

# GULF DEFENDER



Vol. 65, No. 27

Tyndall Air Force Base, Fla. *Training Expeditionary Airpower Experts*

July 14, 2006

## In Brief

### Commissioning brief

A commissioning briefing will be held 9 a.m. July 25 at the Education Center. The briefing will cover the Air Force Academy and Prep School, Air Force Reserve Officer Training Corps, Officer Training School, the Airman Education and Commissioning Program and the Physician Assistant Program. For more information, call 283-4285.

### 325th CES CoC

Lt. Col. Curt Van De Walle, 325th Civil Engineer Squadron commander, will relinquish command to Lt. Col. F. Susan Grumbach 9 a.m. July 26 at the Officers' Club. All are invited to attend. For more information, call Master Sgt. Bradley Coon at 283-3072, or Judy Baker at 283-3283. The squadron will be closed for this function from 8:30 to 11 a.m.

### OSI brief

Report suspicious activities to the 325th Security Forces Squadron at 283-2254, or the Air Force Office of Special Investigations at 283-3261.

## Inside

Dietary supplements explained...

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Airmen train for 'in-lieu-of' taskings ...

**PAGE 8**



Steve Wallace

## Teamwork

Reserve Officer Training Corps cadets work together to finish the leadership response course during training. The officers-in-training also spent the day learning leadership skills on the confidence course. For more on ROTC training, and to see how they spend their time at Tyndall, see Pages 10-11.

## British pilot finishes Raptor training here

**CAPT. J. ELAINE HUNNICUTT**  
325th Fighter Wing Public Affairs

The first British pilot to complete F-22 Raptor training graduated this week at Tyndall AFB.

Flight Lt. Dan Robinson, from the Royal Air Force, is assigned to Langley AFB, Va. He has completed two months of training with the 43rd Fighter Squadron as part of an exchange program. In return,

an American fighter pilot will be trained and fly side-by-side with the RAF on the new EF-2000 Eurofighter Typhoon.

For the coalition, the benefit of the exchange program is the implementation of the aircraft capabilities into the multi-national planning process. Both fighters' – Raptor and Typhoon – potential and capabilities will be better understood by both America and

the United Kingdom in battle providing better results and minimizing collateral damage and loss of coalition life.

Lieutenant Robinson is a combat veteran who has served in the RAF since 1996.

"I have been fascinated with aircraft since I was a child; I was that kid who always wanted to talk to the pilot. My father was a busi-

nessman and we traveled a lot on planes while I was growing up," he said.

He comes from a family of warriors; both of his grandfathers served in the military during World War II.

Lieutenant Robinson was flying F-3 Tornados with the RAF 25th Fighter Squadron in England prior to the exchange

• SEE PILOT PAGE 8

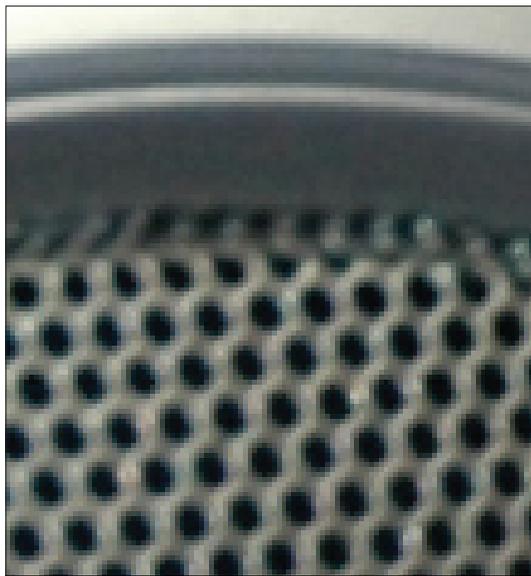


Senior Airman Sarah McDowell

### Aim high

Senior Airman Jesse Kilgore, Tech Sgt. Brian Head and Senior Airman Stephen Jordan, all 325th Maintenance Group Weapons Standardization weapons loaders, carry an AIM-9 Sidewinder missile after a recent load competition here. The Munitions Storage Area will be closed to all customers from July 31 to Aug. 4. All munitions customers should project their needs accordingly and plan ahead for this closure. Only valid emergency issues will be processed during this period. For more information, call 283-4010/2374.

### Identify this ...



Can you identify this object? If so, send an e-mail to [editor@tyndall.af.mil](mailto:editor@tyndall.af.mil) with "Identify this" in the subject line. Three correct entries will be chosen at random and drawn from a hat to select the final winner. The prize can be claimed at the Public Affairs office. Staff Sgt. Steven Alexson from the 2nd Aircraft Maintenance Unit correctly guessed the July 7 "Identify this" as a gumball. Congratulations!

## ON THE STREET

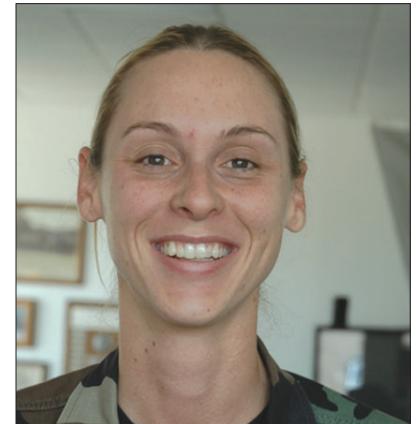
### REDHORSE Squadron Focus:

## What does your squadron do to raise morale?



"We have a spouses' club and booster club that provide meals to the troops and family members during our extended work hours."

**MASTER SGT. MICHAEL CROW**  
Readiness Contingency Instructor Superintendent



"We use 'Pau Hana,' (a Hawaiian saying) which means we get to go home when our work is done."

**STAFF SGT. STEPHANIE NELSEN**  
Readiness Contingency Instructor



"During non-training weeks, we have sports and family activities."

**STAFF SGT. SEAN SCAVETTA**  
Prime Readiness in Base Services Instructor



"We have fishing trips and our Top Three sponsors different events for the squadron."

**MASTER SGT. KIM YANCEY**  
Manpower Contingency Instructor

### Gulf Defender Editorial Staff

- Col. Tod Wolters.....325th FW commander
- Maj. Susan A. Romano.....chief, 325th FW public affairs
- Chrissy Cutitta.....chief, internal information
- Senior Airman Sarah McDowell.....editor
- Staff Sgt. Stacey Haga.....staff writer

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# View from the top: General reflects on past year

**GENERAL WILLIAM LOONEY III**  
Air Education and Training Command commander

**RANDOLPH AIR FORCE BASE, Texas (AETCNS)** – Recently, I celebrated my first anniversary as a member of the Air Education and Training Command team. During this time, we’ve faced a number of challenges and achieved tremendous success fulfilling our mission to develop America’s Airmen today for tomorrow.

Shortly after I arrived, Hurricanes Katrina and Rita devastated Keesler and a large portion of the Gulf Coast region. Instantly, I was amazed by your willingness to roll up your sleeves, jump in and help those overpowered by these destructive storms. From performing heroic rescues to delivering emergency medical care to providing safety and security, First Command Airmen made a difference.

Despite heavy damage to its infrastructure, the arduous task of rebuilding Keesler was quickly underway, thanks again to your efforts. In fact, just days after Katrina wrought unspeakable destruction on the Biloxi and Gulfport areas, Keesler was back in business, training Airmen in critical career fields to keep our Air Force strong in the Global War on Terrorism.

Even through our recovery efforts, First Command Airmen remained focused on our mission, taking AETC to new heights in the process.

Our recruiters smoothly shifted efforts to help the Air Force meet our congressionally mandated end-strength, bringing in more than 20,000 new enlisted and officer personnel in the process. In addition, Basic Military Training graduated more than 22,000 enlisted personnel and restructured the course to match a typical AEF cycle in order to provide our new recruits more readiness and combat skills instruction. Along with their BMT accomplishments, in the arena of initial and advanced skills training, 2nd Air Force and their technical training units graduated nearly 190,000 students.

Execution of the flying mission was outstanding! The organizations of the 19th Air Force flew nearly 560,000 hours, graduated 1,259 pilots and almost 20,000 new air-



Master Sgt. Efrain Gonzalez

**Senior Airman Aidaliz Lagueux, 305th Mission Support Squadron, McGuire Air Force Base, N.J., takes a moment from her volunteer work to offer 11-month-old Nasier Dixon a lollipop at a donation center. Airman Lagueux was deployed to nearby Keesler AFB, Miss., supporting the base’s hurricane recovery operation.**

crew members. Additionally, the modernized avionics and glass cockpits in the T-6A and T-38C, combined with the stand-up of the F-22 Raptor training program at Tyndall AFB, allowed AETC-trained pilots to become combat ready and continue our tradition of air dominance.

