



GULF DEFENDER



Vol. 65, No. 42

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

Oct. 27, 2006

In Brief

Daylight-saving time

Don't forget to turn clocks back one hour at 2 a.m. Sunday morning.



Retiree Appreciation

Tyndall will host a Retiree Appreciation Day Nov. 4. Events include base mission tours, free health screenings, flu shots and Base Exchange and Commissary specials for retirees. To sign up for the base tour, call 283-4204.

Pro-org fair

Tyndall's professional organizations will host a fair 11 a.m. to 1 p.m. Nov. 3 at Heritage Park. Display booths will provide information about Tyndall's Active Airmen Association, Focus 56, Top 3, Air Force Sergeants Association, Chiefs Group, First Sergeants Council and Company Grade Officers' Council. Free burgers and brats will be served.

Inside

Red Ribbon Week starts ... **PAGE 8**

Last part of energy series ... **PAGE 14**

Youth 'deploy' for Operation Purple ... **PAGES 11-12**



Lisa Norman

To the rescue

Staff Sergeants Lyndon Remedio, Tyndall firefighter, and Michael Pemberton, 325th Security Forces Squadron patrolman, assess the damage after an accident closed down traffic lanes in front of Tyndall's main gate Oct. 18 during morning rush hour. Since Oct. 1, there have been 11 motor vehicle accidents ranging from minor incidents in parking lots to major vehicle accidents. Drivers are asked to be careful on the road ways and obey all traffic laws.

Phantom II Society tour experiences tragedy

CHRISSE CUTTITA
325th Fighter Wing Public Affairs

A tragic Oct. 19 motor vehicle accident that ended two lives on Eglin AFB sent shock waves of grief throughout the Tyndall community.

"On behalf of all the men and women of the 53rd Weapons Evaluation Group, our deepest condolences, thoughts and prayers go out to the families, friends and colleagues of those effected by the tragic events that occurred during the 2006 Phantom II Conference," said Col. Mike Winslow, 53rd WEG commander.

Airman Brett Jakubowski of the 96th Surgical Operations Squadron at Eglin and Mark Birke, an F-4 Phantom II Society member who was on a tour with the 53rd

Weapons Group, were killed as a result of accident injuries. Another tour group member was injured.

The tour group consisted of members of the F-4 Phantom II Society, a non-profit, California-based organization dedicated to the preservation and history of the McDonnell Douglas F-4 Aircraft.

A *Gulf Defender* article was written about the first two days of the society's conference here.

"While we are in great grief, it is our belief that Mr. Birke and his father, Charles, would have wanted the article written about our tour to run, as is," said Bob Kay, F-4 Phantom II Society president. "We believe the essence of what our organization is truly about, a group of more than aviation

enthusiasts, was covered (in that article)."

The following article, written Oct. 18, is about the 107 F-4 Phantom fans who visited the 82nd Aerial Target Squadron's drone runway Tuesday as part of its annual PhanCon tour:

"It's neat to see the incredible following this aircraft has," said Lt. Col. Anthony Murphy, 53rd WEG, in his welcoming speech to the audience who came to Panama City from around the world to visit his group's facilities.

"It's all about legacy," said Mr. Kay, the society's president and retired Air Force lieutenant colonel who still flies the F-4 as an employee of the company that turns the aircraft into drones.

• SEE ACCIDENT PAGE 14



Airman Glenn Moore

Gator aid

An alligator basking in the sun is spotted by golfers on Pelican Point Golf Course Oct. 20. Warning signs posted around Tyndall inform people to be cautious around base wildlife. For more information, contact Natural Resources at 283-2641.

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. No one correctly guessed the "Identify This" for Oct. 20. Since it was so difficult we may run it again in a future issue of the *Gulf Defender*. Better luck next time!

ON THE STREET

What was your favorite Halloween costume when you were a child?



"I liked my E.T. costume. I was short, so it made me really look like him."

SOFIA RODGERS
Youth Center



"My favorite costume was a ghost-buster. I thought it was cool and I liked the movie."

2ND LT. ADAM FRANKLIN
1st Fighter Squadron



"I liked dressing as the Incredible Hulk. I was small and it was nice to be big for a change."

SENIOR AIRMAN KEITH ALEXANDER
2nd Fighter Squadron



"I was Aunt Jemima one year. I really liked pancakes."

SENIOR AIRMAN HOLLI WARD
325th Air Control Squadron

Gulf Defender Editorial Staff

- Brig. Gen. Tod Wolters.....325th FW commander
- Maj. Susan A. Romano.....chief, 325th FW public affairs
- Chrissy Cuttita.....chief, internal information
- Staff Sgt. Stacey Haga.....editor
- 1st Lt. Amanda Ferrell.....staff writer
- Airman Glenn Moore.....staff writer

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Editorial content is edited, prepared and provided by the 325th Fighter Wing public affairs office. Photographs are U.S. Air Force photos unless otherwise noted. The deadline for article submissions to the Gulf Defender is 4 p.m. Friday, prior to the week of publication unless otherwise noted. Articles must be typed and double-spaced, preferably on a 3.5-inch disc. Stories should be submitted directly to the public affairs office, Building 662, Room 129 or mailed to: 325 FW/PAI, 445 Suwannee Ave., Tyndall AFB, FL, 32403-5425 or e-mailed to editor@tyndall.af.mil. Public affairs staff members edit all material for accuracy, brevity, clarity, conformity to regulations and journalistic style. The delivery of the Gulf Defender to Tyndall base housing sections is provided by the Panama City News Herald. For more information, or to advertise in the newspaper, call (850) 747-5000.

Setting a unit path through leadership, proud vision

THOMAS E. CHATMAN

Tyndall Equal Opportunity program director

How do leaders do the path finding that leads to vision, value, and stability?

The answer is relatively simple: By finding a way to give the organization a sense of pride.

Path finding starts with leadership, but it is not just the job of a small group at the top. Habits are comfortable, and so is, probably, your office. It's cozy there, behind your desk, in your niche on the organizational ladder, in meetings with a group of likeminded, congenial colleagues. It's a support base, and we all need that, not only to get things done but in some larger sense to keep us all sane.

Now, let's add to that the comfort of your internal duties. There are those people reporting to you; they need a piece of your time. The boss (you hope) needs a piece of your time. Then there are papers to process, email to read, meetings to attend and so on.

Without ever intending it, your preoccupation with internal affairs, regardless of your position, can take up your whole work day and still leave you feeling that the day's work is never done.

Result? Office isolation. You become an island amongst your co-workers. The best way to avoid that loss of touch with reality is to ensure the habitat of the leader's office is infused with the real world.

Because of de-layering, reductions in the number employees on staff and radical decentralization, people at almost every level are finding they have more freedom and more flexibility. But with freedom comes the responsibility for choice. Like it or not, leaders at all levels are becoming the renewers, the planners and the strategists. What they do collectively will affect the destiny of an organization almost as much as the decisions made by top leadership.

If you stop to think about it, how many books, seminars, courses and successful people have for years talked about things people can do to make themselves successful leaders? Never mind your own beliefs. If you do certain things, you are going to be a successful leader. Leadership has to come from the top, but it's a kind of leadership that creates the environment. It's the kind of leadership that nurtures, nudges, supports and inspires people everywhere in the organization. At some very important level, it is counting on the totality of individual initiative. Good leaders never pretend to know all the answers; they rely on others to share their expertise. So stop worrying about looking dumb, out of control, and "not really in charge" to those who report to you.

First of all, you probably already look that way. Second, your role as a good leader is a galvanizer and a catalyst, not a roadblock. Micromanagers strangle initiative. By managing boundaries, you maintain control

over what matters most - outcome.

Start with the attitudes of the people who report to you. Do they feel as if they're part of a winning team? If not, figure out why. They may feel insecure about their ability and what is expected of them, or the team may have an embarrassing track record looming in the not so distant past. Their shaky self-concepts may mirror the way you have been treating them.

Counteract uncertainty. Hang your aspirations on the wall. Create high standards for achievement, and let people know you believe they can live up to them. Give your people a little courage to test their limits. Think Pygmalion. People succeed if someone they respect thinks they can. Expect people to be trustworthy and competent, and they will be.

