

# THUNDERBOLT

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Top Airmen named



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A good deed indeed



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This week's standout



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AIRMEN



MISSION



COMMUNITY



TEAMMATES



On patrol - page 10

Photos by Senior Airman Shandresha Mitchell

Staff Sgt. Larita Nalls, 6th Security Forces Squadron patrolman, checks a traffic violator's credentials Feb. 10, at MacDill Air Force Base. Nalls returned to the patrol car after verifying the identity of the driver to write a citation. Enforcing traffic laws is just one of the security and safety duties conducted by 6th SFS patrolmen.

# COMMANDER'S CORNER



## It's worth it

by Col. Peter Santa Ana  
6th Mission Support commander

Many Airmen, soldiers, sailors, Marines and coasties join the military for the opportunities it provides. Jobs are secure, benefits are great and training is provided. The people are the best in the world. But serving in the military also presents challenges. Many of the challenges are daunting. Deployments are disruptive, moving is stressful, bosses are demanding, and there are constantly new things to learn and more things to do. Sometimes it feels overwhelming. Often service members wonder if it's worth it. I believe it is. Though serving the country and the world presents challenges and demands sacrifice, it also creates opportunities and bestows blessings on every individual who serves.

Whether you are a young or an older troop, enlisted or officer, Airman, soldier, sailor, Marine or coasty chances are you've been stretched by your experience serving in the military. You have

likely endured trials and faced frustrations. Many of our members do not know stability, because they have always served during a time of war. Hours are long and expectations are high. What has this done for you? Probably much. Reflect on the person you are now compared to the person you were before you joined. Each of us has learned new skills, met new people, and experienced new things. We have overcome obstacles and assimilated to new environments. We have grown, and the growth has made us better, stronger, wiser.

Anything worth having is worth working for. When it comes to character and personal development, this statement proves especially true. In life, what are the things most worth having? They are the things that cannot be bought, but are earned by engaging in worthwhile endeavors. Family, friends, security, peace, wisdom and integrity grow stronger as we persevere through adversity. Serving the country makes us better because each challenge is a catalyst for growth; each struggle strengthens our values, and each

difficulty demands greater performance. As a member of the United States military, the challenges you face provide valuable opportunities not only to serve the world, but also to grow as an individual. The vast experiences of military life build knowledge, stamina, tolerance and confidence in every member. High expectations produce high quality results that not only aid, protect and feed the world but bolster capabilities, performance and achievements of individuals.

As a part of the U.S. military you are a key component of ending oppression, aiding the needy, defending the helpless, and ensuring human rights. Every member contributes important parts to the whole. Your job facilitates the next person's job, and each task combines to achieve the many missions that rescue, defend, provide and enable. Your work is more than a job; it is a part of a whole that brings good to people around the world. Such noble work instills pride. It fosters self-confidence and the ability to accomplish goals. Serving in the military gives you prestige and makes you re-



Col. Peter Santa Ana

spected by millions of people who do not even know you, but more importantly, the work you do and the challenges you overcome give you respect for yourself. Meeting demands develops discipline, learning new skills increases value, meeting new people and travelling to new places builds an awareness of who you are in the world and gives you a community to belong to regardless of your lo-

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## COMMANDER'S ACTION LINE

The Action Line provides 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 email [macdillwing-commander@us.af.mil](mailto:macdillwing-commander@us.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 Stylebook and Libel Manual" and Air Force Instruction 35-101.



## Top wing performers of 2013 honored in ceremony

by Senior Airman Melissa V. Paradise

6th Air Mobility Wing Public Affairs

First there were many, than just a few, now just three. The 6th Air Mobility Wing held its annual awards ceremony Feb. 7, to recognize the accomplishments of 2013.

The Annual Awards Board consisted of six members, the superintendent from each group and the 6th AMW command chief, Chief Master Sgt. Thomas Mazzone.

The board spent endless hours looking at all the nominee's Air Force Fitness Management System Reports, individual biography's and the nominees Air Force Form 1206, which is comprised of 27 separate "bullets" detailing their accomplishments in leadership and job performance, significant self-improvement and base or community involvement. The NCO's had an additional criterion; they had a face-to-face meeting with the board members.

