

# The NORTHWEST AIRLIFTER

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Connecting Team McChord with the Combat Airlift Mission

Jan. 26, 2007

**Congrats to McChord's new captains,**  
Page 6



INSIDE

**Creative projects await Airmen at base arts and crafts center,**  
Pages 8-9

**WADS shuts down APS 2 42-28,**  
Page 11



## 'Xtreme Xtravaganza' shows off base services

By

Tyler Hemstreet  
Staff writer

Food, games, entertainment and family activities filled McChord's Hangar 3 Wednesday for the 62nd Airlift Wing's "Xtreme Xtravaganza."

The 62nd Services Squadron hosted the bash as part of a celebration for winning the 2007 Gen. Curtis E. LeMay Award for Best Services Squadron in Air Mobility Command and to provide a hearty welcome to the Air Force-level LeMay evaluation team.

Those who attended the festivities were able to sample all the products SVS offers, said Senior Master Sgt. Bill Davis, combat support flight superintendent.

Each section of the squadron hosted a booth with games and informative brochures.

"[The event] shows how much we do on base because a lot of people don't know," said Airman 1st Class Miguel Millares, 62nd SVS, who helped work a booth representing the fitness center. "All the booths are neat because they demonstrate what each section does."

A band played salsa music as Airmen sampled free burritos from Habañero Mexican Grill and finger foods from Sounder's Lanes, McChord's Club and the Olympic Dining facility, as well as smooth-



(Above) Sizzlin' Sid, 62nd Services Squadron mascot, stands in line for a turn on the giant inflatable slide at the 62nd SVS 'Xtreme Xtravaganza' Wednesday in Hangar 3. The squadron hosted the bash to celebrate earning the 2007 Air Mobility Command-level LeMay award. The event offered free food, music and games to everyone on base. (Right) After waiting in line, Sid finally gets to coast down the slide.

ies from Smoothie's Juice Bar.

Children played in the inflatable bounce-around while others slid down the inflatable slide and played games at the various booths.

The services squadron even created an ice sculpture of the

"Mission Possible 2007" logo for the event.

"It has really been a unified effort all across the wing to get this together," said Sergeant Davis. "Without a community team effort with the entire wing, we couldn't have pulled it off."



## Congrats

**to Tech. Sgt. Elizabeth Aruja, 62nd Medical Operations Squadron on her recent STEP promotion**

## APS Airmen return from deployment

By

Tyler Hemstreet  
Staff writer

More than 40 Airmen from the 62nd Aerial Port Squadron returned home Jan. 16 after a 120-day deployment to Iraq in support of the Global War on Terrorism.

"I am excited to see our Airmen return home and reunite with their families," said Lt. Col. Marydarlene Morgan, 62nd Mission Support Group commander. "Our Airmen remain prepared to deploy anywhere, anytime. They've had a successful deployment, and we're very proud of them."

Master Sgt. Ferdinand Oben, 62nd APS, returned home with the group after serving at a forward operating base in Northern Iraq.

One of the most gratifying things his group

accomplished on the deployment was preparing an Army detachment of water convoys for airlift, he said.

"It was nice to be able to help take some of the burden off them and get them off of the dangerous roads," Sergeant Oben said. "It kept us pretty busy, but it was nice to be able to use airlift in the theater."

Upon returning home, Sergeant Oben said he was grateful to be able to spend some quality time with his family.

"We all came home together — that's the important thing," he said. "We all came home safely and there were no issues or mishaps."

While deployed, they accomplished 206 missions and managed cargo on 584 C-17 Globemaster IIIs, 501 C-130 Hercules and 153 IL-66s, as well as 32 other aircraft. They moved more than 114,000 passengers and more than 18,434 tons of equipment.

### Weekend Weather

FRIDAY	SATURDAY	SUNDAY
Hi: 52 Low: 34	Hi: 52 Low: 33	Hi: 48 Low: 32

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

### Mission accomplished

Total McChord sorties	850
Total flying hours	3,302.9
Cargo moved (tons)	8,635.4
Departure reliability rate	94.1%
Mission capable rate	86.2%
Personnel currently deployed	617
Reservists currently activated	264

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

### Don't miss it ...

#### Annual awards banquet

The 62nd Airlift Wing Annual Awards Banquet is from 6:30 to 9 p.m. Thursday at McChord's Clubs and Community Center. For more information, call your squadron's first sergeant.

