



GULF DEFENDER



Vol. 65, No. 36

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

Sept. 15, 2006

In Brief

POW/MIA luncheon

The POW/MIA luncheon will be at 11:45 a.m. today at the Enlisted Club. The cost is \$14 for club members and \$16 for non-members. The price includes a commemorative coin. Contact your first sergeant for more information.

Hispanic Heritage month begins

Hispanic Heritage month starts today and will last until October 15. To kick-off the month, the Enlisted Club will host a Latin Night with the rhythm of merengue, bachata and salsa starting at 9 p.m. Saturday.

Beach Clean-up

Tyndall will have its annual beach clean-up 8 a.m. to 11 a.m. Saturday at the NCO pavilion and beach access.

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Air Force's Birthday ...
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Child "pilot" visits the 95th FS ... **PAGE 14**



Chrissy Cuttita

Map quest

Two Airmen from the 325th Communications Squadron trace base fiber circuits to develop a "road map" of how lines are connected between all of Tyndall's facilities. Airman 1st Class Christopher Lewis, voice network system apprentice, and Senior Airman Kristoffer Scott, telephone assistance technician, are assisting their squadron with the Air Force Combat Information Transport System program process. For more on CITS, go to Page 6.

Travel orders must be cleared promptly

1ST LT. AMANDA FERRELL
325th Fighter Wing Public Affairs

Fiscal year 2006 will end Oct. 1, making it critical for personnel to promptly clear all travel orders through the 325th Comptroller Squadron.

"Currently, 392 travel orders, totaling more than \$450,000 are outstanding,"

said 2nd Lt. Tyler Hess, 325th Comptroller Squadron financial services officer. "The amounts for these orders can either settle over or under the obligated amount, so there's potential to lose money at the fiscal year close-out or possibly overspend."

If outstanding travel orders are not cleared promptly,

it will affect Tyndall as a whole, he said.

"It is the individual's responsibility to clear outstanding travel orders, because he or she is specifically designated on the orders," said Lieutenant Hess. "We encourage people to come to the finance office and file their voucher, or if the temporary

duty was cancelled, come in and get amendments to rescind the order."

Failing to clear generated travel orders that are not filed or canceled will leave allocated funds unspent – funds that would otherwise be available to purchase needed items.

• SEE TRAVEL PAGE 8

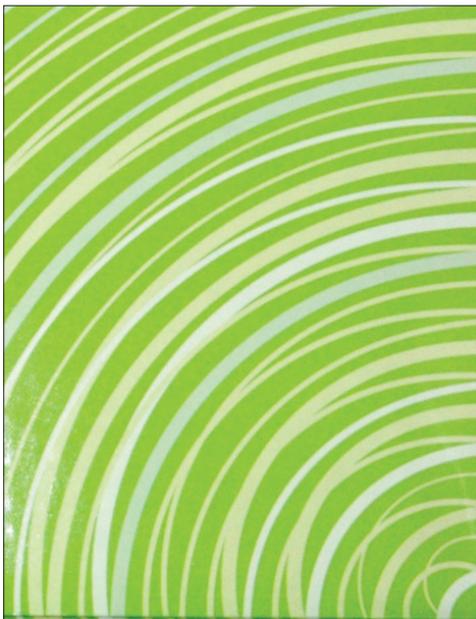


Staff Sgt. Ben Rojek

Got ID?

Staff Sgt. Lashondon Brown, 325th Mission Support Squadron, assists Airman 1st Class Christopher Brown, 325th Maintenance Squadron, with a new military identification card. The Military Personnel Flight's Customer Service hours of operation are 8:30 a.m. to 4:30 p.m., Monday through Friday. Appointments are highly encouraged and sponsors must accompany their dependents when renewing their cards. Call 283-2276 or 2242 to schedule an appointment.

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 determine the final winner. The prize can be claimed at the Public Affairs office.

Capt. James Lowther, 325th Air Control Squadron, correctly guessed the Sept. 8 "Identify this" as a stapler. Congratulations, Captain Lowther, come claim your prize!

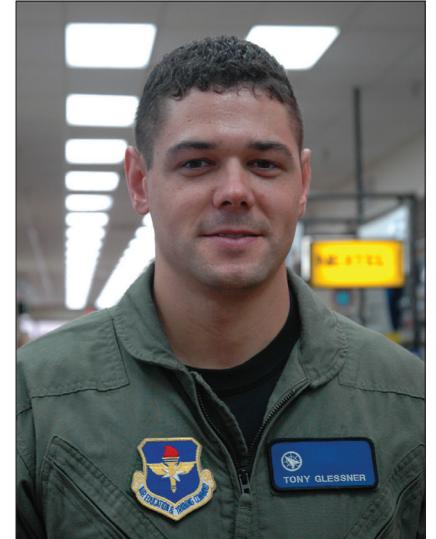
ON THE STREET

Who is your inspiration?



"My dad told me to be a good leader and be a good example."

STAFF SGT. STEPHANIE FORREST
325th Operations Support Squadron



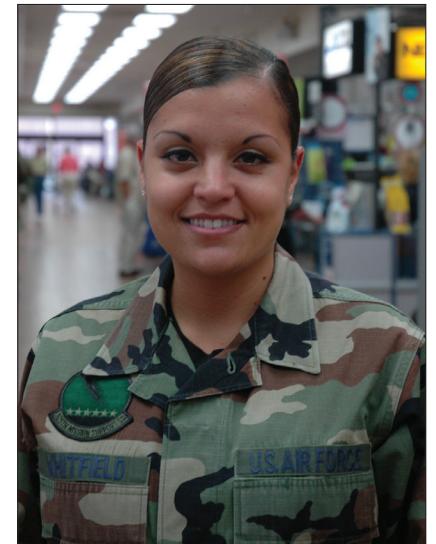
"My grandfather is my role model because of his character."

1ST LT. TONY GLESSNER
325th Air Control Squadron



"My dad has always been a good role model for me."

SENIOR AIRMAN ANTONIO JACKSON
325th Aeromedical-Dental Squadron



"My daughter, Brianna, is my inspiration. I want to provide a good life for her."

STAFF SGT. SAMANTHA WHITFIELD
325th Mission Support Squadron

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Airmen find ways to cope with marriage separation

STAFF SGT. STACEY HAGA
325th Fighter Wing Public Affairs

“Soldiers’ divorce rates up sharply,” a USA Weekly headline reads. Due to the war on terror and longer deployments, more military couples are calling it quits, reports say.

It’s hard being away from the one you love and even harder when there is nothing you can do about it.

I’m a newlywed and even though my husband and I have a great relationship, hearing about the divorce statistics is enough to make me want to panic.

Neither one of us is deployed currently, but I know what it feels like to be apart from my partner for an extended amount of time. We live more than a thousand miles away from each other, 1,029.26 miles door-to-door to be exact.

We were married Feb. 10, two weeks before I moved to Tyndall, leaving my husband, Derrick, behind at Tinker AFB, Okla. To this date, we are still waiting for our join-spouse application to be approved and reunite us.

I understand why it’s taking so long. The military is going through very big changes right now. There is nothing more we can do except wait.

It can feel hopeless at times. I’ve spent several evenings crying about it. But the important thing is we are still doing well.

To keep the spark going, we have gotten creative. It’s one of the only

things you can do when you are apart.

Of course, we call each other every day, even if it’s a quick call to say “I love you.” But, the regular phone calls have become like dates for us. We always talk in the evening, right when the free calling time starts. I know when he’s going to call me, so I always make sure my schedule is clear when he calls – no distractions. It’s just me and him.

He also calls me sometimes just to say “I love you,” before I go to bed. Those phone calls make me smile even when I am at my lowest.

We also forward each other funny e-mails, it’s quick and easy, but it lets us know we are thinking of each other throughout the day.

We send pictures to each other. Call me crazy, but it’s almost as good as getting to see him in person. I also have pictures of him at work, home and even on my phone.

We sometimes send each other thoughtful gifts. We visited each other in Atlanta recently and went to a Braves game. We had so much fun that day, so I had a mouse pad made with a picture of us at the game on it. Now when he is on the computer, he

is reminded of the times we do get to see each other.

It’s not always about the material

“It’s not always about the material things though. I’ve learned first-hand marriage is a lot about attitude. Couples need to have the right attitude to get them through the lonely times when they are apart.”

STAFF SGT. STACEY HAGA
325th Fighter Wing Public Affairs

things though. I’ve learned first-hand marriage is a lot about attitude. Couples need to have the right attitude to get them through the lonely times when they are apart.

He taught me we can’t get upset over our situation because we have done everything we can. Eventually, even if it is March 2008, when he separates from the military, we will be back together.

I taught him even though our situation looks bleak, never give up hope we will get stationed together.

The attitude to have is trust. Trust your spouse and give him every reason to trust you. I’ve learned trust can keep a lot of unnecessary arguments from happening.

Perhaps the most important lesson I’ve learned though, is one that can’t easily be expressed. I’ve often questioned why would someone let this happen to us, does anyone care, do they want us to fail? I’ve even blamed myself for it. After all, it was my decision to re-train into a different career field.

But regardless of why we are apart, one thing has become evident to me – the cliché “absence makes the heart grow fonder” is true in our relationship. I thought I loved him before we moved apart, but that was “child’s play” compared to the love I have for him now.

Maybe the most important lesson is something I have started to learn now and will continue to learn the rest of my life. I’ve learned to appreciate the time I do get to spend with my husband and not spend it nit-picking the things I don’t care for about him.

And I hope that is something I will remember when we are growing old together, because personally, I don’t feel like we are going to become a statistic. I’ve learned to put that panic aside.

Action Line

Call 283-2255



BRIG. GEN. (S) 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 to help you resolve any issues with a base agency.

