



# GULF DEFENDER



## In Brief

### Wing CC's call

There will be four opportunities to attend the 325th Fighter Wing Commander's Call today at 7 a.m., 10 a.m., 1 p.m., and 4 p.m. at the Enlisted Club. All wing Airmen, officer and enlisted, must attend one of the four scheduled times.

### Emergency number

The phone number for the Hurricane Evacuation Support Staff was incorrect in the June 2 Gulf Defender hurricane supplement.

The correct number is **(877) 325-EVAC**. It will be activated June 13.

### ACS CoC

Lt. Col. Theodore Davis assumes command of the 325th Air Control Squadron at 9 a.m. today in Hangar 1 from Lt. Col. Dennis McDevitt.

### MOS CoC

The 325th Maintenance Operations Squadron change of command ceremony is 9 a.m. Thursday in Hangar 3. Maj. Eric North will relinquish command to Maj. Ronald MacAfee. Reception to follow in the MOS conference room, Bldg. 542.

## Inside

Fun ways to stay fit...

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# New wing boss assumes command

Brig. Gen. (S) Tod Wolters assumed command from Brig. Gen. Jack Egginton in a change of command ceremony held Friday in Hangar 2.

Colonel Wolters joins Team Tyndall from Laughlin Air Force Base, Texas, where he served as the 47th Flying Training Wing commander.

General Egginton moved to serve as deputy director of operations at the U. S. Central Command Headquarters, MacDill Air Force Base, Fla.

As commander of the 325th Fighter Wing, Colonel Wolters is responsible for more than 4,800 personnel, F-15 and F-22A aircraft, and providing support for approximately 1,400 additional personnel in 30 associate units.

"The biggest challenge for the wing is to remain focused on the task at hand," the colonel said. "As an Air Force, we must have the appropriate Airmen to meet the appropriate mission. We must tackle this 24/7."

The wing is the exclusive active-duty training unit for F-15 pilots and the only training location for F-22A pilots and air battle managers. The 325th Fighter Wing is also responsible for training intelligence officers, maintainers and other support specialties for worldwide assignment to combat air force units.

"Everyone knows that if



Lisa Norman

**Tech. Sgt. Benjamin Schroeder, 43rd Aircraft Maintenance Unit crew chief, reveals the name of Brig. Gen. (S) Tod Wolters, 325th Fighter Wing commander, on an F-22A Raptor, after assuming command here Friday.**

you want to get the best training in air dominance, you go to the 325th Fighter Wing," said Colonel Wolters.

Colonel Wolters is a 1982 graduate of the U.S. Air Force Academy. He has

commanded at the squadron, group and wing level, and he is a command pilot with more than 4,500 flying hours in the F-22A, F-15, OV-10 and T-38.

"I thank you all for your

service," said Colonel Wolters.

"We exist in the Air Force for one thing only - to fight and win the war."

*(Compiled by 325th Fighter Wing public affairs office.)*



Senior Airman Sarah McDowell

### Skate night ...

Alyssa Kiesling, 12, skates on a half-pipe at the Tyndall Youth Center Skate Park. The Center held the Grand Opening "Skate Jam" Saturday night. The park is now open during the youth center's open recreation hours. For more information on Youth Center activities, call 283-4366.

### 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. Congratulations to Isabella Ward for correctly guessing the June 2 "Identify this" picture as a baseball mitt. The prize can be claimed at the Public Affairs office.

## ON THE STREET

Tyndall Elementary Students

### If you could have one superpower, what would it be?



"I'd fly."

**VICTORIA GREIER**  
Age 9, 4th grade



"I'd be like Wolverine."

**STEVEN RIVER-AVILE'S**  
Age 10, 5th grade



"Climbing like Spiderman"

**CHARLEE WALKER**  
Age 6, kindergarten



"I'd be like Superman."

**ANDRE CASTILLE**  
Age 9, 3rd grade

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

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

# 325th FW CC shares words of wisdom

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

Thank you for the wonderful welcome to Team Tyndall... we are honored to serve!

As mentioned in my change of command remarks, I often marvel at the sacrifices of our fallen comrades. One such hero was Ruppert Sargent. First Lt. Ruppert Sargent, serving as platoon leader on patrol in the Hau Nghia Province, Republic of Vietnam, paid the ultimate price March 15, 1967. Lieutenant Sargent was conducting a reconnaissance run on a suspected Viet Cong weapons cache and discovered a "booby trapped" tunnel.

As Lieutenant Sargent maneuvered toward the tunnel entrance a Viet Cong emerged and threw two hand grenades that landed in the midst of the group. Lieutenant Sargent fired three shots at the enemy then turned and without hesitation threw himself over the two grenades. He was mortally wounded and his selfless heroic act saved the lives of fellow warriors.

I had the extraordinary fortune to meet Ruppert's family and friends in 2004 and one theme permeated from all those who spoke of Lieutenant Sargent... Ruppert was a Soldier's Soldier, an Airman's Airman... a warrior who truly understood

**"P**erpetual optimism is a force multiplier ... a positive approach to any challenge will attract a crowd of winners."

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

the fundamentals of life.

We all face challenges, none more dire than those mentioned in the spring of 1967. At Tyndall, our days contain numerous tasks and demanding deadlines. The prioritization and execution of these "issues" can foster a confusing environment. If every member of Team Tyndall embraces some form of the fundamentals, I contest our problems would appear as challenges and our critics would categorize all of us an Airman's Airman.

Former U.S. Secretary of State Colin Powell published "13 Rules to Live By" during his ascent to Chairman of the Joint Chiefs of Staff. I first read these rules in the spring of 1995 and often find myself conducting a review during trying times or when contemplating the challenges fellow service members face during life-threatening scenarios, such as today's global war on terrorism.

Here's an Airmen's interpretation of Powell's "13 Rules to Live By."

- It isn't as bad as you think; it will look better in the morning ... failure will look far less life threatening following a good night's sleep.

- Get mad, then get over it ... anger consistently clouds good judgment.

