

The NORTHWEST AIRLIFTER

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McChord Air Force Base, Wash.

Connecting Team McChord with the Combat Airlift Mission

June 19, 2009

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Operation Air Force inspires AFA cadets

By

1st Lt. Joseph Wingard
62nd Airlift Wing Public Affairs

Cadets from the United States Air Force Academy spent the past three weeks here experiencing active duty life.

During that time, they shadowed Team McChord Airmen and participated in daily operations such as repairing flight-line lighting, detonating C-4 explosives, firing M9 and MP5 weapons, logging time in the C-17 simulator and participating in C-17 low-level flight training aboard a cargo mission to Hickam and Travis Air Force bases.

The cadets were participating in Operation Air Force, a summer program designed to give cadets an opportunity to experience firsthand everything an operational Air Force base has to offer. Cadets are immersed into Air Force life at bases around the globe through tours, hands-on experience and by shadowing Airmen in a variety of career fields.

The experiences gained this summer help cadets understand how the Air Force functions and influences their future roles in it.

For several cadets, the experience is the last opportunity to explore Air Force career options before submitting job preferences. For Cadet 2nd Class Kelly Spencer and Cadet 2nd Class Rachel Miller, the experience was an eye opener.

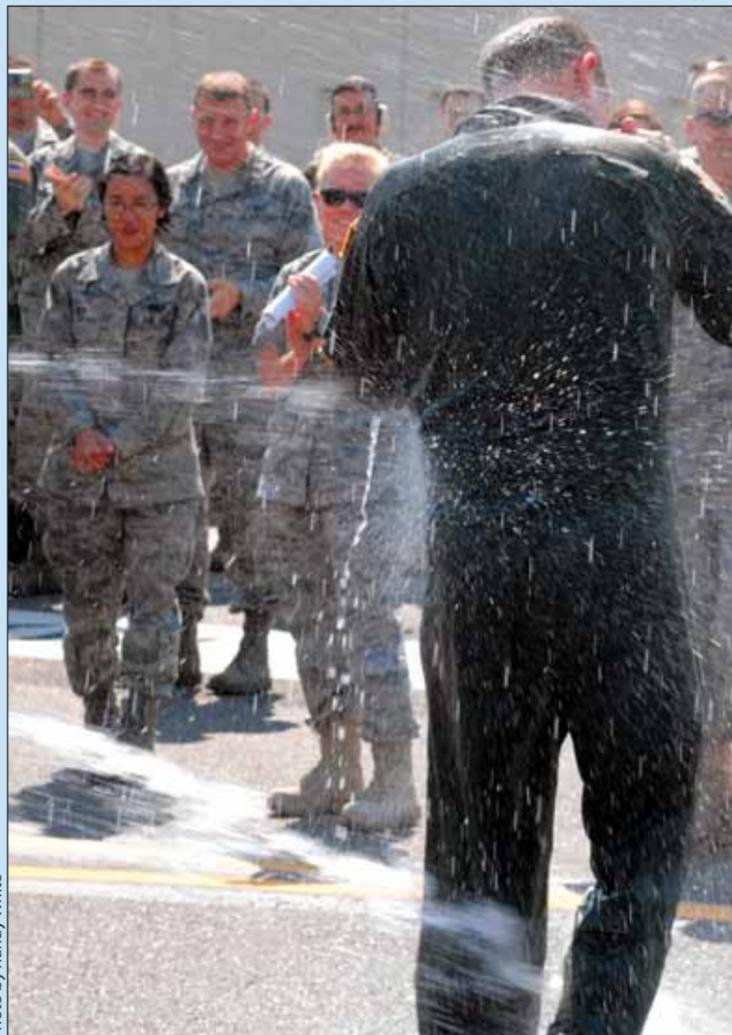
Both cadets will submit job preferences in January and are still undecided, though the experience at McChord may have changed that. The time they spent with McChord fly-

See CADETS, Page 4

Fini-flight

Col. Jeffrey Stephenson, 62nd Airlift Wing commander, is congratulated by Team McChord Airmen and members of his family at his fini-flight celebration June 12. Colonel Stephenson departs McChord after next week's change of command, having been appointed CSAF chair at the National War College, Fort Lesley J. McNair, Washington, D.C. The 62nd AW change of command ceremony is 10 a.m. June 26 in Hangar 4.

Photo by Randy White



Congratulations technical sergeant selects!

86 McChord NCOs selected for promotion — see Page 3 for names.

WADS participates in air defense exercise

By

Western Air Defense Sector
Public Affairs

Local residents may see an increase in air activity during daylight hours this weekend as Air National Guard fighters respond during a major North American Aerospace Defense Command and U.S. Northern Command air defense exercise.

Exercise Amalgam Dart 2009, which kicked off Thursday, combines Army and Air National Guard, active duty Air Force and Navy units from around the country into a layered, mobile and integrated air defense system capable of defending a simulated high profile national event on the Northwest Oregon coast against simulated cruise missiles and other low-flying threats.

