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McChord Air Force Base, Wash.

Connecting Team McChord with the Combat Airlift Mission

May 15, 2009

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Grill safely this season

By
Tyler Hemstreet
Staff writer

With Memorial Day less than two weeks away, the days beginning to grow longer and the weather turning warmer, more people will start filling up propane tanks, stocking up on charcoal and dusting off their barbecues.

And while the focus of each barbecue will likely be cooking on the grill and catching up with friends, barbecue safety must also be taken into account, said Sandra Cooper, 62nd Civil Engineer Squadron assistant chief of fire prevention.

Before firing up any grill or lighting the charcoal, people should thoroughly inspect the grill inside and out, checking for cracks in the lines or frame and for objects that may have found their way into the barbecue, Ms. Cooper said.

"If you keep the grill outside in the winter, there can be leaves, insects or cobwebs in there that can ignite on initial startup," she said.

In base housing, barbecuing is not allowed on landings, in exit ways, on fire escapes, overhangs, under stairs and covered patios or within 10 feet of any building, according to 62nd Airlift Wing Instruction 32-17, Base Fire Prevention Program.

People should also avoid barbecuing under their carport, Ms. Cooper said.

"As heat rises from the barbecue, it

can dry the wood in the carport," she said. "Once the wood is sufficiently dried, it could ignite."

The bottom line is that people need to be aware of their surroundings before firing up the barbecue.

"When barbecuing in the backyard or at the park, it's possible to be 10 feet away from a tree trunk but still under a branch overhang, which is also dangerous," she said.

It's also important to check the surroundings before barbecuing at home. That includes placing the barbecue at home away from any ledges (if on an elevated deck) and out of the main traffic area, so people don't bump into it or knock it over.

Proper disposal of charcoal is also important when it comes to staying safe.

Wetting down the charcoal before disposing of it is the safest method, Ms. Cooper said.

When it comes to lighting the charcoal, it is best to saturate the briquettes with lighter fluid and then stow the fluid.

"By putting the fluid away, you keep it away from children and away from the heat of the barbecue," she said.

It also takes away the temptation to spray the grill with fluid, which can create an extremely dangerous giant fireball, Ms. Cooper said.

People must also keep a fire extinguisher nearby when barbecuing, according to the wing instruction.



Photo by Master Sgt. Paul Cox

Fuel and go

A boom operator carefully works controls as a KC-135 Stratotanker from Grand Forks Air Force Base, N.D., refuels a C-17 Globemaster III from McChord May 6. Airmen from both bases teamed up May 1 - 8 for a mobility exercise at Alpena, Mich., to practice and prepare for the upcoming Operational Readiness Inspection in October. For more coverage, see Pages 8 - 9.

McChord IDEA program pays dividends

By
Tyler Hemstreet
Staff writer

When it comes to finding a better or more efficient way of doing something, Team McChord members aren't shy about sharing it with the rest of the Air Force.

In fact, from the beginning of the 2009 fiscal year up until March 31, Team McChord members saved the Air Force more than \$3.4 million through approved submissions to McChord's Innovative Development through Employee Awareness program, according to IDEA program manager Victor Stewart, 62nd Force Support Squadron.

The savings to the Air Force ranked tops for that period among Air Mobility Command bases, and those great ideas paid out more than \$104,000 in rewards to Team McChord members.

62nd Maintenance Squadron civilians Carla Hutchinson and Kelly Osness, both working in the avionics shop, pocketed

\$5,000 each for their innovations related to repairing multi-function display units.

While the supply chain is short on the LCD version of the units, there is a surplus of the cathode ray tube-style units, which led to the two fixing as many of the units as they could.

"There just aren't enough LCD units out there, and the CRT units have to last a lot longer than expected," Ms. Hutchinson said.

Instead of trashing the broken units, the pair started harvesting parts to fix other units. Their actions resulted in a savings of more than \$2.8 million for the reconditioning of the units.

"It's the way we think in the avionics field," she said. "Instead of just throwing everything out, we're changing the mindset. We're putting it back into Air Force supply."

The team even has more project submissions in the works.

"We have a lot of opportunity in this shop," said Ms. Hutchinson, who invested her reward money into her children's col-

lege funds.

Ms. Hutchinson and Ms. Osness aren't the only ones in avionics submitting ideas, as fellow civilian Patrick Kelley's idea for reconditioning an illuminated bezel assembly saved the Air Force almost \$180,000 and netted him \$10,000.

In the same building, Tech. Sgt. Ryan Osterlund, 62nd MXS, worked to change a Source, Maintenance and Recoverability code to allow shop-level replacement of ram air doors and other associated hardware.

"It was done to help us ease maintenance of the doors," said Sergeant Osterlund, who works in the electro-environmental shop.

Initially if a faulty ram air door was discovered, an outer scoop had to be removed and changed.

"It was taking us 18 to 24 hours to change the entire assembly and the scoop, while it took just eight to 10 hours to fix the door itself," Sergeant Osterlund said.

The changes to the SMR code helped save the Air Force more than \$150,000.



**Congratulations
master
sergeant selects!**

**54 McChord NCOs
were selected
for promotion.
See Page 4
for names.**

Weekend Weather

FRIDAY	SATURDAY	SUNDAY
FOG		
Hi: 68	Hi: 70	Hi: 72
Low: 42	Low: 45	Low: 46

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

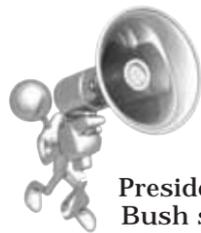
Countdown to success

Next MOBEX.....	119 days
Rodeo.....	66 days
Operational Readiness Inspection.....	164 days

Don't miss it ...

