

ASSOCIATE PRESS

446th Airlift Wing ✕ Air Force Reserve
McChord Air Force Base, Washington
www.afrc.af.mil/446aw

A Look Inside the Associate Press

4

McChord Reservists sweep 4th Air Force nominations to Air Force Reserve Command for leadership trophy

6

You may not need to suck it in anymore; changes in store for waist measurement part of physical assessment

7

Modeled after the POW/MIA bracelets, maintenance chief creates bracelets to remind others of deployed Airmen

August 2005

McChord's Home Team

Volume 27, Issue 8

Reserve firefighters survive hurricane

By Master Sgt. Bud McKay
◆ Wing Public Affairs

Master Sgt. Jim Thompson has completed his checklist of surviving natural disasters.

Tornado – check.

Volcano eruption – check.

Earthquake – check.

And thanks to Hurricane Dennis that hit the U.S. Gulf Coast Sunday – check.

“I can’t think of another natural disaster that I haven’t already been through,” Sergeant Thompson said. The McChord senior NCO is one of six 446th Civil Engineer Squadron firefighters on annual tour July 2-16 at Keesler AFB, Miss.

“Fortunately for us in this area, the hurricane didn’t hit directly here. But unfortunately, it

did hit pretty hard about 100 miles away.”

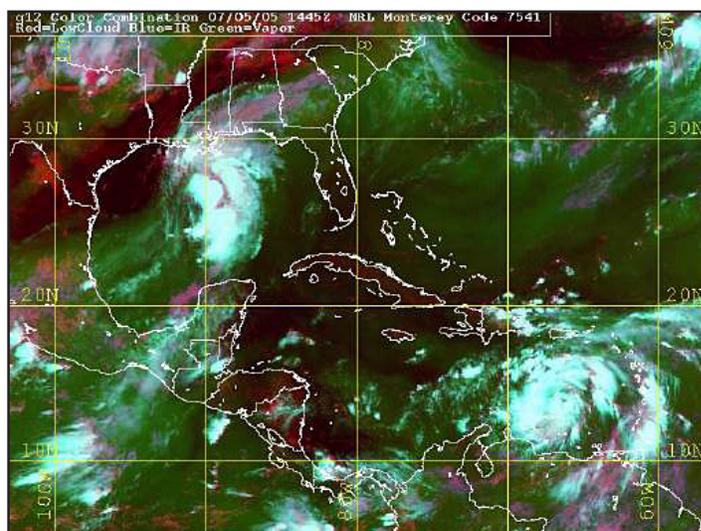
The storm, killing five people in the U.S. and 22 people in the Caribbean.

mostly ran along the path of last year’s Hurricane Ivan.

Keesler is home to the Air Force Reserve “Hurricane Hunters” who fly specially-equipped WC-130s into the eye of hurricanes to predict where the storm might go and whether it’s getting stronger or weaker (along with the pressure). But, the most important information the Hurricane Hunters’ Airmen gather lets forecasters at the National Hurricane Center know when the hurricane is approaching a coastline and is going to make landfall. The forecasters at the National Hurricane Center decide how much of the coast needs to be evacuated and what types of watches and warnings to issue.

“They evacuated all non-essential people from the base,” Sergeant Thompson said. “We were off duty at the time and could have gone to a shelter. Instead we opted to come into the fire station and help with any emergency services that might be needed.”

Even though winds were about 70 mph there, the McChord firefighters weren’t needed to perform any emergency responses.



DOD photo by Naval Atlantic Meteorology and Oceanography Center
Satellite image showing low cloud, infrared and vapor reflections of three tropical storms on July 5. Tropical storm Dora, was followed by Tropical Storm Cindy, and then Tropical Storm Dennis. Tropical storm Dennis, the fourth tropical storm of the season, grew into a hurricane. The Atlantic hurricane season began June 1 and ends Nov. 30.

“I think with all of the disaster plans in place at Biloxi and Keesler, even if the hurricane did hit here, we’d have been prepared for whatever we’d have encountered,” said Senior Airman Brad Owen, 446th CES. “I grew up in Iowa, so I’ve been through tornadoes, but never a hurricane. It was kind of exciting just to see what might happen.”

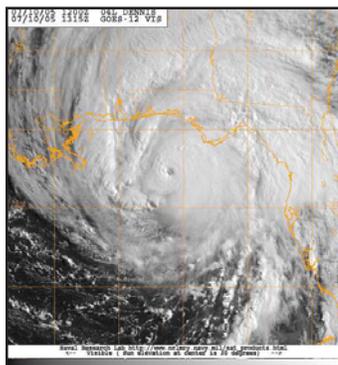
As the storm approached, the McChord firefighters, along with the Keesler firefighters, kept themselves busy making sure they had everything they would need should the storm hit.

“I don’t think any of us were stressed out about the possibility of the hurricane hitting us,” said Staff Sgt. Max Pascua, 446th

CES. “We were informed about the storm and watched the news when we could. We were all assigned to (fire) trucks in case we needed to go out in a hurry; but we didn’t.”

Hurricanes are categorized according to the strength of their winds. A Category 1 storm has the lowest wind speeds, while a Category 5 hurricane has the strongest. Hurricane Dennis was a Category 3 hurricane.

“We had been scheduled to come down to Keesler some time ago to help them out since they are so short on people because of deployments,” Sergeant Thompson said. “One thing we didn’t schedule was being here during a hurricane.”



U.S. Navy photo
Satellite image of Hurricane Dennis taken from the GOES-12 satellite, Gulf of Mexico, July 10.

446th Associate Press
Volume 27, No. 8
August 2005

Aug. 25 is the deadline for articles in the September issue of the **446th Associate Press**.

All articles and photographs must be turned in to the 446th Airlift Wing Public Affairs office, Bldg. 1214, Room 124 by 4 p.m.

Wing Commander
Col. Eric Crabtree

Chief, Public Affairs
Maj. Anna Sullivan

Public Affairs Officers
1st Lt. Larry Kohlman
2nd Lt. Reed Robertson

Public Affairs Assistant/Editor
Ms. Sandra Pishner

Staff Writers
Master Sgt. Bud McKay
Staff Sgt. Wendy Beauchaine
Senior Airman Paul Haley
Senior Airman Nick Przybyciel

This funded Air Force newspaper is an authorized publication for members of the U.S. military services.

