



C M Y K



Vol. 36, No. 10

MacDill

Friday, March 13, 2009

THUNDERBOLT

www.macdillthunderbolt.com

WILD FIRE



Team MacDill's blazing performance - page 14

COMMENTARY



Is accountability a bad word?

by Col. Jon Klaus

6th Operations Group Commander

Well, this is my third commentary since taking command at MacDill. My first two were on leadership and opportunity respectively. This week, I'd like to tackle the subject of accountability. Now, when I mention accountability, it often leaves a bad taste in some peoples' mouths. It really shouldn't, but I am often surprised by the reaction that I get (usually subtle body language clues) when I mention this. I'd be the first to admit that lately accountability is getting branched about quite a bit and that maybe we have lost what it really means. For me, accountability is really quite simple and it is not very daunting. It is taking personal responsibility for those parts of your job or life that are required to be completed in a timely and quality manner. If it is a task, project or job, this means taking ownership of it, giving it your best and then completing it with pride.

In the military, we have many things for which we are held accountable, foremost being our day-to-day jobs. In my opinion, a good leader empowers their folks to do their day-to-day jobs by pushing responsibility to the lowest level (and not micromanaging). Now, for this concept to work, people have to be held accountable. If there is not a belly button to push, then empowerment will not work. If the concept is to work, then people need to take ownership and proudly complete the tasks/jobs assigned to them.

Since 2003, when I first took squadron command, I have always had accountability as a leadership priority. My four priorities have revolved around an acronym called

MAPS...Mission, Accountability, People and Smart Operations. Lately, our Air Force leaders are touting the mantra of "Back to Basics", which entails Compliance, Attention to Detail and (you got it) Accountability. So, why do we continue to have to harp on accountability? The concept actually seems pretty simple. Why would someone not want to do the best at their job every day? Why would someone not pay their Government Travel Card bill on time? Why would someone not put in the time to pass their Physical Fitness Test? Why would someone not say "no" to drugs? Why would someone not know better than to load a live nuclear weapon on a B-52 training mission in Minot, North Dakota? Lack of accountability is the answer!

Now, I am very proud to say that the folks that would behave this way represent the minority in our military, not the majority. The majority of you are accountable. I know this because an accountable person does not just do what they are told...they are internally motivated and do the job right the first time. An accountable person is the rock that their boss can count on 100 percent of the time...that means they get things done or turned in on time. An accountable person has a reputation for making the right decisions. In other words, they are known for having sound judgment. An accountable person is a trusted source, which is someone who is upfront if they make a mistake...and then comes prepared with a solution. Finally, an accountable person is a fixer, which is someone who will correct a mistake even if it wasn't their fault. They focus on fixing the problem and not finger pointing.

The above list is by no means all encompassing, but if you are an accountable person



Col. Jon Klaus

and view your job or position from an ownership perspective it helps give meaning to your contributions. As a result, you'll have a better idea of how your efforts support your organization's objectives. In addition, by being accountable, you earn the trust of your supervisor or boss and coworkers. As the trust grows, so do the responsibilities that are given to you...which leads to promotion or advancement. So, I leave you with the thought that accountability is NOT a bad word...it really is a good word! Is accountability in your portfolio? I hope so!



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)

MacDill Thunderbolt

Publisher: Denise Palmer
Editor: Nick Stubbs

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News items for the MacDill Thunderbolt can be submitted to the 6th Air Mobility Wing Public Affairs office, Bldg. 299, at 8208 Hangar Loop Drive, Suite 14, MacDill AFB, FL 33621, or call the MacDill Thunderbolt staff at 828-4586. Email: thunderbolt@MacDill.af.mil.

Deadline for article submissions is noon, Thursdays to appear in the next week's publication. Articles received after deadline may be considered for future use. All submissions are considered for publication based on news value and timeliness.

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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5K run for fun, health



Team MacDill readies for AirFest '09

by Lt. Col. Tom Emmolo
AirFest 2009 Director

On March 28 and 29, MacDill AFB will open its gates to the public and will host one of the largest military air shows in Florida. Free parking and free admission make MacDill's AirFest one of the best Tampa Bay area events of the year. With seven hours of aerial flying events per day featuring military war birds, civilian aerobatic performers and current military jet aircraft, AirFest is sure to thrill the young and the young at heart. The estimated 150,000 spectators are in for one fantastic air show and military static display.