F-16 Fighting Falcons from the 144th Fighter Wing, Fresno, Calif. Air National Guard, a U.S. Air Force E-3 Sentry Air Warning and Control System aircraft from the 552nd Air Control Wing, Tin-

ker AFB, Okla., and C-21 Learjets from the 311th Airlift Squadron from Peterson AFB, Colo., and Air Force Flight Standards Agency in Oklahoma City will stage locally at McChord. F-15 Eagles from the Oregon ANG's 142nd Fighter Wing will fly sorties out of the Portland International Airport.

The South Carolina National Guard's 263rd Army Air and Missile Defense Command, Rhode Island ANG's 282nd, and Georgia's 283rd Combat Communications Squadrons will deploy to the Oregon National Guard's Camp Rilea, near Warrenton, Oregon. A U.S. Navy Aegis-equipped destroyer will participate off the Oregon coast. The Washington ANG's Western Air Defense Sector will detect, identify and track targets, and will employ fighters and surface based assets as needed to intercept them.

Amalgam Dart 2009 is one of several exercises under Ardent Sentry '09, a U.S. Northern Command event to practice homeland defense and support to civil authorities.

"This exercise provides us with the opportunity to train and for potential scenarios that could affect the Continental United States," said Maj. Gen. Hank Morrow, Continental U.S. North American Aerospace Defense Command Region commander.

"Exercises like this allow us to review processes and procedures and focus our future training efforts to identifying areas that may need attention," he said.

During Amalgam Dart '09, WADS will electronically link all players into a common operating picture while directing defensive air operations for the exercise. At the same time, WADS will continue to conduct its real world mission of defending the airspace over the western three quarters of the Continental United States.

Fighters will engage in simulated air sovereignty and counter-air operations against targets played by the C-21s. The intercepts will take place over the Southwest Washington and Northwest Oregon coast.

The exercise concludes Saturday.

27 Days DUI Free
*As of Thursday

62nd AW Down Day Goal: 62 Days
(Last DUI by a 62nd AMXS TSgt)

Call Airmen Against Drunk Driving at 722-AADD for a ride home

Countdown to success

Rodeo.....	31 days
Next MOBEX.....	84 days
Operational Readiness Inspection.....	129 days

Don't miss it ...

Wing All Calls

Tuesday at the base theater
7:30 a.m. - 62nd Operations Group, 62nd Airlift Wing
Director of Staff, 62nd Medical Squadron
1 p.m. - 62nd Mission Support Group
3 p.m. - 62nd Maintenance Group

Team McChord — Thank you for all you do, it's been an honor

By

Col. Jeffrey Stephenson
62nd Airlift Wing commander

Next Friday, I will pass the 62nd Airlift Wing flag to a new wing commander. I'll be honest; it's hard for me to imagine no longer leading the professional, dedicated Total Force Airmen of Team McChord. On a more personal note, to the men and women of the 62nd Airlift Wing, I

have a strong affection for all the active-duty, civilians and family members who make up this extraordinary wing that I have commanded for the past 17 months.

As I look back at my time here, I couldn't be more proud of our accomplishments. From garnering high praise during multiple inspections to our record-breaking Air Expo, you have proven time and time again that McChord Airmen are always ready to face the toughest

challenges – and are never satisfied with anything less than outstanding results!

While I take a great deal of pride in all that we have achieved, I know what I will remember most are the people behind the accomplishments – I'll dearly miss Team McChord! Not a day went by that I didn't smile or laugh due to the warmth, personality and spirit each of you brought to the McChord family. It was a resounding joy to work with you!

Tina, Gregory, Michelle, and I appreciate you letting us be a part of your inimitable family! I leave my hope for peace, happiness and every continued success in every endeavor of your individual lives. If I don't get a chance to say goodbye personally, please accept my thanks for all you do every day for McChord, the Air Force and your country ... and know how much I've enjoyed the privilege of serving with you—one last hug to all!

'Eight simple rules' for promotion to chief master sergeant

By

Senior Master Sgt. David Suozzi
62nd Aircraft Maintenance Squadron

Fellow Airmen, I recently achieved one of my career goals: promotion to the rank of chief master sergeant. I was notified of my promotion selection when the wing commander and vice wing commander, accompanied by all the 62nd Airlift Wing chiefs, came to my duty section to congratulate me, tack on stripes, take pictures and welcome me to the Chiefs' Group. Later, the Chiefs' Group held an amazing formal dinner that not only highlighted my achievements but also reminded me of my new responsibility to those I serve and to the chiefs I am now associated with. One of my proudest moments was having my parents attend the Chief induction dinner. It was my opportunity to thank them for their sacrifice, exceptional parenting and for teaching me the Air Force core values long before the Air Force adopted the term.

Since my promotion announcement, I have been asked many times what advice I could provide to help others in their quest for the highest enlisted rank. I spent a few days trying to consolidate 20 years into 500 words, and this is what I came up with.

First and most importantly, be the best at your job! Strive to be the Airman your peers and supervisors seek when they have questions.

Second, work hard! Find the hardest-working Airmen on your shift, whether deployed or at home station, and out-work them.

Third, look sharp! Airmen with immaculate dress and appearance are thought of in higher regard; set the example.

