

THUNDERBOLT

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Get fighting fit in 2011 - page 10



Photo by Nick Stubbs

Dedication to a fitness program means discipline, which for many meant spending the remaining hours before holiday leave Dec. 30 working their bodies at the Short Fitness Center. U.S. Navy Petty Officer 3rd Class Taylor Gehricke pushed the limits of his biceps in the gym's weight room. More pictures - page 10.

COMMANDER'S CORNER



Back at it for 2011; this week's standouts

by Col. Lenny Richoux
6th Air Mobility Wing commander

This week allowed the MacDill family to jump back into our regular operational tempo from the holiday break. I enjoyed seeing and talking with many of you at your group and squadron-level holiday functions. These occasions provided me the chance to connect with the people who make the mission happen.

I want to first thank all of you, especially the commanders and supervisors for your analog leadership over the holidays. We had no major incidences over the holiday period, and I'm grateful to you for that.

We are gearing up for this month's Operational Readiness Inspection and I want to maintain our safety record with zero on and off-base mishaps. Please continue to engage on the topics of comprehensive readiness as leaders and within peer groups.

We are ready for the Inspector General team and I know we will do an OUTSTANDING

job. You've already shown you possess the skill and know-how to execute the mission while inspected and there is no reason to expect anything different. Keep up the incredible work.

And now, on to shoutouts. The 6th Medical Group's Public Health Team maintained the #1 spot in AMC for occupational health compliance. It conducted 161 audiograms for the month of December, processed 108 Combatant Command deploying members and conducted 30 public food facility inspections. Additionally, the team participated in the Sincerely Santa Program working with the Hillsborough County Sheriff's Office. It is also clearing 650 ORI players from two wings in preparation for the ORI.

The 310th Airlift Squadron recognized the performance of **Tech. Sgt. Nicholas "Nick" Gomez**, of C-37A Evaluator Flight this month. Sergeant Gomez was asked by AMC/A3V to travel to Andrews AFB to perform as an evaluator during the 89th Airlift



Col. Lenny Richoux addresses newly arrived Team MacDill members at a newcommers briefing.

Wing's ongoing Aircrew Standardization and Evaluation Visit. During the four-day tasking, he administered nine check rides and flew three sorties on two different aircraft. Upon his return from Andrews AFB, Sergeant

Gomez received "Excellent" rating results from a weeklong mission in Southwest Asia.

I am proud to serve with you in the finest Air Mobility Wing on the face of the planet! Happy New Year!



COMMANDER'S ACTION LINE

The Action Line provides a two-way communication between the 6th Air Mobility Wing commander and the MacDill community. A 24-hour recording service is provided so personnel may submit questions, concerns or comments. Call the Action Line at 828-INFO (4636) or e-mail macdillwingcommander@macdill.af.mil



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MacDill Thunderbolt

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Every article and photograph is edited for accuracy, clarity, brevity, conformance with the "Associated Press Style-



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Events, movies, more...

E-cigarette like any cigarette, says 6th MDG commander

by Nick Stubbs

Thunderbolt editor

Giving up the smoking habit may be one of the most common New Year's resolutions, but MacDill's health pros are warning that E-cigarettes, plastic cigarette doppelgangers that deliver nicotine-charged puffs of water vapor, are not an Air Force approved smoking alternative for Airmen.

While the devices remain under study by the Federal Food and Drug Administration, the Air Force guidance now is they are con-



Courtesy image

Components of an E-cig.

See E-CIG, Page 16

Teddy Bear Drop shows difference a single Airman can make



Courtesy photo

Volunteer Airmen from MacDill at All Children's Hospital take time for a snapshot with a collection of teddy bears for the sick children there. The group went to the hospital Dec. 17 to deliver the bears to children and brighten their holiday.

by Nick Stubbs

Thunderbolt editor

People ask, "What difference can an ordinary Airman make?" The answer is, "A lot," said Chief Master Sgt. Craig Hall, 6th Mission Support Group.

His assessment was proven recently by Airman 1st Class Derek Furlong, a 6th Maintenance Squadron journeyman, who in a regular meeting for dorm residents brought up the idea of doing something special for the holidays for sick children at All Children's Hospital in St. Petersburg. It resulted in the first All Children's Hospital Teddy Bear Drop.

