

GULF DEFENDER



Vol. 63, No. 14

Tyndall Air Force Base, Fla. *Gulf Defender*

April 16, 2004

In brief

Technology Exposition opens to all

The 2004 Tyndall Technology Exposition, sponsored by the 325th Contracting Squadron, will be 10 a.m. – 2 p.m. April 22 at the Officers' Club. More than 20 exhibitors will be on hand demonstrating the latest computer hardware, software and services. Entry is free. Refreshments and giveaways will be available while supplies last. For more information, call Melanie Yanon at (301) 596-8899, Ext. 236.

AF Honor Guard now recruiting

The Air Force Honor Guard is currently seeking members to train and perform in the AF Honor Guard. NCOs and Senior NCOs interested in joining can visit the Tyndall Honor Guard office located in Bldg. 1015. Members must be at least 5-foot-8 inches tall to join. For more information about the AF Honor Guard visit the Web site at www.bolling.af.mil/orgs/OG/HG/index_HG.htm

Inside

● Wing safety down-day ... **Page 7**

● Air Force clubs offer scholarships... **Page 10**

● Motorcycle club starts up ... **Page 13**



Airman 1st Class Sarah McDowell

Learning from the best

Airman 1st Class Aaron Johnson, Air Force Honor Guard instructor, trains members of the Tyndall Honor Guard on firing party procedures. The AFHG was here April 5-9 for a training session and recruiting drive with Tyndall's Honor Guard. For more on the honor guard, see pages 8-9.

Leaders approve combat device for expeditionary ribbon

WASHINGTON (AFP) —

Secretary of the Air Force Dr. James Roche and Air Force Chief of Staff Gen. John Jumper have approved the addition of a gold border to the Air Force Expeditionary Service Ribbon

“This gold border, signifying participation in combat operations, reflects the global, expeditionary nature of airpower and our Air Force,” General Jumper said. “It recognizes the highly professional

service of our Airmen in designated geographic combat areas of operations, and the service of those who produce combat effects by employing airpower capabilities from outside that area.”

Airmen meeting the established criteria for award of the basic ribbon, 45 consecutive days or 90 nonconsecutive days in a designated combat zone, will also qualify for the gold border signifying participation in combat operations.

In addition to the criteria for time in the area of responsi-

bility, Airmen who are wounded or die while serving in the area, and those who participate in mobility operations into the designated area and who launch weapons into the area will qualify for the device.

This includes air mobility and bomber aircrews flying missions outside the area of responsibility, as well as Airmen involved in space operations and remotely piloted vehicle operations that produce weapons effects in the area of responsibility.

GTC now payable online

STAFF SGT. TODD LOPEZ

Air Force Print News

WASHINGTON — Airmen with government travel cards can now make payments to their accounts online.

The “My Easy Payment” Web site allows Airmen with government travel cards to pay off residual or unexpected charges not covered by split disbursement payments, said Josephine Davis, the Air Force banking liaison officer.

The payment system is available at www.myeasypayment.com.

To use the system, cardholders need to know the amount they want to pay on the card, the card's account number and security code, and their checking account and bank routing numbers.

Ms. Davis said cardholders can check their account balance by calling the toll-free number on the back of the card.

Motorcycle riders, car drivers must focus on safety



BRIG. GEN. LARRY NEW
325th Fighter Wing commander

Safety was a key word last week, but more importantly, we need to exercise safety in everything we do. As we begin to move into the warmer months of the year, a larger number of us will take to the roads on our motorcycles and hopefully manage the inherent risk associated with this activity.

Motorcycles are gaining popularity in the country and among military women and men, and motorcycle safety is an item of emphasis in the Air Force. Along with the increase of motorcycle riders, the number of motorcycle-related mishaps and fatalities is on the rise, and we need to reverse this alarming trend.

As motorcycle riding is inherently more risky, personal risk management must be employed to control the risk to an acceptable level.

Being a new rider myself, my awareness of the dangers associated with riding a piece of machinery that offers little or no protection was reaffirmed during my defensive driving course. That said, it is incumbent upon those of us who ride to take every step we can to ensure we are protected. One of the

best ways to protect ourselves is to get the necessary training. Not only is motorcycle training mandatory for those who ride their bikes, the skills you learn may save your life should you find yourself in a dangerous situation. Also, wearing the protective gear appropriately will increase your chances of survival in a mishap.

There are various reasons for motorcycle



“We as a force provider must ensure we guard our most precious asset, our Airmen.”

BRIG. GEN. LARRY NEW
325th Fighter Wing commander

mishaps. Some are clearly the fault of the rider who fails to follow proper safety guidelines. A good example is a motorcyclist riding beside a car, in the driver's blind spot. Should the driver decide to change lanes, unaware that the rider is there, a recipe for disaster occurs.

In light of recent events, which have sparked Air Education and Training Command's re-focus on safety practices in

all areas, I am urging all of you to keep one another safe. If you're a motorcycle rider, make sure you are riding within your personal limits. Wear protective gear, and when possible, ride with others. Also, when riding on our highways, ensure you give drivers plenty of room to maneuver and leave yourself an escape route.

For our automobile drivers, motorcycles are hard to see, especially when you scan with the expectation to see a car instead of a motorcycle. Take a moment and look again. Be aware that your senses may not perceive a smaller object than they are expecting to see, and your movement into a motorcycle's path can be disastrous.

In closing, the wing had a down day last week in order to review our daily safety practices (see story on page 7). We as a force provider must ensure we guard our most precious asset, our Airmen. Doing so will ensure we are ready and able to fulfill the challenges associated with serving our country. This is a task I take seriously, and making sure we conduct business in a safe manner is priority one.

Have a great weekend and I'll see all of you next week.

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

Following core values — are you up to the task?

LT. COL. ERIC LORRAIN

100th Aircraft Maintenance Squadron commander

ROYAL AIR FORCE MILDENHALL, England (AFP) — It has been said quite often that without quality people, the mission cannot succeed. Every day the Air Force is engaged in challenging, tough missions throughout the world and continues to need quality people.

Of course, the Air Force also needs quality equipment to do the mission — the aircraft, computers, communications technology and so on that it must have to be successful. But above all, the Air Force needs people who can live up to and follow its core values: integrity first, service before self and excellence in all we do. Are you up to the task?

Integrity is essential. It is the inner voice, the source of self-control and the basis for trust in our Air Force. It means you always try to do what is right, and you always try to do what

is right regardless of whether anyone is watching or whether the issue at hand is pleasant or painful.

Dr. Martin Luther King Jr. put it this way: He said, “The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands in times of challenge and controversy.”

Integrity is not something that can be taken away from you, but it is something that can be lost based on your actions and words.

Believe me, your integrity is not something you want to lose because it takes a long time to get it back. I fully realize that integrity is not always easy to practice.

It is a tough and demanding challenge, because so many situations come in shades of gray. But I have found, time and time again, that those things that demand the most out of you pay the biggest dividends and bring the biggest rewards in the

long run. Are you up to the task?

People of integrity say what they mean and do what they say. If you can't perform a particular task, inform your chain of command. If you inadvertently pass on bad information, correct it as soon as you find out it's wrong. People of integrity do the right thing not because it is convenient or because they have no other choice. They choose the right thing because their character permits no less. Are you up to the task?