- Avoid having your ego so close to your position that when your position falls, your ego goes with it ... the day you retire from the Air Force nobody will care if you were a numbered Air Force commander or a first sergeant, they just want to know if you enjoyed serving you country.

- It can be done ... get positive and you will be amazed at what you can accomplish.

- Be careful what you choose, you may get it ... pay close attention to detail when decision making.

- Don't let adverse facts stand in the way of a good decision ... don't get tunnel vision on the bad data when attempting to rectify the wrong.

- Check small things ... attention to detail, every detail, will tell the full story.

- Share credit ... if it went well, they did it; if it went bad, it was my fault.

- You can't make someone else's choices, you shouldn't let someone else make yours ... focus on what you have control over not on what you can't control.

- Remain calm, be kind ... you think clearer when emotion is divorced from the decision.

- Have a vision, be demanding ... tell folks what you want and challenge them to achieve perfection, they will be honored you did.

- Don't take counsel of your fears or naysayers ... set your goals, get the facts, build your plan and execute.

- Perpetual optimism is a force multiplier ... a positive approach to any challenge will attract a crowd of winners.

Chaos and confusion are a way of life in today's complex military environment. We can best honor those who have fallen before us by living our lives in the most admirable fashion possible.

When times get tough and you find yourself in the "bogged-down" mode, remember how a great man like Ruppert Sargent lived his life. Heed the sage advice of General Powell and soon you will be back on track! It is an honor to serve at Tyndall.

## Action Line response

### Airman sends thanks to Wingmen

Staff Sgt. Joseph Alers and his family sent this thank you note after they received base-wide support when their rental home caught fire, destroying it and all their personal belongings.

"We, the Alers family, would like to thank everyone for the help and donations we have received. My family and I appreciated everything you did. My coworkers and the wing came together as a family and provided us with all the help we needed. We are doing good now and we had no major losses, just material items."

"We also thank God that this fire happened when we weren't home. We were renting this house and had renters insurance to cover all the damaged items and provide us with help in finding a temporary place to live. If you rent, renters insurance is a good thing to have! I just want to thank everyone for their help and offers."

## 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.

# Community aids in global war on terrorism

**STAFF SGT. STACEY HAGA**  
325th Fighter Wing public affairs

Tyndall AFB Airmen have stayed current in their gun training since the base gun range closed temporarily in April with the help of the Gulf Correctional Institute in Wewahitchka, Fla.

“We are doing some upgrades and repairs to our gun range. While we are doing that, we had to find a gun range for our security forces and base populace to continue their training,” said 1st Lt. Brenda Franklin, 325th Security Forces Squadron officer in charge of training.

When local facilities were contacted for support, Warden Jerry Cummings, Gulf Correctional Institute, jumped at the opportunity to assist Tyndall’s Airmen in achieving their training goals, said the lieutenant.

“It was the least I could do to provide this service for them,” said Warden Cummings. “Airmen put their lives on the line for our nation every day, to help keep us safe from terrorism.”

“We are able to meet the training needs of 600 cadets this summer. If not, they would have had to find another base during their four years of college to accomplish their training.”

**LT. BRENDA FRANKLIN**  
325th Security Forces Squadron  
officer in charge of training

“The prison has been absolutely phenomenal,” said Lieutenant Franklin. “They volunteered to clean up the brass and they offered to build any barricades we need to complete training, while we use their facility.”

Due to the use of the prison’s gun range, Tyndall has been able to meet the training requirements for the AEF and ROTC cadet weapons familiarization.

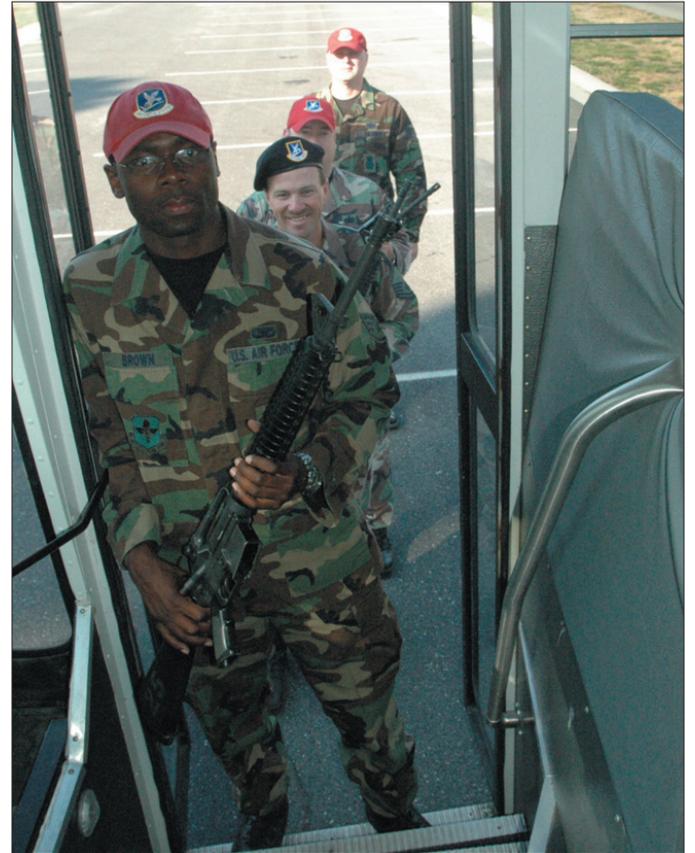
“We are able to meet the train-

ing needs of 600 cadets this summer,” said Lieutenant Franklin. “If not, they would have had to find another base during their four years of college to accomplish their training.”

The base gun range was originally scheduled to be closed until the end of June, but additional maintenance to the range may extend that date by several months. The prison will be able to accommodate our gun training through the extension, said Lieutenant Franklin.

“Warden Cummings generosity is not only helping Tyndall, but it is also helping the global war on terrorism,” said Lieutenant Franklin. “We are very thankful for his contributions. His staff has been top notch and we couldn’t have done it without them.”