Contents of the **446th Associate Press** are not necessarily the official views of, or endorsed by, the U.S. government, Department of Defense or the Department of the Air Force. Editorial content is edited, prepared and provided by the Public Affairs office of the 446th Airlift Wing, (253) 982-3330 or DSN 382-3330. All photos are Air Force unless otherwise indicated.

Airlift capabilities shine in desert environment

By Col. Eric Crabtree
◆ Wing Commander

Greetings from the desert to all of you in the Pacific Northwest and other parts of the U.S. I am approaching the halfway point of my tour here and I will honestly say it has been rewarding and the opportunities to contribute to the Global War on Terrorism effort have been challenging.

Every day presents a new set of changes to which we must accommodate ourselves and the mobility system as we continue to support all of our Armed Forces.

To give you some perspective on the magnitude of the effort, last week mobility aircraft crews, maintainers, loaders, medical personnel and support staffs orchestrated the movement of more than 17,500 people and 5,300 tons of cargo in the theater. The true measure of the complexity comes in the number of locations we support on a daily basis. Those personnel, supplies and equipment were delivered to bases from the Horn of Africa to Northern Afghanistan. If you look at a map, that is a huge span of distance in some of the harshest terrain and climates on the planet.

Every day we get briefed on the medical evacuation efforts that number 25 to 45 people with about five to 10 combat casualties. The outstanding care and treatment our medical crews provide save lives every single day.

I was in the finance office here a couple of weeks ago and there were two young men on crutches with heavily bandaged legs. We asked what had happened and they said they were injured in an improvised explosive device incident in Iraq. We wished them well on their return home, and their response was, "Oh no, we're just here to recover so we can get back to our unit as soon as possible!"

The war effort has been tough, and in many ways gets tougher as the political situation evolves. The important things to remember are



Col. Eric Crabtree

that there is real progress being made in getting Iraq on the road to becoming self sufficient and independent, and the contributions of the 446th Airlift Wing are vital to success of the whole undertaking.

Everywhere we travel, the praise is universal for the airlift crews and their skills in delivering

the people and goods to remote locations across the war theater.

I hope all of you are having a tremendous summer and enjoying some quality time with your families. Please be safe and keep your families safe as you travel and relax from the pace of your lives. I read the accident reports every day from across the Air Mobility Command and I hope every one of you apply the strategies our safety office staff stresses to ensure you don't end up a statistic on a report.

I hope you enjoyed the Air Expo at the end of July and used the opportunity to highlight the wonderful things that go on at McChord AFB to your families, friends and employers. The support of our communities is critical to our success on a personal and unit level. It is also important they realize we could not succeed as a unit or a nation without their enthusiastic support.

Keep up the good work and remember how important your efforts and dedication are to the war effort and the security of the nation. You are a truly remarkable group of people and you are doing a very important job. Thanks for all you do, keep working on your personal fitness programs, and I look forward to seeing you soon.

Editor's Note: Colonel Crabtree is currently deployed to Southwest Asia serving as the deputy director of mobility forces.



My husband is a drug addict

By Staff Sgt. Lindsay Thomas
◆ McConnell AFB, Kan.

My husband is a drug addict. I've said those words many times, yet the sound of them still makes me cringe. I still wonder how any of this could have happened; I ponder how everything could have spun so horribly out of control.

About a year ago, I was pulled out of Airman Leadership School by an Office of Special Investigations agent who informed me that my husband had failed a urinalysis for cocaine. Shocked and troubled, I somehow stumbled back to class distracted by news that seemed unreal and impossible.

And my husband swore to me that it was impossible. He pleaded his innocence, giving me some elaborate story about a trip to the emergency room for kidney stones and a morphine drip that caused him to test positive for cocaine. And I believed him. Why wouldn't I? There were no signs of drug abuse; he didn't match that profile. I never saw drastic mood changes, there was never an issue with money mysteriously disappearing from our bank accounts, and I could always account for where he was.

And as the court-martial grew ever near, the stress became unbearable. I wasn't sleeping; I couldn't concentrate. To be completely honest, I was a basket case. But there was some glimmer of hope, because I believed in justice. I believed that everything would be made right and that if I just stuck through it, there would be a light at the end of this long, dark tunnel.

And then, two weeks before the court-martial, my husband's stories started to contradict one another and he kept backtracking on his stories, grasping for some validity. He was slipping up, and it all began to unravel before him.

And then he said it. "I slipped up," is what he said. "I used cocaine." Dumbfounded, I demanded an explanation, only to hear the horrible stories of cocaine abuse, painkillers that were taken like they were pieces of candy, and the experimentation of every other drug you could imagine.

So, I told him that he needed to do the right thing. It was the hardest and easiest



decision I ever had to make. To make a long story short, on our three-year wedding anniversary, my husband pleaded guilty to using cocaine on several occasions, was sentenced to eight months confinement, forfeiture of pay and allowances, reduction to airman basic and a bad conduct discharge. My husband is a drug addict, and his decisions and his disease ruined his life.

But this is just the beginning of the end of this story. You see, my husband's disease touched everyone around him and wrapped its poisonous fingers around them. I was ruined, my children were ruined, our families were ruined, our friends were ruined and the Air Force was ruined.

This experience and his actions left everyone hurt and betrayed. I feel like I gave my soul to love, and it has paid me back in change. Our son, who is two-years-old, resorted to taking a picture of his daddy to bed with him at night in some hapless, desperate effort to be closer to his father. My daughter, who is five-months-old, will not even know the man who is supposed to be her father when he finally gets out of prison.

Now, a heart that is worn and weathered would know better than to fight, but I have decided to wear mine like a weapon. I vowed that this abuse, this addiction that

afflicts my husband will NEVER touch my children again, or anyone else, for that matter, if I can help it.

After the court-martial, I was appalled to know that there were many who knew of my husband's addictions. "Why," I pleaded, "didn't you say something? Why didn't you help him?" And I kept getting the same answers. Some said they didn't want the conflict, others stated that it wasn't any of their business, and even others said that they didn't want to intrude on anybody's personal problems.

Well, those answers do not cut it. Those responses are weak and fruitless. We are all members of the Air Force family, and how can we turn our back on one of our own? It is our responsibility as Air Force members to take a stand and help someone, even if doing the right thing hurts like hell.

If you know someone who has a problem with alcohol or prescription medications or drugs, please, I am begging with you and pleading with you, say something.

