

# The NORTHWEST AIRLIFTER

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McChord Air Force Base, Wash.

Connecting Team McChord with the Combat Airlift Mission

May 2, 2008

## INSIDE

**Eye protection prevents sports injuries,**  
Page 3

**Month of the Military Child interactive tour,**  
Pages 8-9

**Proper cardio key to fitness improvement,**  
Page 10



Photo by Abner Guzman

## Digging Arbor Day

Cub scouts, from left, Jackson Elder, 7; Jeremy Rechner, 9; and Seth Cowart, 8, plant a tree during McChord's Arbor Day celebration April 25 along Tuskegee Airman Boulevard. During the celebration McChord also received its 15th consecutive Tree City USA award.

## New morale call system helps Airmen connect

By  
**Airman 1st Class Kirsten Wicker**  
62nd Airlift Wing  
Public Affairs

The 62nd Communications Squadron is implementing a new morale call system here that deployed Airmen can use to call home on a DSN phone line without going through the base operator. The Automated Health and Morale System is designed to consolidate the base operator and give Airmen a chance to connect with loved ones at home from a DSN phone.

In the past, Airmen had to use a human operator to place calls, making it more cumbersome to get a call through, said base officials.

"The system will be much more efficient and easier to use than the system that is currently in place," said 2nd Lt. Philip Wachlin, the 62nd CS officer in charge of plans and programs. "Instead of calling up and explaining who you want to call and trying to keep track of time on your own, the system will automate everything for the user making it a very simple, fast and

efficient process."

Through AHAMS, each Airman is issued a pin number which they will use to make their calls home. The system allows for 30 minutes per week and also makes the user aware of how many minutes they have remaining during their call. In addition, users won't be able to make a call in an area code different than their home base.

"I just recently returned from a deployment and used the old system through the operator," said Tech. Sgt. Dawn Journic, 62nd Mission Support Squadron team chief of the career development office. "I think this is a good idea. I would use it if I deploy again."

Airmen will receive their pin before they deploy either as part of a pre-deployment briefing or as a task on their out-processing checklist. They will also receive thorough instruction on how to use the new system.

The system is a DoD-wide implementation. All branches of service will soon be issuing a pin number to all deploying members of the military for use in the same way.

## McChord commander meets with local media

By  
**Tyler Hemstreet**  
Staff writer

SEATTLE — In a move to reach out to the local media and build further on an already strong relationship, Col. Jeffrey Stephenson, 62nd Airlift Wing commander, and 62nd AW Public Affairs representatives met with television and newspaper reporters over lunch Tuesday in Seattle.

Colonel Stephenson discussed a wide range of topics with reporters, touching on everything from the McChord's role in the Global War on Terror and joint basing to Air Expo 2008 and Rodeo 2009.

The event served as the first informal media forum the 62nd AW Public Affairs Office has ever hosted. The more interactive format was a welcome change to the newspaper military beat writers in attendance.

"It was good ... it made things a little

more informal," said Mike Gilbert, a reporter from The News Tribune in Tacoma. "It was nice to get away from the site, plus it's always nice to get some face time with the commander."

Seattle-area media also embraced the informal environment of the meeting.

"This was a really pleasant way to get to know (Colonel Stephenson) both personally and to question him and have some give and take about issues that we as local reporters are interested in," said Mike Barber, a reporter for the Seattle Post-Intelligencer.

"The way I have covered the beat is that we're more interested in the quality of life and localizing the human interest stuff. That's why it is beneficial to me. Our chain has people imbedded in Iraq, but I'm more interested in what's going on at the base," he said.

Beyond generating several story ideas, the meeting also produced a better understanding of each organizations' unique mission.



Photo by Tyler Hemstreet

Col. Jeffrey Stephenson, 62nd Airlift Wing commander, center, talks with members of the local media at a gathering Tuesday in Seattle.

### Weekend Weather

FRIDAY	SATURDAY	SUNDAY
Hi: 57 Low: 43	Hi: 59 Low: 39	Hi: 63 Low: 41

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

### Mission Accomplished

Total McChord sorties	5,605
Total flying hours	17,933.4
Cargo moved (tons)	39,503.4
Departure reliability rate	95.0%
Mission capable rate	85.3%
Personnel currently deployed	356
Reservists currently activated	136

(Jan. 1 to Tuesday. Numbers updated Tuesday.)

**Air Expo  
Countdown**  
**78 days**



# Airman's Roll Call: How the Air Force buys weapon systems

*Editor's note: Airman's Roll Call is an Air Force leadership tool designed for supervisors at all levels to help keep Airmen informed on current issues, clear up confusion, dispel rumors and provide additional face-to-face communication between supervisors and their teams.*

With all the talk about the Air Force and its efforts to buy a replacement for the Eisenhower-era KC-135 Stratotanker, many Airmen have been curious about how the Air Force goes through the acquisition process.

The office in charge of acquiring new equipment or services, including large multi-billion dollar purchases, is the office of the Assistant

Secretary of the Air Force for Acquisition, or SAF/AQ. SAF/AQ employs personnel from a variety of career fields with expertise in program management, engineering, contracting, operations and other relevant roles.

