

# AIRLIFT Dispatch

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437<sup>th</sup> Airlift Wing, Charleston AFB, SC

Friday, August 22, 2003



Photo by Airman 1<sup>st</sup> Class Jason Bailey

Charleston AFB hockey team goalie, Jeramie Banks, deflects a shot during the B-League Championship Game Aug. 14. as defender Steven Sica looks on. The CAFB Hurricanes won the game, 5-4 in an overtime shootout. For more on the Hurricanes victory, see page 18.

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## COMMENTARY

# Commander's Comments

By Col. Brooks Bash  
437AWcommander

### Upcoming events

Mark your calendar! Team Charleston has several events coming up for our base. The indoor wing picnic is today from 12-4 p.m. at the Charleston Club. The celebration features a Jamaican theme, complete with island music and drinks. There will be free food and prizes given away. This is the last big ATWIND event.

The club membership drive is in full swing. For those not already club members, take time to register while at the picnic.

August 29 is the lead in to the Labor Day weekend and a wing minimum manning day. Our mission is still very busy and you have been working extremely hard. Indeed, I know many folks may not get the day off – I appreciate the work you are doing!

The Air Force Ball, Sept. 6, features guest speaker Lt. Gen. Duncan McNabb, Deputy and Chief of Staff for Plans and Programs, Headquarters U.S. Air Force, Washington D.C. He is sure to offer inspirational and informative comments. I encourage you to purchase your tickets from your squadron representative and plan on a night of unmatched camaraderie.

### Feeling the heat

Thanks to **Chief Master Sgt. Tim Bosch, Master Sgt. Rodney Ryalls, Staff Sgt. Stephanie Yuschak**, and the rest of the 437<sup>th</sup> Civil Engineering Squadron Fire Department for giving me the opportunity to come out and be a firefighter for a few hours.

### ATWIND

Congratulations to everyone for helping reach our 100 percent goal for ATWIND. Your playing ATWIND has ensured the wing will receive \$5,000 for our quality of life. Keep playing until Aug. 31 – you may be a winner!

### Fit to Fight

By now you have read or heard the message from our senior leadership on becoming a fitter force. Start training now for the new fitness standards starting in January. Conditioning will not only help you pass the fitness assessment, but will greatly reduce the risk of injury now and in the long run. I encourage everyone to come out for the monthly commander's runs and to begin holding your own squadron runs on a regular basis. If you are not sure how to get started on a running



Photo by Staff Sgt. Corey Clements

**Col. Brooks Bash, 437<sup>th</sup> Airlift Wing commander, has an Interspiro Self-contained Breathing Apparatus fitted recently by Senior Airman Michael Karascony, 437<sup>th</sup> Civil Engineer Squadron Fire Protection Flight driver and operator, in preparation for performing firefighting evolutions using vehicle turrets and handlines during his visit.**

program, contact the fitness center staff to learn the basics of fitness and stretching.

### Team Charleston loss

I am deeply saddened by the loss of one of Team Charleston's own in a motorcycle accident this weekend. This tragedy is devastating to the unit and the family. Our sincerest prayers go out to family and friends.

### Safety

Continue to manage risks daily on and off duty. Always stop and think before you act and use caution in all outdoor activities. Be responsible and make good choices.

The Commander's Action Line is your direct link to me. It's your opportunity to make Charleston AFB 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](mailto:action@charleston.af.mil).

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

## Dispatch

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## Stay focused

# More heavy lifting ahead for Charleston AFB

By Lt. Col. Don Shaffer  
17AS commander

We've all heard it – the war is over, and it is time to take a break.

Stories about the ongoing operations in Iraq and Afghanistan have, for the most part, slipped out of the headlines on the evening news and off the front page of the daily paper. It's easy to get the impression that all the hard work, or at least the majority of it, is over. But, the perception that all the "heavy lifting" is over is just that, a perception. Perception often doesn't match reality.

The truth is, there is more heavy lifting to do and we're doing it. As you read this, the flightline is buzzing at nearly 100 percent effort, and there is little indication it will let up any time soon. The perception that the hard work is over is one we need to be very careful of. It can be dangerous. It can lead to an attitude of "we can relax," when we absolutely cannot.

### worth repeating

"We need to make sure we stay focused -- on the mission, training and safety."



—Lt. Col. Don Shaffer  
17th Airlift Squadron commander

We need to make sure we stay focused – on the mission, training, and safety. Things need to be done the right way, by the book. Once the adrenaline rush of a high-tempo operation wears off, it becomes increasingly difficult to stay focused. For aerial porters, maintainers and flyers, along with those deployed to the world's hot spots, and all the support personnel helping ensure mission accomplishment, life has certainly not slowed down. But that initial adrenaline rush has probably worn off.

I challenge each and every one of you, from the highest-ranking officer to the lowest-ranking airman, to maintain your focus so we can continue to provide the heavy lifting our nation requires.

We have just been through the heaviest sustained operation in the history of the wing, and everyone on the team has done an absolutely phenomenal job! We have re-written every record in the book, and we've done it with a first-rate safety record. The key was focus.

Over the next few months, the operations tempo may ebb and flow but will assuredly remain relatively high as we press on with the



Photo by Staff Sgt. Corey Clements

Freight movers from the ramp in the 437th Aerial Port Squadron load cargo onto a C-17 earlier this year.

global war on terror. It will take a concerted effort on the part of everyone, from the commanders and supervisors to our youngest airmen, to make sure we maintain that focus. Take the time to look at current processes and safety practices in your shop to make sure we are doing things the right way, the safe way – by the book. It's all about focus!

