

# AIRLIFT Dispatch

Vol. 43, No. 26

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

Friday, July 2, 2004



Graphic by Sean Erbe

## MEMORIALS

**Team Charleston remembers fellow airmen**

Page 6

## EATING RIGHT

**Corporate chef teaches SVS staff healthy habits**

Page 14

### MISSION POSSIBLE!

Charleston departures	8,756	Personnel deployed	595
Maintenance reliability	93.9%	Reservists activated	726
Cargo moved (tons)	40,156	(Jan. 1 to June 30, 2004)	

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



## Tragic loss

Team Charleston mourns the deaths of two of our Airmen in recent weeks. We will hold a memorial service Tuesday at 11 a.m. at the base chapel for **1<sup>st</sup> Lt. Steve Hatton**, 14<sup>th</sup> Airlift Squadron, who drowned June 22 while on temporary duty at Sigonella Naval Air Station, Italy.

A memorial service for **Capt. Dan Pope**, 437<sup>th</sup> Logistics Readiness Squadron, is set for 9:30 a.m. at the base chapel. Captain Pope died in an Interstate traffic accident Sunday evening.

We are greatly saddened by these untimely deaths and extend deepest sympathies to families and friends of these two officers. We will pull together as a Wing family and support each other. Additionally, our chapel staff and life skills center are available to offer counseling to help individuals deal with grief at the loss of these fine Airmen.

## Recognition

Air Mobility Command recognized **Christine Cormier** this week as Charleston AFB's Family Child Care provider of the Year for 2004. Our care providers are absolutely pivotal to the success of the mission, as they give our Airmen the peace of mind that their children are well cared for while the Airmen are on duty. Special thanks to Ms. Cormier and all our care providers.

In the "better late than never" category, we congratulate **Tech. Sgt. Russell Gardner**, 437<sup>th</sup> Aircraft Maintenance Squadron, who was named distinguished graduate of the NCO Academy class that graduated May 13. Check out page 13 for the entire list of May graduates.

We also congratulate **Capt. Jeffrey Holland**, 437<sup>th</sup> Maintenance Squadron, who was nominated as an AMC representative to Air Force Space Command's Vigilant Look program, a week-long orientation to that command's mission and career opportunities.

Special thanks to retired Army **Col. Raymond Borelli**, CAFB's Retiree Activities Program director, and the many volunteers and agencies who helped make Saturday's Military Retiree Appreciation Day a success, drawing approximately 500 participants.

As **Lt. Col. Bob DuLong**, 437<sup>th</sup> Maintenance Group deputy commander, departs for Air War College at Maxwell AFB, Ala., we thank him for a job well done keeping our jets in the air as we prosecute the War on Terror. Godspeed to you and your family as you begin your new assignment.

## Change of Command

Team Charleston also says farewell and thank you to **Lt. Col.**



Photo by Airman 1st Class Darnell Cannady

**Col. Sam Cox, 437<sup>th</sup> Airlift Wing vice commander addresses members of Team Charleston during the monthly promotion ceremony June 28 at the Charleston Club. More than 90 Airmen are scheduled to be promoted in July.**

**John Keffer**, 437<sup>th</sup> Communications Squadron commander, and welcomes **Maj. Wayne Lundsford**, who arrived from Maxwell AFB to take command yesterday. See page 3 for more.

## Safety

AMC recently announced the **437<sup>th</sup> Airlift Wing's** selection for AMC's Distinguished Flying Unit Safety Award. Gen. John Handy, AMC commander, called the award "a tribute to the outstanding safety record attained by the wing in 2003."

We take great pride in last year's accomplishments in the safety arena, but Team Charleston's tragedies of this past week, and a number of similarly tragic deaths around the command, have again brought sharply into focus the need to get back to the basics of safety. We are 32 days into the 101 critical days of summer; it is imperative that we do better in keeping ourselves and each other safe.

As we begin this holiday weekend, pause to think about how you are protecting yourself and those you love before you head out the door. Wear your seatbelts, life jackets, and other personal protective gear for whatever activities you'll be taking part in.

Ensure you're well-rested before heading out on long trips. If your celebrations include alcohol, they must also include a designated driver.

If you choose to use fireworks of any kind—off base, of course—take extra safety precautions, so your 4<sup>th</sup> of July weekend is memorable in a positive way.

Enjoy a restful holiday weekend, have fun, and be safe!

## AIRLIFT Dispatch

The *Airlift Dispatch* is published by Diggle Publishing, Inc., (843) 972-2357, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with the 437<sup>th</sup> Airlift Wing. This civilian enterprise Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of the *Airlift Dispatch* are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Air Force.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by DOD, Air Force or Diggle Publishing, Inc., of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron.

Editorial content is edited, prepared, and provided by the 437<sup>th</sup> Airlift Wing Public Affairs Office. All photographs are Air Force photographs unless otherwise indicated.

### Deadlines

The deadline for submitting stories for space-

available publication is prior to noon of the Friday preceding the desired publication date. The *Airlift Dispatch* staff reserves the right to edit all copy submitted for publication.

### Advertising

Classified advertisements may be referred to Diggle Publishing, Inc., P.O. Box 2014, Mount Pleasant, S.C., 29465, or e-mailed to [classified@digglepub.com](mailto:classified@digglepub.com). Classified advertisements are free, with the exception of personal business ads, for active-duty military members and their spouses, retirees and reservists.

