

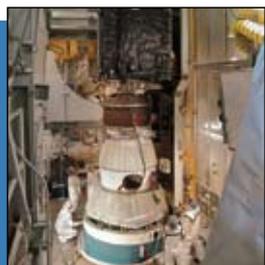


MISSILEER

Vol. 51 No. 32

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

August 14, 2009



Technicians lower the Delta II payload

3



Aug. 16, 1968 busy launch day at the Cape

5



All smiles, all around

8



Photo by Jennifer Macklin

Leading from the front

In preparation for the upcoming Operational Readiness Inspection, Brig. Gen. Edward L. Bolton, Jr., top, takes time to get instant feedback from Staff Sgt. Marisol Charlemagne, left, and Capt. Phil Demola, center, both from 45th Medical Group, during a recent Major Accident Response Exercise.

Command Chief Master Sgt. Larry Malcom, photo at left, recently gathered all the enlisted troops into the Base Theatre to hammer home the message of "Safety First," and to remind everyone that we need to all pull together to show the world what we can do.

"I do understand these ORI's can be stressful, but so is launching missions, something we continue to do successfully by working hard and relying on each other. And that's just what we'll continue to do," said Gen. Bolton.



Photo by John Connell



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

Sometimes you just have to prove it

By Brig. Gen.

Edward L. Bolton, Jr.

Commander, 45th Space Wing

For as long as I can remember, people here at the 45th Space Wing – and throughout the Air Force – have thought we were the best of the best when it comes to the launch business.

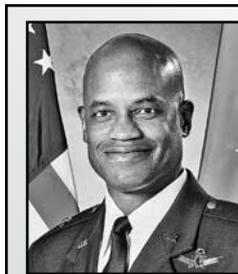
You think it, I think it, we all think it. And we all know it's true.

But sometimes you just have to prove it.

Well folks, that "sometime" is here. Now.

As you are all well aware, the Operational Readiness Inspection has begun, and will continue for the next five weeks or so.

And while I expect every single person associated with the 45th Space Wing to be cordial



From
the
top

and cooperative with the Space Command Inspection Team, I want to reiterate that safety takes precedence over all inspection activities.

Please never lose sight of that.

And please understand that we can all benefit from having the way we do business looked at with a fine-toothed comb.

The biggest benefits that come from inspections like these don't come from where they tell us how great we are. The bigger bang-for-

the-buck comes from them telling us how we can do things better, safer, less expensively, and with less and less resources, just to name a few.

And I do understand these ORI's can be stressful, but so is launching missions, something we continue to do successfully by working hard and relying on each other. And that's just what we'll continue to do until mid-September.

When you have the best of the best working in your corner, it gives you a feeling of inner confidence.

I have that inner sense and I trust you do as well.

You have proven to me since Day 1 that you are the best in the business.

Now we'll just show the world.

Because sometimes we just have to prove it.

Ask yourself ... 'am I ready?'

By Chief Master Sgt.

Mark B. Isaman

*45th Civil Engineer
Squadron Superintendent*

Before you leave your house each morning do you ask yourself, "Am I ready?" "Is my uniform right?" "Is my attitude right?" "Am I ready for the IG?"

Ah, the IG, a subject near and dear to all of us. If you're like me you've been working long hours preparing for this event. But don't worry all of this will soon be behind us and we'll be able to get back to normal. But wait a minute, maybe we need to think about what "normal" we need to get back to. I think our "back to normal" should include, as a minimum, a robust Self Inspection Program and a "back to basics" approach to our day to day activities.

Air Force directives provide

Commander's Corner

commanders with a tool to evaluate the internal health of their units, the Self Inspection Program. Major Commands develop checklists for commanders to gauge their ability to accomplish their respective missions.

The key to a successful Self-Inspection program is participation by all unit members throughout the year, not just before an inspection. In times of limited resources we need a systematic approach to assess compliance and to track and correct deficiencies. Our self-inspection programs are those systems; basic in design but extremely effective when executed properly.

Speaking of basics, let's spend a little time on the phrase "back to basics." A simple concept that is

sometimes difficult to attain. Why is that? Could it be because our world has gotten so busy, so complicated? Possibly. More often than we might like to admit we sometimes overlook the small details, the basics. Maybe it's because these things – these basics – live in the shadows of those bigger-picture tasks.

However, we cannot afford to let the basics stay in the shadows. In keeping with the theme of this article, the basics I would like all of us to focus on before, during, as well as after the IG inspection are the simple ones.

Things like customs and courtesies, keeping your work areas neat and clean and probably the most important: a positive attitude.

If we continue to effectively utilize our Self-Inspection Programs as well as a "back to basics" approach in all tasks, we will be ready when the IG hits the ground.

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45th Space Wing Commander

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the Friday before publication.**

Small Business Office here to help

By Chris Calkins
45th Space Wing
Public Affairs

Patrick Air Force Base and Cape Canaveral Air Force Station, but also services Jonathon Dickinson Tracking Annex, in Jupiter, Malabar Tracking Annex, remote sites at both Ascension Air Field and Antigua Auxiliary Air Field.

"We may be a very small office, but we try taking care of and supporting a very wide area," she said with a knowing smile. She also said she is well aware that today's economic conditions, times can be tough and the small business owner is having some tough times.

"Money is tough for some of the big companies to get, so just imagine what some of our potential customers are going through? It's tough out there to be sure," she said.

