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McChord Air Force Base, Wash.

Connecting Team McChord with the Combat Airlift Mission

August 4, 2006

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Force Shaping

AF to separate 8,000 Airmen

By

Master Sgt. Mitch Gettle
Air Force Print News

WASHINGTON — Air Force officials recently announced that it will use force-shaping initiatives to meet the required 2007 fiscal year end strength numbers.

The new initiatives are designed to bring the officer numbers down. Officials said more than 8,000 officers must separate either through normal attrition, retirement or force shaping measures to achieve the required balance in force.

The 2007 force-shaping program will use Voluntary Separation Pay, Selective Early Retirement Board and a fiscal year 2007 Force Shaping Board to lower the number of active duty officers.

The VSP incentive will be offered to Line of the Air Force officers and chaplains with more than six and no more than exactly 12 years of service to encourage their separation, said Lt. Gen. Roger Brady, deputy chief of staff of manpower and personnel.

In addition, the Air Force also seeks to retire 313 line officer lieutenant colonels that have been twice deferred for promotion or colonels with four years time in grade that are not general selects.

"The eligible categories include chaplains and judge advocates who don't have an approved voluntary retirement date, are not on a promotion list and are not scheduled for mandatory retirement in FY07 or FY08," said Capt. Todd Ladd, the 62nd Mission Support Squadron's Military Personnel Flight commander. "We don't have specific numbers for McChord yet."

A SERB has been scheduled for Jan. 8-19 2007.

"Officers meeting the FY07 SERB will receive retention recommendation forms from their respective senior raters prior to the board, said Captain Ladd. "These forms will be provided by the senior raters to eligible officers for review no later than Dec. 8."

The Air Force will also hold a FY07 FSB.

"The FY07 FSB will consider officers in overage career fields in the 2004 Total Federal Commissioned Service Date year group," Captain Ladd said.

However judge advocates, chaplains, control and recover officers, and those in the nurse, medical science and biomedical science corps from the 2004 TFCSD year group will not be considered, said Captain Ladd.

In addition, some officers from the 2003 year group who were not considered for force-shaping during the FY06 FSB will be considered during the FY07 FSB, said Captain Ladd.

"The 2003 year group officers in the following [Air Force Specialty Codes] will also be considered: Navigator, Air Battle Manager, Space and Missile

See FORCE SHAPING, Page 5



Photo by Senior Airman Dillia DeGrego

Tender transport

More than one hundred Americans from Lebanon disembark a McChord C-17 Globemaster III recently after arriving at McGuire Air Force Base, N.J. McGuire was a staging ground for American citizens who departed the crisis in Lebanon. See Page 5 for a wrap-up of McChord's role in the crisis.

62nd MSG support staffs combine

By

David Kellogg
Staff writer

The 62nd Mission Support Group's commander's support staffs consolidated resources recently by merging into one office.

Master Sgt. Ronald Kellar, 62nd MSG commanders' consolidated support staff superintendent said manpower reductions posed a challenge to CSS personnel.

"We had to figure out a smarter way to do our jobs and provide support to all our commanders," he said.

Part of this "smarter not harder" method requires those 62nd MSG Airmen who need orderly room support to visit the 62nd MSG CSS' Web page on McChord's Intranet site, Sharepoint, said Sergeant Kellar.

The 62nd MSG CSS, however, did not assume all the duties squadron support staffs once handled, such as support for the Drug Demand Reduction Program, unit commander calls, Government Purchase Card and stripe and patch issuance. These programs will be handled by designated unit representatives, said Sergeant Kellar.

Staff Sgt. Ellen Ayers, 62nd MSG CSS who pre-

viously worked in the 62nd Mission Support Squadron's CSS, said her ability to focus on specific tasks helps improve the quality of CSS programs.

Sergeant Kellar said the list of benefits of the consolidated support staff, such as increased accuracy and uniformity of paperwork, are proving the merger works.

"Although it's change and change is difficult, we're committed to outstanding customer service," he said. "More and more people are going to see that."

The 62nd MSG CSS is open from 6 a.m. to 5:30 p.m. and located in room B-180 in Bldg. 100. For more information, call 982-6095.

Customers can visit the 62nd MSG CSS Sharepoint Web site at <https://62msg.mcchord.af.mil/C2S2/default.aspx> to process the following paperwork:

- Enlisted Performance Report
- Officer Performance Report
- Performance feedback
- Decorations
- Temporary duty assignment in-processing and out processing
- Assignment preference updates
- Duty information updates
- Supervisor updates

Weekend Weather

FRIDAY	SATURDAY	SUNDAY
Hi: 77 Low: 50	Hi: 80 Low: 52	Hi: 78 Low: 54

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

Mission accomplished

Total McChord sorties	11,467
Total flying hours	34,777.6
Cargo moved (tons)	92,278.2
Departure reliability rate	95.1%
Mission capable rate	85%
Personnel currently deployed	399
Reservists currently activated.....	284

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

Don't miss it ...

Tops In Blue

Tops in Blue, the Air Force's premier all active duty amateur performance troupe, is having a free concert at 7:30 p.m. Wednesday in Hangar 9. Doors open at 6:45 p.m.

Force Shaping necessary for AF evolution

By

Col. Shane Hershman
62nd Airlift Wing vice commander

Recently the Air Force announced a difficult, but necessary initiative aimed at reducing the number of Airmen currently serving in the Air Force by 40,000 by fiscal year 2011. (Read more about the Force Shaping plan on the front page of this paper.) The Air Force is in the midst of one of the largest transformations since its inception.

