

# Reservists care for wounded in Iraq

By David Kellogg

62nd Airlift Wing Public Affairs

**BALAD AIR BASE, Iraq (AFPN)** – Wounded U.S. troops leave this base each day on military transports after their release from the Contingency Air Staging Facility at the airport waiting area.

The staging area is a busy place and has all the staff and equipment needed to treat any patient awaiting air evacuation.

Airmen from the 446th Airlift Wing at McChord AFB, have been running the facility since February. The Reservists are scheduled to turn over the operation to a fresh group of care givers as they return to McChord this month.

While operating the CASF, the McChord Reservists' mission is to receive wounded troops from the Air Force Theater Hospital here and get them ready for their flight to more definitive medical care.

That usually means a flight via C-17 Globemaster III aircraft to Ramstein AB, Germany. Ambulances take the patients to the Landstuhl Regional Medical Center a few miles away.

Col. (Dr.) Dean Bricker, commander of Ramstein's 435th Medical Squadron, said he has heard troops saying "If they can make it to Landstuhl, they know they have a very high chance of living and making it back to the (United) States."

The McChord medics want to up those odds.

If a patient is "urgent" -- at risk of losing life, limb or eyesight -- the staging facility staff works to get the individual on a plane to Ramstein within 24 hours of the patient suffering his or her wound or illness. "Priority" patients leave within 48 hours and all "routine" patients leave on the first flight available.

Except for the memories and the illness, injury or wound they carry, patients, for the most part, leave the Iraq war behind when they enter the staging facility.



Photo by Staff Sgt. Robert Wollenberg

**Lt. Col. Beth Drake, a Reservist with the 446th Aeromedical Staging Squadron, keeps company with Sam Lee April 4, at the Air Force Theater Hospital at Balad AB, Iraq, while he waits to be moved to an aircraft. Colonel Drake is associate chief nurse of the Contingency Aeromedical Staging Facility; Mr. Lee is a labor foreman from a forward operating base.**

"This is the first time patients have a chance to slow down," said Lt. Col. Dean Wagner, staging facility commander. He is serving at Balad with the 446th Aeromedical Staging Squadron.

Six rows of cots fill the facility's quiet and dimly lit main area. Candy and handwritten notes from American students rest on the pillows.

If patients are restless and can move, they may play video games and grab a bite to eat in the back room. And there is a courtyard built by squadron members in the back for them to use.

Patients walk or are carried in by litter to the facility. One of the first to quietly greet and treat them is Maj. Melanie Carey, a nurse known as "Mom."

The staging facility's main goal is to make the patients as comfortable as possible

until it is time to depart. On average, C-17s medically evacuate about 20 to 25 servicemembers each flight.

The C-17 becomes a flying hospital when it has stanchions attached along its walls to hold the litters and medical equipment on board. A C-17 from the Mississippi Air National Guard's 172nd Airlift Wing had the distinction of flying patients out of Iraq on the aircraft's milestone 1 millionth flying hour mission March 20.

The staging facility crew works hard to prepare the patients for the flight. When the time comes to leave, they are helped or carried onto the plane and made as comfortable as possible.

When cleared, the C-17 wastes no time taking off. It rushes down the runway and

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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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# Take time to appreciate family, employers, yourself

By Brig. Gen. Eric Crabtree

Wing commander

The warm weather is here and the summer season has finally started. This year, as in the past few years, the opportunity to spend some quality time with family and friends is critical.

The pace of duty and the level of responsibility have been high as the War on Terrorism presses forward, and the people around all of us have borne a large part of the burden as we have gone to many places to defend the country.

Even the pace here at McChord has remained high as we support those departing and returning members and we prepared for, and executed an Operational Readiness Inspection.

The impact of this increased activity and responsibility needs to have some return on investment for our loved ones, and summer is the time to make that happen. Please take the time to plan some special events and activities to let those around you know how valuable they are to you.

If you have been deployed, you know how precious those times together can be to both parties involved. Even the small things you take time to do together can be very valuable in the memories and happiness they bring to a relationship.

One of my biggest concerns is the long term impact

of the stresses we are putting on all of our people. As you have probably heard, this war has now surpassed World War II in length. That means we have been stressing ourselves and everyone around us for much longer than most of us would have expected. Don't let that stress become routine.

We all need to take a break and slow down to enjoy the simple things in our lives that give us enjoyment. If you have children, make sure they are not being left by the wayside as you go off to do your duty.

Employers are also an important group we tend to take for granted. Many of them have borne a great deal of stress and strain as Reservists and Guardsmen who work for them have gone off to defend the nation. There are real patriots among them who have gone out of their way to help and support us in doing our duty. Please take the extra time to thank them occasionally so they won't think their efforts are going unnoticed.

If you have been deployed and you find yourself tense and irritable, or you are having trouble sleeping, you may be suffering some level of post-deployment stress or post-traumatic stress.

We have mechanisms and experts available to us who can help in overcoming those problems. Don't be hesitant to let us put them to use helping you. Some things don't go away on their own, and you don't have to have been in heavy armed combat to experience personal-



Brig. Gen. Eric Crabtree

ity changes as a result of long term stress.

I would be remiss if I didn't remind all of you to think about safety in all of your summer activities. We have been briefed many times and seen the results of a lot of unsafe actions. Don't let yourself, or one of your family or friends, be a part of next year's statistics for the 101 Critical Days of Summer. Work on your physical fitness while the nice sunny weather is available and think about taking care of yourselves and your families - we need each and every one of you.

Everyone who visits the Pacific Northwest remarks on its beauty. Take some time to experience that beauty first hand and let everyone know how important they are to you by paying some special attention to them. It will pay big dividends for both sides of the equation in the long run. Take care of thanks for all you are doing to support the wing and our nation.