But not so tough that she won't do anything she can do to make things "happen." And she also said she has a pretty good reason to do just that. It's called her vision statement.

"The most rewarding part of my position is to teach and guide small business-



Photo by Chris Calkins

Ms. Alice O'Neal currently handles contracts not only here at Patrick Air Force Base and Cape Canaveral Air Force Station, but also services Jonathon Dickinson Tracking Annex, in Jupiter, Malabar Tracking Annex, remote sites at both Ascension Air Field and Antigua Auxiliary Air Field.

es thru the acquisition processes which allow small businesses to successfully move forward to the forefront in support of the of the war fighter," she said.

"I never promise anything to anyone who walks in our door; except that they will get the best service, advice and assistance they need to be ultimately successful. What do they have to lose? They can always come in and talk

first," she said.

Editor's note: Ms. O'Neal's office is located in Room NC-110 and her phone number is 494-2207.



Photo by Bruce Johnson, ITT Space Systems Division

One Final Look

United Launch Alliance technicians lower the Delta II payload fairing in place to encapsulate the GPS IIR-21 satellite to prepare it for flight Monday morning. Once the rocket achieves orbit, the fairings will be jettisoned allowing the satellite to be deployed. This will be the last Air Force Delta II GPS launch and the last of the GPS IIR series before the next generation of GPS satellites, known as the GPS IIF series, is deployed.

MILESTONES



**Air Force Space Command's
2009 Zachary and Elizabeth Fisher
Distinguished Civilian Humanitarian Award**

Mr. Burton E. Slesinger

WARRIOR OF THE WEEK



Name, Rank, unit, and duty title:

Staff Sergeant Christopher Powers,
45th CES Firefighter-Crew Chief

How long have you been at this duty station?

3 years, 4 months

What is your hometown (city, state)?

Gainesville, FL

What's your favorite motto?

"Do your duty in all things. You cannot do more,
you should never wish to do less."

What inspired you to go beyond the call of duty?

"I enjoy what I do in the Air Force so much that it
never really feels like I'm going beyond. I just strive
to give 100% at all times."

Why do you serve in the Air Force?

"The Air Force has always been a part of my life
from start, it's what I know. It's the best of both
worlds being a firefighter and serving my country in
the USAF."

Reason for nomination:

"Staff Sgt. Powers consistently raises the bar at
the PAFB Fire Department. During a recent TDY
to Silver Flag at Tyndall AFB, Sergeant Powers
was instrumental in getting the base emergency
water supplies established resulting in getting the
base operational in minimum time. Sergeant
Powers' effort was so impressive that he received
a Letter of Appreciation from the Civil Engineer
Commander of the Vermont Air National Guard."

*TSgt. Jeff Hackworth,
NCOIC Logistics/Compliance,
45th CES/Fire Protection Flight*

Two to draw on

By Mark C. Cleary
45th Space Wing
History Office

On August 16, 1968, the Eastern Range supported the debut launches of two major ballistic missile systems — the Air Force's Minuteman III and the Navy's Poseidon.

The Minuteman III was the third in a series of Intercontinental Ballistic Missiles (ICBMs) manufactured by the Boeing Company. It was a three-stage, solid-fueled missile designed to carry multiple warheads.

The missile was more than 5 feet in diameter at its widest point, and it was almost 60 feet long. It weighed about 78,000 pounds. Like its earlier siblings, it was designed to be launched from a hardened underground silo.

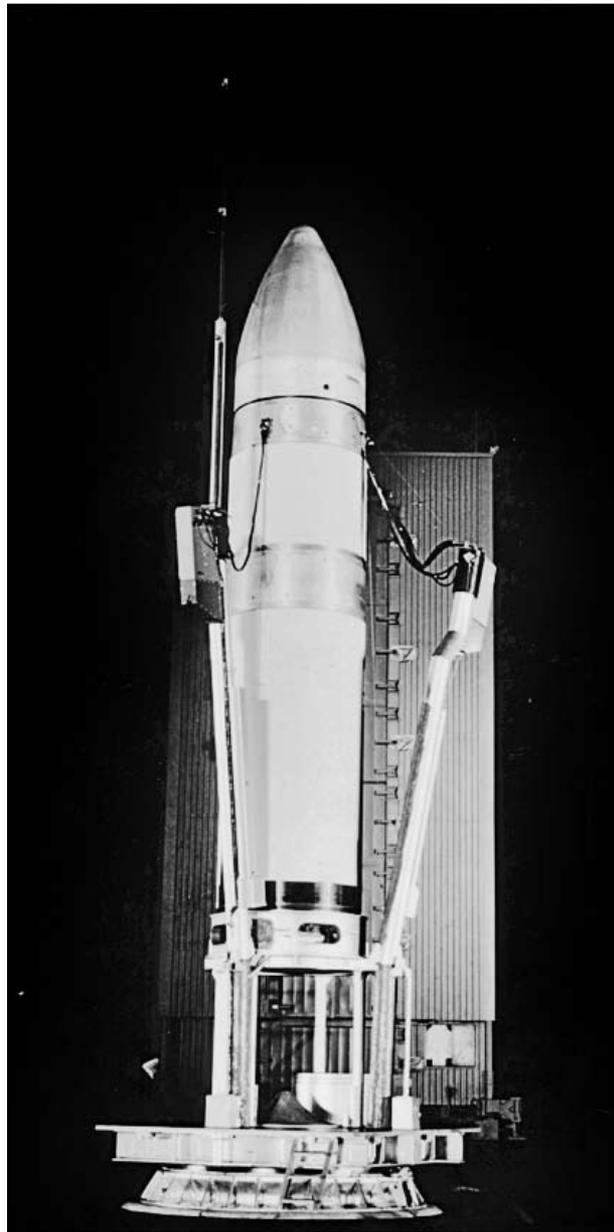
Following a highly successful test flight program, hundreds of Minuteman IIIs were deployed to the western United States where they figured prominently in the nation's strategic nuclear deterrent in the 1970s and in later years. Only 17 Minuteman III missiles were