- Commissary** 283-4825
- Pass and Registration** 283-4191
- Medical and Dental** 283-7515
- MEO** 283-2739

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

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

Leaders send AF birthday message

WASHINGTON (AFP) – The following is a message from Secretary of the Air Force Michael W. Wynne and Air Force Chief of Staff Gen. T. Michael Moseley on the Air Force's 59th birthday.

“Over the course of the past 59 years, the Air Force has established itself as the dominant force in air, space and cyberspace. Our knowledge-enabled Airmen have revolutionized the way our nation defends itself and its allies across the full spectrum of threats.

“Before our inception as an independent service, the Air Force responded wherever and whenever needed, whether for disaster relief, humanitarian operations or combat operations. We have only gotten better in time.

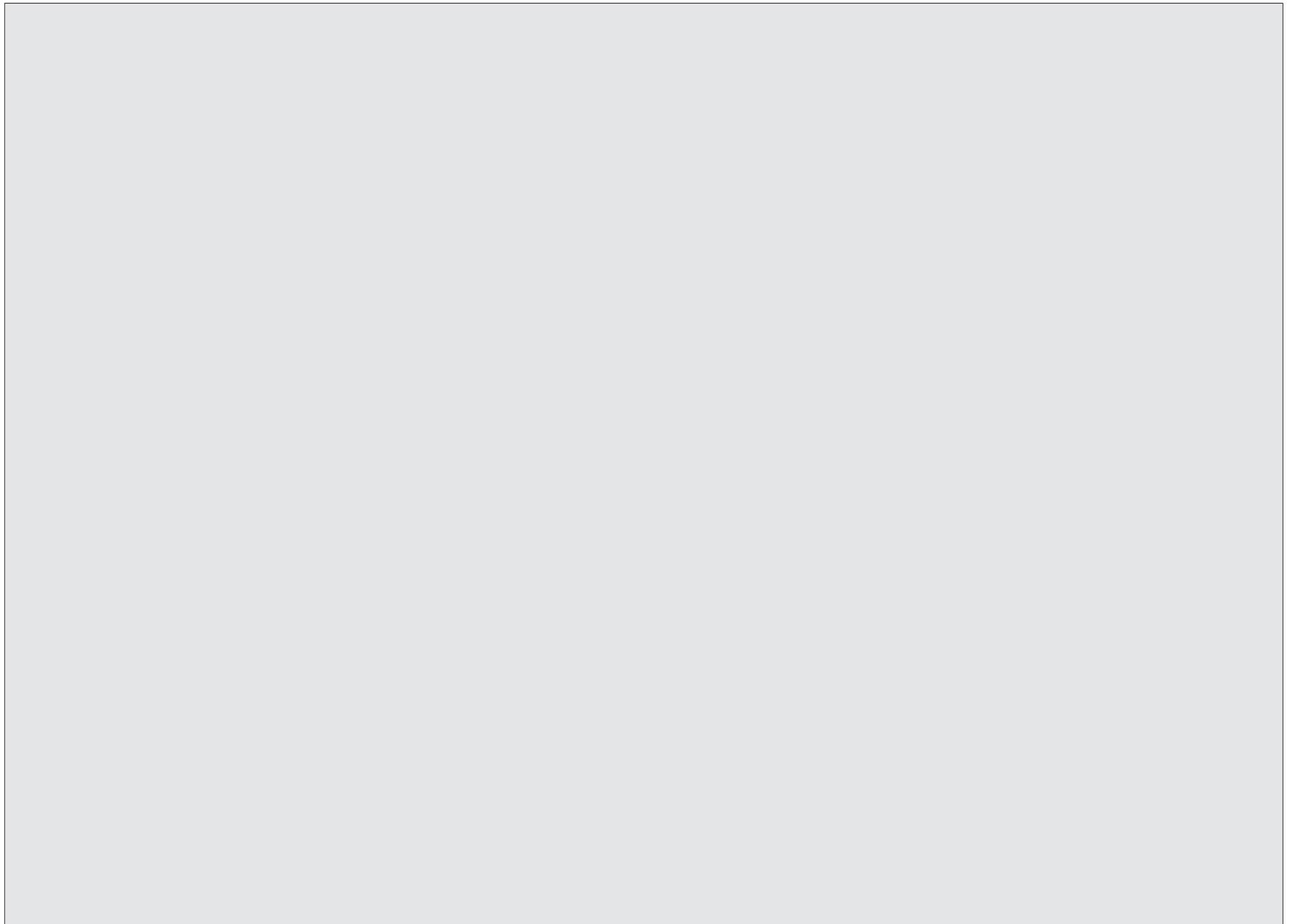
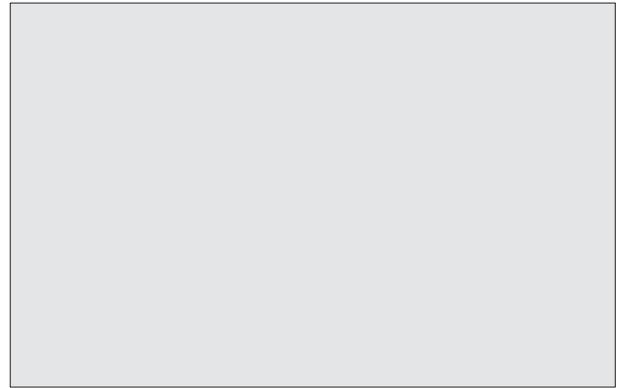
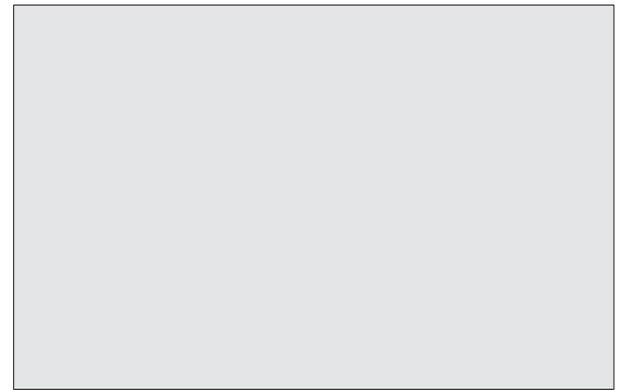
“Our heritage is one of technological innovation, courage and dedication. As we build on that proud heritage and look toward new and unlimited horizons, we will continue to deliver unmatched air,

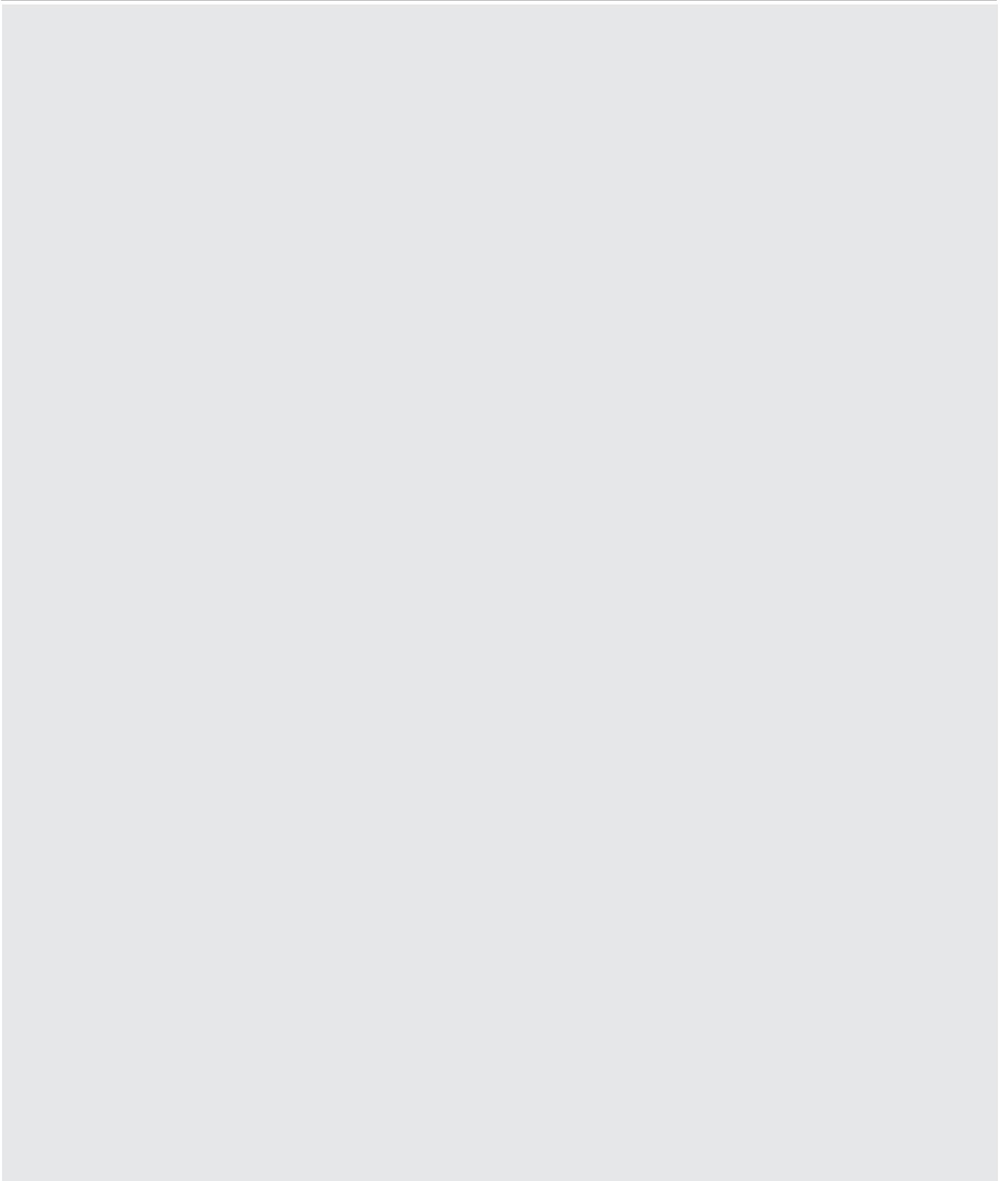
space and cyberspace dominance for the interdependent joint team and our nation.