All along, Air University continued to be a recognized pillar of excellence, providing educational opportunities to more than 179,000 graduates via residence and distance learning programs.

All total, AETC recruited, trained, and educated more than 432,000 Airmen for our Air Force and the joint commanders during our first year together. And you accomplished all of this while deploying 3,822 AETC Airmen to fight the GWOT.

Marilyn and I have had the opportunity to visit all of our installations and meet the magnificent men and women who make up AETC. At each and every stop, we are awed and overwhelmed with the dedication, commitment and performance of our Airmen and their families. It is so obvious that the strength and foundation of AETC is our people. Your commitment to integrity, service and excellence keep us the recognized world center of excellence for training and education. And you – the Airmen of the First Command – are the key in making AETC a “command of choice.” Let me also take this opportunity to thank all our family members for their unwavering support and sacrifice. Without you, we would not be the world’s greatest Air and Space Force.

## Action Line

Call 283-2255



**COL. TOD WOLTERS**  
325th Fighter Wing commander

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

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 325th Fighter Wing Inspector General’s Office, 283-4646.

Calls concerning energy abuse should be referred to the energy hot line, 283-3995.

Below are more phone numbers that help you in resolving any issues with a base agency.

- Commissary** 283-4825
- Pass and I.D.** 283-4191
- Medical and Dental** 283-7515
- MEO** 283-2739

- MPF** 283-2276
- SFS Desk Sgt. Services** 283-2254
- Legal** 283-2501
- Housing** 283-4681
- CDC** 283-2036
- Wing Safety** 283-4747
- ADC** 283-4231
- Finance** 283-2911
- Civil Engineer** 283-4117
- Civilian Personnel** 283-4949
- Base Information** 283-3203
- 283-1113**

Thank you for helping me improve Tyndall and I look forward to hearing from you.

# Dietary supplements – a blessing or curse?

**COL. GEORGE NICOLAS**  
325th Medical Group commander

In our new air expeditionary force culture, an increasing number of duties and decreasing number of Airmen demand new-found levels of excellence in all areas of life.

Technical ability, time management, critical thinking and physical stamina are but a few areas we must constantly work on to operate at peak performance levels. Being overzealous to be the best, we all look for ways to enhance ourselves.

One of the areas some concentrate on most is increasing physical stamina.

Even though a solid exercise routine, a nutritionally balanced diet, and a rest-cycle plan is key to any physical training endeavor, and the nutritional balance portion of any plan is not real difficult for the average person, those who want that edge, can be attracted to nutritional or performance-enhancing supplements.

Today's marketing of these products can be very seductive, which is why they are so popular.

The supplements industry is more than a \$1 trillion a year business that is essentially unregulated due to the 1994 Dietary Supplement Health and Education Act. Manufacturers of these products are not held to content, concentration, or purity standards. Just because something is deemed natural or organic does not automatically make it good for you.

There has been a recent increase in Airmen purchasing performance enhancing supplements online. It is very important that all Airmen realize these products are not regulated by the FDA or any government entity, and many of these products are banned by Air Force regulations. They can contain ephedrine, hemp extract or even anabolic steroids which really carry a serious safety risk

for Airmen who use them, even short term, in hopes of increasing their physical performance, whether to help pass their physical fitness test or prepare for deployment.

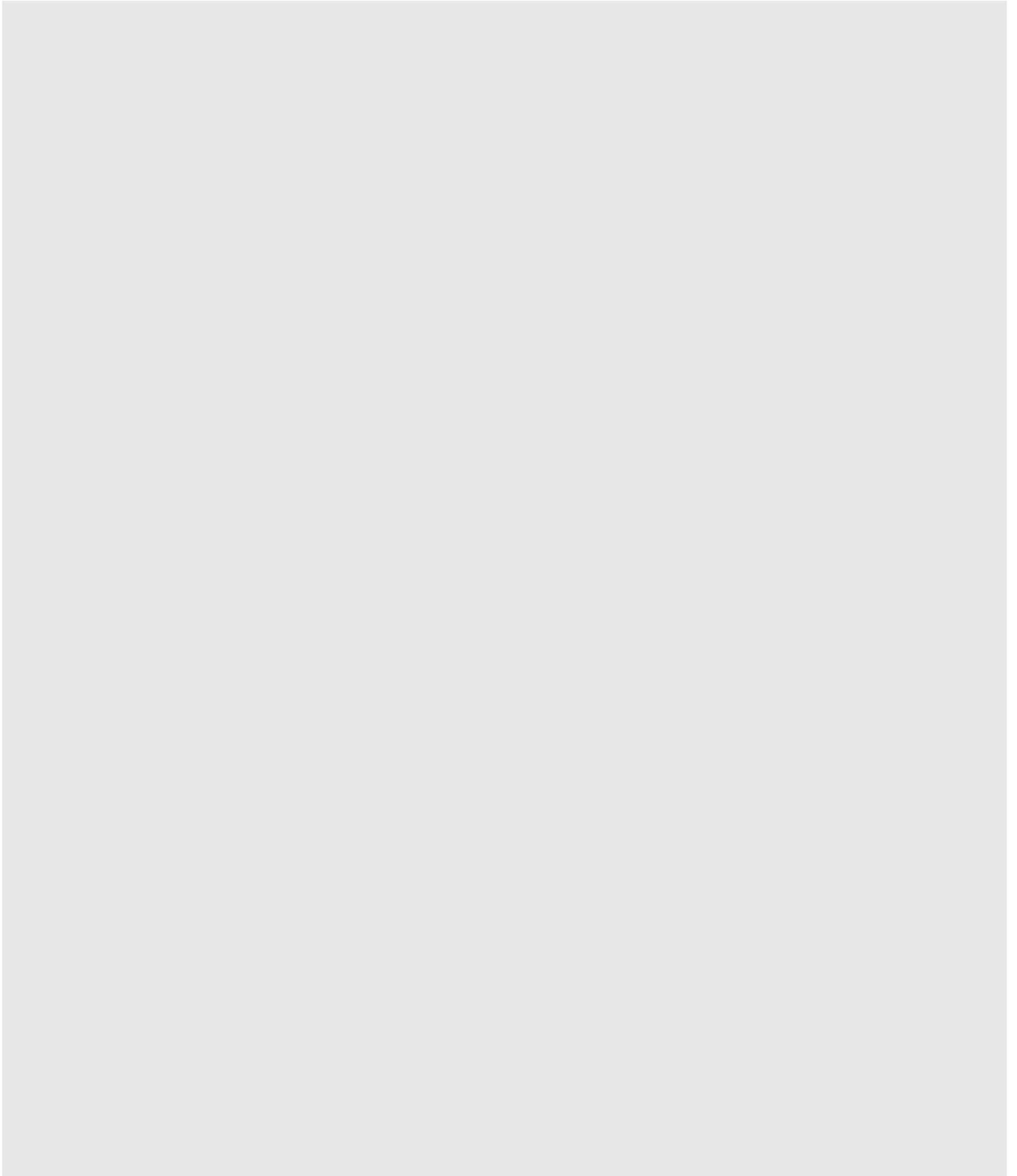
"These products are dangerous and will often cause severe medical problems such as liver failure, kidney failure, heart damage, stroke, and hormonal imbalances within a month of their use," said Capt. Richard Greco, 325th Medical Group Family Practice physician. "They can also cause sleep disturbance and even sexual dysfunction."

One \$50 bottle of a performance enhancing supplement taken more than a one month period can easily result in \$16,000 in medical bills and lost duty time, not to mention the possibility of a liver transplant to save a life.

Airmen interested in improving their per-



• SEE SUPPLEMENTS PAGE 7



# Survey says: Ask, and you shall receive

STAFF SGT. STACEY HAGA  
325th Fighter Wing Public Affairs

Do you wish you could change things about Tyndall's housing or do you think everything is perfect as it is?

Whatever your opinion is about on-base housing at Tyndall, residents have a chance to let their voices be heard in the 2006 Family Housing Resident Satisfaction Survey.

"Surveys were sent to 848 residents at Tyndall June 9," said Yvonne Brabham, 325th Civil Engineering Squadron housing flight chief. "So far, the response rate is 11.7 percent and the housing office hopes to have a response rate of more than 20 percent."

The survey, mandated by the Office of the Under Secretary of Defense, was sent by a private contractor to base housing residents to be filled out and returned voluntarily by the resident.

The survey asks the resident to rate nine categories such as property appearance and condition, quality of management services and maintenance, property rating and renewal intention on a scale from one-to-five.

"The survey takes about 10 minutes to complete. It will give the residents an opportunity for their voice to be heard by the people responsible for the future direction of military housing," said Mrs. Brabham.

Last year, the housing office had a survey return rate of 23 percent and an overall satisfaction score of 66 percent.

"The residents were pleased with the response and repair of their housing maintenance issues," said Mrs. Brabham.