# Sign up for lodging to avoid problems

By Lt. Col. Anna Sullivan  
Wing Public Affairs

You step off an aircraft at McChord after arriving for Reserve training weekend. You bus to the lodging office and wait in line for a key. You get to the desk and you're told there are no rooms at the Evergreen Inn. You are going off base. And your car is in Salt Lake City. Or Spokane. Not good.

With the recent increase in the number of "fly-ins," (Reservists who fly to McChord from Eastern Washington or Utah for their training weekend) this situation is happening more often. Too often, according to Reservists and the people who run the lodging program.

The solution is at hand. The 446th Services Flight and the 62nd Services

Squadron's lodging office have teamed up to prevent "fly-ins" without transportation from being billeted in say, Tumwater, which is more than 25 miles away from McChord.

According to Master Sgt. Anita Barnes, 446th SVF air reserve technician and manager of the wing lodging program, there are established procedures that give "fly-ins" first priority for on-base rooms. Like any program, the key to success lies on Reservists following some simple, yet vital, steps.

"Every month, Reservists who ride the shuttle (a C-17 flight that stops in Spokane and Salt Lake City) should sign up, in their units, on the billeting roster," said Sergeant Barnes. "They should make sure and des-

ignate that they are a "fly-in" so people at the reservations office at the Evergreen Inn know the Reservist will not have local transportation."

If a Reservist forgets to sign up at the squadron, a call to the unit lodging monitor can solve the problem.

"The sign up deadline for all Reservists who need billeting is the Wednesday before each (training) weekend. If they forget to do that, they need to call their unit lodging monitor (see list below) and the monitor will make that reservation," said Sergeant Barnes.

Reservists should not call the Evergreen Inn office with changes to their reservations.

See **LODGING**, Page 5

# Advance career through opportunity

By Sandra Pishner  
Wing Public Affairs

Visiting Reservists May 24 for the wing-sponsored career workshop, Chief Master Sgt. Jack Winsett sees opportunity for career advancement at work in the 446th Airlift Wing.

As impressed as he is with the Airmen of McChord, Chief Winsett, Air Force Reserve Command Command Chief, will not be coming back. His own career advancement peaks when he retires March 7, 2007.

"This is the second workshop I've been too," said Chief Winsett. "I'm very impressed with the offerings. It has a positive impact on careers with the sharing of knowledge and experience."

Taking advantage of programs such as the career workshop will help Reservists advance their careers, a subject of importance to the chief.

"You advance your career through events like this, by recognizing training opportunities, and by treating people fairly and equitably. You have to look for opportunities to succeed," said



Photo by Sandra Pishner  
**Chief Master Sgt.  
Jack Winsett  
AFRC Command Chief**

Chief Winsett.

Reservists in the world of C-17 airlift don't have to look far for those opportunities. The operations tempo of the Globemaster is such that opportunity is begging to be taken advantage of by everyone.

"People in this wing obviously do this because the 446th AW is simply America's best airlift wing," said the chief, citing the wing's 2005 Air Mobility Command Rodeo Best C-17 Wing win.

"I'd like to say thank you to the Airmen of the 446th Airlift

Wing for doing the bulk of the C-17 work. It is our primary aircraft for airlift," said Chief Winsett. "The operations tempo is not going to stop. The aircraft is the key to moving cargo and equipment in and out of the AOR with effectiveness and efficiency."

In the midst of the wing's airlift activity is the constant stream of training requirements levied on Reservists. In that arena, Headquarters AFRC is looking to lighten the load.

"General (John) Bradley (AFRC commander) is having the headquarters (staff) do a review of all ancillary training requirements – what we need, what he have, the intervals for recurring training – to see how to better manage all those requirements," said Chief Winsett. "Can we tack on another hour in a given training to satisfy the requirement for the next 18 months versus 15 months? This is a hot issue."

Other hot issues in the command include base realignment and closing, as well as recapitalization of the force. Air Force-wide, including the Reserve, we

must pare down 40,000 people, according to the chief.

While reducing force size saves money, changing the way we do business also serves that goal. While airlifters have been involved in the associate program for 30 years, the Reserve is transforming other units to that program.

"The associate program in the airlift world is the Air Force's primer on how to save time and money," said Chief Winsett. "It's the perfect way to utilize our aircraft. It's cost efficient; we bring experience to the table with our pilots, crew chiefs, maintenance. It's the best way to go. We're now taking that knowledge from the big airplanes out in the world and seeing how it will fit the little airplanes, such as the 344th Fighter Wing at Hill (AFB, Utah)."

With all that's going on in the Air Force and the Reserve command, Airmen will find opportunities to succeed and advance their careers. That, according to the chief, is what keeps the Air Force Reserve moving forward.

# You talk, they'll listen

## Cluster of unclassified information can lead to valuable insight for enemy

By Capt. Gideon McClure  
AETC Public Affairs

Do you think you'll deploy this year? How long will you be gone? What do you think you'll be doing? Where? Will you be going with a lot of people?

At this point in the conversation you should be wondering who is asking, why, and who else might get their hands on the answers.

Although the answers to these questions may not be classified, when put together, the information could reveal sensitive details of military operations that could endanger mission effectiveness or lives.

Operations security, or OPSEC, will get a hard look by inspectors during the operational readiness inspection in which the 446th Airlift Wing will participate in June. How well Reserve Airmen can protect information is just as vital in practice as it is in real

"Whether deployed or at home, every Airman has a responsibility to safeguard operational information,"  
— Gen. William R. Looney III.

world environments.