## Charleston chat

### Why are you going to the Air Force Ball?



"I get to see my beautiful wife all dressed up in a (nice) gown."

— Capt. Mark Chagaris  
14th Airlift Squadron



"It's a great opportunity for airmen to meet people throughout the wing."

— Airman Ana Gaul  
437th Airlift Wing Plans



"It's a part of the Air Force history and heritage ..."

— Master Sgt. Patrick Tustin  
437th Maintenance Squadron



"It's a celebration of our Air Force heritage and a special chance for camaraderie."

— Paula Roy  
437th Medical Support Squadron



"The Air Force Ball is the opportunity to share the military experience with my wife."

— Senior Master Sgt. Charlie Hall  
81st Aerial Port Squadron

## NEWS

# Charleston AFB homesteaders may face retraining

By Airman 1<sup>st</sup> Class Amy Perry  
437 AW Public Affairs

Phase two of the Noncommissioned Officer Retraining Program is underway.

According to Senior Master Sgt. Matt Harless, 437<sup>th</sup> Airlift Wing career assistance advisor, 11 Team Charleston members have been selected to involuntarily move to shortage career fields.

The NCORP is designed to help balance the enlisted force by moving NCOs in specialties with surpluses to those with shortages.

In phase one, staff, technical and master sergeants in overage career fields were asked to volunteer for the shortage positions. Seventy-seven Charleston airmen were notified of their vulnerability for retraining.

Historically, volunteers were used to fill all vacant positions. Although 450 airmen Air Force-wide volunteered to change career fields in phase one, it was not enough. This prompted the move to phase two, involuntary retraining.

Involuntary retrainees previously were chosen based on their time-in-grade and any special qualifications. This year, it's different.

"It's now based on the date arrived at station or time on station, assuming the person is

otherwise qualified," said Sergeant Harless. "Charleston has an abundance of people with lots of time on station. There are more than 100 people with 12 or more years on station. The NCORP, on average, is affecting people with five years TOS or more."

Many people "homestead" at CAFB because of the climate and geographic location, said Sergeant Harless. However, experiencing other bases and career broadening is an important part of Air Force life.

With time on station being the main factor in retraining, it may be important for people to consider overseas assignments or special duties, Sergeant Harless continued.

When members are selected for an overseas assignment or a special duty, they become exempt from the NCORP. If airmen like Charleston and want to come back, Sergeant Harless recommends doing a remote tour with a follow-on assignment here.

"In a nutshell, it's important for you to control your destiny by volunteering for assignments or special duties," said Sergeant Harless. "If not, you could be tasked to be involuntarily retrained or tasked for an involuntary special duty."

Staff Sgt. Tony Newbern, 437<sup>th</sup> Civil Engineer

Squadron Explosive Ordnance Disposal technician, is not being cross-trained, but is on the list to be a military training instructor, military training leader or non-volunteer recruiter. He has been at CAFB for 11 years.

"In my case, the Air Force would be moving me from a critically-manned career field to another area critically manned," said Sergeant Newbern. "I love my job, and I don't like the idea of being retrained. I just don't have the desire to do any of those jobs."

Although the last time the NCORP was in phase two was in the late nineties, Sergeant Harless expects it to be used again next year if enough people don't volunteer.

"It's important for people to volunteer for assignments and retraining before they are chosen for involuntary retraining," said Sergeant Harless. "Members should learn to control their careers by relocating and volunteering for special duty assignments."

For more information, call Sergeant Harless at 963-8004 or go to the retraining Web site at <https://www.afpc.randolph.af.mil/enlskills/Retraining/retraining.htm>. *(Information from Air Force Print News was also contributed to this article)*

## Aug. 29 operation hours

**Dining facility and flight kitchen:** normal hours

**Golf, Starlifter Lanes Bowling Alley and AeroClub:** normal hours

**Lodging:** normal hours

**Youth Center:** normal hours

**Fitness & Sport Center:** 5 a.m. - 6 p.m.

**Education Center:** min. manning, college  
reps available 7:30 a.m. - noon

**Charleston Club:** open at 4 p.m. for  
membership night

**Child Development Center:** will survey parents to  
provide care accordingly

**Outdoor Recreation:** 9 a.m. - noon

**Civil Engineer Squadron:** Fire department and  
standby personnel only

**Mission Support Squadron:** closed,  
call 412-5646 for emergencies

**Logistics Readiness Squadron:** closed,  
call 963-5079 for emergencies

**Medical Clinic:** closed

**Security Forces Squadron Pass and ID:** closed,  
call 963-3600 for emergencies

**Services Squadron:** call 412-5975 for emergencies

**Base Exchange and Commissary:** normal hours

**NOTE:** The Commissary will be open Tuesday, Sept. 2.

## Attention all drivers

### Government Vehicle Tips

- Before getting into a vehicle, inspect tires, check oil, check windshield wipers, check lights and make sure the horn works
- Fasten seatbelts before every trip – short or long
- Pay attention to the maximum load capacity and don't overload your vehicle
- Obey all posted speed limits and do not exceed 65 miles per hour in a GOV
- While backing up always try to use a spotter, or physically ensure area is clear behind the vehicle

