

# GULF DEFENDER



## In Brief



### Base lawn watering

With the hot weather approaching and limited rain fall, the base populace is reminded to conserve water. See Page 12 for watering schedule.

### SNCO induction

There will be a formal senior noncommissioned officer induction ceremony July 20 beginning with a social hour at 6 p.m. at the Enlisted Club.

The event, themed "Leadership is a Journey – Explore the Possibilities," will feature the eighth Chief Master Sergeant of the Air Force, Sam Parish, as the guest speaker. Senior NCO selectees interested in attending the event should contact their first sergeants to sign up.

## Inside

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Triathlete goes the distance, inspires others ...  
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Lisa Norman

### Gentle-riders

Motorcycle riders get together to go on a group ride. The base has a riding group called the "Green Knights" that meets to talk about motorcycles as well as safety procedures and precautions. For more information on the group, see Pages 10-11.

## Maintenance passes inspection with flying colors

**MASTER SGT. MARY McHALE**  
325th Fighter Wing Public Affairs

Air Education and Training Command maintenance inspectors gave high marks to the 325th Maintenance Group during AETC's Maintenance Evaluation Standardization Program team's visit June 5-9.

The 38-person team "left no stone unturned" according to Lt. Col. Craig Hall, 325th MXG deputy commander. "They looked at each and every facet – from group level to flight level."

"It's a technical compliance inspection and this one was one of the best I've experienced," said the colonel. "We're extremely pleased we received such a very good pass rate. It's a testament to the high standards we set and meet every

**"When they stop and say, 'Wow,' it's something far and above superior to anything they've seen before."**

**LT. COL. CRAIG HALL**  
325th MXG deputy commander

day and the superb teamwork amongst our blue suiters and Air Force contractors such as Defense Support Services and Trail Boss."

To evaluate hands-on maintenance, the inspectors conducted what's termed "personnel evaluations," literal over-the-shoulder observances during a maintenance procedure. The deputy commander said of 126 PEs performed, 116 passed 92 percent rate. "I think we achieved this success because we have such a high standard of technical compliance on a day-to-day basis, not just during inspections,"

Colonel Hall said.

But what the percentages don't portray is the sheer number of items the inspectors evaluated, 1,265 to be exact. Just in the technical order library alone, there are more than 6,000 volumes and of the representative sample the inspectors took, there was only one discrepancy out of 121 evaluations. The overall pass rate for the 1,265 evaluations was an equally superb 92 percent.

And just as these high numbers reflect superior performance, the colonel pointed out some low ones that reflected superiority as well - zero to be exact.

"During the whole inspection, there were zero safety violations, zero discrepancies out of 74 inspections in supply and zero technical data violations; it's unprecedented," Colonel Hall said.

Additionally, the team also bestowed 11 honorable mentions.

"When they stop and say, 'Wow,' it's something far and above superior to anything they've seen before."

"The 325th Maintenance Group is one of the most respected in the United States Air Force," said Col. Tod Walters, 325th Fighter Wing commander. "They validated their regulation with their performance during their evaluation. When we go to war, we want the 325th Maintenance Group out front!"



2nd Lt. Matthew Perry

### Techno expo

Chris Rowe, 325th Operations Group, looks at the Lockheed Martin display at the Technology Expo held here Friday. The event was held to demonstrate to employees technology that might improve their work-centers.

### Identify this ...



Can you identify this object? If so, send an e-mail to *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. Congratulations to Madonna Fell from the 325th Fighter Wing Judge Advocate office for correctly guessing the June 16 edition as an American flag.

## ON THE STREET

Focuses on Air Forces Northern

### What is your favorite vacation spot?



"I like Hadrian's Wall in northern England. I've hiked it."

**MAJ. TARA MUEHE**  
67th Information Operation Group/Det. 6 commander



"I like Key West. The turquoise water, temperature and beaches are beautiful."

**WARRANT OFFICER RICHARD NADEAU**  
Canadian Tyndall Unit warrant officer



"I prefer Orlando. I have three children, and we love the theme parks."

**1ST LT. SCOTT WILLIAMS**  
Chief of C3 requirements



"Franklin D. Roosevelt State Park in Warm Springs, Ga. is my favorite. It's a really relaxing place."

**SENIOR MASTER SGT. CHRISTOPHER SAYLOR**  
A3 Operations Superintendent

### Gulf Defender Editorial Staff

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- Maj. Susan A. Romano.....chief, 325th FW public affairs
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- Senior Airman Sarah McDowell.....editor
- Staff Sgt. Stacey Haga.....staff writer

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

# Do you value your service?

## Commander reflects on friend's love of service through toughest of times

**LT. COL. MIKE STAPLETON**  
43rd Fighter Squadron Commander

America values your service. Make no mistake – the average citizen views the Airmen, Soldiers, Sailors and Marines as a symbol of the pride and strength of our great nation.

You see it every day in airports, in the grocery store, or at the bank. When you wear your uniform in “Downtown, USA,” people come up to you and thank you. It is becoming rare to see a car without a “We Support Our Troops” yellow ribbon on the tailgate. Everywhere you go, you can find some symbol of their thanks and respect, including the ever popular “military discount.” The question I often ask myself is this: Do I value my service too?

It's easy to answer “yes” during the proud moments we share, like standing in formation during the singing of the “Star Spangled Banner.” We value our service when we do well, like winning aircraft maintenance unit of the quarter, or getting an “Excellent” in an inspection. We especially value our service when we achieve the mission objective, whether it is an offensive strike, high value asset protection, or providing command and control for airborne forces. Often times the question can be a hard one, because service and sacrifice go hand-in-hand.

However, it's sometimes tough to value your service during chemical-warfare training, during a long staff meeting, or when fulfilling some detail

that does not seem to contribute to the mission. During these trying events, I usually catch myself looking at my watch and thinking ‘I could be doing something better right now.’ That's when I remind myself that my service is not a given – and I think of a man named Glen.

I've known Glen for a long time.

We went to school together from day one of kindergarten until high school graduation. Glen has a lot of talents. He was a state champion runner, a tremendous musician, an ‘almost straight

A' student, and a fun guy to hang out with. He was, and still is, a true friend. When the time came for us to choose careers, we both chose lives of service. I obviously chose the Air Force, and he chose the Army.

I took every chance to stir the flames of inter-service rivalry with my friend, but despite all the grunt jokes I could muster, it was clear that Glen loved the Army. He rose quickly through the ranks and became a Black Hawk company commander. I remember how much he loved flying and I especially remember how much he loved his troops. Glen found his place in life, and above all loved serving.

One day, while flying on a training mission out of Ft. Sam Houston, Texas

Glen noticed his fingers and toes felt “funny.” Within one month, he was diagnosed with Multiple Sclerosis and was medically retired from the Army. Within six months he went from an incredibly fit and motivated company commander who could run one-and-a-half miles in eight minutes to a wheelchair-bound veteran who couldn't use

heart is in everything, even in the littlest things he does for our veterans.

I get to see Glen often and I am thankful for that. He is a symbol of perseverance, attitude and service to me. I am also thankful for his parking privileges. He reminds me that “The general may have a good parking spot at the base exchange, but I have a good

one everywhere.” Glen definitely makes the best of every situation.

Two weeks ago we got together for dinner. It's clear to me that Glen still misses the Army. He misses active

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**LT. COL. MIKE STAPLETON**  
43rd Fighter Squadron commander

his legs to drive. It was hard to watch my friend go through such a change in his life, and to watch it go so quickly. Through it all, Glen kept his motivation, his love of his troops, and his love of country.

Glen entered the ranks of an organization called the Paralyzed Veterans Association and quickly moved up to take a regional leadership position in the Texas chapter. He fought hard for those who served and were wheelchair bound. The ranks of the PVA have grown in the last few years. Glen's job is not easy and it pays nothing, but he loves serving. He also competes athletically and can still beat me in the one-and-a-half mile run. He claims it's the wheels but I know it's his heart. His

duty, he misses wearing the uniform, and he misses the troops. I know he would give anything to get one more day in the active ranks. During our dinner, as the conversation turned towards “shop talk,” I had to avoid any discussion about the burden of additional duties. Sitting with Glen made three hours of gate guard duty seem to be an honor instead of a sacrifice.

I love to serve and I know many others do, too. It's an honor and a gift. I am not fond of sacrifice, and especially hate the ‘mickey-mouse’ details. But, I know it all comes in one package, and I am reminded the gift of our service can be taken away in a heartbeat. When I forget that lesson, I think of Glen and I am thankful for my chance to serve.