Consider this: failure is not an absolute; it's a mind-set. Your program for making a top priority happen ought to include ways you can show that it is your priority. One of the best approaches is to spend a lot of your time on it. Everybody knows your time is scarce resource. If they see you investing time in a priority, they will too. A successful leader can use causes and commitments to forge a common bond among the diverse people who work for them.

Continually examine the causes and commitments that engage you, and the ones you ask of your employees, to ensure their basic worth, humanity and integrity.

Take on leadership, hone your skills, don't just follow

CHIEF MASTER SGT. JOHN JOHNSON

325th Medical Group superintendent

Have you ever noticed there seems to be a very small group of people within your unit getting most of the attention and awards? If you have, you also probably noticed these people are the ones stepping up to tackle the major projects or issues.

They are also the ones, time and time again, who are out in the community, busy in professional organizations and getting

involved wherever leadership is needed.

Do these people have secrets on leadership they keep to themselves? Do they have an exclusive membership in a leadership club? Well, the answer is no to both of these questions.

They simply know the Air Force needs leaders and have overcome the fear of possible failure. They also know the Air Force is becoming smaller and their involvement becomes more crucial every

day. They realize continuous leadership gets you promoted, whereas continuous followership just gets you a paycheck.

There is no magical recipe or checklist to become a leader in your unit. If you look at all the leadership philosophies we are exposed to during professional military training, you will see an obvious agreement among the authors. There are no true "born" leaders. Leadership is a skill you learn. You learn by watching

others, reading, asking questions and most importantly, by performing as a leader, through practice.

By serving in the military service, regardless whether it is in the Air Force, Army, Marines or Navy, you are afforded opportunities far surpassing anything you might receive in the civilian sector. Just take a look at your high school or college buddies and compare your

• SEE LEADERSHIP PAGE 17

Action Line

Call 283-2255



BRIG. GEN. 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

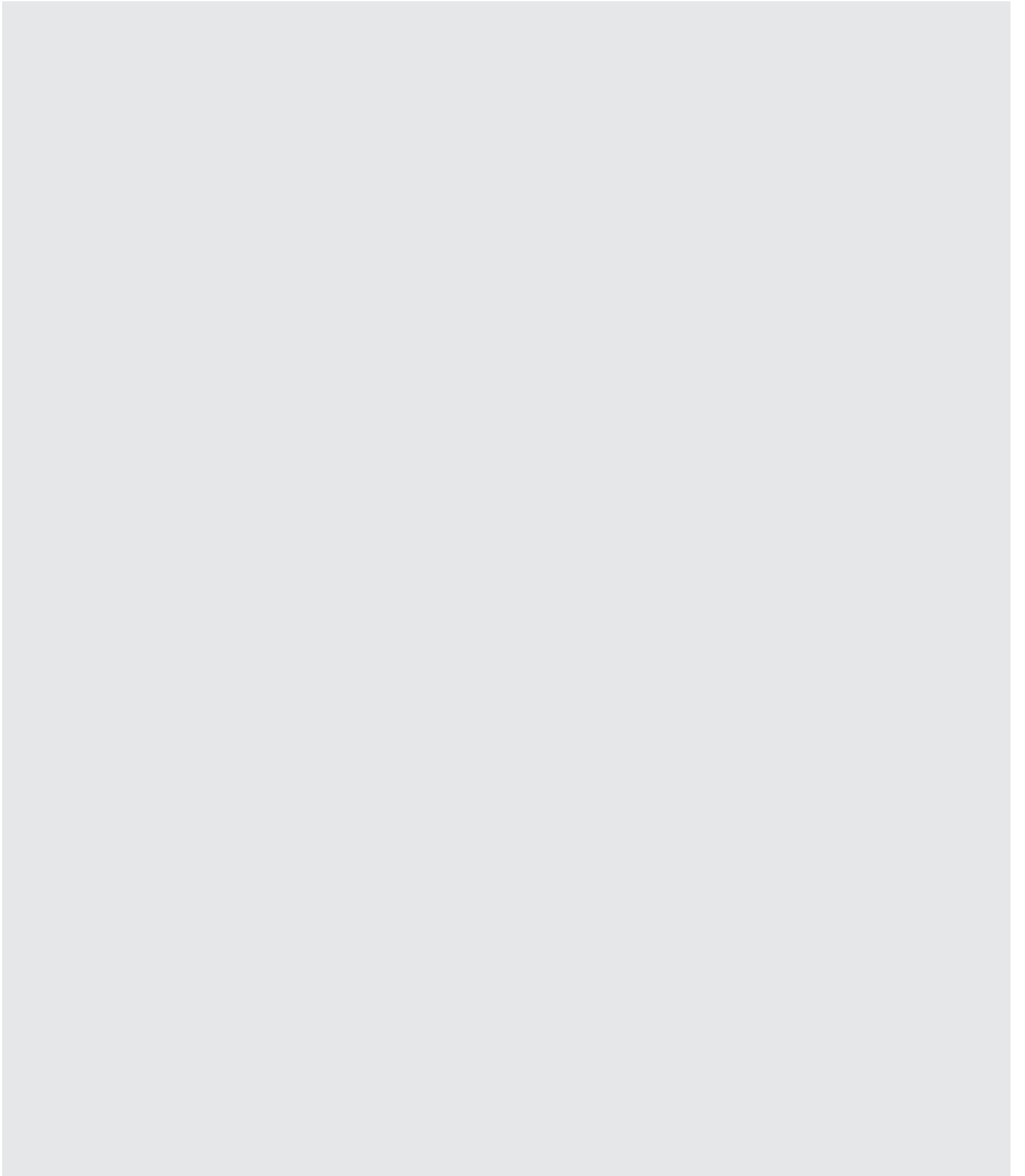
Thank you for helping me improve Tyndall, and I look forward to hearing from you.

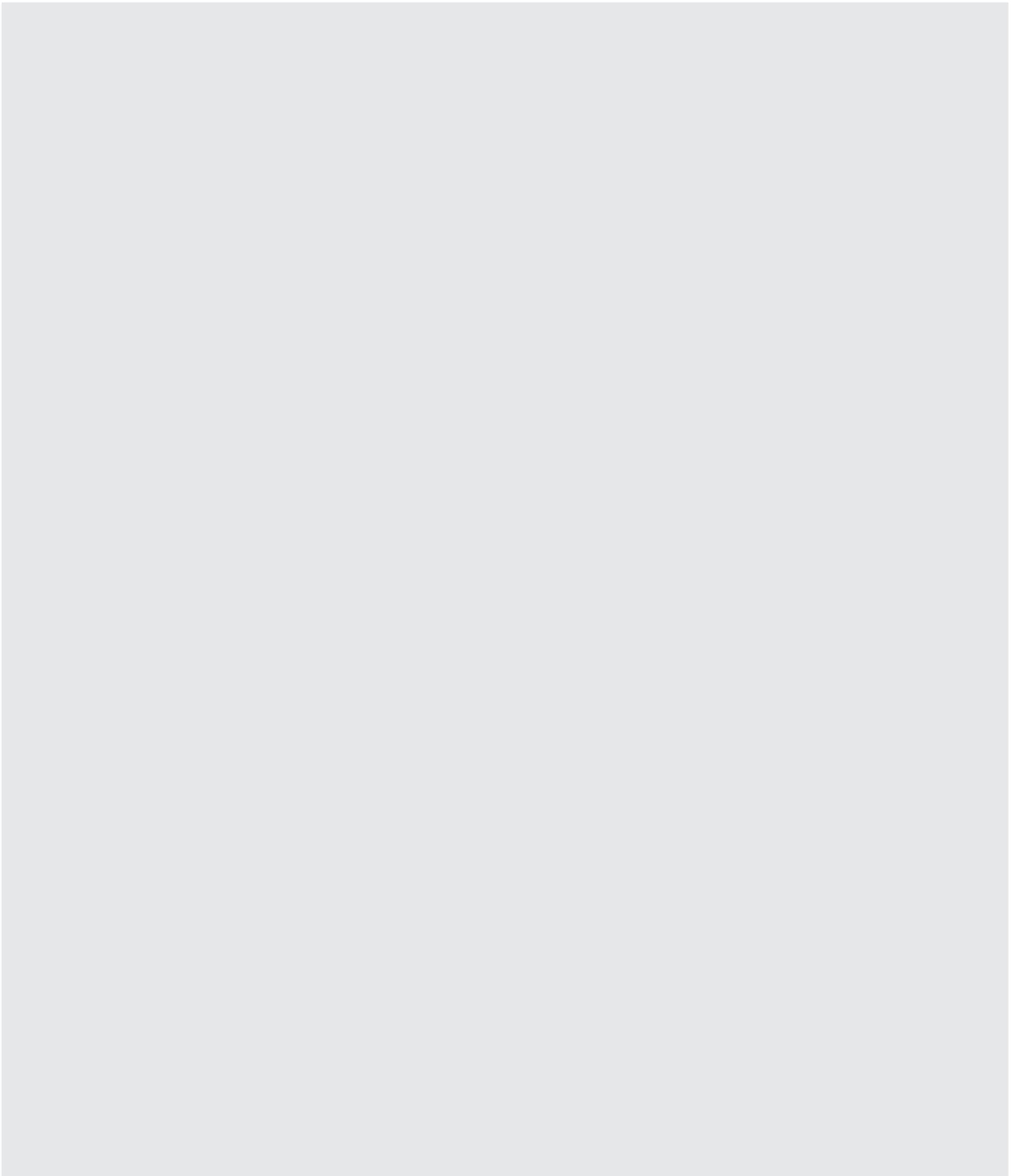
Fini!

