ahead.

There's no other place Tina and I would rather be than in the beautiful Pacific Northwest with the outstanding men and women of Team McChord and our community partners. We're proud to be a part of the team and we're proud to call McChord and Pierce County our home!



Col. Jeffrey Stephenson, 62nd Airlift Wing commander.

Keys to planning purchases: Start early, do research

By

Maj. Jack Jackman
62nd Contracting Squadron commander

Most of us are very familiar with the budget challenges facing the Air Force. Rising fuel prices and an aging fleet have resulted in huge increases in aircraft operations, maintenance and replacement costs. To help offset these increases, senior Air Force leadership has tasked all of us with reducing costs wherever possible. I'd like to focus on a couple of areas where you may be able to make a difference in reducing the cost of the goods and services we buy here at McChord.

First, if you identify the need or are responsible for initiating the purchase of any item, start early. We all know from personal experience that an emergency purchase almost always costs

more than the routine. The phrase "time is money" certainly applies, and we must limit short-fused purchases to true emergencies. Whether an item will be purchased using the unit's Government Purchase Card or by formal contract, increased purchase lead time normally results in a better overall value to the Air Force.

Second, if you are responsible for describing what needs to be purchased, thoroughly research potential products and sources. One of the purposes of beginning early is to enable you to plan how best to satisfy your requirement. The American economy is huge, offering several alternatives to virtually any need the Air Force might have. Take the time and make the effort to see what alternatives are available in the market. Avoid locking onto a single product or manufacturer. Instead, use the results of your market research to describe what needs to be purchased in a way that will maximize competition

among potential sources - widely recognized as the most effective way to ensure the Air Force is receiving the best value.

This guidance applies to purchases made throughout the year, with special attention paid to requirements that are currently unfunded but are candidates for fiscal year-end "fallout" funding. We need to begin planning for those unfunded requirements now to ensure we have the most cost-effective solution in place if or when funds become available. Time invested now will save money in September.

Last fiscal year, the men and women of the 62nd Contracting Squadron, together with approximately 450 McChord GPC holders, bought goods and services valued at nearly \$60 million. Without question, cost-saving opportunities are there. We all need to step up to the challenge and ensure we get the best value we can in every purchase made here at McChord.



Photo by Abner Guzman

Ice busters

Cold temperatures this week kept Airmen in the 62nd Maintenance Squadron busy, as maintainers had to deice several C-17 Globemaster IIIs on the flightline Monday to prevent the reformation of ice prior to launch.

Professional

of the week

62nd Medical Support Squadron

Staff Sgt. Tanya Williams

Duty title:
Assistant resource advisor

Duty section:
Resource management flight

Hometown:
Chacon, N.M..

Why she's tops:

Sergeant Williams is a true model of excellence. Having been hand-picked by the flight commander as a future budget analyst, she assisted in maintaining a \$9.2 million account. As the Medical Affirmative Claims officer, she promoted cross-functional teamwork with 62nd Airlift Wing legal office personnel during new staff transitions. Sergeant Williams' compassion and dedication for patients distinguishes her from her peers. Her polished ingenuity in the Patient Travel Program allows her to handle cases, enabling patients to receive critical last-minute medical care. As the assistant data quality manager, she collated and reported group information to Air Mobility Command headquarters with a 100 percent accuracy rate.



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ATSEP to inspect several units on base

By
Tyler Hemstreet
 Staff writer

All the preparation and work that went into getting ready for the Unit Compliance Inspection that finished up two weeks ago is now just a mere memory for most units on base.

But inspection preparation work continues for the Airmen and civilians in the 62nd Operations Support Squadron, 62nd Communications Squadron and the 62nd Civil Engineer Squadron, as a 12-member inspection team from Air Mobility Command arrives Monday to inspect several sections within each of the squadrons as part of the Air Traffic System Evaluation Program.

"We've not only been preparing for the UCI during the past four to five months, but we've also been preparing for the ATSEP," said Capt. Steve Mullins, airfield operations flight commander with the 62nd OSS.

The inspection team will be checking several sections involved with air traffic control, such as navigation and radio maintenance, pavement reliability, airfield lighting, air traffic control services, airfield management operations and the wing safety office.

The inspection is wide-ranging because all of the units work together on a daily basis to coordinate air traffic and keep the control tower operating at a high level, said chief tower controller Master Sgt. Steven Mann, 62nd OSS.

"We have a good working relationship with the other squadrons," Sergeant Mann said.

Inspectors will check to make sure Airmen and civilians are adhering to nearly 700 checklist items and ensuring the airfield environment is compliant with all Federal Aviation Administration guidelines, Captain Mullins said.

Despite having nearly 10 percent of the airfield



Photo by Tyler Hemstreet

Senior Airman Fallon Farve, 62nd Operations Support Squadron, watches paratroopers touch down on the flightline from the control tower on Monday. The upcoming Air Traffic System Evaluation Program will inspect several sections involved with air traffic control.

operations flight's Airmen deployed at all times, the flight does a solid job of supporting the mission, Sergeant Mann said.