“Your tireless commitment, agility and professionalism are the foundation for our successes. Without you, and the support of your families, we could not be the world-class team we are. America's Airmen exemplify our core values of Integrity First, Service Before Self and Excellence in All We Do.

“As we lead into our diamond anniversary celebration, we count on our most valuable asset – our Airmen – to continue the magnificent work our forebears began. We are confident you'll conquer tomorrow's challenges with the same courage, commitment and confidence that defined our first 59 years.

“Thanks to our entire Air Force family across the globe: active duty, civilian, Guard, Reserve, retirees, veterans, and all their families. Happy birthday, Air Force!”





Next generation information network coming to Tyndall

MASTER SGT. BRIAN TIMPE
325th Communications Squadron

The 325th Communications Squadron is supporting Team Tyndall with a next generation network upgrade through the Air Force Combat Information Transport System program this month.

“This is the first base-wide upgrade of our fiber optic network since the CITS was installed at Tyndall eight years ago,” said Chief Master Sgt. Carol Cox, 325th CS plans and implementation flight chief. “It is part of an Air Force plan to reduce cost by upgrading the system in major segments versus a piece-by-piece approach.”

During the next two years, the

325th CS will work closely with headquarters Air Education and Training Command and General Dynamics to ensure fiber optic connections and network equipment in more than 200 facilities are ready to meet the needs of the base’s growing information system. In addition, power and cooling systems will be upgraded in rooms where communications equipment is stored if upgrades are needed to support larger network systems.

The 325th CS will also work closely with personnel from the Air Force Communications Agency at Scott AFB, Ill.; the Electronics Systems Center at Hanscom AFB, Mass. and the 38th Engineering Installation Group at Tin-

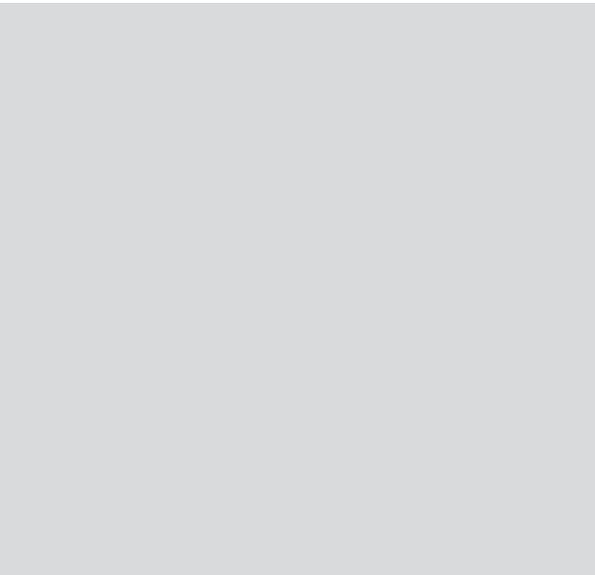
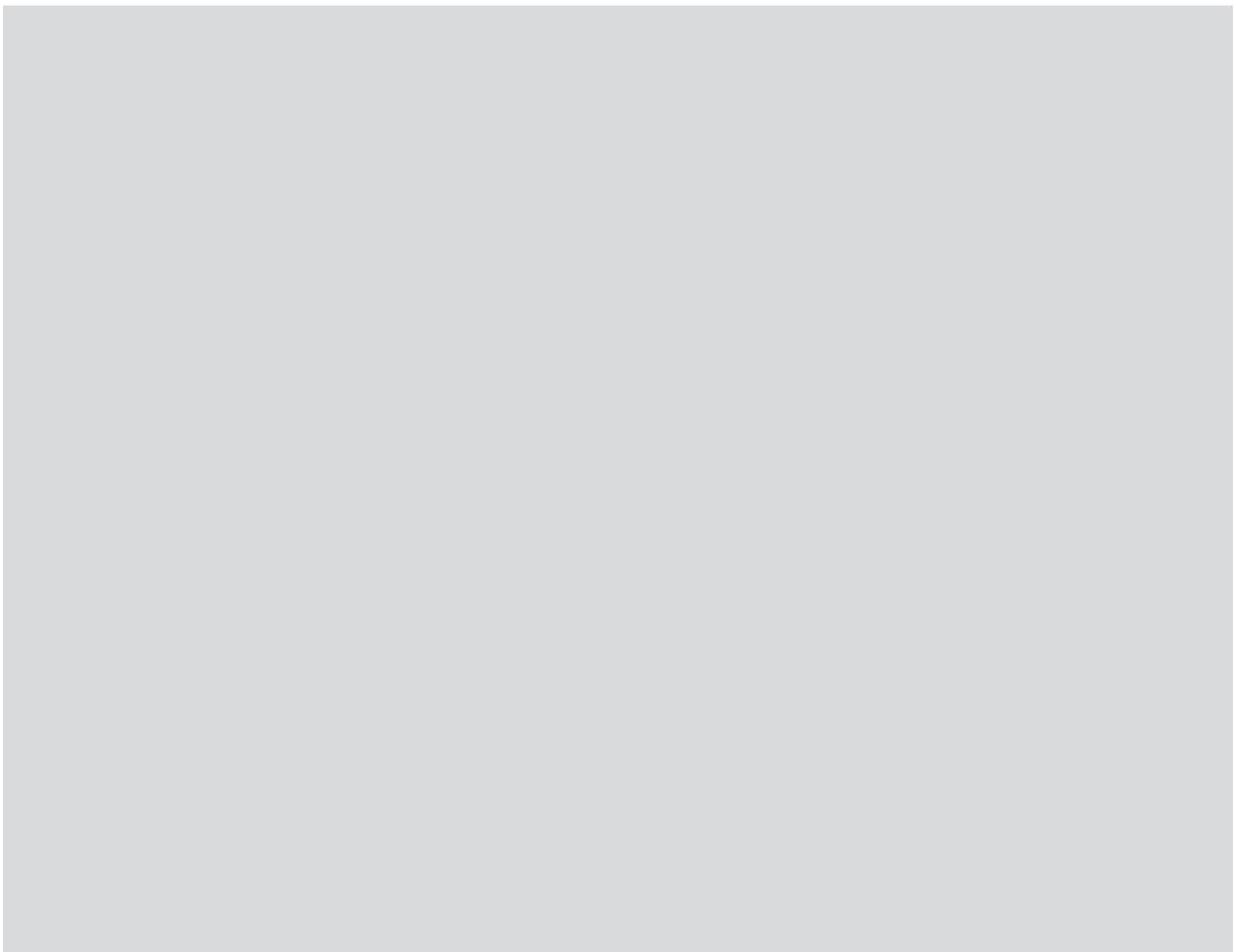
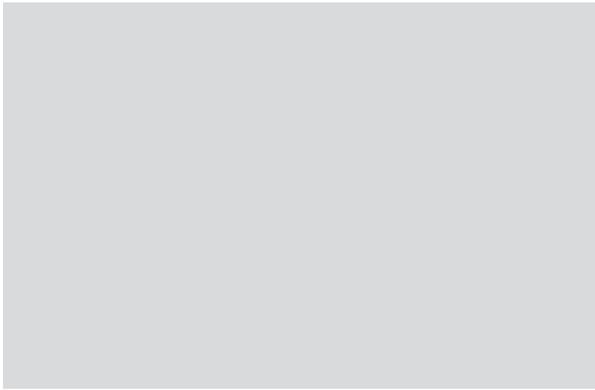
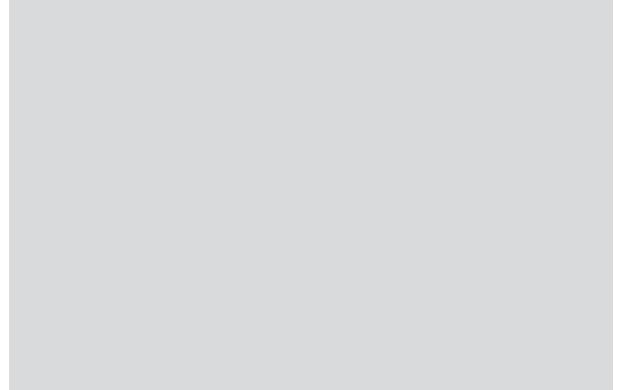
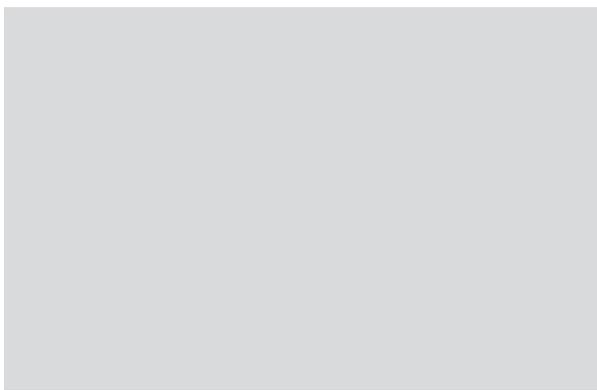
ker AFB, Okla. Personnel from these organizations will assist with program management and engineering support for the planning and implementation of the network upgrade project here.

