

THUNDERBOLT

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You can do it!
Two fitness success stories - page 12



Photo by Tech Sgt. Tanika Belfield

Senior Airman Marissa Torres, 6th Maintenance Squadron, stands with one of the 200-pound fire truck tires she incorporated into her workout regimen. Members of the 6th Maintenance Squadron maintain a rigorous physical training schedule that includes running over the earth-covered munitions buildings (background), and 1.7-mile laps around the bomb dump. Airman Torres' latest PT score was 91 percent.

COMMANDER'S CORNER



We are ready; some standouts from the week

by Col. Lenny Richoux
6th Air Mobility commander

Last week we wrapped up a generation exercise in which we tested our capabilities to quickly ramp up to sustain a real-world contingency if called upon to do so. We did it safely and effectively. Our team here worked hard and the evaluation of our rapid mobility competency demonstrated that we are ready.

Monday, most of the 6th Air Mobility Wing enjoyed a "down" day, and I wanted to provide that extra time to those who could take advantage of it, to spend with family and friends, to catch up on personal tasks that were left undone, or to simply decompress before another high-tempo stretch begins.

With spring starting this month, it's a good idea to get into the mode of introspective "spring cleaning" and relationship maintenance within your families and loved ones.

I hope you've developed the habit of constantly spanning the needs of your friends, families and especially your children. Although we've conquered two major in-

spections and the holiday season let's not forget that spring break is coming and that the end of the academic year can be stressful for our students. Don't ease up on direct interaction. The last thing any of us wants to do is miss an invaluable family connection.

Last week we received great news from the Air Force-level. Congratulations to **Senior Airman David Poppe** of the 6th Contracting Squadron, who was selected the Air Force Outstanding Contracting Enlisted Member (Airman) Award Winner.

News from Air Mobility Command - AMC recently announced the Airmen of the Year finalists. I want to congratulate 6th Operations Group's **Senior Airman Kristina Zacherl** on being one of three finalists.

Mr. Walter Childress from 6th Operations Group was selected AMC's Civilian Air Traffic Controller of the Year. Mr. Childress is an outstanding representative of the caliber of civilian controllers we have at MacDill.

The 6th Medical Support Squadron Laboratory was named the



Photo by Tech. Sgt. Tanika Belfield

Col. Lenny Richoux addresses the audience at The 2010 Women's History Month Achievement/Role Model Award celebration at the Tampa Convention Center Tuesday.

best lab in the United States, a first-place distinction for civilian and military labs.

Additionally, **Major Lisa Caulder** won third place among laboratorians. The 6th Medical Group lab staff will be featured on the cover of "Advance" magazine in April.

We have many superior performers who have stood out and

have been recognized. There is always an un-lauded team of leaders, fellow Airmen and family members who surround that person, silently supporting them. I want to thank those who are supporting the great Airmen who represent MacDill.

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



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 Stylebook and Libel Manual" and Air Force Instruction 35-101.



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Events, movies, more...

Fire Prevention March 28 - April 1

MacDill Fire and Emergency Services

While in your work area the fire alarm goes off, what do you do next? It's crucial every member of any work force knows what to do when a fire alarm goes off. Practicing fire evacuation drills in the work place is an excellent way to have all members prepared at all times.