To highlight this initiative, consider that the Air Force designates resources into three main categories: operation accounts that enable bases to function and complete their missions; investment accounts that buy and replace equipment; and people accounts for paying, training and taking care of Airmen.

The Air Force's recapitalization strategy will focus needed attention on the material needs of the Air Force. Despite all of our incredible technology, we have the oldest aircraft fleet in the history of the Air Force. The average age of the fleet has gone from 8 1/2 years old in 1967 to an average of 23 1/2 years old

today. We owe our nation the ability to fly, fight and win any current or future conflict. To this end we must have the right equipment to ensure our mission success and our ability to defeat any advisories.

The Force Shaping plan isn't merely freeing resources to update and modernize our inventory. Force Shaping is the tool being used to sculpt how our force will operate in an expeditionary environment in the future. The prolonged nature of our fight against global extremism — and the fact that we'll be engaged in this battle for some time to come — compels us to become a more nimble and even more lethal fighting force.

I believe that by implementing these changes, our Air Force will be even more combat ready. I, along with all the group and squadron commanders, will continue to communicate the latest information about Force Shaping. We're taking this initiative very seriously and will treat those impacted by this program in the most fair and honorable manner. I'm humbled by your commitment and dedication to this nation and I'm proud to serve with each of you.

“Force Shaping is the tool being used to sculpt how our force will operate in an expeditionary environment in the future.”

Col. Shane Hershman
62nd Airlift Wing
vice commander



Extra stripes always equals extra responsibility



“Although it's always exciting to be considered for that next stripe, it's important to remember that promotions represent something more than just a raise.”

Chief Master Sgt.
Russell Kuck
62nd Airlift Wing
command chief

By

Chief Master Sgt. Russell Kuck
62nd Airlift Wing
command chief master sergeant

Promotions to staff sergeant will be released this month and many of our Airmen are poised for good news.

Although it's always exciting to be considered for that next stripe, it's important to remember that promotions represent something more than just a raise.

The promotion to E-5 signifies the move into the noncommissioned officer tier. With this designation come new, significant responsibilities — some of which you may have not given much thought to, but definitely need to be prepared for.

The day you walk into your workcenter wearing that extra stripe, you'll be viewed as an NCO. From that moment on, you will be responsible for knowing your subordinates and understanding their needs. You will also be charged with communicating their concerns to leadership and supporting the deci-

sions that are made, whether you agree with them or not.

Remember all the questions you asked as a young Airman? As an NCO, you will be expected to be knowledgeable on all the issues impacting those junior to you in rank, like pay and benefits, professional development, deployments and Force Shaping.

The new rank will require you to maintain a high level of professionalism. Whether on or off duty, you will always need to set the example for others to follow, as well as maintain good order and discipline. In some cases, you may have to administer disciplinary actions. As an NCO, you will have to be fair, consistent and show no bias or prejudice with your actions.

Supervisors, if you have a senior airman waiting to see their name on the list, don't wait until they're about to sew on their stripe to sit down and talk with them about what it means to be an NCO.

Now more than ever, our force is relying on the professionalism, dedication and determination of its NCOs ... are you ready for the rank and responsibility? Hooah!

Ask the Commander

E-mail ActionLine@mcchord.af.mil or

call 982-2222

Commander's Action Line

The Commander's Action Line provides a direct link of communication between you and me, with the goal of building a better community. Your concerns, questions and ideas are highly valued and are key in enhancing Team McChord's mission and community. I encourage you to give the professionals here, together with your chain of command, the opportunity to address your concerns directly.

However, questions that come through the Action Line have my personal attention. Please be sure to leave your name and phone number, so we can follow up with you. Comments and questions that apply to a large base audience will be published in the base newspaper.

Col. Jerry Martinez
62nd Airlift Wing commander

Q: I want to say thanks for the outstanding service we received recently at McChord's pharmacy. The staff went above and beyond the normal call of duty to resolve a problem with our prescription. Our thanks and appreciation go out to the entire pharmacy staff.

A: Thank you for taking the time to provide me feedback on our services. Our entire medical

staff is simply the best and they always strive to provide each patient with the best care possible.

To ensure the pharmacy continues to meet customer expectations, here's some important information to keep in mind: All prescriptions must be picked-up within seven days.

If you can't pick them up or are experiencing difficulties with the pharmacy system, call 982-2474 to talk with a staff member.

Refills are processed by calling the refill line at 968-6699.

You can also use the National Mail Order Pharmacy or the TRICARE civilian network pharmacies.

Contact the TRICARE Service Center at 1-800-404-2042 for details.

Thanks again for the feedback and keep those questions coming!

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Faith, flag, family:

The most important things in life

By

Lt. Col. Todd Dierlam
7th Airlift Squadron commander

I write this as I sit in the cockpit of a west-bound C-17 Globemaster III over Greenland at 32,000 feet. On board are almost 100 Airmen from my squadron returning from a 140-day deployment.

While they have been making the mission happen overseas in support of the Global War on Terror, their lives back at McChord have hung in a suspended animation of sorts.

While others may deploy longer, their sacrifice and dedication makes me proud and humble. What motivates them deep within?

I believe the important things in life can be summed up as faith, flag and family.

Faith is a great motivator. It is a belief in a being higher than yourself — a hope for things unseen. Faith provides a sense of purpose and a moral compass for your actions. Faith is important because as the country song says, "If you don't stand for something, you'll fall for anything."

I see faith evident in Airmen in their perseverance in tough times and in their belief that good will triumph over evil.

The U.S. flag represents many things to many people, but chief among these is freedom. The flag personifies the spirit of those willing and able to sacrifice their personal comfort for the greater good.