However, some residents wanted more information

on housing privatization, better pest and stray pet control, better ground maintenance and yard appearance, and better customer service, she added.

To fix those issues, housing has made several changes.

"We changed our yard inspection procedures and we established a stray-pet program," said Mrs. Brabham. "We also provide more pest control products in the self-help store for the residents to use."

The staff also received in-house customer-service training to better focus on meeting the needs of their customers.

"As funds permit, we are trimming more trees to help improve yard appearance," she added.

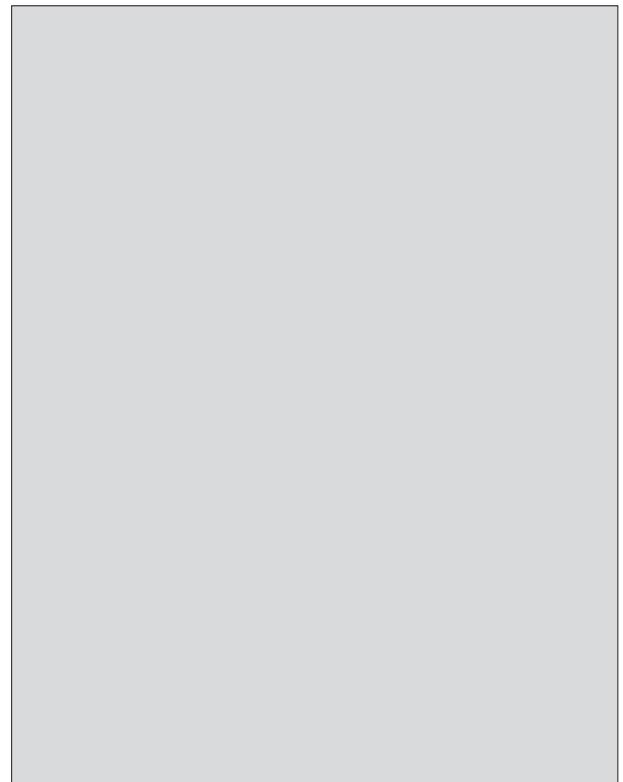
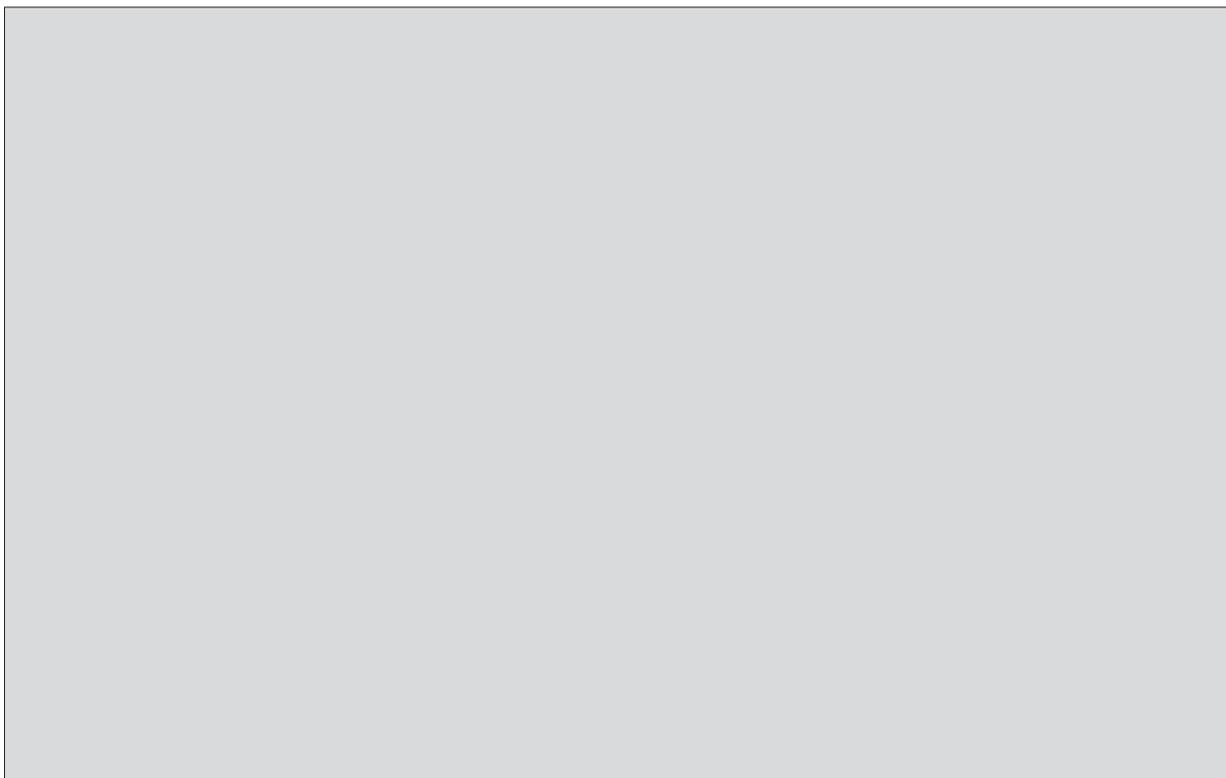
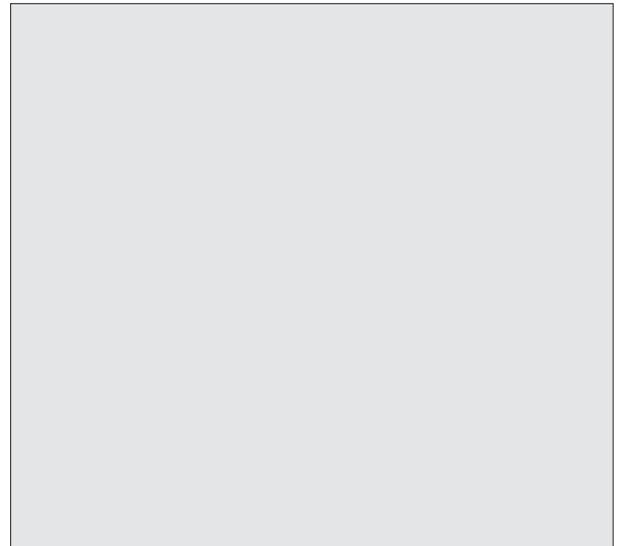
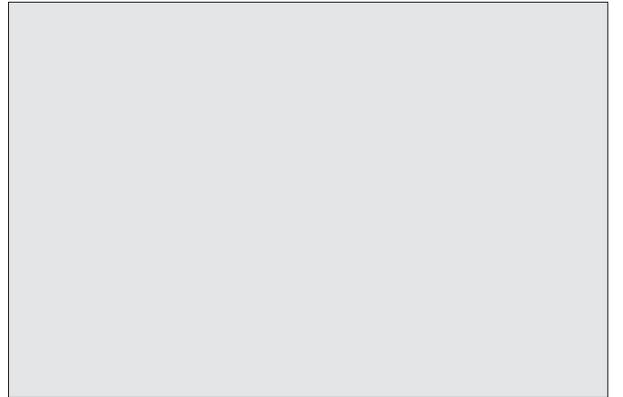
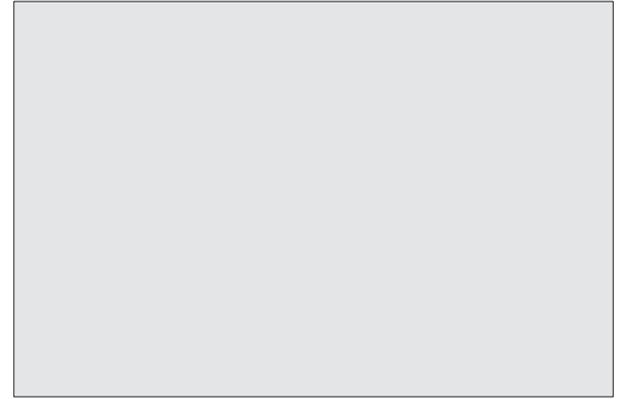
The housing office will also provide more timely information on privatization by holding town hall meetings and news articles.

Once the results of this year's survey are in, the housing office will focus on meeting the needs addressed in the survey.

"It is important that residents complete the survey," said Mrs. Brabham. "The Air Force wants to know what is important to them, what can be done to make living on base more enjoyable."

The survey will not only provide input to current housing situations. It will provide guidance for the future privatized communities.

"The results will provide a baseline for measuring privatized projects' performance in the future," said Col. Leonard Patrick, AETC civil engineer, in a memorandum concerning the survey. "As the privatization program matures, project owners will be required to continue the periodic resident surveys."



• FROM SUPPLEMENTS PAGE 4

formance should make an appointment with their primary care manager and visit our experts at the Health and Wellness Center.