When warfighters identify a need, and Congress allocates money for meeting that need, the acquisition team begins the process of acquiring the new weapon system or service. SAF/AQ is responsible for ensuring that warfighter capability needs are translated into specifications that become part of a request for proposals made available to industry. Contractors then submit proposals containing designs and development approaches to meet the requirements. The proposals are then eval-

uated against a specific set of criteria outlined in the request for proposals. The contractor that satisfies all the criteria while providing the best overall value to the Air Force will win the contract award.

Concerning the competition for our new KC-45A refueling aircraft, the Air Force had a set of capabilities that the offerors had to meet prior to a contract award decision. Two companies submitted offers on the KC-45A tanker acquisition. On 29 February 2008, the Air Force awarded the contract to Northrop Grumman because they clearly met or exceeded the warfighter requirements identified in the request for proposals and will provide the best overall value to the taxpayer. Ms. Sue Payton, the Assistant Secretary

of the Air Force for Acquisition, commented that the Air Force "followed a carefully structured selection process," in complete compliance with the law and the criteria established in the solicitation.

The Air Force Chief of Staff General T. Michael Moseley has called the acquisition of the new tanker his highest recapitalization priority. General Moseley went on to say, "A new tanker is critical to our mission of global reach. With our tankers, we can deliver decisive effects anywhere in the world at any time. There's only so long we can do that with airplanes that were designed in the 1950s."

Find Airman's Roll Call online at <http://www.af.mil/library/viewpoints/>.

## Security forces fulfill many duties at home, downrange

By

Lt. Col. Bob Kafka  
62nd Security Forces  
Squadron commander

Security Forces 101 isn't a class one would take in school — it's the title of my article for the base paper. My goal is to ensure the base and retiree populace is aware of what the 62nd Security Forces Squadron does for you at home and downrange.

Our unit's mission statement is to "deploy highly trained and capable combat-ready forces worldwide and execute superb Integrated Base Defense operations at homestation 24/7/365." Integrated Base Defense is the base's collective actions to safeguard and secure its resources and personnel.

For our downrange mission, know we're representing Team McChord with pride and distinction during our standard 179-day and greater AEF

tours and non-standard 365-day temporary duties to the Middle East, Africa, Asia, Europe and South America. From 2007 to 2008, defenders deployed more than 30 countries. When deployed, we perform off-base convoys, vehicle searches, detainee operations, joint off-base patrols, fly-away security (providing aircraft security at desolate/security lacking airfields), entry control and aircraft and base security.

For our home station mission, we perform entry control, vehicle accident/incident response, vehicle searches, alarm response, aircraft/resource protection level security, reunite lost children with their parents, criminal investigations, keep the peace, assist off-base police with military working dog teams as needed, and conduct base weapons training.

Also, our security forces Airmen prepare other career fields to be mis-

sion ready. Here, we instruct three days of Expeditionary Combat Skills Training (individual/force protection skills) to all deploying 62nd Airlift Wing members. This local training versus off-station training affords Airmen more time to spend with family and friends before they deploy.

Additionally, know that many defenders work behind the scenes supporting IBD. This includes our standardization/evaluation section, administration/personnel branch, antiterrorism/investigations branch, operations/training branch, resources branch and plans/programs branch. These defenders also have your well being and safety in mind.

To ensure we don't lose the trust and confidence you have in us, the security forces creed, which supplements the Airman's Creed, guides your security forces on our conduct. The Security Forces creed binds us

to:

"Hold integrity above all ... wear our shield of authority with dignity and restraint ... seek no favors because of our position ... perform duties in a firm, courteous, and impartial manner, irrespective of a person's color, race, religion, national origin, or sex."

We take this creed seriously for it reminds us daily of our commitment to you to maintain the peace, law and order ... a breach of this trust by any defender would be a breach by all.

Finally, know that we're proud to be your security forces; we will be there whenever and wherever you need us 24/7/365; and we strive to never lose your faith and confidence you have in us to serve you in a professional, respectful, courteous and impartial manner. Our Integrated Base Defense success is gauged by your mission accomplishment when you successfully "fly, fight and win."

## Professionals of the week

### 62nd Airlift Wing

#### Airman 1st Class Andrew Menard

**Duty title:**  
Senior emergency actions controller

**Duty section:**  
Command and Control

**Hometown:**  
Houston, Texas

#### Why he's tops:

McChord's Command Post was selected as Air Mobility Command's Command Post of the Year for 2007 and Airman Menard played a big role in the post winning the award. He possesses a level of task competence, maturity, decisiveness and judgment that's often reserved for seasoned technical sergeants. Despite working in a windowless environment for 12 hours, Airman Menard accurately provides the wing with the daily status on the movement of all aircraft, people, messages and security incidents pertinent to daily operations. Airman Menard has amassed 12 credit semester hours towards his Community College of the Air Force degree in information systems technology and still finds time to get out in the snow, ice and rain to help Habitat for Humanity.



