


AIRLIFT
Dispatch

Vol. 43, No. 7

437th Airlift Wing, Charleston AFB, SC

Friday, February 20, 2004



Photo by 1st Lt. Shaloma McGovern

Airman 1st Class Constantine Vitinaros, 437th Aircraft Maintenance Squadron guidance and control technician, works on a C-17 guidance control system Feb. 16. Airman Vitinaros is one of many Team Charleston personnel who worked during the holiday to support the Charleston AFB mission of "one family, one mission, one fight."

HEALTHY?

There's more to being fit than muscles

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NAMELESS

Miniature C-17 replica wants an identity



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COMMITMENT

AF Assistance Fund campaign begins

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ROCKY VII

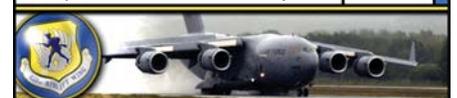
Navy personnel join AF in security fight

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MISSION POSSIBLE!

Charleston departures	2,238
Maintenance reliability	93.1%
Cargo moved (in tons)	10,145
Personnel deployed	585
Reservists activated	881

(Jan. 1 - Feb. 17, 2004)



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



It's good to be in Charleston again after several days on the road in Germany and Iraq. Our people from the **17th Airlift Squadron, 437th Aircraft Maintenance Squadron and 437th Aerial Port Squadron** are doing a great job keeping the airlift flowing through Rhein-Main AB, Germany, and everyone from Team Charleston I saw along the way was excited about their role in the War on Terrorism. They also feel the support of the families, friends, and home units; everyone here is having an impact that's felt around the globe, and I couldn't be more proud of this team!

Recognition

Usually it's the commander who gets to recognize his troops in the paper; this week, we recognize our commander, nominated this week to pin on a star. Hearty congratulations across the miles to **Brigadier General (Select) Brooks Bash!**

This week Air Mobility Command announced its 2003 Intelligence awards: in the Senior NCO category, **Master Sgt. Ronald Herman**, 437th Operations Support Squadron; NCO, **Tech Sgt. Ty Everson**, 437 Operations Support Squadron; Reserve NCO, **Staff Sgt. Shannon McMenamin**, 315th Operations Support Squadron; and in the Reserve Airman category, **Senior Airman Jennifer Gregorio**, 315 OSS.

We also got word this week that **Capt. Brian Collins**, 15th Airlift Squadron, has been selected to be a Phoenix Hawk intern at AMC headquarters. Additionally, **Capt. Chris Hornburg**, 14th Airlift Squadron, has been selected for KC-10 crossflow training under the Phoenix Reach program.

Congratulations to all!

AFAF

We have an opportunity to give back to our own through this year's Air Force Assistance Fund campaign. **Capt. Kyle Benwitz**, 15 AS, is heading up the drive for the wing, with the assistance of representatives in each unit. This is a fund that benefits people right here at home, as well as throughout the Air Force. So please consider making a donation as one more way of showing that Team Charleston spirit. For more information, see the article on page 7.

Fun Run

Another way to show your spirit is to join me today for the commander's fun run, kicking off at 3 p.m. in front of the Fitness and Sports Center. At the run's conclusion, I'll be handing out the highly-coveted Spirit Award, awarded for unit participation, energy, and creativity. Come on out and show your colors. One reminder: please don't park in the Medical Group parking lot for Fitness and Sports Center activities. There's overflow



Photo by Senior Airman Tyrone Pearsall

Col. Wayne Schatz, 437th Airlift Wing vice commander, signs his Air Force Assistance Fund commitment form Wednesday. For more on AFAF, see page 7.

parking behind the center, and also near the base theater.

Black History Month

Tonight at 6 p.m. is a 70's Jam at the Charleston Club, as part of our ongoing Black History Month celebration. Break out those leisure suits and platform shoes and join your friends for a good time. Call Master Sgt. Todd Bellamy at 963-3135 for more information.

Next week, I hope you make plans to join me at the Charleston Club at 6 p.m. for the Black History Month dinner and dance. Judge Stephanie Ganaway is the guest speaker at what promises to be a very classy event. Call Tech. Sgt. Denese Bellamy at 963-7052 for more details.

Coming up

Looking forward to next week, we'll be hosting an inspection team from AMC headquarters for an Air Traffic Safety Evaluation Program inspection. The inspectors will be looking at our base operations section to evaluate airfield safety. Please give the team a warm welcome wherever you see them.

We'll close out next week with a wing promotion ceremony at the Charleston Club, 3 p.m., Feb. 27, immediately followed by "Boss and Buddy" time in the Lowcountry Bar. Supervisors and coworkers, come congratulate the promotees and join them for some refreshments.