“As an American, I truly appreciate everything that the servicemembers have done for our country. It has been an honor and privilege to assist them,” said Warden Cummings.

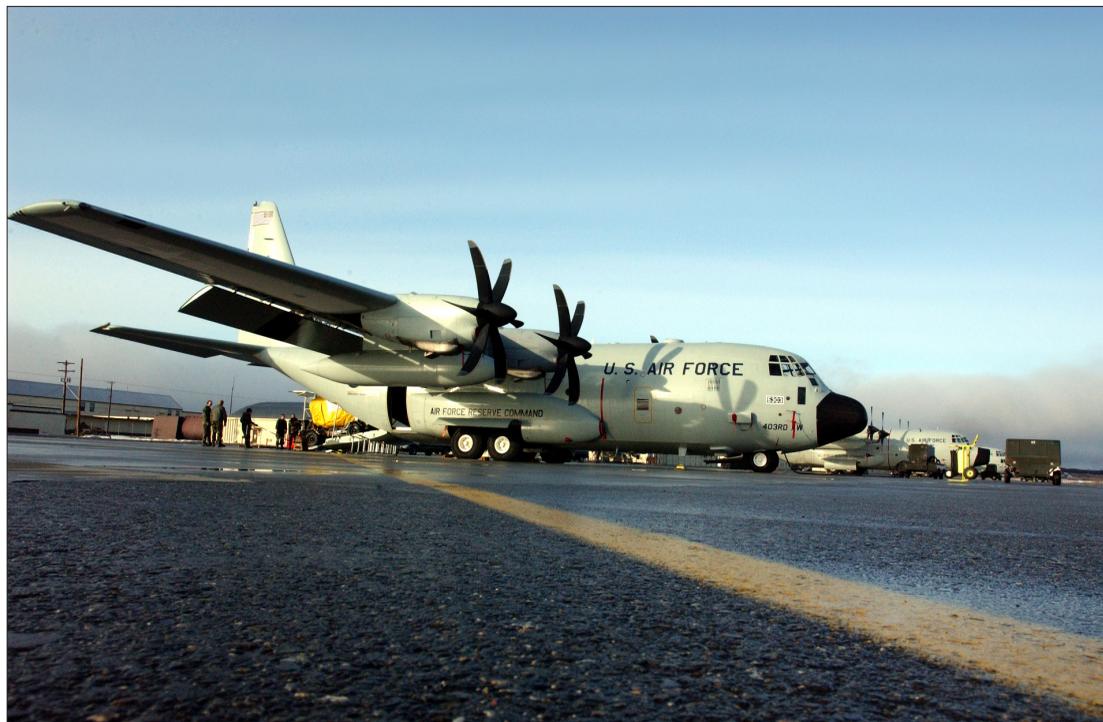


Staff Sgt. Stacey HAGA

**Combat arms instructors climb aboard the bus to Gulf Correctional Institute in Wewahitchka, Fla. to instruct weapons training. Tyndall’s Airmen have been traveling to the prison to accomplish training while their range undergoes renovations.**



# Hurricane Hunters prepare for 2006 storm season



Courtesy photo

The "Hurricane Hunters" from Keesler Air Force Base, Miss., flew their first WC-130J Hercules operational mission into a storm May 20, 2005, gathering data about Hurricane Adrian off the coast of El Salvador. In the past, 53rd Weather Reconnaissance Squadron crews flew WC-130Js into storms for training and evaluation, not to fulfill a tasking from the National Hurricane Center.

**TECH SGT JAMES PRITCHETT**  
403rd Wing Public Affairs

KEESLER AIR FORCE BASE, Miss. -- It was a quiet opening day of the 2006 Atlantic hurricane season.

Hurricane Hunters of the 53rd Weather Reconnaissance Squadron spent the day training and getting ready for what forecasters say will be another active season.

Though the season officially begins June 1 and ends Nov. 30, last year these reservists, who are assigned to the Air Force Reserve Command's 403rd Wing, flew more than 1,500 hours into storms beginning in mid-May with Hurricane Adrian in the Pacific and finally ending

in early December flying missions into Hurricane Epsilon. Tropical Storm Zeta, formed later, extending the 2005 season into calendar year 2006 though it did not threaten landfall.

The National Hurricane Center is predicting 13 to 16 named storms this year, with eight to 10 becoming hurricanes, of which four to six could become major hurricanes of Category 3 strength or higher with winds of at least 111 mph. It is the National Hurricane Center in Miami that decides when to call on the Hurricane Hunters. The unit is tasked with flying all operational missions to provide data to forecasters at the NHC.

When a tasking is issued, the men and women of the 53rd WRS are prepared to fly an average of 11 hours crisscrossing the storm and penetrating the powerful eyewall several times during each mission.

The aerial reconnaissance weather officer and weather reconnaissance loadmaster use computers to gather data.

Sensors on the aircraft and sophisticated weather instrument packages called dropsondes collect wind speed, temperature, humidity, barometric pressure and other information forecasters use to determine the path and strength of a hurricane.

"We love the job that we do.

It's a very rewarding job," said Randy Bynon, a weather reconnaissance loadmaster with the squadron. "We gather data and collect it on the computer. We analyze it, format it and make sure it's accurate and then we transmit it directly from the aircraft via satellite to the National Hurricane Center."

The mission is responsible for improving the accuracy of forecasts by up to 30 percent, according to Max Mayfield, director of the NHC.

"With our data, the forecasters can narrow their evacuation areas saving lives and billions of dollars as well," said Capt. Jerry Rutland, a Hurricane Hunter pilot.

The only modifications to the WC-130J aircraft flown by the Hurricane Hunters are the weather computers. With these removed, the squadron can perform airlift missions. The squadron flies 10 WC-130Js, which were first used last season for operational storm reconnaissance.

The unit completed conversion to the new aircraft ahead of schedule partially due to Hurricane Katrina, which severely impacted the unit's home station in Biloxi, Miss. The worst natural disaster in U.S. history and the deadliest since 1928, Katrina forced the unit to evacuate and operate out of a forward-operating location for much of the season.

