

# The NORTHWEST AIRLIFTER

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McChord Air Force Base, Wash.

Connecting Team McChord with the Combat Airlift Mission

December 14, 2007

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## Traffic delays, limited customer service due to exercise scenarios

By

Tyler Hemstreet  
Staff writer

Long lines, long waits and possible evacuations could be a common occurrence in certain areas on base in the weeks leading up and throughout the Unit Compliance Inspection and accompanying terrorism exercise, which runs from Jan. 8-16.

Other than personnel reporting for duty, base officials are strongly urging people with routine, non-emergency business to postpone their errands until the UCI concludes.

Heightened security measures may affect traffic at the gates, certain buildings will be closed and situations may come up that will affect access to certain roads on base during the exercise, said base inspector general support lead Tom Thompson, 62nd Airlift Wing.

"Those days are not going to be good days to come on base," he said.

Certain locations on base such as the customer service mall, the library and the base clinic will be affected in one way or another due to being a shelter-in-place location or something that plays a role in an exercise, Mr. Thompson said.

"The inspection is going to be very invasive," he said.

Most of the 62nd Mission Support Squadron service providers throughout the customer service mall will be participating in and responding to the exercise, said Lt. Col. Rhonda Larson, 62nd MSS commander.

"Service will be impacted by many of the exercise events," Colonel Larson said.

For customers who have an urgent situation such as a lost ID card or require casualty assistance services, Colonel Larson recommends calling the corresponding office before coming on base.

The 62nd Medical Group's clinic will not close down completely, but people may experience possible delays or cancellations due to the heightened security measures during the exercise, said 2nd Lt. Sarah Lindsay, 62nd Medical Support Squadron.

"Some people may have to cancel or reschedule appointments due to the exercise," Lieutenant Lindsay said.

There are also plans to make the exercises in the following weeks a bit more realistic than they have been in previous exercises in order to prepare for the UCI, said Maj. Stephen Polomsky, 62nd Airlift Wing chief of plans and programs.

"People will encounter many inconveniences if they come on base (during the exercises)," he said.



Photo by Abner Guzman

## Thank goodness it's Friday

Master Sgt. Dale Gagnon, left, 62nd Airlift Wing, and Master Sgt. Anthony Figueroa, 62nd Operations Support Squadron, work their way through the buffet line during First Friday festivities Dec. 7 at the base track pavilion. First Friday is held on the first Friday of each month and offers Airmen the chance to socialize and enjoy a variety of appetizers.

## 22nd STS to host awards ceremony open to entire base

By

Tyler Hemstreet  
Staff writer

**Editor's note:** Due to operations security, some 22nd Special Tactics Airmen are not fully identified in this story.

The 22nd Special Tactics Squadron will host a large-scale awards ceremony at 3:30 p.m. Tuesday at Hangar 9 to honor a select group of Airmen in the squadron.

The ceremony will feature the presentation of one Silver Star, 11 Bronze Stars, two Purple Hearts and more than 10 Combat Action Medals to various Airmen in the 22nd STS who recently returned from the unit's latest deployment to the U.S. CENTCOM area of responsibility.

"The impact of this small, yet highly trained special operations force can't be overstated," said Col. Jeffery, 22nd STS commander. "The 22nd STS warriors integrated with U.S. and coalition special operations forces leveraged airpower with great precision and affect that ultimately led to the demise of more

than 1,700 enemy fighters during our last two deployments."

The ceremony offers a great chance for the 22nd STS to show the rest of the base population just what role it plays in the Global War on Terror, said Capt. Matthew, 22nd STS.

"We're most excited about our Air Force brothers hearing the citations and what our guys do out there," Captain Matthew said. "It will be nice to have them there because it highlights the fact that we are all in the same fight."

Although the squadron's motto of "The Quiet Professional" is the hallmark of being a special operator, some Airmen are being singled out for their exceptional gallantry and bravery because of what the unit has achieved on the battlefield, Colonel Jeffrey said.

"You can't help but say 'wow' for what these guys have done and what amazing things they have been through," Captain Matthew said of each award winner's declaration.

Military members attending the ceremony are welcome to come in their battle dress uniform.

For directions to Hangar 9, see page 6.

### Weekend Weather

FRIDAY	SATURDAY	SUNDAY
Hi: 44 Low: 36	Hi: 45 Low: 37	Hi: 45 Low: 36

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

### Mission accomplished

Total McChord sorties .....	16,604
Total flying hours .....	54,406.7
Cargo moved (tons) .....	118,860.0
Departure reliability rate .....	94.5%
Mission capable rate .....	83.6%
Personnel currently deployed .....	427
Reservists currently activated.....	181
(Jan. 1 to Wednesday. Numbers updated Wednesday.)	

### Don't miss it ...

#### Free holiday concert

The Lakewood Community Orchestra will put on a free holiday concert at 7 p.m. Monday in the base exchange mall.

# As UCI draws near, remain steadfast in preparation

By

Col. Shane Hershman

62nd Airlift Wing vice commander

If you found yourself sheltered-in-place, getting recalled, or waiting at a longer line at the front gate this week, you may have been expecting this and it should remind you that we have a very large inspection coming up in January. The UCI is just 22 days away and you have all done a great job completing a busy week full of exercises in preparation for this inspection. We still have a few more weeks ahead of us to prepare, and we will have more exercises to practice for the emergency response portion. McChord will be the first unit to receive a grade on emergency response in Air Mobility Command.