#### Staff Sgt. Marc Henderson

**Duty title:**  
Military justice paralegal

**Duty section:**  
Military Justice

**Hometown:**  
Sacramento, Calif.

#### Why he's super:

Having previously served as a proud C-130 Hercules engine troop nearly one year ago, Sergeant Henderson recently endured an extremely competitive application, selection and training process to become a paralegal. Since assuming his duties as a military justice paralegal, he's awed supervision and proven beyond a doubt he has the right stuff to tend to matters under the Uniform Code of Military Justice. He recently managed an entire court-martial in place of the section NCOIC. He flawlessly compiled statistics, categorized offenses, and reported on a full quarter of military justice processes specifically for the wing commander. Sergeant Henderson also personally oversaw the perfect prosecution of some 38 non-judicial punishment proceedings — 100 percent falling within Air Force time standards.



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# Proper eye protection prevents sports injuries

By

Staff Sgt. James Gonzalez  
62nd Medical Operations Squadron

While nearly 90 percent of all sports eye injuries are preventable, eye safety is often at the bottom of a team's list of priorities. According to Prevent Blindness America, more than 40,000 eye injuries occur annually in sports and recreational activities. More than half of these injuries are to children, yet only a handful of sports organizations mandate the use of eye and face protection for young athletes. In baseball, only one national league (Dixie Baseball, Inc.) is requiring such protection for its little leaguers.

Children are often injured in sports because they are not as fast, as accurate, or as experienced as their adult counterparts. When youngsters are under pressure to react quickly, they may throw wildly, dodge the wrong way or kick in the wrong direction. Sports eye injuries may include bruises around the eyes, shattered facial bones, retinal detachment and even permanent vision loss.

Not surprisingly, basketball is now the leading cause of sports eye injuries for both children and

adults. Baseball follows at a close second. Sports played in the swimming pool are ranked third. Within the next decade, the number of sports eye injuries could increase because more Americans are moving toward a more active lifestyle. As Americans become more active, sports eye injuries will continue to climb if people do not take the necessary steps to protect themselves.

The 62nd Medical Group advises parents and coaches to require eye and face protection be worn by their players. To help parents provide information to coaches, PBA is offering free information about sports eye safety and how to choose proper eye protection for specific sports by calling 1-800-331-2020. The 62nd MDG, along with National Vision Optical Shop, will be providing information regarding sports eye safety on May 3 at the McChord little league baseball field. There will also be a chance to win a \$150 voucher for a pair of sports safety glasses provided by National Vision and a chance to win a pair of sports safety glasses provided by the Armed Forces Optometric Society.

For more information on proper sports safety or to schedule a vision appointment, call the 62nd MDG Optometry section at 982-2032.

Graphic courtesy Armed Forces Optometric Society

Baseball



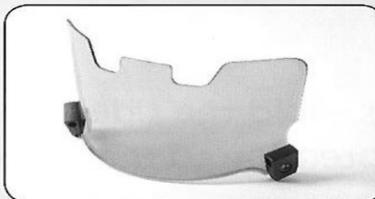
ASTM Standard F803 For Baseball (Fielding)  
ASTM Standard F910 (Batting/Base Running)  
Not pictured.

Basketball



ASTM Standard F803 For Basketball (ASTM Specifies Age Ranges)

Football



Polycarbonate Eye Shield Attached To Helmet Mounted Wire Face Mask

Soccer



ASTM Standard F803 For Any Sport (No Specific ASTM Standard Yet Developed For Soccer)



# Qualified Airmen can now request campaign medal stars

RANDOLPH AIR FORCE BASE, Texas (AFP) — A recent memorandum from the Office of the Under Secretary of Defense provides guidance on the wear of campaign stars on both the Afghanistan and Iraq campaign medals.

The campaign stars recognize servicemembers for participating in designated campaign phases within the areas of responsibility for both awards.

In order to qualify for the campaign stars, Airmen must first qualify for the campaign medals by having served in the area of eligibility for 30 consecutive or 60 nonconsecutive days, and must provide official source documentation to confirm their participation in the AOE. Approved decorations, performance reports or travel vouchers can be used as official documentation.

Airmen become eligible to wear the campaign stars by serving one or more days in the following campaigns:

## For Afghanistan:

**Liberation of Afghanistan** - Sept. 11 to Nov. 30, 2001  
**Consolidation I** - Dec. 1, 2001 to Sept. 30, 2006  
**Consolidation II** - Oct. 1, 2006, until a date to be determined.

## For Iraq:

**Liberation of Iraq** - March 19 to May 1, 2003  
**Transition of Iraq** - May 2, 2003 to June 28, 2004  
**Iraqi Governance** - June 29, 2004 to Dec. 15, 2005  
**National Resolution** - Dec. 16, 2005, until a date to be determined.

If an individual's initial inclusive period of deployment overlaps one or more of the approved campaign phases, the Airman will be entitled to the appropriate number of campaign stars.

"If you've already had 30 days in the qualifying area — 10 of those



Each military department will serve as the awarding authority for the new Afghanistan Campaign Medal, left, and Iraq Campaign Medal, and will issue regulations for processing, awarding and wearing them.

days during Liberation Phase and 20 during Consolidation Phase I — you'll qualify for the campaign medal and two campaign stars," said Col. William Foote, director of personnel services at the Air Force Personnel Center.

