

AIRLIFT Dispatch

Vol. 42, No. 11

437th Airlift Wing, Charleston AFB, SC

Friday, March 21, 2003

Who will be affected?



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LOSS**

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Team Charleston: One family, one mission, one fight!

COMMENTARY

Commander's Comments

By Col. Brooks Bash
437 AW commander

Team Charleston got more good news this past week, as Air Mobility Command and Air Force named winners in a number of categories.

Awards

Lt. Col. Judy Rosen, 437th Medical Group, was named the Air Force's best nurse field grade officer of 2002. Additionally, judges recognized **Airman 1st Class Amy Perry**, 437th Airlift Wing Public Affairs, for taking the best base newspaper stand-alone photograph. We also got word that Combat Camera earned numerous DoD-level awards for their work. More to come in next week's *Airlift Dispatch*.

AMC named **Turner Wilson**, 437th Logistics Readiness Squadron, the supply technician of the year, and **Senior Airman Charles Rash**, 437 LRS, earned recognition as AMC's outstanding junior fuels technician.

Master Sgt. Paul Baczewski was the 21st Air Force supply superintendent of the year. He and 19 other Charleston master sergeants got more good news Wednesday—another stripe on the way. Congratulations to all our new senior master sergeants. The list of CAFB selectees is on page 7.

Promotions

Promoted earlier, but pinning on this week was **Lt. Col. Tracy O'Grady-Walsh**, 437th Services Squadron commander. With the high operations tempo, we have asked a lot of her and the "Can-do Services Crew," and they have performed with flying colors.

Fun run

We had more than 150 participants in at last week's fun run. Special thanks to the commanders and the three guidon-bearers who participated. I look forward to seeing even more at next month's run, April 16.

ECAMP

This week we held an internal Environmental Compliance Assessment and Management Program. Our base environmental experts spent the week evaluating the base's compliance to environmental standards and identifying best practices and areas where we can improve our processes. This thorough internal assessment will assure success in our next external ECAMP in 2005.



Photo by Staff Sgt. Corey Clements

Lt. Gen. John Baker, Air Mobility Command vice commander, reviews airfield transportation operations stats from the on-duty officer, **Paul Meanley**, during a visit here March 12. The general visited Team Charleston to thank its cargo handlers for moving 5,000 tons of equipment to the Middle East in the past couple of weeks and to see how long they can sustain operations under the current workload.

Women's history and Earth Day

At a luncheon today, we celebrate women's role in building America, with guest speaker Patrice Smith, a Channel 4 news anchor. On Wednesday, we will plant a tree and have activities commemorating Earth Day.

AMC command chief

We also welcome AMC Command Chief Master Sgt. Michael Kerver next week, as he visits CAFB to speak at the Airman Leadership School graduation Thursday. Please give him a warm welcome when you see him around base.

This has been a momentous week, and the coming days and weeks promise their own challenges. Thank you for your hard work; we will continue to ask much of you, and I know you will not disappoint. Your efforts are making a difference in giving our commander-in-chief a wide range of options in shaping a safer world for current and future generations.

Be proud of the important role you play in the war on terrorism, and more than ever, be safe!

Action line addresses using courtesy when parking

Q: Parking at the Lodging Office is very limited to guests and employees. We're seeing a recurring problem with patrons and employees of the Medical Group parking in our limited spaces. The Medical Group has two fairly large parking areas for their patrons so I don't understand the need to use our parking lot. Some consideration for parking in designated areas would be appreciated.

A: Thank you for identifying the

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.

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



Col. Brooks Bash
437 AW
commander

concerns with patrons and employees from the Medical Group parking in the Lodging Office lot. The Medical Group

makes every effort and will continue to make every effort to ensure that its staff and patients park in the appro-

priate spaces. However, the parking needs of both organizations often results in a overflow situation in both lots. Medical Group staff have been reminded that they are not to park in the Lodging Office lot. In this case, courtesy is the best course of action needed to avoid any inconvenience. As with many bases, Charleston AFB has an overall parking deficit. We will continue to seek funding for additional parking.

— **Col. Brooks Bash**
437 AW commander

AMC CC thanks air mobility warriors

By Gen. John W. Handy
U.S. Transportation Command and
Air Mobility Command commander

The sun never sets on the mission of the Air Mobility Command, nor does it set on the work of America's air mobility warriors who provide the skill, dedication and plain hard work it takes to move and sustain military forces halfway around the world.

Our nation is again poised for war against a cruel and threatening regime in Iraq, but we in AMC have been in the thick of battle for months, working incredibly long hours and maintaining an unprecedented pace.

"Outstanding" is inadequate to describe your efforts in the Global War on Terrorism. Every day I meet and talk with mobility heroes — ordinary people doing extraordinary things. Every day I

am more amazed at what our team is accomplishing.

Since the initial terrorist attacks of Sept. 11, 2001, you have delivered almost a half-million members of the armed forces and a half-million tons of equipment and sustainment into Southwest Asia.

You have flown 4,000 aerial refueling missions for American and coalition aircraft, giving our air forces greater range in our global mission and making good on our promise to deliver vital resources to the warfighters.

Our combatant commanders rely on you to help them honor the pledge of a free people to battle global terror, prevent further harm to Americans, defeat the threat and defend the peace.

You have met every challenge with unwavering professionalism and dedication. When we've had to redirect our operations because of ad-

verse weather or international indecision, you've proven the flexibility of airpower and succeeded beyond all expectations.

We are one team, with one fight — active, Guard, Reserve, civilian, contractor or corporate partner, all have courageously accepted our wartime mission both at home and around the world. And we are able to continue that mission because of the steadfast support of our families. They are heroes as well.

Because of you, America's military is positioned and supported to do whatever is required to protect our country, our freedom and our way of life. Our nation's citizens have placed their confidence in us. We have not and will not let them down. America is proud of you and I humbly share that pride.

My deepest thanks to all of you for what you do for America each and every day.

Charleston chat

How do you feel about the Air Force implementing Stop Loss again?



"I think it's necessary considering the current international climate."

— 2nd Lt. John Cooper
437th Communications Squadron



"The more advanced the military gets, the more it needs experienced (servicemembers)."

— Spc. Jonathan Fried
Army National Guard



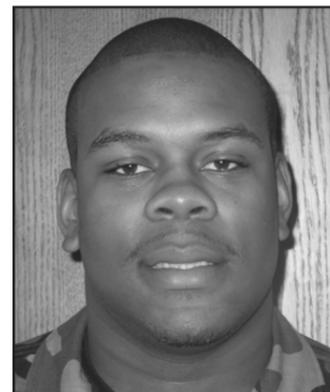
"I think it's a good idea ... a lot of Air Force-career fields are short in skilled airmen."

— Master Sgt. Elizabeth Rullmann
437th Mission Support Squadron



"I don't think it's a good idea because you're suppose to rely on the Guard and Reserve ."

— Tech. Sgt. Fredrick Malle
373rd Training Squadron



"It's a positive move for the Air Force ... it retains skill levels of those needed most."