"Each of the board members selected an opinionated question which was asked to each of the nominees, allowing us to evaluate their communication skills, bearing, and knowledge," said Mazzone. "The categories were history and lineage, military customs, courtesies and protocol for special events, dress and appearance, current events, reciting and answering questions pertaining to the Airman's Creed, and a wild card question, asked by me."

Taking home the annual awards for the enlisted ranks were, Senior Master Sgt. Joseph Robinson, 2013 Senior NCO of the Year, Tech. Sgt. Toyre Hudson, 2013 NCO of the Year, and Airman 1st Class Noelle Defreitas-Adams, 2013 Airman of the Year.

Robinson, who took home the award for the 6th Mission Support Group, is the superintendent of the client services center, 6th Com-

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## Example of service before self turns into valuable birthday lesson

by Senior Airman Shandresha Mitchell

6th Air Mobility Wing Public Affairs

On Saturday, Feb. 1, Staff Sgt. Jonathan Desmond, 6th Security Forces Squadron military working dog trainer, and his wife Lilian, a former 6th SFS Airman, demonstrated a true example of service before self.

En route to their son's fifth birthday party, the Desmonds passed by the Ride2Recovery's Tampa Honor Ride, a charity bicycle ride to raise awareness and funds for adaptive bikes for wounded and injured veterans.

At that moment, one of the riders took a serious fall on a two-lane road. The Desmonds immediately pulled over to provide assistance.

"My wife and I saw the fall at the same time," said Desmond. "She immediately pulled over and removed the first aid kit to render aid to the fallen rider."

While they were helping the first rider, another rider took a more

serious fall.

"She [the second rider] had cracked her helmet pretty good," stated Desmond. "So we moved her to our vehicle to sit down."

As they were providing care to the two bike riders, a third rider took an even more serious fall in the middle of the street. At this point, the Desmonds really jumped in with both feet.

"As we approached her, she complained that she couldn't move; and she couldn't feel her legs," said Desmond. "She was getting cold, so my wife took the emergency blanket out of the first aid kit and laid it across her then kept her head stable."

The Desmonds then moved their vehicle to block one lane of traffic, took over directing traffic around the scene, and coordinated with the emergency medical technicians once they arrived.

"Jonathan and Lilian's actions were absolutely critical to the safe resolution of all of these injury incidents," stated retired Air Force

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# WEEK IN PHOTOS



Photo by Senior Airman Melissa V. Paradise

Airman 1st Class Bryan Murphy and Staff Sgt. Pable Enriquez, 6th Security Forces Squadron emergency services team members, prepare to clear a building during EST training at MacDill Air Force Base, Feb. 13. The EST functions similarly to the Special Weapons and Tactics Teams of civilian police departments.



Photo by Senior Airman Shandresha Mitchell

Airman 1st Class Lisa Skalski and Staff Sgt. Stacy Jones, 6th Force Support Squadron food service specialists, prepare cupcakes during the Diner's Reef Cupid's Cupcake Challenge at MacDill Air Force Base, Feb. 13. Each team had to bake from scratch three types of Valentine's Day themed cupcakes for judging.



Photo by Senior Airman Melissa V. Paradise

Col. Scott DeThomas, 6th Air Mobility Wing commander, Col. Andre Briere, 6th AMW vice commander, and Chief Master Sgt. Thomas Mazzone, 6th AMW command chief, take a moment for a photo with former Secretary of Defense Donald Rumsfeld, at MacDill Air Force Base, Feb. 13. Rumsfeld met with 6th AMW leadership and members of Team MacDill.



# Black History Month: looking back at significant events

## **Black History Month facts**

**February 14** - Today in 1936, National Negro Congress organized at Chicago meeting attended by 817 delegates representing more than 500 organizations. Asa Phillip Randolph of the Brotherhood of Sleeping Car Porters was elected president of the new organization.

