



## In Brief

### Trick-or-Treat

Tyndall Air Force Base Halloween trick-or-treat hours are 5:30 to 7:30 p.m. Oct. 31 in base housing.

### Retiree Day

Retiree Appreciation Day is 8:30 a.m. Nov. 3 at the Club.

For more information, call Marielle Beniquez at 283-4204.

### Health Fair

The annual Health Benefits Fair for civilian employees is 8 a.m. Nov. 13 in room 267, Bldg. 650.

### Turkey Bowl

The Officers' Spouses Club Turkey Bowl is 11 a.m. Nov. 13. Interested participants must sign up no later Nov. 9. For more information, call 271-0299.

### Smooth Move

The Airmen and Family Readiness Flight hosts the Smooth Move permanent change of station workshop at 9 a.m. Nov. 14 in the Airman and Family Readiness Classroom, Bldg. 743. For more information, call 283-4204.

### Post Office hours

The base's United States Post Office hours are now 10 a.m. to 2 p.m. Monday through Friday.



Susan Trahan

**Tyndall Air Force Base firefighters battle a controlled and simulated F-15 crash site during an exercise in Mexico Beach, Fla. Oct. 23. Also on scene were first responders from Mexico Beach and Port St. Joe, Fla. emergency agencies.**

## Exercise tests Tyndall and local agencies

**STAFF SGT. TIMOTHY CAPLING**  
**325TH FIGHTER WING PUBLIC AFFAIRS**

First responders from Mexico Beach and Port St. Joe, Fla. joined forces with Tyndall Air Force Base's fire department, security forces and support agencies to test accident response skills during an exercise in Mexico Beach Tuesday.

The exercise began at 8:45 a.m. with an in-flight emergency that transitioned into a simulated F-15 crash in a wooded

area next to U.S. Highway 98.

Six minutes after the incident occurred, Tyndall AFB's fire trucks arrived on scene and joined up with Mexico Beach's fire department for the response.

Once on scene, civilian and military firefighters faced a mock crash complete with jet debris and flaming steel barrels, making the exercise as realistic as possible.

The local police, along with

Tyndall AFB's security forces, set up a cordon around the affected area and treated everything as if it was really happening by keeping all non-essential personnel out of the danger zone-with the exception of exercise evaluators and local news agencies that were covering the event.

There were also exercise players acting on scene to prepare the exercisers for all possible scenarios.

• SEE EXERCISE PAGE 2

# Medical Group assists Team Tyndall with Traumatic Stress Response

PROVIDED BY 325TH MEDICAL

Tyndall Air Force Base has created a Traumatic Stress Response Team to respond to traumatic incidents that occur within the Team Tyndall community. The purpose of the team is to foster resiliency for people that are exposed to potential traumatic stress and assist the individual and unit in returning to normal functioning in daily life following exposure to a potentially overwhelming incident or disaster.

The TSR team is comprised of members from the mental health flight, chaplains and Family Support Center. Commanders are able to consult with the TSR team chief to determine how best to serve the needs of those affected and develop an individual plan to address those needs.

The team can offer preparatory education for those likely to experience traumatic stress. They also offer group or individual education, screening, psychological first aid, and referral for those exposed to traumatic stress. Individuals can seek up to four meetings with a member of the TSR team for the purpose of education and consultation. If formal medical assessment and treatment are indicated, then a referral will be made.

For help in dealing with traumatic stress, contact Maj. Walter Calvo from the medical group at 523-7511 or 283-7511. For help after duty hours, contact the 325th Security Forces Squadron or command post and ask for the mental health on-call provider.

## The basics about Traumatic Stress

- Traumatic Stress is any event with sufficient emotional power to overcome the usual coping abilities of people who are exposed to it. Examples of traumatic stress include: suicide of a unit member, serious injury or death in the line-of duty, and or a multi-casualty accident.

- Training and exercises can help buffer the effects of stress, but extreme stress still has the potential to negatively impact normal and healthy individuals.

- The majority of these people recover in 1-2 weeks. Some, however, develop post traumatic stress disorder or other significant illnesses that can cause job “burnout” and result in them seeking separation, cross-training, or retirement.

## 2007 Standings Flag Football



(as of Oct. 29)

Team	Win	Loss
AMXS	10	1
SFS	9	1
SVS	7	1
COMM	10	2
MDG	9	3
OSS	7	3
MXS	6	4
ACS	6	4
MOS	6	6
601st	3	6
MSS/FW	4	8
CES	4	8
53rd	2	9
823rd	1	9
CONS	1	10
AFRL	0	10

### • FROM EXERCISE PAGE 1

Panama City News Herald writer and Gulf Defender editor, Jonas Hogg played the part of an aggressive media member.