launched from Silos 31B and 32B at Cape Canaveral by December 15, 1970, but Vandenberg AFB carried on the tradition with periodic test flights of Minuteman missiles thereafter. The Minuteman force remains a vital part of America's nuclear arsenal today.

The Poseidon was also a solid-fueled ballistic missile, but it represented an entirely new generation of Submarine Launched Ballistic Missiles (SLBMs). It was destined to replace the Polaris, a first-generation SLBM deployed by the U.S. Navy in the early 1960s.

The Poseidon was built by Lockheed Martin Space Systems, and it weighed about 64,000 pounds. It was 34 feet long and 74 inches in diameter, and it had two booster stages versus the Minuteman's three.

In all, the Eastern Range supported 266 Poseidon missile flights launched from Pads 25C and 25B, from USS Observation Island (a specially outfitted surface ship), and from nuclear submarines submerged east of Cape Canaveral. The range's final Poseidon launch



Courtesy Photo

The Cape's first Poseidon C-3 SLBM awaits its launch from Pad 25C Aug. 16, 1968.

occurred on April 30, 1990.

Both debut flights were highly successful, and one more Minuteman III and a Poseidon were

launched on different days before the end of year. The Eastern Range supported a total of 49 missile flights and space launches in 1968, but



Courtesy Photo

The first Minuteman III rockets skyward from Silo 32B on Aug. 16, 1968.

the Minuteman III and Poseidon debut flights were perhaps the most remarkable missions that year. Two major weapon systems with lots of deter-

rent potential were launched on the same day from the same reservation (Cape Canaveral), and both flights accomplished their objectives.

Ask Capt. Ready



'Ask Capt. Ready' is brought to you as a part of the 45th Space Wing Emergency Management Information Program. If you have any questions or comments, please contact the Readiness & Emergency Management Flight at 494-4224.

Captain Ready:

I keep hearing these announcements over the base giant voice stating "Phase One lightning, or Phase II lightning"; "lightning in five" so I go inside and count to five and then return to normal duty. I got in trouble with my supervisor for being outside after the five seconds. Is my supervisor just being hard on me or am I doing it all wrong?

- Lightning Lover

Dear Lightning:

You should be proud to call this person your supervisor. Not only is he/she NOT being hard on you but, he/she is looking out for your safety. The highest death rates from lightning in the United States are in Florida, which is known as the lightning capital of the country. What you are hearing over the giant

voice are instructions to take cover because lightning is within a certain number of nautical miles away from the base.

Phase I - potential existence for lightning to develop within five nautical miles of PAFB - expected within 30 minutes.

Phase II - lightning is imminent or occurring within five nautical miles of PAFB.

If you are outdoors, avoid water, high ground and open spaces. Avoid all metal objects including electric wires, fences, machinery, motors, power tools, etc. Unsafe places include underneath canopies, small picnic or rain shelters, or near trees. Where possible, find shelter in a substantial building or in a fully enclosed metal vehicle such as a car, truck or a van with the windows completely shut. If lightning is striking nearby when you are outside, you should:

A. Crouch down. Put feet together. Place hands over ears to minimize hearing damage from thunder.

B. Avoid proximity (minimum of 15 ft.) to other people.

If you are indoors, avoid water (i.e. bath/

shower) and stay away from doors and windows. Do not use the telephone. Take off head sets. Turn off, unplug, and stay away from appliances, computers, power tools, & TV sets. Lightning may strike exterior electric and phone lines, inducing electric shock to interior equipment.

Captain Ready:

I was a Boy Scout when I was younger. I still remember their motto, "be prepared". Years late I now find myself in Florida, a very hurricane prone state. I know how to pack for a week-end camping trip but I would like to hear your ideas for how to prepare for that next big hurricane.

- Prepared

Dear Prepared:

I'm happy to hear that you are planning in advance. Too many people do not do this and they end up relying on neighbors or government agencies (FEMA, Red Cross, etc.) to meet their needs after a major disaster such as a hurricane. Government agencies need a few days to bring supplies and equipment in after a major

disaster and Uncle Sam will have to distribute limited supplies far and wide. It's good that you know how to pack to go camping; many of the supplies that are needed for a camping trip are also what are needed immediately after a hurricane. The list that follows is not all inclusive but is a good starting point:

Water - at least one gallon daily per person for three-to-seven days. Fill water containers with potable (tap) water about a day prior to storm arrival for drinking purposes or pre-purchase bottled water. Consider filling bathtubs with water too, but this water should be used only for hygiene purposes.

Food - at least enough for three-to-seven days including non-perishable packaged or canned food/juices.

