

- 4 Targeting new training, M-16 course includes wear of chemical protection mask
- 6 Victory is achieved in Reservist's battle for life
- 9 Follow along as we provide answers to your questions about sanctuary

# Maintainers keep mission rolling

Tech. Sgt. Colleen Roundtree  
◆ Wing Public Affairs

Limited by parking space and construction on the ramp, maintainers from McChord and many other Air Force bases find a way to park about 850 aircraft per month at their deployed location of Balad AB, Iraq.

Balad is located about 70 miles north of Baghdad.

As well as being a part of a mixed service installation, Air Force maintainers are part of what Master Sgt. John Dietle, a C-17 maintenance supervisor deployed from the 62<sup>nd</sup> Aircraft Maintenance Squadron at McChord, calls the "big melting pot



Photo by Tech. Sgt. Robert Jensen

Two McChord C-17 Globemaster III aircraft prepare to depart Balad AB Nov. 30. Maintainers are kept busy with more than 850 aircraft transiting the base monthly.

See Balad, Page 5

# Pay statement receipt requires myPay

By Sandra Pishner  
◆ Wing Public Affairs

Gone are the days when you could expect to find your military Leave and Earnings Statement in the mail or you could simply stroll into the finance office and get a copy. As of Jan. 1, all Reservists and 446th Airlift Wing civilian employees can only get their LES's through the Defense Finance and Accounting Service web site <https://mypay.dafas.mil>.

In keeping with a directive from Air Force Chief of Staff Gen. John Jumper, Maj. Gen. John Batbie, Air Force Reserve Command

vice commander, sent out a memo Nov. 29 directing mandatory use of myPay, by military and civilian members of the command.

"The only way you'll be able to get your LES is by going to myPay, and printing it out yourself," said Bill Britt, military pay supervisor, 446th Airlift Wing. "The finance office won't be able to print it for you as we have in the past."

And what is myPay? It's Defense Finance and Accounting Service's latest tool that lets active duty, National Guard and Reserve members, military retirees, Department of Defense civilian employees and annuitants take charge of their pay accounts online.

In addition to viewing and printing an LES, customers will be able to make changes to their federal and state tax withholdings, update bank account and direct deposit information, and receive their W-2.

With the capability to manage so much, customers are assured that myPay is a secure way to make changes directly to their pay accounts. Because the system requires people to use a combination of a social security number and a Personal Identification Number to access it, DFAS officials said the system is as secure as using an ATM at a bank. Users also must use a browser with

See myPay, Page 3

**446th Associate Press**

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Jan. 24 is the deadline for articles in the February 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.

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All photos are Air Force unless otherwise indicated.

**Exercise - Rodeo - Corona - Air Show**

# Challenges lie ahead for wing in new, busy year

By **Col. Eric Crabtree**  
◆ Wing Commander

**H**appy New Year to all of you and welcome to another year of challenges. This year is starting out with great hope with the elections in Iraq and the inauguration of a presidential administration. Hopefully both events will provide steps toward more stability than we were able to find in the turmoil of last year.

There are a significant number of challenges on the wing's plate this year that will require some change of focus and dedication to some new priorities.

The first is a mobility exercise on the

February "A" UTA. This is the first step toward our readiness to pass an Initial Response Exercise in October. Elements to be emphasized are the usual mobility items (recall procedures, mobility equipment, processing requirements like

will, emergency data info, and shots, and training in combat arms, chemical warfare defense, and survival and recovery). Unit deployment planners and trainers will need to focus on those areas to be able to demonstrate to the Air Mobility Command Inspector General that we are ready to use any of those skills at a moments notice.

The second major event will be the hosting of Rodeo in June. AMC is trying to revitalize a tradition that has been an important part of recent air mobility history. Gen. John Handy, AMC commander, said he sees this as an opportunity to keep a tradition from dying and perhaps mend fences with some of our allies at a challenging and fun competition. A number of wings have said they will not be able to participate due to their operations tempo. We



**Col. Eric Crabtree**

are hoping to play host to any Reserve wings who do chose to compete and make positive connections with our comrades in arms.

The third event for the base and the two wings here is the hosting of the Summer CORONA. This gathering of the top generals of the Air Force will be a real chance to showcase the base and

give them a taste of Pacific Northwest hospitality as they struggle to make decisions that will guide the Air Force in the future. There are many opportunities for wing personnel to work on the logistics of this event, if you are interested, and it could give you a chance to interact with some of the top policy makers of today's Air Force.

The final big event will be the air show the last weekend of July. The Thunderbirds will be here and planners are pursuing a number of other aerial performers and interesting displays. This will certainly be a highlight for unit members and their families and the local communities. There will be numerous requirements and opportunities for anyone interested to help out in the planning and execution if you are interested in being part of the show.

A final challenge, from Lt. Gen. Bradley, commander of the Air Force Reserve Command, is to register your civilian employer in the civilian Employment Information Program. This only takes a few minutes and the information it will provide the command's leadership will be an immense help to them. Our goal is to have 100 percent of our people registered as soon as possible. If you're not sure how to register, talk to your first sergeant or commander and they can steer you to the web site.

I hope you are looking forward to the challenges of another year in the Air Force Reserve and the vital role you fill in our national defense. Thanks very much for your service and dedication.



