THE 446th Associate Press
August 2006
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Employer Orientation Day Application Page 9

Inspectors look over quality assurance

By Tech. Sgt. Wendy Beauchaine
Wing Public Affairs

MCCHORD AIR FORCE BASE, Wash., – After gearing up for the operational readiness inspection, 446th Airlift Wing maintainers are now preparing for another assessment. The Logistics Standardization and Evaluation Program team arrived here July 30 to ensure McChord's warfighters are supported by a safe, well-trained force.

"The LSEP team is checking how well we do our jobs, using performance-based evaluations and personal evals," said Senior Master Sgt. Joe Steinbacher, 446th Maintenance Group quality assurance superintendent. "They will be looking at areas like safety and training, with a focus on QA."

Sergeant Steinbacher, a 28-year veteran, has been through LSEP inspections before, and earlier this year, he joined the assessment team to conduct Charleston's evaluation.

"You could equate it to a higher headquarters visit," he said.

In addition to compliance, the LSEP visit will focus on how well the wing fosters a culture of professional excellence and personal responsibility.

See **LSEP**, Page 4

Serious accident brings out heroism

By Capt. Jennifer Gerhardt
Wing Public Affairs

MCCHORD AIR FORCE BASE, Wash., – It was of the year's worst head-on auto accidents along Washington's State Route 101 between Sequim and Port Angeles July 3. It was also one of the year's best displays of heroism.

Twelve people stopped to help the victims. One of those heroes was Tech. Sgt. Phillip (Don) White, a Reservist with the 446th Airlift Wing here.

Sergeant White was with his family when a Ford Explorer carrying a family of four crossed the center line of the road and hit a Toyota 4Runner carrying another family of four.

"There was no thinking involved, it was just instantaneous – kids, burning car, get them out," said Sergeant White, recalling how he rushed to the Ford Explorer, broke one of the windows with a rock, and pulled the two girls from the backseat before it exploded. ``It's just something I had to do."

After Sergeant White handed the girls to a bystander, he returned to help the father, who was semi-conscious and trying to bat away the flames, when the car exploded.

Photo by Senior Airman Paul Haley
Tech. Sgt. Phillip White, 446th Maintenance Operations Flight, rescued three children from a fiery accident July 3.

"I tried to help the father too, but the flames were too much by then," said Sergeant White. "I wish I could have helped the man, but I knew I couldn't or we both would have died."

The girls' mother, who was driving the Explorer, was thrown from the vehicle and pulled out of the vicinity of the flames by other witnesses.

After the first car exploded, Sergeant White turned his efforts to victims in the other vehicle.

"I went to the other vehicle and broke the glass out and pulled the little boy out," said Sergeant White. "By the time I went to help the mom in the vehicle, the fire department showed up and began helping."

Unbeknownst to Sergeant White, while he was helping the victims in the second vehicle, his wife was helping the children he pulled out of the first car.

"I didn't know it at the time, but my wife was taking care of the two kids I had pulled out of the first car," said Sergeant White. "My daughter was also helping out (by) getting blankets and my other daughter gave up her toys to the kids to comfort them."

Sergeant White also didn't know his wife had left with the children in the ambulance. When he went to pick her up, she found out he was the one who had pulled the children from the vehicle.

"She was pretty amazed," said Sergeant White. "She was like, 'You did that?'"

The local fire department regards the 12 rescuers as heroes.

"Their actions are above and beyond what most people will do in this day and age," said Assistant Chief Ben Andrews of the Clallam County Fire District No. 3. "Most people don't want to take the risk."

Sergeant White's actions, however, were in line with the character he shows on duty.

"I was not surprised to hear about Sergeant White's actions," said Col. Jon Huguley, 446th Maintenance Group commander. "He has always demonstrated the poised and determined mind set necessary to take such action. I'm very proud of him." Although he's been labeled a hero, Sergeant White down plays that idea.

"I did what anyone else would have done, and I would do it all over again today," said Sergeant White. "I wasn't shocked by the situation; but I just knew I needed to help."

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Aug. 25 is the deadline for articles in the September issue of **The 446th Associate Press**. All articles and photographs must be turned in to the 446th Airlift Wing Public Affairs office, Bldg. 1214, Room 124 by 4 p.m.

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Are you really listening, applying all we teach?

By Brig. Gen. Eric Crabtree
Wing commander

As summer draws toward an end and we all look toward fall, it is a good time to do a self inspection of our professional qualities, attitude and how they relate to the recent training programs we have been through.

We get ethics training, sexual assault awareness training and hear a lot about Air Force core values. The real question is, do we take all those things seriously and apply them to our Reserve duty?

We have had a number of incidents in the wing over the past few months that would cause an outsider to question whether we really understand what is being presented. As I deal with those incidents, the real question for me is whether we are properly presenting the concepts so they become a part of our daily decision process. This is particularly true when we are doing Reserve duty in a deployed environment.

As you think about the ethics you need to apply to your position as a member of the Air Force Reserve, think about things like how and when you use your Government Travel Card. Are you only making legitimate duty-related purchases? Are you doing everything necessary to clear up the debt and zero out your card balance as soon as you can? If you are a supervisor, are you ensuring everyone in your area of responsibility is aware of their requirements as government employees and cardholders?

In your dealings with your civilian employer, are you being honest and helpful in meeting their requirements as you schedule your Reserve duty requirements? Our relationships with those employers and the community they represent are critical to us being able to get the support we need.

