



*Airlift Excellence...Innovative Airmen...Respect For All!*

62 AW/CC Roll Call

20 March 2015

Team McChord,

**Balance.** Have you ever stopped to think about what that really means? The dictionary defines balance as the state of having your weight spread equally so that you don't fall. We often focus on the first part of this definition, thinking about how many things we can do simultaneously. Can we work all day, go to the gym, do all our chores, and then spend quality time with our families? Maybe if the stars align! But what happens when we forget something or just run out of time? Is it catastrophic? It's important that we don't lose sight of the forest for the trees—**balance is important so that we don't fall.** If we focus on only the things that need our immediate attention, we risk losing our balance and falling over. What does a fall look like to you? Is it not passing your PT test? Is it strained relationships at home? Is it driving your car for 10,000 miles between oil changes? Maybe a candid conversation with your spouse or supervisor will reveal some areas in your life that need rebalancing. It's easy to focus on today's needs without thinking about tomorrow. So take a moment and evaluate the balance in your life. Then make adjustments...it's not too late to **catch your balance** and stay on your feet!

Did You Know

*There are plenty of resources to help keep you and your family balanced. Check out some of these great programs for both Airmen and families!*

Servicemember & Family Readiness Center

Military OneSource

Child, Youth & School Services

Local Base Activities

On the Horizon...

**Health Care Council [24 Mar]**

The Health Care Council is a forum to exchange information directly with our senior clinic staff. Please join us at our quarterly get-together to discuss healthcare service. (446 AW Auditorium @0800)

**9-Pin, No-Tap Spring Tourney [28 Mar]**

Come out to Sounders Lanes on McChord Field. Mix or match 4-person teams, \$25/person. Noon check-in, 12:30 practice, 1 p.m. start. 4 games. Call 253-982-5954 for info.



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*David Kumashiro*

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Commander



**Integrity First, Service Before Self, Excellence In All We Do**