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McChord Air Force Base, Wash. | *Connecting Team McChord with the Combat Airlift Mission* | August 7, 2009

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Heat index puts McChord on alert

By
Tyler Hemstreet
Staff writer

"Black flag" might sound similar to a training exercise, but after local temperatures soared recently, Team McChord members should be a little more familiar with its definition.

Last week's heat wave broke various temperature records on McChord, triggering several high Heat Category warnings.

On July 29, a Heat Category 5 alert (90 degrees or hotter) was sent out — the highest alert possible — at around 3:30 p.m., and lasted nearly four hours. According to the Airman's Manual, during a Category 5 alert, those working in the sun or outside are required to drink one quart of water an hour and those performing heavy work are required to maintain a work/rest cycle of 10/50 minutes.

The categories are determined by the Wet Bulb Globe Temperature, a method that describes how the human body perceives the relative heat of an environment. It adjust the ambient temperature for the effect of humidity, the cooling effect of evaporation and the warming effect of the radiant heat of the sun, said Lt. Col. Jeffrey Mason, 62nd Medical Squadron bioenvironmental engineering element chief.

"From July 27 to 29 at McChord, there were seven changes in Heat Categories," Colonel Mason said.

The Command Post notified the base populace of the alert changes with base-wide emails, instant network notifications and announcements over the giant voice system.

The extreme conditions prompted Airmen who do a majority of their work outside to take extra precautions.

While high temperatures weren't necessarily anything new to aircraft maintainers used to working in the searing desert heat at deployed locations, the extreme temperature spike in the usually mild conditions of McChord did take everyone by surprise, said Col. Tracy Smiedendorf, 62nd Maintenance Group commander.

"It did force us into working conditions folks here only experience when deployed to the AOR, but over there you get used to it," Colonel Smiedendorf said. "We had to push hydration with our folks throughout the day and adjust their work/rest cycles to minimize exposure to the elements."

Additionally, flightline expeditor truck drivers kept their water jugs filled to support maintenance technicians working the line.

"When the heat bulb rose to 'Black Flag' conditions, I had to ask our team if we even had a checklist for extreme heat which we did in fact have, but no one could remember the last time we ran it," he said.

At the 62nd LRS fuels management headquarters, when Airmen needed a minute or two to cool off they would step into one of two air conditioned rooms in the building.

In order to better prepare Airmen for the conditions, the section held a safety briefing each morning touching on the forecast and detailing proper work/rest cycles for the conditions, said 1st Lt. Brian Jorgensen, 62nd LRS fuels management flight commander.

"We just did whatever it took to stay cool, keep our folks safe and still get the job done," Lieutenant Jorgensen said.

While McChord likely won't see another heat wave this summer quite like last week, if temperatures do start to rise again, everyone will likely be more acclimated, Colonel Mason said.

"People build up a tolerance to the heat when it comes on gradually," he said.

Photo by Abner Guzman

Airmen walk across the flightline during the recent heat wave. From July 27 to 29 multiple temperature records on McChord were shattered, triggering several high Heat Category warnings, causing adjustment to work/rest cycles and placing emphasis on hydration.

Photo by Master Sgt. Dean Miller

C-17 over Seafair

McChord Airmen fly a C-17 demonstration over Seafair Sunday at Lake Washington. The annual festival which features hydroplane jetboat races marked its 60th year in Seattle. McChord supported the event with C-17 aerial demonstrations Aug. 1 and Sunday. The Aug. 1 flyover was conducted by Maj. Casey Guerrero, aircraft commander; 1st Lt. Jason Ward, co-pilot; Capt. Tom Kubler, safety observer; and Tech Sgt. Gregg Drury, loadmaster. Sunday's flyover was conducted by Capt. Richard Kind, aircraft commander; Capt. Kiel Gilliland, co-pilot; Capt. Tom Kubler, safety observer; and Staff Sgt. Gabriel Reams, loadmaster.

McChord Web site offers new look, capabilities

By
Tyler Hemstreet
Staff writer

Visitors to McChord's public Web site, located at http://public.mcchord.amc.af.mil, will likely notice a host of new visual and navigational changes which debuted July 31 as part of the Air Force-wide move to a new Web template and upgraded system.