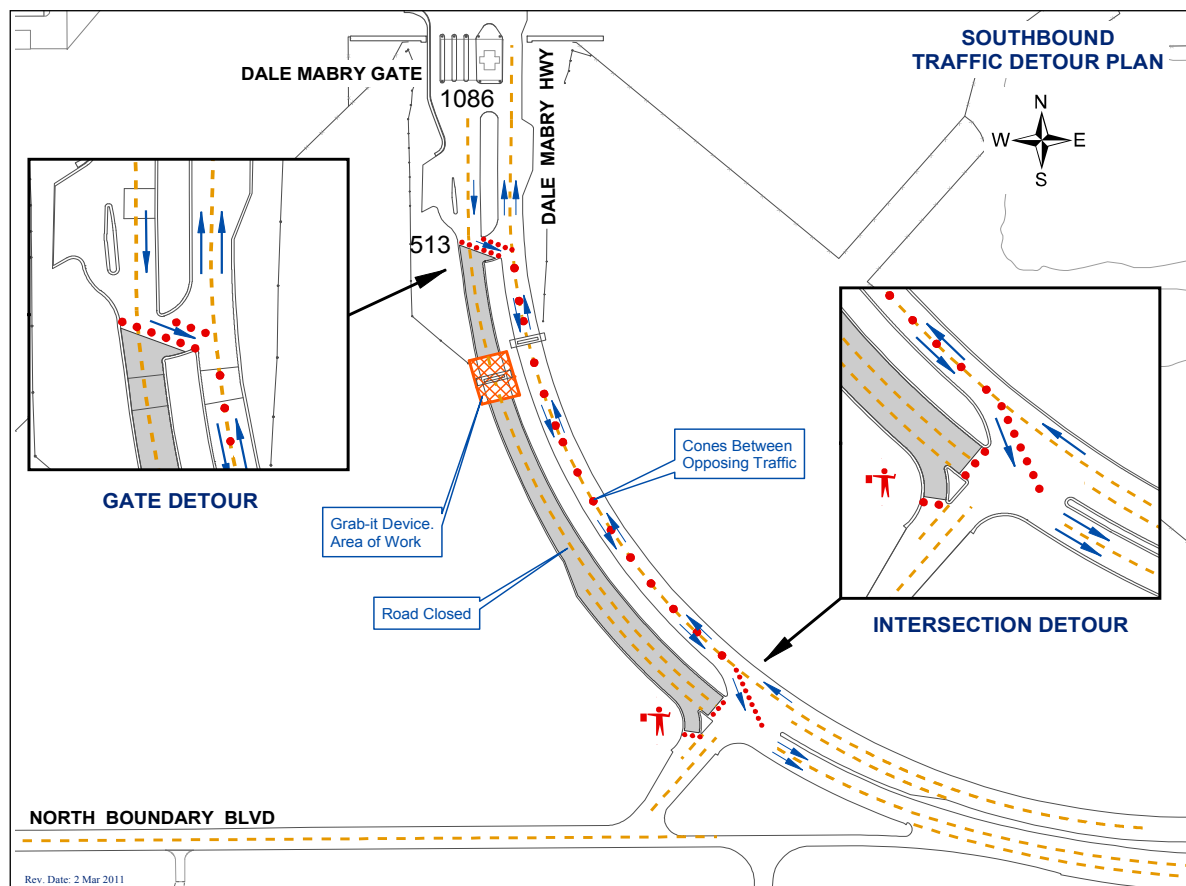
Not only should you have regularly scheduled fire drills once a month, but you should also have surprise drills. Having an unannounced fire drill is just like the real thing in that the members are not expecting it. This benefits everyone in the work place because after the drill you will be able to sit down and discuss what went right in the drill and what needs to be improved on.

Being prepared for an emergency saves lives and prepares your members to be safe and efficient.

For an emergency, call 911 and for any assistance with your fire drill, call the Fire Prevention Office at 828-4326.

Daylight Savings Time:

March 13, Set your clocks ahead one hour, and your're good to go until Nov. 6.



Road closure

The north and southbound traffic on North Boundary will be diverted Sunday to one lane of travel in either direction due to maintenance of the vehicle grab system. The lane closures will run from 7 a.m. to 5 p.m.

MacDill Airman in running for AMC award

by Gen. Ray Johns

Air Mobility Wing commander

It is with great honor and pride that we announce Air Mobility Command's First Sergeant of the Year and Outstanding Airmen of the Year finalists. These awards recognize individuals whose exceptional achievements and leadership qualities set them apart and distinguished them from their peers.

Competition this year was fierce; all of the candidates demonstrated tremendous leadership and dedication. Please accept my sincere congratulations to the nominees, and thanks to all the Mobility Airmen for making a positive difference around the world and across the entire spectrum of operations.

This year's finalists are:

AMC's Airmen of the Year Finalists:

- ◆ Senior Airman Nichole Link, HQ AMC, Scott AFB
- ◆ Senior Airman Kristina Zacherl, 6 AMW, MacDill AFB
- ◆ Airman 1st Class Jerry Bailey, 92 ARW, Fairchild AFB



The Grand Ballet: global vigilance, global reach, global power

Part I of II

Courtesy Air Mobility Command

The Mobility Air Forces (MAF) support operations around the world and across the spectrum, from humanitarian relief efforts in Haiti, Chile and Pakistan, to combat operations in Afghanistan.

As Airmen, we're part of the grand ballet, delivering Global Vigilance, Global Reach and Global Power for America. Let's talk about what that means:

Global Vigilance

In the Cold War era, we faced an enemy whose strength came from its huge in-garrison force, an adversary who was "easy to find but hard to kill"

Today, even a small group with a powerful weapon (e.g. SUV packed with explosives in Times Square) can pose a significant threat; our enemy is now "easy to kill, but hard to find"

That's why Global Vigilance – that "unblinking eye" on our adversaries – is so important

Global Power

Now vigilance is extremely important, but sometimes we need to put steel on target – quietly so no one knows we're there, or with a show of force that deters further aggression

That's where Global Power comes in, and when we combine our fighter and bomber aircraft with a tanker, our adversaries take note

With tanker support, combat aircraft can reach anywhere in the world in 18 hours or less – and that brings us to Global Reach

Global Reach

This ability, to reach out – anywhere in the world – in a matter of hours to deliver hope, fuel the fight, and save lives is truly unique to our nation

For the Mobility Air Forces, that's exactly what we do through our three core msn areas, Airlift (AL), Air Refueling (AR), and Aeromedical Evacuation (AE)

Natural disasters never take a day off, and so we need to be ready at all times to reach out and support others – let's talk about each of these areas individually

Airlift... Delivering Hope – and Combat Capability

From Afghanistan to Africa, our ability to deliver passengers and cargo to areas with limited

infrastructure is making a difference

In 2010, we moved 837K tons of cargo. Just picture a 4-lane traffic jam with semi-trucks lined up end-to-end, extending for 59.5 mile – that's what 837K tons looks like!

