



GULF DEFENDER



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Tyndall Air Force Base, Fla. *Gulf Defender*

Nov. 14, 2003

In brief

Heart Link session

The quarterly Heart Link session at Tyndall Air Force Base is scheduled for 8 a.m. to 2:30 p.m. Nov. 21 at the enlisted club.

Thirty spouses are needed to attend this session. Spouses of permanent-party members or students, with less than five years in the military environment, are invited to register for the free program.

For more information, call the family support center at 283-4204/4205.

Recruiting team visit

For those interested in the opportunity to mold tomorrow's Air Force leaders or recruit sharp individuals into the Air Force as an Air Force military training instructor or recruiter, the Air Education and Training Command Special Duty Briefing Team can answer any related questions. The team will brief on all aspects of special duty opportunities 10 a.m. Thursday in the 325th Air Control Squadron auditorium. Spouses are highly encouraged to attend. Senior airmen through master sergeants with less than 17 years total active service are eligible to apply.

Housing office closures

The housing office will be closed 11 a.m. to 1 p.m. Nov. 21 for an official function. Also, the office will be closed Nov. 28 for Family Day.

Inside

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Airman Sarah McDowell

Special touch

Senior Airman Grace Ruiz, 325th Aeromedical Dental Squadron, and her 12-month-old daughter, Veronica, visit with Everett Cox, a retired Army Air Corps veteran Tuesday at the Clifford Chester Sims State Veterans' Nursing Home in Springfield. Airman Ruiz was one of many Tyndall Airman Leadership School students who visited the home to show their appreciation for its residents on Veterans Day. For more Veterans Day photos, see Page 8.

AETC kicks off force development briefings

JILLIAN SPEAKE

Air Education and Training Command Public Affairs

RANDOLPH AIR FORCE BASE, Texas (AETCNS) —

Teams led by major command general officers began visits to bases recently to explain the details of the Air Force's new force development initiative.

Brig. Gen. Larry New, 325th Fighter Wing commander, is the Air Education and Training Command briefer.

He began the force development "Spread the Word" brief-

ings Oct. 31 at Laughlin AFB, Texas, and will visit each AETC base over the next seven weeks to ensure all officers and their supervisors understand the new concept, policies and procedures. General New will brief Tyndall Dec. 2.

The briefings will help officers understand force development's goal to create a system that is simple, understandable and deliberate.

The new program will help develop both the occupational skills

and leadership qualities officers need to meet mission requirements, said Lt. Col. Dean C. Vande Hey, promotions and evaluations division chief in the AETC Directorate of Personnel here.

"We will also have a better feedback mechanism for people when they're transitioning from the tactical level of their career to the operational level of their career in terms of what their possible career paths are and what their potential is in the Air Force,"

General New said.

The key to force development is the combination of focused assignments, education and training opportunities that will prepare airmen to meet the missions of today's Air Force, according to a development video.

"The Air Force, right now, does not have a systematic way of developing our officers to become senior officers," General New said. "This (new) force development is designed to put more rigor

● **SEE FORCE PAGE 5**

Training the best air dominance team for America

Exercise tests wing's response

BRIG. GEN. LARRY NEW

325th Fighter Wing commander



I want to thank all of you who observed Veterans Day. By participating in a parade, visiting a veteran's home or simply flying our

nation's flag, your recognition of the men and women who have paved the way for our freedom was well received by veterans of all ages. It does not take long to realize how much your efforts are appreciated when you see the veterans and talk with them. We are forever indebted to all who have served before us, and it is my hope that we all continue to honor their legacy with dedicated service and by living the Air Force core values of integrity first, service before self and excellence in all we do.

Just as veterans prepared our military to be the force that it is, we must continue to prepare for contingency operations and ensure appropriate crisis response by properly training our people. Toward this effort it is time once again to dust off your check-



“The uncertain climate of the world reminds us that we must always stand ready to support the Combat Air Force.”

BRIG. GEN. LARRY NEW

325th Fighter Wing commander

lists and continuity folders for an exercise.

The Wing Exercise Evaluation Team will conduct exercise Crown Prince 03-09 Nov. 17-21. The exercise will test and evaluate the wing's response to four factors. We need to be prepared for a deployment phase, a wing recall, installation security tests and a Major Accident Response Exercise or MARE. These four factors address some of the most important crisis efforts that we face in our day-to-day activities.

Crown Prince 03-09 will provide important information to units on their level of preparation, readiness and training. The uncertain climate of the world reminds us that we must always stand ready to sup-

port the Combat Air Force. I encourage supervisors to use this exercise to make sure that everyone in your organization is trained and ready to respond to a short-notice deployment or a major disaster. Ensure that your recall information is up-to-date. Exercises are a fantastic tool to learn exactly where a unit stands, and where we need to go.

Just as we use exercises to ensure we are prepared for contingency operations, I encourage you to use the time we have before Thanksgiving and Christmas to prepare for leave and long family trips. Make sure your vehicle is ready for the drive. Plot

●SEE EXERCISE PAGE 7

Respect for flag honors our heritage

CHIEF MASTER SGT. KARL MEYERS

Command chief master sergeant of Air Education and Training Command

RANDOLPH AIR FORCE BASE, Texas (AETCNS) — Leading nearly every parade in the United States is the star-spangled, red, white and blue symbol of our nation — our flag.

It's appearance has changed several times over the past 200 plus years as our nation grew to the 50 states that comprise the country today, but one common thread remains: The flag still flies because of the millions of Americans who fought in our nation's wars. It waves proudly because patriotic Americans paid with their lives to keep our United States free.

When we pay proper respect to the flag,



Tyndall Air Force Base Honor Guard members display the colors with a crisp snap during a recent retirement flag folding ceremony here.

we honor those great Americans — heroes whose blood, sweat and tears are forever intertwined in the fabric of the red,

white, and blue. We also honor the men and women with whom we serve today. They deserve nothing less!

In that spirit, you may ask yourself, “What should I do?” for Reveille, Retreat and other traditional ceremonial occasions in which the US flag may play a part. Here are a few answers to some common flag courtesy questions.

