THE 446th Associate Press
January 2008 www.446aw.afrc.af.mil/

New fuel takes C-17 cross country

On Dec. 17, a blended aircrew from McChord's 62nd Airlift Wing and the 446th Airlift Wing flew a C-17 Globemaster III to McGuire AFB, N.J. on a 50/50 blend of synthetic fuel and JP-8, traditional jet fuel.

Eight Reservists were on the flight, including a pilot, loadmaster, and aeromedical evacuation nurses and technicians.

The transcontinental flight operationally demonstrates the fuel blend the Air Force hopes to one day use in all its aircraft and ground vehicles.

"The Air Force is taking a leadership role in testing and certifying the use of synthetic fuel in aircraft," Secretary of the Air Force Michael Wynne said in a press conference at McGuire shortly before the historic flight landed.

"We're working very closely with our Army and Navy colleagues to ensure that this fuel is capable of operating in all of our aircraft," he added. "This is especially important because JP-8 military jet fuel is commonly used on the battlefield by the Army's and Marines' tactical vehicles and generators, as well as our respective aircraft."

Certification of the synthetic fuel blend in the service's C-17 fleet – which uses the Pratt and Whitney F117-100 engine – is expected in early 2008. The F117-100 engine is also widely used by the commercial airline industry on aircraft such as the Boeing 757. *(Compiled by 62nd AW and 446th AW Public Affairs)*

Photo by Abner Guzman

Fuel carried in trucks like this will soon be a blend of synthetic and traditional jet fuel like the fuel for a C-17 mission Dec. 17.

Correct military records online

By Senior Airman Grant Saylor
Wing Public Affairs

Air Force Reservists now have the ability to request corrections to their military service record online, anytime. Recent changes to the virtual Personnel Center for Guard and Reserve will make it easy for Reservists to take matters into their own hands when it comes to challenging discrepancies in their records.

"This is literally the wave of the future," said Chief Master Sgt. Janice Kallinen, 446th Airlift Wing Military Personnel Chief. "You can now review your service record while watching a football game."

If a Reservist finds a discrepancy in their record, such as a missing ribbon or decoration, they can request a correction by logging on to the personnel website at http://arpc.afrc.af.mil and providing documentation on a fill-in-the-blank online form. Requests can also include corrections to current grade, date of rank, pay date and date of initial entry into uniformed service. Once a fix is requested, customers are sent a tracking number that can be used to track the progress of their inquiry.

"Turn around time is usually two weeks or less," said Airman First Class Briana Johnson of the Air Reserve Personnel Center. The vPC-GR now has the capability to track other aspects of a Reservist's career, too. Asked about the most common requests her office receives, Airman Johnson said "retirements, retirements, retirements!" She reminds Reservists they can now check the status of their retirement applications on the website.

Chief Kallinen said the recent changes should encourage Reservists to keep a watchful eye on their service records. Her office still conducts an audit of personnel records every two years, but a sit-down interview with the individual is no longer part of the process.

"That's not to say we don't catch what we can, but it's ultimately up to the individual," she said.

Additionally, a spell check feature has been added to vPC-GR applications to assist Reservists in writing decoration nominations and promotion board letters. The change has been met with enthusiasm by those who use it.

"It's fantastic," said Chief Kallinen. "Not having it was a step backward in technology."

At A Glance

If you don't have a vPC-GR account yet, you need to get one.

All Reservists are required to have an account by **Jan. 31**, according to a memorandum signed Dec. 10 by Maj. Gen. Allan Poulin, Air Force Reserve Command vice commander.

To sign up for an account, go to https://arpc.afrc.af.mil/vPC-GR.

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January 2008

Jan. 18 is the deadline for articles in the February issue of **The 446th Associate Press**. All articles and photographs must be turned in to the 446th Airlift Wing Public Affairs office, Bldg. 1214, Room 124 by 4 p.m.

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We'll succeed because of you

By Lt. Col. Dave Pavey
446th Operations Group

Ask anyone at Reserve headquarters what the single, biggest priority is in the new year, they'll tell you it's still the Global War on Terrorism.

