

# The NORTHWEST AIRLIFTER

Vol. 40, No. 34

McChord Air Force Base, Wash.

Connecting Team McChord with the Combat Airlift Mission

August 15 2008

## INSIDE

**McChord takes lead on Operation Purple Camp,**  
Page 3

**'Rumpelstiltskin' arrives at youth center,**  
Pages 10-11



**Base dietician answers nutrition questions,**  
Page 12

## Commander deploys to Korean exercise

By  
Tyler Hemstreet  
Staff writer

Col. Jeffrey Stephenson, 62nd Airlift Wing commander, deployed to Yongsan Garrison, Seoul, Republic of Korea, this week in support of the Combined Forces Command's Ulchi Freedom Guardian 2008 exercise.

The colonel will serve as the deputy director of mobility forces for the exercise, which starts Monday and runs through the end of the week.

"Exercises such as this one challenge young military personnel, as well as senior leadership, to practice and refine tactics and procedures while utilizing emerging technologies," Colonel Stephenson said. "I feel privileged to be able to deploy in support of this combined exercise, enhancing interoperability between the U.S. and the ROK military."

The annual ROK/U.S. combined exercise is based upon a computer simulation, and as with all other CFC exercises, is a defensive-oriented exercise and designed to improve the command's ability to defend the ROK against external aggression.

Until this year, the exercise was named Ulchi Focus Lens.

This year's exercise will be the historic in that it will be the first time the ROK warfighting headquarters will serve in a lead role while the U.S. headquarters will serve in a supporting role in preparation for Operational Control transfer in 2012.

United Nations Command has informed the Korean People's Army in North Korea about UFG 08 and assured them that this is a defensive military readiness exercise, and that it is not meant to be provocative in any way.



Photo by Abner Guzman

## Electric avenue

Staff Sgt. John Cote, 62nd Civil Engineer Squadron, places protective covers on utility cables prior to examining the air switch on a utility pole recently along Barnes Boulevard. The mission of the 62nd Civil Engineer Squadron is to provide, operate, sustain, develop and protect the base and its infrastructure.

## McChord aids in Republic of Georgia operations

By  
Capt. Shilo Weir  
Air Mobility Command Public Affairs

McChord's deployed 4th Airlift Squadron flew missions aiding in the redeployment of approximately 2,000 Georgian troops from Iraq to Georgia's capital, Tbilisi, on Sunday and Monday after the Georgian government asked the United States for assistance.

The 4th AS Airmen are deployed as the 817th Expeditionary Airlift Squadron headquartered at Incirlik Air Base, Turkey.

Team McChord joined other Air Mobility Command units in the response.

"We have crews engaged to deliver supplies to those in need, and oth-

ers on standby, ready to go at a moment's notice if called upon to go in and provide relief," said Gen. Arthur Lichte, commander of AMC.

Mobility Airmen delivered medical supplies in two C-17s Wednesday and Thursday, providing humanitarian assistance to Georgians in need. Mobility forces are postured for continued humanitarian efforts, AMC planners said Wednesday.

"We've been called on to provide relief before; air mobility is a unique asset for our nation," said General Lichte, noting air mobility's role in providing aid to the besieged population of Berlin during the Berlin Airlift. Mobility forces have engaged in multiple relief efforts in the 60 years since that historic operation.

Earlier this week, Air Force air-

lifters returned approximately 2,000 Georgian troops from their deployed location in Iraq. The U.S. previously committed to transportation of the troops when Georgia offered their participation in Operation Iraqi Freedom.

"Our airlift capability also allowed our nation to keep its promise to Georgia," said General Lichte. "When Georgia needed its troops at home, we were able to quickly provide the lift to get them there."

Command and control and coordination of the airlift effort is provided by the 618th Tanker Airlift Control Center at Scott Air Force Base. The 618th TACC coordinates an average of 900 airlift and air refueling missions each day, and can seamlessly redirect aircraft to support requirements for contin-

gency or humanitarian relief operations.

During Hurricanes Katrina and Rita the 618th TACC tasked nearly 900 sorties to support relief efforts, and mobility forces moved more than 14,600 passengers, nearly 3,000 patients, and hauled the equivalent of 686 semi-truckloads of supplies to and from the Gulf Coast region.

During Pakistan earthquake relief operations in 2005, the 621st Contingency Response Wing supported 273 U.S. missions, and provided 15,294,000 pounds of relief supplies, including more than 93,000 sleeping bags and 292,000 blankets. The wing also loaded 587 trucks and processed 4,481 pallets.

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

### Weekend Weather

FRIDAY	SATURDAY	SUNDAY
Hi: 92 Low: 65	Hi: 89 Low: 57	Hi: 80 Low: 54

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

### Mission Accomplished

Total McChord sorties .....	10,233
Total flying hours .....	33,349.5
Cargo moved (tons) .....	71,994.8
Departure reliability rate .....	94.2%
Mission capable rate .....	84.4%
Personnel currently deployed .....	203
Reservists currently activated.....	143
(Jan. 1 to Tuesday. Numbers updated Tuesday.)	

Don't miss it ...

## Blood drive

The base blood drive is from 8 a.m. to 4 p.m. Thursday at the Chapel Support Center.



## Letter to Airmen:

# Teamwork, discipline form bedrock of our organization

By

**Michael Donley**  
Secretary of the Air Force

On Wednesday we welcomed General Norty Schwartz as the 19th Chief of Staff of the United States Air Force! I am excited about our partnership, and I look forward to working with him as we lead the world's finest Air Force.

As part of my responsibility to you, America's Airmen, I have initiated several actions to focus our

efforts over the coming months. August has been set aside for strategic planning. Along with General Schwartz and other senior leaders, I am reviewing a range of issues that require immediate attention, as well as some that will require a deeper and longer look. Current issues with leadership interest include:

- The Air Force nuclear enterprise
- End strength
- Today's intelligence, surveillance and reconnaissance posture
- Incorporating Unmanned Aerial Systems (UAS) into tomorrow's Air

Force

- Acquisition excellence
- Cyber Command
- Global wing reorganization concept

Training

Teamwork and discipline form the bedrock of military organizations, enabling key accomplishments - such as fielding and deploying UAS earlier than programmed.