Each unit is checking to make sure it is in compliance with published instructions from the Air Force, AMC and the unit operating

instructions. We need each and every one of you to go through your checklists multiple times. Even if you have a "green" item, you may want to double check that item to see if any discrepancies have arisen.

If you have something wrong, this is not a time to overlook it. Bring up any issues you may have with your leadership so they can help resolve the problem and determine the way ahead to fix the non-compliance issue, document the problem and see what the corrective plan is.

No issue is too small to document that you are not in compliance.

We will continue to have multiple no-notice and scheduled exercises. This is not a time to lock your door to complete "real world" tasks, if you are directed to SIP then precede to the shelter. Each building has placards directing where the shelter is for that building. Look for the placard when you

are in a new building and know what you would do if told to SIP. You will not be able to head back to your squadron.

React to any given situation safely and with a sense of urgency. If you are the senior ranking individual, then take charge and start accountability for the members in your care. Report to your GCC the location and numbers of members and any injuries.

If you see something suspicious, this is not the time, nor is it ever, to turn your head and hope someone else knows what to do. This is a time to step up and lead whether you are an Airman basic or a squadron commander. Show that you are concerned for the safety of yourself and others around you and do the right thing. Doing the right thing with a sense of urgency will only better prepare us for a real world situation.

Once again, I thank you for all the hard work you have been doing in preparation for this important



Col. Shane Hershman, 62nd Airlift Wing vice commander.

inspection. I ask for your continued diligence in this task so that we may rest easy during the holidays knowing that we are fully prepared to meet the inspection team in January.

## Deploying or returning from deployment, wear uniform with pride

By

Maj. Christopher Lavallee

62nd Services Squadron commander

As the holidays approach and I again find myself spending quite a bit of time in airports, I'm always struck by the Army personnel transiting through various airports in uniform as they either prepare to deploy to or return from the Middle East. A common sight in nearly all these instances is the large numbers of civilians who stop these patriots and thank them for their service to our country.

At my previous duty location, I had the honor of greeting a large number of my deployed com-

rades who were coming back from contributing to the Global War on Terror. When they returned from their deployment, I met all of them at the airport. I chose to greet them upon their return dressed in my battle dress uniform. To my surprise, all of them came off the aircraft wearing civilian clothing. But what was more surprising in all of this were the large numbers of people in the baggage claim area who came up and asked me where I was coming in from, and wanting to thank me for serving merely because I was wearing my uniform. Yet the Airmen who had actually served their time in the area of responsibility went unnoticed and unthanked.

About eight months following this incident, I was honored to be notified that I would be

deploying with 25 of my own personnel from my previous duty location. At that point, there was still much discussion in the Air Force about the wear of desert combat uniform while traveling to and from the area of responsibility. Based on my previous experience, as well as what I'd seen from the Army, one of the first questions I asked was whether or not I could wear my uniform in transit to the AOR. This question had apparently been asked before, because within days of asking my question, we received official message traffic stating that Air Force members traveling through the United States now had the option of wearing their uniforms as they headed to the

See UNIFORM, Page 6

## Professionals

of the week

### 62nd Services Squadron

#### Staff Sgt. Sarah Alarcon

**Duty title:**  
Noncommissioned officer in charge storeroom

**Duty section:**  
Food service, Olympic dining facility

**Hometown:**  
Buffalo, N.Y.

#### Why she's tops:

Since Staff Sgt. Alarcon arrived on station this summer, she has taken over storeroom duties ensuring the Olympic Dining Facility stays within the three percent standard of how much food the dining facility sells, which is set by the Air Force Services Agency. The dining facility has maintained that three percent for five consecutive months. She was the focal point for the Combined Federal Campaign drive for the 62nd SVS and quickly established 100 percent contact and generated \$27,000 from the squadron. In preparation for the Thanksgiving meal, she ordered more than \$2,500 in food for 553 patrons who enjoyed a great event.



#### Danielle Frisbey, NF-II

**Duty title:**  
Recreation assistant

**Duty section:**  
Services, youth programs

**Hometown:**  
Born in Germany.

#### Why she's great:

Ms. Frisbey has taken a strong interest in improving the teen program. She volunteered to be the Keystone Club advisor. As the advisor, the teens have chosen officers, conducted a fund raiser, and organized the Haunted House. Recently, she and a volunteer conducted a spa evening for young women and a few young men for six hours during the teen lock-in. They gave manicures, pedicures, facials, and spoke with them about proper hygiene and self esteem. She enhanced the program by sending the teens home with grab bags filled with spa items. One day she hopes to run and operate her own hair salon.



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# Eagle Eyes program requires participation from everyone

By

Richard O'Brien

Air Force Office of Special Investigations

Terrorist-like criminals can strike anywhere or at any time. The Air Force has a program that engages everyone in the detection and mitigation of terrorist acts. The program is known as Eagle Eyes. Eagle Eyes is a global neighborhood watch program and enlists the help of everyone; military, dependents and civilians located both on- and off-base to report suspicious activities that they observed through the normal course of their day.

The program focuses on behaviors that fall within seven categories that may indicate that something more nefarious may be happening. Anyone observing these behaviors through the normal course of their day is asked to call the 62nd Security Forces Squadron at 982-5624.

The seven categories are surveillance, elicitation, test of security, acquiring supplies, suspicious persons or vehicles, dry run and deploying assets.

