

DISPATCH

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Vol. 40, No. 6

437th Airlift Wing, Charleston AFB, SC

Friday, February 16, 2001

CAFB works with Army for Large Package Week

By Senior Airman Donald Church
437 AW Public Affairs

Six C-17s carried Team Charleston aircrew and maintenance personnel to Large Package Week at Pope AFB, N.C., Feb. 5, with another seven C-17s participating Feb. 9.

LPW consists of joint training between the Army and Air Force held several times a year to practice large-scale airdrop missions involving mass personnel and equipment movement. Training requirements include secure communications between all units involved and a 90 percent delivery rate of all airdrop loads. The realistic training is an added bonus for the Army units involved since they are put on alert to perform this type of mission shortly after completing a LPW. This year marked an even greater involvement for the C-17 as the major weapon system involved.

The LPW began with more than 60 members of the 437th and 315th Airlift Wings working with members from the 325th Airborne Brigade, Fort Bragg, N.C., and other Air Force units in one of the largest airdrop training exercises in the United States. Team Charleston members from airlift, aerial port, and operations support squadrons and the logistics group worked to create a realistic training environment to prepare both the Air Force and Army for their respective roles during an actual massive troop airdrop, often with little time between scenarios.

"While the aircrews worked hard to accomplish their objectives, I don't want to discount the efforts of the maintainers," said Col. Robert Allardice, 437th Operations Group commander and Air Force mission commander for the LPW. "In between missions they had to ensure the planes were ready to go again."

Members of the 17th Airlift Squadron were assigned as lead planes for the event with additional support from other airlift squadrons and the Reserve. Several months of planning went into Charleston's role during LPW to ensure the maximum amount of training could be accomplished for Army and Air Force personnel. Information had to be coordinated between the services and methods of communication agreed upon.

"The relationship that we have with Charleston supporting us for LPW is a special one," said Army Maj. Mike Mitchell, 82nd Airborne Division, Fort Bragg, N.C. "Every time they come in here, they go out of their way to give us everything we need to train. I can't say enough for how they do their job."

In addition, CAFB airmen supported CAPSTONE, the brigadier general officer orientation course, Feb. 6. CAPSTONE attendees observed LPW and saw an aerial assault demonstration carried out by A-10 Thunderbolts and various maneuvers by Air Mobility Command aircraft. The following day, two battalions from the 325 AB were

See LPW, page 3



Photo by Staff Sgt. Richard Kaminsky

Three-time champs

Senior Airman Joseph Weeks (back) and Airman Johnny Ricks, both of the 437th Communications Squadron Mission Systems Flight, conduct preventative maintenance on equipment. The unit was recently awarded the Air Mobility Command Maintenance Effectiveness Award for Best Small Communication-Electronics Flight for the third consecutive year. The award is given for excellence in mission accomplishments, effective use of maintenance resources, innovative management accomplishments and personnel quality of life programs.

Budd awarded presidential citation for work in psychology

By Senior Airman
Jason Smith
437 AW Public Affairs

The president of the American Psychological Association recently awarded Lt. Col. (Dr.) Frank Budd, 437th Medical Group Behavioral Sciences Flight commander, a Presidential Citation.

Budd is the first Air Force psychologist to be honored with this award for individual

achievement.

The citation was based on Budd's "contributions to psychology through prevention and community education, and his recent award for 'Outstanding Contributions to Air Force Clinical Psychology,'" according to the citation.

The civilian psychology consultant for the Air Force Surgeon General nominated Budd for the award.

"Most of my work for the citation was in suicide aware-

ness and a commitment to training the community on mental health issues," said Budd. "God is good all the time, and I feel very honored, but I have worked with many outstanding people over the years whose dedication to prevention made this award possible."

Charleston AFB has a very extensive suicide awareness program and has been recognized by Headquarters Air Mobility Command and the

Air Force surgeon general, according to Budd. Some of the things he implemented include developing a video, PowerPoint presentations, intranet-based training, a comprehensive handbook, civilian and reservist training, commanders' call briefings and health fairs. Other projects have reached outside Team Charleston, including incorporating his materials into the AMC Squadron Commanders

Course, and a handbook used at the First Sergeants Academy. Recently, Budd returned from serving on a unique, multi-disciplinary team, sponsored by the Air Force surgeon general, to revitalize the Air Force suicide awareness program.

CAFB has also had the luxury of marriage counseling services, said Budd. In 2000, he and his team recap-

See Budd, page 2

IN THE NEWS



By Staff Sgt.
Nichelle Cunningham
437 AW Paralegal

Article 15 actions:

An airman first class was derelict in his duties when he failed to pay his Bank of America Government Visa card that was 181 days past due with a balance of \$2,818.23.

Punishment: Suspended reduction to airman, 45 days extra duty and a reprimand.

An airman first class failed to obey a lawful order not to have more than two pets in base quarters. He had a total of six dogs in his base house.

Punishment: Suspended reduction to airman, 14 days restriction to Charleston AFB, 30 days extra duty and a reprimand.

A senior airman failed to go to his appointed place of duty.

Punishment: Suspended reduc-

Charleston AFB military justice files

Staff sergeant writes Commissary two bad checks

Senior airman steals hundreds from bowling alley

Airman first class keeps six dogs in base house

Airman finds ATM card in machine, steals money

tion to airman first class, 30 days extra duty and a reprimand.