Service before self means placing the needs of the many over the needs of the individual. You have often heard the military referred to as “the service.” As a member of the Air Force, you serve the United States. Service before self means doing what is right for the nation, the Air Force, your unit and your subordinates — and putting these responsibilities above

●SEE VALUES PAGE 6

Gulf Defender Editorial Staff

Brig. Gen. Larry New 325th FW commander
Capt. Chris Karns chief, 325th FW public affairs
2nd Lt. Albert Bosco chief, internal information
Airman 1st Class Sarah McDowell editor
Tech. Sgt. Dan Neely staff reporter
Christine Sullivan staff reporter
Jim Weslowski staff reporter

The *Gulf Defender* is published by the *Panama City News Herald*, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with Tyndall Air Force Base, Fla. This civilian enterprise Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of the *Gulf Defender* are not necessarily the official views of, or endorsed by, the U.S. government, Department of Defense or Department of the Air Force.

The appearance of advertising in this publication, including inserts and supplements, does not constitute endorsement by the DOD, the Department of the Air Force or the *Panama City News Herald* of the products or services advertised.

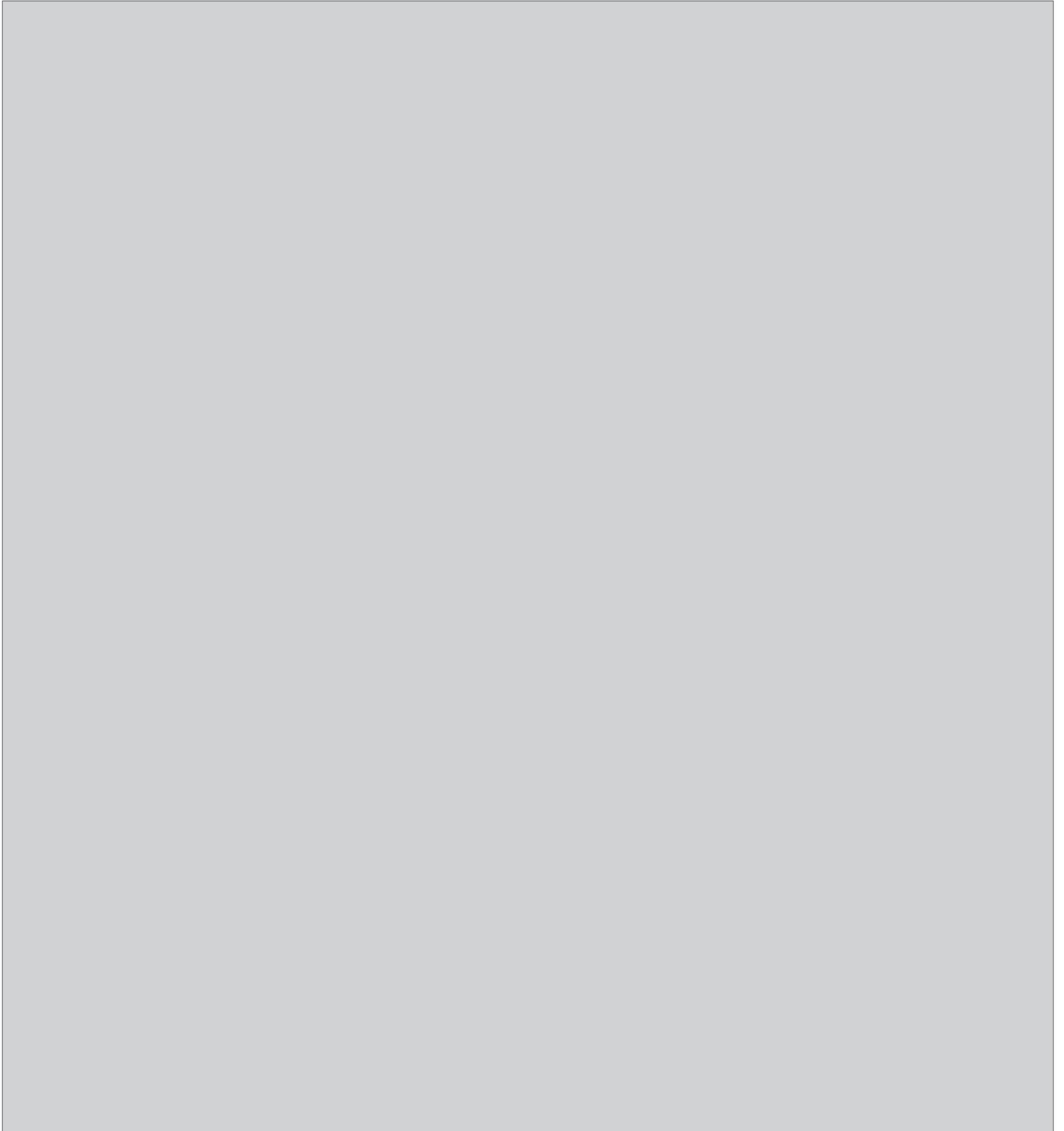
Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user

or patron.

Editorial content is edited, prepared and provided by the 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/PA, 445 Suwannee Ave., Tyndall AFB, FL, 32403-5425 or e-mailed 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.



New special-duty assignment process under way

RANDOLPH AIR FORCE BASE, Texas (AFPN) — Enlisted assignments division officials at the Air Force Personnel Center here unveiled a new assignment process to account for many special-duty jobs now being coded as maximum tour assignments in the continental United States.

The new process, starting in mid-April, is called the CONUS Mandatory Mover Program. The majority of those affected include: recruiters, military training instructors, military training leaders, technical training instructors, Air Education and Training Command's professional military education instructors and people assigned to joint/departments agencies.

Airmen serving in these positions will compete for their next assignment using the Enlisted Quarterly Assignment Listing for Overseas Returnees once they reach their maximum tour date.

"We've got people in these special jobs (who), for the good of professional development and the Air Force, need to get back into their primary specialty or mainstream Air Force," said Chief Master Sgt. Carlton McCoy, superintendent of the Airman assignments division at the center. "We've long recognized that Airmen in this category weren't being provided visibility to Air Force manning requirements. Adding them to the EQUAL process is necessary for the fair-

ness, equity and visibility of their assignments."

The next listing for those returning from overseas August to October was posted Tuesday. Around 600 to 800 CONUS Mandatory Movers, whose maximum tour ends between August and October, will also participate in this cycle.

Because these Airmen are being identified in advance, major commands can voice their requirements of where they need people the most.

Assignments officials take the number of mandatory movers and overseas returnees and create a list of available assignments on a one-for-one basis, said Master Sgt. Tammy Brangard, superintendent of first sergeant and special-duty assignments at the center.

On the flip side, the Airman can also track his or her availability — something that could not be done before.

"While the needs of the Air Force come first, we're obligated to provide the troops the opportunity to align their preferences to Air Force needs ... and hopefully that helps them get to where they want to be," Chief McCoy said.

Airmen access to the Assignment Management System online to see the assignment listings at afas.afpc.randolph.af.mil/amsweb/master.cfm. (Courtesy of AFPC News Service)

Effort in Iraq 'going to take time'

JIM GARAMONE
American Forces Press Service

MANAMA, Bahrain (AFPN) — People worldwide have to realize the coalition effort in Iraq is a long-term project, the chairman of the Joint Chiefs of Staff said here April 13.

Gen. Richard Myers is here for meetings with Bahraini leaders. During the flight over, he said the problems in Iraq can be solved, but it will take time.

"We've been there just a year," General Myers told reporters traveling with him. "We've got a country that lived for decades under a dictator that ruled by fear. The thought

that you are going to turn that around in a year, or two years, is not reasonable. It's going to take a lot longer than that."

General Myers said coalition forces found a country with a dilapidated infrastructure, a failing economic structure and a political vacuum. On top of those problems, he said, some Iraqis do not want the country to be free and democratic.

"That's what you're seeing now," he said.

He said coalition forces are making great progress on all fronts. Electricity generation is above prewar levels, Iraq's oil is flowing to market, children are being educated, and the health system is being bulked up.

"On any front, we're making great progress," he said.