### 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.

<b>Commissary</b>	<b>283-4825</b>
<b>Pass and I.D.</b>	<b>283-4191</b>
<b>Medical and Dental</b>	<b>283-7515</b>
<b>MEO</b>	<b>283-2739</b>

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

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

# Don't let fire hazards dampen summer fun

**MICHAEL NEWBURY**  
Tyndall Fire and Emergency Services

It is summer and things are heating up. The season may provide weather for lots of fun in the sun and refreshing days at the beach, but the heat without much rain also increases the fire danger level during outdoor activities. Just the flick of a cigarette out of the car window could ignite danger for hundreds of people. Safety should always be in mind, even when having fun.

Here are a few tips to keep smiling in the sun:

## **Barbecuing**

- Always maintain at least 10 feet between your grill and any structure. Keep children and pets away from grills in use and make sure the grill is supervised by an adult at all times.

- Ensure gas grills do not have leaks, always check hoses for

tightness. Leaks in hoses are easily detected by applying soapy water. Dangerous carbon monoxide fumes are present both while grills are lit, and as they are cooling.

- Do not place grills inside garages or under carports until they are cool.

## **Camping**

- Campfires are extremely dangerous this time of year. The smallest ember can ignite a blaze that burns for days endangering hundreds of lives. Except in approved and designated locations, open fires and camp fires are prohibited on Tyndall AFB, for more information, see Tyndall Instruction 32-2001.

- Be sure to check with the Tyndall Natural Resources Office, Fire Department or the Florida Department of Forestry prior to planning a camping trip.

- Always use a flame retardant tent, and set it up upwind from

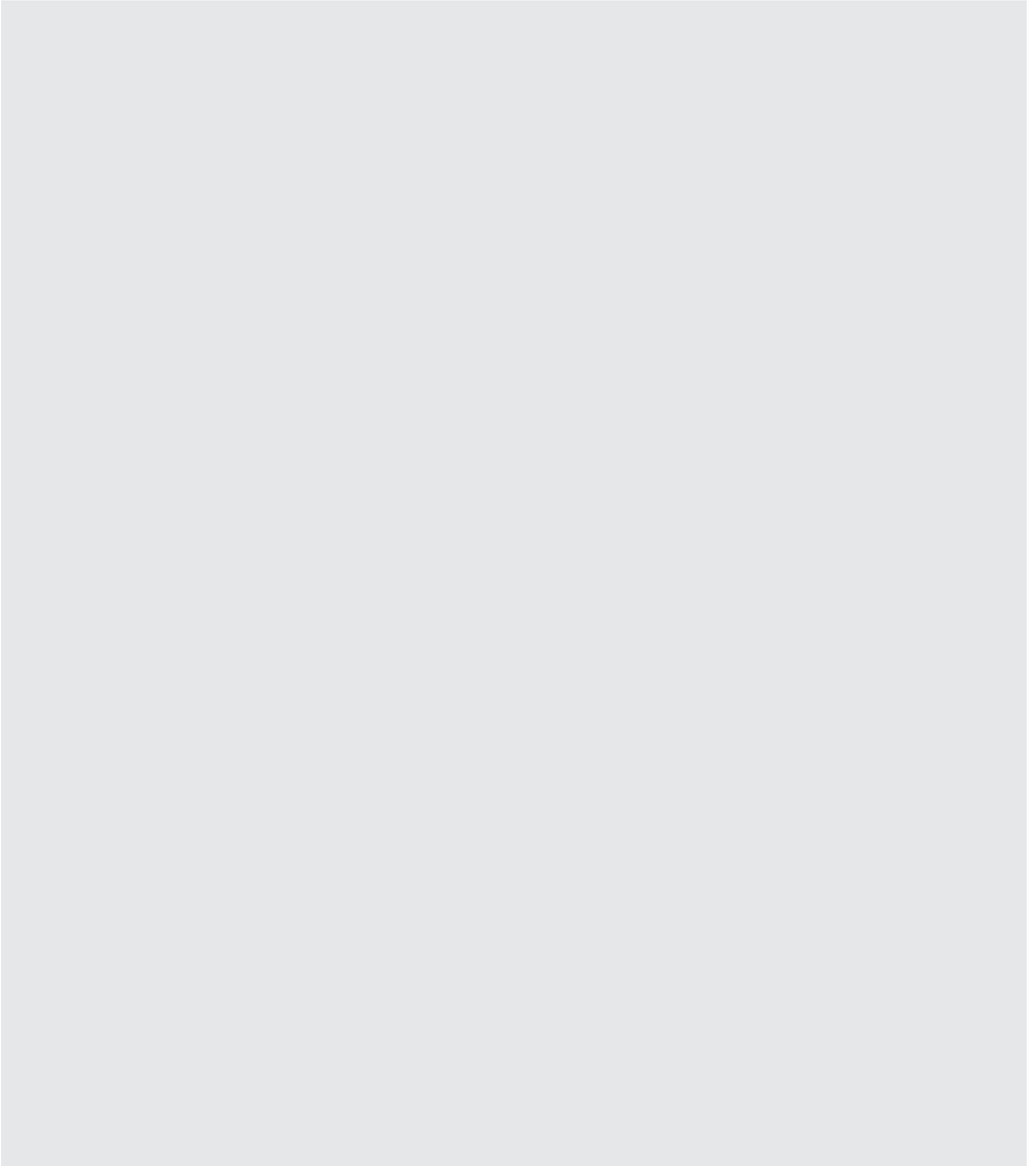
the campfire location. When setting up a campfire, be sure to clear the area of all vegetation and surround the area with rocks.

- Do not build the fire near low hanging branches or vegetation. Extinguish your fire using water or by covering it with dirt. Make sure that your campfire is extinguished prior to leaving the campsite or going to sleep.

## **Fireworks**

- Are also popular during summertime holidays. The use and storage of fireworks are strictly prohibited on base unless approved in writing by the 325th Mission Support Group commander.

- Fireworks are extremely dangerous; they can burn up to 1,200 degrees and cause burns, lacerations, amputations and blindness.



# Fighter aircraft arrive here for Combat Archer

**CHRISSEY CUTITTA**  
325th Fighter Wing Public Affairs

Twenty-eight fighter aircraft are helping to fill the skies over Tyndall AFB until July 1, when their temporary duty here ends.

F-15 Eagles from Mountain Home AFB, Idaho, arrived with F-16 Falcons from Luke, Ariz., and Shaw AFB, S.C., June 17 to participate in Combat Archer. Approximately 300 Airmen deployed with their aircraft and set up operations in the 83rd Fighter Weapons Squadron, an Air Combat Command tenant unit located at Tyndall.

“Combat Archer is the only cradle-to-grave fighter weapon system evaluation, from human to machine to weapon,” said Lt. Col. Raymond O’Mara, 83rd FWS commander. “We evaluate operational aircrew, flying operational aircraft, using weapons that come directly out of our wartime weapons stockpiles. This enables us to evaluate the effectiveness of our front-line air-to-air combat capability, which we report annually to the commander of ACC and the chief of staff of the Air Force.”

Approximately every two weeks, a variety of units, from the Department of Defense and international, station themselves at the squadron to test the weapons systems on their aircraft.

“No other place in the Air Force provides this training and support,” said Master Sgt. Mike Husava, 83rd FWS li-

aision flight chief of a logistical team that provides all pre- and post-deployment planning.

Combat Archer provides Airmen an air-to-air operations experience here before going into real-world combat overseas. Each pilot has the opportunity to shoot live-fire missiles at sub-scale and full-scale drones.

In addition, pilots also participate in Combat Banner missions. A banner is tied with a 200-foot cable to a Learjet allowing pilots to improve their shooting accuracy while testing the aircraft’s gun systems. After completion of the mission the banner is evaluated by a team of 83rd FWS analysts upon recovery of the aircraft.

Maintainers here also monitor all weapons loading so all safety procedures and practices are followed.

“Visiting units benefit from the 83rd FWS maintenance personnel since they do not get the daily experience of loading and unloading weapons at their home stations,” said Sergeant Husava.

Members of the squadron actually come from all career fields to provide the unique training experience to the U.S. military and its allies.