### Address/Numbers/e-mail

Editorial content is provided and edited by the 437<sup>th</sup>

Airlift Wing Public Affairs Office, Bldg. 1600, Rm. 224.  
Phone: (843) 963-5608, Fax: (843) 963-5604  
Mail to: 437 AW PAI, 102 East Hill Blvd.  
Charleston AFB, SC 29404-5154  
E-mail to: [airlift.dispatch@charleston.af.mil](mailto:airlift.dispatch@charleston.af.mil)

### Editorial staff

437 AW Commander: **Col. Brooks Bash**  
Chief, Public Affairs: **Maj. Linda Pepin**  
Airlift Dispatch Editor: **2<sup>nd</sup> Lt. Bryan Lewis**  
Staff writers: **1<sup>st</sup> Lt. Shaloma McGovern, Tech. Sgt. Mark Kleber, Staff Sgt. Jennifer Arredondo & Amn. Sam Hymas**  
**Photo/graphic support provided by 437<sup>th</sup> CS Visual Information**

# Tips to balancing personal and professional lives

By 1<sup>st</sup> Lt. Justin Sincoff  
437<sup>th</sup> LRS section commander

Serving in the Air Force in any capacity brings with it many issues that are unique to our military way of life. On one hand, the Air Force professional performs numerous functions both at home station and while serving in deployed locations, enabling his unit to complete its specific mission at hand. On the other hand, it is often a challenge to resume personal issues at home while working long hours at home station or serving in deployed locations. The challenge becomes even less manageable for single parents and military members married to other military members.

While serving at home station, long duty hours are common in performing primary, additional, and administrative responsibilities. As an Air Force member, you will often find yourself serving in functions not specific to your Air Force specialty. In deployed locations, you may be the only individual on station within your specialty, instantaneously making you the resident expert within your function. You will often be assigned additional duties that consume most of your duty time within your work center.

Writing evaluation reports and decorations are a supplemental to those individuals serving in supervisory positions. Add training, mobility exercises, physical training time, and force reduction initiatives to the equation above, it's a wonder how some find

## worth repeating

“Time management, as well as strong support networks is key to remaining afloat in this busy Air Force lifestyle.”



1<sup>st</sup> Lt Justin Sincoff

437<sup>th</sup> Logistics Readiness Squadron section commander

time to maintain a family and/or personal life outside of the workplace.

Balancing personal issues can be more challenging. Performing as parent, spouse, housekeeper, car maintainer, landscaper and other various roles can often seem impossible to remain in control. Serving as a single parent or military member married to another military member often results in longer separations from their loved ones. Add self-improvement initiatives such as education and professional military education, as well as volunteer initiatives and community involvement one can easily be overloaded. Time management, as well as strong support networks is key to remaining afloat in this busy Air Force lifestyle.

Time management is essential to surviving the storm. Here are some tips to help manage your time:

- **Set priorities.** Often the things that are

most important to your business can't have deadlines. Make sure those vital tasks are on the top of your to-do list.

- **Make a to-do list.** Keep it where you can see it all the time. Look at it frequently and revise it daily. Check off tasks as you complete them.

- **Maintain a calendar and keep it visible.** You can use a paper, desk, or wall calendar, but you may find features of calendar software programs (such as pop-up reminders) helpful. There's a good calendar in Microsoft Outlook.

- **Set time aside.** Make “appointments” with yourself to do important tasks and don't allow interruptions.

- **Eliminate errands.** Keep a list of errands and do a number of them at one time.

One of the main advantages we have in the Air Force is a strong support network. Our “Air Force family” provides us with an infrastructure internally and externally within every organization that is ready to provide assistance at any time. The member's chain of command and numerous agencies across the base provide the member and their family an array of services and information.

The key ingredient to success for the professional Air Force member is commitment. Without a true commitment to both service and family, management of such a lifestyle would not be possible. You will see the fruits of your labor if you respect your commitments both personally and professionally!

## Change of command

Maj. Garry “Wayne” Lunsford assumed command of the 437<sup>th</sup> Communications Squadron Wednesday.

Major Lunsford, who is from Roxboro, North Carolina replaced Lt. Col. Gary Keffer, who will be heading to the Headquarters Communication Staff, United States Armed Forces Europe.

Major Lunsford graduated from North Carolina Agricultural and Technical State University and receive his commission in May 1990 from Detachment 605 Reserve Officer Training Corps at NC A&T State University. He has held positions in Missile Operations to include Deputy Crew Commander, Instructor Deputy Crew Commander, Crew Commander and Instructor Crew Commander.

While assigned to the Pentagon, Major Lunsford performed

duties as a Communication-Computer System Officer, Defense Policy Analyst and Deputy Director, Simulation Analysis Center. He was then stationed at Royal Air Force Mildenhall, United Kingdom where he served as the 488<sup>th</sup> Intelligence Squadron's Logistics Flight Commander.

When Major Lunsford was assigned to Executive Officer Headquarters Air Mobility Command, Scott Air Force Base Illinois, he served as Chief C4 Plans and Implementation and Communication and Information Director. Maj. Lunsford



Maj. Wayne Lunsford

recently completed Air Command and Staff College in residence.

Major Lunsford's military decorations include an Meritorious Service Medal, aa Aerial Achievement, a Joint Service Commendation Medal, and Air Force Commendation Medal with two oak-leaf clusters, and a NATO Medal.