Maj. Gen. M. Scott Mayes enjoys a traditional dousing by 1st Air Force members following his final F-15 flight here Tuesday. General Mayes has flown fighters for more than 35 years, accumulating more than 5,000 hours in T-38s, F-4s, F-16s & F-15s. He retires Wednesday after more than 36 years of Air Force service.



Mike Strickler





New commander set to lead First Air Force

Maj. Gen. Henry Morrow will take command of First Air Force, Air Forces Northern, and the Continental United States NORAD Region at a change of command ceremony here Wednesday.

Currently the National Guard Assistant to the Commander, North American Aerospace Defense Command, General Morrow comes to Tyndall with more than 28 years service in the United States Air Force. He has served tours in the United Kingdom, Germany, and Qatar, where he directed the Combined Air Operations Center for U.S. Central Command Air

Forces. He is a combat veteran and command pilot with more than 3,000 flying hours in trainer and fighter aircraft.

As commander of First Air Force and the Continental U.S. NORAD Region, General Morrow will assume responsibility for the air sovereignty and air defense of the continental United States, Virgin Islands and Puerto Rico. He will direct and coordinate the efforts of the Combined Air Operations Center here and its geographically separated defense sectors and fighter wings. First Air Force plans, conducts, controls, and

coordinates all Air Force forces for the NORAD-NORTHCOM commander.

General Morrow replaces Maj. Gen. M. Scott Mayes, who is retiring Nov. 1 after more than 36 years in uniform. General Mayes has served as First Air Force and CONR commander since October 2004.

Admiral Timothy Keating, NORAD and U.S. Northern Command commander, and General Ronald Keys, Air Combat Command commander, will officiate at the ceremony.

(Courtesy of AFNORTH Public Affairs)

My Biz, Workplace available to personnel

On May 5, the deputy undersecretary of defense announced the launch of a new feature in the Defense Civilian Personnel Data System, Self-Service Human Resources for employees and managers.

These new modules give employees and managers secure, real-time,

on-line access to personnel information, at any time, from their workstations. Employees use My Biz to get access to view personnel information including appointment, position, personal, salary, benefits, awards and bonuses, and performance. In addition, certain personal informa-

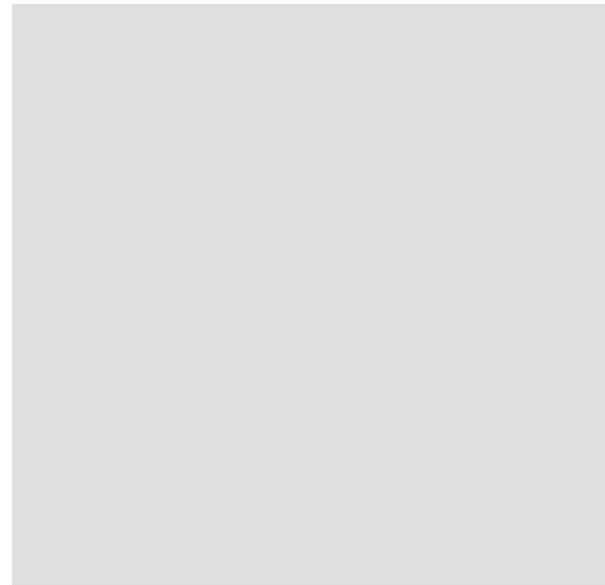
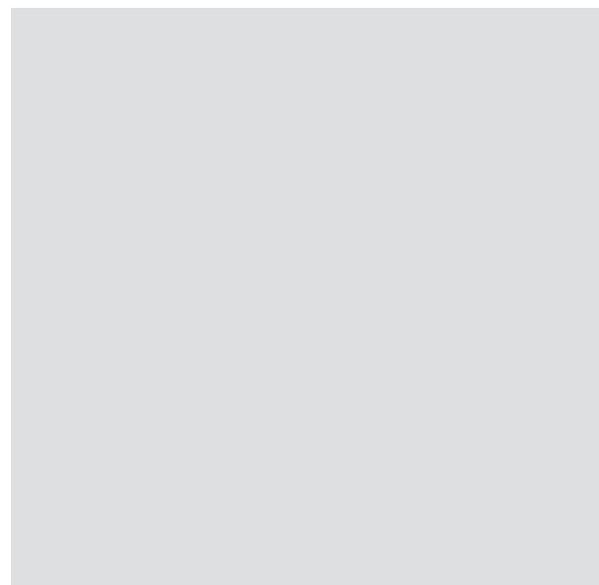
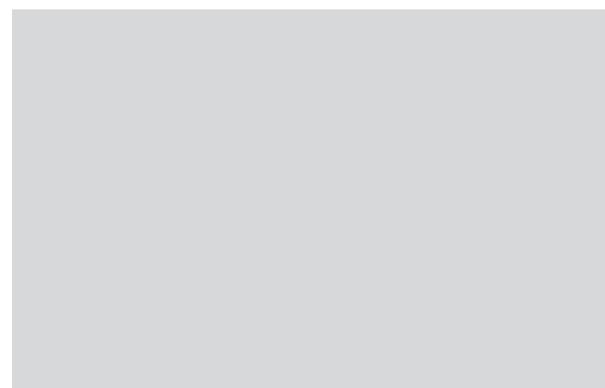
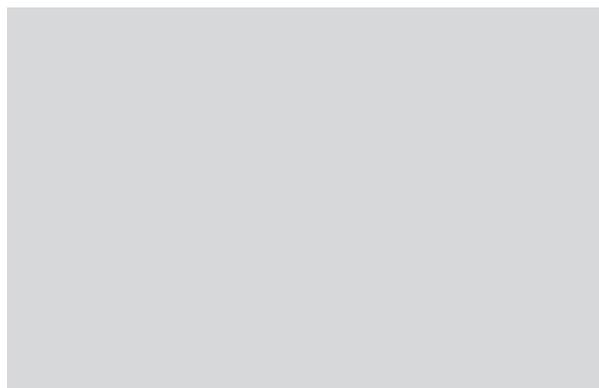
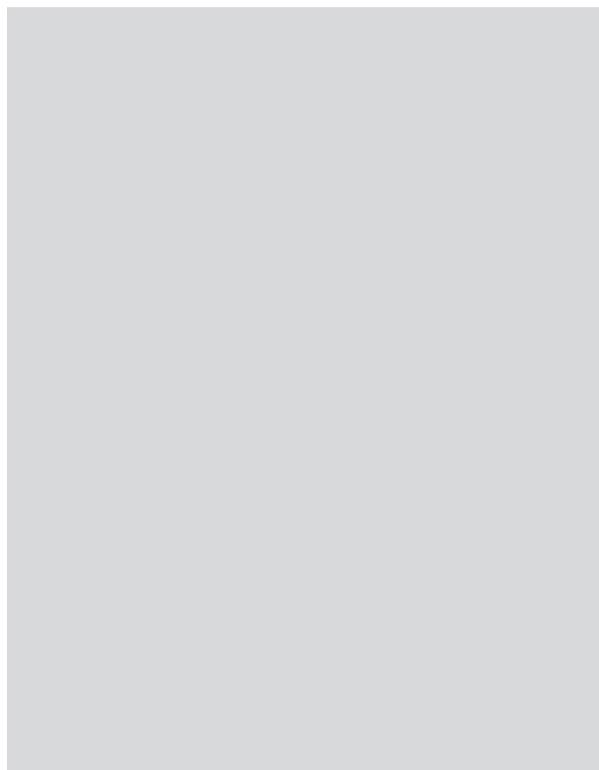
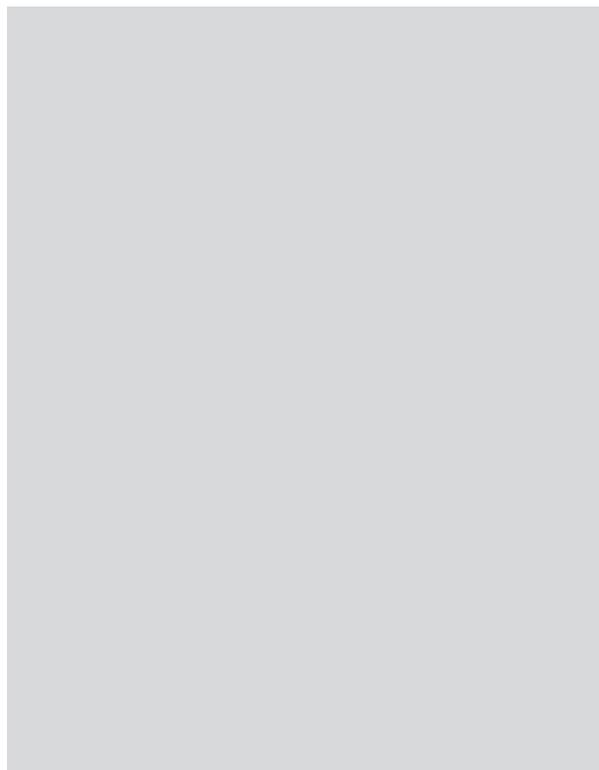
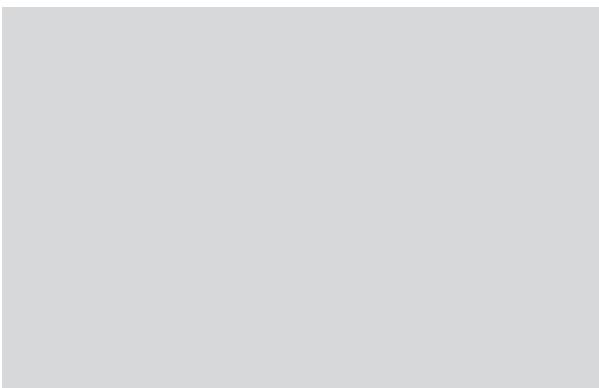
tion can be updated.