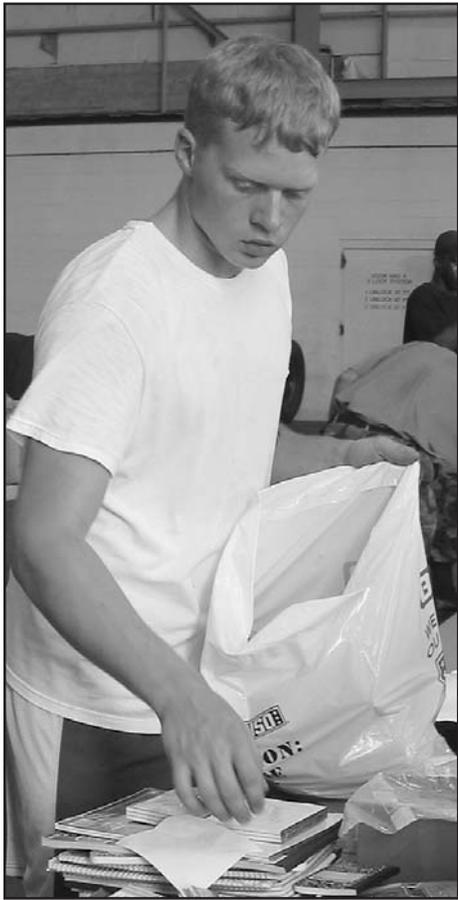
### Anytime driving tips

- When merging, make sure there is plenty of room
- Avoid making any gestures that might anger another driver
- Allow at least a three-second space between vehicles
- Give angry drivers lots of room. An offended driver could "snap" and become truly dangerous
- Looking or staring at another driver can turn an impersonal situation into a personal duel
- Don't try to beat the clock; allow more time for the trip

### Motorcycle safety

- Novice motorcycle operators must attend an Air Force-approved motorcycle safety course
- Experienced motorcycle operators must serve as role models by wearing protective equipment required by the Air Force, both on- and off-base
- All motorcycle operators must know their own abilities and the mechanical abilities of their bikes and not exceed either of these
- Supervisors and commanders must be involved by knowing who their motorcyclists are, being involved in their training and helping them develop good judgment

# CAFB receives donation for deployed troops



**Volunteer Airman 1st Class Kevin Goozie, 437th Logistics Readiness Squadron Fuels Flight technician, puts paper products in a goodie bag.**

**Story and photos by  
Airman 1st Class Amy Perry**  
*437 AW Public Affairs*

Charleston's deployed troops will get a special treat from the states; Bi-Lo grocery stores donated \$5,000 in goodies through the United Service Organization.

Twelve volunteers from the 437th Logistics Readiness Squadron spent more than five hours Aug. 15 stuffing more than 700 bags donated to Charleston AFB.

Goodie bags will get to Team Charleston people deploying and already deployed. Airmen processing through the deployment line can pick up donations. The Family Support Center, unit deployment managers and spouses of deployed airmen will also be able to get bags to send to those overseas.

USO and Bi-Lo chose Charleston due to the high operations tempo and high deployment numbers, said 1st Lt. Rob Pearce, 437 LRS deployment center war reserve deployment manager and event coordinator.

Overall, Operation: Goodie Bag distributed more than 900,000

items to troops, said Mary Lou Austin, USO representative. A portion of the shipment came to Charleston AFB to support airmen from South Carolina.

The bags included toothpaste, lip balm, shampoo, conditioner, microwavable noodles, and more.

"Shortly after the conflict started, associates and (Bi-Lo) customers wanted to do something to help anyway they could," said Verle Bohrn, Bi-Lo district manager for Charleston.

Bi-Lo contacted the USO to see how they could help and started advertising for people to donate money and goods to send to the troops.

From talking to folks who have been deployed, a care package is a great thing to receive, said Lieutenant Pearce.

One volunteer echoed Lieutenant Pearce's sentiments.

"I know deployed troops will benefit from the packages, because it lets them know that someone back in the states is thinking about them," said Tech. Sgt. Eric Ritchie, 437 LRS deployments NCOIC. "I know how appreciative I was when



**Master Sgt. Tom Lancto, 437th Logistics Readiness Squadron deployment center deployments NCOIC, fills up an Operation: Goodie Bag with food. More than 700 bags were put together for deployed airmen.**

I was in the desert and received care packages."

People interested in sending Operation: Goodie Bags to deployed troops should call Lieutenant Pearce at 963-5512, or Master Sgt. Tom Lancto at 963-5519.

## Out of cycle testing keeps sergeant promotions in line

**By Airman 1st Class Amy Perry**  
*437 AW Public Affairs*

Nearly 100 Charleston AFB senior airmen, staff and technical sergeants who did not yet test this year due to deployments will soon have their chance to be promoted.

Supplemental releases are scheduled to come out the second Tuesday of every month through November, said Tech. Sgt. Troy Jarrell, 437th Mission Support Squadron Military Personnel Flight promotions NCOIC.

There are additional promotees released every year, but usually on a much smaller scale, said Sergeant Jarrell.

There are normally fewer people who tested out of cycle due to deployments, or didn't have their records scored correctly during the cycle. After problems, such as missing medals or enlisted performance reports, are corrected, the Air Force Personnel Center runs their records against peers in their Air Force Specialty Codes to see if they can be

promoted, Sergeant Jarrell said.

If a person missed a testing cycle, they have 60 days from the day they returned to the United States to test, and should contact their squadron Weighted Airman Promotion System monitor to set a test date.

This year, the Air Force Personnel Center allowed commanders more leeway in deciding when their troops had to test.

In the past, the number of airmen receiving orders during their testing cycle was small, said Ken Schwartz, AFPC test management system chief. Usually they were required to test before departing, providing they had access to study materials for at least 60 days.

"This cycle, we gave commanders a little more flexibility to say whether a person should test before or after their deployment," said Mr. Schwartz. "It seems like the right thing to do to keep (promotion) testing in sync with the acceleration of the (air and space expeditionary force) rhythm."

Everyone gets an opportunity to test, and just

because they were deployed doesn't mean they should be punished, said Sergeant Jarrell.