Congratulations to the Total Force on the MQ-9 Reaper's first combat mission in Iraq last month! Each of

us depends on the actions of others, and we expect that all Airmen hold themselves, their teammates, and their organizations to the highest standards of performance, ethics, and accountability.

Thank you to you and your families for your devotion to duty. As we move forward with our new leadership team, my charge to every Airman remains steady: to ensure that your every action adheres to the highest standards of Integrity First, Service Before Self, and Excellence in All We Do.

## The hardest job I've ever had could have been prevented

By

**Col. Tracy Smiedendorf**  
62nd Maintenance Group commander

I can still remember the event years later as if it happened yesterday. I received a phone call from the noncommissioned officer in charge of the Military Personnel Flight. I was informed that I had one hour to report to the MPF in service dress and lead a casualty notification team. The fatality wasn't in my squadron or from the base. The deceased Airman was stationed in Germany and his next of kin lived in Montana. Our base was the closest Air Force installation to their home.

I arrived at the MPF a few minutes later and began receiving instructions about where this town was located, what to say and do when we got

there and what not to say. As a commander I had to do some unpleasant things, but this was going to be the hardest job I ever had to do.

The other notification team members to join me were a chaplain and a nurse. We drove four hours across three states and arrived at 2 a.m. My heart was pounding fast as I entered the residence and then read the statement: "On behalf of the Chief of Staff of the Air Force, I regret to inform you of the death of your son." The emotion and grief they felt at that moment has stayed with me to this day. There wasn't a more somber task than what I had just carried out and I vowed to use this tragic event as a teaching lesson for those under my command.

That particular Airman died because he fell asleep at the wheel of his car and drove into oncoming traffic. He was on his way home from an

extended weekend visit to France and had not given himself proper rest. His failure to do the safe thing not only took his life, but it caused tremendous pain and suffering for his family, friends and fellow Airmen.

The consequences of your actions are not yours alone. They can and will effect others and you need to think about that each day as you go about your activities.

The Air Force goes to great measures to ensure your safety on and off the job because you are a valuable member of the team. So the next time you hear someone giving a safety briefing or telling you how to wear protective equipment, imagine someone notifying your next of kin that you are dead because of your failure to do the "safety" thing. Don't let anyone else have to go do the hardest job I ever had to do in the Air Force.

## The Sharp Airman ...

Maintains a professional appearance when it comes to hair and grooming.

- Hair is clean, well-groomed and neat.
- For men, hair should not exceed one and one-fourth inch bulk, will not touch ears and only closely cut or shaved hair on the back of the neck may touch the collar.

*Editor's note: The Sharp Airman is a leadership tool designed to reinforce professionalism of all Airmen.*

- For women, hair pins and bands must match hair color. Long hair should be secured with no loose end. As for length, hair should not extend below bottom edge of the shirt collar.
- Mustaches should not extend downward beyond the lip line of upper lip or extend sideways beyond a vertical line drawn upward from corners of mouth.
- Beards should not be worn except for health reasons when authorized by a commander, acting on advice of medical officials. With shaving waiver, beard should be trimmed so as not to exceed one-fourth inch length.
- Without a shaving waiver, Airmen should be clean shaven.

## Professionals of the week

### 62nd Maintenance Squadron

#### Tech. Sgt. Steven Huffman

**Duty title:**  
Aerospace ground equipment craftsman

**Duty section:**  
AGE inspection and repair

**Hometown:**  
New Bethlehem, Pa.

#### Why he's super:

Sergeant Huffman is an outstanding leader who excels in managing the inspection and repair section in the AGE Flight. He energized his team to conduct 223 inspections and more than 400 maintenance actions. He also streamlined the section's inspection schedule by carefully balancing maintenance on 430 units throughout the year, providing additional time for training opportunities through scheduling excellence. Sergeant Huffman's leadership was also instrumental in the flight maintaining an excellent 94 percent AGE in-commission rate.



#### Airman 1st Class Justin Mohr

**Duty title:**  
Aerospace ground equipment apprentice

**Duty section:**  
AGE inspection and repair

**Hometown:**  
Seatac, Wash.

#### Why he's tops:

Airman Mohr is an outstanding Airman who is an inspiration both on and off duty. He has performed 193 inspections and dispatched more than 2,000 pieces of equipment while maintaining a superb 100 percent Quality Assurance pass rate. He has conducted major diesel generator repairs, and recently he systematically troubleshot a unit identifying a shorted voltage regulator and replaced the faulty component, averting turning the unit for depot repairs and saving the Air Force \$1,300. As the current 62nd MXS booster club treasurer, he raised more than \$1,000 for morale events.



#### EDITORIAL STAFF

**62nd AW commander:** Col. Jeffrey Stephenson  
**Chief, Public Affairs:** Carrie Bernard  
**NCOIC, Public Affairs:** Staff Sgt. Oshawn Jefferson  
**Chief of Internal:** Airman 1st Class Kirsten Wicker  
**Editor:** Tyler Hemstreet  
**62nd Services Squadron contributor:** Patti Jeffrey  
**Photographer:** Abner Guzman  
**Graphic artist:** Lisa Lemmer  
**62nd Force Support Squadron contributor:** Patti Jeffrey

#### 62ND AIRLIFT WING, MCCORD AFB, WASHINGTON

The Northwest Airlifter is published by Swarner Communications, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with McCord Air Force Base. This commercial enterprise Air Force newspaper is an authorized publication for members of the U.S. military services.

Contents of the Northwest Airlifter are not necessarily the official views of or endorsed by the U.S. Government, the Department of Defense or the Department of the Air Force.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of

Defense, the Department of the Air Force or Swarner Communications of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron.

Advertising copy intended for publication should be submitted to Bill White, Advertising Manager. Business mailing address: P.O. Box 98801, Lakewood, WA, 98498. Free ads can be e-mailed to: classads@ftlewis.ranger.com or call Swarner Communications at (253) 584-1212.

#### CONTACT NUMBERS

Editorial content is edited, prepared, and provided by 62nd Airlift Wing Public Affairs. All photos are U.S. Air Force photos unless otherwise indicated.