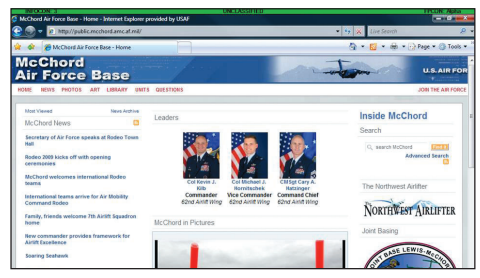
The new look features a larger layout to display content, an enhanced slide show capability to display pictures and more interactive features for both site managers and users, said Andy Karam, migration chief of the Air Force Public Web Program.

Another new feature gives visitors the ability to log in and comment on stories posted on the site.

"It's like a running blog," Mr. Karam said. "It's just another way for people to create dialogue and a good feedback mechanism. It was long overdue."

The site also caters to individual units, as there is a capability for them to upload a unit-produced video to their own portion of the site, he said.

"I love the new layout," said Laurel Taft, 62nd Airlift Wing Protocol, "It mirrors the look of Air Force Link and offers a lot of great features."



Weekend Weather

FRIDAY	SATURDAY	SUNDAY
Hi: 66	Hi: 68	Hi: 73
Low: 55	Low: 55	Low: 55

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

Countdown to success

Next MOBEX ..... **35** days

Operational Readiness Inspection ..... **80** days

Joint Base IOC ..... **177** days

Don't miss it ...

First Friday

4 p.m. at the McChord Clubs and Community Center

Airman's Roll Call: CSAF reading list update

By
Gen. Norton Schwartz
Air Force chief of staff

Fellow Airmen,

Dominating the air, land, sea, space, and cyberspace guarantees the security of our nation. As adaptive warfighters and global thinkers on the Joint team, we must continually look for ways to expand our horizons. One way to do this is by reflecting on the lessons of history. With this in mind, I recommend three books from the 2009 reading list for your professional development.

The first book, *The Savage Wars of Peace: Small Wars and the Rise of American Power*, by Max Boot, is a remarkable book about U.S. military participation in small wars around the world throughout our nation's history. This work tells of the heroic tradition of Americans called upon to perform in non-traditional ways around the world. Airmen will benefit from an understanding of this rich military history as we focus on applying innovative air, space and cyber capabilities in Irregular Warfare. While this book is not necessarily centered on air power, the lessons and examples illuminate current and future challenges with regard to how air power can be applied in small wars.

Another work of historical relevance is *Thinking About America's Defense*: An Analytical Memoir, by Glenn Kent. This memoir describes what he has learned about analysis and defense policymaking and how we can apply those lessons today. General (retired) Kent shares his account of the most significant issues with which he was involved over the course of his career-how he saw each issue and its significance, how he conceptualized and addressed the central analytical problems associated with the issue, and how his work affected policy. He offers to the reader an insider's history of key aspects of the Cold War and post-Cold War defense strategies of the U.S.

Finally, *Not a Good Day to Die*: *The Untold Story of Operation Anaconda*, by Sean Naylor, reveals how close American forces came to disaster in Afghanistan against Al Qaida after easily defeating the Taliban that had sheltered the terrorist organization behind the 9/11 attacks. Opinions vary on the lessons of Operation Anaconda, and this book articulates a point of view all Airmen should understand and consider. This book also provides lessons learned in operational arenas such as Joint command and control, mission execution, and personnel recovery.

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.

Professional Development Plans — prepare now for your future

By
Chief Master Sgt. Alvin Thomas
62nd Airlift Wing Director of Staff superintendent

QUESTION: *Why should you be concerned about planning your career?*

ANSWER: It's your career. If you don't take responsibility for the success of your career, then who will? Besides, considering all the time and energy we spend on duty; why not ensure you get maximum satisfaction from your work and career?

