



GULF DEFENDER



Vol. 65, No. 38

Tyndall Air Force Base, Fla. Training Expeditionary Airpower Experts

Sept. 29, 2006

In Brief

Blood drive

Tyndall will have a blood drive 8 a.m. to 4 p.m. Oct. 6 at the Community Activities Center. For more information, contact Leslie Richardson at 283-3634.

Fall Festival volunteers needed

Those interested in volunteering or donating food items for the Youth Center's Fall Festival scheduled for Oct. 20 can sign up at the Youth Center.

More than 30 volunteers are needed. A volunteer meeting is scheduled for 6 p.m. Oct. 6 at the Youth Center. For more information, call 283-4366.

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Airman by day, "chief" by night ... **PAGE 14**



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Lisa Norman

"Armed" to save lives

Staff Sgt. Edward Burgess, 325th Aeromedical-Dental Squadron public health journeyman, provides security for the medical tent during a base-wide exercise Sept. 20. Medical staff train with weapons while not performing medical duties.

Tax credits 'pay' those most energy efficient

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

Energy conservation is no longer simply the token issue of grass-roots environmental policy debate and lobbying efforts.

Since the signing of the Energy Policy Act of 2005, every taxpayer is affected by energy conservation legislation and tax laws, which offer considerable incentives to those who realize the need to become more energy-efficient.

According to the U.S.

Department of Energy, tax credits are available for specific home improvements, solar energy systems, fuel cells and high-efficiency vehicles put into service after Jan. 1, 2006.

Consumers may disregard energy concerns and the implications of increased consumption, but few ignore the issue when potential tax credits and money saving benefits are involved, said U.S. Department of Energy officials.

A tax credit is general-

ly more valuable than an equivalent tax deduction because a tax credit reduces tax dollar-for-dollar, while a deduction only removes a percentage of the tax owed.

Consumers are now able to itemize purchases of energy-saving products on their federal income tax form, which will lower the total amount of tax they owe the government each year.

According to Internal Revenue Service officials, tax credits are available for home improvements

including energy-efficient windows, insulation, doors, roofs and heating and cooling equipment.

The maximum amount of homeowner credit for all improvements combined is \$500 during the two-year tax credit period, which applies to improvements made from Jan. 1, 2006 through Dec. 31, 2007, according to the DOE.

To qualify, improvements must be installed in or on the

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Isaac Gibson

'Pack'ed with stripes

Kurt Anderson (center) shakes hands with retired Chief Master Sgt. of the Air Force Paul Airey after he presented the chief with a Pack 388 appreciation coin. Chief Airey mentored the Boy Scouts during his Sept. 21 visit and toured a new trailer donated by the Chief Airey chapter of the Air Force Sergeants Association.

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 Sept. 22. Since it was so difficult, we may run it again in a future issue of the Gulf Defender. Better luck next time!

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
1st Lt. Amanda Ferrell.....staff writer
Staff Sgt. Stacey Haga.....editor
Airmen Glenn Moore.....staff writer

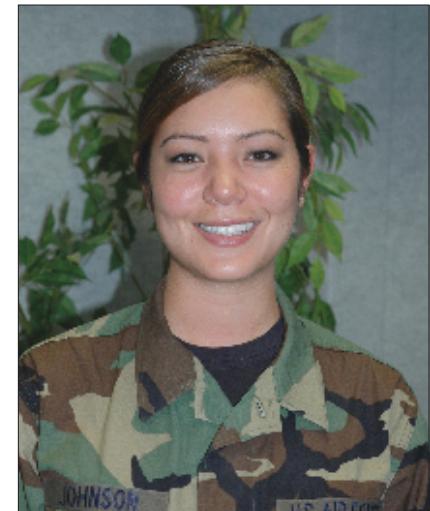
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ON THE STREET

What is your favorite fall activity?



"I like to play pick-up football games or tailgate."



"I like to go camping with my niece and nephew and build bonfires on the beach."

2ND LT. LEE KTRON
325th Air Control Squadron

STAFF SGT. MELISSA JOHNSON
325th Fighter Wing



"I like to redecorate my house to get a feeling of the season."

TECH. SGT. XAVIERA MCFADDEN
325th Fighter Wing



"I like to watch college football."

SENIOR AIRMAN RON HARRIS
325th Communications Squadron

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The deadline for article submissions to the Gulf Defender is 4 p.m. Friday, prior to the week of publication unless otherwise noted. Articles must be typed and double-spaced, preferably on a 3.5-inch disc. Stories should be submitted directly to the public affairs office, Building 662, Room 129 or mailed to: 325 FW/PAI, 445 Suwannee Ave., Tyndall AFB, FL, 32403-5425 or e-mailed to editor@tyndall.af.mil. 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.

COMMENTARY**Never say never; just do it**

CAPT. LAURA CHRISTENSEN
325th Comptroller Squadron

No one ever said you had to be "rail thin" and a six-minute miler to be considered a runner. Some run for the great feeling afterward when endorphins kick in and others run to compete. The point is just to get out there and get moving to get yourself in shape.

Being physically fit is important for the mind, body and soul. The problem is most of us like to make excuses on why we can't get to the gym, why we can't run or why we can't do something physical. There comes a time when we have to stop making excuses and get serious with ourselves.