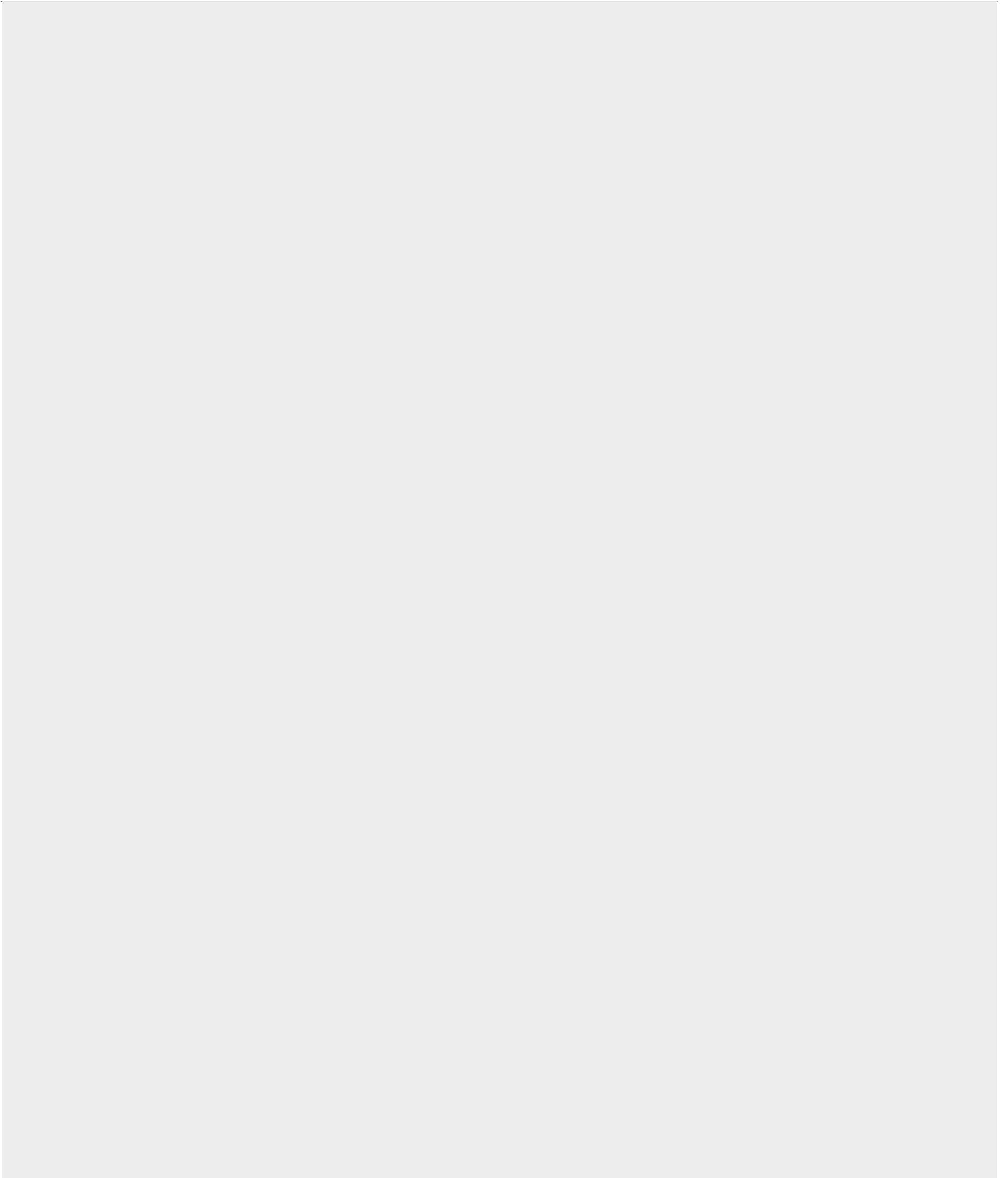
“Upgrading the base network will significantly improve data communications capabilities for the (325th) Fighter Wing and tenant units, enhancing their abilities to perform training and wartime missions now and well into the future,” said John Alexin, 38th EIG systems telecommunications engineering manager assigned to Tyndall.

This effort is designed to increase bandwidth requirements allowing advancements in weather and intelli-

gence imagery, desktop video teleconferencing and voice transmissions over the network. The base will also benefit from increased network redundancy, leading to greater survivability. An integrated team of contractors, civilians and “blue suites” will begin the project this month by conducting a survey of facilities and fiber optic cable routes. Installation will begin in the summer of 2007 and continue for one year.

Every effort will be made to minimize impact on the Tyndall community, but personnel may experience a few inconveniences during the upgrade. If you have questions, contact the 325th CS plans flight at 283-3215.





'101 Critical Days' ends, safety continues

CHRISSE CUTTITA
325th Fighter Wing Public Affairs

Although the Air Force's 101 Critical Days of Summer campaign ended Sept. 4, Tyndall officials are encouraging personnel to continue to practice operational risk management and focus on safety year-round.

During this year's annual campaign, the Air Force experienced 18 fatalities compared to 29 during 2005.

"This year the base did great, but everyone needs to continue to be on their guard to prevent the next mishap lurking right around the corner," said Ken Jolley, 325th Fighter Wing chief of ground safety.

As in past years, motor vehicle and motorcycle fatalities accounted for most of Air Force fatalities and mishaps. Some of the factors in these mishaps included losing control of the vehicle, not using seat belts and consuming alcohol.

Other fatalities occurred during off-duty recreational activities. With decreasing manning, it becomes increasingly important to protect every resource, especially our people.

"The warriors of the 325th Fighter Wing have excelled," said Brig. Gen. (S) Tod Wolters, 325th Fighter Wing commander. "We continue to focus on winning the Global War on Terrorism and sending our expeditionary Airmen abroad with war-winning attitude. Team Tyndall has lost no lives during this campaign... a credit to the professionalism of our Airmen."

The 'critical days' campaign has run annually since the early 1980s and was developed to counter an increase in Air Force

mishaps and fatalities that occur during the summer months. The campaign attempts to increase personal awareness of risks and reduce the number of mishaps and fatalities.

"We should always be applying ORM to our decisions while off-duty the same way we do on duty," said Mr. Jolley, who is also the wing ORM point of contact. "Our mindset shouldn't change just because the campaign is over; proper safety precautions and decisions should be applicable year-round. It needs to be a true mind-set for everyone at all times." ORM is a critical process, and all three courses of ORM training are available on the Air Force Safety Web site for download.

"The first and maybe biggest step in ORM is to identify hazards that surround any activity we want to do," said Mr. Jolley. "It's like what we were taught when we learned to cross the street. You have to stop, look and listen. If you stop and think about what you are planning to do, you are basically applying ORM to everyday decision making."

Tyndall keeps those efforts running year-round by continuing to ensure the principals of ORM are learned and applied. Events like Wingman Day, Safety Day, courses such as motorcycle training and programs like Airman Against Drunk Driving all contribute to better ORM and aid in educating the wing populace on aspects of safety.

"ORM is everyone's responsibility," said Mr. Jolley. "The trick is to know what the risk is, and take the necessary steps to counter it."

• FROM TRAVEL PAGE 1

"Beginning in September, remaining available funds are pulled together and managed at wing level," said Capt. Laura Christensen, 325th CPTS financial analysis flight commander. "These funds are used to purchase requirements on the approved and prioritized wing unfunded requirements list. The more funds tied up in outstanding travel orders reduces the wing's ability to fund end-of-year requirements."

By clearing all travel orders, individuals will help streamline the annual close-out process and ensure an efficient distribution of financial resources.

For more information on how to clear outstanding travel vouchers, call the finance office at 283-4117.



Checkertail Salute

Senior Airman Veronica Soto



1st Lt. Amanda Ferrell

Airman Soto receives the Checkertail Salute Warrior of the Week award from Col. Scott Davis, 325th Fighter Wing vice commander.

Airman Soto ensured more than 100 incentive flyers, in addition to all assigned aircrew, were properly fit with life support equipment. She maintains a 98 percent discrepancy-free average on equipment inspections. She also volunteers in the local community through the American Red Cross.

Duty title: Aircrew life support specialist
Time on station: Two years
Time in service: Two years, six months
Hometown: Las Cruces, N.M.
Hobbies: Bowling, baseball, watching movies and shopping
Goals: Get promoted to staff sergeant, complete a bachelor's degree and earn a commission in the Air Force
Favorite thing about Tyndall AFB: The beach and the people
Favorite movie: "Mr. and Mrs. Smith"
Favorite book: The Bible
Pet Peeves: Lying and laziness
Proudest moment in the military: Being selected for senior airman below-the-zone

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.

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



For current online information about Air Force pay, benefits, jobs and more, visit ask.afpc.randolph.af.mil

Training Spotlight



What aircraft would you like to operate on as an air battle manager?

“I would like to operate on the E-3 Airborne Warning and Control System, because I’m interested in controlling air-to-air engagements.”

2ND LT. ERIN RUNDBERGET
325th ACS air battle manager student

Congratulations to the Air Battle Manager graduates of Class 06-016 from the 325th Air Control Squadron!



Congratulations to Mission Ready Airmen graduates of Classes 2006-070, 2006-071 and 2006-H01 from the 372nd Training Squadron/Detachment 4!



Student pilots learn to fly in thin air

STAFF SGT. BENJAMIN ROJEK
325th Fighter Wing Public Affairs

A pilot is cruising along at 30,000 feet in an F-15 Eagle when suddenly he begins to feel “different.” He gets light-headed and his vision starts to blur. What is going on?

That question is answered when F-15 B-Course students go through physiological training in the altitude chamber.

Aviators have long known about the effects of high altitude flight on the human body, specifically what happens when the body doesn’t get enough oxygen, but it wasn’t until about 50 years ago the Air Force adopted a physiological training program to teach pilots how the body reacts to the stresses of flight.

One such stress is hypoxia, a condition in which the body is in an oxygen deficient environment, such as flying at high altitudes where there are fewer oxygen molecules. If the condition is not immediately recognized and corrective actions taken, the results can be disastrous.