Many of these supplements have medicinal properties that can and do interact negatively with prescribed medication as well as directly affect critical organs like the heart, liver and kidney. Most importantly, all Airmen should avoid commercially available performance enhancing supplements. They are marketed under various names and often contain ingredients that are in violation of USAF regulations and could ruin a career or a life.

While not all supplements are bad, get as much information as you can from the professionals. Research the product. A good place to start is [www.fda.gov](http://www.fda.gov). A product that sounds too good to be true, probably is.

If you know a fellow Airman who is taking one of these products, especially the performance enhancers, be a good Wingman and advise them to stop using them and see their PCM. They may be endangering their life.

## Checkertail Salute

### Airman 1st Class Amber Atherton



Staff Sgt. Stacey Haga

**Airman Atherton receives the Checkertail Salute Warrior of the Week award from Col. Tod Wolters, 325th Fighter Wing commander.**

Airman Atherton, 325th Logistics Readiness Division logistics planner, recently managed three Dissimilar Aircraft Combat Training fighter unit receptions. She received and redeployed 292 personnel, 30 tons of cargo and 18 F-16s. Airman Atherton is the head of the membership board for Tyndall's Active Airmen Association.

**Duty title:** Logistics Planner

**Time on station:** One year

**Time in service:** 19 months

**Hometown:** Clinton, Wis.

**Hobbies:** Family, motorcycles and music

**Goals:** To make senior airman below-the-zone and complete my CCAF degree

**Favorite thing about Tyndall:** The beach

**Favorite movie:** "Legends of the Fall"

**Favorite book:** Anything by J.A. Jance

**Pet peeves:** Liars

**Proudest moment in the military:** Getting coined by the former 325th Fighter Wing commander, Brig. Gen. Jack Egginton

*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.*

# Airmen train to prepare for 'in-lieu-of' taskings

**MASTER SGT. ROGER DRINNON**  
81st Training Wing Public Affairs

**KEESLER AIR FORCE BASE, Miss. (AFPN)**—More than 800 Airmen are attending Army ground combat skills training, preparing them for operations Enduring Freedom and Iraqi Freedom deployments. The Airmen require the training because they will be assigned duties outside their normal Air Force specialties. In the near-term, these numbers are expected to increase substantially.

Commonly referred to as "in-lieu-of," or ILO, taskings, Airmen, Sailors, Soldiers and Marines from a cross-section of all military specialties are performing nontraditional missions to provide temporary augmentation.

The 2nd Air Force staff was tasked by Air Force Chief of Staff Gen. T. Michael Moseley to add to its technical training responsibilities oversight of Airmen throughout their ILO training cycle.

"Our goal is to take care of our people as our Air Force mission requirements continue to evolve," said Maj. Gen. Mi-



Courtesy photo

**Military members participate in the joint force ILO training. Airmen have recently been tasked with this training.**

chael C. Gould, 2nd AF commander. "We want to ensure Airmen can perform safely and effectively in combat alongside our sister services while maintaining their Air Force identity."

The aim of ILO training is to prepare Airmen for nontraditional combat envi-

ronments in support of the combatant commanders' requirements where Airmen are deployed to assist Army personnel. Second Air Force wants to support all Airmen engaged in this enhanced, realistic training and address their current and future service needs.

General Gould emphasized Airmen deploying in support of Army mission requirements must maintain an Air Force chain-of-command.

"Airmen will continue to have readily available Air Force leadership eager to address any concerns," the general said. "I'm grateful that we have such high-caliber Airmen in our Air Force who can step up to these challenges, and their continuous feedback is essential for leadership to be able to respond to any training or personnel issues that might arise. Second Air Force will ensure all Airmen have an Air Force chain-of-command throughout their time in ILO training."

ILO training is designed to develop a population of Airmen who are combat-ready and able to fulfill duties outside their normal Air Force specialty. Before deploying, Airmen tasked to augment certain Army missions receive combat skills training at one of 14 Army training locations now designated as Power

• SEE ILO PAGE 16



Capt. J. Elaine Hunnicutt

**Lieutenant Robinson**

• **FROM PILOT PAGE 1** program. The 29-year-old pilot arrived in the U.S. in March.

He originally applied for the F/A-18 Super Hornet exchange program and was given the disappointing news in front of his peers that he was not selected. As he stood there dumbfounded and disappointed, his commander announced that he was going to the F-22 Raptor exchange program instead.

"I didn't even know that it existed or that I was up for it. I couldn't believe it," he said.

He said his biggest challenge in the program was taking all of the information that is made available in this weapon system and using it.

The F-22 has the ability to pull from

multiple sources of data collection, allowing the pilot to gain a much more detailed and larger picture of the battlefield. "It is the leading edge for fifth-generation aircraft," he said.

Lieutenant Robinson will train, exercise and even deploy with the Langley squadron that he is assigned to following graduation.

"I will be like any other front-line pilot in the squadron," he said.

Other than a few phraseology challenges, his instructors said he did outstanding in the program and will return to Langley a true asset for the Raptor program.

Little things like "flight pattern vs. circuit" can cause confusion between pilots and air traffic controllers, said Maj. Mike Cabral, 43rd Fighter Squadron

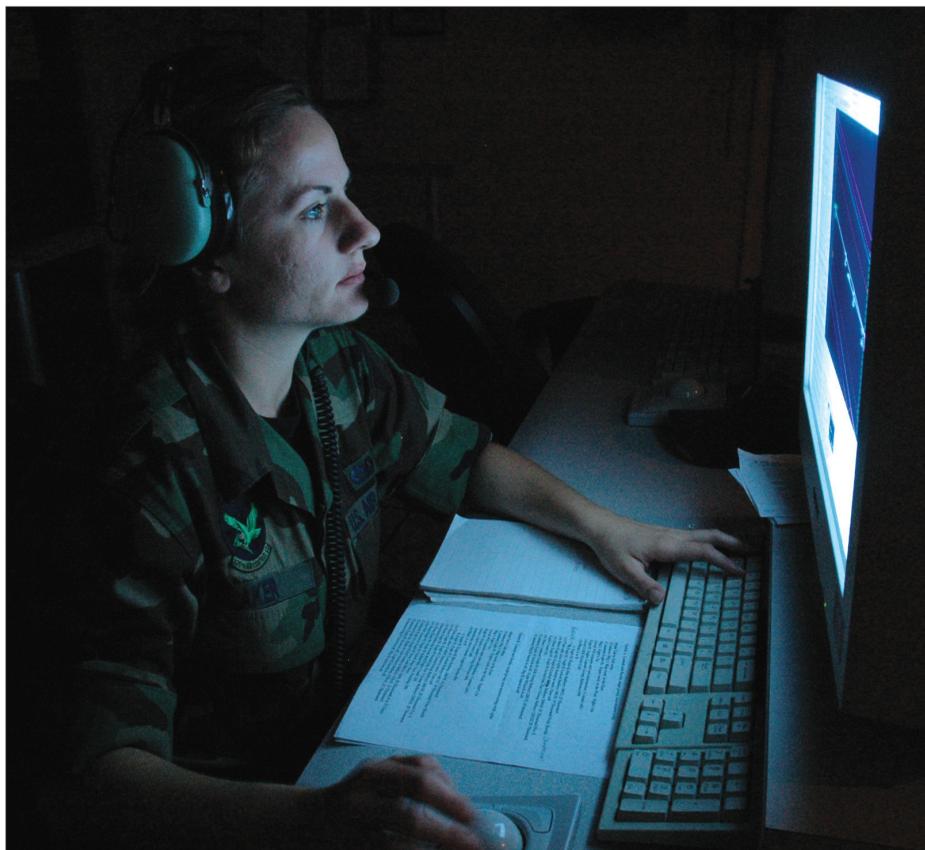
chief of weapons and tactics. "But, once we got him his decoder ring for U.S. speak, he was good to go. Fighter pilots are fighter pilots."

"The fact that we were to train a British pilot came as no surprise; it is a natural progression to integrate our coalition partners into this process," said Major Cabral. "With his combat skill set, it was a seamless transition. He has coalition operations and weapons instructor experience; he will be a force multiplier," he continued.

"When Raptors go into combat, it is highly likely that someone from the U.K. will go with us," said the major.

Approximately 70 pilots have graduated from the Raptor training program to date.

# Who's driving? Sim pilots vital part of ABM training



Photos by Senior Airman Sarah McDowell

**Senior Airman Jennifer Aker, 325th Air Control Squadron simulator pilot, controls aircraft for students who use these scenarios for training.**

**2ND LT. LUCAS WESTERMAN**  
325th Fighter Wing Public Affairs

Who is behind the scenes?

The simulator drivers of the 325th Air Control Squadron can answer this question. These Airmen “drive” the simulator for all air battle manager trainees.