Fourth, set yourself apart from your peers! You are all striving for the same goal – ask yourself what makes you a better choice for promotion than the person next to you, remember, that only selecting the top one percent allows the promotion board to be picky. Therefore, expeditiously complete all phases of required professional military education. Many SNCOs have not completed the SNCO Academy correspondence course; you can do it as a technical sergeant and take the Joint SNCO Correspondence Course as well. If your peers study for four months for promotion testing, study for six months.

Fifth, perform daily at the rank you are striving to achieve, not the rank you currently hold! Ask yourself why a promotion board would select a person who may or may not be able to fill the position when they have a person who is already performing and succeeding in that capacity.

Sixth, commit yourself to success! Unfortunately, many Airmen with great potential are unwilling to jump in with both feet. You may hear them say they don't want to be promoted because they don't want the responsibility, they don't have time, or if they get promoted they'll get orders – avoid these people; be the very best you can be and the rest will work itself out.

Seventh, get involved! Seek opportunities to excel at the squadron, group and wing levels. Remember, participating in an event is great, but a person who takes charge and leads possesses the qualities the board is looking for.

Eighth, study, study, study! Remember number four: set yourself apart from your peers. There is no substitute for reading and studying the Professional Development Guide.

Well, there you have it! I hope I have provided some insight into what has helped me succeed. Each one of you will find your own method, but the elements of success I have listed above are universal. To the future chiefs, I am looking forward to stopping by your office, shaking your hand, welcoming you to the Chiefs' Group and hosting a chief induction dinner in your honor. I promise it's a wonderful feeling that you will remember for the rest of your life!

The Sharp Airman knows ...

that the 62nd Airlift Wing change of command is June 26 and Rodeo is right around the corner on July 17.

As Sharp Airmen, we all want to make a positive first impression on our new commander and the many visitors that will be here for Rodeo. It's time to walk around your buildings, shops, and offices to make sure everything is neat, clean and orderly. If you see a problem, report it. First impressions are lasting impressions and we want them all to know we are Sharp Airmen.

PROFESSIONALS

of the week

62nd Civil Engineer Squadron

Staff Sgt. Ivan Lalican

Duty Title:
Project manager

Duty section:
Simplified acquisitions of base engineer requirements

Hometown:
Holmes Beach, Fla.

Why he's super:

Sergeant Lalican has proven to be a crucial member of the 62nd CES. During a low manning period, he carried out the duties of four personnel to aid the squadron in successfully awarding \$3.1 million in end of year funds. His exceptional job knowledge and work ethic on a vehicle exhaust project corrected safety deficiencies on budget and ahead of schedule. Sergeant Lalican was also recently selected for a special duty assignment as a Silver Flag contingency training instructor.



Virginia Gonzalez

Duty Title:
Secretary

Duty section:
62nd CES operations flight

Hometown:
Tucson, Ariz.

Why she's tops:

Ms. Gonzalez is the face of the operations flight and the 62nd CES. In the past year alone, she has managed more than 100 enlisted progress reports, 30 decorations and 30 awards packages for the operations flight. In addition to her secretarial duties, she also flawlessly tracked the squadron's time card program, ensuring proper labor accounting for more than \$14 million in payroll. Her consistent excellence and proactive customer service led to her being awarded the 62nd CES Category 1A Civilian of the Year and a nomination as Air Mobility Command Civilian Technician of the Year.



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62ND AIRLIFT WING, McCHORD AFB, WASHINGTON

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

- **Nathaniel Abel**, 62nd Logistics Readiness Squadron
- **Jordan Applegate**, 62nd Operations Support Squadron
- **Gregory Arbogast**, 22nd Special Tactics Squadron
- **Ryan Armstrong**, 22nd STS
- **Justin Babb**, 62nd Aircraft Maintenance Squadron
- **Adam Balmer**, 62nd Maintenance Squadron
- **William Belloso**, 62nd Maintenance Operations Squadron
- **Troy Bencke**, 62nd AMXS
- **Steven Bowen**, 62nd Communications Squadron
- **Jason Brooks**, 62nd Security Forces Squadron
- **Ronald Broughton**, 62nd

- AMXS
- **Craig Buckley**, 62nd Civil Engineer Squadron
- **Douglas Campbell**, 8th Airlift Squadron
- **Christopher Carson**, 62nd MXS
- **Joshua Coddington**, 62nd MXS
- **David Coleman**, 62nd Maintenance Group
- **Jess Denton**, 373rd Training Squadron, Det. 12
- **Matthew Dinunzio**, 62nd Aerial Port Squadron
- **David Ellingwood**, 62nd APS
- **Wesley Engle**, 62nd Force Support Squadron
- **Jocelyn Ferber**, 62nd FSS
- **Jeremy French**, 62nd MXS
- **John Frisk**, 7th AS
- **Monica Garcia**, 62nd OSS
- **Elizabeth Goedert**, 62nd Medical Squadron
- **James Gonzalez**, 62nd MDS