**Mailing Address:** 62nd AW/PAI  
100 Col. Joe Jackson Blvd., Suite 1077  
McCord AFB, WA 98438

**Phone:** (253) 982-5637 **Fax:** (253) 982-5025  
**E-mail:** northwestairlifter@mcchord.af.mil

# McChord takes lead on Operation Purple Camp

By

Tyler Hemstreet  
Staff writer

Operation Purple Camp Washington kicks off next week and McChord will play a pivotal role in hosting 140 military children at Island Lake Camp on the Olympic Peninsula.

The camp is offered to children in every service entering seventh to 12th grade who had one parent deployed or orders to be deployed before September 2009.

According to the National Military Family Association, which sponsors Operation Purple Camp, the goal of the free summer camps is to bring together children who are experiencing the stress that goes along with having a deployed parent.

This year there will be 100 weeks of camp held in 62 locations in 37 states and territories, according to NMFA.

In addition to having a wide range of outdoor activities available to them at this year's camp, children will also have the chance to bond with their peers that are going through the same kind of experiences in dealing with deployments, said Operation Purple Camp director Josh Boisvert, 62nd Force Support Squadron.

Through planned activities such as spending a night out underneath the stars and eating a Meal Ready

To Eat pack to sitting in on a dependent pre-deployment and military briefing, children will also get a better feel for what their parents are going through, both the member who is deployed and the one staying home, Mr. Boisvert said.

"It can help them better understand what taking on the role of the deployed parent around the house means," he said.

Besides activities such as archery, arts and crafts and paintball, Mr. Boisvert said there are also plans to arrange some kind of military display for the children to see at the camp.

McChord is also taking an active role in mentoring campers, as seven active duty Airmen are set to work the camp as counselors.

Senior Airman Stephanie Mendez, 62nd Airlift Wing, worked as a summer camp counselor in high school and jumped at the opportunity to mentor children as part of Operation Purple Camp.

A three-year Air Force veteran, Airman Mendez said she knows a little something about being separated from her family for an extended amount of time – she was stationed in Korea at her prior duty assignment.

"We (Airmen counselors) can relate to them perhaps on a bit different level than some of their peers," she said. "I've always liked mentoring children. It's going to be fun."

While camp organizers say there



Courtesy photo

**A camper navigates the ropes course during last year's Operation Purple Camp at Camp Zanika Lache in Wenatchee, Wash.**

aren't plans to host a large forum for campers to talk about their parents deploying, there are opportunities after daily activities for them to talk about it if they want to, Mr.

Boisvert said.

Campers will also have support from two health care professionals that will stay at the camp all week long.



# Team McChord member wins Mariners contest

By

Tyler Hemstreet  
Staff writer

---

While this season of Seattle Mariners baseball will likely go down as one of the worst in franchise history, 62nd Civil Engineer Squadron civilian Ray Kelley may choose to remember things a little differently.

That's because the budget analyst recently won KOMO Radio and the Mariners' "Seven in the 7th" contest.

Each entrant into the contest is assigned one of the season's 162 games. If the Mariners score seven or more runs in the seventh inning of that game, the person wins \$7,000. Mr. Kelley's name was drawn for the Aug. 4 game against the Minnesota Twins. He received a letter in the mail three weeks before the game confirming his

date.

"I knew beforehand that was my day," said Mr. Kelley, who's been a Mariners fan for more than ten years.

While working at home on his computer the night of the game, Mr. Kelley had one ear tuned into the game on the radio.

His interest peaked in the fateful seventh inning after Raul Ibanez crushed a one-out grand slam to get Seattle its first four runs of the inning.

"After that I went out and turned on the TV because I thought there might be a chance," he said.

A couple of Minnesota errors, a walk, a couple more hits – including an RBI single by catcher Jeff Clement to drive in the seventh run of the inning – and the Mariners won Mr. Kelley a cool \$7,000.

"I was up and yelling ... I was having a ball," he said.

The fact that Mr. Kelley won is even more impressive considering the losing season the Mariners are having and the fact that they ranked 13th in the American League in runs scored entering this week.

"I would have to say my chances of winning the contest were slim to none," the first-time winner of the contest said. "I doubt they'll ever do it again."

A few days after winning, Mr. Kelley was interviewed live on KOMO Radio and he is scheduled to visit the booth and chat with the Mariners' play-by-play announcing team of Rick Rizzs and Dave Niehaus Sunday during the Mariners broadcast against Oakland.

He will also pick up a check for \$7,000.

Despite objections from various coworkers pining for a free lunch, Mr. Kelley said he plans to use



Photo by Tyler Hemstreet

**Ray Kelley, 62nd Civil Engineer Squadron, won \$7,000 in a Mariners radio contest.**

some of the money to help restore his classic Ford pickup truck and also plans to give some to his children.



*McChord Airmen* **AROUND THE WORLD**



Photo by Staff Sgt. Darnell T. Cannady

**SOUTHWEST ASIA** — Senior Airman Osealoe McNabb, left, and Staff Sgt. Bryan Roberts, both barrier maintenance journeymen for the 379th Expeditionary Civil Engineer Squadron, use sockets to remove screws from a Polaris Ranger during a recent deployment at an undisclosed location in Southwest Asia. Airman McNabb, a native of Newark, N.J., is deployed from the 62nd Civil Engineer Squadron here.



Courtesy photo

**SOUTHWEST ASIA** – Chaplain (Capt.) Cathy Scott hands out popsicles on the flightline for the 380th Air Expeditionary Wing during a recent deployment. Chaplain Scott is deployed from the 62nd Airlift Wing's Chapel Support Center.



# Travel regulation change protects military renters

---

 By
 

---

**Donna Miles**

American Forces Press Service

---

WASHINGTON (AFP) — A new change to the Joint Federal Travel Regulations authorizes the military to pay to move servicemembers and their families whose landlords default on property the military members are renting.

Bill Carr, deputy undersecretary of defense for military personnel policy and chairman of the Per Diem, Travel and Transportation Allowance Committee, approved the change Aug. 8, said Eileen Lainez, a Defense Department spokeswoman.

The change is retroactive to July 30, the date President Bush signed the Housing and Economic Recovery Act of 2008. That law strengthened regulation of Fannie Mae and Freddie Mac government-backed mortgage companies and created a new program to help about 400,000 families save their homes from foreclosure.

The federal regulation change is designed to help military servicemembers forced to relocate locally when landlords default on their mortgages, Mr. Lainez said. It does not apply to military members who own their own homes and default on their loans.

