

DISPATCH



AIRLIFT

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Vol. 40, No. 4

437th Airlift Wing, Charleston AFB, SC

Friday, February 2, 2001

CAFB shows capabilities in Crisis Look

By Staff Sgt. Pamela Smith
437 AW Public Affairs

More than 300 Charleston AFB members deployed to North Auxiliary Airfield to take part in Exercise Crisis Look 01-02.

Personnel began arriving at the deployed location Tuesday, setting up Tent City and Base X, which be-

came the simulated 319th Expeditionary Air Base Wing, Kuwait City, Kuwait. All other troops arrived throughout the early hours Wednesday to get the base working at full force.

The 437th Civil Engineer Squadron took the lead on preparing the deployed location for the surge of personnel, and Senior Master Sgt. Danny Dean, 437 CES, said it was a

valuable training opportunity for his members.

"Young airmen were able to learn where their priorities are," he said. "It was great experience for all involved."

The exercise was used to test war-fighting capabilities of the 437th and 315th Airlift Wings. Col. Donald Gallion, 437th Logistics Group commander and 319 EABW commander said the exercise was a success.

"Team Charleston rose to the challenge presented by the realistic scenarios and performed marvelously," Gallion said. "Everyone involved got to experience firsthand our strengths and weaknesses, and the knowledge gained about ourselves during the exercise has to be considered a success."

The 319 EABW was hit by mock chemical attacks and personnel were evaluated on how members reacted to the scenarios. Teamwork played a huge factor in how well the base performed as a whole and Gallion credits everyone with doing his or her part.

"You can't win a war without teamwork," he said. "It takes every individual doing their job to make the whole group succeed. Team Charleston lived up to that title as it transformed from a group of individuals into a cohesive team over the course of the exercise."

After each attack, a selected team from each section was evaluated on their ability to function from identifying unexploded ordnance to taking care of their wounded and killed.

Crisis Look was used to help prepare Charleston troops for real world situations.



Photo by Staff Sgt. Pamela Smith

Senior Airman Charles McDowell, 437th Civil Engineer Squadron, works to connect the power for Base X during Crisis Look 01-02.

"To deploy 300 personnel, set up an operation from essentially nothing, survive the test of ATSO, post 100 percent reliability of missions at the deployed location, and then to redeploy on schedule with no serious injuries or mishaps sets high marks for the capability of this wing to do its real world mission," Gallion said.

Beyond the war scenario, obstacles such as the cold weather challenged personnel.

Dean said members of the 437 CES were hard at work after duty hours also.

"Our primary responsibility is the construction of the base," he said.

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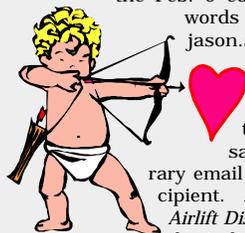


Photo by Tech. Sgt. Brian Jones

A member of the 437th Aircrew Life Support Flight (left) watches as an aircrew member practices decontamination procedures at Base X.

Valentine's messages

The *Airlift Dispatch* is taking submissions to print your Valentine's Day messages to your loved ones in the Feb. 9 edition. Notes written in 25 words or less should be sent to: jason.smith@charleston.af.mil by noon, Monday.



Family members of deployed personnel, who wish to send a Valentine's message, should include a temporary email address of the intended recipient. An email with a link to the *Airlift Dispatch* online will be sent to the individual.

Students, 'Phil' look for shadows today

By Senior Airman Jason Smith
437 AW Public Affairs

Punxsutawney Phil will come out of his burrow and predict the weather for the next six weeks today.

Every Feb. 2 since 1887, Phil emerges, or is pulled out, from his home in Punxsutawney, Pa., to check for a shadow. If he sees a shadow, he'll be frightened back into his burrow for six

more weeks of winter. If he doesn't see his shadow, he'll leave his burrow to signify spring is here.

The tradition of Phil is said to have originated centuries ago in Europe when Europeans sought to predict the coming of spring by watching for badgers.

Charleston AFB has its own shadow tradition of sorts. For many years, CAFB has participated in many different shadow programs. To-

day, for the second year in a row, CAFB will take part in the national Groundhog Job Shadow Day.

Forty students from North Charleston High School and 12 from Wando High School will arrive at CAFB today, 9 a.m., to shadow Team Charleston members. The students will be paired with CAFB members according to their interests, and they will

See Shadow, page 3

IN THE NEWS

CAFB airmen pitch in for Inauguration preparations

By Senior Airman Donald Church
437 AW Public Affairs

Several airmen from Team Charleston worked with other Department of Defense personnel to plan, organize and execute the largest change of command ceremony in the United States, the 2001 Presidential Inauguration Jan. 20.

Team Charleston personnel were on hand to provide support and guidance during the first Presidential Inauguration of the new millennium.

Staff Sgt. Gary Dottellis, 437th Communications Squadron, was selected to be part of Air Mobility Command's Protective Communications Support Team. The support team has 14 permanent members stationed at Scott AFB, Ill., with additional members tasked as necessary during a presidential campaign year. The team was responsible throughout the presidential campaign and during the inauguration for providing secure communications, local and wide network installations and maintenance, and repair and programming of mobile radios for the Secret Service and White House Communications Agency. Although the team is assigned to SAFB, it falls under the operational authority of the Defense Information Systems Agency headquartered in Sterling, Va.

Crisis

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"but we performed real world duties on site such as keeping the heat going throughout Base X and tent city."

As the commander, Gallion said he was proud of the members and what they proved they could do.

"From the planning of the MOBEX through the execu-

tion, all involved were proud professionals with a common focus on getting the job done well," he said. "We did that, and I congratulate the wing on a job done with the excellence and passion that Col. (Rusty) Findley (437 AW commander) speaks of so often. It was displayed proudly during this mobility exercise, and I, for one, am proud to be part of such a great team."