The idea was simple: Collect donations of teddy bears and money to buy bears and support the initiative to brighten the day for children confined to the hospital during the holidays.

"I wanted to do something worthwhile and that could carry on," said Airman Furlong. "It seemed like a good thing to do."

That is was, said Chief Hall.

"When you see a young Airman step up and propose and organize something like this, it tells you a lot about their character, and it tells

us just how much difference (our youngest servicemembers) can make; I can't say enough."

Airman Furlong said the idea took off from the time it was suggested Dec. 9. Overwhelming support came in from volunteers, their friends and family members who wanted to help. So many offers to help came in, some had to be turned away, he said, as All Children's has a cap of 15 volunteers for such events. More than \$1,000 was raised for the project.

Helping coordinate with local retailers participating was Senior Airman Tawny Uemera Oquendo and Tech. Sgt. Cortnie Woods.

The bear drop was held Dec. 17, and it was a hit for the kids at the hospital, said Airman Furlong, adding that the reward for volunteers was equally satisfying.

"We were all overcome with joy to see how happy the teddy bears made the children," he said.

The plan is to repeat the event next year, making the teddy bear drop a MacDill holiday tradition.

"I am excited to see what we can do next year with more time to coordinate," said Airman Furlong.



Building a flying hospital; 'sky-medics' in 29 days

by Staff Sgt. Shawn Rhodes
927th Air Refueling Wing

It's parents' and Soldiers' worst nightmare: during a foot patrol in Afghanistan an improvised-explosive device or a sniper's round finds its mark on an American servicemember. After initial triage in the field and transportation to an aid center, the troop is sent off the front line to receive urgent care at a modern hospital. Whether the wounded are on their way to a burn clinic or to have a limb re-attached, the fastest way to get from the war zone to the home-front is with an aeromedical evacuation team. These are the teams saving lives by running 'hospitals in the sky.'

With new casualties coming in from combat theaters and disasters around the world, there is always a need for highly-trained doctors, nurses and medics to care for them. While the vast majority of these medical professionals work in state-of-the-art hospitals or in a tent within earshot of incoming rounds, there are a select few who choose to be the conduit - the link - the between front-line care and rear-echelon recovery.

Making these 'sky-medics' requires 29 days of specialized training and annual certifications aboard a flying hospital. The training scenarios are sometimes little more than a few stretchers loaded onto a tanker aircraft that pale in comparison to the 50-75 bed scenario they are likely to encounter during a real-world operation. However, the small training space allows each of them to receive personal instruction from those who have done the job themselves - and have saved lives.

"When you're caring for a Soldier who has just lost a limb, you have to be on top of your game," said Senior Airman David Brooks, a flight medic with the 63rd Aeromedical Evacuation Squadron. The Nashville, Tenn. native knows first-hand the demands of caring for America's wounded heroes - the flight medic recently returned from a four-month deployment to Afghanistan. There, he and his teammates were challenged daily with making sure the troops they cared for in the sky received the best care possible. He and 11 other flight medics and nurses recently participated in one of their annual in-flight training requirements



Photo by Staff Sgt. Shawn Rhodes

Senior Airman Robin Croft, a flight medic with the 63rd Aeromedical Evacuation Squadron, reviews paperwork while a teammate-patient sleeps nearby. Croft is training with her unit to prepare to handle real-world patients, many of whom will come from combat zones. As part of the training, the Plant City, Fla. native is required to spend time in her gas mask. All flight medical personnel have to be qualified to do their jobs in a chemical, biological, or nuclear-attack setting.

over the United States to ensure they could keep up with the fast-paced tempo and make the split-second decisions that could mean the difference between life and death for other servicemembers.

"During this mission we are testing each of these Airmen on 21 separate items to ensure we give our wounded troops the best care that we can," said Maj. Barry Van Sickle, the flight commander for professional development and medical crew director with the 63rd AES. "We'll take these Airmen through different emergency scenarios so they can practice what they've learned. From the time they get on the aircraft, its wheels-up to wheels-down training for them. It doesn't stop for four days."