Other items needed include:

- foods for infants or the elderly
- snack foods
- non-electric can opener
- cooking tools/fuel (good thing you have that camping gear)
- paper plates/plastic utensils (picnic anyone?)



- Blankets/pillows, etc.
- Clothing - seasonal/rain gear/sturdy shoes
- First Aid Kit/Medicines/Prescription Drugs
- Special Items** - for babies and the elderly
- Toiletries - hygiene items
- Moisture wipes
- Flashlight/batteries
- Radio - battery operated AM/FM and NOAA weather radio
- Cash - Banks and ATMs may not be open or available for extended periods.
- Keys
- Toys, books and games
- Important documents - in a waterproof container including insurance policies, medical records, bank account numbers, Social Security card, etc.
- Document all valuables with videotape if

- possible
- Tools - keep a set with you during the storm
- Vehicle fuel tanks filled
- Pet care items** -
- Proper identification/immunization records
- Ample supply of food and water
- a carrier or cage
- medications
- muzzle and leash

As you can see, you probably already have most of these items, it's just a matter of having everything in one spot during the hurricane. It is also possible that your home will be damaged after the hurricane and you will have to relocate. Having prepared ahead of time and having storage containers available will make this process easier.

Events Calendar

August 14, 2009 Missileer 7

Sunday 9	Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14	Saturday 15
	<p>17 DELTA II GPS 21 LAUNCH</p> <p>Boater Safety Training 9:30 - 11 a.m. Outdoor Recreation</p> <p>Summer Story Time 10 a.m. Library</p>	<p>18</p> <p>Newcomer's Orientation Briefing 7:30 a.m. - noon A&FRC</p> <p>Bowling Special \$1 Games 11 a.m. - closing</p>	<p>19</p> <p>Bowling Special \$1 Games 11 a.m. - closing</p> <p>Spouse Orientation Briefing 1 - 3 p.m. A&FRC</p> <p>Karaoke 4:30 - 7:30 p.m. Shark Hut</p>	<p>20</p> <p>Smooth Move Class 9 - 11 a.m. A&FRC</p> <p>Unlimited Bowling Special 2 p.m. - closing</p> <p>Pajama Club Story Time 6:15 p.m. Library</p>	<p>21</p> <p>3-Tank Advanced Open Water/Nitrox Lobster & Spear Fishing Dive, Outdoor Recreation</p> <p>Texas Hold'em 5 - 10 p.m. The Tides</p> <p>Boy's Night Out "Mall Crawl" 6 - 9:30 p.m. Youth Programs</p>	<p>22</p> <p>Safe Boater Course 9:30 - 11:30 a.m. Outdoor Recreation</p> <p>Sailing Class 2 - 3:30 p.m. Outdoor Recreation</p>
<p>23</p> <p>Sunday Brunch 10 a.m. to 1:30 p.m. The Tides</p> <p>Karaoke 2:30 - 7:30 p.m. Shark Hut</p>	<p>24</p> <p>Boater Safety Training 9:30 - 11:30 a.m. Outdoor Recreation</p> <p>Summer Story Time 10 a.m. Library</p>	<p>25</p> <p>Bowling Special \$1 Games 11 a.m. - closing</p> <p>Families of Deployed Personnel Dinner 6 - 7 p.m. A&FRC</p> <p>Family Child Care Certification Class, 8:30 a.m. - 5 p.m. FCC Office</p>	<p>26</p> <p>Bowling Special \$1 Games 11 a.m. - closing</p> <p>Life Cycle Fitness Class 11 a.m. - 12:30 p.m. A&FRC</p> <p>Airman Leadership School Class 09-07 Starts</p>	<p>27</p> <p>Unlimited Bowling Special 2 p.m. - closing</p> <p>Family Child Care Certification Class 8:30 a.m. - 5 p.m. FCC Office</p>	<p>28</p> <p>Rock'it Glow Bowl 7 p.m. - closing</p> <p>Back to School Dance 7 - 10 p.m. Youth Programs</p>	<p>29</p> <p>Safe Boater Course 9:30 - 11:30 a.m. Out Rec.</p> <p>Sailing Class 2 - 3:30 p.m. Outdoor Recreation</p> <p>Bowling Appreciation Day Free Bowling 1 - 4 p.m.</p>
<p>30</p> <p>Latin Experience, 2:30 - 7:30 p.m., Shark Hut</p>	<p>31</p> <p>Boater Safety Training 9:30 - 11:30 a.m. Outdoor Recreation</p> <p>Summer Story Time 10 a.m. Library</p>	<p>SEPT 1</p> <p>Career Change Class 10 - 11:30 a.m. A&FRC Bowling Special \$1.25 Games 11 a.m. - closing</p> <p>Start of Patrick AFB & CCAFS Fitness Center "Aerobathon" Program</p>	<p>2</p> <p>Bowling Special \$1.25 Games 11 a.m. - closing</p> <p>Karaoke 4:30 - 7:30 p.m. Shark Hut</p>	<p>3</p> <p>Unit Spouse Training 11:30 a.m. - 12:30 p.m. A&FRC</p> <p>Unlimited Bowling Special, 2 p.m. - closing</p>	<p>4</p> <p>Texas Hold'em 5 - 10 p.m. The Tides</p>	<p>5</p> <p>Safe Boater Course 9:30 - 11:30 a.m. Outdoor Rec.</p> <p>Sailing Class, 2 - 3:30 p.m. Outdoor Rec.</p> <p>Latin Experience - Orchestra 702 8 p.m. to 2 a.m. The Tides</p>

To publish events of base-wide interest in future issues, e-mail missileer@patrick.af.mil

Airman one of first to graduate AU ABC

Harris given educational opportunity and takes off with it

By Chris Calkins
45th Space Wing
Public Affairs

Staff Sgt. Keondra Harris takes this positive role model thing seriously. And that's one reason she was one of the first Sergeants to receive her Bachelor's Degree from the recently formed Air University Associate-to-Baccalaurate Cooperative Program.