**AMC is trying to revitalize a tradition that has been an important part of recent air mobility history.**

**Eric Crabtree**

## 2005 Reserve Pay for Four Drills Years of Service

	Under 2	Over 2	Over 3	Over 4	Over 6	Over 8	Over 10	Over 12	Over 14	Over 16	Over 18	Over 20	Over 22	Over 24	Over 26
O-7	888.80	930.08	949.20	964.40	991.88	1,019.00	1,050.44	1,081.80	1,113.20	1,211.92	1,295.28	1,295.28	1,295.28	1,295.28	1,301.84
O-6	658.76	723.72	771.20	771.20	774.12	807.32	811.72	811.72	857.84	939.40	987.28	1,035.12	1,062.36	1,089.88	1,143.40
O-5	549.16	618.64	661.48	669.52	696.20	712.24	747.40	773.20	806.48	857.48	881.76	905.76	933.00	933.00	933.00
O-4	473.84	548.52	585.12	593.28	627.24	663.68	709.00	744.36	768.88	782.96	791.16	791.16	791.16	791.16	791.16
O-3	416.60	472.28	509.76	555.76	582.36	611.56	630.48	661.60	677.76	677.76	677.76	677.76	677.76	677.76	677.76
O-2	359.92	409.96	472.16	488.12	498.16	498.16	498.16	498.16	498.16	498.16	498.16	498.16	498.16	498.16	498.16
O-1	312.48	325.20	393.08	393.08	393.08	393.08	393.08	393.08	393.08	393.08	393.08	393.08	393.08	393.08	393.08
O-3E	0	0	0	555.76	582.36	611.56	630.48	661.60	687.80	702.80	723.28	0	0	0	0
O-2E	0	0	0	488.12	498.16	514.04	540.76	561.48	576.88	576.88	576.88	0	0	0	0
O-1E	0	0	0	393.08	419.84	435.32	451.16	466.76	488.12	488.12	488.12	0	0	0	0
E-9	0	0	0	0	0	0	520.16	531.96	546.80	564.32	581.88	610.12	634.00	659.16	697.56
E-8	0	0	0	0	0	425.80	444.64	456.28	470.28	485.40	512.72	526.56	550.12	563.20	595.36
E-7	296.00	323.08	335.44	351.84	364.60	386.60	398.96	411.28	433.28	444.32	454.76	461.16	482.72	496.68	532.00
E-6	256.04	281.68	294.12	306.20	318.80	347.24	358.28	370.56	381.32	385.16	387.76	387.76	387.76	387.76	387.76
E-5	234.60	250.28	262.36	274.76	294.04	310.64	322.88	326.76	326.76	326.76	326.76	326.76	326.76	326.76	326.76
E-4	215.04	226.08	238.28	250.36	261.04	261.04	261.04	261.04	261.04	261.04	261.04	261.04	261.04	261.04	261.04
E-3	194.16	206.36	218.80	218.80	218.80	218.80	218.80	218.80	218.80	218.80	218.80	218.80	218.80	218.80	218.80
E-2	184.60	184.60	184.60	184.60	184.60	184.60	184.60	184.60	184.60	184.60	184.60	184.60	184.60	184.60	184.60

## myPay

Continued from Page 1

Secure Socket Layers protocol having a 128-bit encryption software. The software prevents information from being retrieved by someone else while it's being transmitted, not to mention the use of a firewall that secures data by encrypting it between the myPay server and host pay system.

Airmen who don't have access to a computer will be able to sign on to myPay through one of two kiosks set up on base.

According to 2nd Lt. Luke Allen, 62nd Comptroller Squadron's officer in charge of customer service, three Kiosks will be placed around the base.

"The kiosks are being purchased by AMC and at this point we don't know when we'll get ours," said the lieutenant. "We expect to get three and at this point we're planning on placing one at the medical group, one at the BX, and one at the fitness center."

The Kiosk is used strictly for myPay.

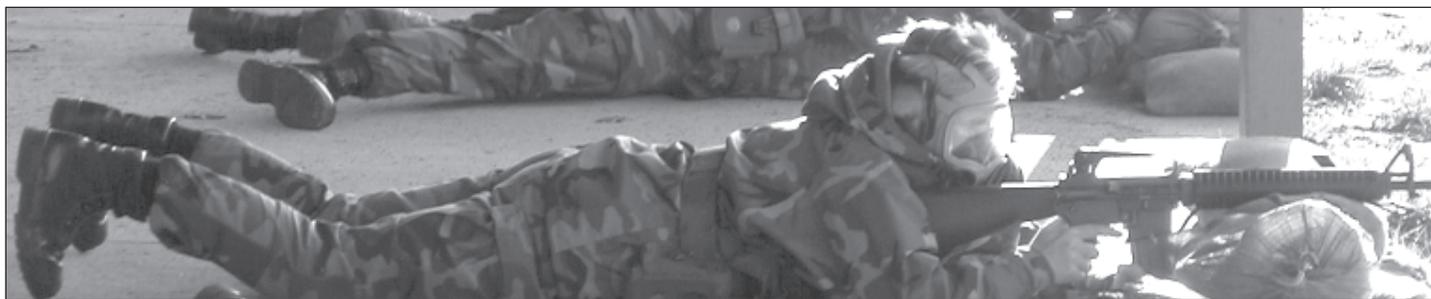
## At A Glance

Features of myPay offer faster services, security, accessibility and reliability to customers worldwide.

With myPay, customers can:

- ◆ View, print, and save leave and earnings statements
- ◆ View and print tax statements
- ◆ Change federal and state tax withholdings
- ◆ Update bank account and electronic fund transfer information
- ◆ Manage allotments

- ◆ Make address changes
- ◆ Manage U.S. Savings Bonds
- ◆ View and print travel vouchers
- ◆ Control Thrift Savings Plan enrollment
- ◆ View and print retiree account statements
- ◆ View and print annuitant account statements
- ◆ Provide report of existence
- ◆ Update certificate of eligibility



Photos by Senior Airman Paul Haley

Senior Airman Kate Dory, 446th Aeromedical Staging Squadron, fires her M-16 while trying to overcome the awkwardness caused by the chemical protection mask.

## M-16 training takes on new twist for all

By Senior Airman Paul Haley  
◆ Wing Public Affairs

After stepping off a bus on a brisk, sunny day in November, 21 Airmen set up targets and prepared to do something most had never done before: fire an M-16 while wearing their chemical protective masks.

