



MISSILEER



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

December 18, 2009

A Visit With Santa

More than 140 children received a special present and were greeted by Santa during the "Visit With Santa" event hosted by the Space Coast Chief's Group Dec. 13. For more than two decades, the Chief's group has been strongly supported by American Legion Post 359 in Titusville. Here, Ayden, 2, on Santa's lap, and Aniya, 9, children of Tech. Sgt. Aaron M. Dudley, DET2/JSTARS, are all smiles as they pose with Santa and his helper, Staff Sgt. Kelly Lazenby.

Photo by Tech. Sgt. Chad Taguba



Better to give than receive

Several members of the Civil Engineer Squadron selflessly gave back to the community recently when they took part in a "Habitat for Humanity" project and put a new roof on a house in Palm Bay. "The military is a good neighbor and contributes in many ways to the community," said Lt. Col. Brian Weidmann, commander, 45th CES.

Courtesy Photo



Brig. Gen. Edward L. Bolton, Jr. wishes all of you a very happy and safe holiday season. See you next year.

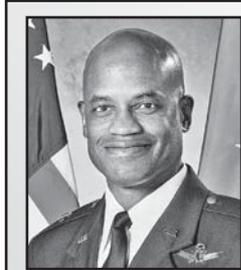


Year of the Air Force
Family



Happy Holidays; Take care of one another

**By Brig. Gen.
Edward L. Bolton, Jr.**
Commander, 45th Space Wing



**From
the
top**

Let me begin by offering our most sincere condolences to the family who is suffering from the loss of their 2-year-old son to a drowning accident. They have our unconditional support in these trying times and they are in our prayers.

It is hard to believe we are ending the busiest launch year in recent memory and I am finishing my second holiday season as your wing commander.

I know we all say it – “where did the time go?” – but it really is the truth.

Over the past 12 months, we have done 20 successful launches, and prepared for and passed with flying colors both an Operational Readiness and Unit Compliance Inspection.

In addition, we raised more than \$200,000 in support of the Combined Federal Campaign, an all-time high here at the wing, and captured several Air Force Space Command-level

awards, and all the while deploying in harm's way more than 180 of our finest Airmen this past year.

Sometimes lost in “the numbers” are the day-to-day things we do that improve the quality of life for our Airmen, our civilian and contracting work force and the many military retirees in the community who so deserve our support and appreciation.

Many of you will be winding down and taking some well-deserved time off in the near future. I want supervisors to ensure their folks get that time off.

That being said, there are some Airmen who may not have the luxury of going home or spending the

holiday season with lots of family and friends.

Reach out to them; invite them into your homes and include them in your holiday plans.

In this, the “Year of the Air Force Family,” we will make sure we continue to embrace everyone who might need a little pick-me-up at this time of year.

Also, remember that one-third of all Air Force fatalities happen over long holiday weekends.

Every year, families are torn apart, communities are crushed and dreams shattered by one irresponsible act that could possibly have been avoided. Do not overextend yourself and try to do too much driving. Take your time. Plan your stops.

And make sure you never – ever get behind the wheel of a vehicle if you have been drinking.

When I took command almost 14 months ago I remember saying “More than anything, I am one of you.” And that is what I am most proud of. Happy holidays and please be safe. See you next year.

We like to call it ‘owning the mission’

By Lt. Col. Tom Rock
*Commander, 45th Range
Management Squadron*

Commander's Corner

mission and doing everything possible to make it succeed. While doing only what you are told is not necessarily wrong, you are on the edge of malicious obedience.

Malicious obedience is setting up your boss to fail by doing exactly as they say even though you know that their actions are incorrect or not optimal.

For those who own their missions, each day is an opportunity to improve some facet of the job. It may be as simple as learning a nuance within a technical order or as in-depth as changing the relationship your shop has with its biggest organizational “enemy”. It also means looking outside the traditional ways

of doing business. What are the latest Community of Practice thoughts or benchmarks for doing your job? How do other units do the job? What about comparable functions in the civilian sector? While this seems like “extra work”, this is what separates mediocrity and excellence.

When you take a hard look at the resolutions/endeavors you've been successful with, the key component will be the sacrifices you made to achieve the goal. My Dad once told me about goals, “you have to want it so bad it hurts, ‘cause it will.”

As for me, welcoming a new baby into the family is my top resolution. Miss Becky has challenged me to be the quickest diaper changer possible. It provides opportunities for continuous improvement and the ability to make a daily change!