The US Air Force Thunderbirds headline this year's show. The Thunderbirds kicked off their 56th season at MacDill AFB earlier this year with a spectacular six-ship Super Bowl XLIII fly-over. With near perfect execution, the Thunderbirds tested the base support plan. According to Maj Chuck Creech, Thunderbird project officer, "The Thunderbirds were thrilled with the level of service they received from everyone involved during their stay; they are really excited to come back to Tampa for AirFest." The Thunderbird team arrives on Thursday, March 26 and will begin a good will tour of Tampa by visiting local schools and hospitals.

Not to be out done, the "Flying Eagles" from Lemoore Naval Air Station's VFA 122 will showcase the US Navy's F/A-18F Super Hornet. Be sure not to miss this amazing tactical demonstration that

pushes the F/A-18 F to the "edge of the envelope" highlighting the Super Hornets maneuverability and slow-speed handling characteristics. The US Navy's F/A-18F is only one of many tactical demonstrations at AirFest. Air Combat Command demonstrations will feature both the F-15E Strike Eagle and the A-10 Thunderbolt II. These two demonstration teams highlight the US Air Force's air-to-ground mission and the Strike Eagle's impressive dual role air-to-air mission. These show friendly demonstrations will be sure to have everyone in awe.

Three units from MacDill AFB will join in the aerial demonstrations. Kicking off the show is the KC-135R Stratotanker of the 6th Air Mobility Wing and 927th Air Refueling Wing, with an impressive two pass fly-by. The Stratotanker is the air-refueling backbone of Air Mobility Command's global reach supporting nearly every contingency during its long sixty-year flying history. Parachutists from the SOCOM Command Jump Team will drop in for a Star Spangled Banner spectacular that's guaranteed to bring a standing ovation. Later, Joint Communication Support Element will parachute in on a C-17 performing an impressive low-level static line jump. Also joining the line-up this year is Ed Hamill and the Air Force Reserve Bi-Plane, Bill Lauderback and the P-51 Stallion, the T-33 Aerial Knight, the C-54 Spirit of Freedom, John Black's Flying Decathlon, the T-6 Star Fire, Herb Baker's T-28 and the Disabled American Veterans

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AIR FORCE ASSISTANCE FUND

KICK-OFF EVENT!

Tuesday, March 17

7 a.m. - 9 a.m.

FREE!

1 DOZEN DONUTS

IF YOU CONTRIBUTE \$10 OR MORE DURING DRIVE THRU DONATION CAMPAIGN



Pick up your donuts in the BX and Surf's Edge Club parking lots while supplies last

Drive Thru Donuts Kicks Off AFAF Campaign

The Team MacDill Air Force Assistance Fund campaign kicks off Tuesday with a Drive Thru Donut Drive at the Base Exchange and Surf's Edge Club parking lots. From 7-9 a.m. unit representatives will be waiting with a free box of Krispy Kreme donuts for those making donations of \$10 or more to the AFAF. You can pre-order your box by email Maj Emily Farkas, base AFAF coordinator, at emily.farkas@macdill.af.mil. This year's campaign will run through April 24. Look for more information from your unit representatives and in next week's Thunderbolt!



Congratulations to the senior master sergeant selectees



- ◆ Master Sgt. Michael Boldin
- ◆ Master Sgt. Carl Capps
- ◆ Master Sgt. Donald Clark
- ◆ Master Sgt. Charlie Flores
- ◆ Master Sgt. Timothy Harkin
- ◆ Master Sgt. Arthur Harris
- ◆ Master Sgt. Tony Hooks
- ◆ Master Sgt. Dana Hughes
- ◆ Master Sgt. Rebecca James
- ◆ Master Sgt. Scott James
- ◆ Master Sgt. Keith Jauss
- ◆ Master Sgt. Michael Land
- ◆ Master Sgt. Eileen McCain
- ◆ Master Sgt. Ruben Sanchez
- ◆ Master Sgt. Keith Taylor
- ◆ Master Sgt. Anthony Thompson
- ◆ Master Sgt. Ruth Urbina
- ◆ Master Sgt. Joseph Wakey
- ◆ Master Sgt. Catrin Wiley
- ◆ Master Sgt. Nicole Winchester
- ◆ Master Sgt. Christopher Stephens-911 ARS at Seymour Johnson
- ◆ Master Sgt. Matt Gadziala-Formerly 6 OG PCS'd to Luke



Are you up to becoming a Basic Military Training Instructor?

by Master Sgt. Don Clark
6th Air Mobility Wing Career
Assistance Advisor

Over the past few weeks you have seen many emails and articles addressing the need for more military training instructors at Lackland AFB TX. With the increased need for more enlisted Airmen over the next few years, our Air Force Recruiters are working hard to find quality recruits to be part of the best Air Force in the world. This increase has caused a shortage of qualified Military Training Instructors to create combat ready Airmen for the future.