Army Lt. Col. Les Melnyk, a Pentagon spokesman, said the

change will come as welcome news to the high percentage of servicemembers who rent rather than buy their homes due to frequent moves. While more than 65 percent of Americans own their homes, only about 25 percent of servicemembers are homeowners, he said.

Because they rent their residences at disproportionately high numbers, servicemembers haven't been impacted as heavily by the foreclosure crisis facing many communities, he said. But anecdotal evidence indicates that a growing number experience the second-hand effects of the crisis when their landlords default and they are forced to quickly find new housing nearby.

“When that happens, the servicemember should not have to incur the cost of the move,” Colonel Melnyk said. “This change in the Joint Federal Travel Regulation ensures that they are financially protected when this happens and shows that we as a department care about our troops and their welfare.”

Colonel Melnyk encouraged servicemembers to contact their housing or administrative officers if they believe the new JFTR change may help them. In addition, he urged all servicemembers to take advantage of free legal and financial counseling offered at all military installations and through the Military OneSource Web site.

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



# Airmen feedback essential to additional duty study

By

Master Sgt. Kat Bailey  
Air Force Personnel Center  
Public Affairs

RANDOLPH AIR FORCE BASE, Texas (AFPN) — Airmen may now take advantage of a free-form text questionnaire, readily identifying additional duties they believe are non-value added or need redesigning. The Air Force Manpower Agency here will use this feedback to assist in the Air Force's drive to reduce additional duty demands in order to free up Airmen's time.

"We are currently working with Air Force functional managers to identify Air Force-level directed additional duties and get information out to the field on this important issue," said AFMA's Mr. Charlie DiPietro who is leading the study. "We need Airmen to share their views on the value and impact of the additional duties

they perform."

Air Force-directed additional duties are those supported by an Air Force Instruction or policy directive, for example, unit safety representative, supported by AFI 91-202.

The initial study, directed by the Air Force chief of staff, focused on the vast amount of ancillary training Airmen are required to complete every year. This initiative expanded to include additional duties and administrative tasks that also take time from primary duties. Air Force senior leadership decided one of the best ways to take care of Airmen is to give them time back by eliminating non-value added additional duties and ancillary training, or to make dramatic reductions consistent with law, policy and common sense.

"Additional duties are impacting Airmen's ability to perform their primary jobs," said Lt. Gen.

Richard Newton III, deputy chief of staff for manpower and personnel, during the June Air Force Process Council in Washington, D.C.

The plan for value-added additional duties is to consolidate as many as possible with reduced time requirements based on process improvements or to reduce the additional duty man-hour burden via automation, continued the general. Those additional duties that do not add value to the mission will be eliminated.

In addition to working with functional managers, AFMA will also ask major commands and wings to look at reducing locally-generated additional duties.

To get the needed feedback from the field, AFMA has created a Community of Practice on the Air Force Knowledge Now Web site called "Air Force Additional Duties Review - Saving Airmen's Time." Ultimately, the CoP will be the tool to provide updates on the study, a

feedback avenue for Airmen, and to house the master list of Air force prescribed additional duties in a single location.

"By using this type of feedback, we can provide faster updates and ensure we understand which areas need the most focus," Mr. DiPietro said. "Airman can access the CoP with a password via the Air Force Portal from their duty location or home, and gain immediate worldwide access."

The expectation is that we'll hear some of the best ideas from innovative Airmen serving at the unit level, he said.

Airman can access the CoP and the questionnaire on a secure link directly at <https://afkm.wpafb.af.mil/ASPs/CoP/OpenCoP.asp?Filter=AF-DP-00-70>. A Common Access Card is required. The Air Force Portal link is available at <https://www.dmy.af.mil/afknprod/ASPs/CoP/OpenCoP.asp?Filter=AF-DP-00-70>.

**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**



# AF leadership stresses 'back to basics'

By

**Staff Sgt. Monique Randolph**  
Secretary of the Air Force  
Public Affairs

WASHINGTON (AFPN) — The acting secretary and new chief of staff of the Air Force emphasized a “back-to-basics” approach to get the Air Force back on track in areas ranging from the nuclear enterprise to acquisition in a press conference Tuesday at the Pentagon.

Secretary Michael Donley introduced Gen. Norton Schwartz, who was appointed as the 19th chief of staff earlier in the day, and outlined the two leaders’ top priorities for the coming months.

“(General Schwartz) and I have several issues to address together: the nuclear enterprise, of course; care for our wounded warriors; our intelligence, surveillance and reconnaissance posture; the acquisition process; modernization and recapitalization; and, of course... continued support for the global war on terror,” Secretary Donley said.

In keeping with sentiments expressed in a ceremony held earlier in the day, General Schwartz spoke of the importance of maintaining the nation’s trust by applying the “back-to-basics” standards of precision and reliability in the

execution of every mission.

“My pledge to all today is that the Air Force will keep the promise to our teammates, our families and to all our partners who rely on us every day,” he said. “Precision and reliability is our standard, regardless of job or specialty, and we will return the vigor and rigor to all the processes and missions for which we have been entrusted.”

This pertains particularly to the nuclear mission, General Schwartz said.

“We will train, organize and inspect to that standard. The bottom line is we lost focus, and we’re bringing that focus back.

“We have a lot of work to do, but we have a lot to be proud of as well,” he said. “In those areas where others have found fault, we are going to work with a vengeance, and we will remain the world’s finest Air Force.”

Secretary Donley addressed acquisition, stating there is still work to do there as well.

“Acquisition is a very important priority for me,” he said.

“Obviously, not getting through the tanker protest was a major blow to our acquisition process, so I supported the Defense Secretary’s decision to move the next steps in that source selection process over from the Air Force to the Office of the Secretary of Defense.”

Secretary Donley said future

acquisition decisions will be based on lessons learned from the tanker acquisition and from previous Government Accountability Office decisions that found fault with the Air Force’s process.

“I won’t be satisfied until we get through these major source selections, and potential protests that may follow, with a clean bill of health,” he said.

Defense Secretary Robert Gates’ decision to halt Air Force personnel cuts also was discussed. Previous force-shaping initiatives called for Air Force active-duty end strength to decrease to 316,000 by fiscal 2009. However, in June, Secretary Gates said the service already had been cut too deeply and called for an active-duty force of 330,000.