It's time to get your tickets for the National Prayer Lunch March 1, when we'll be privileged to have Air Force Chaplain Maj. Gen. Lorraine Potter as our guest speaker. See your first sergeant or stop at the base chapel to purchase a ticket.

Again, I want you all—families, Reserves, civilians, retirees and active duty members of Team Charleston—to know how proud you can be that the great work you're doing here is manifesting itself around the world as we fight the terrorists. Keep up the good work, and keep doing it safely.

Action Line caller wants more reserved parking

Q: I work in a shop that uses hazardous chemicals, and would like to know why we cannot put "No parking, Unit personnel only" signs in front of our building.

The chemical we use is not really dangerous, it just eats paint off of cars if accidentally spilled or sprayed on them. There are only four or five spaces in front of the building.

Can you help? Thank you in advance.

A: Thank you for asking about reserved parking at your workplace. The first step is to raise the

concern with your supervisor and/or chain of command. Issues of this nature can also be raised to the Base Traffic Engineering Working Group.

The point of contact for the BTEWG is Mr. Lyle Johnston (leonard.johnston@charleston.af.mil) who works in the 437th Civil Engineering Squadron.

If you cannot get a satisfactory response through your chain of command, please let me know. Thank you.

**- Col. Wayne Schatz
437 AW vice commander**

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. Rowayne Schatz
437 AW/VC**

Spiritual fitness is a part of health

Chaplain (Lt. Col.) Cassandra Thomas
437AW chaplain

Our Team Charleston community has done a stellar job combating the global war on terror and now in preparing for the Air Mobility Command Expeditionary Operational Readiness Inspection in spring 2005. We're working hard to ensure our missions are in compliance, even prepared to establish benchmarks for the Air Force. We already respond well to real world mobility processing lines and deployments, and we exhibited superb teamwork for the HQ AMC Ability to Survive and Operate Readiness Inspection and other base exercises. We've been diligent to ensure the work is done at every level, yet still took care of our people and families. An observer could clearly see where the physical, mental and emotional labor of our personnel has been exerted to accomplish high operational readiness. But more difficult to discern, yet just as key to excellent preparation and execution of mission readiness, is the spiritual fitness personnel display.

As part of the whole person concept in the Air Force, spiritual fitness should be part of the overall "Fit to Fight" readiness we are concerned about. Spiritual fitness ensures the spiritual and moral well-being of an individual. Spiritual fitness provides and develops resources innate to the individual and within the community for total wellness. Resources for spiritual fitness undergird and strengthen the resources for other areas of personal holistic wellness: emotional, mental and physical.

Spiritual fitness and well being are difficult to define and even challenging at times to discern. Spiritual fitness' expression is varied and diverse, but across faith groups and religious systems around the world there are certain elements common to the expression of an individual's spiritual growth and well-being that help them gain deeper appreciation for life in general and,

worth repeating

"... the key to excellent preparation and execution of mission readiness is spiritual fitness ..."

Chaplain (Lt. Col.) **Cassandra Thomas**
437th Airlift Wing chaplain



in particular, see their lives as meaningful. Elements of spiritual well-being can include but by no means are limited to the following:

- **Prayer** centers on individual or community expressions to a higher being or God.
- **Meditation** and **fasting** allow for the inner centering of self away from the busyness of life to quiet reflection and delayed gratification of needs.
- **Scripture** reading provides the sacred readings of an individual's faith group for insight and guidance.
- **Religious study** groups bring individuals of like beliefs together for education, encouragement, and growth.
- **Worship services** allow for the creative and sacred expression of the faith community to praise and acknowledge their God or higher being.
- **Rites and rituals** give spiritual meaning to daily expressions of life stages, symbols, and living to include birth, marriage, and death.
- **Serving** or **helping** those in need provides opportunities for selfless giving of resources.

The base chaplain service team provides opportunities for the free expression of religion and spiritual wellness. In a pluralistic environment such as the military, we assist the commanders with religious accommodation requests as well as religious diversity needs. We provide for religious and worship observances, spiritual care, and ethical and moral guidance. Religious and worship observances include faith group related worship

services in the chapel, as well as special observances such as the National Prayer Luncheon.

Spiritual care includes sacred privileged communication! This means chaplains have the mandate to keep any communication between themselves and a counselee 100 percent confidential. No other military agency can support this affirmation.

Spiritual care also includes ministering to casualties and honoring the dead, assisting in humanitarian requests, conscientious objectors, peer support groups, life skills, and the list becomes limitless.