— Senior Airman Ronque Wright
437th Operations Support Squadron

Dispatch

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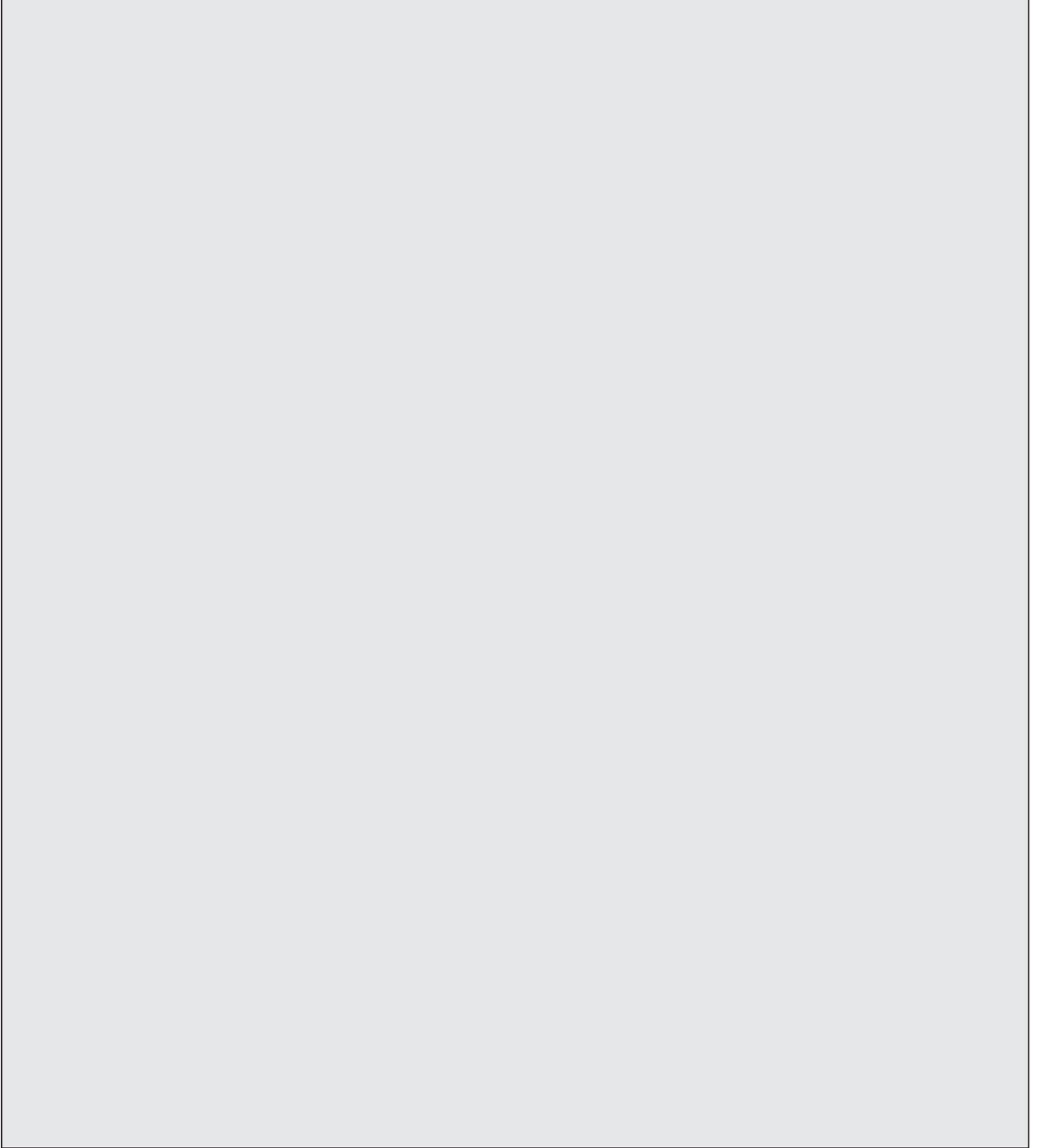
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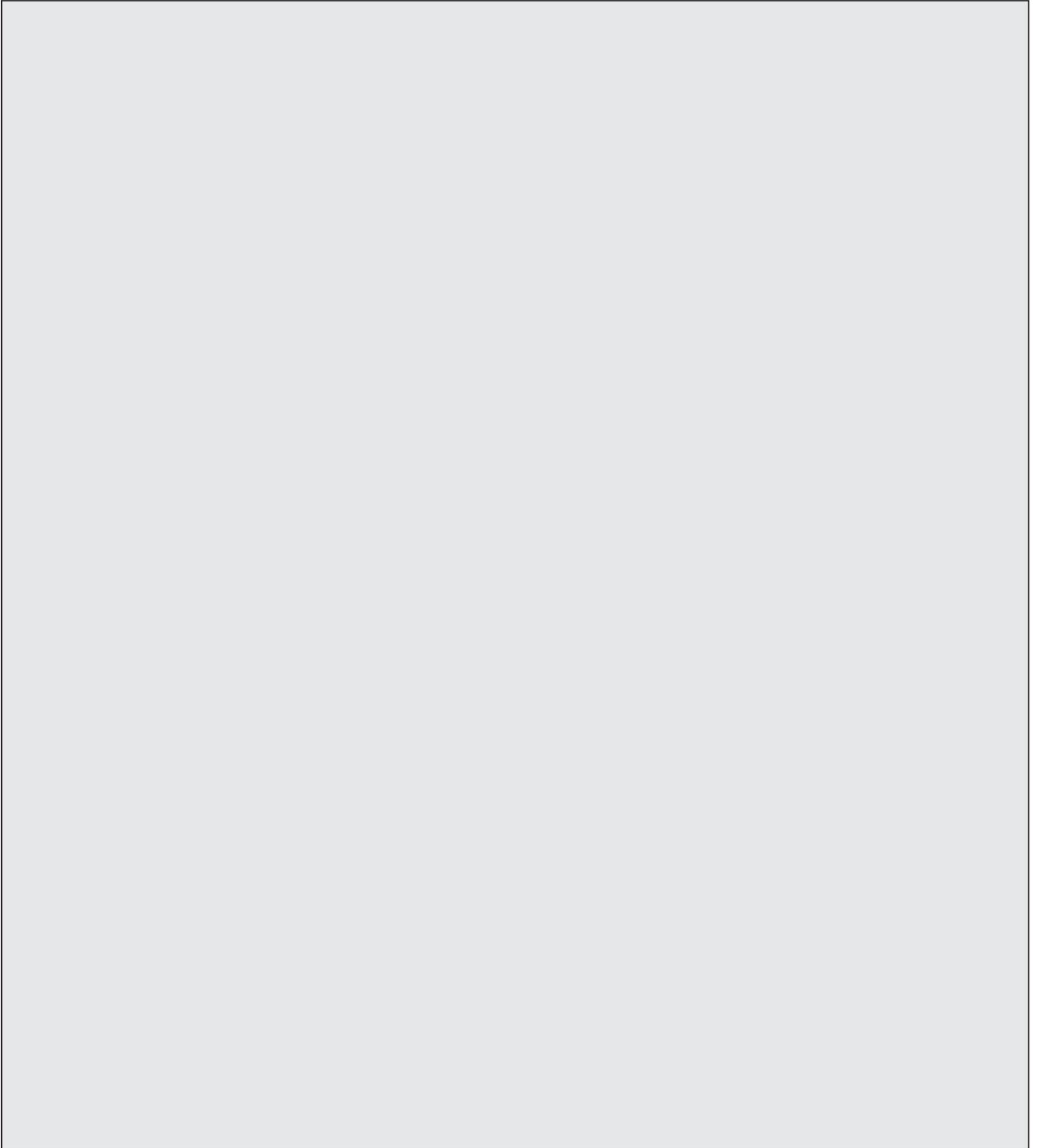
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NEWS

Air Force implements Stop Loss

By Staff Sgt. A.J. Bosker
Air Force Print News

The Assistant Secretary of the Air Force (Manpower and Reserve Affairs) has authorized the use of Stop Loss in order to retain specific skills needed to meet national security objectives. Effective May 2, people in 43 officer and 56 enlisted specialties will not be permitted to separate or retire.

"We do not take this action lightly," said Secretary of the Air Force Dr. James Roche. "Stop Loss is designed to preserve critical skills essential to supporting the Global

War on Terrorism, while ensuring we're prepared to meet other contingencies."

"We've implemented Stop Loss to ensure we have the necessary skilled personnel to conduct operations," said Air Force Chief of Staff Gen. John Jumper. "We'll use it only as long as necessary to accomplish our mission."

Stop Loss is being implemented across the total force and affects all airmen in the rank of colonel and below, according to Maj. Teresa Forest, chief of Air Force retirements and separation policy at the Pentagon.

Both the secretary and chief of

staff are acutely aware that the Air Force is an all-volunteer force and that this action, while essential to meeting the service's worldwide obligations, is inconsistent with the fundamental principles of voluntary service.

"We take Stop Loss seriously and are working hard to ensure the lives of our airmen, their families and their civilian employers are not disrupted any longer than is necessary to meet our national commitments," said Jumper.

Therefore, a waiver process will be implemented for people with unique circumstances.

"We are doing our best to minimize this disruption," said Roche. "And we will look at unique circumstances on a case-by-case basis and do all we can to offer appropriate relief."

"We understand the individual sacrifices that our airmen and their families will be making," Jumper added. "We appreciate their unwavering support and dedication to our nation."

For more information about Stop Loss, contact the 437th Mission Support Squadron Military Personnel Flight at 963-6375, or the Air Force Personnel Center's Stop Loss Control Center at 210-565-2374 or www.afpc.randolph.af.mil.

43 officer, 56 enlisted specialties affected

OFFICER

11AX - Airlift Pilot
11BX - Bomber Pilot
11EX - Test Pilot
11FX - Fighter Pilot
11GX - Generalist Pilot
11HX - Helicopter Pilot
11KX - Trainer Pilot
11RX - Recce/Surv/Elect Warfare Pilot
11SX - Special Operations Pilot
11TX - Tanker, C-12 CTP Pilot
12AX - Airlift Navigator
12BX - Bomber Navigator
12EX - Test Navigator
12FX - Fighter Navigator
12GX - Generalist Navigator
12KX - Trainer Navigator
12RX - Recce/Surv/Elect Warfare Navigator
12SX - Special Operations Navigator
12TX - Tanker Navigator
13BX - Air Battle Manager
13DXA - Combat Rescue
13DXB - Special Tactics
13MX - Airfield Operations
14NX - Intelligence
31PX - Security Forces
32EX - Civil Engineer
43ex - Bioenvironmental Engineer
43hx - Public Health
43tx - Biomedical Laboratory
44EX - Emergency Services Physician
44MX - Internist
45AX - Anesthesiologist
45BX - Orthopedic Surgeon
45SX - Surgeon
46FX - Flight Nurse
46MX - Nurse Anesthetist
46NXE - Critical Care Nurse

46SX - Operating Room Nurse
48ax - Aerospace Medicine Specialist
48gx - General Medical Officer
48rx - Residency Trained Flight Surgeon
51JX - Judge Advocate
71SX - Special Investigator