Master Sgt. Richard Bumgardner and Tech. Sgt. Jim Varhegyi, both from the 1st Combat Camera Squadron, were also on hand for the inauguration of the 43rd U.S. President. Varhegyi was assigned as lead still photography editor, J-6 Visual Information Services, and Bumgardner was assigned as NCOIC of video postproduction. Their task was to work behind the scenes to insure this historic occasion was documented thoroughly so that future generations could study the sights and sounds of this patriotic event.

"I volunteered to document the 54th Presidential Inauguration because I felt this would be an excellent opportunity to serve the Air Force and my country while at the same time close out my military career doing what I love most; documenting history," said Bumgardner. "What more could I ask for, working with the Army, Navy, Marines and Coast Guard, filming the first presidential inauguration of the 21st century."

All of the CAFB airmen involved in the documentation and planning echoed the feeling of esprit de corps.

"What an awesome experience this is," said Varhegyi. "Working in a joint environment and covering such a historic occasion has quickly become a major highlight in my career. Given the opportunity, I'd do it again in an

instant."

While Bumgardner, Varhegyi and Dottellis were looking after all the details, Master Sgt. Charlie Hall, 315th Public Affairs, was assigned to the Armed Forces Inaugural Committee to manage the flow of events during the inauguration, the parade and the Ronald Reagan Inaugural ball. Primarily assigned as NCOIC of the External Media Staging Area, he provided for the proper movement of journalists throughout the inaugural celebration.

"I saw an e-mail come in asking for volunteers to help in the inauguration and I placed my name on the list," said Hall. "I never thought I would actually be chosen to be part of history in the making."

Thousands of media members had to be checked and cleared for travel through various locations during the events, as well as securely transported between areas spanning miles of downtown Washington. In addition, Hall planned, coordinated and accomplished several more key events during the inaugural period.

"To me it was amazing to see so many people, equipment and events coordinated on such an epic scale," said Hall. "Thousands of airmen, sailors, and soldiers working together to make this patriotic ceremony an historic event just over-



Courtesy photo

Staff Sgt. Gary Dottellis (right), 437th Communications Squadron stands with President George W. Bush.

whelms me. It was truly something I was proud to be a part of and I'll never forget it."

Military support for presidential candidates seeking office came as a result of the assassinations of President Kennedy and Senator Robert Kennedy. These grisly actions prompted Congress in the late 1960's to pass a law providing for Defense Department resources and manpower to augment the U.S. Secret Service.

Each election year, members from all the military branches are selected and combined to form various functions throughout the campaign season. After the president is chosen, thousands of military members come together to form the Armed Forces Inaugural Committee.

Offutt team monitors CAFB phones

By 2nd Lt.
Celeste Rodriguez
437 CS

As the 437th Airlift Wing escalated mobility operations during last week's MOBEX, the Wing's leadership decided to also place CAFB's OPSEC practices, via official government lines, under special scrutiny.

The request was answered by the 610th Intelligence Flight, Offutt AFB, Neb., one of the Air Force's two reserve units specialized to conduct an Electronic System Security Assessment and tasked under the Air Intelligence Agency.

With coordination from the 437th Communications Squadron, Master Sgt. Marty Holcomb, 610 IF, led a team of 10 analysts capable of monitoring the entire spectrum of base communications, including all traffic via telephone, pager, electronic mail, facsimile and land mobile radio. While all modes of communication are subject to monitoring, last week's analysis only focused on telephone and LMR traffic. According to Holcomb, the most accurate assess-

ments are achieved when few personnel are aware that his team is at work.

"If people know we're coming before we get here, it changes everyone's point of view," Holcomb said.

The team established a secure working location in building 501, home to the Base Network Control Center, and operated specialized "Sensor Empire" equipment which provided the capability to monitor up to 24 official base lines from targeted customer areas. Once connected, the team kept watch for any compromise of sensitive information pertinent to the base mission in conjunction with the MOBEX. The team reports findings in the most general terms possible in order to avoid specific repercussion to individual parties or units.

After a full week of observation, the team consolidated a series of daily findings into a final report delivered directly to Col. Karl Young, 437 AW vice commander. The results were also briefed during a Monday staff meeting.

"In a week or two we can come to a good understand-

ing of a base," Holcomb said. "As long as people gain something to increase their operations security, the job is well worth it."

Putting smart OPSEC practices into action is nothing new for Team Charleston. Simply reference the 437 AW/CC OPSEC Policy letter, dated May 8, 2000, which reads, "...All of our activities, conversations, and communications are subject to monitoring by adversaries. Be aware that your actions may provide information about our operations...Protect our critical information, protect our mission, and protect our people."

Maj. Douglas Taylor, 437 CS commander and base ESSA coordinator, is a veteran of overseeing similar analysis during previous assignments. According to Taylor, an ESSA is enlightening of a base's overall OPSEC health.

"Their analysis and recommendations are always very complete," Taylor said. "It's always interesting to see how these teams can piece information to come to a complete picture."



Photo by Staff Sgt. Pamela Smith

Senior Airman Sherree Kelly, 437th Services Squadron, serves hot breakfast at Base X during Crisis Look 01-02.

CAFB launches 9-ship for Army during Crisis Look

By Senior Airman
Jason Smith
437th AW Public Affairs

Charleston AFB active duty and reserve squadrons came together in the sky to support the Army while the rest of the base participated in Crisis Look 01-02.

A nine-ship C-17 formation was launched Jan. 25 during the heart of the exercise to carry out an unrelated mission.

The 1st Battalion, 75th Ranger Regiment from Hunter Army Airfield, Ga., needed airdropped in Florida for a no-notice emergency deployment readiness exercise, and CAFB volunteered to help.

"The 1st Battalion was tasked with an exercise mission also, and it was a great chance for us to practice what we'll do in war," said Maj. Al Swartzmiller, 315th Operations Group tactics officer.