Despite the move, the unit didn't miss a single tasking. Hurricane Hunter crews continued flying Katrina and moved on to the next storm,

even as some of them learned their homes were destroyed.

"We lost everything. We had to completely gut the house and we are still rebuilding it," said Lt. Col. Doug Fairtrace, a navigator.

Katrina left behind destruction worse than any other weather event in American history, and researchers at NOAA said they were able to save tens of thousands of lives by pinpointing where the eye would hit, due in part to data provided by the Hurricane Hunters.

Katrina was also the costliest storm with some estimates exceeding \$80 billion. Knowing the mission they perform and the data they provide saves lives and millions of dollars in evacuation costs each year, these Citizen Airmen are back home, trained and prepared to hunt down nature's most destructive weather.

2005 Hurricane Season Records:

- Named storms: 28; previous record: 21 in 1933 (The Hurricane Hunters were tasked to fly 25 storms.)
- Hurricanes: 15; previous record: 12 in 1969
- The Hurricane Hunters flew more than 145 missions.
- Major hurricanes hitting the United States: Four (Dennis, Katrina, Rita and Wilma); previous record: Three, most recently in 2004
- Hurricanes of Category 5 intensity (greater than 155 mph): Four (Emily, Katrina, Rita and Wilma); previous record: Two in 1960 and 1961 (*AFRC News Service*)

## Handy hurricane information

### Return-to-duty information:

Straight Talk (877) 529-5540

Tyndall Toll-free (800) 896-8806

### Accountability:

(follow these steps until contact is made)

1. Contact supervisor
2. Contact Hurricane Evacuation Support Staff (877) 325-EVAC (3822)
3. Contact Air Force Personnel Center (800) 453-9941

### Additional sources:

National Weather Service ([www.nws.noaa.gov](http://www.nws.noaa.gov))

National Hurricane center ([www.nhc.noaa.gov](http://www.nhc.noaa.gov))

Florida Division of Emergency Man-

agement ([www.floridadisaster.org](http://www.floridadisaster.org))

Bay County Emergency Operations Center (850) 784-4000

Tyndall Civil Engineer Readiness Flight (850) 283-2010

## Checkertail Salute

Staff Sgt. Leon White



Chrissy Cuttita

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

**Duty Title:** Maintenance instructor

**Time on Station:** Four years

**Time in service:** Nine years and six months

**Hometown:** Paris, Tenn.

**Hobbies:** Singing, playing bass guitar, playing with my daughter Bryana and taking care of my lawn

**Goals:** Graduate with master's degree

**Favorite thing I like about Tyndall AFB:** The weather

**Pet Peeves:** Being bothered after my favorite team, The Tennessee Vols, lose

**Proudest moment in the military:** Graduating basic training

The Checkertail Clan salutes Sergeant White, who has a 100 percent F-15 and F-22 scheduling effectiveness rate with zero training deficiencies. He has logged 288 instructional hours in the F-15 Weapons Maintenance Qualification course. He is also pursuing his bachelor's degree and volunteers in the local community.

*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.*



Staff Sgt. Stacey Haga

## X-ray inspection

Staff Sgt. Kelson Nisbett, 325th SFS patrolman and Vehicle and Cargo Inspection System II operator, monitors the radiation level of the VACIS II. The system x-rays the cargo of trucks entering the base, increasing force protection and anti-terrorism measures. Tyndall is the first CONUS Air Force installation to employ this type of advanced technology allowing them to dramatically increase the effectiveness of security forces and their role in installation security.



# Airman captures likeness, spirit of subjects

SENIOR AIRMAN SARAH McDOWELL  
325th Fighter Wing Public Affairs

Capturing a person's image may sometimes be as easy as a click of a shutter-button, but as for capturing their personality and spirit - that takes art.

Staff Sgt. Edward Burgess with the Public Health Flight knows what it takes. He has been capturing the likeness and spirit of individuals ever since he has been in the Air Force, and has been a feature artist of many going-away gifts, including the former 325th Fighter Wing commander, Brig. Gen. Egginton's going-away gift.

He said that the best thing about drawing is not the act itself, but the expression of appreciation that he always gets when he presents the art to someone.

He started getting noticed for the drawings when he took the initiative to draw a caricature portrait of the whole flight he works with.

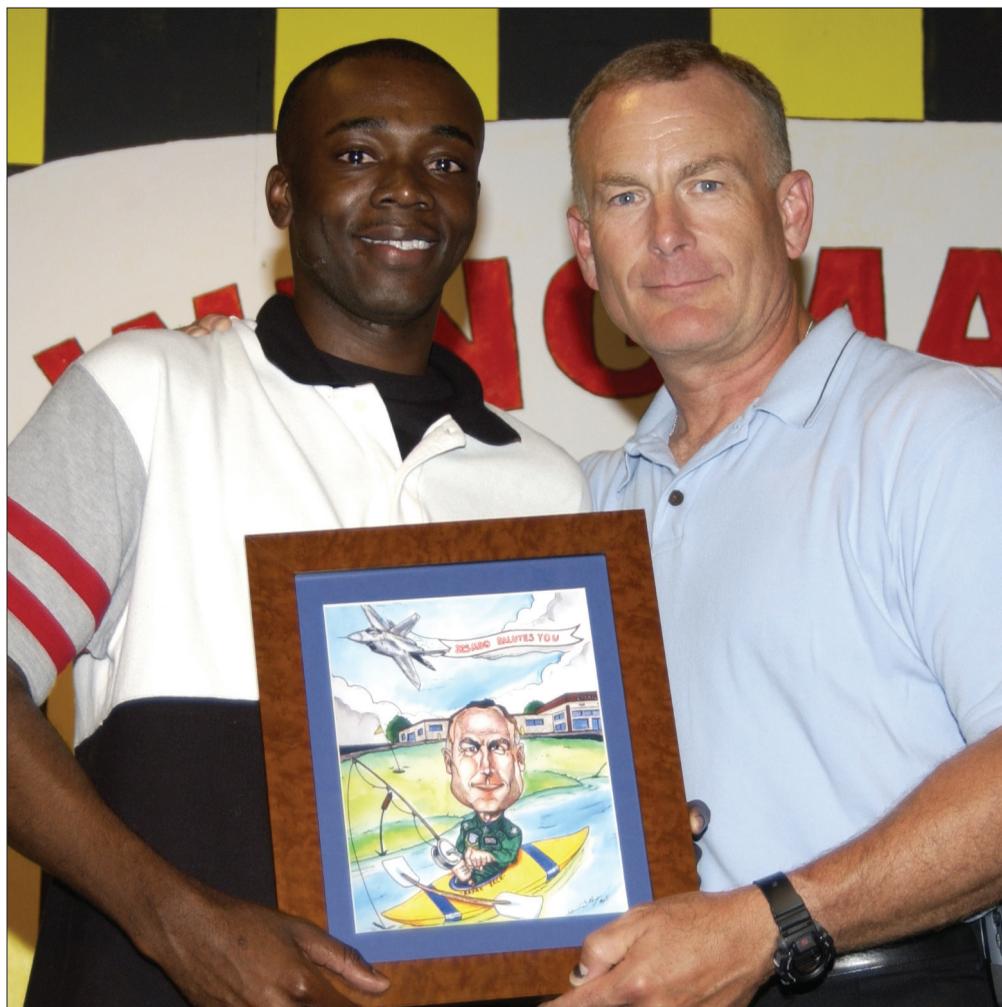
A caricature is a portrait that exaggerates the basic essence of a person to create an easily identifiable visual likeness; some of the earliest of which were done by Leonardo DiVinci.