- **Surveillance:** Someone recording or monitoring activities. This may include the use of cameras (either still or video), note-taking, drawing diagrams, annotating on maps or using binoculars or other vision-enhancing devices.

- **Elicitation:** People or organizations attempting to gain information about military operations, capabilities or people. Elicitation attempts may be made by mail, fax, telephone or in person.

- **Tests of security:** Any attempts to measure reaction times to security breaches or to penetrate physical security barriers or procedures in order to assess strengths and weaknesses.

- **Acquiring supplies:** Purchasing or stealing explosives, weapons, ammunition, etc. Also includes acquiring military uniforms, decals, flight manuals, passes or badges (or the equipment to manufacture such items) or any other controlled items.

- **Suspicious persons or vehicles:** People/vehicles who don't seem to belong in the workplace, neighborhood, business establishment or anywhere else. This includes suspicious border crossings, stowaways aboard ships and people jumping ship in port.

- **Dry run:** Putting people into position and moving them around according to their plan without actually committing the terrorist act. This is especially true when planning a kidnapping, but it can also pertain to bombings. An element of this activity could also include mapping out routes and determining the timing of traffic lights and flow.

- **Deploying assets:** People and supplies getting into position to commit the act. This is a person's last chance to alert authorities before the terrorist act occurs.

The Eagle Eyes program is intended to enlist the help of the community in preventing terrorism. Law enforcement cannot be everywhere, so they need the eyes and ears of the entire community in protecting the base, the community and country.



## Christmas trees

The Top 3, the Chief's Group, and the First Sergeant's Association will have Christmas trees available daily from 10 a.m. to 8 p.m. until Dec. 21 at the 62nd Civil Engineering parking lot across from Burger King. Douglas firs and Noble firs are available. For more information, call Master Sgt. Bill Baker at 982-5890.



# Force protection depends on community involvement

By

William Bravo

62nd Airlift Wing antiterrorism office

The Department of Defense uses many tools to further its antiterrorism programs. Some have catchy titles such as the "Tis-Wig" or Technical Systems Working Group. Others sound more grand, such as Force Protection Corporate Structure. There are dozens of councils, boards and working groups in Air Mobility Command alone that seek to guide and implement protective programs.

But we have the best antiterrorism and security tool right here: our community. Especially with the holiday season upon us, the key to using this tool is fostering a culture of security awareness where every Soldier, Sailor, Marine, Airman, civilian employee and family members aids in the protection of our community and organization.

If conducted well, security programs are an investment in our quality of life and not an inconvenience. We can post more guards and buy the best technology, but the overall effect doesn't likely match the capability we can gain when everyone is involved in protecting each other, our assets and our missions.

Guards, guns and gizmos can't economically provide the level of protection we seek. The quickest and most cost-effective way to improve security in a community or organization is through education and awareness.

We spend millions of dollars and thousands of hours preparing for crisis management – our actions in responding to a threat, incident or crime. We likewise train and prepare for consequence management – recovering from an incident. Crisis and consequence management are largely reactive and after the fact. Security and antiterrorism awareness are proactive measures that can prevent a crime or incident, or, should one occur, hasten and improve our response. They affect all aspects and phases of our protective programs.

Crime, including terrorism, often relies on three elements: motivation to commit the act, opportunity and the capability. Security awareness impacts all of these and keeps us safer.

An organization that promotes vigilance will close the window of opportunity for an adversary by detecting them faster and possibly deterring the act. An alert and educated organization likewise wears down an adversary's capability. Security awareness complicates the planning and execution cycles in criminal and terrorist acts. It



Airman First Class Lawrence Barnard, 62nd Security Forces Squadron, waits while motorist Shawn Brannen searches for his registration during a recent random anti-terrorism measure inspection of his vehicle at the Barnes gate.

Photo by Abner Guzman

simply makes all aspects of the crime or act harder.

Our response is faster and our decision-making more accurate when everyone pulls together to protect each other. We get greater freedom of movement by focusing on the right things and we decrease an adversary's or criminal's margin of error – positively impacting our quality of life by deterring or limiting many ill effects.

This deterrent factor is a reflection of our acting on the motivation to commit an adverse act. With better information and greater focus provided by an alert community, we can carefully select tactics and wisely commit our resources for everyone's safety and security.

Leveraging the strength of our community

through awareness and education includes weaving a security culture through all aspects of our community. Increasing our vigilance where everyone reports or challenges a suspicious event is vital. This entails knowing the threat, appreciating our risk, and a familiarity with contacts for reporting an event or incident.

On our installation, 1,000 sets of eyes and ears are more powerful than the few hundred the 62nd Security Forces Squadron represents. By embracing all functional areas, we will have more holistic protection. Including security, crime prevention, antiterrorism, information assurance, force medical protection, and safety in our education and awareness efforts will make our community safer and more secure.



McChord's Airmen

# AROUND THE WORLD



Courtesy photo

**MANAS AIR BASE, Iraq** — Members from the 62nd Mission Support Group stand with members from the 407th Expeditionary Services Squadron during a recent deployment.



Photo by Master Sgt. Greg Kunkle

**SOUTHWEST ASIA** — Staff Sgt. Douglas Olsen, 379th Air Expeditionary Wing Public Affairs, and Airman 1st Class Nicholas Jansen, 379th Expeditionary Civil Engineer Squadron, cut the birthday cake as the oldest and youngest Airman celebrating a birthday in the month of December during a birthday dinner hosted by senior noncommissioned officers and officers at a Southwest Asia air base. Sergeant Olsen is deployed from McChord and Airman Jansen is deployed from Ramstein Air Base, Germany.