# Be prepared for upcoming Air Force changes

By

Col. Jerry Martinez  
62nd Airlift Wing commander

Recently the Air Force announced that if voluntary separation goals are not met, a reduction in force will involuntarily separate officers who have been commissioned for more than six and less than 12 years. This announcement comes in addition to other force shaping initiatives already underway.

Without a doubt, force shaping is one of the most difficult challenges I have faced as a commander. Every Airman in today's Air Force has volunteered to serve our country, and their service has not always been easy. We ask our Airmen daily to make sacrifices for their service, putting love of country before family and friends, and they do.

Asking any Airman to leave the Air Force is never a decision made lightly, no matter what the circumstances. Those Airmen affected by this potential RIF will have my personal attention throughout this process, and I will do everything in my power to

ensure you are taken care of.

If you fall into the group that will meet the potential RIF board, you should start taking time now to set yourself up for success. The most important thing you can do is ensure your records are accurate. Is your professional military education documented? Is your duty history right? Do your records reflect your deployments, medals and other commendations?

If you answered no to any of those questions, you need to correct that immediately. If you meet the potential RIF board, it is crucial that your record is correct. These details will distinguish you from your peers and may tip the scales in your favor.

I know you are all prepared for the challenge of this transitioning Air Force. Whether you remain in the Air Force or separate to civilian life, you have the recipe for success at hand. Your training, your fellow Airmen and the resources the Air Force offers have prepared you for whatever path your career may take. When I see everything our dedicated, professional Airmen bring to the fight, I know our future is in good hands.

“Your training, your fellow Airmen and the resources the Air Force offers have prepared you for whatever path your career may take.”

Col. Jerry Martinez  
62nd Airlift Wing  
commander



# Volunteering proves to be win-win in every situation



“Many of your Airmen may have told you, “I don't have time to volunteer.” We all have the potential to be unsung heroes.”

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

By

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

Most of us probably have taken the time to help a friend or family member in need or may have been the person who needed help. In our country, we are fortunate to have the comforts we have. The power of volunteering is a huge contributor to our comforts, and I highly encourage everyone to volunteer.

I attended a fundraiser last week and was thrilled to see how many Airmen came together to help a fellow Airmen in need.

Maybe you've had to go on a short-notice temporary duty assignment, and a family member offered to check your mail while you were away. Super Bowl weekend is coming up, and maybe you volunteered to be the designated driver. In any given scenario, volunteering proves to be a win-win situation.

Many of your Airmen may have told you, “I don't have time to volunteer.” We all have the potential to be unsung heroes. Volunteering just a few hours of your time can

make a huge impact on other people's lives. It is, at the very least, a rewarding experience.

Volunteering isn't just an enlisted performance report bullet. Expanding your horizons is the other win-side of volunteering. You should always volunteer for something that you're interested in. If you enjoy working with children, call a local children's hospital and see what you can do to help. Find a passion and pursue it.

Take, for example, volunteering to coach youth sports. You have the opportunity to teach children the importance of teamwork, the motto “practice makes perfect,” the art of discipline, the fundamentals of an organized sport, and — above all — everyone has fun. These lessons will stay with the children as they get older. Maybe just those few hours is what someone you helped needed to hear or see to stay out of gangs and stay in school.

Finally, volunteering is contagious. If an opportunity to volunteer presents itself, be sure to spread the word. Even better, take a fellow Airman with you when you're off to volunteer somewhere. Chances are he or she will return on their own. 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've noticed several people, including government vehicle operators, not using their turn signals while driving around McChord.**

A: Thank you for pointing out this important safety issue that could help prevent traffic accidents. You're right, signaling intent is an easy way to alert both other vehicles and pedestrians of a driver's intentions while behind the wheel. To help remedy this problem, I've directed our squadron-level vehicle noncommissioned officers

to remind all government vehicle operators to use their turn signals. Additionally, our security forces squadron will now keep a keen eye out for vehicles failing to signal. Thank you for thinking about safety and bringing this important issue to my attention!

**Q: Why can't McChord do a better job of enforcing the smoking ban outside of the base commissary? The smoke gets trapped under the canopy and other people have to breathe it.**

A: Thank you for writing me with your concern. The commissary has several “No Smoking” signs posted outside of the commissary, and the commissary staff makes an effort to ask patrons smoking near the building to extinguish their cigarettes. Please help the commissary staff by giving folks a friendly reminder that smoking is not permitted under the canopy at the commissary entrance. With your help we can create a happy, healthy shopping environment for everyone.