As the 6th Air Mobility Wing Career Advisor I had the pleasure to revisit Lackland AFB and receive the mission brief, view a graduation and also see the projected plans to upgrade the Basic Military Training facilities in the next 10 years. My visit included a lunch with two MTIs right next to the snake pit, which brought back some nightmares from July 1989 when I was an Airman Basic with the 3706 squadron! Dur-



Courtesy photo

Military Training Instructors from the 324th Training Squadron, known as the Knights, take time for a photo at Lackland Air Force Base. With the number of trainees rising and a shortage of MTIs, more instructors are needed to augment their efforts.

ing the time we had together, we discussed the many challenges with the increase of trainees and the current shortage of MTIs.

One key question one of my fellow CAAs asked was "what type of Airman do you want to become MTIs?" The Best of the

Best was the unanimous answer from everyone! Air Force members from Senior Airman to Master Sergeant that want to produce the best combat enlisted force Airmen in the world are welcome to apply. Despite their manning shortage, Lackland is still producing outstanding

Airmen that will lead our country into the future. Is this something you would like to do? If you are looking for a new career challenge and want to mold and shape the Airmen of the future, this is for you.

If you are up for the challenge please visit the MTI Web site [https://](https://www.lackland.af.mil/737mtir/mti.htm)

www.lackland.af.mil/737mtir/mti.htm for all the latest information.

If you would like more information about becoming a military training instructor or any other special duty, please contact me at Donald.clark1@macdill.af.mil to set up an appointment.

Interested in training others? General application requirements for MTI:

Eligibility Requirements:

- ◆ Any Air Force Specialty Code may apply
- ◆ Senior Airmen with at least 3 years but less than 6 years Total Active Federal Military Service with minimum "General" Airman Qualification Exam score of 48 (Only need General score for Senior Aiman)
- ◆ Staff Sergeant/Master Sergeant with less than 17 years TAFMS
- ◆ Excellent military image and appearance
- ◆ Excellent records with overall ratings

of 5 on last five Enlisted Performance Reports

- ◆ No record of disciplinary action or financial irresponsibility in the past five years, i.e. Article 15.
- ◆ Not currently on any phase of the weight management program
- ◆ Squadron commander's recommendation
- ◆ No speech problems
- ◆ Physical Readiness Training must be 75% or better

Additional requirements for Guard/

Reserve applicants:

- ◆ Complete same application requirements as Active Duty members
- ◆ Meet requirements in AFI 48-123, AFI 36-2110, Assignments, AFI 36-2108, Airman Classification
- ◆ High school diploma or GED
- ◆ Be able to obtain sufficient retainability for 4 year Extended Active Duty tour
- ◆ Have 14 or less years total active federal military service
- ◆ Be a Staff Sergeant through Master Sergeant



Fetal Protection Program working

by Senior Airman Karen Lukaszewicz

6th Medical Group Public Health

Protection of the health of MacDill's workforce is of the utmost importance to the Airmen of Team Public Health. When a member becomes pregnant, concern extends to the pregnancy as well. The Fetal Protection Program is designed to provide this protection.

A pregnancy profile is an important part of the FPP. Once pregnancy is confirmed, all active duty and DoD employees should report to the Public Health office located on the 3rd floor of the MTF. The pregnant worker will be interviewed by a Public Health technician to determine the hazards associated with their workplace environment. Personnel from Bioenvironmental Engineering will evaluate any industrial hazards. Necessary temporary workplace restrictions may be assigned at this time. Pregnant employees will be educated on general and specific reproductive hazards and non-occupational hazards.

Proper personal protective equipment and personal hygiene is essential for healthy work environments especially in relation to pregnancy. If any changes in the workplace occur, contact Public Health immediately so a thorough review of the worker's profile can be accomplished.