Since May, changes to AFI 36-2226 have added the prone supported position, while wearing protective mask, to the series of positions in which airmen are required to shoot. Senior Master Sgt. Jeffrey Ellison was one of the first to qualify under the new standard.

"I found it challenging, but doable," Sergeant Ellison said. "We had good instructors who gave tips on how to hold the weapon."

Senior Airman Kate Dory also found it challenging. "It was hard to see and hard to position the rifle," she said. Sun glinting off Airman Dory's eyepieces obscured her vision.

The change was mandated, in part, by an increased emphasis on marksmanship by the Air Force. According to Master Sgt. Kirk Almquist, superintendent of training for 446<sup>th</sup> Security Forces Squadron, the only way to improve is with practice. "I'd highly recommend anybody to go out and buy their own AR [AR-15] and get more time on the weapon."

When firing with the protective mask, it's important to keep the rifle upright, despite the inclination, caused by the mask, to tilt it. Tilting the rifle causes the round to hit low and left of where the shooter is aiming (for

right-handed shooters), according to Sergeant Almquist. Complications like this are the reason the protective mask position was added for all airmen. Previously, only security forces and mobility positions were required to do it. The entire Air Force has instituted the new standards, and while the Reserve has not tested enough people to gauge the impact on scores, the active duty has seen a drop in qualification rates.

M-16 qualification usually takes all of Saturday on a UTA weekend. The day is started with a three hour class covering shooting fundamentals, safety, cleaning, and assembly/disassembly. The class is followed by lunch, and then shooters are bussed to the range at Fort Lewis. Participants fire 20 rounds to zero their weapons, 30 rounds for practice, and then fire 50 rounds in an attempt to hit 19 targets the five shooting positions: prone supported, prone supported with mask, prone unsupported, kneeling, and over barricade. The total of 100 rounds was increased from 80. "Firing more rounds is always a good thing," Sergeant Almquist said. "We're firing more rounds in practice; we're firing more rounds in zeroing phase." The whole series usually takes between two and three hours. Shooters who score over 43 hits out of the 50 with the M-16 receive a Small Arms Expert Marksmanship Ribbon, while pistol shooters get a device for the ribbon. After shooting, everyone returns to McChord to clean weapons.

Airmen are grouped into one of three categories for weapons qualification, depending on their duty requirements. Group A consists of security forces people, group B is people in high-mobility jobs, and group C



Airmen load and fire 100 rounds of ammunition during qualification training.

is everyone else. The length of time qualification stays current depends on which group the servicemember belongs to. Group A qualifications are good for six months, group B for 12 months, and group C for 36 months. These standards are for Air Force Reserve Airmen only, and a Reservist on active-duty orders is still considered Reserve for weapons qualification.

Since the increase in tempo due to the global war on terror, more emphasis has been placed on marksmanship. AFI 36-2226 added the protective mask position and units are showing a higher level of interest in making sure people are qualified. This creates scheduling and supply problems for security forces, whose ammunition requirements are evaluated and ordered on a five-year cycle. However, an online system for scheduling shooters is being employed by the Air Force to streamline the process. The Security Forces Management Information System is a web-based system designed to track shooters and scores. Unit schedulers are required to input the names of shooters into SFMIS before they go to qualify. Schedulers should contact Sergeant Almquist at combat arms to find out more.

# New personnel system coming

## McChord set for last phase of Spiral One

By Tech. Sgt. Collen Roundtree  
◆ Wing Public Affairs

The Department of Defense's National Security Personnel System will begin to affect civilian personnel human resources and appeals processes for about 300,000 general schedule employees as early as July of this year, according to an announcement made by Navy Secretary Gordon England.

The program is scheduled to be implemented in groups called Spirals. Spiral One, which includes McChord, is to be implemented in three phases.

McChord is part of the last group of DOD facilities to be included in Spiral One, phase three and is expected to begin in July of 2006. The schedule, however, is notional because, "the program is event driven rather than time line driven," said Jim Dicus, civilian personnel officer for McChord AFB.

Mr. Dicus explained that as each phase is implemented, we want to ensure any problems we may encounter are addressed and corrected if necessary. The last thing we want is to rush the process based on ag-

gressive time lines and not have things right, he said.

One advantage according to Mr. Dicus, is that because we are part of Spiral One, phase three, by the time McChord begins implementation, any of the bugs inherent in any new system will hopefully be resolved.

There are several goals of the new personnel system that promise to be positive for both McChord and the civilian employees here, according to Mr. Dicus.

"What we want to be able to do is hire people faster and pay them based on their performance" he said.

Mr. Dicus explains this will enable McChord to directly compete with corporate employers for the "cream of the crop," as managers will have flexibility to negotiate salaries based on experience and the value the employee brings.

"We want to be able to recruit those top performers and add to an already excellent work force," said Mr. Dicus. "I like it because it's hard filling positions like engineers and in nursing. Now we are hopefully going to be able to go out and get those folks."

Another goal is to increase the ability to retain top performers by giving supervisors the ability to reward them monetarily.

"Not everything is automatic anymore," Mr. Dicus said.

Under the current civilian employment system, employees are entitled to an annual cost of living pay increase and occasional within grade increase based on time and grade in their position. Once the NSPS is implemented, annual increases and automatic within grade increases will go away. In the civilian pay budgets that previously funded these areas, monies will now be used to pay for performance annually, serving as an incentive for employees to excel.

"Before, increases were standardized and came every few years; now employees may see raises annually and the amount can be substantially more.

The hard part, according to Mr. Dicus is going to be in budget management.

"There is going to be some level of expertise required to manage the budget, but there is a lot of room to reward people accordingly for the efforts they produce," Mr. Dicus said.

DOD currently has about 700,000 civilian employees.

Spiral 2 will comprise the remainder of the eligible work force and will be initiated following an assessment of Spiral 1 and after the secretary of defense certifies the performance-management system.

Congress authorized the new personnel system as part of the fiscal 2004 National Defense Authorization Act.

