



# MISSILEER

Vol. 51 No. 25

Patrick Air Force Base/Cape Canaveral Air Force Station, Fla.

June 26, 2009

## MILESTONES



The following officers were selected to the rank of Colonel:

**Lt. Col. Lina Cashin**  
45th Space Wing

**Lt. Col. David Hook**  
5th Space Launch Squadron

**Lt. Col. Eva Jenkins**  
AFTAC

**Lt. Col. Brett Newman**  
920th Maintenance Squadron

**Lt. Col. Robert Lipira**  
920th Operations Group



Junior Enlisted Party  
a success

**8-9**



## 45th Space Wing supports NASA's Dual Lunar Exploratory Missions

CAPE CANAVERAL AIR FORCE STATION, Fla. - The U.S. Air Force supported the successful launch of an Atlas V rocket carrying a pair of NASA lunar exploration spacecraft June 18 at 5:32 p.m. (EDT) from Space Launch Complex 41.

NASA's Lunar Reconnaissance Orbiter (LRO) and Lunar Crater Observation and Sensing Spacecraft (LCROSS) will fly to the moon atop the same Atlas V rocket, although they will use vastly different methods to study the lunar environment.

Several units across the 45th Space Wing provided vital support, including weather forecasts, media relations, launch and range operations, security and safety. The wing also provided a vast network of

**See Atlas, page 5**



**Readying for ...**

Photos by Pat Corkery, United Launch Alliance

NASA's Lunar Reconnaissance Orbiter, onboard an ULA Atlas V rocket, rolls out to Space Launch Complex-41 at 10 a.m. on June 17. Following the Shuttle Endeavor scrub, the 45th SW immediately began to reconfigure the Eastern Range in order to expedite a successful Atlas launch.



**Liftoff!**

An United Launch Alliance Atlas V rocket blasts off with NASA's LRO/LCROSS mission from Space Launch Complex-41 and quickly shoots up into the clouds over Cape Canaveral AFS. The Atlas V family of Evolved Expendable Launch Vehicles (EELV) has achieved 100 percent mission success in all 15 of its launches from SLC-41.

**Air Force Space Command: delivering space and missile capabilities to America and its warfighting commands**

# Exercises prepare us for challenges

By Brig. Gen.

**Edward L. Bolton Jr.**

Commander, 45th Space Wing

## From the top

As we just finished another week of exercises, I think it is important for each of us to pause and reflect on the serious nature of military service. We exercise for a reason. We exercise because we place our lives at risk in the service of others. So, it's more than just a job tasked to us. It is a patriotic commitment to ensuring the freedom of our country, as the recent death of the Air Force Academy's first female graduate, 1st Lt. Roslyn Schulte in combat shows. And that's the potential ultimate sacrifice one can give toward that end.

Our profession places us in the face of danger. When you sign your name on the dotted line to serve our country you understand

this job has severe risk. It is not a job at some fast food joint or in a corporate office position, but a serious profession, one in which you may face injury or death. The challenges you face are unique and you put your lives on the line. You are the ones who fight to make the United States of America free and we need you.

Deployed rotations are not decreasing and we must be prepared. Prepare for the future and be proud of your profession today and always. Your training is crucial. Our exercises are part of that training and will help better prepare you for the challenges of the deployed environment. In the face of adversity, I ask you to rise to the occasion and accomplish the

task at hand.

During this time of deployment, we must also remember the families of those deployed members. They are the true supporters of our Airmen and are essential to our success. Families endure emotional hardship and ultimately show service before self as they are separated from their loved ones for the time of their deployments or in some cases, forever, due to the service member giving his or her life for our nation.

I thank you for your service. I thank those families who support military members. I thank those civic organizations who give time and resources to our service members. It is our privilege to have served beside them. Be proud of what you do and I ask that each family be proud of their military member. Thank you again for your service.

# The Fitness Triad — Physical, mental, spiritual

By Chief Master Sgt.  
**Jeffrey Hall**

45th Launch Group

## Commander's Corner

The second element of the triad is mental fitness, which includes minimizing stress, worry, and guilt so you can focus on enhancing productivity and quality of life.

I've noticed a pronounced upswing in our methods to educate Airmen about what it means to be mentally fit and the wide range of programs available for support. Many servicemembers allow pride to cloud the path to seeking help. I challenge those folks to give it a chance. Use the programs and services available to better understand and improve mental fitness.