Many women have questions regarding physical training during pregnancy; in most cases, it is important for women to stay active during their pregnancy. If approved by her provider, a woman should participate in a fitness program, even if only to walk. Staying fit and eating right while pregnant will contribute to the birth of a healthy

See **FETAL**, Page 20

WOMEN'S HISTORY



History, her story, your story in history

by Col. Sara Phoenix
Marine Central Command

The United States Marine Corps is more than 233 years old and women have served continuously in the Corps for more than 66 of those years. Throughout those years women have gone from high class to high score and more. The legendary first woman Marine was Lucy Brewer, dressed as a man, in the War of 1812. The first of-

ficial service was in WWI when the Secretary of the Navy, Josephus Daniels, thought of a unique way to get more men to the front lines by filling the administrative jobs with women. (Some of you may know Josephus Daniels for his more famous role. He banned alcohol on all US Navy ships thereby being memorialized by sailors when handing out coffee – Have a cuppa Joe!).

When women were again called upon to serve in 1943 they were truly high class. Their uniforms were created by the top designers of the day. The handbag was made of American Bison because cow leather was needed for combat boots and bison was too hot for the boots. The bags were made by a small, fairly new, relatively unknown company that is now a highly coveted household name. Most of you would

recognize the Coach name now though! Makeup was made by the top companies of the time. Revlon, Avon and many others made high quality makeup for the WWII service women. One young lady who worked in the Elizabeth Arden factories in NYC joined the Marines. When she completed training she came back to the factory to show her friends her smart new uniform. At that time Ms. Arden had her of-

fice on the factory floor, a glass enclosure on the far end. When the new Ma-

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AIRFEST

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sponsored B-25 Bomber, plus many more.

With a full-day of amazing flying and incredible static aircraft displays, there are certain things to keep in mind. No matter how hard we try to relieve traffic, MacDill AFB is located on a peninsula and only three main roads enter the base. The 6th Air Mobility Wing has augmented the over 300 Security Forces personnel with an additional 370 personnel to help with traffic and on-base parking. Together with the Tampa Police Department and Hillsborough County Sheriff's office, the 6th Security Forces Squadron has devised and improved the traffic management plan to accommodate the over 75,000 expected guests per day attending AirFest.

Finally, remember to stay safe. Be vigilant at all times and report any suspicious behavior. Drink plenty of water, wear comfortable shoes and a hat, bring ear protection and sunglasses. And most importantly, don't forget to have fun and don't miss out on the year's exciting show!

Airfest things to know

The AirFest staff encourages all personnel attending AirFest to carpool and ride share wherever possible. The Dale Mabry and MacDill gates will be open to the public starting at 8 a.m. All military and civilian ID card holders, who have normal access to the base, must enter through the Bayshore gate. Parking for those entering Bayshore gate will be limited near the flight line, and all other spots will be first come, first serve. For base personnel, please park at your normal duty section and walk to the Condor Court gate, near Hangar 5 for entry. ID cards will be checked at this gate. Public gates close at 3 p.m. or when parking is no longer available on base.

WOMEN

From Page 9

rine walked in, Ms. Arden's voice boomed across the factory, "You have the wrong color lipstick for that outfit. Get down here!" Ms. Arden then worked to create a makeup line for military women which she called "Montezuma Red" because of her close association with the Corps.

The women of WWII have some things in common with today's Marines. One example: On the transport ships to Hawaii in the 1940's the women held boxing matches. Today, women in Iraq are boxing to keep up their upper body strength and martial arts skills.

Women Marines have gone through many transitions and changes over the last many decades. In WWI women were clerical staff, couriers and guards at the national buildings in Washington DC. In WWII women trained pilots, drove trucks, trained on weapons and performed many other support duties to free the men to go forward. In the 1960's women had to leave service if they became pregnant, in the 70's they could stay in if they asked formal permission (today even the men get 'maternity' leave after a birth). In the 1980's women were breaking records and changing the way the Corps looked at them as assets. In the 1990's a Marine, Carol Mutter, was the first female LtGen in any American service. In 1991, female Marines were actively involved in Opera-

tion Desert Storm in ways they couldn't admit to at the time. The Marine leadership saw them only as Marines with useful skills. Today women are trained exactly the same as the men and in most respects perform the same as the men in the Corps. Sometimes they even outperform the men in individual competition!

In our current operations in Afghanistan and Iraq, women are on patrol and checkpoint duty with the men. They are primarily there to search local women because of cultural needs. However, they perform their duties under the same dangerous conditions as their male counterparts. Women are receiving Purple Hearts, Combat Action Ribbons and numerous personal awards for their actions in these war zones.