Some of his awards are the Lt. Gen. Loe Marquez Award, Maj. Gen. Robert Sadler Award, Maintenance Effectiveness Award, Lt. Gen. Thomas P. Gerrity Award and the Armed Forces Communication and Electronics Association honor Award.

He is married to the former Paula Bowman of Roxboro, North Carolina. They have two sons; Demetrius (9) and Johnathan (6).

- **Interesting fact:** Successfully rebuilt 2 VW and 2 motorcycle engines

- **Favorite movie:** Ben Hur

- **Major pet peeve:** Failing to follow thru

- **Favorite author:** J.K. Rowlings

- **Favorite quote:** Nothing difficult is easy! (Author unknown)

- **Why did you join the Air Force?** Duty to country. Also because of the leadership, education and travel opportunities

- **How would you describe your leadership style?** Lead by example. Help your people understand the importance of their contribution and remove obstacles so they can successfully accomplish the mission.

- **Who is your role model and why?** My parents...I am blessed with two kids and now I truly understand the awesome responsibilities and challenges that go with the job.

# Memorial services planned for CAFB Airmen

## Combat pilot leaves lasting impression

By 2<sup>nd</sup> Lt. Kristy Miller  
437 AW Public Affairs



1<sup>st</sup> Lt. Steve Hatton

The 437<sup>th</sup> Airlift Wing will hold a memorial service for 1<sup>st</sup> Lt. Steve Hatton, 14<sup>th</sup> Airlift Squadron, at 11 a.m. Tuesday at the base chapel.

Lieutenant Hatton drowned June 22 while on temporary duty in Sigonella, Italy.

Air Force safety officers, along with the Navy and the Italian Carabinieri, are investigating the incident.

Lieutenant Hatton is survived by his parents, Ronald and Barbara Hatton, two brothers, Christopher and Jeffrey, and a sister, Wendy.

Lieutenant Hatton, 25, grew up in Lakewood, Co., and graduated from the U.S. Air Force Academy in 2001. His casual status was spent at Offutt AFB, Neb., where he was involved in the aftermath activities

of Sept 11, 2001.

He attended undergraduate pilot training at Vance AFB, Okla., and received his wings in 2002. He then spent three months at Altus AFB, Okla., for his C-17 qualification training.

Lieutenant Hatton arrived here in November of 2003 and has flown 34 sorties and logged 153 combat flying hours in the C-17.

"Lieutenant Hatton was a fine officer, an outstanding aviator and a phenomenal person," said Lt. Col. A.J. McMillan, 14 AS commander. "He was a top contributor to the 14 AS mission and a proven C-17A combat veteran in both Operation Iraqi and Operation Enduring Freedom. He will be sorely missed."

Lieutenant Hatton's parents said even though he was the youngest, his personality and character were an example to the entire family.

Lt. Hatton's awards and decorations include; an Air Force Commendation Medal, Global War on Terrorism Medal, Training Ribbon, Longevity Ribbon, Outstanding Unit Ribbon with one device and a National Defense Service Medals.

## Dedicated LRS officer remembered

By Staff Sgt. Jennifer Arredondo  
437 AW Public Affairs

The 437<sup>th</sup> Airlift Wing will hold a memorial service for Capt. Daniel Pope, 437<sup>th</sup> Logistics Readiness Squadron readiness officer, at 9:30

a.m. Thursday at the base chapel.

Captain Pope died in a traffic accident Sunday on Interstate 95 in South Carolina.

He is survived by his wife, Angel, his parents, Greg and Catalina Pope, and a sister, Stephanie.

Captain Pope grew up in Zaragoza, Spain. He received his bachelor's degree from the University of Central Florida and was commissioned in June 1997.

His first duty station was Ellsworth AFB, S.D., followed by an assignment to Yokota AB, Japan, in July 2002.

Captain Pope was assigned to the

437<sup>th</sup> Aerial Port Squadron in January 2003, before moving to the 437 LRS in April.

"He came from an air transportation background to a job that was mostly supply related," said Maj. Harold Bugado, 437 LRS commander. "He dove into an unfamiliar career field and he excelled."

His biggest asset was that he had a positive attitude every day," he continued. "He was well-liked by his co-workers, took pride in his section and made others look good."

Major Bugado said Captain Pope was proud of his service and proud to be in the Air Force.

"The squadron and the Air Force lost a terrific individual," Major Bugado said. "Our thoughts and prayers are with his family."

Angel Pope summed up her husband's life saying he made the best of everything.

"He lived life to the fullest and everyday was special," Mrs. Pope said.

Captain Pope's awards and decorations include the Commendation Medal with two oak-leaf clusters, Joint Service Achievement Medal, and the AF Achievement Medal.



Capt. Daniel Pope

# HAZMAT manager celebrates 30 years of civil service

Staff Sgt. Jennifer Arredondo  
437 AW Public Affairs

A Team Charleston environmental engineer earned his 30-year pin from the Department of Defense June 23.

Henry Pape, 437<sup>th</sup> Civil Engineer Squadron Hazardous Waste program manager ensures the base complies with federal, state and local regulations for the purchase, storage and disposal of hazard waste.

Since assuming the position in 1994, Mr. Pape said he's seen a change in the way troops are trained in hazardous waste management.

When he first started this position, all of the hazardous waste management training was done on overhead projectors, Mr. Pape said. Now, training is conducted with the aid of laptops.