"Whether deployed or at home, every Airman has a responsibility to safeguard operational information," said Gen. William R. Looney III, commander of Air Education and Training Command. "Airmen need to be aware of what they are saying and who might be listening. We need to realize that security starts at the source."

This idea is not new. In 1988, President Ronald Reagan signed National Security Decision Directive 298, which required each executive department and agency supporting national security missions to establish an operational security program.

The objective of this OPSEC program was clear: prevent the inadvertent compromise of sensitive U.S. government activities, capabilities or intentions through an adversary's collection of unclassified information.

While security programs were already in place to protect classified information, the OPSEC program was intended to protect pieces of publicly available information that could jeopardize military actions or intentions.

The directive laid the foundation for the OPSEC process and established actions different agencies were to take.

In a message released March 27, Air Force Chief of Staff Gen. T. Michael Moseley encouraged



all Airmen to know and understand the critical information essential to mission success. He called on Airmen to recognize vulnerabilities in Air Force processes and apply OPSEC measures.

"Understanding and using OPSEC will protect our personnel and enhance our ability to conduct operations safely, securely and effectively," General Moseley said in his message.

General Moseley not only called on Airmen to renew their OPSEC vigilance, but also pointed out that as the Air Force becomes more reliant on new technologies, such as Web logs and wireless communication devices, their attention to OPSEC procedures should be heightened as well.

In 1988, when the OPSEC program was formed, blogs and personal digital assistants did not exist. Sensitive information was more likely obtained through telephone lines, public conversations or discarded documents. The old adage "Loose lips sink ships" still applies, but now critical information can be compromised through a greater variety of electronic means. The Internet -- particularly personal sites and blogs -- is fertile

ground for adversaries hunting for sensitive operational information.

"Our Airmen are technologically savvy. That's one of the keys to our flexibility as a fighting force," General Looney said. "But from an OPSEC perspective, there are vulnerabilities associated with cell phones, PDAs, flash drives and blogs. With the increased use of these technologies comes an increased responsibility to carefully guard operational

information from improper disclosure. Our enemies know how to use technology as well, and they are on the prowl."

According to an al-Qaida training manual found by police in Manchester, England, terrorists have distinct guidelines on how to obtain information that would assist in subverting U.S. interests, policies and operations.

"Spying on the enemy is permitted and ... winning the battle is dependent on knowing the enemy's secrets, movements and plans," the manual states.

When Airmen post information to a blog about where they are deployed, what they are doing and when they are coming home, they run the risk of exposing military actions or intentions -- a point General Moseley drives home in his message.

"We have been fighting the Global War on Terror for more than 1,500 days," General Moseley said. "Never before has it been more important for the Air Force to protect and control its critical information. Effective OPSEC practices are critical to Air Force operations and serve as the cornerstone to our efforts, both in war and peace." (446th AW staff contributed to this report)

# C-17 aids Aussie mission, training

**TOWNSVILLE, Australia** – Two C-17 Globemaster IIIs from Hickam AFB, Hawaii, arrived here the last week of May at the Australian Defense Force's request. U.S. Airmen are moving Australian forces and equipment to Darwin, Australia, to allow the Australian military to quickly respond to unrest in neighboring East Timor.

Each aircraft made the 1,000-mile trip four times in only two days. So far, more than 1 million pounds of cargo have been flown to Darwin.

The Australians know what the C-17 is capable of, which is why they asked for help. But planning and executing real-world missions with the American aircraft is also a welcome training opportunity for the Australian military.

"We are actually getting four C-17s online next year," said Warrant Officer Vivianne Northover of the Joint



Photo by Tech. Sgt. Shane Cuomo  
**Maj. Landon Henderson (left) and Capt. Todd Strickland talk to Warrant Officer Vivianne Northover May 31 about C-17 Globemaster III load plans at Royal Australian Air Force Base Townsville, Australia. Two C-17s from Hickam are helping the Australian Defense Force reposition its forces to better support peace operations in East Timor.**

Movement Control Office at Royal Australian Air Force Base Townsville. "This enables us to actually get hands-on practice with the C-17, which will enable

us to transition easily next year when they come online to the Australian Defense Force.

The C-17's strategic airlift capability makes it perfect for

moving large amounts of cargo quickly. However, the Australians are used to operating with their C-130s, and didn't know exactly what would fit into a C-17. Air transportation experts deployed from Hickam to ensure the cargo was loaded safely.

"We're mostly finding that height is an issue," said Master Sgt. Carl Lane, 15th Logistics Readiness Squadron's Combat Mobility Element.

"If you look around the yard, you'll see that a lot of the equipment out here is over 150 inches. You'll run into problems not only loading that, but inside the plane, where you can park it," he said.

With additional shuttles to Darwin planned, the Australians have a few more learning opportunities ahead. The lessons they learn about the C-17 will come in handy early next year when their fleet arrives.

## Lodging

Continued from Page 3

All reservations and changes should be made through the unit lodging monitors.

"We are here to help make this a smooth process," said Sergeant Barnes. "If anyone has any problems they can call me and I'll work out a solution."

Assistance with lodging issues will also be provided by unit representatives at the lodging office when Reservists come in.

Master Sgt. Anthony Mack, first sergeant for the 446th Mission Support Squadron said there will be a first sergeant or unit rep at the billeting office on Friday evenings of UTA weekends to help with any issues that come up. But, Sergeant Mack added, winning the lodging battle is very much an issue of personal accountability.

"Reservists who utilize billeting need to be a part of the process," he said. "That means you sign up correctly every month

and, if your duty dates change, you ensure your old reservations are cancelled and your new ones are made through their unit lodging monitor. I would also advise that everyone with reservations calls the Evergreen Inn to confirm those reservations no later than the Wednesday prior to a UTA."