There are many women Marines who have gone on to be very successful in other arenas: Lela Rogers, mother of Ginger Rogers, a movie director; Bea Arthur, a popular actress; Patty Berg founded the LPGA; and Doris Denton, an LPGA winner. We have a dive champion, pistol champions, national kickboxing champion, corporate executives, private business owners, and millionaires.

From the halls of Montezuma to the shores of Tripoli, from the administrative desks of the Pentagon to the streets of Fallujah... .

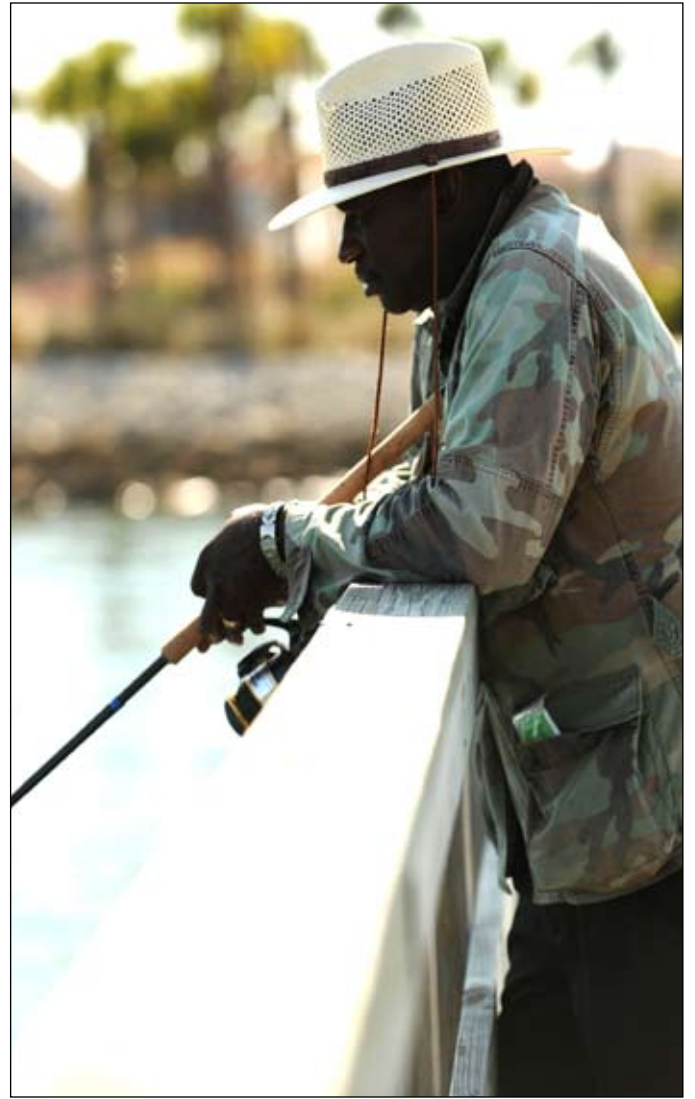


Photo by Senior Airman Nancy Hooks

Tryin' his luck

Master Sgt. (Ret.) Sylvester Bellamy fishes on the Bayshore pier Mar. 6 here. The retired nutritionist makes his way to the water two to three times a week and on the weekends. He normally catches snook, redfish and catfish off the wooden pier.

FITNESS



The Fartlek advantage: Interval Training

by Staff Sgt. Edward Cerchione
6th Force Support Squadron

With hectic schedules and busy lifestyles being the primary reason people give up on exercising, interval training is a great solution for both of these common problems.

Interval training is the alternating of short bursts of intense activity with an active recovery. Active recovery is a less intense form of the original activity. The Swedes created the term “Fartlek” for this type of training, which in Eng-

lish translates to “speed play”. This is a very efficient training method that can help you avoid the injuries, which often accompany non-stop, continuous activity, and while providing you with the opportunity to increase your intensity without reaching exhaustion within minutes. “Fartlek” interval training focuses on the needs of the participant. How you feel determines the length and speed of each interval.

The physical advantages of “Fartlek” interval training are both aerobic and anaerobic. Our aerobic system allows us to walk and run for extended durations using oxygen to convert carbohydrates into energy from various sources in our bodies. Our anaerobic system pulls energy from carbohydrates (in the form of glycogen) stored in our muscles for short durations of activity like sprinting, heavy lifting, etc. The anaerobic system does not need oxygen and does

not provide enough energy for long durations of activity. For example, “Fartlek” training may have you walk for two minutes, running for two, and alternating this pattern throughout the duration of a workout. The intensity and length of each interval is determined by how strong or energetic you feel and what your goals are during your workout. This keeps your workouts fresh and free from the boredom of doing the same thing everyday.