The workplace is affected by a number of significant trends, which have definite ramifications for career planning. In private sectors, with the world's struggling economies, gone is the era of high job security with the same employer for life, where good employees automatically move up well-defined career ladders. Even in our military, downsizing will continue to eliminate some jobs in response to increased pressures to reduce costs. Airmen need to be flexible, adaptable and creative in identifying their next level of promotion and consider lateral moves or rotational assignments to broaden their experience or leverage their skills for upward career progression.

Rapid advancements in technology and state-of-the-art knowledge require Airmen to upgrade their skills and "retool" themselves to remain current with their job requirements.

A Professional Development Plan is a concept that emphasizes gathering input from many sources. The first step is to take control of your career; start a PDP which is set up in Air Force Portal for both officers and enlisted members under "Airman Development Plan" and "my Enlisted Development Plan". Civilians can establish and update their plans through "Transition Civilian Development Plan" on the Air Force Personnel Center Secure Web site.

Next, seek outside input from others in order to have the full picture about yourself. Talk to your supervisor, mentor, coach or peers to reflect on their careers and experiences. Supervisors are encouraged to work with their subordinates to track education, training and career goals to update their PDP.

As with any mission, start with a good action plan. Here are some suggested steps:

1. Start a resume early in your career and keep it updated.
2. Join professional military associations.
3. Set attainable short-term and long-term goals.

Begin preparing now for your future!

The Sharp Airman ...

Uses technical orders in the Airman's Manual to properly clean and inspect an issued gas mask (AFPAM 10-100, Pages 204-213). Masks will be cleaned and inspected:

- Upon issue and every six months after initial issue during peacetime.
- Prior to deployment and every seven days during contingency operations.
- After completion of each training contingency/exercise.
- Inspections will be documented on DD Form 1574 with inspection activity and inspectors name and date.

PROFESSIONALS

of the week

361st Recruiting Squadron

Tech. Sgt. Joshua Litteral

Duty Title:
Enlisted accessions recruiter

Duty section:
Wasilla, Alaska, G-Flight

Hometown:
Pinellas Park, Fla.

Why he's tops:

Rarely found in his office, Sergeant Litteral sets out across 164,000 square miles of wilderness to Alaskan communities to reach more than 60 schools and inspire the next generation of American Airmen. He is setting a unique example in that his recruiting office is the first-ever to house both an active duty and an Air National Guard recruiter, demonstrating total force teamwork every day. Sergeant Litteral is an exceptionally successful recruiter and a solid contributor in his community as the sole Air Force representative in his expansive zone.

Emma Thomsen

Duty Title:
Flight administrator

Duty section:
Eugene, Ore., F-Flight

Hometown:
Eugene, Ore.

Why she's tops:

Mrs. Thomsen is a flight secretary for the recruiting flight headquartered in Eugene, Ore., which recruits Airmen from across a 15,000 square mile zone covering southern Oregon. Mrs. Thomsen has been a monumental force for mission accomplishment, filling in many crucial gaps left vacant by the recent retirement of the F-Flight chief. Mrs. Thomsen not only tackled her primary administrative duties, but also took on some of her recruiters' administrative workload to provide them more time to recruit. She is a consummate team player both in her community and on the job, ensuring smooth operation of the entire flight.

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62ND AIRLIFT WING, MCCHORD AFB, WASHINGTON

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Air Force officials establish NSI core team

By
Daniel Monahan
Air Force Inspection Agency

KIRTLAND AIR FORCE BASE, N.M. (AFNS) Air Force Inspection Agency officials here recently created a new team to increase the standardization and consistency of Nuclear Surety Inspections across the Air Force.

The establishment of a centralized team of nuclear inspectors, known as the Air Force NSI Core Team, is another critical milestone as Air Force officials continue ensuring unwavering standards of perfection and precision across the nuclear enterprise.

The core team concept of operations is to augment major command inspector general-led NSIs.

"The purpose of the core team is to provide MAJCOM/IG teams a tailored, dedicated group of highly skilled, very proficient nuclear inspectors whose primary mission is to augment 10 to 14 NSIs per year across all nuclear MAJCOMs. The desired effect is to help ensure exacting nuclear standards are applied consistently and effectively across the Air Force," said Maj. Gen. Garry Dean, the deputy inspector general of the Air Force.