Our airlift and airdrop capabilities are especially important in combat areas

In Afghanistan, as the ground strategy moves Soldiers and Marines to more remote border areas, it has become increasingly difficult to resupply them by land

As a result, airdrop requirements for Afghanistan have doubled every year since 2005

In 2010, we dropped more than 60M lbs of supplies

But going beyond the numbers, here's the impact just one mission can have:

In the summer of 2009, a coalition Task Force in Afghanistan called for emergency airdrop support. They were traveling through a deep river valley when they exhausted their food and water supply. Launching a C-130, the 774th Expeditionary Airlift Squadron responded – but this was not a simple task. The mountains rose up along the sides of that valley, forming a 'V' and supplying the ground forces meant flying a C-130 through this narrow path – twice. It wasn't easy, but Mobility Airmen stuck with it. Afterwards the ground forces called back to let us know they had received all 16 bundles of supplies -- 28,000 lbs of food and water -- on target and they would now be able to continue their mission.

Air Refueling... Fueling the Fight

Our tanker fleet is also supporting ground forces in the AOR by extending a canopy of protection and enabling close air support assets to remain overhead as long as they're needed

And our tankers aren't just supporting operations in the AOR – they're putting the "Global" in Global Vigilance, Reach, and Power around the world

In 2010, 618th TACC-controlled tankers off-loaded 225M lbs of fuel worldwide – that's like standing in front of Niagara Falls and watching the water fall for 40 seconds

In the CENTCOM AOR, tankers delivered an additional 1.5B lbs of fuel to Joint and Coalition aircraft – now imagine watching Niagara Falls for 5 minutes!

But again, it's not about the numbers; looking at just one example of the impact air refueling can have helps us understand why this is so im-

portant:

In the summer of 2009, a Stryker Regiment in southern Afghanistan came under intense small arms fire. Two A-10s quickly came to the Regiment's aid, but as the engagement continued, they began running low on gas. That's when a KC-135 from the 340th Air Expeditionary Squadron came to their aid. The tanker crew quickly moved to the closest A/R track and coordinated a rendezvous with the A-10s. The firefight on the ground continued unabated, and while refueling, one of the A-10s needed to break contact to employ a 500-lb JDAM. The tanker crew never hesitated; they flexed and made the sure the A-10s could support the ground forces as long as needed. That's what our tanker crews are doing every single day – they are fueling the fight and saving lives!

Aeromedical Evacuation... Saving Lives

As Mobility Airmen we deliver forces to the fight, sustain and support them, and then, when it's time, we bring them home

Sometimes they run off the ramp to hug their waiting families – and nothing makes us happier – but sometimes they come home on a stretcher, and that's where Aeromedical Evacuation comes in

From a 75% survival rate in Vietnam, wounded warriors in Afghanistan today have a 98% chance of survival

Back in 2001, we used to only transport stable patients. Today we're able to move patients that are "stabilizing" – we take patients that doctors in the states would hesitate to drive across town, and we fly them around the world

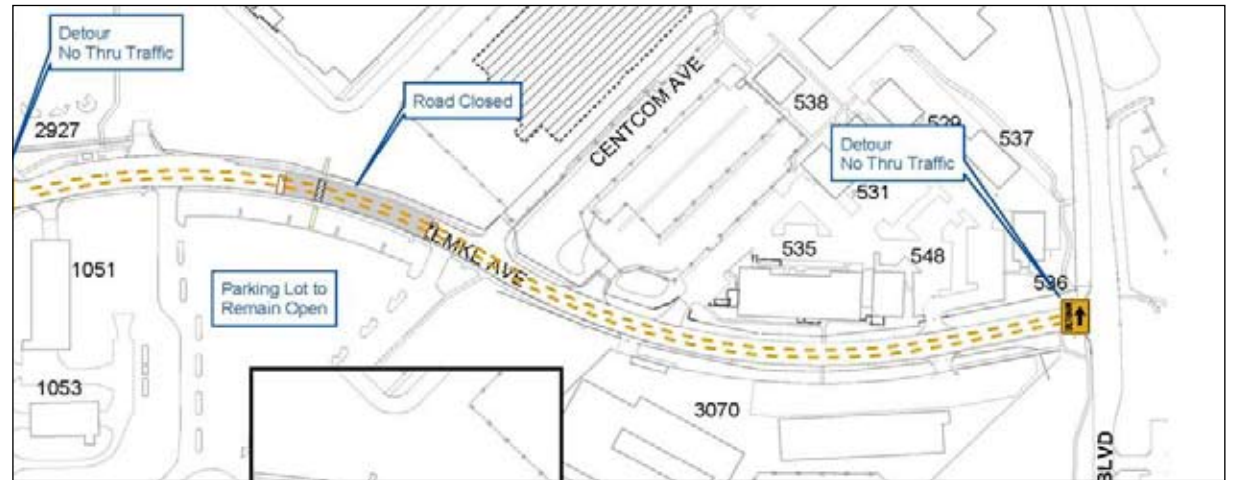
Our Total Force Critical Care Air Transport Teams (CCATTs) enable us to transform any aircraft in the air mobility fleet into a flying ICU (Intensive Care Unit), and these efforts are paying off!