My husband is solely responsible for the crimes he committed; however, I cannot help but wonder how different the circumstances would have been if someone had taken a stand against my husband's drug abuse when he or she first obtained knowledge of it. Perhaps he could have gotten help before everything spun so feverishly out of control.

As I reflect on the recent events, the answers are all so simple: If you are abusing alcohol, prescription medications or illegal substances, you will eventually get caught and you will pay the ultimate price for your actions. You will be ripped from your family and your home and forced to live in a prison where you can't even walk through a doorway without asking permission.

There is also another answer: We are responsible for our fellow Airmen. You are the key to making the right choice and helping someone before it is too late. And it will be a hard choice to make; we all know that. But the rewards are limitless when you can proudly state that you helped make someone healthy and free of the strangling depths of drugs. (*Courtesy of Air Force Print News*)

Employer Orientation Day

Nov. 19, 2005

Return this completed form to:
 446th AW/PA
 1214 Barnes Blvd., Room 100
 McChord AFB WA 98438-1326
 Fax: (253) 982-0078
 E-mail: 446aw.pa@mcchord.af.mil
DEADLINE: Oct. 24, 2005



Office use only

Date received: _____
 Primary/Standby: _____
 Invitation sent: _____
 Accept/decline: _____

RESERVIST'S INFORMATION

Rank/name: _____ Unit: _____ Duty phone: _____
 Home address: _____ Home E-mail: _____
 City: _____ State: _____ Zip Code: _____
 Home phone: () _____ Civilian work phone: () _____

EMPLOYER'S INFORMATION

Supervisor's courtesy title/full name (Mr./Mrs./Ms.) _____
 Supervisor's title/position: _____ **SSAN: _____
 E-mail: _____ Company Name: _____
 Business address: _____
 City: _____ State: _____ Zip Code: _____
 Business phone: () _____ Home phone: () _____
 Emergency contact Name/Daytime Phone: _____ Relationship: _____

I acknowledge I am responsible for notifying my military supervisor if my employer will attend. I will be on duty status Nov. 19. I will provide a workplace tour for my supervisor. There may be a nominal cost for my lunch. There is no charge for my employer's lunch. My employer has not participated in an Employer Orientation Day in the past two years.

Reservist's signature: _____ Date: _____

****PRIVACY ACT STATEMENT:** Information requested is affected by the Privacy Act of 1974. Authority for requesting this information from you is Title 10, U.S. Code, Section 8012 (Secretary of the Air Force, Powers and Duties Delegated by) and Executive Order 9397 (Numbering System for Federal Accounts Relating to Individual Persons). This information is required to manifest passengers for a C-17 orientation flight. Social Security Number is used to make positive identification of the individual applicant. Disclosure is voluntary. However, participants will be denied boarding for the C-17 orientation flight without the requested information.



Photo by Senior Airman Paul Haley
Left to right, Tech. Sgt. Jeffrey Richards, Capt. Michael Attebury, Senior Master Sgt. Robert Belletti, and Lt. Col. James Kline will represent 4th Air Force at the Air Force Reserve Command for the Lance P. Sijan Leadership Award nominations.

Four compete for Sijan

By 1st Lt. Larry Kohlman
 ♦ Wing Public Affairs

Out of all the Airmen in the 13 wings assigned to 4th Air Force, the nomination in each category of the 2005 Lance P. Sijan Leadership award was earned by four Airmen from 446th Airlift Wing. They will represent 4th AF at the Air Force Reserve Command for the command's nominations to the Air Force level of competition.

The nominees are Lt. Col. James Kline,

728th Airlift Squadron operations officer, in the senior officer category; Capt. Michael Attebury, 728th AS pilot, in the junior officer category; Senior Master Sgt. Robert Belletti, 446th Aircraft Maintenance Squadron, in the senior NCO category; and Technical Sgt. Jeffrey Richards, 728th AS loadmaster, in the junior NCO category.

The award, named in honor of the late Capt. Lance P. Sijan, an Air Force Academy

See SIJAN, Page 11

Cop hits the mark abroad, home

By 2nd Lt. Reed Robertson
 ♦ Wing Public Affairs

It is not all too uncommon for Reserve security forces people to participate in marksman competitions that showcase their skills and measure their marksmanship. In fact, many have participated in joint competitions against members of the active-duty community. However, a few select members get to test their mettle in a competition on international grounds.

One 446th Security Forces Squadron Reservist recently did just that. Staff Sgt. Chris Pierce, a security officer for The Boeing Company, was one of 10 Reservists in the Air Force Reserve Command selected to compete in the Strickland Trophy competition hosted by the Royal Air Force near Lakenheath, England.

The Strickland Trophy competition is similar to the American competition called Defender Challenge, in that it measures competitors' skills in tactics, marksmanship, first aid, and performance on an assault course. The RAF participated in the Defender Challenge competition and in turn, invited American security forces to compete in its competition. The Reserve team placed second in marksmanship and the assault course.

"The assault course was difficult but fun," said Sergeant Pierce. It included a four (kilometer) run to the course location while carrying a 30 pound ruck sack packed with, among other things, a nuclear, biological and chemical ensemble. Participants also wore the complete web gear and carried an L-85, the RAF version of an M-16 rifle.

In preparation for this three day competition, Sergeant Pierce and his teammates

trained for two weeks in the highlands of Scotland, in a town called Lossiemouth. There, they worked together to form the teamwork and cohesiveness needed to compete effectively and represent the Air Force Reserve.

"The training was very tough," said Sergeant Pierce. "We worked extremely hard and it was very challenging. As hard as it was though, the trip to Scotland was worth it all. The countryside was beautiful, the people were wonderful, and I just downright love competing."

When you learn more about Sergeant Pierce, his comment about loving to compete becomes an apparent understatement. Before becoming a security forces Reservist in May 2003, he spent 11 years as an Army infantryman and attended the U.S. Army Jump School. During his time in the Army, he became an expert in the very same areas measured during the Strickland Trophy competition.

After his transition to the Air Force, he attended the security forces technical school and graduated as the honor graduate for his class.

Sergeant Pierce's competency and experience is recognized by his supervisors as well. "He certainly brings a lot to the table," said Master Sgt. Ken Mazzuca. "He's extremely well organized and sets the bar high for all of us to follow."

In the recent Air Mobility Rodeo held here in June, he was one of two members from the squadron who competed; finishing better than 18 other teams. He was a last minute substitute for the team, and was given only a week and a half to get up to speed before the Rodeo began.