Reveille is the signal for the start of the official duty day and, if the commander

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.

BRIG. GEN. LARRY NEW

325th Fighter Wing commander

desires, a Reveille ceremony may accompany the raising of the flag. The ceremony can take place in the vicinity of the base flagstaff or in the unit area, and will be directed by the commander or representative. When not participating in a ceremony, no special recognition such as stopping or saluting is required during the playing of Reveille.

Retreat signals the end of the official duty day and serves as a ceremony for paying respect to the flag. If a Retreat ceremony is conducted, the unit commander or representative will direct the formation throughout the event. Those outside and not part of a Reveille ceremony should stop in place and face the flag. When in uniform, assume the position of parade rest, and upon the first note of the National Anthem or To The Colors, come to the

●SEE FLAG PAGE 6

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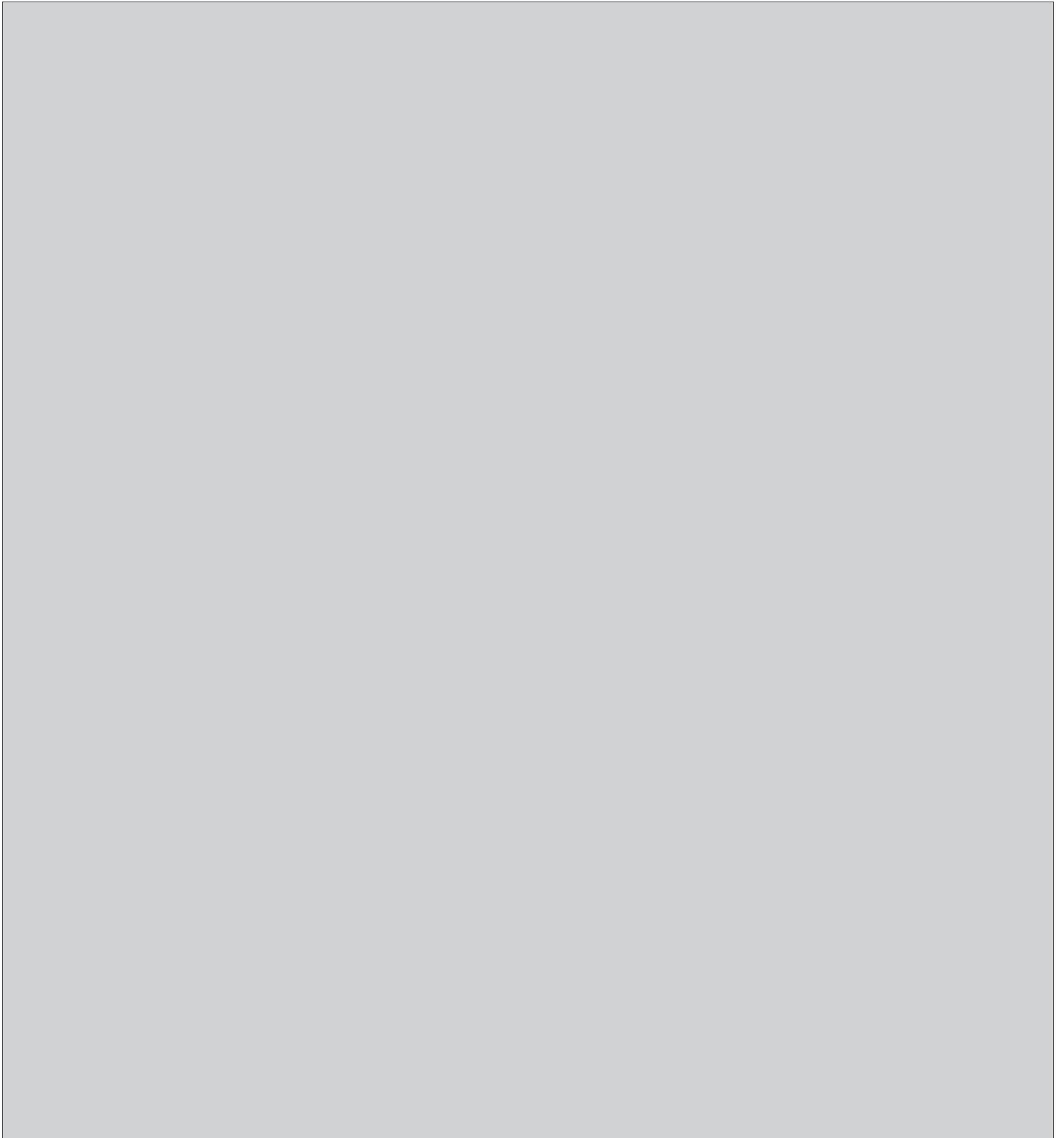
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The deadline for article submissions to the *Gulf Defender* is 4 p.m. Friday, prior to the week of publication unless otherwise noted. Articles must be typed and double-spaced, preferably on a 3.5-inch disc. Stories should be submitted directly to 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.



AMXS maintainers earn AETC honors

RANDOLPH AIR FORCE BASE, Texas (AETCNS)— Air Education and Training Command recently announced the winners of the command 2003 Maintenance Effectiveness Awards.

The 325th Aircraft Maintenance Squadron, here, took honors in the Small Aircraft Maintenance category. According to the unit's nomination, the unit distinguished itself by accomplishing superior aircraft maintenance from Oct. 1, 2002-Sept. 30, 2003. Support squadron objectives, the 1st Aircraft Maintenance Unit reduced the command standard for

repeat/recur rate by posting a 2.0 cumulative rate, 50 percent below the standard.

The 2nd AMU maintained a cumulative "total mission capable rate" at 6.8 percent while producing more than 4,600 sorties for fiscal 03. The 95th AMU posted a 75.1 percent "eight-hour fix rate" that exceeded the 70 percent command standard.