Cases of assault, both sexual and domestic, are devastating to individuals and unit morale. I see more and more domestic violence reports in the local papers and the police blotters. People are under a lot of stress in the uncertain world of today. The answer is not to put someone else in more stress or harm them. If you find yourself in that position, let your supervisor know and we can get you help in dealing with life's pressures. Don't hurt the other significant people in your life.

As many of us sat through the sexual assault awareness training we thought, "Why do we need this, we don't have sexual assaults in the Reserve family?" The truth is it happens in our unit, just as it does in units of other Air Force components and other services. As you sit in the training, think about being at a unit function where there is a party going on. Would you have the courage to act if you saw one of your fellow unit members taking advantage of someone who was vulnerable due to drinking, or their position in the unit? It might be awkward at the time, but chances are both parties will thank you in the end. You could be saving someone's dignity and someone else's career.

> "The truth is it happens in our unit, just as it does in units of other Air Force components and other services.
>
> – Eric Crabtree

Brig. Gen. Eric Crabtree

Keep the Air Force core values in the back of your mind as you go through everyday activities and you won't go wrong. If you are putting service to your family, your employer and your unit before your own concerns, you are making great positive steps as a person. If you are doing the right things, even when no one is looking or seeming to notice, you are practicing excellent integrity. And if you are striving for excellence in all you do, you will be a greatly valued member of your Reserve unit and your community.

Please take the time to do a personal assessment and see how you measure up to what's been taught. Thanks for your help and service.

You don't want to go out there - or do you?

By Maj. Mike Stolt
Sheppard AFB, Texas

It was a hot Tuesday afternoon. I was leaving Bldg. 402 after updating my base vehicle sticker.

As I walked toward the double-glass doors leading to the parking lot, I encountered a small group of people standing just inside the door -- two Airmen, a civilian employee and one captain. As I reached for the door, the captain said, "You don't want to go out there right now."

I looked out and saw traffic stopped and several people frozen in the hot July sun, gazing westward, some saluting, some standing at attention, and some with their hands laid on their chests.

No, I don't really want to go out there right now. I looked at my watch - 1630.

I stood with the group that now numbered five. No one spoke. One Airman made a call on her cell phone, the other shifted his gaze back and forth between his shoes and the wall. The captain sifted through a folder of papers. The civilian and I watched through the glass doors as a technical sergeant stood at attention, saluting ... a sweat ring growing on his back. It seemed to go on forever.

The base loudspeakers squeaked out the last recorded notes of the national anthem. The cars rolled forward, the technical sergeant lowered his salute. The civilian pushed our door open and walked out. The rest of us followed. When the heat hit me, I felt fortunate my timing had kept me inside during the long ceremony.

I thought about that day for weeks. Images of the episode flashed through my mind as if I'd witnessed a crime -- the plate-sized sweat ring, the glow of the cell phone on the Airman's cheek, the civilian's hand resting on the door handle, the glare of the sun, the heat.

I recently read an article about the War on Terror and learned that we average 2.35 American dead and 10 wounded every day in the area of responsibility. That day leapt back into my thoughts. A few hours of research helped me identify the date - July 14, 2005.

On July 14, 2005, 23-year-old Cpl. Chris Winchester and 22-year-old Cpl. Cliff Mounce were killed when their vehicle was targeted by an improvised explosive device in Baghdad.

On that day, 21-year-old Pfc. Tim Hines Jr. died when an IED hit his Humvee.

On that day, 34-year-old Staff Sgt. Tricia Jameson was killed by a secondary IED while she was treating a victim of the primary IED. She, Chris Winchester and Cliff Mounce all died in Trebil. We can assume she was treating Chris, Cliff or another in their group. She volunteered to go to Iraq and had been in-country three weeks.

On that day, four American soldiers died in Iraq and numerous others were

See **RETREAT**, Page 11

At A Glance

Retreat

Signals the end of the official duty day and serves as a ceremony for paying respect to the U.S. flag.

Lessons come from wing people

By Tech. Sgt. Wendy Beauchaine
Wing Public Affairs

As I reflect on our operational readiness inspection in June, I realize it's the people I learn the most from, not the scenarios.

I remember the senior airman who, without a doubt, put a major on the ground for having the wrong countersign (and a crumpled, barely legible accountability card) because it was his job to protect his building.

I think about our legal team, and how passionately they discussed rules of engagement and the law of armed conflict. It seems like just another briefing, but then I think of the Marines who are shackled up in Camp Pendleton. I wonder if they had a legal team to reiterate ROE and LOAC so carefully to them.

I remember the chaplain's assistant. He was the first person out the door to protect us during a ground attack. Are we all that brave? I remember wondering, if you're the enemy, and you shoot the chaplain's assistant, do you burn in hell for even longer?

I think about the services Airman who stopped her truck to offer a ride to a group of people carrying all their gear from lodging, which had to be 10 miles uphill any way you wanted to get there.

Of course, I remember the hundreds, seemingly thousands, of e-mails I received from my unit deployment manager, who made sure I had my things together to deploy. Without that annoyance, I may not have had everything I needed. Some people didn't.

During the ORI, I learned the value of communication.

I witnessed a Reserve captain express herself respectfully, but directly. I had the urge to hug her for how she stuck up for her troops. It's such a great sense of pride knowing our leadership believes in us.

Going toe-to-toe with the vice commander, I saw her stare him in his doubtful eye and say, "Yes, I trust the information from my troops."

We are a team out there. When people ask for something to get done, we do these things for each other, not only because we have to, but because we care about each other. We know each other.

From an NCOIC perspective, I am assured we don't have to always say yes, but we do have to communicate with each other. Thank you, captain, for showing me that.

The purpose of an ORI is for a team of inspectors to determine if they would want to go to war with us. We outperform the standards, and we make it as enjoyable as possible. In my biased opinion, they'd pick us every time.