A healthy state of mind serves to strengthen the connection between the other two elements of the triad. You owe it to yourself, your service, family, and friends to operate at your full capacity.

Lastly, there's spiritual fitness. Probably the most obscure of the

three, its true meaning lies in the opinion of each individual. I believe spiritual fitness for the masses has religious ties, but maybe not all.

The practices and methods through which you fulfill your spiritual fitness may differ. It's important to emphasize here that this is merely my opinion, but simply put, spiritual fitness means having an inner peace with oneself, as well as having healthy beliefs. Determine for yourself what spiritual fitness means to you, but it is equally as important to your overall fitness as the other elements.

This simple triad drives many of our actions and activities. As we continue to operate with other military branches, it's important to understand and capitalize on the benefits of improving these areas. Because we'll always know more today than we did yesterday, we'll continue to be good. What we do tomorrow with what we've learned today is what will make us great.

## Missileer staff

**Brig. Gen. Edward L. Bolton Jr.**

45th Space Wing Commander

**Mr. Brad Swezey**

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Deputy Chief of Public Affairs

**2nd Lt. Trisha Guillebeau**

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**Mr. Chris Calkins**

Editor

**Mrs. Teresa Christopher**

**Mrs. Juanita McNeely**

Layout Coordinators

**Mrs. Jennifer Macklin**

**Mr. John Connell**

Photographers

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**Cape Publications**

Advertising Department

P.O. Box 419000

Melbourne, FL 32941-9000

Retail: (321) 242-3808

National: (321) 242-3803

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**Missileer**

1201 Edward H. White II St.

Building 423, Room C-130

Patrick AFB, FL 32925

(321)494-5922

missileer@patrick.af.mil

**PAFB Info Line - 494-4636**

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Photo by Jennifer Macklin

# Exercise Exercise Exercise

45th Space Wing first responders rapidly respond to a mass casualty exercise designed to evaluate the wing's command, control and response capabilities at the Blockhouse during Exercise Ocean Breeze, which was held Tuesday and Wednesday. "Our Security Forces quickly controlled the scene, our fire and medical personnel conducted triage, first aid, and evacuation of the wounded, and our fire personnel successfully extinguished a fire on their live fire trainer," said Lt. Col. Gary Lund, Inspector General. "We didn't do everything perfectly, but we're getting better. That's why we do it," he said.

## MILESTONES

The following individuals have been selected for promotion to the rank of Technical Sergeant:

**Staff Sgt. Toriano A. Banks**  
45th Comptroller Squadron

**Staff Sgt. Clement Blackmon**  
5th Space Launch Squadron

**Staff Sgt. David W. Boerner**  
45th Medical Support Squadron

**Staff Sgt. Miguel A. Brown**  
Air Force Technical Applications Center

**Staff Sgt. Charles M. Burgess**  
45th Civil Engineer Squadron

**Staff Sgt. Michael Cleveland**  
45th Civil Engineer Squadron

**Staff Sgt. Tonya Cobarruviaz**  
Air Force Technical Applications Center

**Staff Sgt. David S. Coleman**  
45th Space Wing

**Staff Sgt. James P. Collins**  
Air Force Technical Applications Center

**Staff Sgt. Joshua L. Darting**  
Air Force Technical Applications Center

**Staff Sgt. Jonathan R. Detroye**  
45th Medical Operations Squadron

**Staff Sgt. Brian D. Ellis**  
Air Force Technical Applications Center

**Staff Sgt. Terrence Farrow**  
45th Aeromedical-Dental Squadron

**Staff Sgt. John J. Garnish, III**  
45th Civil Engineer Squadron

**Staff Sgt. Terry A. Gratreaks**  
5th Space Launch Squadron

**Staff Sgt. Daniel J. Kern**  
45th Weather Squadron

**Staff Sgt. Brian D. King**  
Air Force Technical Applications Center



**Staff Sgt. Adam E. Lechleiter**  
45th Civil Engineer Squadron

**Staff Sgt. Micahel S. Lenard**  
Air Force Technical Applications Center

**Staff Sgt. Eduardo A. Martinocovas**  
USAF Recruiting

**Staff Sgt. Tiffany Mclamore**  
45th Medical Support Squadron

**Staff Sgt. John D Sanders**  
45th Operations Support Squadron

**Staff Sgt. Keith A. Snyder**  
45th Civil Engineer Squadron

**Staff Sgt. Natasha D. Stanton**  
Air Force Technical Applications Center

**Staff Sgt. Jeffrey S. Storman**  
USAF Recruiting



The following officer was selected to the rank of Major:

**Capt Catherine M. Callender**  
Medical Operations Squadron

**Staff Sgt. Nicholas Swearingin**  
45th Contracting Squadron

**Staff Sgt. James P. Sykes**  
45th Launch Support Squadron

**Staff Sgt. Billy H. Tyson**  
45th Civil Engineer Squadron

**Staff Sgt. Justin M. Uras**  
45th Medical Support Squadron

**Staff Sgt. Francis Wallace, Jr.**  
USAF Recruiting

**Staff Sgt. Ericka R. Wright**  
45th Space Wing

# PCS policy changes promote stability, quality of life

RANDOLPH AIR FORCE BASE, Texas – Air Force officials have modified two permanent change of station policies to give Airmen more flexible assignment options and better force development opportunities.

The time on station requirement for government funded joint-spouse assignments, where the Air Force assigns military couples (when possible) to a location where they can live in the same residence, has changed from 24 to 12 months.

“This change gives Airmen more flexibility and will help minimize financial hardships for married couples who are geographically

“ **Patrick is an ideal location for our airmen. Housing is readily available right now, both in North and Central Housing. But best of all, the beach is right across the street, who wouldn't love that!** ”

**Gloria Hall**  
PAFB HOUSING EMPLOYEE

separated and managing two households,” said Letty Inabinet, chief of the assignment programs and procedures branch at the Air Force Personnel Center here.

A local housing privatization employee agrees.

“Patrick is an ideal location for our airmen,” said housing employee Gloria Hall. “Housing is readily available right now, both in North and Central Housing. But best of all, the beach is right across the street, who wouldn't

love that!”

This policy change also applies to Airmen with projected permissive joint-spouse assignments who have not departed their current duty station. Permissive reassignments are those where Airmen pay all moving expenses and travel time is charged as leave.

The other PCS change involves recent adjustments in manning requirements for Airmen at stateside bases, which is expected to open up more base-of-preference opportunities for first-term and career Airmen.

“It's all about improving the quality of life of our Airmen,” said Ms. Inabinet,

“and to give those who are eligible opportunities to broaden their experiences at different locations.”

These changes are expected to open up opportunities in the Voluntary Stabilized Base Assignment Program, which gives Airmen the option to volunteer for certain bases in the continental U.S. that have been historically hard to fill. The benefit to the volunteer is a stabilized tour of either four or five years depending on the location.

All other PCS policies, including assignment lengths, remain the same. In 2006, Air Force officials extended the average assignment length for most

Airmen from three years to four years, which has reduced the number of yearly PCS moves.

Limiting the number of PCS moves both stateside and overseas has helped the Air Force save PCS costs. “Fewer moves allows children to stay in school longer, gives spouses the ability to remain in stable careers and lets families stay in their homes longer,” Ms. Inabinet said.

Although 48 months is the goal, some Airmen, depending on the career field and mission needs, may need to rotate more often, she said.

For more information on base housing, call 777-8282.

## Successful Atlas V rocket launch supports mission

**Atlas, from page 1**

radar, telemetry, optical and communications instrumentation that helped facilitate a safe launch on the Eastern Range.

“We are thrilled to support these lunar exploration missions,” said Brig. Gen. Edward L. Bolton Jr., 45th Space Wing commander. “LRO/LCROSS is leading NASA back to the moon, and our

launch team is proud to be a part.”

LRO is to orbit the moon, turning its suite of instruments towards the moon for thorough studies. The spacecraft also is to look for potential landing sites for astronauts.

LCROSS is to guide an empty upper stage on a collision course with a permanently shaded crater in an effort to kick up evidence of water at the moon's poles. LCROSS itself will fly

into the plume of dust left by the impact and take measurements of its properties before also colliding with the lunar surface.

“The entire Atlas team is honored to be a part of such a historic mission,” said Capt. Steve Engler, LRO/LCROSS Mission Lead. “This mission's ground breaking ceremony on the moon will set the precedent for all future moon exploration and secure our page in the history

“ **We are thrilled to support these lunar exploration missions. LRO/LCROSS is leading NASA back to the moon, and our launch team is proud to be a part.** ”

**Brig. Gen. Edward L. Bolton Jr.**

COMMANDER, 45TH SPACE WING

books.”