Active duty members, Guard, Reserve and veterans who qualify for to wear the campaign stars with the medals can contact their servicing personnel unit or the Air Force Contact Center at 1-800-616-3775 to update their records.

## 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**



McChord Airmen

# AROUND THE WORLD



Courtesy photo

**BAGHDAD, Iraq** — Col. Eric Schnitzer, commander of the 3rd Expeditionary Air Support Operations Group, takes a minute before departing his initial site visit to Forward Operating Base Speicher during a recent deployment. Colonel Schnitzer has visited all of the FOBs under his command at least once during his time as commander.



Courtesy photo

**AFGHANISTAN** — 1st Lt. Miguel Colon, 62nd Aerial Port Squadron, gets to know some Afghani locals before going out on a convoy mission during a recent deployment.



# Web helps Airmen move

By

**Barbara A. Goodno**  
American Forces Press Service

WASHINGTON (AFPN) — It's almost peak moving season again for military families, and Defense Department leaders want families to know new resources are available to help.

"Plan My Move," soft-launched in late summer, is the next generation of DOD's MilitaryHomefront tools to provide an integrated "e-moving" solution, officials said.

"Moving to a new community can be a stressful event for all service and family members," said Leslye A. Arsht, deputy undersecretary of defense for military community and family policy. "This tool helps to ease that burden. It will put our servicemembers and their families in direct contact with those who can help every step of the way, from their current home and community to the new one."

When the user enters the current

location, the new location and the departure date into the new application, it generates installation overviews, a three-month planning calendar, valuable travel and arrival checklists, as well as important points of contacts and family program information, Ms. Arsht said.

The Plan My Move tool is designed to coach servicemembers and their families through the entire moving process, step-by-step. And while most moving takes place over the summer, it's never too early to start a plan, Ms. Arsht added.

In addition, families will be able to access 55 directories of programs and services on installations worldwide, from the barber shop to DOD schools to the family center; maps and driving directions to most locations on the installation; overviews, photo galleries and must-know information for each installation included in the database.

(Barbara A. Goodno is senior program analyst with the Defense Department's Office of Family Policy and Office of Children and Youth.)



Photo by Abner Guzman

## Walk this way

McChord's Sexual Assault Response Coordinator Heather Van Mill, center, and Lt. Col. Brian Newberry, 7th Airlift Squadron commander, right, lead the April 25 "Walk to End Sexual Violence." The annual walk down Tuskegee Airman Boulevard was part of Sexual Assault Awareness Month activities.



# FTC offers tips to improve gas mileage

By

**Airman 1st Class Kirsten Wicker**  
62nd Airlift Wing  
Public Affairs

Along with everyone in the nation, Airmen here are feeling the financial crunch when it comes to fuel consumption. To limit consumption, some are turning their back on four wheels and opting for two instead.

"I choose to take my bike to work instead of my car because it is good exercise and I enjoy riding outside. It saves me a lot on fuel cost and that's nice," said Airman 1st Class Derek Lopez, a loadmaster in the 8th Airlift Squadron. "I live in the dorms so it's only about a 15 minute ride at a moderate pace."

Others have found significant savings by parking their cars until the weekend.

"I live in base housing and even though I maintain my car really well, I started riding my bike to work about a month ago," said Staff Sgt. Steven Deyne, 62nd Mission Support Squadron. "If I only drive my car on the weekends, it saves me about \$40 in fuel costs per month."

In addition to riding a bike, there are some easy steps that can be followed to get the best mileage out of gas purchases. The Federal Trade Commission, the nation's consumer protection agency, offers these tips to use fuel efficiently:

## **Drive more efficiently**

*Stay within posted speed limits.*

Gas mileage decreases rapidly at speeds above 60 miles per hour.

*Stop aggressive driving.* Improve gas mileage up to five percent around town.

*Avoid unnecessary idling.* It wastes fuel, costs money, and pollutes the air.

*Combine errands.* Several short trips taken from a cold start can use twice as much fuel as one trip covering the same distance when the engine is warm.

*Use overdrive gears and cruise control when appropriate.* They improve the fuel economy of the car when driving on a highway.

*Remove excess weight from the trunk.* An extra 100 pounds in the trunk can reduce a typical car's fuel economy by up to two percent.

*Avoid packing items on top of your car.* A loaded roof rack or carrier creates wind resistance and can decrease fuel economy by five percent.

## **Maintain your car**

*Keep the engine tuned.* Tuning the engine according to the owner's manual can increase gas mileage by an average of four percent.

*Keep your tires properly inflated and aligned.* It can increase gas mileage up to three percent.

*Change the oil.* According to the U.S. Department of Energy and Environmental Protection Agency, people can improve gas mileage by using the manufacturer's recommended grade of motor oil. Motor oil

that says "Energy Conserving" on the performance symbol of the American Petroleum Institute contains friction-reducing additives that can improve fuel economy.

*Check and replace air filters regularly.* Replacing clogged filters can increase gas mileage up to ten percent.

## **Use the octane level you need**

The owner's manual recommends the most effective octane level for a car. For most cars, the recommended gasoline is regular octane. Unless an engine is knocking, buying higher octane gasoline is a waste of money.