“It was pretty fun coming at things from a different angle than I’m used to,” Mr. Hogg said. “It was a good chance to have fun with it. If there was a real plane down, I probably wouldn’t have pressed my luck with the security forces like I did here today.”

Behind the scenes at the installation control center, Brig. Gen. Tod D. Wolters, 325th Fighter Wing commander, provided command and support to the initial response force with the assistance of his ICC staff consisting of group commanders, various support unit representatives and the emergency operations center.

The ICC and the EOC are activated during crises and allow the incident commanders the ability to request needed support from one source. The EOC becomes a recovery force once the scene is contained and controlled and takes on different roles during the recovery process.

This wasn’t the first time Tyndall AFB has exercised with local authorities.

“Tyndall teams up with our local communities whenever practical to practice joint response tactics to ensure when real-world tragedies strike, all players are ready to respond as a coordinated team,” said Col. John Bird, 325th Fighter Wing vice commander. “As a federal entity we always strive to work with the state, county and local emergency response teams. After events like 9/11 and Hurricane Katrina, we know that it is the only way that we can react ... as a coordinated team.”

Charles Cain, Tyndall AFB Fire and Emergency Services chief and incident commander, was energetic about the overall response.

“I think the exercise went super!” he said. “It did surface several limiting factors on our side and confirmed our communications interoperability. Any time we can participate with our off-base counterparts in an exercise of this magnitude, it’s really important and a great learning experience for everyone involved. When and if we do this for real, it runs a lot smoother because of these exercises.”



## Identify this ...

Can you identify this object?

If so, send an e-mail to [editor@tyndall.af.mil](mailto:editor@tyndall.af.mil) with “Identify this” in the subject line.

Three correct entries will be chosen at random and drawn from a hat to determine the final winner. The prize can be claimed at the Public Affairs office.

Timothy Nelson, 325th Mission Support Group, correctly guessed the Oct. 22 “Identify This” as a pair of scissors. Congratulations Mr. Nelson.

# 95th AMU earn first place in quarterly competition

STAFF SGT. VESTA ANDERSON  
325TH FIGHTER WING PUBLIC AFFAIRS

Each quarter at Hanger 4 here, top performers from the 2nd Aircraft Maintenance Unit, 43rd AMU and 95th AMU gather for their turn in the weapons load and jammer competition.

“Each weapons-load crew consists of three members who were selected from each AMU’s leadership,” explained Staff Sgt. Anthony Smith, 325th Maintenance Group standardization lead crew member responsible to set up and run the competition. “The crew has to have been working together for at least 90 days, and they’re selected based on their job proficiency level.”

Staff Sgt. Larry Pyne, Senior Airman Louie Duffee and Airman 1st Class Mike Dodson represented 2nd AMU.

Staff Sgt. Jeff Taggart, Senior Airman Drew

Carpenter and Airman 1st Class Daniel Dubisky represented 95th AMU.

Staff Sgt. Stewart Baxter, Airmen 1st Class Joel Bass and Charles Fairchild represented 43rd AMU.

Starting out with 3,000 points available, each crew is graded in three different areas, beginning with a dress and appearance inspection.

From there, the competitors must complete a 20-question job-knowledge test.

The last test is the load itself.

During this stage of the competition, the three-man crew, each having their own specific job, must prepare the jet for the missiles and then load the missile to the aircraft, within 30 minutes.

“The hardest part is always after the load,” said Airman Carpenter. “You’re standing there waiting. You run over everything you

did, looking for mistakes.”

After the weapons load competition, the jammer competition begins.

The jammer is a vehicle, which steers from the rear, used to transport munitions to the aircraft. Unlike the weapons load, the jammer competition is an individual contest.

Selected for this competition was Airman 1st Class Rasheem Ramsey, 2nd AMU, Senior Airman Brandon Signorotti, 95th AMU and Airman 1st Class Alexander Thompson, 43rd AMU.

Graded in three different areas, the jammer competitors must also complete a uniform inspection; however, this is where the similarities end between the two contests.

The second portion of the competition is a jammer pre-use inspection. The individual must ensure the jammer is 100 percent serviceable, including tires

pumped, no frays on wires and all liquids are filled.

The last test is completing the coned course, where the patience and skill of the jammer is tested.

The course is set up like a track, explained Sergeant Smith.

The competitors must weave the jammer through four sets of cones which are placed tightly together, explained Sergeant Smith. Then, they must make a tight turn between two rows of cones. Once finished with the turn, the jammers weave through another set of cones and then another turn just like the first. This course is completed twice and to add to the difficulty, it must be completed in less than two minutes.

“It was a fairly simple course, but it was set up to be very tight, so it was hard to turn efficiently,” said Airman Signorotti.

“You had to pretend you’re driving Miss Daisy,” explained Airman Signorotti referring to the simulated missile in the trunk of the jammer. “You have to be careful and cautious.”