That time came more than five years ago for me. I sat there crying in my apartment about how out-of-shape I was and how much weight I had gained. My story may not speak to everyone, but I'm sure there are some who may feel or have felt the same way I did. It has been a long emotional roller coaster, but I finally reached my goal of being in shape. If I can be in shape, anyone can.

I am not an elite runner, nor a competitive triathlete; on the contrary, I'm rather slow. But that doesn't matter to me. It doesn't matter that the fastest I can run a mile and half is 11 minutes and 45 seconds or in a big triathlon I am usually finishing in the middle of the pack. The enjoyment I get isn't from winning, it's from finishing and being able to look at myself in the mirror and say, "I did it." Some people who know me now think I have always been this way — meaning, I could always run, bike or swim for hours. Those who knew me six to eight years ago know differently.

I played soccer and basketball and any other sport I was asked to play. In high school

during conditioning for basketball, our coach would have us run two miles and I would be sick inside knowing I had to run that far. It's funny how things change after 11 years.

Six years ago, I was 30 pounds heavier and couldn't run more than 30 minutes without wanting to fall over, never mind the painfully slow pace. Six years ago, I would starve myself a few weeks before the mandatory weigh in each year to ensure I was under my maximum allowable weight standard. For most of my life I have battled my weight and my image of myself. I was tired of the yo-yo weight gain, tired of being afraid of the scale and tired of feeling inadequate. So, finally I decided it was time to make a change.

I was sitting and listening to college friends of mine talk about their first half marathon they ran and I thought to myself, "Thirteen miles? You are crazy!" But, something that day clicked inside of me. I joined a weight management club to help lose weight. I hit the gym and then I hit the road and started to run again. The first time I ran four miles I was ecstatic.

A good friend of mine, who is addicted to running 5Ks, got a group together to run a 5K in Panama City five years ago. I placed third in my age group and that changed my life and motivated me to keep going.

Later that same year, I was listening to some of my Navy friends talk about the Gulf Coast Half Ironman and I thought to myself again, "Swim 1.2 miles, bike 56 and run 13? You are crazy. I could never do that."

I was stationed at Eglin AFB at the time and each year the base hosts a miniature triathlon called "My First Tri," so I tried it,

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Farewell from the 19th Air Force commander

MAJ. GEN. MARC ROGERS
19th Air Force commander

It has been my professional honor and personal privilege to serve as commander of 19th Air Force since October 2005. During my base visits, I saw the outstanding quality of the people who conduct our training mission and the high caliber of the graduates we send off to be warfighters. Our mission success is second to none, and the great Airmen of our Total Force who conduct and support our daily operations are to thank for that.

During my many assignments before coming to Air Education Training Command, I saw first-hand how 19th Air Force training impacts our national defense. I want you to know your work is appreciated and highly respected by the warfighting commanders.

I challenge you to continue striving for the highest levels of excellence, because your duty is vital to the nation whether in operations, support or medical disciplines. I am confident you will continue to make our team the most feared and respected air and space power on earth.

Even though my wife, Deb and I soon will soon begin a new chapter in our lives in Germany, we will always be proud to have served with the outstanding men and women of 19th Air Force.

We extend our best wishes to you personally and for continued 19th Air Force mission success.

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

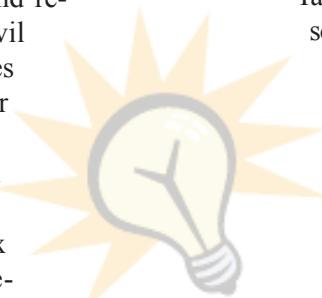
Thank you for helping me improve Tyndall, and I look forward to hearing from you.

• FROM ENERGY PAGE 1

taxpayer's principal residence in the United States, said DOE officials.

"All members of Tyndall who have the opportunity – civilian, military and their family members – should make the best use of the tax credits and rebates," said Gilbert Walker, 325th Civil Engineer Squadron energy and utilities manager. For example, replacing your heating, ventilation and air conditioning unit with approved fluids makes you eligible for federal tax credit.

The IRS has also made available tax credits to buyers of hybrid gasoline-electric, diesel, battery-electric, alternative fuel and fuel cell vehicles. The tax credit amount is based on a formula determined by vehicle weight, technology and fuel economy compared to standard year models. These credits are available



for vehicles put into service after Jan. 1, 2006.

Credits for energy-efficient vehicles are expected to be phased out based on the number of vehicles produced by the manufacturer over time, and will end December 2010, according to the DOE.

Tax credits are also available for qualified solar water heating and photo voltaic systems. The credits are available for systems placed in service in 2006 and 2007, not to include systems exclusively used to heat swimming pools and hot tubs. The tax credit is for 30 percent of the cost of solar or photo voltaic systems, up to \$2,000, according to the DOE.

In conjunction with tax credits, Florida residents may also apply for energy rebates on solar water heating systems. The new Florida Solar Energy Rebates offer those interested in installing a solar energy system a rebate of up to

\$500 after purchasing and installing the system on a residence, and a \$100 rebate for the installation of a solar pool heating system, according to the Florida Energy Office.

Incentives and benefits associated with becoming more energy-efficient are becoming increasingly common. While individual households are encouraged to apply for tax credits, rebates and other advantages, experts believe energy conservation is more than money in your pocket – it's a lifestyle.