Other winners, listed by category, are:

— Little Rock Air Force Base, Ark.: Medium Aircraft Maintenance

— Little Rock AFB, Ark.: Maintenance Squadron, Component Repair Squadron and Equipment Maintenance Squadron

— Laughlin AFB, Texas: Consolidated Aircraft Maintenance

— Luke AFB, Ariz.: Maintenance Operations Squadron

These awards are presented annually to recognize those outstanding maintenance units that have best managed their resources.

The winners will represent the command in competition for the Air Force 2003 Maintenance Effectiveness Awards.



Dorms vie for parties in holiday contest

STEVE RIDDLE

325th Services Squadron publicist

Dorm residents staying here for the holiday season will have more to do than watch college football and Christmas parades on TV, thanks to a new program offered by Air Education and Training Command.

Community Activities Center Director Jean Cole will have a kickoff party 2 p.m. today at the CAC to introduce a series of competitive events dubbed "The Dorm World."

"The purpose of the program is to provide permanent party dorm residents a chance to have fun during the holidays and win a party for their dorm," Ms. Cole explained.

The kickoff party will explain the rules and scoring system for the game, and outline the dates and

times for the different events. Events include a 5K Fun Run/Walk, a bowling challenge, a puzzle assembly contest, and volunteer hours.

The program will end with a final "Battle of the Dorms," where competitors face off in a bucket brigade event, a balance beam contest, and a tricycle race. All events must be completed by Jan. 20.

Five dorms are expected to compete – Bldgs. 1036, 1046, 1149, 1680 and the Quad. The first place dorm will receive funding from AETC to hold a dorm party with a DJ, food and T-shirts to be given away. The second place dorm will receive a dorm party.

"All permanent dorm residents are invited and encouraged to attend the kickoff party," Ms. Cole said. "Also, anybody who wants to assist us is invited too."

For more information, contact the community activities center at 283-2495.

●FROM FORCE PAGE 1

to the development process and give us better senior officers in the end that have the qualifications and capabilities we need.”

Since the approval of the force development plan in the summer of 2003, aggressive efforts have been underway to have the officer corps program in full swing by December this year.

One of the people who attended AETC's first force development briefing at Laughlin said he liked the more focused approach to career development.

“I think (the new program) has the potential to enhance the assignment system,” said Maj. Douglas Jenkins of the 47th Flying Training Wing. “I think it will help people plan for the long term vice one assignment ahead. It will keep people from floating around without a plan for their career.”

The program will also link training and education

opportunities to assignment experiences, connect individual goals to Air Force needs, and enhance leadership and officer understanding to best utilize their inputs in the development and assignment process, Colonel Vande Hey said.

“Force development is all about getting the right people in the right job at the right time with the right skills to fight and win in support of our national security objectives, now and in the future,” Gen. John Jumper, Air Force chief of staff, said in

summing up the new initiative in an Oct. 7 “Sight Picture.”

General New said he is looking forward to going out to Air Education and Training Command and telling everybody about the program.

“I think it's a good positive move for the Air Force, and I'm looking forward to seeing how I can get the message across to the people out there,” he said.

For more information about the force development program, visit www.dp.hq.af.mil/afslmo/fd/.

‘Spread the Word’ highlights

CAPT. DAWNITA PARKINSON

47th Flying Training Wing Public Affairs

LAUGHLIN AIR FORCE BASE, Texas (AETCNS) —

Laughlin officers learned details of the Air Force's force development program during Brig. Gen. Larry New's briefing here Oct. 31.

While force development opportunities will continue to evolve and grow, all officers need to understand how these current changes affect them. An outline of some of these changes and initiatives follows.

Career development

— Career development will start to be defined at three levels: tacti-

cal, operational and strategic. Some officers may remain at the tactical or operational level for an entire 20-year career.

Assignments

— The Preference Worksheet will be enhanced to form a more detailed and insightful product called the Officer Developmental Plan. The plan allows officers to provide input on their short-term goals, such as their next assignment, as well as long-term goals, such as becoming a commander.

Education

— Professional Military Education will be called Develop-

mental Education.

— The Air and Space Basic Course and Squadron Officer School now fall under the category of Basic Developmental Education or BDE, which is received at the tactical level.

— For line officers, the selection process to attend in-residence IDE has changed.

Those previously identified as “candidates” will become “selects,” and those previously identified as “non-candidates” will become “candidates.” Each year senior raters will be able to nominate candidates, eligible officers they believe should compete for in-residence IDE.

TAFB Volunteer of the Quarter



Airman Sarah McDowell

Karen Sugg helps customers at the Tyndall Air Force Base Airman's Attic, one of several locations she has contributed hundreds of hours as a base community volunteer.

Karen Sugg

Office: Airman's Attic chairperson

Years residing in Panama City area: 15 months

Home state: Rhode Island

Favorite assignment: Andrews Air Force Base, Md.

Greatest aspect of your volunteer job(s): Seeing the smiles on the faces of the people who come in to the Airman's Attic

Long-term goals: Continue to give to our mili-

tary folks through volunteering

Favorite book: The Bible, the Tolken series, etc.

Hobbies: Embroidery, crocheting pot holders to give away, reading, sewing, baking, traveling

Mrs. Sugg was awarded for her tireless dedication and commitment to the Airman's Attic, base library and base chapel, as well as her assistance to local students. During the quarter, she provided nearly 300 hours of volunteer services to the Tyndall AFB and local communities.

●**FROM FLAG PAGE 2** In the case of a flag position of attention, render the hand salute and hold it until the last note of the music is played.

For military members in civilian clothes, place the right hand over the heart at the first note of the National Anthem or To The Colors. Hats should be removed with the right hand and placed over the left shoulder so that the right hand is resting over the heart. Activity may continue once the National Anthem or To The Colors is completely finished.

When driving a vehicle during the playing of the National Anthem or To The Colors, stop the vehicle and sit quietly until the music ends.

In the case of a flag passing, such as the recent Veteran's Day parade, military members in uniform will render the hand salute. Those not in uniform will place their right hand over the heart. In all cases, the gesture of respect should begin when the flag is about six paces from the individual and held until it is about six paces past.

The Pledge of Allegiance is another time confusion can set in. For starters, the Pledge of Allegiance is not recited in military formations and ceremonies.