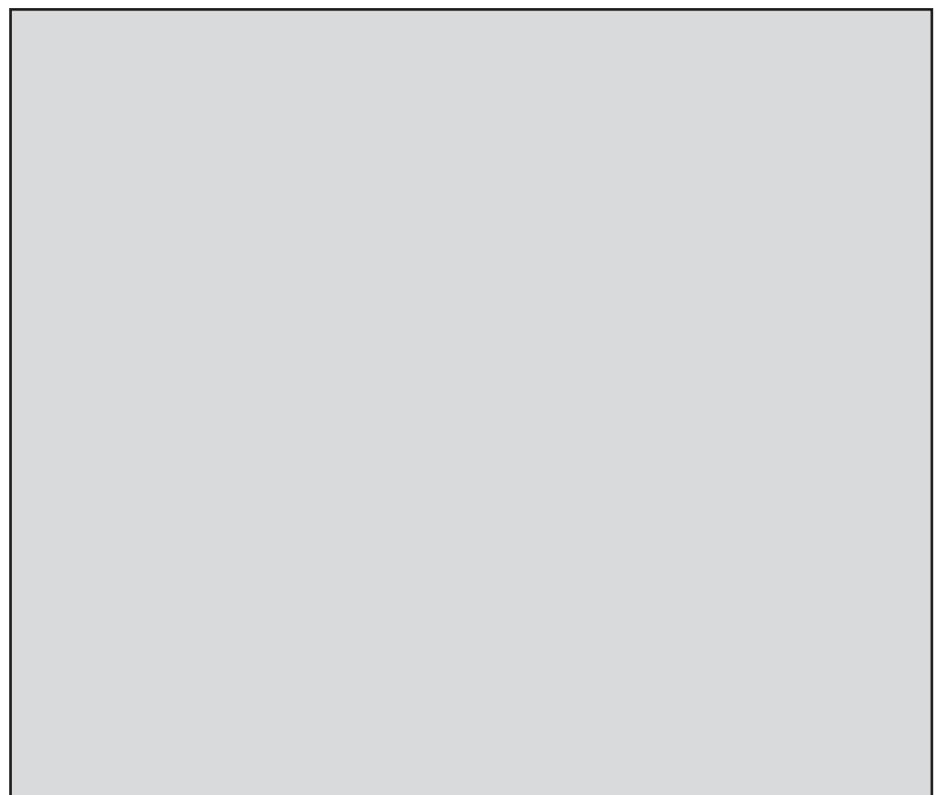
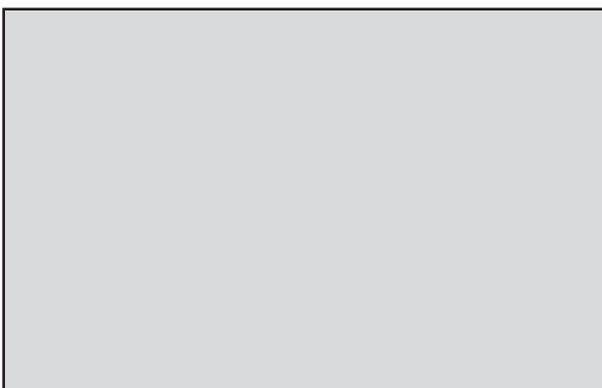
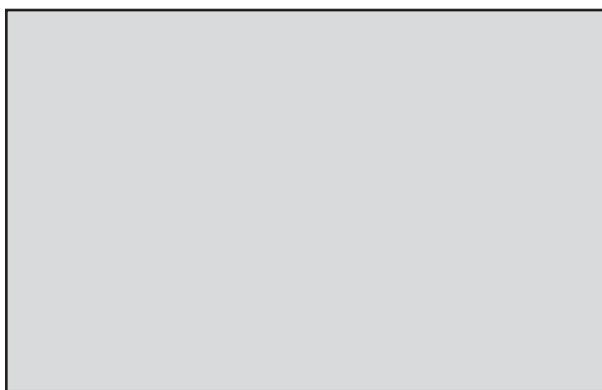
Their motto, “Preparing for war by testing in peace” fits their unique mission.

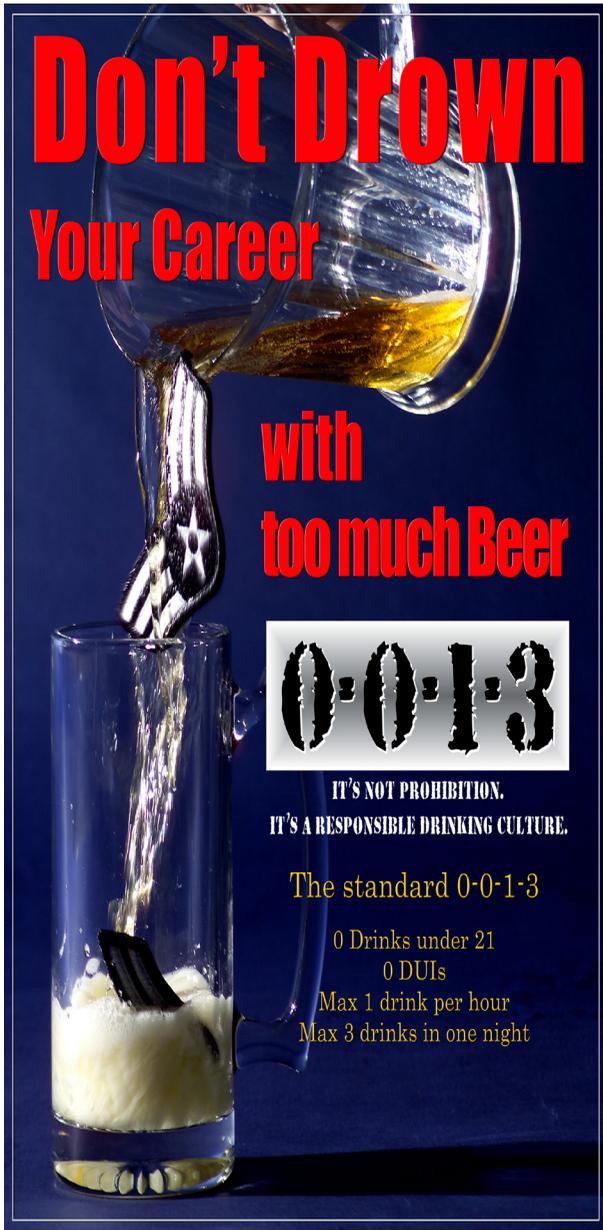
“We are the Department of Defense’s largest fighter weapon system sustainment evaluation program,” said Colonel O’Mara.



Chrissy Cutitta

**Staff Sgt. Keith White, left, 390th Aircraft Maintenance Unit weapons load crew chief, changes the argon of an AIM-9 missile. He is on temporary duty from Mountain Home AFB, Idaho, to participate in Combat Archer, a weapons evaluation exercise hosted by the 83rd Fighter Weapons Squadron located at Tyndall.**





