

GULF DEFENDER



Vol. 61, No. 38

Tyndall Air Force Base, Fla. *Gulf Defender*

Sept. 27, 2002

In brief

West Nile virus program

The Tyndall Veterinary Treatment Facility has been participating in a surveillance program ever since the West Nile virus was first reported in Florida.

Wild birds found dead of unknown causes are submitted to the state lab for testing. Anyone finding a dead bird should contact the veterinary facility. If the bird carcass is in good condition, wear gloves to retrieve the bird, double bag the specimen, contact the veterinary clinic and bring it to the clinic as soon as possible. If the bird cannot be brought to the clinic immediately, the specimen can be frozen until it can be turned in. People are reminded that the West Nile virus is transmitted by mosquitoes; it is not possible to contract the disease by direct contact with an animal that has it. For more information, call the veterinary clinic, 283-2434.

Military scholarship Web site

GI Bill Express, a military-only scholarship Web site, is available for anyone wanting information on GI Bill benefits, scholarships and military training credits. Military dependents and spouses as well as veterans and active-duty members can access the site at: www.gibillexpress.com.

Inside

- Always be prepared for hurricanes ... **Page 4**
- Despite surgery, pilot back in cockpit ... **Page 8**
- Car, truck and motorcycle show on tap... **Page 13**



Photos by Lisa Carroll

Never forget

A POW/MIA memorial ceremony was held Sept. 20 at Flag Park to honor those who suffered in captivity and others who are unaccounted for from previous wars. (Inset) Brig. Gen. Larry New, 325th Fighter Wing commander, and Charles Jones, president of the local Hutchison-Poplowski Chapter of Ex-Prisoners of War, prepare to lay a wreath in remembrance.

Major AEF changes scheduled for June

TECH. SGT. SCOTT ELLIOTT
Air Force Print News

WASHINGTON — Major air expeditionary force changes are coming beginning with the start of Cycle 4 in June.

People and assets from two on-call wings will be embedded in the 10 AEFs while expeditionary combat support assets from throughout the Air Force will be “leveled.” Also, some Air Reserve Component contributions to the AEF will be realigned.

The changes will enhance the ability of the AEF construct to handle both steady state requirements and surge support for contingency operations, according to Maj. Gen. Timothy Peppe, special assistant to the chief of staff for air and space expeditionary forces.

“The thing that everyone needs to understand is (the AEF con-

struct) has worked pretty well,” General Peppe said. “We know there are issues out there, and leadership is committed to fixing those issues.”

The first change involves the 4th Fighter Wing at Seymour-Johnson Air Force Base, N.C., and the 366th Wing at Mountain Home AFB, Idaho. These units, which currently operate in a 120-day rotational on-call status, will have their assets and people aligned throughout the 10 AEFs.

Each will be a lead wing, with aircraft and expeditionary combat support generally focused into two different AEF periods to facilitate teaming, General Peppe said. Their change in status will not result in the movement of personnel or equipment to other bases.

Besides placing people from these two wings into the overall

expeditionary combat support pool, the Aerospace Expeditionary Force Center at Langley AFB, Va., is working to level ECS manning in all rotations.

“We’re trying to rearrange ECS assets Air Force-wide so there’s a leveling of assets across the 10 AEFs, so the capabilities and numbers are about the same,” General Peppe said. “This more even distribution of personnel will allow us to support a higher level of requirements.”

Leveling the assets will make some airmen vulnerable to deployment sooner than they expected, while others will have their normal training periods extended.

“It may be that some (unit type codes) move from AEF 5 to AEF 3,” the general said. “So, instead of having 15 months between cycles, they will have 12. Some

are going to move backward, having 18 months versus 15 months, because the AEF Center is trying to match ECS assets, where possible, to where the ‘iron’ is moved.”

For example, if F-16 Fighting Falcons from Mountain Home are assigned to AEF 7, the plan is to have Mountain Home expeditionary combat support assets in the same AEF.

“Is that causing some fluctuations? Yes, but the AEF Center is minimizing the shuffling,” General Peppe said. “Our assessment is that the AEF alignment of perhaps 10 to 12 percent of airmen will be affected by this fine-tuning.”

The third change involves distributing Air Reserve Component assets across the AEFs to provide a more consistent level of the

●SEE AEF PAGE 10

Options available during difficult times

BRIG. GEN. LARRY NEW

325th Fighter Wing commander



Recently, Team Tyndall lost a family member to suicide. Last year, Air Force-wide there were 35 suicides. One life lost

to suicide is one too many. There are a number of agencies here such as the chaplain's office and life skills center that provide support and assistance to those experiencing difficulties in their lives. These agencies exist to help people understand and resolve difficulties and stressors they may be facing. The chaplains are available to assist all Team Tyndall members 24 hours a day, seven days a week and provide confidentiality. After duty hours, a chaplain can be reached via the command post at 283-2155. While the life skills center primarily supports our military members, family members can call (800) 700-8646 to see an authorized TRICARE health-care professional.

Education and awareness are critical tools for suicide prevention and intervention. The base offers a variety of programs to include its mandatory annual suicide prevention training and other prevention courses to help our people recognize suicidal behavior and risk factors, and know what to do if they recognize such behavior.



“When a suicide happens, often there are people holding critical parts of the information puzzle, but they do not recognize the signs until the act has occurred.”

BRIG. GEN. LARRY NEW

325th Fighter Wing commander

When a suicide happens, often there are people holding critical parts of the information puzzle, but they do not recognize the signs until the act has occurred. Some of the signs indicating major depression include mood swings, changes in appearance, eating habits, communication patterns and a tendency to isolate oneself for extended periods. Often those who are depressed experience generalized anxiety and a reluctance to discuss the future.

Also, somebody who is depressed might engage in risky behaviors such as reckless driving, consumption of a great deal of alcohol or participation in dangerous sports. On the job, somebody who may be experiencing depression may have difficulty concentrating, recalling information or making decisions. It is imperative supervisors know their people well enough to recognize changes in their people's daily activities or patterns of behavior and be

alert to possible signs of depression or stress. It is important supervisors encourage their people to effectively manage stress by getting involved in various extracurricular activities, engaging in a physical fitness program or even developing a healthier diet.

First-line supervisors need to be involved in their people's lives and take great strides in understanding their people and their needs. If supervisors close their eyes to or fail to take an active interest in the goals, concerns and interests of their people, then they are sending a message that they don't care about the individual, just the work being produced.

Just about everybody in our force either is or will be a supervisor, and all of us can be mentors. Supervisors need to stay engaged and involved and help their people achieve their full potential.

●SEE HELP PAGE 11

Action Line

The Action Line is your direct line to me. It is one way to make Tyndall a better place to work and live.

Action Line calls are recorded and staffed through the proper agency. The goal is to provide you with an accurate, timely response. You must leave your name, phone number or address to receive a response.

Questions or comments of general interest will be published in this forum. This avenue should only be used after coordinating problems or concerns with supervisors, commanders, first sergeants or facility managers. If you're not satisfied with the response or you are unable to resolve the problem, call me at 283-2255.

For fraud, waste and abuse calls, you should talk to the office of inspections, 283-4646. Calls concerning energy abuse should be referred to the energy hot line, 283-3995.

Larry D. New

BRIG. GEN. LARRY NEW

325th Fighter Wing commander

POW/MIA Day: Commander lauds participation, issues challenge

LT. COL. DUKE WHITTEN

81st Test Support Squadron commander

I'd like to begin by saying thank you to the former prisoners of war, their spouses and families who graced us with their time and honored us by taking part in the POW/MIA Day activities here last week.

“Outstanding” to all the Tyndall members who served on the Honor Guard, as escorts, as chapel participants and those who attended or helped serve during the luncheon. “Outstanding” to all the individuals who took time out of their day, and night, to participate in the 24-hour Vigil Run. You represented yourself and your organizations well. As the commander of the 81st TSS, it was a

privilege to be a part of these activities, and I'm particularly proud of our squadron for 10 years of service and tradition as the hosts for the Vigil Run.

Traditions are an extremely important part of our military culture. POW/MIA Day should hold a special place in our Air Force traditions. We take a few moments from our day to pay respect to the servicemembers who sacrificed their own freedom and, for many of them, their lives so we can enjoy our freedom today. Some of our guests had spent six to seven years enduring the cruelties of our enemies. The 24 hours we dedicate to them is a bargain in terms of return on investment.

Friday we had people present who took the time to

stand tall and honor our own. Unfortunately, the numbers in attendance didn't reflect our entire base populace. Where were you? More importantly, what kept you from being there? Only you can answer those questions.

Here's the challenge – the 81st TSS will be there again next year in squadron strength. We will continue to proudly host the Vigil Run. And when the formal retreat starts, we will line up on the first 100 yards of the perimeter side-by-side. How many squadrons will volunteer a few members to complete the circle around Flag Park?

We sincerely hope to see you there.

Gulf Defender Editorial Staff

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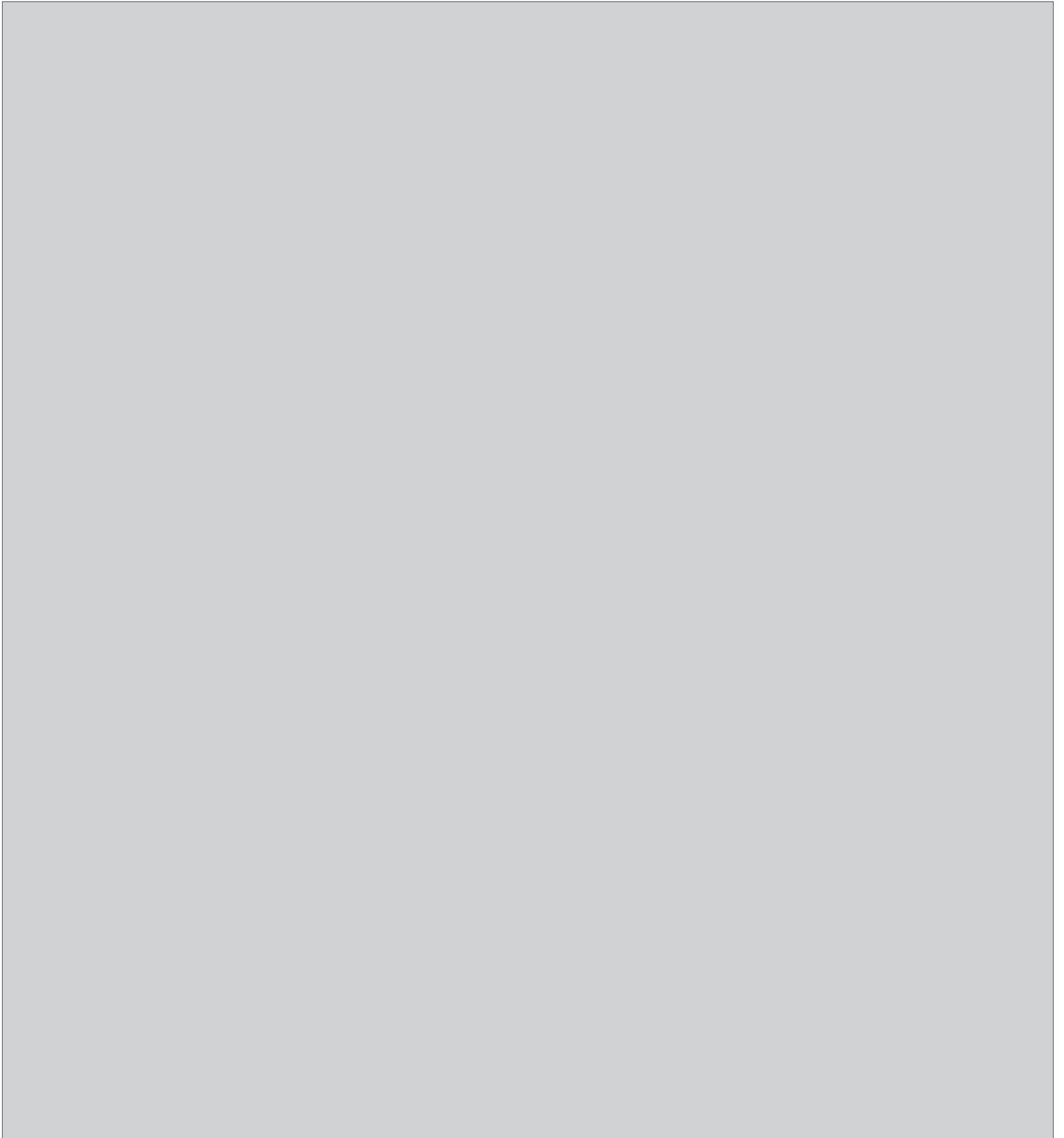
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chaser, user or patron.

Editorial content is edited, prepared and provided by the 325th Fighter Wing public affairs office. Photographs are U.S. Air Force photos unless otherwise noted.

The deadline for article submissions to the *Gulf Defender* is 4 p.m. Friday, prior to the week of publication unless otherwise noted. Articles must be typed and double-spaced, preferably on a 3.5-inch disc. Stories should be submitted directly to the public affairs office, Building 662, Room 129 or mailed to: 325 FW/PAI, 445 Suwannee Ave., Tyndall AFB, FL, 32403-5425 or emailed to editor@tyndall.af.mil. Public affairs staff members edit all material for accuracy, brevity, clarity, conformity to regulations and journalistic style. The delivery of the *Gulf Defender* to Tyndall base housing sections is provided by the *Panama City News Herald*.