**February 15** - Today in 1848, Sarah Roberts barred from white school in Boston. Her father, Benjamin Roberts, filed the first school integration suit on her behalf. Leon Spinks defeated Muhammad Ali for heavyweight boxing championship. Ali regained the title on September 15 and became the person to win the title three times in 1978.

**February 16** - Joe Frazier knocked out Jimmy Ellis in the second round of their New York fight and became the world heavyweight boxing champion in 1970.

**February 17** - James Nathaniel Brown, 63, Pro Football Hall of Fame Fullback, Born February 17, 1936 in St. Simons Island, GA, Michael Jeffrey Jordon, Basketball player, former minor league baseball player, Born New York, New York, Feb. 17, 1963.

**February 18** - Today in 1913, the Delta Sigma Theta Sorority was incorporated at Howard University.

**February 19** - Vonetta Flowers became the first black gold medalist in the history of the Winter Olympic Games. She and partner Jull Brakken won the inaugural women's

two-person bobsled event in 2002 at Salt Lake City, Utah.

**February 20** - Death of Frederick Douglass (78), Douglass was the leading Black spokesman for almost fifty years. He was a major abolitionist and a lecturer and editor. Charles Wade Barkley, basketball player, born Leeds, AL, Feb. 20, 1963.

## **Aviation history**

In August of 1917, Eugene Jacques Bullard, an American volunteer in the French army, became the first black military pilot in history and the only black pilot in World War I.

## **Black History Month upcoming events**

**February 27** - Black History Month luncheon - The event will be held from 11 a.m. to 1 p.m. at the Base Chapel with Keynote Speaker, author and poet, Sabrina Adams. There will also be live spoken word, performance painting, live jazz and praise dancers. Dependents are encouraged to come and participate as well.

**School Outreach program** - Volunteers are needed to judge Black History Month 3rd grade essay competition. Also, book donations for Tinker Elementary are being accepted. Contact Tech. Sgt. JuAnna McWilliams at ju\_anna.mcwilliams.1@us.af.mil, or 828-5781 for more details.



# DIAMOND SHARP



**Airman 1st Class Ned Tyler Johnston**  
**6th Air Mobility Wing Public Affairs**



**Job Title:** Photojournalist

**Hometown:** Seminole, Fla.

**Short-term goals:** I'd like to take my wife on a nice vacation for our one-year anniversary. Making senior airman below-the-zone would be pretty nice, too.

**Long-term goals:** Earn a degree in something useful. Earn a degree in something just for fun. See the world through TDYs, PCSing and deployments. Raise a couple of kids. Retire in my early 40s. Retire a second time in my 60s and never work again.