"The civilians here really help with the continuity," he said. "We have a lot of guys with years of experience in air traffic control."

There is a great amount of confidence within the airfield operations flight that everyone will shine during the ATSEP, due to the fact the flight made some minor tweaks after the last evalua-

tion in 2006, Sergeant Mann said.

"The things they identified were fairly easy fixes and they've approved all of our write-ups since we made the changes," he said.

Nevertheless, the bar is set very high and Captain Mullins is confident Team McChord can achieve greatness.

"In 2006 the wing got a 95 percent compliance index rating on the ATSEP," he said. "Our goal this year is to exceed that rating."





CHIEF MASTER SGT. KEVIN WHITE



MASTER SGT. BRIAN FITZSIMMONS



TECH. SGT. DOUGLAS JONES



STAFF SGT. MICHAEL DANYLEC

Bronze Star Medal winners recognized

By
Tyler Hemstreet
Staff writer

Four McChord Airmen were awarded Bronze Star Medals in a ceremony last week at the base theater.

Tech. Sgt. Douglas Jones, 62nd Civil Engineer Squadron; Staff Sgt. Michael Danylec, 62nd CES; Chief Master Sgt. Kevin White, 62nd Security Forces Squadron; and Master Sgt. Brian Fitzsimmons, 62nd Logistics Readiness Squadron, were recognized for their outstanding work at various locations in the theater during recent deployments in support of Operation Iraqi Freedom.

Sergeant Jones, who earned his first oak leaf cluster, excelled as an Explosive Ordnance Disposal team leader while stationed at Balad Air

Base from June to December of 2007.

During that time, he contributed to the recovery and destruction of more than 10,000 pieces of ordnance with a net explosive weight of more than 8,000 pounds. On one mission, after a robot failed to gain access to seven bombs strategically placed around an Iraqi government building, Sergeant Jones donned a bomb suit and swiftly neutralized the devices.

"I was just trying to keep my head on straight and look out for booby traps," he said. "Once my training kicked in, that was pretty much the end of it and I got the job done."

Despite earning the Bronze Star Medal for the second time, Sergeant Jones said it still feels really good to be recognized.

Sergeant Danylec, an EOD team leader deployed to Kirkuk Regional Air Base, was recognized for his con-

cern for reducing collateral damage during the destruction of a cache of unexploded ordnance found in close proximity to a home and a water tower within the city limits of Kirkuk.

The ability to make wise command decisions in a war zone when it comes to the safety of civilians is something that Sergeant Danylec said he's most proud of looking back at his deployment.

"I was just out there doing what I like to do," he said.

For Chief White, the award recognized his stellar leadership of more than 1,000 Airmen in charge of integrated base defense and force protection escorts at Balad.

"My goal in Iraq was to mentor all the Airmen and Soldiers in such a way that we performed our force protection duties flawlessly —

accomplishing the mission and doing so without a scratch," said Chief White, who volunteered for the one-year deployment which he returned home from in October of 2007.

Part of that mentoring included sending out personalized preventative counseling messages to his Airmen via e-mail to keep them on track, Chief White said.

Successfully moving cargo and keeping other Airmen and Soldiers on the road safe led to the first oak leaf cluster for Sergeant Fitzsimmons, who served as a convoy commander and squad leader while deployed.

"I was just doing my job out there," he said. "I'm real proud of the great job my Airmen did over there and how they handled themselves in combat situations."



New ALS curriculum creates new challenges

By

Senior Airman Joshua Stevens
28th Bomb Wing Public Affairs

ELLSWORTH AIR FORCE BASE, S.D. — Airmen attending Airman Leadership School here and at all Air Force bases come into the new year with many changes to its core curriculum that may create a more challenging course for students ready to become non commissioned officers.

ALS institutions Air Force-wide are required to have a “historic, total rewrite” of the training system in place and ready for instruction as of Jan. 1, said Senior Master Sgt. Joey Parks, the 28th Mission Support Squadron ALS Flight chief.

Airman Leadership School is a 192-hour, 24-academic-day class whose mission is to prepare senior airmen for supervisory duties and foster a commitment to the profession of arms.

“The changes were made so that the curriculum would be in line with a combat expeditionary mindset,” said Tech. Sgt. James Delo Jr., a 28th MSS ALS Flight instructor.

“The College for Enlisted Professional Military Education completed a two-year deliberate process, blending inputs from Air Force leaders to hone the effectiveness, precision and clarity of the ALS curriculum,” Sergeant Parks said.

The final class at McChord to learn the previous curriculum graduated on Dec. 13, said ALS flight chief Master Sgt. Robert Childress, 62nd Mission Support Squadron.

The staff of three ALS instructors went through a busy month of December juggling teaching the previous curriculum and learning the new one, Sergeant Childress said.

“It’s been quite a roller coaster ride,” he said. “(The instructors) were constantly toggling between the two curriculums. It tested what they were made of.”

Despite the work that went into learning it, the new curriculum has been well received by the in

the flight, Sergeant Childress said.

“It’s more up to date with that warrior-ethos mentality,” he said.