“We simulate fighter pilots,” said Senior Airman Jennifer Aker, 325th Air Control Squadron simulator pilot. “We train ABMs for live

control on various command and control platforms so they can ID, intercept and engage targets in accordance with the rules of engagement.”

Simulator pilots, also known as sim drivers, prepare air battle managers to execute complex command and control in the combat Air Force. The students spend three out of their five blocks of instruction learning this through simu-

lated scenarios. But while they are at the scope managing the aircraft, the simulator pilots are behind the scenes talking to them and “flying” the aircraft.

“The students start with simulated close control scenarios and finish up with simulated tactical intercepts during the Introduction to Weapons Control block of training,” said Airman 1st Class Chris Route, 325th ACS simulator driver.

“The trainees go through a total of 27 scenarios to prepare them for live control,” said Airman 1st Class Tiffany Moore, 325th ACS simulator pilot.

“During close control, the students have total control of the fighter,” said Airman 1st Class Travon McGhee, 325th ACS simulator pilot. “We work with sterns (rolling the fighter behind the target), cutoffs, basic tactical intercept, and simulated air refueling.”

The next block is large-force employment.

“The students must be well prepared when they get to this block,” said Airman McGhee.

In this block scenarios usually last an hour and 15 minutes, but in another part of the curriculum, scenarios can last up to five hours.

The last simulation training before live control of high performance aircraft, high-performance simulation, the students apply all the techniques they have learned in earlier blocks.

“HP sim is the final training before live control of F-15 aircraft,” said Airman 1st Class Jessica Breedlove, 325th ACS simulator pilot. “Sometimes it’s even done in conjunction with live control.”

The schoolhouse sees 160 to 200 rated officer students go through its doors each year, including international students.

The international students are introduced to the basics of weapons control and battle management in a multi-national environment.

This highly trained team uses simulation to develop fundamental skills for students, and gets them ready for the real world air battle management duties.



**Second Lt. Renee Powell, 325th Air Control Squadron air battle manager student, manages aircraft during a scenario in the simulator room.**

**Training Spotlight**



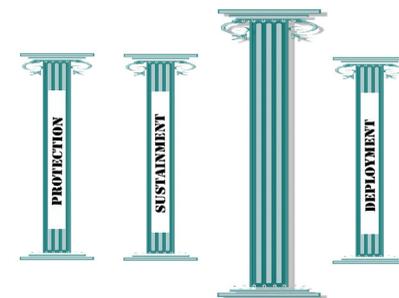
**What part of the First Term Airman Course are you looking forward to?**

“I’m looking forward to the base tour and getting to meet new people.”

**AIRMAN 1ST CLASS**

**EVAN OEHLBECK**  
83rd Fighter Weapons Squadron  
ammunitions technician

**FORCE TRAINING**



**To learn about becoming a member of the Tyndall Honor Guard, call 283-4405**



**Christine Hackworth, Air Force Reserve Officer Training Corps cadet training assistant, commands cadets during physical training.**

**STAFF SGT. STACEY HAGA**

325th Fighter Wing Public Affairs

About 600.

That's the number of cadets from the Air Force Reserve Officer Training Corps who will have descended upon Tyndall this summer for field training.

The training provides ROTC evaluators a measure of active-duty officer compatibility for the cadets. Each cadet is evaluated in the areas of communications skills, duty performance, judgment and decision-making skills, professional qualities, leadership skills and field training adaptability.

"We force them into leadership roles they have not experienced before," said Maj. Jim Maceachern, AF-ROTC Field Training Officer. "It's an introduction to basic military leadership for them."



**A bus of new cadets arrive at Tyndall and are promptly instructed to read the officer's manual while on the bus.**

The most common way they do this is by putting a cadet with limited leadership skills in a role where they are in charge of their peers.

"We then evaluate them against Air Force standards and give them feedback," said Capt. Jarod Suire, AF-ROTC Field Training Officer.

The cadets have a very busy schedule. Their training day lasts from 4:30 a.m. to 9 p.m. During the 28-day encampment, they will go through physical fitness training; drill and ceremonies training; combat and small arms training; dynamic development programs; the confidence

course; and a leadership reaction course.

"The fitness training is a big aspect. We teach them the importance of being physically fit and how it helps them handle stressful situations," said Major Maceachern.

In order to give the best training to the cadets, the FTOs rely on the help of cadets who have already been through field training and showed exceptional leadership qualities. They are called cadet training assistants.



**Cadet Axel Zengotita, cadet training assistant, interrupts a cadet in a dining facility line before allowing**



**Capt. Donald Hutchinson, ROTC field training officer.**

*TC cadets train, military style*



Photos by 2nd Lt. Matthew Perry

**Waiting. Each cadet will spend 28 days here training.**

“It’s much better coming back as a CTA, I have a different perspective than before,” said Matt Larson, AF-ROTC CTA. “I want to better the future of the cadets.”

Being a CTA also helps the cadets further their leadership training.

“It helps you look at your leadership traits. I also get extra training and constant feedback on how I am doing,”

said Cadet Larson. “It’s tough but a lot of fun.”

Fun, however, doesn’t seem to be on the mind of the cadets in field training.

“It has its ups and downs,” said Wesley Walsh an AFROTC cadet. “When I first got here, I was my group’s commander. It was pretty stressful, but I was thankful for the opportunity.”

That opportunity to lead is what the training is about.



**ROTC cadets march to their next appointment.**

“I look forward to learning what leadership skills work best with different people and situations,” said Cadet Walsh. “I believe field training prepares the cadets for active duty.”



**Officer, inspects a cadet during open ranks.**



**ROTC cadets rest after an early-morning physical training session.**

## Briefs

**New Thrift Shop hours**

New hours are: Tuesdays and Thursdays only from 9:30 a.m. to 12:30 p.m. No consignments will be accepted unless you are permanently changing station in or out. For details or appointments, call 286-5888.

**Satellite pharmacy re-opening**

The Satellite Refill Pharmacy at the Base Exchange has been renovated and will be open for business July 24. All refill operations at the Main Clinic will be terminated at that time.

The Refill Pharmacy operating hours are 9 a.m. to 5 p.m., Monday – Friday. The automated refill call-in number is 283-7177 or (800) 356-5273

**Troy University**

The Troy University registration for term one 2006 continues through July 28. The term runs from Aug. 1 to Oct. 8. Learn more about the 10 undergraduate- and eight graduate-level programs available in traditional or online formats by visiting the local Troy University office in Room 44-A of the Base Education Center, or call 283-4449.

**Air Force Marathon**

The Air Force Marathon is open to runners who would like to self-nominate. Tyndall members may submit a Form 303 to unit commanders or the base Fitness Center for consideration. For more information, call 283-2631.