Yet there are people who do not want to see Iraq succeed, the chairman said, and they "want to throw a rock

into these gears to stop it from happening."

The prime rock thrower is Abu Musab al-Zarqawi, a Jordanian national affiliated with al-Qaida. The chairman said Mr. Zarqawi would like to incite a civil war in Iraq. "And he is frustrated, because despite all the attacks on the (United Nations), the Red Cross and others, there still is the march (toward) sovereignty and democracy in Iraq," he said.

"I don't think a civil war

to be part of a free Iraq. I think it speaks to the other issue, which is making sure they have clear guidance from Iraqis on what it is they are supposed to be about."

General Myers said the Iraqi forces need to have guidance and orders from an Iraqi political leadership.

"We haven't completed that chain of command yet," he said. "Iraqis have to have their own chain of command to know they are moving forward and working for a greater Iraq."

Coalition forces also must beef up training for Iraqi security forces and get them the right equipment, Myers said.

"There is no indication that the Iraqis are not willing to fight and die for a better Iraq. They have," he said.

The chairman said the disturbances caused by Muqtada al-Sadr have worked against the radical Shia cleric.

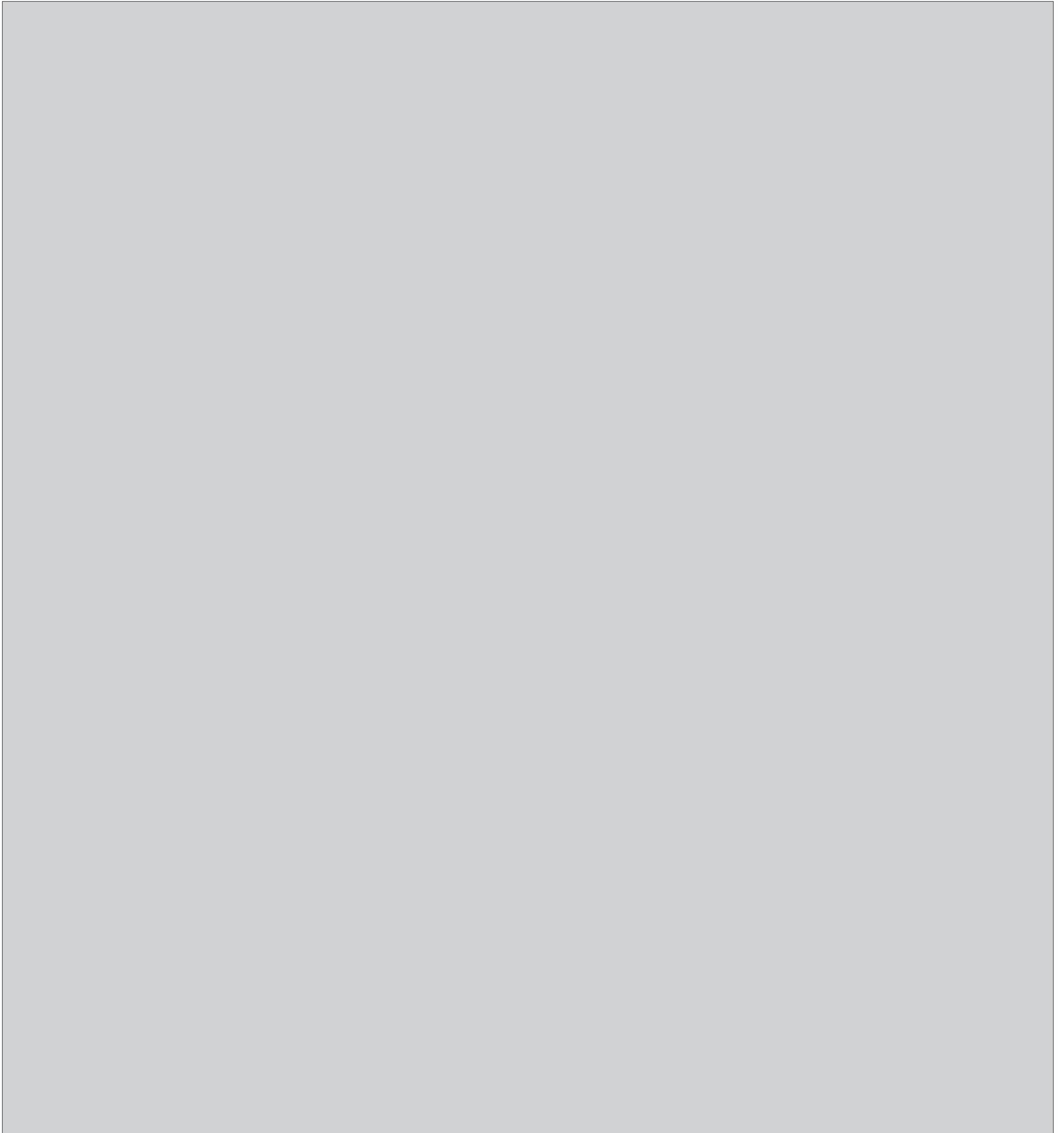
"This doesn't have any of the trappings of a popular uprising," General Myers said. "(Mr. Sadr's) actions have further marginalized him. The Shia are not homogeneous, and his following was not large to begin with, and there is nothing at this point to point to an uprising in the south."

The United States now has 134,000 troops in Iraq. Some troops scheduled to go home will stay in Iraq longer, the chairman said, adding that defense leaders are working through this and an announcement will be made at the Pentagon soon.

"We've got a country that lived for decades under a dictator that ruled by fear. The thought that you are going to turn that around in a year, or two years, is not reasonable."

GEN. RICHARD MYERS
Chairman of the Joint Chiefs of Staff

For more information, Airmen can contact their local military personnel flight or call the Air Force Contact Center at (800) 616-3775.



Checkertail Salute



Steve Wallace

Sergeant Ireland receives the Checkertail Salute Warrior of the Week award from Brig. Gen. Larry New, 325th Fighter Wing commander.

The Checkertail Clan salutes Sergeant Ireland, whose quality assurance program was noted as outstanding by the Contracting Inspector General and selected by the 325th Contracting Squadron as Tyndall Air Force Base's 2003 "QAP" of the year. He is also the 325th Services Squadron liaison for ROTC field-training units. He won services squadron NCO of the Year, and, he volunteers for projects in the local community.

Tech Sgt. Greg Ireland

Duty Title: 325th Services Squadron NCO in-charge of readiness

Time on station: Two years

Time in service: 15 years

Hometown: Curwensville, Penn.

Hobbies: Jet skiing, surfing, golf, travel

Goals: To make master sergeant this cycle

Favorite thing about Tyndall: The beach access

Pet peeves: Not doing what you say you are going to do

Favorite book: "Neanderthal"

Favorite movie: "Goodfellas"

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.

National volunteer week activities

National volunteer week is April 18-24. The following events are scheduled during this time:

Sunday- The Chapel will include special recognition for volunteers during their services.

Monday- The 325th Services Squadron volunteer display will be at the library all week.

Tuesday- A Volunteer Recognition Reception 1:30 p.m. at the Officers' Club.

Wednesday - The Base Exchange main store will offer special discounts for any authorized patron wearing the volunteer pin.

Thursday- Tyndall Federal Credit Union will have an open house at the base branch from 10 a.m. to 2 p.m.

April 23 - The Commissary will offer free coffee and cake in the bakery at 9 a.m. From 11 a.m. to 2 p.m. there will be a store tour. For more information, call 283-4825.

● FROM VALUES PAGE 2

your own interests. The needs of the Air Force and the nation come first. Are you up to the task?

This doesn't mean that you neglect your family or yourself; in fact, such neglect weakens you and can cause more harm than good in the long run. Service before self doesn't mean that you can't have a strong ego, high self-esteem or even healthy ambition.