"An assignment to the core team will take subject matter experts from the field, train and certify them as nuclear inspectors and grow their experience across the Air Force nuclear enterprise."

"This team merges with the MAJCOM/IG team to form a single inspection unit, under the direction of the MAJCOM/IG team chief, while AFIA provides the deputy team chief." said Lt. Col. Phillip Layman of the AFIA Inspection and Oversight Directorate. "The MAJCOM/IG team chief retains the authority as the on-site director and is responsible for determining the inspection grade and completing the inspection report to the MAJCOM commander."

After an initial operating capability of four Airmen, the core team will eventually grow to 20 Airmen as the filling of key nuclear billets across the Air Force allows.

"New core team inspectors are selected based on past nuclear career experience and performance," Colonel Layman said. "They will complete SAF/IG inspector training and the AFIA Nuclear Surety Inspector's Course before augmenting an NSI."

The Nuclear Surety Inspector's Course, also recently established by AFIA to help reinvigorate the nuclear enterprise, standardizes all training and certification of Air Force NSI inspectors.

"The course will not only improve the standardization of NSIs, but it will also elevate the inspector experience and contribute to NSI lessons learned and trend analysis processes," said George Parrott, the AFIA/IO deputy director.

Additionally, core team members will support the semi-annual NSI process review, the NSI inspector training and certification program, as well as applicable conferences and meetings held through the nuclear enterprise.

"AFIA is proud to be gaining this new mission and we are the right organization to provide the standardization support to the MAJCOMs since we see all of the NSIs," said Col. H.B. Brual, the AFIA commander. "Establishing a core team of inspectors is a significant step toward meeting the chief of staff of the Air Force's No. 1 priority."

The idea was conceived in the fall of 2008. In October, the Air Force Nuclear Task Force wrote in its roadmap, "Reinvigorating the Air Force Nuclear Enterprise," the recommendation of creating a central core team of NSI inspectors. The Nuclear Oversight Board validated that recommendation in December and Secretary of the Air Force Michael Donley approved it in March.

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

Who cares about Personal Identifiable Information?

By
Tech. Sgt Jennifer Stafford
62nd Communication Squadron

Do you know that everyone is at risk for identity theft? Do you know who cares? I care, on many levels. As member of the Air Force, I am responsible for safeguarding everyone's PII. I am to ensure that I protect it when I am using, storing, transmitting and properly destroy PII data when I am done. As an individual, I do not want my information getting into anyone's hands who could possibly abuse it. As base records managers, we work together with you to enforce the Defense Department policies of ensuring PII information is protected, avoid having it abused, and ensuring you understand what it is and how protect it.

PII refers to information which can be used to distinguish or trace an individual's identity, such as their name, social security number, biometric records, etc. alone, or when combined with other personal identifying information which is linked or linkable to a specific individual, such as date and place of birth, mother's maiden name, etc.

Now, do you know how to deter identity thieves? Here are just a few things to help safeguard your information.

• Shred all financial documents and paperwork with personal information before you discard them. McChord has a 100% shred requirement.

• Protect your and others social security numbers. Don't give the information out to anyone without the official need and authorization to have it. If you collect it, then you must protect it.

• Don't give out personal information over the phone, through the mail, or over the internet unless you have initiated the contact and you know who you are working with.

• Never click on unsolicited emails.

• Don't use an obvious password like your birth date, you mother's maiden name or last four digits of your social security number

• Keep your personal information in a secure place

If you have any questions, contact the 62nd Airlift Wing Privacy Act manager at 982-5169.

Photo by Rich Bartell

Taking aim

(From left) Col. Richard Houghton, Air Mobility Command A7, Chief of Programs Division; Col. Kenny Weldon, 62nd Mission Support Group commander; and Karen Etheridge, AMC A7, Base Realignment and Closure Programs Manager, participate in a weapons training demonstration with the Fort Lewis Engagement Skills team during a recent familiarization tour of the fort. The tour was sponsored by the Joint Integration Office.