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New Year's resolution:

# Become a better leader

By

Maj. Alesia Quiton

62nd Maintenance Squadron commander

Many people begin the New Year with resolutions. These resolutions often include inwardly focused improvement efforts. Examples include losing weight, studying to make the next rank and running marathons.

This year, I would encourage you to make a resolution that not only affects yourself, but positively affects those around you. That resolution is to be a better leader.

There is much debate about whether leadership is an inherent ability — either you have it or you don't — or whether leadership can be learned. J.D. Hunter, author of the book, *Servant Leadership*, believes that leadership is a skill that can be improved. I, too, believe that leadership is a skill, and we must work to improve that skill.

So how can we improve our leadership? Three ways are to study leadership, practice leadership and reflect on situations.

We have many books to choose from: Steven Covey's *7 Habits of Highly Effective People*, John Maxwell's *21 Irrefutable Laws of Leadership* and Air Force Doctrine Document 1-1, *Air Force Leadership*, to name a few. Every day, we deal with challenges involving our people.

These challenges give us an opportunity to apply what we've learned. But improvement won't happen without reflection. We must examine our actions and learn from them. What did we do right? What could we have done better? What would we want our boss to do in the same situation?

In the beginning of this article, I talked about making a resolution that positively affects those around us. By improving our leadership skills, we can positively influence other people and outcomes.

Indeed, AFDD 1-1 defines leadership as "the art and science of influencing and directing people to accomplish the mission." Inherent in that notion is the idea of building relationships with the people we wish to influence.

Think back to those leaders who have influenced you most. Why is it that they were such powerful leaders? They demonstrated that they cared about you, as an individual.

This year, make a commitment to become a better leader. Begin by building lasting relationships with those around you. Take the time to study different leadership theories and put more tools in your toolbox.

Apply what you learn to the challenges you encounter and, most importantly, reflect on those situations so you can improve your leadership skills for the future. Resolve to make a difference for your people.



## Combat Airlifter

of the week

**Airman 1st Class Zachary Smith**

10th Airlift Squadron

**Duty title:**

C-17 Globemaster III  
loadmaster

**Location of work:**

Mobility section

**Hometown:**

Blairsville, Penn.



**What makes him so great?**

Airman Smith is a combat-ready crew member on one of the Air Force's most technologically advanced aircraft. He performs Joint Chiefs of Staff-directed missions including combat operations, training missions and aeromedical evacuations, as well as humanitarian relief and emergency nuclear weapons airlift. In 2006, Airman Smith transported more than 3,000 passengers, 4 million pounds of cargo and 100 vehicles. He has amassed 425 combat hours on 211 combat sorties in direct support of contingency operations. During the 10 AS' deployment, Airman Smith loaded 30 aircraft with 2.4 million pounds of cargo. After his deployment, he was appointed to the squadron's mobility flight where he reconstituted 150 members by reviewing their mobility records.

McChord's Airmen

# AROUND THE WORLD



Courtesy photo

**SOUTHWEST ASIA — Tech. Sgt. Melinda Williams helps locals load supplies onto a vehicle recently. Sergeant Williams is deployed from the 62nd Services Squadron.**



Courtesy photo

**MANAS AIR BASE, Kyrgyzstan — Airman 1st Class Mitchell Vines marshals a deicer truck into position recently. Airman Vines is deployed from the 62nd Aircraft Maintenance Squadron.**



# Congrats to McChord's new captains

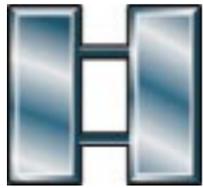
RANDOLPH AIR FORCE BASE, Texas — Air Force officials selected 4,003 first lieutenants for promotion from 4,040 officers considered in the 2006C captain selection process.

The entire list of future captains is posted on the Air Force Personnel Center's Web site.

Selection statistics for in-the-promotion-zone lieutenants are:

- Line of the Air Force — 3,864 selected from 3,890 considered for a 99.3 percent select rate.
- Chaplain — six selected from six considered.
- LAF-judge advocate — 12 selected from 13 considered for a 92.3-percent select rate.
- Nurse corps — 82 selected from 83 considered for a 98.8 percent select rate.
- Medical service corps — 15 selected from 15 considered.
- Biomedical sciences corps — 23 selected from 23 considered.