While any war takes its horrible toll in human misery, we are methodically succeeding in the war on terror. Why?

Because of you.

This wing has some of the most capable, talented folks in the Air Force. These aren't mere platitudes. While on one hand we can deliver equipment in the high deserts of Afghanistan using the C-17, we can also deliver food and coats to the needy here at home.

Lt. Col. Dave Pavey

You might be an explosive ordnance expert, making the road safe in Iraq or a medical specialist training first responders at the medical skills lab. Maintaining a sophisticated jet in the desert during war is a task made to look easy by our maintainers. Rebuilding the confidence of an Iraqi child in running water is no small feat for our civil engineers, either.

You might be a nurse bringing a young, injured Army troop back to Fort Lewis; you could be the loadmaster doing historic airdrops at the South Pole. Take a look around at our diverse units and you will see a blessing of extremely talented folks. Each one of you has made contributions; some overseas, some here at home; some both.

America will ultimately succeed because at our heart, we are a compassionate people who wish to help others. You are the ones helping now. While we pursue the Global

See **SUCCEED**, Page 8

Resolve to improve in '08

By Chief Master Sgt. Gloria Bennett
Command chief

An age-old tradition of the New Year is to make resolutions. It is believed that the Babylonians were the first to make New Year's resolutions, and people all over the world have been breaking them ever since. Early Christians reserved the first day of the year to reflect on past mistakes and resolve to improve in the New Year.

With the start of the 2008, I challenge you to develop resolutions that support your personal and professional goals. This process will give you an opportunity to evaluate your past decisions and actions and move forward to reach objectives you deem important.

I had the opportunity to attend a meeting of the Fourth Air Force Command Chiefs hosted by Chief Maser Sgt. Patricia Thornton, 4th AF command chief. She briefed the group on her expectations and goals for the coming year. While briefing us, she dispensed some sage advice, "Get comfortable being uncomfortable."

To reach your goals, you have to accept challenges that take you out of your comfort zone. Whether trying something new or striving to better yourself, you may experience a sense of incompetence or ineptness. Although this is an uncomfortable feeling, it is definitely not life threatening. A tenacious spirit and commitment to your goal will help you through this awkward period. In fact, the sense of accomplishment you gain from meeting and overcoming a challenge contributes to personal growth.

Chief Master Sgt. Gloria Bennett

If you look at people who have achieved great success, you will find some common attributes. No matter what their ethnicity, gender, economic status, education or upbringing, they all possess strong determination and have clear goals. They embrace principles that help them carry on in the face of difficult or uncertain circumstances.

The principles we embrace as Reservists are the Air Force Core Values: Integrity First, Service before Self and Excellence in All We Do. The core values provide us with guidance to help us achieve our goals. Actions and decisions based on the tenets of the core values are certain to point you in a positive direction.

You, as a member of the 446th Airlift Wing, are an integral contributor in our wing accomplishments and future successes. By individually resolving to develop personally and professionally, you help make us even stronger, and better able to tackle the challenges of the new year.

Employer Orientation Day
April 5, 2008

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: March 14

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: _____ My military status April 5 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 April 5. I will provide a workplace tour for my supervisor. There is no charge for my employer's lunch. My employer has not participated in an Employer Orientation Day.

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.

For

Re

At an hour when lampposts cast shadows over deserted streets, coffee pots start percolating, and people begin rubbing sleep from their eyes, Tech. Sgt. Wendy Beauchaine from the 446th Mission Support Squadron is out sweating, the stillness of sleep a distant notion.

Nearly every morning of the week, around 5, come rain, snow, or howling winds, she laces up her shoes, puts on her gear, and jumpstarts the day to the rhythm of her footfalls.