The Atlas V family of Evolved Expendable Launch Vehicles (EELV) has achieved 100 percent mission

success in launches from Space Launch Complex 41 at Cape Canaveral Air Force Station.

This mission

marked the 15th flight of an Atlas V rocket from here and the fifth launch this year from Cape Canaveral AFS.

## Educational opportunities abound at Patrick AFB

Embry-Riddle Aeronautical University offers five terms per year, with evening classes meeting one time per week. Call 783-5020 or visit [www.embryriddle.edu/spacecoast](http://www.embryriddle.edu/spacecoast) to see the latest details.

Columbia College offers associate and bachelor's degrees online and on-campus, eight-week

courses that meet once or twice a week, five sessions each year starting in January, March, June, August and October, evening and online classes that can be taken simultaneously, and start-and-stop degree flexibility to meet work and family obligations, as well as scholarships and

tuition discounts for military spouses. On-campus degrees include:

Associate degrees in: General Studies, Science in Business Administration, Science in Computer Information Systems, Science in Criminal Justice Administration

Bachelor degrees in: Arts in Business

Administration, Arts in Criminal Justice

Administration, General Studies, Science in Business Administration, Science in Management Information Systems

Columbia College also has certificates programs in: Human Resources, Leadership,

Management, Marketing

Call 783-5506 for more information. Webster University offers evening classes with five terms per year starting in January, March, May, August, and October.

Master's degrees are available in: Business Administration, Public Administration,

Arts in Management and Leadership,

Arts in Human Resource Development, Arts in Human Resource Management, Arts in Information Technology Management, Master of Arts in Business and Organizational Security Management



Photo by Jon Connell

## A word from the wise

Bernie McGrenahan greets Senior Airmen (left to right) Jessica Whelton, Leigherin Minton and Cathryn Cook following the comedian's performance during the Commander's Call held June 19 in the Base Theater. Mr. McGrenahan performed his national "Happy Hour" tour, and his hour-long performance featured both stand-up comedy and an inspirational message about alcohol awareness. His trip was sponsored by the Wing Safety Office.

# Matador launch opens first 200 miles of range

By Mark C. Cleary  
45th SW  
History Office

On June 20, 1951 Cape Canaveral's first Matador flight opened the first 200 miles of what was known as the Long Range Proving Ground or — unofficially — as the Florida Missile Test Range.

In those days the range's only really substantial tracking sites were located on the Cape, in an area near Jupiter, Florida, and on Grand Bahama Island. The range's name changed three times over the next 40 years. We know it today as the Eastern Range.

Plans were underway in 1951 to build six more stations and extend the range 1,000 miles southeast of Cape Canaveral to Puerto Rico, but even those stations were not enough to support all the long-range missiles coming to the Cape.

In October 1952 the Air Research and Development Command approved a plan to extend the range an additional 4,000 miles to meet Snark and Navaho missile tracking requirements. The United States negotiated agreements with

the governments of Britain, St. Lucia, Brazil and Ascension to construct tracking stations stretching beyond Puerto Rico all the way to Ascension Island.

Major tracking stations were built on the islands of Eleuthera, San Salvador, Mayaguana and Grand Turk.

Two more sites were constructed in the Dominican Republic and Puerto Rico. The final stretch of submarine communications cable linked the Puerto Rico station to Cape Canaveral's tracking "hub" in the latter half of 1954.

The stations in the Dominican Republic and Puerto Rico became operational in December 1956. Antigua and Ascension were ready for range operations in October 1957, and the Atlantic Missile Range (another of the Eastern Range's early aliases) supported its first 5,000-mile-long mission on October 31, 1957. That flight involved a winged Snark missile.

Ballistic missiles and space launch vehicles replaced winged missiles by the early 1960s, and the need for stations to track low-flying winged missiles soon

waned. Ballistic missiles and space vehicles flew much higher trajectories, so more powerful trackers were required to meet the new flight profiles. Their long-range capabilities made most intermediate sites unnecessary.