The training they receive on the KC-135 Stratotanker aircraft will mimic a real-world scenario as much as possible. Scenarios start for each medic when they receive the paper-

work that accompanies each patient. This paperwork is vital because it contains needed information such as known allergies, morphine doses administered and whether or not a tourniquet was applied to the patient. If the medics don't have a clear treatment history on each patient they could inadvertently cause more harm while the servicemember is transported. The paperwork also provides a record for the doctors who will guide the patient to recovery in the United States. Once everything is signed for, the troop receives an initial assessment to see whether any immediate care is needed.

"In a real-world scenario, we could take on anywhere from 50-75 patients, all with different statuses. We need to know pretty quickly what each patient needs," said 2nd Lt. Alex Mendoza.

Hailing from Puerto Rico, Lieutenant Men-
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HOSPITAL

From Page 4

doza is a traditional reservist with the 63rd AES. He conducted his first orientation with the unit during the recent training mission to gain an overview of what these medics do. There is no telling when the call might come for Lieutenant Mendoza and his teammates to put their skills to use. It's vital they are not only competent medics but can also operate in the less-than ideal environment of a decades-old airplane.

"This type of training gets everyone comfortable in the airplane," said Airman Brooks. "They need to put their medical knowledge and the ability to work in the airplane together in order to do the job."

Like many medical professionals, some sky-medics are a little intimidated by seemingly endless rules and procedures in place to ensure patients receive top-notch care. Each Airman carries a book full of checklists they must learn and abide by when performing their medical duties.

When Lieutenant Mendoza is not serving as a flight nurse for the 63rd AES, he works as a nurse in a local hospital; that means he sees a lot of paperwork on both on the civilian and military sides of the medical profession. He said he understands why there are so many procedures and rules he must learn during his 29 days of initial training and subsequent training flights. The procedures are in place to make sure he and his team provides the best quality of care possible to the patients, he added.

"I do the same thing in my civilian job, but there's a big difference," Lieutenant Mendoza said. "These military patients are making huge sacrifices. It's an honor to make sure they are getting the right treatment and are getting home safe."

MacDill top HAWC again

by Nick Stubbs

Thunderbolt editor

Winning recognition is something the MacDill Health and Wellness Center has gotten used to, but when news came recently that it had once again won Air Mobility Command HAWC of the year, the feeling, as go the lyrics of a famous rock ballad, was “like the very first time.”

Not only was it not the first time, it was the second consecutive time for an AMC award the HAWC has won five times.

“We were so taken back when we found out,” said Joan Craft, HAWC director. “It’s something we won before, but this one was really special to us because of all the hard work we put in this year (2010).”

The award puts the MacDill team up for the Air Force-level competition, decided by the end of January. The MacDill HAWC has won the Air Force title twice.

“We’ve had a lot of success with our efforts and program here,” said Ms. Craft. “We have such a great team together right now; I believe this is the best staff we’ve had since 1997 and I can’t say enough good things about the work they are doing.

“It was a team effort, and that’s for sure.”

Ms. Craft said the HAWC crew puts in the time it takes, with “extra mile” being just a matter of course for them.

“They are go-getters and it’s wonderful when that results in this kind of recognition for them,” she said. “We are very pleased, especially to win twice in a row.”