By signing up for billeting and calling to confirm reservations, solutions to any problems can be worked out in advance of your arrival, instead of trying to work it out late on a Friday night.

## Who to call for reservations

For UTA lodging reservations, contact your squadron representative, as listed below.

446th AW Staff	982-2464
446th AMDS	982-3518/5177
446th ASTS	982-5180/5041
446th OG/OSF	982-5958
97th AS	982-3540/2-2907

313th AS	982-5399/7532
728th AS	982-6874
446th AES	982-6837
446th ALCF	982-8655/5566
446th MXG/MOF	982-2302/2089
446th MXS	982-2125/28462
446th AMXS	982-5946/3362
446th MSG Staff	982-2446

36th APS	982-2944
86th APS	982-2161
446th MSS	982-2464
446th LRF	982-2452/2-3499
446th SVF	982-2464/1346
446th SFS	982-5006/2729
446th CES	982-2298

# Colors and noise replace blandness, quiet of Iraq



By **Sandra Pishner**

Wing Public Affairs

The grass is greener on the other side of the fence. That is, if the fence is one that divides Washington state from Balad, Iraq. Colors, particularly the color green, are the most striking elements overwhelming Airmen returning from Iraq.

After serving in Iraq since January, 71 Reservists from the 446th Aeromedical Transportation Staging Squadron are returning home between now and the end of May.

Re-entering their normal lives, these Reserve caregivers find themselves adjusting not only to the typical comforts of sleeping in their own bed and eating better tasting food, but also adjusting to the vibrant colors this state offers versus the bland canvas of Iraq. They're also finding the level of quiet almost unsettling.

"The first things you notice when you get back are the colors," said Master Sgt. Douglas Hedger. "Everything is so green here, whereas over there it was all black and tan. It's also so quiet here; it's a shock to the system."

Sergeant Hedger served in Balad at the Contingency Aeromedical Staging Facility as a duty controller. His mission was to coordinate the aeromedical evacuation of pa-

tients to medical facilities out of country, such as Germany.

Normal sounds found at home can invoke anxiety until the sources are identified. Subjected to multiple rocket attacks daily in Balad, Master Sgt. Joy Herbert finds she is hypersensitive to everyday noises.

"I was sitting in my living room the other day when I heard this 'unusual' noise upstairs. I was freaking out trying to identify the noise," she said. "After a minute I realized it was my cats running around upstairs, like they usually do."

According to Sergeants Hedger and Herbert, their compound was hit by rocket attacks at least nine times a day. There was no relief from the constant need for vigilance.

"The attacks never seemed to stop," said Sergeant Herbert, a medic. "On our last day, we were on the flightline waiting to come home and the incoming alarm went off. We all hit the deck. Then we saw the (defensive system) go off and knock out the incoming. I still hear the incoming alarm in my head."

Being serenaded by an incoming alarm repeatedly throughout the day creates a sense of purpose for those serving in Balad.

"Over there our senses were always in a heightened state. When you walked, you walked with purpose. Did you hear that? Where's the near-

est bunker? We were always scanning the environment for threats," said Sergeant Hedger.

"I won't ever forget lying under my bed, hands over my head, mouth open so my ears won't blow out from the noise of an explosion," he added.

Any sense of security is tenuous at best.

"One time we saw one of the housing pods get blown up. That's where you think you're safe, so it was really unsettling to see that," said Sergeant Herbert.

The insidious rhythm of day-to-day attacks and threat of injury were truly realized when the medics treated wounded Soldiers, Sailors, Marines and Airmen from forward operating areas. That was the most jarring aspect of the tour of duty in Iraq for these Reservists.

"The most difficult part of the tour over there was the results of attacks. It was hard to see some of these patients, many of them so young. It was especially difficult with the critical patients," said Sergeant Herbert.

"The most difficult patient for me was a lady who had her leg blown off at mid-thigh," said Sergeant Hedger, a man far from his job as vice president of commercial lending at a local bank. "Her husband was with her. They were both deployed with the Army. When the wife was injured, the husband was pulled off

the frontline. It was the most difficult case because we don't normally have interaction with family members of our patients."

Situations like that make the Reservists even more grateful to be home with their own families.

Sergeant Hedger's family managed to get access to the gate area of the Seattle Tacoma airport and was there as he stepped off the plane.

"My 8-year-old son was overjoyed, excited when he saw me," said Sergeant Hedger. "We had kept in touch with letters, e-mail and phone calls, but I hadn't seen him in four months. We had a small celebration at home with some champagne."

Sergeant Herbert's family was waiting outside the security zone when she arrived. "When (my 5-year-old daughter) saw me come around the corner, she didn't know what to do. She was like a deer in the headlights," said Sergeant Herbert said, smiling at the memory. "They had a big welcome home banner for me. Now, she won't let me out of her sight. If I have to leave to come in to work, she'll ask me if I'm coming home."

Yes, she's coming home. All 71 of the deployed 446th ASTS Reservists are coming home. So let's make some noise and swath our world in bright colors to welcome them.

# Fleeing Cambodia shapes Airman's spirit

By Staff Sgt. Nick Przybyciel

Wing Public Affairs

Participating in humanitarian relief efforts can be emotional for anyone involved, but few Airmen can relate to the torrent of feelings Senior Airman Lyn Yin, 728th Airlift Squadron, experienced when she went on a mission to Thailand.

For Airman Yin, the trip provided more than just the opportunity to help tsunami victims -- it gave her the chance to revisit the country that gave her sanctuary from terrorism as a child.