Photo by 2nd Lt. Reed Robertson
Staff Sgt. Chris Pierce balances on an obstacle during the Air Mobility Rodeo competition here in June. Sergeant Pierce's recent experience competing for the Strickland Trophy at a Royal Air Force marksmanship competition in April made him a natural choice as a last minute replacement on the 446th Airlift Wing's Rodeo team.

"It was a big surprise for me to be asked, but I was glad I was able to help the squadron out," said Sergeant Pierce.

As if he had not already participated in enough competitions, Sergeant Pierce already has his eyes set on next year's Strickland Trophy competition expected to take place in April 2006.

New BDUs sport digitized pattern

By Tech. Sgt. David Jablonski
◆ Air Force Print News

Blue and green tiger stripes are out; a digitized pattern with green, tan, blue and gray is in.

After reviewing more than 150,000 bits of feedback throughout the initial seven-month wear test of the proposed utility uniform, Air Force leaders recently decided to eliminate the original color scheme and conduct a limited field test of the new pattern.

"Many people wanted to see a revision in the color," said Master Sgt. Rowena Tabulina, 446th Mission Support Squadron.

Sergeant Tabulina was a volunteer earlier this year for the wear test of the mostly blue version of the proposed uniform.

"The uniform I wore was very comfortable, but it would be hard to hide stains for the maintenance folks who are turning wrenches," she said.

In addition to changing the pattern and color, the newer version appears to be reinforced in the elbow and knee areas, according to Master Sgt. Gerry Avena, a 446th Aerospace Medicine Squadron health services management supervisor, who

also tested the last version of the proposed uniform.

Special operations and survival, evasion, resistance and escape Airmen are doing a limited wear test of the new design at Eglin AFB, Fla., Hurlburt Field, Fla., and Fairchild AFB, Wash.

"The sole purpose of the test will be to see if we can add any features to the uniform to make it a better uniform in the field and to determine if the new colors (and) pattern provide camouflage protection they need in the field," said Senior Master Sgt. Dana Athnos, Air Force Uniform Board superintendent.

Airmen like Sergeants Tabulina and Avena who participated in the initial wear test stopped wearing the vibrant blue-green uniform March 1.

"The best part about the new uniforms is the low-maintenance cost," said Sergeant Tabulina. "These are wash and wear uniforms and we don't have to pay for any dry cleaning."

The original wear test involved more than 700 Airmen at 32 bases worldwide who kept detailed daily logs annotating likes, dislikes and wash-and-wear problems. They also completed three surveys.

"Throughout the test, Air



Photo by Tech. Sgt. David Jablonski

The Air Force utility uniform's revised colors include tan, blue and two shades of green in a pixelated tiger-stripe pattern as shown on this mannequin.

Force leaders actively solicited feedback from testers and observers alike to ensure this uniform developed into one that fit the needs of today's Airmen," Sergeant Athnos said.

"There were several avenues for feedback, ensuring the (Air Force) chief of staff had realistic facts when making the final decision on the uniform," she said.

Those avenues included a survey sent to 45,000 Airmen, a Web site and direct e-mail to the uniform board.

"Some comments were positive, some were negative — all

were provided directly to the chief of staff," said Sergeant Athnos.

The new uniform is scheduled to be procured in mid-2005, officials said. Airmen can expect to get the uniform sometime in fiscal 2007. The proposed uniform will be phased in over four or five years.

"I think the pictures of the new design look better than the last uniform," said Sergeant Avena. "This will still look very unique to the Air Force, and I think the color scheme is a big improvement."

Fitness criteria for waist changes

By Senior Airman Paul Haley
◆ Wing Public Affairs

The next time you take your physical assessment, you may not need to have your waist measured.

Air Force officials are making changes to Air Force Instruction 10-248 that will add a calculation for body mass index, or BMI, as set forth by the Centers for Disease Control and Prevention. The BMI will pre-screen people to determine whether who needs to be measured or who does not.

"Changes were needed for the abdomi-

nal measurement," said Lt. Col. Patrick Kearney, 446th Airlift Wing assistant fitness program manager. "One size fits all did not seem fair. We knew going into this a year ago the abdominal measurement was going to be criticized for not compensating for height."

The change will impact very few people, Colonel Kearney continued. People who are taller will probably benefit, since their BMI would be normal, while their naturally larger size may give them a waist measurement that causes them to lose points.

BMI is calculated by dividing weight in

pounds by height in inches squared, and multiplying the result by 703. According to the Centers for Disease Control and Prevention, those with a BMI between 18.5 and 24.9 are considered to be normal. Those with a BMI of 25 or above are considered overweight.

Under the updated AFI, Airmen with a BMI of less than 25 will earn the full 30 points for body composition. For Airmen who score a BMI 25 and higher, the results of the waist measurement would be used to calculate their test score.

See FITNESS, Page 12

Photo by Senior Airman Paul Haley



Photo by Staff Sgt. Wendy Beauchaine

Chief Master Sgt. Steven Slagle (right) creates bracelets for unit and family members to wear in support of deployed maintenance Airmen.

Cold steel warms Airmen's hearts

By Staff Sgt. Wendy Beauchaine
 ♦ Wing Public Affairs

The 446th Airlift Wing's award-winning aircraft maintenance crews are known for expertise on the job, but it's the tight, family-like structure that helps keep them bonded together. Once again, they have come up with their own unique way to maintain that close-knit atmosphere, even while thousands of miles apart.

Eight months ago, Chief Master Sgt. Steven Slagle, 446th Aircraft Maintenance Squadron, created a reminder for unit and family members to keep in touch with deployed Airmen. He designed a bracelet, modeled after the prisoner of war/missing in action bracelets, to serve as a reminder that a maintainer was deployed and likely experiencing long days, without the personal touch of being at home.

"After a deployment in support of Operation Enduring Freedom, I became aware of how disheartening it can be to open your e-mail and see you haven't received anything other than business correspondence," Chief Slagle said. "Most everyone has e-mail and when you go to check it, and there's nothing there, it's almost an empty feeling. Here, the days run very quickly, but over there, a simple e-mail to a deployed person can make all the difference."

After Chief Slagle returned home, he made a point to try and keep in touch with his deployed friends and co-workers.