Wing All Calls

Tuesday and Wednesday
See Page 14 for complete schedule.



Airman's Roll Call: Asian-Pacific American Heritage

On Oct. 28, 1992, President George H. W. Bush signed Public Law 102-450, enacting May as Asian-Pacific American Heritage Month. May was selected to memorialize two important milestones in Asian-Pacific American history: the arrival of the first Japanese immigrants to the United States on May 7, 1843, and the contributions of Chinese workers in building the transcontinental railroad, which opened May 10, 1869. The purpose of this observation is to honor the achievements of Asian-Pacific Americans and to recognize

their contributions to our nation. On Oct. 5, 1978, President Jimmy Carter signed a joint resolution designating the annual celebration.

A diverse group of Asian-Pacific Americans has assisted the nation in building a military force capable of preserving our national liberty, while serving as a role model for other freedom-seeking nations and individuals around the world.

Among them are:

- The 442nd Regimental Combat Team, an Asian-American unit composed of mostly Japanese Americans who fought in Europe during WWII. Many of these men put their

lives on the line for their country while their families were confined to internment camps back in the United States. The unit became the most highly decorated military unit in the history of the United States Armed Forces, including 21 Medal of Honor recipients -- earning the unit the nickname "The Purple Heart Battalion"

- On Jan. 28, 1986, the space shuttle Challenger exploded, killing all seven astronauts aboard. One of the crew, Astronaut (Lieutenant Colonel) Ellison Shoji Onizuka, had become the first Japanese-American astronaut the year before when

he flew aboard the shuttle Discovery

- On May 31, 1987, Hoang Nhu Tran, a former boat person, graduated valedictorian of the U.S. Air Force Academy in a class of 960 students. He was also a Rhodes Scholar and Time magazine's recipient of the 1986 College Achievement Award

Airman's Roll Call is 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.

If all Airmen are leading, then who will follow?

By

Lt. Col. Kirby Hunolt

82nd Airlift Wing chief of safety

Editor's note: This commentary was recommended by an Airlifter reader. It was written by (now retired) Colonel Hunolt for the base newspaper at Ramstein Air Base, Germany, in 1997, and has been abbreviated for space. To read the complete commentary, visit McChord's public website.

I can see it now — an Air Force supervisor surrounded by monks in their Tibetan monastery, hundreds of candles providing the only light. The head monk asks the GI a question:

"My son, you must choose between training your people to be good leaders or good followers. Which will it be?"

"I choose good leaders, Master, for that is the

way of the military."

"Ah, Grasshopper, but if all are leading, who will follow?"

"Uhh ... Did I say good leaders? I meant good followers."

"You have chosen well, my son."

"But, Master, would it not be time consuming and expensive to train people in such skills?"

"Perhaps, my son, but if you think training is expensive, just try ignorance."

I think we set some of our folks up for failure by pushing them to be leaders before they've mastered the art of followership. Some people will never be anyone's boss, but will always be someone's subordinate. Experience is our only teacher in the art of followership and that can be a painful process for boss and follower alike.

While it's obvious you must know the technical aspects of your job, there are also numerous

unwritten, yet expected performance and behavior factors required to be a good follower. Most bosses don't take time to train you on these things, but they expect you to do them. Here are questions I've learned to ask when evaluating my follower-ship performance:

- Do I put myself in my boss's position?

Understand what your boss's boss expects of him. Look at the pressures and constraints he's under, then anticipate his needs. What questions is he likely to ask? What information does he need to make an educated decision?

- Do I do my job correctly and on time?

Thoroughly research your assigned task. Know what could go wrong and have a backup plan. If unforeseen problems will prevent you from meeting a suspense, tell your boss right away; don't wait until the day it is due. Don't ever miss a suspense because you "forgot" — write it down.

The Sharp Airman ...

knows the new Airman Professional Development Guide, AFPAM 36-2241 dated July 1, 2009 has hit the streets. According to the Chief Master Sergeant of the Air Force, this guide is no longer just for promotion testing, it is a cornerstone of professional military knowledge. The guide is not just for Airmen but Officers as well. A Sharp Airman keeps a copy handy and refers to it often.

The Sharp Airman knows and understands the Code of Conduct. According to AFPAM 26-2241, the code outlines basic responsibilities and obligations of members of the US Armed Forces. Although designed for a Prisoner of War situation, the spirit and intent are applicable to service members subjected to any hostile detention. There are six articles of the Code of Conduct that address situations and decision areas that, to some degree, may be encountered by all personnel. It includes basic information useful to POWs in their tasks of surviving honorably while resisting their captor's efforts to exploit them to the enemy's advantage and their disadvantage.

PROFESSIONALS

of the week

4th Airlift Squadron

Senior Airman Daniel Denman

Duty Title:

4th AS assistant NCOIC mission scheduler/
C-17 Globemaster III instructor loadmaster

Duty section:

4th AS scheduling office

Hometown:

Port Orchard, Wash.

Why he's tops:

Airman Denman is a vital member of the 4th AS scheduling office. He is responsible for scheduling aircrew to fly training missions, presidential support missions and missions in support of Operation Iraqi Freedom and Operation Enduring Freedom. He is also charged with properly training new schedulers. As an instructor loadmaster, he is responsible for shaping new Airmen into the professional aviators of tomorrow. His hard work is also felt throughout the local area as a community service volunteer.