Staff Sgt. Jon Sellers, 437th Operations Support Squadron Intelligence Flight, was deployed from the beginning of March to the end of April for Operation Iraqi Freedom, and missed his testing date.

"I think it's important for people to get the chance to test out of cycle so we can keep up with our peers in promotion," said Sergeant Sellers.

It's also important to use the extra months to study, said Sergeant Jarrell.

"Take study materials with you when you deploy," said Sergeant Jarrell. "It's valuable study time when you're away from home, if you have time to study."

Staff Sgt. Tony Rice, 14th Airlift Squadron Commander's Support Staff NCOIC, was deployed January through April to Rhein Main AB, Germany, but didn't have much time to study.

"I brought all of my study materials, but if you are constantly busy and working long hours, it makes it hard to study," said Sergeant Rice.

He was grateful for the 60 days to study and hopes to be on the supplemental list soon.

The first supplemental release came out in July, and the next is expected Sept. 6. **(Air Force Print News also contributed to this article.)**

### worth repeating

**"... it's important for people to get the chance to test out of cycle so we can keep up with our peers in promotion."**

**—Staff Sgt. Jon Sellers**  
*437th Operations Support Squadron*

# AROUND THE AIR FORCE

## Officials: No intention of pay cut for troops

**WASHINGTON** – Pentagon officials have no intention of lowering total compensation for troops in Iraq and Afghanistan, the Defense Department's top personnel officer said Aug. 14.

David Chu, defense undersecretary for personnel and readiness, took questions from the media in response to published reports suggesting DOD would cut the pay of forces serving overseas in the war on terrorism.

At issue are temporary increases Congress approved in April for two forms of compensation: imminent danger pay and family separation allowance. Imminent danger pay went from \$150 per month to \$225, while family separation pay increased from \$100 to \$250 per month. The two increases are set to expire Sept. 30, and defense officials have urged Congress not to extend them, saying they are unfunded.

But, Mr. Chu stressed, this does not mean troops serving in Iraq and Afghanistan will see a cut in their total take-home pay.

"We are not going to reduce their compensation," Mr. Chu said.

Another senior official called the notion that the Pentagon would cut pay to combat troops "absurd."

Instead, Defense Department officials would prefer to compensate the troops through other means.

"We have some incentive pay with which we can compensate people in Iraq (and Afghanistan), should the current allowance provisions expire," Mr. Chu said. Among these are hardship-duty pay and incentive pay.

Officials have not worked out all the details yet, at least in part because Congress may still approve extending the increases in those two allowances, which the department would then have to find a way to pay for, Mr. Chu said. **(American Forces Press Service)**

## Robots display force-protection prowess

**LACKLAND AFB, Texas** – A demonstration of the latest in robotics and sensor technology gave security

forces directors from Air Force commands worldwide some new ideas in how to protect bases and people without endangering personnel.

Robotics experts put 12 robots through tests during the Aug. 6 demonstration at Southwest Research Institute in San Antonio.

"From an Air Force perspective, we're looking at robots in the future to do a lot of the force-protection deeds that we have right now," said Col. Tommy Dillard, Lackland Force Protection Battlelab commander. "Why put a person in harm's way if you can take a machine and new technology to go ahead and do a first look?"

"We think robotics is going to revolutionize how we do that part of the business — not to replace cops or anything like that, but simply to make us better," he continued. **(Air Education and Training Command News Service)**

## Marathon registration deadline approaches

**WRIGHT-PATTERSON AFB, Ohio** – With the Sept. 5 registration deadline approaching for the seventh annual Air Force Marathon, more

than 1,800 people have registered to compete. The event will take place at Wright-Patterson AFB, Ohio, Sept. 20.

According to marathon officials, 1,832 people had registered to compete as of Aug. 12, including 1,758 in the 26.2-mile marathon, the four-person relay race and the wheelchair race.

The four-person relay race has reached its maximum number of teams and is closed. However, all other events remain open.

All entries must be postmarked or handed in to the marathon office by Sept. 5. The registration fee is \$50 for the 26.2-mile and wheelchair races, \$35 for the half-marathon and \$15 for the 5km race.

Register online at <http://afmarathon.wpafb.af.mil>, or mail registration fees to: USAF Marathon, 88MSG/SBVC, 5215 Thurlow St., Wright-Patterson AFB, OH 45433.

For more information, call (800) 467-1823, (937) 257-4350 or DSN 787-4350. **(Air Force Print News)**

## AF works to demobilize Guard, Reserve

**WASHINGTON** – The Air Force

is working to return the nearly 28,000 mobilized Guard and Reserve airmen to their civilian jobs as quickly as possible, according to the service's senior manpower official.

"There are a full range of initiatives that we're undertaking to accomplish the mission without mobilized Air Reserve Component airmen," said Michael Dominguez, assistant secretary of the Air Force for manpower and reserve affairs at the Pentagon.

However, the demobilization of these airmen, 10,000 being security forces, is driven by workload, as determined by the combatant commanders in the field.

Although these Guard and Reserve airmen were called up for a two-year mobilization, Mr. Dominguez said he believes the Air Force should rely on them only as long as absolutely necessary.

"The Air Force couldn't have done what it has over the past two years without these airmen, but we must remember that we share them with their families, employers and communities," he said. "We have to get them back home as soon as the mission permits." **(Air Force Print News)**

## Combat Camera Photo of the Week



Photo by Tech. Sgt. Scott Reed

### Working until sundown

Staff Sgt. Jonas Concepcion, a crew chief from the 118<sup>th</sup> Fighter Squadron, Connecticut Air National Guard, Bradley Field, performs post-flight checks on an A-10 Thunderbolt II following a mission at Desert Rescue XI, Aug. 12 at Naval Air Station Fallon, Nev. The joint-service combat search and rescue training exercise simulates downed aircrew behind enemy lines and allows airmen to practice rescue-related missions.