By the early 1980s major downrange tracking stations remained on Grand Bahama, Antigua and Ascension, but the others were inactivated. Jonathan Dickinson Missile Tracking Annex was built near Jupiter, Florida, as a brand new station to replace our station on Grand Bahama. The Grand Bahama station was inactivated in 1987, and its keys were turned over to the Government of the Bahamas on January 30, 1988.

New Consolidated Instrumentation Facilities (CIFs) were built at the old stations on Antigua and Ascension in the 1990s.

In addition to those improvements, a small tracking annex in Argentia, Newfoundland, was set up in 1993 to track northerly space flights from the Cape. Since northerly flights on the Eastern Range are the exception rather than the rule,

the Argentia station is maintained in caretaker most of the time. Jonathan Dickinson and the stations on Antigua and Ascension support space and missile flights on a routine basis, and they remain essential parts of the Eastern Range today.



Courtesy Photo

On June 20, 1951 Cape Canaveral's first Matador flight opened the first 200 miles of what was known as the Long Range Proving Ground or — unofficially — as the Florida Missile Test Range.

# Junior Enlisted Picnic 2009

Staff Sgt. Chad Goff, left, belts out a tune to Tech. Sgt. (select) Ericka Wright (both from 45th Space Wing) during the "Patrick Idol" portion of the day's activities. The golden-coated crooner must have done something right; he was declared the overall winner.



Photo by 2nd Lt. Trisha Guillebeau



Photos by 2nd Lt. Trisha Guillebeau

Airborne! 45th Space Wing Command Chief Larry Malcom (off the board and in inset picture) takes a dive during the June 19 party at the Tides. More than 400 junior service members took advantage of the sunny weather, free food and tons of fun. "We couldn't do what we do and operate the way we do without the continued support of our civilian family," he said. "They are a very integral part of the 45th Space Wing and we never miss an opportunity to tell them just that."



Photo by Chris Kraus

Brig. Gen. Edward L. Bolton, Jr., commander 45th Space Wing, takes time to thank all the sponsors who made the Junior Enlisted Party a rousing success – once again. "All our sponsors are important," he said, "but I want to recognize some members of the Military Affairs Council (at left); they raised more than \$21,000 to give our young service members a day to remember. What a great group of caring folks."

Airman 1st Class Justin Holliday, 45th Comptroller Squadron grooves to the music during last week's Junior Enlisted Picnic.

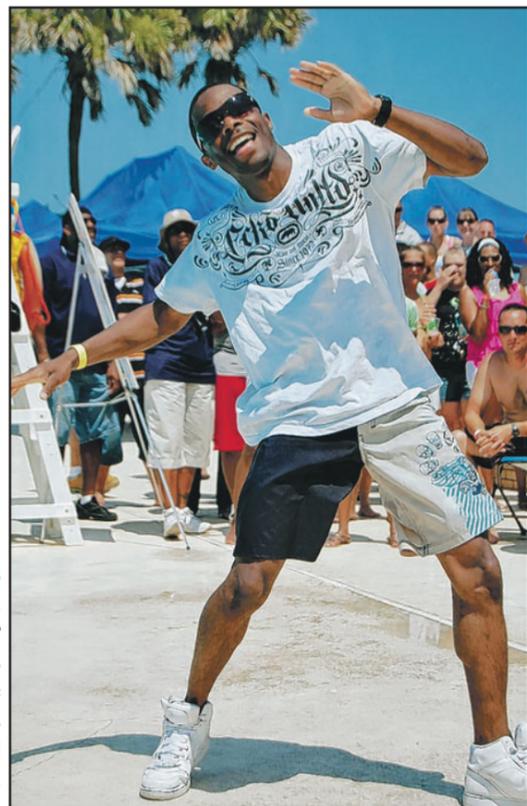


Photo by 2nd Lt. Trisha Guillebeau



Photo by John Connell

Tech. Sgt. Staci Oliver, 45th Medical Group, Public Health Flight, wows the crowd with her vocal skills last week.



Photo by Chris Kraus

Service members from all branches got to really lay down some rubber during the annual tri-cycle race. Some even managed to pedal the entire way around the course.



Photo by Chris Kraus

Senior Airman Jacquelyn Molinaro, Air Force Technical Applications Center, beats the heat – and her opponents – during a water-logged game of volleyball.