In the previous curriculum, the four modules taught were leadership management, profession of arms, human relations and communication skills.

Under the revised system there are still four training modules, but they have transitioned to supervisor of Airmen, military professional, combat leader and supervisory communicator.

“The new curriculum is designed to strengthen an Airman’s leadership and management skills and their understanding of ethical conduct as warrior leaders and role models,” Sergeant Parks said. “Communication studies lessons will challenge a student’s written and oral communication skills at a higher level.”

He also described the changes to the rest of the course.

“New lessons focus on the synergy of operating with multinational and joint forces, as well as understanding total force integration,” Sergeant Parks said. “Enlisted heritage and history, plus regional awareness and cultural sensitivity have also been added.”

About 35 percent of the material is completely new, and the rest was significantly revised, Sergeant Delo said.

“Of all the information, the combat leader course is the newest,” said Tech. Sgt. Day McDougall, a 28th MSS ALS Flight instructor. “It used to be referred to as profession of arms, but has had a huge overhaul.”

The changes were in the works for the past two years, Sergeant Delo said.

“ALS flight chiefs and instructors across 70 schools contributed toward the lessons, using their community of practice (CoPs are Web-based applications that military bases use to provide information to Airmen),” Sergeant Parks said.

“Ellsworth was chosen as a test base about seven months ago for professional conduct

lessons by the College for Enlisted Professional Military Education,” Sergeant Delo said. “We also critiqued many of the proposed changes that came along.”

Instructors are required to become proficient in all areas of study.

“We had to test on all the material at 90 percent or better to become subject matter experts,” Sergeant McDougall said. Another aspect that makes becoming proficient difficult, is making sure they coordinate with each other to ensure their lesson plans are in line. All instructors must teach and administer tests to Airmen in the same manner.

Student testing is one of the areas most significantly affected by the changes.

“As of this class (that began Jan.10), the entire course is testable,” Sergeant Delo said. “In previous classes only specific segments of the course were testable.”

“You can no longer pass this course by being active in the classroom alone,” Sergeant McDougall said. “From now on, much more home study will be needed.”

Another significant change in the course comes to the material regarding enlisted evaluations.

The classes before the beginning of 2008 learned aspects of the old enlisted performance report system, Sergeant Delo said. Now they will be able to completely teach all the aspects of the new EPR.

“Before, the evaluation systems section of instruction was about eight hours in length, but it will now be 14 hours,” Sergeant McDougall said.

The new course is “more applicable,” Sergeant McDougall said. “Airmen should be able to use all of this information in a real-world capacity — both on the battlefield and at their home station.”

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



Military health care sets high standard

System aims to rival private industry, official says

By

John J. Kruzel

American Forces Press Service

WASHINGTON — Providing troops quality health care through a military system that rivals and even outperforms the private sector is a top Defense Department priority, a senior Pentagon official said recently.

In opening remarks to a packed auditorium at the Military Health System conference here Monday, Dr. S. Ward Casscells, assistant secretary of defense for health affairs, delivered a presentation featuring data comparing military care to treatment by private industry providers.

The data showed that last year, the Air Force provided complete childhood immunizations in higher numbers than the private sector, according to the Advisory Committee on Immunization Practices. Air Force health personnel immunized 86 percent of eligible recipients, compared to 84 percent immunized by the highest-rated state and 77 percent nationally. Complete immunizations comprised vaccinations of diphtheria, tetanus and pertussis; polio; measles, mumps and rubella; haemophilus influenza type B; hepatitis B; and varicella.

Furthermore, the Air Force provided the same regimen of vaccines more promptly than the commercial sector and Medicaid, according to findings by a Health Plan Employer Data and Information Set evaluation. The Air Force met 75

percent of vaccination deadlines, the commercial sector 70 percent and Medicaid 59 percent.

“The reason we collect this data is because I was told (on) day one that we faced a crisis,” said Doctor Casscells, who has served since April as the Pentagon’s top health affairs official. “I believe we have got the brakes on this, and we’re going to get it going in the other direction.”

According to DOD Health Affairs data, the military health system is leading the nation in overall influenza vaccinations in the 18-to-65-year-old demographic. The numbers of flu vaccines performed by the military in fiscal 2007 dwarfed the latest national averages tracked by the Centers for Disease Control. The military also is ahead of national averages in administering vaccination for pneumonia, according to Health Affairs findings.

Despite the military’s higher incidence of burn victims — victims who often suffer more extensive injuries — servicemember burn victims’ mortality rates are comparable to those in the civilian sector. In his presentation, Doctor Casscells cited information from the June 2006 publication of *Annals of Surgery* that found “similar mortality ... (of) civilian compared to the military (burn) patient, despite longer time to definitive care, greater amount of full thickness burns, higher incidence of inhalation injury and more associated non-burn injuries.”

Improvements in military health care between June and December were reflected in news media coverage during that time, Doctor Casscells said. In military health care news last June, 27 percent

of the coverage was “positive,” 55 percent was “balanced,” and 18-percent was negative, according to information provided by Health Affairs officials. The data noted a dramatic shift in the tone of December’s coverage, with 49 percent positive, 50 percent balanced and only 1 percent negative.