- **Noah Grayson**, 62nd FSS
- **Brian Groscup**, 62nd MOS
- **Clayton Harris**, 62nd OSS
- **Tyra Harris**, 62nd Medical Support Squadron
- **David Hayes**, 62nd AMXS
- **Christopher Heaney**, 62nd CS
- **Jeffrey Hewitt**, 62nd AMXS
- **Jean-Pierre Howard**, 62nd CS
- **Paul Irvine**, 22nd STS
- **Glenn Ivanoff**, 22nd STS
- **Michael Jones**, 62nd CES
- **John King**, 62nd MXS
- **Crystal Kistler**, 22nd STS
- **Eric Lager**, 7th AS
- **Stephan Lasher**, 62nd LRS
- **Douglass MacGregor**, 8th AS
- **Jarrold Marostica**, 62nd MXG
- **John Masterman**, 62nd AMXS
- **Llewyn Mcfarlane**, 62nd CS
- **John Miehm**, 62nd AMXS

- **Orville Millett**, 62nd MXS
- **Rebecca Moore**, 62nd AMXS
- **Darcy Morgan**, 62nd MXS
- **Karen Nomee**, 62nd CES
- **Anthony Nowak**, 62nd MXS
- **Everett Olsen**, 62nd MXS
- **Marcus Ortman**, 62nd LRS
- **Tommy Palmer**, 62nd AMXS
- **Eric Peterson**, 62nd MDS
- **Chad Poundstone**, 4th AS
- **Dustie Prichard**, 62nd AMXS
- **Ethan Reeves**, 22nd STS
- **Nicholas Roberts**, 62nd SFS
- **Joshua Rumptz**, 22nd STS
- **Rachel Sabathne**, 62nd MOS
- **Alvaro San Miguel**, 62nd AMXS
- **Gary Sayre**, 62nd CS
- **Tanner Scanlan**, 62nd CES
- **Julie Simmons**, 62nd MXS
- **Simms Shad**, 62nd AMXS
- **Melissa Sims**, 62nd MXS
- **Joseph Smarr**, 8th AS
- **Thomas Snavelly**, 373rd TRS, Det. 12

- **Patrick Snyder**, 62nd MOS
- **Neil Sophia**, 62nd CES
- **Darrin Srader**, 62nd Operations Group
- **Shane St. Laurent**, 62nd SFS
- **Melissa Szczerbiak**, 62nd SFS
- **Bradley Tenbrink**, 62nd MDS
- **Daniel Tercero**, 22nd STS
- **Morris Thornton**, 7 AS
- **Jason Thrasher**, 62nd MOS
- **Daniel Tischner**, 62nd MXS
- **Timothy Truesdell**, 62nd CES
- **Vincent Vargas**, 62nd CES
- **Philip Waite**, 62nd AMXS
- **Ronald West**, 62nd Airlift Wing
- **Philip Wiese**, 373rd TRS, Det. 12
- **Benjamin Wiseman**, 62nd CS
- **Jamie Yep**, 62nd MXS



Photo by Abner Guzman

Five-star accommodations

Col. Michael Hornitschek, 62nd Airlift Wing vice commander, left, and Tom Sharp, 62nd Force Support Squadron lodging operations manager, cut a ceremonial ribbon Wednesday in honor of the recently completed renovations made to 100 rooms in Buildings 1149 and 1150. The rooms will house visitors as part of Air Mobility Command's Rodeo 2009, which begins July 19.



— NAMES TO NOTE —

Congratulations to the following Airmen who recently scored a 90 percent or better on their Career Development Course examinations!

- **Airman 1st Class Anthony Betzina**, 62nd Aircraft Maintenance Squadron
- **Tech. Sgt. Laura Kattner**, 62nd Contracting Squadron
- **Senior Airman Kristopher Savell**, 62nd AMXS
- **Staff Sgt. Joshua Trontvet**, 62nd Logistics Readiness Squadron

From CADETS, Page 1

ing squadrons certainly left an impression on them.

"Flying in the simulator was really cool," said Cadet Spencer. "It made me consider flying."

"The low-level flight made me want to be a pilot," added Cadet Miller. "It was good to see how everyone worked together to accomplish the mission."

In addition to job shadowing, the cadets benefited from junior officer mentorship at McChord.

"I could relate to them," said Cadet 2nd Class Sean Dronen. "They were easy to talk to and understood what we are going through."

The Operation Air Force program also provided cadets insight into what it means to be an Air Force officer.

"I learned a lot about being an officer here," said Cadet Miller. "It's not (only) about maintaining the aircraft ... it's really about the welfare of the people who you work with."

"It was cool to see what the 'real' Air Force is like" said Cadet Dronen. "It all gets put in perspective and gets you ready to start another (academic) year."



Photos by 1st Lt. Joseph Wingard

Top photo: Academy cadets gather for a picture in front of a McChord C-17 Globemaster III at Travis Air Force Base, Calif.

Left photo: Cadets attend a mentoring session with Lt. Col. Lavalley, 62nd Force Support Squadron commander and Chief Master Sgt. Salina James, 62nd FSS superintendent.



Training addresses sexual assault prevention

By
Tyler Hemstreet
Staff writer

Just as the wingman concept is key to helping cut down on driving under the influence incidents, it also applies to preventing sexual assaults.

Bystander intervention is one of the main focuses of the wing's annual Sexual Assault Prevention and Response training, which began Monday and concludes June 29. The briefings are mandatory for all military members and non-bargaining civilian employees.