Airmen step up while deployed

By Senior Airman Paul Haley
Wing Public Affairs

MCCHORD AIR FORCE BASE, Wash., – Two firefighters from the 446th Civil Engineer Squadron deployed to Southwest Asia and got more than they bargained for.

Both airmen volunteered for the deployment to see another culture and to make them more employable as firefighters. It was the first deployment for both Airmen.

They got more than they expected. Each gained experience in the next level of their career path.

Senior Airman Jesse Berg, who deployed as an apprentice, completed training to become a journeyman-level firefighter, while Senior Airman Shawn Walker found himself serving as a crew chief, a position one level higher than his current skill level.

"I deployed expecting to be a driver, but as soon as I got there they told me I was going to be a crew chief," Airman Walker said. The crew chief is the leader of the team running a fire truck.

Airman Berg was able to finish his career development course for his 5-level during the four-month-long deployment by using the down time between shifts. Upgrade training for firefighters can often take as long as 20 months, said Master Sgt. Matt Zweber, firefighter supervisor in the 446th CES. Airman Berg was only out of technical school for three months before he volunteered to deploy.

"It was nice to learn about the job and then immediately turn around and use it," he said.

Airman Walker agreed, saying Reservists don't get the day-to-day experience of being a firefighter during unit training assemblies. The Reservists spend most of their time training to stay current with their skills.

"We don't do shifts like the active-duty guys do, and we don't get real-world calls," he said.

Photo by Senior Airman Paul Haley

Senior Airmen Shawn Walker, left, and Jesse Berg, gained invaluable experience while deployed to Southwest Asia.

Deployments are different. The Airmen divided their time between lulls in activity, and scrambling to respond to emergencies.

One emergency they responded to was for a pilot whose aircraft lost cabin pressure.

"He had vomited into his mask, so he couldn't use it," said Airman Walker. "We expected him to crash, because he was already hypoxic." Hypoxia is a lack of oxygen that can easily cause a pilot to lose consciousness.

The pilot landed the plane safely, so the story has a happy ending. Even if he hadn't, the fire team was trained and ready to extinguish the fire and extract the pilot, Airman Walker said.

With experiences like that, the two came home with more skills to use in their civilian and military careers.

LSEP

Continued from Page 1

"The LSEP team wants to know how well we inspect our Airmen," he said. "Instead of a train the trainer, this is like an inspect the inspector. It's a great tool to help us raise the bar on our daily performance."

This evaluation will be unique because the 446th and 62nd Airlift Wings will be graded together, with one grade.

"We're partnering with the 62nd folks, crossing our T's and dotting our I's," said Col. Jon Huguley, the 446th MXG commander. "Our operations have been validated by the ORI and other inspections, so I feel confident about our team and the program we have."

That said, having inspectors looking over the shoulder as people function can be intimidating.

"It takes confidence in your abilities to ensure you comply with all the details required, under close scrutiny," said Chief Master Sgt. Horacio Beruti, 446th AMXS superintendent.

In order to inoculate Airmen to the pressures of an over-the-shoulder inspection, the quality assurance team has been making some test runs.

"We've been doing as many inspections with our folks as we can, to prepare them for when the LSEP team inspects their performance," said Sergeant Steinbacher. "We want them to be comfortable with doing their job in front of an inspector, not nervous."

Because the maintenance group fosters a train-like-we-fight environment, their senior leadership feels confident the inspection will not change the normal routine.

"We do a great job every day whether we are changing a fuel control at home station, changing tires for a presidential support mission, or launching an aircraft from Baghdad," Chief Beruti said. "Our folks know their stuff and I'm sure the inspectors will see our enthusiasm."

For the maintainers who haven't been around long, or haven't been a part of a big inspection, the challenge lies in educating them on what to expect, said Senior Master Sgt. Cameron Pence, also a 446th AMXS section chief.

"We are overcoming this challenge by making sure that all of our troops understand the type of findings the LSEP teams have uncovered at other locations, and ensuring they know what is in the LSEP inspection checklists," he said. "Our troops have benefited from the preparation and I'm confident we'll blow the inspectors away."

The outbrief is scheduled for Aug. 7.

C-17 deployments stabilize

By Tech. Sgt. Chuck Marsh
—USCENTCOM Public Affairs

SOUTHWEST ASIA (AFPN) – In a break from the past, C-17 Globemaster IIIs and Airmen supporting the aircraft are deploying to the theaters and operating from one location for an entire air and space expeditionary force rotation.

Previously a squadron traveled to an area, flew 14-15 days, then returned home. About one-third of its deployment was traveling to and from the operating location.

Prior to June, C-17 deployments varied according to combat demand, subjecting crews to an unrelenting operations tempo. In an effort to slow that tempo, ongoing since 9/11, and increase aircrew efficiency and aircraft utilization rates, Air Mobility Command leaders implemented a two-expeditionary-airlift-squadron initiative for C-17 squadrons. One squadron, the 816th Expeditionary Airlift Squadron, is operating from a forward deployed location in Southwest Asia, and the other, the 817th EAS, is based at Incirlik Air Base, Turkey.

The new arrangement is known as the "two EAS concept."

"It differs from the previous arrangement because crews are now rotated in and out of the EAS locations on an AEF rotation (120 days) rather than "staging" where they would go out for two weeks, fly missions and then return home," said Col. Steven Vautrain, 446th Operations Group commander. "The old deployed EAS fulfilled a command and control function, but did not have any of its own crews. The new EAS concept is almost identical to the way C-130, KC-135 and fighter units have operated for years."