New GI Bill renews committment to servicemembers

By
Gerry J. Gilmore
American Forces Press Service

WASHINGTON — President Barack Obama saluted the implementation of the Post-9/11 GI Bill during a ceremony Monday at George Mason University in Fairfax, Va.

Signed into law on June 20, 2008, the new GI Bill is a Department of Veteran Affairs-sponsored program that provides the most comprehensive educational benefit package for veterans since the original GI Bill – the Servicemen's Readjustment Act of 1944 – was authorized toward the end of World War II.

Today's new GI Bill, Obama said, was implemented "to renew our commitment to ensure that the men and women who wear the uniform of the United States of America get the opportunities that they have earned."

Obama observed that his grandfather, who served under Army Gen. George S. Patton during World War II, was a beneficiary of the original 1944 to 1956 GI Bill, which helped to produce a strong post-war economy, as well as the largest middle class in U.S. history. By 1947, Obama noted, half of all Americans enrolled in colleges were military veterans.

The Post-9/11 GI Bill is just as important as the original, Obama said, as it also recognizes servicemembers for their wartime service and represents "an investment in our own country."

Obama said the new program will provide today's veterans "the skills and training they need to fill the jobs of tomorrow."

"Education is the currency that can purchase success in the 21st century," the president said, "and this is the opportunity that our troops have earned."

With the Post-9/11 GI Bill, qualified active-duty and selected reserve servicemembers who have served after Sept. 10, 2001, are eligible for 36 months of state-school educational benefits -- the equivalent of four nine-month academic years. Benefits include tuition and fees that are paid directly to the school, a monthly living allowance paid to the participant, and a books and supplies stipend paid to the individual.

And as of Aug. 1, qualified career servicemembers have the option to transfer benefits to their spouses or children. Most servicemembers who have at least six years of military service and are in the armed forces on or after Aug. 1 and agree to serve an additional four years qualify to transfer their benefits.

"We are including the family members who have sacrificed so much by allowing the transfer of unused benefits to family members," Obama said. "And we are including those who pay the ultimate price by making this benefit available to the children of those who lost their life in service to their country."

Veterans Affairs Secretary Eric K. Shinseki, who also spoke at the ceremony, exhorted Post-9/11 GI Bill participants to "make it count; make it count for all of us. Make it count for our country."

Shinseki observed that more than 1,100 private educational institutions have elected to participate in the supplemental Yellow Ribbon Program that permits eligible servicemembers and veterans to attend private colleges and universities whose costs exceed the highest in-state rates at public undergraduate institutions.

Under the Yellow Ribbon Program, VA "will match whatever is contributed by those private colleges and universities, up to 50 percent of those total costs," Shinseki said. "We are grateful that so many schools have joined this effort and we thank them for their support of our veterans."

Former Marine Staff Sgt. James Miller, an Iraqi war veteran who introduced Obama at the ceremony, is taking Shinseki's advice. Miller has enrolled as a full-time student at George Mason University under the Post-9/11 GI Bill. He is pursuing a bachelor's degree in business communications.

"Thanks to the Post-9/11 GI Bill, the young veterans of the wars in the Middle East are united here," Miller said. "We have come to gain new skills and to learn new subjects. We are here to pursue educational goals that will prepare us for success in our professional careers."

Do you have a story idea? Spread the news in The NW Airlifter. Call Public Affairs at 982-5637 or e-mail us at northwestairlifter@mcchord.af.mil