"Usually, I am out the door at 5 a.m., but sometimes it just doesn't happen until after work," said Sergeant Beauchaine, who runs four times a week and averages 25 to 30 miles per week. "I like running early because it starts my day off with a workout and I don't have to worry about trying to fit it in

TOP: Tech. Sgt. Wendy Beauchaine, 446th Airli
a long morning run. Sergeant Beauchaine rece
marathons.
LEFT: Maj. Doug Soho, 728th Airlift Squadron
fitness test at the base track. Major Soho stic
running gear with him when he flies overseas.

the love of running

servists race against time, elements

later when the day gets really busy."

She started running just over a year ago to ensure she could pass the Air Force physical fitness test. When she discovered her love of morning and night time running, she changed her goal from passing the fitness test to running the San Francisco half marathon and the Chicago marathon.

Sergeant Beauchaine isn't the only one who loves to run in the dark. Two 446th Aerospace Medicine Squadron Reservists meet at 5 a.m. each morning at the base gym to begin their day with a run.

Master Sgt. William Robison and Master Sgt. Bradlee Clarke have been running for years. In 2004, after a short break because of two knee surgeries, Sergeant Clarke decided to start running again.

"I wanted to lead by example," said Sergeant Clarke. "If I can get out there and max my PT test, then the 18-year-olds have no excuse to not be in shape too."

Another Reservist also maintains a "no excuse" kind of philosophy. No matter where in the world he goes or how long he'll be gone, Maj. Douglas Soho, 728th Airlift Squadron, brings his running gear with him.

His running follows a thought-out, goal-oriented training plan.

Some weeks include high mileage at low exertion levels, while other weeks may be low on the overall distance, but tough due to the intensity of the workouts.

"Motivation can be difficult after a long duty day, but I try to remind myself that even a short run of just a few miles is more beneficial than no run at all," said Major Soho.

Night Moves

Sergeant Beauchaine and her fellow runners in reflective gear know the risks -- unseen potholes, inattentive drivers, and worse, Washington's black ice. Running post-sunset or pre-sunrise may not be ideal, but for runners like these Reservists, it's the only time to run.

"Running gives me a chance to clear my head and enjoy being outdoors. The biggest challenge is in my head," said Sergeant Beauchaine. "I remind myself there's no such thing as bad weather, just bad gear. If I'm dressed properly, I can still enjoy running outside all year. You can't let a little rain, wind, hail, snow, ice, et cetera, keep you home."

The same philosophy holds true for Sergeant Robison. He began seriously running four years ago and prefers to run in the morning.

"For me, it establishes a therapeutic level of endorphins necessary to complete my day," said Sergeant Robison, who also swims and lifts weights. "Plus, it gives my mind time to wander. I do my best thinking during a long run."

Major Soho prefers running in the afternoons or late at night.

"I prefer to workout in the afternoon. I find I get a more intense workout in the afternoon," said Major Soho. "I actually find it exhilarating to go trail running through the woods at night when it is pitch black out. I use a high power headlamp to see, it's a rush!"

Light up the Night

While Major Soho is an experienced night time runner, Lt. Col. Kevin Welin, 446th Airlift Wing Safety Office, has some advice for beginning nighttime or early-morning runners.

Ease into it. Keep your initial outings short and in familiar locations to get accustomed to running in the dark. If it's too nasty outside, use the gym treadmill.

See **RUNNING**, Page 8

Photos by Capt. Jennifer Gerhardt

ift Wing Family Readiness, stretches before ently ran the San Francisco and Seattle half

n, finishes his 1.5 mile run for his physical cks with his running program by taking his .

Having the right equipment is key to succesful and safe workouts.