“ We couldn't do what we do and operate the way we do without the continued support of our civilian family ... we never miss an opportunity to tell them just that. ”

45th Space Wing Command Chief Larry Malcom

Sunday 21	Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26	Saturday 27
					<b>DELTA IV GOES-O Launch Pad 37</b>  Fitness & Health Fair 9 a.m. - 1 p.m. Patrick Fitness Center	Wakeboarding class 2 - 3:30 p.m. Outdoor Recreation
<b>28</b> Sunday Brunch 10 a.m. - 1:30 p.m. The Tides	<b>29</b> Boater Safety Training 9:30 - 11 a.m. Outdoor Recreation  Story Time 10 a.m. Base Library	<b>30</b> 95 Cent special 11 a.m. - closing Rocket Lanes	<b>July 1</b> ALS Class 09-06 graduates  Bingo 6:15 p.m. The Tides	<b>2</b> <small>AFSPC Family Day</small> Active Duty Bowling Special 11 a.m. - closing Rocket Lanes	<b>3</b> <small>AFSPC Family Day</small> Red, White and Blue Golf Tournament 8 a.m. Manatee Cove Golf Course  Texas Hold'em Firecracker Tournament 6 p.m. The Tides	<b>4</b> Boater Safety Training 9:30 - 11 a.m. Outdoor Recreation  Sailing Class 2 - 3:30 p.m. Outdoor Recreation
<b>5</b> Family Day Bowling Special 1-6 p.m. \$1.25 Games  Sunday Brunch 10 a.m. - 1:30 p.m. The Tides	<b>6</b> Pre-Separation 9 - 11 a.m.  Fundamentals of Resumes 1 - 3 p.m.	<b>7</b> Families in the KNOW 6:30 - 7:30 p.m.  TAP 3 Day Workshop Begins 8 a.m. - 4:30 p.m.  Bowling Special 11 a.m. - closing \$1.25 Games	<b>8</b> Credit Reports 11a.m. - 12:30  Wednesday Bowling Special 11 a.m. - closing \$1.25 Games  Bingo 6:15 p.m. The Tides	<b>9</b> 5K Run/ 1.5 Mile Walk 7 a.m. @ Patrick Fitness Center 7:30 a.m. @CCAFS Fitness Center  Summer Reading Program 6 p.m. Base Library	<b>10</b> Applying for AF Jobs 9 - 10 a.m.  Deployed Spouse Scrapbooking 6 - 8 p.m.  Kid's Night Out 6 - 11 p.m. Youth Center	<b>11</b> <b>STS-127 Shuttle Launch Kennedy Space Center</b>  Sailboat Races & Pancake Breakfast 9 a.m., Marina  95 Cent Game Special Rocket Lanes
<b>12</b> Family Day Bowling Special \$1.25 Games 1-6 p.m.  Sunday Brunch 10 a.m. - 1:30 p.m. The Tides	<b>13</b> Boater Safety Training 9:30 - 11:30 a.m. Outdoor Recreation  Story Time 10 a.m. Base Library	<b>14</b> 1st Term Airman Financial Management 8 a.m. - 4:30 p.m. AFRC  Bowling Special 11 a.m. - closing \$1.25 Games	<b>15</b> Bowling Special 11 a.m. - closing \$1.25 Games  Bingo 6:15 p.m. The Tides	<b>16</b> Active Duty Bowling Special 11 a.m. - closing Rocket Lanes  Summer Reading Program 6 p.m. Base Library	<b>17</b> Active Duty Bowling Special 11 a.m. - closing Rocket Lanes  Teen Night 6 - 10 p.m. Youth Center  Texas Hold'em Tournament 5 - 10 p.m. The Tides	<b>18</b> Safe Boater Course 9:30 - 11:30 a.m. Outdoor Recreation  Sailing Class 2 - 3:30 p.m. Outdoor Recreation  95 Cent Bowling Special Rocket Lanes



## BRIEFS

### Red, White & Blue Golf Tournament

The Manatee Cove Golf Course will host the Red, White & Blue Tournament on July 3, with an 8 a.m. shotgun start. Golfers can sign up for this four-

person team scramble in the Pro Shop. Cost is \$27 for Annual Pass players, \$30 for Annual Fee players and \$40 for all others. Registration is required by COB Jul 1 (no refunds after that date). Players must have a USGA handicap or play scratch. Gift certificates will be awarded to 25 percent of the field. An optional barbecue with all the trimmings will be available after play for \$9.95 per person, with live entertainment from 1 - 5 p.m. For more details, call 494-GOLF.