This way of operating gives both the combatant commander as well as the aircrews the continuity needed to improve reliability and efficiency. Aircrews get accustomed to the combat environment and users get accustomed to the crew and squadron leadership.

Photo by Capt. Krista Staff

A High Mobility Artillery Rocket System is off loaded from a C-17 Globemaster III onto a dirt landing strip July 3 in Southwest Asia. The C-17 mission re-supplied coalition international security assistance forces in a remote region of Afghanistan. Aircrews now rotate in and out of the Southwest Asia on 120-day rotations.

Reserve crews will not deploy with the EAS for 120-day deployments. Some crews will augment the EAS for shorter periods of time, but the primary duty will be flying the CONUS-to-theater legs of missions. The trips are shorter and fit better with the reservists work schedules.

"The new construct enables Reserve crews to fly shorter missions that are easier to fit into their work schedules," said Colonel Vautrain. "It allows us to return to a more traditional Reserve role, benefiting the Reservist, their family and their employer."

The new system will bring more predictability to the flying schedule.

Portland Reserve lose first aircraft

By Maj. James Wilson
—939th Air Refueling Wing Public Affairs

PORTLAND AIR NATIONAL GUARD BASE, Ore. – The first KC-135 Stratotanker aircraft from the 939th Air Refueling Wing departed Portland International Airport July 14.

Under the 2005 Base Realignment and Closure process, all eight of the refueling aircraft and 900 authorized positions will leave Oregon to realign the 939th ARW's mission. Members and equipment assigned to the operations and maintenance units will leave by Sept. 30, 2007. The executive staff and mission support group will remain until Sept. 30, 2010.

"Members of the 939th Air Refueling Wing have contributed to America's defense in ways many of us never imagined when the mission changed to air refueling three years ago," said Col. William Flanigan, wing commander.

"This is obviously a trying time for many people in the 939th," he said. "There are a number of emotions involved, but ultimately our Reservists will see this time as the precursor to new opportunities and reap the rewards the changes will offer them."

The wing's lineage will live on, although it will take a different shape, in the future. Officials expect to establish 75 full-time and 400 traditional Reservist authorizations by October 2010 to support the Reserve's growing space program. The tentative plan is for the 939th ARW's new mission to be located at Vandenberg AFB, Calif.

"The story of the 939th will continue here in Oregon and later as part of the Air Force Space Command," said Chief Master Sgt. Michael Steinbach, wing command chief master sergeant. "This change, while substantial, cannot affect what the 939th represents; strength, honor and courage. Those values are at the core of the 939th."

The Air Force Reserve will maintain a presence in Portland after the flying mission is gone. Along with the 939th ARW executive staff and mission support group, Portland International Airport remains home to the 304th Rescue Squadron. The 304th RQS, an organization of about 100 members, performs both civil and combat rescue operations by air, land and sea.

Support just a call away

By Tech. Sgt. Michael Bray
446th Mission Support Squadron

During the first gulf war it became evident that if the family is ready and well taken care of, the military member is more effective, focused, and less likely to become a casualty.

Mission capability and success is multiplied by the number of prepared Airmen and their families. Conversely, its degradation is also multiplied by the number of unprepared Airmen and their families.

By taking care of the families at home, Air Force Reserve officials realized they could increase war time capability with fewer Airmen and decrease injuries and casualties. To answer this need the family readiness flight was born.

As the program evolved and grew, it encompassed more support programs for military personnel and their families, so the name was changed to family support center. In the near future, the name will change to Airman and Family Readiness Center.

How do you prepare for the unknown generated by deployments, family emergencies, or natural disasters? You do it by having as much done in advance as possible so you can focus on what's left. The smaller that last minute preparation pile is, the easier it will be. Having your family ready in advance will help them transition.

The 446th Airman and Family Readiness Center's primary reason for existence is to help you and your family be "mission ready." Becoming "worldwide" ready at a moment's notice is not always an easy task. It takes planning, coordination, and most importantly, cooperation from all concerned. That's why the airman and family support staff has become experts on helping individuals and families work toward that goal. Resources available help Airmen prepare for activation, mobilization, deployment, annual tour, reunion, reintegration, and many other solutions to the unique challenges of military life.

There is an emotional cycle to deployments and TDYs.

Separations caused by deployments are difficult, but a necessary part of the military lifestyle.

Just remember everyone in the family is affected. Separation causes many physical and emotional demands on you, your spouse and children, as well as friends, relatives and coworkers. The challenges of separation and reunion provide opportunities for your relationships – a time to evaluate the changes that have occurred within and between partners; to define roles, responsibilities, and to discover new sources of strength and support in yourself and others.

Family readiness is about confidence. Confidence that you are prepared to deal with what comes, and confidence that the Reserve support structure is there for you – no matter what.

Family Care planning will ensure family members receive adequate care and support during a Reservist's absence.

We have many resources ready to assist you through this and make it as easy as possible. You don't have to go it alone. We can help. Regardless of your role in the military (active duty, Reserve, Guard, retired, DoD civilian, or family member), they are here to assist you.

AF&R supports families

So, how does the Airman and Family Readiness Center support you? By bringing it all together.

One stop information, resources

Career Center, helping you with resume, job search and more
On-base child care information
Child programs information
Individual and Family Events
Deployed spouses dinner
Key Spouse program
Angel Tree program
Holiday Dinners program

Helping in emergencies

Natural disaster
- Flood
- Wind Storms
- Earthquakes
- Fire
- Theft
- Financial

Staffed with caring people

- Counseling
- Financial Assistance
- Marital classes and training

Web resources

Many of these web sites can be time saving and extremely helpful. If you do not have access to a personal computer consider your community library. If you have questions about any of these resources contact Airman and Family Readiness Center.