Airmen who need this training are now able to access the information through computer-base training located on the Globemaster Web site, Mr. Pape said. The shops' awareness on how to dispose of hazardous waste through training has improved and shop personnel have in-

creased their knowledge on proper procedures.

The base hazardous waste program has had zero discrepancies during no-notice inspections for the past 10 years. These inspections were conducted by the South Carolina Department of Health and Environmental Control.

"Every time we have a no-notice inspection from the SCDHEC and we come up smelling like roses, that is the highlight of my career," Mr. Pape said.

Building a relationship with the local regulators has contributed to the program's suc-

cess, Mr. Pape said. By communicating on a regular basis, he is able to discuss any issue with the regulators.

"He is meticulous in his work", said Luis Class, the 437 CES chief of environmental quality. "His attention to detail helps to ensure paperwork is accurate. The quality of work is outstanding. He always does the right thing,"

Julie Legg, 437 CES air program manager said Mr. Pape is a dedicated, honest and loyal co-worker, with a strong work ethic.

Mr. Pape started his career working at the Polaris Missile Facility then spent 13 years at the Charleston Naval Shipyard before coming to Charleston AFB.

When Mr. Pape contemplates retirement, he said he sees himself staying active. "I will probably be working for as long as I am able to," he said.

Mr. Pape and his wife have been married for 23 years. They have three children: Joshua, Timothy, and Rebekah. In his off time, Mr. Pape enjoys spending time outdoors, especially at his cabin.

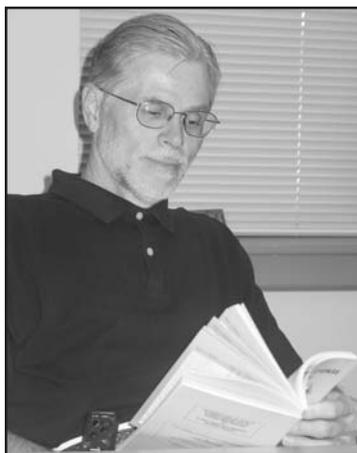


Photo by Staff Sgt. Jennifer Arredondo

**Henry Pape, 437<sup>th</sup> Civil Engineer Squadron HAZMAT program manager, reviews an Emergency Response Book**

## SAFETY SENSE: Don't let lightning strike you

By Dave Luttrell  
437AW Safety

The Fourth of July holiday is historically one of the deadliest times of the year for lightning strikes. Each year, about 400 children and adults in the U.S. are struck by lightning. Many of these tragedies could be avoided by knowing the following facts:

- Thunderstorms produce lightning and are dangerous. Lightning kills more people each year than tornados.
- Lightning often strikes as far as 10 miles away from rainfall. Many deaths from lightning occur ahead of the storm because people try and wait to the last minute before seeking shelter.
- You're in danger from lightning when you hear thunder so if you hear it, lightning is close enough to strike so head to safety!
- Lightning can travel sideways for up to 10 miles. Even if the sky looks blue and clear, be

cautious. At least 10 percent of lightning occurs without visible clouds overhead in the sky.

■ Every flash of lightning is dangerous, even the first. Head to safety before the first flash.

### Safety Rules

- Look for darkening skies, flashes of lightning or increasing wind, which may be signs of an approaching thunderstorm.
- If you hear thunder, go quickly inside a completely enclosed building. Sturdy buildings are the safest place to be. Avoid sheds, picnic shelters, baseball dugouts, and bleachers. **Do not** go into a carport, open garage or covered patio.
- If there isn't an enclosed building nearby, get inside a hard-topped all-metal vehicle. The steel frame of the vehicle provides some protection if you are not touching metal.
- If there isn't a shelter, crouch in the open, keeping twice as far away from a tree as it is tall.



### Information please

Staff Sgt. Melissa Copeland (right), 437<sup>th</sup> Medical Group exercise specialist, hands out and health and wellness information at the Retiree Appreciation and Information Fair June 25. More than 500 retirees and their spouses attended the third annual event at the Charleston Club.

Courtesy Photo

## SFS cracks down on dangerous drivers, DUIs and thieves

The following are some of the responses by 437<sup>th</sup> Security Forces Squadron from June 21 through Sunday and are printed to raise awareness of resource protection and safety.

Anyone with information regarding these, or any other incidents, should call security forces at 963-3600.

### Vehicle accidents

- A civilian exiting the base through the commissary gate, misjudged his turn and struck a jersey barrier damaging his vehicle. The driver was cited for inattentive driving.
- An Airman damaged a government vehicle when it slipped on a wet surface and struck a light cart he was trying to retrieve. The driver was cited for inattentive driving.
- An Airman backed into another moving car at Bldg 661 (Civil Engineer Squadron). The driver was cited for inattentive driving.

### Traffic

■ Security forces cited 58 drivers for speeding, 12 for failure to stop at a posted stop sign or traffic light, two

for going the wrong way in a one-way lane, one for suspicious behavior near the flight line, one for expired tags, two for failure to stop for pedestrians, one for illegal U-turn, three for following too close to another vehicle and one for no tail lights.

■ Security forces responded to a call that a suspicious man was in the parking lot around the Washrack Hangar. The Charleston County Sheriff's Office responded, dispatched the Charleston County mobile crisis unit and transported the individual to the Medical University of South Carolina for an examination.