Staff Sgt. Rodrigo Vener, 325th Aero-medical-Dental Squadron aerospace physiology technician, said the symptoms of hypoxia vary from person to person. Other physiological factors will also effect the onset of hypoxia.

“For a healthy individual flying at 18,000 feet, the time of useful consciousness (the period of time which a person retains normal motor functions) is about 30 minutes, but is reduced to three to five minutes at 25,000 feet,

Sergeant Vener said. “If the same individual smoked, didn’t exercise and maintained an unhealthy lifestyle, his time of useful consciousness would be reduced.”

Teaching students about hypoxia, and letting them actually experience it, would be difficult if the only way to get the experience was to fly. Fortunately, the 325th ADS has an altitude chamber, which is a small room-sized structure that resembles a contraption out of a 1950s science fiction movie.

Inside the chamber, each student is seated at a console with an oxygen regulator. To eliminate any confusion on procedures during actual flight, the regulators in the chamber are exactly the same type as those used in Air Force aircraft.

The students don their helmets and oxygen masks, are given a briefing and the door is sealed. Air is removed from the chamber simulating an increase in altitude. Once they reach the target pressure altitude, students remove their oxygen masks and are given a series of written puzzles to figure out.

Having trouble with mental reasoning is a symptom of hypoxia, so the students’ performance while completing the puzzles is monitored closely by instructors.

Students are taught to gang-load their oxygen regulators by moving all switches at once to provide 100 percent oxygen, which is delivered under pressure. They are also taught to fasten their oxygen masks if they begin to feel any symptoms of hypoxia.

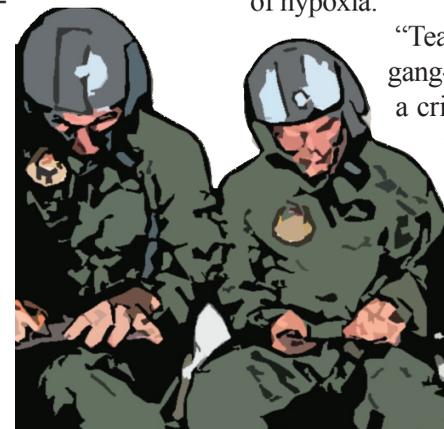
“Teaching the students to gang-load their regulators is a critical part of the training,” Sergeant Vener said. “If hypoxia sets in and the pilot immediately sets his regulator to deliver 100 percent oxygen under pressure, he will recover within 30 to 60 seconds. But,

if the pilot doesn’t get the oxygen turned on or the mask up, he could pass out and be unable to recover the aircraft.”

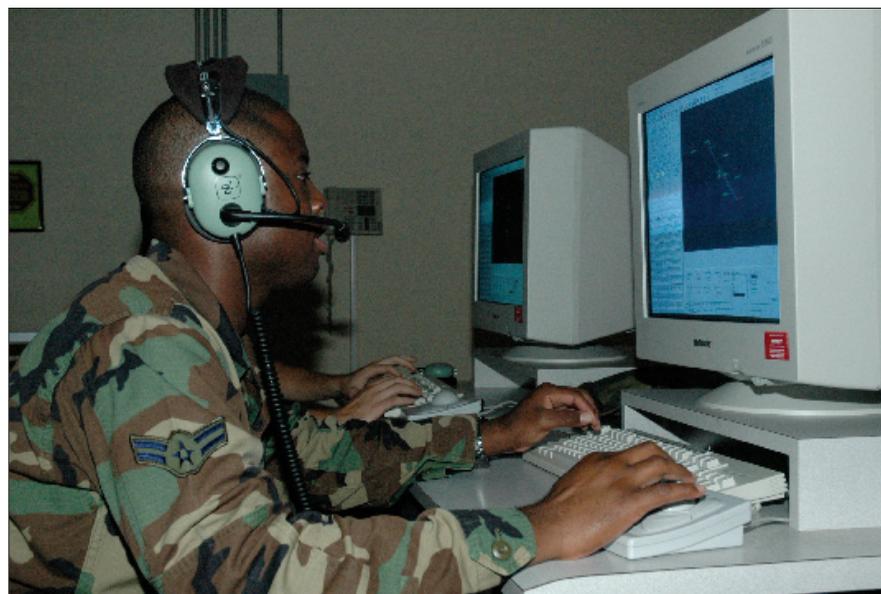
According to Maj. Brian Biebel, 95th Fighter Squadron, assistant director of operations, a rare but possible cause of oxygen deficiency in fighter aircraft is decompression, a condition in which there is a loss of the atmospheric pressure maintained in the cockpit.

“Failures in a system on the jet that could cause decompression could be difficult to recognize, so pilots must be able to recognize the symptoms of hypoxia as soon as they begin,” said Major Biebel.

By becoming aware of these symptoms in training, pilots can recover in the air.



Graphic illustration by Staff Sgt. Stacey Haga



Chrissy Cuttita

Scoping out

Airman 1st Class Calvin Smith, 325th Air Control Squadron pilot simulator technician, simulates pilot maneuvers and radio communications to help train future air battle managers. This training prepares air battle managers for controlling live aircraft with effective radio communication.

Airman reflects on personal loss in 'massacre'

LT. COL. DON ARIAS
Air Forces Northern Public Affairs director

More than 3,000 people were massacred in the Sept. 11 attacks. I say "massacre" because although tragic, this was no "tragedy" or "accident" or "act of God." It was an insane, blood-thirsty massacre of non-combatants – defenseless men, women and children were intended targets.

We all remember where we were when we heard the terrible news. I was at work participating in a North American Aerospace Defense Command exercise. Most people assumed it must have been an accident that a plane had crashed into the World Trade Center. But I received notification from our Northeast Air Defense Sector in New York that there was a hijacking. Was the hijacked plane the one that hit the North Tower? We weren't sure. My thoughts were with my younger brother who was on the 84th floor of the South Tower.

I called Adam in his office and shared our final conversation. In that two-minute phone call he told me of the terrible sights he saw from his window – of men and women jumping to their deaths from the North Tower rather than suffering certain incineration. He told me of desperate people at their windows contemplating that terrible choice – jump or burn.

I speculated it was the suspected hijacked aircraft that caused the life or death, human drama to unfold before my brother's eyes. Over the phone, I heard the commotion of people looking out of the window and I listened to their all-too-human responses as they watched fellow human beings leap to their deaths. I heard the urgency in my brother's voice, too. His last words to me were, "I gotta go now..." As he hung up the phone I quickly responded, "Go home." I don't know if he heard me. I never talked to my brother again.

Then came the second crash – and with it, the terrible confirmation that this was no accident, this was an attack. Our NORAD exercise ended and we were in "real-world ops."

When another airliner slammed into the southwest side of the Pentagon minutes later, it was clear this



Lisa Norman

Capt. Richie Meo (left), a New York City firefighter, and Lt. Col. Don Arias, Air Forces Northern director of public affairs, unveil a portrait of the colonel's brother who was killed in the World Trade Center during the 9/11 attacks. The portrait will be displayed in the new Air Forces Northern complex here.

was a coordinated and organized attack on our country, our government and our very way of life. Airliners that normally carry families and business travelers became deadly guided missiles aimed at the symbols of our democracy.

Todd Beamer and his fellow passengers on Flight 93 challenged the terrorists who commandeered their plane. Their final words before they took on the terrorists have become a rallying cry for all of us: "Let's roll!"

When Flight 93 slammed into a field in Pennsylvania instead of the terrorists' intended target, we knew all on that flight were lost.

When my brother didn't come home from work that night, I knew in my heart he was gone, too.

The patriots of Sept. 11 were our mothers and fathers, our sisters and brothers, our sons and daughters. They were our friends, our colleagues, our loved ones. And we mourn the loss of each and every one of them because, unlike the enemies of America, we value every human life.

for an international trading firm, my brother was part of the great American economic engine. His agenda was not politics, religion or ideology – it was prosperity and freedom. He was light-hearted, determined, smart and talented. I'll never forget his easy way and infectious laugh. And I will never forget why he died.

The terrorists wanted to topple the U.S. government the way they took down the Twin Towers. They wanted to cripple our military power by attacking the Pentagon.

They did not succeed.

They failed because America is more than just buildings, more than any one company or institution and more than any loved one they could kill. The terrorists may have brought down symbols of our greatness, but America's strength is built on so much more than buildings and people. America is built on ideas, hopes and dreams that we have cherished for generations. The terrorists will never understand these concepts.

This was our generation's "Pearl Harbor," an unprovoked attack on our way of life. More than 2,800 people lost their lives in the towers that day. But so many more lives were affected. The lives of the families, friends and colleagues left behind. To them we say, "We will never forget."

Today, terrorists seek weapons of mass destruction. If unchecked, we could be talking casualty figures in the millions. As members of the Armed Forces, we have a sacred duty to prevent that from happening. The war on fanatical fascism is a war we simply must win.

Our nation was transformed by the massacre of 9/11, and so must we transform our commitment to defending our country. We must never forget the heroes of Sept. 11 or our uniformed brothers and sisters who are fighting far from home to keep us free. We must stay focused like never before on the fact that we are fighting a war that we dare not lose.

As we observe the fifth anniversary of 9/11, let's remember President Bush's vow, which is worth repeating: "We will not tire, we will not falter, and we will not fail."

Because we cannot forget the images of 9/11, we need to remember we are a nation at war. We cannot forget the stories of courage and heroism, of brother firefighters who ran up the stairs of the towering inferno while others scrambled to get out. I will never forget the courage my brother Adam showed as he assisted rescuers leading people to safety. Nor will I ever forget the terrible price he paid for being an American.

We can only imagine the many other stories of courage and heroism that will never be told – because none lived to tell it.