AOR. Shortly thereafter, I held a meeting with my deployers and announced that our unit would be traveling all the way to the AOR in our DCU uniforms.

I initially received a little bit of push-back, as well as various arguments about why we shouldn't travel in uniform — including the normal arguments about comfort and security. Despite these arguments, I felt it was important enough for the Airmen to be seen proudly wearing their uniforms as we departed to do our nation's work. As events unfolded, I think that by and large, my personnel were surprised at the reception we received along every leg of our trip. It seemed nearly impossible to move through any of the airports we stopped at without people wanting to recognize our service and the sacrifices we make. Given the often negative view of the Global War on Terrorism that is portrayed in the media, it was refreshing to see the overall outpouring of support for our mission and the importance of our task at hand.

As our rotation wrapped up, I again made the decision that our unit would travel all the way back home in our DCUs. I can honestly say that the response we received, as well as the lasting impression we left of the Air Force, have convinced me that my personnel and I will continue to transit to and from the AOR in their DCU or airman battle uniforms.

I also understand that Air Force leadership has changed their stance in the period since my last deployment and now highly encourages Air Force members to wear their uniforms to and from the AOR. I think it's vastly important to do so, and see this policy as a necessary step in helping to keep up awareness of the struggle we're in, as well as the great contributions that our Air Force continues to make. For my unit, highly encouraged translates to: we will proudly wear the uniform each and every time we deploy or redeploy.

## **Directions to 22nd STS ceremony on Tuesday**

From main gate, turn left onto Barnes Blvd. Continue straight all the way to 8th Street. Turn right on 8th Street and Bldg. 1166 (Hanger 9). It is directly across from the intersection of 8th and B Street.

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a story idea?**

**Spread the news in  
*The NW Airlifter!***

**Call Public Affairs at  
982-5734**

**or e-mail us at**

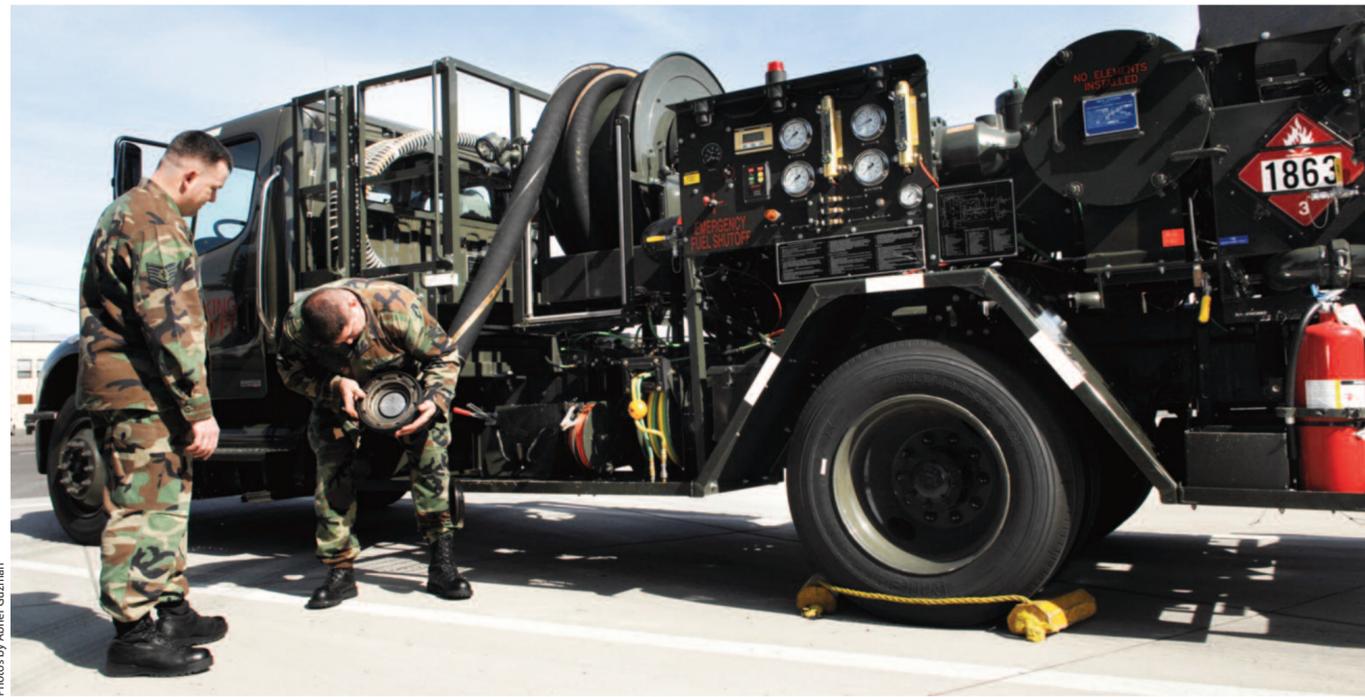
**northwestairlifter@mcchord.af.mil**



Senior Airman Bradley Zink, a fuel distribution operator assigned to the 62nd Logistics Readiness Squadron, inspects a refueling hose for cuts and leaks during an equipment check.