Growing up in war-ravaged Cambodia during the 1970s, Airman Yin eventually fled to Thailand with her family to escape the atrocities being committed by the Khmer Rouge. Her journey back to the region as an Air Force Reservist rekindled the powerful memories of her youth.

"As soon as I stepped off the plane, I was completely overcome with emotion," Airman Yin said. "Here I am, coming back to a place where they helped me and my family survive the killing fields."

Nearly 30 years after escaping the bloodshed of her home land, Airman Yin's childhood experiences shaped her into a model Airman who has selflessly given back to the local community. Recently, her inspirational background and numerous volunteer activities were recognized when the 446th Airlift Wing selected her to be the wing's nominee for the prestigious American Legion Spirit of Service Award.

The annual award is given to a member from each branch of the armed forces in recognition of outstanding community service. Airman Yin was picked for her participation in the League of United Latin American Citizens Conference in Little Rock, Ark., and her work with local food banks.

Airman Yin credits her selfless nature as being part of a "destiny" to give back to the less fortunate after she was helped out in childhood. She still has vivid recollections of refugee life in Thailand, where she ended up after a four-day trek through the Cambodian jungle with her father, pregnant mother and three siblings.

"Walking ... always walking. Just walking around the camp barefoot, trying to survive," she said.



Photo by Sandra Pishner

**Senior Airman Lyn Yin, 728th Airlift Squadron, McChord AFB, Wash., is currently activated in support of ongoing C-17 operations.**

Penned-in razor wire and armed guards in security towers at the camp, the six members of her family spent months living in a tent with dirt floors.

There was little to eat. "I remember eating Kix (cereal). Now I know it as Kix, but back then I knew it as food," she said.

Although only six years old, Airman Yin was expected to contribute to the survival of her family while at the camps. Her main responsibility was to clean fish. And when there was no fish available, it was her job to find it and try to steal it, she said.

A relief organization eventually came to the aid of Airman Yin's family. They found themselves sponsored by a wealthy Hawaiian family and were soon on their way to Honolulu.

Airman Yin said the acclimation to island life was a lengthy process, since the lifestyle stood in stark contrast to her traumatic childhood. She and her sisters found themselves repeatedly waking up on the floor, although they started the night off in a comfortable bed.

"You get used to sleeping on a hard dirt floor -- that's all you know. We never slept on the bed. We started there, but wound up on the floor," Airman Yin said, with a chuckle.

Taking showers presented another challenge. "My mom thought Woolite

was shampoo because she couldn't read the bottle. So, we washed our hair with Woolite for a while," she said.

Although it took some time to get used to the creature comforts of Western culture, Airman Yin warmly remembers the compassion displayed by her host family. Her father was provided with a job at a hardware store the family owned, and they found a tutor for Airman Yin and her siblings.

"I didn't pay much attention to learning. I was too busy eating! Coming from a place where you don't have food, you don't know if it's real or not. There's a sense that this can all go away at any minute and you'll be hungry again," she said.

Her family eventually got comfortable in their new surroundings, and they became actively involved in the effort to move more Cambodian refugees to Hawaii.

Airman Yin moved to Western Washington with her two children in 1999 in order to grow on a personal and professional level, she said. She joined the Air Force Reserve in 2003. "I needed some way to provide my children with the opportunities I never had," Airman Yin said.

One of those opportunities includes purchasing her first house, which Airman Yin is in process of doing. "As a foreigner coming to America, it's your dream to own your own home," she said.

The neighborhood where her future house is located -- the Hilltop district of Tacoma -- has a large Cambodian-American population. Airman Yin already has big plans to help educate the immigrants there, many of whom she says are hesitant to get medical attention or find social services.

"They don't seek out help. Due to their (Buddhist) beliefs, they believe that whenever something bad happens, it's due to something you either did or did not do - karma. They don't realize you can get sick because you ate something that was bad," she said.

When she's not in uniform or volunteering in the community, Airman Yin works for the Washington State Employee Security Department and attends classes at Saint Martin's University, Lacey, Wash., where she is pursuing a bachelor's degree in organizational leadership.

## Rev up safety before hitting the road

By Capt. Jennifer Gerhardt  
Wing Public Affairs

The open road beckons as the cloudless sky and warm temperatures call to a rider's heart. The garage door opens, the motor revs up, and the motorcycle is backed out onto the driveway. However, before leaving the driveway, you should know some safety rules for the road.

First, have you taken the motorcycle safety course? Since 1999, all Air Force Airmen who operate a motorcycle on a Department of Defense installation, regardless of being on or off duty, are required to attend an approved motorcycle rider safety course. Air Force civilians operating a motorcycle while on duty are also required to attend an approved motorcycle rider safety course.

The 446th Airlift Wing Safety Office has a list of rider course providers in the Puget Sound area. Once the course is taken, the rider needs to bring his or her identification card, motorcycle safety training card and receipt to the safety office.

"The safety training card is to show that the person really did take the course," said Maj. Kevin Welin, chief of safety. "The receipt is so the person can be reimbursed for the course, up to \$100."

Second, do you have the proper gear on? Airmen are required to have a helmet which meets Department of Transportation specifications with impact resistant goggles or full-face shield, and a windshield that is equal in height to or above the top of the helmet of a properly seated rider. Riders must also wear a brightly colored or contrasting vest or jacket as an outer upper garment during the day. During the night, the vest or jacket should be reflective. Regardless of the time, the outer upper garment should always be clearly visible and not covered. Riders should also wear long-sleeved shirts or jackets, full-fingered motorcycle gloves or mittens, and long trousers. Finally, riders should also wear sturdy footwear. Leather boots or over-the-ankle shoes are strongly encouraged.