"We show off the picture he drew to squadron commanders and occasional very important people who informally tour the office," said Capt. Chad Claar, Public Health Flight commander. "After the squadron commanders saw the picture, he started getting requests to do going away presents quite frequently."

The reason people may be touched by his work is not just because of the stroke on paper, but because of what he actually captures about a person.

"When it came to the general's caricature, I asked all about his personality," Sergeant Burgess said. "I was told that some of his favorite things are kayaking, fishing, golf and, of course, the Raptor. I asked these questions so that I could bring out these things in the drawing."

When General Egginton saw the drawing for the first time, he remarked, "Oh, so you



Lisa Norman

**Sergeant Burgess presents Brig. Gen. Jack Egginton, former 325th Fighter Wing commander, with a caricature of him as his going away present from the 325th Medical Group. Ever since becoming discovered as an artist, Sergeant Burgess has been requested to capture the likeness of many at Tyndall.**

saw me out there?"

The remark was in reference to the likeness that Sergeant Burgess was able to capture of the general.

Sergeant Burgess is self-trained in this art so-far, and has been doing caricatures for about five years.

Sergeant Burgess explained that to effectively draw a person, he will study the individual and what makes the person, and improvise their features on paper.

He chose drawing as his favorite medium, as opposed to painting, or other media, be-

cause there is more that the artist can control when drawing.

"Hopefully soon I will be able to take that first step (school) to further develop these skills," he said.

But for now, he said, "I enjoy drawing, and people enjoy seeing my work."

"Not only is he a good artist, but he is an outstanding troop as well," said Captain Claar. "He has a great attitude that rubs off on everybody and also has the ability to do these caricatures which always makes people smile."



# Honor Guard trains, provides Airmen for services

Senior Airman Sarah McDowell

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

A family member of a veteran silently cries while an Airman hands her the flag. As their hands touch, the woman grabs hold of the Airman, clutches him and sobs. The Airman stands still and when the woman lets him go, meticulously finishes the ceremony.

It takes training and dedication to perform a seamless ceremony like this, and one can only get this kind of training in the U.S. military.

Here, the 325th Services Squadron Honor Guard relects this training.

“Our manner of training works because it starts with the fundamentals

and builds up to real world scenarios,” said Staff Sgt. Christopher Smith, Tyndall Honor Guard NCO in charge. “It is all inclusive, where every conceivable type of performance is taught.”

The fundamental sections of Honor Guard training are basic military honors and special ceremonies.

Official training sessions are held quarterly.

During training, it seems that the most challenging thing to do is break

old habits.

“Breaking a trainee out of the ‘Air Force’ mode of drill and ceremony is the most difficult aspect of training.

Honor Guard has its own style of facing movements and marching,” Sergeant Smith said.

But, in addition to the challenges, the

Honor Guard also offers exciting opportunities, such as the firing party.

“Trainees tend to pick up on the fir-

ing party portion of funerals honors training,” he said. “It seems to be the most exciting aspect of training; a live weapon that you are allowed to fire.”

Training for the Tyndall honor guard, which is now at 65 members, comes together to make the program versatile.

“The Tyndall Honor Guard is unique in the fact that the team is poised to complete several different types of functions,” Sergeant Smith said. “We perform funerals, retirements, weddings, firing-party demonstrations, memorial services, and parades.”

The Honor Guard is always recruiting. For more information, call 283-4405.

“The Tyndall Honor Guard is unique in the fact that the team is poised to complete several different types of functions.”

**STAFF SGT. CHRISTOPHER SMITH**  
Tyndall Honor Guard NCO in charge.

## Training Spotlight

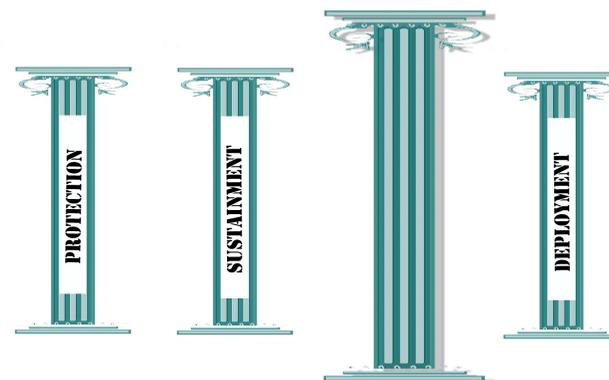


What portion of training are you in now and what is the most challenging aspect?