## Balad

Continued from Page 1

of maintainers."

Detachment 5 of the 721st Air Mobility Operations Group at Balad AB, is made up of active and Reserve maintainers from McChord, Travis, Elmendorf, Spangdahlem, Shaw and McGuire Air Force Bases.

"We've got a lot of different people from different backgrounds on different airframes, which can be challenging at times," Sergeant Dietle said.

Sergeant Dietle explained most are from C-17 and C-5 backgrounds, but there are maintainers with C-141 and fighter experience also.

Those various backgrounds may create some challenges, but

they can also solve problems as deployed maintainers are responsible for about 16 different military and civilian airframes.

Although many aircraft arrive with a flying crew chief, sometimes a fix requires an additional pair of experienced hands.

There is currently one C-130 specialist at Balad.

"Last night we had a C-130 break down and we had to go get him (the specialist) out of bed," said Tech. Sgt. Kurt Barth, a Reserve maintainer from the 446th Aircraft Maintenance Squadron.

Sergeant Barth also is familiar with waking up to help out on his night off.

"You always have to be available," Sergeant Barth said.

"There are only two of us qualified to drive a tow vehicle."

When time off is taken away due to a maintenance need, compensation time is given when mission requirements allow.

Shifts are scheduled for 12 hours, six days a week.

In addition to ensuring each incoming aircraft is safe to operate on the return flight, maintainers also safeguard aircrews during any attack on the base.

"We run the aircrews to a hardened shelter and the production supervisor and maintenance driver are responsible for searching the flightline for any unexploded ordnance," Sergeant Barth said.

Once each shift is over, and aircrews and aircraft are safely

away, there is a little time to unwind.

Although Balad doesn't offer the same amount of recreational outlets McChord and the surrounding area offer, the conditions are not as sparse as they once were.

"Living conditions are real good and getting better all the time," Sergeant Dietle said.

Balad is collocated with the Army Logistic Support Area Anaconda, LSA Anaconda hosts around 25,000 Soldiers and Balad is the deployed home to about 5,000 Airmen.

Additionally, there are Navy and Marine units on location, making Anaconda and Balad truly a melting pot of military services in the desert.



Master Sgt.  
Michele Lish

# Reservist gold



Yeah, there were tears, but I didn't sit in a pity pool. I thought, 'Hey, I've got cancer. It's curable. Yeah, it's going to suck going through treatment, but I'll get past this.'

Michele Lish

By Staff Sgt. Wendy Beauchaine  
◆ Wing Public Affairs

**A** Reservist in the 446th Maintenance Squadron was diagnosed with cancer in February 2000. Instead of drowning herself in sorrow, she paddled her way through chemotherapy, beating breast cancer and became a world champion gold medalist in China.

"I scheduled a mammogram in November 1999 when I noticed a lump in my breast," said Master Sgt. Michele Lish, a propulsion shop technician. "There is no history of cancer on my mom or dad's side of the family, but I scheduled a mammogram just in case."

Of course, on the day of her appointment, her roof started leaking, flooding into her home. Three months later, life and activities got in the way, and she realized she had forgotten all about that lump, and scheduled another appointment.

Sergeant Lish's busy schedule includes being involved in sports and physical jobs, like training to be a jet-engine mechanic in the propulsion shop, where she has worked since joining the Reserve in 1981. In her civilian job, she works as a lieutenant for the Portland Police Bureau, having spent most of her time since 1982 working in patrol.

"I finally went in for my mammogram Feb. 8, 2000," said Sergeant Lish. "I asked a lot of questions, and I got to see all of the x-rays and ultrasounds during the test. The lump showed up clearly, so they

performed a biopsy to test it."

Three days after her mammogram, Sergeant Lish got the phone call from her doctor.

"I was at my desk when I got the call. She said, 'I've got bad news. You have breast cancer.' It wasn't a shock because I had already seen the lump. It was a stage two cancer, spreading to my lymph nodes. You always hope it's not true. But it wasn't a total shock."

From that day, everything moved very quickly. Sergeant Lish asked for some recommended surgeons, and she was able to participate in two medical studies within a week of her mammogram. Her surgeon asked, 'How does tomorrow work

for you?' making her surgery date Feb. 15, 2000, only four days after she got the call from her doctor.

Sergeant Lish tends to find her life being called to the fast lane. A coworker in the police department asked her to join a dragon boat paddling team, the Pink Phoenix.

Dragon boats are like long canoes, where two people sit side-by-side and paddle on their side of the boat. The Pink Phoenix is a team of breast cancer survivors, in Portland, Ore.

According to the team's web site ([www.pinkphoenix.org](http://www.pinkphoenix.org)), their name comes from the pink ribbons worn by breast cancer survivors and from the phoenix, a

Background photo courtesy of John Myers

# and medals in life, sport

bird in Egyptian mythology that lived in the desert for 500 years and then consumed itself by fire, later to rise renewed from its ashes – a triumphant symbol of rebirth and renewal of human spirit, not unlike the renewed commitment to life after surviving cancer or any life-threatening disease.

“These were people who were doing something with their lives,” said Sergeant Lish. “They were fun, exciting people who weren’t bemoaning their cancer, and some of them have battled it more than once,” she finished passionately.

The Pink Phoenix team is where Sergeant Lish developed her love and technique for paddling, creating the framework for her later world championships. Now, in addition to earning medals in her police department and her Reserve job, she earns half a dozen medals each year from paddling in competitions around the world.

Sergeant Lish moved from the Pink Phoenix team to the Wasabi Paddling Club where she now paddles with Team SOAR, Survivors On A River, a more competitive paddling team. The team’s most recent accomplishment was striking gold in Qingpu, Shanghai, China during the International Dragon Boat Federation World Dragon Boat Championships.