The following individuals at McChord Air Force Base, Wash., were selected to become captains:



- **1st Lt. Shawn Hannah**, 1st Weather Squadron
- **1st Lt. Nathaniel Amidon**, 4th Airlift Squadron
- **1st Lt. Colby Blackwood**, 4th AS
- **1st Lt. Jeremy Brockman**, 4th AS
- **1st Lt. Erik Carlson**, 4th AS
- **1st Lt. William Dabney**, 4th AS
- **1st Lt. Jonathan Dark**, 4th AS
- **1st Lt. James Dolson**, 4th AS
- **1st Lt. Cullen Gallagher**, 4th AS
- **1st Lt. Matthew Garcia**, 4th AS
- **1st Lt. Johnathon Hansen**, 4th AS
- **1st Lt. James Long**, 4th AS
- **1st Lt. David Padilla**, 4th AS
- **1st Lt. Timothy Rawson**, 4th AS
- **1st Lt. Richard Robichaud**, 4th AS
- **1st Lt. Stephen Teeple**, 4th AS
- **1st Lt. Andrew Vega**, 4th AS
- **1st Lt. Timothy Walberg**, 4th AS
- **1st Lt. Robert Wehmeyer**, 4th AS
- **1st Lt. Justin Wilson**, 4th AS
- **1st Lt. Brandon Brown**, 7th Airlift Squadron
- **1st Lt. Esteban Castellanos**, 7th AS
- **1st Lt. George Fay**, 7th AS
- **1st Lt. Ryan Halligan**, 7th AS
- **1st Lt. David Kolton**, 7th AS
- **1st Lt. Dayleen Kroontje**, 7th AS
- **1st Lt. Nicholas Lantrip**, 7th AS
- **1st Lt. Bradley Peregrin**, 7th AS
- **1st Lt. James Pike**, 7th AS
- **1st Lt. William Rosenbaum**, 7th AS
- **1st Lt. Neil Senkowski**, 7th AS
- **1st Lt. Kathryn Veseth**, 7th AS
- **1st Lt. Nathaniel Walker**, 7th AS
- **1st Lt. Gabriel Arrington**, 8th Airlift Squadron
- **1st Lt. Paul Gagliardi**, 8th AS
- **1st Lt. Aaron Gast**, 8th AS
- **1st Lt. Aaron Granger**, 8th AS
- **1st Lt. Kiel Gilliland**, 8th AS
- **1st Lt. Jonathan King**, 8th AS
- **1st Lt. Shaun Maloney**, 8th AS
- **1st Lt. Dan Marich**, 8th AS
- **1st Lt. Adrian Martin**, 8th AS
- **1st Lt. Matt Petersen**, 8th AS
- **1st Lt. Luis Rodriguez**, 8th AS
- **1st Lt. Kelly Sandusky**, 8th AS
- **1st Lt. Edward Szczepanik**, 8th AS
- **1st Lt. Michael Talley**, 8th AS
- **1st Lt. Peter Usher**, 8th AS
- **1st Lt. Mattew Vallero**, 8th AS
- **1st Lt. Daniel Appel**, 10th Airlift Squadron
- **1st Lt. Jason Brines**, 10th AS
- **1st Lt. Steven Byrum**, 10th AS
- **1st Lt. Paul Chase**, 10th AS
- **1st Lt. Daniel Elder**, 10th AS
- **1st Lt. James Gaiser**, 10th AS
- **1st Lt. Brandon Gorab**, 10th AS
- **1st Lt. Justin Keating**, 10 AS
- **1st Lt. Ian Ostermiller**, 10th AS
- **1st Lt. Thomas Parker**, 10th AS
- **1st Lt. Justin Reynolds**, 10th AS
- **1st Lt. Brent Tadych**, 10th AS
- **1st Lt. Scott Zicarelli**, 10th AS
- **1st Lt. Christopher Ziesch**, 10 AS
- **1st Lt. Michael DiMaria**, 22nd

- Special Tactics Squadron
  - **1st Lt. Matthew Savage**, 22nd STS
  - **1st Lt. Paul Lienhard**, 62nd Aircraft Maintenance Squadron
  - **1st Lt. Nathan McKim**, 62nd AMXS
  - **1st Lt. Julie Rudy**, 62nd AMXS
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  - **1st Lt. John York**, 62nd MXS
  - **1st Lt. Nathan Loyd**, 62nd Mission Support Group
  - **1st Lt. Alesandra Vinci**, 62nd Mission Support Squadron
  - **1st Lt. Stephen Campbell**, 62nd Operations Support Squadron
  - **1st Lt. Thomas Sites**, 62nd OSS
  - **1st Lt. Ryan Natalini**, 62nd Security Forces Squadron
  - **1st Lt. William Parker**, 62nd Services Squadron
  - **Capt. Vanessa Balint**, 361st Recruiting Squadron
  - **1st Lt. Christopher Seamans**, 361st RS
- (Article courtesy of Air Force Personnel Center. 62nd Airlift Wing Public Affairs contributed to this report.)