Six C-17s left CAFB at 3 p.m., followed by three more 45 minutes later. The two formations came together over Hunter AAF. After land-

ing, the crews attended a joint mission brief with their Army counterparts and picked up 250 jumpers from the 75th along with various support personnel.

"We headed to Camp Blanding, Fla., to drop them at a rather small drop zone," said Swartzmiller. "On the way, all nine ships refueled and we flew for about four hours. After we made the drop, we returned to Hunter AAF to drop off ranger jump safeties and communications personnel who were also with us."

The formation practiced air tactics on the way to and from the drop zone, and they even had a chance to perform a simulated low-level heavy platform drops at North Aux-

"The Army was happy and our crews gained valuable training executing a nine-ship formation."

Capt. Doug Golden
437th Operations Group

iliary Field in support of Crisis Look.

"This was a very involved, in-depth mission that highlighted the capabilities of the C-17," said Capt. Doug Golden, 437th Operations Group and mission evaluator. "The professional capabilities and expertise of our crews is second to none."

Six active-duty and three reserve squadrons participated in all aspects of the exercise, with various other personnel providing support.

"All of the flying squadrons, the maintainers and everyone else who participated did an outstanding job," said Swartzmiller. "Personally, I like working with the Army on these types of missions. In the defense aspect of it all, they are the point of the spear."

The exercise was a huge success, according to Golden. "All mission goals were accomplished," he said. "The Army was happy and our crews gained valuable training executing a nine-ship formation."

Shadow

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stay on the job with them until noon. The students will then have lunch at Magnolia Place Dining Facility before returning to their respective schools.

"I volunteered to be shadowed to help out in the community and show people what the Air Force does," said Senior Airman Michael Bouis, 437th Supply Squadron. "I'm definitely going to give my shadow some hands-on work. We'll go to the flightline for aircraft refueling and whatever else may come up while they're here."

Airman 1st Class Jennifer Cutlip, 437th Medical Group, also volunteered to be shadowed for the day. She said she volunteers for just about any program that gives her the opportunity to be a mentor.

"I love to be around kids," said Cutlip. "Mentoring makes me feel like I'm really making a difference. I haven't had time recently to volunteer as much as I'd like because I just had a baby of my own, so this is a great opportunity to help out."

Cutlip said she plans on teaching her shadow some basic patient care techniques as well as ambulance operations.

"Hopefully this program will eventually recruit some airmen in the 4F career field," said Cutlip.

Along with a hands-on feel for a work environment, students can also

get a feel for the Air Force life in general.

"This is more than just giving the students some technical training," said Master Sgt. Matt Harless, 437th Airlift Wing career assistance advisor. "This is a chance to teach them a little bit about the Air Force way of life."

Groundhog Shadow Day is an excellent opportunity to continue to promote the YORR program, according to Harless. He said he encourages the members being shadowed to tell the students about the Air Force in general along with teaching them their particular skill.

"There's a patriotic side to the Air Force that you just don't see if you only concentrate on a specific job or Air Force Specialty Code," said Harless. "On shadow day, I hope we can give the students a glimpse of a day in the life of an Air Force member."

"In keeping with the YORR theme, we're more interested in finding the right people for the right job than we are with just filling slots on paper," continued Harless. "We want people who can see that they belong to something special and who will stay with us (Air Force) for 20 or 30 years. When someone commits like that, we want them to be happy also, and we will take care of their needs as well."

For information about future shadow projects, call 963-5657.



Photo by Tech. Sgt. Cary Humphries, 1CTCS

Super Jump

Members of the STARS Parachute Team jump from a Charleston AFB C-17 during the opening ceremonies of the NFL Players Super Shoot-Out Golf Tournament. The tournament was held at the Bay Palms Golf Complex at MacDill AFB, Fla. A CAFB C-17 participated in many events leading up to Super Bowl XXXV.

AF announces preferred bases for additional C-17s

The Air Force announced Jan. 23 that McGuire Air Force Base, N.J., has been selected as the preferred site for 13 additional C-17 Globemaster III airlift aircraft. Alternative bases for the additional C-17s are Dover AFB, Del. and Charleston AFB.

Results of airfield and facility surveys at all Air Mobility Command East Coast bases highlighted the three potential locations. East Coast basing is preferred with this increment of C-17s because of the strategic proximity of the base in relation to the military forces they would deploy, most of which are in the Eastern United States.

The Air Force has a requirement for additional strategic airlift aircraft to help meet the nation's mobility requirements. Thirteen C-17s have been allocated to AMC to replace retiring C-141 Starlifters. This does not affect the 54 C-17s assigned to CAFB. An additional C-17 aircraft has been allocated to the Air Education and Training Command for training purposes. It will be based at Altus AFB, Okla.

The additional C-17s will be assigned to a single, active-duty unit collocated with an associate Air Force Reserve unit, with the first aircraft tentatively scheduled for delivery in July 2004.

In its analysis, AMC considered existing aircraft parking space and infrastructure, as well as present and future airfield/airspace encroachment. Other critical factors such as mobility infrastructure, an established Air Force Reserve recruiting pool to meet anticipated personnel needs, and availability of intermodal access were also considered.

The final basing decision will not be made until the required environmental impact analysis process is completed in approximately one year. The environmental impact analysis will examine issues relating to land use; airspace and safety; air and water quality; noise; socioeconomic; biological and cultural resources; and cumulative actions. (AFPN)



NEWS BRIEFS

Charleston Profile



Photo by Senior Airman Jason Smith

Airman Basic Erin Prall 437th Airlift Wing Chapel

Airman Basic Erin Prall works as a chaplain assistant for the 437th Airlift Wing Chapel. She arrived at Charleston AFB in November and started her job in December.

"This is a great job," said Prall. "I really like the people I work with and the chaplains couldn't be nicer."

Prall's daily activities include keeping track of all chapel activities and planning chapel events.

"I work on scheduling weddings and special events and things like that," she said. "I also have a hand in pretty much anything that goes on at the chapel. Right now, I'm the duty airman for this week, so I make sure everything is ready for the daily mass also."