"People who practice good efforts in their day-to-day activities at home to conserve energy and water tend to bring those efforts to work," said Mr. Walker. "And when we reduce our energy consumption, it reduces the cost for everyone."

For more information about your benefits as an energy-efficient consumer, go to www.dep.state.fl.us/energy/fla_energy/incentives.htm.

• FROM NEVER PAGE 3

and liked it. Before that race, I only swam once and couldn't swim one lap without stopping. The farthest I road my bike was maybe 10 miles, and at that time, the farthest I had run was maybe five miles. That race was the beginning of my serious addiction to triathlons and working out, and it changed my life even more so than the first 5K.

Today, I am 30 pounds lighter and have completed more than a dozen sprint triathlons, three half ironmans, three marathons and this past year, completed Ironman Florida. That's a long way from the 30 minutes I could barely run six years ago.

Why do I tell you all of this? I guess it's to show you we all have to start somewhere. All it takes is some dedication and motivation to keep going and you'll reach your goals. That goal can be a 5K or an Ironman. The point is just to have a goal and work at accomplishing it.

Not all of us were born athletes and runners, but we all have an inner athlete that just needs a push. Stop making excuses and get to the gym or hit the road running. You'll thank yourself the first time you cross the finish line and look at yourself in the mirror and say, "I did it," and you won't care if you happen to come in last.

I can't explain the feeling that came over me when I ran through the tape at Ironman Florida, and heard the announcer say, "Laura Christensen, you are an Ironman." Maybe one day, that will be you.

PTU wear mandatory beginning Sunday

STAFF SGT. STACEY HAGA
325th Fighter Wing Public Affairs

The wear of the Air Force physical training uniform for unit fitness activities becomes mandatory Sunday. All Airmen will be required to have one running suit, two T-shirts and two pair of shorts.

The Air Force created the PTU to support unit cohesion and present a professional, standardized image.

Also beginning in October, enlisted Airmen will receive an increase in their clothing allowance to offset the added cost of T-shirts

and shorts when the mandatory number of uniforms increases from two sets to three sets in October 2007.

Currently, Tyndall's Military Clothing Sales Store is sold out of some sizes of shirts and shorts, but expects new shipments soon. The shorts in 3X and 4X are on backorder until December, said Patsy Pandullo, sales associate here.

As with any official uniform, regulations govern the proper wear of the PTU. Those

• SEE PTU PAGE 8

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regulations are as follows:

- All Airmen must comply with tattoo and jewelry standards as stated in Air Force Instruction 36-2903, Dress and Personal Appearance of Air Force Personnel.

In organized fitness activities

- The uniform can be worn in any combination but will not be mixed with civilian clothes.

- The T-shirt will be tucked in.

- The jacket must be zipped up at least halfway and hood will be stored and zipped when not being used.

- Pants legs will be zipped.

- Spandex shorts or leggings may be worn under the shorts, but they must be navy blue or black.

- White ankle or calf length socks will be worn. Small, conservative logos on the socks are acceptable.

- Shoes must be of a conservative color like white, black or dark blue.

- Female Airmen may wear their hair free of pins or other accessories normally required to meet uniform standards.

- Saluting is not required when performing PT activities, but is required when meeting people displaying appropriate rank and not performing PT activities, regardless of uniform type.

- Within the area of responsibility, the Air Force component commander will coordinate the wear policy of the PTU to ensure uniformity in a joint environment with other services.

- Commanders will determine what uniform items

Airmen will wear during unit fitness events.

- Headphones cannot be worn in formation, during organized unit physical training sessions or while performing official duties. (Currently, headphone use is still authorized during the running portion of the PT test here.)

- The lining of PTU shorts may be removed, but no other modifications to the uniform are authorized.

- There is no mandated maternity uniform while participating in formations or unit activities.

In personal fitness activities

- T-shirts may be worn out or tucked in.

- Jackets may be zipped, unzipped and worn with civilian clothes.

- Black or navy blue leggings or stretch shorts may be worn under the uniform shorts.

- White socks of any length with small conservative trademarks are authorized.

- Any athletic shoes may be worn.

- Hats or knit caps are authorized, provided they meet military image requirements.



Airman Glenn Moore

Airman 1st Class Jorge Rodriguez, 2nd Aircraft Maintenance Unit crew chief, wears the PTU during a personal workout.

Print News was used in this story.

- Bandanas and other similar head scarves are not authorized unless the Airman has a medical waiver.

- The use of headphones is authorized. Commanders may deny headphone wear if conditions are determined to be unsafe. They may also disallow headphone use because of operational requirements.

- Saluting is not required.

The wear of safety items is authorized with the PTU. These include reflective belts, fanny packs and wearable hydration packs.

The uniform board is working on optional items including a long-sleeve shirt, sweatshirt and another style of running shorts.

An updated AFI 36-2903 can be viewed at www.e-publishing.af.mil. For more information regarding the use of the PTU in fitness activities here, contact your unit PT monitor.

(Information from Air Force

Checkertail Salute

Senior Airman Travis Whitton



1st Lt. Amanda Ferrell

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

Airman Whitton, 325th Maintenance Group, designed the 43rd AMU static display covers for wing and squadron aircraft and he established a new system to track tools. As a midnight shift lead, he issued, inspected and tracked equipment worth more than \$8 million.

Duty title: F-22 Support Journeyman

Hometown: Running Springs, Calif.