“The performance was better in this competition; there was a higher point spread this quarter,” said Sergeant Smith.

At 3 p.m., the scores were announced - the 95th AMU wins... in both competitions.

Winners took home the plaques and bragging rights as the quarter’s top performers.

The 95th AMU load crew has been working together since May 2006. They have competed in four other competitions, also bringing home victories.

“Our overall performance was pretty good,” said

Sergeant Taggart. “There were a few mistakes, but we still brought home the win.”

“The important part of the competition was making sure we were all on the same page with timing,” said Airman Dubisky.

Taking away more than just the recognition attached to the plaque, the 95th load crew agreed that pride in their work and a shot at load crew of the year were more personal accomplishments.

They’re not the only ones to reflect on that day’s events.

“The most difficult part was trying to complete the course in the allotted time of two minutes,” said Airman Signorotti, winner of the jammer competition.

Airman Signorotti says he felt happy and excited with his win, but mostly relieved from the stress of being in the spotlight.

Sergeant Smith explains the importance of the competition is not only a morale booster and way of recognizing hard workers, but it also allows airmen to build confidence in their job proficiency.

“This competition creates challenges within the weapons community and hopefully most troops will see crews winning and want to be in that situation,” said Sergeant Taggart.

The victors from the 95th took home the win, each returning to a normal day on the job, but each offering their own encouragement and thoughts to other Airmen.

“Take pride in what you do, and if the opportunity arises, take it,” said Airman Signorotti. “It’s a great opportunity, win or lose.”



Courtesy photo

**Lt. Col. Eric North, 325th Maintenance Squadron commander (left) and Chief Master Sgt. Booker Woods, 325th Fighter Wing Weapons Manager (right), present the 95th weapons load crew of the quarter with plaque.**

# Base program turns rags to riches

AIRMAN 1ST CLASS

ANTHONY J. HYATT

325TH FIGHTER WING PUBLIC AFFAIRS

Most people have heard the fairy tale where a person turns his rags to riches, well in this case the Air Force Repair Enhancement Program here accomplishes this by turning trash into money.

The idea is simple. AFREP collects and repairs miscellaneous aircraft parts, electronics and practically anything else people throw away once they break, instead of buying completely new parts.

The money saved by AFREP falls into two categories cost savings or cost avoidance. Air Force Instruction 21-123 states that cost savings are earned when a repaired item is turned into supply and a credit is captured. In contrast, cost avoidance refers to items repaired and returned with no credit.

“Each year AFREP saves Tyndall

thousands in cost avoidance and in some years millions is cost savings by repairing assets locally and quickly turning the items back into the supply system,” said 1st Lt. Patrick Nobles, 325th Maintenance Group executive officer.

“These actions are critical to keeping the aging fleet of the F-15 eagles viable,” said Lieutenant Nobles. “It’s not just the F-15s that utilize the program, but AFREP is very involved with the F-22 programs and getting them established.”

One item that has been recently repaired by AFREP is the flex shaft. A flex shaft is an assistant to the actuator to help move the exhaust nozzles on the F-15 engine. The engine requires five flex shafts per engine, in case one of the flex shafts stops working while a jet is flying the other four can compensate.

“Previously, engine shops were

turning in flex shafts to supply and just discarding them,” said Senior Airman Kimoreen McKenzie, 325th Maintenance Operations Squadron AFREP technician. “AFREP researched the cost-and-supply demand level to determine if the base has a need for them. Supply now transfers them to our account so AFREP can send them off to a vendor to get repaired.

Since AFREP starting repairing flex shafts, the Air Force has saved a total of \$25,190.21, said Airman McKenzie.

The AFREP program saved Tyndall AFB more than \$1 million dollars in fiscal year 2007. Half of that was returned to the wing.

Some items that were purchased with AFREP money in 2007 were new carpeting, new furniture, paint and new air conditioning systems in government vehicles according to Master Sgt. John Goerke, 325th Maintenance Group AFREP superintendent.

“Our AFREP program is a great benefit to the wing,” said Col. Brett Haswell, 325th Maintenance Group commander.

In addition, AFREP helps in more than one way.

“Not only does it save the Air Force money, but it also saves a countless number of waiting hours,” said Sergeant Goerke.

“We recently repaired a cable test set for a cost avoidance of \$10,000,” said Sergeant Goerke. “If the test set would have been ordered, the wait time would have been nearly a year.”

AFREP technician get creative when repairing parts.

“Our Airmen get a chance to show their ingenuity and resourcefulness, while earning funds for wing and maintenance group projects,” said Colonel Haswell. “If it wasn’t for that funding, we wouldn’t be able to expand our maintenance capabilities.”