Ethical, moral and spiritual guidance is typically provided to the command structure for the well being of the unit. Spiritual fitness, regarding the Air Force core values of integrity first, excellence in all we do and service before self, has a direct correlation. A spiritually fit individual typically reflects mature, dedicated decision-making and effective mission accomplishment. An individual with little or no spiritual foundation may use less healthy, ethical or viable alternatives to decision-making and mission accomplishment.

Spiritual fitness is not developed in a vacuum. It must be created and sustained from a wholeness framework of body, mind, and soul. Just as the body and mind become flabby and unhealthy without proper exercise, rest, and nutrition, so the spirit or soul must be exercised and provided proper nutrition for growth. It's not an either/or proposition. Strength, rest and peace of the soul enhance and protect the body and mind so you can be successful in accomplishing the mission.

The Christian New Testament Scriptures reflect that physical training is of some value, but spiritual training is of greater value (1 Timothy 4:7b-8). Developing spiritual disciplines in a spiritual fitness framework helps an individual cope with the demands of life and enhances overall quality of life. Spiritual fitness is a daily discipline for total well-being and operational readiness.

AIRLIFT Dispatch

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Visual Information

817th Expeditionary Airlift Squadron keeps crews flying

By Senior Airman Amy Perry
437 AW Public Affairs

A "C-17 one-stop combat ops shop" accurately depicts the 817th Expeditionary Airlift Squadron in Rhein-Main AB, Germany.

Members deployed from the 17th Airlift Squadron here provide every service needed for C-17 aircrews from McChord AFB, Wash., and Charleston AFB, as well as C-141 and C-5 aircrews flying through Germany.

"We are the C-17 combat operations unit," said 1st Lt. Scott Huffstetler, 817 EAS tactician. "C-17s from Charleston and McChord end up here. At that point, we are in charge of all missions that leave from Rhein-Main and Ramstein (AB, Germany).

"We also provide tactics briefings and planning services to other airlift and tanker aircraft operating through Rhein-Main, such as the C-5s and C-141s," Lieutenant Huffstetler said.

The 817 EAS is responsible for funneling all airlift cargo and materials between the United States and both the Iraqi and Afghanistan areas of operations. Once they arrive in Germany, C-17 crews are directed either eastbound to Afghanistan or Southwest Asia, or westbound back to the states.

"When an aircrew gets here, we take into account their experience and flying time for the last month, and look at the missions in the next 24-48 hours," said Capt. Scott Anderson, 817 EAS current operations chief. "Then we match the crews with the appropriate missions. The crew may come here and go right back westbound."

Once a C-17 crew arrives at Rhein-Main, they drop off the gear they won't need for the night at a storage location and walk across the ramp to a building most crews call "the Stage." However, calling the

817 EAS a "stage" is inaccurate.

"The 817 EAS is a deployed squadron," said Captain Anderson. "We give more support and involvement to the missions going into and out of Iraq and Afghanistan than a typical stage location would."

Aside from simply scheduling C-17 flights, the 817 EAS houses several other components vital to planning and executing combat airlift missions.

"Our job in Intel is to keep the commander, the staff, and all of our crews abreast of the situation down-range and in the local area," said Senior Master Sgt. Tony Levine, a 315th Operations Support Squadron intelligence reservist deployed as the intelligence superintendent for the 817 EAS. "We keep them aware of what the enemy is doing around the airfields we are operating into, what techniques and tactics they are using, and what kind of weapons they have. We give them the big picture so

they can arrive and depart safely."

Along with the intelligence briefing the entire crew receives, the pilots receive a briefing from one of the tacticians to ensure they are thoroughly aware of the most appropriate tactics to employ to mitigate mission risk and ensure a safe flight.

"We want to make sure the crews know what tactics will work best and how they are going to get into and out of the threat area safely," said Lieutenant Huffstetler.

C-17 crews also get everything from lodging assignments to vehicles and cell phones from the 817 EAS.

The members of the 817 EAS work 12-hour shifts nearly every day, and when they are not working, they are usually flying. "There's not a lot of time off, but we came here to work," said Captain Anderson. "It's a rewarding experience. You see our people delivering the stuff to the war, and see the direct benefit."

NCO academy

Three graduate with honors

Eighteen Team Charleston airmen completed Noncommissioned Officer Academy Class 2004-2 Feb. 12 at Robins AFB.

Tech. Sergeants Paul Harvell, 14th Airlift Squadron; Mark Henriquez, 16th Airlift Squadron; and David Stinard, 437th Aircraft Maintenance Squadron; received Distinguished Graduate Awards.