Service Web sites

U.S. Air Force: http://www.af.mil/ – the web site of the U. S. Air Force

Headquarters Air Force Reserve Command: http://www.afrc.af.mil/

McChord Air Force Base: http://public.mcchord.amc.af.mil/

446th Airlift Wing http://www.446aw.afrc.af.mil/

DoD Web sites

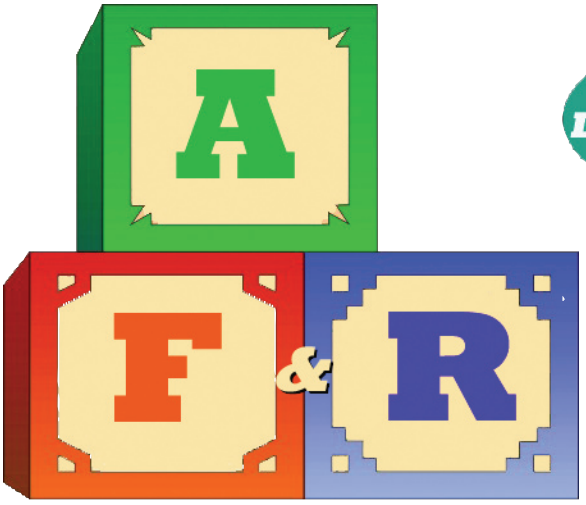
The Department of Veterans Affairs http://www.VA.gov/

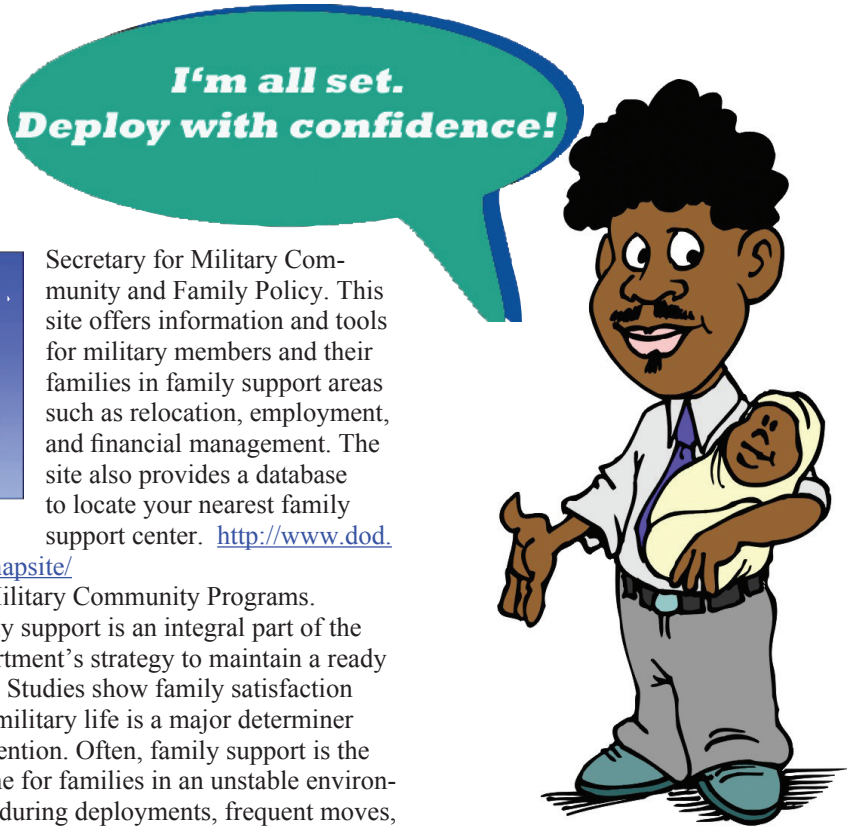
Defense Link: http://www.defenselink.mil/ – Official web site for Department of Defense

Military Pay and Benefits: http://www.dod.mil/militarypay/

National Guard & Reserve Family Readiness Strategic Plan. Prepared by the Office of the Assistant Secretary of Defense for Reserve Affairs and the Office of Family Policy (within the Deputy Assistant Secretary of Defense for Personnel Support, Families and Education) this plan seeks to ensure that reservists and their families are prepared to cope with the strains associated with long or repeated deployments and are adequately served by military family care systems, networks and organizations. http://deploymentlink.osd.mil/pdfs/stratpln.pdf

Government site





First Gov: http://www.firstgov.gov/ – An official U.S. Government site with links to most government agencies

Health care sites

TRICARE: http://www.tricare.osd.mil/ – U. S. Department of Defense Military Health System

Reserve Dental Plan: http://www.tricaredentalprogram.com/tdptws/home.jsp – Effective February 2001, this program is included in the TRICARE Dental Program

Family links

Air Force Crossroads: http://www.afcrossroads.com/ – Resource site for Air Force families

Deputy Assistant Secretary of Defense for Military Community and Family Policy. This office is directly responsible for programs and policies which establish and support community quality of life programs on military installations for service members and their families worldwide. This office also serves as the focal point for coordination of the broad range of Quality of Life issues within the Department of Defense. http://www.defenselink.mil/prhome/mcfp.html

Military Assistance Program. MAP is sponsored by the Deputy Assistant Secretary for Military Community and Family Policy. This site offers information and tools for military members and their families in family support areas such as relocation, employment, and financial management. The site also provides a database to locate your nearest family support center. http://www.dod.mil/mapsite/