# NEWS BRIEFS

## Spotlight

**AF Ball Golf Tourney:** The Air Force Ball Golf Tournament is Thursday, with registration at 7:30 a.m., and a shotgun start at 8:30 a.m., at the Wrenwoods Golf Course. The cost is \$35, which includes cart, green fees, range balls, a barbecue pork luncheon and beverages. The hole in one prize is a Ford Ranger pick-up. Sign up with squadron Air Force Ball representatives or at the golf course. For more information, call 1<sup>st</sup> Lt. Corey Ringhisen at 963-2954, or e-mail [corey.ringhisen@charleston.af.mil](mailto:corey.ringhisen@charleston.af.mil).

**Summary Court Officer:** Second Lt. Jennifer Strickland, 1<sup>st</sup> Combat Camera Squadron, is detailed as Summary Court Officer to secure and make proper disposition of the personal effects of Tech. Sgt. Gary Robinson. Anyone having knowledge of money or property due to the deceased or claims against the deceased's estate, please contact Lieutenant Strickland at 963-3366, or 963-4014.

## Around the base

**Club Fun:** ATWIND and the Charleston Club sponsor a club fun day today, noon - 4 p.m. The event is open to everyone and is an alternate duty location. This is the last major ATWIND event and the kick-off for the Charleston Club "Travel the World on Us" membership drive Aug. 18 - Oct. 31. For more information, call the Club at 963-3914.

**Travel vouchers:** The finance office requires only one copy of

travel vouchers starting Monday. They are now e-mailing copies of travel voucher summaries. Please include an e-mail address in block 6e of the July 2002 edition of DD Form 1351-2. For more information, call the Finance Office at 963-3700.

**Stepfamily class:** Family Advocacy offers a five-session class concerning stepfamily living beginning Wednesday and continuing the fol-

lowing four Tuesdays, 6:30-8:30 p.m. For more information, call Jim Hernandez at 963-6504.

**Blood drive:** The Armed Forces Blood Drive is Tuesday, 9 a.m. - 3 p.m., at the Charleston Naval Weapon Station Community Center, Building 787 on Fletcher Street. The program urgently needs 0-negative type blood. For more information, call Chief Petty Officer Anthony Aubright at 863-3072.

**Hurricane briefing:** The Family Support Center hurricane briefing, geared toward family members of deployed personnel and first term airmen, is Wednesday. The one-hour briefings are at 3 p.m. and 7 p.m. The guest speakers include a local news meteorologist and the American Red Cross. For more information or to register, call the FSC at 963-4406.

**Golf Tourney:** The Charleston Chapter of the National Defense Transportation Association is having its 11<sup>th</sup> Annual Scholarship and Chapter Fund-Raising Golf Tour-

namment Oct. 3, with check-in beginning at 11 a.m. and a shotgun start at 12:30 p.m., at the Wrenwoods Golf Course. The cost is \$40, which covers the cart, green fees, beverages and lunch. For more information, call Ryan Westall at 963-3240.

**Decals:** The 437<sup>th</sup> Security Forces Squadron requires all cars to get a decal or personnel will have to get a visitor's pass each time they enter the base. The Pass and ID shop will be open the Reserve weekend in September during regular hours to allow 315<sup>th</sup> Airlift Wing members to get vehicle decals.

**Oktoberfest:** The Oktoberfest event is scheduled for Sept. 26, 11:30 a.m. - 6 p.m., at the base dorms. The event is designed to recognize the sacrifices and achievements of Charleston AFB airmen. Master sergeants and above pay \$5 each. Oktoberfest is an alternative duty location for E-6 and below and features free food, beverages, entertainment and prizes. For more information, call Master Sgt. Scottie Franklin at 963-4282.

## Charleston Warrior of the Week

### Tech. Sgt. Curtis Peterson 437<sup>th</sup> Aerial Port Squadron

Tech. Sgt. Curtis Peterson is an Air Terminal Operation Center mission launch controller at the 437<sup>th</sup> Aerial Port Squadron.

Sergeant Peterson is responsible for overseeing the on and off loading of all military and commercial aircraft within strict time constraints. He also makes scheduling and mission cancellation decisions based on cargo backlog.

Sergeant Peterson said working with personnel to ensure passengers and cargo are loaded is the best part of his job.

"When your day is over, you know you did your best," he said.

The Splendora, Texas, native has been at Charleston AFB for two years and joined the Air Force because he wanted to serve his country while seeing the world.

After 18 years of service, Sergeant Peterson said he's preparing to retire and in the process of making the transition to civilian life.

In his off-duty time, he enjoys gardening, woodworking, and going to local farms and handpicking fruits and vegetables.



Photo by Airman 1<sup>st</sup> Class Amy Perry

## Air Force Ball

The Air Force Association Chapter 297 is sponsoring the Air Force Ball Sept. 6 at the North Charleston Convention Center. Social hour begins at 6 p.m. followed by dinner at 7 p.m. The guest speaker is Lt. Gen. Duncan McNabb, Headquarters U.S. Air Force Staff, Plans and Programs deputy chief.

Tickets are \$25 and can be purchased through squadron representatives. The menu includes a garden salad, herb chicken with roasted garlic crème, vegetables, rolls, and Chocolate Lovin' Spoon Cake or cheesecake.