At outdoor functions and events that include civilian

participants, military members in uniform stand at attention, remain silent, face



the flag and render the hand salute.

When indoors wearing the uniform, stand at attention, remain silent and face the flag. Reciting the Pledge of Allegiance at this type of occasion is optional when wearing the uniform as long as the participants are primarily civilians or in civilian attire.

Lastly, when not in uniform whether indoors or outdoors, recite the Pledge of Allegiance standing at attention, facing the flag with the right hand over the heart. Hats should be removed and held in the right hand over the heart as appropriate.

These "rules" of respect for our flag are traditional gestures of honor for the most immediately identifiable symbol of the United States of America. It is the symbol that unifies us; it is our rallying point and the ultimate representation of our nation to the world.

As Oliver Wendell Holmes said, "One flag, one land, one heart, one hand, One Nation evermore!"



Every member of Team Tyndall is valuable. Play it safe, don't become a statistic.

SECDEF says success is exit strategy

GERRY J. GILMORE

American Forces Press Service

WASHINGTON (AFP) — With “success” as the exit strategy, the numbers of U.S. and coalition forces in Iraq in the meantime “will depend on the security situation on the ground,” the Defense Department’s top civilian said here Nov. 10.

Defense Secretary Donald Rumsfeld added that American troop strength in Iraq also depends on “the pace at which Iraqi security forces are able to assume additional responsibilities.”

DOD planners estimate U.S. troop strength in Iraq decreasing from around 130,000 today to about 105,000 by May, when a rotation of fresh troops arrives.

The purpose of the troop rotation “is not to reduce the number of U.S. forces in Iraq,” Secretary Rumsfeld said, or to develop an exit strategy.

“Our exit strategy in Iraq is success; it’s that simple,” Secretary Rumsfeld said. “The objective is not to leave,” he said, but rather is “to succeed in our mission.”

Iraqi forces involved in internal security — about 118,000 today — are expected to increase to 150,000 to 200,000 by the end of 2004, Secretary Rumsfeld



Secretary Rumsfeld

said.

United States and coalition troops in Iraq today are on the offensive, Secretary Rumsfeld said, capturing or killing pro-Saddam Hussein diehards and anticoalition foreign fighters.

“And we’re doing so with a growing number of Iraqis,” he said, “who are participating in the defense of their country.”

Thirty-two nations are now providing on-the-ground support for Iraqi recon-

struction efforts, Secretary Rumsfeld said. The secretary is expected to discuss Iraq issues with South Korean and Japanese officials during an upcoming trip to those countries.

Insurgent actions in Iraq make it “a dangerous place,” Secretary Rumsfeld said. Each country has to decide according to its own interests whether or not to send people to assist in Iraqi reconstruction.

Secretary Rumsfeld said that Iraq is “an important country” that for decades had suffered under a brutal dictator.

Saddam’s Stalinist-styled regime, the secretary said, destroyed Iraq’s infrastructure, repressed its people and killed “tens and tens and tens of thousands” of innocent Iraqi men, women and children, as well as neighbors.

Would not most nations want to participate in Iraqi reconstruction, “to do something truly important for a terrible troubled region in the world?” Secretary Rumsfeld asked.

“I think most countries would like to,” he said. He also said he was not surprised that 32 nations are providing on-the-ground assistance in Iraq.

“And, I hope, there are more,” he said.

●FROM EXERCISE PAGE 2

out your routes and make sure someone knows when you’ll be departing and arriving. Safety is key!

Also, as we approach the holiday season, I want to remind everyone that the new Air Force fitness test begins in January. Starting a long-term fitness plan now is the best way to ensure you are prepared when the new test begins. Besides, holiday treats are not usually the best for the waistline, so keep working out regularly. We need to be fit to fight at all times. I am proud to see so many units taking part in fitness programs and preparing for the new fitness test.

Another key to holiday preparation is fiscal responsibility. Many families find themselves in debt after the holiday shopping sprees. I encourage you all to be careful and responsible. If you need help with financial management, contact the Family Support Center, where there are financial advisors on staff to help you.

Remember, preparation is the key to success! Thanks for all you do and have a great week!

HAWC kicks off new logo contest

The Tyndall Air Force Base Health and Wellness Center is sponsoring the “New HAWC Logo Contest,” in which any Tyndall employee and/or dependent can submit an artistic creation of what they think should be the next HAWC mascot. This new mascot image will be seen on shirts, pens, pamphlets and many other marketing tools. Everyone is asked to help provide the HAWC with a renewed identity, a sym-

bol of commitment towards healthier living for years to come.

“Evan, the Tyndall HAWC mascot, has served honorably for years and has motivated many to healthier lifestyles; however, we at the health and wellness center have decided it’s time for Evan to hang up his Pumas,” said 1st Lt. Eric Phillips, nutrition programs chief. “That smiling jet we know so well must now step aside

●SEE LOGO PAGE 10

Tyndall honors veterans

Brig. Gen. Larry New, 325th Fighter Wing commander, waves to the crowd as official representative of Tyndall Air Force Base and the 325th FW during the Veterans Day parade down Harrison Avenue in Panama City.



Capt. Chris Karns



Airman Sarah McDowell

Above: Airmen from the Airman Leadership School listen to Joseph Charochak, a veteran from the Army Air Corps, as he speaks about his years in Switzerland. Below: Master Sgt. Albert Lewis, First Term Airman Center flight chief, visits with Linda Lambert, an Army veteran who served four years as a nurse in Pennsylvania.



Airman Sarah McDowell



Capt. Chris Karns

From left, Airman 1st Class Gerardo Marquez, Staff Sgt. Jonas Wildharber, Tech. Sgt. Troy Burnett and Senior Airman Thomas Stater, members of Tyndall AFB Honor Guard, carry the colors during the Veterans Day parade in downtown Panama City Tuesday.