■ Security forces stopped 10 ci-

vilian drivers at the Rivers Avenue gate for driving without a license. CCSO responded and issued fines ranging from \$200 to \$672 for driving without a license, no proof of insurance, no proof of ownership, no registration, and borrowing a license plate. CCSO also scheduled court dates for the drivers.

■ Security forces stopped a civilian driver at the Rivers extension gate for driving the wrong way in a one way road. The driver was unable to produce a license, proof of insurance or registration. CCSO responded, issued a \$257 fine for an open container, a \$232 fine for no driver's license and scheduled a court date.

■ Security forces stopped a civilian driver at the Rivers extension gate for possible driving under the influence. CCSO responded and issued a \$159 fine for an open container and scheduled a court date.

### Crime watch

- A civilian was detained for shoplifting earrings worth \$24 at the base exchange. CCSO responded, issued a ticket for \$1,087 and scheduled a court date.
- A juvenile family member was detained for shoplifting an \$18 DVD movie at the BX. He was released into his parent's custody.
- An Airman reported that her vehicle was damaged in the clinic parking lot.
- A juvenile family member was detained for shoplifting a \$20 Game boy from the BX. She was released into her parent's custody.
- An Airman in base housing reported that his vehicle has been damaged.
- Security forces found a toddler walking a dog by himself at night. Investigation revealed the child left his house through the unlocked front door without his mother's knowledge.

### DUI/DWI Statistics

Last incident: 11 days

2004 total: 12

2003 total: 16

Members receiving a Driving Under the Influence or must report to the wing commander the following duty day in full service dress accompanied by their supervisor, first sergeant and squadron commander.

**AADD**  
AIRMEN AGAINST DRUNK DRIVING

963-0437

51 saves  
this year

Charleston AFB's Airman  
Against Drunk Driving offers  
free, confidential rides home.

## Manpower, personnel functions merging

**RANDOLPH AFB, Texas**—Manpower, personnel, and education and training functions merged and realigned under mission support squadrons at installations throughout the Air Force yesterday.

“Manpower and personnel have been separate disciplines throughout the Air Force’s history,” said Col. Douglas Bell, Air Education and Training Command’s manpower and organization chief. “Merging them will provide cradle-to-grave processes for human resource management,” he said.

“The new organization better aligns both military and civilian resources with manpower requirements for mission accomplishment,” he said.

The merger may involve a physical move to mission support squadron locations, but should otherwise be invisible to the customer, said Bell. **(AFPN)**

## Murray talks deployments, force shaping

**MAXWELL AFB, Ala.**—Combat needs, not current manpower standards, are what Air Force officials are using to determine how many people are filling the ranks, Chief Master Sgt. of the Air Force Gerald Murray said. This is the first time in Air Force history combat needs have been the determining factor.

Chief Murray discussed this and other current issues during the 10th Annual Worldwide Command Chief Master Sergeants’ conference June 19 to 23, at Maxwell AFB.

One hot topic is force shaping designed to return the Air Force to its authorized uniformed population by September 2005.

Fifteen years ago, the Air Force was 40 percent larger than it is today with about 660,000 active-duty Airmen. Today, the force is just shy of 360,000 active-duty people, yet the service is deploying more than four times more than it did back in 1990 before operations Desert Shield and Desert Storm, Chief Murray said.

Finding ways to reduce the number of critically manned and stressed career fields in the Air Force is also part of the plan to balance the force.

As the chief master sergeant of the Air Force, he said his most important job is talking with Airmen and listening to what they are saying. **(AETCNS)**

## TSP offers toll-free service

**WASHINGTON**— A toll-free telephone service for Thrift Savings Plan participants and beneficiaries began Thursday.

Callers will be able to receive TSP account or transaction information via the service around the clock daily. They will also be able to speak to a participant service representative at one of two call centers 7 a.m. to 9 p.m. Eastern time Monday through Friday.

The retirement savings plan is similar to the 401(k) plans offered by many private employers. As of

May 31, TSP assets totaled more than \$135 billion, and the program maintained retirement savings accounts for nearly 3.3 million participants.

Participants include federal civilian employees in all branches of Government, employees of the U.S. Postal Service, and members of the uniformed services.

For calls from the United States the primary toll-free number will be (877) 968-3778 and the TDD number for the hearing impaired will be (877) 847-4385. The current number (504) 255-8777 can be used for all other international calls. **(AFPN)**

## Commander leads transition in Iraq

**BAGHDAD, Iraq**—Leading more than 160,000 troops through a transition of authority from coalition

forces to the interim Iraqi government is more of an art than a science says the commanding general for Multinational Corps-Iraq.

Army Lt. Gen. Thomas F. Metz said that art comes in the delicate balance of reassigning resources for changing priorities, providing security and working with the Iraqis to rebuild their infrastructure.”

He said the transition means the coalition force is now a partner to Iraq and that multinational forces will continue to conduct operations against anti-Iraqi forces.

In time, the Iraqi security force will convey its readiness to take the lead and coalition forces will begin to withdraw. While the coalition has been active in restoring electricity, building sewage treatment plants, opening schools and many other civic projects, General Metz said its number one concern is the security of Iraq. **(AFPN)**



### On Patrol

A pararescueman scans for threats aboard a U.S. Air Force HH-60G Pavehawk from the 64th Expeditionary Rescue Squadron, Balad Air Base, Iraq, May 15.