“Having cancer is not an easy time for anybody,” she said. “But, it doesn’t have to be the end of your life either. Yeah, there were tears, but I didn’t sit in a pity pool. I thought, ‘Hey, I’ve got cancer. It’s curable. Yeah, it’s going to suck going through treatment, but I’ll get past this.’”

Knowing her friends and family would be supportive, Sergeant Lish didn’t hide the facts from anyone. She shared her story with everyone to draw on their strength when she needed it.

“The Pink Phoenix team was exactly the kind of support system I wanted, and they were physical. I have been active all

my life – gymnastics in college, even sports in the Air Force. It makes such a difference in your energy level – I think everyone, especially cancer victims who are suffering fatigue like I did, should get back into a physical activity like water aerobics to help with the energy level.”

Sergeant Lish suffered from extreme fatigue during chemotherapy, and she had to deal with common side effects like weight gain, hair loss, dry sinuses, bloody noses and neuropathy. Neuropathy occurs when the nervous system has trouble communicating with the nerves, leading to weakness, pain, imbalance or dizziness. These symptoms can limit the ability to perform daily activities like walking, which Sergeant Lish experienced at some points.

“Fatigue was a big one for me,” she said. “I thought the hair loss would be tragic, so I bought a \$600 wig. But the first day I wore it, everyone came in my office to see me, and I thought, ‘thank you for making me feel so uncomfortable!’, so I didn’t wear it there again. Instead, I wore these funky little hats that were like do-rags with bills.”

Dealing with the physical changes was only half the battle. The emotional aspects can be just as challenging, if not more challenging for cancer patients.

“I kept telling myself I was doing great,” said Sergeant Lish. “Then, I’d run into people, and I’d feel like I wasn’t doing great. They look at you, and you can see it in their eyes, then you just feel like you’re not doing as well as you’re telling yourself.”

Sergeant Lish made a huge effort to amp up her physical activities to lose the extra weight she gained. Paddling helped restore her energy levels and her emotional well being. She only missed 20 days of work from the police department, and her hard work in the bureau earned her the Officer of the Year award from the

International Association of Women in Police that year.

“You don’t have to ‘lie in the hospital bed’ when you’re not in the hospital bed, you know what I mean,” she said.

Her advice to others includes getting regular mammograms, learning everything there is to know, and listening to all the advice since there will be options and choices.

“I always took a second set of ears when I went to my doctor’s appointments,” she said. “It’s a little overwhelming, and I was emotional, so I didn’t want to miss anything – I think everyone should bring someone with them. They can hear what I can’t or don’t want to hear.

“My friends and family really supported me. I know it was uncomfortable for some of them at first, but since then, everyone has thanked me for sharing. They felt like they understood better and knew how to support me better.”

Sergeant Lish finished her chemotherapy treatment Aug. 20, 2004. The cancer, she vows, is not coming back, although the magic number is usually five years of remission before being determined cancer-free.

“I’ve gone through it. I’ve survived it, and my quality of life is so much better,” she said. “My whole attitude, my appreciation of life and how I treat people – I’m not so grouchy,” she laughed.

Now, she’s living out her childhood dreams.

“I have watched the Olympics religiously since I was a kid,” Sergeant Lish said. “I went to L.A., and I had tickets for a ton of stuff, diving, gymnastics, opening ceremony, track and field events, everything. I was also a part of the security team during the Atlanta games. I’m an Olympic nut, and now I have my own gold medal.”

# Health assessments key to readiness

By Lt. Col. Bruce Neely

◆ 446th Aerospace Medicine Squadron

The Air Force Reserve requires an annual health assessment for all Reservists in order for them to continue to serve and participate for pay and points. This requirement helps ensure the Reserve's ability to fly and fight.

The Reserve Component Physical Health Assessment is a web-based system that can be accessed from any computer (even from home). Go to any search engine site and type in "rcpha" in the search block.

Reservists need to complete their annual RCPHA no later than the B UTA of their birth month, or they become non-current.

Each member must complete a health questionnaire. The questionnaire is available on line starting six months prior to the member's birth month. The questionnaire is not available after the birth month passes.

Each member must have an annual review of immunizations and an annual dental exam. Every third year a Reservist is required to have a "long" physical with a more thorough exam. The other two years are considered to be a "short" physical exam years. It is possible a Reservist need not to come to the clinic for the "short" physical exam if they complete the questionnaire on line, there are no health issues, immunizations are up to

## At A Glance

The member can have a successful physical exam by filling out the questionnaire early, turning in the dental form before the end of his/her birth month, and bring in any and all doctor notes. When coming in for an exam, show up at the times assigned to you. The non-flyers check in at Bldg. 691 to pick up medical records. The flyers proceed directly to the 62nd MDG building to start the exam process.

date, they are not on a medical profile, and the dental form 2813 has been turned in.

After the health questionnaire is completed, your unit health monitor schedules your physical with the 446th Aerospace Medicine Squadron, if needed. When scheduled, you must bring in with you the dental form 2813 and any medical notes regarding doctor visits or lab results.

The dental form 2813 is printed out when you fill out your questionnaire. This completed form informs the medical team if in the next 12 months certain conditions and treatments may be needed. Your civilian dentist will sign the form to tell us that a) no treat-

ment was needed or b) treatments are needed, but will not result in an emergency within the next 12 months, or c) treatments are needed to prevent emergency care in the next 12 months.

What to do if you don't have a dentist? The Reserve provides excellent dental insurance through Tricare with the United Concordia Dental Program. This program provides an annual exam, which is covered 100 percent. The dental plan costs about \$8 a month. You can find out more about the dental program by visiting the web site [www.ucci.com](http://www.ucci.com) or calling 1-888-622-2256.

If you are activated, you still need to complete your RCPHA on line questionnaire. You can have a physical exam with the active-duty clinic and have a dental exam with the active-duty dental clinic (take your orders and dental records with you). But remember, you still need to fill out your RCPHA questionnaire on line and notify the 446th AMDS and your unit health monitor when completed.