For more information, or to advertise in the newspaper, call (850) 747-5000.



Hurricane season kicking into high gear

Tropical Storm Lili continues to churn in the seas just south of Tyndall and personnel should remain vigilant, as the end of hurricane season is still more than two months away.

All Team Tyndall members should have a personal evacuation plan ready. A standard hurricane checklist should be a to-do list covering essential supplies and steps that need to be done prior to when the hurricane is expected to be in the local area. You should also include these important phone numbers: (877) 529-5540 is the Tyndall Contingency Hotline. The other numbers for use during hurricane evacuations are (800) 896-8806 to contact Tyndall for the status of the base and return to duty information, and (800) 435-9941 to contact the Air Force Personnel Center to report your location during the evacuation and receive further instructions.

Proper hurricane preparation begins long before the first glimpse of a storm on a weatherman's radar screen. Making up a checklist to be used prior to a hurricane's arrival can ensure both you and your family are safe and secure when a storm makes landfall. The key to a smooth hurricane evacuation is to be prepared.

- Check hurricane kit and replace missing items.

- Listen for official weather reports and announcements on radio and televisions.

- Announcements will also be posted on the base cable Channel 12.

- Note the address of the nearest emergency shelter.

- Low-lying areas or mobile homes should be evacuated.

- If pregnant or ill, call a doctor for advice.

- Be prepared to turn off gas, water and electricity.

- Fill tubs and containers with water. Figure for one-half gallon of water per person per day.

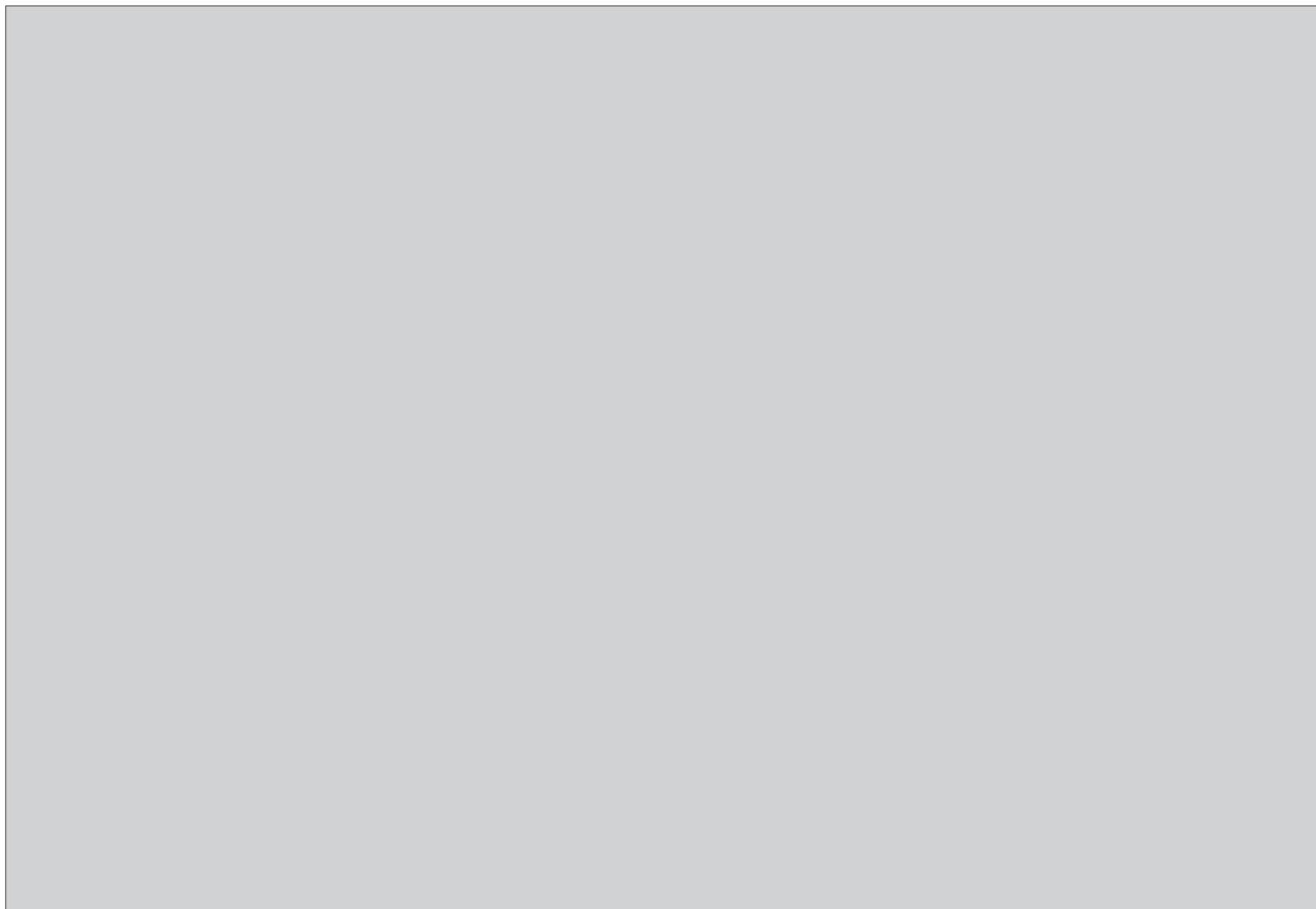
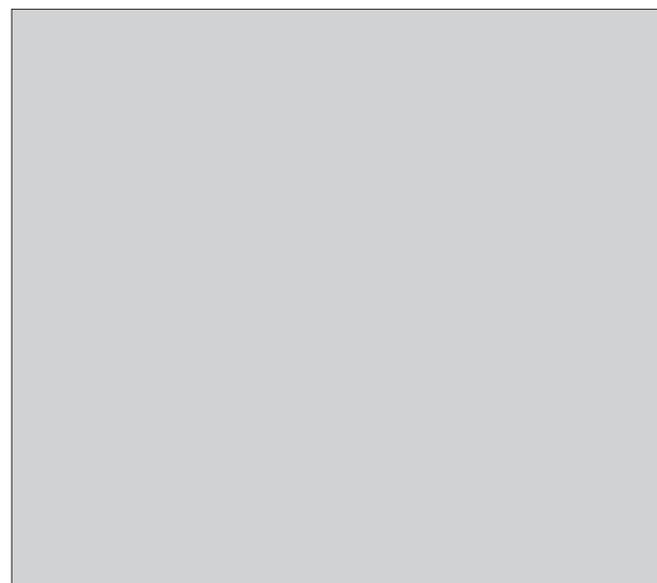
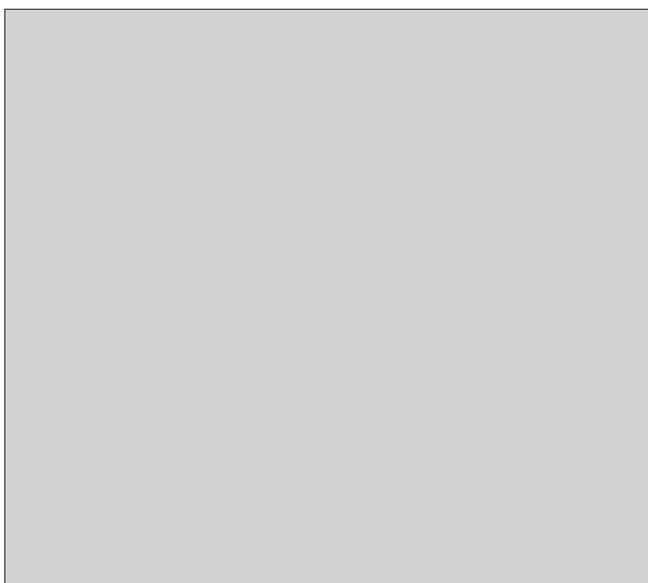
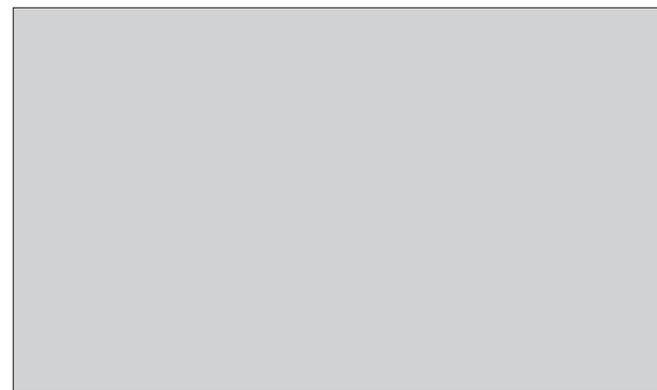
- Keep your car fueled and be prepared to evacuate.

- Moor boats securely. Use long lines and allow for rising water.

- Secure objects that could become deadly missile hazards. Those objects include doors, shutters, gates, outdoor furniture, garden tools, sprinklers, hoses, children's toys, trash cans and loose branches.

- Stock adequate supplies. Include a portable radio with spare batteries, flashlights with spare batteries, candles, lanterns, matches, hammer and nails, plywood (to cover broken windows), a

●SEE EVACUATE PAGE 5



● **FROM EVACUATE PAGE 4**

handsaw and lumber, screwdrivers (slotted and Phillips), pliers, hunting knife, rope, tape, plastic sheeting, dropcloths and waterproof bags. Also, people should have a first-aid kit, containers of water, water purification tablets, insect repellent, canned food, juices, candy, gum and life jackets (if available). It may also be a good idea to have a charcoal grill and charcoal, fire extinguisher, towels, buckets, mops and manual can opener.

● When an evacuation is advised, do the following:

● Notify your unit of your evacuation destination.

● Leave as soon as possible.

● Follow official instructions.

● Take the following supplies: road map to the evacuation area, changes of clothing, important papers, toilet and personal articles, furniture, baby articles, medications, first-aid kit, fire extinguisher, candles, and matches, dog tags and next-of-kin information, sleeping bags/blankets and pillows in waterproof casings, special diet foods, spare portable radio and spare batteries, flashlight with spare batteries, lanterns, canned food, portable cooler, water, snacks, purse, wallet, money, rope, knife, tools, plastic bags and ties, deck of cards, manual can opener, cooking and eating utensils and portable camp stove and

sheeting.