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**Submission deadline is 2 p.m.
the Friday before publication.**

AAFES Holiday Hours

Dec. 24:

Main Store:

7 a.m. – 4 p.m.

Shoppette/Gas:

6 a.m. – 6 p.m.

Burger King:

7 a.m. – 5 p.m.

Dunkin Donuts:

6 a.m. – 4 p.m.

Mall Concessions:

9 a.m. – 3:30 p.m.

**All facilities
closed Christmas Day**

New Years Day:

Main Store:

10 a.m. – 4 p.m.

Shoppette/Gas:

8 a.m. – 6 p.m.

Burger King:

10 a.m. – 5 p.m.

Dunkin Donuts:

9 a.m. – 4 p.m.

Mall Concessions:

10 a.m. – 4 p.m.

CCAFS:

Food Court, Dunkin Donuts, Shoppete and Barber Shop will be closed Dec. 21 – Jan. 1.

***This will be the last
Missileer of the year,
we will print again
January 8, 2010.
Happy Holidays
and be safe.***



Photos by Jennifer Macklin

AFSPC Vice Visits

Brig. Gen. Edward L. Bolton, Jr., commander, 45th Space Wing, gives Maj. Gen. Michael Basla, vice commander, Air Force Space Command, a tour of the Control Room inside the Morrell Operations Center. Prior to coming to Air Force Space Command, Maj. Gen. Basla served as the Vice Director, Command, Control, Communications and Computer Systems (VJ6), Joint Staff, at the Pentagon.

Maj. Gen. Basla is greeted by 2nd Lt. Elizabeth BuPane, 5th Space Launch Squadron, outside the ULA's Delta IV Horizontal Integration Facility as he makes his first visit

Dec. 10 to the 45th Space Wing since becoming the vice last August.

In the center is Maj. Adrian Galang, Delta IV Flight Commander 5th SLS / DED. At far left is Lt. Col. David Hook, commander, 5th Space Launch Squadron.



WARRIOR OF THE WEEK



Name, Rank, unit, and duty title:

Staff Sgt. Brandi N. Whiting,
45th Medical Support Squadron,
Medical Evaluations Clerk and
45th Medical Group Executive Assistant

How long have you been at this duty station?

4 years 11 months and 24 days

What is your hometown (city, state)?

New Orleans, La

What's your favorite motto?

A positive attitude creates a positive outcome which makes way for excellent results.

What inspired you to go beyond the call of duty?

I love my job and I enjoy working with people. I believe that it is our duty as Airmen to seek out new opportunities that will help our mission and people succeed. As leaders/Airmen there is no greater reward than serving our country and making our core values the glue that holds this nation together.

Why do you serve in the Air Force?

I serve to make an impact and make a difference.

Every day in some form we are shaping the way the nation views the Air Force and the people who serve it. Through my actions I am making a difference not only for myself, but for those young Airmen who will one day follow my footsteps and lead others. It is a continuous cycle of "Excellence In All We Do."

Reason for nomination:

Staff Sgt. Whiting exemplifies the epitome of the three Air Force core values. Her selfless dedication to the mission and the people, to include our medical customers is beyond reproach. She excels in her duties and consistently shows a positive attitude regardless of how arduous the task may be. In addition, there is never a time that she states she cannot do a task, but instead she researches to find ways to complete them and in the process creates a better means to accomplish them while increasing timeliness and accuracy.

**Maj. Marizza A. Moreno-Benton,
45th Medical Support Squadron,
TRICARE Operations and Patient Administration
Flight Commander**

Promotion to E-8 to require resident SNCOA

By Daniel Elkins
Air Force
Personnel Center
Public Affairs Office

RANDOLPH AIR FORCE BASE, Texas – Completion of the resident Air Force Senior Noncommissioned Officer Academy or a sister service equivalent becomes a requirement for promotion to senior master sergeant effective Jan. 1, Air Force officials announced as part of a recent policy change.

The change in the professional military education requirement will supersede the current policy that requires Air Force SNCOA completion for promotion to chief master sergeant.

“The goal is to provide enlisted PME at correctly targeted career points,” Chief Master Sergeant of the Air Force James A. Roy said. “By providing PME earlier and more evenly spaced over an enlisted Airman’s career, we ensure enlisted leaders have the tools they need to be successful sooner and at more relevant periods of their career.”