## Forms for loss, damage to goods can be filed online

The Air Force Judge Advocate General's Corps is consolidating the processing of certain claims — commonly known as personnel claims — at a single location in Dayton, Ohio.

These claims involve loss or damage during shipment of household goods and privately owned vehicles as well as during storage at government expense and loss or damage to personal property located in government quarters or other authorized locations incident to government service. Other types of trauma-related claims, such as those resulting from the alleged negligence of a government vehicle driver, for example, will continue to be processed at the base legal office.

For personnel claims, the new process will enable Air Force employees to file claims online and electronically submit required documents to the Air Force Claims Service in Ohio.

For general information, visit the center's public Web site at <http://legalassistance.law.af.mil/claims>. To file a claim visit the center's Web site at <https://claims.jag.af.mil> or call (877) 754-1212.

(Article courtesy of Air Force Claims Service Center.)



Photo by Staff Sgt. Tiffany Orr

## Inspection ready

Col. Thomas McCauley, 62nd Medical Group commander, gives his troops a pep talk Jan. 19 at a 62nd MDG gathering in preparation for the arrival of Health Services and Accreditation Association for Ambulatory Health Care inspectors at the base clinic.

# Supervisors, Airmen can benefit from roll call

By

Chief Master Sgt. Rodney McKinley  
chief master sergeant of the Air Force

I'm extremely proud of the tremendous dedication and sacrifice each of you make every day to ensure the security of our nation. Our Air Force is the greatest on this planet because of your professionalism, dedication and ability to get the job done right. America's air, space and cyberspace power is second to none.

One way we can continue to add to our effectiveness is by increasing our communications. Information flows at an incredibly rapid pace



MCKINLEY

today, and electronics have too often replaced people talking to people. We all have access to good information on email, on our Air Force Web sites and through the television media. However, many Airmen work long shifts and then have to share an office computer to check email or military Web sites. This doesn't make it easy to keep up with the information you really need to know. Even though we are all busy, it's vital our civilians, officers and enlisted stay informed on the latest topics.

Our chief of staff recently mandated weekly roll call for supervisors at every level. These weekly meetings should help keep Airmen informed on current issues, clear up confusion and dispel rumors, and provide additional face-to-face communication between supervisors and their teams. A weekly product, called "Roll Call," highlights the topics that supervisors should include in the weekly meetings. "Roll Call" is posted on <http://www.af.mil> every Friday. This makes it easy for supervisors to print it, and any

other documents released by our Air Force senior leaders, and then share this info with their co-workers. Back in my time as an aircraft maintainer, we had a daily Roll Call that allowed current information to be shared with everyone.

Getting together once a week where we can discuss the current hot topics and have a chance for face-to-face contact with everyone is invaluable. If there are still questions about a particular issue, then there's a great opportunity to address this up the chain of command for clarification.

We have the best educated, trained and motivated Airmen in Air Force history. Roll Call helps everyone appreciate the opportunities and challenges our Air Force faces. The tried and true statement, "knowledge is power," is more accurate today than ever because of the changing and challenging environment. Keep up the great work and take advantage of your Roll Call to ensure you understand how today's Air Force issues will affect you.

# ARTS & CRAFTS

## Creative projects await Airmen at base arts and crafts center

By  
Tyler Hemstreet  
Staff writer

Though you wouldn't be able to tell by looking at the rather plain, warehouse-style building, McChord's Arts and Crafts Center is a place where people can get in touch with their creative side.

The program, which recently garnered the 2007 Best in Air Mobility Command award for arts and crafts, offers a wide variety of projects for everyone.

When customers set foot in the building, they enter the program's engraving shop, which is decorated with customized wooden plaques, engraved with pictures of Mount Rainier, the C-17 Globemaster III and Team McChord insignia.