ENLISTED

1A0XX - In-Flight Refueling
1A1XX - Flight Engineer
1A2XX - Loadmaster
1A3XX - Airborne Communications and Electronics Systems
1A4XX - Airborne Battle Management
1A5XX - Airborne Mission Systems
1A7XX - Aerial Gunner
1A8XX - Airborne Cryptologic Linguist
1C0X1 - Airfield Management
1C1XX - Air Traffic Control
1C2XX - Combat Control
1C3XX - Command Post
1C4XX - Tactical Air Command and Control
1C5XX - Aerospace Control and Warning System
1N0XX - Intelligence Applications
1N1XX - Imagery Analysis
1N200 - Signals Intelligence Analysis Manager
X1N2XX - Aircrew Signals Intelligence Production
1N3X4 - Far East Cryptologic Linguist
1N3X5 - Mid-East Cryptologic Linguist
1N3X6 - African Cryptologic Linguist
1N3X7 - Turkic Cryptologic Linguist
1N3X8 - Polynesian Cryptologic Linguist
1N3X9 - Indo-Iranian Cryptologic Linguist
1N4XX - Signals Intelligence Analysis
1N5XX - Electronic Signals Intelligence Exploitation
1N6XX - Electronic System Security Assessment
1S0XX - Safety
1T1XX - Aircrew Life Support
1T2XX - Pararescue
2E2X1 - Comm, Network, Switching and Crypto Systems
2F0X1 - Fuels
2T3X2A - Special Vehicle Maintenance (Fire Trucks)
2T3X2B - Special Vehicle Maintenance (Refueling Vehicles)
3C0X1 - Communications - Computer Systems Operations
3C2X1 - Communications - Computer Systems Control
3E000 - Electrical (CEM)
3E0X2 - Electrical Power Production
3E4X1 - Utilities Systems
3E4X2 - Liquid Fuels Systems Maintenance
3E5X1 - Engineering
3E7X1 - Fire Protection
3E8X1 - Explosive Ordnance Disposal
3E9X1 - Readiness
3H0X1 - Historian
3N0XX - Public Affairs and Radio/TV Broadcasting
3P0XX - Security Forces
4A1XX - Medical Material
4A2XX - Biomedical Equipment
4B0XX - Bioenvironmental Engineering
4E0XX - Public Health
4H0XX - Cardiopulmonary Laboratory
5J0X1 - Paralegal
7S0X1 - Special Investigations
8D000 - Linguist Debriefing
9L000 - Interpreter/Translator

Questions answered

Q: How many people will Stop Loss retain for the Air Force?

A: Currently, the AF estimates Stop Loss will affect approximately 21,000 airmen; 98 at Charleston AFB.

Q: Why have certain AFSCs been affected while others haven't?

A: AFSC selection is tied to operational requirements. AFSCs are not equally tasked and as a result, not all specialties are affected.

Q: Does Stop Loss mean nobody can retire, resign or separate?

A: No. Personnel who do not meet the Stop Loss criteria outlined in the implementation message may continue to retire or separate in accordance with established policy. The Stop Loss message also identifies a number of Stop Loss exemption categories and outlines the Stop Loss waiver process.

Q: Does Stop Loss mean the Air Force is stretched beyond its capabilities to conduct more than one major theater war? How far can we go before the Air Force is "broken?"

A: No. (The Air Force) is stretched, but not beyond the means of its capabilities. The intent of Stop Loss is to ensure it preserves the capabilities needed to perform the mission at hand, conduct future contingencies and continue training. Implementing Stop Loss now will help prevent the force from being stretched beyond its capacity.

AMC general praises APS cargo handlers

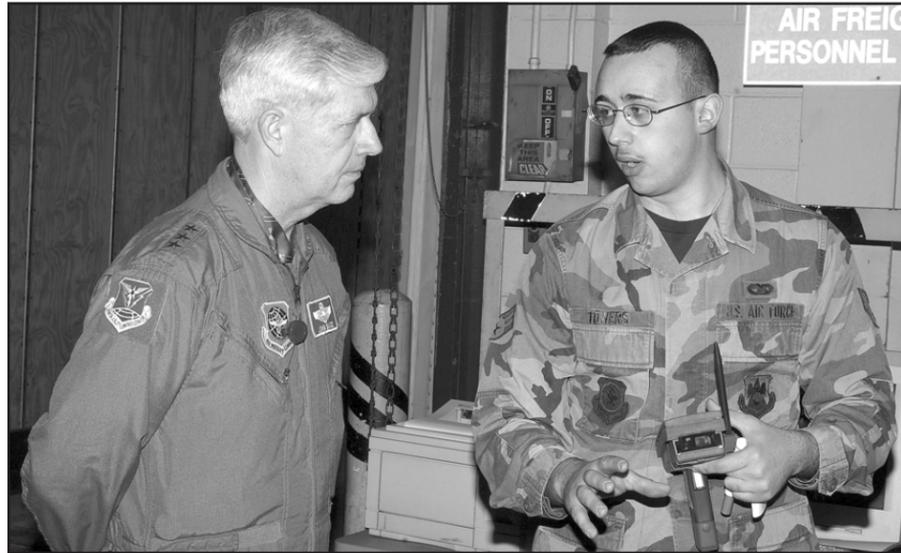
Baker pays visit; lauds APS for sustaining ops temp strain

By Master Sgt. Karen Petitt
Air Mobility Command Public Affairs

Air Mobility Command's vice commander made it a priority Wednesday to personally thank the men and women here who've been working two weeks nonstop to move 5,000 tons of cargo to the Middle East.

Lt. Gen. John Baker said although he sees Charleston's situation reports each morning and knows how busy they've become "on paper," he wanted to see how they've been able to handle the cargo and to see how much longer they can sustain the strain of a higher operations tempo.

"Charleston has always been there to support AMC in its missions with the valuable contributions of the C-17, and with the tremendous efforts of their people to get the work done under difficult circumstances," said General Baker. "It's been great to see first hand how they help AMC put the 'global' in our motto: 'Global Reach - Global Power.' We still have a lot of work ahead of us, and that's



Senior Airman Walter Towers, deployed here from Scott AFB, Ill., to assist with cargo handling, shows Lt. Gen. John Baker, AMC vice commander, the process for inputting equipment information into the computer system for visibility during shipment overseas. Baker visited here March 12 to personally thank APS for moving nearly 7,000 tons of cargo since mid February.

why it's important to take a few moments to thank the team for stepping up to the plate when they were needed most."

Charleston's relatively steady work as a transport hub became a roar of activity last month when AMC officials were forced to divert supplies normally shipped out of Dover AFB, Del., after a February snowstorm collapsed the roofs of two large warehouses there. At the time, the cargo could not be sent through nearby McGuire AFB,

N.J., because the severe weather also hindered that base's airlift mission.

As the cargo began arriving, members of the 437th Aerial Port Squadron and Logistics Readiness Squadron were ready. More than 70 trucks a day streamed in — up from the normal five to seven trucks each day. To assist the home-station folks, more than 150 active-duty and Reserve airmen quickly deployed from other AMC units to assist with the sudden crush

of operations.

General Baker said Dover's cargo missions should return there after a full assessment of the situation. Initial plans called for the shift to Charleston to last 90 days.

The general's visit included short briefings from cargo handlers such as Senior Airman Walter Towers, deployed here from Scott AFB, Ill., who showed how he processes cargo into the computer system so it can be tracked throughout its journey overseas.

Staff Sgt. Mark Frick, 437th Aerial Port Squadron, showed the general how he ships hazardous materials (munitions, batteries, etc.) And, Tech. Sgt. Scott Morrison, 437 APS, presented updated flight schedules and requested more airlift for certain parts of the operating theater.

The general also talked with the wing's senior staff about how headquarters can improve designating cargo priorities and other means to ship the cargo besides military or contracted aircraft to get other than those deemed "critical" or "immediate" supplies overseas.

Col. Brooks Bash, 437th AirlifWing commander, said Team Charleston has risen to the challenge, "because our morale is very high. We're very proud to be Americans and to be contributing to the War on Terrorism."

Tax Center saves Team Charleston time, money

The Charleston AFB Tax Center remains open through April 18.

The Tax Center is located on the first floor of Building 246 in room 110. The hours are Monday – Friday, 7:45 a.m. – 4:30 p.m. The Tax Center is closed on holidays. Services are free, by appointment only.

The Tax Center is limited to individual income tax assistance and will not extend services to private businesses. Also, the Tax Center will only electronically file returns prepared by the staff.