Rather, service before self means you don't make decisions or take actions that help your image or your career but hurt others or even harm the mission. The Air Force can't function except as a team, and for a team to work, the individual has to give up self-interest for the good of the team.

Excellence in all we do is the difference between simply getting by and striving for perfection. It is the personal satisfaction and thrill of performing at the peak of your abilities.

Paraphrasing Gen. Hal Hornburg, Air Combat Command commander, there are only two directions to move in life, forward or backward. It is impossible to maintain the status quo. Maintaining the status quo means you are actually falling behind.

To serve faithfully, you must be true to your oath and live by Air Force values in all that you do. Are you up to the task?

Practicing safety: A must for every Airman

Over the last few weeks Air Education and Training Command has sustained a number of mishaps with fatalities. These mishaps were not mission or job unique but were across the spectrum of our daily lives. The tragedies that took the Airmen's lives encompassed flying, off-duty, and vehicle mishaps. To reverse this disturbing trend AETC ordered a safety down day last week. The down day was to direct safety issues for discussion and give the base a chance to pause and reflect on safety.

Focusing on safe practices should be a part of

everyone's daily life, from launching jets to driving home after a hard day at work. There are instructions highlighting certain responsi-

tions when you are not at work? There are few, because it is an individual's responsibility to protect oneself when they are off-duty.

paired, speeding, fatigue, and not wearing seatbelts are all leading factors in four-wheel vehicle fatalities. Speeding, proficiency, and operating while impaired are the primary causes of two-wheel vehicle fatalities. These mishaps are preventable.

Personal safety is the responsibility of each Air Force member, and risk management is a vital part of all on or off-duty activities. Being constantly aware by analyzing risks, making smart decisions, employing sound judgment and reassessing risks during all activities is a must. (*Courtesy of the 325th Fighter Wing Safety Office.*)

Personal safety is the responsibility of each Air Force member, and risk management is a vital part of all on or off-duty activities.

325TH FIGHTER WING SAFETY OFFICE

bilities to ensure safe and healthy workplaces as well as technical orders, checklists, and supervisor's guidance to ensure the mission is accomplished safely.

But, where are the instruc-

The largest loss of life amongst Air Force personnel involves off-duty motor vehicle mishaps, and motorcycle mishaps account for about one-third of these mishaps. Operating while im-



Photos by Airman 1st Class Sarah McDowell

Staff Sgt. San Juana Vasquez, Air Force Honor Guard instructor, teaches Airman 1st Class Lerena Donawa, U.S. Virgin Islands Base Honor Guard, the correct way to hold a weapon during firing party practice. The mission of the firing party is to honor the deceased military member with a 21 gun salute, where seven military members let off three sets of shots in unison.

With Honors: AF Honor Guard gives Tyndall dedicated lesson

AIRMAN 1ST CLASS SARAH MCDOWELL

325th Fighter Wing public affairs

The honor, gratitude, pride and dedication Air Force members feel is hard for one to put into words let alone explain through a visual depiction, but the Team Tyndall Honor Guard has proven it can be done - several times.

Here for the first time, April 5-9, was the United States Air Force Honor Guard from Bolling Air Force Base, Washington D.C., to teach 43 members of the Tyndall Honor Guard as well as 10 members from the U.S. Virgin Islands National Guard and a reservist from Charleston, N.C., how to put these values into action.

Four instructors came to train the base honor guard in every aspect of military honors and the proper protocol for color guard formations.

"The goal of training base-level honor guards is to afford the person who is receiving honors the same special treatment whether they are receiving honors from base-level or Air Force level," said Maj. Anthony Maisoneder, Air Force Honor Guard commander. "I am impressed ... in terms of performance, the members seem to be motivated and are picking the lessons up faster than members at other bases."

And, that is what Tyndall's honor guard strives to do.

"[During training] there wasn't too much that we were doing differently, but we did get some clarification on areas

that we were unsure how to perform," said Staff Sgt. Tysor Wilhelm, Tyndall AFB Honor Guard NCO in-charge. "We now have several people with training experience, and they will be able to train future members prior to their own departure from the team."

The Air Force Honor Guard was activated in 1948 when Air Force Headquarters decided the Air Force needed an elite ceremonial unit like those of other services had. In 1972 the honor guard became a separate unit for performing color guards and honors. Today, the honor guard carries this tradition.

"We perform funeral honors and provide color guards for those who request them and we honor those who gave their lives before us," said Airman 1st Class Joanna Taylor, F-15 avionics intermediate section team member and Tyndall Base Honor Guard member. "I have always been interested in the honor guard ... this is a way I can give back to those who fought and died for us."

The honor guard also offers benefits to its own members such as providing a better understanding of ceremonies and protocol as well as allowing members to become positive representatives for the Air Force, Major Maisoneder said.

"The level of satisfaction that you get as an individual to pay the honor of someone who has paid the ultimate sacrifice is a feeling like none other," he added. "There is nothing like it."



Members of the Tyndall Base Honor Guard, along with members from the U.S. Virgin Islands National Guard, pause for instruction as they lean over to pick up their rifles in unison as part of the firing party sequence practice.



Airman 1st Class Matthew Severino, an Air Force Honor Guard member, performs pushups during body bearing practice with

rd



Left: Airman 1st Class Matthew Severino, AF Honor Guard instructor, briefs on correct procedures of body bearing during practice. The mission of body bearers is to carry deceased military members to their resting place with honor. Below: Honor Guard members practice the procedure of carrying a casket. During an honors ceremony the body bearers will hold the casket level at all times, regardless of the weight of the casket or the distance it must be carried.



Force Honor Guard instructor performs with his group for team building.



Airmen practice basic color guard rifle manual movements during a training session. Learning to perform rifle movements precisely and properly is an important part of their ceremonial duties.

Air Force clubs offer scholarships

STEVE RIDDLE

325th Services Squadron publicist

A picture may be worth a thousand words, but 500 words can be worth thousands of dollars in college scholarship money, thanks to Air Force Clubs.

For the eighth straight year, club members and their families can compete in the Air Force Clubs Scholarship Program. The program will award six college scholarships to the entrants who write the best 500-word essays.

The first prize scholarship is worth \$6,000. Second will earn a \$5,500 scholarship, and third gets one worth \$4,500. Fourth place takes home \$3,500 in scholarship money. Fifth receives a \$3,000 scholarship, and sixth place will get one worth \$2,500. The entire \$25,000 program is being made possible through the Commercial Sponsorship Program and various sponsors such as Bank One, Coca-Cola and MasterCard.

The scholarship program began Thursday, and entrants have until July 15 to submit their entries to the Services Squadron commander. All entries will be judged at the base level, and the two best will be sent to HQ AFSVA. The winners will be announced by Oct. 1.

The topic of the essay is "What Freedom Means to Me" and must not be longer than 500 words. Entrants must be club members or their family members, and must

be enrolled or have been accepted to an accredited college or university as a full or part-time student for the Fall 2004 term.