The idea for the policy change originated from the 2008 Enlisted Professional Military Education

Triennial Review that examined enlisted PME attendance across an Airman’s career. A proposal from the review called for earlier attendance to produce more capable NCOs.

Airmen selected for promotion to senior master sergeant but unable to attend or complete resident SNCOA before their line number increment will require a promotion waiver for PME attendance. The Air Force Personnel Center Enlisted Promotion and Military Testing Branch will provide a list of E-8 selects to base military personnel sections so they can notify commanders that a waiver may be necessary.

Airmen with approved waivers must attend the SNCOA within 179 days of their effective promotion date. Those with approved waivers who are unable to attend due to deployment must complete their PME within 90 days of their return.

Chief Long clarified that master sergeants who are time-in-grade eligible are still required to complete the SNCOA either by correspondence or in residence to be eligible for senior rater endorsement.

Master sergeants



Photo by Chris Calkins

The new rules state that Master Sgts., like Master Sgt. Christine Johnson, Wing Staff, will need additional schooling before earning that next stripe.

without a line number for promotion will continue to have the opportunity to attend the academy in residence using existing selection criteria.

“This change in policy supports a key goal by Air Force leadership to develop our Airmen,” said Chief Long. “Better preparing our senior NCOs in these challenging times underscores the importance of properly caring for the primary weapon in the Air Force arsenal – our Airmen.”



Chanukah, the Celebration of Religious Freedom

By Barry Chefer
Jewish Lay Leader
45th SW Chapel

Chanukah is a Jewish holiday that celebrates the victory of religious freedom over tyranny. In 164 B.C.E. a militarily small but spiritually strong band of Jews defeated the vastly superior-armed Assyrian forces who tried to prevent the Jews in Israel from practicing Judaism and worshipping G-d.

In fact, the Jewish religion had been proscribed under threat of death and Jews were compelled to engage in pagan worship. The three-year battle was led by the 83 year- old Jewish Priest Mattathias and his son Judah.

Chanukah lasts eight days and started this year on the eve of Dec 4.

The festival is marked by the kindling of lights in a Chanukah Menorah each night starting with the eve of the first day, just after dark.

Increasing number of lights are lit each night, beginning with one the first night, and culminating with all eight lights on the last night. This reflects the belief that in matters of holiness, we move

forward- increasing our commitment to Jewish values and traditions.

Traditionally, either special candles or olive oil with wicks are kindled. Special prayers are recited; then the lights are kindled.

The Menorah represents the eternal light of spiritual freedom. In the days of the Chanukah miracle, a large Menorah was kindled daily at the Temple in Jerusalem. Its light was considered to be the source of all spiritual light. According to Jewish law, it could be kindled using only specially made Kosher oil.

Upon conquering Jerusalem, the Syrian/Greeks desecrated and extinguished the lights of the Menorah, and



Chaplain's Corner

contaminated all of the oil.

When the Jews recaptured the Temple, their first desire was to rekindle the Menorah, to bring forth the light of freedom, spirituality and G-dliness. But they knew that all the proper oil to be used had been ruined and it would take eight days to process new oil.

One vial of Kosher oil was found, but only enough for one day. Immediately the Jews rekindled the

Menorah, though distraught that the lights would again darken after only one day.

Miraculously, the lights lasted for eight days until new oil could be made. The lights continued to burn as a shining symbol of the miracles that can occur through faith and positive action.

Each year, for the past 2100 years, this miraculous continuation of the lights has been celebrated during the eight days of Chanukah with the lighting of the Chanukah Menorah. Its light represents the triumph of freedom over oppression, of spirit over matter, of light over darkness.

Editor's note: Many readers have asked why the name of G-d is not spelled out completely in this



“Chanukah represents past glories and miracles. But it also represents current opportunities and the ability of the Jewish people to renew itself against all odds.”

– Rabbi Beryl Wein

article. To Jews, the written (and spoken) name of G-d is Holy. Since newspapers are usually discarded, the sages adopted the practice of leaving out

a letter in G-d's name to show respect. In other printed material that is not usually disposable, such as books, G-d's name may be spelled out.

'Get up, get out and get fit'

By Chris Calkins
45th Space Wing
Public Affairs

Command Chief Larry Malcom doesn't pull any punches when he talks about the new PT standards the Air Force will officially put into action July 10, 2010, giving Airmen a six-month reprieve before the new rules take place.