The Tax Center offers a variety of free tax services, including electronic filing for active-duty

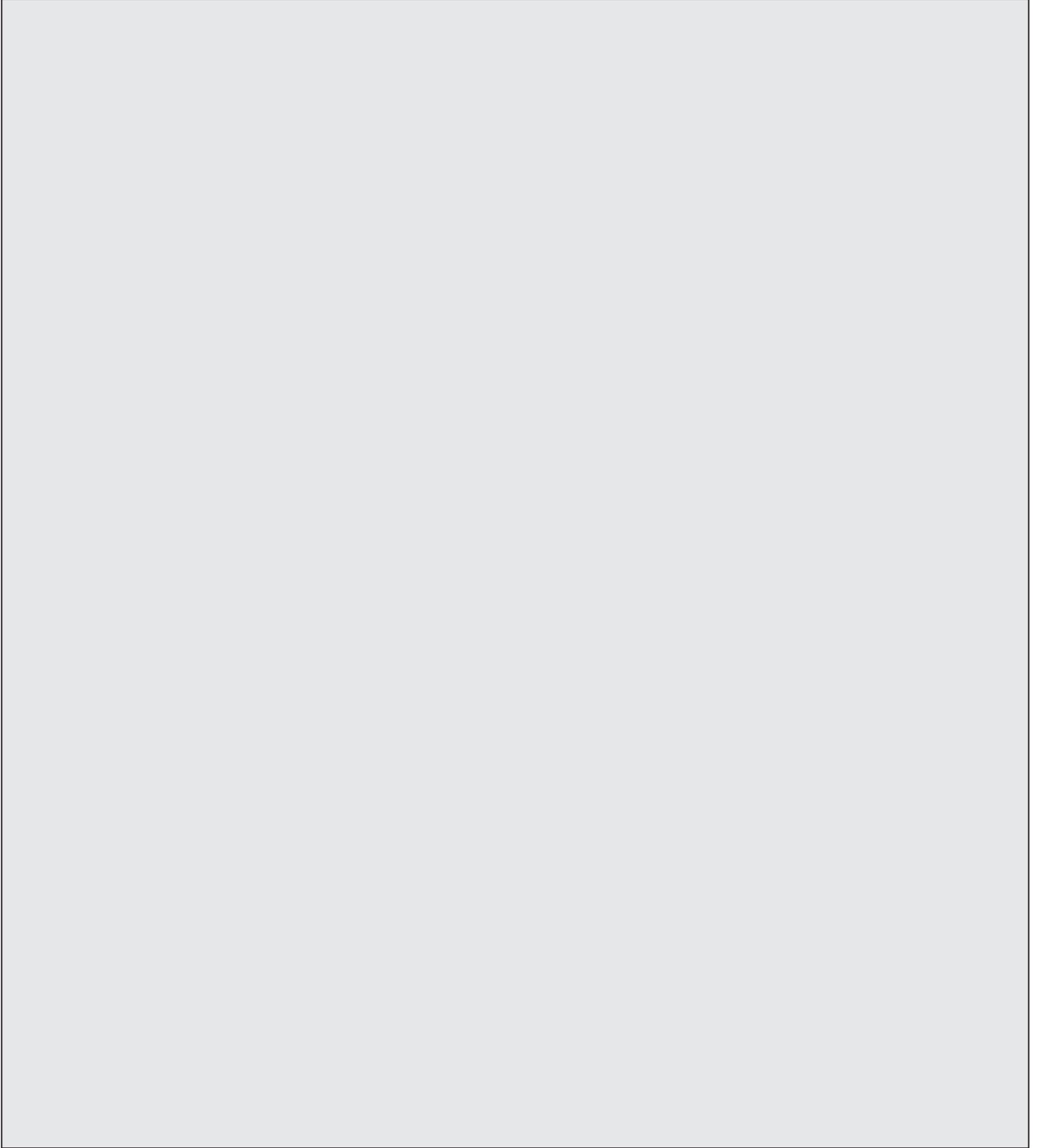
members, retirees, reservists on active duty and dependents. Electronic filing is one of the quickest ways to get income tax refunds. For more information or to make an appointment, call the Tax Center at 963-1040.