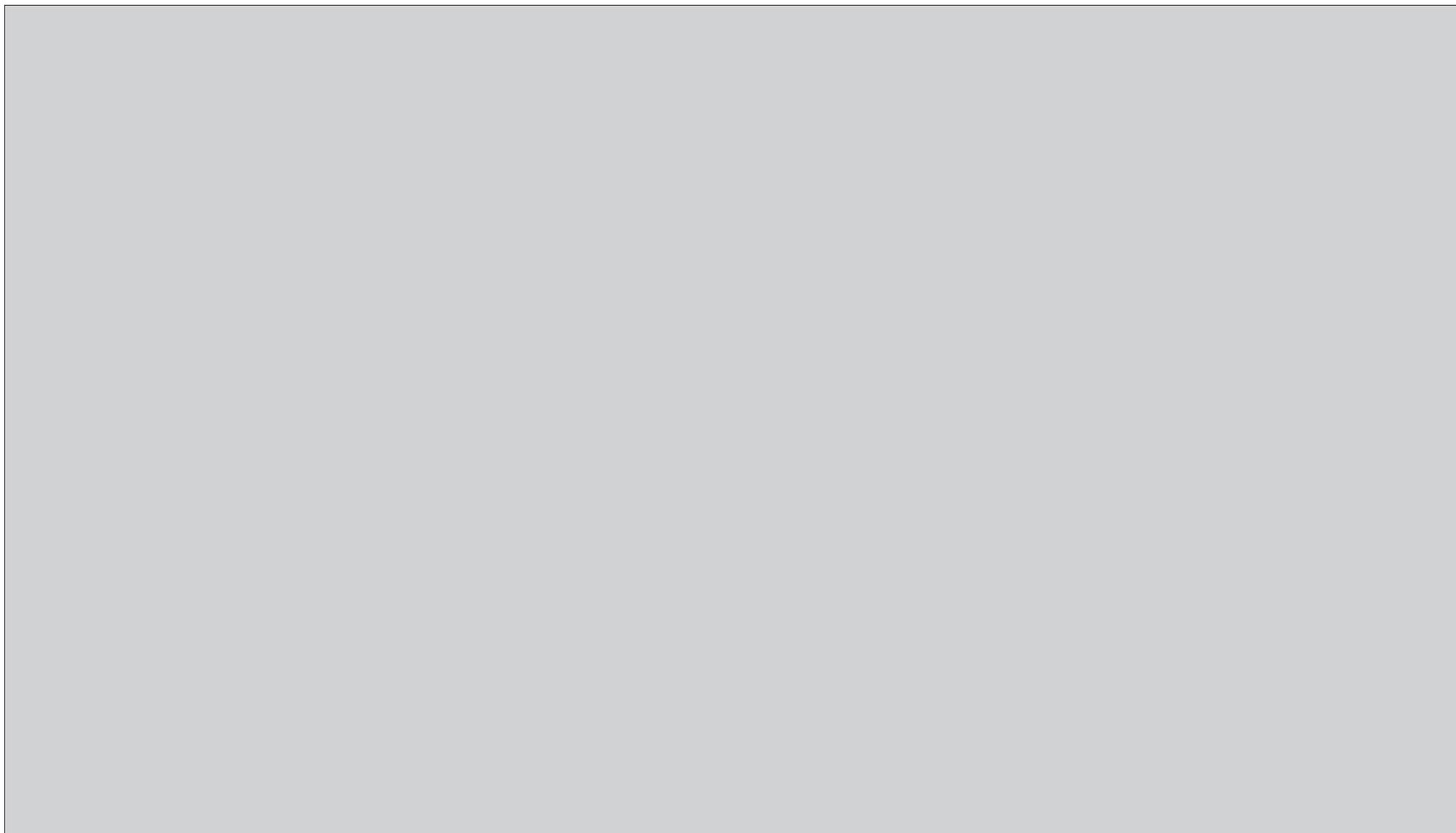
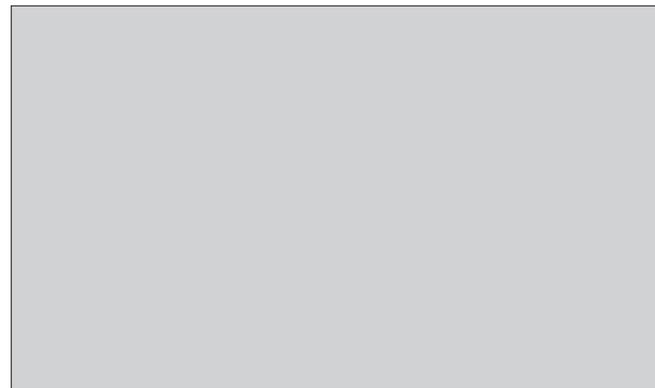
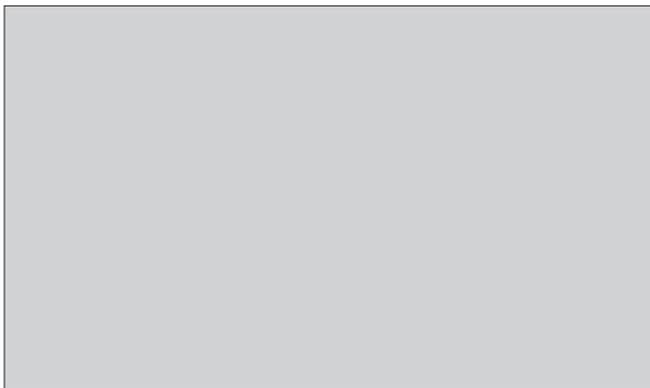
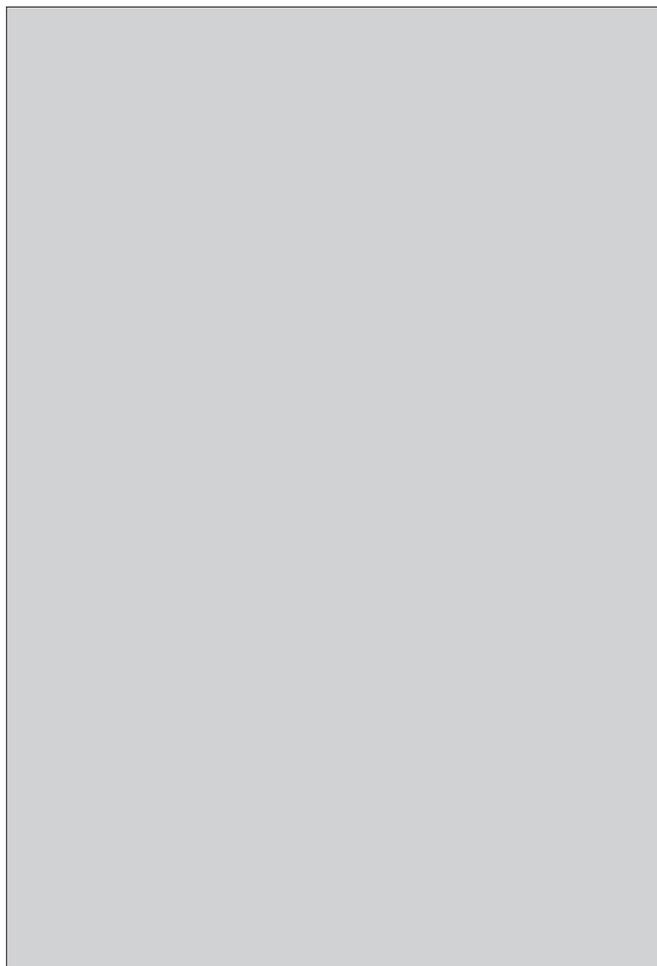
● Disconnect major appliances except the refrigerator and freezer. Turn their controls to the coldest setting and keep the door closed.

● Provide food and water for pets or board them in a kennel. Pets cannot be taken to a Red Cross or Ft. Rucker shelter. Also, plan to have an alternate relocation site if accommodations at Fort Rucker are not available.

● Shut off water and gas at the main valve.

● Have two weeks' worth of prescription medicine on hand at all times.

(Compiled by 325th Fighter Wing public affairs)



Program helps prevent, deal with domestic violence

MASTER SGT. RICHARD

SEARLES

Office of the Surgeon General public affairs

BOLLING AIR FORCE BASE, D.C. (AFPN)—The unfortunate recent occurrences at Fort Bragg, N.C., have brought national attention to the problem of domestic violence. Four wives of soldiers at Fort Bragg were allegedly killed by their husbands over a period of six weeks in June and July.

The Department of Defense considers all forms of family violence as unacceptable and provides extensive resources that focus on prevention, intervention and treatment.

The Air Force's Family Advocacy Program, charged with the prevention and treatment of family maltreatment, has the shared goal of enhancing the health and well-being of Air Force families and communities so that servicemembers can focus on the mission and their job performance.

The program provides a comprehensive set of services and proactive programs to families and military members that include prevention, community collaboration and treatment, said officials.

"Our role is to be a leader in the Air Force at addressing domestic violence," said Col. Martha Davis, the Air Force's chief of the FAP located at Brooks Air Force Base, Texas. "One of our primary objectives is to build resilient, healthy communities and you can't achieve that with family violence going on."

Families in the military are not immune to the occurrence of family violence and the Air Force uses a comprehensive approach to deal with it. This normally involves

all members of the chain of command. The program emphasizes awareness, prevention, early identification and treatment for family maltreatment.

These approaches appear to work as the rates of Air Force spouse maltreatment

have not increased over the past decade.

"We're seeing a change in the type of maltreatment cases we manage," said Lt. Col. Dari Tritt, director of family advocacy research. "Air Force spouse physical maltreatment cases currently

represent a slightly lower proportion of total cases compared to five years ago. Spouse emotional abuse cases seen by FAP personnel have slightly increased, indicating our earlier inter-

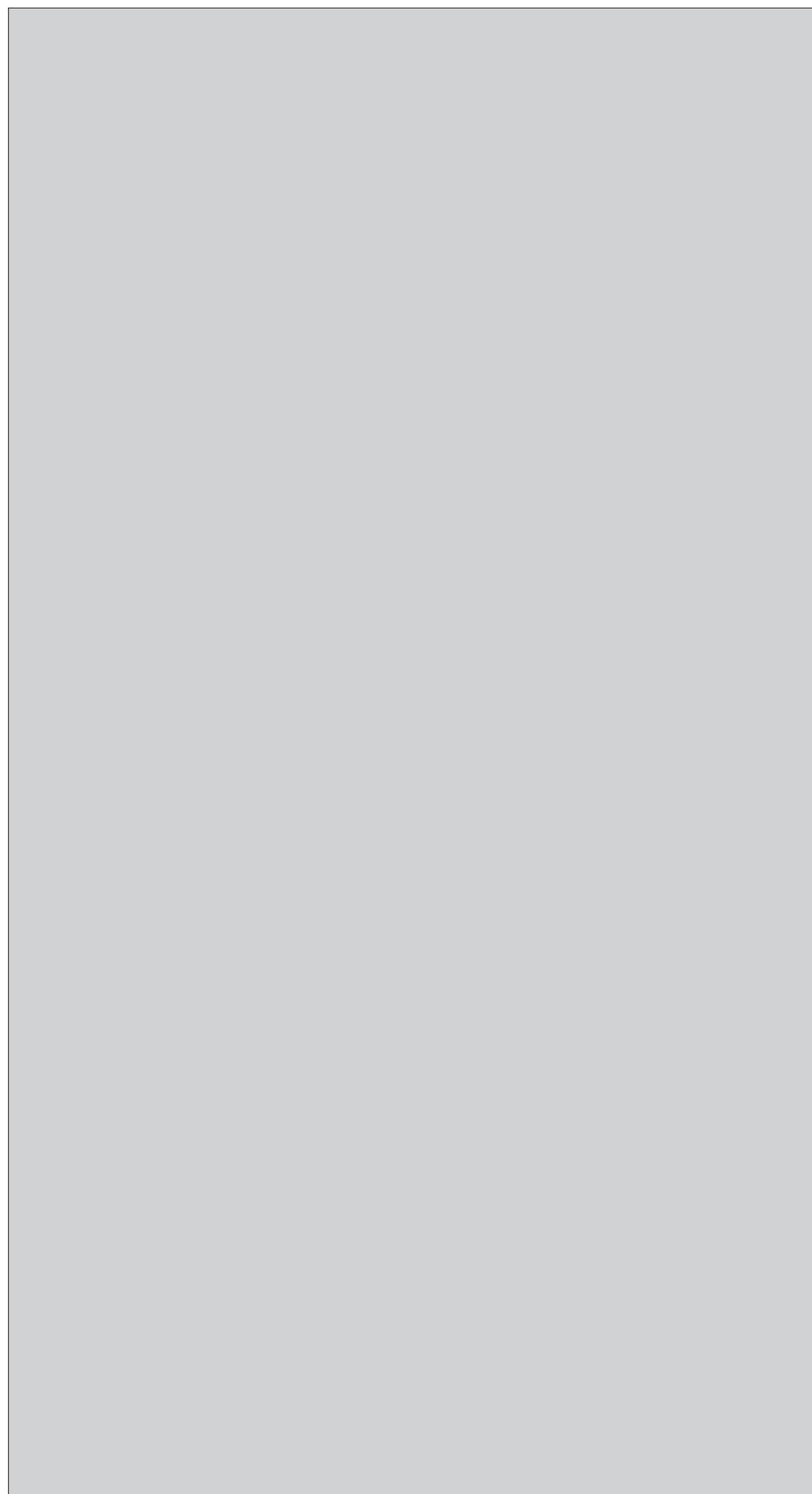
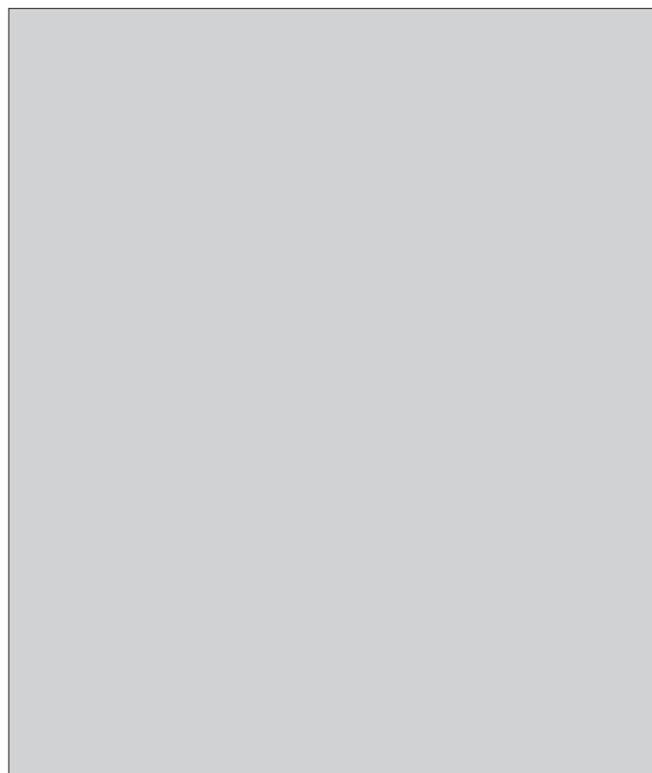
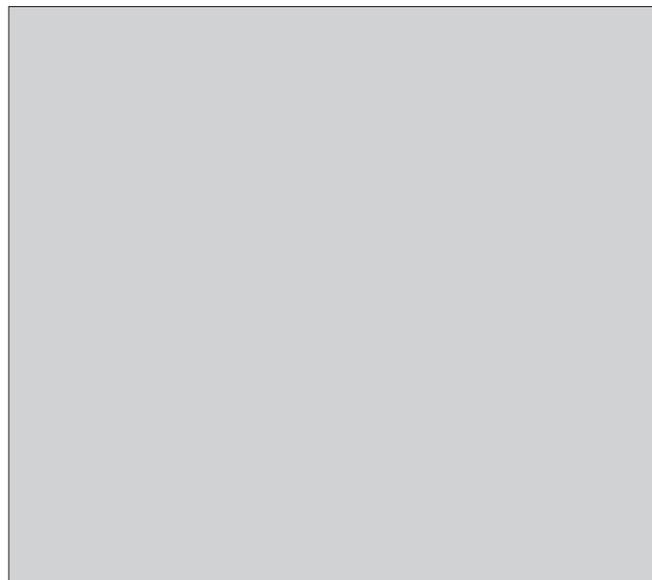
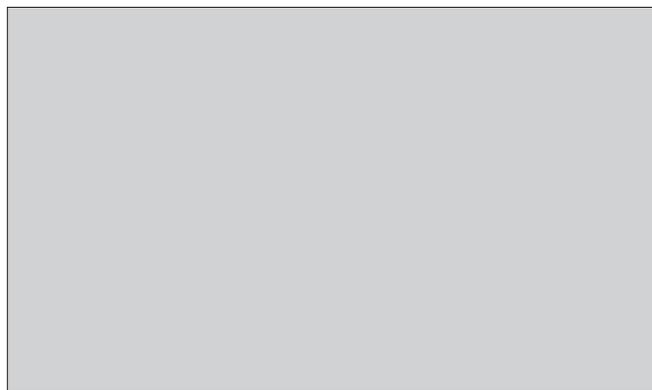
vention with couples who have not yet used physical violence."