## **Be wary of "gas-saving" gadgets**

Be skeptical of claims for devices that will "boost your mileage by an extra 6 miles per gallon," "improve your fuel economy up to 26 percent," or the like. EPA has tested more than 100 supposed gas-saving devices — including mixture "enhancers" and fuel line magnets — and found that very few provide any fuel economy benefits. The devices that work provide only marginal improvements. Some "gas-saving" devices may damage a car's engine or increase exhaust emissions. For more information and a full list of tested products, check [www.epa.gov/otaq/consumer.htm](http://www.epa.gov/otaq/consumer.htm).

## **Consider the alternatives**

Alternative Fuel Vehicles operate on alternative fuels, such as

methanol, ethanol, compressed natural gas, liquefied petroleum gas, electricity, and others designated by the DOE. Using these alternative fuels in vehicles may reduce harmful pollutants and exhaust emissions.

Hybrid Electric Vehicles offer another option for car buyers. According to DOE and EPA, these vehicles combine the benefits of gasoline engines and electric motors and can be configured to achieve different objectives, such as improved fuel economy and increased power.

McChord has been using alternative fueled vehicles for six years, according to James Lamantia, 62nd Logistics Readiness Squadron.

"Air Mobility Command's alternative fuel of choice is E85 (ethanol) and we have 55 E85 fueled light duty vehicles assigned," Mr. Lamantia said. "In addition, we also use bio-diesel and have for several years. We have recently received one hybrid sedan (it runs on electric and gas) and it has been assigned to the wing commander, Col. Jeffery Stephenson."

For more information on alternative fuel vehicles, call the DOE's toll-free National Alternative Fuels Hotline, 1-800-423-1DOE, or visit DOE's Alternative Fuels Data Center website at [www.afdc.doe.gov](http://www.afdc.doe.gov). More information about both hybrid-electric and alternative fuel vehicles is at [www.fueleconomy.gov](http://www.fueleconomy.gov).

*(Information from the Federal Trade Commission was used in this article.)*





Breanna Warren, 2, waits patiently to be secured to her seat while her older sister Olivia, 5, performs a mock pre-flight inspection of the safety belt.

# C-17 Show and tell

*McChord Airmen and their families celebrate Month of the Military Child with a C-17 Globemaster III tour*



Photos by Abner Guzman

Jeremiah Lani, 2, sits in the pilot's seat and listens as 1st Lt. Zachary Dorman, 10th Airlift Squadron, explains the flight deck controls.

**BY**  
Tyler Hemstreet  
Staff writer

One of McChord's many C-17 Globemaster IIIs took a break April 25 from the rough-and-tumble life of delivering global airlift to fulfill a more soft and cuddly duty: serving as a static show and tell piece for more than 250 Airmen and their children.

As part of Month of the Military Child festivities, Airmen and their children got a chance to experience the inside of a C-17, from sitting in the loadmaster's pilot's seat to running down the cargo ramp.

For five hours, two busses per hour shuttled groups from the Escape Zone and the Child Development Center to the flightline, where Airmen got the opportunity to explain to their children just how the giant airplane ties into what they do every day.

"It puts things into perspective about what dad does on a daily basis," said Staff Sgt. Jeff Patterson, a loadmaster with the 8th Airlift Squadron.

In between posing for pictures with children seated in the loadmaster seat, Sergeant Patterson showed each one the different buttons to turn on and off the interior lights and how to work the cargo bay microphone.

Sergeant Patterson, who showed his own five-year-old daughter around the aircraft in between talking to other children about what a loadmaster does, said he cherishes the chance to talk to children about the mission.

"I really enjoy it," he said. "It's great seeing a smile on

their faces."

While some children enjoyed strapping themselves into the seats in the cargo bay, others opted for more active pleasures.

"She liked running up and down the loading ramp," said Staff Sgt. Stephen Trevino, 62nd Communications Squadron, of his two-year-old daughter Evelyn.

For Capt. Dimitri Martini, 62nd Comptroller Squadron, the day was a chance to show his daughters Annelise, 2, and Tatiana, 4, the inside of a C-17 for the first time.

"They always see the jets flying around in the pattern when we're driving up and down the highway," Captain Martini said. "Mom is always pointing out that those are the jets from where daddy works, so they were really excited to get out and check it out."

Children also got to go up into the cockpit and check out the aircraft's controls and see the bunks as part of the experience.

"This is what I really like about the Air Force ... that there are so many events like this that go on that you get a chance to bring your family in," said Captain Martini, who said his family's next step is perhaps flying a space available flight so his girls can experience flying in a C-17. "It's a standard that the Air Force has in that we open it up to our families and this is one of those events that you can take advantage of."



McChord Airmen and their families board a static C-17 Globemaster III as part of Military Child festivities on April 25.



A group of McChord families head for a waiting bus following their tour of the aircraft.



Staff Sgt. Jeff Patterson, a loadmaster with the 8th Airlift Squadron, adjusts the volume on his headset for five-year-old Iris Noquez.

# Cardiovascular fitness key to healthy lifestyle

By

Airman 1st Class Kirsten Wicker  
62nd Airlift Wing  
Public Affairs

*(Editor's note: This is the first installment in a series of fitness articles that will run throughout the month of May in conjunction with Air Force Fitness Month.)*

The aim of Air Force Fitness Month is to teach Airmen how to set a routine and maintain their fitness level while promoting fitness education.