In 2010, we delivered 21,000 patients to advanced care – enough passengers to completely fill Madison Square Garden, with 1,230 people lined up outside

In July 2009, a 19-year old British Rifleman was engaged in a firefight in southern Afghanistan when he sustained severe injuries to his lungs and liver. Emergent care was performed at Camp Bastion, but it soon became clear, his only chance for survival would be AE transport to Germany. To do this, an advanced piece of medical equipment (Nova-lung) was needed. We

Road construction

Zemke Avenue will be closed from March 21 thru March 27 to facilitate the installation of a crosswalk for the CENTCOM Headquarters Project. There will be no thru traffic from MacDill Avenue to South Boundary Boulevard. Local traffic only will be allowed. All parking lots in this area will remain open.



FINALISTS

From Page 3

AMC's Noncommissioned of the Year Finalists:

- ◆ Master Sgt. Tanya Hubbard, 60 AMW, Travis AFB
- ◆ Master Sgt. Felicia Williams, 46 AW, Dover AFB
- ◆ Staff Sgt. Mark Walker, 62 AW, Joint Base Lewis-McChord

AMC's Senior Noncommissioned of the Year Finalists:

- ◆ Senior Master Sgt. Michael Bauman, 60 AMW, Travis AFB
- ◆ Senior Master Sgt. Patrick Jones, 375 AMW, Scott AFB

- ◆ Master Sgt. Kevin Brandt, 62 AW, Joint Base Lewis-McChord

AMC's First Sergeant of the Year Finalists:

- ◆ Senior Master Sgt. Stephen Kniffen, 735 AMS, Joint Base Pearl Harbor-Hickam
- ◆ Master Sgt. Vincent Lomman, 87 ABW, Joint Base McGuire-Dix-Lakehurst
- ◆ Master Sgt. Michael Moore, 92 ARW, Fairchild AFB

New KC-135 training detachment at MacDill

by Nick Stubbs

Thunderbolt editor

Aircraft maintenance techs who would have been shipped off to Fairchild Air Force Base, Wash., or maybe McConnell AFB, Kan. this winter for field training stayed in sunny Florida, at their home base, as MacDill is now home to its own training detachment – the 373rd Training Squadron's Field Training Detachment 2, which is the new incarnation of Detachment 10, formerly at Grand Forks AFB, N.D.

Aircraft technicians just out of tech school have a good start on their careers, but it is during field training that follows that they really get their hands dirty and get a grip on the particulars of their craft. The new Field Training Detachment at MacDill arrived at the end of 2010, its eight members set up in temporary quarters in Hangar 4 until renovations of Building 193, to be the permanent home, are completed this year.

“What we do is bridge the gap between tech school and arriving on the job on base,” said Master Sgt. Andrew Webster, detachment chief.

The new detachment not only serves the 6th Air Mobility Wing and 927th Air Refueling Wing, but the southeast region of the U.S., said Sergeant Webster. All key areas of KC-135 tanker maintenance, including hydraulics, communication, navigation instruments, flight controls and crew chief training are covered in the training program.

“We pretty much love it here,” said Sergeant Webster, noting that the warm weather at MacDill is a big departure from the previous cold-weather homes of most of the training staff members. “There's smiling faces and no complaints.”

The type of training the unit offers is important, as it is the point when new techs begin to get their arms around the specifics of the aircraft they will be maintaining, said Sergeant Webster.

“It's critical that every training opportunity expand the tool box of information and skills (of a maintainer),” said Sergeant Webster.

Sergeant Webster went on to say that having such depth of expertise on hand at MacDill bolsters the professional assets on base.

“We have a highly qualified pool of experience and expert trainers here,” he said. “Our people have years of experience between them and we're glad we can bring our capability here.”