**Don't Drown  
Your Career**

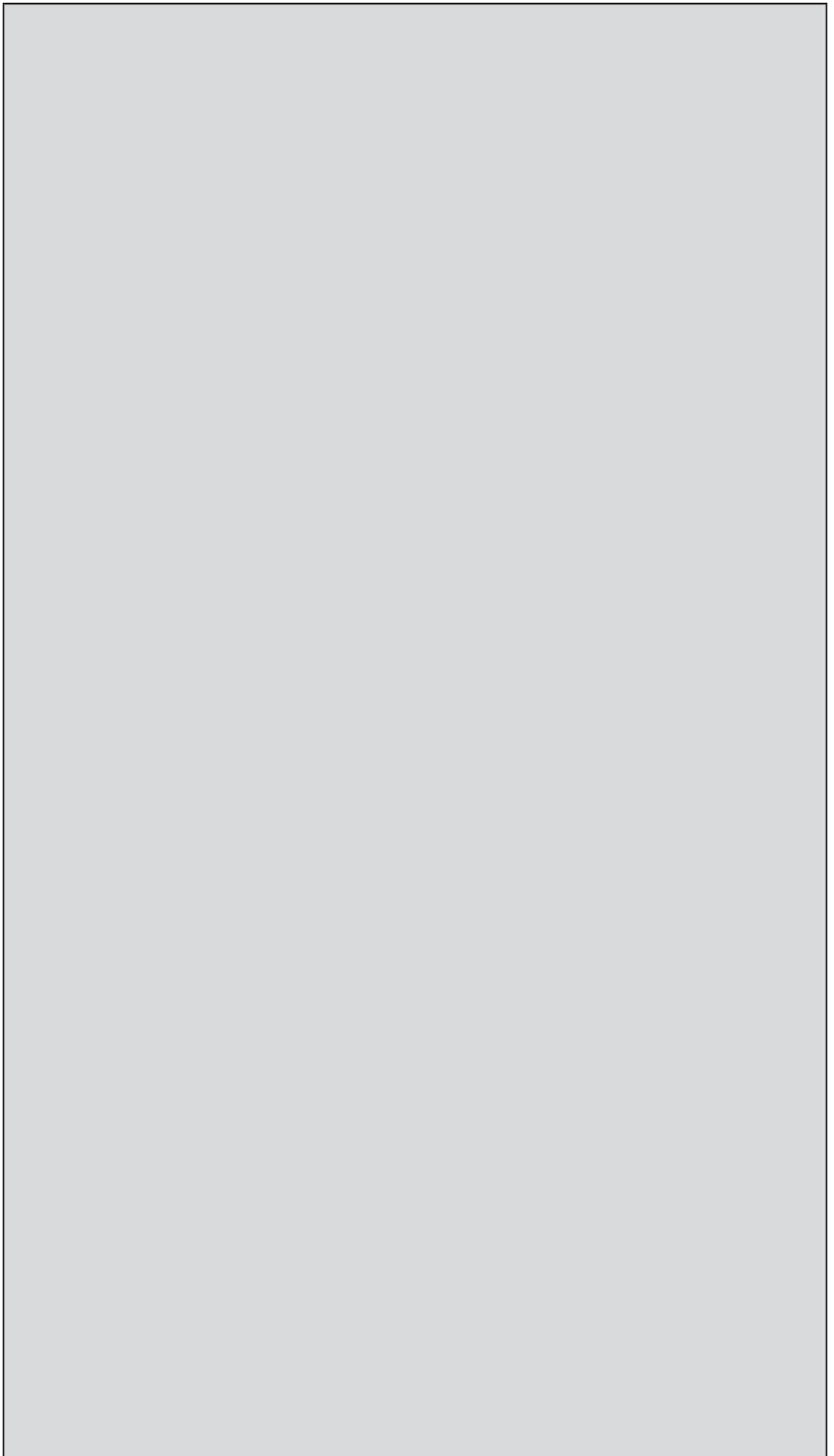
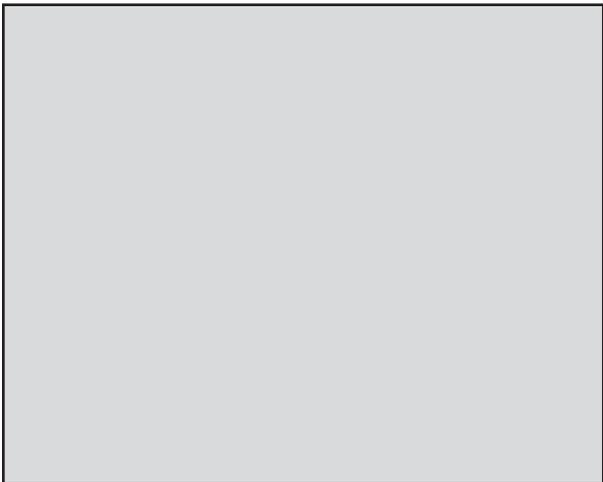
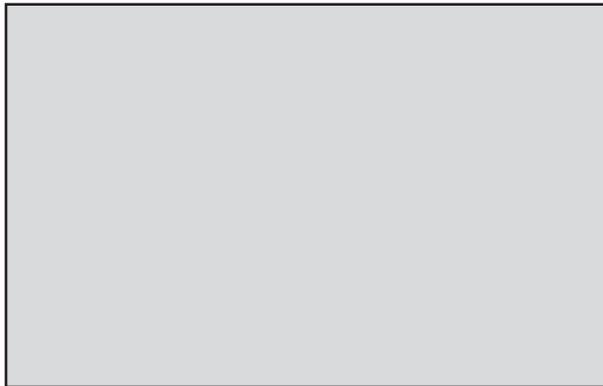
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# Force shaping necessary for AF budgetary management

**MASTER SGT. MITCH GETTL**

Air Force Print News

As Air Force officials continue to implement 2006 force shaping initiatives, they prepare for the majority of personnel reductions set for fiscal 2007.

They plan to reduce the service's current size by 40,000 full time equivalent positions by 2011. This amounts to roughly 35,000 active duty positions.

"This plan is fairly front-loaded," said Lt. Gen. Roger Brady, Air Force deputy chief of staff for manpower and personnel. "To take care of some investment accounts we have, and to meet some obligations that were requested of us by the DoD, about 20,000 (positions) must come out by the end of fiscal 2007."

The Air Force, as well as the other Services, receives appropriated funds based on the budgets submitted by the president and approved by Congress each year. It is fairly predictable within a certain range how much money the Air Force will receive, the general said.

Air Force officials designate funds into three main categories: operation accounts that enable bases to function and complete their missions; investment accounts that buy and replace equipment; and people accounts for paying, training and taking care of Airmen.

"As it turns out, people are the most important asset we have. They also are the most expensive asset we have," General Brady said. "So we must keep those accounts in relative balance."

Force shaping is both the size and shape of the force, and Air Force officials prioritize shaping initiatives in order to complete mission requirements.

"The priority obviously is the Air Expeditionary Force -- our first priority is to make sure we have the right number of people in the right skill sets to execute the mission," he said. "Second, you need certain numbers of people at various points in their career."

Air Force officials continuously study the force structure and retention tendencies. By doing this, they can predict to some degree what skills will be needed in recruitment, how many people are recruited in each skill set, and the likelihood of those individuals staying for a longer or shorter career.

"We have for many years brought in roughly

35,000 enlisted people every year," General Brady said. "If things work out right, about 35,000 people leave the Air Force every year. You must maintain, for budgetary purposes, a certain force to do the job and to stay within the budget and the authorization that the Congress gives us."

Staying within the budget authorization means the three main spending accounts must be balanced out. Recapitalization is a priority for Air Force expenditures. The general said the current aircraft average age is 23. In contrast, at the end of the Vietnam War the average age was eight.

"Now, our force, our equipment, our aircraft and our satellites are much, much more capable than they were at the end of Vietnam, but they are getting old," he said. "Air Force senior leaders recognize that we must make sure that we are not only the world's most respected air and space force today, but for tomorrow as well. To do that, we must recapitalize the aging fleet of aircraft."

In increasing recapitalization efforts, Air Force officials are looking not only at the requirements needed for today, but also at the future requirements needed from an international security environment standpoint.

"I think the senior leaders of the Air Force have a very keen understanding that this war that we are in is not the last war and it is not like the next one will be," General Brady said. "I think there is a very good realization there inevitably will be national security challenges beyond what is happening in the Central Command area of responsibility that we need to be prepared for when they present themselves."

Couple the recapitalization efforts with the current and future high operations tempo due to the war on terror, and the result is operation and investment costs increase.

"If we get too far out of balance, we cannot operate as effectively," he said. "We cannot recapitalize, we cannot replace the old equipment we have. And, the Airmen who remain with us do not get the training they need or the equipment they need, and we have hard time sustaining operations. Let me also mention,

that if we have the right number of people, we are much more likely to be able to sustain the benefits package we have been able to secure with the very generous assistance of the Congress."

The Air Force's expeditionary nature will impact the personnel authorization reduction decisions. The Air Force analyzes and prioritizes each career field from a perspective of what it takes for each specialty to support the AEF.

"I think we have a plan whereby we can do this, but it is going to take the very best minds of the

Air Force to make this work," he said. "I have great confidence. We have incredibly innovative Airmen who, if you turn them loose, can solve problems."

He added that the

Air Force's operations tempo is unlikely to change, and performing the mission with fewer people means things must be done differently.

"It sounds like a cliché, but we really do need to work smarter and not work harder," he said. "I think there are a lot of things we find, when you have a large organization like the Air Force, that are inefficiencies we can cut out. We are going to have to be more efficient than we have been forced to in the past.

Not lost in these force-shaping decisions is the Air Force senior leader's empathy toward the affected Airmen. The general said he has been through this process three times during his 36-year career and that many career Airmen have children in the Air Force facing this current process.

"This is very personal to us and to the young men and women, officers and enlisted, who are going through this process," General Brady said. "It would be flippant of me to say I know how you feel, because, I can't know that. But, I understand the process. I understand the gravity and importance of what we are doing. That is why we take this very seriously and why we want to the very best of our ability to do it right to treat in the most fair and honorable way the young men and women who have given such incredible service to us."

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**"If we get too far out of balance, we cannot operate as effectively."**

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**LT. GEN. ROGER BRADY**

Air Force deputy chief of staff for manpower and personnel

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# Class enhances NCO, senior NCO skills

**CHRISSEY CUTTITA**  
325th Fighter Wing Public Affairs

Starting in July, Tyndall's sergeants will have monthly opportunities to refresh their skills for three days at either the NCO or senior NCO enhancement seminar.

These courses offer an Air Force standardized curriculum with wing-specific administrative training.

"Course topics focus on communication, leadership, supervisory skills, counseling, enlisted performance reports, decorations, promotions and the enlisted feedback system," said 325th Fighter Wing Command Chief Craig Deatherage. "The reason behind offering the course is that we found people had gaps up to 12 years since their last professional military education and that's far too long to allow someone to go without a refresher."

If someone of staff-sergeant rank hasn't had PME for three years, they are eligible for the NCO enhancement seminar. This time usually falls in between Airman Leadership School and the NCO Academy.

Attendance at the SNCO enhancement seminar is mandatory for all newly selected master sergeants.