In a survey of Defense Department beneficiaries conducted by Health Affairs officials this month, patients’ confidence in military health care appears to be rebounding. Of those surveyed, 17 percent said military health care is much better than in the civilian sector. Eighteen percent said military health is “slightly better,” while 47 percent said the two systems offer roughly the same quality treatment.

Fifteen percent of those surveyed said the military’s care is “slightly worse,” and 4 percent called it “much worse.” The main complaints cited about the military health system were a lack of adequate parking, hi-tech medical equipment and difficult-to-navigate facilities.

In another survey, inpatient and outpatient care was significantly favored over the treatment administered at the average non-military hospital. Inpatient Tricare service rated an 89 percent satisfaction rate, and outpatient care fetched an 84 percent rating.

“I have learned from this perspective at Health Affairs ... that our military health clinicians are better than the outside world realizes,” Doctor Casscells told the audience of military health professionals. “And you’re better than you realize.”



McChord's Airmen

AROUND THE WORLD



Courtesy photo

IRAQ — Capt. Sam Aston, 62nd Logistics Readiness Squadron, poses with a customized Humvee during a recent transfer of several vehicles to the Iraqi Army and Police. Captain Aston's role during the transfer ceremony was to set up and organize the event, as well as oversee the transportation of VIPs to and from the site.



Courtesy photo

IRAQ — Staff Sgt. Laurence Turley, 62nd Security Forces Squadron, proudly displays the American flag on a Fly Away Security Mission at the Baghdad International Airport during a recent deployment.



62nd CS radio maintenance Can you hear me now?

By Tyler Hemstreet
Staff writer

Senior Airman Joshua McClanathan, 62nd Communications Squadron, reaches to identify a serial number during a recent inspection of a ground-to-air radio antenna.

While all eyes at last week's change-of-command ceremony were fixed on the podium as Col. Jeffrey Stephenson stepped up to deliver his first words as the 62nd Airlift Wing's new commander, Airmen from the 62nd Communications Squadron's radio maintenance shop were carefully watching their equipment to make sure those words were perfectly heard by everyone in attendance in cavernous Hangar 4.

As the stewards and maintainers of the base's public address equipment, one of the shop's jobs is to make sure everything sounds crystal clear at wing-level events.

"We're always under the spotlight even though we aren't in it," said Staff Sgt. Tobi Leathers, 62nd CS, the shop's assistant non commissioned officer in charge.

To avoid that unwarranted attention gained when things go silent or electronic feedback becomes an issue, the shop works hard at each event to properly check each piece of equipment before the event, strategically position and hook up the equipment for the best sound and brief the those using the equipment on how to get the best results.

The nine-member shop checks out and/or sets up equipment for more than 30 events a month, Sergeant Leathers said.

The public address duties also include maintaining the nine speaker poles throughout the base that broadcast messages and play the national anthem each day.

But the shop's primary mission is maintaining the 25 large communications radios for the Western Air Defense Sector, said shop chief Tech. Sgt. Kevin Williams, 62nd CS.

WADS uses the fixed ground-to-air radios to monitor the airwaves for threats to homeland security and monitor operations in support of Department of Defense counterdrug taskings, Sergeant Williams said.

The shop follows a specific maintenance checklist for each radio on different service intervals, Sergeant Leathers said.

"We go in and make sure the frequency hasn't drifted and make sure everything is working right," he said.

And if keeping the radios that monitor a large portion of the nation's airspace up and operational isn't large-scale enough, the

shop is looking forward to setting up the base for the upcoming air expo in July.

"We'll be all over the place during the air expo," Sergeant Williams said.

The shop's reach even extends to Arizona, the site of this weekend's Super Bowl, as the Airmen in the shop recently prepped a ground-to-air radio to make sure it was operational before putting it on a C-17 Globemaster III bound for Davis-Monthan Air Force Base, Ariz.