Research and evaluation indicates that FAP prevention and treatment interventions with Air Force families

reduce distress and increase family cohesion and marital satisfaction, leading to less use of violence in the home.

"We believe most family violence is treatable and

●SEE ABUSE PAGE 10



Checkertail Salute

Tech. Sgt. Jay Myrick

Duty title: NCO in charge of aviation resource management

Unit: 2nd Fighter Squadron

Time on station: 1.5 years

Time in service: 16 years

Hometown: Neptune, N.J.

Hobbies: Aviation, writing, computers and music

Goals: To be the best person I can be.

Pet peeves: Not getting the job done!

Favorite book: "The Invisible Man" and "As a Man Thinketh"

Favorite movie: "Unforgiven" and "Gladiator"



Lisa Carroll

Sergeant Myrick is presented the Checkertail Salute Warrior of the Week award by Brig. Gen. Larry New, 325th Fighter Wing commander.

The Checkertail Clan salutes Sergeant Myrick who coordinated the installation of 31 phone lines, 35 LAN drops, SIPERNET connection, telephone hot line programming, UHF antenna and LMR base station installation for a temporary operations center.



**Think
before
you
drink.**

Flying on a wing and a prayer

2ND LT. ALBERT BOSCO

325th Fighter Wing public affairs

Every day, millions of people go about their daily lives without a single thought of how lucky they are to have the gift of mobility. They take for granted the fact that they are able to walk, drive cars and play sports.

The last thing that enters their minds is that it could suddenly all be taken away. Of course, there are the occasional horror stories, but they are mostly discounted as isolated events, and the statement "it will never happen to me" follows. Fortunately, if and when it does, there are people ready, willing and able to pick up the pieces and help these individuals get back to living normal, productive lives.

Maj. Tom Kafka, an Active Guard and Reserve F-15 instructor pilot assigned to the 1st Fighter Squadron, never thought it would happen to him. In fact, he enjoyed many years of physical activity including playing football for the Air Force Academy.

"I played football for 14 years and ran three to five times per week for the past 10 years. When I wasn't running, I played basketball and racquetball," said Major Kafka. What he didn't realize, however, is that *it* was happening – to him.

Major Kafka's life took a sudden turn Dec. 8, 2001, when he began to experience pain that would not only challenge his flying career, but ultimately his ability to remain in the military.

"I woke up with pain in my right hip; I never had any pain prior to then," said Major Kafka. He further explained that over the course of the following two months, the pain got progressively worse. Finally, he decided he'd had enough and made an appointment to see the squadron's flight surgeon.

Major Kafka saw Maj. (Dr.) Bill Bray, 1st Fighter Squadron flight surgeon, and explained the hip pain to him. After reviewing Major Kafka's medical history, X-rays, and a physical examination, Doctor Bray determined that Major Kafka suffered from severe degenerative osteoarthritis, a condition resulting from the slow degeneration of the hip joint that, over time, often leads to severe pain and disability.

Doctor Bray explained that initially, treatment involves physical therapy and anti-inflammatory medication; however, Major Kafka was eventually going to need surgery to replace the affected joint. What this meant to Major Kafka is that he would have to undergo hip replacement surgery and his flying days, at a minimum, were all but finished.

"I felt like my world was crashing down around me," said Major Kafka. "I've never been sick in my life, and now this. I figured that I'd be able to walk again, but sports were out and flying was a long shot at best."

Doctor Bray referred Major Kafka to Lt. Col. (Dr.) Elisha Powell, chief of surgery at the Air Force Academy hospital and orthopedic surgery consultant to the Air Force surgeon general.

"I met Major Kafka, and after examining him and reviewing his X-rays, we had a lengthy discussion regarding his alternatives," said Doctor Powell. "These alternatives included living with his pain and using stronger medication to control it, giving up flying and a probable medical discharge from the Air Force. The alternative was total hip replacement of his



2nd Lt. Albert Bosco

Maj. Tom Kafka climbs onto an F-15 to prepare for a sortie after a total hip replacement.

degenerative hip joint."

Doctor Powell, an Air Force Academy graduate, authored the waiver policy for returning to ejection seat aircraft after total hip replacement and has performed well over 250 hip replacement surgeries, including three of the four previous cases involving pilots who were later returned to flying status.

"Returning to flying status involves many factors," explained Doctor Bray. "There is obvious concern for what can happen to an artificial joint during high-G maneuvers and from the force of an ejection." Doctor Bray further explained that these issues have been discussed in previous hip replacement cases; however, each case is unique and other factors include the requirement that the recipient be reasonably pain-free, have full range of motion and strength and be able to quickly egress from an aircraft without assistance. "All of this is assuming, of course, that the surgery went well and there were no complications from the procedure, which could happen in any case," said Doctor Bray.

Fortunately, the surgery was successful and on Feb. 20, Major Kafka received a new hip. This was, however, the first of many hurdles that Major Kafka would have to overcome if he was ever going to fly again. For the next few months, his fate lay in rehabilitation, therapy and an exhaustive waiver process.

The first step for Major Kafka was regaining mobility. For six weeks following the surgery, Major Kafka used a walker and cane to move around. At the six-week point, Major Kafka was cleared by Doctor Powell to begin physical therapy and

for another six weeks he spent one and a half hours each day, four days per week, under the care of Capt. James Tanner, a physical therapist assigned to the 325th Medical Group. Finally, 12 weeks and a new hip later, Major Kafka was able to move and use his legs with ease. The next challenge for Major Kafka was to not only remain in the Air Force, but to continue flying.

Staff Sgt. Sharon Bryant, 325th Medical Group NCO in charge of beneficiary services, began making all the preparations for Major Kafka's medical evaluation board package. Before Major Kafka would be allowed to return to the cockpit, he would have to face an MEB, which determines an individual's ability to perform his or her military job following an injury or illness.

"The Military Disability Evaluation System is established to maintain a fit and vital fighting force," said Sergeant Bryant. "I compiled all of the information and ensured that all of the required forms were correct and available for Major Kafka's case. His case was then reviewed by a local MEB consisting of three physicians from the 325th Medical Group, along with the clinic commander or designee as the final recommendation for the local board."

Since Major Kafka's condition required a joint replacement, his case required a formal board review at Air Force Personnel Center. The local board recommended that Major Kafka's case be referred to the Informal Physical Evaluation Board at AETC headquarters, Randolph AFB.

"Tyndall doesn't have the authority to say I am fit or unfit for military service. Only AFPC can do that," said Major Kafka.

"The waiver process for artificial joints requires input from the Air Force Medical Operations Agency. Once Major Kafka was pain-free and met the criteria provided by Doctor Powell, we submitted a waiver application to the Air National Guard who consulted with AFMOA. This entire process required extensive documentation," said Doctor Bray.

To further complicate the issue, even if he received approval from AFPC to remain in the Air Force, Major Kafka still had to be granted permission to fly and because of the nature of Major Kafka's case, that could only come from the office of the Air Force surgeon general. Luckily, just a few short months after the surgery that could have signaled the end of a flying career, Major Kafka received the news he had long awaited to hear — he was granted permission to return to the cockpit.

"I have one of those jobs in which I am usually the bearer of bad news," said Sergeant Bryant. "In Major Kafka's case, however, this was great news and it was really wonderful. Good things happen to good people."

On July 8, Major Kafka had his first post-surgery flight and since, has logged 37 more. "I have a completely new lease on life," exclaimed Major Kafka. "I am, and continue to be, the luckiest guy on earth. Having the privilege to fly and instruct in the F-15 taken away and then be given a second chance. This has happened for me because of the effort put forth by Doctor Bray, Captain Tanner, Sergeant Bryant and Doctor Powell, among others."



Retiree Activities Newsletter

Tyndall AFB, Florida

September 2002

What's inside

'RETIREE APPRECIATION DAYS'

A jam-packed schedule of "Retiree Appreciation Days" events and special discounts is featured on Page 4.

Long-term health care

Do you have it? Do you need it? Do you know what it is? Find out inside — Page 2.

Congress debates FY 2003 'Defense Bill'

Military retired pay and VA disability compensation among issues to be resolved — Page 2.

What's new in Services

The 325th Services Squadron has valuable information for retirees — Page 3.

TRICARE 'on the road'

Find out what to do if you need medical assistance while traveling — Page 4.

Toll-free information line

TRICARE has a toll-free information line to provide medical advice and assistance for non-emergencies — Page 4.

Retirees key to supporting TAFB mission, life

BRIG. GEN. LARRY NEW

325th Fighter Wing commander

I'm happy to begin this column by welcoming aboard the new director of the Tyndall Air Force Base Retiree Activities Office, retired Air Force Lt. Col. Edward Bultmann.

Colonel Bultmann served his country in two branches — four years as a sailor and 19 years as an Air Force officer. (You can read more about his career highlights and family in the article below.)

As the new RAO director, Colonel Bultmann is here to assist our Tyndall-area retirees. He and other RAO volunteers are the driving force behind Team Tyndall's robust support to the retired and Bay County community. I look forward to working with Colonel Bultmann and all the other RAO volunteers in the days and years ahead.

The colonel will definitely hit the ground running as Tyndall's Retiree Appreciation Days take place here Oct. 18-19. (See page 4 for scheduled events).

As in previous years, Retiree Appreciation Days serve as one way we try to give back to our retirees and recognize their selflessness and continued service to the men and women of Tyndall Air Force Base and the Bay County community. I

hope you find this year's events better than ever and, as always, we appreciate any feedback you'd like to share about these programs.

Throughout the Team Tyndall community, we see many examples of retiree volunteerism paying great dividends. Tyndall retirees contribute a whopping 5,000 hours of service each month to our base community. We have retirees working as volunteer staff members at the Tyndall Airmen's Closet, loaning vital household items to our active-duty members and their families who are involved in permanent change of station moves. Many work as American Red Cross volunteers at the 325th Medical Group, others directly for the RAO, the Family Support Center, Tyndall Elementary School and elsewhere. Simply put, Team Tyndall is a better place to work, live and play thanks to their contributions.

Please don't hesitate to contact Colonel Bultmann if you need help, or if there is any information you feel is important to the rest of the retired community. We hope you'll find all the information in this issue very helpful to your daily life.

Thank you for your unyielding and continued support of the men and women of your Air Force and more specifically, the people of Tyndall AFB, our mission and our way of life.

Team Tyndall welcomes new RAO director

The Team Tyndall community recently welcomed a new director of the Retired Activities Office. He is retired Lt. Col. Edward Bultmann.

Colonel Bultmann was commissioned in the Air Force in May 1952. He retired in 1971 after 19 years active duty in the Air Force and four years active enlisted service in the Navy.

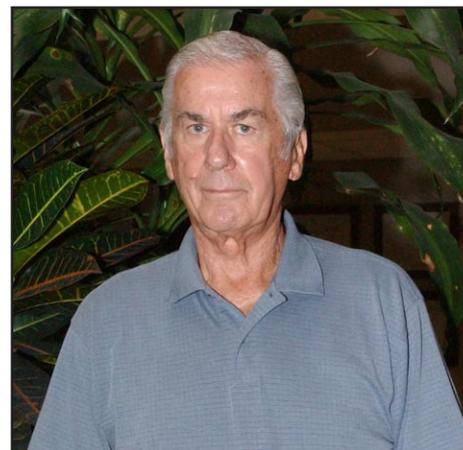
Colonel Bultmann's Air Force tours included assignments to the Wright Air Development Center, the Air Force Special Weapons Center and the Air Force Weapons Laboratory. He was chief of construction at Headquarters PACAF and deputy commander of the 820th and 823 REDHORSE Squadrons during the Vietnam conflict. His final

Air Force assignment was as an Air Force Directorate of Development and Acquisition program manager.

Subsequent to his retirement from the Air Force he held engineering and management positions with several engineering firms. He retired from the University of New Mexico in May 1993.