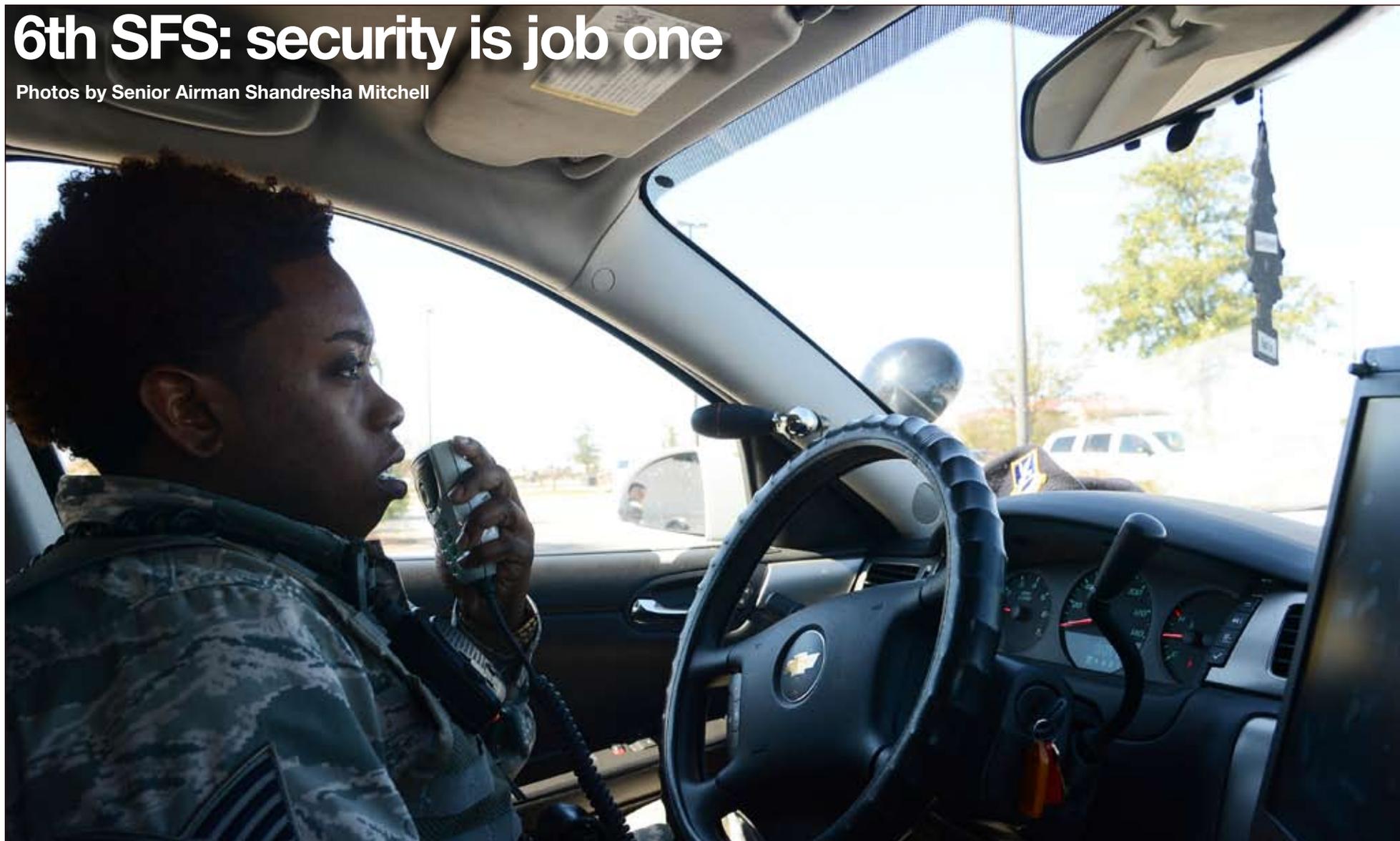
**Advice to others:** Don't sell yourself short. There are going to be people who tell you that you're not good enough, or that you can't do it. Forget what they say. If you want to accomplish something big, go out and do it! You owe it to yourself.

**Role model and why:** My dad. His work ethic, compassion for others, selflessness, and honesty, makes him my role model.