MESSAGE

From Page 4

didn't have this equipment in the US at the time – it had to be picked up in Germany and delivered to Afghanistan – in a matter of hours. But we refused to give up on a wounded warrior, and with an Army C-12 crew, two MAF C-17s crews, one civilian rotary wing specialty transport team, and 20 Total Force AE technicians, we made it happen. The soldier was on the ground in Germany and stabilized within just 20 hours of the first phone call. Today he's at home, recovering with his family. That's the difference AE can make!

Global Reach Laydown – Speeding Responsiveness Around the World

Our Contingency Response Groups also provide vital support to those in need by providing a critical first-response capability

In August 2010, as floods in Pakistan left 20% of the country underwater and 20 million people displaced, a 37-member Contingency Response Element from the 621st CRW at Joint Base McGuire-Dix-Lakehurst, NJ deployed forward to support the relief efforts

Opening an airlift stage at Chaklala International Airfield, they flew 298 sorties, delivered 3.8M lbs of aid and evacuated 965 refugees to safe territory

But it's not about the numbers – it's about delivering an outstretched hand of hope and building partnerships based on trust

Building Partnership Capacity – Extending the Reach of Good Governance

Our Contingency Response Wings also play a key role when it comes to Building Partnership Capacity, helping partner nations help themselves by developing an air mobility system that extends the reach of good governance

Many of the countries we support have poor infrastructure and weak central governments; increasing their ability to respond in times of crisis is critical – an effective/proactive internal response can eliminate the need for action on our part

By providing an affordable capability like the Light Mobility Aircraft (LiMA), we are shrinking ungoverned territory in Nations that don't necessarily have the resources to do this on their own

This directly supports counter-insurgency and counterterrorism operations: terrorists tend to go where they can't be found. By extending the reach of good governance, we are minimizing terrorist safe-havens

Increasing the government's responsiveness to the populace (from police actions to humanitarian efforts) is also critical to earning respect/credibility and enhancing stability

To that end, AMC is helping other countries build a "mobility system" because it's not just about aircraft. Our Contingency Response units bring a diverse array of skills, advising partners on all aspects of operations, from mission planning to maintenance and medical support... this is a capability that can be tailored for each unique situation

By building partnerships we are bridging the gap from CONUS to our partner nations overseas

Innovation – Way Ahead

As we look out across the spectrum and see what needs to be done, we're innovating and working to solve problems before our partners even know they have them

Airlift – Multi-Modal Operations provide a tremendous example of the way we can innovate and improve operations – working smarter by working together



Profiles in fitness: Team MacDill Airmen turn it around

Failing PT test beginning of a new man Getting back to basics, back to fitness

by Nick Stubbs
Thunderbolt editor

It's never too late to get into shape. Those words have been lyrics for an Air Force Major singing a new tune, one befitting the new life he has to go along with it.

Air Force Maj. Tracey Baker, who while attached to U.S. Special Operations Command at MacDill, is no longer attached to an unhealthy lifestyle. Not being able to "make tape" in October landed him in the MacDill Health and Wellness Center's Be Well program. The information he learned in the mandatory one-day class, along with the inspirational message that it is never too late to change, resulted in a new outlook. A new body soon followed.

It's just a start, Major Baker said of the 26 pounds he dropped since discovering his waistline was substantially bigger than his self control. He remains on better diet and seven-day-a-week exercise program to trim down even more.

"I'm not stopping," said Major Baker, who volunteers to speak at Be Well classes. "There's more I can do, and there's more anyone can do who is in the situation I was in."

Major Baker said he realized that unless a person has a physical problem that prevents them from exercising and eating the right foods, there is no reason why they should not be able to meet Air Force fitness standards.

"I looked at myself and evaluated my life," he said. "I started working out and eating better and I started to see change."

Having to buy smaller uniforms was the only downside, says Major Baker. But unlike being overweight, that's something he can live with. He's getting smaller and suspects he may have to downsize his uniforms again before he's done.

It's achievable because "I've adapted to a different way of thinking and a different lifestyle," he said. "No one wants to be in the (Be Well) program, and some think they won't be able to do it (drop the weight required) but I'm there to say, you can do it."

The HAWC is there to help, but succeeding depends on a change of heart in the individual. Major Baker's advice is to follow the advice given by the HAWC and put your faith in a diet and exercise program,

See **NEW MAN**, Page 13



Photo by Nick Stubbs

Major Tracey Baker works the heavy bag at the base fitness center.

by Senior Airman Marissa Torres
6th Maintenance Squadron

I have never been a "fit" person. My weight has always bounced up and down, and before I joined the military the farthest I ever ran was to my car after work.

When I entered basic training I was out of shape and the rigorous PT almost killed me. I somehow managed to scrape together an excellent score, but when I entered technical school all of it was for naught. I let go of the strict (but helpful!) diet and PT regimen. I enjoyed all the wonderful food choices that Sheppard Air Force Base, Texas, had to offer, and made sure to include a dessert with every lunch and dinner. However, during our workout sessions I was unmotivated and participated in the fondly named "Sheppard Shuffle." Thus began my downfall.