Senior Airman Joseph Ruiz

Duty Title:

C-17 Globemaster III loadmaster

Duty section:

4th AS

Hometown:

Castroville, Texas

Why he's super:

Airman Ruiz is an integral member of the 4th AS loadmaster section. He recently was hand-selected by the squadron commander to begin training as a Prime Nuclear Airlift Force loadmaster. He is pursuing a Community College of the Air Force degree in Aviation Operations through Pierce College and currently maintains a 3.5 GPA. Airman Ruiz also volunteered to organize the squadron's 19th annual chili cook-off. His contribution to the wing's mission coupled with his pride, professionalism and technical expertise make him a standout Airman.



EDITORIAL STAFF

62nd AW commander: Col. Jeffrey Stephenson
Chief, Public Affairs: Master Sgt. Dean Miller
NCOIC, Public Affairs: Master Sgt. Chris Haylett
Chief of Internal and News Director: Staff Sgt. Eric Burks
Editor: Tyler Hemstreet
Photographer: Abner Guzman
Graphic artists: Lisa Lemmer, Chris Butler
62nd Force Support Squadron contributor: Patti Jeffrey

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CONTACT NUMBERS

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Mailing Address: 62nd AW/PAI
100 Col. Joe Jackson Blvd., Suite 1077
McChord AFB, WA 98438

Phone: (253) 982-5637 **Fax:** (253) 982-5025

E-mail: northwestairlifter@mcchord.af.mil

Pay processing disrupted

By

Air Mobility Command
Public Affairs

Last week, as migration of the Air Force Material Command (AFMC) workload to the Air Force Financial Services Center (AFFSC) was taking place May 4 - 8, AFFSC encountered a significant technical problem that resulted in an immediate halt to all travel and military pay processing.

According to Air Mobility Command's Financial Management leadership, the cause is technically complex. However, the Defense Information Systems Agency and Secretary of the Air Force Office of Warfighting Integration and Chief Information Officer experts have stated they believe this problem emerged as AFFSC reached its capacity on the number of concurrent users, while completely filling out the library storage capacity.

As soon as problems were noticed, AMC/FM, AFMC, AFFSC, SAF/FMP, SAF/XC and DISA all began diligently working to straighten out these issues. Collaboration included numerous teleconferences between all AF comptrollers and senior leaders.

As of Monday, a fix has not been found. However, it is being worked with utmost urgency and will continue to be until a resolution is found.

The Vice Chief of Staff of the Air Force was briefed on this issue May 8.

AMC/FM is working closely with AFFSC to develop a temporary set of work around procedures that should allow for a limited set of documents

(TDY advances, Accrual payments for deployed Airmen, etc) to be transferred to AFFSC to be processed as the system will allow.

Additionally, procedures have been set up for high priority cases.

These types of procedures have been sent to wings for implementation, which started Monday and will continue until the issues are resolved.

AMC is one of only two commands with responsibility for processing military pay documents, so for AMC-serviced members, only travel voucher processing is impacted. Other commands transferred both travel and military pay functions.

Another plus, according to AMC/FM is AMC has much experience with the proposed workaround process, which allowed for its wings to begin sending their appropriate documents to AFFSC first thing in the morning Monday.

AMC wings began transferring their travel voucher processing function to AFFSC in February and March of 2008.

Please contact your Government Travel Card agency program coordinators if you are approaching a 60-day delinquency on your GTC. They can assist you in working an accelerated voucher with finance. The work around system does not allow the same level of visibility that the new system was providing. Please be patient with your payout times and plan accordingly. Please e-mail the 62nd Comptroller Squadron with any questions or concerns you may have at: 62cptshelp@mcchord.af.mil.

62nd CPTS contributed to this article.



Photo by Abner Guzman

Celebrating diversity

Bhangra dancers from the Rhythms of India Dance School in Seattle perform a dance routine for military members as part of the Asian-Pacific Heritage Month celebration Wednesday at the McChord Clubs and Community Center. The celebration also included a guest speaker and the opportunity for attendees to sample various Asian foods. May was selected to memorialize two important milestones in Asian-Pacific American history: the arrival of the first Japanese immigrants to the United States on May 7, 1843, and the contributions of Chinese workers in building the transcontinental railroad, which opened May 10, 1869.



Congratulations to the following technical sergeants, who have been selected for promotion to master sergeant!

- **Craig Bailey**, 62nd Communications Squadron
- **Christopher Banks**, 62nd Aircraft Maintenance Squadron
- **Joseph Blanco**, 62nd AMXS
- **Tanica Bradt**, 62nd Force Support Squadron
- **Kea Brown**, 62nd Logistics Readiness Squadron
- **Tracy Burnett**, 62nd AMXS
- **Robert Code**, 62nd Aerial Port Squadron
- **Glen Comeaux**, 62nd APS

- **Michael Coulson**, 62nd AMXS
- **Michael Dauback**, 62nd Security Forces Squadron
- **Brenda Degnan**, 62nd AMXS
- **Mark Free**, 62nd Maintenance Squadron
- **Julie Frostick**, 62nd LRS
- **Timy Galavez**, 62nd AMXS
- **Antony Gantnier**, 62nd Maintenance Operations Squadron
- **Robert Gray**, 62nd AMXS
- **William Henderson**, 62nd MXS
- **Marco Hoffman**, 62nd LRS
- **Eric Hunt**, 62nd MXS
- **Leticia Johnson**, 62nd Medical Squadron
- **Seanjon Judkins**, 62nd AMXS
- **Brandy Kaminsky**, 62nd APS