Military Community Programs. Family support is an integral part of the Department's strategy to maintain a ready force. Studies show family satisfaction with military life is a major determiner of retention. Often, family support is the lifeline for families in an unstable environment during deployments, frequent moves, and long work hours. This site provides information on DoD's programs for family support. http://www.defenselink.mil/prhome/mcfp.html

Military Family Research Institute. The primary mission of the Military Family Institute is to conduct scientifically sound research focusing on military families. This research will enable the Department of Defense to better understand, serve, and enhance the lives of military families, and thus contribute to the strength of the Nation by increasing readiness and retention in the Armed Forces. http://www.cfs.purdue.edu/mfri/

Military Teens on the Move. This site features a chat room, bulletin board, and other resources and information for military teens around the world to assist them with relocating and other teen issues. http://www.dod.mil/mtom/

National Military Family Association. The mission of NMFA is to serve the families of the seven uniformed services through education, information, and advocacy. The Association has been and is dedicated to identifying and resolving issues affecting families of the Uniformed Services through research, education, legislation, and public information. http://www.nmfa.org/site/PageServer

Defense Finance and Accounting Service. DFAS provides information on military entitlements, as well as general information on pay rates, per diem, taxes, etc http://www.dod.mil/dfas/

Spouse and Family Benefits & Resources

Know your benefits as the spouse or family member of a military service member or veteran -- keep up with benefits and resources in the Insider's Spouse and Family Benefits & Resources section, and find useful guides on deployment, careers, relocation, and more. http://www.military.com/NewContent/1,13190,Spouse,00.html

American Red Cross: http://www.redcross.org

Armed Services YMCA: http://www.asymca.org

Leisure and recreation

Military Travel Guide: http://www.military.com/Travel/Content1/0,,military_campgrounds,00.html – Centralized source for military lodging, campgrounds, golf courses, relocation information

http://www.militaryliving.com/

Another great resource is http://www.afsv.af.mil/LD/# military 23wlodging

Services MWR http://www-p.afsv.af.mil/default.htm

Keep watch for signs of heat illness

By Capt. Jennifer Gerhardt
Wing Public Affairs

Kids love summer. While adults wilt through hot, blistering days, kids seem to breeze through July and August with ease. However, children are in fact much more susceptible to heat stress than adults.

"Children are more susceptible to heat-related illness because of the size of their bodies and the mechanisms called thermoregulation," said Master Sgt. William Robison, 446th AMDS.

"Children have proportionately larger heads and torsos than adults do. Because of that, the blood has fewer avenues away from the core of the body to cool down."

Children also have less blood volume than adults. A newborn has almost enough blood volume to fill a 12-ounce soda can, whereas an 8-year-old child has about two liters of blood.

An adult has about seven liters of blood in their body. Since hydration is related to the volume of fluid contained in the body, specifically the water component of the blood, the picture of heat transfer from the environment to the child becomes clearer.

"When this characteristic is combined with a smaller amount of blood volume and further complicated by water loss from sweating, one can see how the child is more susceptible to heat exhaustion or stroke," said Sergeant Robison.

To keep kids safe, it's important to know the signs and symptoms of heat exhaustion and heat stroke.

Heat exhaustion is the manifestation of rising body temperature in the form of severe headache, cramping, nausea, hyperventilation (fast breathing) and lethargy (sluggishness). Children and infants get heat exhaustion more easily than adults.

Children, specifically infants and toddlers, are not the best communicators. The early signs and symptoms of heat-related illness such as thirst, weakness, headache, and nausea are not as easily conveyed by infants or toddlers to their caregiver as they are with verbal, school-aged children. Instead, these types of signs translate as "crankiness."

"The best bet for infants and toddlers is to be vigilant and attentive as a caregiver in order to prevent signs from progressing to something worse," said Sergeant Robison.

"Crankiness is typically a good indicator that the non-verbal child is at least mildly uncomfortable. You can check the child's temperature by placing the back of the wrist or hand on the child's forehead to see what the child's skin temperature is."

Heat stroke happens when one can no longer sweat and their internal mechanisms of temperature regulation and survival begin to fail.

These individuals will have hot, dry red skin and will be either incoherent or listless. A person with heat stroke may stop breathing, have seizures and eventually die.

With children, these symptoms can progress rapidly, so being watchful and taking the appropriate action is crucial in avoiding these problems, according to Sergeant Robison.

"If the child has signs and or symptoms of heat stroke, call 911 immediately," he said.

The key to preventing heat exhaustion and heat stroke is hydration and keeping an eye on the temperature throughout the day.

Photo by Sandra Pishner

You don't have to fair-skinned and freckled to need protection from the sun. The Center for Disease Control estimates that 400 people die each year from excessive natural heat.

"When playing outdoors, children should have approximately five ounces of water every 20 minutes," said Sergeant Robison.

If an infant or toddler appears listless and flushed, and has a decrease in their activity, the caregiver should remove the child from the hot environment and provide the child with cool water. The child should remain in the cool environment until their activities resume a normal level and released back into the warm environment at the discretion of the caregiver.

Caregivers should also watch out for decreased play activity, flushed pink/red skin, crankiness, thirst, complaints of headaches and cramps. If these signs appear in children playing or exposed to heat, then steps should be taken to remove them from the environment and begin recuperative measures.

Caregivers should also never leave children outside and unsupervised when temperatures rise above 82 degrees Fahrenheit.

"All common sense rules should apply here; limit outdoor activity to morning and evening hours, maintain hydration, try to keep activity to shady, cool areas, dress children in loose-fitting, lightweight, light-colored clothing, and protect children from the sun with a wide-brimmed hat and by applying sunscreen of at least SPF 15.