We should never forget the videotaped images of the terrorists who laughed at our loss, or the spontaneous street celebrations of freedom-hating fanatics.

The agents of evil who crashed those planes hate America. They hate us not for what we've done, but for what we stand for: Our belief in self-determination, freedom and justice, and the right to govern ourselves. As Americans, we must all fight for our right to live in safety and security.

As vice president of operations



1st Lt. Amanda Ferrell

The American flag flew at half-staff over Flag Park Monday in honor of Patriot Day.

Base honors 9/11 heroes, victims



Lisa Norman

Brig. Gen. (S) Tod Wolters, 325th Fighter Wing commander, was joined by more than 600 members from squadrons across Tyndall during the Memorial Run. The run started at precisely 7:46 a.m. Sept. 11, the time the first tower was hit during the 9/11 attacks five years ago.



Tech. Sgt. Cecilio Ricardo Jr.

Master Sgt. Daniel Rebstock, an Air Forces Northern first sergeant, prepares a wreath for the remembrance ceremony held in the base chapel Sept. 11 to commemorate the victims and heroes of the 9/11 attacks.



Lisa Norman

The Southeast Air Defense Sector Honor Guard team modified the traditional POW/MIA remembrance table to recognize those lost in the 9/11 attacks. The Honor Guard performed at the Memorial Luncheon held at the Enlisted club here Sept. 11.



WE WILL NOT FORGET

Briefs

OSC function

The Tyndall Officers' Spouses Club will host a night of fun and games with dinner and Bunco 6:30 p.m. Tuesday at the Officers' Club. Dinner will include a garden salad, baked potato soup, Tuscan chicken sandwich, apple crisp, tea and coffee. The cost is \$9 for club members and \$11 for non-club members. Please RSVP to Geraldine Traver at 871-1895 or rgtraver@netzero.com.

Guard/Reserve

All eligible members of the Air Force Reserve can now submit retirement applications electronically via the virtual Personnel Center Guard and Reserve, a 24/7 customer service Web portal operated by the Air Reserve Personnel Center in Denver.

This new Web-enabled service will give Airmen the ability to monitor the status of their application from start to finish. Reservists can log on to the vPC-GR at arpc.afrc.af.mil/support/default.asp to begin the process.

Case lot sale

The Commissary's case lot sale starts today and ends Sunday. For more information call 283-4825.

Troy University

Registration for Troy University Term 2 runs through Oct. 6. Classes start Oct. 9 and end Dec. 17. Students may register with an advisor at any Troy University location or online by accessing Trojan WebExpress at www.troy.edu.

Degree programs, course listings and an admission application can be found online at fwr.troy.edu. For more information, call 283-4449.

Gulf Coast Community College

The Gulf Coast Community College Tyndall Center is looking to hire an evening math tutor to work two to four hours per week.

Applicants should be proficient in math through the Calculus I level.

To apply, call 283-4332 or visit room 45-A of the Education Building.

Gulf Coast Community College

The Gulf Coast Community College placement test for the Tyndall Center will be at 1 p.m. Wednesday. The cost is \$5.



Airman Glenn Moore

Get your read on

Staff Sgt. Christopher Bucklus, 325th Maintenance Operations Squadron education training manager, searches for a book at the base library. The library will have a book sale 9 a.m. to 5:30 p.m. now until Saturday. The sale will include books, videos and audio books. The money generated from the sale will be used for children's activities, arts and crafts and DVDs.

The results are instantaneous.

The following short-term classes are available at the Tyndall Center: Public Speaking, Western Civilization II and Macro Economics.

At the main campus the following courses are available: English Composition II and Religions of the World.

For more information, call 283-4332.

Fee for intramural sports

The 325th Services Squadron will no longer receive appropriated funds for intramural sports programs here starting Oct. 1. Members will soon pay a fee to participate in the intramural program. For more information, call the Fitness Center at 283-2631.

Hispanic Heritage Committee

Tyndall's Hispanic Heritage Committee is seeking new board members (president, vice president and chairmen). The committee gives Hispanics an opportunity to get together to plan community events and learn about the

Latin culture through talking, music and food. For more information, contact Elisa Esterley at 283-8483.

Thrift Shop

The Thrift Shop is open 9:30 a.m. to 12:30 p.m. Wednesday- Friday. Consignments are accepted from all valid ID card holders 9:30 a.m. to 11:30 a.m. Wednesdays and Thursdays. For more information, call 286-5888.

Eglin Spouses' Club

The Eglin Officers' Spouses Club will host the 21st Annual Craft Bazaar 9 a.m. to 4 p.m. Sept. 30 at the Niceville Community Center. This event is open to the public. For more information, please contact Kim Hoelscher at 850-897-4509 or mkhoelscher@aol.com.

AAFES supplement

The 2006 Exchange Fall/Winter Home Décor Supplement is available at all main stores and online at www.aafes.com.

Tyndall Chapel Schedule**Catholic services**

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

Protestant services

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

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

CONS wins week one, Pig Prog will prevail

PIGSKIN PROGNOSTICATOR

From the merry old land of Boz

The hits just keep on coming. Especially if you were Aaron Brooks on Monday Night. Guess how many times the Oakland Raiders' quarterback was sacked. Twice? Four times? Try *nine* times. That's no way to start a season.

And how did the Chargers' rookie quarterback fare? Philip Rivers, in his first start, used LaDainian Tomlinson to take San Diego to a 27-0 road victory. I'm sure he was excited, but he shouldn't get cocky. His team has some tough games coming up.

Moving from a horrible beat-down to a touchy-feely game, the "Manning Bowl" proved to be fun to watch. Brothers Eli and Peyton were the first sibling quarterbacks to meet in a game, and they kept it amicable, praising each other afterward.

"I told (Eli) I loved him," Peyton said after he and the Colts took down his little brother's Giants 26-21 in field goal-heavy victory. Awww. Isn't that sweet. Didn't

anyone tell you Peyton? There's no loving in football!

Here at Tyndall, last year's champs, 325th Contracting Squadron, got off to a winning start, winning for Week 1 with 12 correct picks. Their win came down to the Minnesota vs. Washington game. Only three squadrons picked the Vikings to win, and CONS was one of them.

"I have a crack team of prognosticators," said Thomas Reese, CONS picker. "They told me Minnesota would win no problem... but they also said Carolina would kill Atlanta."

While Reese was humble and said his team would just take each week as they come, when I told him I would be the overall victor, he spoke up.

"The Pig Prog might want to step up his game," said Reese. "Here's the bar; come join us!"

The climb up is easy. It's the fall that's going to be rough on you.

Now, let's get out there and watch some football!

Pig Prog Scorebox

| | |
|-----------|----|
| CONS | 12 |
| MXS | 11 |
| 1st FS | 10 |
| 1st Sgts | 10 |
| Pig Prog | 9 |
| ACS | 9 |
| 372nd TRS | 9 |
| SVS | 9 |
| 28th TES | 9 |
| CPTS | 9 |
| MDOS | 9 |
| SFS | 9 |
| AMXS | 8 |
| CS | 8 |
| NCOA | 8 |
| OSS | 8 |
| CES | 7 |



Intramural Sports Standings

| Flag Football | | | | | |
|---------------|---|---|-----------|---|---|
| Team | W | L | Team | W | L |
| SFS | 4 | 0 | MDG | 2 | 3 |
| MXS | 5 | 1 | 601st 1 | 1 | 4 |
| COMM | 3 | 1 | ACS | 0 | 3 |
| OSS | 3 | 1 | 372rd TRS | 0 | 6 |
| AMXS | 3 | 2 | 53rd WEG | 0 | 0 |
| CES | 4 | 3 | SVS | 0 | 0 |
| 83rd FWS | 2 | 3 | | | |

| Golf | | | |
|-----------|--------|----------|--------|
| Team | Points | Team | Points |
| 372nd TRS | 78 | 83rd FWS | 52.5 |
| CES | 77.5 | RHS | 50 |
| AFCESA | 75.0 | TEST | 48 |
| AFNORTH 1 | 71.5 | OSS | 38 |
| MXS 1 | 70.5 | MDG | 35 |
| COMM 1 | 68.5 | SVS | 32.5 |
| MSS | 66.5 | ACS | 26 |
| 53rd WEG | 61.5 | 601st 2 | 22 |
| MOS 1 | 58.0 | CONS | 13.5 |
| SFS | 54.5 | MXS 2 | 10 |

| Bowling | | | | | |
|-----------|----|----|------------|----|----|
| Team | W | L | Team | W | L |
| TEST | 35 | 5 | AFCESA 2 | 20 | 20 |
| AMXS 4 | 30 | 10 | CS 2 | 19 | 21 |
| AMXS 1 | 30 | 10 | 43rd AMU | 18 | 22 |
| CES | 30 | 10 | Phase 2 | 18 | 22 |
| AFCESA 1 | 26 | 14 | AFNORTH 3 | 18 | 22 |
| SVS | 24 | 16 | CONS | 18 | 22 |
| ACS 2 | 24 | 16 | DS2 | 16 | 24 |
| Phase 1 | 24 | 16 | 83rd FWS 1 | 16 | 24 |
| RED HORSE | 24 | 16 | SFS | 16 | 24 |
| MOS | 24 | 16 | AFNORTH 1 | 14 | 26 |
| MSS | 24 | 16 | ACS 1 | 14 | 26 |
| 372nd TRS | 24 | 16 | 83rd FWS 2 | 12 | 28 |
| AMMO | 22 | 18 | MDG | 10 | 30 |
| AMXS 2 | 22 | 18 | CS 1 | 6 | 34 |
| ISRD | 20 | 20 | Bye | 6 | 34 |

| | | |
|-----------------------------|-------------------|------|
| Team High Game Scratch | 83rd FWS 1 | 973 |
| Team High Series Scratch | AFNORTH 1 | 2897 |
| Team High Game Handicap | AFCESA 2 | 1136 |
| Team High Series Handicap | AFCESA | 3412 |
| High Male Game Scratch | Steve Murphy | 267 |
| High Male Series Scratch | Ken Young | 715 |
| High Male Game Handicap | Jeff Kerzan | 276 |
| High Male Series Handicap | Julio Morelos | 751 |
| High Female Game Scratch | Rachel Petri-Rose | 204 |
| High Female Series Scratch | Chong Dodson | 555 |
| High Female Game Handicap | Lisa Wyndham | 252 |
| High Female Series Handicap | Rhonda McMichael | 708 |



Staff Sgt. Stacey Haga

Row for health

Reggie Hamond, Air Force Civil Engineer Support Agency chemical biological radiological nuclear equipment manager uses the back row machine. September is Cholesterol Awareness month. Working out is one way to reduce cholesterol. The Health and Wellness Center has classes on how to control your cholesterol, for more information, call 283-3826.