When I arrived at my first duty station, this beautiful base in Tampa, I had not PT'd at all in a few weeks and it had been more than two months since I had really, truly worked out. Out in the Munitions world, my soon-to-be unit was already running 1.7 mile laps around the bomb dump, those finishing first jogging back to encourage the members who were a little bit slower.

My first PT session with my flight was a disaster. I remember distinctly the embarrassment I felt when I didn't even reach the half mile marker before I had to stop and walk. Even more so, I remember the looks on my flight chief and supervisor's faces when they had to run at least a half mile back to meet me and keep me going. It was a disappointment. I vowed to myself that I would change this contentment with where I was at and strive to do better. If only it was that easy.

I would go weeks doing well with PT and then suddenly slack off. I couldn't reach the goal I had set for myself and it was frustrating. I then heard a rumor that sent terror into my heart: the Air Force was raising the PT standards! What was I going to do? I again pushed myself... and again I slacked off. The new standards were pushed back and I escaped by testing one month before they began. By the old standards, I earned a measly 75 points – just barely passing. By the new standards I surely would have failed. This was my turning point. I



Senior Airman Marissa Torres runs up an earth-covered munitions building at MacDill as part of her training program.

See **BACK TO BASICS**, Page 13

BACK TO BASICS

From Page 12

could not risk my career over my laziness and inability to run.

With the help of all of my 10-man flight, I slowly but surely gained a foothold in the intense world of physical fitness. One of our flight's PTLs, who is also a personal trainer, took me under his wing and gave me direction in what to do. At first I was terrified of going to the gym with him. He pushed me harder than the T.I.s in basic training!

Next came a feeling of dread and resentment towards him for making me push myself that hard. Workouts with him always ended with me close to tears and so out of breath I couldn't drive home for fifteen minutes. But as I saw the weight drop off and my runtime begin to trickle off the seconds, all of the dread and anger dissipated. I looked forward to the gym after work! My Flight Chief also implemented tougher workouts to an already very

rigorous PT schedule by incorporating new exercises and methods.

We started flipping fire truck tires (200lbs each), running over the igloos (earth-covered munitions storage buildings), and doing wind sprints to name just a few. I again felt fury and dismay towards these PT sessions. I couldn't run as fast as them or lift nearly as much! How was I supposed to keep up? But I became faster and resolved to flip those tires just as far as they could.

I started noticing all the support my wingmen were offering me; high-fives at the tops of the igloos and words of encouragement to push me. This motivated me more than anything else had so far. They were letting me know that they knew it was hard for me, because it was hard for them too. They knew that I couldn't run as far or lift as much, but it was ok because I was trying and pushing

myself, I could see that they respected every effort I made.

I've lost weight since those wearisome days of the past, but more importantly I now consider myself in good shape. I can run a 5K without stopping, and almost enjoy it. I tested in December with the new standards and I surprised even myself with a 91 percent.

Even though I won't have to test for another year, I am still working hard; now is not the time to slack off. I know that I can push myself harder, and that I can do even better on the next test. Being fit has made me feel happier and more secure in myself. I have grown more confident in my abilities at work. I sleep better, eat better, and have improved concentration.

It feels like I climbed a couple of Mt. Everests to get here, but the view makes it all worth it. I am now a "fit" person.

NEW MAN

From Page 12

and to put faith in yourself.

"There's no shame in failing," he said. "You just have to turn it around."

Major Baker noted that everyone is different, and no single program is best for everyone. That's why using the expert advice provided by the HAWC and applying it to your own needs is important, said Dennis Felder, a diet technician at the HAWC and a Be Well facilitator. Having Major Baker as a speaker and example of success has been a benefit to

the program.

"It works, and seeing someone (like Major Baker) who was in their shoes who made it helps get everyone on board," said Mr. Felder. "He (Major Baker) has a great sense of humor and he really connects with everyone."

The Be Well class runs on Mondays from 1 to 4 p.m. It is mandatory for all members who score below 75 or do not meet minimum standards on one or more components of the AFPT test. Members will attend the Be Well,

described by the HAWC as a multidisciplinary, multi-course that covers fitness, performance, nutrition and behavior modification program, within 10 duty days of completing the Air Force Physical Fitness Test. Members have to be scheduled through the Fitness Assessment Cell. For more information, call the HAWC at 828-5314.

the Be Well program information for this story was obtained from the HAWC Web site.

