



GULF DEFENDER



Vol. 65, No. 34

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

Sept. 1, 2006

In Brief



POW/MIA Day

The National Prisoners of War/Missing in Action Recognition Day Ceremony will start with a 24-hour vigil run beginning at 3 p.m. Sept. 14 at Flag Park.

Contact your first sergeant to sign up for the event. For more information, contact Senior Airman Theresa Edmiston at 283-1098.

POW/MIA luncheon

A POW/MIA luncheon is scheduled 11:45 a.m. Sept. 15 at the Enlisted Club. The cost is \$14 for club members and \$16 for non-members. For more information, contact your first sergeant.

Inside

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The "Pigskin Prognosticator" is back in action ... **PAGE 15**



Chrissy Cuttita

Fill 'er up!

Senior Airman Kelly Timmerman, 95th Aircraft Maintenance Unit crew chief, wheels an external fuel tank under an F-15 Eagle here. The tank holds 600 gallons of fuel and is one of three that can be put on the jet.

Section commander awarded Airman's Medal

CHRISSY CUTTITA
325th Fighter Wing Public Affairs

A Tyndall lieutenant, who risked her life to save others, was awarded the Airman's Medal here Tuesday.

While on her way home from work Nov. 7, 2005, 2nd Lt. Shannon Bancroft, 325th Maintenance Operations Squadron section commander, was the first to take action at the scene of a four-car accident on Highway 231

in Panama City.

"I have done it before and it is something I would do again," she said, referring to the aid she provided to the injured victim at the scene.

The Airman's Medal is awarded to Airmen who distinguish themselves by performing a heroic



act not involving combat, which may put their lives at risk.

"I understand the stature that comes with this medal," said Lieutenant Bancroft. "I am also very humbled because I could never leave or walk away from a situation where somebody was hurt

and needed help. I only did what came naturally. I appreciate that others see what I did as brave, but for me, I did what seemed right and didn't think twice about it."

The accident in November was the fourth accident Lieutenant Bancroft has responded to in her lifetime, and she has risen to the challenge every time.

• SEE MEDAL PAGE 6



Tech. Sgt. Jason Rosenbaum

Feelin' groggy

Not even the sergeant of arms can stomach the grog bowl. Senior Airman Mayra Duarte, 325th Communication Squadron communications cable system journeyman, adds a "special sauce" to the grog during the 325th Mission Support Group's dining out ceremony held Aug. 25 for the group's Airmen and their families.

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. Staff Sgt. Lewis Pittman, 325th Aircraft Maintenance Squadron crew chief, correctly guessed the Aug. 25 "Identify this" as a rubber duck bill. Congratulations, Sergeant Pittman. Come claim your prize!

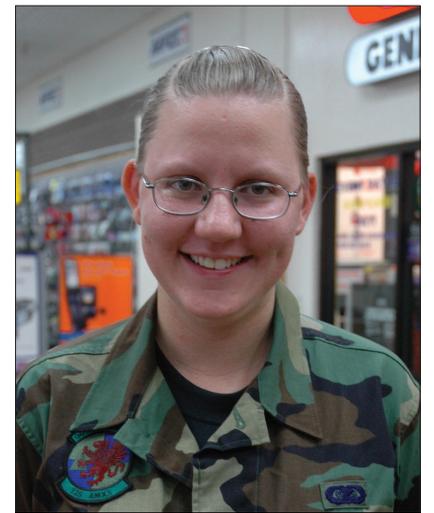
ON THE STREET

What team are you cheering for this football season?



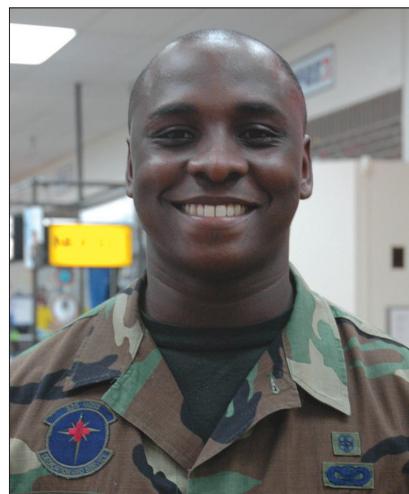
"To be loyal to my home state, I cheer for the Green Bay Packers and University of Wisconsin."

SENIOR MASTER SGT. RON HAGEN
325th Medical Group



"I'm a Florida girl, so I cheer for the University of Florida and I like the New England Patriots."

AIRMAN BASIC WHITNEY SOLANO
325th Aircraft Maintenance Squadron



"I cheer for the University of Miami because I'm from Florida."

STAFF SGT. JOHN BERRY
325th Medical Support Squadron



"Florida State is the best team in the world."

AIRMAN MATT SIMMONS
325th Communications Squadron

Gulf Defender Editorial Staff

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- Maj. Susan A. Romano.....chief, 325th FW public affairs
- Chrissy Cuttita.....chief, internal information
- 1st Lt. Amanda Ferrell.....staff writer
- Staff Sgt. Stacey Haga.....editor

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Know your rights; when in doubt call the ADC

CAPT. BRAD DEVOE
Area Defense Counsel

If your first sergeant calls you into his office and says you are being charged with a crime, you are being accused of a crime by the Office of Special Investigation or Security Forces, or you may have done something illegal and you want advice about what to do next, call the Area Defense Counsel.

As the new ADC on the defense team here, I am a licensed attorney who helps military members who are in, or could be in, legal trouble with the military justice system. Together with my team member, a defense paralegal, my duty is to work hard to represent the interests of our clients.

We provide legal services to military members who face a variety of situations including courts-martial, Articles 15, administrative discharges, letters of reprimand, admonishment and counseling,

unfavorable information files and other adverse actions.

I strongly recommend anyone facing court-martial, administrative discharge or non-judicial punishment under Article 15, to contact our office for advice.

“An Article 15 can have serious career consequences, and no one should consider navigating this process alone.”

CAPT. BRAD DEVOE
Area Defense Counsel

An Article 15 can have serious career consequences, and no one should consider navigating this process alone. We will advise you of your legal options, and review any written response you make to an Article 15. Commanders and first sergeants can also set up an appointment with the ADC for any military member facing an Article 15.

The ADC office is under a separate chain of command to avoid undue influence or the appearance of undue influence. We operate independent of any other agency on base, including the base legal office

or any tenant unit. This allows the ADC office to work for the client’s interest alone.

If we cannot represent a military member on Tyndall AFB, then a defense counsel from another base will be obtained.

My team and I are bound by law and our profession to maintain strict confidentiality with our clients. All communication we have with our clients is covered by the attorney-client privilege. Thus, anything Airmen tell us while we are representing them, remains completely private.

The ADC office is open from 7:30 a.m. to 4:30 p.m. Monday - Friday. The ADC can always be reached through the Command Post for an emergency. All clients should call ahead to set up an appointment, but the office will do its best to meet the immediate needs of walk-in clients. To make an appointment, call 283-2911.

It is your right to request an attorney, and ADC services are free. Remember, it is also your right to remain silent if accused of a crime, and immediately contact the ADC for guidance.

Use your voice, vote, to be heard on Capitol Hill

CHIEF MASTER SGT. ROBIN CALLAWAY
325th Maintenance Group superintendent

When I enlisted in 1977, there were more than 600,000 Airmen in the Air Force. In the very near future, because of budget cuts, force shaping, outsourcing and privatization, the number will most likely be half its current size. As our Air Force continues to get smaller, who is speaking for us on Capitol Hill?

A better question might be, “What are you doing for your voice to

be heard?” Some options for being heard include writing letters to elected officials, e-mailing politicians through their Web sites or leaving voice mail messages at their offices to voice your concerns. If you are a registered voter, you will most likely receive a response. But most elected officials are bombarded on a daily (sometimes hourly) basis with e-mail and phone messages to the extent that most messages don’t get a response.

So with that said, how can you

be sure your needs are being met by lawmakers on Capitol Hill? I can answer that question with five simple words: Support a professional military organization.