Colonel Bultmann has a bachelor of science degree in civil engineering from Tulane University and master of science and doctorate degrees in structural engineering from the University of Illinois.

He and his wife Inis moved to Panama City from New Mexico in November 1993. They have five children and six grandchildren.



Tech. Sgt. Dan Neely
Retired Air Force Lt. Col. Edward Bultmann

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Director's Corner

RETIREE ACTIVITIES OFFICE STAFF

Once again, we are asking for help from retirees in the area. The Retiree Activities Office is staffed by retirees, who volunteer their time to help others. The office is currently understaffed and is in need of volunteers. If you have as little as three hours a week you can use to help others, then the RAO is the place for you.

Not only do you get the satisfaction that comes from helping others, you are in a position to stay up to date on retiree benefits and programs. There is a wealth of information available in the office. So, if you would like to help, just call the RAO at 283-2732 or, better yet, stop by and talk to us in Building 662, Room 245 from 9 a.m. to noon Monday through Friday. No experience is necessary except that which you bring.

Next, there has been much information put out in the past months dealing with long-term health insurance. The staff of the RAO strongly recommends that you learn as much as you can about the program and make your decisions based on your needs. There are several plans made available by several different companies.

The Office of Personnel Management Web site at www.opm.gov/insure/ltc/index offers a calculator for figuring your premiums, as well as in depth information on the Federal Long Term care program. You can also order an open season application kit online or talk to a specialist by calling (800) 582-3337.

Finally, we encourage you to attend the Retiree Appreciation Days Oct. 18-19. Come out and take advantage of the various activities and services.

E-mail service offers speedy TRICARE answers

THEMS is a free e-mail service that provides quick answers to TRICARE questions. Clinical questions should be referred to your primary care provider.

The U.S. Army Medical Command TRICARE staff responds to your request. In some cases, referrals are made to other agencies for a response. For cases referred to other agencies, inquirers are informed who will respond to their inquiries. Information is kept confidential, and each e-mail inquiry is tracked to ensure answers are provided quickly and professionally.

In most cases, you will receive a reply within two business days. If an e-mail requires research or referral to other agencies, it may take longer; but, you can expect an interim response within five business days. The e-mail address is: TRICARE_help@amedd.army.mil.

(Source: *THEMS TRICARE Newsletter Service*)

Long-term health care: What it is and what it's not

Long-term care insurance. What does it mean? Do you need it?

Do you think because the Federal Long Term Care Insurance Program is sponsored by the U.S. Office of Personnel Management that it is the best deal available to you as a member of the military retiree community?

The FLTCIP open enrollment period will extend through Dec. 31 with staggered 60-day enrollments within that time period. Already, much of the necessary information can be found on the Internet at OPM's home page, www.opm.gov/insure/ltc/. Although that will work for many, not all folks who receive this service feel comfortable tracking down and interpreting information. The latest information will continue to be published via the Air Force Retiree News Service and the *Afterburner, News for USAF Retired Personnel*.

On the other hand, since the FLTCIP is not a one-size-fits-all program, only you can answer some questions, and extensive research may be required.

First, try to determine what long-term care is. The OPM says it is the kind of care you would need to help you perform daily activities if you had an ongoing illness or disability. It also includes the kind of care you would need if you had a severe cognitive problem like Alzheimer's disease. It is help with eating, bathing, dressing, transferring from a bed to a chair, toileting, etc.

This type of care isn't received in a hospital and isn't intended to cure you. It is not acute care. It is chronic care that you might

need for the rest of your life. It can be received in your own home, at a nursing home or other long-term care facility.

There seems to be much confusion in this area, since many people think long-term care is a health-care plan. It is not.

As the OPM reports, although health plans may cover some of the skilled medical services you may need when you can't care for yourself after an illness or injury, it's usually for a limited period and only as long as you're showing improvement.

Health plans typically do not cover ongoing chronic care, such as an extended stay in an assisted-living facility or a continuing need for a home-health aide to help you in and out of bed. No health plan known by the OPM will cover all of your long-term care needs.

That's where long-term care insurance comes in. It's insurance that helps you pay for long-term care services, such as home care or care in a nursing home or assisted-living facility.

Open season applications are available at www.ltcfeds.com. You can put your name on the mailing list to receive an open season information kit, including an application, by calling (800) 582-3337; (TDD (800) 843-3557) or by going to "Request Info" at www.ltcfeds.com.

Before enrolling it is important to study all materials received and understand long-term care insurance thoroughly. In this case, there is no such thing as too much information. And after you've looked at the FLTCIP, check around for plans offered by other companies and compare the cost and coverage.

(Source: *AFRetire*)

The Tyndall Retirees Activities Office Newsletter is published as an insert to the *Gulf Defender*. Articles appearing in this publication do not necessarily reflect the position of the Department of the Air Force or Tyndall. While editorial effort has been made to ensure the accuracy of the information herein, no absolute guarantee of accuracy can be given or assumed. Editor: Retired Lt. Col. Edward Bultmann, RAO director, 283-2737. Design and layout: 2nd Lt. Albert Bosco, Action Officer, *Gulf Defender*, 283-8579.

Retiree news e-mail service

This service is to inform members of the Air Force retiree community – including family members – about legislation, policies and other matters affecting their rights, benefits and obligations.

TO SUBSCRIBE

Address a new e-mail

In the "to" line put (exactly as shown)

list.manager@listserver.afpc.randolph.af.mil

Your e-mail address will automatically appear in the "from" field.

On the subject line, type in exactly as shown:

Subscribe AFRetire

There is no need to write anything in the body of the message.

That's all there is to it. Hit send. You will get a return message indicating that you have been subscribed as a non-digest member.

Concurrent receipt beat goes on

House and Senate conferees have begun their work to hammer out differences in their respective versions of the fiscal year 2003 defense bill. At the top of a significant list of contentious issues the conferees must resolve, according to The Retired Officer Association, is the authority for concurrent receipt of military retired pay and Veterans Administration disability compensation.

TROA officials reported that many of their members and others have been calling and writing to ask if there has been any progress. Their reply is that the conferees work hard to keep their negotiations private, and their staffs are embargoed from discussing progress until a final agreement is announced.

This means it will be weeks, or even months, be-

fore the outcome is known. There is increasing talk on Capitol Hill that Congress may need to return after the election to finish its work on a variety of legislation, including the defense bill.

Members of the retiree community who would like to express an opinion on this subject or any other issue should address their concerns to their legislators.

(Source: *AFRetire*)



325th Services Squadron provides information, offers for retirees

'No smoking' policy

All services' facilities will become smoke-free Dec. 7. The Air Force implemented this requirement for most of its buildings two years ago, but allowed the services squadrons time to accommodate the directive. Smoking areas will be provided outside of each facility. The 325th Services Squadron apologizes for any inconvenience this may cause its patrons.

Electronic news

Get a weekly update of Tyndall activities on your home computer by sending your personal e-mail address to whats.happening@tyndall.af.mil. Distributed each Friday, the information for whats.happening@tyndall.af.mil focuses on events within an upcoming two-week period.

Beginning in October, the 325th SVS will host its own Web site:

www.325thservices.com.

Designed for easy use, the site will provide general information about all the services' facilities as well as highlight special events.

Take advantage of these two convenient ways to stay informed about the activities the services squadron has planned for every member of the Tyndall community.

New at the clubs

Attention retired officers: In August, officers' club dues for retirees were reduced from \$18 to \$16. Please check your statement to make sure you are getting this club membership advantage.

Don't forget that the enlisted and officers' clubs have converted to a joint-use dining program. All ranks are welcome at the officers' club for both lunch and dinner.

Rotating lunch buffets are served throughout the week and evening dining is available as buffets on Wednesdays and Thursdays; a la carte on Fridays and Saturdays.

You can still enjoy club dining on Saturdays even when there is a special function. Helene's Café in the Checkers Lounge offers a limited menu with choices such as grouper filet, chicken breast and prime rib. Children's menus are also available.

Remember the monthly Super Sunday Brunch. Enjoy omelets, waffles, sausage, fruit and other brunch delectables. Served at the officers' club, Super Sunday Brunch is open to everyone.

Check your club calendar for dates or call 283-4357 for more information.

Twilight golf at Pelican Point

Tyndall's Pelican Point Golf Course offers twilight golf rates

of \$15 for military and \$18 for guests beginning at 1 p.m. Wednesday through Monday. Tuesday's twilight rates start at 3:30 p.m. due to intramural play. Patrons are reminded twilight golf operates on a first-come, first-served basis with no reservations for tee times.

Flea market

Now is the time to get rid of all the unwanted items around your house.

Bonita Bay will hold its Fall Flea Market 7:30 a.m.-1 p.m. Oct. 26. Costs are: \$7 per space only; \$10 for space and one table; \$12 for space and two tables; \$25 for small pavilion; \$20 for inside large pavilion where electricity is available. Call 283-3199 to reserve your spot.

Hidden treasures

In honor of the military fam-

ily, the 325th SVS will once again offer the Hidden Treasures Scavenger Hunt November 1-22.

The game requires players to visit several base locations to get the answers to specific questions about the facilities and the programs they offer.

Game boards can be picked up at any of the participating facilities. A grand prize will be awarded through a random drawing of all correct entries.

Lodging

Because TDY requirements are traditionally low during the Christmas holiday, the Sand Dollar Inn anticipates having space-available accommodations between Dec. 20, 2002 and Jan. 5, 2003. Contact the Sand Dollar Inn's reservation office at 283-4211, ext. 3346 or 3348 to reserve rooms for special guests and visiting relatives.

Retiree Spotlight

Larry Avery

Office: American Red Cross
Years in Panama City area: 37 years.

Years in the military: 20, retired Air Force staff sergeant.

Hometown: Kingston, N.Y.

Favorite Assignment: Tyndall AFB, 1966-1970.

Greatest aspect of your job: Working with and helping people. Interaction with other retirees.

Why do you volunteer: It's the right thing to do!

Long-term goals: Keep helping people for as long as I can.

Favorite book: Adventure stories

Hobbies and activities: Wood working, making cement tables and statues.



2nd Lt. Albert Bosco

Larry and Margaret Avery are American Red Cross volunteers. They assist military members by processing prescriptions at the satellite pharmacy.

Margaret Avery

Office: American Red Cross

Years in Panama City area: 37

Years in the military: My husband retired from the Air Force as a staff sergeant.

Hometown: Kingston, N.Y.

Favorite Assignment: Tyndall AFB, 1966-1970.

Greatest aspect of your job: Working with the military. When you're active duty, you're separated from your family, and other active-duty members become your family.

Why do you volunteer: It's the right thing to do!

Long-term goals: Keep helping people for as long as I can.

Favorite book: Historical novels

Hobbies and activities: Gardening

'Retiree Appreciation Days' feature special events, discounts

Oct. 18

☐ Room reservations available at Sand Dollar Inn. Call 283-4211, ext 3346/3348

☐ Half-price green fees for daily payers or half-price cart fee for advance green fee payers at Pelican Point Golf Course

☐ Two-for-one lunch entrées at Beacon Beach Marina Club

Oct. 18 and 19

☐ Free coffee and doughnuts (from 9-10:30 a.m. at base exchange)

☐ Half-price boat rentals at Bonita Bay (does not include fuel). Boater safety course is required. Call 283-3199 for information or reservations.

☐ Free use of auto stalls, lifts and the wood shop at Skills Development Center.

☐ Army and Air Force Exchange Service has many special sales and events at the base exchange. Sale items are subject to stock on hand only. Most product demonstrations will run between 10 a.m.-2 p.m. Some events and sales include:

☐ Felix Lake Shoppette giveaways and drawings; doughnuts and coffee from 9-11 a.m.

☐ Anthony's Pizza and Wok Works drawing for rod and reel and \$25 gift certificate

☐ Half-price admission to the base theater

☐ Discount on dry cleaning; select 10 percent off at flower shop and ALLTEL

☐ 5 percent off entire purchase at Class Six (with a retiree ID card); drawing for a golf bag

Oct. 19

☐ Commissary open from 8:30 a.m. to 5 p.m., special drawings for retirees

☐ ID card service. Old ID card or driver's license required. Building 662, 2nd floor, from 9 a.m. to 1 p.m.

☐ Wills and legal assistance from 9-11 a.m. Wills completed by appointment only, call 283-4681; other legal assistance will be on a walk-in basis, Building 662, 1st floor

☐ Vehicle pass and registration will be open 9 a.m. to 1 p.m. in Building 662, 2nd floor. Proof of insurance, registration, ID card and license required. Bring old decals to delete a vehicle.

☐ Flu vaccine, health and wellness center, Bldg. 1307, walk-in basis 9 a.m. to noon

☐ Optometry Booth, glaucoma screening

☐ Women's health clinic, "Breast Cancer Awareness," Building 1307, 9 a.m. to noon

☐ 25 percent off dinner for members, 5:30-8:30 p.m. at officers' club

☐ Retiree Information Fair in the old AAFES optical/ALLTEL office area from 9 a.m.-1 p.m. Information about Delta Dental Plan, services marketing, Tyndall Federal Credit Union, TRICARE (Prime, Plus, For Life), Veterans Administration, volunteer program, Social Security, health and wellness center, nutritional medicine, mental health and AAFES will be available

☐ Pharmacy booth in the patio area by the satellite pharmacy, 9 a.m. to noon

☐ Breakfast (6-8 a.m.) and lunch (11 a.m. to 1 p.m.) at Berg-Liles Dining Facility

☐ 25 percent off lunch at the snack bar in community activities center

☐ Three free games of bowling at Raptor Lanes Bowling Center.