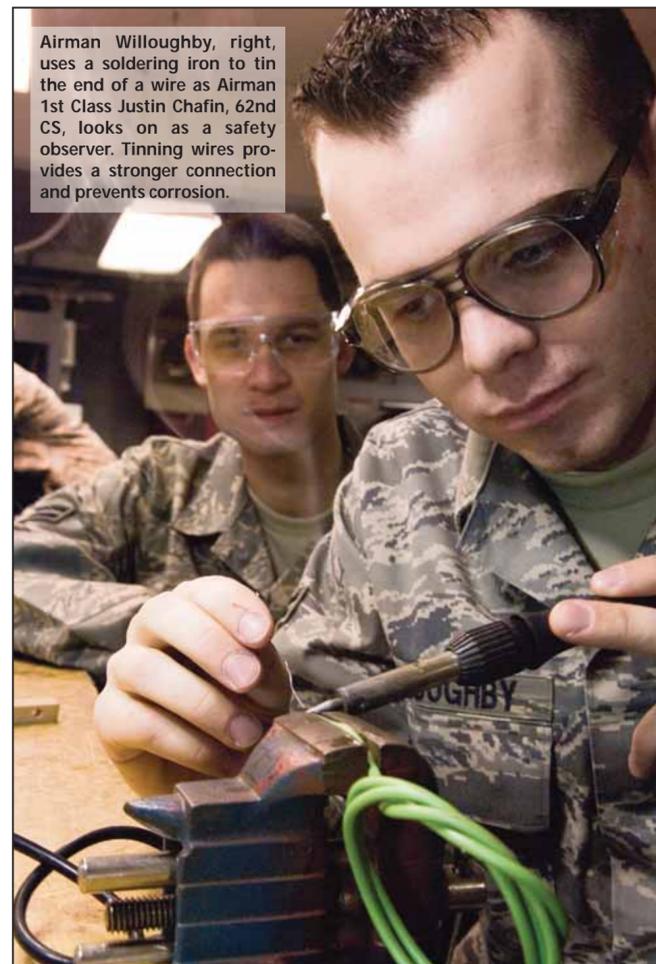
The radio will be set up on a peak near Glendale to monitor any possible threats over the airwaves during the big game, Sergeant Leathers said.



Radio maintenance technicians Airman 1st Class Raymond Jones, left, and Airman McClanathan, both 62nd CS, review their notes following an inspection of a radio antenna located at the Western Air Defense Sector's ground-to-air transmitting and receiving site.



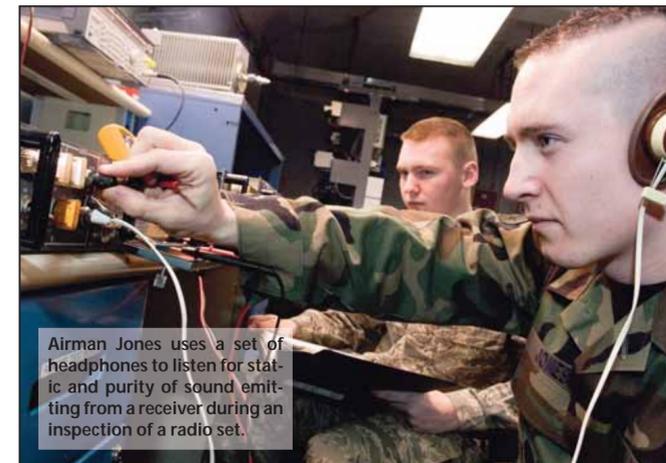
Airman Jones uses a digital multi-meter to test the charging system on a mass notification system located along Lincoln Blvd.



Airman Willoughby, right, uses a soldering iron to tin the end of a wire as Airman 1st Class Justin Chafin, 62nd CS, looks on as a safety observer. Tinning wires provides a stronger connection and prevents corrosion.



Airman 1st Class Nicholas Willoughby, 62nd CS, wheels a podium into the radio maintenance storage facility following a recent base event.



Airman Jones uses a set of headphones to listen for static and purity of sound emitting from a receiver during an inspection of a radio set.

Children, parents get fit together

By

Capt. Erin Dorrance
86th Airlift Wing Public Affairs

RAMSTEIN AIR BASE, Germany — Do you want to get your kids away from the television, and get a workout in for yourself? Parents and children in the Kaiserslautern Military Community, Germany, have new fitness programs that help them do just that.

Renee Champagne, a physical trainer who has worked with kids for more than 16 years, said fitness classes involving parents and children are important because the individuals are able to spend quality time together, fit in a workout and have fun.

Ms. Champagne has a bachelor's degree in elementary education and outdoor recreation and is certified in group fitness, yoga, yoga for kids, prenatal and several other physical fitness certifications. She really got into fitness classes with children when she was stationed in Alaska. She said it was always dark and cold so she needed an outlet to get out of the house and round up some endorphins.

"I love kids, I love to teach and I love fitness," she said. "So why not bring them all together."

She has brought them together in a slew of classes offered at the Ramstein Youth Center and the Vogelweh Community Center to include "Core Conditioning for New Moms" for 6-week-old babies to 3-

month-old babies; "Mommy and Me Fit and Yoga" for two to four year olds; "Sunshine Class" for 6 to 12-year-old children with special needs; "Yoga Fitness" for 8 to 12 year olds and "Teen Core Conditioning" for 12 to 18 year olds.

She does admit that the classes only work for the kids if the parents participate.

"The kids follow their parents' lead," Ms. Champagne said. "If we are rolling around on the ground, the parents need to be rolling on the ground with us."

Kristine Toth and 2-year-old twins, Lydia and Lyla, are regulars at Ms. Champagne's yoga classes. "Full participation is expected and necessary to get everything you can out of the class," she said. "Parents don't sit on the sidelines."

Ms. Toth, who decided to take her twins to the classes to expose them to yoga, said the classes are a lot of fun because Ms. Champagne mixes fitness activities with games and skills like hopping and catching a foam ball. She also said Ms. Champagne's knowledge of children is important as she changes the class to best suit the children's current mood and energy level.