“I’m in Block 5, the High Performance Block. The most challenging part is learning the fighter tactics and being able to apply them to the scope and over the radio.”

**2ND LT. BEN WYNE**  
Air Battle Manager student

## FORCE TRAINING





Tech. Sgt. Kim Wilson, 372th Training Squadron/Det. 4, and Senior Airman Frank Kapler, 325th Maintenance Squadron, get a good workout and build comradery in their squadrons by participating in Tyndall's intramural softball league.

Steve Wallace

# Fitness becomes fun at Tyndall



Senior Airman Lauren Tullus

**Bacarri Spells and Kaila Kinchen throw punches during a non-traditional Tae Kwan Do class at the Community Activity Center. To learn more about how to take classes, call 283-2495.**

**STAFF SGT. STACEY HAGA**  
325th Fighter Wing public affairs

"I have to look "hot" in my swimsuit."

"I need to be ready to deploy."

"I want to lose those last five pounds."

Whatever your reason is, Tyndall provides many different ways to help people reach their fitness goals.

From the traditional running and weights, to the less traditional ballroom dancing, Tyndall's 325th Services Squadron provides Airmen with the means to "sweat it off" at little or no cost.

"It's an Airmen's job to be 'fit-to-fight.' We offer avenues for Airmen to stay in shape," said Tech. Sgt. James Folsom, 325th Services Squadron intramural sports director.

The Fitness Center has a variety of cardio and weight machines and free weights for those wanting to get toned or bulked up, he said.

## Running

Outside, Tyndall has a rubberized track and three safety-approved spots at the Fitness Center, Beacon Beach and the NCO Academy trail.

The Beacon Beach Road running path and the fitness center track are lit during the cooler evening hours, said Sergeant Folsom.

## Intramural Sports

But if a solo workout is not to your taste, the fitness center hosts 14 intramural sports that the squadrons compete in throughout the year. In the summertime,

softball, tennis and golf leagues are in full swing, said Sergeant Folsom.

"Playing sports builds camaraderie in the unit and its fun too," he said.

## Classes

Other group fitness activities offered at Tyndall include a variety of classes to include: aerobic, cycling, yoga and Pilates classes held three to four times a day, said Sergeant Folsom.

The Community Activities Center has a Tae Kwan Do class Monday and Wednesday every week and ballroom dancing lessons in the fall.

## Pool

The base pool offers water aerobics classes and swimming lessons for all ages and ability levels.

Lap swim is offered Monday through Friday.

## Extreme fitness

"Groups of people looking to challenge themselves in even more unique and extreme ways can test their problem solving skills, as well as their bodies, while conquering the ropes course or paintball fields on Tyndall," said Kathy Holley, Bonita Bay Outdoor Recreation's assistant manager.

No matter the fitness goal, Tyndall has the means to make it happen.

For more information on the fitness programs and activities Tyndall has to offer contact the fitness center at 283-2631, outdoor recreation at 283-3199, or the Community Activity Center at 283-2495.



Staff Sgt. Stacey Haga

Second Lt. Colin Cavanaugh, 325th Air Control Squadron Air Battle Manager student, free falls into fitness at the base pool. The base pool offers a variety of fitness options.

“It’s an Airmen’s job to be ‘fit-to-fight.’ We offer avenues for Airmen to stay in shape.”

**TECH. SGT. JAMES FOLSOM**  
325th Services Squadron intramural sports director



Staff Sgt. Stacey Haga

Senior Airman Kaothar Hinkle, Southeast Air Defense Sector, exercises her mind, as well as her body, by reading a book while using the elliptical trainer at the Fitness Center.



Staff Sgt. Stacey Haga

Lt. Col Don Christensen, Base Legal Office, works up a sweat playing basketball with his coworkers at the Fitness Center.

## Briefs

**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.

**Volunteer opportunity**

Covenant Hospice invites those interested in helping others to attend a Volunteer Orientation Saturday, June 24 from 9 - 11 a.m., at Covenant Hospice's Education Center at 107 West 19th Street.

This orientation provides an overview of hospice programs and services and explains the role of the volunteer. After completing the orientation and an application process, volunteers can indicate their placement choices. Volunteer opportunities include administrative support in a Covenant Hospice office or Community Support Center, special events and fundraisers, or the Ambassador Community outreach program. This is a free program and open to the public. Registration is requested and refreshments are provided.

**Promotion party**

The base-wide promotion party for technical and master sergeant selects will be at 4 p.m. Thursday at the Enlisted Club.

**My Soldier Pen Pal program**

My Soldier.com created five simple ways to show patriotic support:

1. Go to [www.mysoldier.com](http://www.mysoldier.com) to register for the "My Soldier" program and adopt a soldier who could use a pen-pal or friend.

2. Encourage children/students to spend their summer vacation creating a meaningful, even educational, pen pal relationship.

3. Join the program as a family. Family writing projects can create a bond for a common cause, which deepens familial ties.

4. Wear the free red My Soldier bracelet mailed to you via a self addressed stamped envelope to show your support.

5. Submit the name of an active soldier who would like to be adopted through the website link.



Senior Airman Lauren Tullus

**Road-guards out!**

**A ROTC flight crosses the road by Beacon Beach. Air Force ROTC cadets will be training here until July 20. Expect to see cadets at the Fitness Center and the Dining Facility. When you see cadets, slow vehicle speed to 5 mph.**

**Boss and Buddy night**

Boss and Buddy Night is 4 p.m. June 16 in the Enlisted Club's Main Ball Room. Hors d'oeuvres and ice cream will be served. The event is free and everyone is invited to attend. Dress is casual or uniform of the day. For more information, call Master Sgt. Brian Hampton at 283-3268.

**Dining facility limits**

Due to limited space and increased temporary duty commitments, the Berg-Liles Dining Facility will be limited to meal card holders, on-duty security police (weapons carrying), firemen, and TDY personnel until Aug. 1. During the lunch meal. From June 19 to Aug 1, the Eagle Quick Turn (flight kitchen) will be limited to personnel with flight line badges for all meals.