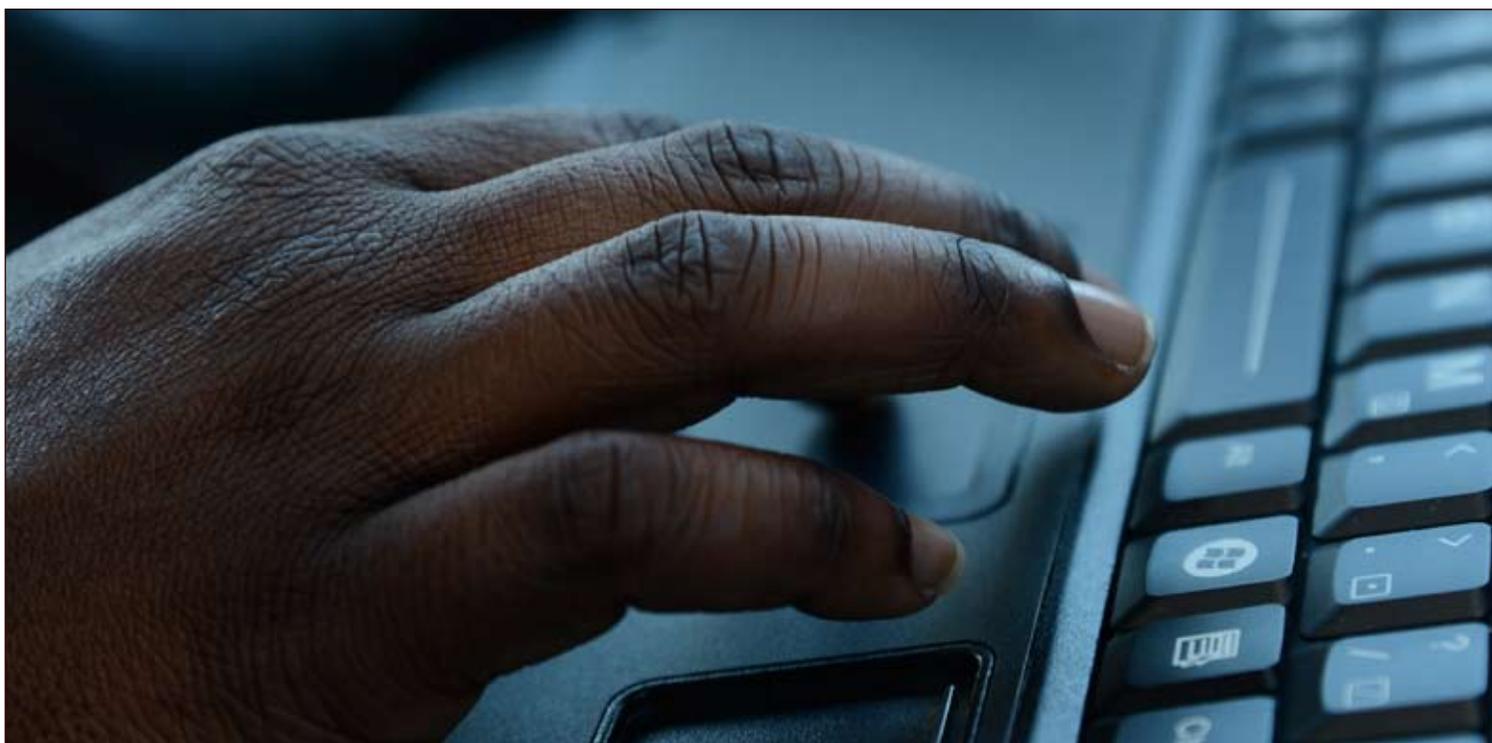


# 6th SFS: security is job one

Photos by Senior Airman Shandresha Mitchell



(Above) Staff Sgt. Larita Nalls, 6th Security Forces Squadron patrolman, radios in the patrol car's mileage before the start of her patrol at MacDill Air Force Base, Feb. 10. Each 6th SFS patrolman is required to call in the mileage of the car before the start of their shift. (Right) Nalls checks a laptop inside her patrol car. Each patrolman is required to check the vehicle's lights, sirens, radio, laptop, speaker and engine for working order. Once everything was checked, Nalls called it in to the Base Defense Operation Center.





Staff Sgt. Larita Nalls, 6th Security Forces Squadron patrolman, clears an M4 carbine before the start of her shift at MacDill Air Force Base, Jan. 23. Prior to the start of each shift, 6th SFS members arm-up with an M4 carbine or a LM51 shotgun, and a 9 mm Berretta.



Airman 1st Class Toby Grinnen and Staff Sgt. Larita Nalls, 6th Security Forces Squadron patrolmen, conduct a 30-minute building check at MacDill Air Force Base, Fla., Feb. 10, 2014. Throughout the shift, there are random anti-terrorism measures and other selective actions that need to be completed at the patrolmen's discretion.



Airman 1st Class Toby Grinnen, 6th Security Forces Squadron patrolman, watches for oncoming traffic as Staff Sgt. Larita Nalls, 6th SFS patrolman, checks the credentials of a traffic violator during a routine traffic stop at MacDill Air Force Base, Feb. 10.