- **Daniel King**, 62nd AMXS
- **Michael Krogemann**, 62nd MXS
- **Jesse Landry**, 62nd AMXS
- **Stuart Lane**, 62nd Mission Support Group
- **Benjamin Maxwell**, 62nd MXS
- **Luke McCarthy**, 62nd SFS
- **Robert Miller**, 62nd MXS
- **Julio Molinar**, 62nd Civil Engineer Squadron
- **David Noel**, 7th Airlift Squadron
- **Jason Norberg**, 62nd CES
- **Derek Orling**, 62nd SFS
- **Geoffrey Patchett**, 62nd SFS
- **Shayn Powers**, 62nd AMXS
- **Marc Provencher**, 62nd SFS
- **Matthew Ranstrom**, 62nd FSS
- **Lorenzo Rehberg**, 62nd APS

- **Ronald Robinette**, 62nd AMXS
- **Dionne Ryan**, 62nd LRS
- **Phillip Ryan**, 62nd AMXS
- **Troy Seaboch**, 62nd MXS
- **Aaron Short**, 62nd Maintenance Group
- **Paul Slattery**, 62nd MXS
- **Richard Stage**, 62nd Operations Support Squadron
- **Randy Taylor**, 62nd LRS
- **Kevin Tirrel**, 62nd FSS
- **Steven Turner**, 62nd AMXS
- **Kolby Turpin**, 62nd APS
- **Bryce Vandevender**, 62nd SFS
- **Deric Walker**, 62nd Airlift Wing
- **Michael Weber**, 10th AS
- **Tracy Welch**, 62nd AMXS
- **Carey Yamaguchi**, 62nd AMXS



Air Force leaders name next top enlisted leader

WASHINGTON (AFNS) -- Air Force Chief of Staff Gen. Norton Schwartz and Chief Master Sgt. of the Air Force Rodney J. McKinley have announced the Airman selected to be the service's next enlisted leader.

Chief Master Sgt. James Roy will become the 16th chief master sergeant of the Air Force during an appointment ceremony June 30 which will coincide with Chief McKinley's retirement.

"This is a good day for all Airmen," General Schwartz said. "While they will lose a tremendous leader and advocate in Chief McKinley, they gain a worthy successor in Chief Roy. Given his record and reputation, I am confident that Chief Roy will carry the best interests of our Air Force family forward to our nation's leaders as we support today's joint fight and re-balance our force for the challenges ahead."

Chief Roy and his wife, Paula, will come to the Pentagon from Camp Smith, Hawaii, where the chief currently serves as the senior enlisted leader and advisor to the U.S. Pacific Command combatant commander, representing more than 200,000 Airmen, Soldiers, Sailors and Marines.

Chief Roy joined the Air Force in 1982. His career includes assignments as a heavy equipment operator in the civil engineer career field and then in leadership positions at the squadron, group, and numbered air force levels. He has served as the command chief master sergeant at wings in Air Education and Training Command, Air Mobility Command and Air Combat Command. He was also deployed as the command chief master sergeant of the 386th Air Expeditionary Wing in Southwest Asia. Prior to assuming his current position he was the command chief master sergeant for U.S. Forces Japan and 5th Air Force at Yokota Air Base, Japan.

Chief McKinley will retire next month after serving for 30 years. He has served as the chief master sergeant of the Air Force since June 30,



Chief Master Sgt. of the Air Force Rodney McKinley, right, introduces his replacement, Chief Master Sgt. James Roy, to attendees of the Senior Enlisted Forum May 8 at Maxwell Air Force Base, Ala. Chief Roy, who currently is the senior enlisted advisor to the U.S. Pacific Command combatant commander, was selected by Air Force Chief of Staff Gen. Norton Schwartz to become the 16th Chief Master Sergeant of the Air Force. He will assume his duties on June 30, following Chief McKinley's retirement.

2006.

"Chief McKinley has devoted his entire adult life to our Air Force and to taking care of Airmen and their families," General Schwartz said.

"He has accomplished so much throughout his career, but as chief master sergeant of the Air Force, he and his wife, Paula, have made monumental contributions."



McChord Airmen

AROUND THE WORLD



Photo by Tech. Sgt. Elizabeth Weinberg

KYRGYZSTAN — Senior Airman Robert Holsenback, 62nd Aerial Port Squadron, tightens netting on a cargo pallet at Manas Air Base, Kyrgyzstan, Monday during a recent deployment.



Courtesy photo

SOUTHWEST ASIA — A nine-member team of 62nd Force Support Squadron Airmen gathers for a group photo during a recent deployment. From left to right: Senior Airman Cecil Dsouza, Master Sgt. Ramon Erpelo, Airman 1st Class Jordan Olson, Tech. Sgt. Joe Ramos, Senior Airman Josef Kasprzak, Tech. Sgt. Sarah Butcher, Airman 1st Class Stephen Nubin and Master Sgt. Clover Littleton.