Hobbies: Flying Cessnas at the Aero Club, paintball and having barbecues

Goals: Earn my CCAF and Professional Aeronautics Degree at Embry-Riddle and get my instrument and commercial aeronautical ratings

Favorite thing about Tyndall AFB: The Aero Club, beach and maintenance gym

Favorite movie: "Frailty"

Favorite book: "Investing for Dummies" by Eric Tyson

Proudest moment in the military: Joining the Air Force

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 Airman Ryan Regan, 325th Security Forces Squadron sentry.



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



TRAINING SPOTLIGHT

Maintainers further training on Raptors

CHRISSEY CUTTITA

325th Fighter Wing Public Affairs

They've taken off their "greenbelts," put on the coveted American Hornets patch, and launched and recovered F-22 Raptors many times, but these enlisted maintainers will always make time to complete more training.

Three years ago, the 372nd Training Squadron/Detachment 4 here began the F-22 maintenance course for 43rd Aircraft Maintenance Unit personnel.

"Every student out of technical school learned how to maintain aircraft through a Mission Ready Airman program using an F-15 Eagle airframe," said Staff Sgt. Richard Outenreath, 372nd/Det. 4 instructor.

That is why initially, all 43rd AMU maintainers go through the Raptor common course. This introductory course gives students an overview of the airframe. They'll take this knowledge to the 43rd Fighter Squadron's flightline and use it on their daily job.

Once they complete the common course, they'll enroll in additional classes at the detachment that are more Air Force Specialty Code specific. When F-22 maintainers have the opportunity to return to the detachment for approximately a month of training, they will take specialty courses geared toward their specific career fields such as crew chief, avionics and weapons technicians.

"There are some things on the jet you don't use in your daily job and you wonder what they are for," said Airman 1st Class Michael Stulz, 372nd TRS/Det. 4 student, who is improving his crew chief abilities. "This class goes in depth, covering things I haven't worked on before."

In one part of the curriculum, students in the F-22 course will learn how to use the Integrated Maintenance Information System, as well as how to operate and maintain the portable maintenance aid.

They will also be trained in concepts of operations, hazard zones, system operations, aerospace ground equipment and aircraft ground handling. Additionally, they will perform canopy operations and ejection seat positioning procedures, as well as ground communication and external power converter operations, according to the course description.

"Maintainers in the weapons field will learn how to remove and install the gun, missile launchers, bomb racks and weapons bay doors," said Tech. Sgt. Jody Forcha, 372nd TRS/Det. 4 instructor.

What instructors teach in the detachment is knowledge of tasks performed on the flightline, he said.

"A majority of the course work is not hands on, but theory," said Tech. Sgt. Paul Bradley, 372nd TRS/Det. 4 instructor who is currently teaching avionics. "We get into how the

system works and why we change a part. That is the big thing."

Maintainers come with the knowledge and know-how of hands-on repair and maintenance of parts on the flightline. Advanced computer systems give students the "virtual feel" of hands-on experience in the classroom.

"The concept is the same," said Senior Airman John Green, 372nd TRS/Det. 4 student. "If I had never touched an airplane before, this class it would help me (perform my duties)."

When aircraft are available for training, instructors schedule time for their students. But with four-hour tasks like removing panels on an air conditioning system, the operational mission comes first.

The training system, featuring in-sync computer screens (with the option of a self-paced instructional mode), surround sound and controlled lighting, makes for an advanced learning environment.

"Another thing that is a big plus for maintainers is all the technical orders are in one PMA. This replaces about 25 five-pound books with one seven to 10-pound computer," said Sergeant Outenreath.

This PMA will be used in the classroom, on the aircraft and with any task the maintainer does. The PMA can be used separately or integrated with the classroom computer system and will be placed on all F-22 jets so the maintainers can use it at any time.

In the end, all the education pays off. Students become more proficient maintainers, earn Community College of the Air Force credit and can look forward to being a qualified seven-level maintainer. They can also choose to take all their maintenance skills and put it toward training in other airframes when they get to that level of experience.

"Basically, every student, new on the job or experienced, becomes well-rounded and productive," said Sergeant Outenreath. "They know what they are doing and how to do it the right way. They get aircraft operating safely and most efficiently."



Chrissey Cuttita

Sergeant Outenreath reviews F-22 battery removal and installation with his students using state-of-the-art classroom training technology.

Training Spotlight



What professional qualities will you take from Airman Leadership School?

"I have gained the ability to lead, work with others and speak to a public audience with confidence."

SENIOR AIRMAN ERIK STRATTON
ALS Student

Congratulations to Mission Ready Airmen graduates of Class 2006-074 from the 372nd Training Squadron/ Detachment 4!



To learn about becoming a member of the Tyndall Honor Guard, call 283-4405.



Team Tyndall answered the call by volunteering at a local telethon to benefit children with muscular dystrophy. Tyndall's volunteers filled nearly half of the seats for the event.



The Tyndall horse stables hosted their first St. Jude Trail Ride Sept. 16th. The Saddle Up for St. Jude Program is a ten-mile trail ride where participants are sponsored for each mile they ride. All proceeds went to St. Jude Children's Research Hospital.

Team Tyndall volunteers make impact on base, in community

Airmen dedicate free time to helping others, enriching lives

STAFF SGT. STACEY HAGA
325th Fighter Wing Public Affairs

Several words come to mind when you think about serving in the Air Force.