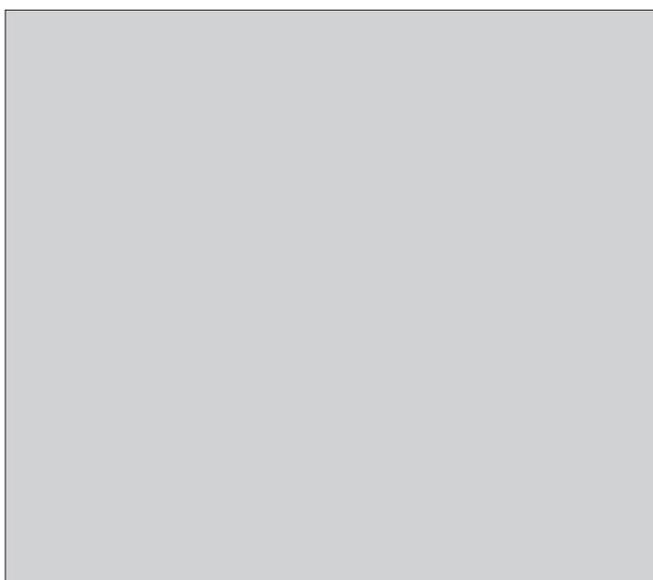
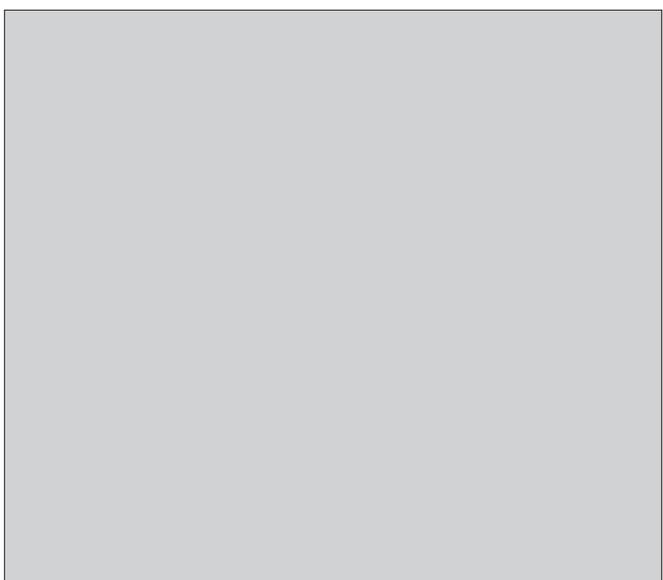
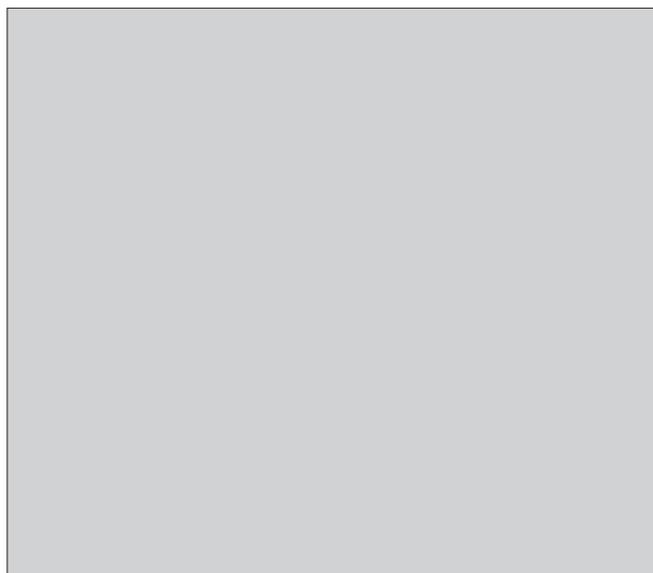
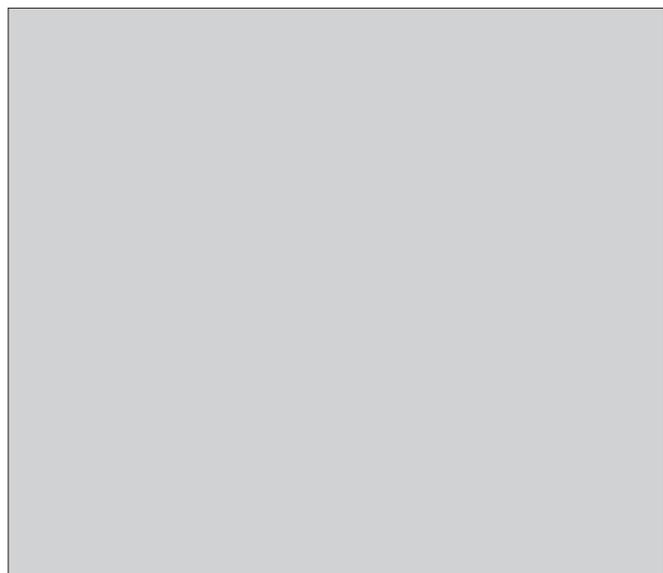
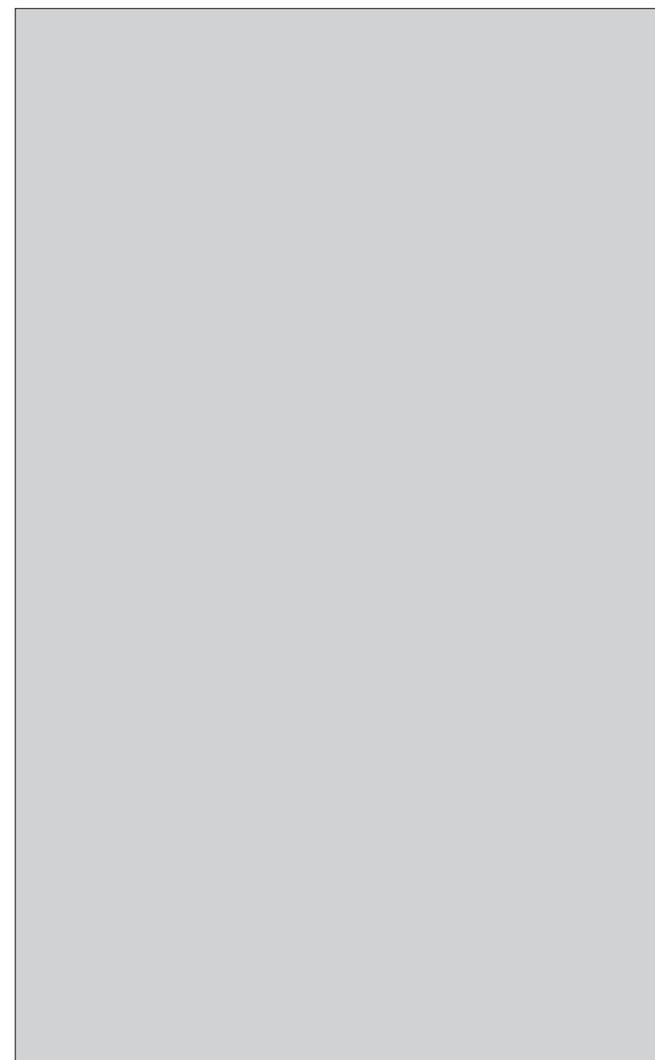
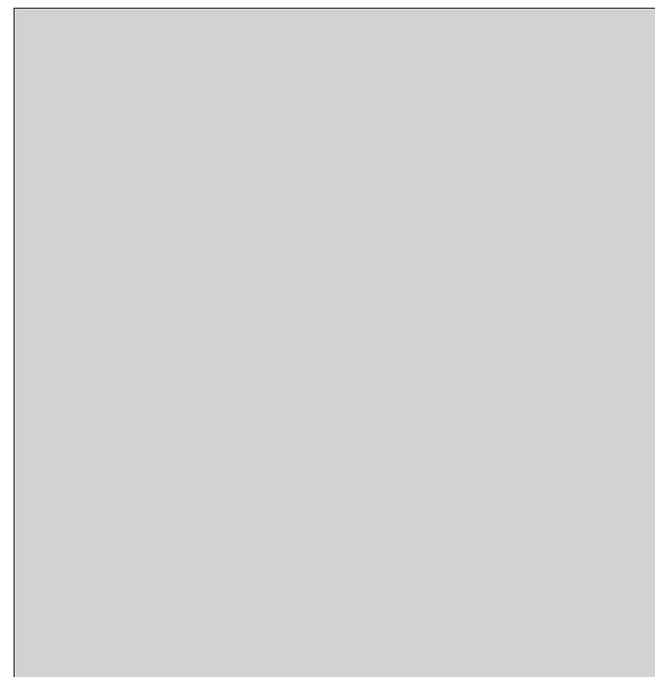
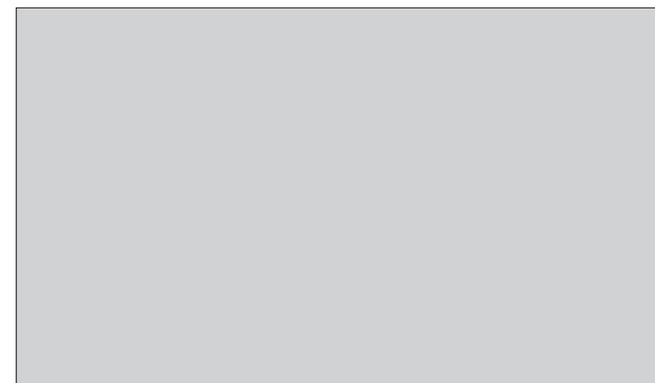
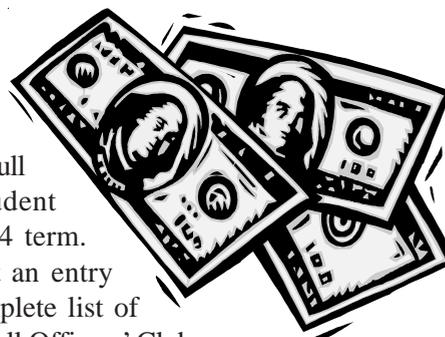
Entrants can get an entry form and a complete list of rules at the Tyndall Officers' Club.