# Dating and violence should never be a couple

by **Andrea Bowen, LCSW, CFLE**  
6th Medical Group

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February marks the month of love. Many of us celebrate Valentine's Day - the day of amour, in the French vernacular. How would you recognize or define love? What are key healthy elements that are important in maintaining safe and nurturing relationships? Is it a once a year event for you or a lifestyle commitment?

February marks National Teen Dating Violence Awareness and Prevention Month. The National Center for Injury Prevention and Control cite dating violence as a public health problem. Among adult victims of rape, physical violence or stalking by an intimate partner, 22.4 percent of women and 15percent of men first experienced some form of partner violence between 11 and 17 years of age. Approximately 9 percent of high school students report being hit, slapped or physically hurt on purpose by a boyfriend or girlfriend in the 12 months before being surveyed. Victims are often hesitant to speak out and seek help.

How do we prevent dating violence before it starts? Teenagers are in their formative years of

building healthy social relationships. Their way of interacting develops early and can carry over into adulthood, which is why it is important to promote healthy relationship skills early. Skills such as anger management, self-control, coping, effective and open communication are important. Additionally, addressing gender roles, expectations and cultural implications are necessary in building positive relationships. What is acceptable and what is not needs to be discussed on an ongoing basis into adulthood. How we demonstrate love is critical.

## **Upcoming events:**

◆ Parenting Teens Class (Feb. 27) actively communicating with your teens

◆ Teen Talk Sessions at the Youth Center HOPE Project: Hold On Persuade and Empower

◆ Teen Talk Sessions with Sigma Gamma Rho Sorority, Inc. Rhoer Club

◆ "H3: It's All About Me": healthy choices, healthy living and healthy generations (Feb. 8 and March 8)

◆ Teen Talk Sessions with The Spring of Tampa Bay "I Own Me" Teen Summit (Feb. 28)

Contact Family Advocacy at 827-9172 for more information.



## **CORNER**

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cation. You become a greater person who is better able to lead a satisfying life.

As the commander of the 6th Mission Support Group, husband to Monica and father to Jacqueline, Peter, Nicholas, Michael, Meredith, Jessica and Sophia I have been greatly blessed. I am grateful for the people who have influenced me, the good things that I have, and for the challenges that created opportunities for me to grow. Deployments, moves, job changes, bosses and colleagues have all stretched me. Persevering through the difficulties has improved me not only as an Airman, but also as a father, husband, and person. The hard stuff has all been worth it.

## **GOOD DEED**

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Maj. James Davis, a bystander at the event. “They stayed at the accident scene for nearly an hour before finally letting us convince them to go on with their big day. Their willingness to stop and render aid was a perfect example of our core value of service before self.”

Desmond said it felt good to help, and that it didn’t take too much time away from their day. After leaving the site, they explained to their son why they stopped and how important it was to assist those in need. Their son learned a valuable lesson and the family resumed his birthday celebration.





# MACDILL COMMUNITY



## EVENTS

### Friday

#### SeaScapes Beach House

BBQ Friday! Offering BBQ specials for the Air Force Flyin' High BBQ Challenge from 11 a.m. - 2 p.m. For more information on entering this contest log onto [www.MyAirForceLife.com/bbq](http://www.MyAirForceLife.com/bbq)

### MacDill Lanes

Club Member Appreciation Day from 6-8 p.m., with door prize drawings. All Club Members and their immediate family members bowl free with cosmic lighting & sound.

### Saturday

#### Free outside movie

Showing: "Percy Jackson: Sea of Monsters" PG-13 at the Bay Palms Driving Range. For more info call Outdoor Rec at 840-6919.

### Sunday

#### MacDill Lanes & Family Fun Center

50/50 Sundays. Free billiards, darts, and foosball 12-6 p.m. There is 50 percent off every game bowled, food and drinks for enlisted Airmen, food and drinks for club members, and birthday party packages. Plus, family and group meal discount packages. For more information call 828-4005.