The goal of the training is to inform Airmen of the realities of sexual assault and detail bystander intervention strategies as a way to help prevent incidents within the Air Force community, said Heather Van Mill, the wing's Sexual Assault Response Coordinator who conducts the training.

"We want Airmen to be proactive when they see a situation that

may lead to a sexual assault," Ms. Van Mill said. "It's about everybody looking out for each other, no matter if it is here at a club or bar off base or at a deployed location. Wingmen have the power to step-in, speak-up and make a difference."

The 30-minute training details the definition of a sexual assault and the Air Force-mandated consequences which come from a conviction. It also outlines the many support agencies within the Air Force as well as the local community and strategies for working with victims to help them get the care they need in the aftermath of a sexual assault.

The training reinforces how important it is to keep an eye out for situations that may lead to sexual assaults and how to better help those who have been assaulted, said Senior Airman Jin Lau, 62nd Logistics Readiness Squadron.

"It helps us to know who to contact to get that person help and how serious of an impact an

assault can have on the victim," Airman Lau said. "(Victims) can go through a wide range of emotions after an attack and can be confused at the time, so it's important for other Airmen to know how to approach the situation."

While wingmen play an important role in preventing assaults, there are certain steps people can take to prevent putting themselves in a potentially dangerous situation, Ms. Van Mill said.

That includes avoiding isolated places, telling a family member, suitemate, friend or spouse plans before going out and locking house or dorm room doors.

"Alcohol use may also interfere with your ability to think clearly, communicate efficiently and react appropriately," Ms. Van Mill said.

Additional briefings are 9 a.m., 1 and 3:30 p.m. Monday and 7:30 a.m., 1 and 3:30 p.m. Wednesday and Thursday. The final briefings are 9 a.m., 1 and 3:30 p.m. June 29. All briefings are in the base theater.



Photo by Abner Guzman

Ready to pop

Master Sergeants Chris Almeria, left, and Robert Snyder, both 62nd Force Support Squadron, load boxes of popcorn into a car Wednesday at Bldg. 708. Six pallets of popcorn were donated to the wing by the Boy Scouts of America.



Reserve maintainer earns Air Mobility Command award

By

Tech. Sgt. Jake Chappelle
446th Airlift Wing Public Affairs

Sometimes, when you observe a person at work carrying a pen and clipboard, it's possible they're trying to avoid work and not be bothered. But not Master Sgt. Thomas Sullins, 446th Aircraft Maintenance Squadron. The production superintendent strides through the squadron with gusto and purpose. If he isn't working on a task, then he is looking for one.

Sergeant Sullins' energy and sense of purpose is why he earned the Air Mobility Command Reserve

Associate Maintenance Superintendent of the Year Award for 2008.

This award is AMC's way of recognizing Reservists who have gone above and beyond their normal scope of duties in their career field. It also recognizes the influences they have on their peers.

"I didn't even know I had been put up for the award," said Sergeant Sullins. "My supervisor came up to me during the May U-T-A and said, 'Congratulations!' I'm thinking 'for what?' I'm just doing my job."

Senior Master Sgt. Marvin Hitt, 446th AMXS Blue Aircraft Maintenance Unit assistant superintendent, is one of those who recog-

nized Sergeant Sullins' hard work.

"In my opinion, Tom is definitely a hard charger and a no nonsense type of guy when it comes to getting the job done," said Sergeant Hitt. "He is the prototypical maintainer. You work hard and you play hard."

Sergeant Sullins attributes his success to his supervisors.

"My supervision allows me the freedom to do my job, so I have to give them kudos," said Sergeant Sullins. "I'm thankful for them. They have enough faith in me so I can optimize and do my job. Without their confidence, I wouldn't be able to do my best."

Sergeant Hitt appreciates him as

a colleague and a friend.

"I have been a friend of Tom's since 1994," said Sergeant Hitt. "He has an outgoing personality and is definitely not afraid of speaking his mind, while maintaining a professional demeanor. He is just a great guy to work with and share stories with."

Sergeant Sullins also gives credit to working in a wing that he enjoys being a part of.

"It's fun," said Sergeant Sullins. "I like the pace and the challenge of working in a wing like the 446th."

Sergeant Sullins' award was presented to him during the June UTA at the 446th AMXS commander's call.

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



McChord Airmen

AROUND THE WORLD



Courtesy photo

SOUTHWEST ASIA — Captains Lindsey Jackson, left, and Jamila Hammad, both 4th Airlift Squadron, take a break from flying combat airlift missions in support of Operations Enduring Freedom and Iraqi Freedom during a recent deployment.