An airman first class failed to go to his appointed place of duty. Additionally, he falsely stated he did not change his failing body fat measurement to a passing measurement on his Health and Wellness Center body fat measurement document, when he actually did.

Punishment: Suspended reduction to airman, 30 days extra duty and a reprimand.

An airman first class failed to go to his appointed place of duty on two separate occasions.

Punishment: Suspended reduction to airman, 15 days extra duty and a reprimand.

A senior airman made a false official statement for a medical prescription when he altered the prescription to provide 40 pills, when in

fact, the prescription was prescribed for four pills.

Punishment: Suspended reduction to airman basic, restriction to CAFB for 15 days, 15 days extra duty and a reprimand.

An airman first class failed to go to his appointed place of duty.

Punishment: Suspended reduction to airman, 15 days extra duty and a reprimand.

A senior airman stole \$766 from the base bowling alley.

Punishment: Reduction to airman, forfeiture of \$350 for two months, restriction to CAFB for 45 days and 45 days extra duty.

A staff sergeant wrote two bad checks to the Commissary in the amount of \$135.22.

Punishment: Suspended reduction to senior airman, 45 days extra duty and a reprimand.

An airman found another military member's ATM card still in the ATM machine. He stole \$410.00 from that member's account.

Punishment: Reduction to airman basic, suspended forfeiture of \$250 for two months, 14 days restriction to CAFB, 14 days extra duty and a reprimand.

Vacation actions

An airman first class had the portion of her suspended Article 15 punishment vacated for failing to go to her appointed place of duty.

Administrative discharges

Three airmen were discharged for minor disciplinary infractions. All three of the members were separated with general discharges.

An airman basic was discharged for substance abuse. The member was separated with a general discharge.

Budd

continued from page 1

tured \$60,000 for the Clinic that would have been used for off-base TRICARE counseling.

"We saw about 100 couples in 2000, and that number will probably go up in 2001," said Budd. "The greatest cause of depression and suicide attempts is problems in relationships. In behavioral sciences, we are committed to prevention and communicating the message that we can provide skills to increase personal effectiveness. While new couples like to sing 'Love is in the Air,' I believe Tina Turner had it right singing 'What's Love Got to Do With It' in terms of what it takes to make a relationship work.

"We can't assume people know how to be effective in relationships," continued Budd. "In fact research continues to find that 40-50 percent of first marriages end in divorce. We try to teach conflict management and communication skills. It's no different than a guy who walks into the gym and says, 'Here's

all the equipment I need to be a body builder. Why do I need some guy showing me how to use this stuff?' Building a strong mind works the same way; it takes accurate knowledge, effective skills, perseverance and often, someone to help show us the way."

Programs and training have also been provided to members of the CAFB Primary Care Team.

"We've worked a lot with health care providers to make them more aware of signs of depression and anxiety to increase accurate diagnosis and treatment," said Budd. "Mental health is as important as physical health. Decades of research have shown up to 40-60 percent of people who see a doctor for a physical problem actually have the problem because of mental or emotional stress.

"It's easier to go to a doctor and say 'I have a headache,' than it is to go to a psychologist and say 'I feel emotionally wiped out because my husband is having an affair,'" continued Budd. "We are developing a whole new generation of leaders who un-

derstand an appointment at mental health will not ruin a career. This is in stark contrast to the past where some NCOs and senior officers would directly warn people not to go for help for fear of negative consequences."

When someone's career is ended, it is most often related to misconduct or criminal behavior that resulted in the commander ordering an evaluation, said Budd. He cited one incident where a young officer was discharged after being ordered to see him.

"She was sent to mental health because OSI caught her using cocaine," said Budd. "She then became depressed and suicidal. I counseled her and helped get her over her depression. Later on, she was discharged. Of course many folks thought it was because she saw a counselor, but it was really because of her cocaine use.

"Because we actually work very hard to protect an individual's privacy, we are not able to counter the misperceptions the community has," Budd said. "Of course the member who is

discharged is often more than willing to blame us instead of take responsibility for their own misconduct."

Budd pointed out those who come voluntarily to mental health are usually only discharged if they are found to have a severe and disabling type of illness and require significant and chronic medical management of the problem.

"Probably 90 percent of the folks who come and see us every week are not engaging in illegal behavior and are not mentally ill," said Budd. "They are the people who do have great privacy when they come and ask for assistance from mental health. I have never met a commander who wanted to know about someone's childhood or personal problems.

"Here at Team

Charleston every commander and helping agency is united in a total team effort to get maximum performance both personally and professionally from our most precious asset, our people," Budd said. "This means giving them the resources to be effective, not just the mandates to be so."



Photo by Staff Sgt. Andrew Rodier
Lt. Col. (Dr.) Frank Budd

Contracting squadron amasses individual, unit awards

Story and photo by
Capt. John Ruth
437 AW Public affairs

The hallway walls leading to the 437th Contracting Squadron are full of awards, but more space may be needed as plaques come in from 2000 competitions.

"It's been a banner year for our team," said Lt. Col. Paul Braunbeck, 437 CONS commander.

Government Executive Magazine and the Council for Excellence in Government gave the first award, the Business Solutions in the Public Interest Federal Acquisition Award, because of contracting's "innovative and creative business strategy for the Hunley Park Military Family Housing Renovation Project."