TRICARE gives advice on travel-related medical care

According to TRICARE officials, denied claims for care received out of the local area account for many of the denied or point of service claims. Failure to properly file the claim is one of the most common problems.

TRICARE officials list the following pointers to facilitate the processing of claims:

* TRICARE claims must be filed to the claims address for the region in which the patient lives on the date of service. For example: providers in Virginia are accustomed to filing claims to Palmetto GBA in South Carolina.

If a patient from Texas gets medical care while on vacation in Virginia, the patient needs to make sure the provider mails the claim to WPS in Wisconsin, not the Palmetto address the provider normally uses.

* When giving a provider your address, provide your home address, not the temporary address where you are visiting. A patient address on the claim that does not match the address in DEERS will prevent the claim from processing correctly.

Prime and Prime Remote enrollees should always seek prior authorization before seeking care while away from home. The only exception to this rule is an emer-

gency, which a reasonable layperson would believe endangers life, limb or eyesight. Even in the case of an emergency, the patient or a family member should seek an authorization for treatment as soon as reasonably possible.

* It is usually a good idea to call or visit your TRICARE Service Center before you travel. They can explain pertinent local policies.

Please note that you may need to contact your local telephone company to find out how to access a toll-free number from outside the United States.

* If you do encounter problems with your claims, contact either a customer service representative at the TRICARE Service Center or the Beneficiary Counseling and Assistance Coordinator at the nearest military treatment facility. Either can help you, but it is important to seek help in a timely fashion.

If you need prescription medication while traveling — When you are outside of your TRICARE region, the following guidelines apply:

* Make sure you take along enough of your prescription medications to last for the entire trip. The Tyndall AFB Pharmacy works with the patients on an indi-

vidual basis to provide adequate medications for the expected length of absence from the area. If you have to fill a prescription while outside of your TRICARE region, you will have to pay the entire amount out of your own pocket and then seek reimbursement from TRICARE when you return home.

If you are enrolled in Prime, you may be assessed a point of service charge unless you call the health care finder and obtain an authorization. When traveling within your region, pay only the co-payment by using a network pharmacy.

* If you are taking a long vacation and you want to make sure you don't run out of medicine while you are away, the National Mail-Order Pharmacy can help.

For additional information and to register with the NMOP call (800) 903-4680.

Web sites:

* www.merck-medco.com/ (for additional NMOP information)

* www.tricare.osd.mil/ClaimForms (to download claim forms)

(Source: AFRetire)

TRICARE offers health info line

TRICARE regions have toll-free TRICARE Health Care Information Lines that provide medical advice and assistance for non-emergency situations that may be encountered — saving the beneficiary both time and money.

When an HCIL is contacted, the caller has the option to either listen to one of the hundreds of topics on health from the audio-health library or speak with a nurse who is on duty.

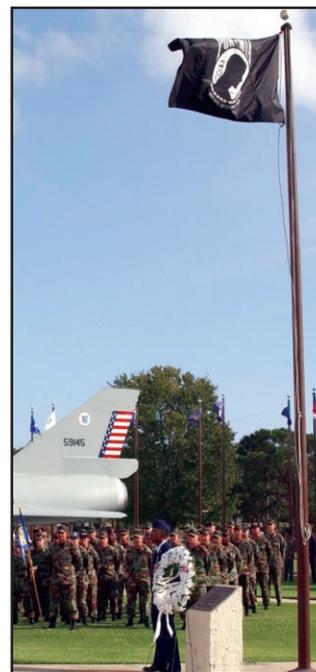
The HCILs provide 24/7 medical information service. The HCILs do not serve as pre-certification or authorization for medical services.

Region 3 (Southeast) and **Region 4** (Gulf South) (800) 333-5331 — Coverage: Alabama, Eastern Arkansas (near NSA Mid-South, Millington, Tenn.), Florida, Georgia, Louisiana (eastern) Mississippi, South Carolina and Tennessee.

Team Tyndall remembers America's POWs, MIA



A formation of 325th Fighter Wing F-15 Eagles approaches Flag Park in preparation for a 'missing man' flyover in observance of POW/MIA day.



A base formation stands near the POW/MIA flag.



A wreath honors America's POWs/MIA.



The base honor guard retires the colors.



The honor guard rifle team renders a 21-gun salute.



Second Lt. Brian Matchik, base honor guard bugler, plays Taps.



The official party observes the memorial ceremony held Sept. 20 in Flag Park.

Photos by Lisa Carroll

●FROM ABUSE PAGE 6 doesn't have to ruin a person's career," said Pam Collins, the program manager who oversees treatment policies. "It's a myth that careers are automatically ruined by coming to family advocacy for services.

"Domestic violence offenders must be held accountable for their actions; however, they can stop using violence in their families with help and can develop safe homes," Ms. Collins said.

Although the majority of

FAP customers are married, referral services are available for anyone needing assistance.

"We can provide assistance to anyone who feels they are in a volatile relationship," said Colonel Davis.

One of the programs developed over the past several years to deal with domestic violence is the High Risk for Violence Response Team. These multidisciplinary teams located on all Air Force installations get together when there is indi-

cation of a possible volatile situation.

Additionally, FAP officials have made significant progress in using automation to standardize and ensure uniform assessments across the Air Force.

"We have processes and products that are built into our software so commanders, first sergeants and clients receive standardized information at each FAP [location] they encounter," said Colonel Davis. "This has greatly enhanced our cred-

ibility with customers, while allowing us to provide the best clinical care possible to our clients."

While credibility is something the FAP has built over the years, Colonel Davis said there are still misconceptions about using the programs.

"Some people are under the belief that we're in the practice of tricking people into thinking we're a confidential organization and then reporting them to other agencies,"

said Colonel Davis. "Before we do any interviewing, our customers are informed about our limits of confidentiality."

"We believe domestic violence receives its power in part from beliefs and attitudes," said Ms. Williams. "We focus on the proactive solutions and give them prevention strategies."

One of these prevention strategies is the establishment of the New Parent Support Program. The NPSP staff

also assists with couple-issues and risk factors that may lead to partner abuse.

"People need to know that help is available and that no one deserves to be abused," said Colonel Davis.

Officials urge people who believe they are a victim of domestic violence or believe someone else may be, to contact their local family advocacy office or call the National Domestic Violence Hotline at (800) 799-7233.

●FROM AEF PAGE 1 workload for the reserve component.

"The Air National Guard and Air Force Reserve contribute significantly (to the AEF construct) with aviation and support assets," General Peppe said. "If you look at how they're postured right now, you'll see that they're heavily weighted in AEFs 7, 8, 9 and 10."

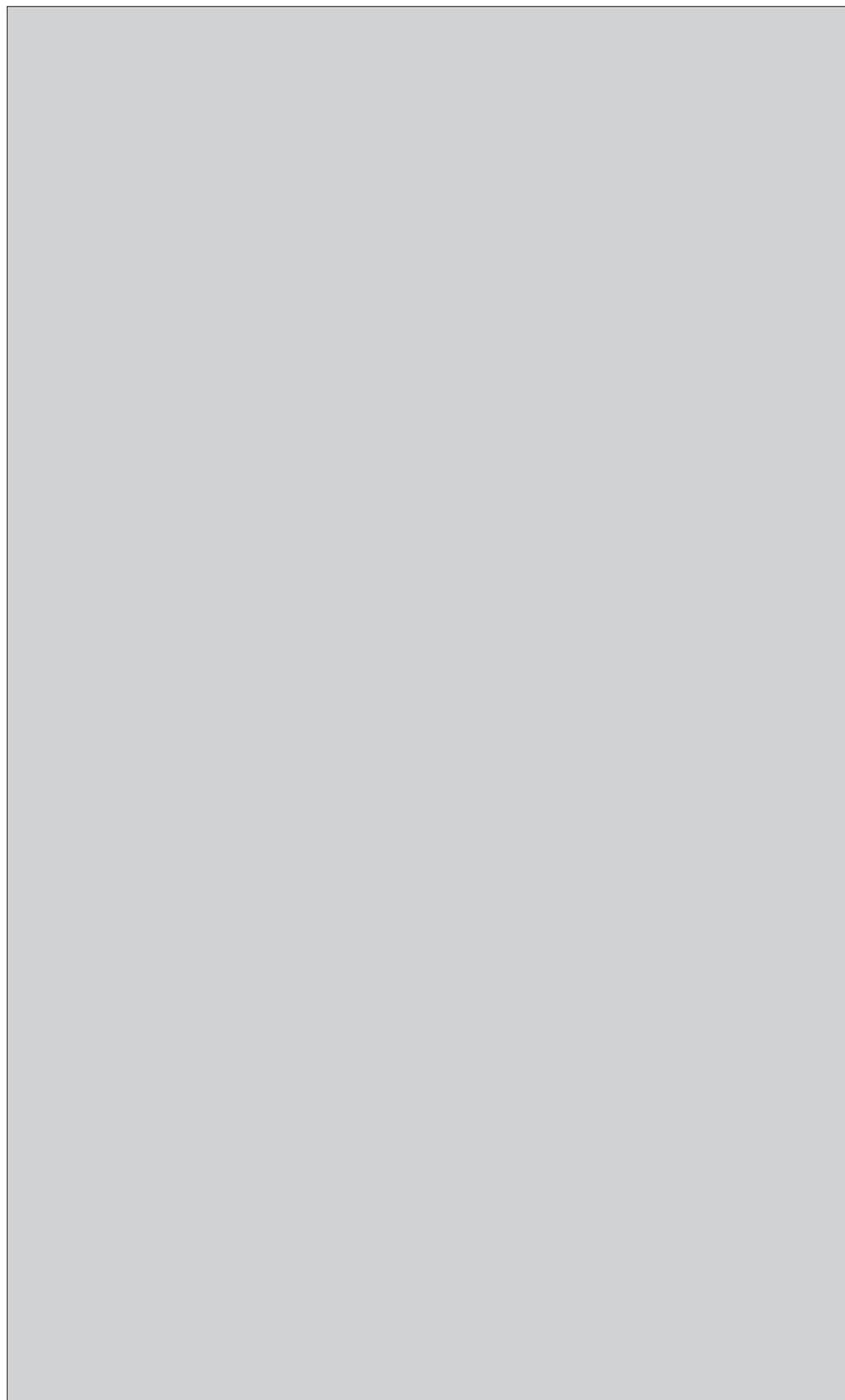
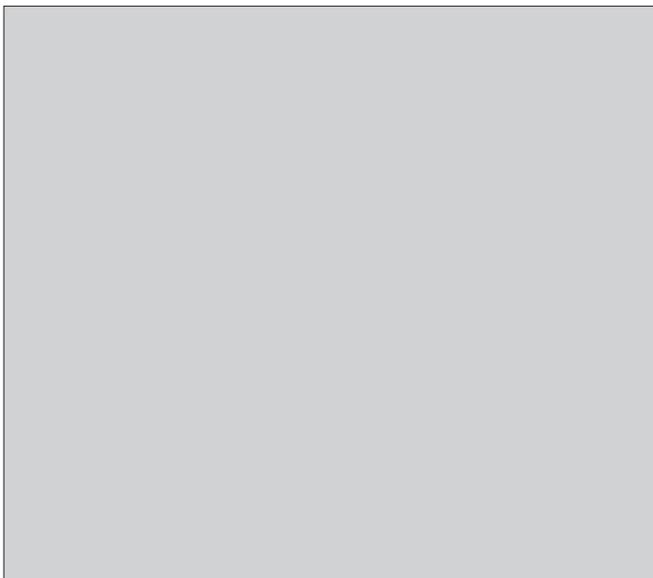
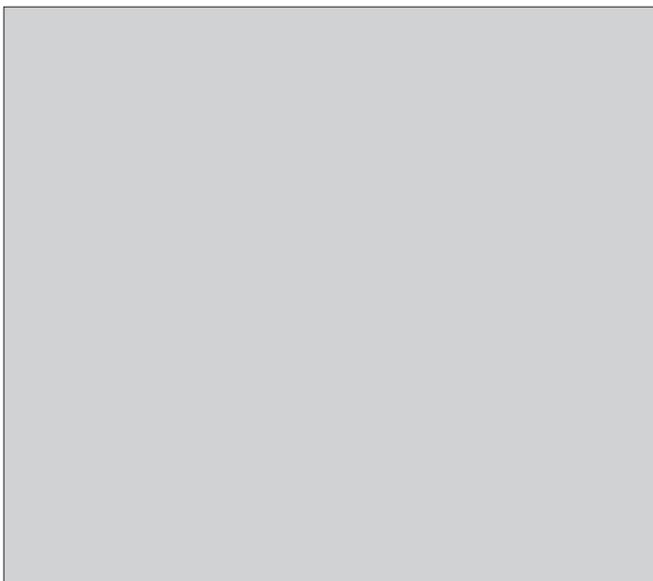
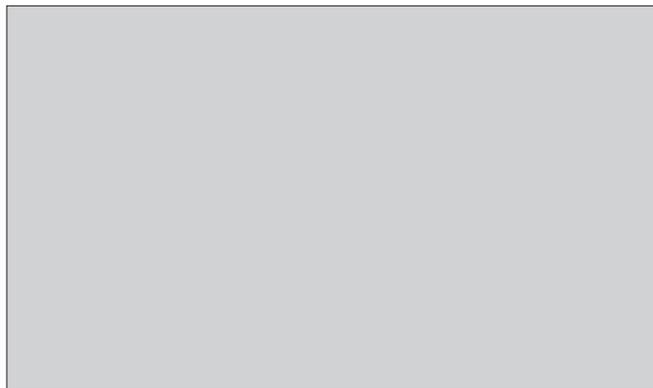
Better distributing the ANG and Reserve forces is especially important considering that ARC aircraft and people are also heavily involved in Operation Noble Eagle, General Peppe said.