“We are looking at the new level that the Secretary of Defense had set. The main thing for us is not the number, but obviously the mix, in terms of what new missions and requirements need to be covered in that 330,000,” Secretary Donley said.

“We are going to put 14,000 or so difference where we need them most,” General Schwartz said. “Some of that clearly is going to be nuclear, some in ISR, perhaps some in aircraft maintenance. These are decisions yet to be finalized. But the bottom line is it certainly has the secretary’s and my personal attention.

Other open issues, such as Air Force Cyber Command, which was scheduled to stand up Oct. 1, and alternative fuel certification, which has been underway on several airframes, remain on the senior leadership scope.

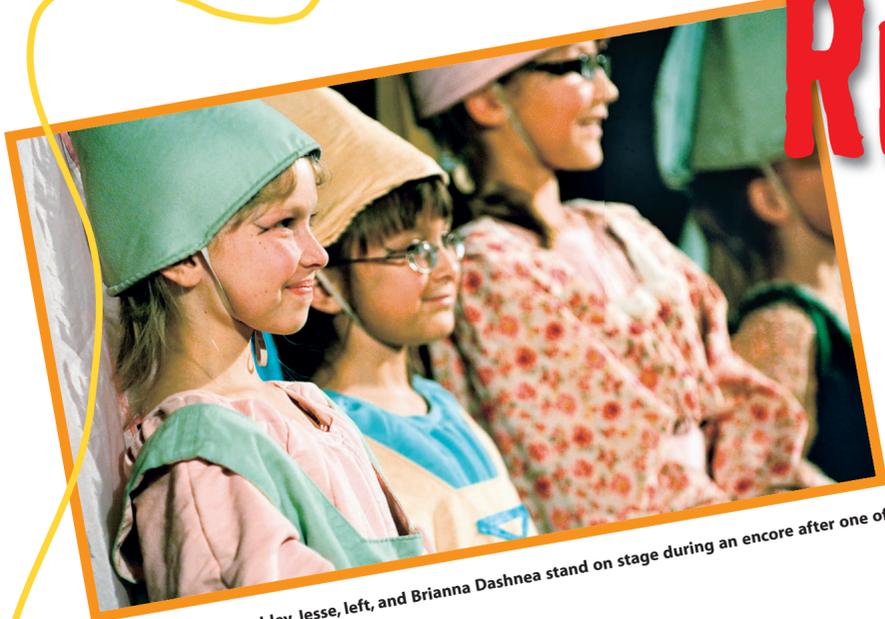
“(The cyber mission) is important, and it will go forward for the Air Force,” Secretary Donley said. “The issue is in what context, form and national framework. This is not just (about the) Air Force. It has to fit with Strategic Command and the broader national security community, and we’re going to make sure all those pieces fit together as we proceed.”

Air Force officials previously were working to certify all aircraft on alternative fuels by the year 2010. While they will continue with alternative fuel certification, Secretary Donley said leadership will take a closer look at the Air Force’s role in the process that follows.

“We want to make sure we remain in the role of consumer and not (perceived by others) as a producer. The Air Force is fundamentally a consumer of energy,” he said. “If we’re going to be involved with this cooperative work going forward, we’re going to make sure we’re in partnership with the department of energy and other federal agencies that need to be involved.”



# Rumpelstiltskin comes to McChord



Villagers Ashley Jesse, left, and Brianna Dashnea stand on stage during an encore after one of the performances.



Lydia Husfelt, playing the role of an older Clara, left, and Courtney Tinck, playing the role of Rumpelstiltskin, act out a scene from Rumpelstiltskin before a crowd of family and friends at the McChord Youth Center.



Villager Emily Burkart delivers her lines during one of the performances.

## Traveling Missoula Children's Theater transforms McChord children into thespians

Last week children from the McChord Youth Center, the school-age program and other children who live on base joined together for a week to audition, rehearse and put on a performance of the play "Rumpelstiltskin" for family and friends. The program was hosted by the Missoula Children's Theater, which provided a staff that organized and oversaw the production in everything from casting parts and applying makeup to providing costumes and the set design. The Missoula Children's Theater International Tour project has made a trip to McChord for the last several years and this year the tour will reach more than 65,000 young people, who all participate in the productions as performers.



Zakary Lantz sits patiently in the makeup chair as Missoula Children's Theater tour member Clara Hirsh applies the finishing touches to his jester look prior to the Aug. 8 matinee performance.



Cast members shake off pre-performance jitters during a brief rehearsal backstage. School-aged children and youth from McChord auditioned for their parts and rehearsed for four days in preparation for two separate performances on Aug. 8.



Lydia Husfelt, Zakary Lantz and Autumn Romines, from left, strike funny poses during a photo opportunity for family and friends immediately following the performance.



A group of wizards cast spells while taking center stage during the Aug. 8 performance.



# On-base dietician available to answer questions

By

Airman 1st Class Kirsten Wicker  
62nd Airlift Wing  
Public Affairs

The McChord community now has a great resource on its side to help learn about nutrition, healthy shopping and cooking and staying fit for life.

Chloe Tay, a registered dietician of six years, is available through the Health and Wellness Center as part of the 62nd Medical Operations Squadron.

About two-thirds of adults in the United States are overweight, and almost one-third are obese, according to 2001-2004 data from the National Health and Nutrition Examination Survey. That's nearly 66 percent of the U.S. population. Overweight and obesity are known risk factors for diabetes, coronary heart disease, high blood cholesterol, stroke, hypertension, gallbladder disease, osteoarthritis (degeneration of cartilage and bone of joints), sleep apnea and other breathing problems, some forms of cancer (breast, colorectal, endometrial, and kidney), according to the National Institutes of Health.

"The Body Composition Improvement Program is a nutrition intervention class for active duty personnel. It is a two series class that builds upon the basics learned in the basic nutrition portion of the Healthy Living Program, also offered



Photo by Tyler Hemstreet

**Health and Wellness Center dietician Chloe Tay, 62nd Medical Operations Squadron, attaches a bag of sugar to one of the displays she uses to illustrate how much sugar is contained in various food items.**

at the HAWC," said Ms. Tay. "Participants learn to reduce health risks through positive eating habits."