Prall said her biggest project right now is preparing for the annual National Prayer Breakfast on Feb. 27. She said she is working closely with Chaplain (Capt.) Richard Novotny, 437 AW chaplain, to plan the event and send out invitations.

When she's not working, Prall said she likes to play and watch sports.

"Believe it or not, my favorite sport is football," said Prall. "I'm not really active in any sports right now, but I plan on participating in the base's intramural programs after I get settled in."

Prall's long-term goal is to start working towards her college degree at the first opportunity.

Enlisted Support Club 2001 scholarship drive is underway. Various scholarships will be awarded for two or four-year college attendees. Family members of active-duty enlisted personnel, officers and retirees are eligible. Recipients must also be a 2001 high school senior and be accepted by an accredited school for the 2001-2002 school year. The deadline for submissions is March 31. Applications are available at the Family Support Center. For more information, call Michele Hawes at 963-4370 or Amanda Ambrose at 963-5780.

WAPS testing: During every testing session, two examinees will be selected to verify and witness the seal breaking on booklets and the destruction of the booklets. Those selected cannot turn down the duty and will be required to stay for the entire testing session. All examinees should make arrangements to be present for the entire session in the event they are selected for these duties.

Valentine Carnation sale: The 437th Airlift Wing Staff Booster Club is selling carnations for Valentine's Day. Red, white and pink flowers are available. The cost is \$1 each or six for \$5. Those who purchase six or more carnations will be eligible to win a Valentine's Day gift basket. The gift basket will include a one-night stay at the Mill's House, dinner for two at Sticky Fingers, a carriage ride, a bottle of German wine and many other chocolate goodies. To order, call Master Sgt. Diane Chancey at 963-5493, Master Sgt. Dennis Pinner at 963-5635 or Tech. Sgt. Vicky Wetzel at 963-5576.

Valentine bears: The 437th Transportation Squadron Spirit Club and Women's Group is selling sweetheart grams for Valentine's Day. The sweetheart grams are stuffed bears, and there are two options for \$5. Option A is a three-inch stuffed bear with chocolate candies and option B is a five-inch stuffed bear with flowers. Orders must be placed by Feb. 9 and will only be delivered to base areas. To order, call Airman 1st Class Esther Oliver at 963-4202 or Airman 1st Class Sarah Mears at 963-4205.

Family Support Center

Pre-Deployment Briefings: Monday, Feb. 12 and 26, 8 a.m., and Thursday, Feb. 15 and 22, 4 p.m.

Investing A-Z, Part I: Monday, 9-11:30 a.m.

Sponsorship Training: Wednesday, 8:30-9:30 a.m.

Positive Attitude and You: Thursday, 1-3 p.m.

All workshops are held at the FSC unless otherwise noted. For more information or to register, call the Family Support Center at 963-4406.

Spotlight

Prayer Breakfast: The annual National Prayer Breakfast will be held Feb. 27, 7 a.m., at the Charleston Club. Chaplain (Col.) Cecil Richardson, Air Combat Command chaplain, will be the speaker. The National Prayer Breakfast dates back to 1952 when members of Congress, Cabinet members, clergy and lay people gathered to pray for the newly elected President Dwight Eisenhower. Since then, it has been a yearly event at which the same members gather around the country. For more information, or to RSVP, call Chaplain (Capt.) Richard Novotny at 963-2536 or your first sergeant.

Outstanding Unit: The 437th Airlift Wing has been awarded the Air Force Outstanding Unit Award. Members assigned to the wing during the period of July 1, 1999-June 30, 2000 are authorized to wear the AFOWA ribbon or appropriate cluster. Civilians are authorized to wear the AFOWA lapel pin.

Around the base

Street closure: To accelerate remodeling of the housing units in Hunley Park, it has become necessary to block three streets that cross between Maryland Avenue (the street extending out to Dorchester Road at the stop light) and Michigan Avenue (the street extending along side of the Hunley Park School with no stop light at Dorchester Road). The streets

to be blocked off are: N. Dakota Avenue/Montana Avenue, Oklahoma Avenue/Nevada Avenue and Rhode Island Avenue/New Mexico Avenue. Starting Monday, the entrance to each of those streets will be barricaded with movable barricades and flashing lights. Those barricades will remain in place until April 2002. Hunley Park residents may still cross between Michigan Avenue and Maryland Avenue by using S. Carolina Avenue/New York Avenue, or by following Michigan Avenue around the loop until it intersects Maryland Avenue. Residents may drop off their children directly in front of the Hunley Park School, on Michigan Avenue, or beside the school on Maryland Avenue.

Induction ceremony: The 2001 Chiefs Induction Ceremony will be held Saturday, 6 p.m., at the Charleston Club. All chief master sergeant selectees for 2001 will be honored. Chiefs, squadron commanders and spouses are welcome. Attendees may invite as many guests as desired. The cost is \$20 per person. Dress is semi formal or mess dress. For more information, or to RSVP, call Staff Sgt. Michelle Flavors at 963-5497.

University of Phoenix: Ken Haight, University of Phoenix representative, will be at the base education office Thursday, 2 p.m., to provide information about on-line undergraduate and graduate programs.

For more information, call 963-4575.

Blood Drive: The American Red Cross is sponsoring a blood drive Wednesday, 9 a.m.-3 p.m., at the base education office. The WAVE, 96.1, will be broadcasting live and have give-aways for donors. The base spouses' club is supplying refreshments and baked goods. For more information, call your squadron blood donor representative or 2nd Lt. Celeste Rodriguez at 963-6188.

Curbside recycling: The next family housing curbside pickup date is Feb. 15. For more information, call 963-2690.

Marriage enhancement: There will be a Marriage Enhancement Seminar every Tuesday, starting Feb. 20 and ending April 3, 6-8:30 p.m., at Bldg. 1000. The seminar will include blocks about effective communication and conflict management. The seminar is free, and class materials will be provided. For more information, call Jim Hernandez at 963-6504.