**CES closure**

The 325th Civil Engineer Squadron will be closed after 11 a.m. today for an official function. Any civil engineering emergencies should be reported to the CE service call number at 283-4949

**TRICARE town-hall meeting**

Tyndall's 325th Medical Group TRI-

CARE Operations office will host a city-wide TRICARE Town Hall Briefing, from 6-8 p.m. June 27 at the Bay Medical Center auditorium. Enter the auditorium through the Medical Office Building entrance to the left of the pharmacy. This briefing is open to all TRICARE and TRICARE For Life beneficiaries who are interested in their health-care program.

Skilled nursing vs. long term care will also be discussed. Parking is available at Bay Medical Center. Call 283-7331 for additional information.

**New Commissary hours**

The Commissary will now be open from 9 a.m. to 7 p.m. Tuesdays for a six-month trial period.

**Bay County DAV**

The Disabled American Veterans or DAV has a local chapter in Bay County. Chapter 17 meets monthly in Springfield at the Springfield Community building behind the Fire Department on Highway 22. Meetings are at 7 p.m. the second Monday of the month. Call 785-7707 or 215-0933 for more information.

**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.)

# AF picks Tyndall Airmen to play Ruffian's game



Courtesy photos

**Matt Morgan, who plays the position of hooker, charges with the ball during an Air Force tournament Rugby game.**

**SENIOR AIRMAN SARAH MCDOWELL**  
325th Fighter Wing public affairs

An old saying says, "Football is a gentleman's game played by ruffians, and rugby is a ruffian's game played by gentlemen."

But in this case, it is a game played by Airmen.

Two Tyndall Airmen have been picked up for the Air Force Rugby Team, and will represent the Air Force during the Armed Forces Championship in Camp Lejuene, North Carolina.

Eric Cappell, with the 325th Maintenance Group and Matt Morgan with the 83rd Fighter Weapons Squadron both believe that Air Force Rugby is important to foster "the warrior spirit," and enhance competitive drive.

"Rugby embodies teamwork, the warrior mindset and builds camaraderie for Airmen," said Cappell.

Rugby is a very intense, full-contact sport that is played with very stringent rules due to the nature of the game (unlimited contact with little or no body padding.) The game is hailed to be the first and oldest form of football still played today.

Morgan comments about the sport, "Keeping up is the most

challenging aspect. There is always something going on out on the field, and you have to be aware of your senses."

Rugby is one of the 15 sports the Air Force sponsors.

The Air Force Sports Program is designed to give active duty, National Guard and reserve Air Force personnel an opportunity to participate at the Air Force, Armed Forces, national and international sports events.

"Air Force Rugby has several tournaments through out the year, and through those tournaments, the coaches pick the players who will go on to other events," said Cappell.

The team that was chosen to go to Camp Leguene was picked up from a tournament in Savannah, Ga.

"It is honor to be chosen to compete, because I know so many players who are capable to go on to this tournament," said Morgan.

For these Airmen, playing Air Force Rugby is a great continuation after high school or college sports.

"Sports don't have to end after high school," Cappell said. "Air Force sports are a great way to

**"Rugby embodies teamwork, the warrior mindset and builds camaraderie for Airmen."**

**ERIC CAPPELL**  
325th Maintenance Group

continue on."

Not only do the Airmen expect to get a full dose of sportsmanship and camaraderie out of the game, they also foresee other benefits as well.

"During the next tournament, I expect to learn and be mentored by the senior players," Morgan said. "I expect a lot of team building and communication of shared knowledge."

Another benefit of Rugby, is the sport's ability to condition the

body to be fit-to-fight.

"To prepare for Rugby, I lift weights, do Air Force physical training, run 20 to 30 miles a week and practice with the local Rugby team, the Panama City Beach Hurricanes," said Cappell.

Sports, such as rugby, can be an alternative to traditional ways of working out. To find out more about Air Force Rugby, go to [www.airforcerugby.com](http://www.airforcerugby.com). To find out about ways to play Rugby locally, go to [www.pcbeachrugby.com](http://www.pcbeachrugby.com).



**Eric Cappell runs with the ball during a Rugby game in Savannah, Ga.**

# AETC housing privatization stays on track

RANDOLPH AIR FORCE BASE, Texas (AFPN) -- Despite delays caused by Hurricane Katrina, Air Education and Training Command is still on track to meet its goal of privatizing 100 percent of military family housing.

The Housing Privatization Initiative was approved by the Department of Defense in 1996 as a more timely and cost-effective way to provide military families with quality housing than the traditional military construction funding process.

Lackland AFB, Texas, was the first military installation to privatize a portion of its housing. The first phase of this project provided 420 homes for military families in fall 2001.

AETC is working to privatize the remainder of Lackland's housing requirement under a sole-source initiative with the existing privatized owner; the real estate transaction for Lackland's Phase II is expected to close this summer.

Little Rock AFB, Ark., was AETC's second installation to implement a housing privatization program. Initiated in 2004, this project has already delivered a new community center, and three model homes are expected

to be completed this summer.

Before Hurricane Katrina, AETC intended to convey the rest of the command's military family housing to private developers by dividing the remaining installations into two major groups.

Group I included Altus AFB, Okla.; Luke AFB, Ariz.; Sheppard AFB, Texas; and Tyndall AFB, Fla. Group II included Columbus and Keesler AFBs in Mississippi; Goodfellow, Laughlin and Randolph AFBs in Texas; Maxwell AFB, Ala., and Vance AFB, Okla.

However, due to the impacts Hurricane Katrina had on the construction industry, such as nationwide cost increases generated by material shortages and limited labor resources, the command encountered delays in both groups, said Garrett Smith, AETC Civil Engineering Housing Branch project manager.

"Because proposals were based on pre-Katrina market conditions, we have to take time to resolve the economic disparities Katrina produced in order to ensure the highest quality housing is provided," Mr. Smith said.