Contracting is also the Air Mobility Command winner of the Small and Disadvantaged Business Excellence and Special Achievement Activity Award, and will represent AMC in the Secretary of the

Air Force level competition in the spring. The award recognizes activities for significant contributions to the Air Force's small business programs.

Last, but not least, the combined 437 CONS and 437th Comptroller Squadron team won AMC's Top Dollar competition in 2000. At that same competition, the team was also recognized for their cohesiveness by winning the *Espirit de Corps* Award.

"This contracting squadron is one of the most close-knit TEAMS I've ever worked with," said Braunbeck, who uses the TEAM acronym (Together Everyone Achieves More) as a theme to help foster closeness in his squadron.

The superintendent and first sergeant of the squadron, Master Sgt. Crystal King, won the AMC Contracting Outstanding Senior Non-commissioned Officer award, and was the training manager for the 2000 Top

Dollar team competition. With over 19 years of contracting experience, King said, "I love contracting and feel that the award keeps my motivation level high and makes all the hard work and effort well worth it."

Another hard worker from the squadron is newly promoted Staff Sgt. Jacqueline Dent, who won the AMC Outstanding Airman in Contracting, and Airman of the Year for the 437th Airlift Wing. According to Braunbeck, her stellar, exemplary attitude and professionalism qualified her to become one of 12 finalists for the 21st Air Force level competition this year.

"This award is a reaffirmation of the effort that I've put into my career," said Dent. "It shows my superiors have great appreciation for what I do."

The third individual award winner is Donna Barber, the director of business opera-



(Left to right) Donna Barber, Staff Sgt. Jackie Dent, and Master Sgt. Crystal King, all from the 437th Contracting Squadron, review a contract with Lt. Col. Paul Braunbeck, 437 CONS commander.

tions, and a small business specialist. As stated in the award package, Barber won AMC's Small Business Excellence and Special Achievement by distinguishing herself as an advocate of the Small Business Program. She will move on to the Sec-

retary of the Air Force level competition.

"I really enjoy my job and was proud that this office achieved all the goals we set out to accomplish this year," said Barber. "It was one of the main reasons why the squadron won the award."

TRICARE set to increase benefits

By Senior Airman Donald Church
437 AW Public Affairs

The 2001 National Defense Authorization Act, recently signed into law, contains a provision for TRICARE Prime beneficiaries; the elimination of co-payments for active-duty members and their dependents.

Prime members who follow proper procedures by coordinating their health care with their primary care manager will no longer be responsible for co-payments as a result of visiting civilian providers, which have been \$6 or \$12 depending on the active duty member's rank. Also eliminated are the \$11 per day civilian inpatient charge and the \$11.45 per day charge for beneficiaries admitted to a military treatment facility.

"I think it's cool the military is doing this," said Senior Airman Nikia Hill, 437th Mission Support Squadron. "Anything that makes for us members to pay less for health care is a good thing."

Active-duty family members will still make nominal co-payments for the National Mail Order Pharmacy program and at participating retail stores. Members will still be able to fill their prescriptions at military treatment facilities free of charge.

The co-payments will only be eliminated if Prime enrollees follow the rules concerning use of civilian providers. Normally, a Prime enrollee must obtain approval from their primary care manager before seeking care from a civilian provider. In case of true emergencies, however, mem-

bers should go immediately to an emergency room.

Enrollees who seek care without approval from their PCM will fall under the point-of-service option. Typically the member pays a \$300 per member or \$600 per family deductible. After the deductible has been met, the member will be liable for 50 percent of the TRICARE allowable charge as well as up to 15 percent above the TRICARE allowable charge. Enrollees are highly encouraged to consult with a health benefits advisor or beneficiary counseling and assistance coordinator prior to using the point-of-service option.

In addition to the elimination of co-payments, all TRICARE beneficiaries now have priority assistance when faced with a medical provider pursuing debt collection in relation to services provided through TRICARE. Each lead office at military treatment facilities will have a Debt Collection Assistance Officer. With proper documentation, the DCAO can research and provide the member with written findings and some assistance in the minimum time possible. However, DCAOs will not be able to act as legal advisors or act as beneficiary advocates.

"I would have to say this is a good start in the right direction," said Chief Master Sgt. Tommie Taylor, 437th Operations Group. "It will go a long way toward achieving what the military promised as the best health care around."

For more information, call 963-6708.

LPW

continued from page 1

airdropped by CAFB aircrews that began a surge of Army training on the ground. One-third were dropped at the landing zone with their equipment while the remaining paratroopers were dropped several kilometers away.

"Basically, what we were trying to do with these exercises was practice seizing the airfield and controlling it," said Mitchell. "The units brought in by Charleston were to come together and prepare the airfield for the heavy equipment to come the following day."

Feb. 9 brought most of the activity for the CAFB contingent. First, a special operations low-level equipped C-17 performed a high altitude, low level opening airdrop of special forces. Then, three C-17s flew to Savannah, Ga., to retrieve missile launcher equipment. During their trip to bring back equipment, the planes went through simulated surface-to-air missile controlled airspace, learning to react to hostile threats from the

ground.

"Being shot at from the ground with simulated missiles is extremely good tactical training," said a lead pilot, Capt. Joe Szucs, 17 AS. "As long as they are not real," he joked.