Baby-sitting services are offered on site for \$10, and reservations can be made with Tech. Sgt. Janet Clayton at 963-6024. The 437<sup>th</sup> Logistics Readiness Squadron offers free transportation from Charleston AFB to the convention center. Valet Parking at the convention center is offered by the 437<sup>th</sup> Comptroller Squadron.

## SPORTS & FITNESS

# Major gets buff with basics to become

# FIT 2 FIGHT

By Master Sgt. Angel Newman  
437 AW Public Affairs

Deciding she wasn't going to just lose weight or just get in shape led a Team Charleston officer to dramatically change her routine and drop eight sizes.

Maj. Laura Radley, an Individual Mobilization Augmentee with the 437<sup>th</sup> Airlift Wing Plans office, always thought she could get in good shape and feel healthier, but never really gave it her all. She lost and gained weight ever since she was young and exercised on an irregular basis.

"Struggling with weight and fitness has always been an issue for me," said Major Radley. Always, that is, until this past February when she set out to become fit to fight.

"I ran out of excuses," said Major Radley. "I wasn't going to 'lose weight' or 'get in shape,' I was going to change how I lived."

For Major Radley, this meant a near total departure from her lifestyle. She concluded diets don't last long term and exercise can only help so much. What she needed was a good combination.

"My favorite foods were potatoes, pasta with cream sauce and fast food," Major Radley said. "I had run and swam

competitively, but not in the last three years or so. If I was going to be what I know I could become, that would all have to change."

She began by packing healthy lunches, including a sandwich, fruit and vegetables, each day instead of ordering fast food. With support from her boss, Lt. Col. Brad Barnett,

she'd eat at her desk and take her lunch time to walk 1.7 miles around the McCombs Way loop.

"By the end of the first week, I was walking two laps," said Major Radley. "By the end of the second week, I was running one lap and walking one. After a month, I was able to run three laps in just under an hour."

As the major stepped up the calorie-burning exercise and limited her calorie intake, the pounds began to fall off. She says she has purposely not gotten caught up in the number of pounds lost, but rather looks at her overall appearance.

"I weighed the same amount about four years ago," said Major Radley, "but my clothes were two sizes bigger then. I've gone down eight sizes and maybe 50 pounds of fat, but put on probably 15 pounds of muscle. The combination of eating differently and exercising has really shaped my body. I really feel much better about myself."

The key, said Major Radley, is getting a routine and setting priorities.

"I make exercise time a part of my schedule, even when I'm TDY," she said. "I now

run more than 25 miles a week. While I bring lunch and healthy snacks to the office, I don't deprive myself. If I have some cake at an office birthday party, I don't feel guilty. I just know I don't need to have the biggest piece. My favorite foods now are grilled chicken

and steamed vegetables ... for real!"

The major stresses if she can make a change this drastic, anyone can. "I don't have a lot of will power," she said.

Major Radley's coworkers not only noticed her physique shrinking, but also caught her motivation.



Photo by Andre Bullard  
Maj. Laura Radley, 437<sup>th</sup> Airlift Wing plans, shunned fad diets and exercise hype and returned to the basics of eating right and exercising more to get in the best shape of her life.

"I watched the pounds just drop off her," said Staff Sgt. Christy Valentine. "I learned what she ate and the exercise regimen, and thought; I can do that too."

Sergeant Valentine was right and has lost nearly 20 pounds and feels better than ever.

Major Radley wants to spread her success to anyone who wants to be healthier. Her advice is very basic: "Eat better, eat less and exercise more. It may be simple, but really is the key," she said.

**Editor's note:** This is the second in a series on Team Charleston personnel making lifestyle changes to better meet the Air Force mission.

**"I ran out of excuses. I wasn't going to 'lose weight' or 'get in shape,' I was going to change how I lived."**

**- Maj. Laura Radley  
437<sup>th</sup> Airlift Wing Plans**

## Memorial service held for CTCS airman

The 437<sup>th</sup> Airlift Wing held a memorial service Thursday for Tech. Sgt. Gary Robinson, 1<sup>st</sup> Combat Camera Squadron, who died in a traffic accident Saturday.

Sergeant Robinson was born Sept. 3, 1967, in Sasebo, Japan, and grew up in San Antonio, Texas. He entered the Air Force and began basic military training at Lackland AFB, Texas, June 3, 1986. Upon graduation, he was assigned to the 544<sup>th</sup> Target Materials Squadron, Offutt AFB, Neb., where he began his career as a collateral processing and select photographic specialist. He continued to serve the Air Force at the 1 CTCS here starting in November 1992 where he documented several

real-world contingencies, exercises and humanitarian-relief efforts.

Sergeant Robinson deployed to Kuwait in support of Operations Vigilant Warrior and Phoenix Jackal; Somalia in support of Operation Continue Hope; Denmark for Tactical Weaponry 95; and Kenya for the withdrawal of United Nations forces during Operation Phoenix Onyx and United Shield.

In July 1997, Sergeant Robinson was reassigned to the 8<sup>th</sup> Communications Squadron, Kunsan AB, Republic of Korea. In July 1998, he

returned to the 1 CTCS, where he performed as the NCOIC of mobility and training, tracking more than 2,000 unit mobility training requirements.

"Gary's contributions to the 1<sup>st</sup> Combat Camera Squadron have been immense," said Chief Master Sgt. Thomas Hare, 1 CTCS superintendent. "His passion in preparing troops to excel during real-world operational deployments was unmatched. His personality and enthusiasm were absolutely contagious. We'll miss him greatly and fondly remember the memories we shared. We were blessed to have him in our lives."