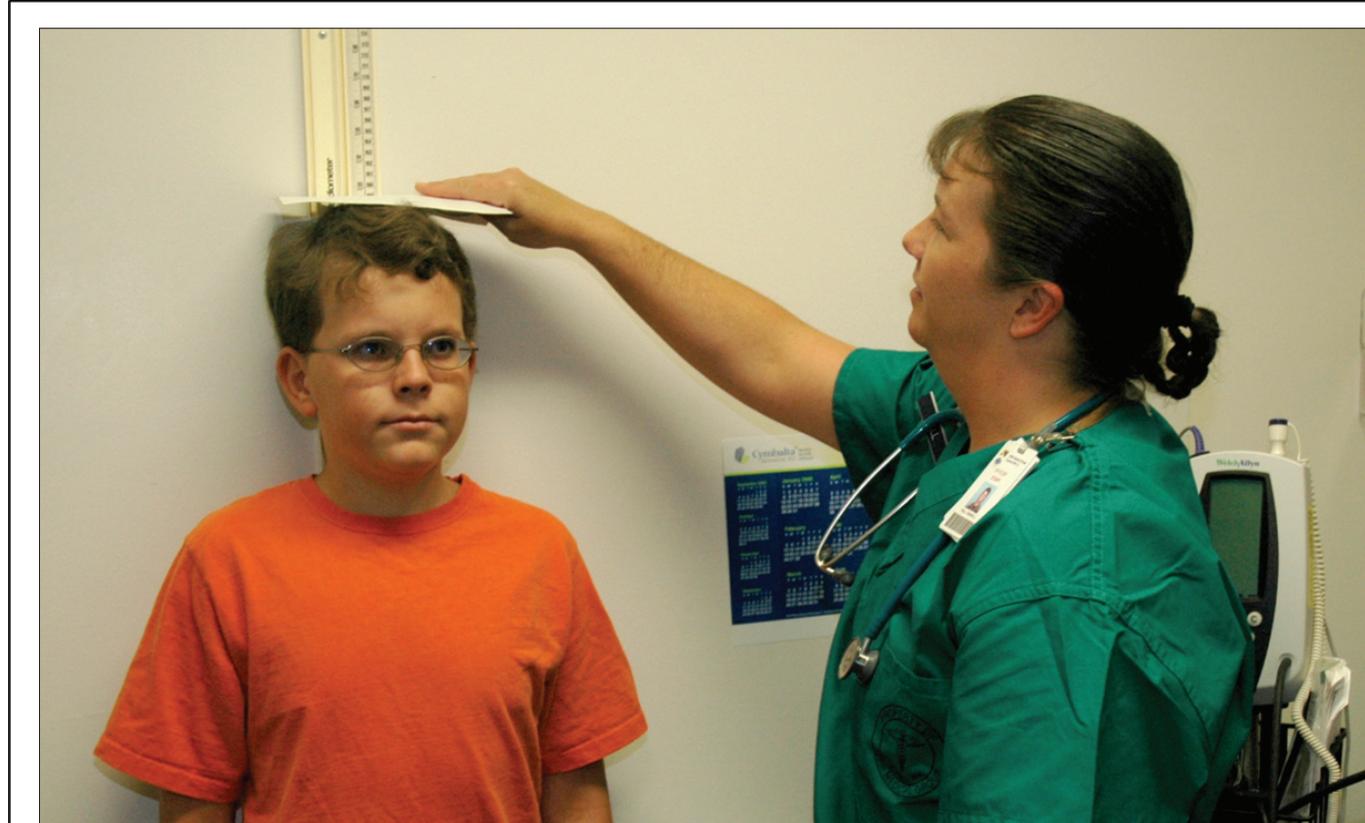
**Limited space at the marina**

There is limited parking at the Beacon Beach Marina due to pavement of the parking area.

The public boat launch is closed; however, the private boat launch will be available for usage for all Tyndall patronage. The Marina Grill is open. The estimated completion date of construction is July 28. For any further questions or concerns, please feel free to call the marina at 283-3059.

**Used Book Sale**

The Eglin Officers Spouses' Club will be conducting a used book sale 10 a.m. to 7 p.m. July 25 at the Eglin Library. Funds raised at the book sale will be used to benefit the Eglin Library and the EOSC Scholarship and Charitable Re-



Chrissy Cuttita

**School physicals offered**

**Michael Fowler, 12, a seventh-grade student at Merritt Brown Middle School, gets his height checked by Maj. Tamara Hall, 325th Medical Group pediatric nurse practitioner and flight commander. School and sport physicals are by appointment only at Tyndall. Call the appointment line 283-2778 to schedule. If a child's medical record does not reside at the Tyndall clinic, the child must bring a copy to the appointment, or reschedule. Families with records in transit due to PCS are exempt from this rule and will receive a review upon the record's arrival. Any child who is new to Bay County schools needs a physical within 30 days of entry into school. Any child who will be playing sports for the Tyndall Youth Center, Bay County Middle or High Schools needs a current physical (past 12 months). In both cases, the provider may be able to sign the forms without a physical exam if the parent can show proof of a wellness visit or physical in the past 12 months, and the child has no change in their health status.**

quest Program. For more information or to donate books, contact Troi Reppart at 651-1386 or [tnt.beach@cox.net](mailto:tnt.beach@cox.net)

**ERAU brief**

Embry-Riddle Aeronautical University Fall 2006 Term begins Aug. 7. Registration is 8 a.m. to 5 p.m. July 31 to Aug. 4 at the Tyndall Education Center in Room 48. For more information, call 283-4557.

**Dining facility limitations**

Due to limited space and increased temporary duty commitments, the facility will be limited to meal-card holders, on-duty security police (weapons carrying), firemen, and temporary duty personnel during lunch meal until Aug. 1. The Eagle Quick Turn (flight kitchen) will be limited to personnel with flight line badges for all meals until Aug. 1.

**Base lawn watering schedule**

The following is the lawn watering schedule for military family housing.

**Base Housing:**

Redfish Point, Shoal Point, Bay View, Wood Manor, and Felix Lake - Odd-numbered buildings may run sprinklers Tuesdays, Thursdays and Saturdays.

The even-numbered buildings may run sprinklers Wednesdays, Fridays and Sundays. The times sprinklers may run from 6:30–8:30 a.m. if they are manual systems and 6:30–8 p.m. if they are automatic systems.

**Other than base-housing:**

Odd-numbered buildings on Mondays, Thursdays and Saturdays.

Even-numbered buildings on Sundays, Tuesdays and Fridays.

Manual systems are allowed from 7–9 a.m. Automatic systems are allowed from 8–10 p.m.

No more than 30 minutes per zone.

**Tyndall Chapel Schedule****Catholic services**

Daily Mass, 11:30 a.m.  
Monday–Friday,  
Chapel Two  
Reconciliation, before Saturday  
Mass or by appointment  
Saturday Mass, 5 p.m.,  
Chapel Two  
Sunday Mass, 9:30 a.m.,  
Chapel Two  
Religious Education, 11 a.m.,  
Bldg. 1476

**Protestant services**

Traditional worship service,  
9:30 a.m., Chapel One  
Contemporary worship  
service, 11 a.m., Chapel Two  
Wednesday Fellowship,  
5 p.m., Chapel Two

**(For more information on other services in the local area, call the Chaplain's office at 283-2925.)**

# Tyndall rounds playoff, championship season



Photos by Senior Airman Sarah McDowell

Frank Muirhead, from the 325th Security Forces Team, rounds second base and is told to run home by the third-base coach. The team played against the Southeast Air Defense Sector during the playoffs.



SEADS takes its turn at bat. The team won 16-6 during the playoff game against 325th SFS. The final championship game is today.



Harold Bostian and Isaac Gibson, from the 325th Communications Squadron Tennis Team, practice on a court here. The tennis doubles championship is today.

## Softball Standings

### American

Won Lost

SEADS	12	0
AMXS	10	2
AMXS 3	8	4
MSS	7	5
SFS	7	5
ACS	5	7
83 FWS	5	7
COMM	4	8
CONS	4	8
WEG	1	10
SVS	1	10
TEST	0	0

### National

Won Lost

MXS	11	0
CES	10	2
OSS	9	2
MDG	8	4
AFCESA	7	5
SEADS 2	5	6
LRD	4	8
RHS	3	8
372 TRS	2	10
ACS 2	0	12

## Golf Standings

Team	Points	Team	Points
COMM 1	57	SFS	32
CES	56.5	SVS	31
372 TRS	54	601 1	28
AFCESA	46	83 FWS	25.5
RHS	44	601 2	25
AF NOR 1	41	TEST	22.5
53 WEG	38	OSS	20
MSS	37.5	ACS	15
MXS 1	35.5	CONS	13.5
MOS 1	35.5	MXS 2	5.5
MDG	32	COMM 2	3

# Deployed Airmen and families 'stay connected'

**STAFF SGT. STACEY HAGA**  
325th Fighter Wing Public Affairs

Air Force Services recently launched a trial program called Stay Connected, which gives a backpack filled with various communication tools to deploying Airmen and their families.

Tyndall's 325th Services Squadron received the backpacks late June and plans to give them out to the deploying Airmen in the next AEF cycle at the Warrior Farewell in September.

"The backpack has a lot of creative ways for the family members to keep in touch," said Randy Shircel, 325th Services Squadron deputy commander. "The program tries to cover every type of communication a family can have during deployments."

The backpack includes two digital recorder ink pens that can record and store a voice message, two journals, two disposable cameras, two picture frames, mouse pad, baseball cap, teddy bear and several other items. It also includes an instructional compact disc that explains which items go to each family member and how to use them.

"I think the pen is really neat," said Staff Sgt. Mike Zarate, 325th Services Squadron NCO in charge of readiness operation, who will be deploying soon. "It's has a 10-second recording and you have their voice there even when you can't call."

The Stay Connected program also offers advice to the deployed Airmen and his family on developing better communication through their acronym CONNECT: converse, open up, notice, nurture, encourage, create new memories and try new things

"I think it's a great program. Anything the Air Force does to better the deployment process for the family and military member is great," said Sergeant Zarate.

Feedback on the backpack will be important in the development of Stay Connected.

"We definitely want feedback on the program to forward to the Air Force Services agency," said Mr. Shircel.

To give feedback on the Stay Connected program, log onto [www.325thservices.com](http://www.325thservices.com), go to the ICE logo, and leave the feedback under the family and youth open recreation section.



Staff Sgt. Stacey Haga

**Staff Sgt. Mike Zarate, 325th Services Squadron, checks out the Stay Connected back pack. The back pack will provide deployed Airmen and their families different ways to keep in touch while apart.**

## Comic to take stage at E'Club

**SENIOR AIRMAN SARAH MCDOWELL**  
325th Fighter Wing Public Affairs

The Enlisted Club will feature a comedian July 21 who is ready to take the stage.