Salutes

Promotions

Senior Master Sergeant
William Robison, 446th AMDS
Jeffrey Weber, 446th AMDS

Master Sergeant
James Deal, 446th AMXS
James Hiley, 446th MXG
Terrance Schlatter, 446th AMXS
Phillip White, 446th AMXS

Technical Sergeant
James Callahan, 446th AMXS
Chris Edwards, 446th AMXS
Stephanie Judson, 446th AMDS
Lakesha Peterson, 446th SVF
Aaron Rushton, 446th AMXS
Rainer Wells, 446th AMXS

Staff Sergeant
Christopher Kaplan, 446th MXS
Darlena Martens, 446th AES
Bryan Martin, 446th MXS
Jason Taylor, 446th AMXS

Senior Airman
Alyssa Brandaberry, 728th AS
Robert Jacobson, 446th MSS
Mathew Muir, 728th AS
Demetrius Segobia, 446th CES
Amanda Swenson, 446th AMDS

Newcomers

Captain
Kevin Burnside, 446th ASTS

Senior Master Sergeant
Franklin Barnes, 446th CES
Eric Thomas, 446th AMDS

Master Sergeant
Cheyunnteen Bryant, 446th ASTS
Richard Yager, 446th AMDS

Technical Sergeant
Gordon Elliot, 446th CES
Cynthia James, 446th AMDS
John Krakenberg, 446th AMDS
Marilou Mote, 446th AMDS
David Powell, 446th CES
Patricia Snyder, 446th AMDS
Aaron Wood, 97th AS

Staff Sergeant
Brandon Church, 446th CES
Charles Foster, 446th AMDS
Michael Hurd, 446th ASTS
Siphanhdone Foster, 446th AMDS
Michelle Jorgensen, 446th AES
Christian Nilsen, 446th CES
Allene Osborn, 446th OSF
Jordan Santos, 446th AMDS
Syneva Staley, 446th MOF
Donald Stewart, 446th AMDS
Kira Tarasek, 446th AMDS
Micheal Thompson, 446th CES
Jeffrey Yentz, 446th AMXS

Senior Airman
Diane Bourgeois, 86th APS
Alejandro Durazo, 446th AMDS
Michael Gardner, 446th AMDS
Tasha Gouin, 446th AMDS
Jeremy Hall, 446th AMXS
Kyle Johns, 446th LRF
Trevor Rogers, 446th CES
Joshua Warner, 728th AS

Airman First Class
Tucker Brady, 446th AMXS

Airman
Latrice Greenwood, 86th APS

Airman Basic
Jeffrey Feakin, 446th MXS

Retirements

Chief Master Sergeant
Roy Sheppard, 446th AMXS

Senior Master Sergeant
John Harlan, 446th AMXS
Eric Nolf, 446th AMXS

Master Sergeant
Patrick Anderson, 36th APS
Jeffrey Beeks, 446th AMXS
Robert III, 446th ALCF
Eugene Sims, 446th AES

Technical Sergeant
Russell Olson, 446th CES
Erik Tinglum, 86th APS

Days to remember

Jan. 7, 1959 – A U.S. Air Force study of UFOs reveals fewer than 1 percent could be classifed as unknown.

Photo by Staff Sgt. Nick Przybyciel

Tree trimming

Lt. Col. Anna Sullivan, left, and Capt. Jennifer Gerhardt, 446th Airlift Wing, put some detail touches on the wing's entry in the McChord Holiday Card contest. This is the first year the Reserve wing has entered a display. Lt. Col. Pat Kearney, Chief Master Sgts. Brenda Martin, and Sonja Smith, and Tech. Sgt. John Wulff all had a hand in building the wooden tree decorated with ornaments of squadron emblems.

Just Briefly

What is your goal, personally or professionally, for 2008?

Keeping Safe

Keeping myself safe, my family safe and just having a good year. I'm blessed.

◆ *Master Sgt. Dave Faires*
446th Maintenance Operations Flight

Degree

Attending a university to get my communications degree.

◆ *Airman First Class Patrick Cabellon*
446th Airlift Wing

Mentoring

Mentoring the younger troops in the squadron in the job training.

◆ *Tech. Sgt. Ryan Williams*
446th Civil Engineer Squadron

Maintaining

Maintaining my civilian and military jobs in Washington although I moved to Nevada.

◆ *1st Lt. Lindsay Flangas*
36th Aerial Port Squadron

Maintenance chief retires after 36 years of military service

Chief Master Sgt. Roy Sheppard will retire with a ceremony honoring his more than 36 years of service on Jan. 13 at 1 p.m. in Hangar 9.