Airmen in service to their country advance

and protect freedom around the world on a daily basis. This service is a higher calling, and placing service before self is an Air Force core value.

John Stuart Mill said, "War is an ugly thing, but not the ugliest of things. The decayed and degraded state of moral and patriotic feeling which thinks that nothing is worth war is much worse. The person who has nothing for which he is willing to fight ... is a miserable creature, and is kept free only by the exertions of better men than himself."

Whether they're our parents, spouses or children, family is one of the most tangible reasons we serve. We enjoy and relish the time we spend with them. We work to support our immediate families, while realizing that our commitment to our country may take us away from them. We dream of a free and opportunity-filled future for our children and their children.

Some are called to deploy and some are not. As our Air Force shrinks and we continue to become increasingly expeditionary, we expect more people to be asked to deploy.

There are a lot of heroes who go into making a deployment a success. I thank the people who deploy, those who stay behind and carry the home station workload, those who support the deployment process directly and those whose function broadly supports the mission at home.

In the end, it is all about teamwork and all of us stepping up to accomplish the mission with the support of our faith, flag and family.

Combat Airlifter

of the week

Senior Airman Rebecca Tongen

62nd Civil Engineer Squadron

Duty title:

Emergency management operations journeyman

Duty Section:

Readiness flight

Hometown:

Brownston, Minn.



What makes her so great?

Airman Tongen conducts emergency management staff assistance visits for the 62nd Airlift Wing and tenant units to ensure McChord is ready for disaster response efforts. She also trains unit control center and disaster control group representatives on their responsibilities during disaster recovery. During the Operational Readiness Inspection, the Inspector General team recognized Airman Tongen for providing outstanding chemical threat analysis as a member of the Nuclear, Biological and Chemical team.

Do you have a story idea?

Spread the news in *The Northwest Airlifter!*
Call public affairs at 982-5637 or e-mail us at
northwestairlifter@mcchord.af.mil



AF involvement ending in Lebanon

By
Army Sgt. Sara Wood
American Forces Press Service

WASHINGTON — The U.S. military performed its final scheduled assisted departure for U.S. citizens in Lebanon recently, a U.S. military spokesman in Cyprus said.

The military worked with the U.S. State Department and the governments of Turkey and Cyprus to assist U.S. citizens departing Lebanon, which has suffered extensive damage during the conflict between Israel and Hezbollah militants.

More than 30 pilots and loadmasters launched from McChord July 22 to assist the rapid evacuation of U.S. citizens from Lebanon.

Additionally Airmen from the 4th and 8th Airlift Squadrons, flying missions from Ramstein Air Base, Germany, provided humanitarian aid by shuttling food, water and other necessities to Cyprus for Americans who escaped the hostilities.

In addition, McChord's 10th Airlift Squadron, which is currently deployed to the Middle East as the 817th Expeditionary Airlift Squadron, flew transatlantic missions over a span of 10 days to safely extract Americans from the region. The squadron also assisted in the effort by acquiring airfield imagery and performing vital threat assessments for the area.

According to officials, more than 5,000 U.S. servicemembers were involved in the departure efforts in Lebanon. (62nd Airlift Wing Public Affairs contributed information to this report.)

From FORCE SHAPING, Page 1

and Developmental Engineer," he said.

According to Captain Ladd, the process for the FY07 FSB will be similar to the FY06 board.

"Basically, eligible officers will have a retention recommendation form completed by their senior raters," he said. "This form, along with the officer's record of performance will meet a FSB in March. In addition, senior raters will provide eligible officers a copy of their retention recommendation form approximately 45 days prior to the FSB."

The Air Force projects more than 900 losses as a result of the 2007 FSB, which is scheduled for March 12-23 2007.

"In force shaping, we will lose some very talented people. But the reduction in size is also about losing manpower authorizations to help

get the right number of people with dynamic skill sets," General Brady said.

Officers at McChord going through force-shaping are eligible for transition assistance, resume building and benefits briefings at the Airmen and Family Readiness Center, Bldg. 552, said Captain Ladd.

Additionally, McChord's MPF will be conducting base-wide briefings for all affected personnel, said Maj. Rhonda Larson, 62nd Mission Support Squadron commander. "We will present all of the information that's available for these programs, so that personnel can make informed career decisions," she said.

For more information on force shaping initiatives, visit the Air Force Personnel Center Web site at <http://www.afpc.randolph.af.mil/retsep/forceshaping/shape.htm>.

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

Quarterly Award Winners announced

The following individuals earned awards for the second quarter of 2006 in their respective categories:

Company Grade Officer

Capt. Rebecca Minkow

62nd Logistics Readiness Squadron

Junior Company Grade Officer

Second Lt. Erika Yepsen

62nd Airlift Wing Public Affairs

Senior Noncommissioned Officer

Master Sgt. Trevor Baitsholts

7th Airlift Squadron

Noncommissioned Officer

Staff Sgt. Daniel Waugh

5th Air Support Operations Squadron

Airman

Senior Airman Joshua Howard

5th ASOS

Civilian Category IA

Timothy Gale

62nd Civil Engineer Squadron

Civilian Category IB

Dorte West

62nd Services Squadron

Civilian Category IIA

Robert Echerd

62nd Medical Support Squadron

Civilian Category IIB

William Lane

62nd SVS





Photos by Abner Guzman



Food and friendship

(Above) Col. Jerry Martinez, 62nd Airlift Wing commander, and his wife Kim, address the crowd Saturday during a barbeque at their residence, while Col. Shane Hershman, far left, 62nd AW vice commander, and his wife Gwen, and Chief Master Sgt. Russell Kuck, far right, 62nd AW command chief, look on. Colonel Martinez hosted the event as a way to say thanks to local community leaders.