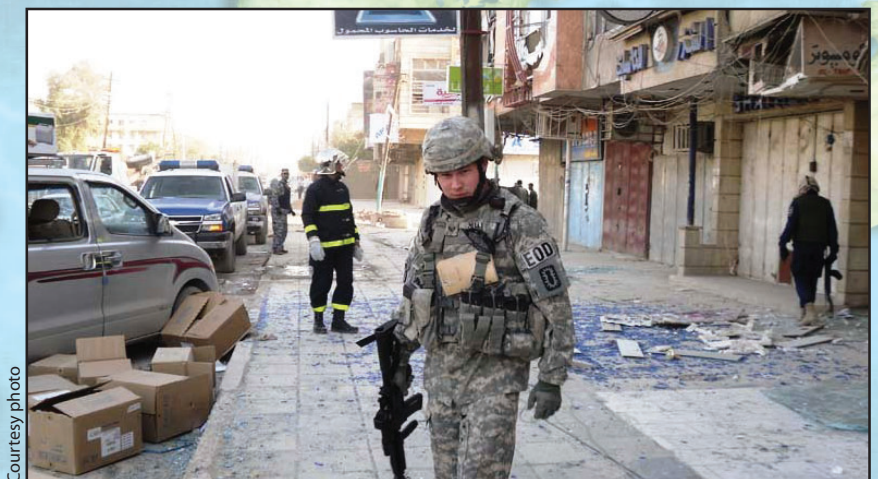
Photo by Abner Guzman

Swim free Saturday

Patrons of the base pool cool off during warm weather. The base pool is open from noon to 6 p.m. every day until Sept. 7. Free lap swim for active duty members is Tuesday through Friday from 7 to 9 a.m. and weekdays from 11:30 a.m. to 12:30 p.m. Admission is $1 daily, $30 for an individual season pass and $50 for a family season pass. The annual splash-bash with games and prizes is noon to 6 p.m. Saturday. Pool access is free.

McChord Airmen

Around The World



Courtesy photo

IRAQ – Staff Sgt. Jeremy Miller, 62nd Civil Engineer Squadron, initiates a post-blast recon to collect evidence on an Iraqi Police truck that exploded in downtown Baghdad during a recent deployment.

Courtesy photo

AFGHANISTAN — Staff Sgt. Mark Walker, 62nd CES, prepares to transit to a remote forward location to conduct "render safe" procedures on an improvised explosive device discovered by a coalition patrol during a recent deployment.

Rolling along with 62nd LRS vehicle ops

Photos by Abner Guzman

Airman 1st Class Justin Anderson, left, and Senior Airman Justin Nolan, both 62nd Logistics Readiness Squadron, assist customers while manning the LRS vehicle operations control center located in building 761.

Airman 1st Class Jermie Ferguson, 62nd LRS, utilizes the LRS 24-hour self help wash rack to ready a government vehicle for customer use.

Airman 1st Class Matthew Zorich, 62nd LRS, removes dunnage from the bed of a trailer while preparing to deliver a forklift to a local body shop for paint.

Senior Airman Azucena Jordan, 62nd LRS, performs a pre-trip inspection of a cargo trailer used primarily to transport baggage during aircrew runs.

Senior Airman Justin Nolan, 62nd LRS, uses an online managing system to research vehicle availability while manning the vehicle operations control center.

By
Tyler Hemstreet
Staff writer

The 62nd Logistics Readiness Squadron's vehicle operation section's slogan isn't something that's tossed around like a catch phrase or only recited after meetings.

It's more a motto the LRS Airmen live by.

"Nothing moves until we do" governs the section's everyday mindset.

"Anything that moves on base, we have our hand in it," said Mario Padilla, 62nd LRS vehicle operator.

That entails transporting everything from mission-essential parts and supplies to people via a fleet of tractor trailers, forklifts, buses or passenger vehicles. The movement can include jobs as simple as taking a tow truck to a location off base to have it serviced or as complex as transporting a large load up Interstate 5 to Boeing Field.

"Our Airmen have experience handling all kinds of vehicles," said Master Sgt. Kevin Bradt, 62nd LRS element chief. "They would have their commercial driver's license in the civilian sector."

A call to the section gets the process started, and the vehicle operations staff takes it from there.

"We're the ones breaking it down and loading it up," Mr. Padilla said. "We handle the pick-up and delivery. We're like the Blue UPS."

The section processes nearly 2,000 requests per month and has maintained a 98 percent support rate satisfying customers with the available fleet of vehicles the squadron has on hand — all while undergoing the second-highest deployment rate on base, Sergeant Bradt said.

That can take a considerable amount of work. The key is communication within the section's control center between drivers and customers, Sergeant Bradt said.

"There's a lot of multitasking, which helps us maintain the level of service needed to keep all of our customers happy," said Staff Sgt. Christopher Leulaui, 62nd LRS control center supervisor.