"We have to smooth-flow their availability so it gives us a more ideal mix throughout the AEF cycle," he said.

General Peppe added that the Air Reserve Component will also realign ANG fighters by block type and geography.

The combination of these changes will help the Air Force better present its forces in the long term, General Peppe said.

"The bottom line is we're making changes to maximize capability available across the board," General Peppe said. "We want to smooth-flow capabilities across the AEFs and minimize the hills and valleys."



●FROM HELP PAGE 2

Our first-echelon supervisors are critical because they have the most direct contact with our members. If you are a supervisor, it's absolutely imperative you know your people. If you supervise (for example) Senior Airman Smith, do you know his spouse's name, his date of birth, where he lives, how many children he has and how they're cared for?

Off the top of your head, do you know when his enlisted performance report is due? Do you jot down significant accomplishments so they are not lost in the shuffle? These simply are not trivial details, they represent a basic level of situational awareness that is key to our overall mission success. Talk to your people regularly, show that you care about them by making sure that deadlines on their per-

formance reports and decorations are met. Also, make sure your people understand their value to the organization and their role in it.

Why is this important? Air Force members simply want to know that their significant contribution is appreciated. When they see supervisors taking an active interest in their day-to-day lives it assures them they are appreciated. It's that simple.

Making a difference is contagious. The more you get involved the more others will be inspired to do the same. Also, through involvement you can develop a strong support network of relationships and remain plugged into the community. You will definitely improve not only your own outlook, but that of your people as well; and Tyndall's mission will be more successful as a result. Thank you for all that you do.



Your link
to what's going on

Gulf Guide

in the
Tyndall community

SEPTEMBER

FRI
27

Gas leak survey

Del-Jen's annual gas leak survey will continue 5 a.m.-3 p.m. through Monday in the base housing area. There will be a Del-Jen employee with a gas leak detector walking the main gas line, which runs in front and in back of the housing units. This is just a leak survey and no outages are scheduled. For more information, call Walter Grier, 283-3156 or George Cox, 283-3179.

SUN
29

Chapel religious education

The Tyndall Chapel offers religious education 9:30-10:30 a.m. Sundays for Protestants and 11 a.m.-noon Sundays for Catholics. Both sessions will be held at the spiritual fitness building. For more information, call 283-2925.

MON
30

Troy State registration

Registration for Troy State University's Term II will be Monday-Oct. 11. The term begins Oct. 14 and ends Dec. 22. For more information, call the education center, 283-4449.

Bible study

A "More About Jesus" Bible study will be 7 p.m. Mondays through Oct. 21 in the Chapel 2 annex. For more information, call the chaplain's office, 283-2925.

OCTOBER

TUE
1

Children's weight class

The health and wellness center's sensible weight class for children meets 3:30-4:30 p.m. every Tuesday in Room 111. For more information, call the health and wellness center, 283-3826.

Civil Air Patrol meeting

Civil Air Patrol meetings for boys and girls 12 years old and older will be held 6-8:30 p.m. every Tuesday in Building 852. The CAP offers local and national activities with a focus on educational and professional development. For more information, call Capt. Tim Jones, 283-8018, or Master Sgt. Perry Newberry, 283-4189.

Kids on the move

The Tyndall Youth Center's "Kids on the Move"

program for all children expecting to experience a move in the near future will be 3-4 p.m. Tuesday in the family support center classroom. The program consists of a video about moving and a discussion session focusing on coping with the stress of moving. For more information and to sign up, call the family support center, 283-4204.

WED
2

Kids' Club

Kids' Club, an ecumenical program for Catholic and Protestant children, meets 2:45-5:30 p.m. every Wednesday at Chapel 2. Children will enjoy snacks, chapel time, arts and crafts, lessons about their individual faith and a nutritious dinner. Registration per family is \$25 per semester or \$40 per year. For more information, call Maria or Cindee, 283-2925.

Protestant youth group

The Tyndall Chapel's Protestant Youth Group meets 5-8 p.m. Wednesdays in the spiritual fitness center. For more information, call the Chapel 2 office, 283-2925.

THU
3

Boating skills course

The Coast Guard Auxiliary Flotilla 16 boating skills and seamanship course will be 7-9 p.m. Tuesday and Thursday evenings beginning Tuesday in Gulf Coast Community College's Student Union East building, Gibson lecture hall, Room 231. The six-lesson core portion of the course will end Oct. 22. The cost is \$35 for the new text and workbook. The course completion certificate reduces boating insurance rates with most insurance companies and meets Florida requirements for those born after Sept. 30, 1980 to operate a boat or personal watercraft. For more information, call John Clark, 271-3828, or visit the Flotilla Web site at: <http://clik.to/USCGAUXFlotilla16>.

Bible study

A weekly Bible study session offered by the Officer Christian Fellowship and Christian Military Fellowship will be 11:30 a.m.-12:30 p.m. Thursdays in the community activities center. For more information, call Capt. Carma Pauli, 283-7669.

Antiterrorism training

Mandatory antiterrorism training is provided by the Air Force Office of Special Investigations on a walk-in basis 8 a.m. every Thursday in Building 656. The training will last approximately 45 minutes. Anyone with a permanent change of station or temporary duty assignment to an overseas

location who has not received Level-I Antiterrorism training within six months of their departure date is required to receive this training prior to out-processing. Out-processing checklists should be brought to the training session. Military dependents are encouraged to attend. For more information, call Special Agent Doug Hartwell, 283-3261 or 283-3262.

NOTES

Disaster preparedness

The Air Force Personnel Readiness Center is available to provide assistance and guidance when installations are affected by natural disasters such as hurricanes. For more information, call the PRC, (800) 435-9941, or use Tyndall's toll-free contingency number, (877) 529-5540.

Christmas cantata rehearsals

Individuals interested in singing in a Christmas cantata to be held Dec. 15 are invited to attend rehearsals 7 p.m. Wednesdays in the Chapel 2 Sanctuary. For more information, call Chaplain Andrew Suh, 283-2925.

University of Arkansas registration

Term 2 registration for the University of Arkansas' master of science program with a major in operations management will be Monday-Oct. 16 at Hurlburt Field. For more information, call Madeline Guarino, (850) 844-3844, or visit: www.opnsmgmt.uark.edu.

AADD program

The Airmen Against Drunk Driving program is designed to provide military members with a free, safe ride home within the local area. The AADD phone line is staffed with E1 through E4 volunteers who can be reached by calling 867-2233. This program is available to all with a valid military identification card. AADD stresses anonymity to ease fear of retribution. For more information, call Airman 1st Class Carrie Wilks-Campbell, 283-2891.

Preseparation and retirement counseling

All transitioning personnel are reminded of the requirement to schedule a one-on-one preseparation counseling session at the family support center's transition office. This is a mandatory requirement established by public law. Personnel should schedule appointments at least 90 days prior to their separation or retirement. For more information or to make an appointment, call the family support center, 283-4205.

390th Fighter Squadron reunion

A reunion for all past and present 390th Fighter Squadron Wild Boars will be Oct. 10-14 at Mountain Home Air Force Base, Idaho. For more information, call Capt. Charles Corcoran at (208) 828-4396.

YARD SALES

The following yard sales are scheduled for Saturday: 2909-A Beacon Beach Road, 2886-A Sabre Drive and 2913-A Beacon Beach Road. All yard sales are held between 8 a.m.-4 p.m.

CLASSIFIEDS

Futon bed, pine frame and tan slipcover, \$150. Call 286-8642.

Car show gets ready to rev up Tyndall motorheads

MARCIA ROBERTSON
325th Services Squadron, marketing

Car enthusiasts from across the panhandle area can plan to visit Tyndall Air Force Base Oct. 6 as the 325th Services Squadron hosts its annual Car, Truck and Motorcycle Show. Now in its third year, the event has expanded to include more vehicles as well as programs for the entire family.

“This year’s car show has added classifications for trucks and motorcycles,” said Ray Mergil, 325th Services Squadron Skills Development Center manager. “We’ve also planned a free sock hop/street dance on Saturday night before the show as well as a variety of activities for the family during the show itself.”

Car show entries will be displayed at the old Bayview housing area off of Highway 98. Competitive classes include Corvettes, Mustangs, Camaros and Firebirds. Owners of antique vehicles may also enter and there is a special category for unfinished restoration.

“Working on cars is like taking a lump and making it into a thing of beauty,” said Gary Johnson, a car show participant and volunteer with this year’s event. “When you take a car

from your youth and restore it, you can really see what you’re accomplishing.”

Tyndall’s car show has grown each year as more individuals enter their restored vehicles and more people come to view these classics.

“Last fall, we had about 98 entries,” Mr. Mergil said. “We are hoping to at least double that number.”

The show will also feature children’s activities such as face painting and a bouncy castle. The military working dogs and their handlers will give a demonstration and base fire department personnel will offer tours of the smoke house.

“We’re getting the rollover crash car this year,” said Mr. Mergil. “It simulates what an actual car crash feels like.”

Registration fees for vehicles entered in the event are \$20 per class entry prior to Oct. 2 and \$25 per class entry after that date. The deadline for registration is 11 a.m. Oct. 6. Judging begins at noon. Individuals, clubs and government agencies that want to display vehicles without competing may do so at no cost.

“Our judges will be independent car owners from the local area,” Mr. Mergil said. “We’ll have people who are car enthusiasts themselves, not layman, looking at these entries.”

The car show will also feature a flea market and craft fair. The cost per table is \$10; anyone interested in reserving a table must pre-register. Food and beverages will be sold throughout the day.