Games are also important in classes Ms. Champagne teaches for children with special needs. From catching and throwing a foam ball to shirt-buttoning relays, children are working on their motor skills, getting exercise and having fun at the same time, she said.

The classes Ms. Champagne



Renee Champagne, right, does a fitness activity with her son during the Mommy and Me Yoga and Fitness class recently at the Vogelweh Community Center. Ms. Champagne is the instructor for the class.

offers gives people more than a workout.

"These classes create a bonding time between children and their parents, lower stress, encourage fitness and a healthy lifestyle and most importantly—they are fun," she said.

The bonding experience in Ms. Champagne's classes can start as early as six weeks old. The core conditioning class gives new mothers that chance to bond with their

child while focusing on the core conditioning of their bodies. The class includes floor exercises and other safe and effective ways to exercise with a newborn.

The best time for kids to be introduced to fitness is when they are young, Ms. Champagne said. And she encourages not just mothers, but fathers, grandparents, aunts, uncles and anyone involved in the child's life to get fit with them and join in on the fun.



Injured Airman overcomes disabilities on slopes

By

Senior Airman Stephen Collier
21st Space Wing Public Affairs

KEYSTONE, Colo. — For the average person, losing a limb while serving one's country might seem like the sacrifice of sacrifices. For Airman 1st Class Kevin Krogh, it's just another one of life's challenges.

Airman Krogh, an F-22 weapons loader assigned to the 1st Aircraft Maintenance Squadron at Langley Air Force Base, Va., was one of several injured servicemembers taking advantage of free ski lessons offered during the military's annual SnoFest community event held recently.

"I never expected to do these things again," said Airman Krogh. "After snowboarding in the past, I never thought I would be back on the hill again."

An avid snowboarder prior to a March 2007 auto accident, Kevin first returned to the slopes of Breckenridge, Colo., in early December, just nine months after surgery, rehabilitation and physical therapy. And like many who try something for the first time, Airman Krogh admitted he was a little scared.

"It was something new," he said with a grin. "Going without falling was even better. It was something new, and you have to get used to it."



Photo by Senior Airman Stephen Collier

Airman 1st Class Kevin Krogh, center, with help from an Adaptive Adventures, Inc., instructor, mounts a modified ski basket built for disabled persons recently at the annual SnoFest military community event in Keystone, Colo. Airman Krogh, who was injured during an automobile accident, is an F-22 Raptor weapons loader assigned to Langley Air Force Base, Va. Airman Krogh, together with several other disabled servicemembers, took advantage of the company's free ski lessons offered during the military community event.

That grin comes from the spirited 22-year old, who only after two years in the Air Force, was the victim of a car crash near his Virginia base. He was admitted to a civilian hospital in March 2007 in a coma with two broken legs, a broken right arm, a broken nose, and a shattered wrist. Authorities later moved him to a Naval hospital in Portsmouth, Va. When he awoke

from his coma, he was transported to his home state of Minnesota to be near his family, and admitted to a Veteran's Affairs hospital.

"(Recovery) was difficult, but I couldn't give up," said Airman Krogh.

In September 2007, he was notified by the VA he was being transferred to a hospital in Texas that specializes in getting injured ser-

vicemembers back on their feet. Today, he goes through regular physical therapy.

"It's going good," he said about this therapy. "I can walk around with a cane and sometimes without. I'm still not good at getting up because of my wrist."

Part of his therapy also comes from the close bond Airman Krogh said is formed between disabled veterans.

"(We're) all here for each other," he said. "There's a lot of support out there, but it's most important to not give up on yourself."

But where this active Airman may lack in some lingering physical disabilities, he more than makes up with determination. After facing two mountains in the span of only two months, Airman Krogh is preparing to tackle scuba diving in the near future.

"He's looking forward to his future, said his mother, Sonya Krogh. "He never looks back."

After rebounding from a near-fatal accident, if he could go back to that day his life changed forever, Airman Krogh said he wouldn't give up his experiences.

"I do act differently since the accident," he pointed out. "If I could go back to having my legs I probably wouldn't, because I've gotten to meet the San Antonio Spurs, I've shaken the President's hand and I'm going scuba diving. These are experiences I'll never forget."



CENTAF's top enlisted Airman discusses war

By

Tech. Sgt. Michael O'Connor
386th Air Expeditionary Wing
Public Affairs

SOUTHWEST ASIA — The command chief master sergeant of 9th Air Force and United States Central Command Air Forces kicked off a theater-wide tour recently at a Southwest Asia air base.

Chief Master Sgt. Todd Small spoke with Airmen at two Enlisted Calls about key accomplishments made by today's Airmen who are filling non-traditional "in-lieu-of" taskings, some of the challenges Airmen face while deployed, and the importance of air power projection, which has proven vital to operations throughout the Central Command area of responsibility.

"The U.S. Air Force is absolutely central to the war on terrorism," Chief Small said. "The Air Force synchronizes and integrates combat effects in the battle space and our Airmen are the ones who put the 'power' in airpower. Our Airmen are in the fight, at all levels across the entire spectrum of warfare."