Fit for 2011
Fit to fight
Fit for you

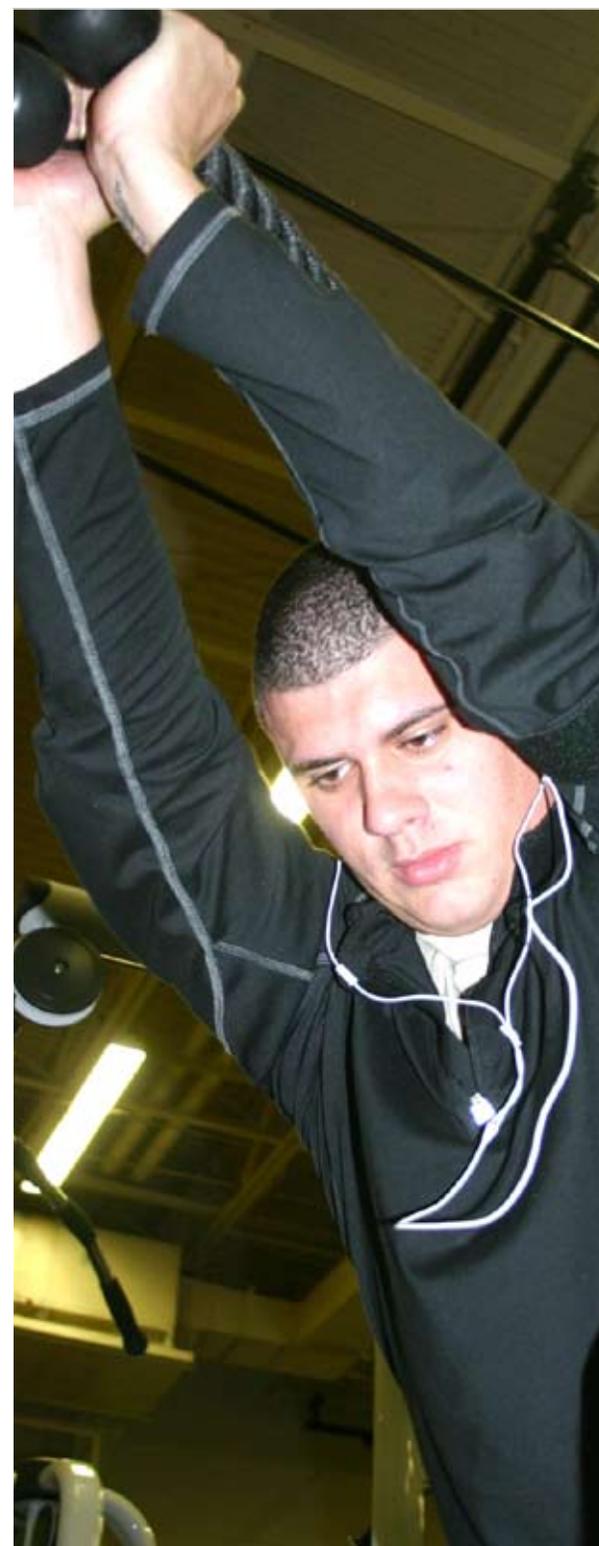
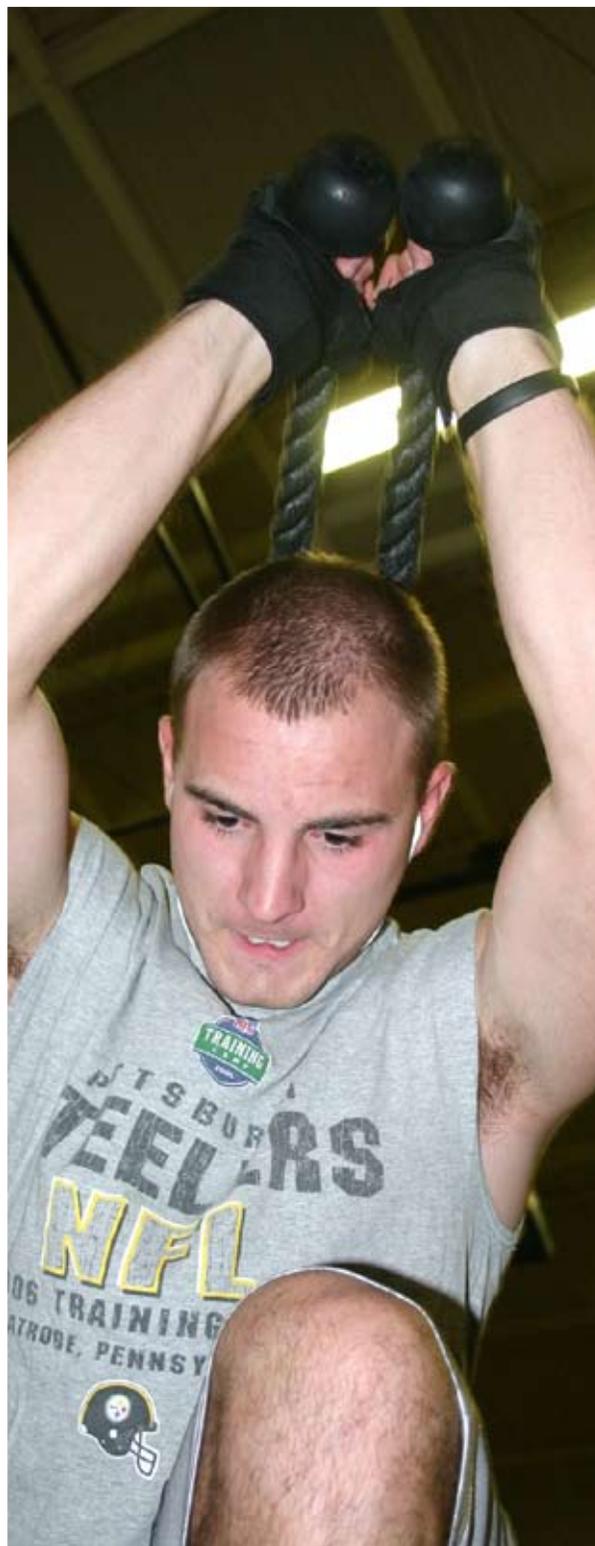