"Well, I am the oldest of four children and my younger siblings look up to me and I don't ever want to let them down," said Sgt. Harris, an Aerospace Medicine Technician, who works in the 45th Space Wing Medical Group.

"Secondly, I want my children (two girls, ages 2 and six months) to see that I have – and will continue to build – a solid foundation for them. In addition, I want them to know that if their mother can go to college while taking care of them that they can do anything and everything they put their mind to," she said with emphasis. "I plan on making the military a career and I want to get the most out of my time."

AU ABC links Airmen who have completed associate degrees to "military friendly" colleges and universities around the country, according to Ms. Kathy Farris, chief, education and training office.

In addition, AU ABC maximizes the application of military career education and training and is open to all serving in the active duty Air Force, Air Force Reserves or Air Guard, Ms. Farris said.

The Air Force Virtual Education Center serves as the gateway to AU ABC degree programs and associated student services such as online enrollment, tuition assistance processing, support services and access to distance learning instruction.

"Bottom line up front," said Ms. Farris, "the student is able to participate in courses anytime, anywhere to earn career-relevant bachelor's degrees at no additional cost to the member or the Air Force."

Airman Harris said getting into the program was simple, and the employees at the base education office are there to lend a helping hand.



Photo by Jennifer Macklin

Staff Sgt. Keondra Harris, right, is congratulated by Brig. Gen. Edward L. Bolton, Jr., Commander, 45th Space Wing, for being one of the first Sergeants to receive her Bachelor's Degree from the Air University Associate-to-Baccalaurate Cooperative Program.

"All I needed was to first get accepted into the college. The second step was to collect all of my transcripts from previous colleges I have attended. The final process was to bring my degree plan to the base education office," she said.

"Several people at the base education office helped me; however, the one

person who helped me the most was Mr. Shelton Russell. He always went above and beyond the call of duty to assist me with my educational needs," said Airman Harris, a native of Augusta, Ga., who graduated from Burke County High School in 1999.

The AU ABU program and instructors were also first-rate,

she said.

"The best thing about the AU-ABC program is that my courses were completely covered using my tuition assistance," said the sergeant.

"Another excellent thing about using this program was that the university accepted almost all of my previous courses that I had taken, and I even got credit for my military

training. They transferred my complete CCAF as well.

"In addition, the school staff was awesome; my teacher was always available to help with my homework. The program gives civilian institutions insight into the lifestyle of a military member. For instance,

**See Airman,
page 9**

“Bottom line up front, the student is able to participate in courses anytime, anywhere to earn career-relevant bachelor’s degrees at no additional cost to the member or the Air Force.”

Ms. Kathy Farris
CHIEF, EDUCATION AND TRAINING OFFICE

**Airman,
from page 8**

if a military member has an unannounced TDY or a family emergency, the civilian institutions are eager to help,” she said.

Currently working on her Master’s Degree, Sergeant Harris is also in the process of applying for her commission and hopes to be pinning on her lieutenant bars sometime in early 2010.

“I have always dreamed about becoming a Medical Service Corp officer in the United States Air Force. I credit my inspiration to my Godmother, who was a Medical Service Corp Officer in the U.S. Air Force, and my ROTC instructor during high school ROTC, said the Sergeant.

“Sometimes dreams come true,” she said.

Especially when you work for them.



Photo by Chris Calkins

Ms. Kathy Farris, chief, education and training office, left, is proud of Staff Sgt. Keondra Harris’ accomplishments.

Can almost smell those fries now

Patrick Air Force Base Burger King lovers will soon be able to enjoy a brand-new restaurant when remodeling work is completely finished. “This store will not open until it meets both AAFES and Burger King standards, and we’ll make sure it does before the doors open to the greatest customers in the world,” said Mr. David Crain, AAFES general manager. The 90-day project currently has a mid-to-late October Grand Opening planned, according to Mr. Crain.



Photo by Chris Calkins

Education opportunity available for interested senior level civilians

RANDOLPH AIR FORCE BASE, Texas (AFNS) – Air Force civilians interested in applying for the Academic Year 2011 Defense Senior Leader Development Program have until Sept. 11 to submit nomination packets to the Air Force Personnel Center here.

The Department of Defense's DSLDP focuses on how to effectively lead organizations and programs, as well

how to be successful in the joint, interagency and multinational environments.

To be eligible, nominees must:

- Be in grades GS-14/15, NSPS PB-03 or equivalent.
- Have two years Air Force civil service by nomination due date of Sept. 11.
- Hold a bachelor's degree. And
- Have a minimum of one year supervisory experience.

Nomination packages must include Air Force Form 4059, a resume, a signed mobility agreement and the DOD DSLDP application for the program.