"The delay in the implementation of the new AF standards only solidifies the concern for our Airmen that the new requirements will be tough. Our Airmen need to 'be ready' in January to have their fitness at an all new level," he said. "It's time for a New Year's resolution and fitness needs to be a part of it."

Airmen will test twice in Calendar Year 2010 – and bi-annual testing starts next month. Airmen will continue to test under current fitness requirements/scoring until July, and their scores on the current fitness test will count and EPRs/OPRs will be annotated accordingly until then he said.

Malcom also said he thinks the delay will be a positive thing in the long run.

"This approach will enable us to get into

the new fitness battle rhythm now, while allowing Airmen the opportunity to see how they'll fare under the new standard," he said.

"And just as importantly, it affords commanders adequate time to establish an installation Fitness Assessment Cell, and it demonstrates our commitment to improve Airmen fitness while holding Airmen accountable for their scores throughout the transition process," he said.

For those needing help in meeting the new standards, help can be found simply by stopping by the Fitness Center and Health and Wellness Center.

"The Fitness Center offers a wide variety of group exercise classes, state of the art fitness equipment, and highly certified staff to assist members in improving their fitness levels," said Randall Hubbard, HAWC exercise physiologist.

"And the Health and Wellness Center provides classes and services to improve members fitness and health including: nutritional counseling, tobacco cessation, exercise program design, body fat



Photo by Chris Calkins

The new PT rules apply to all Airmen, both active and reserve. Master Sgt. Sheri Harrison, Base IMA Administrator, leads by example for IMA's assigned to the 45th Space Wing. All reservists will test twice per year to ensure they meet AF wide READINESS standards. Command Chief Larry Malcom said the individual Airman is most responsible for getting themselves prepared for the changes that are coming. "Give yourself the gift of fitness," he said.

measurements, and gait analysis to determine proper running/walking shoes," he said

Under the new standards, the aerobic run will count for 60 percent of the test. Body composition will count for 20 percent. Under the current standard, they count for 50 and 30 percent, respectively. The sit-up and push-ups remain at 10 percent

each.

The new standards have differently valued waist measurements and 15 seconds, rather than 30, separating run scores.

Passing the test will require a composite score of 75 while also meeting a minimum level for each component. The new physical fitness test will place Airmen in one of five age groups: less than 30, 30-39,

40-49, 50-59 and 60-plus. Results will fall into one of three categories: 90 and above, excellent; 75-90, satisfactory; and under 75, unsatisfactory.

Chief Malcom said while this is an "all in" effort by the entire Air Force team, it is the individual Airman who is most responsible for getting themselves prepared for the changes that

are coming.

"You may have six months before the new Air Force fitness standards count, but instead of just sitting on the sofa and watching all the holiday football games, get up, get out and get fit," he said.

"And push-ups – away from the dinner table – can be a good idea too. Give yourself the gift of fitness."

Pool safety at home

Residential pools are inherently hazardous to children if unsupervised and the pool is not adequately protected to prevent inadvertent entry.

Nationally, 4,000 children drown in swimming pools and another 12,000 suffer from some form of permanent brain damage. Sadly, 77 percent of the children were missing for five minutes or less. Protect your children by taking the following actions:

First and foremost - Never leave a child unattended and

supervised.

Teach your child how to swim.

Pool fences must be installed (minimum 4' high) and have entry gates that open outward away from the pool and be self closing/w a self latching locking device.

The gate release mechanism must be located on the pool side where it can't be reached by a child.

If pool barriers (child fences entirely surrounding pool) are not installed, the dwelling windows and doors that access the pool must



be equipped with electronic alarms.

Gates and Electronic Alarms- inspect routinely and repair immediately. If unsure about your pool meeting safety requirements, contact a local licensed pool contractor.