"Every Reservist is critical for our mission success," said Brig. Gen. Eric Crabtree, 446th Airlift Wing commander. "On the job, we exercise operational risk management. We need to practice

See MOTORCYCLES, Page 9

## Don't let SAFETY wither in summer sun

With Memorial Day weekend behind us and a whole summer of potential fun ahead of us, the countdown of the 101 days of summer has begun. This is a time when off-duty mishaps are more likely to happen.

Long workdays, coupled with alcohol consumption and horseplay, can spell disaster for even the most seasoned citizen Airman.

Here's a list of tried and true suggestions from the Headquarters AFRC Directorate of Safety on how to survive and remain safe during the 101 Critical Days:

- Alcohol consumption: Don't drink and operate vehicles, such as automobiles, boats, jet skis, etc. If you drink, do it moderately and always appoint a designated driver.

- Traveling: Be sober, vigilant and well rested

- Boating: Know your craft and the waters you're operating in and use personal flotation devices

- Swimming: Swim with a buddy in known waters and don't drink

- Jet skiing: Operate with caution staying away from boaters, fishermen, swimmers and others

on jet skis

- Seat belts: Use them and ensure passengers do the same. Remember, it's the law.

- Outdoor activities: Stretch muscles before any athletic activity; don't overdo it; avoid prolonged exposure to the sun; use sunscreen and drink plenty of water; when hiking make sure someone knows where you're going, carry a cell phone

- Risk management: Use common sense, plan ahead and be prepared

Enjoy your summer with family and friends, but be safe. Each member of our force is an irreplaceable resource in the war on terrorism. Our nation and our families need us, and we need you to help meet the challenges of our nation and our great Air Force! (Courtesy of the Senior Master Sgt. Dave Ponce, 446th Airlift Wing Safety Office)

## ORM not common sense

Operational Risk Management is something we hear about routinely. You can probably regurgitate the six steps at the drop of a hat. You know, identify the hazards, assess risk, analyze controls, make decisions, implement controls, supervise & review.

However, besides reciting it, do you really know what is ORM? Go to the web site at <https://rmis.kirtland.af.mil/default.asp> if you don't remember what those steps mean.

Most people think ORM is just plain common sense; it's not.

In the case of the 101 Critical Days of Summer, taking action to be safe allows you to enjoy the sunshine, have fun with family and friends, stay alive, protect your wingman and keep loved ones out of harm's way.

There are no common rules to regulate common sense safe behavior, that's up to you. Have a safe summer. (Courtesy of Tech. Sgt. Lark Dahl, 446th Airlift Wing Safety Office)

# Use fireworks with respect for safety

By Capt. Jennifer Gerhardt  
Wing Public Affairs

Independence Day is a time to celebrate our freedoms. With this freedom comes a shared responsibility to respect the property and lives of others.

The Washington State Fire Marshal's office urges people to be responsible, light fireworks carefully and well away from people, as well as anything that can burn, especially dry grasses and landscaping. Not only must you be careful where you light fireworks, you must also take care in which fireworks you ignite.

M-80s, M-100s, and M-1000s are considered illegal explosive devices. Consequences for having these fireworks range from being charged with malicious mischief to assault or a gross misdemeanor for possession of illegal explosive devices; this includes fireworks that have been tampered with or altered.

A gross misdemeanor can bring a fine of up to \$5,000 and/or one year in prison. A little known fact that could get people into trouble is bottle-rockets and firecrack-

ers are also illegal when taken off tribal lands.

With fireworks retail stands opening soon across Washington, wing safety officials are asking Reservists to celebrate safely.

Statistics collected from incidents in Washington state each year indicate the leading cause of fireworks injuries and fires is unsafe use of fireworks.

These unsafe uses include holding, throwing, tampering, leaning over, delayed ignition and uneven surfaces.

Children are unaware of how dangerous these devices can be. Don't overestimate your child's ability and judgment in handling fireworks. Set family boundaries, only adults should light fireworks.

Here are some other tips to help your Fourth of July celebrate remain safe.

Before you light fireworks place pets indoors as they may become frightened. Keep a bucket of water nearby in which to place all used fireworks. Have a water

hose or fire extinguisher nearby to put out stray sparks. Clear a level area away from things that can burn. Know the emergency number to call for your area, your address or location, and basic first aid. Teach your children to "stop, drop, and roll" if their clothes catch on fire. Have a designated adult light all fireworks. Do not allow young children to light fireworks. Use eye protection by wearing safety goggles or glasses. Light one at a time, move away quickly, and keep at a safe distance until the display is finished. Use only outdoors, away from anything that can burn.



To prevent injuries, never throw fireworks and never hold fireworks in your hand. After you finish clean up all debris. Duds can be dangerous; if a device does not light or fire, an adult should wait at least 15 minutes, approach it carefully, and place it in a bucket of water.

And finally, be sure all unused fireworks, matches and lighters are out of the sight and reach of children.

## MOTORCYCLES

Continued from Page 8



this off-duty as well. It should be an ingrained habit to keep us safe all the time, every day, and especially when we're driving."

Taking a motorcycle riding course and wearing proper gear may seem like it takes the fun out of riding, however, it could save your life. And death or serious injury is definitely a killjoy.

In 2005, 4,315 motorcyclists died. In 2004, there were 4,008 motorcycle fatalities. The National Highway Transportation Safety Agency projects that 2006 will be the eighth straight year motorcycle fatalities will increase.

Within Air Mobility Command

Photo by Capt. Jennifer Gerhardt  
Senior Master Sgt. Ed Miller, 728th Airlift Squadron, leaves McChord for a safe drive home after donning his protective gear.

in the 2005 fiscal year, six Air Force people died, and 35 others sustained injuries in motorcycle accidents. Rider error was cited as a primary cause in 28 of the 41 motorcycle mishaps. A closer examination of the mishaps revealed that riders exceeded the limit of the motorcycle, the environment, and their own riding skills.