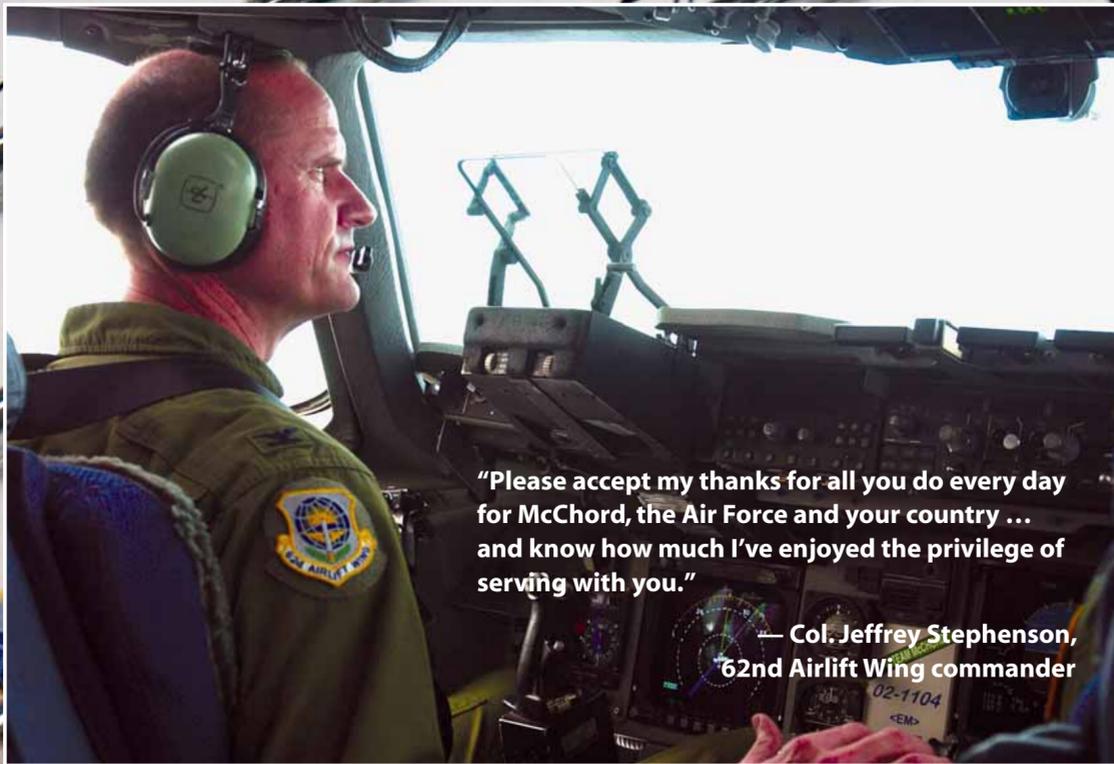


Photo by Senior Airman Jon Polka

TURKEY — Capt. John Cortney, 7th Airlift Squadron, spends an afternoon with other volunteers at Seyhan School for the Deaf in Adana, playing soccer and leading arts and crafts enrichment classes during a recent deployment.



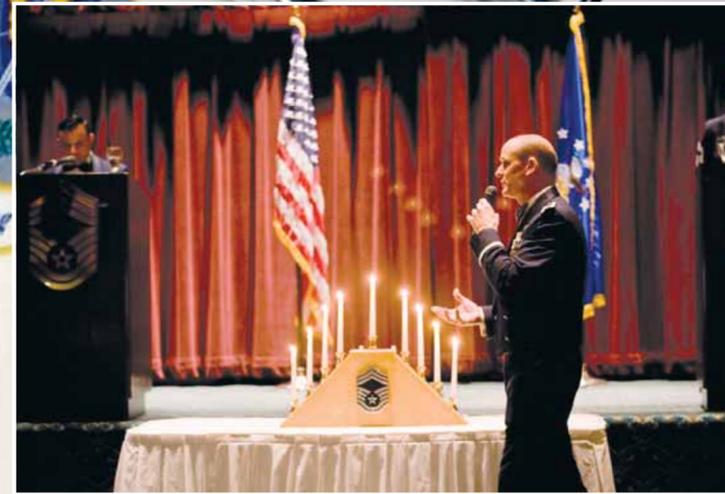
Farewell Col. Jeffrey Stephenson



Editor's Note: Colonel Stephenson departs McChord after next week's change of command, having been appointed CSAF chair at the National War College, Fort Lesley J. McNair, Washington D.C. On these pages are photos highlighting his remarkable time with Team McChord.



Share
Col "Jeff" Stephenson
Commander, 62d Airlift Wing



Defense Personal Property System now available at McChord

By

62nd Aerial
Port Squadron

Did you realize that the Defense Department spends nearly \$3 billion annually to transport and store household goods for its customers and their families? That's the cumulative bill accrued from all the DoD services' permanent change of station moves. As the DoD's current personal property program has remained virtually unchanged for the last 35 years, subject matter experts in this arena have explored various ways to modernize its processes. With considerable input from the commercial industry, the DoD believes it now has the optimal mix of technology and procedural upgrades with the implementation of the Defense Personal Property System.

Similar to the virtual Military Personnel Flight system, DPS is an internet-based system that provides DoD customers the ability to utilize state of the art technology to coordinate their personal property moves from start to finish. DPS allows customers the chance to personally manage various aspects of their personal property move ranging from self-counseling, coordinating pickup and delivery, filing claims, and completing customer satisfaction surveys. Customers who book their household good shipments with DPS can also track their shipments while it is in transit via either email or DPS's Interactive Voice Response system.