*U.S. Air Force Photo by Staff Sgt Aaron Allmon II*

## Spotlight

**Change of command:** The 437<sup>th</sup> Contracting Squadron hosts a change of command ceremony July 9 at 3 p.m. at the Charleston Club. For more information, contact Staff Sgt. Hector Lopez at 963-5180.

**Retirement:** The 14<sup>th</sup> Airlift Squadron hosts a retirement ceremony for Master Sgt. Larry Jones July 9 at 3 p.m. in the 14 AS Auditorium (Bldg. 72)

## Around the base

**Wing training day:** The wing training and liberal leave day is today. Base agencies will be closed for business except the following:

- Fitness & Sports Center: 6:30 a.m. to 6 p.m.
- Education Center: 7:30 a.m. to noon
- CDC: 6:30 a.m. to 6:00 p.m.
- Outdoor Rec: 9 a.m. to 2 p.m.
- Youth Center: 6:30 a.m. to 4:30 p.m.
- Dining Facility: normal hours
- Flight kitchen: normal hours
- Lodging: normal hours
- Golf: normal hours
- Bowling: normal hours
- Aero Club: normal hours
- Skill Center: normal hours

### Closures:

- The 437<sup>th</sup> Medical Group will be closed today and Monday. Charleston AFB Tricare Prime patients with an emergency are instructed to call 911. To reach the on-call provider for non-emergencies, call 963-6880.
- The Family Support Center will be closed today and Monday in observance of Independence Day.
- The commissary will be closed

## 18 NCOs graduate from academy

The following technical sergeants graduated from the Noncommissioned Officer Academy Class 2004-4 at Robins AFB Ga., May 13.

**16<sup>th</sup> Airlift Squadron:** Christopher Pack

**437<sup>th</sup> Aerial Port Squadron:** Joseph Klapperich and Gaither Moore

**437<sup>th</sup> Aircraft Maintenance Squadron:** Tony Blevins, Charles Ferree, Russell Gardner, Jr. and Daniel Small

**437<sup>th</sup> Airlift Wing:** Jennifer Gaulin

**437<sup>th</sup> Logistics Readiness**

**Squadron:** Craig Baker, Mark Bowers, William Church and Reginald Powell

**437<sup>th</sup> Medical Group:** Ernest Walters

**437<sup>th</sup> Maintenance Squadron:** John Carpenter, Hermann Kuebitz, Raymond Phreaner, Jr. and Jeffery Popovich

**437<sup>th</sup> Security Forces:** Michele Graves

# Charleston Warrior of the Week

## Staff Sergeant Aimee Cannon 15<sup>th</sup> Airlift Squadron

Staff Sgt. Aimee Cannon is a loadmaster craftsman for the 15<sup>th</sup> Airlift Squadron. Her primary duties include supervising the loading and unloading of cargo and passengers and ensuring the aircraft is within weight and balance limitations.

"I love traveling, experiencing other cultures and meeting new people," said Sergeant Cannon. "I recently cross-trained from being a pharmacy tech to a loadmaster on C-130's to the C-17; which I really enjoy."

The Austin, Texas, native joined the Air Force eight years ago. "I was looking for some direction in my life at the time—a positive change, if nothing else."

"Sergeant Cannon's professionalism and previous aircrew experience helped her grasp the differences between the two weapons systems and upgrade to mission ready status in minimum time," said Tech. Sgt. Gary Ferguson, 15 AS. "Her easy going manner and understanding of fellow Airmen, and the issues they face in the military, make her a trusted supervisor and confidant that Airmen can turn to for advice and leadership."

When I need to fill a tough mission with an NCO with confidence and the ability to think 'out of the box', Sergeant Cannon is always on the short list."



Photo by 1st Lt. Shaloma McGovern

Sunday in observance of Independence Day.

- The base chapel will not be holding Daily Mass until July 27. If anyone is in need of reconciliation call the chapel at 767-9621 to see a priest.

**MSS:** The Mission Support Squadron will be closed today and Monday in observance of Independence Day, and will close at noon, July 9 for a squadron function. For emergencies, call 696-1017 or 412-5653.

**Armed Forces Inaugural Committee:** The Air Force is seeking 32 individuals to support the 55<sup>th</sup> Presidential Inauguration from Jan. 15 to 24. This is a unit funded temporary duty.

The available positions relate to the volunteers' Air Force specialty codes for assignments needed in the inaugural committee. To volunteer or find out more information, visit: [https://www.mil.bolling.af.mil/orgs/Wing/CC/CCI/2005%20AFIC%20Website/Index\\_CCI.htm](https://www.mil.bolling.af.mil/orgs/Wing/CC/CCI/2005%20AFIC%20Website/Index_CCI.htm). Applications must be faxed to AFPC/DPAPP1 DSN 665-4323 or commercial 210-565-4323 no later than July 12.

**Professional Development:** The Company Grade Officer Council holds an officer promotion briefing 2 p.m. July 16 at the 16 AS auditorium.

To sign up, or for more information, contact 1st Lt. Shaloma McGovern at 963-5571.

**Volunteers needed:** The Hispanic Heritage Council is seeking volunteers to help coordinate the 2004 events. The next meeting is Wednesday, 10 a.m. in the 437<sup>th</sup> Medical Group Clinic on the second floor in the commander's conference room. For more information, contact 1st Lt. Maurice Lawlor at 963-6803.