"Regional construction costs have risen 15 to 20 percent, utility rates

increased 20 to 173 percent and fuel costs are now extremely high," Mr. Smith said. "All these factors have driven project development costs beyond normal contingency allowances."

The command and the Group I apparent successful offeror are working to resolve the financial gaps caused by Hurricane Katrina, Mr. Smith said. The transaction closure date for Group I is now delayed until August, approximately eight months from its originally scheduled close date.

But Katrina hit Keesler's privatization plans the hardest, Mr. Smith said.

Originally one of the seven bases in Group II, Keesler has been removed from the housing privatization group, and instead AETC is planning to replace all of its housing with a military construction, or MILCON, project. Mr. Smith said the use of MILCON will enable a faster delivery of homes to the base.

The MILCON project scope is to build 1,067 new homes. The request for proposals (RFP) for the Keesler MILCON project was released in February, and the proposals received are currently under evaluation. All of

Keesler's new homes are anticipated to be complete in late summer 2008.

The original RFP for Group II housing was scheduled for release in September 2005. That date coincided with Hurricane Katrina's arrival on the Gulf Coast. With Keesler removed from the list, Group II's new RFP is scheduled to be released this June, with an estimated transaction closure scheduled for June 2007.

While Hurricane Katrina may have altered the command's timeline, the command remains constant in its efforts to see the housing privatization plans through to fruition.

"The command has shown that privatization is an efficient way to provide our military families with higher quality homes quicker than traditional military construction allows," said Col. Leonard Patrick, AETC Civil Engineer.

"Even though the timeline for AETC housing privatization has changed, our commitment to reaching our goal of providing access to safe, quality, well maintained housing remains the same," he said.

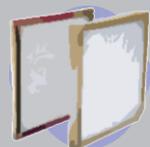
*(Courtesy Air Education and Training Command News Service)*

## Energy conservation is everyone's job

CHRIS WHEELER  
4th Civil Engineer Squadron

SEYMOUR JOHNSON AIR FORCE BASE, N.C. (AFPN) -- Simple practices can produce a positive impact on the electrical consumption on any base. A joint effort at all Air Force bases, both in family housing and in duty sections, plays an enormous role in what the base pays for electricity each month.

Here are some ways that will help reduce electrical usage, thus reducing electrical demand and saving money.



- Make sure the air filter in the air conditioner is changed monthly. A dirty filter can cause your air conditioning unit to lose 30 percent of its efficiency. A clean filter will increase air flow throughout your



house, thus cooling it quicker.

- Use fans to move air; the simple movement of air can make a room feel cooler.

- Adjust drapes, blinds or shades to prevent sunlight from heating your house or office.



- If possible, keep lights low or off. Electric lights generate heat.

- Make sure heat-producing equipment

such as computers or coffee makers are not located near thermostats. Heat from these appliances causes the air conditioner to run longer.



- Ensure coffee pots are not left on after hours.

- Use bathroom fans to remove



moisture and heat.



- Use microwave ovens instead of conventional ovens; they produce less heat.

- In most parts of the country, the electrical peak hours during the summer are from noon to 6 p.m. If possible, laundry, showers and other tasks that use large appliances and hot water should be performed before or after these times.



## Associate Spotlight

Staff Sgt. Brian Mayberry



Steve Wallace

**Sergeant Mayberry, F-16 Avionics lead technician, receives the Associate Spotlight award from Lt. Col. Collin Smith, 28th Test Support Squadron/ Det. 2 commander.**

**Duty title:** Lead Technician - F-16 Avionics

**Time on Station:** One year and six months

**Hometown:** Greenville, S.C.

**Hobbies:** Paintball, kayaking, computer gaming, and soccer

**Goals:** Complete a master's degree

**Favorite thing about your unit:** The camaraderie among co-workers and the unique mission I am part of.

**Favorite movie:** "Chronicles of Riddick"

**Favorite book:** Books by Tom Clancy

**Pet peeves:** Closed mindedness

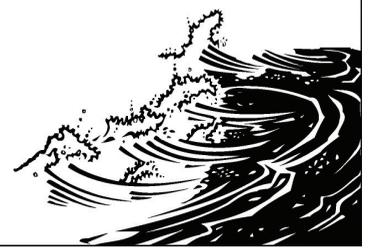
**Proudest moment at duty location:** Completing bachelor's degree

Sergeant Mayberry is responsible for maintaining \$30 million in F-16 avionics. He provided critical technical support for over 400 F-16 flight and ground test missions and saved the Air Force nearly \$5 million in 2005.

He has also managed over 40 mission-critical F-16 software programs ensuring seamless configuration control and operations tempo. Additionally, he has volunteered more than 40 hours in the local community.



# Funshine NEWS



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## Father's Day Brunch All ranks at the O'Club.

Menu Includes:  
 carving station  
 omelets (made to order)  
 Belgian Waffles  
 sausage  
 bacon  
 hash browns  
 fresh fruit  
 muffins  
 danish  
 biscuits and gravy  
 scrambled eggs

**June 18**  
**10 a.m. - 1 p.m.**  
**\$9.95**

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



For details, call the O'club 283-4357.



Tyndall Beacon Beach Marina

Mandatory Safety Meeting June 15 at 6:30 p.m.

Tournament: June 16, 6:00 a.m. - June 18, Noon

Scales open: 5:00 to 8:00 p.m. - June 16 & 17

9:00 a.m. to Noon - June 18

Fish Fry open to public Sunday 11 a.m.

Awards starts at 1:00 p.m. on Sunday

## June 15 - 18

Rain dates July 27-30. Call 283-3059 for details.



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

# Golden Bolt Award



Staff Sgt. Stacey Haga

**Master Sgt. Louis Columbus, 325th Air Control Squadron unit training manager, briefs squadron personnel on suicide prevention and awareness. Sergeant Columbus found the Golden Bolt in April. He found the bolt on the runway while participating in the post-Air Show FOD walk.**

The Gulf Defender is published for people like Airman 1st Class Jennifer Moorner, 325th Security Forces Squadron