Michael Alcott, also known as "Redbone," will be showcasing his high-energy stage show at 8 p.m. in the Enlisted Club Ballroom.

The comedian has been featured on Black Entertainment Television and Comedy Central, and according to his biography, "Redbone" has been ripping up clubs and colleges all across the country with his quick wit and unpredictable physical comedy."

He hails from Savannah, Ga., where he started his comedic career in 1998 at Comedian Aukentunda's Comedy Bash at age 24 as a bet from a friend, and has been doing shows ever since. He performs a steady schedule of comedy shows around the country.

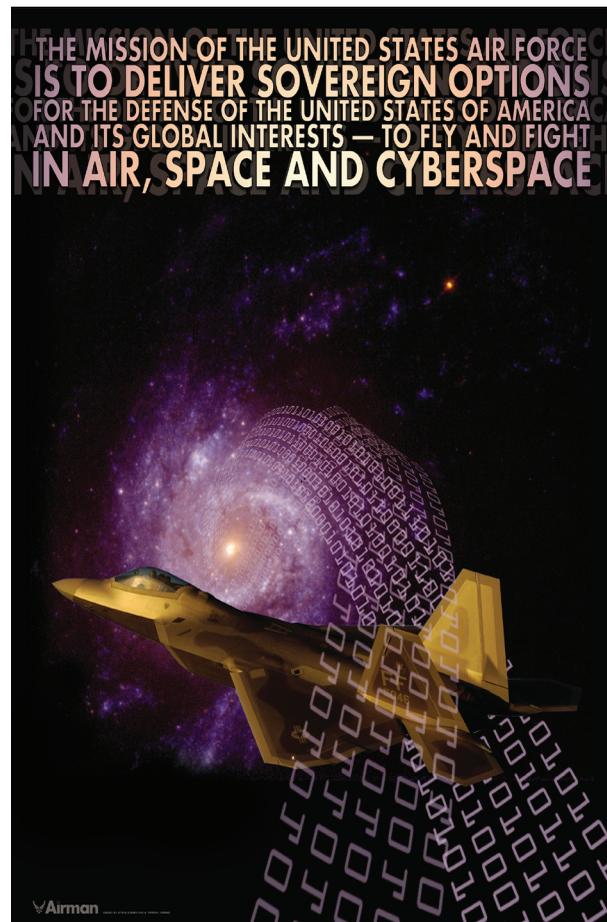
The Tyndall Clubs are getting ready for this big event, and are sure that it will be attracting a large crowd.

"The last event we had at the Club, Tyndall Idol, attracted more than 450 people," said Sylvia

Bowles, 325th Services Squadron Clubs Manager. "I suggest people get their tickets fast for this event."

Tickets are selling at \$15 for Club members, \$18 for non-Club members, and \$20 for those who purchase them at the door.

For more information, call at 283-4357.



**The Gulf Defender is published for people like Senior Airman William Adams, 325th Operations Support Squadron air traffic controller.**



2nd Lt. Lucas Westley

**Senior Airman Ryan Mahoney, 325th Civil Engineer Squadron readiness chemical warfare instructor, prepares a hurricane emergency kit. See below for kit suggestions.**

## ***A hurricane kit is a valuable tool during a severe storm: Ensure you have the proper materials on-hand***

**The following checklist can help:**

- Foods: Nonperishable and canned foods that do not require cooking. Also, special dietary foods as required.
- Drinking water: At least two quarts per person per day contained in plastic containers.
- Important personal property: Identification, cash, valuable papers, insurance policies and photos. Store these items in a waterproof container.
- Battery-operated all-weather radio with extra batteries. A National Oceanic and Atmospheric Administration-capable radio is recommended.
- Personal hygiene items: Soap, deodorant, shampoo, toothbrush, toothpaste, aspirin, antacid, towels and washcloths.
- Utensils: Manual can opener, disposable plates, cups, forks, knives, spoons, napkins.
- Personal aids: Eyeglasses, hearing aids and batteries, prosthetic devices.
- Leisure items: Books, games, cards, toys.
- Infant care items, such as disposable diapers, wipes, formula, baby food.
- Flashlight with extra batteries.
- Fire extinguisher.
- First aid kit: Prescription medications (two-week supply), bandages, gauze, adhesive tape, sterile pads, band aids, triangular bandages, safety scissors, non-prescription medicine, sun screen, insect repellent, rubbing alcohol, hydrogen peroxide.
- Bedding: Sleeping bags, blankets and sheets, pillows, etc. These items should be stored in a waterproof container.
- Clothing: At least one change of clothing including an extra pair of rugged shoes.
- Tools: Screwdrivers (slotted and Phillips), hammer, nails, utility knife, axe, scissors, hand-saw, pliers, rope, plastic tarp, drop cloths, tape.
- Camping accessories: Lantern, portable stove, matches, portable cooler.
- Wood to secure broken windows.

• FROM ILO PAGE 8

Projection Platforms.

Typical skill sets taught during ILO training include enhanced combat weapons proficiency training, land navigation and Global Positioning Satellite training, expanded self-aid and buddy-care called "combat life-saver" training, detecting and responding to improvised explosive devices and a host of other relevant tactics. Theater-specific training might vary.

"What we are trying to do here is train Airmen to do missions and roles they weren't traditionally used to, because they're helping their buddies in another service," said Army Col. John Hadjis, commander of 3rd Brigade, 87th Division Training Support, at Camp Shelby, Miss.

"We developed this training out of what is commonly called 'theater immersion,' which is a philosophy of take the Soldier, take the Sailor, take the Airman, and train him or her to fight in the same conditions and same missions as they would expect to see in-theater," Colonel Hadjis said.

Second Air Force officials said the training initiatives will be fully implemented by Sept. 30. A team from 2nd AF and an element from the U.S. Central Command Air Forces received and prepared 183 Airmen beginning training at Camp Shelby.

"When you get down here, things are a little hectic, but as time moves on, you're getting into the training," said Staff Sgt. Matt Leas, a marketing information manager for the 364th Recruiting Squadron in Sacramento, Calif.

"Some of it is intense -- a lot of time (in small arms training) -- which is good," he said. "It's good to work with the Army to find out what we'll be doing down-range. The instructors are good. They really know their stuff, and that's really what we're looking for down here."

Colonel Hadjis said the training was designed to improve competencies in essential combat skills.

"The training is built on 41 individual tasks and nine collective tasks -- tasks an Airman would do as part of a