Since DPS is still in its initial implementation stage, it can only handle certain types of personal property moves. For example, DPS is currently unavailable for personnel who are moving the first time, retiring or separating, and for customers using a power of attorney to schedule their moves. To determine if you are eligible to utilize DPS for your next PCS move, contact the 62nd Traffic Management flight at 982-2585 or email 62aps.trt@mcchord.af.mil. You can also visit the DoD's Household Goods Portal at <http://www.move.mil>.

62nd Operations Group change of command

The 62nd Operations Group change of command ceremony is 2:30 p.m. today at the Bldg. 100 parade grounds. The incoming commander is Col. Glenn Rousseau and the outgoing commander is Col. Joseph Wiley.

McChord blood drive

In cooperation with the Armed Services Blood Program, McChord hosts a blood drive from 9 a.m. to 1 p.m. June 26 at the 446th Aerospace Medicine Squadron Auditorium.

Col. Hershman farewell

A farewell for Col. Shane Hershman is 4:30 p.m. today at the Heritage Hill pavilion. Colonel Hershman departs McChord to serve on the Inspector General staff at Air Mobility Command headquarters, Scott Air Force Base, Ill.

Deployed families dinner

A deployed families dinner is 6 p.m. Monday at the Chapel Support Center. Reservations must be made by close of business today. To RSVP, or for more information, call 982-5556.

Commissary holiday hours

The base commissary holiday hours July 4 are 9 a.m. to 5 p.m.

New Barnes and housing gate hours

The Barnes gate is now open 5:30 a.m. to 6:30 p.m. daily. The Woodbrook housing gate is open 6 to 9 a.m. and 3 to 6 p.m. weekdays. For more information, call the 62nd Security Forces Squadron at 982-5100.

62nd Airlift Wing change of command

The 62nd Airlift Wing change of command ceremony is 10 a.m. June 26 at Hangar 4. The incoming commander is Col. Kevin Kilb and the outgoing commander is Col. Jeffrey Stephenson.

Military Spouse Career Advancement Accounts

The Defense Department Military Spouse Career Advancement Accounts for military spouses of active duty and activated Guard and Reserve Service members worldwide offer eligible spouses up to \$6,000 of financial assistance to 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."

Madigan Annex TBI classes

Traumatic Brain Injuries Program education series classes for educators and healthcare providers are offered Thursdays at the Madigan annex on Fort Lewis. For more information, call the TBI nurse educator, Lindy Peterson, at 968-3161.

FTAC in-processing now online

All first-term Airmen arriving from technical training must register via the Team McChord Professional Development Community of Practice at <https://afkm.wpafb.af.mil/ASPs/CoP/OpenCoP.asp?Filter=AM-DP-00-16>. For more information, call 982-6682.



Deployed Families Dinner
Get a Clue!
The Search for the Pink Panther
22 June at 1800
Chapel Support Center
RSVP by 19 June

<https://eim.amc.af.mil/org/62hc/default.aspx>
 (access from DoD military computers only)

All Families with Deployed/Deploying Members or on TDYs & Remotes are Encouraged to Attend!

Dinner Provided By
Famous Dave's
 Legends of the South
 No Federal Endorsement Intended

For more Info: Call (253)982-5556 or Email: 62aw.hc@mcchord.af.mil



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



Air Force officials revise fitness program

By

Tech Sgt. Amaani Lyle
Secretary of the Air Force Public Affairs

WASHINGTON (AFNS) – The need for a “clear, understandable and simpler” fitness program will mean significant changes to the Air Force’s current fitness program, said the service’s top officer during a senior leadership conference held June 4 through 6 at Wright-Patterson Air Force Base, Ohio.

Air Force Chief of Staff Gen. Norton Schwartz met with the service’s other four stars at CORONA TOP where one of the key agenda items was Air Force fitness.

His intent was to fine tune fitness testing, promote a year-round fitness culture and send a clear message that health and fitness are critical to mission readiness.

“Fitness is a vital component of Air Force culture,” General Schwartz said. “These challenging times underscore the importance of properly caring for our most valuable resource: our Airmen.”

The Air Force’s top enlisted leader agreed that good fitness is a fundamental requirement for Air Force warriors.

“Maintaining the proper fitness levels is really about maintaining combat capability,” said Chief Master Sergeant of the Air Force Rodney J. McKinley. “Being fit can make the difference between life and death for Airmen when actions require concentrated physical activity on or near

the battlefield.”

Chief McKinley explained that Airmen must constantly hone their fitness abilities to withstand and overcome the demanding rigors of deployment and combat.

“Airmen must present the proper military appearance and project to the American public our ability to defend our nation and its interests,” the chief said.

While commanders have responsibility of their unit fitness programs, each Airman is responsible for meeting and maintaining fitness standards 365 days a year, said Lt. Gen. Richard Y. Newton III, the Air Force deputy chief of staff for manpower and personnel.

“With these program revisions and enhancements, we encourage a culture of fitness, empowering all Airmen to take responsibility for being physically mission ready,” General Newton said.

General Newton added that the new Air Force instruction, projected for publication in July 2009, will better emphasize the service’s fitness expectations of its Airmen. Who will conduct the testing, when and how Airmen will test are among the most significant revisions to the fitness program, which takes effect January 2010.

Perhaps the most significant difference in fitness testing will be its frequency, Air Force officials said. Full-time active-duty Airmen will now test twice each year, and most reservists or guardsmen will continue to test once per year.