"Sergeant Robinson was a strong-willed man with a fierce loyalty to those he loved and respected," said Master Sgt. Robert Hawkins, 1 CTCS NCOIC readiness and training. "He was also

a military professional that was proud of his Air Force heritage and he truly considered it an honor to serve his country. Those who did not know him well may not have seen these things through his ever present, and sometimes overwhelming, sense of humor. He had a sharper and quicker wit than anyone I've ever had the pleasure to know. He was a caring, thoughtful, and honorable man."

Sergeant Robinson's awards and decorations include the Air Force Commendation Medal with three devices and the Air Force Achievement Medal with one device.



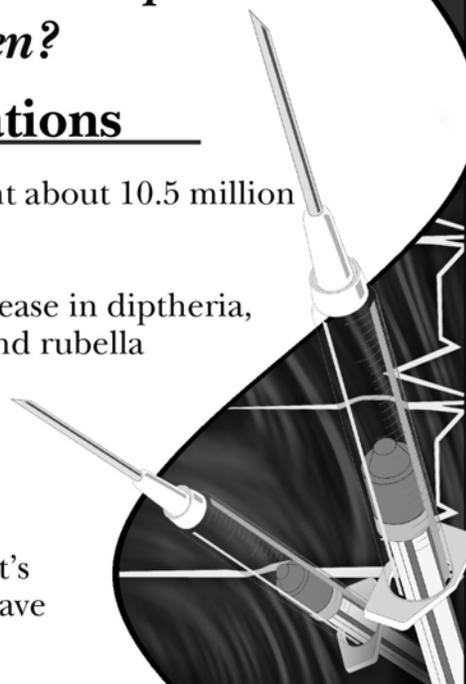
**Tech. Sgt. Gary Robinson**

## WELLNESS TIP

*What program has had the greatest impact on disease reduction for our children?*

**Answer: Childhood Immunizations**

- Each year childhood immunizations prevent about 10.5 million cases of disease and 33,000 deaths
- Responsible for more than 95 percent decrease in diphtheria, pertussis, tetanus, polio, measles, mumps and rubella during the 20th century
- Currently, only 75 percent of our nation's toddlers get vaccinated on time
- Vaccinating your children is one of a parent's most important responsibilities and could save their child's life!



## Chapel schedule



**107 Arthur Drive**  
**Office:** Monday-Friday, 9 a.m. - 4:30 p.m. (effective Sept. 2)  
**Phone:** 963-2536.

After duty hours, call the command post at 963-2531 for emergencies only.

**Catholic Services:** *Saturday* - 4:15 p.m. Reconciliation, 5 p.m. Mass. *Sunday* - 9:30 a.m. Mass, 9:30 a.m. Children's Church. *Weekdays* - 11:30 a.m. Mass. Sacrament of Baptism pre-baptismal classes are held the first Sunday of each month at 11 a.m. in the Chapel Annex. No daily Mass on Mondays.

**Protestant Services:** *Sunday* - 9:30 a.m. Sunday School, Bldg. 245, 11 a.m. Traditional Worship Service and 11 a.m. Children's Church. *Sunday* - 5 p.m. Contemporary Worship Service.

**For information on other faith groups, call the Base Chapel at 963-2536.**

## Movie schedule

**Admission:** 99 cents for adults and children.

Any person under 17 years of age requires a parent or adult guardian (a minimum of 21 years old) to purchase an admission ticket for the minor to view R-rated movies. The ticket office opens 30 minutes prior to start of movie, unless otherwise noted.

**Movie schedules are provided by AAFES.**

**Patrons should call 963-3333 to verify movie titles, running times and start times, which are subject to change.**



**Today, 7:30 p.m.**

**"Johnny English" – Rowan Atkinson**

Johnny English is a bumbling British agent sent to rescue the crown jewels and save the monarchy from the scheming Frenchman Pascal Sauvage. All of England's hopes are resting on Johnny English. **(PG) 88 minutes**

**Saturday, 7:30 p.m.**

**"The League of Extraordinary Gentlemen" – Sean Connery**

Based on the acclaimed comic books by Alan Moore, a legion of superheroes the likes of which the world has never seen, with little preparation and no time to lose, must save the world. But, the members of the League enter their union with inherent suspicion toward one another. **(PG-13) 110 minutes**

**Aug. 29, 7:30 p.m.**

**"Pokemon Heroes" – Animated**

In a mysterious city of water called Alto Mare, Ash and Pikachu meet two new Pokemons Latias and Latios who protect a treasure called the Droplet of the heart, which is the target of a pair of thieves, Zanna and Rion. Latias and Latios possess strong psychic abilities and the power to disguise themselves as humans. **(G) 71 minutes**

## SPORTS & FITNESS

Getting prepared

# HAWC gives tips for meeting new fitness standards

**By Capt. Sean Schumm**

*437 MDG Health and Wellness Center  
registered dietitian*

The Air Force Fitness Program is changing soon.

Airmen will likely be taking a different fitness test starting January 2004 which will put weight, body fat management and fitness together as components of overall wellness and readiness.

Although the new Air Force Instruction on fitness has not been officially released, the Health and Wellness Center does have some general information about the new changes. The information is based on preliminary information, and there may be some minor changes when the new AFI is officially implemented.

The new testing protocol will assess body composition, aerobic fitness and muscular strength. Each area will be scored on a graded system with all the points totaled to reach a composite score.

The point distribution expressed as a percentage of a total score is: body composition - 30 percent, aerobic fitness - 50 percent, push-ups - 10 percent, and sit-ups - 10 percent. Having the grade scale means there will no longer be a simple pass or fail. Under the new system, the better people perform, the more points they will earn. Their composite score will determine whether they are classified as low, moderate or high risk.