Lisa Carroll

On location

A video production crew from Tigress Productions in the United Kingdom, films Maj. Pedro "Mad Dog" Gonzalez, 325th Operations Support Squadron (left), and television host Michael Smith under the wing of a 2nd Fighter Squadron F-15 here Friday. The crew was making a documentary called "The Science of Combat" for the Discovery Channel.

Thinking of getting out? **THINK AGAIN!**

Make sure you've got all the facts first! Contact **Master Sgt. Jeffrey Kahapea**, 325th Fighter Wing career assistance adviser, at **283-2222** for information on your career and its future.

●FROM LOGO PAGE 7

and allow for new blood to provide focus and motivation to all of Tyndall."

Entries for the "New HAWC Logo Contest" will be accepted at the HAWC, Bldg. 1307, Suwannee Ave. beginning Nov. 21 and ending Jan. 2. All entries must be submitted on 8 1/2-inch x 11-inch sized paper.

All Tyndall AFB employees and/or family members are welcome to participate in the contest. According to Lieutenant Phillips, the current mascot was taken from the Welsh name meaning, "young warrior" and represented many wellness principles. In that same line of thinking, the next logo should symbolize not only wellness, but also

the strength of Tyndall. It must lead the way to maximizing health and fitness by providing focus and inspiration.

The logo should give Tyndall AFB identity ... something that makes it our own (for example, images of an F-15 and an F/A-22 in the background and/or palm trees, etc.).

The HAWC staff will judge and choose the winner of the "New HAWC Logo Contest." The unveiling of the new HAWC Logo will be on Jan. 16. A celebration will be held to recognize the efforts of all who participate. At that time, the awards and prizes will be distributed, and the HAWC's new identity will fly high for all to see. *(Courtesy of health and wellness center)*

NCO Academy

The following Tyndall Air Force Base members recently graduated from the Tyndall NCO Academy, Class 03-7.

Distinguished graduates:

Tech. Sgt. Stephen Patch, 823rd REDHORSE Squadron
Tech. Sgt. Sean Vandergrift, 325th Security Forces Squadron

Graduates:

Tech. Sgt. Charles Ailey, 325th Fighter Wing
Tech. Sgt. Fernando Baden, 372nd Training Squadron
Tech. Sgt. Sharon Bryant, 325th Medical Group
Tech. Sgt. Alton Hester, 325th Aircraft Maintenance Squadron
Tech. Sgt. Christopher Jordan, AFCESA
Staff Sgt. Christopher Lakkala, 325th Maintenance Squadron
Tech. Sgt. Edith McNally, 702nd Computer Systems Squadron
Tech. Sgt. Timothy Megee, 325th Civil Engineer Squadron
Tech. Sgt. Matthew Mullin, 325th SFS
Tech. Sgt. Scott Nelson, 325th Maintenance Group
Tech. Sgt. Robert O'Connor, 325th Communications Squadron
Tech. Sgt. Lorilee Ramirez, 325th Medical Operations Squadron
Tech. Sgt. Roel Utley, 325th FW

Checkertail Salute



Lisa Carroll

Sergeant Ramirez is awarded the Checkertail Salute Warrior of the Week award by Col. Doug Cochran, 325th Fighter Wing vice commander.

The Checkertail Clan salutes Sergeant Ramirez, who was recognized for her outstanding customer service to more than 600 Consolidated Aircraft Maintenance System users. Her superiors lauded her ability to resolve 99 percent of user problems during their initial call.

Staff Sgt. Melissa Ramirez

Duty title: CAMS database manager

Unit: 325th Maintenance Operations Squadron

Time on station: Two years

Hometown: San Antonio, Texas

Hobbies: Working out, candlemaking

Goals: Open my own candle store and raise my daughter to be a wonderful person

Pet peeves: Lazy people

Favorite book: "The Da Vinci Code"

Favorite movie: "Bowling for Columbine"

The Checkertail Salute is a 325th Fighter Wing commander program designed to recognize Tyndall's Warrior of the Week. Supervisors can nominate individuals via their squadron and group commanders. Award recipients receive a certificate, letter from the commander and a one-day pass.

Local Girl Scouts show support for deployed Tyndall airman

SENIOR MASTER SGT. ROB FULLER

325th Fighter Wing public affairs

It takes thousands of soldiers, sailors, airman and Marines to win a conflict such as Operation Iraqi Freedom, but it only takes eight little Girl Scouts to win the heart of a deployed airman thousands of miles from home.

Back in April, during the height of Operation Iraqi Freedom, the call went out from Girl Scout headquarters of the Apalachee Bend Council to collect Easter Eggs. Girl Scouts from all over Bay County started filling the plastic eggs with candy, and shipping them overseas to American troops deployed in support of OIF. However, eight young members of Girl Scout Brownie Troop 50 in Callaway wanted to make the project more personal.

"Many of the troop's members were mili-

tary dependents, so the girls wanted to send the eggs to someone from Tyndall," said Master Sgt. Deborah Taylor, 325th Maintenance Squadron and Troop 50 leader. "Since I'm a maintainer by trade I knew we had folks deployed, so I contacted the squadron leadership to get a name of an eligible airman."

Part of the Brownie Troop's vision was to send the Easter Eggs to a young person who might not have the support base, such as a family, waiting for them back at Tyndall.

"The Brownies were given Senior Airman Kamisha Porter's name, a member of the 1st Aircraft Maintenance Unit, deployed in support of OIF," said Sergeant Taylor. "The girls collected more than two dozen plastic eggs, toiletry items and puzzle books."

Unfortunately, the young Brownie troopers received word that Senior Airman Porter had already moved at least three times while deployed, and there was no way to be sure she would ever receive the special Easter gift.

The answer came almost five months when Airman Porter returned to her unit and ran into Sergeant Taylor at a 325th MXG function.

"I saw Airman Porter while at a squadron function and she told me she had brought something back from her deployment for the



Courtesy photo

Troop leader Master Sgt. Deborah Taylor and her Girl Scouts practice folding a flag that flew aboard an aircraft in Operation Iraqi Freedom.

girls, so we invited her to an upcoming meeting," said Master Sgt. Taylor.