**Chief Meeting:** The Chiefs' Group will hold their monthly meeting 11 a.m. July 15 at the Charleston Club. For more information, contact Chief Master Sgt. John Danko at 963-5324.

# Services gets health conscious in kitchen

By 1<sup>st</sup> Lt. Shaloma McGovern  
437 AW Public Affairs

Charleston Airmen can now find more healthy choices at the Gaylord Dining Facility in their battle to be "Fit to Fight" since the 437<sup>th</sup> Services Squadron and the Health and Wellness Center requested a professional chef come and teach a hands-on two-week course for the dining facility services technicians.

Monroe Gaultney, a corporate chef in research and development for the last 17 years and author of the first health cookbook for the military, taught the fundamental course June 1 through 14.

He showed the dining facility staff how to prepare low-fat meals and re-wrote the 14-day menu cycle for the dining facility, increasing the amount of healthy food choices offered at Charleston AFB.

"I teach traditional cooking then match it with healthier items," said Mr. Gaultney. "It's about the total person and total lifestyle providing tasteful meals to choose from in the daily menus. Eye appeal will make you taste it; flavor will keep you eating it."

According to Charleston Airmen, the chef taught better ways to prepare food in a more efficient manner while increasing the taste.

"Mr. Gaultney is giving Airmen a healthier product to choose from so they can be 'Fit to Fight' resulting in an overall increased fitness level for the mission," said Staff Sgt. Marcie Ireland, 437 SVS dining hall shift leader.

The recipes the military has been using were developed in 1950 when the lifestyle was much different.

The current generation is more health conscious and demands choices conducive to a healthy lifestyle, said Mr. Gaultney.

"I can use what I have learned from Chef Gaultney about eating healthy to motivate Airmen to make wiser choices," said Airman 1<sup>st</sup> Class Emily Wick, 437 SVS services journeyman.

Lessons learned from the chef may extend beyond the gates of CAFB.

"My specialty is quantity healthy cooking with an emphasis in home cooking," said Mr. Gaultney. "We want the Airmen to use these tools when they deploy to the theater and give Airmen a product which looks good, tastes good and is good for them."



Senior Airman Kevin Sexten (above) and Airman Kelly Alexander (left), both 437<sup>th</sup> Services Squadron food services technicians, use the recipes and skills taught by Monroe Gaultney (below),



Photo by 1<sup>st</sup> Lt. Shaloma McGovern



Photo by Airman 1<sup>st</sup> Class Darnell Cannady

# Command Performance



Photo by Airman 1st Class Jason Bailey

## Senior Airman Tyrona Pearsall 437<sup>th</sup> Communications Squadron

**Job Title:** Still photographic journeyman

**Time in honor guard:** 7 months

**Time in the Air Force:** 3 years

**Why did you join honor guard?** I wanted to be a part of an organization which represents dignity, loyalty, motivation, respect and most of all honor.

**What do you do in honor guard?** I assist in giving honors at funerals and colors details for various types of ceremonies such as a retirement ceremonies.

**What is your favorite aspect of honor guard?** Firing and hearing the sound of the ammo being released from the chamber makes me think about what the service member might have endured while serving his or her country, and in a little sense serving, protecting and paving the way for me. The feeling is irreplaceable.

**What is your most memorable moment in honor guard?** The time I cried during a funeral detail. The service member was such an extraordinary man in the eyes of his family and his country. I was so honored to be there.



## 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. 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.**

**"Breakin' All the Rules" – Jamie Foxx**

Quincy gets dumped by his fiancée, then writes a best-selling book advising guys to avoid heartache by breaking up with their girlfriends first. Quincy's cousin asks him to break up with his girlfriend for him and Quincy falls for her. **(PG-13) 85 minutes**

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

**"Troy" – Brad Pitt, Eric Bana**

Set in Ancient Greece, Paris the Prince of Troy begins an affair with Helen, the Queen of Sparta. King Menelaus takes this as a terrible insult, both to him and his brother, Agamemnon, King of the Mycenaeans. Agamemnon unites the populations of Greece to bring Helen back from Troy. **(R) 163 minutes**