"The seminar is not so much for the benefit of the person; it is for the Airmen they supervise," said Chief Deatherage.

Classes are taught by volunteer instructors who are SNCOs with experience or subject-matter experts with a background in the topic.

"I have a better understanding of how enlisted-performance-report bullets effect promotion and how the SNCO promotion board works," said Senior Master Sgt. Daryl Shannon, 325th Communications Squadron unit education and training manager. "It helped me identify strong and weak bullets when I sat on quarterly award boards and senior airman below-the-zone boards."

Seeing the promotion process is something most students enjoy, said Senior Master Sgt. Al Lewis, Tyndall Career Assistance Advisor and facilitator for the seminars. NCOs get information on what they need to advance in their career while SNCOs get the opportunity to experience a hands-on mock board that includes grading packages.

One instructor who has been volunteering for three years, said teaching is not only a privilege, but a responsibility to pass on experience and knowledge to

the future leaders of our Air Force.

"Besides the fact that I enjoy mentoring our NCO corps, I brief the SNCO promotion process because I am one of the few chiefs on this base who have actually sat on a central selection board which helped select the Air Force's newest senior master sergeants," said Chief Master Sgt. Mark Charles, 325th Communications Squadron superintendent who is known to teach the SNCO promotion process and fill in for subjects on recognition programs, effective writing and mentoring. "It is vital that each NCO fully understand the promotion process if they expect to attain the Air Force's top two enlisted grades."

Informal guided discussions and case studies also provide an interactive learning environment which not only educates the sergeants, but also brings them together as leaders and peers.

"I would definitely recommend this course. It allows you to network with other members of the Fighter Wing," said Sergeant Shannon. "It also gives you good information about all the benefits afforded to Air Force members during active duty as well as after retirement or separation."

## Training Spotlight



### Why did you choose the intelligence career field?

"It seemed like a fun job. It's nice to see what is going on and be able to teach someone else about it and make his or her job safer."

**AIRMAN 1ST CLASS**

**JEREMIAH HOWE**

Intelligence analyst  
Assigned to 67th Fighter Squadron, Kadana AB, Japan



Staff Sgt. Stacey Haga

### Student body training

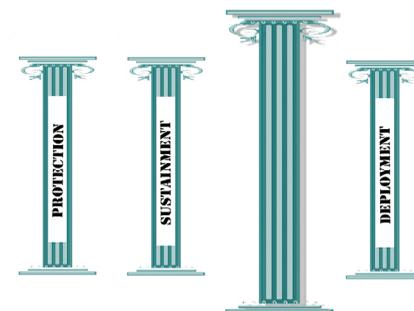
A group of NCO Academy students participate in early morning circuit training as part of their mandatory physical training requirements. The academy also includes stretching, aerobics and kick-boxing in its PT program.



### Questions about retraining?

Call the 325th Fighter Wing Career Assistance Advisor, Master Sgt. Albert Lewis at 283-2222.

## FORCE TRAINING



# Green Knights ride open road for

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

The knights slip on their armor, their gloves are tight, and their helmet is secure. They discuss the mission that lies ahead and decide on the safest course of action.

Their squires, follow suit and ready themselves for the journey that lies ahead.

A sense of excitement and camaraderie fills the air as the time to depart approaches.

Saddled up and ready to go, the noble group heads out.

These knights are not in shining armor, nor do they ride a valiant steed. They are Airmen, and their horses' power comes from the motorcycle they sit upon. They are Tyndall's motorcycle club, The Green Knights Chapter 21.

The Green Knights is a national club founded in 2000 by a retired Airman. The club was started as a way for bike riders at McGuire AFB, N.J., to get together, discuss issues, help each other, and ride together. The club quickly gained national status as other Department of Defense units developed Green Knight chapters in effort to meet guidelines set forth by their respective branches to decrease motorcycle safety issues.

"The club is founded on the principles and values of charity, honor, truth, respect, support, loyalty and commitment," said Master Sgt. Carianne Melnick, 325th Aircraft Maintenance Squadron first sergeant, vice president and founder of the chapter.

The surrounding area of Tyndall is a great place for motorcycling, but there are many inexperienced riders here. The Green Knights aim to teach their riders to be prepared to ride, not just equipment wise, but mentally and physically, said Sergeant Melnick.

"The club teaches you to be more aware of your surroundings when you are on your bike and even in your car," she said.

"This is the first motorcycle club I have been a part of. I like the positive aspect that it gives the motorcyclists by focusing on safety," said Tech.

Sgt. Timothy Hester, 325th Communications Squadron NCO in-charge of voice networking.

The Green Knights provides a great way for bases to increase motorcycle safety among their installation and surrounding area. The chapter also acts as a voice for the motorcycling community on its installation. The club promotes safe motoring by mentoring newer riders, producing a newsletter with tips and lessons learned, and holding meetings.

The club is more than just a vehicle for more safety briefs to motorcyclists; it's also a way to make friends and gain experience as a biker, said Sergeant Melnick.

"We have a common interest professionally already; this is just one more thing that we have in common. The camaraderie is something we all enjoy," she said.

Tyndall's chapter earned national status March 27 and currently has more than 40 members that share a love of biking. The chapter holds its meeting the second Wednesday of every month at 3:30 p.m. at the community center. They discuss proper PPE, weather precautions, mechanical issues, safety concerns, and safe riding practices among many other topics. They also set up their next ride.

Their rides take place the third Wednesday of every month. They also occasionally have a breakfast ride, where they meet on the weekend, have breakfast, and hit the road for a trip. In the future, the Green Knights are also considering giving back to the community in charitable projects such as Toys for Tots.

"The biggest thing people get (from being a member) is experience. We can help new riders by

pairing them with a mentor who has had many years of experience riding," said Sergeant Melnick.

The chapter is open to anyone who meets the following criteria: have a motorcycle and have access to Tyndall. The DOD cardholders are dubbed knights when they join, while their dependents are called squires. There is no discrimination against the bike the members chooses to ride. Hogs, sport bikes, mopeds, and the like are all welcome in the chapter.

"Our saying is 'all ranks, all bikes, all the time,'" said Sergeant Melnick.

To join the Green Knights, contact Sergeant Melnick at 283-4869 or Staff Sgt. Michael Simons at 283-2505.



The Green Knights line up for a safety ride on Tyndall. They are increasing the number of bikes in a group.



Master Sgt. Carianne Melnick, 325th AMXS, participates in the safety ride on Tyndall. She makes sure she has her proper PPE and appropriate clothing and footwear when she rides.

# or safety's sake



Photos by Lisa Norman

safety ride on Tyndall. The Knights practice safe group riding by limiting up and using a safe staggering distance.



The Green Knights participate in a safety ride on Tyndall.



## Safety tips for motorists driving with motorcycles

- Look for motorcycles that are sharing the road. The failure of motorists to see motorcycles in traffic is the most common cause of crashes.

- Motorcyclist may be required to adjust their positions within the traffic lane. Drivers behind motorcycles should be prepared to let them slow down and change lane positions sufficiently for maximum safety. The "four second" following rule is recommended to judge the correct distance when following a motorcycle.

- When passing a motorcycle, give the motorcycle the same lane area that you would give another vehicle. Do not share the lane with the motorcycle when passing. Check your rear-view mirror and turn your head to look over your right shoulder. When you see the passed vehicle's headlights, you may reenter the lane.

- Because motorcycles are smaller in size, drivers tend to underestimate the speed of the motorcycle. Yield to the right of way and always use your turn signals.

## Briefs

**Base lawn watering schedule**

The following is a lawn watering schedule.

**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.

**Education Center news**

The Gulf Coast Community College office will be open and classes will be held July 3. They will be closed July 4 for the holiday.

The next placement test to be held at the Tyndall Center will be given at 1 p.m. July 5. The cost is \$4 and due to limited space. Students should sign up early.

GCCC is now accepting applications for a Military Scholarship. For information about the scholarship, stop by Room 45-A in the education office or call 283-4332.

**School physicals offered**

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.

**Limited space at the marina**

Beginning June 22, there will be limited parking at the Beacon Beach Marina due to pavement of the parking area.

The public boat launch will be closed; however, the private boat launch will be available for usage for all Tyndall patronage. The Marina Grill will remain open. Flag personnel will be present to direct traffic and parking. 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.

**Base ropes course**

The base ropes course offers a program that promotes team cohesion, strength and provides an opportunity for self insight. Call the Tyndall Outdoor Recreation, Bonita Bay program coordinator to schedule, at 283-3199.

**Snack bar closure**

The Oasis Snack Bar at the Community Center will be temporarily closed June 23-July 5 for renovations.

The Pizza Pub will remain open 11 a.m. to 1 p.m. Monday-Friday, 5-9 p.m. Tuesday and Thursday, and 5-10 p.m. Wednesday and Friday.