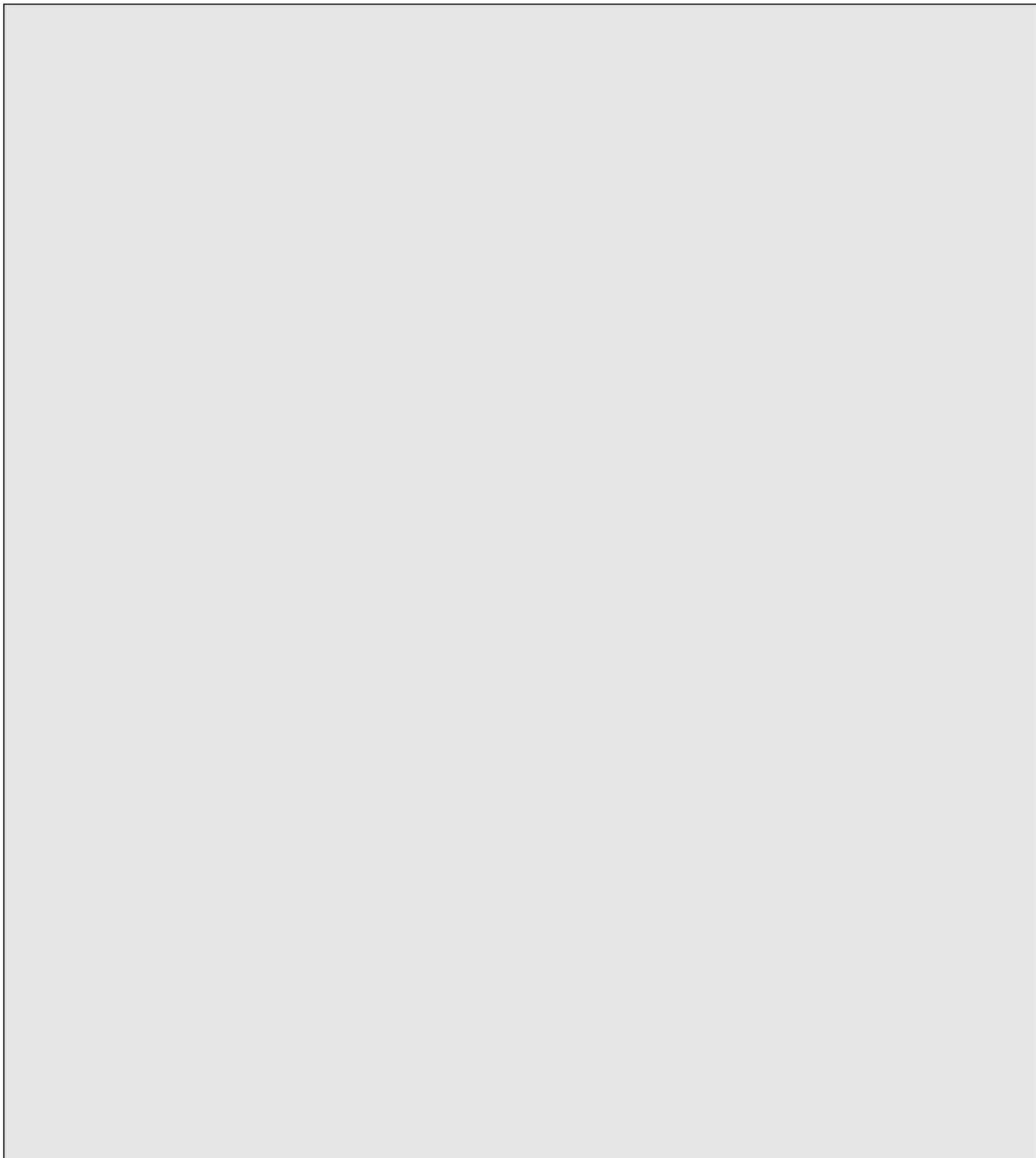
Charleston AFB Tax Center stats

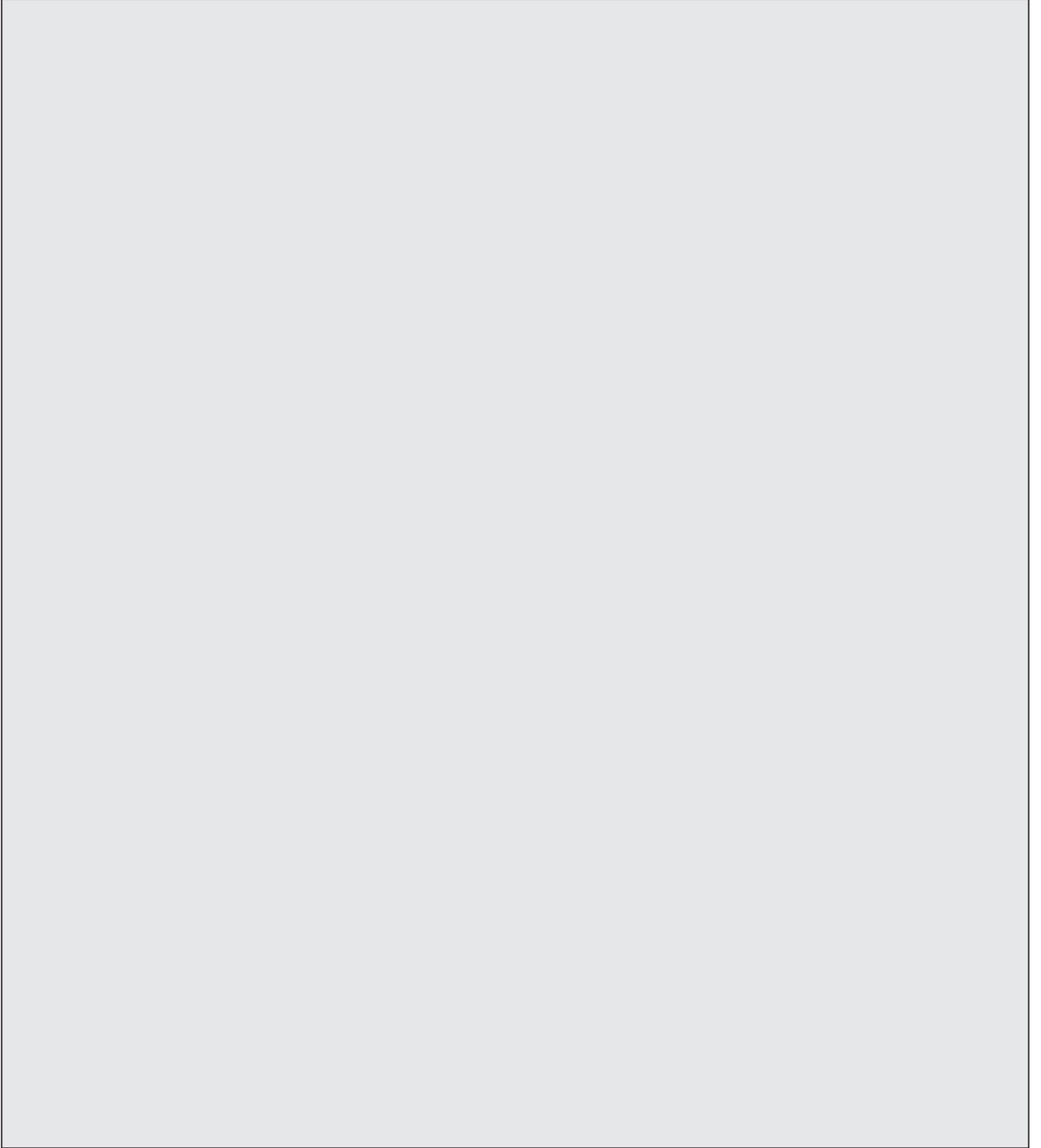
- Total federal returns: 1,285
- Total refunds: \$ 2,155,350
- Total tax-preparation savings to clients: \$174,727
- Total state returns: 1,016
- Total time spent on returns: 633 hours
- Average time to process a return: 29 minutes

SMSgt promotees

- Donald Austin – 437th Aircraft Maintenance Squadron
- Paul Baczewski – 437th Logistics Readiness Squadron
- John Baxley – 437th Comptroller Squadron
- James Brady – 437th Mission Support Squadron
- Reginald Bush – Air Force Combat Climatology Center
- Richard Carreno – 16th Airlift Squadron
- Richard Coyle – 437th Airlift Wing
- Ronnie Davis – 1st Combat Camera Squadron
- Roger Feitlin – 437 AMXS
- Michael Garrou – 437th Civil Engineer Squadron
- Johnnie Gibson – 437th Communications Squadron
- David Grieve – 437th Operations Support Squadron
- Richard Harris – 437th Aerial Port Squadron
- Brian King – 437 AW
- Randall Morgan – 437 AMXS
- Marty Parnell – 437 APS
- William Seabreeze – 437th Maintenance Squadron
- Daniel Stipanuk – 437 MXS
- Darl Tremain – 437th Maintenance Operations Squadron
- Daniel Wright – 437 MOS







AROUND THE AIR FORCE

Free software helps protect AMC mission

SCOTT AFB, Ill. — In the contract between DISA and Network Associates - the makers of McAfee antivirus software - civilian and uniformed members of the Department of Defense can download free antivirus and desktop firewall software for their home computers.

"A lot of people take work home with them and if they don't have good antivirus software, there's a distinct possibility they could infect government computer systems," said Steve Quinn, 805th Computer Systems Squadron Information Assurance Flight chief.

Quinn said although AMC now has a good handle on virus protection, many home computer users do not. Any person who owns a home computer should have antivirus software installed on that computer.

"Viruses are very destructive," Quinn said. "They can wipeout or destroy data and directories, change files, and steal information."

Quinn added that by removing the cost of purchasing antivirus software and subscription fees, he can't understand why any AMC employee would not take advantage of DISA's free antivirus software initiatives.

"Installing antivirus software on a home computer is simple," Quinn explained. "And for people who transfer data between their work and home computers, it's imperative that they take advantage of this free software - not only for their own protection, but for the protection of Air Force computer systems."

To install Norton antivirus software on a personal home computer, AMC personnel can contact their workgroup manager for a copy of the installation CD. Information and download instructions are available at McAfee's Home Use Portal Service at www.mcafee.com/DOD. (**Air Mobility Command News Service**)

'Gift of groceries' can help military families

FORT LEE, Va. — More than ever, average Americans are jumping in to help military families by donating services, money and now - groceries.

For more than 135 years, military families have put commissary shop-

ping on the top of their list of valued military benefits. But for the first time, the average American can help military families with the "Gift of Groceries," a gift certificate program that allows anyone to purchase commissary gift certificates through <http://www.commissaries.com> or through a toll-free number.

The certificates can be donated to military families through charitable organizations or given directly to military friends and family, but only authorized shoppers can spend them at any of the nearly 280 commissaries serving the U.S. armed services worldwide.

The gift certificate program is made possible through a business agreement with CertifiChecks Inc., at no cost to DeCA or the federal government. A standard charge covers the costs of handling, printing, and mailing of up to 20 certificates, as long as all are going to the same address.

"The donation of commissary gift certificates to military families has been tremendous so far," said Mike Baskerville, vice president of CertifiChecks Inc. "Giving the 'gift of groceries' has been embraced by the public and business world alike

as a wonderful way to support American men and women in the military." (**Defense Commissary Agency**)

DeCA streamlines returned check process

FORT LEE, Va. — New streamlined processing procedures for returned checks are viewed as a win-win situation for commissary shoppers and for store employees looking for better ways to provide customer service.

The new centralized returned-check processing reduces the number of paper checks returned to commissaries for insufficient funds.

Returned checks will be routed to a centralized processing site run by a business that has successfully performed this service for a variety of businesses that process a high volume of low-value transactions, said Jimaye Sones, DeCA's director of accounting.

The centralized processor electronically deducts the checks from customers' checking accounts and starts procedures to assess the insufficient fund administrative fee.

Only commissaries in the United

States will institute the process, and which should be in place in all stateside stores by the end of summer. (**Defense Commissary Agency**)

President authorizes two new medals

WASHINGTON — A presidential executive order signed March 12 authorizes the Department of Defense to create two new military medals for service in the global war on terrorism.

The Global War on Terrorism Expeditionary Medal will recognize servicemembers who participate in an expedition to combat terrorism on or after Sept. 11, 2001. It is limited to those who deploy as part of Operation Enduring Freedom.

The Global War on Terrorism Service Medal will recognize service in military operations to combat terrorism on or after Sept. 11, 2001. It is limited to Operation Noble Eagle and to those servicemembers who provide support to Operation Enduring Freedom from outside the area of eligibility designated for the expeditionary medal. (**Air Force Print News.**)