My Workplace module brings key information about personnel together in one place, streamlining the human resources decision making process and enabling managers and supervisors to balance managerial tasks with day-to-day demands more eas-

ily. My Workplace helps to make budget decisions, staffing plans and work distributions.

For more information, contact Giles Sanchez at the 325th Mission Support Squadron civilian personnel flight at 283-8202.

(Courtesy of the 325th MSS Civilian Personnel)



Tyndall kicks off Red Ribbon Week

BRENDA BROWN
Drug Demand Reduction Program

Team Tyndall spent the week getting the word out about the dangers of illicit drug use during the annual Red Ribbon Campaign, which runs Oct. 23 – 31.

This year's theme for Red Ribbon Week, "United Against Drugs," focuses on educating individuals, families and communities on the destructive effects of drugs and the positive alternative life choices that are available to youth, said Department of Defense officials.

"Here at Tyndall, we saw an opportunity not only to enforce policy with demand reduction efforts, but also to educate our community through programs like the Red Ribbon Campaign," said Lt. Col. Douglas Howard, 325th Medical Operations Squadron commander.

The Child Development Center and Youth Center here

were visited by McGruff, the Crime Dog, and his team to help pass along the information that drugs are not acceptable.

The Air Force maintains a "zero-tolerance" policy. Red Ribbon Week provides an opportunity to renew personal commitments to a healthy and drug-free lifestyle and to show support for education and prevention efforts in our schools and communities.

Drug abuse is a major public health issue in the U.S., and threatens the military's combat readiness posture and mission accomplishment.

"We can avert many tragedies in terms of shattered lives and careers, disease and death by educating people on the dangers of substance abuse of all types – legal and illegal," said Colonel Howard. "The 325th Medical Group can assist in a variety of ways through education, counseling and treatment for eligible

beneficiaries."

Tyndall's Drug Demand Reduction Program is the sponsor of this year's "United Against Drugs" Red Ribbon Campaign on base. Throughout the year, health professionals conduct approximately 4,000 drug tests utilizing a computer-generated random system. Tests are conducted eight days a month, and samples are shipped tests to Brooks City Base, Texas, to be analyzed. Positive results are reviewed by physicians here to determine if the findings are excused or inexcusable. Fewer than one percent of cases where samples result in a positive test can not be explained by a legitimate prescription.

"That's a good thing, but we'd like it to be zero in accordance with policy," said Colonel Howard. "The Air Force has made great strides in reducing the use of illicit drugs because of the demand

reduction program. It gives commanders the information necessary to discharge individuals who refuse to follow the rules."

Knowing this, everyone on base involved with this process gets out and spreads the "don't do drugs" message year-round in effort to prevent drug use. To reach individuals with this message, Tyndall has a dedicated team of first sergeants, commanders, security forces, fire fighters, Civil Air Patrol cadet volunteers, Air Force Office of Special Investigations agents, staff judge advocate representatives, DoD civilians and Life Skills and Drug Demand Reduction staff.

Red Ribbon Week originated



Airman Glenn Moore

McGruff the Crime Dog, meets De'Morve May, left, and Damien Parks, right, in their classroom at the Child Development Center Tuesday.

as a tribute to Special Agent Enrique "Kiki" S. Camarena of the Drug Enforcement Administration, said DoD

• SEE RIBBON PAGE 17

Checkertail Salute

Staff Sgt. Barbara Figueroa



1st Lt. Amanda Ferrell

Sergeant Figueroa receives the Checkertail Salute Warrior of the Week award from Brig. Gen. Tod Wolters, 325th Fighter Wing commander.

Sergeant Figueroa, 325th Mission Support Group, has renovated her unit's additional duty program making operations in her section more efficient and productive. She coordinated two commander's calls and revamped staff meetings. She also coordinated more than \$20,000 in end-of-year purchases for needed items.

Duty title: NCO in charge of the 325th Mission Support Group command section

Hometown: Niceville, Fla.

Time on station: Eight months

Time in service: Four years, two months

Hobbies: Spending time with my family and taking walks on the beach

Goals: Obtaining a Community College of the Air Force and bachelor's degree

Favorite thing about Tyndall AFB: The beaches

Favorite movie: "Shawshank Redemption"

Proudest moment in the military: Re-enlisting

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.

Congratulations to Tyndall's NCO Academy Graduates

(The following technical sergeants graduated Oct. 19.)

Randy Bagwell	325th AMXS
Andrew Blake	325th AMXS
Jack Chastain	325th AMXS
Philip Couch	325th AMXS
Robert Edwards	325th MSS
Joseph Goines	325th AMXS
Raymond Kubeczka	325th SFS
Ralph Moseley	325th MXG
Robert Osbor	325th MXG
Frederick Reasner, Jr.	325th AMXS
Scott Rogan	325th AMXS
Eric Sanders	325th MXS
Tobin Winebrenner	325th SVS
Gregg Wozniak	REDHORSE
James Zumwal	325th AMXS

Distinguished Graduate

Robert Vensel 342nd TRS/Det 2



Patch work boosts student morale

STORY AND PHOTOS BY
AIRMAN GLENN MOORE
 325th Fighter Wing Public Affairs

Creativity designs it, morale upholds it, determination drives it and pride molds it.