MESSAGE

From Page 10

In the spring of 2009, USTC moved helicopters across the Atlantic in container ships, then used our newly modernized C-5, the C-5M, to take them the last leg into theater... the C-5M performed so well and so reliably we found exhausted C-5 crews at Rota, telling us, "Sir/Ma'am, we never thought we'd say this, but we wore out before the aircraft did"

Airdrop - We're working with agencies like Draper Labs, DARPA and Natick Soldier Center to increase precision, reduce the size of our drop zones and develop new packaging for humanitarian aid deliveries

These innovations will reduce the risk collateral damage and ensure we can consistently provide life-saving supplies to those who need

them - no matter where they are

Aeromedical Evacuation - We're continuing to improve our AE technology and training and building partnerships that reflect the global nature of our mission

We've joined "AE Interfly" which is a coalition of allies (UK, Canada, Australia) working together to speed the wounded to life-saving care - no matter who is at the front or back-end of the aircraft

Nations like Japan and Singapore are developing advanced on-board patient care systems; we have much to learn from each other - and this year, we will hold an international AE conference in conjunction with Rodeo 2011

Air Refueling - It's also time we modernize

our 25 year-old KC-10s and replace our 50 year-old KC-135s with the KC-46A

Finding efficiencies - And for the MAF, fuel efficiency savings are the key - and will be critical to helping pay for these efforts

Fuel Efficiency Efforts - The SECAF's goal is to reduce aviation fuel use 10% by 2015; since mobility aircraft use 62% of the Air Force's aviation fuel (1.5B gallons per year at a rate of 2,800 gallons per minute) this is a critical emphasis area for us

The Mobility Air Forces are making great strides in reducing fuel consumption, but building a culture of fuel efficiency will take everyone's efforts; deciding whether to use an APU or a Ground Cart - make a difference!

Women's History Month 5K

Special to the *Thunderbolt*

The Women's History Month Committee is hosting a team 5K Trivia Run in remembrance of the women that have helped define our country's heritage. The event will start at the softball field parking lot behind the Short Fitness Center March 16 at 7 a.m. Team sign-in will begin at 6:30 a.m. The entry fee will be one non-perishable food item per person. The food will be donated to the 6th AMW Chapel for disper-

sal to those in need.

If you would like to participate in the event, contact Tech. Sgt. Christopher Kisse to register your team. The team must be COED and it must consist of four people.

When registering, include all four members' names and a team name fashioned after an historical female (ie. Susan B. Anthony or Martha Washington). Additionally, identify the females on your team and a team captain.

The registration period will end at close of business March 11. Prizes will be given to the top three teams; the 1st place team will earn \$200 in cash! A drawing will be held for door prizes.

‘Spring Focus’ helps ensure mishap-free warm season

Courtesy of AMC Safety Office

The Air Force Spring Focus is a safety awareness effort that highlights the emerging “threat rings” that change as the season moves from winter into summer and people engage in more outdoor recreational activity.

Of note, April is the most dangerous month of the year for motorcycle riders, which includes sport bikes and cruisers. Please be aware of the changing safety environment as we move from winter into summer.

Last year there were eight Air Mobility Command mishaps that resulted in fatalities. Accidents varied from pedestrian related to a motocross crash. April is the most dangerous month for motorcycles of any type, which may be due to riders getting used to their motorcycles,

drivers getting used to seeing riders again or roads still not cleared of their winter dirt and grime.

The top five mishap categories are car and motorcycle accidents; slips, trips and falls; basketball sprains; back injuries; and hand/finger injuries. These are not surprising, as the changing weather allows for a shift to more outside activities.

One of the top ways to prevent accidents is awareness. Just paying attention to the changing environment significantly aids in mishap prevention. Ensuring personnel are properly trained and prepared for the spring activities is another way to prevent accidents.

The Critical Days of Summer will soon be upon us - Memorial through Labor Day weekends. Tailored safety material and more information will be sent from the 6th AMW Safety Office.

New HURCON 5 standards for 2011

by Nick Stubbs

Thunderbolt editor

Hurricane season remains almost three months away, but it is well within the “wise” window of preparation for the coming storm season, particularly as there are new procedures under HURCON 5 for the 2011 hurricane season, said Leighton Reid, MacDill Emergency Management.

“We’re trying to get the word out about what everyone has to know about the new standard,” said Mr. Reid. “It’s still early and we want to make sure everyone is prepared.”

HURCON 5 is designed to better prepare coastal installations for a hurricane threat, and includes additional requirements for bases like MacDill that sit close to the coast. HURCON 5 will apply from the start of hurricane season June 1 through Nov. 30.

Short for hurricane conditions, HURCON is an alert scale used by the U.S. Military (primarily the Air Force) to indicate the state of emergency or preparedness for an approaching hurricane. A HURCON will typically be issued 72 hours before a hurricane is expected to strike the installation.