The program's engraving machine can create intricate works of art on wood, glass or the matte inside picture frames.

"We can pretty much customize anything you need," said program administrative assistant Bonnie Scannell, 62nd Services Squadron.

The shop even keeps a book containing all the different engraving military patterns it has done in the past.

The book gives customers a wealth of ideas and saves a lot of time and energy for staff members who do the engraving, Ms. Scannell said.

Adjacent to the engraving section is the embroidery shop.

Using a software-guided embroidery machine, the staff members can digitize different images and embroider anything from flight bags and baby blankets to shirts and hats.

No projects are sent out to other shops — everything is done in house, Ms. Scannell said, so there is a big customer-service focus on each job.

The staff will also take the time to walk each customer through the design process, said embroidery and engraving design specialist Lesley Hill, 62nd SVS.

"We can go over the design with them and make any changes in color before we complete the finished product," Ms. Hill said.

That same customer service-oriented mentality is in place at the program's frame shop. In addition to offering classes to teach Airmen how to frame, the shop's staff have the tools to custom cut each mat and encase it in one of the many frame choices the shop offers. They also have a specialized computer program that can take scanned images and different mat colors to create a virtual finished product that the customer can use for comparison purposes.

For those who desire to get actively involved in a woodworking project, SVS also offers a woodshop. After going through a safety briefing, Airmen can use the shop's table saw, lathe, jointer and planer for \$5 an hour. There is also an option to buy a \$100 monthly card, which gives Airmen with a clear deadline in mind more time to accomplish their projects, said Herb LeBeau, 62nd SVS woodshop specialist.

Examples of finished products are all over the shop, from a picture board containing snapshots that proud Airmen took of their final masterpieces, to a picture of the Seattle Storm basketball team in the framing section.

The staff said the pictures are a good way to generate ideas for customers and show them some of the things they can do.

The trick for the staff is opening the door to the world of creative possibilities to everyone on base, Ms. Scannell said.

"Just the other day we had an Airman come in that had been stationed here for nearly 22 years and he said he never knew all that we had to offer," Ms. Scannell said. "He said he was disappointed because he missed out on so much."



(Above) Trisha Green, 62nd Services Squadron, uses a 16-needle embroidery machine to complete a customer order Jan. 18 in the embroidering section of the arts and crafts center in Bldg. 1121.

(Right) Herb LeBeau, 62nd SVS woodworking instructor, prepares to slide a block of wood through a band saw in the arts and crafts woodworking area Jan. 18.

(Below) Patty Valdez, 62nd SVS, left, discusses projects with sales representative Darcy Beleny Jan. 18 in the arts and crafts frame shop.



Photos by Abner Guzman/Graphic design by Angela Jossy

# WADS shuts down APS 2 42-28

By  
Tyler Hemstreet  
Staff writer



Photos by Tyler Hemstreet

Keith McDowell, Western Air Defense Sector, shields the ball from members of 62nd Aerial Port Squadron 2.

The Western Air Defense Sector's intramural basketball team cruised to a 42-28 victory Monday night at the fitness center shutting down 62nd Aerial Port Squadron 2.

A considerable size advantage on the low post and a strong desire to rebound gave WADS an early momentum boost, said APS 2 guard Reginald Harden.

Nursing a 9-5 lead midway through the first half, WADS put together an 11-7 run to close out the half. WADS forward Richard Robbins played a key role in the run, scoring seven straight points on two layups and a 3-pointer.

During the run, WADS also displayed its rebounding dominance as David Reyes and Keith McDowell gave the offense numerous second opportunities with offensive rebounds.

WADS led 20-12 at the half.

After a sluggish start to the second half for both teams, APS 2 finally put something together as Harden drilled a 3-pointer to cut the WADS lead to 28-21 with 10 minutes left in the game. APS 2 continued to work hard to cut the deficit as Dantejio Taft grabbed an offensive rebound and scored on a putback, keeping the deficit close at 32-25 with just over two minutes left.

But WADS was just too tough inside, and APS 2 could do nothing but foul. WADS converted its free throws down the stretch to close out the victory.

"We have a set offense that we like to run and it boils down to feeding it to our big men," said Robbins, who scored a game-high of 12 points. "If we can get them shooting free throws, we'll probably win the game because the other team will get in foul trouble, and we'll end up scoring points from the line."

The big men came through, as McDowell and Reyes combined to score 15 points.

Harden summed up APS 2's problems with just one word.