(Above and Right) Colonel Martinez greets a guest Saturday during the barbeque.

(Right) Guests work their way through the buffet line Saturday during the barbeque held at McChord's Command Circle. Nearly 100 military and civic leaders turned out to make the event a success.



Officials warn Airmen of MySpace dangers

By

Staff Sgt. Tiffany Orr
62nd Airlift Wing Public Affairs

The online site MySpace, which allows individuals to create free, personalized Web pages, can become a liability when Airmen post information that can be exploited or misconstrued, according to base officials.

To prevent McChord's Airmen from posting potentially hazardous information, Col. Jerry Martinez, 62nd Airlift Wing commander, issued a memorandum dealing specifically with MySpace recently.

The memo affirmed the constitutional freedom of speech for each

Airman at McChord while addressing the seriousness of the potential dangers MySpace poses to base operations.

Specifically, the issues the commander addressed were implied Air Force endorsement, improper wear of the uniform, Military Equal Opportunity issues and Operational Security.

According to the memo, Air Force endorsement is "words or images that tend to imply official Air Force endorsement of, participation in or involvements with an Internet site."

Improper wear of the uniform is described as photographs in which "Airmen in uniform engage in activities that may discredit the Armed Services." The MEO issues the memo

focused on dealing with Airmen using "language in their entries that could be construed as racially or sexually disparaging."

The biggest issue Colonel Martinez addressed, however, was Operational Security.

According to the memo, "some Airmen have posted entries that describe current or impending deployments, aircraft and troop movements and show photographs of the inside of USAF aircraft."

Special Agent Jared Whittenberg from Detachment 206 of the Air Force Office of Special Investigations at Nellis Air Force Base, Nev., said disclosing that kind of sensitive information can put the nation at risk.

"Servicemembers must remember they represent the military as a whole, 24 hours a day, and are responsible for what they post," said Agent Whittenberg. "The effects of what you do in the comfort of your own home can potentially have an impact worldwide."

According to a statement from News Corp., MySpace's parent company, the site accounted for 4.46 percent of all U.S. Internet visits for the week ending July 8, pushing it past Yahoo Mail for the first time and outpacing the home pages for Yahoo, Google and Microsoft's MSN Hotmail.

(Information from an Air Force News story was used in this article.)

Abandoned vehicle program disposes of junkers, clunkers

By

2nd Lt. Rachel Smith
62nd Airlift Wing Public Affairs

The 62nd Airlift Wing leadership began cracking down on abandoned and unregistered vehicles on base recently.

"As a military installation, McChord's appearance standards are designed to project a professional image while incorporating safety standards that protect all of us," said Detective Joe Ramos, 62nd Security Forces Squadron. "The abandonment of vehicles suggests a lack of civic responsibility and poses a potential hazard for all."

According to 62nd AW Instruction 31-5, McChord Traffic Instruction, a vehicle is considered abandoned when:

- Its license plates, tags or registration have been expired for more than 30 days
- The vehicle does not have military and current state registration
- It's not registered with a state and improv-

erly registered so that there is difficulty establishing ownership

- The vehicle is heavily damaged or has major components missing such as an engine or radiator
- The automobile is left unattended on a roadway or street and is obstructing traffic
- The vehicle is observed unattended for a period of at least seven consecutive days
- It is not attached to a registered vehicle with a permit from the housing office, if it is a trailer, boat, recreation vehicle, detached camper or canopy

If a vehicle meets any of the suspected abandoned vehicle criteria listed, the 62nd SFS will issue a traffic ticket with an abandoned vehicle notice, Mr. Ramos said.

Before the vehicle is towed, the 62nd SFS investigations section will attempt to locate the registered owner to attempt to correct the problem with the vehicle, he said.

However, if there is difficulty in identifying the registered owner, the 62nd SFS will consider the vehicle abandoned and the vehicle will be towed

at the registered owner's expense.

Owners will be responsible for storage fees as well, Mr. Ramos said. The towing company will also send a letter to the registered owner notifying them that their vehicle was impounded.

However, Mr. Ramos said since McChord doesn't have a long-term parking lot, he will try not to cite the vehicles of those going on temporary duty assignments.

"I will do my best to not tow any vehicles of personnel who are TDY, even if they are parked for more than seven days," he said. "I have a checklist to help prevent me from doing this."

In the meantime, however, Mr. Ramos said Airmen should park their vehicles at home, at their dormitories or near their squadrons.

Additionally Airmen should let people in their squadrons know what kind of vehicle they own and where they're going to park it, he said.

Mr. Ramos also said people should not park their vehicles at the Evergreen Inn when taking the airport shuttle.

For more information, call the 62nd Security Forces Investigations section at 982-5936.