At the end of the day, keeping the fleet clean and looking sharp is great, but it's just one part of the entire package of customer service.

"We're the face of the Air Force when we're off base moving equipment and people," Sergeant Bradt said. "We have to be professional no matter what."

A 62nd LRS Airman drives one of the many vehicles the squadron uses to transport mission-essential parts and supplies.

Photo by Master Sgt. Dean Miller

Coin check

Col. Kevin Kilb, 62nd Airlift Wing commander, meets the challenge after being 'coin checked' on live television by KIRO 7 News Anchor Angela Russell. Colonel Kilb shared accomplishments of McChord Airmen during an interview Sunday at Seattle's Seafair as a C-17 demonstration flew overhead. Prior to Seafair, Ms. Russell flew on a local C-17 mission that included an in-air refuel. That story was broadcast just before Colonel Kilb's interview.

LRS Airman bulks up for upcoming competition

By
Tyler Hemstreet
Staff writer

In the midst of a strict, 12-week diet, Airman 1st Class Ryan Timm, 62nd Logistics Readiness Squadron, is often subject to a never-ending list of food temptations.

Friends and coworkers inadvertently (or at times, intentionally) parade by the young Airman goodies such as Girl Scout cookies, ice cream, smoothies and generous plates of Mexican food.

But Airman Timm grits his teeth and stubbornly sticks to salads, chicken, tuna and small servings of carbohydrates here and there, along with drinking between two and a half and three gallons of water a day.

"I turn (the food temptation) into motivation," he said.

That motivation stems from the desire to one day compete at an elite level as a natural competitive bodybuilder. Natural bodybuilders build muscle and compete without the use of steroids or growth hormones.

"I devote most of my life to bodybuilding," said Airman Timm, a Portland, Ore., native. "It's a balancing act."

The young Airman recently finished training and preparing for the International Natural Bodybuilding and Fitness Washington State Natural Bodybuilding & Figure Championships Saturday in Arlington, Wash. The tedious process of preparing his body for competition included maintaining a strict diet, workout regimen and keeping a watchful eye on his body fat.

Photo by Abner Guzman

Airman 1st Class Ryan Timm, 62nd Logistics Readiness Squadron, trains at the base fitness center weight room. Airman Timm is competing in a local bodybuilding competition this weekend.

After a long day of work at the squadron's materiel handling equipment shop repairing and maintaining the wing's 100 pieces of cargo-moving equipment, Airman Timm spends nearly three hours a night working out at the base fitness center. He also drives down to Portland most weekends to see his trainer and nutritionist.

"You have to have a passion for (bodybuilding)," he said. "You can't get good at it overnight."

That passion shines through in Airman Timm's daily interaction with other Airmen in his unit, said Staff Sgt. Edward Lamar, 62nd LRS.

"Everything he talks about is either eating or lifting weights," said Sergeant Lamar, who is Airman Timm's supervisor.

Having been around bodybuilding his entire life (his mother is a competitive bodybuilder), Airman Timm started getting serious about it at age 17 and entered his first competition at age 19. Now 20, Airman Timm's ultimate goal is to compete in top-tier competitions as a professional and perhaps one day own his own gym.

"He's pretty dedicated," Sergeant Lamar said.

And while fellow Airmen may give Airman Timm a hard time about his physique ("His head hasn't grown into his body yet," quipped Sergeant Lamar), he feels their support for his passion.

"They respect what I go through," he said.

While currently working on a degree in sports medicine, Airman Timm also does his part to spread a positive fitness culture across the Air Force. He routinely helps fellow Airmen with weightlifting tips and workout regimens, as well as creating custom diet plans.

Photo by Abner Guzman

Sport bike safety

Master Sergeant Mark Gilbertson, 373rd Training Squadron, Det. 12, instructs sport bike class participants at a class held in March about suspension adjustments during a routine inspection. The 62nd Airlift Wing Safety Office is currently accepting registration for sport bike classes Aug. 17-20 and 26-27. For complete details and to sign up for the course, call 982-5325.