Today, nearly 33,000 Airmen are deployed across the globe at any given time with some 26,000 of those located in the CENTAF area of responsibility serving in a variety of mission sets and a variety of disciplines, such as "in-lieu-of" taskings.

"The Air Force has nearly 6,000 Airmen assigned in 'in-lieu-of' forces roles supporting the Army and other functions here and the Airmen do fantastic work," Chief Small said. "Every sergeant major that I meet with responds with how outstanding our Airmen in those 'in-lieu-of' roles have performed."

The biggest challenge deploying Airmen face at the outset is no different than some of the obstacles that had to be overcome by their predecessors. Chief Small said all Airmen have to adapt to the operating environment and understand where they fit into the various roles and functions within their organizations.

"We have, at many of our locations, persistent leadership who are here for extended periods of time up to a year — well beyond the horizon of a typical air and space expeditionary force," Chief Small said. "And those leaders help set the stage for success for deploying Airmen by integrating the Airmen into the mission, getting them focused, and ensuring they achieve that level of productivity to help ensure we're successful with the mission at hand."

"Our Airmen are just as competent, just as capable today as the Airmen who preceded them in the wars of the past," he said. "Just like Airmen in previous conflicts, when asked, when called — they answered. They are truly guardians of freedom and justice and are as competent and capable a warrior



Photo by Senior Airman Patrick Dixon

Chief Master Sgt. Todd Small talks to Airmen deployed to the 386th Air Expeditionary Wing Jan. 24 during an Enlisted Call at a Southwest Asia air base. Chief Small is the 9th Air Force and U.S. Central Command Air Forces command chief master sergeant to the commander at Shaw Air Force Base, S.C.

as this nation has ever had on the front lines."

The chief also addressed projecting airpower and how it's employed in the area of responsibility.

"We have in the Air Force some of the best developed, most focused capabilities at projecting air power," Chief Small said. "We can project airpower beyond the horizon and across the oceans — only the U.S. Air Force has the ability to

do that — to build the air bridge with our tankers, to use our air mobility assets to engage any time, any place, and that's something that's unique and distinct about the U.S. Air Force."

Airmen continue to fight; they are committed and engaged, Chief Small said. "They will continue fighting as long as our national leadership needs us and our nation requires it."



Manas center helps Airmen return home quicker

By

Tech. Sgt. Jerome Baysmore
376th Air Expeditionary Wing
Public Affairs

MANAS AIR BASE, Kyrgyzstan — Members of the 376th Expeditionary Logistics Readiness Squadron's Expeditionary Theater Distribution Center here tested a new process to help Airmen deployed for "in lieu of" taskings for the Army return to their families faster.

"Air Force teamwork streamlined all processes that ensured inventory, packaging and the shipment of assets to Army power projection platforms that will allow our Air Force warfighters to return home four to five days ahead of schedule and save the Department of Defense an estimated \$5.1 million in excess baggage and travel costs in the first year alone," said Master Sgt. Robert Craig, the 376th ELRS ETDC superintendent.

The center is part of a 2nd Air Force and U.S. Central Command Third Party Turn-In, or TPTI, test for redeploying Airmen to turn-in their gear at Manas Air Base instead of returning them to the issuing Army installation.

"Overall, I'm very pleased with the TPTI process," said Col. Brad Reinert, the CENTAF director of logistics. "Any measures we take to accelerate the return of our warriors back home to their families, is well worth the investment of time, energy and brain cells."

The initial test was completed in December 2007.

"Manas (AB) has answered the TPTI call and is doing a great service for our redeploying warriors, their families and CENTAF," he said.

"Turning the gear in now versus traveling to a (continental U.S.) Army post to do so, saves time, pain, taxpayer dollars, and the ultimate untold dividend — early return of warriors to

"Turning the gear in now versus traveling to a (continental U.S.) Army post to do so, saves time, pain, taxpayer dollars, and the ultimate untold dividend — early return of warriors to their loved ones."

Col. Brad Reinert
CENTAF director of logistics.

their loved ones.

"This turned out to be an unintended (Air Force Smart Operations for the 21st century) event," he said.

The Jan. 19 test focused on a 156-person group of Airmen returning from a six-month "in-lieu-of" rotation in Afghanistan. The group originally deployed from Fort Riley, Kan., after their Combat Skills Training.

"I was actually one of the people who were excited to head back to Kansas," said Maj. Ted Rhodes, who deployed from McConnell Air Force Base, Kan., as a hospital administrator and adviser. "(Manas) is a centralized place to turn in gear, and that gets people back to their home units quicker instead of going back to places like Fort Riley to do so."

Senior Master Sgt. Yalonda Milton, deployed from Scott AFB, Ill., and also part of this 156-person ETDC test, agreed with Major Rhodes.

"This is one of the best things the Air Force could have done," she said. "It's a great idea to get people processed and back home."