The U.S. military

AROUND THE WORLD



Photo by Senior Airman Christina Ponte

DAVIS-MONTHAN AIR FORCE BASE, ARIZ. — Staff Sgt. Jon Homan inspects an HH-60 Pave Hawk before a mission to Gila Bend, Ariz., on July 25 for Exercise Angel Thunder. The five-day exercise was designed to provide realistic combat search and rescue training for active duty, Reserve and Guard Airmen. (AFPN)



Photo by Master Sgt. Scott Reed

SAN JUAN, Puerto Rico — Senior Airman Kris Vensel attaches probes to monitor the heart of Stuart Parker on July 21. An Extracorporeal Membrane Oxygenation unit team comprised of Air Force and Army medical specialists flew to Puerto Rico to transport Stuart to San Antonio for more advanced care. (AFPN)



Photo by Master Sgt. Robert Whitehead

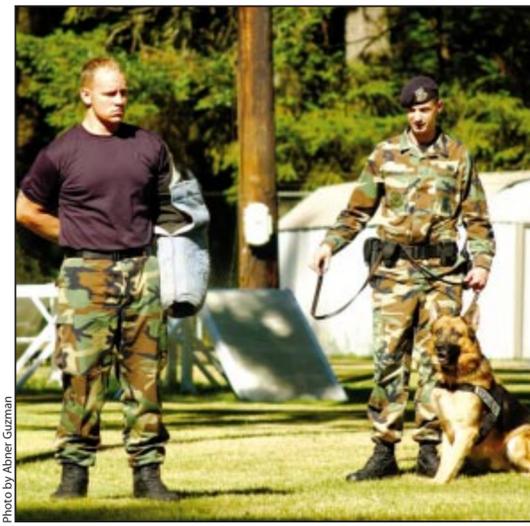
FORT MCCOY, Wisc. — Army Pfc. Dave Grever shows Tech. Sgt. Cindy Beaird how to shoot an azimuth during a combat search and air rescue operation July 21. The course was part of Patriot 2006, a National Guard-sponsored joint exercise to increase the warfighting capabilities of the Air Force and Army. (AFPN)



Photo by Tech. Sgt. John Cumper

PANJSHIR PROVINCE, Afghanistan — Maj. Kurt Workmaster examines an elder in the Paryan District recently. Three Medics from the Panjshir Reconstruction Team treated more than 200 patients during a Medical Civic Action Program mission. (AFPN)





Staff Sgt. Luke Plemons, left, 62nd Security Forces Squadron, is escorted by Staff Sgt. Peter Kwasnjuk, 62nd SFS and his dog Kimbo.



Sergeant Plemons, left, and Sergeant Kwasnjuk practice a 'search to reattack' with Kimbo. During the scenario, the dog attacks would-be perpetrators who, after being searched, try to harm the dog's handlers.



Working Patrol dog Kimbo waits for direction during aggression training.



Airmen, working dogs keep tight leash on safety

By
David Kellogg
Staff writer

Dogs are proving once again to be man's best friend by risking their lives for their country alongside the men and women of the armed forces. Canine patriots like Kimbo from the 62nd Security Forces Squadron are busier and more in-demand than ever because they can seek out bombs in Iraq and Afghanistan and help the Army and Marines combat the enemy during off-base patrols, said Staff Sgt. Jason Barker, 62nd Security Forces Squadron kennel master. The dogs, with their keen sense of smell, are naturally equipped to find weapons caches, said Sergeant Barker. Additionally, the dogs detect improvised explosive devices along roadways, perform searches in houses and help identify weapons and explosives that enemies may attempt to sneak through checkpoints, he said. However, Sergeant Barker said it takes a lot of training before Airmen and their military working dogs are ready to take on such dangerous and lifesaving duties. Each of McChord's dog handlers was trained during a 12-week Joint Service technical training school at Lackland Air Force Base, Texas.

Security Forces' senior airmen who have achieved their five skill-level have to submit an application package to enroll in the school. Once accepted to the school, during the first few days, Airmen pretend ammunition buckets are dogs, said Staff Sgt. Herb Frost, a 62nd SFS dog handler. "You have to give commands to the bucket like you would to a dog," he said. Once the trainees possess the confidence, they are allowed to work with retired military dogs. By working with the retired canines, Airmen learn how to give commands for aggression and for sniffing out drugs and weapons. "It's a fun school," said Sergeant Frost. Since dogs are social animals and will obediently follow the pack leader, at the school, Airmen learn how to act as the alpha dog, said Sergeant Barker. "The dogs will test you just like a child," he said. "You have to be the alpha." After training, when Airmen arrive at their assigned base, they are paired up with a German shepherd or Belgian Malinois, said Sergeant Frost. To get to know each other, the dog and its handler walk together, play together and train together, he said. They do this so that when the handler and dog deploy to places such as Iraq and Afghanistan, there are no qualms about being together on a continuous basis, said Sergeant Frost. Since there are usually no kennels in deployed areas, Airmen and their dogs "form a pretty tight bond," he said. Sergeant Frost said that bond is vital because dog handlers and their dogs perform a very important job — keeping other Airmen safe.



Photo by Abner Guzman

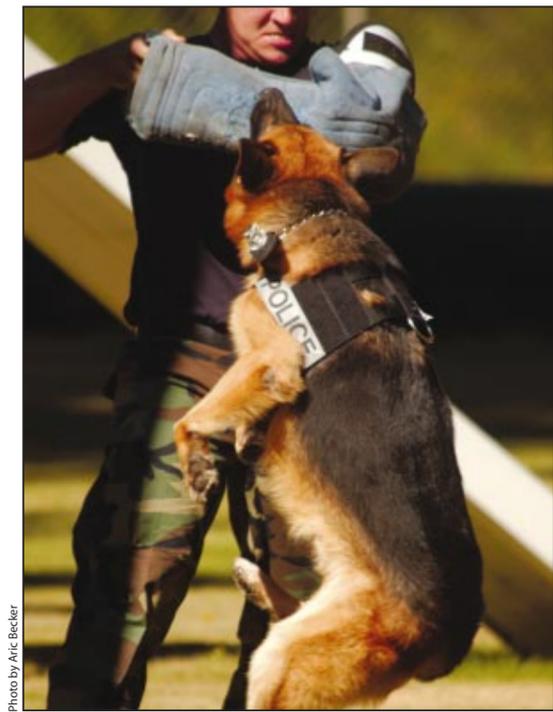


Photo by Aric Becker

Sergeant Plemons is attacked by Kimbo. The exercise is part of Kimbo's aggression training.