Generally, I am amazed by the expressions and answers I receive when I ask Airmen if they are members of a professional organization. Organizations such as the Air Force Association, Air Force Sergeants Association, the Noncommissioned Officers Association, the Retired Officers Association, the Vietnam

Veterans of America, the American Legion and the Veterans of Foreign Wars – just to name a few – speak for us daily on Capitol Hill.

Unfortunately, as our total force gets smaller, so does their membership, resulting in a smaller voice. So what can we do to provide them with a louder voice?

An organization with two or three hundred thousand members has much more influence to their respective

• SEE VOICE PAGE 4

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.

• FROM VOICE PAGE 3

lobbyist than just 100,000 members can provide. Much like voting, registered voters during an election can provide a very loud message. Low numbers of members send messages like “we don’t have the time,” or “we don’t really care about the impact of the legislation being considered.” As the old saying goes, “There is safety in numbers,” which essentially means, the more people are behind something, the more Congress will pay attention to an organization’s wants and needs.

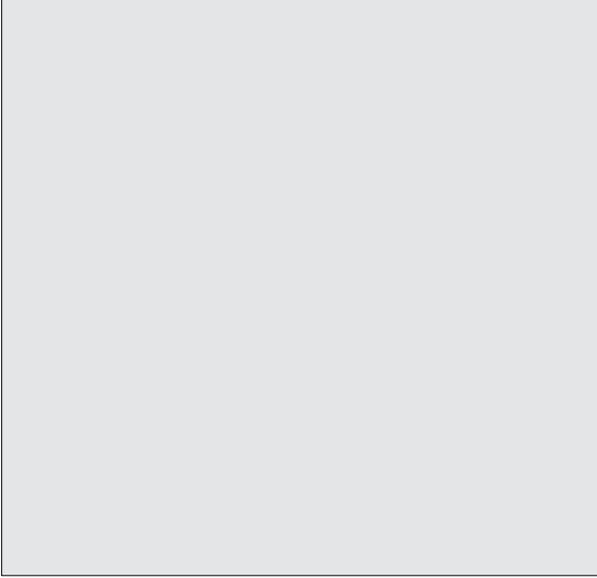
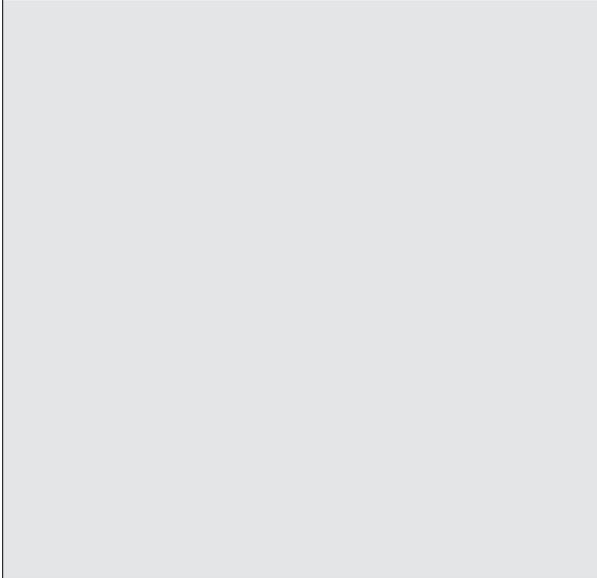
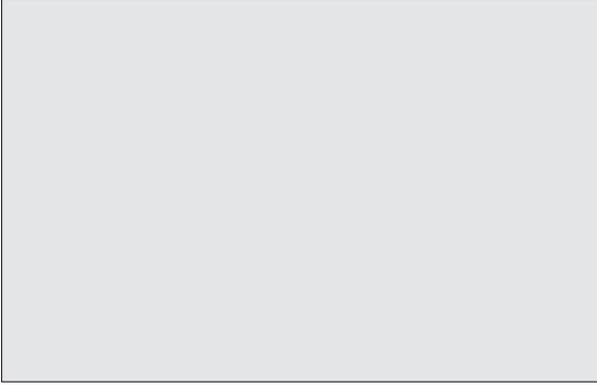
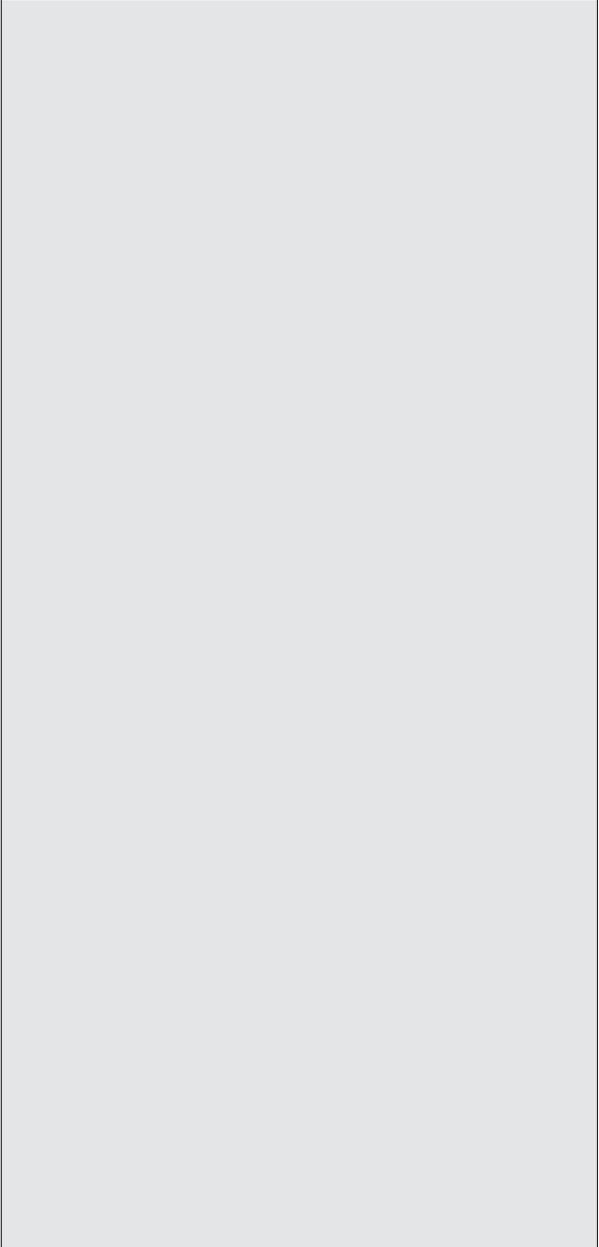
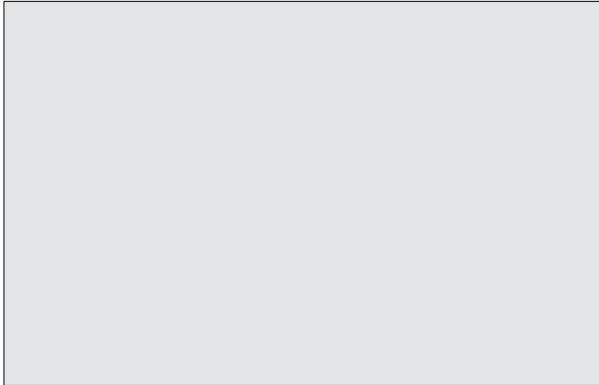
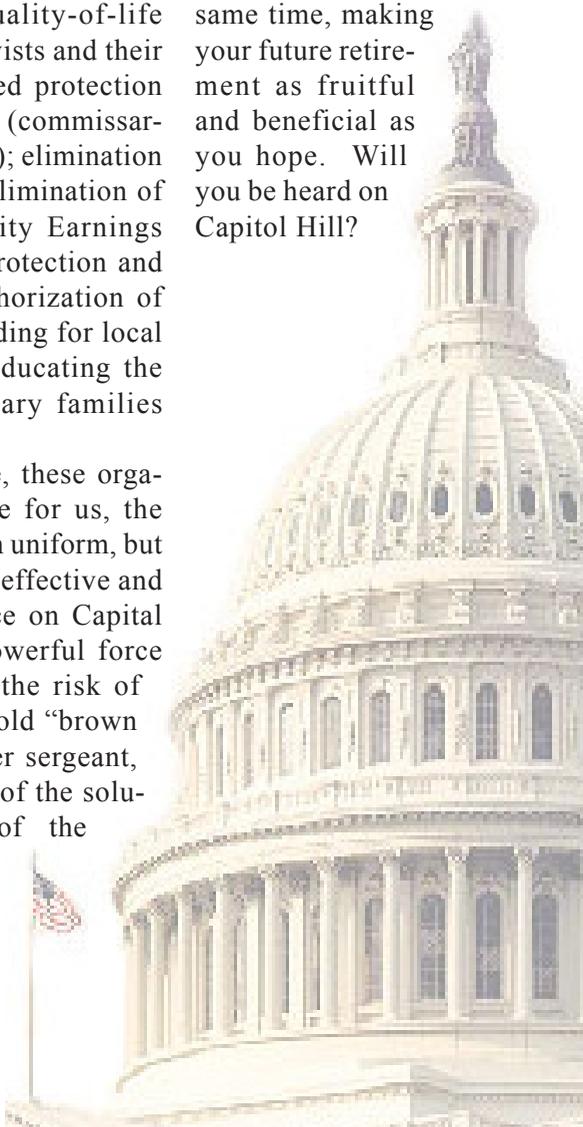
Over the years, professional military associations have had a tremendous impact on our lives as service members. Some of the biggest issues they have tackled have included: increased allowances and reduction of out-of-pocket expenses during permanent change of station moves; increased pay and benefits; approval of various health care benefit expansion demonstration projects (i.e. Tricare Senior Prime); achievement of an expanded