During the time that Airman Porter was deployed, the young troop of Brownies had "bridged" over to form the new Junior Troop 510.

To their pleasure and surprise, Airman Porter presented the troop with a very special gift, an American flag that had been flown over Iraq aboard a C-17 transport aircraft. It seems that while deployed, Senior Airman Porter had moved two times to relieve folks in other areas who had already served six months. She received the package from the Girl Scouts about two months into her deployment.

"I wanted to remember the girls who had remembered me while I was deployed," said Airman Porter. "Giving them the flag

seemed the right thing to do."

According to Sergeant Taylor, during Airman Porter's visit to the meeting, the troop flooded the young airman with questions about deploying to a strange place under such difficult circumstances and conditions. Most important to the Troop was such things as "what about your food? What kind of bedroom did you have? Where did you bathe?"

Airman Porter was able to put the entire experience into perspective, "How would you like to go to the beach all day," she asked the girls, "get hot, sweaty, and dirty, but when you get home you aren't able to take a bath!" That was something the girls could relate to, as well as their commitment to serving others and a commonly shared value of service before self.

Your link
to what's going on

Gulf Guide

in the
Tyndall community

Today

Operation Turkey Drop 2003

There will be a top three food drive today at the commissary for food items. Chapel one and two will have collection boxes as well as designated locations within each squadron. Rice, potatoes, apple sauce, stuffing mix, beans, baby food, canned veggies, sweet potatoes, biscuit mix, cake mix, frosting, pie filling, mac and cheese, and gravy items are needed for donation. All collections are due to chapel two annex by 4:30 p.m. Nov. 21. Volunteers are needed. For more information call Chaplain (Capt.) Robert Sugg or Senior Airman Diogenes Cruz at 283-2925 or Master Sgt. Martin at 283-3934.

Nov. 19

Tyndall center registration at GCCC

From 9 a.m. to 5 p.m. Nov. 19 there will be a veterans administration representative at Gulf Coast Community College for Tyndall center registration. For more information, call 283-4332.

Nov. 30

Retired CLEP exams for Nov. 30

Nov. 30 there will be a retirement of certain CLEP general and subject paper-based exams. These exams are:

07030....College Mathematics
08272....English composition
78018....Principles of accounting
77038....Spanish language
79014....History of the U.S.
08265....English composition
02259....Natural science
80012....History of the U.S.

Notes

EIT review

The Florida Engineering Society, Gulf Coast Chapter, will conduct a 24-lesson engineer in training exam review course from 6:30 – 9:15 p.m. Mondays through March 29 at Gulf Coast Community College. For more information call Doug Merkle at 283-6113 or 871-3132 or e-mail him at dhmerkle@aol.com.

Spouse scholarship

Applications for the Aerospace Education Foundation's Air Force Spouse Scholarship will be accepted from now through Jan. 30. Thirty \$1,000 scholarships will be awarded in March. To obtain an application call education services at 283-4285 or e-mail at education@tyndall.af.mil. For more information call (800) 291-8480 or send an e-mail to aefstaff@aef.org.

Mom, pops and tots

From 9 a.m. - 11 a.m. every Wednesday at the community activities center there will be a Mom, Pops and Tots informal group for parents and their children to meet other parents and observe their children interacting with each other. There will be arts, crafts, outings and guest speakers. For more information call Laurie Cambell at 286-6501 or Melissa Doyle at 785-4966.

New York Air Guard

The 109th Airlift Wing, in Scotia, N.Y., home of the C-130 ski-birds, has traditional Guard vacancies in the following career fields: 1A2X1, 1C0X2, 1C3X1, 1N0X1, 2A5X1, 2A5X3, 2A6X1, 2A6X2, 2A6X4, 2A6X5, 2A6X6, 2A7X1, 2A7X3, 2E1X3, 2F0X1, 2S0X1, 2T0X1, 3C1X1, 3C3X1, 3M0X1, 3P0X1, 4A0X1, 4A1X1, 4A2X1, 4D0X1, 4N0X1, 4P0X1, 4T0X1, and 6C0X1, as well as full-time active duty positions in the following AFSCs: 1T1X1, 2A5X1 and 2A7X3. For more information call MSgt. Ryerson DSN 344-2456 or 1-800-524-

5070 or send an e-mail to
Wesley.Ryerson@nyscot.af.mil.

Retiree News

AFPC Contact Center Changes Toll-Free Number

The Air Force's contact center at the Air Force Personnel Center here has changed its toll-free number. In order to provide better service a number of contact centers have been tied into the new number, 1 (800) 616-3775.

The commercial number (210) 565-5000 and DSN number 665-5000 have not changed. .

The most common calls to the contact center from members of the Air Force retiree community have been about Combat Related Special Compensation and the Korean War Service Medal. The staff has also answered questions and referred calls about: ID card issuing agencies; how to make changes in records; awards and decorations; and benefits and entitlements of retirees and family members.

Customers who are unable to get through to an agent may e-mail their inquiries to contact.center@randolph.af.mil, and should expect an answer within a couple of days. Customers may also log onto the Contact Centers home page available at www.afpc.randolph.af.mil and review all their frequently asked questions, submit a help request directly to the contact center, or chat live with a contact center agent.

(Note from the Air Force Retiree News Service Editor: Retirees are reminded to direct their questions to the agency concerned whenever possible. For example, retirees and SBP annuitants with pay problems should call the Defense Finance and Accounting Service toll free number, 1 (800) 321-1080.

SOURCE: Air Force Retiree News Service (AFRNS)

Chapel Schedule

Catholic Services

The following Catholic services will be held at Chapel 2: Daily Mass, 11:30 a.m. Monday-Friday; Reconciliation, after Saturday Mass or by appointment; Saturday Mass, 5 p.m.; Sunday Mass, 9:30 a.m.; religious education, 11 a.m. Sunday.

Protestant Services

Protestant services will be as follows: Communion service, 9:30 a.m., Chapel 1; religious education classes, 9:30-10:30 a.m. in Building 1476; general Protestant service, 11 a.m., Chapel 2.