"This is a program that's been developed to help club members and their families combat the high cost of college education," said Chris Saladin, Tyndall Officers' Club manager. "The Air Force Clubs Scholarship Program is just one more valuable benefit of club membership."

Mr. Saladin also said even though the program is great for club members, it also helps out the Air Force Clubs, and base club facilities too.

"By offering members a scholarship program like this, it hopefully will increase participation in other club related programs," he explained, "and show people that club membership really pays."

For more information, contact the Tyndall Officers' Club at 283-4357.



Back to basics

Q. How do you carry gym bags, attache cases or backpacks while in uniform?

A. Gym bags, attache cases or backpacks may be carried in the left hand or over the left shoulder. The exception is that members may wear a backpack using both shoulder straps when riding two-wheeled vehicles or using crutches. The 95th Uniform Board approved carrying

these items in either hand as long as it doesn't interfere with rendering a proper salute. The same board disapproved of allowing backpacks to be carried over both shoulders under normal circumstances.

(Back to basics is a column highlighting proper military customs and courtesies and regulations.)

Ten ways to stop child abuse

(Editors note: April is Child Abuse Prevention Month. The following are tips to prevent child abuse courtesy of Family Advocacy.)

1. Volunteer your time

Some ideas are to get involved with other parents in the community, help vulnerable children and their families, or start a playgroup.

2. Discipline your children thoughtfully

Never discipline your child when you are upset. First, calm down and remember that discipline is a way to teach your child. Using privileges will encourage good behavior and time-outs will help your child regain control.

3. Examine your behavior

Both words and actions can inflict deep, lasting wounds. Be a nurturing parent and use actions to

show children and other adults that conflicts can be settled without hitting or yelling. Have situational awareness and listen to what you say around your children, they pick up on influencing behavior.

4. Educate yourself and others

Simple support for children and parents can be the best way to prevent child abuse. After-school activities, parent education classes, mentoring programs, and respite care are some of the many ways to keep children safe from harm.

5. Teach children their rights

When children are taught that they are special and have the right to be safe, they are less likely to think abuse is their fault, and more likely to report an offender.

6. Support prevention programs

Too often, intervention occurs only after abuse is reported. Greater investments are needed in programs that have been proven to stop the abuse before it occurs – such as family counseling and home visits by nurses who provide assistance for newborns and their parents. The Tyndall Family Advocacy has a New Parents Support Program. For more information, contact Rosemary Cunningham at 283-7511

7. Know what child abuse is

Physical and sexual abuse clearly constitute maltreatment, but so does neglect, or the failure of parents or other caregivers to provide a child with needed food, clothing, and care. Children can also be emotionally abused when they are re-

●SEE ABUSE PAGE 15



Airman 1st Class Sarah McDowell

All secure

Staff Sgts. Christopher Valenti and Erica Cummings, 325th Security Forces Squadron patrolmen, make a random security check of a building on base. Checking for insecure facilities at night includes walking the perimeters, looking for suspicious people and vehicles as well as checking all doors and windows. The mission of security forces is to provide superior force protection services to Tyndall while maintaining world-wide deployed, combat-ready capabilities in support of Air Force missions.

Household items

Sofa, loveseat and large chair, floral pattern, \$200 OBO; King-size waterbed, headboard has lights and mirror and California-king pillow-top mattress, \$300 OBO. Call 784-2029.

Kenmore washer and dryer. Great condition/works great. Five years old. \$100 each or best offer. Contact Tech. Sgt. Gray or Krista at 286-4277.

Found:

Fishing tackle was left at the marina last week, it can be picked up at Natural resources from Joe Maples.

Wanted:

White wicker furniture set. Call 648-3068

Retiree news

Events

Earth Day celebration

Visit the 325th Civil Engineer Squadron environmental awareness booth 9 a.m. to 1 p.m. April 22 to help celebrate Earth Day. The booth will be set-up in the commissary/exchange area. Base environmentalist will be available to provide information, literature and free items. For more information, call ChiQuita George at 283-4498.

Depression support

There is a Depression Impact Group in Lynn Haven 6:30 – 7:30 p.m. Tuesdays at 108 E. 9th Street. It is open to all who are working issues of depression and want to explore depression's impact on the emotional and spiritual lives of participants. For more information, call 265-5231.

Change of command ceremony

Lt. Col. David Uzzell, 83rd Fighter Weapons Squadron commander, will relinquish command to Lt. Col. Reid Reasor at 2 p.m., April 21 during a change of command ceremony in Hangar 4. For more information, contact Capt. Jeff Barnes at 283-8108. Team Tyndall is invited to attend.

Pharmacy update

All new prescriptions, including civilian prescriptions, will be processed through the Main Clinic Pharmacy starting Mon-

day. The Satellite Pharmacy in the Base Exchange will only provide refill service. For more information, call 283-7577.

New beach signs

The Tyndall beaches, including the marina, Crooked Island, NCO beach, Bonita Bay, Air Force Research Laboratory Launch, Eagle Drive, the water treatment plant and Dupont Bridge now have new signs that clearly warn visitors of the dangers of visiting and swimming in the waters of unguarded beaches.

Employment opportunity for veterans

The Family Support Center has openings in the VA Work Study Program. The program offers tax-free compensation to veterans who are full time students. The FSC is seeking applicants with Microsoft Office and customer service skills. This is a great opportunity to build experience and earn money at the same time. Contact the Family Support Center for more information at 283-4204.

Education

Gulf Coast Community College

Gulf Coast Community College is now accepting applications for the summer semester. Active-duty military will need to turn in a copy of their orders with the application. Schedules will be available Monday, and registration at the Tyndall Center will be Wednesday. For more information, call 283-4332.