**Do you have a story idea? Spread the news in The NW Airlifter!
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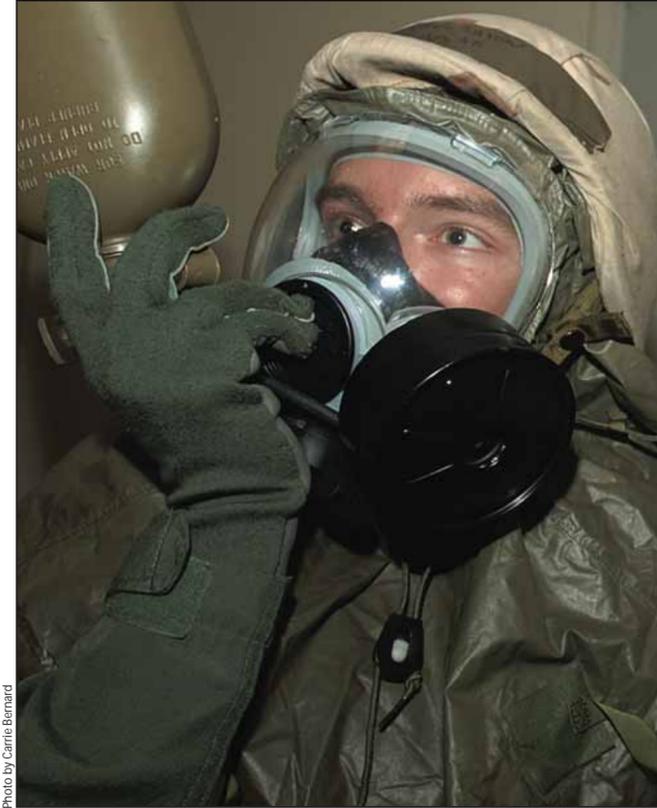




Airmen move through the simulated combat zone in ground crew ensembles. The GCE protects individuals from direct exposure to chemical, biological and nuclear agents.



Deployed Airmen perform basic life saving steps on a simulated injured teammate.



An Airmen hydrates while in the highest degree of Mission-Orientated Protective Posture.

McChord, Grand Forks Airmen *'bring it on'* in Alpena

BY
Carrie Bernard
62nd Airlift Wing
Public Affairs

ALPENA, Mich. – Bare-base conditions met nearly 500 McChord Airmen last week as they departed C-17s and KC-135s to join more than 250 Airmen from Grand Forks Air Force Base, N.D., to set up operations in a simulated deployed location.

With their mobility bags barely off the pallets, the combat airlifters quickly got to work at the Combat Readiness Training Center, a year-round training facility located six miles west of Alpena.

While buildings are in place at the CRTC for visiting units to utilize, Airmen must turn what is essentially an empty base into a fully operational combat fighting platform, in just three days.

"This training is very tough, but also very essential," said Maj. Jason Morrison, 62nd Airlift Wing Exercises and Evaluations chief. "Everything we learned this week will be used to further prepare the wing for its October Operational Readiness Inspection."

The first group of Airmen began arriving in Alpena early May 2 and immediately began preparing for follow-on forces.

"Our first priority is to ensure we can account for everyone entering the deployed location," said Master Sgt. Ernest Burr, 62nd Force Support Squadron Personnel Support for Contingency Operations team. "Next, they receive a place to sleep and MREs [Meals, Ready to Eat] to eat."

While Airmen settled in and started fleshing out their workcenters, 62nd FSS Airmen quickly began working to set up a fully functioning dining hall.

"People have to eat MREs, but we also provide two hot meals a day during breakfast and dinner hours," said Senior Master Sgt. David Walker, 62nd FSS. "It's a lot of work feeding everyone, but we understand food is a force multiplier, as well as a morale booster."

As the deployed functions wrapped up the set-up phase of the exercise, looks of anticipation passed among Airmen as everyone understood the combat portion of the exercise could begin at any moment.

"The combat portion of this exercise was very intense," said Maj.

Morrison. "We fully tested the participants' abilities to defend the base and conduct the mission during two days of simulated conventional and chemical attacks."

Despite a wartime scenario designed to challenge every aspect of the deployed wing's combat operations, positive attitudes prevailed and functions proved they could not only survive in war, but thrive and operate as well.

"I could not be more impressed with the leadership that I witnessed at every level of our wings. Everyone stepped up to the task and delivered a sense of urgency and teamwork that made me proud to say, I'm a part of Team McChord," said Col. Michael Hornitschek, 62nd Airlift Wing vice commander and commander of the deployed wing. "It was a positive attitude that allowed us to partner effortlessly with the 319th Air Refueling Wing from Grand Forks and to complete the initial response, deployment, employment and redeployment phases in just under eight days."

As the simulated war closed in victory for the deployed Airmen, participants immediately began discussing and documenting what processes and procedures they needed to improve not only for future exercises, but for real-world missions.

"This type of training is very valuable. Everything we learn can be used during our real-world deployments," said 2nd Lt. Patrick Hancock, 728th Airlift Squadron.

Although C-17s and KC-135s returned exercise participants to their respective bases, the partnerships forged during the simulated deployment will prove essential in September and October as the wings once again join for another flyaway MOBEX and the ORI.

"All wings gained a better knowledge of the efficiencies and attributes we all bring to the fight," said Col. Henry Polczer, 319th Operations Group commander. "We learned more great points and processes from each other as one team than we could have as individuals."



Combat Airmen prepare simulated patients for transport out of the deployed area.

Airmen defend a bunker against hostile intruders during a simulated attack.