For more information on the Community Center call 283-2495.

**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. From June 19 to Aug. 1, the Eagle Quick Turn (flight kitchen) will be limited to personnel with flight line badges for all meals.



Senior Airman Sarah McDowell

**Serenading the seventies**

**Staff Sgt. Richard Brown, 325th Fighter Wing Staff Judge Advocate military justice paralegal, sings, "Don't Let the Sun Go Down on Me" during the third showing of Tyndall Idol at the Enlisted Club Friday. Sergeant Brown is currently ranked as number one among voters. Going onto next week's show, in order of favor among voters, will be Airman 1st Class Keenan Coleman, 325th Aircraft Maintenance Squadron; Master Sgt. Derrick Moore, 325th Security Forces Squadron; Staff Sgt. Sherry Rivera, 325th Aeromedical-Dental Squadron; Airman 1st Class David Williams, 325th Aircraft Maintenance Squadron; and Airman 1st Class Rob Stewart, 325th Aircraft Maintenance Squadron. The next and final show will be 6 p.m. Friday at the Enlisted Club in the Ballroom.**

**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.)**

# Inspired triathlete goes distance, inspires others

STAFF SGT. STACEY HAGA  
325th Fighter Wing Public Affairs

Her breath fills her lungs and echoes in her ears.

Her feet strike the pavement and drive her forward to the finish line.

She keeps her mind focused on the task at hand.

"You're doing great; keep it up," she tells herself.

The ribbon comes into view and she can see the people on the other side cheering her on.

As she crosses the finish line, an overwhelming sense of accomplishment and exhilaration comes over her. All the swimming, biking and running seems like a dream as she realizes her goal is met.

"I was hooked after that," said Lisa Ramstad, 325th Medical Operations Squadron secretary, speaking of her first individual all-women's sprint triathlon in 2000. "I started running after I gave birth to my first child about 18 years ago. It was a good and healthy way to get the baby weight off, and I loved the way I felt afterwards. I joined a local running club and found a race just about every weekend."

Her casual running mindset soon changed.

"In my first triathlon, I was a volunteer," she said. "I watched a man in his mid-60s compete. It was amazing watching him as he transitioned through each event and crossed the finish line with a smile on his face. I guess you could say he was my inspiration. I hope that when I'm in my prime years I'll be healthy enough

to do the same."

That inspiration was what encouraged her to take the next step and participate in her first triathlon in 1995.

"I'm not overly fond of the water, so the first few triathlons I was in, I was the runner in a three-person team," she said.

After recovering from reconstructive knee surgery in 1999, she quickly realized that long-distance running was not a option anymore.

"I turned to biking as an alternative and discovered that I enjoyed riding more than running," she said. "It just feels so good. It's like I'm in my own little world and nothing else matters. I would ride every day if I had time."

With biking as a new-found talent, she then took on the challenge of competing in individual triathlons, and she has competed in eight triathlons, placing third in her first competition, second in three of the events, and fifth in two others.

She doesn't plan on resting on her laurels, though.

"I've only done sprint triathlons, so my goal is to participate in the 2007 Gulf Coast Triathlon which is a half Ironman," said Mrs. Ramstad.

Triathlons and Ironman competitions require many hours of training, but Mrs. Ramstad exercises a good balance between training, work and family.

"I'm not a professional, so my training comes down to, basically, whenever I can squeeze in the time between working full time and taking care of my family. I try to run at least four days a week, bike two to three days and swim two days," she said.



Mrs. Ramstad races through base housing as she competes in the Tynman Triathlon.



Courtesy photos

Mrs. Ramstad completes the swimming phase of the Splash and Dash earlier this year at the Naval Support Activity Panama City Marina.

"When she trains, she is a very dedicated, motivated person," said Staff Sgt. Julia Rivera, the 325th Mission Support Squadron, NCO in charge of promotions, who has trained with Mrs. Ramstad. "She pushes herself to the limits."

Even with her busy schedule, Mrs. Ramstad still has the drive and talent to finish well when she competes, which makes her an inspiration to others who train with her.

"She has inspired me in a great way. She motivated me to try my first triathlon

which was back in 2004," said Sergeant Rivera. "Because of her motivation, I've been training ever since, even if it is just for my health."

Mrs. Ramstad's advice to others wanting to compete is simple:

"Don't wait," she said. "Find a local running/triathlon club. There are always people who are willing to train with you and share their knowledge. Set a goal for yourself and don't stop until you reach it. No matter what happens in life, don't ever give up and always believe in yourself."



Mrs. Ramstad takes a breather as she poses in front of the finishers sign at the Tynman Triathlon in May where she placed second in her age group.

# Know your rights, entitlements before hurricanes hit

Hurricane season is here and it's important to know how Team Tyndall members will be financially affected in the event of an evacuation.

The 325th Fighter Wing commander can order an evacuation either verbally or in writing.

The type of evacuation order given will determine who will receive travel entitlements. The commander has options to evacuate military only, military and Air Force civilians, or certain geographic areas such as anybody living on base.

## Here are some travel facts:

- Personnel who evacuate will receive 44.5 cents per mile if they drive their own vehicle. An individual without dependents can only be reimbursed for one vehicle.

- Individuals with dependents who also evacuate may be reimbursed for a second vehicle, if it is used and one of the dependents has a driver's license.

- Reimbursement for mileage will be held to the maximum

evacuation distance authorized by the wing commander. It is also possible that the order will include a minimum evacuation distance. If so, you must evacuate beyond that distance to receive any reimbursement for your travel.

- Any tolls paid during the evacuation travel are reimbursable.

Per diem rates will vary depending on the location and are available at <https://secure-app2.hqda.pentagon.mil/perdiem/perdiemrates.html>.

- You will only be reimbursed for the per diem rate of locations within the authorized evacuation area.

Here are some per diem facts:

- Per diem and maximum lodging rates are on a per person basis. So, if a family of two evacuates to a city with a max lodging rate of \$50/day and a per diem rate of \$30/day, then the family can receive reimbursement for a maximum of \$100/day for lodging and

will receive \$60/day for meals and incidental expenses.

- Receipts for meals are not required.

- Lodging receipts are required regardless of the amount. Those staying with family or friends will not be reimbursed for lodging. If lodged on a military installation, military members will be reimbursed based on the availability of government dining facilities.

Here are some facts about the government travel card:

- Although the government VISA card can be used during an evacuation, it is important to note that you are only authorized to use it for reimbursable travel entitlements, such as stated above.

- Automatic teller machine fees associated with the government credit card are reimbursable. However, reimbursements of ATM fees are limited by the entitled withdrawal amount. For example, if a member is entitled to withdraw \$500, any fees



Courtesy photo

**During hurricane evacuations, government travel cards may be used for expenses such as gas, room and board and per diem.**

incurred by withdrawing more than that amount will be paid by the cardholder.

- Members evacuating are encouraged to keep an itinerary stating dates of travel.

- Also, remember to have your supervisor sign your voucher before you submit it

to finance. This will make filing a settlement voucher much easier.

For more information, call your local finance office at 283-4117 or look in the Joint Federal Travel Regulation.

*(Contributed by 325th Comptroller Squadron.)*

## Military officials take notice as Web journals march into services' ranks

**SENIOR MASTER SGT. PAULA PAIGE**  
Secretary of the Air Force Public Affairs

Whether you consider them citizen journalists, like the controversial Matt Drudge, or Internet correspondents chronicling their everyday experiences, bloggers are shaking up the mainstream media and forcing the military to provide guidance to troops who are writing their own online journals.

Essentially an online diary, a Web log, or blog, is a personal Web site featuring commentary or postings in chronological order, with links to other related sites.

Using free software, a blog can be created in as little as 10 minutes, and this new communication tool is fast becoming a powerful force in the information world.

The Internet has evidence of hundreds of military blogs spread across the globe, with troops of varying demographics writing from Internet cafes, barracks, homes or anywhere

with access to the Web.

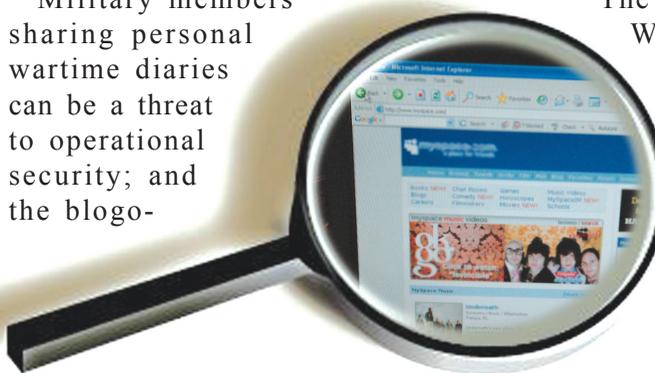
About 27 percent of online U.S. adults read blogs, and seven percent write them, says a recent study by the Pew Internet and American Life Project, which produces reports exploring the impact of the Internet on society. A new blog is created every 5.8 seconds, with research indicating that blogs will number 34 million at the end of 2005, the organization says.