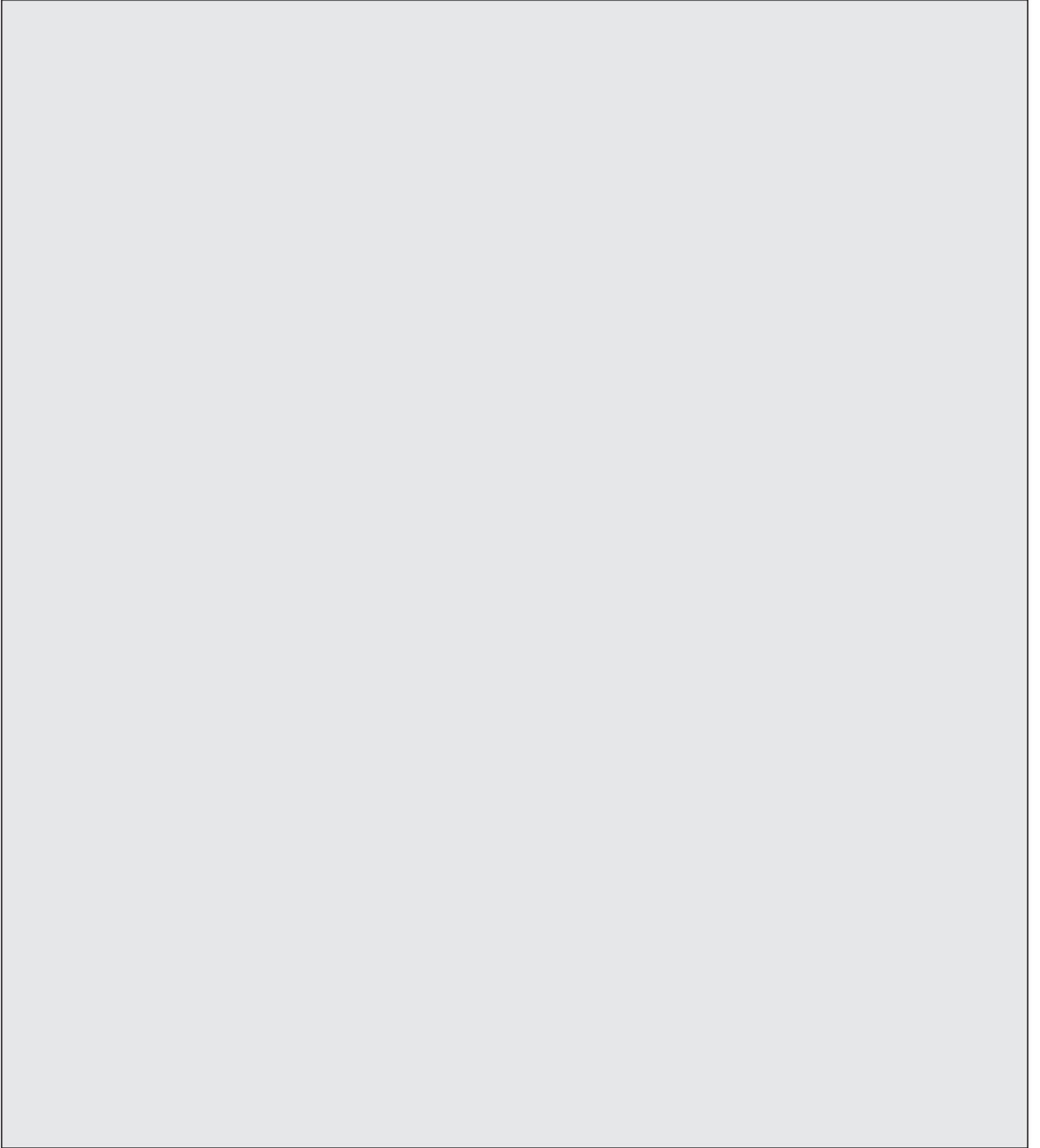
Combat Camera Photo of the Week



Photo by Staff Sgt. Jeremy Lock, 1 CTCS

Free Fallin'

Air Force pararescuemen perform a 12,999-foot high-altitude, low-opening, free-fall drop from a C-130 Hercules during a training mission at a forward-deployed location. The pararescuemen are from the 38th Rescue Squadron, Moody AFB, Ga., and the 58th Rescue Squadron, Nellis AFB, Nev.



NEWS BRIEFS

Spotlight

Retirement: The 437th Security Forces Squadron is hosting a retirement ceremony for Chief Master Sgt. Billy Ford today, 3 p.m., at the Charleston Club. For more information, call Master Sgt. Sheri Oulton at 963-3614.

Community support

Rally: Clear Channel Communication is sponsoring Rally for America, Saturday, 2-4 p.m., at Joe Riley Stadium in downtown Charleston. The gathering will include speeches by local and state government officials as well as musical entertainment, and is designed to show community support of the military and the country. Military attendees should not wear uniforms to the event. More information is available on the web at <http://www.wezlfm.com/rally.html>, or by calling Public Affairs at 963-5608.

Musical: Disney's Beauty and the Beast Broadway musical will be at the North Charleston Performing Arts Center Tuesday - March 30. Military members can purchase tickets at a \$20 discounted price at the North Charleston Coliseum with the code "tcorp."

Church service: St. George Church of God invites all active-duty military, veterans and their families for a service to honor them for their sacrifices March 30, 11 a.m. For more information or driving directions, call Pastor Steve Brandenburg at 834-3940.

Volunteers: Charleston AFB has a strong partnership with the local community. Many base personnel help to build and maintain that positive relationship through their community involvement. The 437th Airlift Wing Public Affairs office would like to support these base personnel by making sure they get the visibility they deserve. Please notify the 437 AW Public Affairs Community Relations Section at 963-5535, -3383 or -5657, of any volunteer events or requests received from the community.

Around the base

Closure: Gross Avenue, between Dickson Avenue and Batson Drive, will be reduced to one lane of traffic through March 28 to allow for new

Charleston Warrior of the Week



Photo by Airman 1st Class Tyrone Pearsall

Airman 1st Class Brandi Mathews 437th Medical Group

Airman 1st Class Brandi Mathews is a health service management apprentice for the 437th Medical Group. The New Orleans native processes medical orders for patients who are unable to receive care in the Charleston area. She also works with patients who require hospitalization.

"I work arevac as the point of contact when patients are being transported from hospital to hospital," said Mathews. "I also work admissions and discharge."

Crediting her coworkers, Mathews said she enjoys the medical group work environment.

"The best thing about my job is that I get to be in such a good section," said Mathews. "People who teach me so much surround me, and I'm very lucky. I wouldn't change anything if I had the chance."

Mathews joined the Air Force to serve her country, travel and gain new experiences.

"My goals are to do twenty years or more in the Air Force," said Mathews. "I also would like to start going to school for nursing."

Mathews has been stationed at Charleston AFB for eight months and enjoys lifting weights, taking aerobic classes and running.

water main installation. Alternate travel routes should be used to alleviate congestion.

Heart Link: A Heart Link spouse orientation is scheduled for Tuesday, 8:45 a.m. - 2 p.m., at the Family Support Center. The program is geared towards spouses with five or fewer years of Air Force affiliation. For more information or to register, call Linda Saylor-Lankosz at 963-4406.

ESC: The Enlisted Spouses' Club is sponsoring a Bunko night for its meeting Tuesday, 6:30 p.m., at the Family Support Center. For more information, call Marcia Lytton at 760-6892.

Deployments: Family Support Center is holding a Deployment and Separation Workshop Wednesday, noon - 2 p.m., to help people learn how to maintain healthy relationships when family members are deployed. For more information or to register, call the FSC at 963-4406.

Blood drive: The next base blood drive is Wednesday, 9 a.m.-3 p.m., at

the Old Chapel Annex, Bldg. 217. All blood types are needed. Appointments are available and walk-ins are welcome. Those who have received the Smallpox shot cannot give blood for 60 days. For more information, call Capt. Paul Brown, 963-4678.

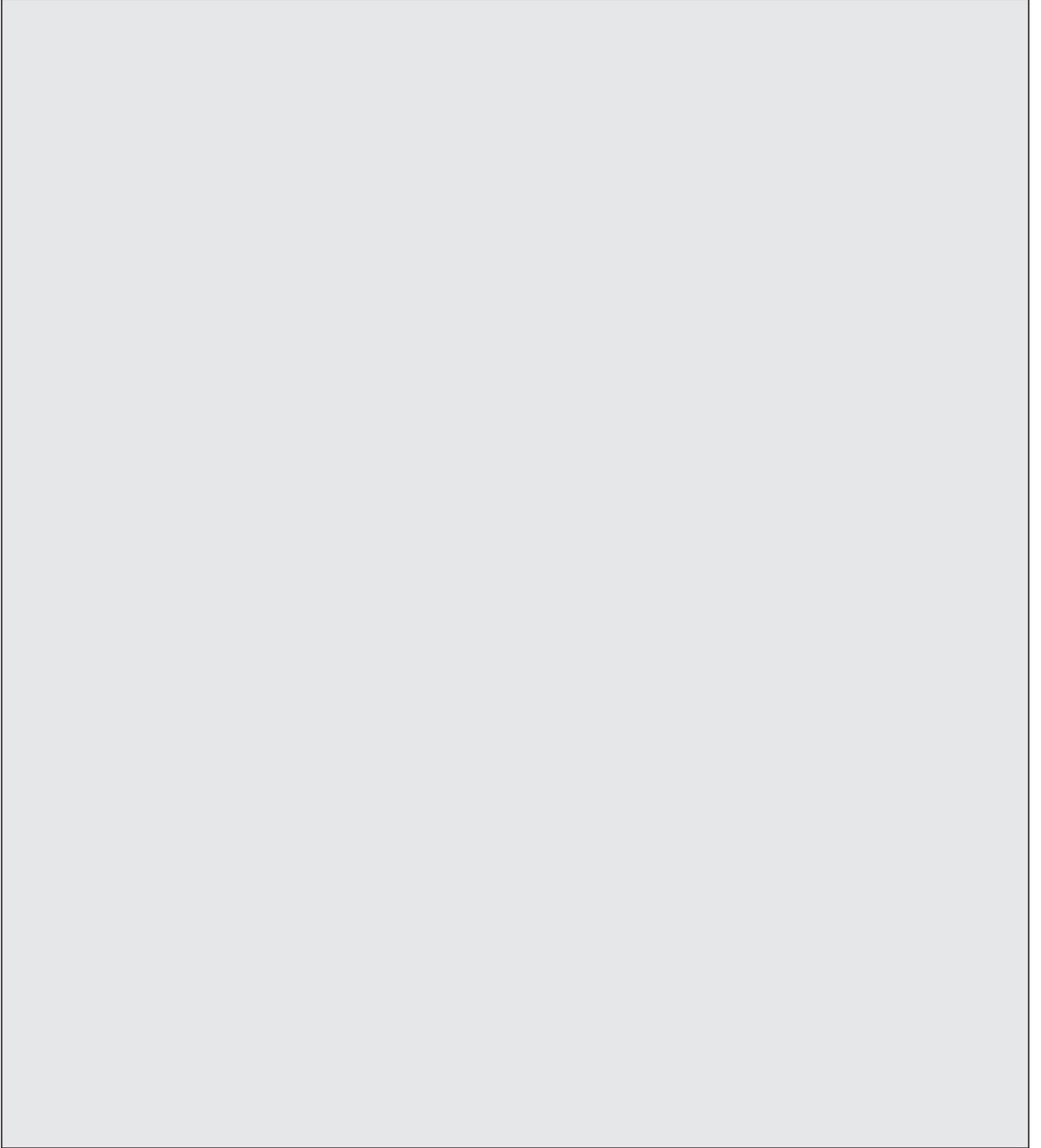
Story time: Two actors from the Broadway production "Beauty and the Beast" will visit CAFB children Thursday. Mrs. Potts, played by Mary Jo McConnell, and Cogsworth, played by Andrew Boyer, will visit Lambs Elementary at 1 p.m., and the Youth Center at 2 p.m.. The actors will present a reading from the play, sign pictures for the classroom and have a question and answer session with the children.