However, if heat exhaustion or stroke does occur, there are steps to take to help cool the child down.

Immediately remove them from the hot environment, loosen their clothing and provide them with cool water to drink. It is also a good idea to "sponge" these individuals with a tepid towel or cloth over the forehead, as well as around and behind the neck. If no air conditioned areas are available, a shaded area will do.

The bottom line: they are still able to sweat and maintain some degree of coolness in body temperature and we should attempt to assist them in returning to a normal temperature.

Employer Orientation Day
Oct. 21, 2006

Return this completed form to:
446th AW/PA
1205 12th St., Room 125
McChord AFB WA 98438-1320
Fax: (253) 982-0078
E-mail: 446aw.pa@mcchord.af.mil
DEADLINE: Oct. 6

Office use only
Date received _____
Primary/Standby

Reservist's Information

Rank/Name _____ Unit _____ Duty Phone _____

Home address: _____ Home E-mail: _____

City: _____ State: _____ Zip Code: _____

Home phone: _____ Civilian work phone: _____

**SSAN: _____ UTA Status on Oct. 21 will be: UTA or Orders (*circle one*)

Employer's Information

Supervisor's courtesy title/full name (Mr./Mrs/Ms.) _____

Supervisor's job title/position: _____ E-mail address: _____

Company Name: _____ **SSAN: _____

Business address: _____

City: _____ State: _____ Zip code: _____

Business phone: _____ Home phone: _____

Emergency contact Name/Relationship _____ Daytime phone: _____

I acknowledge I am responsible for notifying my military supervisor if my employer will attend. I will be on duty status Oct. 21. I will provide a workplace tour for my supervisor. There may be a nominal cost for my lunch. There is no charge for my employer's lunch. My employer has not participated in an Employer Orientation Day in the past two years.

Reservist's signature _____ Date _____

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

Salutes

Promotions

Chief Master Sergeant
Chris Dietz, 86th APS

Master Sergeant
Paulette Grace, 446th CES
Grant Minson, 446th MXS

Newcomers

Second Lieutenant
Weston Sewall, 728th AS

Master Sergeant
Robert Schuessler, 446th AMXS

Technical Sergeant
Mark Osweiler, 446th MXS
James Waud, 446th MXS

Staff Sergeant
Leah Myers, 446th MOF
Leon Mullis, 446th AMXS
Norman Padrones, 36th APS
Aaron Rushton, 446th AMXS
Erika Schwankl, 446th MSS
Troy Surber, 86th APSS
Sarah Tackett, 446th AW

Senior Airman
Peter Baxter, 446th LRF
Jeff Guinn, 446th AMXS
Leila Hemenway, 446th MSS
Tess Pottratz, 446th SVF
Gabriel Stayley, 446th AMXS
Jason Stryker, 446th AMXS
Daniel Williamson, 446th AMXS

Airman First Class
Buddy Bennett, 446th AMXS
Robert Brown, 446th AMXS
Owen Duff, 446th CES
Masria Engermann, 446th AMXS
Jason Frame, 446th AMXS
Jared Green, 86th APS
Spencer Gordon, 446th MXS
Robert MacConnell, 446th AMXS
Keith Nagel, 446th CES
John Padgham, 446th AMXS
Robert Pollock Jr., 446th MXS
Ryan Rosso, 86th APS
Duy Tran, 446th MXS

Airman
Matthew Maronay, 446th AMDS
Nicole McDaniel, 446th AMXS

Retirements

Senior Master Sergeant
Keith Hudson, 313th AS
Richard Norman, 446th CES
Brian Zar, 446th OSF

Master Sergeant
Rod Boultinghouse, 446th AES
Paul Dankel, 97th AS
Douglas Hedger, 446th ASTS
Rodney Hominda, 446th AMXS

Technical Sergeant
Thomas Colberg, 446th AMXS
Lisa Kelly, 446th MSS
Deborah Yapachino, 36th APS

Photo by Senior Airman Brian Ferguson

C-17s carry aid to evacuees

Crew members from the 816th Expeditionary Airlift Squadron load pallets onto a C-17 Globemaster in Southwest Asia to be transported to Cyprus July 22. C-17 Reserve crews from the 446th Airlift Wing are also involved in transporting supplies such as water, MREs and cots for the evacuees of Lebanon. This C-17 transported 17 pallets, about 64,000 pounds of cargo, to Cyprus.

Remember When

Aug 19, 1960: Piloting a C-119, Capt. Harold F. Mitchell retrieves the Discoverer XIV reentry capsule in midair. This is the first successful aerial recovery of a returning space capsule.

Just Briefly

At the end of the day, what does retreat signify to you?"

End of day

"It's the end of the duty day. It signifies another successful day for the Air Force."

◆ *Master Sgt. Sherril Kjelgaard-Fison*
446th Aerospace Medicine Squadron

Respect

"Respect. It's a time to remember all the other people who fought in wars."

◆ *Chief Master Sgt. Chris Dietz*
86th Aerial Port Squadron

Proud

"The end of the duty day. The hard work of the day is complete. It's a time when I feel proud to be in the service."

◆ *Senior Airman Melanie Hawkins*
446th Aeromedical Staging Squad-

Honor

"It's a solemn ceremony. A time to honor our comrades. It means duty, honor, country. And most of all, it honors the flag we defend."

◆ Master Sgt. Jeff Weber
446th Aerospace Medicine Squadron

McChord lieutenant AFRCs' pick for General Lew Allen Award

Air Force Reserve Command officials recently announced the selection of 1st Lt. Chad Eason as its nominee for the General Lew Allen, Jr., Trophy (officer) award for 2005. Lieutenant Eason is assigned to the 446th Aircraft Maintenance Squadron.