Photo by Abner Guzman

Sergeant Kwasnjuk guides Kimbo through an inspection. All vehicles entering through McChord's contractor gate are subject to random inspections.



Photo by Aric Becker

Kimbo is put through aggression training.

Summer busiest time to PCS

Traffic management office offers advice for smooth moves

By

David Kellogg
Staff writer

Summertime for many means time spent with family and travel ... but not always in the form of a vacation.

This time of year traditionally sees a lot of change of stations, causing many Airmen to pack for more than just a few days off.

However, Rocky Deaton, 62nd Aerial Port Squadron Traffic Management Office chief of personal property, said families aren't on their own when it comes to ensuring smooth moves.

"It's always busy [for us] this time of year," said Mr. Deaton. "People try their best to arrange their PCS while their children are out of school."

Senior Airman Lacey Monroe, a 62nd Aerial Port Squadron personal property specialist, said the first step for those who are about to move to a new base should be a visit to their local TMO per-

sonal property office as soon as they receive their PCS orders. The personal property office counsels the Airmen on their entitlements and what the government allows them to take on the move.

Airman Monroe also said entitlements vary depending on where Airmen are moving, their rank and dependency status. For instance, someone moving to Japan has more restrictions placed on what they can move than if they're going to Italy, she said.

If Airmen are moving within the continental United States, they are encouraged to make a personally procured move, also known as a "do it yourself" move. In other words, the government pays Airmen to move their own possessions.

After the TMO office receives an Airman's orders and their paperwork is submitted, the personal property office forwards the information to Fort Lewis' joint personnel office. The Fort Lewis JIPSO office then books the

property shipments with a carrier.

Norm Waters, a transportation assistant at Fort Lewis, said people should take control of their moves.

"It is your move and you are in charge of it," Mr. Waters said. "Protect yourself by ensuring that the quantity, quality and condition of your property is accurately recorded and noted on the inventories and by any other means available, before the shipment leaves your control."

Tech. Sgt. Rob Oman, 62nd Aerial Port Squadron, who was scheduled to have carriers move his family's possessions to Germany in July, attested to the importance of Mr. Waters' advice.

Sergeant Oman and his wife photographed their possessions so they had evidence of each item's condition before the move. They also wrote down the serial numbers of their items in case anything went missing.

"[Moving] is quite a process," he said. "My wife went through and labeled everything."

Travel tips

- When visiting the traffic management office, have moving dates in mind.
- Do not schedule other important appointments on the same day as the pickup date.
- A signed letter of authorization or power of attorney is necessary for another agent to act on your behalf.
- Be prepared for the movers when they arrive.
- Disassemble all fiberboard furniture and disconnect all components (stereo, computers) and place them in their original cartons if available.
- Separate items that will not be shipped from those that will be shipped.
- Do not leave cash, jewelry, passports, airline tickets or other important documents unattended, as they might get packed.
- Keep all documents associated with the government move for later use.
- If you disagree with the carrier's representatives don't argue with them, call TMO.



Fitness meets scenic beauty in local parks

Hiking, biking, diving available nearby

By

Tech. Sgt. Carrie Bernard
62nd Airlift Wing Public
Affairs

Editor's note: The following is the first in a series of articles highlighting Washington's great outdoors. Articles in the Northwest Airlifter featuring information on state parks do not imply Air Force endorsement.

Whether you're looking for outdoor adventure or a quiet retreat from the world, you'll find it in one of Washington's many state parks.

With more than 100 parks located throughout the state, choosing one may be harder than finding one.

Our first stop finds us at a park that can be noisy at times, but is always dedicated to keeping the peace.

Saltwater State Park is an 88-acre marine camping park with 1,445 feet of saltwater shoreline on Puget Sound. The park dedication in 1926 included a peace effort to stop the bad feelings between the cities of Tacoma and Seattle. The park is located halfway between the two cities, and a hatchet is symbolically buried under a rock somewhere in the park.

The cities jointly and literally buried the hatchet as a symbol of an end to their mutual competition.

Although Saltwater State Park can be noisy, as it is located in the flight path of a major airport, it offers three trails for hiking and biking, as well as many wildlife-watching opportunities. The park also has an underwater, artificial reef on Puget Sound and is often used for scuba diving and fishing. Finally, the park provides two kitchen shelters without electricity, plus 147 unsheltered picnic sites.



(Above) Park visitors talk to a park ranger near their campsite while warming themselves by a fire.

are near the beach or along McSorley Creek.

The park is open year-round for day use from 8 a.m. to 9 p.m. in the summer and from 8 a.m. to 5 p.m. in the winter. The campground closes Oct. 4 and reopens April 22.

Saltwater State Park is located two miles south of Des Moines, Wash., near Sea-Tac International Airport.

From the south: Take exit 147 off I-5. Follow signs west, and turn right on 16th St. past the Safeway store (sign missing). Then follow signs to park. Turn on Marine View Dr., which runs through the park. Turn left into the park.

From the north: Take exit 149 off of I-5, go west, then turn south on Hwy. 99 (sign missing). Follow the signs into the park. Turn right on 240th at the Midway Drive-in. Turn left on Marine View Dr. and turn right into the park.

For more information, call the park office at (253) 661-4956 or visit <http://www.parks.wa.gov>.

(Information courtesy of www.parks.wa.gov)



A visitor explores a park's wilderness trails by going on a nature hike.