"When Senior Master Sgt. (Robert) Belletti was deployed for over 100 days, I tried to send him an e-mail every day and I

asked other people to send him something as often as possible," Chief Slagle said. "(When he) returned, he noted how nice it was to get news from home, even if it was a joke or a weather report."

That gave the chief the indication to press forward with a project to help people remember those away from home. During his spare time, he got polished stainless steel sheet stock and created 40 bracelet blanks. Then he had them engraved with the name, rank, unit and flight of the deployed member.

"The first one probably cost me about \$1,000 worth of materials and personal time," he said. "We make the bracelets for a squadron member to wear and a family member too."

The first bracelet was made for Senior Master Sgt. Dan Morris, 446th AMXS. His daughter wore a bracelet to

remind her about his journey.

"My friends would ask me about my bracelet – it was cool," said Carly, Sergeant Morris' 12-year-old. "I would tell them my dad was out of the country and this was something to remember him with."

Another bracelet wearer, Senior Master Sgt. Ed Cruz-Segarra, 446th AMXS Silver

section chief, wore Tech. Sgt. Roy Osman's bracelet.

"We have 400 people here – I thought it was an honor to be asked to wear his bracelet," said Sergeant Cruz-Segarra.

While it can be an honor to wear the bracelet, there are rules and responsibilities the squadron has created to go along with the band. They include wearing the bracelet until the member returns home, maintaining communication, coordinating care packages, announcing latest status or update during commander's calls, supporting family members through the 446th AMXS Top 3 Association, and presenting the worn bracelet to the returned member at a commander's call.

All these responsibilities aside, the communication portion appears to be the most significant to the deployed Airman.

"I e-mailed Roy regularly and I called his mother every few days to make sure things were okay, you know, the lawn, groceries, those kinds of things," said Sergeant Cruz-Segarra. "She lives in Steilacoom and I live in Puyallup, so I told her to call me any time – even in the middle of the night, and I would come out to help if she needed me to."

In addition to checking on Sergeant Osman's mother, Sergeant Cruz-Segarra checked up on their vehicles and downloaded and saved pictures for him.

"We wanted to make sure he knew, and she knew, that we were here for them," said Sergeant Cruz-Segarra. "You know, maintenance is maintenance. We're a little rough on the outside, but we're a tight group."



Here, the days run very quickly, but over there, a simple e-mail to a deployed person can make all the difference.

Steven Slagle

McNabb to lead Air Mobility Command

President Bush has nominated Lt. Gen. Duncan McNabb for the rank of general and to command Air Mobility Command at Scott AFB, Ill.

When mobilized, Airmen in the 446th Airlift Wing fall under the command of AMC. Currently about 275 McChord Reservists are mobilized.

General McNabb is currently the director of logistics for the Joint Staff at the Pentagon.

Before that assignment, he was the Air Force



Lt. Gen. Duncan McNabb

deputy chief of staff for plans and programs. From July 1996 to July 1997, as a colonel, he commanded the 62nd Airlift Wing at McChord.

A 1974 graduate of the U. S. Air Force Academy, he has held command and staff positions at squadron, wing, major command and Department of Defense levels. He is a command pilot with

more than 5,400 hours in a variety of aircraft including the C-141 Starlifter and C-17 Globemaster III.

If confirmed by the Senate, General McNabb will succeed Gen. John Handy, who has commanded AMC since November 2001. (Courtesy Air Mobility Command News Service)

Altus crew showcases dual-row airdrop

By Airman 1st Class Aldric Borders
◆ 97th Air Mobility Wing Public Affairs

An aircrew from the 58th Airlift Squadron, Altus AFB, Okla., made the first dual-row airdrop in a training environment from a C-17 Globemaster July 5

“Dual row airdrops allow for twice as much cargo and heavy equipment to be delivered into a combat environment as compared to the conventional single row drop,” said Lt. Col. Tal Metzgar, 58th AS commander. In addition, dual-row airdrops, whenever practical, will save time and fuel dollars.

Previously, aircrews were not trained in dual row airdrops until they reached their permanent duty stations. Now, the capability has been added to the training syllabus.

“The importance behind having dual row airdrop capabilities is it will help support the Army’s need to perform strategic brigade airdrops, where an entire brigade is dropped onto a drop zone in a certain amount of time,” said Maj. John Tringali, an instructor pilot with the 58th AS and the mission commander for the airdrop.

The difference between a dual-row and a conventional airdrop is more than just how much is being dropped; it requires an aircrew to use different procedures when performing the drop.

“Conventional airdrops are designed to send cargo down the center of the aircraft on airdrop rails, while dual-row airdrops send cargo down the left and right side of the aircraft on logistics rails,” Major Tringali said.

Logistics rails were not designed for airdrops, but for loading and unloading the plane while it is parked. Because these rails are not designed for airdrops, the plane’s computer does not have the right software to do calculations for a dual-row airdrop.

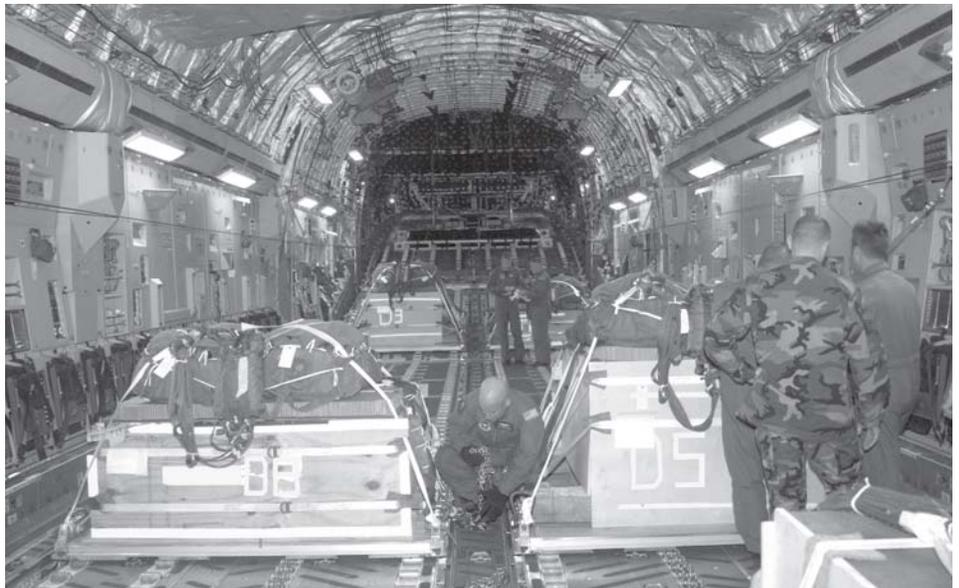


Photo by Airman 1st Class Aldric Borders

Loadmasters from Altus AFB, Okla., chain down cargo and make final checks on a C-17 Globemaster July 5 in preparation for a dual-row airdrop.