1st AF lifter eyes higher competition



Brian Arceneaux, 1st Air Force, demonstrates his arm workout with dumbbells at the fitness center here. He has entered and earned second place in three weightlifting competitions in the past six months.

AIRMAN

SARAH McDOWELL

325th Fight Wing public Affairs

The Chief's Sight Picture has inspired many to start a new fitness regimen for themselves, and whether it be running, playing sports or weightlifting, Team Tyndall members have been inspired toward a lot more activity lately.

A member of the 1st Air Force has been muscling his way into weightlifting

competitions since age 13 and has proven that fitness levels can be taken to new heights despite work schedules and without the use of personal trainers.

Brian Arceneaux, a 1st Air Force logistics planner, has made a complete fitness routine and diet regimen for himself that has enabled him to compete and take second place in three weightlifting tournaments in a six-month time

frame in Texas, Georgia and Florida.

"Body building started out as a hobby and then became a lifestyle," Arceneaux said. "It is a lot of fun, it keeps me healthy and in shape."

Working out before work and competing on the weekends prevents a conflict with his work schedule, he said.

His workout schedule runs three or four days a week and isolates a muscle group each day. He builds his chest muscle with the bench press, dumbbell work out and push-ups with extra weight. Next, he isolates the shoulders with dumb bell presses and various weight machines. Third, he does leg presses, leg extension squats, calf raises and leg curls. Last, he exercises his arms with dumbbell curls, pull downs and the pull-over machine. For an aerobic workout he walks on the treadmill on incline for 40-50 minutes, runs, or uses the elliptical trainer once a week.

His diet consists of mostly protein and vegetables. For example, a typical day's diet would be egg whites and oatmeal for breakfast, tuna and veggies

for lunch, and chicken and sweet potatoes for dinner with a protein shake as a snack between meals. "Body building is a 24/7, 365 day a year commitment because you have to pay attention to diet and how often you work out," He said.

In the coming year he foresees entering at least five competitions and will start to compete to qualify at the national level.

Arceneaux's recommendations for anyone who wants to get into the sport of bodybuilding are, "Read a lot of muscle and fitness magazines, start off with small goals in the beginning and don't overdo it. Bodybuilding has many benefits [and can lead to] staying healthy, fun competitions and awards and trophies," Arceneaux said.



Arceneaux uses the incline leg press at the fitness center.

Tyndall Tigers sweep Keesler, remain perfect

The Tyndall Tigers men's varsity basketball team was victorious in their two-game set against the host Dragons of Keesler Air Force Base, Miss., in Southeastern Military Athletic Conference, SEMAC, action Saturday and Sunday. The Tigers improved their inconference record to 8-0 and are 12-0 (overall.) The win extended their winning streak to 16 games dating back to the 2002-03 season.

Tyndall-81, Keesler-78

In Saturday's game, Tyndall fell behind early as Keesler built an 11-point lead 24-13 with 6:55 remaining in the first stanza. The Tigers went on a 18-9 run to trim the deficit to two points, 33-31 at the intermission. In the second half, Tyndall's dynamic duo of Omar Johnson (16 points) and Elvin Walker (13 points) combined to pour in 39 points as the Tigers offense kicked into high gear. But inefficient shooting from the charity stripe prevented Tyndall from putting Keesler away, and the game went down to the wire with Johnson sinking three of four free throws to seal the victory.

Johnson and Walker paced the Tigers in scoring with 20 and 19 points respectively, followed by Israel Figueroa, Tarrance Garner and Scott Moore — all with 10 points. Moore led in rebounding with a team season-high 18 boards along with six blocked shots; Johnson led in assists with six and Figueroa led in steals with five. Kenny Dukes led Keesler in scoring with a game-high 23 points.

Tyndall-81, Keesler-70

In Sunday's contest, Tyndall jumped out to the early lead only to see Keesler battle back to trim the Tigers margin to three points, as the Tigers led 41-38 at the half. The Tigers enjoyed a lead of six to nine points for the majority of the half, before Keesler mounted a late rally that was stopped by Keith Castille, who connected on three of four free throws, and Marvin Gamble's defensive play. Who both came off the bench in crunch time to help the Tigers outscore the Dragons 11-6 during the last three minutes to take the win by double digits.

Elvin Walker again paced the Tigers in scoring with a game high 23 points, followed by Tarrance Garner (15 points), Omar Johnson (14 points), and Scott Moore (11 points). Figueroa led in rebounding with 10 rebounds and Johnson led in assists and steals with 12 and 6 respectively. Chris Geiger led Keesler in scoring with 16 points.

The Tigers are on their bye weekend and will return to the hardwood to host the Eglin AFB Eagles next weekend. Games are scheduled as follows: 3 p.m., Nov 22 and 1 p.m., Nov. 23. For more details, contact the sports and fitness center at 283 - 2631.

(Courtesy Tyndall Tigers)



Tyndall and Keesler battle for a rebound in the weekend matchup.

MEN'S BASKETBALL STANDINGS

TEAM	W	L	PCT
TYNDALL	8	0	.1000
EGLIN	3	3	.500
ROBINS	3	3	.500
HURLBURT FLD	3	3	.500
MAXWELL	3	3	.375
KEESLER	2	4	.333
MOODY	2	6	.250

WOMEN'S BASKETBALL STANDINGS

TEAM	W	L	PCT
FORT BENNING	8	0	.1000
EGLIN	4	2	.667
HURLBURT FLD	4	2	.667
ROBINS	3	3	.500
KEESLER	3	3	.500
MAXWELL	2	6	.250
MOODY	0	8	.000

Funshine NEWS

November 14, 2003

All Ranks Lunch at the Officers' Club

Mon.-Thurs.: \$6.95 ■ Friday: \$7.95
11 a.m.-1 p.m.

Unlimited access to the daily buffet, salad bar, fountain soda, tea & coffee!

Includes Fresh, Hot, Carved Meat Sandwiches on Kaiser Roll

Monday	Chef's Choice
Tuesday	Italian
Wednesday	Oriental
Thursday	All American
Friday	Seafood

*Members, show your club card to receive a \$1 discount!