Physical fitness is a cornerstone of readiness, fitness hub for many on base. The evening of Dec. 30, 2010, marked the start of the new year building program. 1st Class Andrew Glasser, 6th MDS, lifts off for the new year building program at the base gym Dec. 30. (Above) Isaiah Gehricke, a civilian, performs a pull-down bar in the fitness center weight room.



Photos by Nick Stubbs

and the Short Fitness Center at MacDill is the Dec. 30, many base members spent the buildup ing their endurance and muscles. (Left) Airman a layup in a friendly game of basketball in the vilian with his eye on military service, works the



Photos by Nick Stubbs

A workout partner is a good way to stay motivated and on point, which is why 6th Security Forces members Airman 1st Class Nicholas Matzdorf (Left) and Senior Airman Ravens Craft teamed up Dec. 30 to help each other through a few pre-holiday reps in the base gym. Both agreed fitness is an important aspect of their jobs, and working out together embraces the wingman philosophy.



'There I was'

Stacy M Jones, Staff Sgt, USAF

Recreation NCOIC Falcon Cafe 387 ESPTS/FS

"I just wanted to share a photo of good things happening here on my deployment. Here is a photo of the SVS staff receiving the Team of the Month Award.

We will be going up for the Wing award, and find out next week. We also got coined for a wonderful Thanksgiving feast and celebration we hosted. I'm so excited and wanted to share the good news with my 6 Force Support Squadron family. Happy New Year."

Enhance your leadership skills at MacDill PDC

by **Tech. Sgt. Breann Green**

6th Force Support Squadron

The Professional Development Center at MacDill Air Force Base has a vision to help develop leadership and mentorship skills to all Airmen by providing courses and seminars. They are doing just that by offering courses for all tiers, branches, and leadership levels supported by more than 30 base agencies. They offer Professional Enhancement courses for Airmen, NCOs, SNCOS, and Flight Commanders quarterly with the exception of SNCO PE course which is held semi-annually. Visit the MacDill PDC Community of Practice website at <https://afkm.wpafb.af.mil/community/views/home> for more information and to register for any of

See PDC, Page 17



Medical Group standouts honored with AMC awards

by Nick Stubbs
Thunderbolt editor

Fifteen individuals and three teams from MacDill took top honors in recent 2010 Air Mobility Command Medical Service Awards. The showing is one to be proud of,

said Col. Dennis Beatty, 6th Medical Group commander.

“There is a lot of the great work being done every day by the members of the 6th Medical Group,” said Colonel Beatty. “This is a small representation of that (work).”

Colonel Beatty said 74 award packages were presented to Air Mobility Command for the annual competition. That a quarter of the submissions were chosen for awards is “commendable and something to be proud of,” he said.