Reservists who don't complete this annual health assessment requirement will find their Reserve status affected. Flyers become non-current (DNIF) and non-flyers will not be worldwide duty available. Both flyers and non-flyers will become administrative P-4 at the end of their birth month and will not be able to participate for pay or points.

# Fitness level in wing looking good

By Master Sgt. Bud McKay

◆ Wing Public Affairs

With just a few days remaining in December, slightly more than half of more than 75,000 Air Force Reservists in Air Force Reserve Command units had completed the initial fitness test. At the 446th Airlift Wing, 72 percent of the wing's more than 2,200 members have completed their initial fitness test.

The 446th AW also has the largest number of people tested throughout the nine wings in Fourth Air Force, with 1,634 people tested.

McChord Reservists are also leading the way among the nine Fourth Air Force units in fitness, with more than 79 percent of those tested earning a passing score, according to Maj. Deborah Schnorr, with the wing's fitness program.

"Most of the people in the wing took the initiative to be physically ready before the testing started," she said. "That really helped with our results and participation."

Previously, the Air Force Reserve measured with height-based weight restrictions and tested Reservist's aerobic health through a three-mile walk. The

new Air Force-wide fitness standards include a waist measurement as well as push-ups, crunches and a 1.5 mile run.

Airmen from all Air Force components are expected to meet the new physical fitness program standards. People who score above 90 percent are considered in excellent health. A total score of 75 to 89.99 is good; 70 to 74.99 is marginal; and less than 70 is poor.

Looking at the more than 38,133 people tested to date throughout the command, 76.6 percent of those tested passed. Breaking down those numbers, 64.6 percent are considered at a

good fitness level; 12.4 percent are considered at a poor fitness level; 12 percent of those tested are at the excellent fitness level; and 11 percent are considered marginal.

At the 446th AW, 65 percent of the people tested scored in the good fitness level; 14 percent are in the excellent fitness level; almost 11 percent are at the poor fitness level; and 10 percent of those tested are marginal.

"The numbers of people passing the new test are very encouraging," said Col. Eric Crabtree, 446th AW commander. "It shows

See Fitness, Page 12

# 10th Air Force commander takes AFRC vice commander position this month

By 1st Lt. Lance Patterson

Air Force Reserve Command Public Affairs

Maj. Gen. David E. Tanzi will return here in January to serve as vice commander of Air Force Reserve Command.

He will replace Maj. Gen. John J. Batbie Jr., who will retire after he relinquishes his post to General Tanzi Jan. 21.

General Tanzi currently commands 10th Air Force, Naval Air Station Joint Reserve Base Fort Worth, Texas.

Before that assignment, he was director of plans and programs at Headquarters AFRC, Robins AFB, from February 1999 to March 2002.

Other assignments include:



Maj. Gen. David Tanzi

Deputy commander for operations and later commander of the 917th Tactical Fighter Group, Barksdale AFB, La., from December 1985 to July 1987.

As the vice commander of the Air Force

Commander of the 419th Fighter Wing, Hill AFB, Utah, from February 1999 to March 2002.

Commander of the 906th Fighter Group, Wright-Patterson AFB, Ohio, from July 1987 to July 1999.

Reserve, General Tanzi will oversee AFRC daily operations.

General Tanzi is a native of Hanover, N.H. He entered the Air Force through the Ohio Air National Guard in 1968 and earned his wings in 1970. A fighter weapons school graduate, he has held several supervisory and command positions to include serving as a squadron commander.

General Tanzi is a command pilot with more than 4,500 flying hours in several fighter aircraft. He flew combat missions over northern Iraq in support of Operation Provide Comfort II. The general retired from civil service Dec. 3. He is now a full-time reservist in the Active Guard and Reserve program. (AFRC News Service)

## Understanding rules of sanctuary

A story was published in the November issue of the 446th Associate Press on sanctuary sparked concerns for Reservists who are or will be eligible for an active-duty retirement. The following information further clarifies facts about sanctuary.

### Q: First of all what is sanctuary?

A: Sanctuary provides the entitlement of a member to remain on active duty for the purpose of qualifying for an active-duty military retirement. Sanctuary protection begins with 18 years (6,570 points) of total active federal military service and ends with 20 years (7,300 points).

A Reservist who is in the sanctuary zone (between 6570 and 7300 TAFMS points) must be on active-duty orders to invoke a claim for sanctuary protection. The request to claim sanctuary must be in writing and submitted to Headquarters Air Force Reserve Command. The claim package for active duty

sanctuary can be obtained from the 446th Mission Support Squadron's Military Personnel Flight.

### Q: So, what occurs after the declaration of sanctuary?

A: If a Reservist is *involuntarily* activated, a waiver for sanctuary protection is not required. A member who is in the sanctuary zone will be given the option upon demobilization to invoke a claim for sanctuary protection and become an immediate active-duty accession.

The member may also decline sanctuary protection and return to Reserve status, continue to accumulate points and pay, and retire with an active duty retirement at a later date.

### Q: When is a waiver to sanctuary protection required?

A: A Reservist who is projected to reach sanctuary while performing any voluntary tour of active duty (active duty for special work, RPA or MPA mandays) must have in place prior to or-

ders being published an HQ AFRC waiver approved and signed by the assistant vice commander, with specific beginning and ending dates.

The waiver form signed for routine voluntary active duty is called a Statement of Understanding. Although a waiver has been signed, active-duty points continue to accumulate. However, by signing the waiver, the Reservist is voluntarily waiving his or her right to invoke sanctuary during the specified time frame.

### Q: Can a waiver prevent a Reservist from getting an active-duty retirement?

A: No. The waiver stops the member from claiming sanctuary protection while on orders for a voluntary tour of active duty. Even with a waiver, points continue to accumulate toward an active-duty retirement.

In a nutshell, as soon as members have their 7,300 points of total active federal military service, they can retire at any time

with an immediate annuity and other active duty retirement benefits.