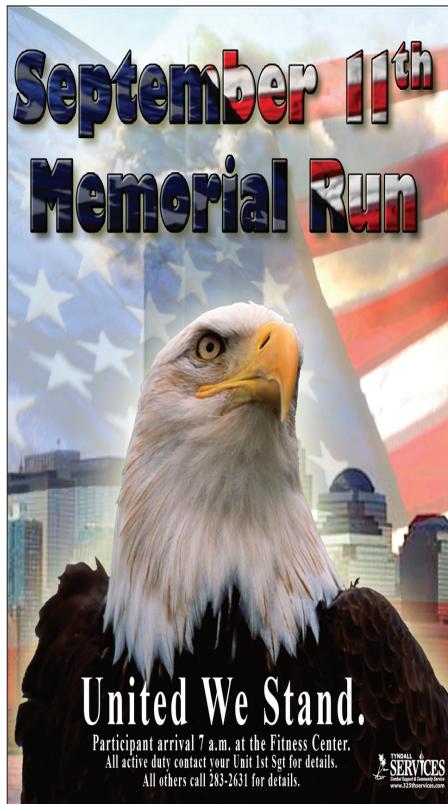
pharmacy benefit, “Tricare for Life” benefit; quality-of-life benefits for reservists and their families; continued protection of military stores (commissaries and exchanges); elimination of source taxes; elimination of the Social Security Earnings test; retirement protection and appropriation/authorization of “Impact Aid” funding for local school districts educating the children of military families and many more.

As you can see, these organizations are here for us, the men and women in uniform, but they cannot be an effective and respected presence on Capital Hill without a powerful force behind them. At the risk of sounding like an old “brown shoe” chief master sergeant, if you aren’t part of the solution, you’re part of the problem.

I encourage you to consider joining a professional military association to make your lifestyle on active duty the best it

can be, while at the same time, making your future retirement as fruitful and beneficial as you hope. Will you be heard on Capitol Hill?





Unity run begins 9/11 remembrance here

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

Tyndall Airmen will gather at the starting line not to race, but to remember.

The Sept. 11th Memorial Run is scheduled to start at 7:46 a.m. in front of the Fitness Center and continue for one and a half miles, ending at Flag Park. All military and civilian personnel are highly encouraged to participate.

“The event is intended to honor those lost in the terrorist attacks on Sept. 11, 2001,” said Master Sgt. Kenneth Young, NCO in charge of the Fitness Center and event coordinator. “This event is for team unity. It’s not a competition. People are encouraged to form up at the starting line with members of their groups

and squadrons and run or walk the course together.”

No official times will be recorded, and no winners will be announced.

“Participants are encouraged to start and finish the course together as squadrons to show camaraderie and unity,” said Sergeant Young.

The event is scheduled to begin at the Fitness Center with a welcome message from the commander and an invocation. The Tyndall Honor Guard will ceremoniously post the colors near the starting line.

“Posting of the colors at any event is significant to me,” said Tech. Sgt. Tobin Winebrenner, Tyndall Honor Guard NCO in charge. “The tragedy affected people on a national scale, and while people tend to forget events

over time, the memorial run shows that Team Tyndall is united and hasn’t forgotten.”

The run will end at Flag Park, where Maj. Gen. Scott Mayes, Air Forces Northern, Continental U.S. NORAD Region commander, will lead a wreath laying ceremony at 9 a.m.

Canadian Forces Brig. Gen. Marcel Duval will also speak at the ceremony, which will mark the fifth-year anniversary of the attacks.

The event will honor those who served on Sept. 11, 2001 and recognize servicemembers who continue to defend the nation through Operation Noble Eagle.

For more information or to participate in the memorial events, contact your first sergeant.

• FROM MEDAL PAGE 1

The Cedar Grove police department lauded the lieutenant for her efforts stating that it was a "brave" act pulling someone from a gas and smoke-filled car.

"A lot of times people won't get involved," said Lt. Bern Snell, a Cedar Grove police officer who responded to the accident. "We appreciate what she did, and I know the woman (she saved) appreciated it."

After witnessing the accident, Lieutenant Bancroft immediately established contact with a woman trapped in her smoke-filled car. She assessed the woman's injuries and helped keep her calm. She also assisted the on-scene police officer with getting everyone away from the car in case the leaking gasoline caught fire. The passenger-side door was then pried open, and the woman

was pulled from the car.

"The trunk was in the front seat and the engine was in the dash (board)," said the lieutenant. "It was a four-door, but it looked like a two-door car when I got there. I hated to pull her from the car with a possible back injury, but with gasoline pouring over my feet, I didn't have a choice."

Once the paramedics arrived, they asked Lieutenant Bancroft to continue assisting the woman while they assessed the other accident victims.