Graduates from the six-week course also include the following Tech. Sergeants:

- 14 AS: Paul Varnish
- 15th Airlift Squadron: Christopher Anthony
- 437th Aerial Port Squadron: Randall Edwards
- 437th Airlift Wing: Donna Osborne
- 437AMXS: Ronald Bancroft
- 1st Combat Camera Squadron: Michael Buytas and Harold Scrivener
- 437th Comptroller Squadron: Leda Feaster
- 437th Logistics Readiness Squadron: Winfield Hinkley and Todd Robb
- 437th Maintenance Operations Squadron: William Koger
- 437th Maintenance Squadron: Willie Meiers and Mitchell Peters
- 437th Operations Support Squadron: Wes Robinson
- 373rd Training Squadron: Wilfred Waring



Photo by Tech. Sgt. Mark Kleber

Spirit of ?

A miniature C-17 replica being built by the 315th and 437th Maintenance Groups sits in Hangar 517 here. The mini C-17 is expected to be completed this fall and has already been requested for 22 air shows. To involve the base community in the project, the 315th Airlift Wing is holding a contest to name the replica. Participation is open to everyone. Those participating need to complete the phrase "Spirit of _____." Entries may be submitted at <http://www.afrc.af.mil/315AW/> by March 15. For more information, call 315 AW Public Affairs at 963-2036.

Air Force Assistance Fund Campaign kicks off

This year's Air Force Assistance Fund Campaign, titled "Commitment to Caring," kicked off Wednesday and runs through March 31.

The AFAF campaign, which is running for the 31st straight year, raises money for charities that benefit active-duty members, Reservists, guardsmen and retired Air Force members and their families.

In 2003, contributions to the AFAF exceeded \$5.1 million. This year's Air Force goal is \$5.2 million, and Team Charleston's goal is to reach \$57,956 through 100 percent contact and 50 percent base participation. If the base goal is met, the Air Force Aid Society will donate \$2500 to the base community.

According to organizers Team Charleston can raise even more money this year than last.

"If Charleston AFB personnel just contribute the amount they pay for one lunch a month, we can far exceed our contributions of years past," said Capt. Kyle Benwitz, 15th Airlift Squadron and base AFAF representative.

According to Captain Benwitz, CAFB received a total of \$205,720 in Air Force Aid Society benefits last year. Base contributions to this affiliate in the 2003 campaign totaled \$38,726.

"Contributions to AFAF are a great investment in the Air Force family," said Col. Wayne

Schatz, 437th Airlift Wing vice commander. "There are a lot of great things AFAF does for Team Charleston, and I hope everyone will seriously consider this opportunity to take care of our own."

While most of the base's benefits came directly from the Air Force Aid Society, there are a total of four organizations falling under the AFAF umbrella. They are:

■ **The Air Force Aid Society:** The official charity of the Air Force, and is chartered to assist in relieving financial emergencies faced by active duty members and their families. It also assists Reserve and Guard personnel who are on extended active duty or who face unique emergencies. More than \$13 million in direct emergency assistance is typically disbursed every year. Society funds are also used to support worthwhile community initiatives such as Child Care for Volunteers, Bundles for Babies, Car Care Because We Care, Youth Employment Skills, Child Care for PCS, and Give Parents a Break Programs.

■ **The General and Mrs. Curtis E. LeMay Foundation:** Caring for widows of the Air Force officer since 1987, their charter was expanded to include care for spouses of retired Air Force personnel of all ranks left to survive with little or

no financial resources. Contributions also help with one-time expenses such as dental work, eyeglasses, hearing aids, and medical equipment.

■ **The Air Force Enlisted Village:** Formerly the Air Force Enlisted Foundation, it has provided more than 28 years of continuous, dedicated service to widows of Air Force enlisted veterans. This non-profit organization is the only home in existence for widows, surviving spouses and dependents of retired enlisted Air Force, Air National Guard, and Air Force Reserve military members. The AFEV also assists active duty members by providing temporary housing and services to spouses of enlisted members who are killed or who die on active duty.

■ **The Air Force Village Foundation:** This organization provides financial assistance to widows and widowers of Air Force Officers. The foundation's focus remains to provide support to members of the Air Force Family who would otherwise have no other place to live. The Foundation supports active duty members by providing recuperative care during long-term rehabilitations from surgery and secure residential, assisted living or health care center accommodations for elderly dependents. **(Compiled from staff reports)**

CSAF seeks improvements in warfighting

WASHINGTON – Air Force Chief of Staff Gen. John P. Jumper outlined new ways to make 21st Century airmen faster, more efficient warfighters.

General Jumper spoke at the Air Force Association's 2004 Air Warfare Symposium in Lake Buena Vista, Fla., on Feb. 12.