### Tuesday

#### Outdoor Recreation

Project Healing Waters at Bldg. 2017 from 7:30-8:30 p.m. Attention all fishermen. Project Healing Waters is a new fly fishing program dedicated to the physical and emotional rehabilitation of disabled active military service personnel and disabled veterans. As low as 10 percent disability is accepted for free fly fishing educational seminars. Sign up at Outdoor Rec or call 840-6919 (20 spaces available).



Photo by Senior Airman Shandresha Mitchell

## Grand tour!

Senior Airman Marcus Rivera, 6th Operations Support Squadron air traffic controller, briefs members of the Town N' Country Youth Council on the air traffic control tower simulator during a tour of MacDill Air Force Base, Feb. 7. MacDill offers base tours to many community organizations the first and third Friday of the month.



## CHAPEL SCHEDULE

### Protestant service

Sunday - 11 a.m. - Contemporary Service

Sunday - 9:30 a.m. - FAMCAMP Service

### Islamic service

Friday - 1:30 p.m. - Muslim Prayer Service

Call the chapel at 828-3621 for more information or visit the chapel web site at <http://www.macdill.af.mil/macdillchapel>.

### Catholic services

Saturday - 5:30 p.m. - Mass

Sunday - 9:30 a.m. - Mass

Monday-Wednesday - 12:10 p.m. Mass



**EXCHANGE**  
ARMY & AIR FORCE EXCHANGE SERVICE

**Be sure to visit the official MacDill Air Force Base web site at [www.macdill.af.mil](http://www.macdill.af.mil)**

# AWARDS

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From Page 3

munications Squadron. He also oversees the Communications Focal Point which is the hub for all communications within the 6th AMW and many of the mission partners.

“I am extremely honored to be named the Senior NCO of the year,” said Robinson. “I am extremely thankful to my leadership for the opportunities provided and the trust they have in me.”

Some of Robinson’s contributing accomplishments were, earning 12 credit hours toward his Master’s degree and maintaining a 3.4 GPA, being elected as the MacDill Top III president, and overhauling the wings’ tech refresh.

Hudson, 2013 NCO of the year, is the mental health flight chief for the 6th Medical Group. He leads a flight of 47 personnel that provide mental health care, promotes individual and family resilience, treatment of substance abuse, domestic violence interventions and mental health disorders.

“This accomplishment means a lot to me both personally and professionally,” said Hudson. “The year of 2013 was the best year in my Air Force career, so to see the fruits of your labor paying off is extremely fulfilling.”

Some of Hudson’s accomplishments in 2013 include, acting First Sergeant during Combat Skills Training, winning the NCO Academy Commandant Award, the 6th AMW Lance P. Sijan Award and the Air Force Outstanding Mental Health NCO of the Year award.

Finally, there is the 2013 Airman of the Year, Defreitas-Adams, a public health technician for the 6th MDG.

Defreitas-Adams’ 2013 accomplishments include, winner of the 6th AMW Airman 3rd quarter award, selection for below the zone, 90 percent on her career development courses’ end of course exam and numerous volunteer hours.

“I have amazing leadership and peers in my office,” said Defreitas-Adams. “I could definitely say I’m the combined effort of all their hard work; from keeping me motivated, coaching me and spending endless time and effort on my package.”

Her advice to others is all about finding balance in life.

“Find balance with work, school, family, volunteering and spiritual. Be an expert at your job. Do whatever you find interesting and in everything strive to be excellent at it,” said Defreitas-Adams.

These three Airmen represent the best of the best at MacDill.

“The decision was very difficult to make,” said Mazzone. “These few Airmen are representatives of all of the great men and women to serve here daily to ensure our mission is safely executed and our partners and families are supported and cared for.”

And the Chief’s advice to others is, show up early, take initiative, and be the expert others turn to. Then, take the time to lead your fellow Airmen to show them how you got there. Guide them through the “minefield.” The Air Force’s recognition programs are amazing, and distinguish leadership in several professional and functional categories. There are plenty of awards to keep Airmen motivated, but in the end it’s really about helping those we serve with succeed at our mission: Fly, Fight, and Win!”