An Airmen is checked for contamination in the deployed wing's Contamination Control Area.

Deployed firefighters enter a smoke-filled building as part of an exercise input.



Photo by Master Sgt. Paul Cox

Photo by Carrie Bernard

Photo by Carrie Bernard

Photo by Carrie Bernard

Air Force Marathon seeks volunteers for Sept. 19 race

By

Sharon Erli

Air Force Materiel Command
Public Affairs

WRIGHT-PATTERSON AIR FORCE BASE, Ohio (AFNS) — The 2009 U.S. Air Force Marathon may not be until Sept. 19 here, but the search to find volunteers to help plan and execute the race's many aspects started May 1.

Individuals interested in volunteering can go online to www.usaf-marathon.com to see jobs, sched-

ules, dates, times, etc.

All registered volunteers will receive a goody bag, embroidered patch, T-shirt and volunteer certificate.

"Volunteers are extremely important to the success of the marathon," said Allison Frey, the volunteer coordinator for the marathon. "With the possibility of up to 10,000 runners participating, we will rely on volunteers for a variety of jobs, including passing out food and drinks, directing participants along the course and helping with set up for such a huge event."

Marathon officials are also looking for team leads, or "key volunteers," to oversee a team of volunteers in areas including marathon expo logistics, expo and race day volunteer manpower, marathon route logistics, finish line coordination and parking, etc.

"Key volunteers are especially important to us since they cover all of the places that the marathon staff can't be on race day," Ms. Frey said. "We try to prepare them for their specific duties so they can lead the other volunteers; our key volunteers are a tremendous help to us."

According to Ms. Frey, "dedication" is the main characteristic the marathon office seeks in a key volunteer. Key volunteers serve as the point of contact for their respective team, and are asked to attend meetings before their scheduled work dates so they understand their responsibilities, and can prepare and direct their teams, accordingly.

For more information on volunteering, contact Ms. Frey at 937-257-5052, DSN 787-5052, or, visit the marathon Web site at www.usaf-marathon.com.



'Crews into Shape' contest crowns winners

By
Tyler Hemstreet
Staff writer

While perfection in dieting and fitness is hard to come by, the "Chunky Monkey" team came very close to accomplishing the feat as part of the "Crews into Shape" fitness challenge.

The team — comprised of three Fort Lewis Soldiers, five Madigan Army Medical Center workers and one Army civilian — scored 192 out of a possible 193 points to win the joint base fitness challenge, which ran March 1-28.

The "Chunky Monkey" team was awarded a plaque Wednesday at the 62nd Airlift Wing standup.

The Defense Department-sponsored health behavior improvement challenge awarded points to teams and individuals for maintaining or achieving a goal weight, eating five or more fruits and vegetables a day and drinking water or other fluids daily.

The Army team made a concentrated effort to drink more water

while they were together in the office and eat more vegetables at each meal.

"We just had to work to prepare the vegetables and really try to incorporate them into everything we ate," said Cinda Kirker, a librarian at Madigan and the team's captain. "I ate a lot of veggie burgers."

Everyone on the team maintained or lost weight during the contest, she said.

The contest also put everyone on the team in the right frame of mind to continue on with their healthy eating and exercise habits.

"It's about consistency," Ms. Kirker said. "Even though everybody is done, we're still going to continue practicing those habits."

The 62nd Communications Squadron team — "Sweet Cobra" — comprised of Senior Airman Katherine Lamb, Luis Morales, Julio Gamboa and Caroline Lamb, finished second with 169 points.

"Sweet Cobra" drank lots of water, and in addition to working out five days a week, even squeezed in Satur-



Col. Michael Hornitschek, 62nd Airlift Wing vice commander, left, presents a plaque Wednesday morning to Cinda Kirker, team captain of "Chunky Monkey." Ms. Kirker and Lt. Col. Spencer Dickens, 1st Lt. Daniel Yoon, Staff Sgt. Shane Tracy and Spc. James Kirker, from left, were part of the winning "Crews into Shape" fitness challenge team.

day bike rides.

"We hate water, but were always asking each other if we had been drinking it each day," said Airman Lamb, who despite battling a bout of pneumonia one week, still emerged from the challenge five pounds lighter.

The team also incorporated raspberry smoothies mixed with honey

and flax seed into their diet as a sweet treat which aids in burning fat, Airman Lamb said.

The 62nd Medical Squadron was given an award for having the highest percentage of active-duty Airmen participate in the challenge. The challenge also attracted five more teams and nearly 40 more people than last year.



Reconstruction team provides hope to Afghans

By

Staff Sgt. Stacia Zachary
USAFCENT Combat Camera Team

FORWARD OPERATING BASE GARDEZ, Afghanistan (AFNS) — The Paktya Provincial Reconstruction Team is providing assistance to rebuild Afghanistan, as well as give the local Afghans a chance to overcome incredible odds to achieve a foothold back into the economic forefront.

Housed within the walls of a traditional Afghan qalat, a mud and straw compound, on Forward Operating Base Gardez is the Paktya PRT's headquarters. The team's objectives are to identify projects with positive impact on the community, as well as give local Afghans the experience and control of conducting these projects themselves.

"We lead the reconstruction efforts for the Afghans in the province," said Maj. Kimberly Riggs, Paktya PRT lead engineer. "Our goal is help build their capacity for project development as well as give (the Afghan people) confidence in their government."

A typical PRT project needs to go through a vetting process before work can begin.