Employees interested in this opportunity must be available to attend long-term training from July 2011 through June 2012 if they do not have their senior level professional military education completed.

Completed packages can be mailed to AFPC/DPIFDA, 555 E Street West, Ste 1, Randolph Air Force Base, Texas 78150 or faxed to 210-565-7150, DSN 665-7150. Selections should be made in the first quarter of 2010.

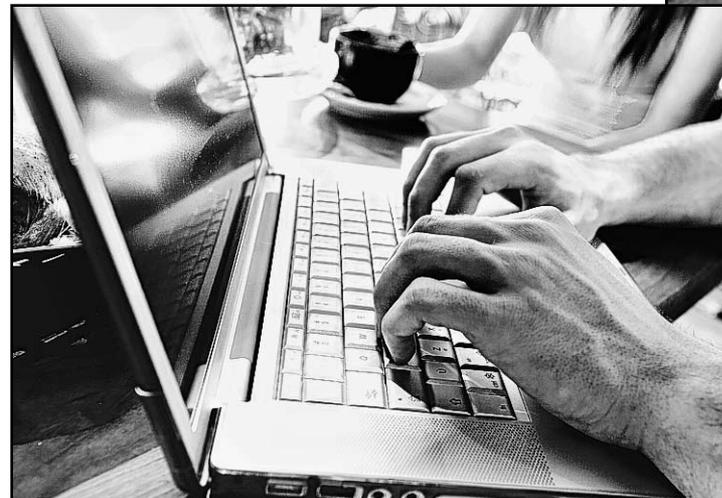
For more information, call AFPC/DPIFDA at DSN 665-2524 or 210-565-2524 OR the Total Force Service Center at 800-525-0102.

Air Force Office of Scientific Research officials launch social media outreach

ARLINGTON, Va. (AFNS) – Air Force Office of Scientific Research officials here announced Aug. 7 the launch of two new pages on Facebook and Twitter.

To follow AFOSR on each site, type "AFOSR" in the search box on each page.

The new AFOSR Facebook and Twitter pages will provide real-time information on AFOSR stories, accomplishments, scientific breakthroughs and events. In addition, postings will include announcements and



deadlines for funding opportunities and awards programs worth millions of dollars.

"AFOSR sponsors innovative and cutting edge technologies that revolutionize and shape the future of the Air Force. It seems only fitting that we approach our communications and new media the same way we approach science," said Dr. Brendan Godfrey, the AFOSR director.

To learn more about AFOSR, visit www.afosr.af.mil or on their new Facebook and Twitter pages.

The main thing is to keep the main thing the main thing

By Chaplain (Lt. Col.) John Baker
45th SW Chapel

Since arriving at Patrick last month, much of my time has been spent in-processing. I've done the typical tasks of turning in folders, updating Tricare, sitting through briefings, and learning the mission of the base and my unit, the chapel.

Along the way I've been amazed with the professionalism and dedication of the Patrick AFB community as we prepare for our upcoming inspection.

Seeing how each person contributes to the mission and the culture of excellence that supports it has encouraged me in my own job.

One of the chapel's main functions is to foster spiritual wellness in the Patrick AFB community. As the UCI draws near, this might also be a good time to look inward and do a spiritual wellness inventory.

Lt. Col. John Leitnaker, then



Chaplain's Corner

operational prevention branch chief in the AFMC Surgeon's Office said, "The spiritual dimension centers on faith in a higher order and hope.

Spiritual wellness does not necessarily mean a belief system that is religion-based, but recognizes the importance of resiliency and the ability to bounce back from the inevitable setbacks in life."

As the inspectors come in we may see parking spots reserved and DV areas set up specifically for the IG team.

We set aside these places, and the resources required, to give the team what they need to perform the inspection.

It becomes our priority and gives us an opportunity to show the IG what we can do. Without this, it's hard for the team to focus on their job while here.

Spiritual wellness is a lot like that. We know there will be setbacks in life but our ability to bounce back comes from setting aside places in our hearts and minds for the important things.

If we are going to center in on faith and hope we need to set aside areas in our life for that purpose.

When I was in seminary we had a guest speaker who said something so simple and yet so profound, it's stuck with me all these years.

"The main thing is to keep the main thing the main thing."

Whether it's in preparation for an upcoming inspection or as you focus on your spiritual wellness, remember to "keep the main thing the main thing."



Catholic

Daily Mass (Tues.-Fri.) at 11:30 a.m. in the Seaside Chapel.

Saturday: 4 p.m. confession, 5 p.m. Mass in the South Patrick Chapel.

Sunday: 8:30 a.m. Mass in South Patrick Chapel, and 11:30 a.m. Mass in the Seaside Chapel.

Religious education classes: 10:15-11:15 a.m. at the Education Center for pre-K-6th grade. Youth Ministry for 7th-8th grade, 10:15-11:15 a.m. at the Education Center; for 9th-12th grade, 6-8 p.m. at the Shark Center.

Protestant

Sunday: 9 a.m. - Traditional Worship in the Seaside Chapel. 11 a.m. - Praise and Worship Service in the South Patrick Chapel.

Wednesday: 5:15 p.m. - Family Night meal and study at South Patrick Chapel.

Jewish

For details, contact Barry Chefer at 494-6063.