During this training, CAFB aircraft continued to increase the scale of the event. Six aircraft brought a total of 600 Army personnel to the drop zone, while another three C-17s brought in "heavy loads," such as howitzers and other equipment used to defend an airfield. Just before the aircraft began converging on the target area, they practiced formation refueling with tanker aircraft. All aircraft came on target for the drop zone within moments of one another, complete with simulated live fire going on below.

Charleston participates regularly in the LPW with the Army. Each year the Army has six or more LPWs, with CAFB taking the lead on two of them.

"When we sit down at the end of the day and discuss what happened, we know we didn't do everything

right," said Allardice. "But the real benefit is when we take what we did right and wrong and evaluate it so that we can do it better. The thing is, if we were called upon tomorrow to perform this kind of mission, we would be able to get the stuff to the fight. Once again, I salute Team Charleston for their outstanding joint effort."



Photo by Senior Airman Rick Bloom, 1CTCS

A C-17 practices evasive maneuvers during a simulated missile attack at Large Package Week.

NEWS BRIEFS

Spotlight

Change of command: Lt. Col. William "Goose" Changose will accept command of the 14th Airlift Squadron from Lt. Col. Samuel Cox today, 9 a.m., at the Charleston Club. For more information, call 963-2158.

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.

Retirement ceremony: The 437th Airlift Wing Safety Office is sponsoring a retirement ceremony for Tech. Sgt. Michael Higdon, Mar. 9, 10 a.m., at the base education center. For more information, call Master Sgt. Allison Bethea at 963-5597.

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, 1998-June 30, 2000 are authorized to wear the AFOUA ribbon or appropriate cluster. Civil-

ians are authorized to wear the AFOUA lapel pin.

Around the base

Black history: There is a Black History Month luncheon "Rendering a Salute to Military Excellence" today, 11:30 a.m., at Alice's Fine Foods and Southern Cooking on King Street in Charleston. Meals start at \$6.95 and can be purchased at the event. Military guests should wear the uniform of the day and civilians should wear business attire. For more information, call Navy Lt. Lolita Brooks at 743-7103.

Commissary: The Commissary will be closed Tuesday in observance of President's Day.

Marriage enhancement: There will be a Marriage Enhancement Seminar every Tuesday, starting Tuesday 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.

Commissioning briefing: The base education center is holding their monthly Officer Commissioning Briefing, Wednesday, 10 a.m., at the base education center. The briefing will provide information about all U.S. Air Force commissioning programs. Call 963-4575 to reserve a

Know about Team Charleston events

Team Charleston has an events calendar available to members through Outlook folders on the server. To access the list of events:

- Go to Outlook folders (left side)
- Click on "Public Folders"
- Click "All Public Folders"
- Click "Charleston"
- Click "437th Airlift Wing"
- Click "Charleston Team Events"

To add an event:

- Send an email to Master Sgt. Diane Chancey and Master Sgt. Larry Wallace
- Provide the date, time and location of the event
- Give a phone number for a point of contact
- Refer all questions to 963-5493



seat.

OSA: Couples Mardi Gras Bunko is the theme for the Officers' Spouses' Association meeting, Thursday, 6 p.m., at the Charleston Club. Dinner includes filet mignon with shrimp and oven-roasted potatoes. The cost is \$19 for club members and \$22 for non-members. RSVP between 9 a.m. and 9 p.m. at 871-9829.

TMO: The Traffic Management Flight's Personal Property Office will be closed Feb. 23 in order to re-

locate. The new office will open Feb. 26 in Bldg. 503, Rooms 113-115. For more information, call 963-2261 or 963-2255.

Child safety: The Safe Kids Van will be at the Child Development Center Feb. 28, 4-6 p.m. Local law enforcement will be conducting seat check-ups. The event is open to everyone. For more information, call 963-5596.

Spring semester: Class registration for Embry-Riddle Aeronautical University's spring term is now through March 19. Classes run March 19-May 19. Classes are open to everyone and are held at the base education office. For more information, call 767-8912.

Family Support Center

Hearts Apart: Hearts Apart is an on-going program for spouses of deployed service members. The program offers such services as e-mail, morale calls, videophone calls and free oil changes. For information, contact Tech. Sgt. Ken Gilmore at 963-5630.

Jr. Smooth Move: Tuesday, 6-7 p.m.

Financial Fitness: Wednesday, 8:30-11:30 a.m.

Sponsorship Training: Wednesday, 3:30-4:30 p.m.

Smooth Move: Thursday, 8:30 a.m.-noon.

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

Car Buying Workshop: Feb. 26, 10-11:30 a.m.

Resume II: Feb. 27, 9-10:30 a.m. and 10:30 a.m.-noon.

Children and Self-Esteem: Feb. 27, 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.

Charleston Profile

Sam Bunch
Charleston AFB Commissary



Photo by Senior Airman Donald Church

Sam Bunch is the produce manager at the base commissary. He is responsible for the ordering of fruits and vegetables and making sure they are the best quality for customers.

"We have changed the way we do business in the last few years," said Bunch. "Used to be that what products came in first were also the first to go out. Sometimes what happened was that we kept a better product in the back because it was newer than what was out on the floor. Now we go by quality. What you see on display is the best."