Designing a class patch is an important tool to unify the classes. It brings classes together to build camaraderie and separates them from other classes at the 325th Air Control Squadron.

"It's a pride and morale booster," said 2nd Lt. Kevin Peel, 325th ACS air battle manager student in class 07003. "It distinguishes each class from one another."

"We designed our patch to represent each area that we cover," said 2nd Lt. Theresa Esparza, 325th ACS ABM student in class 07003. "The E-3 Airborne Warning and Control System radome and phased-array radar represents the different things we do in the air and the spear on the patch is for our guys on the ground."

While most class mottos describe the class itself, class 07003 decided to use what keeps them motivated.

"Our class put, 'There's always one' on our patch," said 2nd Lt. Nathan Jurgens, ABM student in class 07003. "It means there's always one threat out there or one of our Ground Control Intercept brethren



Second Lt. Peel reviews sectors on a map with his class. The insert is a close up of his class patch.

downrange."

Although class 07003 went with the traditional shape of a class badge, some classes venture off the beaten path and create something a little different.

"Most patches are round or square, but ours is a straight cut out of a monkey, which we got from an analogy that we use," said 2nd Lt. Rolando Perez, a student in class 07004. "We chose blue and gold as

the color because it represents the 325th ACS, 325th Fighter Wing, and Air Education and Training Command patches."

"Also, we focused on our three main ABM divisions and used each for icons," said Lieutenant Perez. "We thought that because AWACS was the main focus of our trading that we should use the radome."

"We also used the 'Scope Monkey' analogy and above we placed the E-8C Joint Surveillance Target Attack Radar System emblem to represent the newer platform, helping our 'boys in green' get it done in the air and more importantly, on the ground," he continued.

These 'boys' are Soldiers. The JSTARS' primary mission is to provide theater ground and air commanders with ground surveillance to support attack operations and targeting that contributes to the delay, disruption and destruction of enemy forces.

"The last piece we had to decide on for our patch was our motto," said Lieutenant Perez. "We decided to put 'Just Screwing Around' on our patch because it explains how we work on equipment. It also shows how our class can think outside of the box."

"Our class really had a great time creating our patch," said Lieutenant Perez. "We hope our patch reflected our class spirit while at the same time was able to build on tradition."



2nd Lt. Ronaldo Perez is training for Air Battle Manager using the 325th Fighter Wing mission planning system. The inset is a close up of the patch his class designed.

Training Spotlight



How is the Airfield Operations Officer Training Program adapting to current operations and deployment cycles?

"Upcoming changes to Airfield Operations Officer training will incorporate two years of deployment experience and training with the Air National Guard, which will better prepare airfield managers and air traffic controllers for combat operations."



Congratulations to Mission Ready Airmen graduates of Classes

2006-079 and 2006-059 from the 372nd Training Squadron/Detachment 4!

FOD HAS AN UGLY FACE ON THE FLIGHTLINE

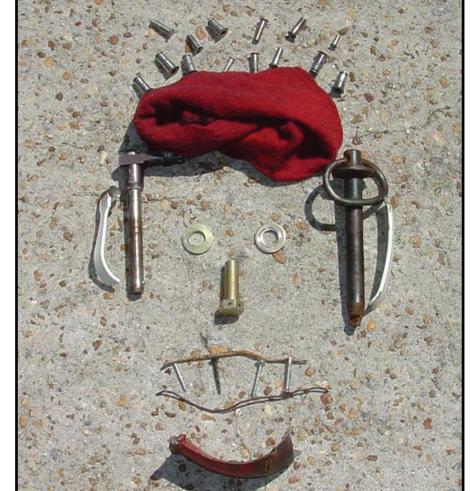


Photo illustration by Staff Sgt. John Zellers

FEATURE

COLOR DEPLOYMENT PURPLE

'Duty' at 4-H Camp completed, friends made, fun had



Janet Psikogios

Keala Worfel, Justin Crawford and Jalin Rodgers learn teamwork while trying to balance a canoe in the lake at Camp Cherry.



Janet Psikogios

Neese Johnson, Alexandria Bannister, Ashley Stevers and Jasmine Bell enjoy their time together at Operation Purple.

CHRISSEY CUTTITA
325th Fighter Wing Public Affairs

Off they went into the wild purple yonder.

Approximately 60 children "deployed" from Tyndall's Youth Center in support of Operation Purple Oct. 12-15 at Camp Cherry in Madison, Fla.

I think both the youth and their parents have benefited from this camping trip," said Alma Hooks, Youth Center director. "The youth experienced similar things their parents go through during deployment like waiting in the processing line, long traveling, non-standard housing and facilities. The parents got a feel of being left behind while their sons/daughters went off to camp."

Thanks to an Air Force Services grant acquired by Ms. Hooks and a partnership with the University of Florida/IFAS Bay County 4-H organization, the center was able to offer the program to children ages 9 and above.

"It was a joint effort," said Paula

Davis, 4-H youth development agent. "This camp was different from our usual camp-outs here. There was a deployment line, a welcome home ceremony and special classes offered to talk about time management, how to deal with stress and deployment issues."

Youth dragged bags and pillows through the deployment line, received physicals (lice checks), obtained identifications and were assigned a camp counselor. Parents received hero packs before the youth departed Oct. 12 from base.

Camp counselors were teen-age volunteers who are also base youth. The staff consisted of Cherry Lake, TAFB Youth Center, and 4-H personnel.

"We kept an eye on them," said Michael Williams, who volunteered to be a counselor through the Youth Center following advice from his mother.

With orders requesting that children "report" to duty, Korri Reese

felt like she was really heading overseas.

"I understand how my parents feel now, but I didn't get to fly on an airplane to get there," she said.

Alison Rowland didn't know what to expect during her "deployment," but she had a list of what youth were supposed to do and figured that's what she would do.

Archery, fishing, swimming, canoeing, outdoor cooking, story telling, crafts and more were on the list of events 4-H planned for the children. Teamwork was essential for every

activity. "You have to use teamwork to survive," said Kaila Kinchen. And when a rule wasn't followed, the whole team was punished. "We had to raise the flag in our pa-

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Chrissy Cuttita

Michael helps load luggage on a truck bound for Operation Purple with Ken Rudisill, University of Florida 4-H volunteer.



Janet Psikogios

Korri learns how to fold the U. S. flag with help from James Dobbins, camp counselor. During Operation Purple, youth learned how to conduct a retreat ceremony and retire the flag.

wall. I had to hurry up and get out fast," said Kaila.

Mornings were cold at 7 a.m. when the children woke up for their day full of activities that ended with lights out at 11 p.m.

In the end, everyone was happy to be home but also willing to go back to camp another time.

"I felt happy to be home," said Madison about seeing her family with "welcome home" signs, an American flag and her dog at the Youth Center when the bus arrived Sunday night.



Chrissy Cuttita

Above: Devon Walker, right, high-fives his mother, Tech. Sgt. Kristi Sundstrom, from the bus before he departs for Operation Purple. Right: Blanca McCann hugs her daughter, Sarah, before the children board the bus at the Youth Center. Parents helped their children through the deployment line before they 'deployed' and they participated in a welcome home ceremony when the children returned.



Chrissy Cuttita



Janet Psikogios

Kaila creates stained glass art during a class during Operation Purple.

Briefs

RAO now open daily

The Retiree Activities Office provides a source of information for the retiree community about pay and entitlements, vehicle registration, identification cards and more. Office hours are from 9 a.m. to noon, Monday through Friday.

Volunteers work as many or as few hours per week as they desire. For more information or to volunteer, call 283-2737, or e-mail rao@tyndall.af.mil.

Tyndall clinic closed Nov. 10

Tyndall's clinic will be closed Nov. 10. This includes all pharmacy, radiology and laboratory services. For Prime beneficiaries enrolled at Tyndall, contact the on-call Primary Care Manager at 283-2778 for urgent care needs during this one-day closure. If a medical need risks life, limb or eyesight, proceed to the nearest emergency room.

Federal employees health benefits

Because open season for federal employees health benefits is Nov. 13 through Dec. 11, Tyndall will host a health fair 1 to 4 p.m. Nov. 14 in Bldg. 662, room 237.