"The Afghans come to us with a lot of requests, and we encourage them to submit their ideas through their government agencies," the major said. "Once these ideas are submitted and prioritized, we validate them (and) then civil affairs provides

justification for proposed projects. After this we develop a contract and request funding then put the contract out for bid by local Afghan contractors."

Several requests will come in for each announced project, and the PRT engineer section will narrow the candidates down to the top five. The requisite Afghan government agency will then award the contract.

"These projects help strengthen their local economy as well as increase employment opportunities," said Major Riggs. "Once the projects are under way, we conduct (quality assessments), identify last minute changes and make provisions for construction challenges as they pop up."

The Paktya PRT is one of 12 U.S.-led teams in the eastern Afghanistan area. The team is composed of engineers, civil affairs, medics and security forces. Although the main emphasis is to strengthen the Afghan government agencies to take over all aspects of the restoration effort, the PRT teams and the projects they oversee are often subject to insurgent attacks by anti-Afghan forces.

"The country is in desperate need of help," said Capt. Shawn Kreuzberger, Paktya PRT engineer. "The country has been cannibalized as a result of decades of fighting and the Taliban has taken full advantage of the poor living conditions, taking every opportunity to destroy what progress is being made. If the Afghans can have pride in ownership



Photo by Staff Sgt. Shawn Weismiller

Maj. Kimberly Riggs speaks with the director of the Sayed Karam Female Medical Providers Quarters about current construction projects intended to improve the facility's ability to house female doctors and midwives recently in Gardez City, Afghanistan. Major Riggs is the engineer officer in charge of the Paktya Provincial Reconstruction Team.

of the (reconstruction) efforts, then they stand a chance at succeeding against Taliban influence."

On a recent assessment mission, Major Riggs visited several construction sites in various stages of completion. At the Sayed Karam Female Medical Clinic, a clinic that provides medical care for women and their children only, a three-room billet is being constructed.

"We are very excited for the project," said Rabia Roshennad, a midwife at the clinic. "Now we will be able to have a female doctor, and we

can help more people. This is very good for Afghanistan."

While winning the hearts and minds of the Afghan people is a bonus, the essence of the PRT mission is to give Afghans all the tools they need to succeed in restoring hope to their country.

"If we do this right, Afghanistan will be able to stand on its own," said Major Riggs. "That's all the recognition (the United States) needs, knowing we helped them and knowing that they can survive these hard times."



62nd AW All Calls

62nd Airlift Wing All Calls are Tuesday and Wednesday at the base theater:

Tuesday — 62nd Maintenance Group: 7 a.m.; 62nd Mission Support Group: 1 p.m.; 62nd Operations Group, 62nd Airlift Wing Director of Staff and 62nd Medical Squadron: 3 p.m.

Wednesday — 62nd MXG: 3 p.m.

Special Olympics volunteers needed

The 2009 Washington Special Olympics kick off May 29 with opening ceremonies here. The base hosts a variety of other Special Olympics events through May 31, and volunteers are needed. Volunteers can be military, family members or civilians. Airmen can volunteer through their squadron points of contact, and all wishing to volunteer can contact Master Sgt. Jerry Walker at 982-7701.

Retiree Health Fair

Madigan Army Medical Center hosts the 2009 Retiree Health Fair from 7:30 to 11:30 a.m. today at the American Lake Club on North Fort Lewis. Preventive health screenings, resources and information are available to all retired military beneficiaries, including the pneumonia vaccine, legal advice, nutrition care, diabetes information, cholesterol testing and pain management. It is recommended attendees bring shot records and note-taking materials. For more information, call Dr. Teresa Bruder at 253-966-3757.

62nd MXS retirement

The 62nd Maintenance Squadron hosts a retirement ceremony for

Chief Master Sergeant Robert Thomas, 62nd MXS superintendent, at 1 p.m. today in Hangar 9.

'Bundles for Babies'

"Bundles for Babies" — a three-hour class covering topics such as the costs of raising a child, stress factors, and caring for a baby — is 9 a.m. to noon Wednesday at the Airman and Family Readiness Center. For more information, call 982-2695.

Military Spouse Career Fair

The fair is 10 a.m. to 3 p.m. Wednesday at the American Lake Club at Fort Lewis. The event offers ideas and opportunities for spouses of all services and highlights training and education available to help enter a chosen career field, financial resources that can assist in launching a career, classes to assist with resume development and interviewing skills and a dress for success fashion show. For more information, call the Airman and Family Readiness Center at 982-2695.

Asian Pacific American Heritage Month

The McChord Multi-cultural Committee hosts a celebration featuring a band, performers and singers from 12:30 to 3 p.m. May 23 at the B/X food court.

62nd CES retirement

The 62nd Civil Engineer Squadron hosts a retirement party for Fred Travis' 49 years in federal service at 11:30 a.m. May 28 in Bldg. 588. Those interested in attending can call Earlene Moody at 982-2971 or Ginny Gonzalez at 982-5597.

Wingman Program performance

Comedian Bernie McGrenahan performs 10 a.m. and 3 p.m. May 27 and 9 a.m. and 1 p.m. May 28 at the base theater. Mr. McGrenahan leads a one-man comedy show which focuses on alcohol and drug awareness.

Spouse Employment Training Scholarship

The Air Force Aid Society offers the Spouse Employment Training Scholarship to spouses of active-duty Air Force members through a partnership with Clover Park Technical College. The scholarship is for the Certified Nursing Assistant program, and the next academic term begins June 29.