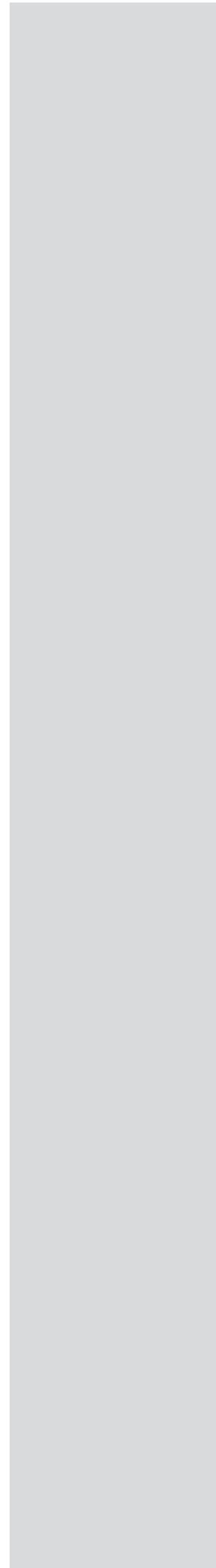
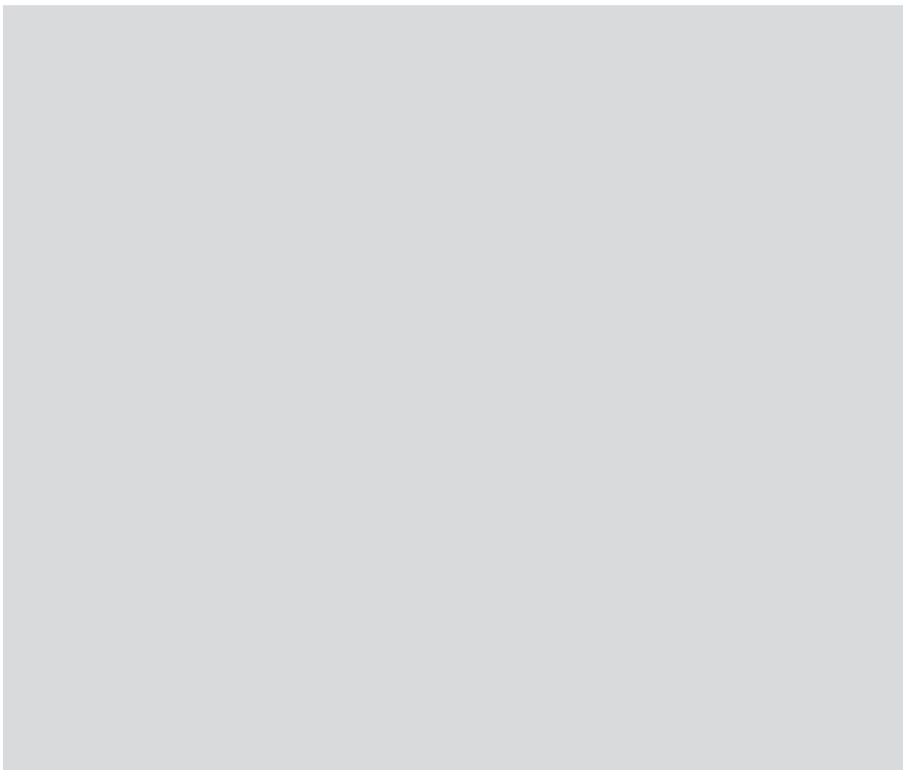
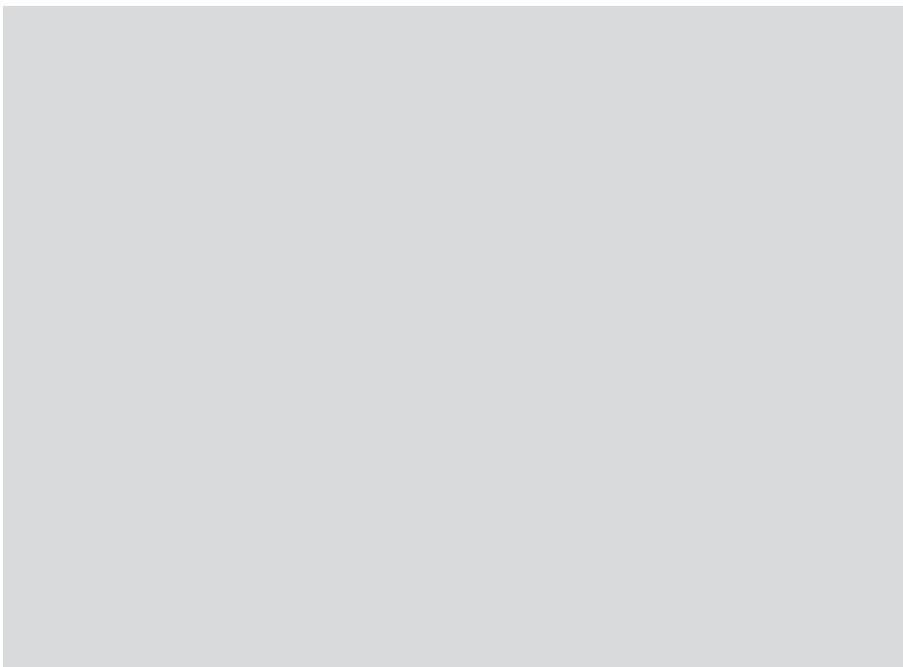
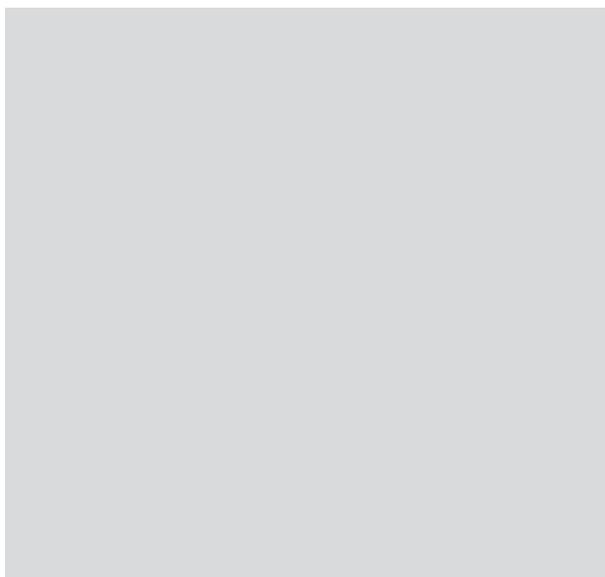
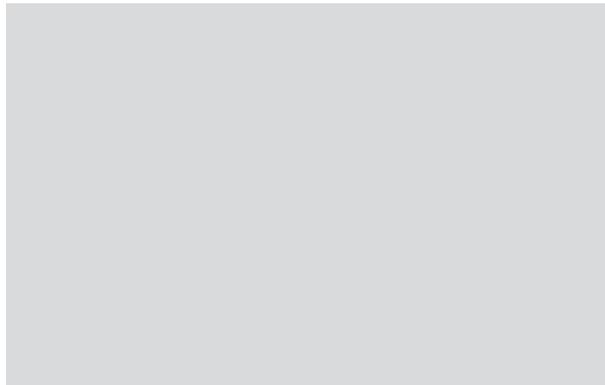
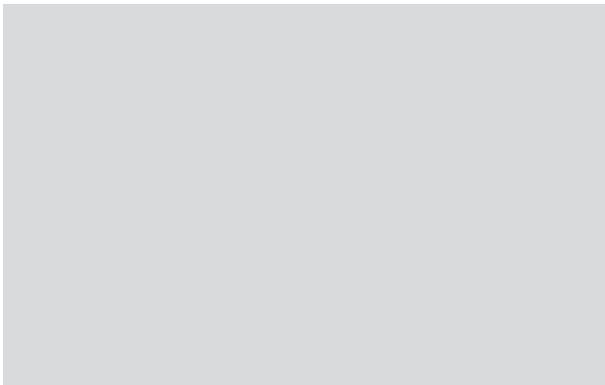
Since the day of the accident, the survivor and the lieutenant have kept in touch.

"I kept in contact with her and her husband for about a month after the accident until I knew she was going to be alright," she said. "When I would talk to her it was pretty emotional, but I am so grateful she's healthy and able to recover from her inju-



Brig. Gen. (S) Tod Wolters, 325th Fighter Wing commander, pins the Airman's Medal on Lieutenant Bancroft during a ceremony Tuesday.

ries. She always referred to me as her angel, which was very humbling as well."



AEF Center reassigned to personnel center

WASHINGTON (AFPN) – The Air and Space Expeditionary Force Center became assigned to the Air Force Personnel Center at Randolph AFB, Texas, after an announcement made by Air Force Chief of Staff Gen. T. Michael Moseley Aug. 29.

“This merger will allow AFPC total visibility of Air Force requirements spanning home station to the front lines,” said Lt. Gen. Roger A. Brady, Air Force deputy chief of staff, Manpower and Personnel. “The assignment process will have clearer vision into the true requirements and be able to set realistic priorities to execute assignment policy. We’ll be able to better refine and target personnel policy and programs within our expeditionary force structure.”

The reassignment will synergize operations between the two centers and focus on operation of personnel by merging permanent authorizations, wartime requirements and assignments under a single commander.

“We can expect to see a more seamless flow of assignments, deployments, personnel policies and programs that are more in-tune with the AEF structure,” said Maj. Joseph Schneider, 325th Mission Support Squadron military Personnel

flight commander. “This realignment will allow the deployment process to become align with other personnel processes as well as garnering efficiencies from the Personnel Services Delivery transformation effort.”