Bunch has worked in several positions in civil service over the years. Originally working at the former Charleston Naval Base in the supply warehouse in 1982, he moved on to work as a nuclear repair technician on submarines. After the base was announced for closure, he stayed on to work for the Defense Reutilization and Marketing Organization. When DRMO moved to Fort Jackson, S.C., Bunch came to Team Charleston as a Commissary store worker.

"I've been fortunate to have all the opportunities," he said. "When the naval base was reduced, I was allowed to switch to another job right away. Then the base fully closed and I got a job right here at the commissary. For me it was a good thing to get to stay in Charleston with my family."

Bunch says he has worked hard over the years to get to his current position but still feels it is all a team effort.

"Everyone around here is the real reason the job is done so well," said Bunch. "When I first got here, I had no idea what really was involved in doing this job, and it was the people who work here who made it happen for me."

When not busy showing customers the "fruits" of his labor, Bunch spends the rest of his time with his two daughters.

COMMENTARY

About the paper

AIRLIFT
Dispatch

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Deadlines

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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437 APS airman claims Levitow award

By Col. Karl Young
437 AW vice commander

Congratulations to our recent senior airmen graduates of Airman Leadership School Class 01-B. The Sgt. John L. Levitow award for ALS Class 01-B was won by Ricky Smith, 437th Aerial Port Squadron. Receiving both the Distinguished Graduate and Academic Achievement awards was Matt Mancill, 437th Transportation Squadron.

The Leadership award was earned by Wesley Childers, 437 APS.

Other ALS graduates were: Martha Sass, 315th Aeromedical Evacuation Squadron; Francis Altman, 315th Aircraft Generation Squadron; James Howe, 437th Aircraft Generation Squadron; Dennis Batac, 437 APS; Jeffrey Gray, 437th Airlift Wing; Shonna Billings, 437th Medical Group; Jennifer Milunas, 437th Medical Operations Squadron; Sharon Kelly, 437 AGS; Robert Miller, 437th Supply Squadron; Allen Boyd, 437 APS; Tiffany Richardson, 437th Aerospace Medicine Squadron; Joshua Kovanda, 437th Medical Support Squadron; Joy McKnight, 437th Mission Support Squadron; Joshua Gaffney, 437th Maintenance Squadron; Todd Loshaw, 437 AGS; Scott Wallis, 437 APS; Mary Thalacker, 437 MXS; Cynthia Brown, 437th Security Forces Squadron; Marcus Parker, 437 AGS; Derrick Cunningham, 437th Services Squadron; and Nichole McGee, 437 SUPS.

In last week's column, I highlighted the need for all of us to recycle and mentioned our esteemed "dumpster divers." This week I want to highlight the efforts of our logistics and civil engineer folks as members of the C-17 Pollution Prevention Integrated Product Team. Col. Ted Bowlds, director of the C-17 Systems Program Office at Wright Patterson AFB, Ohio, commented in a letter that "your untiring efforts to aggressively implement innovative pollution prevention technologies have resulted in the elimination or reduction of hazardous materials from the C-17 weapon system."

Receiving certificates of appreciation were: Nicole Shope, 437th Civil Engineer Squadron; John Young, 315 MXS; Dale Cook, 437th Logistics Group; Ashley Allinder, 437 CES; Curtis Cabana, 315 MXS; Maj. Wendy Klein, 437 MDG; Master Sgt. Duane Arnold, 437 AGS; Master Sgt. Carl Battles, 437th Logistics Support Squadron; Master Sgt. Paul Childers, 437 MXS; Master Sgt. Terry Gabbert, 437 MXS; Tech. Sgt. Travis Ellis, 437 MXS; and Staff Sgt. Richard Mitchell, 437 MXS.

Also at the staff meeting, I presented the Air Mobility Command Small Business Program Awards. The 437th Contracting Squadron took top honors in the command for Outstanding Activity Achievement, and Donna Barber received an Outstanding Individual Achievement Award. The base's continued success in providing opportunities to small businesses is well known throughout the command. Contracting awarded 81.7 percent of their contracts to small businesses totaling \$29.5 million. They're the best!

A special congrats to our recent crop of lieutenant colonel selects. As of press time, the results were not available in time for publication in the *Airlift Dispatch*, but we did well overall. By the time you read this, the results should be out. Please take a moment to congratulate our selectees.

The short-lived power outage on base Monday, 5 a.m., was caused when a Santee Cooper transformer failed. The outage ended around 7 a.m. just in time for the morning rush hour to start. The 437th CES sprang into action to get a number of backup generators on line as quickly as possible. In addition, they helped to troubleshoot the malfunction with Santee Cooper. Special kudos to Staff Sgt. Andrew Ferguson, Staff Sgt. Richard Pugh, Senior Airman Robert Richey and Airman 1st Class Gregory Glinka for their quick response. Another outstanding success by our hardworking CE folks.

We had a short notice request to accommodate the



Courtesy photo

Chief Master Sgt. Harvey Hampton (left), 437th Airlift Wing command chief, receives a \$20,000 check from Maj. Gen. Nick Williams, 21st Air Force commander. The money is a result of the 21 AF's dedication of funds to assist in Air Mobility Command's Year of Retention and Recruiting. The money will be used for projects around the base to improve morale and increase awareness of recruiting issues.

president's backup Gulfstream C-20 plane here Monday while he visited Savannah, Ga. Special thanks to all who helped with this short notice, high priority tasking. Thanks to Transient Alert and the entire 437 LG community for ensuring the facilities and resources were available. Also thanks to the 437 SFS and 437th Communications Squadron for their help.