Those new to the military may think of pride, commitment, duty and service.

However, once Airmen get their "feet in the door," another word becomes very familiar to them – volunteer.

Airmen have been long-time helpers on their bases and in their surrounding local communities.

Team Tyndall is not an exception. For years, many have given free time to help the base and Panama City through projects like Habitat for Humanity and blood drives or by working with base organizations like the Chapel, Thrift Shop and the Airmen and Family Readiness Center.

"From an Airmen and Family Readiness Flight perspective, volunteers have been invaluable to us," said Catherine Tarrant, community readiness consultant. "The Airman's Attic and Family Services Loan Closet are staffed exclusively by volunteers. They assist us in the office by making sponsor packages and putting together information for our customers, as well as many other ways."

Tyndall's Airmen have stepped up for vari-

ous projects, often filling the need for volunteers in a matter of minutes. This dedication has ensured the success of countless organizations and projects, like the annual beach clean up project.

"Tyndall personnel should be commended for the outstanding participation in the annual beach clean ups," said ChiQuita George, 325th Civil Engineer Squadron pollution prevention program manager. "I have the awesome privilege of serving as coordinator for this project, and have enjoyed witnessing the number of volunteers increase during the past three years."

"Team Tyndall volunteers have made a commitment to excellence in serving their community and fostering positive relations between Tyndall and the local area," said Ms. Tarrant. "They dedicate an extraordinary amount of time, talent and energy toward meeting the needs of their neighbors, and often are Tyndall's informal community leaders."

Because of this commitment to excellence, Tyndall is often called upon to volunteer.

"Volunteers bring a wealth of information and a fresh vision to the agen-



Donna Desporte, family services coordinator, places a stuffed animal on a shelf at the Airman's Attic. Volunteers like Ms. Desporte ensure the Airman's Attic is open and prepared to help Airmen in need.



Students from the Airman Leadership School here spend a Saturday afternoon assisting a local church with their Loaves and Fishes program. Volunteers assemble more than 1,000 bagged lunches and deliver them to those in need in the Panama City area.

men volunteer for, a positive impact is sure to result.

"Volunteers truly make a difference in our community wherever they serve," Ms. Tarrant said.

For information on upcoming events or organizations needing volunteers, contact the Airmen and Family Readiness Flight at 283-4204, which refers and recruits volunteers for special projects. Other sources of information on volunteer opportunities include first sergeants, e-mail announcements, bulletins and the *Gulf Defender*.

Staff Sgt. Stacey Haga

Briefs**Dry cleaning/Alterations closure**

The base cleaners will be closed starting Saturday until further notice for renovations. All garments must be picked up by Saturday. For more information, call 286-5338.

AAFES retiree appreciation

Army and Air Force Exchange Service stores here are hosting an appreciation weekend for retirees starting today until Sunday with special sales and events. For more information, call 283-2580.

Bonita Bay changes hours

Starting Sunday, Bonita Bay will be closed every Tuesday and Wednesday and open every other day 9 a.m. to 5 p.m. These seasonal hours will remain in effect until April 30.

Airman's Attic

The Airman and Family Readiness Flight and Airman's Attic are in need of volunteers. The Airman's Attic is a free service located in Bldg. 747 and staffed by volunteers. The Airman's Attic is open Monday through Friday from 9 a.m. to 1 p.m. The Airman's Attic is designed to help reduce the cost of living expenses by providing donated household items or new items purchased with cash donations to eligible military members. For more information, call AFRF at 283-4913 or 283-4204.

Retiree Appreciation Day

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

Military speakers needed

Community function planners, schools and local groups are requesting service members to speak about their mission and experiences in the Air Force. If you are interested in speaking in the local community, join the speaker's bureau by contacting the 325th Fighter Wing Public Affairs office at 283-4500.

Hispanic Heritage Committee

Tyndall's Hispanic Heritage Com-



Airman Glenn Moore

Get a caffeine fix

Jennifer Maurer, 325th Services Squadron cook, prepares a coffee beverage for a customer at the Oasis Snack Bar. A drink menu, using Starbucks products, was recently added to the menu. At this eatery and the Sports Page Pizza Pub, located in the Community Activities Center, Tyndall members not only can get meals morning until evening; they can spend their leisure time participating in a variety of recreational activities, classes and events. For more information call 283-3222 or 283-2814, or visit www.325thservices.com.

mittee is seeking new board members. The committee provides an opportunity for its members to gather and plan community events and learn about the Latin culture through talking, music and food. For more information, contact Elisa Esterley at 283-8483.

Gulf Coast Community College

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

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

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

Thrift Shop

The Thrift Shop is open 9:30 a.m. to 12:30 p.m. Wednesday - Friday. Consignments are accepted from all valid

ID card holders 9:30 a.m. to 11:30 a.m. Wednesdays and Thursdays. For more information, call 286-5888.

Eglin Officers' Spouses Club

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

Squadron closure

The 325th Contracting Squadron will be closed Oct. 6 for a squadron function. In case of an emergency, please contact Master Sgt. Brian Stricker at 774-1152.

Scrapin' Factory

The Arts and Crafts Center will host a scrapbooking class 10 a.m. to 2 p.m. Oct. 5. For reservations call 283-4511.