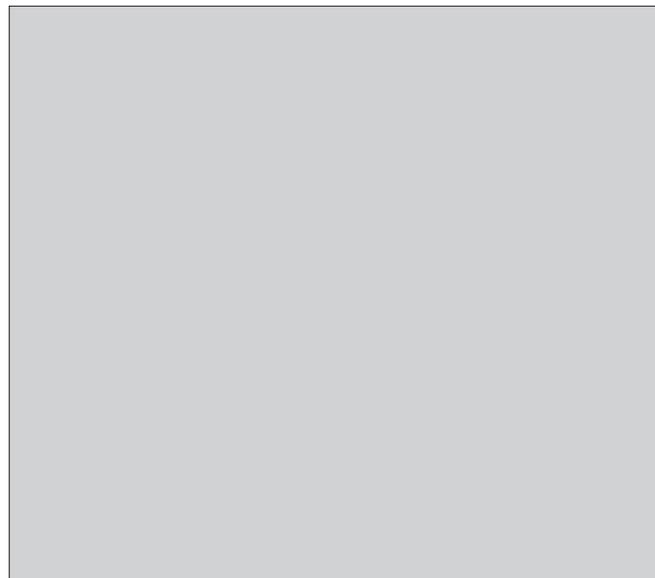
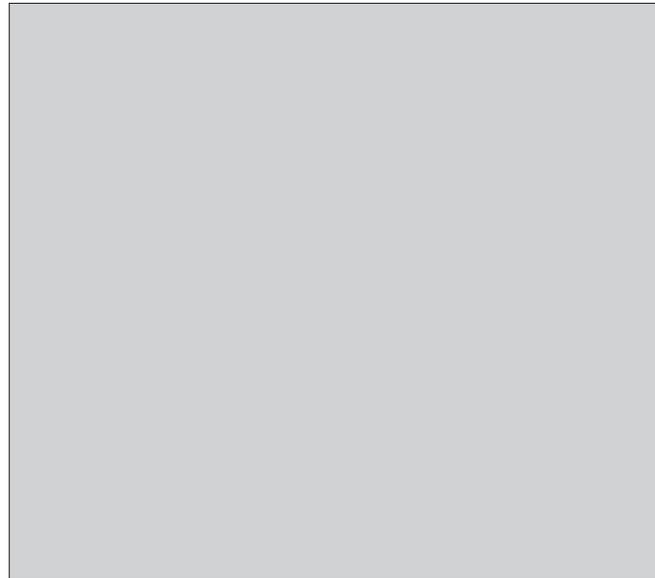
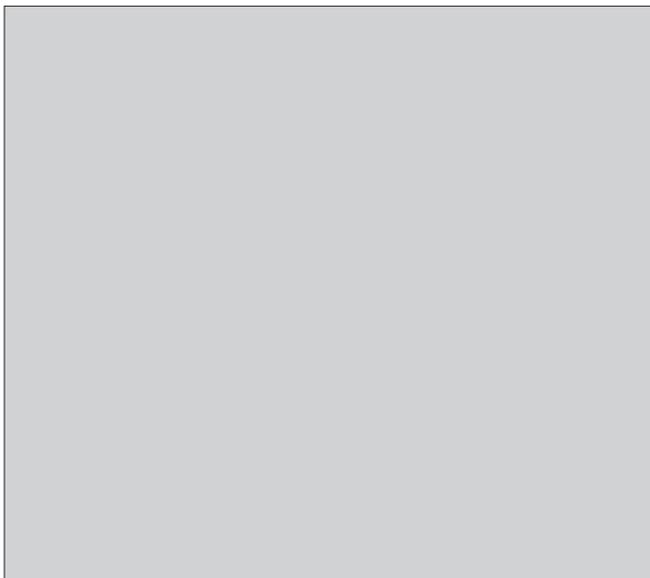
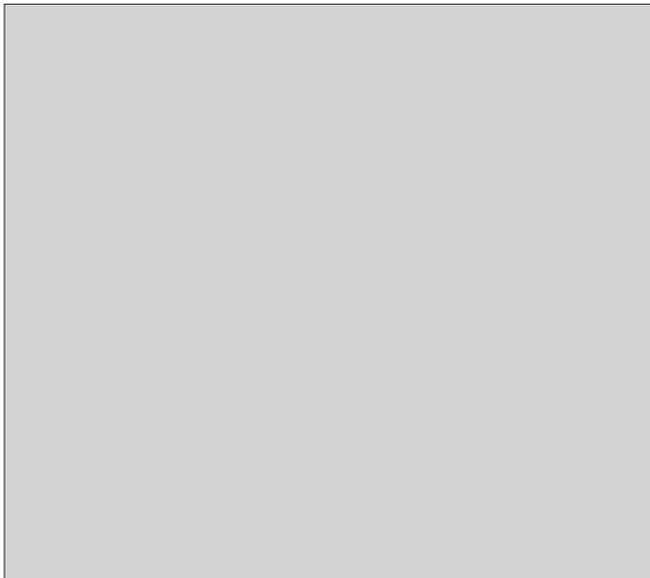
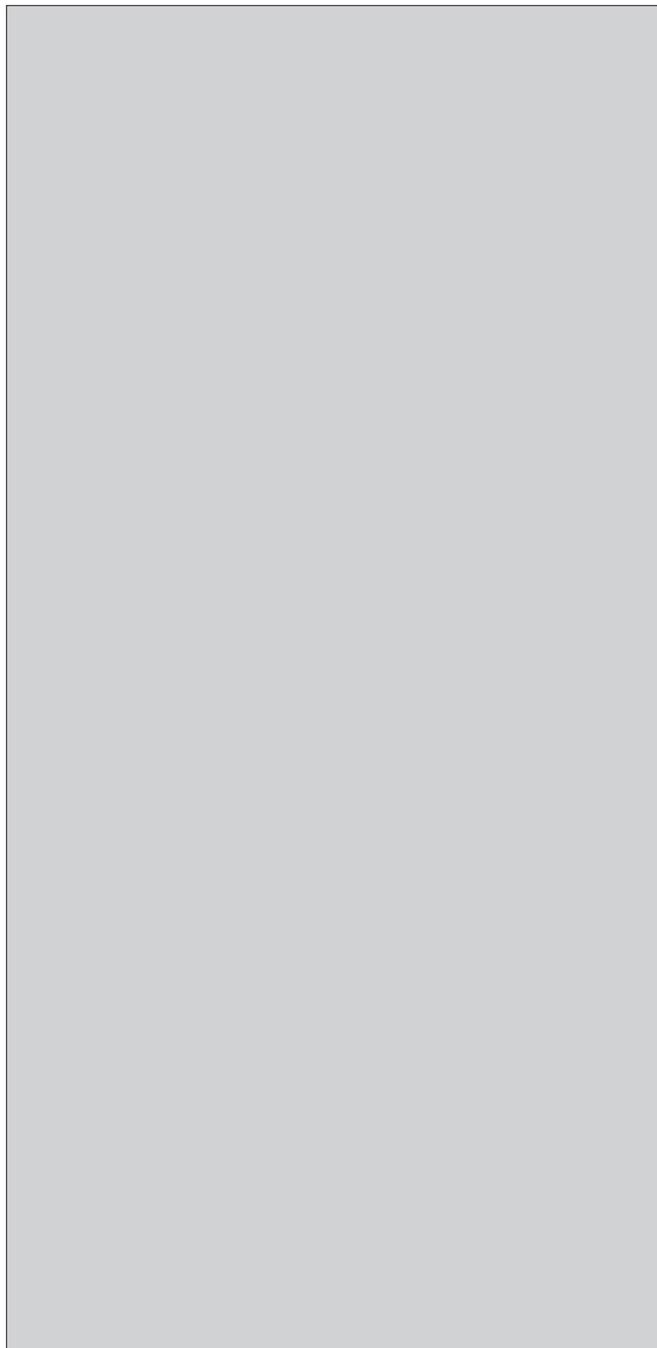
The sock hop begins at 8 p.m. Oct. 5 and will feature music from the 1950s and 1960s provided by disc jockey Rockin’ Robin. People are encouraged to bring lawn chairs. Beverages will be available for sale, but no coolers will be allowed.

For more information about the Car, Truck and Motorcycle Show or any other activity during the weekend, contact the skills development center at 283-4511.



Marcia Robertson

Gary Johnson and Ray Mergil, 325th Services Squadron Skills Development Center manager, check out the engine of Mr. Johnson’s 1969 Camaro Super Sport which will be displayed at the Car, Truck and Motorcycle Show Oct. 6.



Funshine NEWS

September 27, 2002

This page is produced by the 325th Services Marketing office, 283-4565.



Through
December 20

One new member & one current member per command will win:

Grand Prize

Sony 32TS1 Plasma TV
Bose Lifestyle 28 Home Ent. System
Monster Cable M1000i
Monster Power MPB2100

2nd Prize

Sharp Aquos LCD Television
Bose 3.2.1. Home Ent. System
Monster Cable M1000i
Monster Power MPB2100

3rd Prize

Toshiba Portable DVD Player

4th Prize

Denon Prime Sound Series Personal Component System

5th Prize

Sony NW-M511 Network Walkman Digital Music Player

An additional drawing will be held to award a Tyndall Member a Breitling Watch.

Just pick up an application from your club and sign up September 3 through December 20 to be eligible for the random drawings.

Sponsored in part by: **First USA & Ted's Jewelers**
No federal endorsement of sponsor intended.

Tyndall Enlisted Club Steak-Out Zone Every Friday



5:30-8:30 p.m.
Only \$5.95
283-4357

TYNDALL AFB, FLORIDA GLOBAL VOLKSSPORT 2002

September 28, 2002

Schedule of Events

Event Distance Start

Walk	10K	7:30 a.m. - 12 p.m.
Bike	25K	7:30 a.m. - 12 p.m.

For more information
contact Bonita Bay

(850)283-3199 or 283-3194.

Community Activities Center Pigskin Picks

First Heat: through Oct. 19

Entries must arrive at the CAC by 5 p.m. Friday preceding the weekend games. (Thursday games do not count.)

Sponsored in part by:

AAFES, Hodge Barb-Que & The Chefs Shop.
No federal endorsement of sponsors intended.

Currently in the lead:

Linda Marshall with 34 picks
Andrew Stanley with 32 picks
Dave McClan with 31 picks

Call for more information:
283-2495



Skeet & Trap Range

283-2499

Skeet & Trap Range

Open October 5, 12, 19, 26
11 a.m.-3 p.m.

All Ranks Every Wednesday at the O Club Family Night Buffet

Especially for Kids!

5-7:30 p.m. \$8.95

Children 6-11 \$5.95 5 and under eat free
Members First pricing is in effect.
Show your club card and receive
your \$2 member discount.

283-4357

Tyndall Clubs Hosts



The CAC will be open
Sundays, 12-7 p.m.
during football season
(Through January 26)

Watch the multi-game action at the CAC Pizza Pub!



Win a trip to:

49ers vs. Cowboys game
Super Bowl
Pro Bowl

San Francisco to

meet 49ers Terrell Owens

For more information call 283-3222

Sponsored in part by: American Airlines, Double Tree Alana Hotel Waikiki, Miller Lite,
First USA Bank, Destination Arlington TX
No federal endorsement of sponsors intended.

Youth Center

283-4366

Tennis Anyone?

Open to ages 6 and up. Program runs
Oct. 26 & Nov. 2, 9, 16 & 30 at 10 a.m.
Cost is \$30. Call Andy at 283-4366.

Youth & Teen Center Membership Drive

Yearly Fee: Oct. 1, 02-Sept. 30, 03 is
\$25. Quarterly Fee: \$10
Youth Center: 283-4366
Teen Center: 283-0295.

Information, Tickets & Travel

283-2499

Cruise Specials

Starting at \$379 per person.
Call 283-2864 for more information.

Fall Foliage Tour

October 23-27

Visit the Space Center in Huntsville, Alabama, Dollywood in Pigeon Forge, Tennessee and ride the Great Smoky Train Ride to Bryson City, North Carolina. Cost per person double occupancy is \$375 and includes event tickets, accommodations and transportation. Sign up deadline is October 8th.

Want to keep up with "What's Happening" at Tyndall?

Send us your email
and we will add you
to our weekly mailing.
whats.happening@tyndall.af.mil
or call us at 283-4565



Check us out
on the world wide web:
www.325thservices.com

Skills Development Ctr.

283-4511

Framing Class

Available on Thurs. 5-7 p.m. Costs \$30
which includes 8x10 frame supplies. Must
preregister for class.

Tyndall's

Sunday, Oct. 6, 2002
8 a.m.-4 p.m.

3rd. Annual Car, Truck and Motorcycle Show

In the Bayview Housing Area



Open
to the
public

Bring the whole family, and come
out for an afternoon of Food & Fun

For more information

Call the Skills Development Center
Ray Mergil, Karen Dyer, Marnie Fox

283-4511

email: ray.mergil@tyndall.af.mil

Registration Fee (per class entry)
\$20 prior to Oct. 2 \$25 after Oct. 2
Deadline for registration is 11 a.m. on Oct. 6
No fee for non-competitive personal, club or
government vehicles on display only.

Events Include:

K9 Dogs
DJ
Bouncing Castle
DARE Program
Dyno Machine
and More!

Door Prizes

Door prize drawings will be held
for registered participants.

Flea Market & Craft Booths Available

\$10 per table. Must preregister to
have a reserved spot.

Plus...Don't Miss the...

**sock Hop
FREE!**

Saturday, October 5 8-11 p.m.

DJ Playing 50s-60s Rock & Roll

Bring your own lawn chairs.
Beverages will be sold. No coolers allowed.

September is Cholesterol Education Awareness Month

STAFF SGT. ERIC FORD

Health and wellness center

The American Heart Association reported that an American dies every 33 seconds of cardiovascular disease. Cardiovascular disease, which includes heart disease and stroke, is the number one killer in the nation.

Elevated cholesterol is a major risk factor. Cholesterol is a waxy, fat-like substance found in the body and is needed for the body to function normally. The liver makes enough cholesterol to accommodate all the body's requirements. When there is too much cholesterol in the body, it is deposited in arteries, including

those of the heart, which can lead to narrowing of the arteries and heart disease.

The AHA recommends that Americans over age 20 have their cholesterol tested once every five years. The National Center for Chronic Disease Prevention and Health Promotion reported that 20 to 26 percent of Floridians over age 20 have not had their cholesterol checked. Through science and research, the AHA has developed new parameters for cholesterol management. They are: Total Cholesterol < 200; High Density Lipoprotein > 40; Low Density Lipoprotein < 100; Triglycerides < 150.

The main culprit in elevated cholesterol is saturated fat, which directly increases cholesterol levels. The first step toward the road to improvement is to minimize high fat animal products and by-products. Foods you should limit are: whole and 2-percent milk, cream, ice cream, butter, egg yolks and cheese, as well as foods made with them. Limit baked goods made with egg yolks, saturated fats like coconut oil, palm oil and palm kernel oil, shortening, stick margarine and lard. Avoid organ meats such as liver, sweetbread,

kidney and brain. Moreover, reduce high-fat processed meats like sausage, bologna, salami, hot dogs and fried foods.

Exercise is also an important component for decreasing cholesterol values, decreasing the risk of heart disease and improving overall health. The AHA recommends aerobic exercise four to five times per week for 30 to 60 minutes. Even regular, low-intensity physical exercise such as walking five times per week can improve the "good" cholesterol (HDL) and serve as a catalyst to drive plaque out of arteries.

The Health and Wellness Center offers a "Techniques to Lower Cholesterol" program as well as monthly cooking demonstrations, "Tobacco Cessation" programs and many other services. Stop by for information or call 283-7552 or 283-3826. The HAWC is located at Building 1307, Suwannee Road. Hours of operation are 7 a.m. - 5 p.m. Monday through Thursday and 7 a.m. to 4:30 p.m. Friday.

Don't become a statistic. If you don't know your cholesterol level, contact your provider to have your cholesterol tested.