General Jumper said the Air Force can put together a suite of capabilities that would be the lynchpin in bringing together the command and control and the battle management that can link Air Operation Centers to get rapid decisions in the machine-to-machine global networking interfaces.

The general also discussed joint warfighting space. This concept suggests that military organizations with space capabilities can develop the ability to rapidly launch rocket payloads, such as micro-satellites with specific areas of operation for communication, or other sensors. *(Air Force Print News)*

Plan gives airmen roadmap to future

WASHINGTON – Air Staff officials have put the finishing touches on the "Transformation Flight Plan," which spells out the future direction of the Air Force.

The TFP can be accessed through a link on the Air Force's Internet home page at www.af.mil or on the office of force transformation Web site at www.oft.osd.mil. *(Air Force Print News)*.

New Reserve health benefits announced

WASHINGTON – Department of Defense officials announced Feb. 12 they will implement the 2004 Temporary Reserve Health Benefit Program for eligible reserve component servicemembers and their family members.

Additional information for reserve component families is available on the Tricare Web site at www.tricare.osd.mil and the Reserve Affairs Web site at www.defenselink.mil/ra. Each Tricare region will soon have a designated beneficiary coun-

seling and assistance coordinator available to assist members and families with understanding and using their enhanced Tricare benefits.

Changes to LES may reduce identity theft

ARLINGTON, Va. – Leave and earning statements for all servicemembers and Defense Department civilians, and paychecks for military retirees will soon have more identity theft protection.

Over the next several weeks, the Defense Finance and Accounting Service will drop the first five digits of a person's Social Security number from all pay statements and checks to guard against identity theft. *(Air Force Print News)*

Personnel services available on AF Portal

RANDOLPH AFB, Texas - The

days are Air Force members having to remember a notebookful of user IDs and passwords to get into basic online personnel services are nearing an end.

The solution is the Air Force Portal at www.my.af.mil.

By logging on to the Air Force Portal, users will have access to 14 of the most used personnel Web services.

For more information about the Portal or any of the online applications, call the Air Force Contact Center at (800) 616-3775. *(Air Force Personnel Center)*

New site makes PCS move easier

WASHINGTON - Relocating an Air Force family can be challenging. To ease the strain, Air Force officials recently launched "AF Move," a Web site designed to put as much moving-related information as possible only a mouse-click away.

While many units have local sites to help Air Force families in the moving process, this site aims to give people Air Force-level guidance.

The next time PCS orders drive Air Force members to pack up personal property and head for a new base, <http://afmove.hq.af.mil> can help keep the headaches and hassles to a minimum. *(Air Force Print News)*

Customer service for deployed personnel

RANDOLPH AFB, Texas -The Air Force Contact Center offers one-stop shopping service for personnel information and responds to specific inquiries across the entire spectrum of personnel programs all day, every day by calling toll free (800) 616-3775 or visiting <http://www.afpc.randolph.af.mil>. *(Air Force Personnel Center)*



Photo by Army Sgt. 1st Class Joe Belcher

Nice landing

A Team Charleston C-17 lands at Bagram Airfield, Afghanistan, Feb. 11. The C-17's heavy transport capability is essential for moving troops and equipment in support of Operation Enduring Freedom.

Spotlight

New firearms registration policy:

Any firearm stored in military family housing must be registered with the 437th Security Forces Squadron by Feb. 29. This registry is being created in the interest of safety for all base personnel. Contact your unit first sergeant for Air Force Form 1314, Firearms Registration. For residents who do not have an assigned first sergeant, call the 437th Security Forces Squadron at 963-3626.

Around the base

70's Jam: The 70's Jam will take place from 6 to 10 p.m. today at the Charleston Club. The cost is \$5. For more information, call Master Sgt. Todd Bellamy at 963-3135.

Free pancakes: The chapel is sponsoring a free pancake meal, 5 to 7 p.m. Tuesday at the base chapel. The meal is open to everyone.

Ash Wednesday Service: Services will be held Wednesday at the chapel. Catholic services commence at 11:30 a.m. and 6 p.m. in the sanctuary, and the Protestant service will begin at noon at the chapel annex.

Curbside Recycling: The next pick up date for curbside recycling is Thursday. For more information, call Cindy Lundhagen at 963-2690.

Black History Month: A dinner and dance in recognition of black history will be held 6 p.m. to midnight Feb. 27 at the Charleston Club. The cost is \$17 for club members and \$19 for non club members. To purchase tickets or for more information, call Tech. Sgt. Denese Bellamy at 963-7052.

National Prayer Luncheon: The National Prayer Luncheon is at 11:30 a.m. March 1 at the Charleston Club. The guest speaker will be Maj. Gen.