Golf tournament: The 437th Operations Support Squadron is hosting a golf tournament March 28, with a shotgun start at noon at Wrenwoods Golf Course. The cost is \$15 plus green fees and cart. Refreshments, prizes and mulligans are available. Sign up at the 437 OSS orderly room or the golf course. For more information, call Staff Sgt. Mark Lewald at 963-5561.

Committees: Committees are forming to plan for the 2003 Senior NCO Professional Development Seminar, to be held July 22-24, and the Senior NCO Induction Ceremony July 24. To assist with the Senior NCO PDS, call Senior Master Sgt. George Broome at 963-4646. To assist with the Induction Ceremony, call Senior Master Sgt. Susan Barnes at 963-5776.

TRICARE: Members of the Reserve component who are called to active duty for more than 30 days are eligible for TRICARE, the same as any active-duty servicemember. Families of these individuals may also become eligible for TRICARE if the sponsor is called to active duty for more than 30 days. For more information, call the 437th Medical Group TRICARE Flight at 963-6710 and 963-6706 or visit www.tricare.osd.mil/reserve.

Committee: Committee members are needed to assist in planning events in celebration of Asian/Pacific Islander month. Please call Capt. Heather Gordon at 963-3662 if interested. Family members are welcome.



FEATURE

Right: Airman 1st Class Jason Motts, 373rd Training Squadron student, turns a wrench on an auxiliary power unit simulator while instructor, Staff Sgt. Bradley Rawn, 373 TRS C-17 propulsion instructor, observes his progress.

Below: Staff Sgt. Jamey Elms, 373 TRS instructor, and Tech. Sgt. David Walters, master instructor, explain to Airmen Michael Stann, Joshua Stroud and John Ryann Plumley, C-17 crew chief students, the functions of the C-17 engine simulator used to train students on mechanical diagnostic procedures.



TRAINING FIRST

FTD supplying 'highly-trained airmen to complete C-17 airlift mission'

Story and photos by Tech. Sgt. Ruby Zarzyczny
437 AW Public Affairs

The C-17 is one of the primary aircraft responsible for increasing the U. S. military presence locations throughout the world for "getting the stuff to the fight."

How is this critical mission able to get off the ground? With training, according to the 373rd Training Squadron Detachment 5's motto "Training first."

"Our job in the Air Force is to generate aircraft. Without training, we would not be able to get the first aircraft off the ground," said Tech. Sgt. David Walters, 373 TRS DET 5 master instructor.

The 373 TRS DET 5, also known as the field training detachment, a tenant unit at Charleston AFB, is one of two schools currently instructing all aspects of aviation maintenance for the C-17.

The FTD trains 980 students a year and usually has about 100 students at the school in various stages of training at any given time, said Master Sgt. Dennis Edwards, 373 TRS DET 5 training superintendent and first sergeant.

With 32 instructors, the FTD trains airmen

in seven different Air Force career fields to include C-17 crew chiefs and experts on guidance and control systems, communications and navigations systems, and advanced courses like auxiliary power unit and engine systems.

The instructors are able to train without taking away from the mission by using C-17 simulators here and McChord AFB, Wash. Using these simulators greatly reduces the need to use operational C-17s, which would conflict with the mission demands at CAFB.

The FTD has 10 simulators worth a total of about \$220 million, roughly the cost of one C-17. The simulators are undergoing \$62 million dollars worth of upgrades to keep them up-to-date and current on flightline technology, said Capt. Randall Ackerman, 373 TRS DET 5 commander.

One of the simulators is the first C-17 engine ever made, and is used to train propulsion technicians and conduct borescope inspections, said Edwards.

"The engine has real-time damage students can discover through the use of a borescope," said Walters. "They can take a picture of the damage using the fiber optic camera in the borescope and then e-mail it directly to the manufactures. The manufactures then gives

instruction to repair or replace the engine."

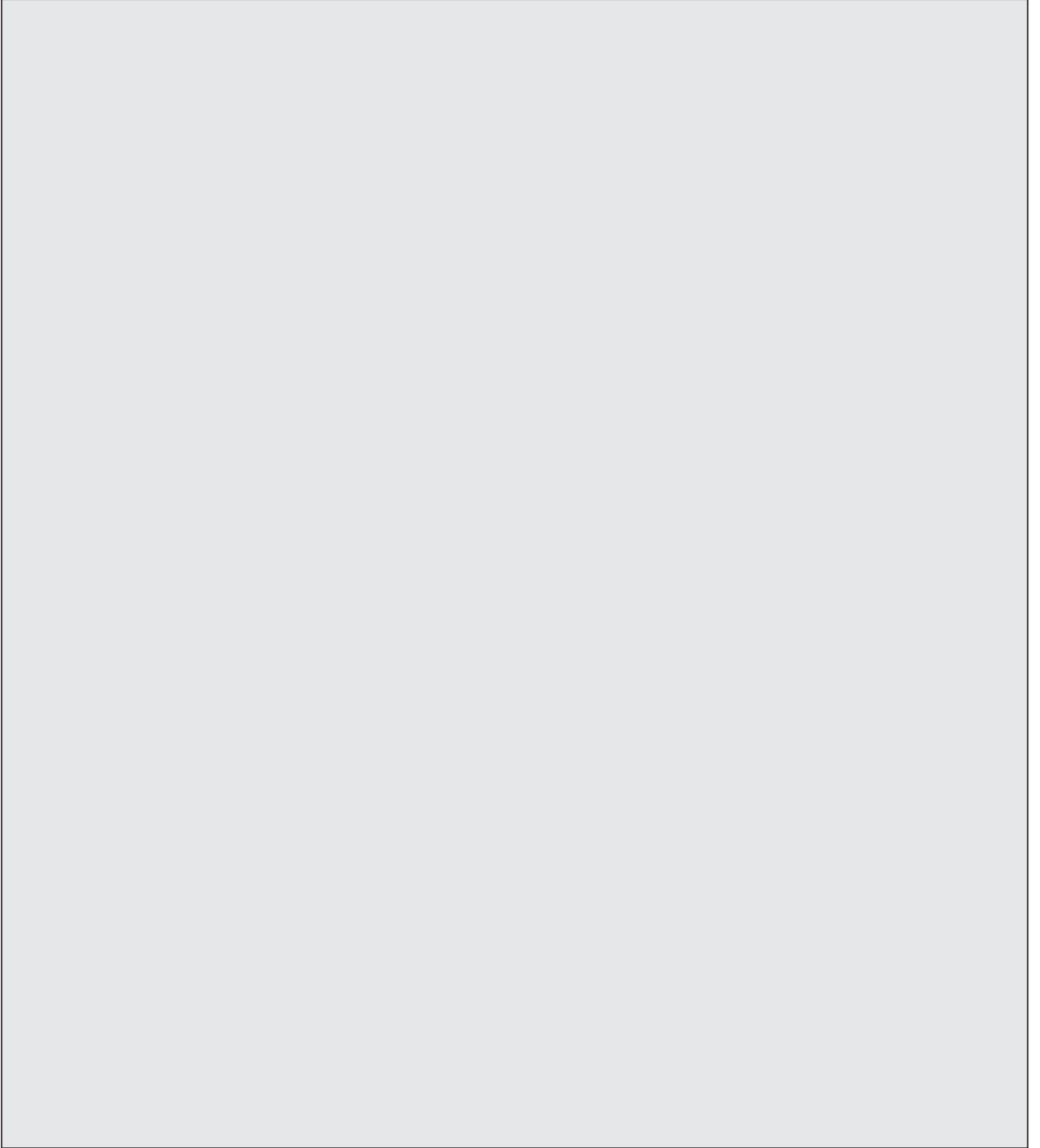
The Aircraft Cargo Door and Rails Simulator is used to train configuration of the C-17's cargo space so technicians can reconfigure the aircraft for any mission, whether it is aeromedical, troop drops, cargo haul, engine-running offload or low-altitude para-extractions, said Edwards.

The FTD is also a deployable unit. Deploying instructors into the field saved the Air Force tens of thousands of dollars, said Walters.