Islamic

Tuesday: 6-7 p.m. - Islamic studies, South Chapel, room 105. For Islamic worship services, contact Marvin Hagan at 254-6727 or the Islamic Society of Brevard County at 984-4129.

Religious education classes

The Saint George Catholic Community at Patrick Air Force Base Chapel is ready to help you and your child grow in the joy and knowledge of the Catholic faith.

Whether you are just arriving here, preparing your child for a Sacrament or just want to give your child the right tools to deal with a sometimes confusing and difficult world, we can help.

Our Religious Education program offers lifelong faith formation opportunities in a warm, loving and fun environment. Our program is free for Pre-K - 8th grade and also for our Confirmation and adult classes.

There is a nominal fee for our high school program.

PreK - 8th grade will meet in the Base Education Center in Central Housing on Sunday mornings from 10:15-11:15 a.m., beginning Aug. 30. Our high school class meets in the Shark Center on Sunday evenings from 6 - 8 p.m. beginning Saturday.

Registrations will be held after all Masses this weekend and next weekend.

Come meet our staff, ask questions, have some refreshments and register! Your child will thank you forever! For more information, contact Lucie Black (PreK - 8, Confirmation, adult classes and the RCIA, which we used to call "convert classes") at 504-7987 or Georgette Hoppenbrouwer (grades 9 - 12) at 779-9890.

Helping the Homeless Vets

A collection of deodorant and insect repellent is needed for our "Homeless Veterans" by Sept. 15. The drop off point is with Ms. Terri L. Sellon at Patrick AFB Chapel. For further information contact her at 494-4073.

Veteran's Home Loan Seminar

You are invited to attend a session with representatives from the Veterans Administration (VA) Regional Loan Center to learn about their affordable homeownership programs, benefits, and improvements to the Home loan program.

The free Seminar will take place at the Base Education Center Auditorium, Bldg. 998 on Tues., Sept. 1 from 9:30-11:30 a.m.

Registration is required due to limited seating. Registration must be made by Fri., Aug. 28. Call 494-2594/6318 or email renae.dewitt@patrick.af.mil to register. Parking is limited to the North Parking area.

Airman & Family

Readiness Center August Classes

The Airman & Family Readiness Center has a few upcoming classes and events in August that many will find invaluable: Pre-Separation Briefing, Aug. 18, from 7:30 a.m. to noon; Spouse Orientation Briefing, Aug. 19, from 1 - 3 p.m.; Smooth Move Class, Aug. 20, from 9 - 11 a.m.; Families of Deployed Personnel Dinner, Aug. 25, from 6 - 7 p.m.; and a Life Cycle Finances Class, Aug. 26, from 11 a.m. to 12:30 p.m. For more information and to sign up, call 494-5675.

New Child Development Center to open soon

The new CDC is expected to open in mid-October! The center is now accepting Request for Care Forms (DD Form 2606) for children ages 6 weeks - 5 years. Rates are established by the DoD and are based on total family income. For more information, call 494-7028.

2009 "Instant Payback" Club Membership Campaign

If you have been thinking about joining the club, now's the time. The 2009 "Instant Payback" Club Membership Campaign runs thru Aug. 15. All personnel who join the club during the campaign will automatically receive three months free dues, free

cash back through the rewards program, and a 6-month 0 percent introductory APR. As an additional bonus, 200 members will be randomly selected to receive \$250 by participating in an online survey at www.afclubs.net. For more information, call 494-4013.

American Heart Association START! Heart Walk

The American Heart Association is looking for participants and volunteers for the 2009 Brevard County START! Heart Walk. The event will take place Saturday, Sept. 19 at Space Coast Stadium in Viera.

Volunteers are needed for set-up as early as 5 a.m. Community service points are available. Contact Teresa Christopher at 543-4799 or maxteresa24@bellsouth.net for more details regarding volunteering.

If you'd like to participate in the Heart Walk as an individual or form a team, the event will take place from 8-11 a.m. For more information or to register, visit www.brevardheartwalk.kintera.org.

Labor Day 2-Person Best Ball Golf Tournament

Sign up now for the Manatee Cove Golf Course's Labor Day 2-Person Best Ball Tournament, being held Sept. 7 with an 8 a.m. shotgun start. Teams will be flighted by team handicap. Each player will play their own ball and the team score will be the best ball net. If you sign up as a single, you will be partnered with another single. Cost is \$30 for Annual Pass players, \$33 for Annual Fee players, and \$43 for all others. Save \$5 by signing up before COB Aug 31. Payment must be made at time of registration. No refunds after the registration cutoff date, Sept. 5 at 1 p.m.

Entry includes greens fee, cart, prize fund, closest to the pin awards, and beverages. You must have a USGA handicap or play scratch. Awards will be given for the first three places in each flight. Ties will be determined with the #1 handicap hole. For more information, call 494-GOLF.

Jacksonville Qualifier

If you are an active duty golfer assigned to Patrick AFB with a handicap index of 8.0 or below, you are eligible to participate in the Jacksonville Qualifier on Sept. 19 and 20 at the Manatee Cove Golf Course. Tee times will be at 8 a.m. on both days. The low four qualifiers in this 36-hole event will represent Patrick AFB in the 45th Annual Southeast Military

Invitational Golf Tournament at Jacksonville Naval Air Station. The tournament will be held Oct. 5 - 9. Before competing in the qualifier, make sure you can go permissive TDY that week. If you are interested, please sign up before Sept. 18. For more information, call Fred Mills at 494-7856.