Mouthguards help prevent mouth-related injuries

By

Senior Airman Bernie Bernante
62nd Medical Operations Squadron

During the 101 Critical Days of Summer, people naturally head outdoors in search of physical activity, which can greatly increase their chances of suffering a mouth-related injury.

Whether it's an elbow to the jaw during a basketball game or a softball to the teeth, more than 200,000 injuries to the mouth and jaw occur annually, according to the Academy of General Dentistry

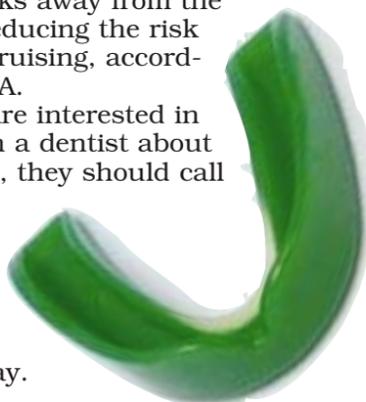
Impact's monthly magazine. The magazine said most dental injuries from sports related activities can be easily prevented by simply wearing a mouthguard.

According to the American Dental Association, mouthguards prevent serious injuries such as concussions, brain hemorrhages, jaw fractures, neck injuries and loss of consciousness by cushioning the traumatic impact of the lower jaw into the upper jaw. Consequently, failure to wear a mouthguard during a sporting event could result in severe pain and months or years of dental or

medical rehabilitation.

In addition, mouthguards provide an added benefit by moving lips and cheeks away from the teeth, thus reducing the risk of cuts and bruising, according to the ADA.

If Airmen are interested in speaking with a dentist about mouthguards, they should call the McChord Dental Clinic at 982-5505 from 7 a.m. to 5 p.m. Monday through Friday.



THE GREAT OUTDOORS

Retirement ceremonies

● Master Sgt. Sandra Deering is retiring at 9 a.m. today at the 4th Airlift Squadron auditorium. For more information, call Senior Master Sgt. John Matthews at 982-3323.

● Senior Master Sgt. Michael Hansen is retiring at 2 p.m. Aug. 11 in Bldg. 576. For more information, call Master Sgt. David Schuman at 982-2067.

McChord Clinic closure

The base medical clinic will close at noon today for an annual 62nd Medical Group staff function. All services, including the pharmacy, will be closed. Please plan appointments, lab work and medication refills accordingly. For more information, call 982-9917.

Membership drive

The McChord Officers' Spouses' Club is having a free ice cream social and membership drive for current OSC members, those interested in the organization and their family members from 7 to 9 p.m. Tuesday at Holiday Park. For more information, call Christi Detwiler at 588-2311.

NSPS training

A National Security Personnel System course covering performance management and human resource elements is from 8 a.m. to 4 p.m. Monday and Tuesday at McChord's Clubs and Community Center. For more information, call Jim Dicus at 982-2340.

Special Duty briefing

A Special Duty Assignment briefing will be held from 8:45 to 10:45 a.m. Thursday at the base theater. All Airmen are invited to attend. For more information, call Master Sgt. Lorenzo Jones at 982-3395.

Tops in Blue

Tops in Blue is having a free concert at 7:30 p.m. Wednesday in Hangar 9. Doors open at 6:45 p.m.

Base housing lawn watering

Due to hot weather and the drastic increase in water usage, a base housing summer lawn watering schedule has been implemented effective immediately. Odd numbered homes water on odd days and even numbered homes water on even days. Please water before 10 a.m. or between 6 and 10 p.m. Total daily watering should not exceed two hours. For more information, call Master Sgt. Michael Luhmann at 982-0560.

RAO picnic

The Retiree Affairs Office is having a picnic for RAO volunteers and those interested in becoming volunteers at 11 a.m. Thursday at Holiday Park. For more information, call 982-3214 or 982-5234.

Leave donations

Lisa Coley from the 62nd Contracting Squadron is requesting leave donations for medical reasons. If you are interested in donating leave, complete an Office of Personnel Management Form 630A and submit it to the 62nd Mission Support Squadron. For more information, call Dinah Naputi at 982-3805.

Block party

Team McChord is invited to attend a block party from 5 to 7 p.m. Aug. 15 at the Carter Lake picnic area. The event will feature free food, music and community fellowship. For more information or to volunteer, call Airman 1st Class Scott Heathcoat at 982-5556.

Multimedia Web site

The base multimedia center invites those with access to McChord's Intranet to visit its newly revamped Sharepoint Web site at <https://62msg.mcchord.af.mil/62CS/SCS/SCSM/base-multimedia/default.aspx>. Individuals can use the site to access photos from recent shoots.

POW/MIA luncheon

This year's POW/MIA Luncheon is scheduled for 11 a.m. Sept. 14 at McChord's Clubs and Community Center. For more information, call Master Sgt. Tammy Wagendorf at 982-0327 or Master Sgt. Annette Sisseck at 982-3513.

Air Force Ball

McChord's Air Force Ball is scheduled for Sept. 16. For more information, call Staff Sgt. Jennifer Gillen at 982-1940.

Advisory board

The next Parent Advisory Board meeting is Sept. 20 at 4 p.m. in the Bldg. 580 staff lounge. Parents of children who attend the child development center, family child care or school age care programs are encouraged to attend. The PAB also needs new representatives. If you are interested in becoming a representative or would like to learn more about CDC/FCC/SAC initiatives, please attend the meetings.

Legal office changes

The legal office will be converting to an appointment-only system for legal assistance on Aug 14. The office will continue to offer walk-in power of attorney and notary services. For more information, call 982-5512.