Part one of the class meets on the first and third Wednesdays of every month at 8 a.m. at the HAWC and part two on the second and fourth Wednesdays.

"It (the BCIP) was an excellent course. It was very informative and you can actually break things down and keep track of your calories," said Staff Sgt. Jonathan Olsen, 361st Recruiting Squadron, who participated in the program here recently. "It helped me control mindless eating and I lost 18 pounds and

passed my physical fitness test."

Individual appointments are also available for people interested in developing a personalized healthy eating plan to help manage weight, cholesterol, blood pressure and other nutrition-related health concerns. In addition, there is a weight management support group that meets at 11 a.m. every third Thursday of the month at the HAWC.

Hypertension and cholesterol prevention and reduction classes are offered at the HAWC, as well as cooking demonstrations.

"We at the HAWC strive to be positive, supportive, and encouraging of

## The National Institutes of Health offers these tips for healthy eating:

- Eat breakfast every day. People who eat breakfast are less likely to overeat later in the day.
  - Choose whole grains more often.
  - Select a mix of colorful vegetables each day. Vegetables of different colors provide different nutrients.
  - Choose fresh, canned, or frozen fruit more often than fruit juice. Fruit juice has little or no fiber, and the calories may be high. Fresh, canned, or frozen fruit is often better for you. If you eat canned fruit, opt for fruit packed in water rather than syrup.
  - Use fats and oils sparingly. Olive, canola, and peanut oils, avocados, nuts and nut butters, olives, and fish provide heart-healthy fat as well as vitamins and minerals.
  - Eat sweets sparingly. Limit foods and beverages that are high in added sugars.
  - Eat three meals every day.
  - Have low-fat, low-sugar snacks on hand.
- Whether you are at home, at work, or on the go, healthy snacks may help to combat hunger and prevent overeating.

folks who are trying to make healthy lifestyle change," Ms. Tay said. "It is all about working on small positive changes and turning those into habits that will sustain you for a lifetime of wellness."

Ms. Tay is a 1996 graduate of Willamette University in Salem, Ore., where she received a bachelor of arts degree in biology. She is also a 2002 graduate of the University of Washington where she received a master's degree in nutrition. Before arriving at McChord in September 2007, Ms. Tay worked at Community Health Centers of King County.





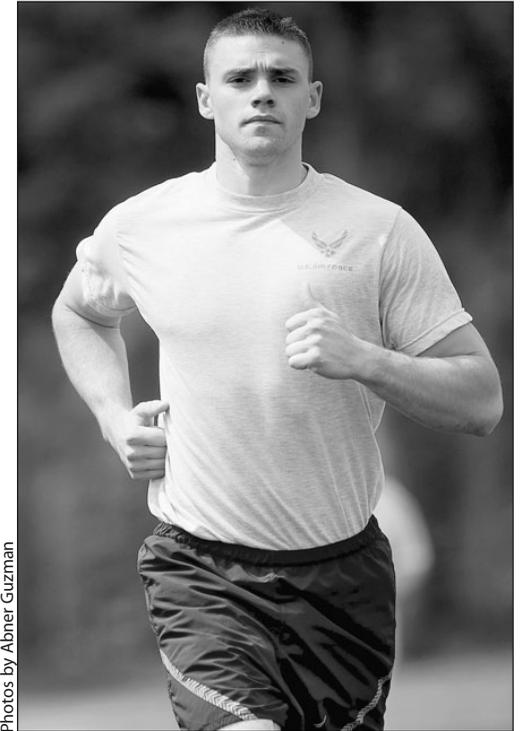
**Play a sport. Choose a sport that is active and fun like golf or racquetball.**

# Get out and get fit

The Fitness Center and Fitness Center Annex are now offering expanded hours of operation. The Fitness Center is open Monday through Friday from 5 a.m. to midnight and weekends and holidays from 8 a.m. to 6 p.m. The Fitness Center Annex is open Monday through Friday from 5:30 a.m. to 7:30 p.m. and closed weekends and holidays.



**Take a bike ride around McChord. Be sure to drink plenty of water to stay hydrated.**



Photos by Abner Guzman

**Get out and run! Running burns calories, improves cardiovascular health and physical fitness test scores.**



# NATO forces a step closer to attaining C-17s

---

**By**  
Army Sgt. 1st Class Reeba Critser  
U.S. Mission to NATO

---

BRUSSELS, Belgium (AFPN) — Three C-17 Globemaster IIIs are only three signatures away from finding a new home at Papa Air Base, Hungary.

After years of planning, NATO members and partners are only a few signatures away from gaining access to the C-17s to share for their nation-

al requirements, to include NATO missions in Afghanistan.

“Some countries don’t have enough [need for] airlift to purchase their own C-17s,” said Peter Flory, the assistant secretary general for NATO’s defense investment.

NATO officials said the solution is to share the C-17s. The initiative, called Strategic Air Capability, or SAC, allows 12 NATO members and 2 partners to draw on the aircraft’s capabilities at a fixed rate.

First, all the nations must sign a memorandum of understanding. Then they pay the acquisition cost. After that, they only have to pay the operating cost at the end of each year. The nations then request flight hours with an operations team located at Papa AB.

The team at Papa factors in time between aircraft usage for emergency use. The officials also can trade their flight hours with other nations in the group. If maintenance is required, the

consortium will pull the costs from their operating budget to make the repairs.

The decision to use C-17s for the initiative was made with the capabilities available at the time, said a U.S. defense advisor to the European Union. NATO countries were looking for an aircraft that could carry large cargo, land while under combat, and on short runways. The C-17s fit that

---

See HOME, Page 4



---

FEATURE  
*Spotlight story*

description.

According to a Boeing spokesman, the recommended use of the C-17 is 1,000 flight hours a year, which gives the aircraft a life expectancy of 30 years.

“With a full payload, the C-17 can go a distance of 2,400 nautical miles and (fly at an altitude of) up to 28,000 feet,” said Col. John Zazworsky, commander of the Heavy Airlift Wing at Pápa AB, and commander of C-17 operations for SAC.

“The C-17 was designed around the cargo load,” he said. “It can convert to airline or cargo seats. It can handle a combination of passengers, vehicles, track vehicles, cargo, medical evacuations, hummers, fire trucks, helicopters, an Abrams tank - up to 75 metric tons — and can land on short, austere landing zones.”