### Q: If someone has waived sanctuary, will they be denied orders to participate in the Reserve?

A: Reservists may continue to perform *voluntary* active duty with a signed/approved waiver in place prior to the tour start date.

### Q: If someone declares sanctuary, will they remain in the Reserve on active duty or will they be subject to active duty control?

A: Upon declaration of sanctuary (while on active duty), the member will become an immediate active-duty accession and receive an active-duty assignment according to Air Force needs.

If you have any questions concerning sanctuary, contact Master Sgt. Marjorie Evans at 446th Mission Support Squadron at (253) 982-3135.

**“When you put on a uniform there are certain inhibitions that you accept.”**

— Gen. Dwight D. Eisenhower

**January  
2005**

**Did you  
KNOW**

**On Jan. 10, 1958, the Air Reserve Technician Program was initiated, giving the Air Force Reserve a truly ready cadre of technicians ready for mobilization.**

**Awards banquet set**

The 446th Airlift Wing Annual Awards Banquet is March 5. Tickets are available from unit first sergeants.

**Volunteers sought for enlisted workshop**

The 446th Airlift Wing is looking for highly-motivated people who possess cheerful, sincere, and professional attitudes to volunteer for the upcoming 2005 Enlisted Workshop. If you, or anyone you know, possess these characteristics, please join us on every Sunday of unit training assembly weekends at 2 p.m. in the wing conference room, Bldg. 1214. We are seeking thoughts and ideas for a theme and topics of discussion. For more information, please contact Master Sgt. Rowena Tabulina at (253) 982-2165.

**Rodeo '05 coming to McChord in June**

Air Mobility Command will hold Rodeo '05 at McChord June 12-26. The worldwide mobility competition tests the skills of aircrews, security forces, aeromedical evacuation personnel, and aerial porters in more than 50 separate contests. More than 2,500 competitors are expected from AMC and AMC-gained Reserve component units, as well as international teams. Lt. Col. Pat Kearney, 446th Airlift Wing is the Reserve wing point of contact for the event.

**Overlook Park closed through April**

The Overlook Park is closed for construction at Visa Drive, J Street, and across from Bldg. 160. The closure is in effect from now to April 15. The area will be close to both vehicle and pedestrian traffic.

**Scouts looking for volunteer leaders**

The McChord Girl Scouts are currently looking for adult volunteers to fill Girl Scout leader positions. Please contact Teresa at

teresaw222@aol.com or Pacific Peaks Council (253) 475-0307.

**No shows can be recalled to duty**

Wing commanders may recall, for up to 45 days, Reservists who have not fulfilled their Military Service Obligation. Based on a directive from Air Force Reserve Command personnel directorate, discharge packages for unsatisfactory participation for Reservists with Reserve Service Commitments need to state a reason the commander did not use the recall procedure.

The package also needs to state the benefits the member received, so recoupment can be addressed.

For more information call the 446th Airlift Wing legal office at 982-6588.

**TRDP eligibility includes 'gray area'**

Eligibility for the TRICARE Retiree Dental Program extends to ALL retirees of the Reserve and Guard and their family members, including "gray area" retired Reservists who are entitled to retired pay, but will not begin receiving it until age 60. Although eligibility for this group has been in effect since the TRDP first began in 1998, many retired Reserve and Guard members, and even more "gray area" retirees, still do not realize they are eligible.

Premiums for the TRDP are regionally based on the primary enrollee's residence ZIP code. Title 10 of the United States Code, Section 1076c mandates that monthly premiums for the TRDP be deducted automatically from retired pay through one of six discretionary allotments.

However, "gray area" retired Reservists who are younger than age 60 and who enroll in the program are naturally exempt from the mandatory government deduction, so alternative payment arrangements such as direct billing or EFT will be made.

For more information about the TRDP, visit the web site at [www.trdp.org](http://www.trdp.org) or call 1-(888) 838-8737 for a complete TRDP enrollment packet.

**No PME loaded on office computers**

Computer-based PME Courses may not be run on network computers. There is copyrighted material in the courses which restricts the use to one registered student per copy of the course. Do not load or use the course on a network or network computer.

Some of the Multimedia Course's runtime execution programs and their associated files; and other graphics, text, and digitized objects were created and/or replicated under license, purchasing agreements, and copyright agreements. Their use is restricted as per these agreements.

Those personnel that have any of these PME Courses loaded to the work center computers must remove them. If you are activated and live out of the commuting distance or you do not have a computer at home, you may check out a laptop from the 446th Airlift Wing training office.

For more information contact 446th Mission Support Squadron's education and training section at (253) 982-9107.

**Loadmaster reaches flying milestone**

Master Sgt. Dennis Moore, a Reservist in Air Force Reserve Command's 315th Airlift Wing at Charleston AFB, S.C., is the first aircrew member to fly 5,000 hours in the C-17. The 701st Airlift Squadron loadmaster was the first Air Force member, active or Reserve, to reach the milestone July 19. Officials in the loadmaster branch at Headquarters Air Mobility Command, Scott AFB, Ill., confirmed the achievement Nov. 15.