This means pilots now have to manually type in how the ballistics work so the computer can figure out the information needed for the airdrop.

“(Besides) this, loadmasters have to manually release the cargo from its locked position when they’re ready to drop it, as opposed to the plane doing it automatically during a conventional airdrop,” Major Tringali said. “Also, since the left-side cargo can be hidden from view of the loadmaster control panel, two loadmasters need to work together on dual row as opposed to normal airdrops using a single loadmaster.”

Teamwork and clear communications are critical for these drops. The loadmasters have to time the drop by eye so there is no pause between the end of the first row dropping and the start of the second row dropping.

If the second row is released too soon, it could possibly collide with cargo being dropped from the first row, causing their chutes to fail. If the second row is released too late, it might take too long to fall out of the aircraft causing the cargo to land past the end of the drop zone.

“Meanwhile, as the loadmasters are doing their job, the pilots have to keep the plane angled accurately,” Major Tringali said. “Pilots must have the nose pitched up at a four-degree angle, plus or minus a half-degree.”

If the angle of the plane is too steep it will cause the locks which release the cargo to jam because of the weight of the cargo leaning against them. And if the angle is too shallow — or the plane is too level — the cargo will not roll out of the plane when it is released. (Courtesy of Air Force Print News)

Senate confirms Moseley as next chief of staff

The Senate has confirmed Gen. T. Michael Moseley as the next chief of staff of the Air Force. He is the current Air Force vice chief of staff.



Gen. T. Michael Moseley

General Moseley met with members of the Senate Armed Services Committee June 29 during his confirmation hearing. Following the approval of the committee, his nomination was forwarded to the full Senate which approved the nomination just before adjourning for the Fourth of July holiday.

During the hearing he said his priorities

would be to further refine and improve joint war-fighting skills, continue to strengthen the Air Force's greatest asset — its people — and to recapitalize the aging aircraft fleet to meet future war-fighting needs.

General Moseley is a command pilot with more than 2,800 hours in the T-37 Tweet, T-38 Talon and F-15 Eagle. He is a graduate of Texas A&M University where he earned both a bachelor's and a master's degree in political science. Besides holding numerous operational assignments, he commanded U.S. Central Command Air Forces and served as Combined Forces Air Component commander for operations Southern Watch, Enduring Freedom and Iraqi Freedom. (*Courtesy of Air Force Print News*)

Force shaping lets officers transfer to Reserve status

By Master Sgt. Mitch Gettle
◆ Air Force Print News

The Air Force achieved its congressionally mandated active-duty end strength of 359,700 Airmen for fiscal 2005. The Air Force had exceeded that ceiling until now.

The fiscal 05 end strength for Air Force Reserve Command is 76,100. As of June, there were 75,499 Airmen in the Air Force Reserve.

Force Shaping Phase II initiatives successfully reduced the overall size of the active force; however, the Air Force still has more officers than authorized and Phase II will continue into the next fiscal year, beginning Oct. 1. Phase II includes the opportunity for active-duty Airmen to transfer to the Reserve.

"We will now limit voluntary separation opportunities for active-duty enlisted Airmen, while maintaining voluntary programs for officers," said Brig. Gen. Glenn Spears, force management policy director on the director of personnel staff at the Pentagon.

"We met our goals to balance and reduce excesses in our enlisted force, and we must continue to focus on shaping the officer force

in size and skills," he said.

For Air Force officers, force-shaping opportunities are still available and will continue until the Air Force meets its end strength numbers for 2006.

Under Force Shaping, an expanded Palace Chase program is available for officers only. Enlisted airmen may apply for normal palace chase transfers. Officers in all Air Force Specialty Codes remain eligible to apply for a Palace Chase transfer under the force shaping program.

"We currently have more officers than allowed by law, particularly in the junior grades," General Spears said. "This excess produces operational and fiscal costs — it restricts their opportunities to serve and to develop as leaders in our force, and it takes dollars from other validated requirements. Therefore, we will continue to offer a variety of programs for these officers to voluntarily leave the Air Force. If there are insufficient volunteers, we will have to consider other options."

The latest force-shaping opportunities are now available on the Air Force Personnel Center Web site at www.afpc.randolph.af.mil. (*Sandra Pishner, 446th Airlift Wing Public Affairs, contributed to this report.*)

DOD changes Emergency Data Form

By Jim Garamone

◆ American Forces Press Service

Two sad cases recently highlighted the need for service members to designate who should receive their remains if they are killed in action.

DOD has changed the Record of Emergency Data Form — DD Form 93 — to require servicemembers to designate exactly who should be declared the "person authorized to direct disposition" of remains.

Reservists can update their DD Form 93 through the Virtual MPF. To access the vMPF, Airmen must have an account with the Air Force portal.

The change grew out of the cases of a Soldier and a Marine killed in Iraq earlier this year. In both cases, the men — both unmarried — had not designated a person authorized to direct disposition, and their parents were divorced.

"The tragedy of loss in the two cases was compounded for the surviving parents because neither one was granted sole custody of the service member when they were divorced," said John Molino, the deputy undersecretary of defense for military community and family policy.

Mr. Molino made the statement in letters to California Rep. Sam Farr and Nevada Rep. Shelley Berkley.

With no one specified as to whom should receive their remains, the services followed long-standing rules. In these cases, the older parent received the remains. In the Soldier's case, burial was delayed for weeks until a court ruled on the situation. The Marine's case is still pending.

Previously, service members could volunteer information on persons authorized to direct disposition of remains. The change will make that information mandatory.

“Victory goes to the player who makes the next-to-last mistake.”

– Savielly Grigorievitch Tartakower

**August
2005**

**Did you
KNOW**

Within two weeks after Iraq invaded Kuwait Aug. 2, 1990, nearly 6,000 of more than 9,000 Reserve volunteers were on duty, serving side-by-side with active duty forces.