Charleston Warrior of the Week

Airman 1st Class Sha Smalls 437th Communication Squadron

Airman 1st Class Sha Smalls is the primary forms manager and alternate publications manager for the 437th Communication Squadron publishing office. The publishing office is the point of contact for information on all base publications and forms. The office keeps every base publication and form on file, makes sure they're reviewed every two years, keeps up the publishing Web page on the Globemaster Web site and does the base bulletin.

"I like that I get to learn about computers," said Airman Smalls. "And the people I work with every day make my job extremely enjoyable."

The Philadelphia, Penn., native joined the Air Force 20 months ago to get a college education and has been at Charleston AFB for 16 months.

"I'm a big city person, so I've gotten used to how convenient Charleston is," said Airman Smalls.

In his spare time, Airman Smalls likes to play basketball, write, read and hang out with friends.

"I appreciate every blessing in my life," he said.

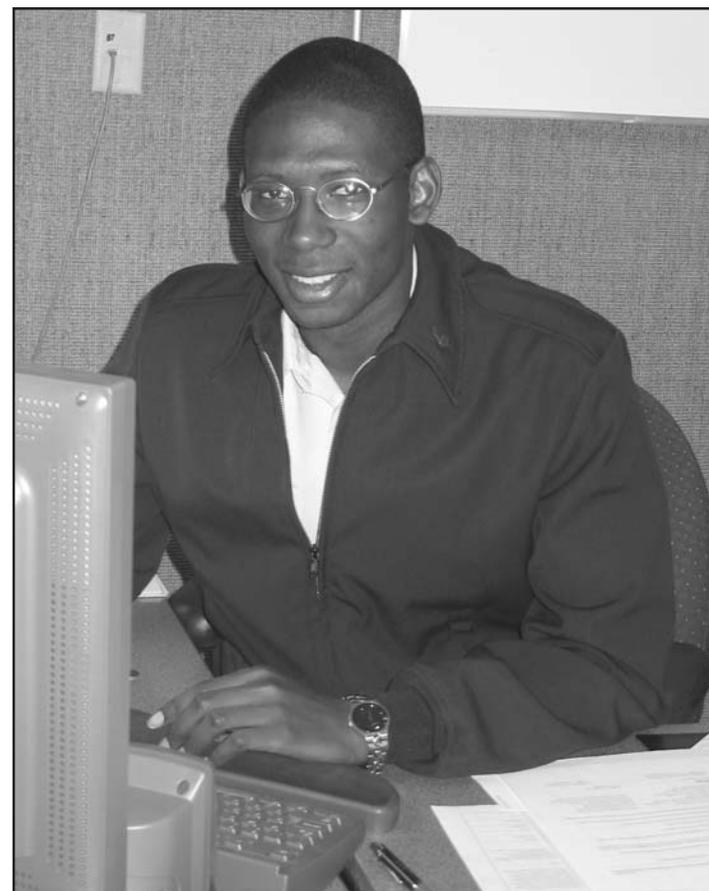


Photo by 1st Lt. Shaloma McGovern

Lorraine Potter. Tickets are available for \$5 at the base chapel or from squadron first sergeants.

College registration: Registration for all on-base colleges runs March 1 through 12 at the Education Center. For more information, call 963-4575.

Massing of the colors: The massing of the colors will commence 3 p.m. March 7 at the Summerall Chapel on the Citadel Campus. The Citadel Buglers and Bagpiper will present the colors. Base personnel and families are invited.

Construction: The intersection

of Hill Boulevard and North O'Neal Avenue was reduced to one lane Monday. Construction is set to last four to six weeks

Civilian employees: Effective Feb. 1, Air Mobility Command most efficient organization staffs will no longer be responsible for sending updates to education, licenses, language and certificates to Air Force Personnel Center for civilians.

Attention retirees: All military retirees are asked to send their email address to cafbrao@charleston.af.mil. Email blasts about timely information for retirees are sent out frequently.

Dogs on flightline: Two dogs have been frequently seen on the flight line over the past few weeks. If you have any information regarding these dogs, call Flyaway Farm and Kennel at 425-6444.

VA benefit act: A new Veterans Benefit Act of 2003 allows survivors of members who died of service-

connected death to retain benefits. For more information, call Kathleen Perry at 963-6334.

Recall rosters: Recall rosters are a tool for commander's to utilize to accomplish his/her mission in recalling their troops in time of need or emergency. The roster should be properly protected, used for official business and only accessed by personnel with a valid need to know.

Bulldog Challenge: Join the Bulldog challenge noon April 17 at the Citadel. The cost is \$15 per person or \$90 per team. The bulldog challenge is a six-person seven-mile competition. For more information, or to register, go to www.citadel.edu/nrotc/semperfi/bulldog2004.htm.