Garage Sales

Garage Sales

2907B Beacon Beach Rd
2682A Kisling Loop
3560B Andrews Loop
3502B Clay Court
3672B Kisling Loop
3532B Andrews Loop

Garage sales are held Saturdays from 8 a.m. to 4 p.m.

Classifieds

1998 Toyota Tacoma

4x4, V-6, 5 spd., ext. warranty, 59k miles, bed liner, elec. sliding rear window, brand new front brake pads, runs/looks very good, well-maintained truck, \$10,500 OBO. Call 527-1372, leave message.

2003 Dodge Ram SLT Quad cab

Hemi, nerf bars, tow package, 21K miles, graphite, beautiful truck, asking pay off, approx. \$24,500. (850) 648-3068.

Husky stand up scooter

3.5HP Briggs & Stratton (25 mph), hand brakes, fun to ride, \$150. Call 648-3068.

2001 Yamaha XL 800 Waverunner

With Westco trailer; 64.2 operating hours; new battery; just tuned up for summer; excellent condition; \$6,000; call Stephen or Lesa at 769-3849 for details

TRICARE Uniform Formulary final rule published

The Uniform Formulary's final rule was published April 1, 2004, according to the TRICARE Management Activity. This was in accordance with the requirement established in the fiscal year 2000 National Defense Authorization Act, Section 701, "Pharmacy Benefits Program." The final rule, effective May 3, 2004, establishes the process for determining the formulary status for prescription drugs into one of three cost-share tiers, based upon their relative clinical and cost effectiveness.

Up-to-date information on the TRICARE Pharmacy Program will be available on the TRICARE Web site at www.tricare.osd.mil/pharmacy. TMA will announce the implementation schedule as the information becomes available.

Chapel Schedule

Catholic services will be held at Chapel 2:

Daily Mass, 11:30 a.m. Monday-Friday
Reconciliation (before Saturday Mass or by appointment)
Saturday Mass, 5 p.m.
Sunday Mass, 9:30 a.m.
Religious Education, 11 a.m. Sunday.

Protestant services at Chapel 1:

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.

Team Tyndall motorcycles roar to life



Tech Sgt. Dan Neely

Members of the 325th Communications Squadron head out to Apalachicola at the beginning of their "Miles for Mentorship" program ride.

CHRISTINE SULLIVAN
325th Fighter Wing public affairs

Motorcyclists at Tyndall Air Force Base felt the call of the road April 9 when the 325th Communications Squadron hosted their first riding event from the base to Apalachicola and back.

Riders in the "Miles for Mentorship" program met in the squadron's conference room for an overview of the route and risk management assessment.

Seven riders on cruisers, dual-sport and sport bikes roared out Team Tyndall's Louisiana gate just after noon, on April 9. A stop for dinner at one of the coastal restaurants on St. George Island gave the riders a well-deserved break before heading back to Panama City and arriving at the base gates about 5:30 p.m.

The squadron's first sergeant, Master Sgt. Julian Kulick, says he has been riding motorcycles for about 10 years

and came up with the idea of forming squadron rides which in turn, inspired members to become the first squadron at Tyndall to sponsor mentorship rides.

"We were directed to hold monthly safety-focused meetings with those identified as high risk riders," Sergeant Kulick said. "My idea was to have monthly rides instead, so the experienced riders could observe the riding of the less experienced ones."

According to Staff Sgt. Sean Gehri, 325th CS motorcycle safety representative, the monthly mentorship rides are primarily designed to put a focus on the commander's motorcycle program.

"They also act as a forum for motorcycle safety education and awareness, promote an environment that fosters responsible riding and enjoyment and employ risk management principles as well," he said.

Air Force Chief of Staff Gen. John Jumper is also a new rider and directed the formation of voluntary installation-level and below motorcycle clubs.

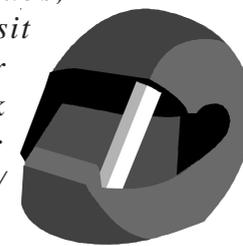
"A few weeks after I sold the program to the squadron commander (Lt. Col. Norman Eckert), the chief of staff published his Sight Picture, which outlined the start up of voluntary clubs to encourage mentorship," Sergeant Kulick said.

"Our squadron will have the pole position by forming the riding club where less experienced riders can learn from the seasoned ones. It also adds some fun to the mentorship process." Colonel Eckert said. "Although participation is not mandatory, it is highly encouraged for all squadron riders."

"Miles for Mentorship" program information:

For more information on the "Miles for Mentorship" program and how you can participate in future squadron rides or start your own program, contact Staff Sgt. Sean Gehri at 283-1295 or Master Sgt. Julian Kulick at 283-4227.

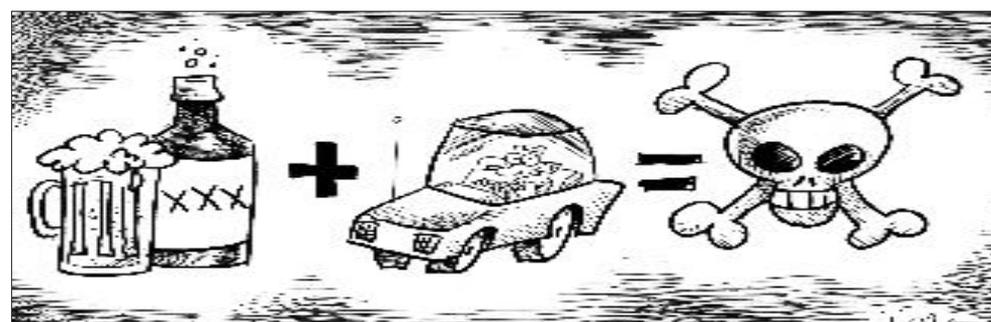
For details on the Air Force Chief of Staff's Sight Pictures to include the formation of motorcycle clubs, you can visit the Air Force Link Web site at: www.af.mil/library.





'One' in a lifetime?

Tech. Sgt. Greg Ireland, 325th Services Squadron, got a hole in one, with a seven iron, on Tyndall's Pelican Point golf course's 9th hole April 6. It was a 167 yard par 3.





Funshine NEWS

April 16, 2004

www.325thservices.com



Upcoming E' Club Entertainment

Karaoke in the Zone

April 22, 6-10 p.m.

Live All Ranks Comedy ShowApril 16, 7 p.m.
in the Ballroom**Security Forces Night***(National Police Week Recognition)*
April 17, 7 p.m.**All-Dance Night**April 17, 7 p.m.
free dance lessons for club members,
\$2 for non-members.Learn line dancing,
Latin, Swing and more.**ITT Travel Expo in Ballroom**

April 28, 10 a.m.-1 p.m.

Karaoke in the ZoneApril 29, 6-10 p.m.
Featuring a Shotgun
Karaoke Contest
*(members only)***283-4357****Bonita Bay**

☎ 283-3199

Squadron Challenge Swim Meet

April 30, Base Pool. 4 events: There will be a sports rep meeting 1 p.m. April 2 at the base library, Freestyle; Backstroke; Butterfly; and 4 person Relay team (two women and two men).

6th Annual Travel Expedition

April 28, 10 a.m.-1 p.m.: at the Enlisted Club; goodies & door prizes

Kayak Lessons

April 18, 10 a.m.-4 p.m. \$45 per person

Free Boat Safety Inspection

April 17 the Coast Guard is doing a free boat safety inspection between 9 a.m. and 1 p.m. at Bonita Bay.

Sailing Lessons

April 24-25. Cost per person \$40. Sign up now.

Horseback Riding Lessons

Available for youth of all ages. Call for info.

Vet Clinic

☎ 283-2434

Shot Clinic

April 20, 4-7 p.m. by appointment only. Call 283-2434 to schedule.

Berg-Liles Dining Facility

Spring Bling

Semi-annual Birthday Meal

April 23, 5 p.m.