Sergeant Carrow, left, and Sergeant Pinkham inspect a fuel spill respond kit to ensure Airmen have inventoried and properly stored items needed in the event of an emergency.



Tech. Sgt. Greg Carrow, left, and Staff Sgt. Joseph Pinkham, both 62nd LRS, carefully examine a hydrant coupler attached to an R-11 fuel truck servicing vehicle during a routine spot check inspection.



Sergeant Pinkham checks the seal on a manhole located on the catwalk of an R-11 fuel truck during a spot check.

# Fueling McChord's mission

## *LRS compliance/environmental section works to keep Airmen, environment safe*

By Tyler Hemstreet  
Staff writer

The 62nd Logistics Readiness Squadron's compliance and environmental section has a front row seat to the action Monday as the Air Force commemorates the 104th anniversary of the first powered flight by piloting the first transcontinental flight using a blend of synthetic fuel.

A McChord C-17 Globemaster III will take off from here bound for McGuire Air Force Base, N.J., on a 50/50 blend of synthetic fuel and JP-8.

The transcontinental flight demonstrates the fuel blend the Air Force hopes to one day use in all its aircraft and ground vehicles.

Certification of the synthetic fuel blend in the service's C-17 fleet – which uses the Pratt and Whitney F117-100 engine – is expected in early 2008.

As the journey continues down the new path of the synthetic fuel experiment, the 62nd LRS' compliance and environmental section will continue to make sure the fuel will not pose a threat to Airmen, infrastructure and the local environment.

Whether Airmen are sampling fuel from an underground pipeline to test it for contaminants or fueling up a C-17 on the flight line, the risks involved with working with hazardous fuels are always present.

The fuels compliance and environmental section's job is to make sure safety to Airmen and the surrounding environment is a top priority.

"Since we're the biggest handler of hazardous materials on base, we try to maintain the equipment, land and people," said Tech. Sgt. Gregory Carrow, 62nd LRS.

Using the Air Force Instruction that specifically governs fuels as a guide, the compliance/environmental section's Airmen keep a close eye on the testing process the fuel samples pulled from the pipeline are put through, said Sergeant Carrow. They also check to make sure each sample meets a specific chemical makeup outlined in the Defense Energy Support Center contract with the fuel supplier, U.S. Oil and Refining.

The section not only checks jet fuel, but also diesel and automobile fuel for the base, Sergeant Carrow said.

Careful attention also goes into checking each piece of equipment in the fleet that pumps the fuel. Hydrant trucks pump nearly 1,200 gallons per minute, while tanker trucks can pump 600 gallons per minute. With that much fuel being moved from one object to another on a routine basis, the filters in the equipment are analyzed weekly, Sergeant Carrow said. The trucks and equipment are also checked for leaks.

The checks may include no-notice spot inspections checks to see if everyone is fol-

lowing the correct procedures, he said.

"We go out and make sure Airmen are being safe while they're doing their jobs and if they're getting the correct results for what they're doing," Sergeant Carrow said. "We try to focus on showing what they can improve on."

The section also puts a significant amount of effort into training Airmen on how to contain a spill and what equipment to use should it ever happen, he said.

"We not only have to abide by Air Force rules, but also state and federal Environmental Protection Agency rules when it comes to the environment," Sergeant Carrow said.

If a spill does occur, the section is quick to make sure the environment and local habitat is protected, said Staff Sgt. Joseph Pinkham, 62nd LRS.

Any type of spill over four gallons requires the section to generate a fuel spill report, he said.

"We have to ask, 'Where does it go and does it have a storm drain or does it go into an oil/water separator?'" Sergeant Pinkham said.

Detailed maps of where all the water drains end up help the compliance/environmental section Airmen determine where to conduct tests and cleanup efforts for hazardous materials that may end up in the water, Sergeant Pinkham said.



Sergeant Pinkham observes fuel distribution operators during a checkpoint inspection of an R-12 fuel truck servicing vehicle.

# Boxing trio visits Hurlburt Field Airmen

By

Tech. Sgt. Kelly Ogden

1st Special Operations Wing Public Affairs

HURLBURT FIELD, Fla. — Boxing promoter Don King and two world champion boxers talked to Airmen and signed autographs during a meet-and-greet session Dec. 5 at Hurlburt Field, Fla.

Five-time boxing world champion Felix Trinidad and eight-time boxing world champion Roy Jones Jr., on their “We Care” tour, stopped at the special operations base to boost morale and to promote their fight at Madison Square Garden in New York City scheduled for Jan. 19.

As part of their four-hour visit, the group toured units unique to the base and the Air Force.

“I am so happy to be here in this visit to the military bases,” Mr. Trinidad said. “For me, it’s a great experience, and I’m happy to do it.”

First on the agenda was a trip to the 4th Special Operation Squadron, the largest of the nine flying squadrons within the 1st Special Operations Wing, where the group was given a detailed tour of the AC-130U Spooky Gunship.

Upon arrival, the group was greeted by more than 150 Airmen from the 1st Special Operations and Maintenance groups.

“I love my Airmen, and their morale, welfare and recognition has to always be at the forefront if you want to complete and win the mis-



Photo by Airman 1st Class Jason Epley

**Professional boxer Felix Trinidad, left, and promoter Don King, right, sign autographs and take pictures with Airmen from the 4th Special Operations Squadron Dec. 5 at Hurlburt Field, Fla. Mr. Trinidad, Mr. King and boxer Roy Jones Jr., visited Hurlburt Field as part of their tour of military installations to show support for military members.**

sion,” said Chief Master Sgt. James Wilkerson, the 1st Special Operations Maintenance Group superintendent. “Every day is great when operations and aircraft equipment maintenance personnel get to show off what they do for a living. The up-close and personal interaction with each of them was insanely incredible. From one-on-one time, to autographs, to team photos, the atmosphere was first class.”