Although the merger takes place at headquarters level, results may be seen at the base level.

“As time passes, I expect to see an increased level of coordination in our assignment and deployment processes,” said Major Schneider. “MPF Airmen at the base-level already have their eyes directly on the wartime requirement. The personnel readiness unit is the personnel deployment processing agency. MPF Airmen, along with the installation deployment officer in the logistics readiness division, are the people providing wing leadership visibility of our personnel wartime requirements.”

“The AEF Center’s continued focus has been on making the AEF better for our Airmen and the combatant commanders,” said Col. Brian Kelly, AEFC commander. “Combined with AFPC’s personnel expertise and worldwide data systems, it will allow our Air Force to better integrate total end-to-

end warfighter support.”

Wartime requirements include airframes, munitions, equipment and many other aspects necessary for the fight. But it’s the management of the personnel that will be the focus of this merger.

“The PRU is the hub of the personnel piece,” said Maj. Schneider. “That being said, this change will create increased synergy between the AFPC assignment officers, NCOs and their counterparts at the AEFC which will affect the assignment process. How that happens remains to be seen, but the changes will keep the Air Force’s wartime requirements top priority and serve the needs of the individual Airman.”

The AEFC’s mission to execute the Air Force battle rhythm and deliver versatile air and space power will not change.

Maj. Gen. Tony Przybyslawski, AFPC commander, understands the expeditionary culture, having been the commander of the AEFC prior to his arrival at AFPC.

“This will be a seamless transition,” General Przybyslawski said, “because you don’t get a second chance when it comes to supporting the warfighter.”

(Contributed by 325th Fighter Wing Public Affairs)

Armed Forces Voters Week

Sept. 3-9 is Armed Forces Voters Week, a DOD-wide event to promote voting awareness to military members and their dependents.

Although there is no presidential election this year, many states have important congressional or gubernatorial elections Nov. 7. The procedures and deadlines to vote absentee vary from state to state. Members and dependents must complete a Federal Postcard Application to receive an absentee ballot.

More information is available online at www.fvap.gov, which has specific instructions for each state, or active-duty members can contact their unit voting assistance officers.



Medical records are going electronic with AHLTA

STAFF SGT. STACEY HAGA
325th Fighter Wing Public Affairs

The 325th Medical Group, as well as other medical facilities throughout the Air Force, will soon be using the Department of Defense's global electronic health record system to track patient records.

The system, known as Armed Forces Health Longitudinal Technology Application, will be used in 800 clinics and 70 hospitals throughout the military by the end of December, said defense officials.

"Tyndall began the conversion to electronic records in August 2005, and in October 2005, all new patient encounters were entered electronically," said Capt. Robert Orlando, 325th Medical Support Squadron resource management flight commander. The system here will soon be fully integrated with AHLTA, and patient records will be available to nearly 60,000 military healthcare professionals world-wide.

The new system has the potential

to serve more than nine million service-members, retirees and their families.

"This transition gives instant access to patients' health records 24 hours a day, seven days a week. AHLTA enables continuity of care for our military forces from the battlefield to their home base," said Captain Orlando. "When minutes matter the most, this can mean the difference between life and death."

AHLTA compiles information from multiple locations, so beneficiaries will no longer track records from various sources. Healthcare providers will have access to complete medical records, which will help them determine the appropriate treatment for patients.

The system will also reduce unnecessary repetition of lab tests or procedures due to unavailable or lost records.

"Patients are at the heart of our AHLTA efforts," said the captain. "Rather than a record that begins the day it was established, this electronic health record reaches back 25 months into legacy systems to include lab test results, prescriptions and other ancillary information."



Staff Sgt. Stacey Haga

Airman 1st Class Cindy Swain, 325th Medical Group aerospace medical technician, reviews a medical record before filing it.

The long-term vision is to be able to update all information in patients' digital medical records from their first encounter on the battlefield, to the care they receive in stateside facilities. Defense officials expect that feature to be possible within

the next three years.

"AHLTA has revolutionized our records department. In the past, it could take hours to find a patient record," said Captain Orlando. "Now it is only a keystroke away."

Checkertail Salute

Marilyn Marsh



1st Lt. Amanda Ferrell

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

Ms. Marsh performs squadron administrative duties such as reviewing and tracking all performance reports, decorations and memorandums. She also mentors new flight commanders and organizes squadron social events. She volunteers in the community by supporting the March of Dimes organization.

Duty title: 325th Aeromedical-Dental Squadron commander's secretary

Time on station: 15 years

Hometown: Clark Air Base, Philippines

Hobbies: Reading, running, spending time with my family and home renovation

Goals: Promotion to GS-6 and getting my computer technician certification

Favorite thing about Tyndall: The people and beaches

Favorite movie: "The Green Mile"

Favorite book: "The Real Deal" by Feen Michaels

Pet Peeves: Laziness

Proudest moment in the military: Promotion to GS-5 and being part of my squadron's mission.

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 Aaron Ward, 81st Range Control Squadron weapons director.



Remember your double hearing protection.



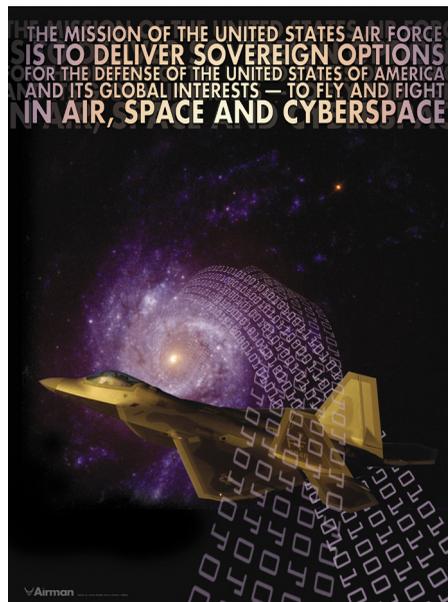
Training Spotlight



What are you looking forward to most about your first operational assignment?

“I’ll be moving to Royal Air Force Lakenheath. I’m looking forward to traveling and seeing other parts of the world.”

**AIRMAN 1ST CLASS
KHIRA GEIST**
Mission Ready Airman



Get your Community College of the Air Force information at afvec.langlely.af.mil.



Diverse ALS setting enhances learning

STAFF SGT. STACEY HAGA
325th Fighter Wing Public Affairs

What job responsibilities do a medical technician, a crew chief and a patrolman have in common?

The answer is supervision.

Supervision is one of the key elements taught in Airman Leadership School throughout the Air Force.

In order to be an effective supervisor, one important lesson must be learned: diversity is every where.

Simply put, diversity refers to differences between people. These differences go beyond gender and race, and can have a positive effect on the workplace when managed properly, according to ALS instruction material.

One of the many goals ALS instructors have is to show students how to use their role as supervisors to ensure that diversity in the workplace is accepted and beneficial.

Diversity is present in nearly every aspect of ALS starting with the variety of career fields represented by students in the course.

“Each flight room is balanced by race, gender and occupation prior to any student entering the classroom,” said Staff Sgt. James Parker, ALS instructor.

This offers a variety of different answers and information from students during classroom discussions.

“The variety of the answers allows the students to explore leadership concepts from multiple viewpoints,” said Sergeant Parker. “The open-mindedness to be willing to listen to an alternate viewpoint, or be open to a process



Staff Sgt. Stacey Haga
Senior Airmen Ronald Striggles and Jimmy Welch, ALS students, practice giving a performance feedback session while Senior Airmen Jessica Denard and Daniel Bautista evaluate their classmates' communication skills.

change, can be an invaluable tool when faced with the challenges of day-to-day mission management.”

“Attending ALS with other career fields gives us a better idea of how others contribute to the mission also,” said Senior Airman Ronald Striggles, ALS student.

Through this diversity, the instructors aim to teach students the importance of teamwork.