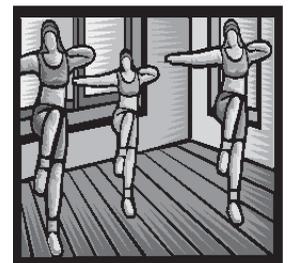
Who is Tyndall picking?

325th Civil Engineer Squadron for NFL Week 2:

- Buffalo @ Miami
- Carolina @ Minnesota
- Cleveland @ Cincinnati
- Detroit @ Chicago
- Houston @ Indianapolis
- New Orleans @ Green Bay
- N.Y. Giants @ Philadelphia
- Oakland @ Baltimore
- Tampa Bay @ Atlanta
- Arizona @ Seattle
- St. Louis @ San Francisco
- Kansas City @ Denver
- New England @ N.Y. Jets
- Tennessee @ San Diego
- Washington @ Dallas
- Pittsburgh @ Jacksonville

Positions open at Fitness Center

The Tyndall Fitness Center is hiring aerobics instructors and sporting officials. Applicants must be military or civilian employees from Tyndall, or military dependents.



For more information, contact the Fitness Center at 283-2631.

Child becomes first 95th FS 'pilot' for a day

STORY AND PHOTOS BY
STAFF SGT. STACEY HAGA
325th Fighter Wing Public Affairs

A young boy sits in the cockpit of an F-15 Eagle simulator. Screens displaying images of sky and sea surround him. A pilot helps him "lock on" to an aircraft.

"You got him," said Capt. Chad Spellman, 95th Fighter Squadron instructor pilot.

The boy laughs and asks for another shot at the target.

In this moment, it is easy to forget the boy, Austin Sheffield, has been very ill lately.

Austin, at age 11, is in a fight, not against enemy aircraft, but against cancer.

On Monday, he was a "pilot" in the 95th FS' first Pilot for a Day program.

The Pilot for a Day program here was inspired by a program that already exists at Randolph AFB, Texas.

"My wife saw pictures of their program in one of the squadrons and suggested we do the same or something similar," said Lt. Col. William Routt, 95th FS commander. "In addition, Master Sgt. Benjamin Rausa (325th Maintenance Squadron) has led a similar program for the last few air shows at Tyndall and he has inspired us."

With that inspiration and a lot of effort, the 95th FS adapted the program to its squadron's mission, giving their first "pilot"



Captain Spellman shows Austin how to wear a pilot's flight gear.

a tour of the squadron, lunch with their pilots, a ride in the simulator and tour of the F-15.

"Everyone in the squadron was very helpful in making it a success," said 1st Lt. Kristen Gibson, 95th FS adjutant, who spent many hours coordinating Austin's visit.

Even though the squadron has a very busy training schedule, the commander views this program as a great way to give back to the community and share their mission.

"There are many who are not as fortunate and through what ever means we can provide, comfort or a fun experience, we can give back," said Colonel Routt. "Through this program, I hope to paint a good picture of the 95th FS, the 325th Fighter Wing and the Air Force. We can tell the Air Force story to the community."

Austin's mother, step-father and sister joined him for his pilot for a day adventure and enjoyed the opportunity to come out and visit the squadron. Austin's sister, Jessica, even flew against him in the simulator.

"My hope for Austin and his family is simply to offer them an exciting experience," said Colonel Routt. "If we give him a fond memory, it will have been a success. They have had to deal with so many difficult times, many heart wrenching, and this day can offer an escape."

"It's an awesome way to make him and our family feel special," said Geri Papis, Austin's mother. "It gets him out of his



Austin takes flight in the F-15 simulator.

daily routine."

"I'd like to thank the whole 95th FS," said Staff Sgt. Jason Papis, Southeast Air Defense Sector, Austin's step-father. "They made it happen."

Throughout the day, Austin was given small keepsakes to remind him of his special day and at the end of the day, he was presented a lithograph of himself in front of the F-15 signed by members of the 95th FS.

"Hopefully, Austin had fun and forgot about his illness for awhile," said Lieutenant Gibson.

When asked if he had a fun time, Austin smiled and said, "Yes, ma'am."

His smile got bigger when asked what his favorite part of the day was.

"I got to fly a test plane (in the simulator) and I shot down my sister," he said.

Fitness station gives users a 'leg up' on getting fit

STAFF SGT. STACEY HAGA
325th Fighter Wing Public Affairs

Recently, Airman Leadership School class 2006-06 left a legacy of fitness for Tyndall.

The class brought one Airman's idea to life as a class legacy project, building a

fitness station for runners on the track behind the NCO Academy.

The idea was conceived by Staff Sgt. Philip Morris, 325th Civil Engineer Squadron firefighter.

"My main motivation for this station came from a por-

tion of the Air Force physical training leader class with Lt. Col. Daniel Kulund," said Sergeant Morris. "He asked all of us attending to try incorporating some kind of physical station into your run, whether it be stopping and doing 30 pushups or do-

ing a few pull-ups."

It was pointed out during the class there were not many places along Tyndall's tracks and trails to do this.

"After the class, I got the idea of putting (together) a

Remember
your double
hearing
protection.



FOD Preventer of the Month



Staff Sgt. Stacey Haga

Master Sgt. Jonathan Broadway, 95th Aircraft Maintenance Unit weapons section chief, performs a weapons supervisory postload inspection on an F-15 Eagle.

Sergeant Broadway was the August FOD Preventer of the Month. He found an air lock fastener and fastener retaining pin lying on the ground beside an aircraft. The recovery of the fastener and retaining pin prevented an aircraft impoundment and possible aircraft damage.



Funshine NEWS

www.325thservices.com ☆ Look for the new Funshine Review brochure inserted into the Gulf Defender the first of every month. ☆



Oktoberfest

Sept. 30, 2006
10 a.m. - 9 p.m.
Bay View Housing
(by the new Visitor's Center)

Activities:
Car, Truck & Motorcycle Show
Beer & Wine Fest Tent
Bratwursts, Hot Dogs & more
Live Entertainment
Children's Games & Activities
and More!

Open to the Public

283-4064



Oktoberfest

7th Annual
Tyndall's
Car, Truck & Motorcycle Show

Sept 30, 2006
8 a.m. - 4p.m.
In the Bay View Housing Area

283-4511

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.

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:

Gas prices reflect month-to-month U.S. market price

DALLAS – As any driver knows, gas prices can be a pain in the pump. Prices in the U.S., for example, often change in the blink of an eye.

Fortunately, the Army and Air Force Exchange Service’s overseas gas pricing policy, as approved by its military board of directors, protects military families throughout Europe and the Pacific from day-to-day or even hour-to-hour fluctuations with prices based on the previous four or five week Department of Energy average.

The benefit of this policy for military drivers serving far from home and generally surrounded by exorbitant gas prices throughout their host country is pump prices on post are only adjusted at the first of each month, just 12 times a year.

In addition to predictable, regular adjustments, AAFES often releases details of overseas pricing changes in advance, allowing troops to make purchase decisions prior to the actual adjustment.

With the ability to know what prices will be for up to thirty days, unlike CONUS where prices can change hourly, comes the potential for confusion as current prices in the U.S. can be temporarily inconsistent with prices drivers pay overseas.

Because AAFES uses the previous four to five week DOE average to establish overseas gas prices, price increases and decreases are not immediately seen at bases and posts overseas.