A solid cardiovascular fitness program is a step in the right direction toward maintaining a high fitness level, according to fitness officials.

There are three specific things each individual can do to improve cardiovascular fitness, according to exercise physiologist Patrick Conway, 62nd Medical Operations Squadron.

First, do an activity that involves large muscle groups, such as walking, running or swimming.

"Large muscle groups require more blood to function and will therefore force the heart to work harder, strengthening the heart muscle," Mr. Conway said.

Second, find an aerobic activity and do it at an intensity that will increase heart rate and breathing.

The way to set up a target heart rate zone is to

subtract one's age from 220. Once a maximum heart rate is established, most people will see a good improvement over six to eight weeks when they maintain 75 percent to 90 percent intensity while exercising, Mr. Conway said.

To obtain the best results, make sure that respiration (or breathing) is increasing throughout the activity. Mr. Conway recommends using a talk test.

"If you can speak normally and without much difficulty while exercising, increase the intensity until it is more difficult to speak," he said.

And lastly, try to maintain consistency.

Performing aerobic activity on a consistent basis, such as four to five times a week in the target heart rate zone and correct duration (at least 30-60 minutes) will lead to positive results.

"You should see marked improvement in six to eight weeks," Mr. Conway said.

The benefits of aerobic activity are many. Cardiovascular fitness is very important for good health as well as fitness improvement. People who have a high level of cardiovascular fitness have a much lower incidence of heart failure, high blood pressure and some cancers. Overall, those individuals tend to have fewer diseases.

Beginners should start out walking at a good pace five days a week for 45 to 60 minutes for 30 days. As cardiovascular fitness improves, begin to do higher intensity activities such as running or

aerobics, Mr. Conway said.

And never underestimate the power of the walk.

"Even a daily walk for 45 to 60 minutes will help develop a good level of fitness for increased cardiovascular activity like running, swimming, cycling and high intensity aerobics," he said. "Do the activity that you like the best, because consistency is key."

For help getting started, McChord will host a run and walk clinic at 3 p.m. May 9 at the 400 meter track in front of the Fitness Center Annex. Mr. Conway will be teaching and giving pointers on how to become faster, avoid injury and become a better overall runner or walker. He will also discuss how to choose the best shoes for the individual foot.

The clinic is just one of the programs and events this month designed to help answer fitness and nutrition questions, said Tanya Henriques, a health education program manager with the 62nd MDOS.

"The information for this clinic can be very valuable," Ms. Henriques said. "With any exercise program people tend to do it incorrectly, become injured and then have to quit exercising."

The clinic will help to inform people about how to exercise correctly and avoid becoming injured so they can continue on the path to ultimate health and fitness, she said.



# Reservist named 'Strongest (female) in the AOR'

By

Senior Airman Carolyn Viss  
379th Air Expeditionary Wing  
Public Affairs

SOUTHWEST ASIA (AFPN) — Although self-described as “somewhat shy at times,” Master Sgt. Tina Robinson is anything but shy when it comes to powerlifting. The mother and grandmother with bulging biceps smiles her way through the halls of the C-130 Hercules operations building.

Here, as a first sergeant, she has a reputation for mentoring, leading and taking care of “her” people. But, as nice as Sergeant Robinson is, her people also know she’s one tough cookie, who now boasts the title of the “Strongest (female) in the AOR.”

Sergeant Robinson, a reservist deployed from Keesler Air Force Base, Miss., bench-pressed 250 pounds and squatted 300 pounds in a base-level strength competition recently. Her scores, which she

grudgingly admits were not a personal best, were forwarded to the U.S. Air Forces Central level, where she took top honors against four other competing females.

“Of course, I’m really proud,” she said, although, she added, her numbers were higher a year ago. Last year she was able to squat 315 pounds and bench 325 pounds, but stopped lifting to focus her workouts on passing the Air Force fitness test. She had barely a week to prepare for the Strongest in the AOR competition.

And this isn’t the first time Sergeant Robinson has competed and done very well on short notice.

Although “powerlifting is different than bodybuilding,” she was talked into entering a bodybuilding show and walked away with a 2nd-place trophy even though “I hadn’t planned to do it until the day prior,” the Brooklyn, N.Y., native said with a laugh. “I hadn’t been dieting or training.”

Not bad for someone who consid-

ers the competitions “just a hobby” and “something she does for fun.” Although she said she now tries to work out at least four to five times a week, she doesn’t make specific weightlifting goals, and she eats “anything and everything.”

In fact, she says she “didn’t do any sports before lifting in the year 2000, when my friends from the gym urged me to join an Amateur Athletic Union competition sponsored by Air Education and Training Command. They would say that I was genetically cut out for powerlifting and asked, ‘Why let a good thing go to waste?’”

She has now competed in three AAU/AETC powerlifting competitions.

But the spunky athlete is not “all brawn and no brains.”

She earned her master’s degree in business administration management from William Carey College and two Community College of the Air Force degrees during her time in the Air Force.