Tyndall Chapel Schedule

Catholic services

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

Protestant services

Traditional worship service,
9:30 a.m., Chapel One
Contemporary worship
service, 11 a.m., Chapel Two
Wednesday Fellowship,
5 p.m., Chapel Two
(For more information on other
services in the local area, call the
Chaplain's office at 283-2925.)

Pig Prog settles in for week four of pigskin tossing

PIGSKIN PROGNOSTICATOR

From the base of Sea Quest

Man, I'm looking forward to Week Four! Games like undefeated Indianapolis versus the N.Y. Jets, New Orleans leaving the Superdome to face Carolina, and the web-footed Seahawks going to the Windy City to face the Bears; I won't be leaving the couch all day.

It's too bad we'll most likely be stuck watching Jacksonville prancing around with the Redskins ... did I say that out loud?

Week Three was a good watch. The Ravens had a heck of a game in Cleveland. Down by 11 points at the start of the fourth quarter, Baltimore bested the Browns offense and used super-kicker Matt Stover to score the game-winning 52-yard field goal. The Ravens' undefeated record may be at risk as they face San Diego in Week Four. That's my official "game to watch."

The champ for Week Three here is the 325th OSS picking squad. The pickers had 11 correct picks,

OSS moved from 13th place to 5th place, but CONS is still holding onto the top spot.

While they feel CONS is their biggest competition on the road to Super Prog glory, the OSS prognosticators are sure they'll continue to move up in the rankings.

"Yes, we can," said Cornelius Thompson, OSS picker. "We have a well-rounded team of sports enthusiasts!"

While his 'enthusiasm' is great and all, I was very disappointed with his pick for Game to Watch: Redskins versus Jacksonville. Why?

"Why?" Thompson repeated. "I am a 'Skins fan and I have to support my team."

Hey, I'm a fan of the U.S. Olympic synchronized swimming team, but that doesn't mean I'll watch it.

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

Who is Tyndall picking?

325th Air Control Squadron for NFL Week Four:

Arizona @ Atlanta
Dallas @ Tennessee
Indianapolis @ N.Y. Jets
Miami @ Houston
Minnesota @ Buffalo
New Orleans @ Carolina
San Diego @ Baltimore
San Francisco @ Kansas City
Detroit @ St. Louis
Cleveland @ Oakland
Jacksonville @ Washington
New England @ Cincinnati
Seattle @ Chicago
Green Bay @ Philadelphia - 47

with NCOA, 325th MDOS and 325th CONS following closely with 10 correct picks each.

mean I'll watch it.
 Now, let's get out there and watch some football!



Chrissy Cuttita

Fore!

Brian Billingsley, with a total score of 153, won the annual base golf championship held Sept. 16-17 at the Pelican Point Golf Course. The NCO Academy student bonded with old friends and former co-workers on the green. He once was stationed here, but is now a flight engineer at Hurlburt Field, Fla.

CFC Golf Tournament
 Noon Oct. 13 at Pelican Point Golf Course
 Four-man select shot
 \$35 per player
 To sign up, call 283-4224

CFC Bowling Tournament
 1 p.m. Oct. 20 at Raptor Lanes
 12 five-person teams
 \$10 per person
 To sign up, call 283-2976

Intramural Sports Standings

Flag Football

Team	W	L	Team	W	L
SFS	8	0	MDG	4	5
MXS	8	1	83rd FWS	2	5
OSS	7	2	ACS	1	8
AMXS	6	2	372nd TRS	1	8
CES	5	4	601st 1	0	8
COMM	5	4			

Golf

Congratulations to the following teams for qualifying for the 2006 Intramural Golf Playoffs.

372nd TRS	SFS
CES	MSS
MXS	AFNORTH
AFCESA	53rd WEG

The playoffs started Tuesday and will conclude Oct. 10.

Bowling

Team	W	L	Team	W	L
TEST	41	15	SFS	28	28
RED HORSE	40	16	83rd FWS 2	26	30
SERVICES	38	18	DS2	26	30
AMXS 1	38	18	43rd AMU	26	30
MOS	38	18	83rd FWS 1	26	30
MSS	38	18	ACS 1	26	30
CES	36	20	AFNORTH 3	24	32
PHASE 1	34	22	ISRD	22	34
AMXS 4	32	24	Phase 2	22	34
AMXS 2	32	24	CS 2	21	35
AMMO	30	26	CONS	20	35
ACS 2	30	26	AFNORTH 1	18	38
AFCESA 2	30	26	MDG	18	38
372nd TRS	30	26	CS 1	12	44
AFCESA 1	28	28	Bye	8	48

Team High Game Scratch	83rd FWS 1	926
Team High Series Scratch	AMMO	2722
Team High Game Handicap	MOS	1131
Team High Series Handicap	83rd FWS 2	3218
High Male Game Scratch	Tim Horton	279
High Male Series Scratch	Steve Murphy	644
High Male Game Handicap	Scott McElroy	285
High Male Series Handicap	Troy Deleon	744
High Female Game Scratch	Rachel Petri-Rose	183
High Female Series Scratch	Chong Dodson	539
High Female Game Handicap	Sherril Callaway	256
High Female Series Handicap	Debbie Laskiewicz	693

Pig Prog Scorebox

CONS	33	Pig Prog	28
MXS	31	CPTS	28
1st FS	31	MDOS	28
1st Sgts.	31	NCOA	28
OSS	30	28th TES	27
ACS	29	372nd TRS	27
SFS	29	CS	27
		SVS	26
		CES	26
		AMXS	25



Lady Tiger softball player goes to Air Force 'camp'

CHRISSY CUTTITA

325th Fighter Wing Public Affairs

Air Force womens' softball team captain, most valuable player at the command level, member of the

command's championship team, second place winner of the Armed Forces tournament and identification technician at the Southeast Air Defense Sector.