**July 9, 7:30 p.m.**

**"Shrek 2" – Voice of Mike Myers**

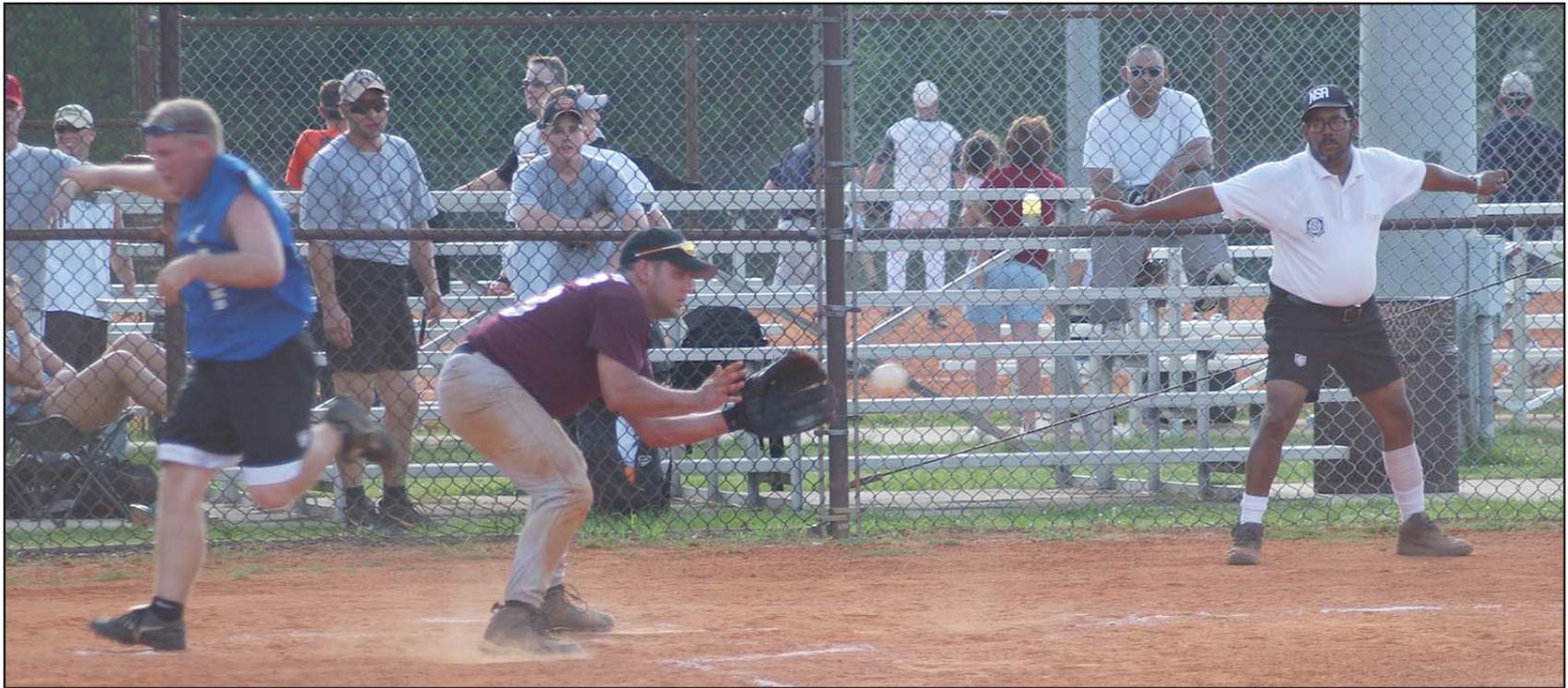
Shrek and Fiona return from their honeymoon to find Fiona's parents inviting them to dinner, but no one could have prepared them for the sight of their new son-in-law. **(PG) 93 minutes**

## WELLNESS TIP

### Why does AMC have a medic as a key member of the threat working group?

- They provide medical intelligence -- timely, disease-specific information that is collected, evaluated and distributed to safeguard health
- Public Health medics monitor global medical conditions to mitigate diseases that could impact the mission
- Regional medical threats are passed to base-level authorities for local threat mitigation
- When a disease threat exists (e.g., West Nile Virus), medics provide key preventive measures





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

Dustin Floyd, MXS #1, is called safe at home by the umpire as Donnie Gamble, MOS, catches the ball.

## MXS improves to 7-3 with win over MOS/TRS

By Tech. Sgt. Mark Kleber  
437 AW Public Affairs

Maintenance Squadron No. 1 broke a 4-4 tie with seven runs in the fifth inning en route to 13-10 victory over the Maintenance



Clinton "CC" Simon, MXS No. 1, gets one of his three hits in his team's 13-10 victory.

Operations Squadron/Det. 5, 373<sup>rd</sup> Training Squadron in base intramural softball play June 24.

MXS No. 1, which won its fifth game in a row, improved to 7-3, while MOS/TRS Det. 5 dropped to 8-3.

During the fifth inning, MXS sent 12 batters to the plate, got seven hits and capitalized on two errors to take a 11-4 lead. Pat Tustin's two-run triple down the left field line was the key hit during the rally.

"The turning point was when we got seven runs in the fifth inning," said MXS Coach Dustin Floyd.

"We made a few outfield errors and overthrows in the fifth inning that lowered the confidence level of my team," said Coach Jason Creech of MOS/TRS Det. 5.

MOS scored five runs in the top of the sixth inning on three hits, three errors, two walks and one sacrifice fly to cut the lead to 11-9. A two-run single by Dennis Edwards highlighted the potential comeback.

"I had to pull them together, calm them down and tell them to play ball like we know how to do," Coach Creech said. "We were on a serious comeback but ran out of time just three runs shy."

Tustin went four-for-four with three RBIs to lead the 19-hit attack of MXS. Perry Hale and Clinton "CC" Simon had three hits and Dustin Floyd and Dave Siemers had two hits. MOS got 15 hits led by Matthew Mercer's four-for-four, Dennis Edwards three for three with four RBIs and Jeffrey Dean two hits.

Coach Floyd said holding their opponent to three runs in the first inning when his



Third baseman Dave Siemers (left), MXS No. 1, tags out Jeffrey Dean (center), MOS/Det. 5, during intramural softball action June 24. MXS won the game 13-10.

team only had nine players was instrumental to the victory. Left centerfielder Nick Rykal made a diving catch and then doubled up the runner at second in the first inning for a key defensive play, Coach Floyd said.

Intramural softball games are held at the base softball fields Monday through Thursday 5:30, 6:30 and 7:30 p.m.