As evidence of this medium's continued growth, the Army Times devoted its March 14, 2005, cover story to bloggers, focusing on the military niche and how troops' blogs provide firsthand accounts of life on the frontline. Accompanying sidebar stories share how some soldiers are making money from advertisers with their blogs as well as how others have signed book deals.

Though most blogs are a harmless medium for troops to tell their stories

without the filter of official screeners, this new-age communications tool raises several concerns.

Military members sharing personal wartime diaries can be a threat to operational security; and the blogo-



sphere, as its fol-

lowers call it, is unregulated.

The Air Force has weighed in; recently reinforcing guidance to troops on information security policy regarding blogs.

"Paper-based personal journals and diaries have been around for many years," said Maj. James Cabalquinto, Chief of Information Assurance for Headquarters Air Force, whose office at the Pentagon is responsible

for publishing policy, procedures and guidance on information operations for the Air Force.

"The advent of personal Web logs and their 'instant' connectivity to a worldwide audience, however, has raised the need to re-enforce existing DoD ethics and information security guidelines.

"Like any other U.S. citizen, DoD personnel enjoy the freedom and right to express themselves in such a forum. Individuals, however, as DoD employees, must exercise the utmost discretion in commenting on DoD activities or individuals representing DoD. Failure to do so, could violate policy leading to DoD disciplinary and/or civil legal action, and ultimately put DoD personnel, operations and resources at risk."

# TRICARE mail order pharmacy makes filling prescriptions cost effective, easy

FALLS CHURCH, Va. – The Tricare Mail Order Pharmacy, administered by Express Scripts, Inc., is a cost effective and convenient way for beneficiaries to get prescription medications, while also helping the Department of Defense contain health care costs and sustain a first class health care benefit.

Beneficiaries may save as much as 66 percent of the cost for maintenance medications for such conditions as high blood pressure, asthma and diabetes. These significant savings result because Tricare Mail Order Pharmacy mails beneficiaries up to a 90-day supply of most medications for the same cost as a 30-day supply at a retail pharmacy.

“Since 1996, Tricare’s mail order pharmacy has given beneficiaries an affordable and convenient way to fill their prescriptions,” said United States Public Health Service Capt. Thomas McGinnis, chief, Pharmaceutical Operations Directorate, Tricare Management Activity. “The mail order pharmacy option gives our beneficiaries an easy, safe and cost-effective option to get their medications as they need them.”

Beneficiaries may refill their prescriptions by telephone, mail or on-line and prescriptions are delivered directly to their home. Using the mail-order pharmacy also saves beneficiaries travel costs and time.

Generic medications are another way that Tricare beneficiaries save out-of-pocket expenses

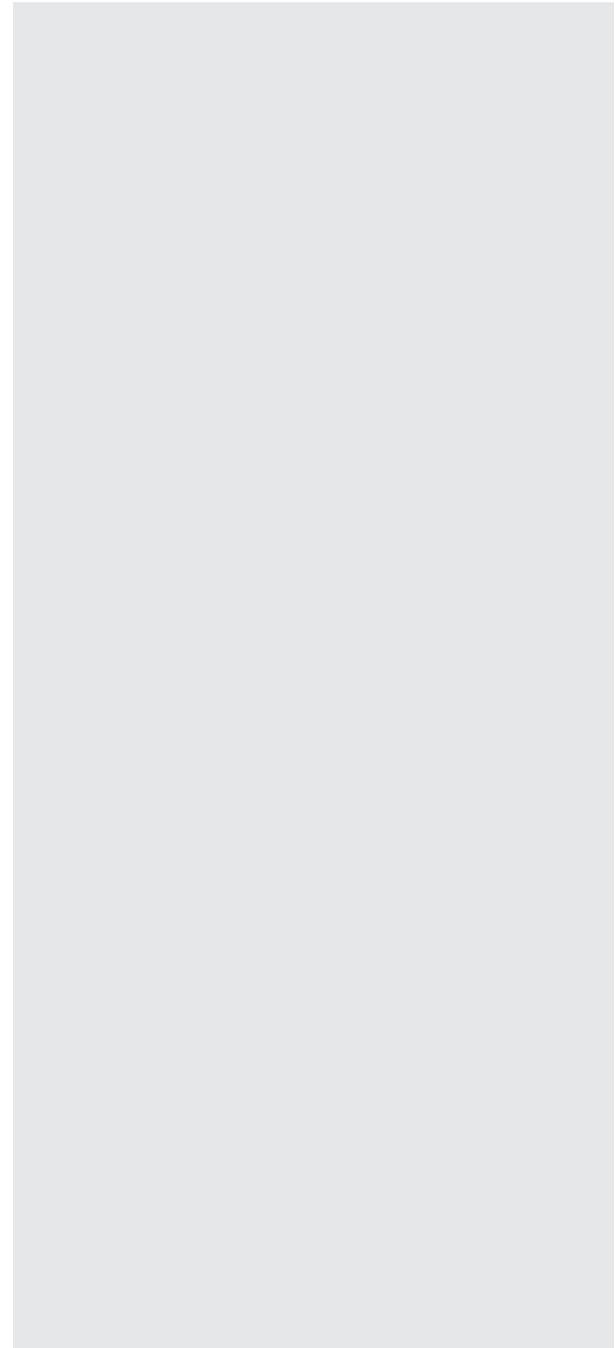
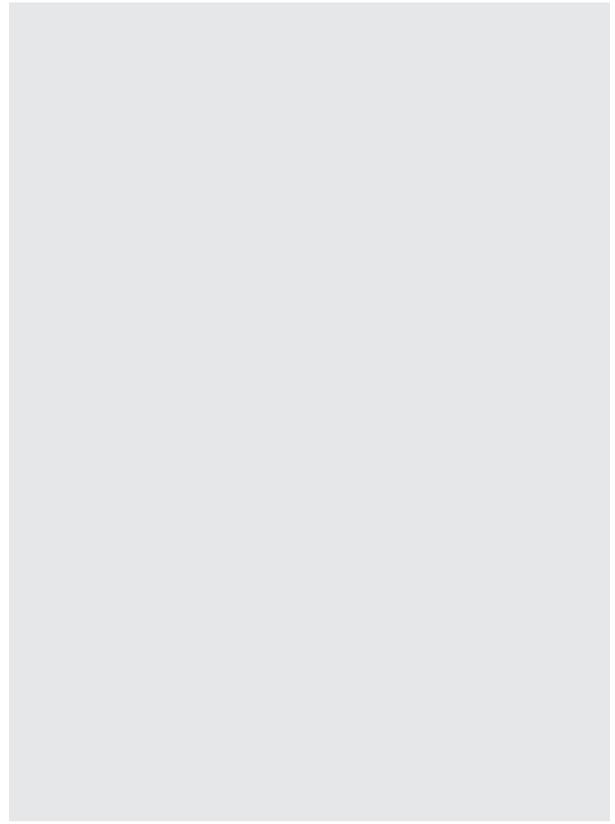
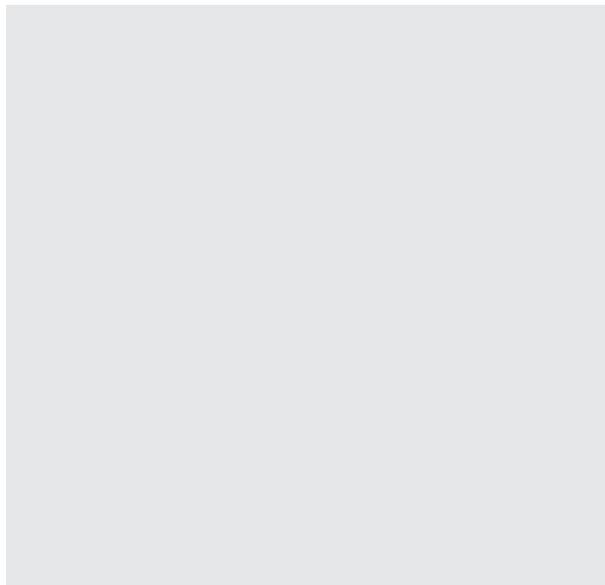
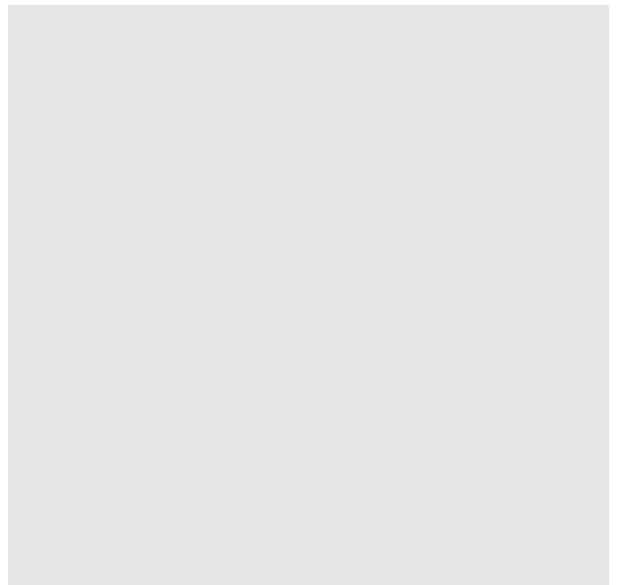
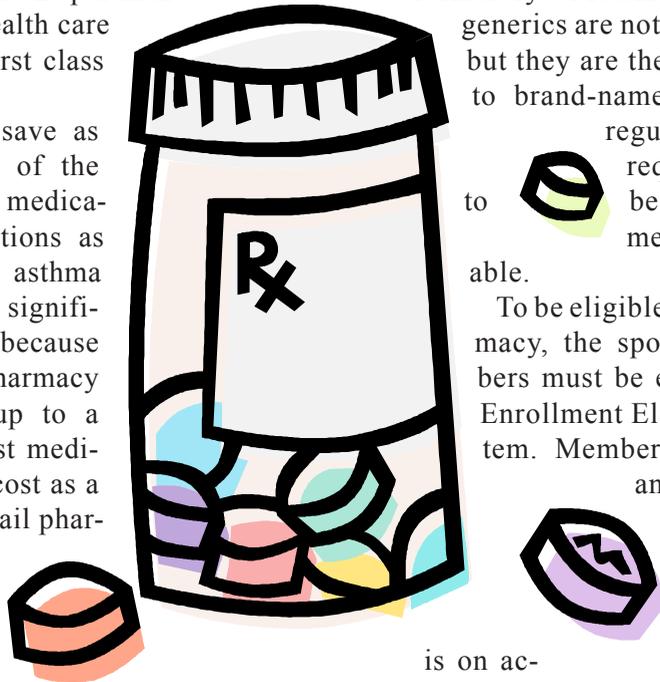
and help contain rising health care costs. Generic drugs must meet the Food and Drug Administration testing and approval requirements before they are added to the Tricare medication formulary. McGinnis said FDA approved