Faith and Worship Programs

For more information, call the chapel support center at 982-5556.

The following chapel programs take place at the base chapel support center, Bldg. 746, unless otherwise noted.

- **Faith Formation and Rite of Christian Initiation for Adults** are 6:30 p.m. Wednesdays, Sept. through April.
- **Protestant Men's Bible**

- study** is 6:15 a.m. Thursdays.
- **Combat Brown Bag Bible study** is from 11:30 a.m. to 12:30 p.m. Tuesdays.
- **Adult Bible study** will resume in September.
- **Jewish Torah School Classes** for adults and children are 9:45 a.m. Sundays at Fort Lewis, Chapel Five.

Schedule of worship services

Catholic Services:
All Catholic Services are in Chapel Two
Daily Mass Tuesday - Friday 11:30 a.m.
Saturday: 4 p.m. Confession
5 p.m. Mass
Sunday: 9:30 a.m. Mass
11 a.m. Mass

Protestant Services:
Sunday: 8:30 a.m. Liturgical Worship: Chapel One
9:45 a.m. Sunday School for all ages: chapel support center
11 a.m. Traditional Worship: Chapel One
11 a.m. Contemporary service: chapel support center

Jewish Services:
Friday: 7 p.m. Fort Lewis Chapel
Corner of 12th St. & Liggett 966-8949
Led by Chaplain (Lt. Col.) Avi Weiss

Orthodox Activities:
Sunday: 9:30 a.m. Divine Liturgy, St. Nicholas Church, 15th & Yakima, Tacoma

Other services:
Orthodox Christian Community, Cascade Chapel, Fort Lewis
Sundays: 8:45 a.m. pre-Communion prayers
9:30 a.m. Divine Liturgy
Confessions are by appointment; call Father John Anderson at 967-1717 or 906-6843, or e-mail father.anderson@us.army.mil.



Army & Air Force Exchange turns 111

DALLAS — The Army and Air Force Exchange Service marked its 111th birthday July 25, celebrating its mission to provide quality goods and services at competitively low prices and generate earnings to support morale, welfare and recreation programs. On July 25, 1895, the War Department issued General Order No. 46 directing commanders to establish an exchange at every post where practicable.

Today, AAFES relies on more than 3,100 facilities in 49 states and more than 35 countries to extend the exchange benefit to servicemembers serving in almost every corner of the globe.

More than 450 AAFES associates are deployed to operations Enduring Freedom and Iraqi Freedom, actively delivering a slice of Americana to troops through 52 retail stores, 69 phone centers and more than 170 fast food restaurants scattered throughout the region.

Federal voting program kicks into gear

WASHINGTON — The Federal Voting Assistance Program office is pulling out the stops to ensure all

servicemembers and their families can vote.

A number of changes are being implemented in this election cycle. Some states will now send ballots to requesters via e-mail. Others will fax the ballots. Each state is responsible for voting by its citizens, so the laws and programs offered vary from state to state. Other changes include a revised Federal Postcard Application form.

Ballots will arrive to servicemembers in September or October. To be sure votes arrive on time, servicemembers should mail in their voted ballots the week of Oct. 8 to 14.

Program seeks to fill positions

RANDOLPH AIR FORCE BASE, Texas — The 2007 NCO Retraining Program began July 26 as the Air Force seeks to fill more than 1,100 shortage career field and special duty positions. NCOs notified of their vulnerability to retrain must submit the shortage career field choices they would most like to retrain into or apply for a special duty assignment no later than Sept. 18.

Vulnerability listings by grade and Air Force Specialty Code are posted on

the virtual Military Personnel Flight Web site at <http://ask.afpc.randolph.af.mil/>. For more information, Airmen should contact their commander's support staff personnel, their base career assistance advisor or the Air Force Contact Center at (800) 665-5000.

Reservists offered Tricare Reserve Select

DENVER — Tricare Reserve Select, the premium-based health coverage plan for eligible Selected Reserve and participating Individual Ready Reserve members, has been enhanced by offering three tiers of coverage.

Tier 1 certification started June 1 and is primarily for Reservists who served in support of a contingency. Now the Air Reserve Personnel Center is taking applications for Tiers 2 and 3. These applications must be post-marked by Sept. 25 for coverage effective Oct. 1. Any applications post-marked from Sept. 26 to Nov. 25 will receive coverage effective Jan. 1. Members must pay 85 percent of the cost of the premiums for Tier 3.

Members who think they are eligible for Tier 2 or Tier 3 coverage can go to the Guard and Reserve Portal at <http://www.dmdc.osd.mil/Guard-ReservePortal> and complete the DD

Form 2895. Once completed, it should be signed by the commander. The ARPC Contact Center must be contacted at (800) 525-0102 to execute the agreement.

Academy professor sets world record

U.S. AIR FORCE ACADEMY, Colo. — An Air Force Academy professor set a world record in long-distance swimming July 23. Lt. Col. Tim Lawrence of the U.S. Air Force Academy's Department of Astronautical Engineering became the first American to swim the 14.8 nautical miles from Britain's Jersey Island to France. In the process, he lowered the best overall time by more than three minutes to 8 hours, 21 minutes, 17 seconds. Colonel Lawrence is only the sixth person in the world to successfully complete this long-distance swim solo.

The July 23 world record is the latest in a long-distance swimming career, which includes completing two Ironman triathalons. Colonel Lawrence swam the English Channel in 1999. He became the first American to swim the 41 nautical miles around Jersey Island in 2002, and was the first American and second person to swim from the island of Vis to Split, Croatia.