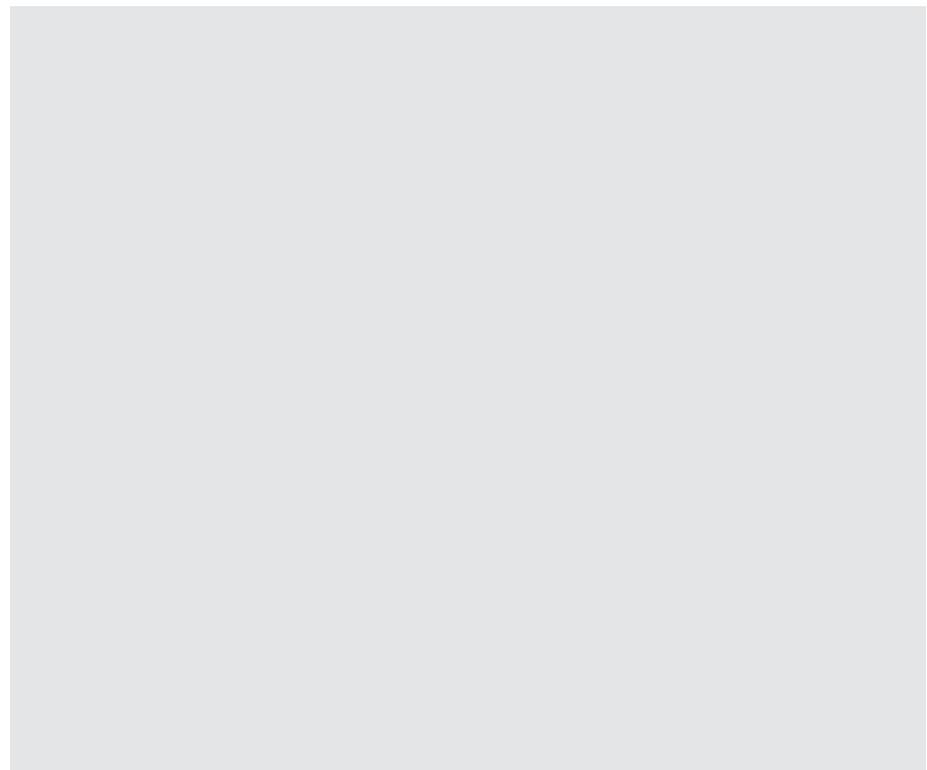
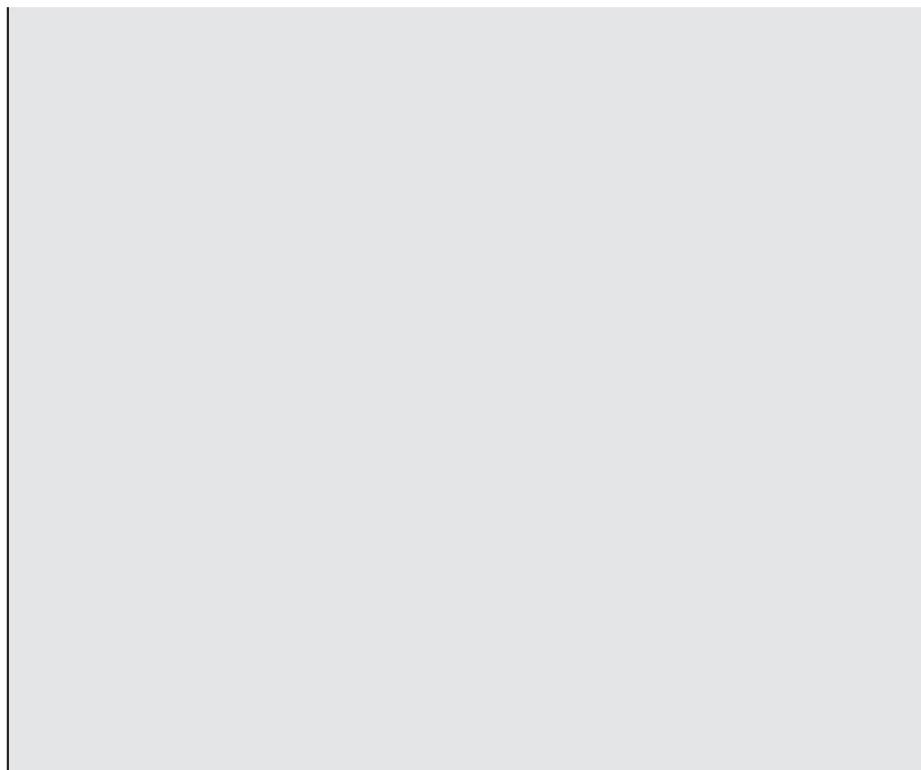
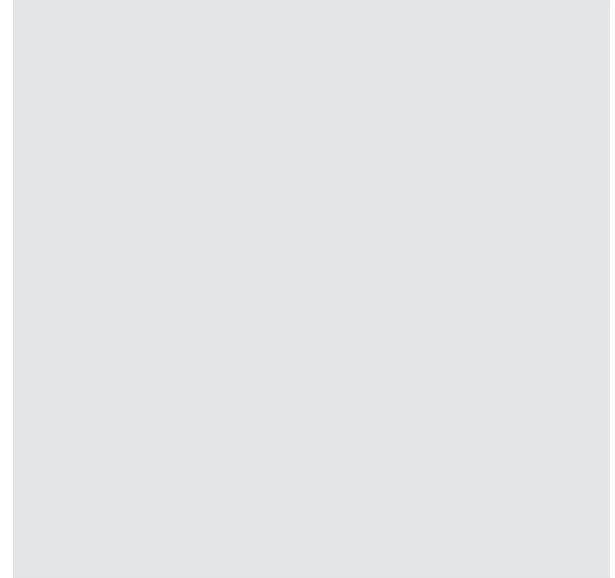
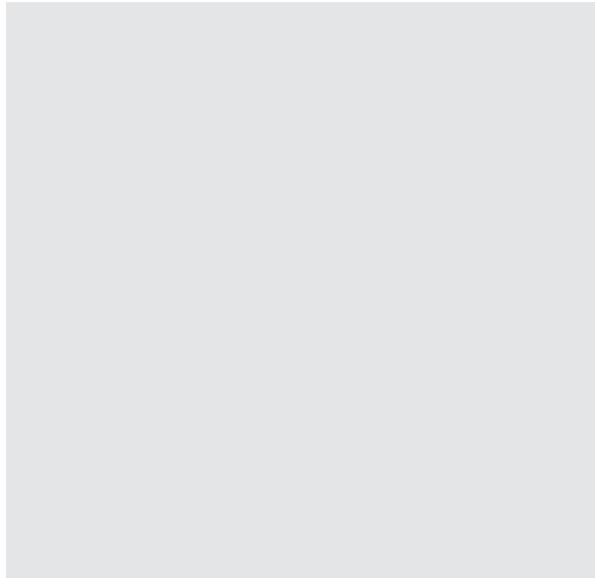
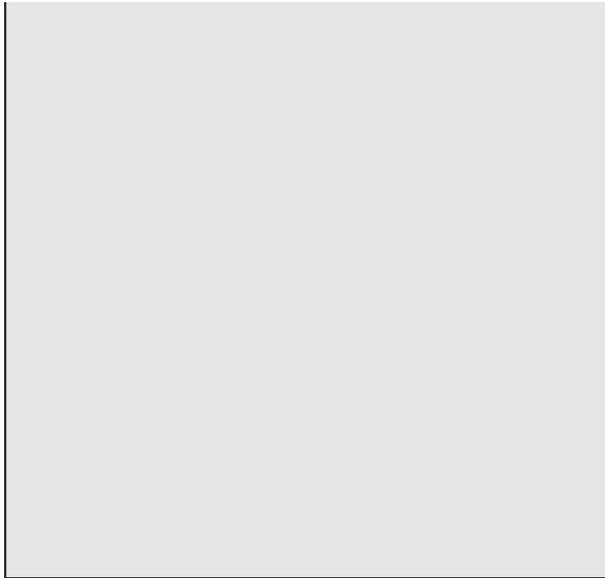
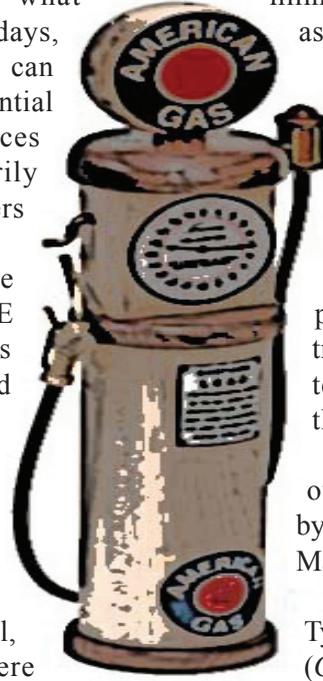
For example, according to the DOE, drivers in the U.S. were paying average pump prices as high as \$2.94 in April, while military customers were

filling up at AAFES OCONUS stations for as little as \$2.42 a gallon.

“While there may be a four week delay, the market based policy ensures whenever U.S. pump prices change, prices at AAFES OCONUS stations will follow,” said Master Sgt. Bryan Eaton, AAFES’ senior enlisted advisor chief. “Whether stateside fluctuations impact AAFES OCONUS pump prices at the first of the month or the next, troops and their families overseas, in the long term, will always find gas prices in-line with the national average for U.S. stations.”

Authorized exchange customers can find out more about AAFES’ gas pricing policy by contacting their nearest exchange’s General Manager.

For more information, contact Penny Madison, Tyndall AAFES’ general manager, at 283-2580. *(Courtesy of Army-Air Force Exchange Service)*



• FROM FITNESS PAGE 14

station, like that in the fire station, for everyone to use,” said Sergeant Morris.

Soon after, he went to ALS and ended up presenting the idea to the students and instructors as a possible legacy project for the class.

“I was assigned to the legacy project team and they all liked the idea,” he said.

Users can perform pull-ups, back rows and hanging abdominal routines at the fitness station. Sergeant Morris also plans on adding a place to do dips to the station.

“I would like to see it get put to good use,” he said. “It doesn’t really matter if one person or the entire base uses it, as long as the people using it gain something from it.”

The station, when used properly, can help Airmen increase their strength levels, while running to improve their cardiovascular health. Being fit to fight is essential to the Air Force and its people,

including Sergeant Morris.

“Fitness for me is very important. It not only helps me accomplish my job, but it also helps me manage different aspects of my personal life,” he said. “In my job fitness is a necessity. We never know when we might have to run up a flight of stairs with 60 pounds of gear on or be faced with carrying someone from a building or an emergency area.”

“As a firefighter and hard-training athlete, Sergeant Morris knows pulling is every bit as important as pushing,” said Colonel Kulund, 325th Medical Group chief of medical staff. “He built a multi-station machine with high and low climbing bars that rivals a fully-stocked gym and will be a training boom for all of Tyndall’s Airmen.”

“Without fitness, I or any other military member, would not be able to perform our assigned duties or deployments that come with wearing the uniform,” said Sergeant Morris.



Staff Sgt. Stacey Haga

Sergeant Morris maneuvers his way across the bars of the new fitness station he designed.