The U.S. Air Force has about 180 C-17s in its

own fleet.

U.S. officials will be providing the personnel to operate the C-17s until each nation in the consortium is ready to handle them on their own.

“Initially, there will only be U.S. personnel manning the C-17s,” Colonel Zazworsky said. “But with training, the countries will be able to use their own pilots and loadmasters. It will take a year-and-a-half to train the country’s crew and for them to be comfortable with the C-17 to fly on their own.”

U.S. officials are providing one aircraft as a national contribution and the other partner nations are purchasing the other two aircraft. However, all three aircraft will be owned by the consortium and can be used at the nations’ discretion.

SAC officials say they hope to receive the first aircraft in spring 2009.



Photo by Kenn Mann

**NATO members and partners are on the verge of obtaining three C-17 Globemaster IIIs, like the one shown here. The versatile transports can handle all sorts of cargo and are able to land on austere runways.**



# Joint Base Balad Airmens' initiatives save time, money

JOINT BASE BALAD, Iraq (AFPN) — Members of the 332nd Expeditionary Logistics Readiness Squadron's Material Management Flight here are changing the way logisticians support warfighters.

Airmen established prepositioned spare parts packages for deploying aircraft and researched prepositioning small-arms weapons for deploying personnel, said Senior Master Sgt. Andy Reisz, the 332nd ELRS Material Management Flight chief.

"One of our biggest challenges has been developing a more efficient aircraft spares support program with the goal of reducing mission capable requirements," he said. "In other words, we have to make sure we have the right parts stocked to support the mission."

Contingency High Priority Mission Support Kits are in-place spare parts packages that are already on the ground when aircraft arrive here.

This means the deploying unit doesn't need to spend additional time trying to fill cargo aircraft, Sergeant Reisz said.

"Because of the high priority assigned to our mission here, the fill rate for our kits is typically more than 95 percent, which means we have most of the parts on the shelf when an aircraft break occurs," he said.

The kits also reduce the amount of airlift needed for parts. More than 30 pallet positions a year in transport requirements will be

saved with the kits, Sergeant Reisz said.

A dedicated aircraft parts store on the North Ramp will complement the kit program by collocating F-16 Fighting Falcon spare parts with the fighters.

"This puts the parts where they're needed — at maintainers' fingertips," Sergeant Reisz said.

The second program is the weapons prepositioning initiative. This test program examined the feasibility of placing weapons at Joint Base Balad for issue to members when they arrive here. Deploying Airmen with fewer bags saves the Air Force hundreds of thousands of dollars per year in excess baggage charges, said Maj. David Sanford, the 332nd ELRS commander.

"During Operation Desert Storm, Airmen deployed with up to seven bags each," Major Sanford said. "Prepositioning the weapons reduces the amount of luggage each person carries when he deploys."

Improving processes for deploying aircraft and personnel will allow the Air Force to remain focused on flying, fighting and winning, Major Sanford said.

"By having equipment ready for Airmen and aircraft when they deploy, we can free up valuable cargo lift capacity for other missions," he said. "And the more we can streamline the deployment process, the more Airmen can focus on winning the war on terrorism."

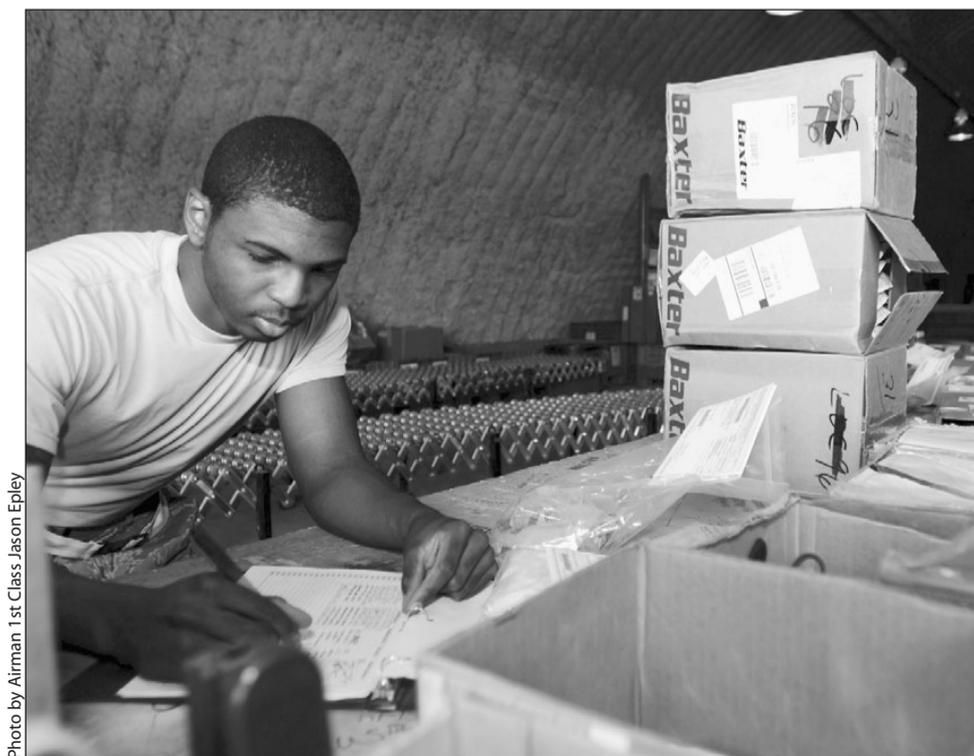


Photo by Airman 1st Class Jason Epley

**Airman 1st Class Curtis McCord checks in aircraft parts and supplies recently at Joint Base Balad, Iraq. In the 332nd Expeditionary Logistics Readiness Squadron's Receiving Flight Service Center, Airmen process approximately 350 aircraft parts a week, including broken parts and replacements, which they ship to recipients across the base. Airman McCord, a flight service center journeyman assigned to the 332nd ELRS, is deployed from Davis-Monthan Air Force Base, Ariz. His hometown is Troy, Ala.**

# Baghdad native returns to Iraq as American Airman

By

Staff Sgt. Don Branum  
332nd Air Expeditionary Wing  
Public Affairs

JOINT BASE BALAD, Iraq (AFPN) — Airman 1st Class Murad Mohiadeen's story crosses two continents and spans more than 7,500 miles. It begins with his birth in Iraq 20 years ago and continues today as the story of an American Airman who is part of the coalition's efforts to win the peace in Iraq.