Citizenship: In the past, Air Force members have not been able to re-enlist due to problems with the citizenship process. Airman 1st Class Turkessa Hawkins is the new liaison between Charleston AFB members and the Immigration and Naturalization Service. For more information, call Hawkins at 963-6375.

Scholarship: The Charleston AFB

COMMENTARY

About the paper

AIRLIFT
Dispatch

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The deadline for submitting stories for space-available publication is noon Friday, preceding the desired publication date. The *Airlift Dispatch* reserves the right to edit all copy submitted for publication.

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Address/Numbers

Editorial content is prepared by the 437th Airlift Wing Public Affairs Office, Bldg. 1600, Rm. 223.

Phone: (843) 963-5608

Fax: (843) 963-5604.

Mail to: 437 AW PAI
102 East Hill Blvd.
Charleston AFB, SC 29404-5154
or send to:
dispatch@charleston.af.mil

Editorial Staff

437 AW Commander
Col. Vern M. "Rusty"
Findley II

Chief, Public Affairs
Lt. Col. Edmund Memi

Editor

Senior Airman Jason Smith

Staff Writer

Senior Airman Donald Church

Photo Support

Base Visual Information Center

Mobility exercise puts a smile on people's faces

By Col. Karl Young
437 AW vice commander

Last week's mobility exercise was a great success. I saw lots of smiling faces as people returned to Charleston AFB from North Auxiliary Airfield. They weren't smiling just because they were back in Charleston, but because they did some things that made them very proud.

The wing did superbly overall, but there are still some rough edges that we need to smooth over in future exercises. It has been more than two years since we practiced in an exercise of this scope and magnitude. We overcame some early frustrations during deployment; and in the field, about 300 people overcame the bone-chilling temperatures at North AAF. Everyone pulled together as a team, and it made me proud, as it should, to be a part of the premier airlift wing on the face of the planet!

Very good learning occurred throughout the exercise, and every organization on base had some play in the exercise—it was a very busy week with many long hours. I had a chance to travel up to North AAF Jan. 25 and experience firsthand MOPP 4 conditions and follow a "recon" team around. Tech. Sgt. Sean Bannon, 437th Civil Engineer Squadron Readiness flight and Staff Sgt. Jennifer Eagle, chief of the 437th Support Group information management section, took me around while they checked for unexploded ordnance and possible chemical contamination.

Thirty-five civic leaders from the city of North visited the encampment on Jan. 26 to learn more about how North AAF plays a critical role in our training. They were joined by

the Orangeburg Air Force recruiter. The group toured a number of Base X living areas and met with our airmen. They also observed chemical decontamination procedures and watched a simulated attack. They gave us great feedback about what they saw and praised us for what we do for our country.

During the exercise, we also launched a 9-ship C-17 package on Jan. 25 that went extremely well. See the *Airlift Dispatch* article on page 3 for more details about the exercise.

We were fortunate for the first time to host members of the South Carolina Military Assistance Council Thursday. This group consists of several executive directors from the state government, various military commanders throughout the state, and several veteran-related organizations. During their visit, they had a chance to tour the Field Training Detachment and a C-17. The group is organized to provide various programs to assist veterans, military members and their families. Everything from providing greater employment opportunities for those who separate or retire to actively working with the state government to secure the military's future in South Carolina.

We also hosted a video and print news team from the Royal Air Force and a reporter working for the British Broadcasting Corporation who are producing various documentaries and programs in anticipation of the arrival of the first C-17 to RAF Brize Norton in May. The teams flew in our C-17 and spent several days interviewing RAF and base people about the C-17. Charleston plays a crucial role in their coverage since we are assisting with the training of future RAF C-17

maintainers and aerial porters. In addition, we are also providing "seasoning training" to the RAF aircrew members. We expect plenty of positive coverage when Britain accepts their first C-17 under an innovative leasing program with Boeing.

We sent a C-17 down to MacDill AFB, Fla., be a part of the Super Bowl festivities Jan. 21. On Jan. 22, we had a High Altitude Low Opening of five paratroopers from the Air Force Stars Team out of Hurlburt Field, Fla., for the Kid's Golf Jam Tournament at MacDill. On Jan. 23, we provided a C-17 static display for the professional football players to look at as part of their "Huddle" party. On Jan. 24, we had another HALO drop of the Air Force Stars Team for the NFL players golf tournament.

On Saturday, we provided a flyover for the Gasparilla Festival in Tampa, which is a major pirate festival and parade. On that same day, we provided the C-17 for Ricky Martin's live music festival in a hangar at MacDill. The C-17 joined several other aircraft like the B-2, F-117, B-1 and B-52. It was a nationally televised event, and the payback for Air Force recruiting was priceless.

A special thanks to the overall mission commander Maj. Terry Hunter. Maj. David Beasley was the airdrop mission commander, and this trip to Tampa marked his final flight in the C-17 for the 437 AW before he joins the 315th Airlift Wing. The deputy mission commander was Capt. Chris Eden. Other aircrew members included Capt. Trey Hodges, Capt. Gibb Gary, 1st Lt. Kevin Minor, Master Sgt. Jim Blakley, and Staff Sgt. Mark Henriquez. Flying crew chiefs were Senior Airmen Chad

McCollum and Airman 1st Class Craig Lanahan.

437th Security Forces Squadron members on the trip were Staff Sgt. Jeffrey Wagner, Senior Airman Jimmy Blevins, Senior Airman Todd Novak, and Airman 1st Class Edward Meredith. We also had 437 SFS K-9 dog handler Senior Airman Shaun Flynn and his MWD Rex at MacDill, who alerted on someone who had been wearing the clothes that he used to shoot and hunt with. The dog easily detected the gunpowder residue on his clothes.