"Once I was deployed to the Azores for two weeks, so I could teach the flightline technicians how to maintain the C-17s stopped for maintenance," said Walters. "By sending one instructor to teach 30 students, we were able bring the classroom to the students and save the Air Force a lot of money."

The FTD would find it more difficult to accomplish their training mission if it was not for the support of the 437th Airlift Wing.

"The 437 AW has been our lifeline," said Walters. "They have provided resources, facilities and finances for state-of-the-art teaching aides like smart boards, furniture, tools and computers. They understand our mission, and we supply them with highly-trained airmen to complete the C-17 airlift mission."



Chapel schedule



107 Arthur Drive
Office: Monday-Friday, 7:30 a.m.-4:30 p.m.
Phone: 963-2536.

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

Catholic Services: *Saturday* - 4 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.

Protestant Services: *Sunday* - 9:30 a.m. Sunday School in Bldg. 245, 11 a.m. Traditional Worship Service and 11 a.m. Children's Church. *Sunday* - 9:30 a.m. Contemporary Worship Service in Bldg. 217 (old Chapel).

Buddhist: Columbia Shambhala Meditation Center, Suite 109, Columbia, S.C. 29405. Phone: (803) 254-9048.

Orthodox: Holy Trinity, Greek Orthodox Church, 30 Race St., Charleston, S.C. Phone: 577-2063.

Jewish: Synagogue Emanu-El, 5 Windsor Dr., Charleston, S.C. Phone: 571-3264.

Islamic: Al-Jami Ar-Rasheed, 1998 Hugo Ave., Charleston Heights, S.C. Phone: 554-1773.

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.

Tonight, 7:30 p.m.

"The Recruit" – Al Pacino

Set at the "secret" CIA training facility called the Farm at Camp Peary in Virginia, a young agent trainee suspects his instructor of being a double agent for the Chinese government. **(PG-13) 105 minutes**

Saturday, 7:30 p.m.

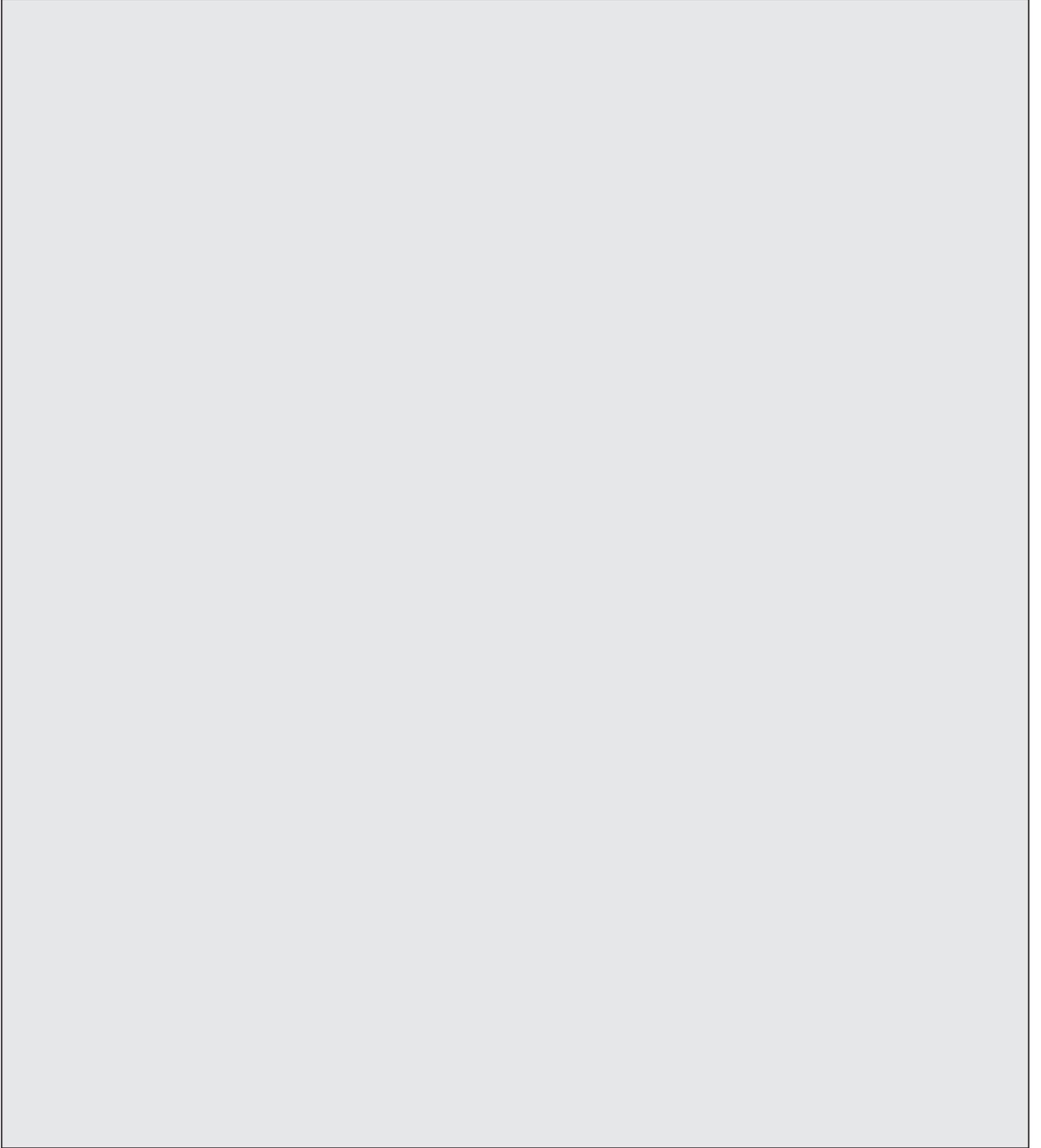
"Shanghai Knights" – Jackie Chan

Chon Wang and Roy O'Bannon head to London after Chon's estranged father is murdered by a Chinese rebel. Chon's sister, Lin, also arrives and uncovers a plot to murder the royal family. **(PG-13) 114 minutes**

March 28, 7:30 p.m.

"How to Lose a Guy in 10 Days"

Andie's on a mission to find a guy, get him to fall in love with her, then make all the classic dating mistakes so he'll dump her within 10 days. Too bad her target bet his boss that he can make a woman fall in love with him in 10 days. **(PG-13) 118 minutes**



SPORTS & FITNESS

Pilates: socks optional; bare feet preferred

Story and photos by
Tech. Sgt. Ruby Zarzyczny
 437th Public Affairs

On Tuesday nights, a group walks straight into the aerobics room at the Charleston AFB Fitness and Sports Center. Focused on their breathing and posture, they grab a mat, pick out a position on the floor, and kick off their shoes and socks.

The instructor offered guidance for the first-time students creeping in the door, announcing, "Socks are optional; bare feet are preferred. Now let's take some nice deep breaths."

Pilates (Puh-la-tees), a low-impact aerobics and fitness yoga exercise, is offered at the fitness center every Tuesday evening, 5:30 - 6:15 p.m., instructed by Sheri Goar.

Pilates is an exercise program that combines the elements of yoga, breath control and stretching.

What people are realizing is that anyone can do it, and they don't need any special equipment. All they need is their body and a positive attitude, said Goar.

Anyone can do it because Pilates uses "contrology," which is being completely controlling and mindfully present with the body, said Goar.

The key concepts of Pilates are precision of movements, quality verses quantity of movements, controlling and articulating movements and breaths, balancing and centering the body, focusing on the large group of abdominal muscles in the torso that assist with regular breathing, and supporting the spine.

During Pilates practice, people are working all the muscles in the torso instead of just isolating one muscle, said Goar. Unlike traditional yoga, Pilates poses are maintained for a shorter period of time and then flow

into another pose, which creates a cardio workout, said Goar.

"It's not just fun and low impact, but it's a great exercise and cardiovascular too," said Nefesh Beechler, student in Goar's class. "It's fun, but when you go home, you'll realize that you worked out because you'll be a little sore. In my opinion, Pilates exercises are harder than doing a thousand crunches."

At the end of the session, it is time to relax. While the students lie on their mats in the darkness, a candle burns as they focus on the soothing sonata of chimes and flutes. The students relax their bodies and focus their minds on positive thoughts.

Final relaxation is designed to release tension from the body by inhaling and squeezing all the muscles in the body and then exhaling and relaxing the muscles, said Goar.

"During final relaxation, the mood changes from work, work, work, to relaxing and quiet, so you can make a connection with you mind, body and soul," said Goar. "The relaxation stage is part of the exercise process. It has a different tone but it all flows together."

"I really enjoyed it," said Shanda Cullum. "I've done Pilates with a tape, but it's not the same. You get a lot more out of the class. I'll be sore tomorrow, but I'll be back."



Goar instructs all skill-levels of fitness in her Tuesday night Pilates class. Pilates is a low-impact aerobics and fitness yoga exercise.



Sheri Goar, Pilates instructor, leads a class at the Fitness and Sports Center in the scissors exercise. The scissor exercise stretches the muscles in the legs and tones the abdominal muscles.