To maximize testing objectivity, the AFI designates trained civilian proctors to conduct fitness tests administered at new centralized locations called fitness assessment cells.

Aerobic fitness is the best indicator of current and future health risk, followed by body composition, said Lt. Col. Scott Arcuri, the chief of promotions, evaluations, and fitness policy at the Air Staff.

Because of this, the aerobic run will now account for 60 percent of the test (previously 50 percent), body composition will account for 20 percent (previously 30 percent), while sit-ups and push-ups remain at 10 percent each.

“We developed evidence-driven, health based criterion standards for aerobic fitness and body composition and muscle fitness,” Colonel Arcuri said. “Airmen can be confident the new standards and corresponding points have sound rationale behind them.”

Colonel Arcuri also stated that the points awarded within each component directly reflect health risk and fitness and are designed to reward incremental fitness improvements.

Senior leaders said in order to pass the test, Airmen will be required to have a composite score of 75 but also will need to meet minimum requirements for each component.

Air Force officials said age range requirements will be simplified to five categories: less than 30, 30-39, 40-49, 50-59 and 60-plus years of age. Additionally, because overall fitness is a readiness issue, fitness results

will be categorized using operational readiness or unit compliance inspection-type ratings. Those scoring 90 and above will be “Excellent;” those scoring between 75 and 90 will be “Satisfactory;” and those scoring under 75 will be “Unsatisfactory.”

“The time has come for all Airmen to better integrate fitness into their daily lives,” said Chief Master Sgt. Mark Long, the Air Staff enlisted promotions, evaluations and physical fitness chief.

Chief Long said the new AFI will provide commanders clear guidance on recommended actions based on the number of failed tests.

Chief McKinley noted that making a commitment to fitness puts the responsibility on each Airman to get in shape and remain wartime ready year-round.

“Proper fitness is an important aspect of an overall healthy lifestyle,” Chief McKinley said. “When our Airmen are fit, eat healthy and reduce risk factors such as tobacco use and irresponsible alcohol consumption, their health will improve, they will visit the hospital less, and in the end, Tricare costs will be reduced.”

Failure to comply with the new fitness standards could impact more than Airmen’s waistlines. The new AFI links unsatisfactory fitness test performance directly to enlisted and officer performance reports. Chief McKinley said the upcoming revised evaluation AFI will ensure no Airman can have a referral enlisted performance report for fitness and receive an overall five rating.



Airman loses weight through small changes in habits

By

Tyler Hemstreet
Staff writer

Staff Sgt. Eric Harris, 62nd Medical Squadron, didn't try fasting, gimmicky diets or mammoth changes in his workout routine after deciding he wanted to lose some weight.

Instead, he simply decided to make small changes to his eating habits.

"I knew what I needed to do, I just wasn't practicing it," Sergeant Harris said.

Instituting those changes and maintaining steady fitness habits helped Sergeant Harris lose nearly 40 pounds over the span of a few months.

The weight loss was accomplished by cutting down on sugar and carbohydrate intake, incorporating more fruits and vegetables and drinking more water throughout the day, Sergeant Harris said.

"It was simply replacing nor-

mal snack foods with something healthier," he said. "It's not that hard to grab a bag of carrots, cauliflower or grapes to snack on throughout the day."

Sergeant Harris also found different ways to get the five servings of fruit and vegetables a day, such as making smoothies instead of eating ice cream.

He also allowed himself certain diet luxuries ever so often.

"I made sure to have a cheat meal once every ten meals," he said.

Sergeant Harris' diet strategy is another example that the bottom line to losing weight comes down to choosing the right foods, said Chloe Tay, 62nd Medical Operations Squadron, a dietician with the Heath and Wellness Center.

Also allowing room for treats within the diet parameters is key to success, she said.

"Then you don't feel deprived and you can look forward to a treat," Ms. Tay said.

Identifying the proper caloric

intake for a person's height and weight and then "banking" unused extra calories throughout a span of a couple days is also a good way to still have some less healthy foods people crave, she said.

Sergeant Harris also built a strong support network of health-conscious people around him, enlisting his wife and coworkers in the Airman's Clinic.

The staff sergeant came up with a "101 Miles of Summer" program, loosely based on the Air Force's "101 Critical Days of Summer" safety campaign. The goal of Sergeant Harris' program is for participants in his office to run 101 miles over the summer months, substituting 20 minutes of exercise per mile for those doing an activity other than running. The progress is marked off on a calendar in the office.

"A lot of good nutrition ideas get spread that way," Ms. Tay said. "The more support you have, the better. It's a good way for

people to share what worked and what didn't work for them with each other."

June is Men's Health Month

The purpose of Men's Health Month is to heighten awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. Many diseases can be prevented by living a healthy lifestyle, which includes:

- Being physically active
- Remaining tobacco free
- Eating a healthy diet low in saturated fat that includes a minimum of five fruits and vegetables servings daily

- Maintaining a healthy weight
- Limiting alcohol use

For more information on any Men's Health Month topics, visit displays set up at the Medical Clinic and the Fitness Annex.

Information provided by the McChord Health and Wellness Center