Representatives from Blue Cross Blue Shield of Florida, the Mail Handlers Benefits Plan and Government Employees Hospital Association will be present at the health fair to answer questions concerning federal employees' health benefits.

During open season, FEHB Program enrollees can change health plans and enrollment. New eligible employees may also enroll during this time.

The new Federal Employees' Dental and Vision Insurance Program will be available to eligible federal employees, retirees, and their family members for enrollment during this time. Coverage will be effective Dec. 31.

For more information, contact Bell Ward at 283-8233.

GCCC announcements

The next placement test for Gulf Coast Community College is 1 p.m. Nov. 8.

GCCC will be closed Nov. 10, at all locations in observance of Veterans Day.



Airman Glenn Moore

Clownin' around

Sharon Palmer, otherwise known as "Pepper," right, makes balloon art for youth at the Fall Festival Oct. 20 at the Youth Center. The annual festival featured games, face painting, food, pony rides, a chance to dress in costume and a haunted house built by teenage members of the center.

Tyndall Center registration begins Nov. 15 for Spring classes that begins Jan. 4.

The deadline to apply for Fall graduation is Nov. 17.

Applications are available on-line under Web Registration-Forms. For more information, call 283-4332.

Thrift Shop

The Thrift Shop is open 9:30 a.m. to 12:30 p.m. Wednesday to Friday. They will also be open 9 a.m. to noon Nov. 4. There are special sales all over the store.

Today is the last day Fall and Halloween Decor will be accepted for consignment. Holiday decor will be accepted through Nov. 17.

Only winter clothing is being accepted for consignment. For more information, call 286-5888 during business hours.

AAFES Gift Cards

Gift cards are available for purchase at the base exchange. The patriotically

inspired cards, available in red, white and blue, can be used the same as cash at Army & Air Force Exchange Service facilities around the world. To find out more about the AAFES Gift Card, see any Tyndall exchange cashier, go online to www.aafes.com or call (888) 481-1550.

PCS workshop

The next Smooth Move Permanent Change of Station Workshop will be held 9 a.m. to noon Nov. 8 in Bldg. 743. This is a voluntary workshop designed to assist military and civilian members and their families as they prepare for a PCS. To sign up for the workshop, please call 283-4204.

HAWC food demo

The Health and Wellness Center will be having a food demo titled "Tantalize your Taste Buddies" at noon Nov. 3. All are invited and welcome for a free lunch. Call the HAWC at 283-3826 to sign up.

**Catholic services**

Daily Mass, 11:30 a.m.
Monday-Friday,
Chapel Two
Reconciliation, 11 a.m. Fridays
or by appointment
Chapel 2
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.)



Amn. Glenn Moore

Chip shot

Steve Wiggins chips a shot for birdie on the 18th hole at the Military Affairs Invitational at Pelican Point Golf Course here, Oct. 20.

Intramural Sports Standings

Bowling

Team	W	L	Team	W	L
MOS	64	24	AFCESEA 2	44	44
RED HORSE	62	26	ACS 2	42	46
MSS	62	26	83rd FWS 2	42	46
Test	61	27	AMXS 4	40	48
SVS	59	29	CES	40	48
Phase 1	54	34	AMXS 2	40	48
SFS	54	34	MDG	38	50
AFCESEA 1	52	36	CONS	36	52
ACS 1	50	38	43rd AMU	36	52
AFNORTH 1	48	40	AFNORTH 3	36	52
AMXS 1	46	42	CS 2	34	54
83rd FWS 1	46	42	372nd TRS	32	56
AMMO	44	44	ISRD	30	58
DS2	44	44	Phase 2	26	62
CS 1	44	44	Bye	8	80

Team High Game Scratch	TEST	925
Team High Series Scratch	AFNORTH 1	2815
Team High Game Handicap	83rd FWS 1	1154
Team High Series Handicap	CS 2	3345
High Male Game Scratch	Gerardo Beltran	279
High Male Series Scratch	E.T. Parker	710
High Male Game Handicap	Chris Flake	300
High Male Series Handicap	Bryan Garnett	753
High Female Game Scratch	Michelle Clements	195
High Female Series Scratch	Chong Dodson	595
High Female Game Handicap	Laura Gurganus	235
High Female Series Handicap	Sharrell Callaway	626

No baloney about it, Prog will win

PIGSKIN PROGNOSTICATOR

County of kings

The National Football League playoffs ... for some teams this was a goal coming into the season, but now seems to be slipping from their grasp.

As mid-season arrives, the elite teams and overrated teams begin to separate themselves.

I've come up with a few good "reasons" Pittsburgh has run their record to 2-4.

1. Former Steelers running back Jerome Bettis's retirement has caused former teammates to feel they need to get fat and out of shape for the game

2. Pittsburgh coach Bill Cowher just hasn't been able to stick his chin out as far since winning the Super Bowl

3. Steelers management wanted to cut budget so they terminated their contract with NFL referees

Although we can come up with some good "reasons" Pittsburgh lost again, there isn't any that could begin to explain how Jacksonville lost to Houston.

The Jaguars were 3-2 coming into the game. Not a bad record. The two losses were both close and came against the Redskins and the undefeated Colts. Also, they beat Dallas and Pittsburgh, who at the time both seemed like playoff contenders. Just last week the Jaguars blew out the Jets 41 to zero.

Houston came into the game 1-4. The lone win came against the Miami Dolphins, who look like a can of tuna fish than a football team. Their most recent game prior to

Sunday was against Dallas. The Texans were blown out 34-6. Not a great momentum builder if you ask me.

Out of nowhere Houston came Sunday and smoked a Jaguar defense, which had registered two shut outs already this season. Houston quarterback David Carr threw for two touchdowns and rookie running back Wali Lundy rushed for 93 yards and a touchdown.

I'd have to say Texas made a pretty good showing, especially for a team that is 20-50 overall since entering the league in 2001.

To someone else who is making a good showing, the 1st FS continues to hold the top spot in the Pig Prog standings. Their picker Tami Viskochil must be feeling good; she is dominating a group of men including myself. Others are beginning to panic, but I know who will finish the season on top so I'm not worried.

"I'm surprised," said Doug Johannes, 372nd TRS/ Det. 2 picker. "She must know a lot about football, or maybe it's just beginner's luck. We'll see where they fall in the standings at the end of the season."

When I asked him how he expects to win the Super Prog when he stands in sixth place and is coming off four correct picks last week all he had was a bunch of baloney.

"There were a lot of upsets this week," said Johannes. "I just want to make the race closer anyway."

Yeah, we'll just have to wait and see how close the race is at the end of the season.

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

Who is Tyndall picking?

325th SVS' picks for NFL Week eight:

- Arizona at **Green Bay**
- Atlanta at Cincinnati
- Baltimore at **New Orleans**
- Houston at **Tennessee**
- Jacksonville at **Philadelphia**
- Seattle at **Kansas City**
- San Francisco at **Chicago**
- Tampa Bay** at N.Y. Giants
- St. Louis** at San Diego
- Indianapolis** at Denver
- N.Y. Jets at **Cleveland**
- Pittsburgh** at Oakland
- Dallas at **Carolina**

Pig Prog Scorebox

1st FS	66	MDOS	58
MXS	64	NCOA	58
CONS	63	1st Sgts.	54
Pig Prog	61	CES	54
372nd TRS	59	OSS	54
28th TES	59	ACS	54
CPTS	59	CS	49
		SVS	46
		SFS	43
		AMXS	32



Feeling Fit!

Seventy five percent of Air Force members rate their own health as very good or excellent.



Source: Air Force Surgeon General

AFNEWS

Eagles cage Tigers at SEMAC regular season opening

The Tyndall Tigers men's varsity basketball team suffered two defeats Oct. 21-22 to the Eagles of Eglin AFB in the opening of the Southeastern Military Athletic Conference, regular season play. Final score was Eglin-71, Tyndall-61.

During the Oct. 21 game, the Tigers and Eagles played close throughout the first half until Tyndall went on a mini-run to take a 6-point lead, 30-24, at the halftime intermission. In the second half, the score stayed close throughout until the Tigers suffered a five minute scoring drought which enabled the Eagles to

take a double digit lead down the stretch that they would not relinquish as they connected on clutch free throws to seal the win.