AMC Medical Service Award winners:

Brigadier General Sarah P. Wells Outstanding Airman Award: Brian R. Balcolm - 6 MDOS/

SGOPB
Brigadier General Sarah P. Wells Outstanding SNCO Award: Melissa L. Ebenhoeh - 6 MDOS/SGOP

Outstanding Civilian Bioenvironmental En-

gineering of the Year Award: Melissa L. Ebenhoeh - 6 MDOS/SGOP

Outstanding AF Field Grade Audiologist/Speech Pathologist of the Year Award: Jennifer A. Tay - 6 AMDS/SGPF

USAF Clinical Laboratory Civilian Scientist of the Year: Bert J Gore - 6 MDSS/SGSL

USAF Laboratory Technical Level

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AWARDS

From Page 3

Civilian of the Year: John W. Hivner, Jr
- 6 MDSS/SGSL

**USAF Category II Laboratory Team
Award:** 6 MDSS/SGSL

**USAF Colonel Donald D. Dunton Oph-
thalmic Airman of the Year Award:**
David N. Thomas - 6 AMDS/SGPE

**USAF Colonel Donald D. Dunton
Ophthalmic NCO of the Year Award:**
Courtney M. Vitamvas - 6 AMDS/SGPE

USAF Maxine Beatty Award: Julie C.

Smith - 6 MDSS/SGSD

**Outstanding Health Plan Manage-
ment Civilian of the Year Award:** R.
Kaye Sass - 6 MDSS/SGST

**CMSgt Anton Zembrod Award for the
Outstanding Air Force Diagnostic
Imaging Technologist Airman of the
Year:** Kimberly D. York - 6 MDSS/SGSQ

**CMSgt Anton Zembrod Award for
the Outstanding Air Force Diagnos-
tic Imaging Technologist Civilian of
the Year:** Doreen A. Niemann - 6 MDSS/
SGSQ

Outstanding Category 2 Diagnostic

Imaging Team of the Year Award: 6
MDSS/SGSQ

**Olson/Wegner Outstanding Aero-
space Medicine NCO of the Year
Award:** Christopher A. Pina - 6 AMDS/
SGPF

**Olson/Wegner Outstanding Aero-
space Medicine SNCO of the Year
Award:** Misty L. Varner - 6 AMDS/SGPF

**Bill Kinder Medical Readiness Civil-
ian of the Year:** Rex A. Hobbs - 6 MDSS/
SGSX

**USAF Best Large Base Health Promo-
tion Program Award:** 6 AMDS/SGPZ

E-CIG

From Page 3

sidered the same as a traditional tobacco cigarette, said Col. Denis Beatty, 6th Medical Group commander. That's important to know, he said, because some Airmen may believe they are opting for something less harmful than cigarettes, or that they are taking a step in the right direction by adopting the electric devices, which look like a real cigarette, right down to the glowing tip.

"The FDA has found harmful substances in analyzing some of them (E-cigarettes)," said Colonel Beatty. "They are still studying, but for now we consider them the same as a tobacco product."

Colonel Beatty said Airmen should know that just because the devices omit water vapor rather than smoke, it doesn't mean they can be used in non-smoking areas. He notes that

users of the E-cigarette will have to use them in designated smoking areas.

In the end, the goal is to get the MacDill population to stop puffing on any nicotine product, Colonel Beatty said. Increasing the number of locations on base that are smoke-free zones, and education efforts to ensure the health risks are known will continue. Stop-smoking programs and classes conducted by the MacDill Health and Wellness Center will continue to receive strong support, and anyone serious about kicking the

habit should contact the HAWC, Colonel Beatty said.

"The DoD spends \$800 million a year on tobacco-related illnesses, which is a burden born by the taxpayers," said Colonel Beatty. "Overall in the country, it's \$315 billion."

Colonel Beatty went on to say he's making it a top priority to reduce the number of smokers at MacDill.

"The 6th Medical Group wants to do everything it can do to stop smoking's ill effects," Colonel Beatty said.



EVENTS

Saturday

Base Beach

Sounds & Sand – Free Live Music by the Tri Power Trio from 2-6 p.m. Everyone Invited!