"Rebounding," he said. "They just wanted it more."

Despite an offensive lull early in the second half, Robbins said his team is starting to find its groove.

"This is the first game the chemistry started really coming together," Robbins said. "It took the first two games, but now it really started to show up and you saw what happened."

Harden said his team learned a couple of lessons from the 14-point loss to WADS.

"Once we stop cutting to the basket and moving around, we stop scoring," he said. "We also have to start communicating better and box out [on the defensive glass]."

WADS improved to 2-1 on the season while APS 2 fell to 1-2.



Reginald Harden, 62nd APS 2, drives to the hoop against Richard Robbins, WADS.

## New equipment at base fitness center benefits Airmen

By  
Tyler Hemstreet  
Staff writer



Photo by Staff Sgt. Tiffany Orr

Fitness center patrons work out on television-equipped treadmills at the fitness center Tuesday. The fitness center also acquired television-enabled stair steppers recently. Designed with comfort in mind, patrons can enjoy their favorite television programs while working out.

The 62nd Services Squadron recently made various purchases to improve every Airman's overall fitness experience.

The new additions include an upgrade to the outdoor hockey rink that will help it withstand the elements, said Master Sgt. Robert Snyder, 62nd SVS.

"The rink we installed in 2000 contained wood which wasn't pressure treated enough to put up with Washington's wet weather," Sergeant Snyder said. "Now we have an all-weather rink that's going to last. It's just a better product for our customers."

New safety netting and goals were also installed, he said.

The squadron purchased electronic timers for the softball scoreboards so players can see how much time is left during each game.

Funds also allowed for the purchase of a weight bench and free weights in the fitness center

annex's family fitness area, said Bill Johnson, 62nd SVS athletic director.

"Parents now have the ability to get more of a total workout," Mr. Johnson said.

Other additions to the annex include new upright bikes and stair steppers with television screens, an abdominal machine, 15 additional spin bikes, and a TV and DVD player with assorted DVDs so patrons can do aerobics at their own pace.

"It works well for squadrons [because they] can watch DVDs for their physical training if for some reason their instructor can't make it," Sergeant Snyder said.

The fitness center gained several new pieces of equipment, including stair steppers with built-in TVs.

With the addition of the new stair steppers, fitness center staff moved the machines to face the wall, making movement throughout the cardio room a bit easier, Mr. Johnson said.

The built-in TVs also give patrons the option to watch whatever they want on the fitness center's basic cable package during their workout, he said.

# Battle-tested warriors

## Two 22nd STS members earn Bronze Stars for their valor

By  
Tyler Hemstreet  
Staff writer

Tech. Sgts. Jared and Brad of the 22nd Special Tactics Squadron were awarded the Bronze Star Medal with Valor last week for their bravery and heroism while serving in Afghanistan in 2006.

Col. William Sherman, 720th Special Tactics Group deputy commander, presented the medals to the two sergeants as they stood in front of 22nd STS squadron members and family.

Sergeant Jared supported the Australian Special Air Service Regiment during a 31-day patrol. He single-handedly coordinated air and ground forces while under enemy attack for nearly six hours.

Sergeant Jared's Australian counterparts credited him as the primary reason for their team receiving zero casualties, due to his successful control of more than 41,000 pounds of ordnance, effectively neutralizing numerous Taliban and anti-coalition militia.

Sergeant Brad also served on a joint team whose mission was to deploy into combat and hostile environments.

He provided close air support and executed reconnaissance missions that led to the apprehension of 60 anti-coalition militia, nine Taliban commanders and more than 100 Taliban fighters.

*"Both combat controllers took the fight to the enemy by integrating air power with ground combat operations, and they did so with the determination of battle-tested warriors."*

— Lt. Col. Jeffrey Staha  
22nd Special Tactics Squadron commander

"Both combat controllers took the fight to the enemy by integrating air power with ground combat operations, and they did so with the determination of battle-tested warriors," said Lt. Col. Jeffrey Staha, 22nd STS commander.

Both Airmen said that it was nice to be recognized but credited their training for helping them perform in combat situations.

"You spend so many years over and over again doing the training, and when it starts to go down you just know what you're supposed to do," Sergeant Brad said.

Throughout his mission, Sergeant Brad said he was always thinking about the safety of those serving next to him.



BRAD



JARED

"You have other people out there relying on you to do your job," he said.

"I think you get more nervous and afraid of failing the guys next to you than you actually do surviving the situation."