Wing Reservist earns AFRC nomination

Master Sgt. Michael Baltadonis, 446th Aircraft Maintenance Squadron, is the Air Force Reserve Command's nominee for the 2005 General Lew Allen, Jr., Trophy (senior NCO).

Wing selects quarterly winners

The 446th Airlift Wing's quarterly award winners for the second quarter are:

Airman
Senior Airman Joshua Stodola, 97th Airlift Squadron NCO

Tech. Sgt. Edward Norris, 446th Airlift Wing

Senior NCO
Senior Master Sgt. Daniel Morris, 446th Aircraft Maintenance Squadron.

POW/MIA lunch set for Sept. 15

The annual POW/MIA Luncheon will be Sept. 15 at 11 a.m. Tickets are \$11 for club members, \$14 for non club members. Meal choices are chicken or beef.

Reservists interested in serving as escorts for former POW guests should call 982-3330 to volunteer.

To purchase your tickets, contact the 466th Airlift Wing Public Affairs office at 982-3330. Tickets are limited.

Council seeks more volunteers to serve

Are you highly motivated and enthusiastic about your Air Force Reserve career?

If you answered yes, then you are the volunteer to join the committee the 446th Airlift Wing's Human Resources Development Council is looking for.

The 446th AW's HRDC has three subcommittees, and each usually meets monthly on the A UTAs. However, even "B teamers" can be involved. That's because the council members need people who are eager to work on projects and be program points of contact.

If you're interested in joining the HRDC contact Lt.



Courtesy photo

March for Families

The Hawks Prairie Rotary and the Lacey Chamber of Commerce are teaming up again this year for the fourth annual March for Military Families on Sept. 10. Reservists, and their families and friends are invited to join in the march to show support for all military families. Come to the Wal-Mart parking lot (Marvin Road exit off I-5) at 9 a.m. For more information, go on the Web site at www.MilitaryFamilyMarch.com or contact the 446th Airlift Wing Public Affairs Office at (253) 982-3330.

Col. Barb Henson at 982-5550 or e-mail her at Barbara.Henson@mcchord.af.mil or contact Chief Master Sgt. Gloria Bennett at 982-5092 or send an e-mail to Gloria.Bennett@mcchord.af.mil.

Employer Orientation Day set for November

The next 446th Employer Orientation Day will be Nov. 19. The event was moved from October to prevent interference with a planned exercise.

Nomination forms are on Page 4 of this month's issue of *Associate Press* and are also available from the 446th Airlift Wing Public Affairs office, Bldg. 1214.

BEST customer phone numbers change

The Benefits and Entitlements Service Team telephone numbers, 1-800-997-2378 and (210) 527-2378,

were disconnected on June 27.

Customers who dial either of those phone numbers will hear a recording that the numbers are no longer in service. The recording will advise callers to dial 1-800-616-3775.

Hearing impaired employees with access to TDD equipment will continue to contact BEST benefits counselors by dialing toll-free 1-800-382-0893. If you have questions, call M. Tybon, 62nd Mission Support Squadron, at 982-5733.

Hispanic Heritage group seeks planners

The McChord Hispanic American Heritage committee is seeking anyone who is interested in planning events for the September heritage celebration. Individuals interested should call 982-5000.

Point summaries no longer come in mail

The Air Reserve Personnel Center in Denver no longer mails Air Force Form 526, Air National Guard/Air Force Reserve Point Credit Summary, to Air Force Reservists.

Guard and Reserve members must now use the virtual Military Personnel Flight to print a copy of their point credit information. Access the vMPF by going to: www.afpc.randolph.af.mil/vs/

Reserve TRICARE information on Web

New TRICARE Reserve Select health plan materials are on the TRICARE Web site.

Beneficiary education and staff training materials are being added weekly, so be sure to check the site often for the most current TRS information.

Sijan

Continued from Page 5

graduate and combat pilot, recognizes the accomplishments of officers and enlisted leaders, assigned at wing level and below, who demonstrate the highest qualities of leadership in the performance of their duties and the conduct of their lives. It is limited to those members whose duties require them to assume active leadership roles

"The award is definitely an honor," said Colonel Kline. "I had no idea I could have been selected, let alone to this level."

Being nominated for this award is an accumulation of the contributions of all the other people in the squadron, said Colonel Kline. "I'm merely a steward of the legacy that has been in this squadron for years," he said.

Being nominated is an "honor, especially knowing the history of Sijan. What I went through is nothing compared to what he did," said Sergeant Belletti, in reference to his deployment to Iraq earlier this year.

New materials added recently include: a TRS Brochure, updated Frequently Asked Questions, and a TRS Briefing with Speaker's Guide and Suggested Uses.

It is important for National Guard and Reserve families to know about this TRICARE benefit in order to make an informed health care choice.

The TRS Web site is <http://www.tricare.osd.mil/reserve/reserveselect/index.cfm>

Passes to theme parks free to military

Anheuser-Busch again will open the gates to its SeaWorld, Busch Gardens and Sesame Place theme parks for free as a way of saying thanks to servicemembers and their families.

The offer runs through Dec. 31. Eligible servicemembers can register for free admission online or in the entrance plaza of participating parks.

While deployed to Balad, Iraq for more than 90 days, Sergeant Belletti provided leadership to more than 50 Airmen performing maintenance and providing safe launch and recovery on 12 different types of aircraft.

"During the time I was there we had 125 code reds. During an attack we had to get everybody off the plane and into hardened shelters; once we got the all clear we would go out to search for bombs, clear the airfield and then continue with our normal jobs," said Sergeant Belletti.

The junior enlisted nominee, Sergeant Richards, was caught off guard by the nomination.

"I didn't know I was being nominated for the award until I was asked to provide personal information. I still haven't seen it (the nomination package)," Sergeant Richards said.

But, he attributes any accomplishments in the nomination package to the people he works with. "I work with some extraordinary people; it's great to be part of this organization. To work with such great people," he said.