Next, the group was whisked away to the 1st Special Operations

Equipment Maintenance Squadron’s Fabrication Flight. Flight members used their special water jet cutting center equipment to showcase their talent by cutting out personalized boxing mementos for the fighters to sign.

“You are the greatest fighting men and women in the world, and freedom isn’t free,” Mr. King said. “You’re willing to put your life on the line and put yourself in harm’s way to protect the cherished democracies, liberties and freedom we enjoy. God bless you!”

The highlight of the tour was the meet-and-greet session with Airmen at the Commando Fitness Center, which drew 300 Airmen and six media outlets.

“Without you guys being out there doing what you do, we wouldn’t have the freedom, the respect or the ability to give you guys the beautiful fight we are about to put on in January,” Mr. Jones said.

The boxer and promoter trio left no souvenir unsigned. Each fan had no less than two items, all requiring each of the three celebrity signatures. With smiles on their faces, the celebrities were willful participants in brightening the day of Hurlburt Field Airmen.

The tour culminated with a stop to the 720th Special Tactics Group Advanced Skills Training building where Senior Master Sgt. Mickey Wright, the AST superintendent and Tech. Sgt. Ruben Reyes, an AST instructor, showed the group numerous static displays with weapons, Humvees, all-terrain vehicles, tactical equipment and advanced skills Airmen.

Mr. Jones immediately jumped off the bus to commandeer a red combat controller beret and rocket launcher, while Mr. Trinidad grabbed an oversized rifle and began play-firing at the crowd of spectators while the combat controllers watched.

“The greatest nation in the world is America, and don’t you forget it,” Mr. King said. “I’m wishing each and every one of you happy holidays and a Merry Christmas. Ho, ho, ho!”



# Spangdahlem bodybuilder makes professional debut

By

Staff Sgt. Tammie Moore  
52nd Fighter Wing Public Affairs

SPANGDAHLEM AIR BASE, Germany — A Spangdahlem Air Base Airman made his professional bodybuilding debut at the World Natural Bodybuilding Federation World Championship Nov. 10 in New York City.

"I went as a representative of the U.S. Air Force, but I also went along with the German team assisting their amateur athletes competing in the Amateur International Bodybuilding Federation World Championship," said Troy Saunders, a master sergeant assigned to the 52nd Logistics Readiness Squadron.

More than 100 professional competitors from more than 30 countries competed in the championship. Saunders, who has competed in 54 bodybuilding shows, received his slot in the competition after his win of the overall International Class at the Swiss Natural Bodybuilding Federation Championships finishing in the top 10.

"It was an awesome experience to compete against athletes from around



Troy Saunders (left) stands with Frank Kaerger (third from left) who won the amateur middleweight class of the International Bodybuilding Federation Championship after the Nov. 10 competition in New York City. Saunders is a master sergeant assigned to the 52nd Logistics Readiness Squadron at Spangdahlem Air Base, Germany.

the world," Saunders said. "Competing in amateur shows has never been easy and the athletes always look very good. However, it is very humbling to be on stage with more than 100 well toned and very experienced bodybuilders. Every pro was at their best, and it has reenergized my drive to con-

tinue to improve."

To ensure all of the professional athletes were not using illegal performance enhancing methods, competitors were required to provide urinalysis samples as well as take a lie detector test to verify they are natural athletes.

"There were bodybuilders at age 60

who looked amazing, which is a testament to the many health benefits bodybuilding can impart to dedicated enthusiasts," Saunders said. "I was also very impressed with the camaraderie that drug-free bodybuilders displayed compared to other contests I have participated in. With the high quality of natural bodybuilders, I can only hope the sport continues to gain a stronger foothold in the market."

During the competition, Saunders assisted the German team with competition tips, color application and gave recommendations on stage lighting conditions.

"It was a privilege to help coach the German Natural Bodybuilding Federation team, which proved to be an even more rewarding experience than my own," he said.

Their lead team member, Frank Kaerger, won the amateur middleweight class of the INBF Championship.

Saunders said he was pleased that the concept of natural body building is becoming increasingly popular.

"It is a pleasure to know that natural bodybuilding has started to make a sizable impact on bodybuilding as a whole, and I am honored to be a representative of drug free bodybuilding," he said.

## 0-0-1-3



The medical standard is one drink for women or two drinks for men if a daily drinker. For periodic drinking, the standard is to keep the blood alcohol level or blood alcohol content under 0.05.

Use personal risk management  
Use situational awareness  
Use your wingman  
Use a friend

0 Drinks under age 21  
0 DUI's  
Max 1 drink per hour  
Max 3 drinks in one night

**DON'T DRINK AND DRIVE**



# Nondestructive inspection team strives to increase reliability

By

Kandi West

72nd Air Base Wing Public Affairs

TINKER AIR FORCE BASE, Okla. — Many have heard the saying, “If you step on a crack, break your mother’s back.” If Air Force aircraft inspectors miss a tiny crack in an engine or a critical component on a plane, the bird could fall out of the sky.