Sergeant Jared said he felt the same as Sergeant Brad about his situation.

"I know all my counterparts came back in one piece, and I know that's probably the mission success for me," Sergeant Jared said.

Colonel Sherman praised the entire 22nd STS for the role it played in helping some of its own receive the medals.

"Everyone in the squadron helped contribute to put those guys in a position to do what they do," he said.



**Chiefs' induction ceremony**

The 62nd and 446th Airlift Wing chiefs' groups will combine their chief induction ceremonies into a single event Feb. 23 at McChord's Clubs and Community Center. Social hour begins at 6 p.m. with dinner starting at 7 p.m. The cost of dinner is \$26 and attire is mess dress for active duty members or semi-formal coat and tie for civilians. To R.S.V.P. or for more information, call Chief Master Sgt. Sheila Copeland at 982-2586 or Chief Master Sgt. Ronnie Murphy at 982-4189.

**OSC scholarships**

McChord's Officer's Spouses Club is accepting applications from Air Force family members for scholarships. Interested individuals may obtain applications from the following places on base: the education center, the Airman and Family Readiness Center, the library and the thrift shop. Applications must be received by March 1.

**Smooth Move workshop**

Those individuals who are undergoing a permanent change of station within the next six months are eligible to attend the Smooth Move workshop from 9 to 11:30 a.m. each fourth Wednesday of the month at the Airman and Family Readiness Center, Bldg. 551. Rep-

resentatives from several base agencies will be on hand to answer PCS-related questions. To register for the workshop, call the AFRC at 982-2695.

**Youth soccer**

Registration for youth soccer is underway. Interested children must have a physical on file at the youth center that will not expire during the season before they can register. For more information or to volunteer, call Chuck Williams at 982-3432.

**Women's conference**

The 2007 Women's Conference is scheduled for March 9 and 10 at Fort Lewis' Stone Education Center. The conference is open to all ID card holders. Toni Hill, community advocate for children and spouse of retired Army Gen. James Hill, former I Corps commander, will be the keynote speaker. For more information, call 964-1071 or e-mail [womensconference@hotmail.com](mailto:womensconference@hotmail.com).

**Scholarships for military kids**

Each year the Defense Commissary Agency's Scholarships for Military Children program awards hundreds of scholarships to qualified seniors planning to enroll in a four-year program of study the following fall or to college students already enrolled in a

four-year program. For more information or to apply, visit the program's Web site at <http://www.militaryscholar.org>.

**Infant massage classes**

An infant massage class will be held from 10 to 11:30 a.m. Thursday at the Escape Zone in Bldg. 841. This class is for babies who are less than 8 months old. For more information or to register, call 982-9043 or 982-9040.

**UFT training**

The Air Force Personnel Center is currently accepting applications for the undergraduate flying training selection board. The board will review active duty officer applications for selection for pilot, combat system officer and air battle manager training. For more information on the program or to apply, call formal training at 982-3357.

**Vehicle decals**

Department of Defense vehicle decals are issued from 7:30 a.m. to 4 p.m. Monday through Friday at the visitor control center. Decals may also be obtained 9 a.m. to 4 p.m. Monday through Friday in Bldg. 100, Suite 1001E. Drivers must have their vehicle registration, driver's license, insurance and DOD identification card to obtain a decal. For more information, call 982-2256.

# 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 Youth**

**Confirmation and Rite of Christian Initiation for Adults** are 6:30 p.m. Wednesdays, through April.  
● **Adult Bible Study** is from 11:00 a.m. to 1:30 p.m. Wednesdays.

## 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 at the chapel support center  
11 a.m. Traditional Worship: Chapel One  
11 a.m. Contemporary Service: chapel support center

**Jewish Services:**

Friday: 6 p.m. Fort Lewis Chapel every 1st, 3rd and 5th at the corner of 12th Street and Liggett Avenue 966-8949

**Orthodox Activities:**

Sunday: 9:30 a.m. Divine Liturgy, St. Nicholas Church, 15th Street and Yakima Avenue, Tacoma

**Other services:**

Orthodox Christian Community, Cascade Chapel, Fort Lewis  
Sundays: 8:45 a.m. pre-Communion prayers  
9:30 a.m. Divine Liturgy

Confession is by appointment only; call Father John Anderson at 967-1717 or 906-6843, or e-mail [father.anderson@us.army.mil](mailto:father.anderson@us.army.mil)