A retirement dinner will be Jan. 12, starting at 5:30 p.m., in Hangar 9. Dress will be Northwest casual. Meal choices are London Broil or stuffed chicken breast. Cost is $15. RSVP to Senior Master Sgt. Tim Meyer at 982-6928, or send him an e-mail at timothy.meyer@mcchord.af.mil.

Ice hockey's Seattle Thunderbirds host Air Force Night in January

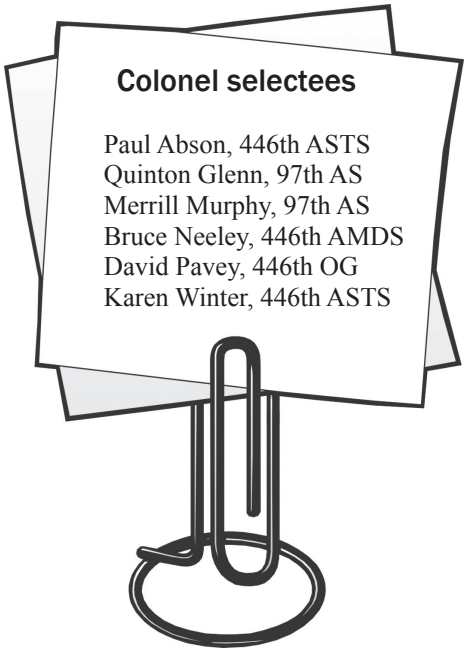
The Seattle Thunderbirds ice hockey team will host Air Force Night on Jan. 26 at 7 p.m. in the Key Arena at the Seattle Center. Ice-level seats are $15. There will be an enlistment ceremony before the game. The deadline to order tickets is Jan. 11. Contact Jason Thomsen at 206-448-7825, Ext. 473 to order tickets.

Wing training staff changes testing schedule in new year

Beginning Jan. 1, wing training will no longer offer testing on Thursday of each week. Additionally, as a reminder, there is no testing on Mondays. Testing will be done on Tuesday, Wednesday and Friday at 9 a.m. or 1 p.m.

Testing must be scheduled through unit training managers, or directly with wing training if testing for a professional military education course. All tests must be scheduled at least 24 hours in advance.

If there are any questions about the testing schedule, contact Senior Master Sgt. Cheri Lewis at 982-9107.



Tuition Assistance rules change for students in masters programs

As of Jan. 1, Tuition Assistance reimbursement will not be made to Reservists enrolled in a master program unless their education records have been updated to show achievement of a bachelor degree.

Reservists must provide the 446th Mission Support Squadron's Education and Training office official transcripts from a regionally or nationally accredited institution.

Questions can be directed to the 446th MSS training office at 982-2300.

Reservists should nominate supportive employers for award

The Department of Defense is accepting nominations for the 2008 Secretary of Defense Employer Support Freedom Award.

National Guard and Reserve members and their families are eligible and encouraged to nominate employers who have gone above and beyond in their support of military employees. Nominations will be accepted at www.esgr.org through Jan. 21, 2008. The Secretary of Defense Employer Support Freedom Award is the U.S. government's highest recognition given to outstanding employers.

For questions regarding the nomination process, please contact Cmdr. Craig Kujawa at (703) 696-1386, Ext. 514 or Bryon Burgess, Executive Director, Washington Committee for Employer Support of the Guard and Reserve at (253) 512-8768.

University of Puget Sound Det. 900 ROTC planning reunion

For 446th Airlift Wing members who attended or graduated from the University of Puget Sound's Detachment 900, Air Force ROTC. Lt. Col. Bill Pelster, 446th Mission Support Group deputy commander, has recently come across a large amount of memorabilia associated with the detachment and the way it worked with the 446th AW. In the spirit of keeping aging memories alive, Colonel Pelster is looking to do a reunion luncheon after the wing's Unit Compliance Inspectionthis month. If you would like to be part of the mailing list as planning gets under way, send an e-mail to william.pelster@mcchord.af.mil.