Melvin Smith led the Tigers in scoring with a game high 24 points, followed by Jared Austin and Marqus Armour with 12 points each. Armour also led in rebounding with 14 and Smith led in assists with 6. Eglin's Robert Taylor led the Eagles in scoring with 19 points. Final score was Eglin-76, Tyndall-72 in overtime.

During the Oct. 22 game both teams started slowly before Eglin closed out the half on a 10-3 run to take a 37-30

advantage at the half. In the second half, the Tigers went on a 16-3 run to take a 46-40 lead with six minutes remaining in the game. The lead swung back and forth, until a Smith three-pointer tied the score at 68-68 with 50 seconds to go.

Both teams had opportunities to score but failed as the respective defenses tightened up, as the buzzer sounded—sending the game into overtime. In overtime, the score stayed even until Tyndall missed four consecutive free throws in the last minute of the extra period, while Eglin converted on four out of five free throws to seal the hard fought victory.

Armour led the Tigers in scoring with a game high 19 points, followed by Austin (18 points), Smith (14 points) and Markus Manuel (12 points). Armour again led in rebounding with 11; Smith and Mike Clair tied in assists four each. Cornelius Holloway led the Eagles in scoring with 18 points.

The Tigers will host the MacDill AFB Falcons of this weekend here – their opening home games of the season. The game times are 3 p.m. Saturday and noon Sunday (men only). For more information contact the Fitness Center at 283-2631.

(Courtesy of Tyndall Tigers)

Tyndall turns to alternative energy, added efficiency

1ST LT. AMANDA FERRELL

325th Fighter Wing Public Affairs

(This is last of a four-part series highlighting energy issues on Tyndall during October, which is Energy Conservation Awareness Month.)

Tyndall has a strong reputation for being at the forefront of many Air Force training and research initiatives, and current energy systems supplying power to Tyndall facilities are upholding that standard.

"The Air Force energy plan incorporates a mixture of renewable energy sources, which supply power to facilities on bases throughout the Air Force," said Mr. Richard Fillman, Headquarters Air Force Civil Engineer Support Agency utility rates management expert.

The Air Force began its energy conservation program more than 20 years ago by turning down thermostats, using energy-efficient lighting and installing better insulation. But years later, the service has turned to high-tech forms of energy to save money and protect the environment.

And the Air Force is serious about protecting the environment. It is now the largest purchaser of renewable power in the federal government, accounting for 41 percent of all green power purchases by the federal government, according to the U.S. Department of Energy.

"During the 2005 fiscal year, 11 percent of the total electric energy consumed by the Air Force was supplied by renewable sources," said Mr. Fillman. "Thirty-nine percent of that proportion originated from biomass, 16 percent was from geothermal sources, 38 percent was from wind and the remainder was from other renewable energy sources."

Beginning as early as 1997, five different facilities and 75 housing units on base were provided with geothermal power heat pump units, also known as ground-source heat pumps.

"We currently have geothermal systems installed at the bowling ally, library, education center, 95th Fighter Squadron and we have a new system installed at Chapel 1," said Gil Walker, Tyndall energy and utilities manager.

According to Mr. Walker, heat pumps draw heat energy from the ground and convert it into usable electric energy. During the summer, buildings are cooled by transferring the heat from inside to the ground through a system of coils and wells, and during the winter months, heat is removed from the ground and transferred into the building.

"Because the ground temperature is relatively constant, the energy recovered is virtually endless," said Mr. Walker.

• SEE ENERGY PAGE 18

• FROM ACCIDENT PAGE 1

A QF-4 drone fleet of reusable full-scale target drones, modified from the F-4 Phantom II, is operated and maintained by the 82rd ATRS. The QF-4 is equipped to carry electronic and infrared countermeasures to fully evaluate fighters and weapons flown and fired against it.

"I hate to see them shot down as scrap because there is a lot of character in those planes," said Charles Birke who, like his dad and uncles, worked at McDonnell Douglas in St. Louis. "I saw the first one fly during my teenage years when my father was a machinist on the F-4, and I was an employee at Mc Donnell when they delivered the last one to Korea. I remember riding on my bike by the fence line of the F-4 flightline when I was young and thinking, 'Someday I'll be out there working on it.' Being here is like seeing an old friend."

Many like Mr. Birke had fond memories of the aircraft when it was the primary fighter-bomber aircraft in the Air Force during the 1960s and 1970s. All visitors learned how modifying this aircraft into a remotely controlled target makes it an essential part of the Air Force mission today which is why approximately 200 aircraft have been modified so far.

What isn't used for training, the F-4 Phantom II Society helps place on display.

"I saved the last one from the Navy program," said Jim Bloomberg, who remembered refueling the F-4 during his days as an inflight refueler on the KC-135. "I had to disassemble it to transport it to the Forward Air Control museum in Fort Worth, Texas (where it is on display)."

What aircraft enthusiasts started in the 1980s as this Phantom II society not only preserved the F-4 history on file and display, they also provided an avenue for

some squadron reunions.

On "Death Row," seven former Phantom crew chiefs reminisced about their time in the 92nd Tactical Fighter Squadron, Royal Air Force Bentwaters, England.

"It seems like 30 years ago was only last week," said Ed Duevel after posing for a picture in front of a QF-4 with friends and co-workers he met between 1967 and 1970 in England.

In addition to seeing the full-scale drone runway, the group visited the sub-scale drone launch facility and learned about recovery operations here during their week-long trip to the Florida panhandle. Tyndall also hosted their banquet, which featured guest speaker and only Vietnam War Air Force pilot fighter ace, retired Brig. Gen. Steve Ritchie, who shot down five MiGs from his F-4 cockpit.

"It seems unreal when I think about the people who come from all over the world (to see this aircraft). I never realized it would be a world star," said Mr. Birke.

The Phantom II Society is a diverse group of more than 600 F-4 front seat and back seat aircrew, maintenance and weapons technicians; contractors with Phantom experience; aircraft photographers and enthusiasts.

"The advantage of being in this group is access to the military bases," said Mr. Kay.

They'll continue to go wherever the F-4 goes, to visit their 'old friend' and make new friends in a variety of Air Force squadrons.

(Editor's note: According to Eglin AFB Public Affairs, additional details about the incident are not available at this time; the accident is currently under investigation.)



FOD Preventer of the Month



Airman 1st Class Dustin Reynolds, 325th Maintenance Squadron structural maintenance journeyman, aircraft structural maintenance apprentice, drills fastener holes into an F-15 Eagle.

Airman Reynolds was the September FOD Preventer of the Month. He found a clip in the wheel well of an Eagle's tire. The recovery of the item prevented an aircraft impoundment and possible aircraft damage.



Airman Glenn Moore

Funshine NEWS



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

13th Annual Turkey Trot

Fitness Center Track
5K Walk/Run
Nov. 16
Walk - 3 p.m.
Run - 3:30 p.m.

Prizes will be awarded!
 For details, contact Fitness Center 283-2631.

Great American Smokeout

The Health and Wellness Center is challenging you to give up using tobacco products for 24 hours! Starting at 2:30 p.m. a "Quit Kit" will be handed out to help participants on their 24 hour journey, along with other resources for quitting tobacco.

For details, contact the HAWC 283-3826.



Fitness & Sports **TYNDALL SERVICES**
 Combat Support & Community Services
 www.325thservices.com

YOUR ENLISTED CLUB PRESENTS

"BOO" LAGIO

SATURDAY
8 P.M. - MIDNIGHT

ALL RANKS COSTUME PARTY

COSTUME KARAOKE
COSTUME CONTEST
MONSTER BUFFET

BUFFET FREE FOR MEMBERS
\$5 FOR NON-MEMBERS

283-4357

AIR FORCE SERVICES CLUBS **TYNDALL SERVICES**
 Combat Support & Community Services
 www.325thservices.com

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

Free to Members



\$3.75 Dozen
Non-Members

For details call the Marina Club at 283-3059.

TYNDALL SERVICES
 Combat Support & Community Services
 www.325thservices.com

Base recommends safety tips for Halloween activities

Using adequate safety precautions and common sense can help make the most of the Halloween season.

Trick-or-treating on Tyndall will be Tuesday from 5 to 7 p.m.