Meet Youth Programs' New Sports Director

Parents and youth are cordially invited to meet Youth Programs' new Sports Director, Mr. John Berardi, on Sept. 1, from 4 - 5 p.m. Please come by and discuss with him what sports activities and events you would like to see at the Youth Center. The programs are open to youth in grades K-12. For more information, call 494-4747.

"Aerobathon"

The Patrick AFB and CCAFS Fitness Centers will hold an "Aerobathon" on their designated running tracks from Sept. 1 - 30. The goal is for each unit to log as many aerobic activity hours as possible during the month. Participants take part in any of the group exercises and/or fitness improvement classes, or complete a minimum of 30 minutes on any indoor cardio machine. Participants may also swim or run outdoors. Commander's Cup Points will be awarded! For more information, guidelines and eligibility requirements, call 494-4947 (Patrick) or 853-3966 (CCAFS).

2009 Arts & Crafts Gallery

The Arts & Crafts Center is now accepting entries for the 2009 Arts & Crafts Gallery. The gallery is open to all eligible users - adults and youth. Each entrant is allowed to enter three arts/crafts items and three photography items. Entry forms can be downloaded from the 45th Force Support Squadron website at www.GoPatrickFL.com. Entries will be accepted thru October 2009. All Patrick AFB entries will be submitted to Air Force Space Command for consideration for the Air Force Gallery. For more information, call 494-4270.

Bowling Center Specials

The Rocket Lanes Bowling Center will feature the following specials in September: Labor Day Snack Bar Special, Sept. 7; \$1.25 Game Special, Sept. 1 and 2, from 11 a.m. to closing; Unlimited Bowling Special, Sept. 3, from 2 p.m. to closing; Lunch and Bowl Special, Tuesday thru Friday, from 11 a.m. to 1 p.m. For more information, call 494-2958.

Airman & Family Readiness Center September Classes

The Airman & Family Readiness Center has a few upcoming classes and events in September that many will find invaluable: Career Change Class, Sept. 1, from 10 - 11:30 a.m.; Families in the Know Class, Sept. 1, from 6:30 - 7:30 p.m.; Unit Spouse Training, Sept. 3, from 11:30 a.m. to 12:30 p.m.; Pre-Separation Briefing, Sept. 8, from 9 - 10:30 a.m.; Fundamentals of Resumes Class, Sept. 8, from 1 - 3 p.m.; Tap 3-Day Workshop, Sept. 8, 9 and 10, from 8 a.m. to 4:30 p.m.; How to Become a Millionaire Class, Sept. 9, from 11 a.m. to 12:30 p.m.; Sponsorship Training, Sept. 10, from 9 - 11 a.m.; Bundles for Babies/Newborn Care Class, Sept. 10, from 6 - 8 p.m.; Applying for AF Jobs Class, Sept. 11, from 9 - 11 a.m.; Deployment Line for Deployed Families, Sept. 12, from 7:30 a.m. to 2 p.m.; Newcomer's Orientation Briefing, Sept. 15, from 7:30 a.m. to noon; 1st Term Airman Financial Management Class, Sept. 16, from 8 a.m. to 4:30 p.m.; Spouse Orientation, Sept. 16, from 1 - 3 p.m.; Smooth Move Class, Sept. 17, from 9 - 11 a.m.; Job Search Class, Sept. 21, from 10 - 11:30 a.m.; Families of Deployed Dinner, Sept. 22, from 6 - 7 p.m.; Heart Link Class,

Sept. 23, from 9 - 11:30 a.m.; and TSP, Sept. 23, from 11 a.m. to 12:30 p.m. For more information and to sign up, call 494-5675.

Labor Day Pool Party

Outdoor Recreation invites you to join them on Sept. 7, from noon to 3 p.m., for the Labor Day Pool Party at the Family Pool. The event is free and will feature games, prizes and light refreshments. After the party, the pool will remain open until 6 p.m. For more information, call 494-2042.

Lodging Amenities

Space Coast Inn offers free wireless internet and flat screen televisions in some of its guest rooms. Plans are underway to expand these amenities to all lodging guests by the end of 2009. They also offer a free self-serve laundry service, a small fitness annex in Bldg. 502, and free internet/business work stations in the main lobby of Bldg. 720 - available for use by authorized lodging guests. Please take time to complete one of their Air Force Lodging comment cards, available in the lobby or in your guest room. Good news or ideas for improvement are always welcome. For more information, call 494-6590.

Visiting Officer Quarters

Lodging has announced that Bldg 503 has recently transferred into their possession. They will be converting this building into Visiting Officer Quarters and are expecting an Air Force Lodging Fund grant in FY2010 for extensive upgrades. For more information, call 494-6590.

School Age Program

Youth Programs' Before & After School Age Program offers more than just a place for your child to be while waiting on you to complete your work day. The program provides a state-of-the-art environment that is an extension of the school day - where your child can play, while still learning his/her favorite subjects. Your child will not be in one big multi-purpose area.

The program offers individual classrooms with different activities in each room, to include: a homework assistance program, arts & crafts, fitness activities and skill building activities. There will even be time for them to chat with their friends.

Meals are provided under the guidance of the USDA Food Program. For more information and to enroll your child, call 494-4747.