To bring those statistics closer to home, since January 2006, there were three McChord people involved in motorcycle accidents. There were 14 motorcycle mishaps reported during 2005.

"We have to share the road with everyone," said General Crabtree. "Motorcyclists need to wear the proper safety equipment, practice good risk management, and operate within their abilities. To those driving other vehicles, be vigilant and drive safely. We need to take care of each other."

# S a f e t y



On June 6, 1944, Allied pilots fly approximately 15,000 sorties on D-Day. It is an effort unprecedented in concentration and size.

## Promotions

**Chief Master Sergeant**  
Alan Gingras, 446th MXS

**Senior Master Sergeant**  
Charles Ellis, 446th MXS  
Patricia Pyles, 446th MXS  
Fred Sowards, 446th MXS  
Veronica Szymczak, 97th AS

**Master Sergeant**  
Devin Eierman, 446th AMXS  
Charles Miller, 446th ASTS

**Staff Sergeant**  
Jacques Tibeau, 446th AMXS

**Airman First Class**  
Alisa Olson, 446th AES  
Demetrius Segobia, 446th CES

## Newcomers

**Second Lieutenant**  
Joel Oyama, 446th AES

**Technical Sergeant**  
William Koenig, 446th AMXS

Jon Schminky, 446th AW

**Staff Sergeant**  
David Gallegos, 446th MXS  
Sarah Havens, 446th AMDS  
Jayson Householder, 446th MXS  
Sandra Jones, 446th AES  
Jennifer Miller, 446th AMDS  
Edward Numbers, 86th APS  
Franklin Sevey, 313th AS  
Jermy York, 446th AMXS

**Senior Airman**  
Sterling Cobb, 446th AMDS  
Carrie Conley, 446th AMDS  
Sean Darst, 446th MXS  
Monica Deweese, 446th MSS  
Luther Hauer, 446th CES  
Kelly Hipps, 446th MOF  
Daniel Hogan, 446th AMXS  
Daniel Hoskins, 446th AMXS  
Jessica Jenner, 446th SFS  
Dustin Ray, 86th APS  
Robin Robbins, 446th AMXS  
Wendy Russell, 86th APS  
Benjamin Thomsen, 86th APS

**Airman First Class**  
Jose Cioffi, 86th APS  
Chris Couchman, 446th AMXS  
Tristan Davis, 446th AMXS

Jesse Emig, 36th APS  
Adam Farnsworth, 36th APS  
Nathaniel Hackett, 446th AMXS  
Tyler Hayes, 446th AMXS  
Zane Perry, 446th MXS  
Johnny Trujillo, 446th AMXS  
Joseph Vargo, 446th SVF  
Trevor Volack, 446th AMXS  
Caleb Zettel, 446th MXS

## Retirements

**Lieutenant Colonel**  
Charlie Glassie III, 97th AS

**Master Sergeant**  
David Fiedler, 97th AS  
Patrick Jones, 446th MXS  
Darrel Wilson, 446th MXS

**Technical Sergeant**  
Francis Barnes, 446th AMXS  
Barry Jensen, 446th MXS  
David Renner, 446th MSS

**Staff Sergeant**  
Larry McKinney, 446th SVF



### Aiming at the ORI

Master Sgt. Melissa Sorensen, (left) 446th Logistics Flight, watches as a deploying Airman clears her weapon during the May Operational Readiness Exercise. The 446th Airlift Wing and 62nd Airlift Wing here, and the 319th Air Refueling Wing, Grand Forks, N.D., will participate in an Air Mobility Command Operational Readiness Inspection June 11-18.

Photo by Kevin Tosh

# Just Briefly

## Flag day is June 14. What does the flag represent to you?

### Pride

The flag not only represents the typical freedoms we enjoy, but also the honor and pride we have.



◆ Tech. Sgt. Erica McFarlane  
446th Airlift Wing

### Way of life

It's our way of life, freedom. When you see that flag, you feel patriotic. You really can't explain it.



◆ Tech. Sgt. Eliezer Yamzon  
446th Mission Support Squadron

### Citizenship

The flag represents what it is to be an American - a citizen.



◆ Airman First Class Zendi Mamril  
446th Mission Support Squadron

### Freedom

The flag means freedom, plain and simple.



◆ Capt. Jennifer Ranous  
446th Mission Support Squadron

## Wear of command patch mandatory Oct. 1

Wear of the Air Force Reserve Command patch will be mandatory Oct. 1. The patch is to be worn on battle dress uniforms and flight suits for unit reservists and headquarters staff.

The new patch policy does not apply to mobilization assistants, individual mobilization augmentees and full-time members of the Active Guard and Reserve assigned outside the command. (AFRC News Service)

## Volunteers needed to lead newcomers orientation tours

The 446th Airlift Wing needs tour guides for the newcomer orientation program. It is a wing-level volunteer opportunity sponsored by the 446th AW command chief. This important function helps introduce newcomers to McChord and all that it has to offer. Tour guide duties include greeting newcomers at wing headquarters and introducing them to the base through a guided and scripted bus tour of base facilities and a C-17 aircraft. Applicants must be a staff sergeant or above with a working knowledge of the base. Those interested should contact Senior Master Sgt. Patrick Greiner at Patrick.Greiner1@McChord.AF.MIL for A team and Senior Master Sgt. Margaret Anderson at Margaret.Anderson@McChord.AF.MIL for B team.