Wing sweeps in 4th Air Force Lance P. Sijan Leadership Awards

Four categories, four McChord Reservists as winners. Selected by 4th Air Force as winners for the 4 AF 2006 Lance P. Sijan USAF Leadership Award are:

Senior Officer: Lt. Col. Gregory Pyke, 97th Airlift Squadron

Junior Officer: Capt. Lara Wills, 728th Airlift Squadron

Senior Enlisted: Chief Master Sgt. James Caron, 97th AS

Junior Enlisted: Tech. Sgt Robert Farrell, 446th Aircraft Maintenance Squadron

Foreign language skills can earn some Reservists extra money

Being able to speak another language may translate into more money for some military people, including those who do not perform language duties. Foreign Language Proficiency Pay rates increased June 1 for qualified military members. Air Force Reserve Command people can find more details about FLPP online at https://arpc.afrc.af.mil/education/ flpp.asp.

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:

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 interested in this position, contact Chief Master Sgt. Janice Kallinen at 982-9109.

Rodeo competition comes to McChord in July 2007

RODEO 2007, Air Mobility Command's premier mobility competition, will take place July 22-28, 2007 at McChord.

The international competition focuses on readiness, and features airdrops, aerial refueling and other events which showcase the wide-ranging capabilities of military security forces, and aerial port, maintenance and aeromedical evacuation personnel.

More than 100 teams from the Air Force, Air Force Reserve and Air National Guard, as well as allied nations, are expected to participate.

Retreat

Continued from Page 3

wounded.

On that day, four families were plunged into mourning.

On that day, I flew one sortie, sifted through e-mail, updated my base vehicle sticker, and hid from the heat behind a glass door.

Why does it matter that I avoided participating in retreat? Some may think it's silly symbolism, that it's not real. An aircraft is real. A computer, a vehicle sticker - they're real.

I believe that anything that you allow to move you, or that inspires those around you to search their hearts, is as real as the bomb that tore Chris Winchester's body apart last summer. Anything that forces an entire base to stop and listen to their thoughts for a while is real. Anything that causes you to pause and acknowledge that American soldiers may be under fire, as you listen to the national anthem, is real.

As we five stood inside that doorway, the soldiers killed and wounded that day may have been bleeding, screaming and dying in the sand.

If my timing is ever again as perfect as it was that day, I'll be prepared. I'll be ready with, "Yes, I do want to go out there right now." You may not come with me, but I'll bet you think about it for weeks.

If I'd stepped outside to pay respect to the flag and to the four soldiers who died that day, how long would it have taken?

One minute and twenty-eight seconds.

Air Force Memorial nears completion

By Senior Airman J.G. Buzanowski
Air Force Print News

WASHINGTON (AFPN) – When Staff Sgt. Paula Newman stood at the base of the Air Force Memorial, all she could say was, "Wow!" Senior Airman Henry Hargrove said it "pretty much rocks."

The two 11th Logistics Readiness Squadron Airmen from Bolling AFB in Washington, D.C., were selected to visit the memorial and receive a tour from the president of the Air Force Memorial Foundation, retired Air Force Maj. Gen. Edward Grillo Jr.

"It's fantastic to see their enthusiasm," General Grillo said. "I never get tired of seeing people's eyes light up when they see it, and once it's done, we're going to see a lot of that."

The target completion date for the Air Force Memorial is Oct. 14. Originally, the memorial was going to be built on Arlington Ridge, near the Marine Corps Memorial. Instead, it is located across from the Pentagon, next to Arlington National Cemetery, General Grillo said.

"It's obvious a lot of work went into our memorial with all its symbolism and details," Sergeant Newman said. "It looks over the nation's capital and reminds people that the Air Force is up there. It gives me a sense of pride."

The two Airmen toured the site and climbed up the temporary scaffolding to look at the city from the memorial's view.

Photo by Tech. Sgt. Cohen Young

Retired Maj. Gen. Edward F. Grillo Jr. talks with Senior Airman Henry Hargrove about the importance of the new Air Force Memorial and what it will mean to past, present and future Airmen. The memorial is scheduled to be completed in October. Its three spires represent the Air Force core values. General Grillo is president of the Air Force Memorial Foundation. Airman Hargrove is assigned to the 11th Logistics Readiness Squadron at Bolling Air Force Base in Washington, D. C.

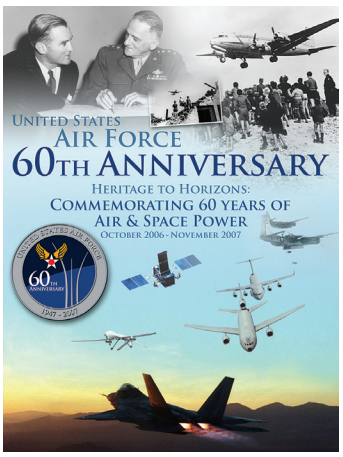
"It's great that we finally have our memorial," Airman Hargrove said. "Every other service has one around Washington, D.C.; it's about time we have ours."

The memorial represents several sets of threes within the Air Force, General Grillo said.

"The Air Force has its three core values," he said. In addition, there are the active duty, Guard and Reserve. There are also the Airmen, their families and retirees. All of these culminate in three curving spires that rise up to overlook the Pentagon.

Once completed, the spires will be 270, 230 and 200 feet tall. What will be the tallest spire currently measures out at 170 feet, with 100 more feet to go.

For more information about the Air Force Memorial, visit www.airforcememorial.org.



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