The Air Force nondestructive inspection, or NDI, team at Tinker Air Force Base ensures aircraft inspectors use the right tools and processes to catch the smallest cracks in order to keep aircraft in the sky.

“It’s not the smallest flaw you can find, it is the largest one you may miss that’s important,” said Karl Kraft, the Air Force NDI program office lead engineer.

The nine-member office is headed by the Air Force Research Laboratory and supports all field labs, including labs for the 190 active-duty, Air National Guard and Reserve bases worldwide.

“Anywhere there are aircraft flying, there will be an NDI presence,” said Michael Paulk, the chief of the Air Force NDI office.

The NDI team is testing new equipment and improving inspection processes to increase the reliability of field inspections and the probability of finding smaller flaws on aircraft critical components.

The first step was a \$1 million grant to take the mechanical probes used on the current systems at the Oklahoma City Air Logistics Center here and use them for manual inspections on aircraft parts in the field and at depot maintenance repair facilities.

Throughout the aerospace industry, a traditional manual eddy cur-

rent inspection (a process used to find small cracks invisible to the human eye) is roughly capable of finding a one-tenth of an inch crack as opposed to the OC-ALC’s engine inspection shop that can find cracks a tenth of that size with the automated systems, Mr. Kraft said.

“One key performance parameter of this program is to cut the current probability of detection size of surface eddy current inspections in half Air Force wide,” Mr. Kraft said. “If we can reliably detect smaller flaws, then maintenance intervals may be extended, increasing aircraft availability to the warfighter.”

The manual probe is similar to a pencil tip and very susceptible to titling that would reduce sensitivity. The new mechanical probes contain a specially designed coil that conforms to the surface and allows less degree of movement, increasing the probability of finding a smaller crack.

“This type of equipment will be used to reduce human factors that adversely affect inspector performance,” Mr. Kraft said.

Another human variable affecting performance is the type of training an inspector has received, Mr. Kraft said. NDI program office members want to create a new NDI reliability system that will standardize training throughout the Air Force.

The team has been performing probability of detection, or POD, studies for the past three years to measure the reliability of surface eddy current inspections in the field to identify shortcomings in inspection capability.

“The data is pointing toward the training,” Mr. Paulk said. “Typically inspectors trained at the Air Force NDI school did better in the POD studies than those only receiving training locally.”

The team is supporting the air

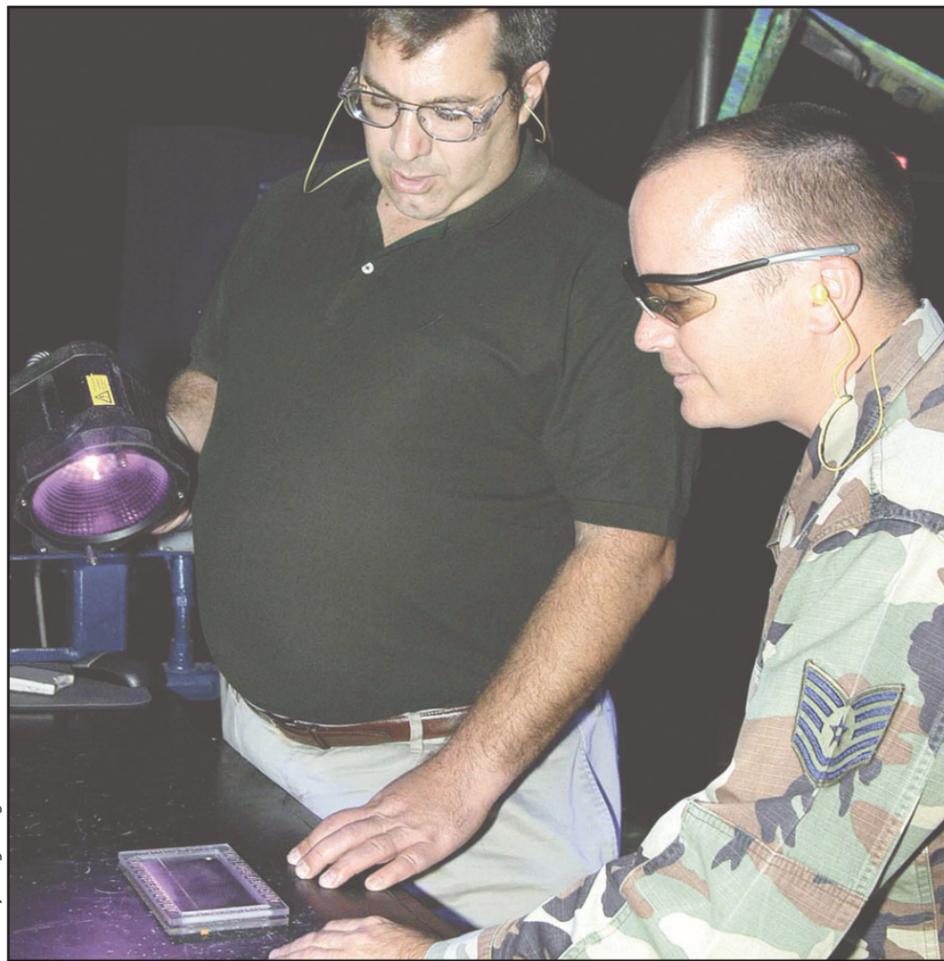


Photo by Margo Wright

**Michael Makowicz discusses local training administration with Tech. Sgt. Jim Loncher in November at Tinker Air Force Base, Okla. Technicians find fine cracks in aircraft engine components using a black light for help. Mr. Makowicz is a nondestructive inspection engineer, and Sergeant Loncher is an Air Force NDI field liaison.**

logistics centers on a training plan to overcome gaps between requirements and capability. The team is developing a standard training program where half of the training will be completed in the classroom. The other half will involve hands-on training. Tinker AFB is the lead in this effort, Mr. Paulk said.