Courtesy photo

Karrie Warren at bat as an Air Force team player.

These are all titles held by Karrie Warren, an avid softball player for 20 years and a member of the Lady Tigers, Tyndall's varsity team.

Warren was one of three women in Air Education and Training Command accepted for a slot on the Air Force softball team during the All Air Force Women's Softball Camp, Hill AFB, Utah, in August.

"I tryout every year with an open mind," she said. "I think hard work and the depth and leadership of the team got me selected."

In early August, Warren

and the Tyndall team won the AETC softball championship, where she was named the MVP of the tournament.

After the championship, she went on to tryout for the All Air Force team and was named team captain.

"I have played or coached for more than 20 years, and Karrie is one of those players you wish you had on every team," said Daryl Shines, Tyndall Lady Tigers coach. "She is that rare player with skills in every part of the game. There was no doubt in my mind she would make the Air Force team, and it was no surprise to me she was picked captain."

During tryouts Warren got the call she was selected for the Air Force team.

Tryouts were tough with three practices a day and double headers at night. The competitive temporary duty lasted more than a week.

"We came in 2nd in the Armed

Forces tourney behind the Army," said Warren. "I was named to the all-tournament team and the All Armed Forces team to represent the Armed Forces in the Western Regional tournament. We went on to win the Western Regionals."

Now the Air Force team waits for their chance to take on national teams.

"To have the opportunity to represent the Air Force at the highest level possible is such an honor," she said.

Her teammates are what she enjoys about the game.

"It takes all 10 on the team to win," Warren said. "The challenges are physical triumphs. As you get older you have to play smarter."

The Lady Tiger's softball season is over, but I look forward to next season and hopefully Warren and others will be ready to do it again, said Coach Shines.

Senior Airman air traffic controller becomes a 'chief'

CHRISSY CUTTITA

325th Fighter Wing Public Affairs

During the day, he scans the sky in his crisply pressed camouflage uniform as a 325th Operations Support Squadron air traffic controller.

But at night, he looks up and talks to the "sky" in a pair of costume pajamas at a staged psychiatric ward in the Martin Theatre in downtown Panama City.

Pilots hear Senior Airman Chris Allen's voice over the radio just as loud and clear as the audience does during his theatrical performances.

Airman Allen hopes to make his part-time hobby a full-time reality one day. Recently, he took his talent to the theater to act as Chief Bromden in the play "One Flew over the Cuckoo's Nest." It wasn't his first time on stage; he's also performed in "Damn Yankees," which was his first play, at the Kaleidoscope Theater in Lynn Haven in May.

Recently, the control tower he works in became the stage for one of the new Air Force commercials, aired online Sept. 18 at www.dosomethingamazing.com.

"We never get tired of seeing the planes take off with the afterburners – it's a pretty cool thing to see," he said in the advertisement about his Air Force career.

On stage he speaks with many more words, especially with long monologues in the warm spotlight as he acted as Chief Bromden, a Native American, who converses with his deceased father about life, the mistreatment of people and

the psychiatric ward environment.

"It's just like job training. You have to take it very seriously," he said about the time he spent memorizing his lines. "It was the greatest experience being able to learn from the director and to be around other actors."

On the job, Airman Allen trains future air traffic controllers and has to be consistent with everything he does.

"He teaches and treats all personnel in training the same, regardless of their personal interests outside of work," said Staff Sgt. Ra'Sean Davis, 325th OSS tower watch supervisor.

"He is a really hard worker and a good trainer," said Sergeant Davis. "He makes sure his trainees get what they need and more. I feel he has served his country and is now going after his dreams."

As a graduate of an arts high school in Nashville, Tenn., Airman Allen always had a creative idea for his future in the back of his mind.

However, it wasn't until he was assigned here to his first operational duty location, that he pursued acting and has grown to love it.

"I have seven months to decide my future in the Air Force," said Airman Allen. "I'll probably be heading to California if I separate to pursue acting."



Chief Bromden, played by Airman Allen, talks to his deceased father above in the play "One Flew Over the Cuckoo's Nest" during a rehearsal before the Sept. 28 production at the Martin Theater in Panama City.