## Promotions

### Major

Deborah Schnorr, 446th AMDS

### Captain

Elke Bachzeerocah, 446th OSF  
 Jason Baldy, 446th MXG  
 Lynn Clark, 446th ASTS  
 Giles Durano, 446th ASTS  
 Karen Gilden, 446th OSF  
 Carole Hnatovic, 446th ASTS  
 Rhonda Malone, 446th AMXS  
 Regan Ramos, 446th ASTS  
 Kerry Thurston, 446th ASTS

### Chief Master Sergeant

David Burrell, 36th APS

### Master Sergeant

Terry Campbell, 446th CES  
 John Haines, 446th CES  
 Mark Lee, 86th APS  
 Tungyoga, Monroe, 446th AMXS  
 Gary Traulsen, 446th MXS

### Technical Sergeant

Ardys Delappmix, 446th AMDS  
 Maria Garcia-Viveros, 446th AMDS  
 Brian Gibbs, 446th LRF

Heather Rice, 446th AMDS  
 Christopher Sehr, 36th APS

### Staff Sergeant

Lisa Anderson, 446th MOF  
 Todd Blevins, 36th APS  
 Jeremy Cabral, 86th APS  
 Cherrie Dietrich, 446th AMDS  
 Chad Hampton, 446th ASTS  
 Troy Leiker, 446th CES  
 David Logan, 446th CES  
 Aidan Murray, 446th SVF  
 Micah Scheff, 86th APS  
 Kyle Schnell, 86th APS  
 Jesse Strowbridge, 446th MXS

### Senior Airman

Andrea Barrow, 446th SVF  
 Micheal Davis, 446th AMXS  
 Jason Donat, 446th AMXS  
 Stacy Elwess, 446th CES  
 Jason Eschette, 446th MXS  
 Stacy Harris, 446th ASTS  
 Robert Keating, 446th AMXS  
 John Neighbors, 446th AMXS  
 Angela Perry, 446th LRF  
 Ian Ramos, 446th LRF  
 Jessica Stevens, 446th ASTS  
 Jianfu Zhu, 446th MSS

### Airman First Class

Helen Dickinson, 446th MSS

Jianfu Zhu, 446th AW

### Airman

Allison Joslin, 36th APS  
 Elizabeth McNichols, 446th ASTS  
 Brian Soriano, 36th APS

## Newcomers

### Technical Sergeant

Hilda Cornejo, 446th AMDS  
 Marla Gilson, 446th AES  
 Audie Rodrickc, 446th AES

### Staff Sergeant

Jason Buck, 446th MXS  
 Juan Colon, 446th SVF  
 Robert Rawlings, 446th AMXS  
 Larry Sleigh, 36th APS  
 Michael Solyom, 86th APS

### Senior Airman

Amanda Fernandez, 36th APS  
 Michael Norman, 446th AMXS  
 Robin Voight, 86th APS  
 Tim Wennergren, 446th CES

### Airman First Class

Ryan Baker, 446th SFS  
 Matthew Brandenburg, 446th AMXS

Yeli Buonya, 86th APS  
 Kenneth Kassner, 446th CES  
 Issel Pena-Figueroa, 446th LRF  
 Sean Triplett, 446th AW  
 James Ward, 446th ASTS

## Retirements

### Lieutenant Colonel

Teresa Trimble, 446th OG

### Chief Master Sergeant

Bettie Williamson, 446th MSS

### Senior Master Sergeant

Timothy Barto, 86th APS  
 Luther Johnson, 86th APS  
 Michael Rasmussen, 86th APS

### Master Sergeant

Daniel Carmona, 446th CES  
 Gary Livers, 86th APS  
 Edsel Vaughn, 86th APS  
 Terry Wick, 446th AMXS

### Technical Sergeant

Terry Baccus, 36th APS  
 David Franklin, 446th CES  
 Jack Granison, 446th ASTS  
 James Sharpe, 446th MXS



Photo by Airman 1st Class Michael Pallazola

## Airlifting Relief

A team from Kadena AB, Japan boards a McChord C-17 Globemaster III for a 45-day deployment to Sri Lanka. C-17s flown by 446th and 62nd Airlift Wing crews have been airlifting needed supplies and people as part of disaster relief following the tsunami waves that killed more than 150,000 people.



## Holiday Lights

A concrete truck mixes holiday festiveness with American pride during the Festival of Lights parade in Montesano, Wash. Tech. Sgt. Darin Prince and his son, Chad, decorated their company's truck with 8,500 lights. Sergeant Prince is a Reservist with the 446th Aircraft Maintenance Squadron here.

Courtesy photo by Darrell Westmoreland

## Fitness

Continued from Page 8

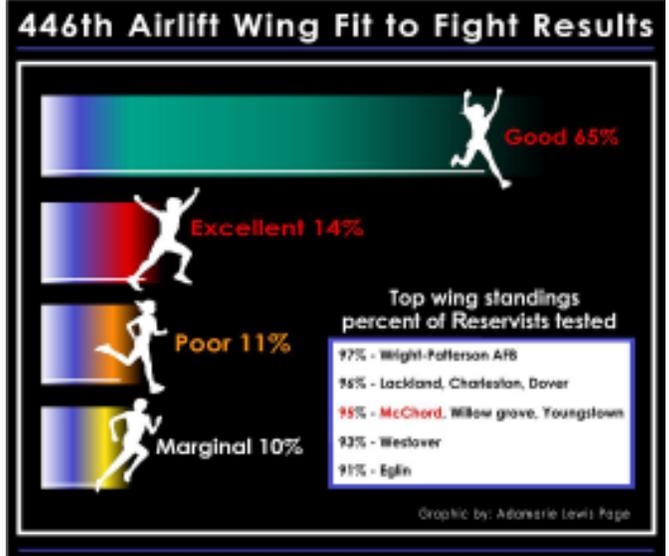
that people are taking the new program and their level of personal fitness seriously. I have spoken with, and seen, many more people who are using this as an opportunity to improve their physical well being and quality of life," said Colonel Crabtree.

"While the benefits to the Air Force are obvious, the benefits to individuals are probably even greater. I'm very proud of the efforts of the wing fitness manager, the unit fitness monitors and in-

dividuals who have gone out and been evaluated to put us in the top few wings for numbers of personnel evaluated. Keep up the good work through the next year," the colonel said.

Now, according to Captain Schnorr, the focus in the wing will be on retesting those 343 members who failed the fitness test as well as testing those who still need to be evaluated.

"For a new program, we're doing pretty good," she said. "It will be exciting to see the numbers improve from the last fitness test."



## 446th Associate Press



The Associate Press is printed for associates like retired Chief Master Sgt. Bettie Williams.

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