## Support group commander moves to Tinker AFB, Okla.

Col Rodney Bryan, 446th Mission Support Group commander has been selected to be the mission support group commander at the 507th Air Refueling Wing at Tinker AFB, Okla. A farewell luncheon will be held at the McChord Consolidated Club on June 24, at 11 a. m. The menu is a deli

## ASTS

Continued from Page 1

itches steeply into the sky to avoid the risk of incoming rockets.

During the five-hour flight, a team of nurses and medics keep vigil on the patients.

"Our medics give out a lot of drugs," said Staff Sgt. Selina Barone. The medic was part of a 20-member squadron medical team who recently returned to McChord from a deployment at Ramstein.

Patients use less oxygen during a flight and therefore breathe faster and go through their pain medications quicker. The nurses and medics have to stay on top of their patients' conditions so they don't start to

feel pain. "I can relate to the 20-year-old Soldiers," said Sergeant Barone, whose son is an Army combat medic in Iraq. "Those are the ones who really stand out. I saw them as being just like my son."

## Family day events set for groups, squadrons over summer months

Groups and squadrons throughout the wing have Family Days planned this summer. Currently scheduled Family Days for this year are:

July 29

446th Mission Support Group, Mission Support Squadron and wing staff picnic at Holiday Park.

Aug. 12

86th Aerial Port Squadron, Tall Firs Lodge at N. Fort Lewis (the marina, not Shoreline park), lunchtime.

446th Operations Group, location to be determined.

The 446th Maintenance Group Family Day Picnic, noon, Holiday Park.

The 446th Aerospace Medicine Squadron Family Day Picnic at 1 p.m., American Lake.

Aug. 26

446th Aeromedical Staging Squadron Family Day, 1 p.m., Holiday Park

36th Aerial Port Squadron, location to be determined.

## 446th Mission Support Squadron has opening for 3S071

The 446th Mission Support Squadron will soon have a 3S071/ technical sergeant authorization vacancy. The position is with the commander's support staff. If you have questions regarding this position or are interested in being considered for this position, contact Chief Master Sgt. Janice Kallinen at 982-9109.

feel pain.

"I can relate to the 20-year-old Soldiers," said Sergeant Barone, whose son is an Army combat medic in Iraq. "Those are the ones who really stand out. I saw them as being just like my son."

At times, the emotions she went through on many of the medical evacuation flights almost overwhelm her.

"But you learn real fast that you can't do that," she said.

Succumbing to the emotions would make her job impossible.

"These kids, they're all heroes," she said. "You just want to take them home and put them in bed and say 'go to sleep.'"

# Get One program gets makeover

Getting nearly 10,000 people to join the ranks of the Air Force Reserve every year is tough work.

Recruiters rely on a variety of tools to successfully accomplish this difficult mission year in and year out, including developing a new Get One program.

Originally started in October 2000, the Get One program relies on Reservists to provide leads on potential recruits.

"We rely on our Reservists to help bring in the caliber of people we need in our ranks," said Maj. Leslie Pratt, chief, Advertising and Information Systems Division, Air Force Reserve Command Recruiting Service. "Get One accounts for more than 10 percent of our accessions."

"What makes it so effective is our Reservists know the general qualifications (for joining the Reserve), and they share their satisfaction and enthusiasm with the people they talk to. When a Get One referral comes our way, a Reservist has already cultivated an interest in the Air Force Reserve."

Despite Get One's success, recruiters are constantly looking for ways to improve the program. With that goal in mind, they've implemented some changes, starting with the name.

The program is now known as Get One Now. And the recruiters, working with their advertising agency, have established a new program Web site (getlnow.us).

"The best way to enter a referral is through the Web site," Major Pratt said.

Reservists who are new to the site can click on "Sign Up Now" to open an account. Through this password-protected account, Reservists can enter referral names, check the status of referrals and accessions, and track their awards. Once an account is established, visitors to the site can just click on the "Sign In" link to perform these functions.

The Web site also features an "online chat" capability that allows Reservists to pass referral information directly to an I<sup>2</sup>e-recruiter" or have their questions answered.

Major Pratt said the program offers other ways for Reservists to provide referral information. They can e-mail information from the Web site or call toll free 1-877-786-2372 to reach the Air Force Reserve Call Center.

All methods of submitting referral information are available, from anywhere in the world, 24 hours a day, seven days a week. Information submitted to the Get One Now program is confidential, Major Pratt



said, and will not be given to any other branch of the military or to any outside vendor.

In another change, AFRC has created a special series of awards, based on the tradition of military coins, for those participating in the Get One Now program. For every referral a Reservist submits, he or she will receive a silver-colored metal coin. Created specifically for this purpose, referral coins are numbered one through 10, to correspond to the number of names submitted, and they may be accumulated over time.

If a referral turns into an accession, the Reservist who submitted the name will get a bronze-colored enameled coin. A second accession merits a silver-colored enameled coin, and a gold-colored coin is given

for a third accession. Reservists achieving a fourth accession get a plaque signed by the AFRC commander and a platinum-colored coin. All accession awards are calculated on a fiscal-year (Oct. 1 through Sept. 30) basis.

A complete list of all awards, as well as a list of the top winners from previous years, is available on the Web site. "Get One Now is an easy way for Reservists to contribute to the Air Force Reserve and to receive a tangible award in recognition of their efforts," Major Pratt said. "There are intangible benefits of participating in this program, as well."

"First, the person who is recommended can benefit tremendously. This part-time job not only comes with a paycheck and educational benefits, but an opportunity to meet and work with some tremendous people. Second, Reservists benefit by keeping the Reserve strong by recommending people they want to serve alongside with. "Air Force Reserve members make Get One Now great and keep the Air Force Reserve strong." (Courtesy of "Citizen Airman" magazine).

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