The NDI team is also working on

acquiring noncontact scanning equipment that would allow for inspections without the probe contacting the surface of the part. A proposed scanner would allow a single device to scan aircraft skin surrounding a fastener without having to change probes to accommodate different fastener sizes. The proposed device would work for both raised and flushed fasteners.



# Follow simple hygiene steps to help prevent spread of staph infections

By

Capt. Bethany Druckenmiller  
62nd Medical Operations Squadron

Recently there has been an increase in the incidence of Methicillin-Resistant Staphylococcus aureus across the country. Staph infections, particularly MRSA, were once commonly seen only in nursing homes, hospitals or other health care settings. But more cases are showing up in the community, affecting otherwise healthy adults and children with little to no exposure to a health care setting.

Staph is a type of bacteria. It may cause skin infections that look like pimples, boils or spider bites. Skin infections caused by staph may be red, swollen, painful, or have pus or other drainage. MRSA is a type of staph infection that is resistant to certain antibiotics, making it harder but not impossible to treat.

Most staph skin infections are minor and may be easily treated, including MRSA infections. However, more serious infections can occur. Sometimes a staph infection that starts as a skin infection may worsen, especially if left untreated. Treatment for a staph skin infection may include taking an antibiotic and/or having a doctor drain the infection.

People are more likely to get a staph infection if they have skin-to-skin contact with someone who has a staph infection, contact with items and surfaces that have staph on them, openings in their skin such as cuts or scrapes, crowded living conditions and/or poor hygiene. Steps to preventing staph infection include:

- Frequent hand washing with plain soap and water.
- Keeping cuts and scrapes clean and covered with bandages.



Courtesy photo

**Hand washing is one of the easiest ways to prevent the spread of staph infections.**

ered with bandages.

- Not touching other people's cuts or bandages
- Wiping down contact surfaces and sports equipment with antiseptic wipes or solutions.
- Avoiding sharing personal items such as towels or razors.

If a cut becomes infected, it is important to seek medical attention to treat the infection. If an antibiotic is prescribed, be sure to take all of the doses

even if the infection is getting better. Do not share antibiotics with other people or save them to use later.

The 62nd Medical Group offers information pamphlets on MRSA, which are available in the main lobby. Additional information on MRSA can be found at the Tacoma-Pierce County Health department Web site at [www.tpchd.org](http://www.tpchd.org), or at the Centers for Disease Control at [www.cdc.gov](http://www.cdc.gov).



**Commissary hours**

The commissary hours of operation for Christmas Eve and New Year's Eve have changed. It will now be open 9 a.m. until 3 p.m. Dec. 24, (closed Christmas Day), and regular hours of operation on New Year's Eve, 9 a.m. until 8 p.m. (closed New Year's Day).

**Christmas trees**

The Top 3, the Chief's Group, and the First Sergeants Association will have Christmas trees available on the McChord Christmas tree lot. The lot will be open daily 10 a.m. to 8 p.m. until Dec. 21 at the 62nd Civil Engineering parking lot across from the Burger King. Douglas firs and Noble firs are available. For more information, call Master Sgt. Bill Baker at 982-5890.

**Lost and found**

The 62nd Security Forces Squadron is currently in possession of numerous

items of personal property such as bicycles, keys, etc. These items were found on or near McChord and may be reclaimed by contacting the Security Forces Investigation Section, located in Bldg. 160. For more information, call the Investigations Section at 982-5936.

**Physician's assistant training**

Applications for physician's assistant training classes beginning in January, April and August will be accepted no later than Jan. 25. See Education and Training course announcement catalog J9OQA42G1-01AA, physician assistant (Phase I), for course description, prerequisites, and application procedure. The selection board is scheduled to convene on March 19. For more information call Mr. Bruce Houseman at 982-3149.

**Air Force aid society**

Concerned about the soaring cost of higher educa-

tion for your children? Maybe the Air Force Aid Society (AFAS) can help! The Society's General Henry H. Arnold Education Grant Program awards \$2,000 grants to sons and daughters of active duty, Title 10 AGR/Reservists on extended active duty, Title 32 AGR performing full-time active duty, retired, retired Reservists with 20 plus qualifying years of service, and deceased Air Force members. Also eligible are spouses (residing stateside) of active duty and Title 10 AGR/Reservists on extended active duty and surviving spouses of deceased members. Don't think you won't qualify. Last year, 75 percent of the McChord certified entries received the \$2000 award! Call your AFAS section at the Airman & Family Readiness Center today at 982-2695 for more information and an application, or visit the Air Force Aid Society's web site at [www.afas.org](http://www.afas.org).



# Faith and Worship Programs

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

The following chapel program takes place at the base chapel support center, Bldg. 746, unless otherwise noted:

**Adult Bible study** is from 11 a.m. to 1:30 p.m. Wednesdays.

**Schedule of worship services**

**Catholic Services:**

All Catholic services are in chapel two.

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 967-6590

**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).

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