"Halloween is an exciting time of year for children and adults," said Tech. Sgt. Scott Brown, 325th Security Forces Squadron police services NCO in charge. "Pedestrian safety should be high on everyone's list of precautions."

Parents and adults should:

- Supervise children under age 12.
- Look for Goblin Patrol personnel wearing Air Force uniforms with orange reflective vests.
- Keep cell phones with them at all times.
- Inspect all candy before eating it.
- Ensure the safety of pedestrian trick-or-treaters.
- Drive slowly.
- Watch for children in the street and on medians.
- Exit driveways and allies carefully.
- Have children get out of cars on the curb side, not on the traffic side.

- Choose a designated driver before going out. Take a cab, or call Airman Against Drunk Driving at 867-0220.

- Immediately report, as soon as it's safe to do so, impaired drivers to law enforcement agencies.

- Always buckle up – it's your best defense against an impaired driver.

Children should:

- Go only to well-lit houses, remain on porches and never enter a house.
- Travel in small groups and be accompanied by an adult.
- Know their phone number and carry coins for emergency telephone calls.
- Have their names and addresses attached to their costumes.
- Use costume knives and swords that are flexible, not rigid or sharp.

When walking in neighborhoods, trick or treaters should:

- Use flashlights, stay on sidewalks, and avoid crossing yards.
- Cross streets at the corner, use crosswalks (where they exist), and do not cross between parked cars. Remember to look left, right and left again

before crossing the street.

- Wear clothing that is bright, reflective and flame retardant.
- Consider using face paint instead of masks. Masks can obstruct a child's vision.
- Avoid wearing hats or masks that can cover eyes.
- Avoid wearing long, baggy or loose costumes or oversized shoes to prevent tripping.

Fire prevention:

- Purchase only costumes, wigs and props labeled flame-resistant or flame-retardant.
- When creating a costume, choose material that won't easily ignite if it comes in contact with heat or flame.
- Dried flowers, cornstalks and crepe paper are highly flammable. Keep these and other decorations far away from all open flames and heat sources, including light bulbs and heaters.
- Use extreme caution when decorating with candles, and supervise children at all times when candles are lit.
- When lighting candles inside jack-o'-lanterns, use long, fireplace style

matches. Place lit pumpkins well away from all combustible items. Pumpkins can also be illuminated with small, inexpensive flashlights.

- Use light-weight flashlights as alternatives to candles or torch lights when decorating walkways and yards. They are safer for trick-or-treaters, whose costumes may brush against the lighting.

- Instruct children to stay away from open flames or other heat sources. Be sure children know how to stop, drop, and roll in the event their clothing catches fire.

- Instruct children attending parties at others' homes to locate exits and plan how they would get out in an emergency.

- Keep exits clear of decorations, ensuring nothing blocks escape routes.

If you have any questions or concerns, please contact the Fire Prevention Element at 283-2909 or Security Forces at 283-2254.

(Courtesy of 325th Security Forces Squadron and Tyndall Fire and Emergency Services.)

• **FROM LEADERSHIP PAGE 3**

Just take a look at your high school or college buddies and compare your responsibilities after a couple of years in the military, versus their responsibilities.

Remember to start taking on little roles to hone your basic leadership skills. You can start taking on small projects within your shop, become involved in an Air Force Smart Operations 21 initiative, or even volunteering to chair a sub-committee for your booster club. This will permit you to start learning how to deal with other folks and help you learn procedures and roadblocks.

Once you learn these basics, you can start turning this knowledge into effective and efficient skills aimed at more involved leadership roles. Also, this will permit you to maximize the output of those you are working with.

You won't succeed at everything you tackle by following this path. When you take on anything, there is a possibility of failure. I would challenge anyone at anytime to say they have never suffered a failure. If someone says they have succeeded

at everything, I would bet they did not push boundaries. Someone once said, "Failure is not a bad thing as long as you fail forward." Failing forward is basically learning from the mistakes you have made and using the knowledge to prevent mistakes in the future.

I have never seen a supervisor or commander come down on anyone for giving 100 percent. If you volunteer for something and find out you are "in over your head," realize the project or task will not just go away and it could have a monumental impact on your unit's mission.

You have a vast resource of knowledgeable people to help you. Your supervisor, first sergeant, senior NCOs, officers in charge and commanders are just waiting to provide you with help and mentoring. Although obtaining leadership skills never ends, our leaders have gone through successes and failures. They generally know what needs to be done, when it needs to be done and to what level it needs to be done. They are also charged with building tomorrow's leaders -

their replacements. They know you are tomorrow's commanders and chiefs, and take the responsibility of producing leaders very seriously.

As I mentioned before, being a leader takes a lot of practice. There are no kept secrets kept or leadership clubs you haven't been invited to join. The Air Force is definitely becoming smaller and needs more leaders to step up and carry on the mission of protecting our great nation. So, what this boils down to is you putting up your hand, acquiring the skills to become a leader and realizing failure may occur, but you have people willing to help you.

The Air Force cannot wait until the last minute for you to develop your leadership skills. If you continue to wait, you will probably see your buddy standing at attention with your commander being step-promoted to master sergeant or getting a well deserved below-the-zone stripe instead of yourself.

The choice is yours, but remember, continuous leadership will get you promoted and continuous followership will just get you a paycheck.

• **FROM RIBBON PAGE 8**

officials. In 1985, he was killed by drug traffickers in Guadalajara, Mexico. His death enraged many Americans in his hometown of Calexico, Calif., and they began to wear red ribbons to commemorate his sacrifice. The anti-drug message spread quickly, and in 1988, the National Family Partnership took the Red Ribbon celebration nationwide.

The red ribbon symbolizes a stop sign – stop the violence of drug use. It is also worn to attract attention and focus on a common cause. It is a promise to maintain commitment to the health and safety of families, young people and self.

For more information, contact the drug testing office at 283-4980.

The Gulf Defender is published for people like Airman 1st Class George Yates, 325th Maintenance Squadron munitions apprentice.



Remember your double hearing protection.



• FROM ENERGY PAGE 14

Ground-source heat pumps initially cost more than traditional systems, but are less expensive to maintain or replace.

“In a salt-corrosive environment like we have at Tyndall and the Panama City area, the coils and equipment of a normal air conditioning unit corrode quickly and replacement is required frequently, normally seven to 10 years,” he said. “A geothermal system could last up to 25 years and possibly longer.”

A contract signed in September with Honeywell will bring advanced solar photovoltaic systems to Air Force Research Lab facilities on Tyndall.

“We are installing a concentrated solar photovoltaic system for AFRL facilities here,” said Mr. Walker. “The Honeywell Corporation claims solar efficiency on this system is between 30 and 35 percent, nearly two to three times more efficient than other photovoltaic systems on the market.”

The technology will be installed in the AFRL area for evaluation and will bring power to our deployed troops in the future, he said.

Air Force Research Lab scientists here are also developing more flexible,

lightweight and efficient solar power panels, another green power, to integrate into deployed shelters.

Until recently, solar power was cost prohibitive, but advancements in technology have lowered development costs.

“Nearly all of our ‘traditional’ energy sources are derived from a hydrocarbon such as coal, oil and natural gas,” said Mr. Walker. “Alternative energy and renewable sources are biomass such as wood chips, grass, ethanol, bio-diesel and other products derived from natural plant growth. In some states, including Florida, your household garbage is considered biomass and can be used to generate energy.”

While biomass is currently the largest source of renewable energy in the United States, the Air Force uses wind energy, which is generated by wind turbines, more than any other renewable energy source.

Tyndall will continue to set standards in energy technology development and search for opportunities to deliver advanced systems to workplaces here and across the Air Force.

For more information on Tyndall’s renewable energy initiative, call Mr. Walker at 283-4715.

**Army & Air Force Exchange facilities
Veteran’s Day hours**

The following is a list of operating hours for Nov. 10:

Base Exchange	10 a.m. to 5 p.m
Shoal Point Shoppette	11 a.m. to 6 p.m.
Class Six	10 a.m. to 5 p.m
Felix Lake Shoppette	6 a.m. to 9 p.m.
Service Station	9 a.m. to 4:30 p.m.
Anthony’s	11 a.m. to 4 p.m.
General Nutrition Center	10 a.m. to 4:30 p.m