### Guest Rate Special

The Manatee Cove Golf Course has a great guest rate special. Your guests can play 18 holes with greens fee and cart for only \$30. For more information, call 494-GOLF.

### Rediscover Golf Special

Patrick AFB would like to invite golfers to "Rediscover Golf at Manatee Cove Golf Course" for free! Pay just \$45 and get unlimited greens fees for one calendar month. After that, if you decide to join for an entire year, the golf course will knock the \$45 off your annual golf pass and start your new subscription the day you join. This

To publish events of base-wide interest in future issues, e-mail [missileer@patrick.af.mil](mailto:missileer@patrick.af.mil)

# Letting go of strife in your life

**By Chaplain  
(Lt. Col.)  
Christopher A.  
Hoffmann**  
45th SW Chapel



one or two things that are controllable.

Among the things that we have some control over is how we respond to people.

We often choose to relate to another based on their past experience to us. If someone has been rude to me I might be tempted to put my defenses up and be short with them. I might decide not to engage them in discussion or even to be rude back.

I will suggest to a person who has to deal with someone difficult that perhaps they could change their way of relating. They might try kindness and respect. I have often found that many situations can be defused by kindness.

When a person has been hurt it is hard to be kind; hard to love back. Yet, we know that so much

anxiety in life is over past hurts that have never been forgiven or dealt with. I encourage the person to forgive them ... really forgive them! Then let it go.

Don't let the past action influence how you will respond to that person in the future. If you do you haven't really forgiven them.

This is not easy when it is a family member or if the hurt was significant. But forgiveness is the beginning of peace which reduces anxiety.

After looking at how to respond to others and forgiving past hurts I ask more practical things.

Do you get enough sleep, eat healthy meals and exercise? Do you ever take a walk outdoors and let the sun hit you.

Sunshine releases chemicals in the body that induce comfort and peace. It is probably the reason that we feel much better after a day at the beach.

The sunshine, the gentle rolling of the tide, and just being quiet without deadlines or work to be accomplished can do a lot to ease anxiety.

Then when all of

that has been done, we look at the rest of the list and realize that there are things out of one's control. Those you turn over to God, if you are a religious person.

Much of the stress in life happens because we try to control the uncontrollable and choose not to do something about those things we can control.

When we reverse that and take command of our life controlling our behaviors and actions and letting go of those things that we can do nothing about, it is amazing how peaceful life can become.

Letting go doesn't mean caving in or becoming lazy.

Tasks still need to be accomplished. Work can still be demanding and people will still be inconsiderate. How we respond to our environment and the people in it will be different.

When Jesus came to this earth he told his Apostles that he came to bring them joy.

Joy happens when we allow God to direct our lives and actions. When things seem too much to handle Let Go and Let God.



## Manatees Military Appreciation

Want some free baseball? The Brevard County Manatees will be hosting two Military Appreciation Nights July 3 and 4 at the Space Coast Stadium. Gates open at 6 p.m. Tickets are FREE for all military personnel in uniform. Discounted tickets are available for active duty, retirees and those with a VA card. For details, call Kathryn Bubeck at 633-9200, ext. 2101.

## 2009 Intramural Flag Football Season

The 2009 Intramural Flag Football Season starts July 7 and will run thru Sept. 18. Games will be played at Pelican Coast football field on Tuesdays and Thursdays at 5:30, 6:30 and 7:30 p.m. Those interested may enter the league through the player's pool. Commander's Cup Points will be awarded! For details, guidelines and eligibility requirements, call 494-4947.

## Fall Youth Soccer Registration

Fall soccer registration is underway at the Youth Center. A current physical is required at time of registration. Cost is only \$30 per child. Participants must be a current member of the Youth Center. For details, call 494-4747.

## Fall Bowling Leagues

The fall bowling leagues are now forming at the Rocket Lanes Bowling Center. For details and to sign up for a league, call 494-2958.