There are four variables to consider for each interval when designing a program: intensity, duration, rest and number of repetitions. With these components in mind you can have a fun, challenging and efficient workout routine to keep you in shape no matter how hectic your schedule gets.

(Info courtesy of http://www.acefitness.org/fitfacts/fitfacts_display.aspx?itemid=87)

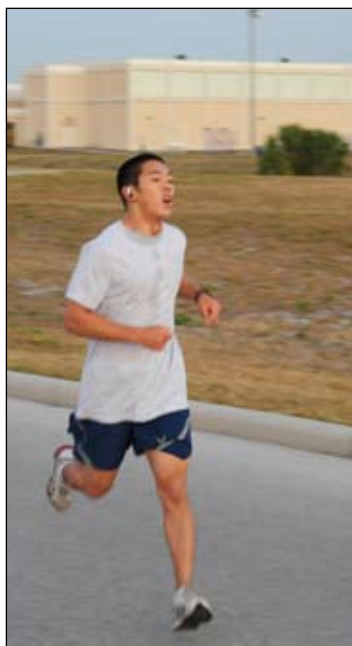


Photo by Senior Airman Nancy Hooks

5K

2nd Lt. Patrick King, 6th Logistics Readiness Squadron OIC material management flight, sprints to the finish line during the St. Patrick's Day 5K run at the Fitness Center Wednesday. He took second place, running the 3.1 miles in 18 minutes and 46 seconds. Staff Sgt. Frederic Pires, USCENTCOM French Attachment, came in first. Master Sgt. Carpuat Bruno, USCENTCOM French Attachment, finished third.

FETAL

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child and help prevent complications such as gestational diabetes.

Active duty women have 180 days to prepare for the Air Force fitness test after a delivery. However, women are encouraged not to wait until the end of the 180 days to start preparing. Staying active before, during and after pregnancy improves a woman's overall health and recovery, and will make the transition back to a regular work routine much easier.

For more information on the Fetal Protection Program or pregnancy profiles, contact the Public Health Office at 827-9601/9886.

MACDILL COMMUNITY



EVENTS

Today

Surf's Edge Club

The Annual Awards Banquet is today at 6 p.m. at the Surf's Edge Club.

Monday

Surf's Edge Club

The Bingo Extravaganza is at the Surf's Edge Club Monday, Mar. 16 starting at 5:30 p.m.

Tuesday

Surf's Edge Club

Drive by pizza is available Tuesday, Mar. 17 behind the Surf's Edge Club from 4 until 6 p.m.

Wednesday

Surf's Edge Club

There will be a Pinochle Tournament at the Surf's Edge Club Wednesday, Mar. 18 from 7 until 9:30 p.m.

Thursday

Wing Run

The monthly wing run will be Thursday, Mar. 19 at 4:30 p.m.



WOMEN'S HISTORY MONTH BREAKFAST

March 16, 2009

07:30-09:00

Surf's Edge Enlisted Club



WOMEN LEADING THE WAY TO SAVE THE PLANET

Cost : \$10 Club Members \$12 Non-Members (Pre-ticketed)

Ticket POCs: SMSgt Kelly 828-2376, MSgt Hooks 828-4484, SA Lamar 388-7915, SSgt Bryant 828-2448, Mrs. Otero 828-9289, Mr. Neff 828-9205 & Mr. Canabal 828-2505



"Combat Search & Rescue"
Painting by Ken Chandler

CHAPEL SCHEDULE

Protestant services

Sunday - 9 a.m., Traditional Service
10:30 a.m., Religious Education, Noon, Gospel Service

Tuesday - Noon, Promise Keepers

Wednesday - 10:30 a.m., Women of the Chapel

Thursday - 11:30 a.m., Officers' Christian Fellowship

For more information regarding the Chapel or Chapel services, call 828-3621.

Catholic services

Saturday - Mass, 5:30 p.m.

Sunday - Mass, 10:30 a.m.

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

Saturday - Sacrament of Reconciliation, 4:30 p.m., (or by appointment)

Jewish and Islamic services

Call 828-3621 for information

AT THE MOVIES

Base Theater closed for renovations