Sunday 13	Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18	Saturday 19
<p>20 Sunday Brunch 10 a.m. - 1:30 p.m. The Tides</p> <p>Football Frenzy noon The Tides</p> <p>Family Day 1 - 6 p.m. Bowling Center</p>	<p>21 Boater Safety Training 9:30 - 11 a.m. Outdoor Recreation</p> <p>Story Time 10 a.m. Library</p>	<p>22 Out of School Holiday Bowling Special</p>	<p>23 Holiday Luncheon 11 a.m. - 1 p.m. The Tides</p> <p>Out of School Holiday Bowling Special</p>	<p>24</p>	<p>25 Christmas Day (Federal Holiday)</p>	<p>26 Glow in the Dark Holiday Break Bowling Special 7 - 11 p.m.</p>
<p>27 Sunday Brunch 10 a.m. - 1:30 p.m. The Tides</p> <p>Football Frenzy noon The Tides</p> <p>Family Day 1 - 6 p.m. Bowling Center</p>	<p>28 Boater Safety Training 9:30 - 11:30 a.m. Outdoor Recreation</p> <p>Story Time 10 a.m. Library</p>	<p>29 Out of School Holiday Bowling Special</p>	<p>30 Out of School Holiday Bowling Special</p>	<p>31 Out of School Holiday Bowling Special</p> <p>New Year's Eve Party 7:30 p.m. Marina Event</p>	<p>JAN. 1 Happy New Year! (Federal Holiday)</p> <p>Breakfast Buffet 6:30 - 10:30 a.m. Golf Course</p> <p>New Year's Day Classic 8 a.m. Golf Course</p>	<p>2 \$2 Game Special 1 - 11 p.m. Bowling Center</p>
<p>3 Sunday Brunch 10 a.m. to 1:30 p.m. The Tides</p> <p>Football Frenzy noon The Tides</p>	<p>4 Pre-Separation Briefing 9 - 10:30 a.m. A&FRC</p> <p>Boater Safety Training 9:30 - 11:30 a.m. Outdoor Recreation</p>	<p>5 Running Incentive Program Starts 7:30 - 8:30 a.m. HAWC</p> <p>Airman Financial Mgt Class 10 a.m. to 4 p.m. A&FRC</p> <p>Lunch, Learn & Move noon to 12:45 p.m. HAWC</p>	<p>6 College 101 Briefing 9 a.m. Education Center</p> <p>Credit Reports Class 11 a.m. to 12:30 p.m. A&FRC</p> <p>Karaoke 4:30 - 7:30 p.m. Shark Hut</p>	<p>7 Elvis Tribute Dinner Show 5 - 8 p.m. The Tides</p>	<p>8 Monthly Run/Walk 7 a.m. at Patrick Fitness Center & 7:30 a.m. at CCAFS Fitness Center</p> <p>Applying for Air Force Jobs Class 9 - 11 a.m. A&FRC</p> <p>Stew-a-Brew 101 - Beer Tasting 4:30 - 9 p.m. The Tides</p>	<p>9</p>
<p>To publish events of base-wide interest in future issues, e-mail missileer@patrick.af.mil</p>						

Design the GOES-P patch!

CALLING ALL ARTISTS. Do you have what it takes to design a genuine 5th Space Launch Squadron Mission Patch? This is the emblem that represents months of dedication and hard work that culminates in the liftoff and placement of a true national treasure.

This mission is a next generation weather satellite called "Geostationary Operational Environmental Satellite P" or GOES-P.

All patch submissions must include:

- The name of the mission (GOES-P)
 - The words (USAF, ULA, NASA, NOAA)
 - 2 lightning bolts & a hurricane
 - 1 Delta IV Rocket
- All submissions must be in good taste and become property



of the 5 SLS. A winner will be chosen by the 5 SLS and their design immortalized forever.

The winner will receive a copy of their winning patch and possibly a close up view of the launch (due to operational concerns, launch viewing cannot be guaranteed).

Send all submissions or questions to scott.nakatani@patrick.af.mil by Friday, January 8, 2010.

POC:
1stLt. Scott Nakatani,
730-6089.

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 Airman's Attic, Loan Locker, PCS Loan Locker and Coupon Corner. Family Services assists DoD personnel with loan items on a temporary need basis such as; kitchen wares, futons, high chairs, car seats, portable cribs, playpens, strollers, etc.

Family Services is open from 9 a.m. to 3 p.m. Monday through Friday. If you are looking to add to your resume experience in human resources, information/referral or office management, consider volunteering for this proud and historic agency that has been taking care of its own since 1956.

Have a high school teenager looking to fulfill their community work requirement? Give us a call. Minimum age is 15. For additional information you may contact Mr. Noto at 494-5675/6.