## Miss Florida meets Tyndall Air Force Base

**Left: Miss Florida 2007, Kylie Williams, looks through the scope of this automatic weapon during a visit with the 325th Security Forces Squadron Oct. 18.**

**Middle: Miss Williams takes a trip to visit the explosive ordnance disposal team here and tries on one of the bomb suits. Her platform for the upcoming Miss America pageant in Jan 2008 is “support the troops.”**

**Right: Miss Williams takes to the air in a F-15C Eagle with Lt. Col. Kevin Murray, 2nd Fighter Squadron commander, Oct. 19.**



Airman 1st Class Anthony J. Hyatt



Airman 1st Class Anthony J. Hyatt



Lisa Norman

## Commander's Commentary: How to deal with conflict?



**LT. COL. CYNTHIA LEE**  
**325TH MEDICAL SUPPORT**  
**SQUADRON COMMANDER**

There is an old saying that “what doesn’t kill you makes you stronger”. If you can keep this philosophy in the back of your mind, you might be surprised at the variety of situations you can apply it to on a personal as well as professional level in your daily activities.

The majority of us don’t wake up each morning eagerly anticipating a day full of conflict. The broadest definition of conflict found in the dictionary is “the opposition

or simultaneous functioning of mutually exclusive impulses, desires or tendencies”. Using this definition, much of what we do each day could be viewed as conflict. For example, getting the kids off to school, driving to work, interacting with customers, patients and co-workers, or implementing change. How we handle each situation often shapes how the rest of our day will go.

There are a multitude of coping strategies for dealing with conflict. Some positive approaches include mutually agreeable compromises, such as cereal for breakfast today and pancakes tomorrow. Picking your battles – is it really worth getting into an accident to rush for the last close-up parking spot or to save a few minutes getting to work. Placing yourself in the other person’s shoes – “now I can see where this process really is confusing,” and facilitating rather than dictating. Getting buy-in from others or empowering them once you’ve given them a goal.

Somenegativeapproachesinclude the “just say no” philosophy, the “because I said so” philosophy, the “because it’s the rules” philosophy, or the “don’t make waves”

philosophy.

Each conflict will be different. A battlefield scenario would require clear-cut guidance and decisions, usually with no questions asked. A medical example of this would be the need to prioritize patients for treatment at the field hospitals in Iraq where resources or capabilities are often very limited. Most in-garrison scenarios allow for consensus, collaboration or negotiated compromise approaches.

Certain conflicts are clearly avoidable simply by following Air Force core values or policies or just using common sense. These would include matters of integrity, fairness, equality, drinking and driving, sexual harassment, violation of the Uniform Code of Military Justice or any discriminatory actions. Each of us has listened to at least one briefing on each of these topics, so there are no acceptable excuses for participating in such actions.

Usually in a conflict situation, you have control only over your own actions and reactions, not those of the other party. How you choose to respond will set the tone for whether this conflict will be one of simple “disharmony” or escalate into one of “warfare”. As

military members, we are all held to a higher standard of conduct than many of our civilian peers. How we handle daily conflict reflects not only on ourselves but also on the Air Force.

If you find yourself in a conflict situation that you don’t know how to handle, remember that there are many people and resources here on base that can help you immediately or teach you coping skills to help you prevent an inappropriate outcome in the future. Some of these include your chain of command, your first sergeant, the family advocacy office, Military Equal Opportunity, the Sexual Assault Response Coordinator, the base chaplains and the Inspector General office.

Conflict is a natural part of life. It is often very uncomfortable while you are in the midst of the event. The overall experience can end up being either positive or negative depending upon your actions and reactions. The choice is yours. The next time you find yourself in a conflict situation, try to remember that if it doesn’t kill you, it might just make you a stronger person.

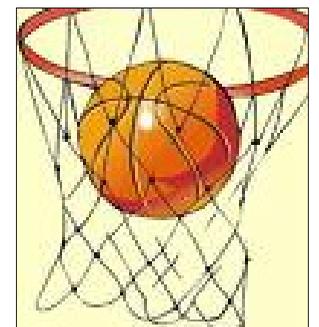


Photos by Airman 1st Class Anthony J. Hyatt

### Sprint to the finish

Nikolai Wedekind, a professional triathlete, came in first place with a time of 1:03:08 during the Tynman Tri/Duathlon Oct. 20 in base housing. The race consisted of a 600m swim in the bay, a 12-mile bike ride and a 5k run. The proceeds benefited the Combined Federal Campaign.

### 2007 Varsity Basketball



#### Tyndall Tigers Men

The men’s Tigers beat Eagles of Eglin AFB 83-74 to even their record at 1-1 Oct. 20.

#### Tyndall Lady Tigers

The lady Tigers beat the Eglin Lady Eagles with a score of 74-70 to up their record to 2-0 Oct. 20.