Planned for Saturday evening at 6 p.m. is the chief's induction ceremony in the Charleston Club. We have the Air Mobility Command Command Chief Master Sgt. Kenneth Van Holbeck as our guest speaker for the ceremony. Everyone is invited to attend this event and we expect about 300 people to show. If you have never seen one of these ceremonies, then you need to attend this one and bring some of your younger folks along with you. These induction ceremonies will give everyone a much better appreciation of what it means to belong to the military and the traditions we hold dear.

Please take the time to congratulate the following inductees: Chief Master Sgt. Thomas Copeland, Chief Master Sgt. George Huff, Chief Master Sgt. Charles Smalls, Chief Master Sgt. (Select) Carl Austin Jr., Chief Master Sgt. (Select) James Moody, Chief Master Sgt. (Select) Carl Hunsinger, Chief Master Sgt. (Select) Jeffrey Kallas, Chief Master Sgt. (Select) Terrie Powell and Chief Master Sgt. (Select) Thomas Hare.

Have a great weekend—please use this time to get a well-deserved rest!

Action Line

The Commander's Action line is your direct link to me. It's your opportunity to make Charleston Air Force Base a better place to live, work and play.

First give the appropriate base agency a chance to solve the problem, but if you don't get a satisfactory answer, call me at 963-5581 or send an e-mail to action@charleston.af.mil

To ensure you receive a response to your concerns, please leave your name and the information needed to contact you.



Air Force surgeon general: One suicide is one too many

One Air Force suicide is one suicide too many, according to Lt. Gen. Paul Carlton, Air Force surgeon general.

The surgeon general is trying to combat suicide by instilling in every Air Force member that it is a community problem. That philosophy is the basis for the Air Force's community approach to suicide prevention.

"We have to stop thinking of suicide prevention as something only mental health professionals do," Carlton said.

"All of us have a responsibility to our fellow airmen and co-workers," he explained. "Recognizing when a person is having problems and actively encouraging that person to seek help is a vital part of suicide prevention. We lose too many airmen to suicide in the Air Force, and it is preventable."

Today, the Air Force is using a prevention team called the integrated delivery system that includes chaplains and professionals from mental health, family support, child and youth services,

health and wellness centers, and family advocacy, all working together and taking responsibility for enhancing community health and well-being.

To date, suicide prevention efforts include an emphasis on involving and training Air Force leadership, and on buddy care and annual suicide prevention training for all military and civilians. The Air Force also maintains a database that tracks not only suicides but also suicide attempts.

The Air Force is not alone in its battle against suicide. David Satcher, surgeon general of the United States, described suicide as a "serious public health problem." Nearly 31,000 people commit suicide annually in the United States. Twenty-one active-duty Air Force people committed suicide in 2000, according to the casualty services branch of the Air Force Personnel Center.

"Charleston AFB has not had a suicide by an active duty member in almost five years," said Lt. Col. (Dr.) Frank Budd, 437th Medical

Group Mental Health flight commander. "We had four family member and five active duty suicidal gestures and attempts in Calendar Year 2000."

Raising suicide awareness is not enough, according to Lt. Col. Wayne Talcott, who leads the Air Force's suicide prevention team.

"Our pilots are responsible for early signs of problems with their jet engines, so mechanics can intervene before engine failure occurs," Talcott said. "In the same way, we expect our commanders, first sergeants and supervisors at every level to be responsible for their co-workers and watch for early signs of problems so we can intervene early."

Talcott suggest people be alert for the following warning signs that may signal suicide intent:

- Preoccupied with death and dying
- Talk about committing suicide
- Make final arrangements for death
- Trouble eating or sleeping
- Drastic changes in behavior

- Withdrawal from friends or social activities

- Loss of interest in work, school, etc.

- Give away prized possessions

- Take unnecessary risks

- Loss of interest in personal appearance

- Increased use of alcohol and drugs

"Team Charleston has an aggressive suicide and violence awareness program," said Budd. "Training materials are available on the Intranet, on video, by PowerPoint, and in a handbook and briefings are available at commander's call."

For more information on what to do if a member encounters someone with these signs, immediately contact an appropriate integrated delivery system representative: the chaplain's office, family support center, behavioral health clinic, family advocacy or health and wellness center. *(AFPN. Senior Airman Jason Smith, 437 AW Public Affairs contributed to this article.)*

FEATURE

Family child care homes offer valuable new service

Story and photos by
Senior Airman Donald Church
437 AW Public Affairs

It's 3 a.m. when the phone rings. You stumble out of bed to answer the phone. Your supervisor explains that your work center is three people short and you need to report in immediately. You sleepily tell your supervisor you are on the way.

Then, you see your child standing at the foot of your bed and realize you have a problem.

This scenario now has a simple and effective solution courtesy of a trial program started by the Air Force. The Extended Duty Child Care Program began last fall at selected bases around the United States as a way to increase the child care options for military parents. The goal of the program is to give military parents an emergency outlet for quality child care when duties extend past normal duty hours. Charleston's program began Jan. 1 with two initial providers.

"We sent out a request for volunteers for the program at the end of last year," said Sherian Vickers, family child care coordinator. "We had seven or eight folks from our pool of dedicated providers on base express interest in being in the initial test program. For the time being, we chose only two in order to evaluate how the program would be run."

Initial participation in the program was low until last week's mobility exercise. During the exercise several members contacted the FCC to obtain this new service, but many were not prepared for the policies that dictate use of the program.

"We had several folks show up at our providers' doors requesting

child care at all hours of the night," said Vickers. "But the policy on use of the program is set by the Air Force, and in order for it to work as it should, members will have to follow the guidelines carefully."

To be eligible for the program, a parent must be an active, reserve or guard military member or a Department of Defense civilian employee. Only those performing mission-related duties beyond the standard workweek are approved for the program. Such circumstances include: temporary shift changes, rapid mobilization, deployment, extended duty days or other on-base, mission-related duty.

"If anyone has any questions as to whether something qualifies them for use of the program, they should contact me," said Vickers.