## Family Pool

The Outdoor Recreation Family Pool is located adjacent to The Tides on Hwy. A1A. Pool hours are Tuesday - Friday, from noon to 6 p.m. and Saturday and Sunday, from 10 a.m. to 6 p.m. Admission is \$2 per person. Annual pool passes are available for purchase at Outdoor Recreation for \$30 per person or \$40 for a family of two or more. AF Services Cardholders receive free pool passes under the Services \$ Advantage discount program. For details, call 494-2042

## Camp Xtreme

Youth Programs' Camp Xtreme is a weekly camp that allows teens to plan their own activities, guided by an experienced staff. Teens participate in a great variety of activities such as swimming, bowling, performing community service, learning computer skills, rock wall climbing, budgeting, kayaking and more. Teens can sign up for one or two weeks, or the rest of the

summer. For details, call 494-4748.

## Keystone Club

Youth Programs is searching for teens who would like to take the Keystone Club and make it their own. This leadership group is exclusively for youth ages 14 - 18 and is an excellent opportunity for teens to learn leadership skills and make a difference within the Youth Center and the community. For information, call 494-4747.

## Walk Around the World

Help Youth Programs reach their goal of walking 42,000 miles (the distance to every Air Force base in the U.S.) by Nov 5, 2009. Their FitFactor "Walk Around the World" program is for youth ages 6 - 18. Youth must be a registered participant in the FitFactor program to log miles walked. Prizes will be awarded and parents may register in the FitFactor program to help achieve the goal. For more information and to register, call 494-9096.

## Airman's Attic

Family Service's Airman's Attic needs your unwanted items. Items donated are given to E-5s and below that are establishing a household, need items for their children, or are expecting an addition to their family. Please stop by Bldg 415 (in the mini-mall, adjacent to Information, Tickets and Travel) and take a look at the wants/needs board, where our young enlisted personnel post information on what they need. For more information, call Elsa Kekahuna at 494-5675/5676.

## Lodging Offers Priority One Status for Returning Deployed

To show appreciation for your service to our country, the Space Coast Inn has implemented a new Air Force initiative that offers military members returning from deployments Priority One status for lodging. Just show a copy of your official orders when making reservations or at check-in. Pets (in authorized pet-friendly family units if available) and family members are included in this offer. Room rates run from \$39 a night for a single room to \$52 a night for a 3-bedroom fully equipped family unit. For more information, call 494-6590.

## Family Services Needs Volunteers

Did you know that as a Family Services volunteer, you can get 20 hours of free child care?

Family Services is composed of the Airman's Attic, Loan Locker, PCS Loan Locker, and Coupon Corner. They assist our DoD personnel by loaning them items on a temporary basis. Items include: kitchen wares, futons, high chairs, car seats, portable cribs, playpens, strollers, etc.

They are open from 9 a.m. to 3 p.m. Monday thru Friday, provided manning is available.

If you are looking to re-enter the work force and your skills are not up to date, stop in and sign up to volunteer. Remember, volunteer work still is work experience on a resume.

Also, if you have a high school teenager looking to fulfill their community service work requirement, give Family Services a call. Minimum age is 15. Without volunteers we cannot remain open on a daily basis. For more information, contact Elsa Kekahuna at 494-5675/5676.

## Summer Camp Slots Available

Give your K - 6th grader a well supervised, fun and safe place to be this summer. Youth Programs' School Age Program Summer Camp offers a great variety of extended fun and educational activities that enable continuous learning for children while parents complete their workday. For more information, call 494-4749.

## Voluntary Pre-kindergarten Program

The Child Development Center is now accepting pre-enrollment requests for the Fall 2009 Voluntary Pre-kindergarten Program (VPK) classes. To be eligible for this free program, your child must be four years old by Sep 1, 2009. Children currently enrolled in the CDC have priority. VPK is a legislatively mandated program designed to prepare every 4-year-old in Florida for kindergarten and build the foundation for their educational success.

The VPK program gives each child an opportunity to perform better in school and throughout life with quality programs that include high literacy standards, accountability, appropriate curriculum, substantial instruction periods, manageable class sizes, and qualified instructors.

All eligible 4-year-olds are entitled to participate in one of the VPK program options. Parents are required to obtain a certificate of eligibility from the Brevard County Early Learning Coalition to enroll.

For more information, visit [www.elebrevard.org](http://www.elebrevard.org), or call the CDC at 494-7028.

**Proud to Serve**

We're there for those who need us most.



Volunteers of America works to support and empower at-risk youth, the frail elderly, homeless individuals and people with disabilities.  
**1.800.899.0089** [VolunteersofAmerica.org](http://VolunteersofAmerica.org)  
a CFC participant Provided as a public service.