Air Expo, May 19, is just around the corner, and I need everyone to pitch in to make this the best air expo ever. As many of you may know, we have the only aerial performance in the state by two major demo teams, the U.S. Navy Blue Angels and the U.S. Army Golden Knights. The last time the Blue Angels performed in Charleston was in May 1988.

Maj. Jim Shoemaker is the base project officer and he has been meeting regularly with a variety of functional areas to make this an outstanding show. He can be reached at 963-5702. Please give him your full support, as the open house is our chance to invite the public to learn more about our Air Force and our sister services. We also urgently need volunteers to be aircrew sponsors, which requires them to help take care of arriving aircraft static display and demonstration teams.

In this year of retention and recruiting, we'll hopefully light a spark at Air Expo for someone to consider joining the world's greatest Air Force.

The first brunch in the club Sunday was truly outstanding. You could smell the aroma of great food before you made your way to the Magnolia Ballroom. The club was using their new Belgium waffle and omelet machines. You had to sample the spread of food to truly appreciate it. We had a good showing at the club, but there was room for more people. You'll get another chance March 18 when you can join them for St. Patrick's Day brunch from 10:30 a.m. to 1:30 p.m. Don't miss this great meal!

Don't forget about the mobility exercise briefing in the base theater today, 3 p.m., with informal discussions to follow immediately afterwards in the Charleston Club. Hope to see you there.

Col. Rusty Findley is having a fruitful CAPSTONE experience (general officer orientation course), but wishes he could be back at the wing. He wishes us all well and will be back soon.

FEATURE

\$10,000 checks awarded for good IDEAs

**Story and photos by
Lt. Col. Ed Memi
437 AW Public Affairs**

Saving taxpayer's money has become a way of life for at least two airmen assigned to the Air Education and Training Command's 373rd Training Squadron, Field Training Detachment 5.

Master Sgt. Randy DeBerry, flight chief of the training development team, and Staff Sgt. Mike Mohn, aircraft subject matter expert for the C-17, are waiting for their \$10,000 government checks (minus taxes) for their money saving ideas. They saved the government more than \$100,000 each working with the contractor, AAI/ESI, that maintains maintenance training devices here and at McChord AFB, Wash. Their ideas were to reuse old aircraft parts and aircraft centerline seats that eventually would have been sold at public auction as scrap. Both were notified Dec. 18 that a check was coming.

They submitted their suggestions through the Air Force IDEA program, which stands for Innovative Development through Employee Awareness. The program allows base members to receive a portion of the savings up to a maximum of \$10,000. The purpose of the program is to encourage creative thinking and make innovative ideas available to benefit the Air Force.

DeBerry came up with his idea while visiting base supply in June 1999. "One day I went into supply to see Tech. Sgt. Michaela Robinson, and I came across 15 cardboard boxes with C-17 aircraft components and engine parts," said DeBerry. "I asked her what they were going to do with that stuff and she said it was going to the Defense Reutilization and Marketing Office."

The items were considered throw-away items or non-repairable items and would be used as either scrap or sold at public auctions. Items included engine cowl door support rods, hydraulic actuators and a multi-function display used in the aircraft cockpit. "I asked to look



Master Sgt. Randy DeBerry (right) and Staff Sgt. Mike Mohn, both of the 373rd Training Squadron, hold a multi-function display.

in these boxes and found eight or ten items and hardware, and asked if I could have them," said DeBerry. "I called the C-17 maintenance training contractor and asked them to come down here and look at some of this stuff and see if they could use it."

The contractor is responsible for updating and repairing the 11 suites of training devices here, which are mock-ups of different sections of the C-17 such as engines, cargo compartment and the flight deck areas. The contractor is also building 11 training devices at McChord, which will be delivered over the course of the next four years.

"I realized immediately that instead of buying new parts, the contractor could use these old ones, since the training device parts do not have to be flight worthy, but only usable for maintenance training purposes," DeBerry said. "You have to keep in mind that when they bid on the contract, they bid for the Air Force to buy brand new," said DeBerry. "Well, a brand new multi-function display costs around \$300,000. We gave these parts to the contractor, and they kept an inventory list of all the government furnished parts and subtracted the cost of the items from the overall contract."

Mohn joined the unit about a year and half ago. His idea came to him in a meeting to discuss an aircraft modification to the Aircraft Maintenance System Trainer. The AMST trainer has a portion of the aft fuselage with a flight station and uses it to train students to remove and replace components, such as centerline seats and configuring the aircraft for paratroopers.

"We were discussing replacing the centerline seat modules, and just two sections cost \$216,000 if we had them built for the trainer," Mohn said. "We needed four of them, one for the suite here and the other for McChord. I knew for a fact, since I was on the flightline not too long ago, that the seats were being modified and the old ones were

being disposed of because they came with a new style seat.

"My suggestion, after contacting the people that were taking off the old seats, was to procure enough seats for the suites at Charleston and McChord," Mohn continued. "I had contacted the contractor that was modifying the seats for the aircraft and found out how much it would cost to modify the old seats to make them like the new ones. For our purposes, we were only teaching the students how to install and remove the seats so we don't really need to have the actual seats as long as they look and feel like the new style ones."