generics are not only safe and effective, but they are therapeutically equivalent to brand-name medications. DoD’s regulation on generic drugs requires all prescriptions to be filled with a generic medication if one is available.

To be eligible for the mail order pharmacy, the sponsor and family members must be enrolled in the Defense Enrollment Eligibility Reporting System. Members of the National Guard and Reserve, and their eligible family members, may also use the mail-order pharmacy, if the sponsor is on active duty orders for more than 30 days, and if their Tricare eligibility information is up to date in DEERS. Tricare eligibility for sponsors and family members is effective on the date of activation on the sponsor’s orders.

Beneficiaries with pharmacy coverage through another health insurance plan may use the mail order benefit once they have exhausted their current prescription benefit or if the drug they are taking is not covered under their insurance plan.

For more information about Tricare’s mail order pharmacy, please visit the Tricare Web site at [www.tricare.osd.mil/pharmacy/tmop\\_order.cfm](http://www.tricare.osd.mil/pharmacy/tmop_order.cfm). Beneficiaries may enroll in the mail-order service at [www.express-scripts.com/](http://www.express-scripts.com/).



# Veterans may have compromised information after theft

**SAMANTHA QUIGLEY**  
American Forces Press Service

Veterans Affairs officials announced May 22 the theft of personal information on up to 26.5 million veterans.

However, VA Secretary, James Nicholson, stressed there's no indication the information is being used for purposes of fraud.

"We at the VA have recently learned that an employee here, a data analyst, took home a considerable amount of electronic data

from the VA, which he was not authorized to do," Secretary Nicholson said. "His home was burglarized and this data was stolen." The compromised data includes names, social security numbers and birthdates of veterans who separated from the military since 1975, he said.

The information also may have included data on veterans who separated before 1975, but who submitted a claim for VA benefits.

No medical or financial information was compromised, though the files might have contained numeric disability ratings in some cases, Secretary Nicholson added. A statement issued by the department indicated that spousal information also might have been compromised in some cases.

"There is no indication that any use is being made of this data or even that (the thieves) know they have

it," he said.

Exercising what the secretary called "an abundance of caution," the department is working through a number of channels, including the news media, to make veterans aware of the situation. Individual notification letters also will be mailed to veterans.

The department is providing more information through the [www.firstgov.gov](http://www.firstgov.gov) Web site and call centers that can be reached at

(800) 333-4636. The call centers will be able to handle more than 250,000 calls a day.

"The most important priority that I have right now is to get the word out to our veterans and get them alerted and aware of this possibility," Secretary Nicholson said. The department also is encouraging veterans to watch their financial accounts for any signs of fraud or identity theft.

## Checkertail Salute

Mr. David Gilson



Staff Sgt. Stacey Haga

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

Mr. David Gilson, 325th FW protocol assistant, was recognized for leadership and contributions, which led to the success of the recent 325th Fighter Wing change of command, eight squadron changes of command, and numerous retirements this year.

**Duty Title:** Protocol Assistant

**Time on Station:** Three years, two military and one civilian

**Time in service:** 22 years military, one year civilian

**Hometown:** Grove City, Pa.

**Hobbies:** Motorcycles, woodworking, family

**Goals:** Win the lottery and move back to Hawaii

**Favorite thing about Tyndall:** Great weather

**Favorite movie:** "Black Hawk Down"

**Favorite book:** "The Agony and the Ecstasy" by Irving Stone

**Pet peeves:** Talking on cell phones while driving

**Proudest moment in the military:** F-15 incentive ride

*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.*



# Funshine NEWS

www.325thservices.com

☆ Log onto the NEW & IMPROVED Web site ☆

www.325thservices.com

Tyndall Air Force Base

## SWIMMING POOL

**Night time aerobics**  
\$60 per person per season  
\$3 for individual class  
Tuesday, Wednesday and Thursday  
6:30 - 7:30 p.m.

**Swimming lessons**  
Tuesday - Friday: 8 - 11 a.m.  
\$45 per session

**Pool rates**  
- \$1 single rate  
- \$25 for 30 visit punch card  
- \$55 for season pass plus \$5 for each additional family member

**Bldg. 1540 Louisiana Ave.**

**Pool hours**  
Open swim  
Monday - Friday: 11:30 a.m. - 7:30 p.m.  
Saturday & Sunday: 8:30 a.m. - 7:30 p.m.

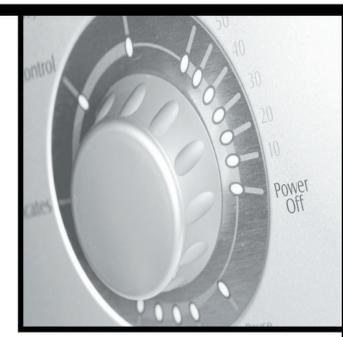
**Lap swim**  
Monday - Friday: 11 - 11:30 a.m.  
Tuesday - Friday: 6 - 8 a.m.



For details, call Bonita Bay at 283-3199.



## Washers and dryers for sale



**Sealed bids for four sets of Speed Queen washers and dryers.**

**They will be on display in the Famcamp Recreation Center.**

(Coin slots not included.)

For details, call Tyndall Famcamp at 283-2798.



### 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: \_\_\_\_\_

# Associate Spotlight

## Tech. Sgt. Mark Isaacs



Steve Wallace

**Sergeant Isaacs receives the Associate Spotlight award from 1st Lt. Christopher Reese, 372nd Training Squadron/Det. 4 commander.**

Sergeant Isaacs taught 185 course hours, graduated 35 maintenance personnel, corrected deficient process, revamped production tracking procedures and garnered the second Air Force training squadron evaluation with an "Outstanding."

**Duty title:** NCO in-charge of production and scheduling

**Time on Station:** Two years and nine months

**Hometown:** Louisville, Ky.

**Hobbies:** Grilling, woodworking, gardening and being a dad

**Goals:** Finish my bachelor's degree, get my air frame and power plant license and make master sergeant next cycle

**Favorite thing about your unit:** Teaching with some of the best instructors in the world

**Favorite movie:** "Braveheart"

**Favorite book:** "Foundation" by Isaac Asimov

**Pet peeves:** Liars

**Proudest moment at duty location:** When my whole family was present for my re-enlistment