Chrissy Cuttita

AAFES Columbus Day Weekend Hours

FACILITY	Oct. 7	Oct. 8	Oct. 9
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
Shoal point	11a.m. - 6 p.m.	11 a.m. - 6 p.m.	Closed
Class Six	8 a.m. - 10 p.m.	10 a.m. - 6 p.m.	10 a.m. - 5 p.m.
Felix Lake	6 a.m. - 9 p.m.	6 a.m. - 9 p.m.	6 a.m. - 9 p.m.
Service station	9 a.m. - 5 p.m.	Closed	Closed
Charley's	11a.m. - 5 p.m.	Closed	Closed
Anthony's	11a.m. - 5 p.m.	11 a.m. - 4 p.m.	11 a.m. - 4 p.m.
Robin Hood	Closed	Closed	Closed
Burger King	7 a.m. - 8 p.m.	10 a.m. - 5 p.m.	Closed
Cool Beanz Coffee	Closed	Closed	Closed
Barber shop	9 a.m. - 5 p.m.	11 a.m. - 4 p.m.	Closed
Barber (flightline)	Closed	Closed	Closed
Beauty shop	10 a.m. - 4 p.m.	Closed	Closed
Dry Cleaning	Closed	Closed	Closed
Alterations	Closed	Closed	Closed
Optical shop	9:30 a.m. - 5:30 p.m.	Closed	Closed
GNC	9a.m. - 6 p.m.	10 a.m. - 4:30 p.m.	10 a.m. - 4:30 p.m.
Cell n' Accessories	9 a.m. - 5:30 p.m.	Closed	Closed
Smoothie Zone	Closed	Closed	Closed

Tyndall CFC efforts need push to meet goal

1ST LT. AMANDA FERRELL

325th Fighter Wing Public Affairs

Tyndall members interested in contributing to charitable organizations through the annual Combined Federal Campaign must submit pledge cards by Oct. 24.

Combined Federal Campaign is an annual program giving Airmen the opportunity to donate to local, state and national charitable organizations.

Last year, Tyndall proved to be one of the most charitable communities in the Air Force by donating more than \$232,000 to CFC organizations, far surpassing the projected goal.

"This year's goal is to raise more than \$200,000," said Senior Master Sgt. Billy Simmons, Tyndall CFC representative. "With \$29,496 raised, we are at 15 percent of our goal."

Tyndall representatives and key personnel strive to contact every civilian and military member to distribute pledge cards, offer information and answer questions about the mission of the campaign.

"Our goal is to make contact with every member on Tyndall by Oct. 5," said Capt. Taona Enriquez, Northwest Florida CFC department chairman. "Each squadron and group on

• SEE CFC PAGE 18



Funshine NEWS



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

Aero Club Private Pilot Ground School begins Oct. 11

Advanced Ground School
Begins Oct. 12

Call the Aero Club for details 283-4404.

CLOSED

Raptor Lanes will be closed Oct. 1

Vet Clinic will be closed Oct. 9 &
Oct. 11 after noon.

Learn to **SALSA!**

Every Tuesday

at 4:30pm

only \$5 per class

Walk in late? It's ok.
Leave early? No problem.
Shy? This is a beginners class, no worries.
Don't have a partner? You don't need one.

For details call the Community Activities Center, 283-2495.



Community Activities Center

Grand Opening Fresh Flowers Arrangements

Oct. 2 at 10 a.m.



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 Yes No attention?

Do you feel there is a good mix of Yes No 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?

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:



Staff Sgt. Stacey Haga

Golden Bolt Award



Master Sgt. James Nichols, 2nd Aircraft Maintenance Unit sortie support section chief, inventories a video boroscope kit. Sergeant Nichols was the Golden Bolt winner for August. He found the golden bolt in a grounding point on the flightline.

• FROM CFC PAGE 15

Tyndall has an assigned key worker who is responsible for working within their units to distribute and collect pledge cards, and booklets and answer any questions you may have.”

“It’s the one chance in the year for Airmen and civilian members on Tyndall to offer support to organizations of their choice through payroll deductions,” said Edward Richards, president of the United Way of Northwest Florida. “Payroll deduction is an easy and effective way to give, and regardless of the agency you choose, they all provide needed services.”

All agencies listed as eligible charities in the CFC contributor’s guide have undergone a stringent financial and administrative review to ensure they are the most efficient and dedicated organizations working for charitable causes, Mr. Richards said.

Donations to the CFC benefit local organizations and military agencies on Tyndall, and they provide funds for medical research, college scholarships and grants, environmental groups and a myriad of other causes, he said.

“If you pick one of the local organizations listed on pages 16 and 17 of the CFC booklet, your donation is used to help those in the local community by offering them a ‘hand up,’ not a ‘hand out.’ All of these local organizations work in Panama City and the surrounding area providing needed services, which is the fabric that holds us together.”

CFC representatives are hopeful for another outstanding show of generosity from the Tyndall community this year.

“We’re off to a great start raising money and we’re ahead of where we were last year at this time,” said Captain Enriquez. “The length of time for the campaign is our biggest challenge – Oct. 24 is a short deadline when trying to contact 5,000 people.”

“We are working diligently to make sure everyone gets the opportunity to give,” said Sergeant Simmons. “This campaign comes and goes so quickly. It’s our job to make sure no one is missed and everyone is given the resources needed to pledge. There are so many worthy organizations to contribute to; there’s one to meet nearly every need.”

Tyndall sets ambitious CFC goals every year, and military and civilian personnel assigned here are known throughout the local area for supporting non-profit organizations. But Team Tyndall gives back to the community for reasons other than recognition – it’s an opportunity to extend generosity and financial support to causes Airmen are passionate about.

“This is our opportunity to give back to those less fortunate, and to give people a chance who may have never had one,” said Captain Enriquez. “We have a positive influence on the lives of many we touch in our everyday jobs, CFC gives us the opportunity to positively affect those we never have the opportunity to see or meet.”

For more information about the CFC program here, contact your unit’s key personnel, first sergeant or Tyndall’s CFC representative.