“Teamwork cannot be truly successful if the concept of diversity is not understood and put into practice,” said Sergeant Parker. “Each member of a team brings a unique talent or ability that enables the team to accomplish goals more effectively as a collective unit than they would as an individual.”

“Here we learn to understand the differences in people and develop tolerance and patience to better supervise and lead

Airmen,” said Airman Striggles.

The lessons taught in ALS through diversity help prepare Airmen for the future structure of the Air Force.

“In an era when we are expected to do ‘more with less,’ we must focus on the collective strengths, created in our differences, to accomplish the mission as efficiently and effectively as possible,” said Sergeant Parker.

ALS instructors also strive to help the students learn to overcome the barriers of diversity, such as stereotyping and prejudice, to increase teamwork and the benefits of having a diverse working environment.

“Everyone, in every Air Force Specialty Code, in every unit in the Air Force, encounters diversity on a daily basis,” said Sergeant Parker. “The benefits come from capitalizing on the positive differences and not exploiting the negative ones.”



Fuel for thought

Airman Shane Moore and Airman 1st Class Kevin Leonard, 372nd Training Squadron/Detachment 2 mission ready Airmen, learn about the components of a jet fuel starter with the assistance of their instructor, Staff Sgt. Michael Kell. The students are two of six Airmen who graduated from F-15 crew chief training Monday. In the classroom, students use unserviceable parts to help them identify aircraft components and understand how they work in the Eagle.

Chrissy Cuttita

101 Critical Days of Summer closes Wednesday Tyndall to continue applying safety lessons learned



Chrissy Cuttita

Above: Airman 1st Class Mike Clifford, 325th Maintenance Squadron aircraft structural maintenance journeyman, replaces the rims on his tires at Tyndall's Hobby Shop. Car-care professionals are available to offer assistance and ensure safety at the shop. Below: Staff Sgt. Dacia Chenier, 325th Aeromedical-Dental Squadron aerospace physiology technician, buckles her daughter, Aleena, into her car seat before heading home. Seat belts prevent deaths in 42 percent of all potentially fatal crashes, according to the AETC safety office. In the past three summers, almost 75 percent of all fatalities were caused by vehicle accidents. Additionally, 90 percent of Air Force vehicle fatalities occur off-duty.



Staff Sgt. Stacey Haga

Second Lieutenants Kevin Unks and Colin Cavanaugh, 325th Air Control Squadron air battle manager students, take a wet approach to fitness by participating in lap swim at the base pool. Swimming tragedies can be avoided, said Air Education and Training Command's safety office, by observing all risks involved. Swimming without flotation devices, having little aquatic experience, drinking alcohol and swimming alone are hazards to look out for while enjoying the water.



Chrissy Cuttita

Matthew Hall makes his move during an intense game of dodge ball at the Youth Center. Adults always referee.



Chrissy Cuttita



Chrissy Cuttita

Second Lt. Anthony D'Agostino, 325th Air Control Squadron air battle manager student, docks a boat at Bonita Bay after sailing with visiting friends and family. Boaters are encouraged to know how to properly use the equipment, understand rules of boating traffic and wear U.S. Coast Guard approved life jackets.



Staff Sgt. Stacey Haga

Senior Airman Devon Williams, Air Forces Northern communications control center controller, uses weight equipment at the Fitness Center. Proper lifting techniques should be used during this activity.



Chrissy Cuttita

Staff Sgt. Jessie Snyder bats for the munitions flight softball Team 1 during this year's Ammo Bowl in August. Sports were listed as one of the summer's highest mishap-related activities. Operational risk management is suggested as a way to access all situations.

Briefs

Records go online

Air Force bases are beginning a two-year project to eliminate hardcopy Unit Personnel Record Groups from their respective military personnel flights. Tyndall AFB is scheduled to ship UPRGs to the Air Force Personnel Center Nov. 6.

They will scan all records and have them available for viewing in the Automated Records Management System by Nov. 22. At that time Airmen will have access to their own records by logging on to ARMS at the AFPC Secure Website. The MPF here thanks casual lieutenants from the 325th Air Control Squadron who have provided great assistance in this effort.

Guard/ Reserve retirement

All eligible members of the Air Force Reserve can now submit retirement applications electronically via the virtual Personnel Center Guard and Reserve.

This new Web-enabled service gives 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.

Chapel event

Protestant Women of the Chapel's fall kickoff is scheduled from 9:30 to 11:30 a.m. Thursday at the Spiritual Fitness, Bldg. 1476. To attend the fellowship or for more information, contact the Chapel at 283-2925.

Heart Link

The next Heart Link meeting is scheduled from 8 a.m. to 2:30 p.m. Sept. 15 at the Enlisted Club Classics Lounge. Heart Link is an orientation about the Air Force mission and services available to benefit every Air Force spouse. For more information or to make reservations, contact the Family Support Center at 283-4205.

Best Beginnings Class

The Family Support Center will host the Best Beginnings Class from 9 a.m. to noon Sept. 15 in the FSC classroom, Bldg. 743. Infant and Child CPR will be offered afterwards. When calling, specify that you want to sign



Staff Sgt. Stacey Haga

Got it covered

Mary Glancy, Sand Dollar Inn housekeeper, makes a guest's bed in one of the lodging facilities. The Sand Dollar Inn is open 24 hours a day, 365 days a year. They cater to servicemembers, retired military and their families. For information or to make a reservation, call 283-4211.

up for the CPR class in addition to Best Beginnings. The CPR class is free; however, it is limited to eight families. For more information and to make reservations, call 283-4204.

Thrift Shop

The Thrift Shop has returned to its regular operating hours of Wednesday-Friday from 9:30 a.m. to 12:30 p.m. Consignments are accepted from I.D. card holders from 9:30 a.m. to 11:30 a.m. Wednesdays and Thursdays. The next scheduled Saturday opening will be from 9 a.m. to noon Sept. 9. For more information, call 286-5888.

Swim Club

The Seals Swim Club is a junior league swim team at the Naval Support Activity Panama City. It is a competitive swim program that offers individualized instruction, stroke development, goal setting and fun activities. There are six swim meets scheduled for the fall season. The club is now taking new swimmers.

Practice times are from 4:30 p.m. to 6 p.m. Monday, Wednesday and Friday,

and 8 a.m. to 9:30 a.m. Saturday.

For more information, contact coaches Mike and Kelley Hodges at 233-4831 or 319-0822.

Troy University

Registration for Troy University Term 2 runs Sept. 11 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 Web-Express at www.troy.edu.

Degree programs, course offerings and an admission application can be found online at fwr.troy.edu. Students desiring all online classes may register through eCampus.

Case lot sale

The Commissary will have a case lot sale Sept. 15-17. For more information, call 283-4825 or go to www.commissaries.com.

Scrappin' Factory

The Arts and Crafts Center will host a scrapbooking class from 10 a.m. to 2 p.m. Sept. 9. For reservations, call 283-4511.

**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.)



Chrissy Cuttita

Striking a Heisman

Justin Murray, 325th Maintenance Squadron intramural flag football team player, clutches the football as the 325th Civil Engineer Squadron team closes in on him for the flag. MXS beat CES, 40-21 during their flag football game Aug. 24. The season started Aug. 21.

Super Prog is back – who will win?

PIGSKIN PROGNOSTICATOR

From the Emerald City

Thank goodness the NFL season is kicking off Thursday. I finally have a good excuse for all the cheese dip and beer in the refrigerator.

Seriously, though, I was going through withdrawals. I've been watching ESPN Classic just to get a fix of some gridiron action. But now, beginning with the game in Pittsburgh, I'll have six months of pigskin bliss.

Speaking of Pittsburgh, do you think they can repeat their Super Bowl win? They seem pretty fired up, but two losses in the preseason, Jerome Bettis retiring and Ben Roethlisberger's Evel Knievel impersonation may have shaken their resolve. Let's hope so. I mean, they stole the Super Bowl once, but can they afford to buy off referees two years in a row?