Promotions

To Master Sergeant

Kimberly Johnson, 446th MOF
Jules Kendrick, 446th ASTS
Michelle Walters, 46th ASTS

To Airman First Class

Elizabeth McNicols, 446th ASTS
Erik Merrill, 446th ASTS
Eric Toves, 46th MXS

To Airman

Genese Concepcion, 446th MXS
Zendi Mamaril, 446th MSS
Emily White, 446th AMDS

Newcomers

Major

Leon Barringer, 446th ASTS

Captain

Timothy Kelly, 446th ASTS
Melinda Lepore, 446th ALCF

Technical Sergeant

Leonard Collins, 446th CES
Adam Lopez, 446th SFS
Richard Zuck, 446th CES

Staff Sergeant

Shawn Clayton, 446th MXS
Nathan Felix, 446th AES
Adam Harrison, 446th MOF
Carl Higgins, 446th AMXS
Matthew Hollyfield, 446th MXS
Kristina Kelpis, 446th AES
Merlita Southworth, 446th MOF
Jeremy Mikesel, 446th AMXS
Thomas Miller, 446th MXS
Jaun Naputi, 446th AMXS
Melissa Oberg, 446th AMDS
Max Shier, 446th SFS
Steven Smith, 446th AMXS
Laura Whalen, 446th AMDS
Charles Young, 36th APS

Senior Airman

John Cannon, 446th AMXS

Mitchel Cooper, 446th AMDS
Mark Cornell, 446th AMXS
Heather Cozad, 86th APS
Casey Drab, 446th ASTS
Justin Haines, 446th AMXS
Mary Hall, 446th ASTS
Ezra Johnson, 446th ASTS
Jason Koontz, 86th APS
Eric Lawson, 36th APS
Jonathan Lay, 446th AMXS
Melvin Manzano, 446th AMXS
Melissa, Reimer, 446th AMDS
Brian Riewerts, 446th AMXS
Ryan Schomber, 446th CES
Diedra Shinn, 446th AES
Leslie Teuscher, 36th APS
James Thompson, 446th MXS

Airman First Class

Jeremy Biddle, 446th AMXS
Andrew Dolan, 446th AW
Demarcel Gilbert, 446th AMXS
Joshua Hartford, 446th SFS
Kelly Krull, 446th AMXS
Marshall Magneson, 36th APS
Lebaron Smith, 446th AMXS
Jake Traffas, 446th AMXS
Maureen Verdugo, 446th MXS

Airman

Eleanor Dawn Floyd, 36th APS

Airman Basic

Genese Concepcion, 446th MXS

Retirements

Senior Master Sergeant

Roger Trunzo, 97th AS

Master Sergeant

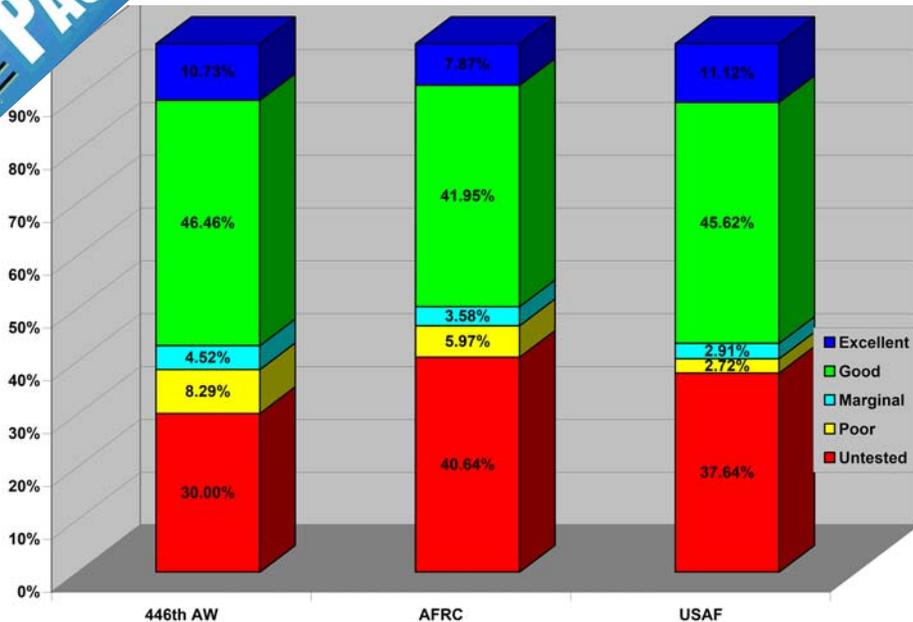
Leonard Bariquit, 446th AMXS
Gregory Christian, 446th MXG
Bud McKay, 446th AW
Carl Silva, 446th AMXS

Technical Sergeant

Larry Henderson, 446th MXS
Chris Neagle, 36th APS
Lawrence Wash, 446th MXS



www.esgr.org



How do we compare?

This graph shows the fitness standing of 446th Airlift Wing Airmen compared to the overall fitness of Airmen in Air Force Reserve Command and the total Air Force, based on annual physical assessment scores.

The “untested” category includes all people who are exempt from taking the assessment, who are not current on their physical assessment or who have never been tested.

Fitness

Continued from Page 6

“That will still be an important measure of their health,” said Lt. Gen. (Dr.) George Peach Taylor Jr., Air Force surgeon general. “Waist measure is closely related to increased risk for metabolic syndrome, diabetes, hypertension and heart disease. Fat distribution is the critical indicator, as opposed to weight.”

The Air Force continues to look at ways to improve the fitness evaluation and remains committed to the Fit to Fight program, Dr.

Taylor said, because the program has proven successful.

“Participation at fitness centers is up 30 percent now,” he said. “And if you go to the field, like in Iraq or Afghanistan, you will find a continued focus on health.”

The assessment is not the focus of the fitness program, but a tool to assess the commander’s fitness training program.

“I want to make very clear that my focus is not on passing a fitness test once a year,” wrote Gen. John Jumper, Air Force chief of

staff, in his Oct. 17, 2003, Chief’s Sight Picture. “More important, we are changing the culture of the Air Force. This is about our preparedness to deploy and fight. It’s about warriors. It is about instilling an expectation that makes fitness a daily standard – an essential part of your service.”

Dr. Taylor said he hopes the changes to the AFI will be made by late August or early September. (Staff Sgt. C. Todd Lopez, Air Force Print News, story contributed to this article.)

446th Associate Press

The Associate Press is printed for associates like Amn. Gabriela Velez Moya, 313th Airlift Squadron.

ASSOCIATE PRESS
446TH AIRLIFT WING/PA
1214 BARNES BLVD, RM 100
MCCHORD AFB, WA 98438-1326
OFFICIAL BUSINESS

PRESORTED STANDARD
U.S. POSTAGE
PAID
TACOMA, WA
PERMIT NO. 800