The enrollment process is similar to that used to participate in the Child Development Center or Family Child Care homes. First, you should obtain written verification from your supervisor that you may need to work beyond the standard 40-hour workweek or you are subject to temporary shift changes. Then contact the FCC coordinator's office for an interview to discuss the program procedures.

"Once a parent has come into my office to request use of the program, they will need to fill out an AF Form 1181 (Air Force Youth Flight Program Patron Registration) and AF Form 357 (Family Care Certification) if they haven't done so already," said Vickers.

Once enrolled and approved to use the services of the program, parents will contact the FCC office during the week to schedule use of a provider, or in the case of a weekend, the member contacts one of the extended day-care



Maddie Hill, 4, daughter of Staff Sgt. Norman Hill, 437th Transportation Squadron, practices counting at day care.



Raven Patterson, 4, daughter of Master Sgt. Peggy Patterson, 437th Medical Group, plays at a provider's house.

providers about short-notice care arrangements.

The Air Force has agreed to pay part of the cost associated with running this new program. Under a special contract with Caliber Associates of Virginia, the Air Force pays to have specific FCC homes available for the program with minimal cost to the parents. Parents already utilizing the CDC or School Age programs will pay a pro-rated per hour rate based on their current weekly fee not exceeding \$2 per hour. All other parents will pay a flat rate of \$2 per hour. The program also limits the extended child care program to 20 hours per week. Additional time with a provider will be at their standard rates.

"Parents will need to understand this service is not meant to be a long-term solution," said Vickers.

Providers for the trial program are Shannon Hale and Nicole Vaughn, both experienced providers who have years of experience in the standard FCC program. Their participation in the program guarantees them salary regardless of the frequency the program is used. In exchange, they have agreed to be on-call 24 hours a day, seven days a week to provide this service to the CAFB community.

"One of the caveats of doing this is that once you're providing the service, you have to make yourself available at all times," explained Vaughn. "Once I get the call from

the FCC coordinator that someone is in need of my help, I have to be there for them."

Requirements to be an extended provider include being a licensed Air Force FCC provider for a minimum of three months and possessing at least a current standard license. They also have to undergo a background check by the contractor running the program to ensure they meet their standards.

Five-month-old Ray Holt, son of Tech. Sgt. Cynthia Holt and Staff Sgt. Willis Holt, 437th Aerial Port Squadron, became the first child at CAFB to participate in the new program.

"I found out about the program almost by coincidence," said Tech. Sgt. Holt. "My husband works with Mrs. Vaughn's husband, and he told us his wife was one of the providers in the program. We only had 30 minutes of overlap in our work shifts during the exercise but it was enough to cause problems. This new program is a lifesaver."

While the program certainly has its backers, it is still a trial project according to Vickers.

"The program is only funded to run through April," said Vickers. "It is up to the providers and the parents who use the program to ultimately decide if it will stay and how it will eventually work."

Parents who need more information on this new program should contact Mrs. Vickers at 767-2134 or go to the FCC office at 3102A Alaska Avenue in Hunley Park.



MAGNOLIA PLACE DINING FACILITY

On the Menu



Today

Lunch: Cream of broccoli soup, chicken, yakisoba, fish, spanish rice, potatoes, vegetable stir-fry, brussels sprout, fried okra, brown gravy

Dinner: Sloppy joes, chicken a la king, steamed rice, tater tots, corn, carrots, cauliflowerer

Saturday

Lunch: Tomato vegetable soup, ham, beef and broccoli, hot wings, rice, sweet potatoes, mixed vegetables, stewed tomatoes, brown gravy

Dinner: Grilled chicken breast, fried shrimp, baked potatoes, macaroni and cheese, broccoli, carrots, cauliflowerer, cheese sauce, cocktail sauce

Sunday

Lunch: Tomato vegetable soup, yankee pot roast, italian sausage, chicken, rice, potatoes, baked beans, asparagus, peppers and onions, gravy

Dinner: Roast turkey, liver with onions, peas and pepper rice, mashed potatoes, broccoli and cauliflowerer combo, wax beans, lima beans

Monday:

Lunch: Cream of broccoli soup, baked fish, baked chicken, beef stew, rice pilaf, buttered potatoes, green beans, carrots, peas, chicken gravy

Dinner: Roast pork, veal parmesan, egg noodles, mashed potatoes, fried okra, cauliflowerer, mixed vegetables

Tuesday

Lunch: Tomato vegetable soup, pork steaks, chicken, lasagna, rice, potatoes o'brien, lima beans, spinach, stewed tomatoes, cream gravy

Dinner: Chili macaroni, chicken enchiladas, spanish rice, potatoes, mexican corn, squash, bean combo

Wednesday

Lunch: Cream of chicken soup, chicken adodo, pork chops, meat loaf, potatoes, rice, broccoli, succotash, beans, cheese sauce

Dinner: Roast beef, spaghetti with meat sauce, potatoes, mashed potatoes, asparagus, corn-on-the-cob, cauliflowerer combo, garlic toast

Thursday-German Meal

Lunch: Cream of potato soup, pork schnitzel, grilled bratwurst, sauerbraten, boiled potatoes, german potato cakes, simmered cabbage, peas and carrots, cauliflowerer au gratin, cream gravy

Dinner: Breaded pork steaks, chili macaroni, mashed potatoes, rice pilaf, brussels sprout, mixed vegetables, beets



Photo by Senior Airman Jason Smith

New wall

Staff Sgt. Gerald Amidon, 437th Civil Engineer Squadron, works on the new 437th Airlift Wing Professional Performers Wall. The carpentry shop at the Naval Brig built the wall, which stands inside the entrance of Bldg. 1600, to recognize quarterly and annual award winners.

Fitness & Sports

Maintaining a healthy weight for the new year, for good

By Frankie Cox
437 MDG Dietitian

The other night while teaching my water aerobics class, one of the participants made an interesting comment. Unlike December attendance, the pool was quite full and there wasn't much room to move around. A regular attendee looked around at all the people and said, "It's still January." A lot of people take steps to exercise and eat healthy at the beginning of a new year.