On Base Food Delivery

■ Lunch Menu: Mon.-Fri. 11 a.m.-1 p.m.
Limited to office deliveries (i.e. squadron addresses)

■ Evening Menu: Fri. & Sat. 5:30-9 p.m.

Subs & Pizzas

286-2900

Crazy Cash Give-away at the O Club Every Friday during Social Hour.

Jackpot starts at \$100. The first member name drawn is for the jackpot. If there is no winner \$25 will be added to next weeks jackpot (max. \$500).

Once the name is drawn the winner has 5 minutes to claim their prize. If the winner fails to claim their prize a second drawing will be held from bar receipts for \$25.

The Dorm World

Play the Game

**Kickoff Nov. 14
2 p.m. at the CAC**

This meeting is for dorm managers and representatives to review the rules of the game.

**5K Run/Walk with the
Turkey Trot - Nov. 20**
at the Fitness Center

Bowling Challenge Dec. 5
11:30 p.m. at Raptor Lanes

Puzzle Assembly Dec. 19
6 p.m. at the CAC

283-2495 for details

The following facilities will be closed on Thanksgiving and the day after: ITT, Bonita Bay, Skills Center. The Skills Center will be closed on Veterans Day.

HRO hours of operation on Thursdays will be 7:30 a.m.-1 p.m. This is in support of an AETC requirement to conduct installation assessments of human resources.

All ranks at the Officers' Club Dining Room

THANKSGIVING

F • E • A • S • T

Thursday, November 27

Adults: \$14.95*
Children (5-11): \$6.95*
Children (0-4): Free

Featuring:

Carving Station w/ Roast Beef and Baked Ham, Omelet Station, Waffle Station, Sliced Turkey, Stuffing, Candied Yams, Cranberries, Mashed Potatoes & Giblet Gravy, Seasonal Vegetables, Scrambled Eggs, Home Fries, Bacon, Biscuits, Creamed Beef, Seasonal Fruit, Dessert Station, Selection of Juices, Coffee & Tea

*Members First! Show your club card to receive \$2 discount



Reservations Encouraged:
Your choice of the 11 a.m. or 1 p.m. reservation times.

283-4357

Sealed Bid Vehicle Sale

1985 Ford Chevy Van, mileage: 147,768.8
1988 Ford Mini Van, mileage: 73,022.3
The items may be viewed in the parking lot behind 113 Suwannee, Bldg. 1129 and bids placed inside Bldg. 1129 room 12. For more information contact Elaine Mobley at 283-4794 or 283-2781 Minimum bid is \$500 on each vehicle. Each item sold as is. Winning bidder must remove item at their expense. Bids will be accepted through noon, Nov. 25.

Lodging

☎ 283-4211

NAF Property Sale

Saturday, Nov. 15, 7:30-11:30 a.m. The Sand Dollar Inn will be conducting a NAF property sale at the FMO warehouse, building 1137, located next to the Security Forces canine unit on Mississippi Avenue. First come first served. Limited items. Buyers must remove purchased items at the time of the sale. All sales are FINAL. No exchanges, refunds, or "hand picking" items. Only CASH or pre-printed checks will be accepted.

Lodging Programs Expanded for Holidays

Due to an Air Force waiver, the Sand Dollar Inn and other AETC lodging offices can take "Space A" reservations as far out as two months in advance of the Nov. 22-29 Thanksgiving holiday and the Dec. 12 to Jan. 4 Christmas and New Year's holiday. That means people can book up to an eight-day stay for Thanksgiving now and as soon as Oct. 1 for up to a 20-day stay over the Christmas and New Year's holidays.

Turkey Trot 5K Run/Walk

Hosted by the Fitness Ctr., HAWC, & the CAC Dorm World Program

November 20

Walk starts at 2:30 p.m. Run begins at 3 p.m. Prize drawings will begin at approximately 3:45 p.m.

Details at 283-2631

Start Flying

NOW!

For many, flying is just a dream fulfilled by a piece of folded paper. With the help of your Aero Club's Flight Training Center (FTC) you can move beyond paper dreams. Whether flying for the first time or adding a new rating to your pilot's license, we can help you reach new heights. The Aero Club provides flight training with skilled instructors, well-maintained and equipped facilities, and pricing well below most general aviation instruction. You may even qualify to use VA education benefits to minimize the cost for advanced ratings. If you are active duty or retired military, a DoD civilian employee, or a family member of someone who qualifies, then you can join over one million men and women who made their dream of flight a reality.

283-4404

Community Activity Center

☎ 283-2495

Pig Skin Picks

Forms are available at the CAC & Sports Page Pizza Pub. Prizes will be awarded. Ace the weekly Pig Skin Pick and receive one free Pizza Buffet. Sponsored in part by AA Military Benefits Group. No federal endorsement of sponsor intended.

Bonita Bay

Sealed Bid Auction:

2 Pontoon boats w/motors & trailers
Bids accepted: Nov 14 - Nov 23.

All items sold as is. Motors currently run. Marine batteries not included.

P-36 (60hp) minimum \$1000

P-34 (75hp) minimum \$1500
283-3199

Football Frenzy

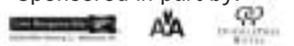
Each visit to the CAC Pizza Pub is your chance to win a pro game trip!



Enjoy a large, 1 topping pizza and a pitcher of Miller Lite for \$8.50 every Sunday.



Sponsored in part by:



AA Military Benefits Group
No federal endorsement of sponsors intended.

283-3222

Bonita Bay

☎ 283-3199

Paint Ball and Ropes Course Closings

Due to the youth hunts on the following weekends the paintball course and ropes course will be closed: Nov. 22-23, Dec. 6-7, & Dec. 20-21.

ITT Notice

Travel (air and non air bookings) hours have been changed to 11 a.m.-3 p.m., Mon.-Fri. (Closed Sat. & Sun.) Starting Nov. 3. The other operations of ITT have merged with Bonita Bay and are open the same hours as Bonita Bay (closed Tue. & Wed.)

283-2499