Airman Mohiadeen was born in Baghdad in 1988. His father, a Muslim, owned a small shoe company and his mother, a Christian, stayed home to raise him and his brother. The family was financially comfortable, but something was missing.

"They wanted freedom. There was no freedom there," Airman Mohiadeen said.

So the family emigrated from Iraq in 1990.

"We just wanted a new life," Airman Mohiadeen said. "Life was pretty hard when Saddam was in power."

Airman Mohiadeen's family spent two years traveling through Jordan, Turkey and Germany before finally arriving in the United States. The voyage eroded most of the family's savings, but the trip was worth the cost.

"Our family wanted freedom,"

Airman Mohiadeen said. "There's freedom in the United States. It was like (we were) trading money for freedom, but if we had to do it again, it would still be worth it."

He lived with his family in Los Angeles for several years and later moved to Portland, Ore. When the United States began Operation Iraqi Freedom in March 2003, his parents became linguists.

"When the war kicked off, my parents saw an opportunity to help out and give back to the United States," he said. "They've both been to (Joint Base) Balad, and my mom just came back from Bucca, Iraq. God bless her soul."

As a Muslim, Airman Mohiadeen is concerned by the actions of terrorists, who he said do not act in accordance with Muslim beliefs.

"They say, 'Allah wants people dead.' There's nothing like that written," he said. "That's not a part of the faith I grew up with."

He joined the Air Force 1.5 years ago to travel, get a college education and represent the Iraqi people.

"I wanted people to understand," he said. "I try to do good things so when people think of me, they think better of all Iraqi people," he said.

One of the people with whom Airman Mohiadeen has made a good impression is Maj. Scott Spiers, the 332nd Expeditionary Security Forces Squadron commander.

"I was out on post checks when I

met Airman Mohiadeen," said Major Spiers, who is deployed from Hickam Air Force Base, Hawaii. "I noticed his name and asked where he was from, and he said, 'Baghdad.'"

Airman Mohiadeen shared the story of his family's journey to the United States with Major Spiers.

"I thought it was a great story," the major said. "I think it's really cool to see people who have immigrated to the United States serving their country, especially when it means coming back to their homeland."

Airman Mohiadeen is one of about 30 security forces Airmen deployed from Royal Air Force Lakenheath, England.

"He's a great man," said Airman 1st Class Arturo Rivero, a Pittsburgh native who is also deployed from RAF Lakenheath. "I didn't know him all that well back at our home station because we worked different shifts, but we've developed a good friendship since we've been over here. Deployment creates a bond between Airmen."

Airman Mohiadeen volunteers regularly as a translator at the Air Force Theater Hospital here, and said he wants to crosstrain to become an Arabic linguist.

"I love using my language to help people," he said. "I don't want to forget my roots — I want to do something to help people."

"He's been a good liaison between



Photo by Staff Sgt. Don Branum

**Airman 1st Class Murad Mohiadeen verifies the identification of a Soldier driving through an entry control point at the Air Force Theater Hospital recently at Joint Base Balad, Iraq.**

us and local nationals, which is a great thing as we try to win hearts and minds," Major Spiers said.

The happy ending for Airman Mohiadeen's story would include peace for the people of Iraq.

"I want Iraq to be a better place," he said. "I want Iraq to have peace again."

To the Iraqi people, he said, "God bless you and stay strong."



### Base power outage

There will be a power outage impacting numerous facilities on base from 7 to 11 a.m. Sunday. The facilities that will be impacted are Bldgs. 349, 350, 351, 352, 353, 354, 355, 356, 367, 368, 369, 512, 528, 531, 533, 534, 535, 536, 537, 538, 540, 541, 546, 551, 552, 553, 555, 556, 562, 563, 568, 584, 588, 594, street lights on Barnes Blvd. (Lincoln to Col Joe Jackson), Brick Qt. (Bldgs. 680, 681, 682), the dorms (Bldgs. 564, 565, 566, 567, 572 and 574), the Olympic Dining Facility, and VAQ (Bldgs. 400, 401, 424, 425, 595, 596 and 597). The power outage is necessary to perform maintenance and repairs on high voltage power lines across the base. For more information, contact John Keizer at 253-982-2583.

### Chapel hosts workshop

The Chapel will host a financial workshop titled "Discovering God's Way of Handling Money" from 8 a.m. to 4:30 p.m. Aug. 23 at the Chapel Support Center. The event is free of charge and includes breakfast and lunch. Self registration can be completed on the McChord intranet site at <https://62aw.mcchord.af.mil/awstaff/HC/default.aspx>. For more information, contact the Chapel Support Center at 982-5556.

### Airmen summer soiree

The Rising Four will host an E-1 to E-4 Airmen appreciation event at 4 p.m. Aug. 28 in Ginko Park, located in base housing. Food and refreshments will

be provided. Slide down the 100-foot slip and slide, play volleyball or horseshoes, then dunk your first sergeant in the dunk tank. For more information, contact Airman 1st Class Ashley Walsh at 614-787-2321.

### ROTC opportunity

The Scholarships for Outstanding Airman to Reserve Officers Training Corps offers active duty enlisted personnel the opportunity to earn a commission while completing their bachelor's degree as an Air Force ROTC cadet. Those selected will separate from the active duty Air Force, join an Air Force ROTC detachment and become a full-time college student. Upon graduation and completion of the program, they will be commissioned as a second lieutenant and will then be returned to active duty (typically within 60 days of commissioning) for at least four years. Further information and forms are available at the following website: <http://www.afoats.af.mil/AFROTC/EnlistedComm/SOAR.asp>. For more information, contact the McChord Education and Training Center at 982-5695.

### Fitness center, annex expanded hours

The Fitness Center and Fitness Center Annex are now offering expanded hours of operation. The Fitness Center is open Monday through Friday from 5 a.m. to midnight and weekends and holidays from 8 a.m. to 6 p.m. The Fitness Center Annex is open Monday through Friday from 5:30 a.m. to 7:30 p.m. and closed weekends and holidays.



## 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).