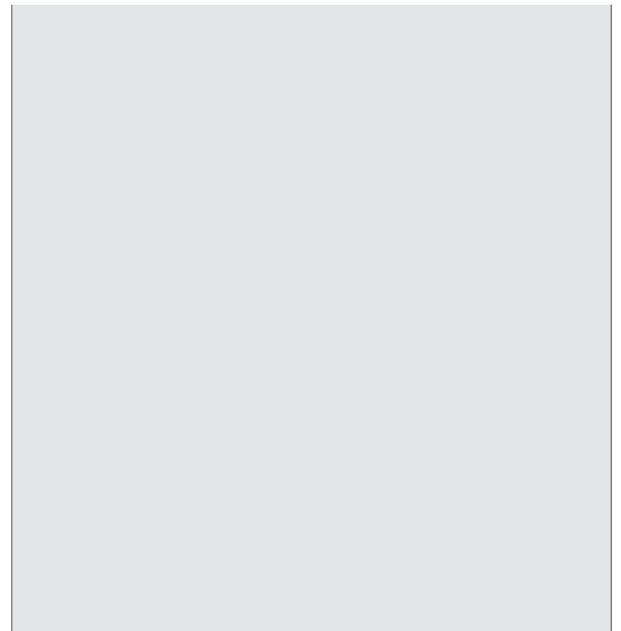
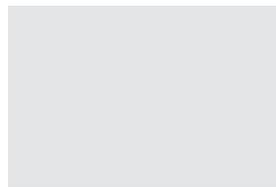
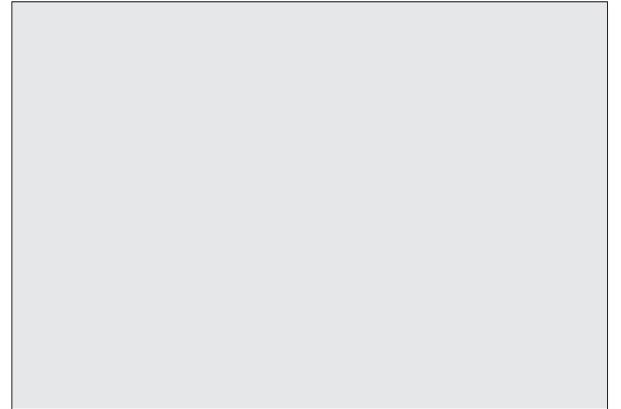
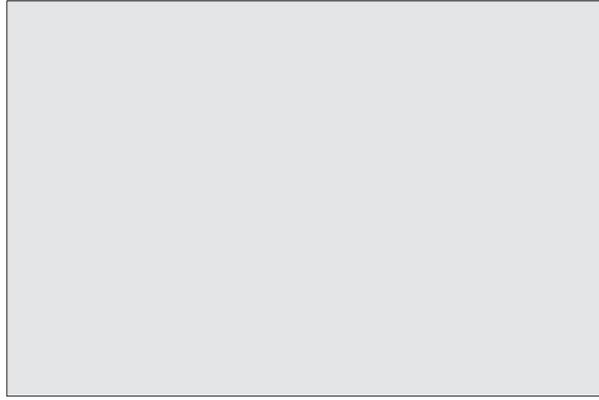
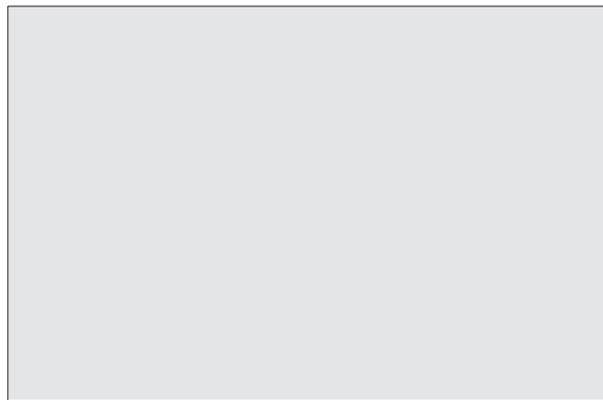
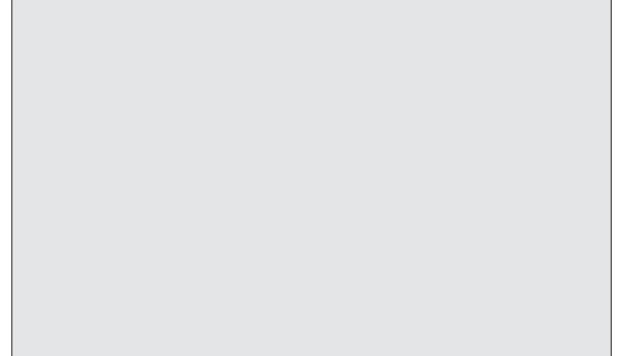
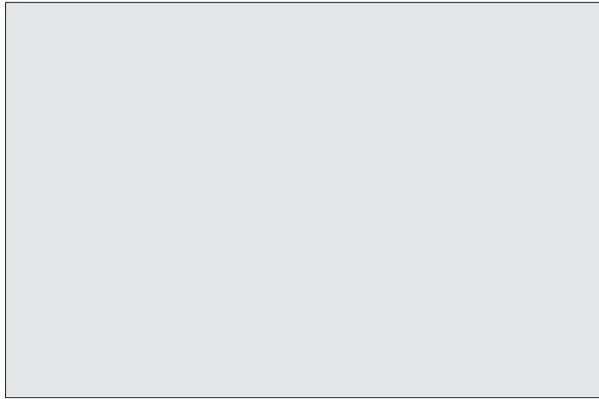
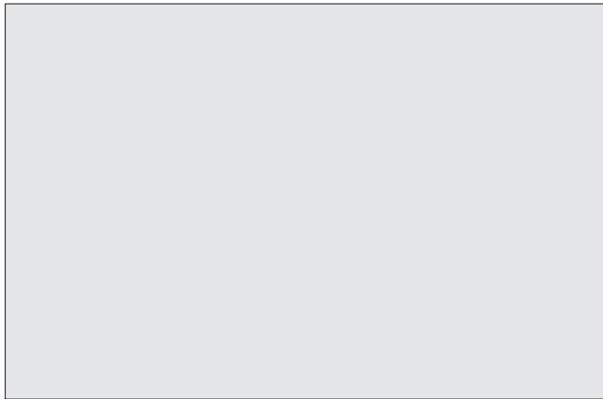
team," the colonel said. "They're centered around competencies and warrior skills like shooting, communicating, taking care of your buddy and surviving, dealing and negotiating in the culture you're going to be in."

Colonel Hadjis said the training exemplifies the concept of taking care of people, as servicemembers face non-traditional combat environments with "no front lines."

"I think it's the best possible example of taking care of folks," he said. "Because we're making them as ready as they possibly can be to succeed at their mission, safeguard their people and come home in good shape."

General Gould said he applauds the adaptability of today's Airmen in overcoming the challenges of ever-changing combat environments.

"Today, more than ever, our Airmen are warriors," the general said. "I am proud to be associated with Air Force people who are so devoted to defending our great nation while being true team players, even when it means stepping outside their normal duties and specialties."





# Funshine NEWS



www.325thservices.com ☆ Lookout for the New Funshine Review coming out in the Gulf Defender in August. ☆ www.325thservices.com

*Beacon Beach  
Marina & Yacht Club*  
**Fresh Oyster Night**  
Last Friday of every month



**Free to members**

**\$3.75 dozen**  
Non-members

For details, call the Marina Club  
at 283-3059.



**Bonita Bay  
Outdoor Recreation**

**Kayak lessons**  
Aug. 13  
10 a.m. to 4 p.m.  
**\$55**

**Sailing lessons**  
Aug. 19 and 20  
9 a.m. to 5 p.m.  
**\$45**

For details, call Outdoor Recreation  
at 283-3199.



**Got Bed?**



For reservations call:  
**283-4211**

**AIR FORCE INNS**




## Attention Team Tyndall: Place a *free* classified ad in the Gulf Defender

Military classified ads are placed in the Gulf Defender on a space available basis. Ads must be for a one-time sale of personal goods and should include a complete description, 30 words or less, of item being sold. Forms must be turned in by 2 p.m. Thursday for publication in the following Friday's Gulf Defender. Completed forms can be dropped off or mailed to the 325th Fighter Wing Public Affairs Office at 445 Suwannee Rd. Ste. 129, Tyndall AFB, FL 32403, or faxed to 283-3225. Ads can also be sent in by e-mail to [checkertailmarket@tyndall.af.mil](mailto:checkertailmarket@tyndall.af.mil).

Rank/Name \_\_\_\_\_  
Unit/Office Symbol \_\_\_\_\_  
Duty Phone \_\_\_\_\_  
Home Phone \_\_\_\_\_

Item description (One ad per form)  
(30 words or less)

## We value your opinion!

Take a couple of minutes to give us your thoughts on how we can make the Gulf Defender better:

Did the front page grab your attention? Yes  No

Do you feel there is a good mix of local, command and Air Force-level news? Yes  No

Do the photos encourage you to read accompanied articles? Yes  No

Is the Gulf Defender easy to read and follow? Yes  No

What did you find most interesting in this week's paper? \_\_\_\_\_

If you could change one thing in the paper, what would it be? \_\_\_\_\_

Comments: \_\_\_\_\_

# Air Force seeks physician assistant candidates

Active-duty enlisted airmen who want to enroll in Physician Assistant Phase I training classes scheduled for January, April and August 2008 must apply no later than Jan. 26, 2007, according to the Air Force Personnel Center, Randolph Air Force Base, Texas. The selection board is scheduled to convene in March.

Send completed applications to:

HQ AFPC/DPAMW, 550 C St. West, Suite 27, Randolph Air Force Base, TX 78150-4729.

Incomplete applications or those received after the deadline won't be considered, according to the Personnel Center.

### Eligible applicants must:

- Be on active duty in the grade of E-3 through E-8 with a minimum of two years and a maximum of 14 years active military service as of Aug. 31, 2008.

- Meet age limitations for appointment as a second lieutenant in the Biomedical Sciences Corps — that is, 41 years old or younger upon completion

of Phase II training.

- Take the Scholastic Aptitude Test within four years of the board date, earning a minimum math score of 450 and a composite score of no less than 950, in the test's old version, or a minimum composite score of 1,425 in the test's newer version.

- Have a minimum general score of 80 points on the Armed Services Vocational Aptitude Battery or Air Force Classification Test.

- Possess 60 semester hours of transferable college credits and a grade-point average of 2.5 or better — 29 hours must be in-classroom courses at an accredited college or university and a combined minimum 3.0 GPA is required in the math and science courses.

To learn more, check with the local military personnel flight, education office or the Personnel Center's Web site.

*(Courtesy of Air Force Personnel Center.)*



Chrissy Cuttita

**First Lt. William Schultz, 325th Medical Operations Squadron physician assistant, checks the heartbeat of Airman 1st Class Christopher Morgan, 372nd Training Squadron/Detachment 2 Mission Ready Airman.**