The team that lost Super Bowl XL, the Seattle Seahawks, looks good on paper, but teams that lost the championship in the past have not made it back to the Bowl the next year. But who knows? Maybe Shaun Alexander and Matt Hasselbeck can take the 'Hawks down the road to Super Bowl XLI. Stranger things have happened.

Here at Tyndall, I'm interested to see who can make it to Super Prog II. Last season, 325th CONS took the trophy home. I have to know:

Can they do it again?

"We don't live in the past," said CONS' newest picker, Tom Reese. "While others may be focused on our incredible success from last year, we prefer to engage our resources on today's battle."

While eloquently put, a simple, "Yes," would have worked fine.

The squadron CONS went head to head in last year's Super Prog with the 325th MOS, but didn't sign up to play this year. Reese wasn't surprised.

"If you can't be the best at something, don't do it," he said. "Some organizations realize this and wisely chose not to play."

It feels great to be at the top, but what about being the last place team?

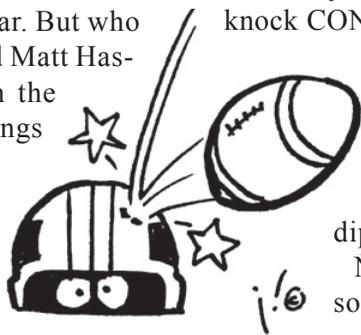
"We strategically finished last because we're building a dynasty," said John Trachte of the 325th MXS team. "We wanted to lull people into a false sense of security before we go on to be back-to-back champions!"

Yeah, yeah. But does that mean you can knock CONS from their Super Prog throne?

"They should enjoy it while they can," said Trachte. "They won't be there for long."

I smell a challenge ... or maybe it's just all that cheese dip in the refrigerator.

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



Intramural Sports Standings

Flag Football

Team	W	L	Team	W	L
MXS	2	0	SVS	1	1
SFS	1	0	601st 1	1	1
COMM	1	0	OSS	0	0
AMXS	1	0	372 TRS	0	1
CES	1	1	MDG	0	2
83rd FWS	1	1	53rd WEG	0	2
ACS	1	1			

Golf

Team	Points	Team	Points
TRS	78	83rd FWS	50
CES	72	MOS 1	46
AFNORTH 1	70.5	TEST	43.5
COMM1	68.5	OSS	38
AFCESA	65.5	MDG	35
MXS 1	65.5	SVS	32.5
53 WEG	61	ACS	26
MSS	60.5	601 2	22
SFS	54.5	CONS	13.5
RHS	50	MXS 2	8.5

Bowling

Team	W	L	Team	W	L
Phase 1	22	2	ISRD	12	12
AMXS 4	20	4	SFS	12	12
28th TES	20	4	43rd AMU	10	14
AMMO	18	6	MOS	10	14
CES	18	6	CONS	10	14
ACS 2	16	8	83rd FWS 2	8	16
372nd TRS	16	8	Phase 2	8	16
AFCESA 2	14	10	AFNORTH 1	8	16
SVS	14	10	MDG	8	16
AFCESA 1	14	10	AMXS 2	8	16
MSS	14	10	ACS 1	8	16
RED HORSE	14	10	DS2	6	18
AMXS 1	14	10	CS 1	6	18
CS 2	14	10	83rd FWS 1	4	20
AFNORTH 3	12	12	Bye	0	24

Team High Game Scratch	SVS	1006
Team High Series Scratch	AFNORTH 1	2964
Team High Game Handicap	28th TEST	1140
Team High Series Handicap	AMXS 4	3264
High Male Game Scratch	Frank Bessette	270
High Male Series Scratch	E.T. Parker	743
High Male Game Handicap	Fred Alcorn	264
High Male Series Handicap	Rich Pratt	726
High Female Game Scratch	Denise Morey	207
High Female Series Scratch	Rachel Petri-Rose	561
High Female Game Handicap	Amber Atherton	265
High Female Series Handicap	Veronica Bailey	713

Men's Varsity Basketball Try-Outs

Try-outs and practice for the 2006-2007 Tyndall Tigers Men's Varsity Basketball team are scheduled to begin at 6:30 p.m. Tuesday at the Fitness Center. All interested individuals are encouraged to sign-up now at the Fitness Center.

For more information contact Coach Sharpe at 283-5006.



Air Force lieutenant breaks Army push-up record

SENIOR AIRMAN

J.G. BUZANOWSKI

Air Force Print News

CAMP SHELBY, MISS. – One hundred and sixty two.

That was the installation record for the most push-ups in the Army's Camp Shelby gas chamber without wearing a mask. And thus a challenge was made to the Airmen attending combat skills training here.

Without a second thought, 1st Lt. Stephen Maddox picked up the gauntlet.



Lisa Norman

Lieutenant Maddox, center, runs in Tyndall's Prisoner of War/Missing in Action vigil Sept. 2005.

He'd certainly done more than 162 push-ups before - the lieutenant played football for the Air Force Academy before his current assignment to the 325th Communications Squadron. Urged on by his fellow Airmen, he answered with two words:

"Bring it."

First up was his actual gas chamber qualification. He'd have to knock that out before moving on to the challenge. After some quick calisthenics, he dropped his mask and did 70 push-ups. For Lieutenant Maddox, it was a warm-up.

"The record was set back in 2004 by a Wisconsin National Guardsman," said Army Master Sgt. Jerry Nickles, a nuclear, biological and chemical non-commissioned officer and training instructor. "The push-ups aren't the problem - I've seen people do 200. It's staying in there with all that gas."

With the chamber filled with tear gas, Lieutenant Maddox and several supporters entered. He tore off his mask and immediately hit the ground to start his shot at the record.

Others joined in, removing their gas masks as well and

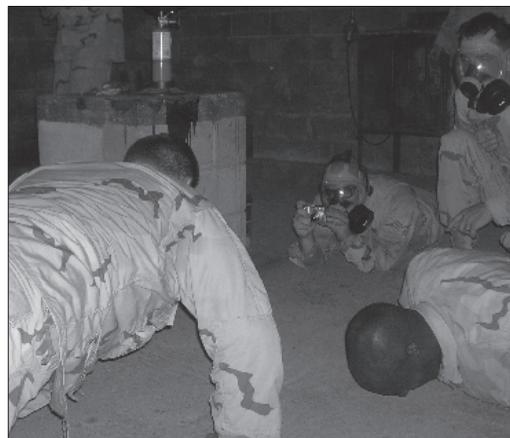
keeping pace with the lieutenant. One Airman did 17 before he had to get out. Another did as many as 50. By the time Lieutenant Maddox hit his first 70, he'd hit his stride.

"I knew I had to just keep at it," the lieutenant said. "There was no way I was going to quit."

He took a couple of breaks, but as the effects of the gas would set in, he immediately got back to task. One by one, his supporters fled the room - the gas was too much for them to stay inside.

A few minutes later, Lieutenant Maddox emerged from the chamber. A crowd of more than 100 Airmen stood by, waiting to hear if he'd done it.

"165!" someone yelled out. The crowd went wild; his boisterous supporters kept calling out the number. No one could believe it, not even the Soldiers who instruct the training course.



Air Force News

Lieutenant Maddox, left, pumps out the record breaking number of push-ups in the Camp Shelby gas chamber.

"Plenty have tried and have done 50, 60, 70," Sergeant Nickles said. "I certainly didn't think he'd do it. That record will be around for a while; no one is breaking that."

For Lieutenant Maddox, the victory was one of Air Force pride and friendly competition with the sister services.

"When they told us about it, they issued it as a challenge," Lieutenant Maddox said. "The Air Force never backs down from a challenge."

"Plus it's always good to beat the Army," laughed the former offensive lineman.

'Your Guardians of Freedom' site set to scale down

WASHINGTON (AFPN) - Budget constraints and contract services reductions have forced officials to make changes to the "Your Guardians of Freedom" Web site starting Oct 1.

The Web site enables Air Force members to order pins for employers of activated Guardsmen (E pin), parents (P pin) and spouses (S pin). Pin recipients also receive a personalized letter signed by the Air Force secretary and chief of staff thanking them for supporting the Airman's service.