Sunday

MacDill Lanes

King & Queen of the Hill Tournament at 2 p.m. \$25 per person; Come out & prove your skills!

Penny-A-Pin – Sundays in January from 1-8 p.m. Bowl a 75, pay 75¢; Shoes \$2.

Tuesday

Arts & Crafts Center

Florida Lap Quilt Class from 9 a.m.-3 p.m. Kits are \$50.

Wednesday

Fitness Center

Fit Over Fifty from 9-10 a.m. Learn equipment orientation, proper form and technique, resistance training, cardiovascular fitness and flexibility.

Arts & Crafts Center

Mini Matte Cutting from 2-4 p.m. \$5 per person. Learn the basics of hand-cutting a matte for your pictures. Teens Welcome.

Base Library

Family Story Time at 7 p.m. “The Big Snow.”

Thursday

Base Theatre

Free concert! The United States Navy Band Commodores Jazz Ensemble at 4:30 p.m.

For more information please visit our website at www.macdillfss.com

PDC

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the following courses or seminars.

Below are the descriptions for some of the courses offered through the center.

The Airmen PE seminar is designed to help Airmen become leaders within their own tier and to develop the skill to influence others. The center staff has incorporated John C. Maxwell’s DVD curriculum titled “360 Degree Leader” and MacDill NCO’s wisdom and guidance to this seminar. Airmen who have been in service for one to three years are authorized to attend and should register for the next course scheduled for Jan. 18 – 20.

The NCOPE and SNCOPE are designed to increase the tier’s leadership skills, resource knowledge, and help with professional development. The center staff has incorporated a knowledge and wisdom from members of the Top 3 and Chiefs group. The Career Assistance Advisor sends out a list of individuals who are eligible and requirements for these courses no later than one month prior to the course date.

The Flight Commanders course was created to give newly appointed flight commanders and/or flight chiefs more knowledge and information on all resources available to them to help guide and mentor Airmen that work for them. Officer, enlisted, and civilians in a flight level position are authorized to attend. The next FLT CC’s Course is scheduled for Feb. 2 – 3.

Last but not least the center staff has incorporated three John C. Maxwell DVD curriculums to

the list of courses for 2011. John Maxwell is a well sought after leader, mentor, and speaker who has sold more than 19 million books. These courses are open enrollment for all officers, enlisted, or civilian government employees. All the courses are four and a half hours long and enrollment is open on the CoP one month prior to the class date.

The first course is titled “John Maxwell Signature Series” which includes lessons from his favorite books including “Talent is never Enough,” “360 Degree Leader,” “Winning With People” and “Today Matters.”

In the “Leadership Gold” course, John Maxwell teaches 26 lessons ALL leaders should know to become a successful leader.

The final John Maxwell course, titled “Developing the Leader within You,” explains what a Leader is, their influence, how to grow, and things to reflect on.

Senior Airman Dashikee Williams, 6th Force Support Squadron, got an opportunity to preview these courses.

“I think the curriculum is a very important teaching tool for new NCOs who have never been put in a situation where they have had to lead others. Entertaining as well as informative, he definitely made the information relatable,” she said.

For more information, contact Senior Master Sgt. Donald Clark, Career Assistance Advisor, at 828-1229, or Tech. Sgt. Breann Green, NCOIC, of FTAC and director of AMN PE and John Maxwell Cur-

CHAPEL SCHEDULE

Protestant services

Sunday - 9 a.m. – Praise Worship Service

9 a.m. – FamCamp Traditional Service (Nov.-March)

Noon – Gospel Service

5:30 p.m. - Mass

Sunday - 10:30 a.m. - Mass

Monday to Thursday: 12:10 p.m. - Mass

Catholic services

Saturday - 4:30 p.m. - Confession

Islamic services

Friday - 1:15 p.m. - Prayer Service

AT THE MOVIES

\$4 for adults / \$2 for children 828-2780

Friday - 7 p.m.

Harry Potter and the Deathly Hallows - Part I (PG-13)

Saturday - 3 p.m.

No Showing

Saturday - 7 p.m.

Unstoppable (PG-13)