Applications for the Spouse Employment Training Scholarship are available at the Airman and Family Readiness Center (Bldg. 551/552) and the applications must be turned into the center no later than 4:30

p.m. May 29. For more information, call the AFRC at 982-2695.

Military Spouse Career Advancement Accounts

The Defense Department is expanding the Military Spouse Career Advancement Accounts - MyCAA - for military spouses of active duty and activated Guard and Reserve Service members worldwide beginning in mid May. MyCAA will officially open its doors for eligible military spouses worldwide to receive up to \$6,000 of financial assistance to help pay for licenses, certifications and education in high growth, high demand portable career fields. For more information, visit <http://www.militaryonesource.com/skins/MOS/home.aspx> and click on the link "Military Spouse Career Advancement Accounts" at the bottom of the Web page under "Military Programs."



McChord Chaplain Corps Faith & Worship Programs

For more information on Chapel services and programs, please call 982-5556.

To contact Duty Chaplain after duty hours, contact the Command Post at 982-2635.

CATHOLIC SERVICES and RELIGIOUS EDUCATION:

All Catholic services are in chapel two.

Saturday:
4 p.m. Confession: Chapel 2, Bldg. 181

5 p.m. Mass: Chapel 2, Bldg. 181

Sunday:
9:30 a.m. Mass: Chapel 2, Bldg. 181

11 a.m. Mass: Chapel 2, Bldg. 181

12:30 p.m. Why Catholic? Small Group Study: Chapel Support Center, Bldg. 746

Monday:
Noon. Why Catholic? Small Group Study: Chapel Support Center, Bldg. 746

Wednesday:

6:30 p.m. Faith Formation: 1st, 2nd & 3rd Wednesday of the month:

Chapel Support Center, Bldg. 746

6:30 p.m. Why Catholic? Small Group Study: Chapel Support Center, Bldg. 746

PROTESTANT SERVICES and RELIGIOUS EDUCATION:

Sunday:
8:30 a.m. Liturgical Worship: Chapel 1, Bldg. 180

9:45 a.m. Sunday School: Chapel Support Center, Bldg. 746

11 a.m. Traditional Worship: Chapel 1, Bldg. 180

11 a.m. Contemporary Worship: Chapel Support Center, Bldg. 746

JEWISH SERVICES:

Friday:
6 p.m. Every 1st, 3rd & 5th Friday of the month: Ft. Lewis, Chapel 5, Bldg. T-2270

OTHER PROGRAMS:

The following Chapel programs take place at the Chapel Support Center, Bldg. 746.

Tuesday:
9:30 a.m. Mothers of Preschoolers (MOPS); 2nd & 4th Tuesday of the month

6 p.m. Mothers of Preschoolers (MOPS) Bible Study; 1st, 3rd & 5th Tuesday of the month

Wednesday:
11 a.m. Adult Bible Study



Airmen receive UCMJ disciplinary actions in April

By

Capt. Lauren Fisher
62nd Airlift Wing
Legal Office

The following are the results of courts-martial actions here in April.

• A Staff Sergeant from the 62nd Operations Support Squadron was court-martialed in a special court-martial for one charge and one specification of Article 112a – Wrongful use of a controlled substance (oxycodone).

• **The accused pled guilty, and was sentenced by a military judge to three months and 15 days of confinement, restriction to base limits for two months, reduction to the grade of Airman 1st Class, and a reprimand.**

• A Senior Airman from the 62nd

Maintenance Squadron was court-martialed in a special court-martial for one charge and one specification of Article 112a – Wrongful use of a controlled substance (methamphetamine) on multiple occasions, and for one charge and one specification of Article 83 – Fraudulent Enlistment.

• **The accused pled guilty to a single use of methamphetamine, not guilty to use on multiple occasions, and not guilty to fraudulent enlistment. The accused was found guilty of a single use of methamphetamine and not guilty to the remaining charges and specifications. The Airman was sentenced to a bad conduct discharge, 15 days of confinement, and a reduction to Airman Basic.**

The following Airmen received non-

judicial punishment actions under Article 15 Uniform Code of Military Justice here in April.

• A Senior Airman was charged with a violation of Article 92 – Dereliction of duty (willful) for underage drinking.

• **The punishment imposed was a suspended reduction to Airman, 14 days of extra duty, and forfeiture of \$150 for one month.**

• A Senior Airman was charged with a violation of Article 92 – Failure to obey a lawful order.

• **The punishment imposed was a suspended reduction to Airman 1st Class, 21 days of extra duty, and a reprimand.**

• A Senior Airman was charged with a violation of Article 92 – Dereliction of duty (willful) for underage drinking.

• **The punishment imposed was a reduction to Airman Basic with any reduction past Airman suspended, 30 days of restriction, and a reprimand.**

• A Senior Airman was charged with a violation of Article 112A – Wrongful use of a controlled substance (marijuana).

• **The punishment imposed was a reduction to Airman and a reprimand. The Airman was subsequently administratively discharged.**

• An Airman was charged with a violation of Article 111 – Drunken driving.

• **The punishment imposed was a reduction to Airman Basic, 30 days of extra duty, a suspended forfeiture of \$300 a month for two months, and a reprimand.**

**When working with classified information, keep security in mind at all times!
Use approved OPSEC, EMSEC, COMPUSEC and Info Protect facilities and equipment only!**