The modification to the old seats cost \$116,000 for two and the savings amounted to about \$200,000. The old seats included additional components like oxygen regulators and other parts that increased the training value.

"Actual savings are even higher when you factor in cost avoidance of having to actually manufacture the part and the value of the additional components that we now have for training, that we didn't have before," Mohn said.

DeBerry said the value of the items destined for the scrap or auction yards was more than \$800,000 if the Air Force had to purchase them brand new. He said there were time savings in waiting for parts to be delivered.

DeBerry had previously saved the Air Force \$3.5 million, and this marks his second check for \$10,000. In 1999, he discovered that two Pratt and Whitney PW2000 series engines from the very first C-17 aircraft that was tested at Edwards AFB, Calif., were unused. The engines had been sitting in the desert since 1988 when they had been burned out from rigorous testing. These engines could also be used in the maintenance trainers.

"The engines had been overtemped, over-spiced, and were considered useless because the motors were burned out during testing," DeBerry said. "They were considered scrap. I was able to get those engines at no cost along with real aircraft pylons (used to hold the engines on the wings) from the Boeing test yard in Long Beach, Calif., also slated to be scrapped. We gave them to the contractor and were able to use them along with



Master Sgt. Randy DeBerry, 373rd Training Squadron, installs a multi-function display.

the fake engines built a long time ago and give us a higher fidelity engine trainer.

"With a fake engine, your picture is only so good," continued DeBerry. "With this burned-out motor from Edwards, they can see the realistic damage that occurred to the engine. It wasn't man-made damage."

DeBerry said, "It's been instilled in us to save the taxpayer's money. It's our money. We knew from experience that savings could be made. We are fortunate that this contractor has been adamant about saving money and is looking for better ways to save money for the taxpayer."

"If people know that you're adamant about saving money, then they'll listen to you," said DeBerry. "Everyone in this office is driven in that respect. If you believe in something, go with it!"

DeBerry added it was a real team effort to get this IDEA approved.

"Since I arrived here, the number of suggestions from field training is very high," said 1st Lt. Justin Barry, detachment commander. "We have 37 people assigned here and about 110 suggestions/improvements submitted annually. We have everything from technical order improvements to system-wide improvements like Sergeant Mohn's and DeBerry's. Suggesting ideas to save money at the local level will always have a positive effect on your respective shop."

Airmen can submit suggestions through the IDEA program on line at <https://ideas.satx.disa.mil/>. Base airmen and civilians submitted 211 ideas last year with a savings of \$500,000. About \$50,000 was distributed last year to airmen for approved suggestions. For more information about the IDEA program, call Master Sgt. Terry Ray at 963-5479.



MAGNOLIA PLACE DINING FACILITY

On the Menu



Today

Lunch: Chicken noodle soup, salmon cakes, barbecue beef cubes, baked chicken, egg noodles, rice, collard greens, beans, cauliflower, gravy

Dinner: Veal steak, creole-baked fish, potatoes o'brien, fried rice, fried okra, cream corn, vegetable stir-fry

Saturday

Lunch: Cream of broccoli soup, chicken ala king, salisbury steak, knockwurst, potatoes, rice, sauer kraut, cauliflower, succotash, gravy

Dinner: Roast beef, fried chicken, rice, buttered potatoes, corn-on-the-cob, stewed tomatoes, green beans

Sunday

Lunch: Tomato vegetable soup, chicken enchiladas, meat loaf, yankee pot roast, potatoes, rice, mustard greens, carrots, gravy, zucchini

Dinner: Spaghetti with meat sauce, fish portions, cottage-fried potatoes, steamed rice, spinach, mixed vegetable, sweet potatoes, garlic toast

Monday

Lunch: Clam chowder, beef stew, chicken, grilled ham steaks, rice, potatoes, pinto beans, okra and tomatoes, green beans, gravy

Dinner: Swiss steak with onion gravy, chicken stir-fry, potatoes, steamed rice, brussels sprouts, carrots, corn

Tuesday

Lunch: Cream of chicken soup, roast turkey stuffed-green peppers, chipper perch, macaroni and cheese, bread dressing, broccoli, squash, peas and carrots, chicken gravy

Dinner: Grilled polish sausage, veal parmesan, egg noodles, rice, asparagus, white beans, cauliflower

Wednesday

Lunch: Vegetable supreme soup, stuffed pork chops, grilled liver, fried shrimp, potatoes, rice, peas, broccoli, cheese sauce, gravy, beets

Dinner: Chili macaroni, honey-glazed cornish hens, rice, mashed potatoes, okra, bean combo, cream corn

Thursday-Mexican Meal

Lunch: Mexican onion soup, chicken fajitas, burritos, tacos, spanish rice, refried beans, stewed tomatoes, mexican corn, squash, chili gravy, mexican corn bread

Dinner: Turkey nuggets, beef stew, steamed rice, oven-browned potatoes, broccoli combo, wax beans, lima beans, brown gravy



Photo by Senior Airman Jason Smith

Raise the roof

A roof was placed on the comfort pallet storage area at the 437th Aerial Port Squadron Feb. 9. The roof was built on the ground and then raised by Savannah Steel Inc, Savannah, Ga., working under a SABER contract with S.W. Day Inc., Chesapeake, Va.