"The 376th Air Expeditionary Wing determined it had the potential resources available to sup-



Photo by Senior Airman Tabitha Kuykendall

Senior Master Sgt. Yalonda Milton checks her equipment inventory with Staff Sgt. Michael Katkoski Jan. 19 at the 376th Expeditionary Logistics Readiness Squadron at Manas Air Base, Afghanistan. Sergeant Milton is redeploying back to Scott Air Force Base, Ill., after a six-month deployment in Afghanistan.

port this effort to benefit our wingmen and accepted the challenge," Sergeant Craig said. "In less than one month after the tasks were accepted, ETDC had relocated more than 20,000 assets to an alternate storage location to provide up to 3,000 square feet of floor space for the inventory and packaging of weapons and equipment."



2007 Mission Support Award winners announced

Air Mobility Command recently announced the winners of the 2007 Mission Support Awards and acknowledged several Airmen and civilians in the 62nd Mission Support Squadron.

For Outstanding Personnel Manager of the Year, **Tech. Sgt. Jonathon Kang** won in the Personnel Technician category and **Airman 1st Class Lizama Granados** won in the Personnel Specialist category. For Manpower and Organization Awards for Professional Excellence, **Tech. Sgt. Angelique Snyder** won in the Installation non commissioned officer category and **Sylvia Maine** won in the Installation Senior Civilian category. The 62nd MSS also earned the Outstanding Mission Support Squadron Award in the Small Squadron category.

Street Closures

K Street closed for repaving Jan. 24 and will remain so for approximately 20 days. Work will also begin on the east end of Barrack Street, consisting of repaving the area that is presently concrete. Once the east end is complete, identical work will be performed on the west end of Barrack St. This work should also take approximately 20 days.

Officer Spouses' Club Dessert Auction is Feb. 15

Come join the OSC for a night of romance at our February social. The OSC will meet at 6:30 p.m. on Feb. 15 at the McChord Clubs and Community Center for the second annual Dessert Auction. Proceeds from the auction help support scholarships for military families and charitable contributions. The cost is \$12 per person, and the dress is "nice date." Please RSVP to Mary Beth Clavenna at 584-2718 or clavennas@airforcefamily.us.

Deadline is Feb. 20 for youth scholarship program

Applications for the 2008 Scholarships for Military Children Program must be turned in to a commissary by close of business Feb. 20. They are available in commissaries worldwide or online through a link at <http://www.militaryscholar.org>. At least one scholarship will be awarded at every commissary location with qualified applicants. The scholarship program is open to unmarried children under the age of 21 (23 if enrolled in school) of active-duty, Reserve, Guard and retired military personnel. The applicant must be planning to attend, or already attending, an accredited col-

lege or university full-time in the fall term of 2008. Everything applicants need to know about the program can be found in the Frequently Asked Questions section of the military scholar Web page.

CMSAF Scholarship Fund coins

The CMSAF Scholarship Fund coin web site is up and running at www.cmsafcoin.com and sales are starting. These coins and the idea came from retired Master Sgt. Dale Nelson, a long-time Air Force Sergeants Association and Air Force supporter. The coins were developed at no cost to the fund and will be sold online and by other means with the entire amount of the coins cost going to the scholarship fund.

2008 Women's Conference at Fort Lewis is March 7-8

The 2008 Women's Conference "Climb Every Mountain: Finding Balance at Every Elevation" is a program designed specifically to provide women with skills to assist them in meeting the varied challenges that military life presents. The conference runs March 7-8 at the David L. Stone Education Center at Fort Lewis. The registration fee is \$20 and registration ends Feb. 9.

The purpose of the conference is to uplift, enlighten, motivate and strengthen military soldiers and spouses in their roles as women, wives, mothers and invaluable contributors to the military community.

The keynote speaker for the event is former KIRO-TV anchor and community activist Susan Hutchison. In addition to attendance at the workshops, the registration fee includes lunch on Friday, light refreshments on both days, a conference T-shirt and a tote bag. For more information, e-mail ft.lewiswomensconference@yahoo.com.

Chiefs' Group induction

The 62nd and 446th Airlift Wings' Chiefs' Groups will host their induction ceremony at 7 p.m. Feb. 8 at the McChord Clubs and Community Center. For more information, call Chief Master Sgt. Dan Morris at 982-3210.

Lost and found

The 62nd Security Forces Squadron is currently in possession of numerous items of personal property 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.

Names to Note

The following Airmen scored a 90 percent or better on their end of course Career Development Course exam.

- **Senior Airman Ronald Hollister**, 62nd Aircraft Maintenance Squadron

- **Staff Sgt. Richard Benavente**, 62nd Civil Engineering Squadron

- **Staff Sgt. Craig Buckley**, 62nd CES

- **Staff Sgt. Brandon Pandes**, 62nd CES

- **Airman 1st Class Joseph Berggren**, 62nd Logistics Readiness Squadron

- **Senior Airman Joereen Estrella**, 62nd LRS

- **Master Sgt. Robert Erickson**, 62nd Maintenance Squadron

- **Senior Airman Benjamin Eisenhart**, 62nd Security Forces Squadron

- **Staff Sgt. Francis San Luis**, 62nd SFS