Travel vouchers – more than just money in your pocket

By
Staff Sgt. Thomas Cadick
62nd Comptroller Squadron

When returning from a temporary duty assignment, what is the most important thing you want to get done? For me, it's getting reimbursed for my TDY. That's why I file my travel voucher as soon as I return. There are many expenses you will be reimbursed for upon your return. The sooner you file your travel voucher, the sooner your Government Travel Card will be paid off, and most importantly, the sooner you will be paid. Additionally, Defense Department Financial Management Regulation Volume 9 requires TDY vouchers to be filed within in five duty days of return from TDY.

Despite this directive there are thousands of travelers throughout the Air Force who wait to file their travel vouchers. Currently there are 515 Team McChord members who have not filed travel vouchers, accounting for a total of $687,000. Why is this important to you and to Team McChord as a whole? When TDY orders are created for a member, the unit reserves funding to cover the costs. Until a travel voucher is filed or an order is canceled, the funds are tied up and cannot be used to fund other mission needs. This directly impacts Team McChord and the Air Force every year, since the funding appropriation used to pay for TDY's is only good for one fiscal year.

What can you do to help Team McChord? The answer is simple: ensure you file your TDY voucher within five duty days. If you were cut hard copy TDY orders, see the Finance Customer Service to file your voucher. If your orders were completed in the Defense Travel System, file your voucher in the system. In the event your TDY is cancelled, your orders need to be cancelled in DTS. When a problem arises with a DTS voucher, contact your squadron or group Organizational Defense Travel System Administrator. If they are unable to resolve the problem, they will refer you to the DTS help desk. Additionally, DTS training is available online at http://www.defensetravel.dod.mil/Training/DTS/Training_Main.cfm.

AIRMAN AGAINST DRUNK DRIVING
A2D2
722-AADD

Arrive Alive!
Don't Drink and Drive!

Information Technology Expo

The 12th Annual Information Technology Expo is Aug. 18 at the American Lake Club on Fort Lewis. Exhibits will be open from 10 a.m. to 3:30 p.m. Visitors can view and demo some of the latest advancements in the field from today's leading IT vendors. There is no fee to attend and complimentary refreshments will be served. For more information, email dennis@fbcinc.com.

Surviving Family Members Appreciation Day

Fort Lewis hosts the Surviving Members Appreciation Day from 7:30 a.m. to noon today at the American Lake Community Center. The event provides surviving family members on-line services by military staff agencies and an update of today's benefits. For more information, call 253-966-5881/5884.

Spouse and family member employment assistance

The Airman and Family Readiness Center offers weekly classes on resume writing, job search techniques and interviewing and networking tips. People may also get information on annual spouse employment scholarships offered by the Air Force Aid Society and the Certified Nursing Assistant Program through Clover Park Technical College. The career assessment and planning program "Discover" is also online is for high school, adults, professionals, and those transitioning out of the military. For more information, call 982-2695.

USO Back to School Supply Drive

Donation boxes are at the McChord USO and the customer service window outside the sponsorship office until Aug. 21. For more information, call Tracye at 253-589-8772.

Social Security benefits information seminar

The Social Security Administration will provide a Social Security benefits information seminar, to include new program initiatives for wounded and disabled veterans, 3 p.m. Thursday in Bldg. 551, Airman and Family Readiness Center Annex classroom. To register, or for more information, call 982-2695.

'Bundles for Babies' class

The Air Force Aid Society offers "Bundles for Babies," a program for women in their second or third trimester of pregnancy or mothers of infants under six months of age. The three-hour class covers the costs of raising a child, important health topics such as stress and caring for babies, and provides information on other Airman and Family Readiness Center and Air Force Aid Society programs. At the end of the class, attendees receive a "bundle" of goodies for the new baby. The next class is 9 a.m. Wednesday at the Airman and Family Readiness Center. To sign up, or for more information, call 982-2695.

Mandatory pre-separation counseling

Military servicemembers are required to complete the pre-separation counseling checklist at least 90 days prior to military discharge. Recommended attendance of the pre-separation class is within 12 months for those separating from service and within 24 months for those retiring. Call the Airman and Family Readiness Center at 982-2695 for more information or to register.

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