What is a healthy weight? The answer is: it's a weight that is right for you.

It may not be the same weight as someone else's, even if they are the same age, height and gender as you. Genetics (your height, size and body frame), your metabolic rate (the rate your body burns energy), your body composition, your level of activity and what you eat, all play a role in determining a healthy weight. Whether or not your weight is healthy depends on where your body fat is located, how much of your weight is fat and if you have weight-related problems, such as diabetes or high blood pressure.

Here are some guidelines to help you evaluate whether your weight is healthy:

- What is your body shape? If you have more of an apple shape by carrying more fat on your upper body (around your abdomen) you are at a higher risk for weight related problems than if you are shaped more like a pear with more fat on your lower body (hips, buttocks, thighs). Excess weight below the waist does not appear to pose as much risk for health problems as does weight carried above the waist.

- What is your body mass

index? Body mass index is a way to assess your weight and your risks for weight-related health problems. It is a rough estimate of total body fatness, but it is not used to estimate body composition. To figure your BMI use the following formula: [weight in pounds divided by height in inches (squared)] times 703.

For example, a 150 pound person who is 65 inches tall would have a BMI of 25. [150 divided by 4225] x 703 = 25

If your BMI score is 25 to 29.9, you are considered overweight. If your BMI score is 30 or higher, you are considered obese.

BMI	Risk for Health Problems
20-25	very low risk
26-30	low risk
31-35	moderate risk
36-40	high risk
40+	very high risk

- You can also monitor and evaluate your weight by measuring your waist circumference. The goal is for women to be less than 35 inches and men to be less than 40 inches.

There are a lot of people out there who are not following behaviors that lead to a healthy weight. The reason I hear most often is folks don't want to give up their favorite foods. A healthy eating plan can incorporate all foods so you don't have to give up your favorite foods. The American Dietetic Association's statement "all foods can fit" is a healthier attitude to have. There are not "good" or "bad" foods as long as you eat healthy.

More Americans are paying attention to nutrition as an important part of their health. Choose sensible portion sizes and monitor the number of servings you eat.

Put more emphasis on consumption of low-energy dense foods. Eating mainly vegetables, fruits and whole grains can help maintain good health and weight.

For persons two years and older try to get:

- At least two servings of fruit daily
- At least three daily servings of vegetables, with at least 1/3 being dark green or deep yellow
- At least six daily servings of grain products, with at least three being whole grains
- Less than 10 percent of calories from saturated fat and no more than 30 percent of calories from total fat
- Less than 2,400 milligrams of sodium daily while meeting dietary recommendations for calcium

Many folks are also recognizing the value of physical activity as a key to good health along with good nutrition. Be physically active each day. Aerobic activities (running, walking, biking, swimming), as well as strength and flexible activities are encouraged. The recommendation from the National Institutes of Health is that children and adults should set a long term goal of 30 minutes of moderate intensity exercise on most, or preferably all, days of the week. Individuals currently at this level may derive additional health and fitness benefits from beginning more vigorous physical activity. The longer, more frequent and more intense your activity, the more energy you burn. Choose a physical activity that you enjoy and can stick with. The best exercise is one that you'll do.

Being overweight or underweight can put you at higher risk of health problems. Excess weight puts you at higher risk for developing ill-

nesses such as heart disease, diabetes, high blood pressure, stroke and some types of cancer. Being underweight is linked to illnesses including heart problems, a lowered resistance to infection, anemia, chronic fatigue and depression. A healthy intake and regular physical activity can help to prevent these illnesses.

Whether you need to lose, gain or maintain your current weight, your first priority should be your health, not your appearance. Make sure your focus is on establishing a healthy lifestyle for a lifetime, not a temporary fix. Think about your goals and set realistic ones. Going little by little is a healthier approach than trying to change too many things at once. Tailor your approach to you by matching your plan with things like your schedule, budget, family situation and personal needs. Establishing healthy dietary and physical activity behaviors should begin in childhood. Be sure to set a good example and encourage children to do the same.

There is much to be gained by achieving a healthy weight. Everyone benefits from maintaining a healthy diet and incorporating exercise into today's lifestyles. Benefits also include a higher quality of life and longer life expectancy. Now think again about the New Years resolutions you may have made. If any of them included health, weight and exercise issues pretend that every month is January.

If you are in need of any help and support with your weight management goals the Health and Wellness Center offers the LEARN program. It is a weight management group that meets weekly. For more information, call the HAWC at 963-4007.

Sports line

No restriction: Individuals on the Monitored Fitness Improvement Program are now allowed to utilize the base fitness center for exercising and will no longer be restricted to exercising at the Health and Wellness Center. Those on the MFIP will carry and maintain their own MFIP cards and after exercising will be able to have their exercise evaluated and MFIP cards documented by either the HAWC or fitness center personnel only. For more information, call the HAWC at 963-4007.

CAFB 2001 intramural basketball standings

Team	Wins	Losses	Ties	PF	Avg.	PA	Avg.
MXS	3	0	0	194	64.67	121	40.33
CS	2	0	0	143	71.5	93	46.5
SUP1	2	0	0	118	59	56	28
CES	2	0	0	104	52	86	43
SFS	2	0	0	95	47.5	59	29.5
MED GP/SVS	2	1	0	148	49.33	150	50
1 CTCS	2	1	0	139	46.33	135	45
OSS	1	1	0	87	43.5	71	35.5
AGS1	1	1	0	78	39	102	51
AGS2	1	1	0	74	37	94	47
SUP2	0	3	0	122	40.67	141	47
APS2	0	3	0	110	36.67	137	45.67
LGT	0	2	0	99	49.5	160	80
APS1	0	3	0	81	27	140	46.67
FLYERS	0	2	0	79	39.5	126	63