Corrections

In the December 2007 issue of The 446th Associate Press, Col. Craig Petersen was incorrectly identified on Page 3 as the 446th Mission Support Squadron commander. He is the 446th Mission Support Group commander.

In the Salutes section, under Newcomers, Liam Arellano was listed as an airman basic. He is a senior airman.

Running

Continued from Page 5

Follow common sense, such as wearing reflective apparel and watching for darkly lit intersections, potholes and uneven pavement. And while you're at it, leave the iPod at home; it's a dstraction. If you are on McChord, it's base policy to not have headphones on while running. Carry a cell phone in case of an emergency. Stick to well-lighted paths like the base track.

Safety in numbers applies. A group makes you more visible to approaching vehicles. On the trails, running partners can warn you of changes in terrain.

With it getting darker earlier each day, every runner will have an opportunity for a nighttime run without having to rise early or stay up late. So put on your gear, grab a running partner and stick to a well-known trail. The rest of us will keep the coffee on.

Succeed

Continued from Page 2

War on Terrorism to protect our way of life, we also show that way of life to the world. I ask you to renew focus, spend time with your family, thanking them for their patience, and remember -- truly it's family that we are fighting for. We have to get this right so our grandkids won't have to revisit it. The unique blend of the superior technical competence present in the 446th Airlift Wing and compassion present in you as individuals makes for an irresistible combination. Just make sure you save some for yourself. We aren't finished with the War on Terror yet, but one day we will be; and when we are, it will be because of you.

Tips to get you running

By Capt. Jennifer Gerhardt
Wing Public Affairs

Experienced runners were beginners once too, so don't let the fear of the unknown stop you from starting a running program. Your fellow Reservists share some good advice for starting down the road to fitness.

"Get fit with the right shoes at a running specialty shop," said Tech. Sgt. Wendy Beauchaine, 446th Mission Support Squadron. "The right shoes can make all the difference in the world. Beginners should start running slowly, so plan to take several weeks to develop a running base. There are some great Web sites that have beginner programs for free, and most of them recommend walking combined with the running to get started."

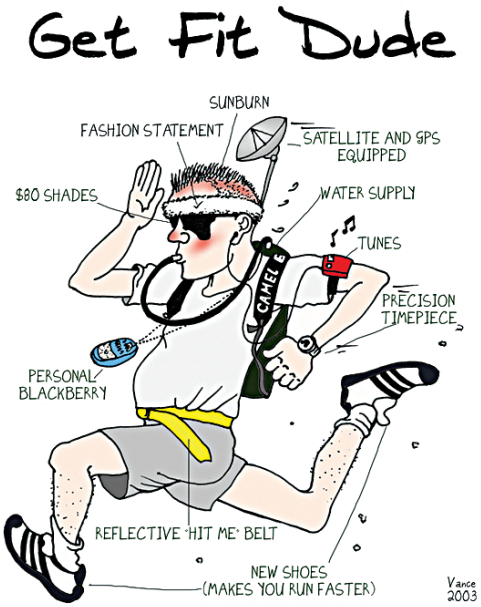
Sergeant Beauchaine also recommends joining a local running club. Her run club encouraged her through several long runs last year and also helped her finish the Chicago marathon.

Master Sgt. William Robison of the 446th Aerospace Medicine Squadron agrees. "If you don't get proper shoes, you are going to hurt yourself; most common injuries are to the knees, ankles, and back."

Running specialty stores are essential to finding good running shoes. They will be able to observe an interested runner's gait, stride and prescribe a shoe that will not only prevent injuries. but make the run more comfortable.

"Listen to your body – if it hurts, stop," recommends Master Sgt. Bradlee Clarke, also from 446th AMDS. "Set achievable goals, work up to those goals, and then go above them. If you start small and work up, you will stick with it and achieve all of your goals."

For more running tips, call the McChord Fitness center at 982-5666 and speak to a fitness center staff member, or contact the staff at the Health And Wellness Center at 982-3816.



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