Cardio room closed: The Fitness and Sports Center's Cardio Room will be closed February 19 thru 21 for carpet installation. Limited cardio equipment will be available during this time. For more information, call the fitness center at 963-3347.

Drinking? Call 963-0437 for a free ride home

An Airman Against Drunk Driving program is starting for the members of the Team Charleston family Feb. 20.

From 10 p.m. to 3 a.m. every Friday and Saturday night, Charleston AFB members can call 963-0437 to get a free ride home.

This confidential program is available for anyone with a Department of Defense ID card. For more information or to volunteer, e-mail aadd.charleston@charleston.af.mil.



Rocky, the first Naval Weapons Station canine, sits on top of an obstacle at the 437th Security Forces Squadron military working dog obstacle course. Rocky is trained and kenneled here while the NWS kennel is constructed.



Petty Officer 1st Class Kenneth Spade, Naval Weapons Station Security Forces dog handler, and his military working dog, Rocky, train at the 437th Security Forces Squadron military working dog obstacle course here.

Air Force and Navy team up for dog's sake

Story and photos by 1st Lt. Shaloma McGovern
437 AW Public Affairs

In the 1980's Rocky Balboa knocked out many contenders. In Charleston a new Rocky is poised to arise and become victorious in 2004.

The 437th Security Forces canine unit is assisting the Charleston Naval Weapons Station in developing a kennel program for the NWS.

The CAFB unit has opened its doors to its kennel and train Rocky, the Naval canine, with the 437 SFS dogs while the Navy builds a kennel

of its own.

After 9/11 the Naval Weapons Station Security Forces stepped up homeland security and began working on developing a kennel program for the Naval Weapons Station Brig.

"Having the opportunity to work with the Navy as a team allows us the advantage to see how the other branch works with their respective mission," said Tech. Sgt. Toby McKnight, 437th Security Forces Squadron kennel master. "It also increases the capabilities and abilities of the dogs due to the combined knowledge and training

of the Navy and Air Force."

The Navy recently purchased Rocky from the 341st Training Squadron, Lackland AFB, Texas, where all Department of Defense dogs and kennel masters are trained.

Because both the Navy and Air Force dog handlers attend the same training and receive their dogs from the same location the partnership seems only natural.

"The Navy and the Air Force have similar missions and work hand in hand," said Sergeant McKnight. "The kennel program will be a great

asset to the Navy once the program is up and running."

Charleston AFB dog handlers will assist the naval dog handlers in training Rocky for his qualification test, which is administered by the naval installation commander.

"It's been a learning experience working with the Air Force, and I am a better handler because of it," said Petty Officer 1st Class Kenneth Spade, NWS security forces.

Once Rocky is qualified he will be the first canine member of the NWS and will be capable of detecting narcotics and explo-

sives. Rocky, who arrived here last month, will work at the NWS Brig and continue to be kenneled at Charleston AFB until the Naval facilities are complete.

Rocky is one of seven military working dogs maintained here, with the rest assigned to the 437 AW. The CAFB kennel program has existed for more than 30 years and trains dogs to search for narcotics and explosive detection to support homeland security.

With the help of his trainers Rocky will be ready to go a few rounds with the bad guys in only a few short months.



Courtesy Photo

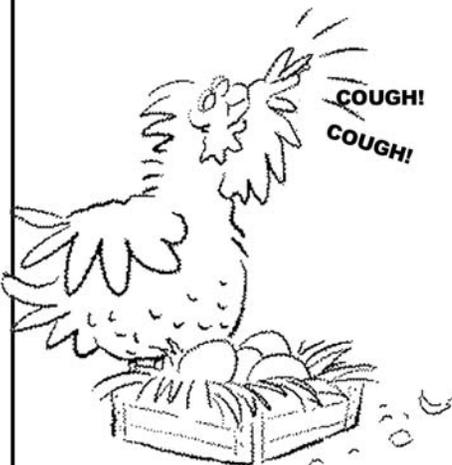
Smile

Children from the Child Development Center listen as Lt. Col. (Dr.) Marisa Herman, 437th Aeromedical-Dental Operations Squadron dentist, talks about the importance of clean teeth. The children visited the Dely Dental Clinic Feb. 11 to recognize National Children's Dental Health Month.