Tax Volunteer Training Coming

The VITA (Volunteers In Tax Assistance) program for the 2009 Tax Year will be offered to the PAFB Community beginning in February 2010 and run through April 15, 2010. The VITA program offers federal tax return electronic filing service free of charge to all Active Duty, National Guard, Reserve and Retired military personnel, and civilian personnel in the PAFB community. The VITA Program is sponsored by the PAFB Legal Office and is offered in conjunction with the IRS. The VITA program is administered and staffed by volunteers.

Volunteer positions include Tax Counselors for tax return preparation and Client Facilitators. A volunteer working in the Tax Counselor position will be required to attend and complete the training program, successfully complete the IRS certification exam and agree to the IRS Standards of Conduct. The Counselor training will be provided locally during the month of January 2010. The Client Facilitator position performs the scheduling of appointments, answers the telephone and greets the clients.

A half-day training session will be provided for the Client Facilitator position in January 2010. Client Facilitators must agree to the IRS Standards of Conduct.

To volunteer for the VITA Program or to obtain additional information, please contact Don Winterich at 321-427-0472.

Marina Membership Holiday Social/Open House

The Manatee Cove Marina will host their Membership Holiday Social/Open House Saturday between 4 - 7 p.m. There will be a great selection of hors d'oeuvres, holiday treats, music and prizes (prizes will be drawn the following day - you do not need to be present to win). Dress is nice/casual for this free "members only" event. Family members are welcome too, but please - no guests. For more information, call 494-7455.

Christmas Day Meal at Riverside Dining Facility

The Riverside Dining Facility will be open to all active duty and retired military members and their families for the Christmas Day holiday meal on Friday, Dec. 25, from 11 a.m. to 6 p.m. For more information, call 494-4248.

Marina New Year's Eve Party

The Manatee Cove Marina has two great parties members can choose from this New Year's Eve. Both start at 7:30 p.m. Inside, for only \$10 per person, get all gussied up and enjoy the nice hors d'oeuvres and the great sounds of B&R Entertainment. Tickets are on sale now and seating is limited.

For those looking for a more casual atmosphere, join the party outside on the deck/Tiki Bar. Music will be provided by Phoenix Entertainment and there will be free snacks. It's open seating on a first come basis. Party hats and champagne will be available at midnight at both parties. For more information, call 494-7455.

Bowling Center Specials

The Rocket Lanes Bowling Center will feature the following specials in December: **Family Day** - every Sunday, 1 - 6 p.m., bowl for just \$1.25 per game, plus \$1.50 shoe rental; **Out of School Holiday Special** - Dec. 22 - 23, 29 - 31, \$1 games and \$1.50 shoe rental during open bowling; **Glow in the Dark Holiday Break Special** - all games are just \$2 on Dec. 26 and Jan. 2, 7 - 11 p.m. For more information, call 494-2958.

Extramural Bowling

Extramural Bowling begins Jan. 12. League games will be played on Tuesday evenings at 5:30 p.m. Cost is only \$8 and covers the cost of three games and shoe rental. Interested participants should get their four-person teams together and

call Chuck Cihal at the Rocket Lanes Bowling Center at 494-2958.

Framing Classes

The Arts & Crafts Center will hold the next framing classes on Jan. 9 and 30, from 9 a.m. to 4 p.m. Cost is only \$25 plus materials. Sign up required a minimum of 10 days prior to class date. For details and to sign up, call 494-4270.

Intramural Softball

Intramural Softball begins in January. League games will be played on Monday, Tuesday, Wednesday and Thursday evenings starting a 5:30 p.m. at Schobel Field in Pelican Coast. There is a player's pool for units that cannot field a team. Those interested should call Chez Sanchez, Patrick AFB Fitness Center Sports Manager, at 494-3187.