The pins are a contemporary adaptation of the World War II "E" flags used to recognize companies for contributions to the war effort.

The program was established in November 2001 to recognize employer support of activated Guard and Reserve Airmen. It expanded in 2003 to recognize parents of total force Airmen, spouses of Airmen and Air Force civilians.

"To date more than 833,000 pins have been delivered," said Capt. Tynisha Jones-Vincent, YGOF program manager. "Basic training and officer accessions have been the biggest customers of the program."

Enlisted and officer accessions will continue to have the opportunity to order and present the "P" pin to their parents or "S" pin to their spouses at their graduations.

The change to the program leaves it open only to new accessions. Other members have until Oct. 1 to use the Web site for placing orders.

"Members still have two months to order parent pins; we will make sure all orders and backorders received through Oct. 1 are fulfilled," Captain Jones-Vincent said.

The next phase of the program will include a new user-friendly Web site. The

"S" pin will continue to be available to order online for active-duty members through the Air Force Portal. This will allow Air Force members who have married since joining the service the opportunity to order a spouse pin.

The "E" pin will no longer be available after the Oct. 1 deadline.

Additionally, "My Mommy is an Airman" and "My Daddy is an Airman" books are available for distribution through base agencies. These books are aimed at elementary-aged children to help give them a better understanding of the Air Force as children of deployed Airmen.



Family practice fulfills wide range of patient needs

SENIOR AIRMAN SARAH MCDOWELL
325th Fighter Wing Public Affairs

(Editor's note: This is the last of a three-part feature series highlighting the 325th Medical Group's women's health clinic, flight medicine, and family practice.)

For most base members – active duty, retired, family members and many others – this intensely busy location is the center of their health-care universe.

It's where patients of all ages typically go to visit their medical care provider and receive routine treatment for everything from minor body aches to chronic illnesses.

This hub of the medical wheel at Tyndall is the 325th Medical Operations Squadron's family practice clinic. The roughly 46-plus staff members are part of the squadron's medical services flight, one that also includes physical therapy, immunizations and internal medicine clinics under its wide umbrella of primary care.

With a total patient pool of 16,200 people, one could infer that, at least for staff members, this clinic is no place for the 'faint of heart.'

"As one of the busiest family practices in the command, they currently have seven total providers (down recently from nine), who have about 1,500 patients enrolled to each of them," said Master Sgt. Alberto Boykin, 325th MDOS superintendent.

Family practice is organized into two primary care management teams – Eagle and Raptor. Each team has four subunits consisting of a provider (a doctor, physician assistant or nurse practitioner), a nurse (usually a captain or major), two enlisted aerospace medical service technicians and an administrative technician. The providers typically care for more than 30 patients daily.

Incoming patients first meet with an administrative technician who ensures they are fully checked in, pulls their medical record and posts it to the member's respective provider.

The medical service technicians screen the record for any missing or inconsistent data, ensuring that when the provider enters the treatment or examination room, they avoid wasting time because of disconnects in information.

Next, they perform a variety of initial checks, such as weight, blood pressure and temperature. In addition to assisting providers with routine appointments, medical service technicians also spend many hours poring over active-duty members' Physical Health Assessment records, ensuring Tyndall troops on world wide deployment status are physically and administratively fit to fight.

A new practice is on the horizon called Pulmonary Function tests, which will allow providers to diagnose pulmonary-related disease, said Maj. Timothy Howerton, 325th MDOS physician assistant.

As for the appointment line, patients are urged to refrain from calling the appointment line during the daily peak period, which is from 7-8 a.m., when several hundred callers may be attempting to get through.

"Our new information help line has been designed to direct patients to the appropriate office for needs," Sergeant Boykin said. "The Tricare Service center, where patients can go if they have needs, is now located next to the main pharmacy for benefit questions, billing issues or other needs."

Another way the clinic has improved is by using the Armed Forces Health Longitudinal Technology Application



Senior Airman Sarah McDowell

Staff Sgt. Allison Bir demonstrates how to attach an electrocardiogram machine on Airman Josue Cuevas. An EKG is an important part of patients' initial evaluation when they have a heart related problem. Both Airmen are 325th Medical Operations Squadron medical service technicians.

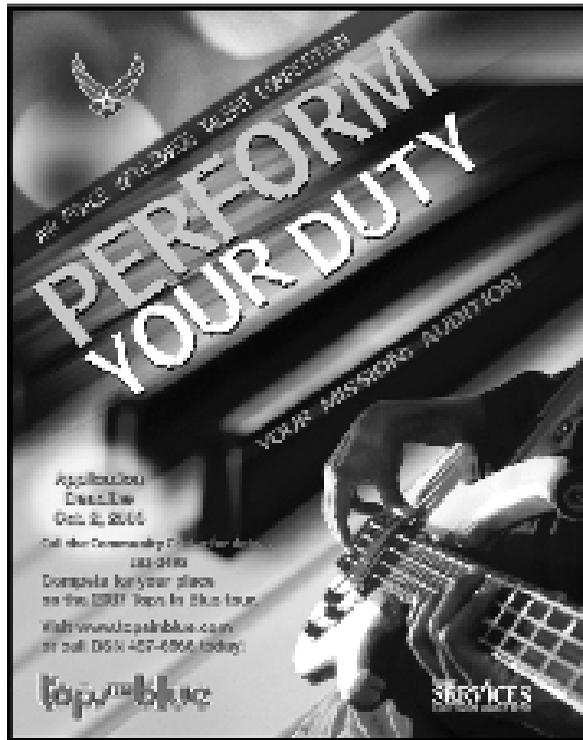
system, which tracks electronic medical records, instead of the Provider Graphic User Interface, a patient information software program.

"The mission of family practice is to keep active duty members fit to fight at all times through preventive medicine," Major Howerton said.



Funshine NEWS

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



PERFORM YOUR DUTY

Application Deadline: Oct. 2, 2006

Call the Community Liaison Office at 283-3480

Complete for your place on the list by Sept. 15, 2006

Visit www.325thservices.com or call 283-457-6868 today!

325TH SERVICES



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

Sept 30
8 a.m. - 4p.m.

In the Bay View Housing Area

For details, call Arts and Crafts at **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: _____

Tyndall AFB AAFES Labor Day weekend holiday hours

Facility	Saturday	Sunday	Monday
Alterations	closed	closed	closed
Anthony's	11 a.m. – 5 p.m.	11 a.m. – 4 p.m.	11 a.m. – 4 p.m.
Barber	9 a.m. – 5 p.m.	11 a.m. – 4 p.m.	closed
Barber (flightline)	closed	closed	closed
Beauty shop	10 a.m. – 8 p.m.	closed	closed
Cell n' Accessories	9:30 a.m. – 5:30 p.m.	closed	closed
Charley's	11 a.m. – 5 p.m.	closed	closed
Class Six	8 a.m. – 10 p.m.	10 a.m. – 6 p.m.	10 a.m. – 5 p.m.
Cool Beanz Coffee	closed	closed	closed
Dry cleaners	closed	closed	closed
Felix Lake	6 a.m. – 9 p.m.	6 a.m. – 9 p.m.	6 a.m. – 9 p.m.
GNC	9 a.m. – 6 p.m.	10 a.m. – 4:30 p.m.	10 a.m. – 4:30 p.m.
Main store	9 a.m. – 7 p.m.	10 a.m. – 5 p.m.	10 a.m. – 5 p.m.
MCSS	9 a.m. – 4 p.m.	closed	closed
Optical shop	9:30 a.m. – 5:30 p.m.	closed	closed
Robin Hood	closed	closed	closed
Service station	9 a.m. – 5 p.m.	closed	closed
Shoal point	11 a.m. – 6 p.m.	11 a.m. – 6 p.m.	closed

Other Base Facilities

Commissary	9 a.m. – 6 p.m.	10 a.m. – 5 p.m.	closed
Burger King	7 a.m. – 8 p.m.	10 a.m. – 5 p.m.	closed