WELLNESS TIP

Avian influenza, now sweeping through Asia, has the attention of world health officials

- 'Bird flu' is sweeping through Asia, infecting millions of chickens and ducks



- Health and economic impact on 11 nations is staggering
- Human infection caused by close contact with live infected poultry
- AMC officials advise South East Asia travelers eat fully cooked food and avoid live poultry markets and poultry droppings

For more information visit the CDC Web site at <http://www.cdc.gov/flu/avian/>

SOURCE: AMC Command Surgeon Office

INFORMATION GRAPHIC BY Tech. Sgt. Mark Diamond

Chapel schedule



107 Arthur Drive
Office: Monday-Friday, 9 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* - 4:15 p.m. Reconciliation, 5 p.m. Mass. *Sunday* - 9:30 a.m. Mass, 9:30 a.m. Children's Church. Sacrament of Baptism pre-baptismal classes are held the first Sunday of each month at 11 a.m. in the Chapel Annex. Daily Mass is from 11:30 a.m. to noon Tuesdays through Fridays.

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. *Wednesday* - noon Protestant Bible Study.

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 the start of the 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.

"Chasing Liberty" – Mandy Moore

Tired of being followed around every moment of every day, the 18 year-old daughter of the president of the United States ditches her secret service handlers and sets out on a romantic road trip through Europe with her boyfriend. **(PG-13) 111 minutes**

Saturday, 2 p.m.

"Disney's Teacher's Pet" – Animated

Spot is a dog who can talk and read and longs for more than the normal doggy life. He masquerades as a human and sneaks into school with his master, Leonard, posing as a fellow student named Scott Leadready, II. **(PG) 84 minutes**

Saturday, 7:30 p.m.

"Lord of the Rings: The Return of the King" – Elijah Wood

Hobbits push farther into the land of Mordor to destroy the ring of power. The warrior Aragorn, revealed to be the lost king of Gondor, travels to Minin Titith with an army of undead soldiers and the remaining members of the fellowship, to rescue the ancient city from Lord Sauron's grasp. **(PG-13) 200 minutes**

AF fitness test myths **EXPLODED**

Myth: Scoring a 70 on the fitness test is passing.

Truth: A composite score of 75 or greater is a passing score. A composite score between 70 and 74.99 is considered “marginal” and requires re-testing within 180 days. A member who scores a “poor” will be placed on the fitness improvement program, must retest after 45 days and no later than 90 days and will receive mandatory fitness and dietary classes.

Myth: During the 1.5 mile run, I can wear headphones.

Truth: Department of Defense Instruction 6005.4 prohibits the wear of headphones while running on roads or streets on DOD installations. Because, the 1.5 mile loop here is located on East Jackson Drive, James Drive and Chance Loop headphones may not be worn.

Myth: Once I pass the physical fitness test, I don't have to do PT anymore.

Truth: Air Force Instruction 10-248 states, “The goal of the Fitness Program is to motivate all members to participate in a year-round physical conditioning program that emphasizes total fitness, to include proper aerobic conditioning, strength/flexibility training and healthy eating. Commanders and supervisors must incorporate

fitness into the Air Force culture to establish an environment for members to maintain physical fitness and health to meet expeditionary mission requirements and deliver a fit and ready Air Force.”

Myth: If I do well on the abdominal circumference, I don't have to run.

Truth: If a member is medically cleared for fitness testing, all four components are required to be tested. Medical exemptions are the only reason a member would not be required to test on all four components.

Myth: If I get a profile, I don't have to take the test.

Truth: According to Air Force Instruction 10-248.3.2.4, “Members with a medical profile prohibiting them from performing one or more components of the fitness assessment will have a composite score calculated on the tested components.” This means there is a portion of the test nearly everyone can accomplish.

Myth: The curve slows me down on the “Fit to Fight” loop.

Truth: The “Fit to Fight” loop was measured and approved as an official 1.5 mile track. Run to the outside of the marked area if your concern is a slower time due to the curb.

Myth: I can do my push ups, sit ups and run on

separate days since the AFI states I have five duty days to complete the fitness test.

Truth: Yes, you can. The intent of the AFI 10-248 was to allow commanders the flexibility to test their members and meet mission requirements. This five day requirement should be used for those reasons only, not as a mechanism to achieve a higher composite score.

Myth: If I am a female on my menstrual cycle, I do not have to test for the abdominal circumference component until after my cycle is complete.

Truth: AFI 10-248 does not exempt women from abdominal circumference measurements during their menstrual cycles. However, there is still the five day window to accomplish all components of the test.

Myth: If I am an activated reservist, I will have the option to complete the Rockport Walk test.

Truth: Activated reservists will meet the same standards as the active-duty component. The walk test will only be offered to ARC and geographically separated units that do not have access to a sub-maximal cycle ergometer. **(Compiled by 1st Lt. Shaloma McGovern, 437th AW public affairs and Jason Ham, 437th Medical Group)**