Menu: Steak, Lobster tail, Shrimp, Twice Baked Potato, Onion Rings, Corn on the Cob, Broccoli, Sauteed Mushrooms and Onions, Shrimp Cocktail, Dinner Rolls, Ice Tea, Cake and Ice Cream

Eligibility: SIK Customer and one guest SIK customer must have had a birthday between Nov. 03 and April, 2004
If the guest is BAS, the cost of the meal is approximately \$22

Questions? Call 283-2239.**Leisure Travel**

☎ 283-2864

Cruise Alaska

May 31. 7-nights, fees, port & taxes, roundtrip air & transfers plus more starts at \$1820 per person. Call for additional perks and pricing.

Sporting Event Tickets

Through a joint program with Hurlburt Field, we have tickets and transportation to several sporting events such as the Kentucky Derby, NASCAR series, and baseball spring training.

The Pizza Pub & Snack Bar
will close at 1 p.m.
Monday, April 19
due to a squadron function.

Air Force Club Scholarship Program

**Entry deadline is July 15.**

Six scholarships will be awarded to AF Club members or their eligible family members.

Applicants must be accepted by, or enrolled in, an accredited college or university graduate or undergraduate program by fall of 2004. Information packages with complete instructions and requirements are available from the business office Tyndall Officers' Club.

283-4357
for more information

Sponsored in part by:First USA Bank, Coca Cola and Master Card.
No federal endorsement of sponsor intended.

The Pelican Reef Enlisted Club

Jam Productions

Presents A Laugh & Party Weekend

Friday, April 16, Doors open at 9 p.m., Showtime 10 p.m.

Starring: "Bro Man" & "Hamburger"
Seen on: The Bernie Mac Show, HBO DEF Comedy Jam & BET Comic ViewAdvanced Tickets for Members \$15
Tickets for Non-Members \$18
Day of the show for everyone \$20A big after party will follow the show!
Tickets can be purchased at the cashier's cage!**For more information call 283-4357**

Now Available at the CAC:

Fed Ex Express Services**Which include:**Priority Overnight
Standard Overnight
Economy 2 Day
Express Saver 3 Day**Our rates beat everyone's.**

Packages must be into the Community Center by 1:30 p.m. for Overnight (there are some exclusions with overnight - CAC staff will give details). Accepting packages up to 10 lbs.

Community Center

☎ 283-2495

Ballroom Dance Classes

Starts May 7. 6:30-8 p.m. Instructor Rus Knight. Learn to Waltz, Cha-Cha, Swing, Slow Dance & Disco. Cost is \$65 per couple, \$32.50 per single per 4 week session. Deadline to sign-up is April 30.

Colossal Cookie Challenge

Worldwide AF Colossal Cookie Challenge. May 21, 1 p.m. CAC Ballroom. Sign up by May 14. Awards and certificate will be given to the 1st, 2nd, and 3rd place in each category. Top winner in each category will compete at Command level. Event open to all active duty members, DoD civilians, contractors, military dependents & retirees.

Balloon Bouquet Special

Admin. Professional Day Special: April 21, 1 mylar and 3 latex balloons for \$4.

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' & E Clubs Fridays 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 week's 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.

283-4357 for details**Youth Center**

☎ 283-4366

Start Smart Basketball

May 7, 14, 21, & 28. 10 a.m. Cost is \$30. Is your 3-5 old ready for recreational basketball league? Sign up for Start Smart Basketball and work one-on-one with your child developing basic skills.

USA Tennis

Come out and learn basics, FREE! Have fun, win prizes, and meet new friends. May 8, 15, 22, 29 at 9 a.m. and cost is \$30.

Start Smart Baseball

Is your 3-5 year old ready for recreational baseball leagues? Sign up for Start Smart Baseball and work one-on-one with your child developing basic skills. The program runs May 5, 12, 19, 26 at 10 a.m. and cost is \$30.

Surf Class

May 1 at noon. Cost is \$40. Surfs up! Are you ready to catch a wave? Sign up for the Youth Surfing Clinic for ages 8 and up. Learn basic techniques from certified instructors.

Air Force fights substance abuse

AIRMAN 1ST CLASS JACQUE LICKTEIG

82nd Training Wing Public Affairs

The music's beat pulses through Brad's veins. His eyes dart to sporadic flashes of colorful lights as he marvels at the extreme contrast between the lifestyle of club-goers and his straight-edged Air Force life.

A stranger invites him to a table and offers him a hit. He glances at the people around the table, laughingly pressuring him.

Something about the combination of black lights, smoke and the effects of the alcohol he drank gives him a false sense of security against the Air Force's disciplinary reach.

He grabs the straw, leans down and his nose burns as he inhales the white powder.

Although the scenario is fictitious, members of the Air Force are sometimes faced with opportunities to drink underage or take drugs, and a few make the wrong decision.

"The Spring Break season is upon us, and each year, there are examples where individuals find themselves in bad situations because they didn't exercise good judgment and plan ahead. If you plan to take part in any activities, make sure you travel in groups and be aware of your surroundings," said Brig. Gen. Larry New, 325th Fighter Wing commander.

The Air Force is also armed with programs and organizations that work to prevent drugs from making their way into Airmen's hands.

The Alcohol and Drug Abuse Prevention and Treatment, or ADAPT, program, run by life skills support centers, educates Airmen about drug and

"Make sure you exercise proper judgment in everything you do. It's just not worth sacrificing a career, or worse; someone else's life or your own, because of a poor decision."

BRIG. GEN. LARRY NEW
325th Fighter Wing commander

alcohol abuse, stressing how Airmen's choices affect their future and their careers.

But, the Air Force doesn't just educate it's Airmen, it checks them by giving random urinalysis tests during the duty day and at random hours at base gates, courtesy of the Drug Demand Reduction Program.

"We collect random (computer selected), commander directed consents plus commander directed sweeps. The possibility always

exists to conduct after hours testing too, on weekends or nights," said Brenda Williams, Tyndall's DDRP chief.

"The Air Force mandates that we test 65 percent of the base. To date we have collected 685 random tests, and have also collected eight commander directed sweeps this year, which collected 986 samples, that are not included in the random tests," Ms. Williams said.

Although random drug testing can catch one user, it can't catch users who didn't test or people who are distributing drugs. That's where the Air Force Office of Special Investigations and security forces investigators continue the war on drugs.

OSI agents identify the illegal drug sources, people who are involved in illegal narcotics activity and establishments where drug activity is occurring.

"Make sure you exercise proper judgment in everything you do. It's just not worth sacrificing a career, or worse; someone else's life or your own, because of a poor decision," General New said. *(Information compiled by the 325th Fighter Wing public affairs.)*

● FROM ABUSE PAGE 11
jected, berated, or continuously isolated.

8. Know the signs

Unexplained injuries aren't the only signs of abuse – depression, fear of a certain adult, difficulty trusting others or making friends, sudden changes in eating or sleeping patterns, inappropriate sexual behavior, poor hygiene, secrecy, and hostility are often signs of family problems and may indicate a child is being neglected or physically, sexually, or emotionally abused.

9. Report abuse

If you witness a child being harmed or see evidence of abuse, or if a child tells you about abuse, make a report to your state's child protective services department or local police. When talking to a child about abuse, listen carefully, assure the child that he or she did the right thing by telling an adult, and affirm that he or she is not responsible for what happened.

10. Invest in kids

Encourage leaders in the community to be supportive of children and families. Ask employers to provide family-friendly work environments. Ask your local and national lawmakers to support legislation to better protect our children and to improve their lives.

For more tips like these contact the Tyndall Family Advocacy Program or the Child Welfare League of America www.cwla.org/