The protocol for testing each area will also differ from the current system. For body composition, the measurement will likely be waist circumference. Larger waist measurements indicate more fat stored in the abdominal area, which increases risk of dis-



ease. Additionally, there will no longer be maximum allowable weights to specify who needs to have measurements done.

Aerobic-fitness standards will also be more difficult than they are now. This assessment will be done with the 1.5 mile run. The cycle ergometry test will be used for those with a high-cardiac risk.

Along with the run, push-ups and sit-ups will be measured by how many can be completed in a minute. The more push-ups and sit-ups performed, the more points that will be earned. If people haven't been doing these exercises, now is the time to start.

The following are some tips that can help people get ready for the new fitness test:

■ **For fitness improvement or to help with weight loss, aerobic exercise should be performed 5-6 days a week**

■ **For maintenance of current fitness levels, aerobic exercise should be performed 3-4 days a week**

■ **Strength training should be done 2-3 days per week, to include push-ups and sit-ups**

■ **Gradually build up to running if not currently running regularly. This will avert potential injuries**

■ **Ensure you have proper footwear prior to beginning any running program.**

■ **Decrease calorie intake and increase exercise to aid in weight loss**

For further details on exercise program design and progression, footwear, and nutrition and weight loss, call the HAWC at 963-4007.

# CAFB Hurricanes take first championship title

**By Senior Airman John Matecki**

*437<sup>th</sup> Security Forces Squadron*

The Carolina Ice Palace will go down as the arena that the Charleston AFB Hockey Team won their first championship title.

On Aug. 12, the CAFB Hurricanes, faced the Wizards, last year's league runner-up.

Ten minutes into the first period, the Wizards answered first, with a goal from Matt Epstein. The Hurricanes struck back in just over a minute with a rocket shot from forward John Paquette. Not to be out done, Epstein netted another puck just before the end of the first period causing the Hurricanes to fall behind by one.

"We have been down before, and it is a place that we have come back from," said defender Karl Nichols. "This was not the place we should have been."

The Hurricanes responded with defender Steve Gerke taking a hard pass from center Lucas Micheletti and slammed it into the net, tying the game at two points each.

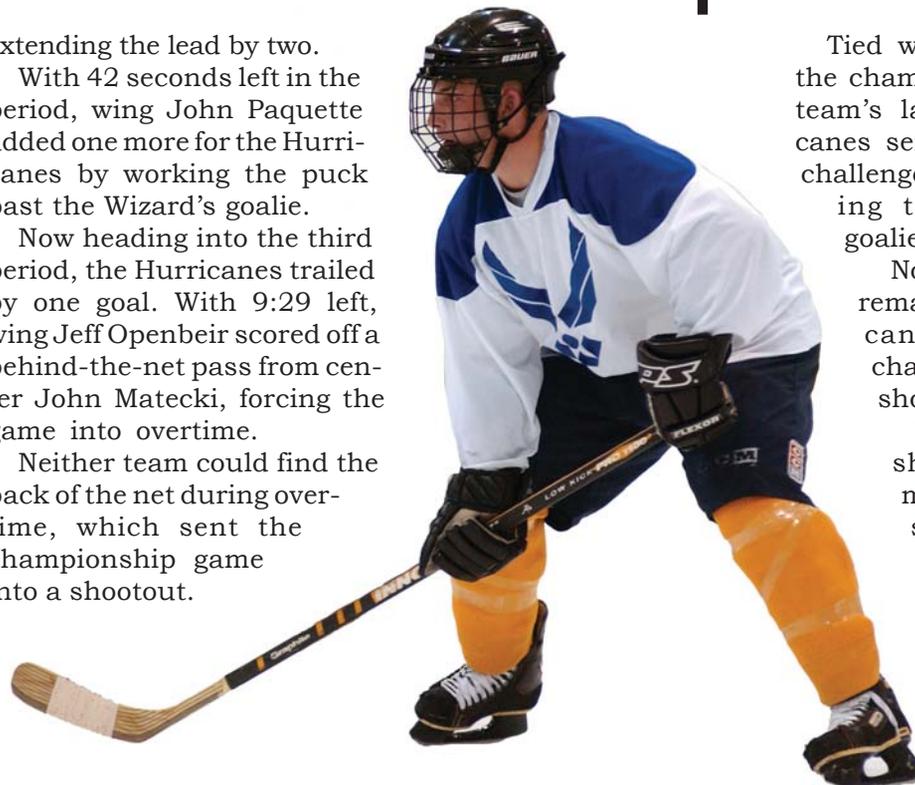
Determined to be victorious, the Wizards answered, scoring two goals, just a minute apart,

extending the lead by two.

With 42 seconds left in the period, wing John Paquette added one more for the Hurricanes by working the puck past the Wizard's goalie.

Now heading into the third period, the Hurricanes trailed by one goal. With 9:29 left, wing Jeff Openbeir scored off a behind-the-net pass from center John Matecki, forcing the game into overtime.

Neither team could find the back of the net during overtime, which sent the championship game into a shootout.



**Defender Steve Gerke prepares for an offensive attacker in the B-League Championship versus the Wizards. The Hurricanes won 5-4 in a shootout.**

*Photo by Airman 1st Class Jason Bailey*

Tied with one shot remaining, the championship rested on each team's last shooter. The Hurricanes sent Paquette to meet the challenge, and he did it by finessing the puck between the goalie's legs.

Now up by one point, all that remained between the Hurricanes and the B-League championship title was one shot.

The Wizard's final shooter tried to put his moves on in order to answer, but was shut down by Hurricane goalie, Jeremie Banks who had 35 saves in the game.

"To play with these men was amazing," said Banks. "It was tremendous to go home with the win, especially with such a dramatic ending."