Airman and Family Readiness Center Classes and Events

The Airman and Family Readiness Center has a number of upcoming classes and events that many will find invaluable: **Pre-Separation Briefing, Jan. 4**, from 9 - 10:30 a.m.; **Fundamentals of Resumes Class, Jan 4.**, from 1 - 3 p.m.; **Airman Financial Management Class, Jan. 5**, from 10 a.m. to 4:30 p.m.; **Families in the Know Class, Jan. 5**, from 6:30 - 7:30 p.m.; **Credit Reports Class, Jan. 6**, from 11 a.m. to 12:30 p.m.; **Applying for AF Jobs Class, Jan. 8**, from 9 - 11 a.m.; **Story Time for Kids of Deployed, Jan. 11**, from 10 - 10:30 a.m.; **WIC, Jan. 13**, from 8 a.m. to 12:30 p.m.; **Time Management Class, Jan. 13**, from 11 a.m. to 1 p.m.; **Thrift Savings Plan Class, Jan. 13**, from 5 - 6:30 p.m.; **Smooth Move Class, Jan. 14**, from 9 - 11 a.m.; **Bundles for Babies/Newborn Care Class, Jan. 14**, from 5:30 - 7:30 p.m.; **Newcomer's Orientation Briefing, Jan. 19**, from 7:30 to noon; **Sponsorship Training, Jan. 20**, from 9 - 10 a.m.; **Elder Care Class, Jan. 20**, from noon to 1 p.m.; **Spouse Orientation, Jan. 20**, from 1 - 3 p.m.; **SBP, Jan. 21**, from 9 - 10:30 a.m.; **Career Change Class, Jan. 21**, from 11:30 a.m. to 12:30 p.m.; **Holland Assessment, Jan. 22**, from 9 - 10:30 a.m.; **2 to Go, Jan. 26**, from 9 - 11 a.m.; **Families of Deployed Dinner, Jan. 26**, from 6 - 7 p.m.; **WIC, Jan. 27**, from 8 a.m. to 12:30 p.m.; and a **Red Cross CPR/First Aid Class, Jan. 30**, from 9 a.m. to 4 p.m. For details, call 494-5676.

Year of the Air Force Family Competitions

In support of the Year of the Air Force Family, airmen and eligible patrons of Air Force MWR programs can compete in a short story, video short, original song, and photography competition. One winner in each category (youth and adult) will be selected to win an Apple Mac Book laptop and Adobe Creative Suite 4 Design Premium software valued at about \$2,000. Contest details are available at: www.myairforcelife.com

Lunch, Learn and Move

The Health and Wellness Center (HAWC) is hosting a "Lunch, Learn & Move" on Jan. 5, 12, 19 and 26, from noon to 12:45 p.m. The program is designed to assist individuals in achieving goals of improved health, fitness, and weight loss. Each week covers a different health and fitness topic, like healthy eating, stress management, etc. Thirty minutes of each class is in the classroom. The final 15 minutes is spent performing a light fitness activity. For more information and to sign up for a class, call the Patrick AFB Fitness Center at 494-4947.

Running Incentive Program

The Health & Wellness Center (HAWC) starts their Running Incentive Program on Jan. 5,

New Year's Day Classic Golf Tournament

The Manatee Cove Golf Course is hosting a New Year's Day Classic Golf Tournament. Shotgun start is at 8 a.m. This two-person team event has three separate formats of six holes each (best ball, scramble, alternate shot). Players receive 40 percent of the team handicap. Cost is only \$35 for annual pass holders, \$40 for annual fee card holders and \$54 for all others. Players receive a \$5 discount by signing up before Dec. 25. A breakfast buffet is included for all tournament participants. For details, call 494-GOLF.

New Year's Day Breakfast Buffet

The Manatee Cove Golf Course is hosting a breakfast buffet on New Year's Day from 6:30 - 10:30 a.m. Cost is \$6.95 per person. The regular breakfast menu will not be offered during this special. Normal lunch menu begins at 10:30 a.m. Call 494-GOLF.



from 7:30 - 8:30 a.m. The program helps military members improve their fitness and 1.5 miles run times. Participants meet at the HAWC and WarFit track on a monthly basis to discuss training methods, progress and to re-establish goals. Register at the front desk of the Patrick AFB or CCAFS Fitness Center. For more information, call 494-4947 (Patrick) or 853-3966 (CCAFS).

Kid's Night Out

Youth Programs is hosting the next Kid's Night Out on Jan. 8, from 6 - 11 p.m. It's "Story Book Night" and children in K-6th grade are encouraged to bring their favorite book to share. This is a very fun event for all attendees with games, arts and crafts, sports/fitness, dinner and more. Cost is only \$20 for members and \$25 for non-members. Show your AF Services Card and receive a \$5 discount. Sign up by COB Wed, Jan. 6. For details, call 494-4747.

Monthly Run/Walk

The Patrick AFB Fitness Center is holding the monthly run/walk on Jan. 8, starting at 7 am. The CCAFS Fitness Center is holding their run/walk at 7:30 am. Commander's Cup Points will be awarded. Participants register the day of the event. For more information, call 494-4947 (Patrick) or 853-3966 (CCAFS).