HURCON explained:

HURCON 5: Routinely set during each Hurricane Season

HURCON 4: Hurricane Force winds are expected within 72 hours

HURCON 3: Hurricane Force winds are expected within 48 hours

HURCON 2: Hurricane Force winds are expected within 24 hours

HURCON 1: Hurricane Force winds are expected within 12 hours or less

Unit actions to take during HURCON 5:

- Validate personnel “safe haven” and “safe house” information

- Brief personnel on hurricane preparedness actions (information provided by 6 CES/CEX)

- Review/prepare unit plans/checklists for hurricane actions, to include evacuation procedures

Personnel Actions to take during HURCON 5:

- Document personal inventory

- Check insurance policies

- Prepare/review personal and pet plan

- Build/check evacuation/relocation kits -Make certain family members know what to do in your absence -Trim trees/overhanging branches, clear guttering and down pipes of leaves.

- Check and secure roofing tiles

Legal Office standardizing hours

by **Capt. Jared Reeves**

6th Air Mobility Wing Judge Advocate

The MacDill Legal Office is standardizing its customer service hours. Effective March 14, the legal office customer service hours will be from 9 a.m. to 3 p.m. Monday, Tuesday, Wednesday, and Friday, and from 9 a.m. to noon on Thursday. Even though the hours have changed, the legal office will proudly assist clients with last will and testaments, powers of attorney, and notary services they've always provided.

The MacDill Legal Office also provides legal assistance on a wide variety of civil law matters; assistance is provided by appointment during customer service hours. Customers can reach the legal office at 828-4422 to schedule an appointment. Meetings are in the privacy of offices with an attorney who can help customers navigate through troubled waters or simply answer legal questions. The office also has more than 30 legal assistance handouts available in a kiosk located near the front desk that answers many of the questions frequently asked by clients.

The legal office is well known for its one-day last will and testaments process. It recently streamlined the process through use of the legal assistance Web site at <https://aflegalassistance.law.af.mil>. The Web site allows clients to complete a will worksheet in the comfort of their own homes, and allows them time to reflect on important decisions that need to be made during the will drafting process. The legal assistance

Web site provides a unique, case sensitive "ticket number" for each client.

Be sure to write down the ticket number prior to calling the office for a will appointment. Will appointments are accepted Fridays beginning at 9 a.m. until the schedule for the following Thursday is full. Clients often use their time in the legal office during the will process to complete other important legal documents like designation of a health care surrogate, a living will, or powers of attorney, and leave on Thursdays with all of documents, including their last will completed.

The new legal assistance Web site is available 24-hours a day, seven days a week. The Web site also includes information on powers of attorney (general, durable, and special), health care surrogates, and living wills. The legal assistance Web site also includes additional information on different areas of law. Clients can learn about topics such as bankruptcy, contracts, estate planning, divorce and other family law issues, landlord-tenant law, the Servicemembers Civil Relief Act, and tax law. This service is free of charge and only a mouse-click away.

The change in hours will not change the services the legal office provides. In fact with the addition of the new legal assistance Web site, and the legal handouts, more services and information are at your fingertips around-the-clock.

The MacDill Legal Office is located at 8208 Hangar Loop Dr., Building 299 and will remain open during normal duty hours for commanders and first sergeants needing assistance in military justice and duty related issues.

MACDILL COMMUNITY



EVENTS

Friday

Bayshore Club

Membership Breakfast from 6:30-9a.m. Club Members: FREE; Non-Members: \$6.95

Arts & Crafts Center – Crafters Corner

FREE Open Scrapbooking from 11 a.m.-3 p.m. Teens welcome!

Base Beach Area

FREE Outside Movie Night starting at 6 p.m. Showing Planes, Trains, and Automobiles (Rated R). Bring your blankets, chairs and coolers!

MacDill Family Resource Center

Teen Night! 6-9 p.m. Pizza & X-Box Tournament!

Saturday-Sunday

Bay Palms Golf Complex

Kids Play FREE! (8-17yrs) after 12 p.m. No registration necessary with a paid adult.

Sunday

MacDill Lanes

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

Monday & Wednesday

Bay Palms Golf Complex
2 for 1 Golf after 1:30 p.m.

Tuesday

Airman & Family Readiness Center

Spouse-2-Spouse from 9:30-11 a.m. Open conversation about issues relating to deployments and an opportunity to meet new friends.

Base Library

St. Patrick's Day Story Time & Craft at 10:30 a.m.



Photo by Senior Airman Linzi Joseph

Airman 1st Class Tyler Miller, 6th Maintenance Group crew chief, explains the process of the periodic inspection for Air Force Smart Operations for the 21st Century during a Leadership Westshore tour at MacDill Air Force Base March 2. The tour hosted a group of 18 community leaders from the Westshore business community, and gave them the opportunity to get an up-close look of the MacDill Air Force Base mission.

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.

The Eagle (PG-13)

Saturday - 3 p.m.

The Eagle (PG-13)

Saturday - 7 p.m.

The Roommate (PG-13)