Photo by Senior Airman Dominique Simmons

**Master Sgt. Tina Robinson squats 300 pounds at the fitness center at an air base in Southwest Asia. She was named “Strongest (female) in the AOR” recently after placing first in the women’s category of an Air Forces Central powerlifting competition.**



# Airmen add color to deployed environment

By

Master Sgt. Demetrius Lester  
455th Air Expeditionary Wing  
Public Affairs

BAGRAM AIR BASE, Afghanistan (AFPN) — When the Taliban took power in 1996, they imposed a new way of life and removed basic freedoms for the people of Afghanistan. Among those freedoms was the banishment of art.

For more than a decade, art has been missing from this society. So a group of 39 artists from Task Force Med wanted people to understand Afghanistan's colorful culture and what better way to convey this but through art.

Master Sgt. Al Greig was assigned as the art director for painting a cultural Afghanistan mural in the conference room of TF MED along with the other artists.

"I don't want this to come off as a one-man show by any means," said Sergeant Greig, who's deployed from the 1st Special Operations Squadron, Hurlburt Field, Fla. "This project was a complete team effort of 39 artists."

"I thought this was going to be a quick paint job, but it turned into part of the GWOT mission because of the Taliban's ban against art," said Master Sgt. Cruz Torres Jr., who is deployed from the 710th Medical Squadron Offutt Air Force Base, Neb. "I learned how beautiful Afghan culture really is and I tried to capture it."

After a series of panoramic photos were taken and stitched together, Sergeant Greig and his crew began working. They completed etching the mountain panorama — true in both direction and size — in a single day.

Although paint became an obstacle because of its limited supply in



Photo by Master Sgt. Demetrius Lester

**Master Sgt. Albert Greig performs some final touch-ups on a mural he and 38 other artists recently painted in the hospital conference room at Bagram Air Base, Afghanistan. The mural featured local culture and a panoramic view of the mountains near Bagram AB. Sergeant Greig is the Craig Joint Theater Hospital medical logistics superintendent.**

Afghanistan, that didn't prevent the group from accomplishing this feat. The task force's morale committee donated \$220 to purchase artist-quality paint shipped from the states. Other donors added \$200 in paint and supplies.

According to Sergeant Greig, who's taken formal art training since the age of 10, the 864-square foot mural is appraised at \$178,000, based on industry cost

standard of \$200 per square foot.

Nearly 290 man-hours later, the entire conference room wall space is vibrant in color and culture while all 39 artists' dream was realized. Their satisfaction comes from the feedback they get from the local Afghan nationals.

"I enjoyed it," said Staff Sgt. Jessica Newcomb, a medical technician deployed from Scott Air Force Base, Ill. "From what I've

seen, all the locals who come in to see the work enjoy it and that's a good feeling. It is so nice...I really wish my parents could see it."

"When the locals come in here, they are speechless" Sergeant Greig said. "I hope this art continues to bring peace and prosperity even when the military is gone. I believe this painting is absolutely significant to the global war on terror. Culturally, it's that important."



# Airmen train to protect against chemical attack

By

1st Lt. Lisa Spilinek  
332nd Air Expeditionary Wing  
Public Affairs

BALAD AIR BASE, Iraq (AFPN) — They looked like they were extras in a low-budget, sci-fi movie walking in slick green chemical suits with what looked like scuba-diving air tanks strapped to their backs. A massive dust storm added to the ambiance of the scene by casting a strange orange hue to the already odd-looking clan walking about Balad Air Base, Iraq, recently.

These Airmen weren't looking for fish-men or killer bees with a thirst for blood, however; they were seeking the answers to a different type of mystery, much scarier than the kind that lurks on television after 3 a.m.

Instead these Airmen found an unknown powdery substance in one of the buildings on Balad AB, and it was up to the emergency management experts to determine what it was and if it posed a danger to the building occupants.

While the situation was staged, it could have been the real thing and emergency managers deployed to locations throughout the area of responsibility would have been ready to identify and mitigate the risks involved.

The unknown substance exercise event was one of many that Airmen from Balad, Kirkuk Regional AB, Ali Base and Al Asad Airfield participated in during a week-long emergency management training session that concluded April 19.

"We provide emergency management and [chemical, biological, radiological and nuclear] response capabilities to Balad AB. We support national strategy by countering asymmetric use of [weapons of mass destruction] against U.S. forces' ability to project power," said Master Sgt. Michael Messina, 332nd Civil Engineer Squadron emergency management flight superintendent, deployed from Tyndall Air Force Base, Fla.

The training session marked the second time during the past four months that emergency management personnel from Operation Iraqi Freedom locations came together to practice their skills, Sergeant Messina said.

The session at Balad was not only significant to the air base, but the rest of the bases and forward operating locations in Iraq and the area of responsibility as well, said Senior Master Sgt.