Fitness & Sports

Sports line

Golf tournament: The 1st Combat Camera Squadron is sponsoring a golf tournament Feb. 23, 10 a.m., at Wrenwoods Golf Course. Prizes will be awarded for the longest drive, closest to the pin, best team score and worst team score. The cost is \$15 per person plus green fees as follows:

- E-4 and below-\$9
- E-5 to 0-3-\$12
- 0-4 and above-\$13

There will be a barbecue at the picnic grounds after the tournament. For more information, call Staff Sgt. Daren Zimmer at 963-3471 or Staff Sgt. Bret Irwin at 963-3463.

5K Fun Run/Walk: The HAWC is sponsoring a 5K Fun Run/Walk Feb. 24, 8 a.m., at the fitness center. Everyone is invited to participate in this free event. For more information, call 963-3347 or 963-4007.

Golf tournament: The Logistics Officer Association is sponsoring a golf tournament March 1, 8:30 a.m., at Wrenwoods Golf course. Many prizes will be awarded, and lunch will be provided. There will also be a complimentary beer cart. Sign up by calling the golf course at 963-4177 or Wade Cornelius at 963-4665.

Women and free weights; female and fearless

By Staff Sgt. Anthony Milunas
437 MDG

Intimidated by free weights? Many women shun free weights such as dumbbells and barbells because of inaccurate perception.

Free weights build stronger, more developed muscles, irrespective of gender. Nautilus machines are great for beginners, but when you have learned the basics and are ready to progress to an advanced workout, try free weights.

Free weights recruit

more muscle fibers than using machines. Machines are intended to isolate specific muscle groups. For example, a chest-press machine will build strength only in one area of the chest muscle targeted by that machine. Free weights build strength in a number of areas because they copy natural movement patterns.

The first step is to get educated. The Health and Wellness Center offers beginners Weight Training 101, giving basic information and instruction to learn proper techniques. The fitness center offers

orientation for Cybex resistance training equipment.

Be patient with free weights. Don't expect to become an instant expert in the gym. Learning new exercises and ways of using your body takes time, and you'll probably feel awkward at first. Don't be afraid to make mistakes and to ask questions. That is the only way to learn.

Set realistic, short-term goals that you will notice and celebrate in small progressions. Remember, increases in muscle size don't happen quickly. It

will take time before you see progress in the mirror. Focus your goals on learning the exercises and doing them with proper form.

Try to find a partner. A training partner can give you feedback about your lifting form and will be a valuable support system over time. Having a partner will enable you to train at different weights.

Also, switch gradually. Initially start with the Cybex equipment, due to lack of coordination in using free weights. Once you feel comfortable with the movements, gradually move to barbells and dumbbells. Start with exercises you feel confident with such as bicep curls and dumbbell presses. Once mastered, you can progress to complex movements like bent-over rows, squats and lunges. Try to avoid training during peak hours, noon-1:30 p.m., and 4:30-6:30 p.m. It may help you feel more comfortable learning new exercises.

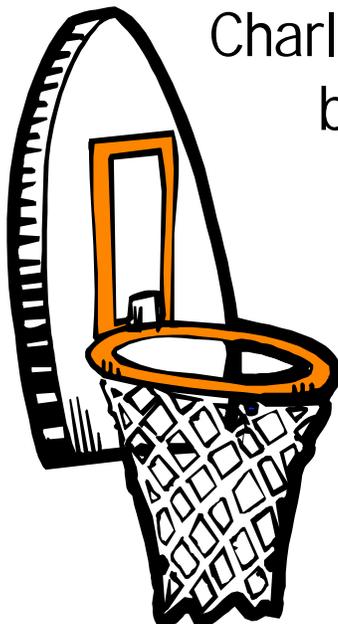
In closing, keep a balance. Don't do too much of one thing in the gym. Many women spend a lot of time training common trouble spots like abs, gluts and thighs, and forget about the importance of a balanced physique.

For more information, call 963-4007.

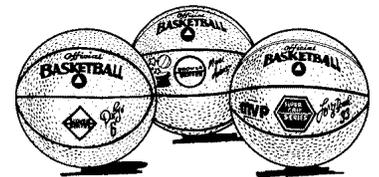


Melody Austin works out at the base gym.

Photo by Senior Airman Donald Church



Charleston AFB 2001 intramural basketball in full swing



Team	Wins	Losses	Ties	PF	Avg.	PA	Avg.
SUP1	7	0	0	528	75.43	265	37.86
SFS	6	1	0	361	51.57	270	38.57
MXS	5	1	0	377	62.83	264	44
AGS1	5	1	0	319	53.17	306	51
CES	5	2	0	368	52.57	335	47.86
MED GP/SVS	4	2	0	325	54.17	314	52.33
1 CTCS	4	2	0	313	52.17	287	47.83
OSS	3	3	0	326	54.33	300	50
FLYERS	3	4	0	305	43.57	372	53.14
CS	2	5	0	386	55.14	406	58
LGT	1	5	0	324	54	402	67
AGS2	1	5	0	249	41.5	346	57.67
APS1	1	5	0	208	34.67	314	52.33
SUP2	1	6	0	266	38	383	54.71
APS2	0	6	0	208	34.67	299	49.83