Photo by Senior Airman Julianne Showalter

**Staff Sgt. Amber Albano and Senior Master Sgt. Thomas Stoudt prepare to enter a building containing an unknown powder substance during a recent training scenario at Balad Air Base. The scenario was one of many that Airmen from Balad AB, Kirkuk Regional AB, Ali Base and Al Asad Airfield participated in during a week-long emergency management training session which concluded April 19. Sergeant Albano is deployed to 506th Expeditionary Civil Engineer Squadron as an emergency manager at Kirkuk Regional AB. Sergeant Stoudt is deployed to Southwest Asia as the functional manager for the emergency management career field.**

Thomas Stoudt, who is the deployed to Southwest Asia as the functional manager for the emergency management career field.

"This is an AOR exercise. We provide a capability to commanders to protect forces from any TIC or TIM [toxic industrial chemical or toxic industrial material] so that they can still do their mission," said the sergeant deployed from Air National Guard Headquarters in Washington D.C.

One benefit of the training session was that the participants had the opportunity to practice using their specialized gear, which includes various types of protective clothing and technological gadgetry that they use to identify and collect potentially dangerous substances.

"The challenge is that at home station, we don't always get to use the equipment. Here we have the continued opportunity to take stuff out to play with it," said Senior Airman Kevin

Phillips, who is deployed from Robins Air Force Base, Ga.

While the emergency managers at Balad do some form of hands-on training at least weekly, bringing personnel together from across the AOR allowed those gathered to standardize the techniques that they employ so they are prepared to respond to any type of situation, Sergeant Stoudt said.

"It's an [explosive ordnance ground] war right now. If it turns into a CBRN war, we have to be ready," Sergeant Stoudt said of fighting the war on terrorism.

Knowing that emergency managers are trained and ready provides reassurance to commanders and subordinates alike.

"We provide peace of mind for the base," Airman Phillips said. "We are the teddy bear you can hold at night."



**Military Spouse Appreciation celebration**

The Airman and Family Readiness Center will host a Military Spouse Appreciation celebration from 11 a.m. to 1 p.m. Thursday on the center's patio. Refreshments will be provided. For more information contact the AFRC at 982-2695.

**Air Force Community Assessment survey open**

Spouses can take the survey at <http://spouseAFCAsurvey.com>, it will take about 30 minutes to complete and will remain open until June.

The survey data gathered in the past has helped generate programs such as "Give Parents a Break" free childcare and the free oil change program spouses are eligible for when

their family member is deployed. The survey touches on spouses' and their families' personal adjustment to arriving to the base, both individual and family adaptation to the Air Force, coping with deployments and the availability of support from formal agencies.

**Bundles For Babies starts May 13**

The Air Force Aid Society and the Airman and Family Readiness Program is currently accepting signups for "Bundles for Babies," a program for Air Force families in their second or third trimester of pregnancy and/or parents of infants younger than six months of age.

The three-hour class will cover nutritional needs for parents and infants, safety concerns and "Dr. Dad" information for getting comfortable with a new addition to the family.

After completing the class, attendees will receive a "bundle" of goodies for the new baby.

The next class will be from 9 a.m. to noon May 13 at the ARFC. For more information and to sign up, call 982-2695.

**OSC social set for Tuesday**

The Officers Spouses Club will host its final social of the year at 6 p.m. Tuesday at the McChord Clubs and Community Center. The cost to attend the bingo event is \$13 and prizes will be handed out to winners. Please RSVP to Mary Beth Clavenna at 253-584-2718 or [clavennas@airforcefamily.us](mailto:clavennas@airforcefamily.us).

————— See BRIEFS, Next page



information, call 982-3805.

**Volunteers needed for CCAF graduation**

The Education Center is looking for volunteers to help setup and tear down seating arrangements for the Community College of the Air Force graduation Thursday and May 9. For more information or to volunteer, e-mail Bruce Houseman at [bruce.houseman@mcchord.af.mil](mailto:bruce.houseman@mcchord.af.mil).

**CPF seeks leave donations**

The Civilian Personnel Flight has received a request to solicit annual leave donations for Tania Otto, a 446 Airlift Wing employee who continues to suffer post-surgical complications. Please complete OPM Form 630A and submit it to 62nd MSS/DPCG, Attn: Robert King. For more

**GPC Vendors' Day set for May 15**

The Government Purchase Card Vendors' Day is from 8 a.m. to 1 p.m. May 15 in Hangar 9. This is a one-day event for businesses that provide authorized supplies, equipment or services who accept GPC, VISA. For more information, call Jan Turner with the 62nd Contracting Squadron at 982-3867.

**Graphics no longer available on base**

The Base Multimedia Center will be without graphics support from now until June 1. All graphics support will have to be accomplished through DAPS or another off base agency using a government purchase card. For more information, call the Public Affairs office at 982-5637.

**Street work on Barnes Blvd.**

Repaving work on the intersection of Barnes Blvd. and Levitow Blvd. will be completed around May 12, weather permitting. A detour will be established around the construction area allowing continued access to the infield and flightline.

Traffic lights at Barnes and Levitow will be set to operate as a three-way stop (a flashing red) when Barnes Blvd. is open.

**New Housing Office hours**

The McChord Housing Office has recently revised its hours of operation. Walk-in hours are now 1 p.m. to 3 p.m., Monday through Friday. Appointment hours are 8 a.m. to 11 a.m. Monday, Wednesday and Friday. For community housing assistance, call 982-5517, and for military housing assistance, call 982-5516.

