

THUNDERBOLT

WWW.MACDILL.AF.MIL

Celebrating women - page 12



Photo by Senior Airman Melanie Bulow-Kelly

Members of team MacDill listen to Joan Craft, 6th Medical Group Health and wellness center director, as she speaks about her accomplishments during the Women's History Month discussion panel and health fair at MacDill, March 8. Panel members discussed their experiences, including challenges unique to females, and how they overcame them to get where they are today. They also discussed building a family and maintaining balance for a healthy personal and professional life.

COMMANDER'S CORNER



Win by listening

by Lt. Col. Kingston Lampley
99th Air Refueling Squadron commander

We have all been there - while planning the next vacation, daydreaming, or thinking about getting the mission accomplished a co-worker or a loved one says, "Are you listening? What did I just say?"

If you're wise, your answer shouldn't be, "Yeah, you said 'blah, blah, blah...'"

The aforementioned scenario shows that listening skills are important to effectiveness both in our professional and personal endeavors. Too often in our society people just don't listen and therefore pay the consequences. We tend to treat every communication as a session of verbal judo - we wait in silent anticipation for our chance to speak so we can spew our pre-packaged talking points without really listening to what the other person wants to communicate.

If we're clever or forceful enough with our

retort we might "win" the debate. However, what is truly "won?" You probably weren't even arguing about the same topic because you weren't listening to the other person in the first place.

I'll make the case for why actually listening to others strengthens relationships, both personal and professional. I will then give a few pointers for effective listening.

By strengthening relationships, we foster an environment for people in our organizations and families to perform well. When people perform well we truly "win."

Listen well in order to succeed in your family life. Your loved ones are more than worthy of the limited time you share with them after you give the Air Force what is necessary to accomplish the mission. Use it wisely. When you don't listen to your loved ones, they feel devalued. When they feel devalued, your relationship suffers - or worse, ceases to exist. Don't allow that to happen. After all, what's important in life are those relationships - much more than the rank, position or wealth

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Lt. Col. Kingston Lampley

6th Air Mobility Wing shout-outs

The 91st Air Refueling Squadron would like to give a shout out to Tech. Sgt. Christine Selby, 91st ARS independent duty medical technician, for her phenomenal work and dedication to her job. She is an unparalleled team member and her ability to reinvigorate

cross-platform relationships between TRICARE and the end user is nothing short of amazing. In addition, she recently ensured deploying aircrew received required immunizations on an extremely short-notice tasking.



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 macdillwingcommander@us.af.mil.

Commander's vision

To view Col. Scott DeThomas' remarks on his vision for MacDill AFB, go to www.macdill.af.mil and then click on "Col. DeThomas' priorities, mission, and expectations video" in the upper left corner.

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, Chapel, more...

How to be a ‘Super’visor

by Chief Master Sgt. Robin Brooks

6th Air Mobility Wing interim command chief

In my 24 years of service I have encountered numerous catch phrases that try to emphasize the importance of supervising. I'm sure you have heard them: “Good leadership is good prevention,” “Be a great wingman,” “Culture of responsible choices,” and I could go on and on.

As military members, we are charged with upholding high standards, moving frequently, deploying around the world to austere and hostile locations, and working long hours to complete the mission. This puts significant pressure on members and their families. It is very common for personnel to feel overwhelmed and sometimes stretched too thin. In today's high-paced ops tempo, supervisors are often busy and overworked. They are responsible for multiple mission-related and administrative tasks. Additionally, they are frequently dealing with personnel who are often young, inexperienced, and dealing with personal problems. Despite all these pressures, military life can be highly rewarding.

It is a demanding and rewarding profession.



Chief Master Sgt. Robin Brooks

Today's military is very much about coping with high demands. As supervisors, we are charged with ensuring the mission is accom-

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Resiliency Region

I'm not ready yet

Dear Wing Ma'am,

We've been trying for a baby, and we were ecstatic when I finally got pregnant. Tragically, I miscarried. We have received so much support from our friends, co-workers and family. We listened to everything our doc told us to do and he's given us the okay to try again. My husband wants to try again as soon as we can, but I am having a hard time coping with this loss. I feel inadequate, sad and scared that this will happen again. I'm not ready yet and feel like I can't talk to my husband about it because he seems to have already moved on. What should I do?

~Empty Cradle



Dear
Wing
Ma'am



Dear Empty Cradle,

It's important to understand that grieving is a process that is unique to every individual. The first stage of grief is shock and denial. You may ask yourself, “Did this just happen to me? To us?” You may try to analyze your actions and question all the details of the events that led up to the loss. Next, the guilt begins to set in, along with all the pain. There may be tears and you may feel numb to the world. You may start blaming yourself for the loss. The following stage is anger. There's anger at yourself, spouse, work, doctor, maybe even a higher being. You want someone to “fix it,” and may find yourself bargaining with a higher power to set things right again. After anger and bargaining, the realization of what happened begins to set in. You may feel gloomy and depressed at this stage.

Eventually you will reach the final stages of grief: acceptance and

See **WING MA'AM**, Page 14

Dear Wing Ma'am is written by Capt. Christy Cruz, a Licensed Clinical Social Worker. Wing Ma'am works as the Resiliency Program manager and clinical therapist at MacDill

AFB. If you want to ask Wing Ma'am for advice, please send your questions to 6MDOS.sgoh@us.af.mil. Letters are kept anonymous. Rights are reserved to edit published letters for

style and length. Not every question can be answered. This column seeks to educate readers and should not be used as a substitute for seeking professional assistance.



Courtesy photo

Staff Sgt. Michael Johnson programs a CNC machine, which uses computer instructions to mill metal.

'There I was...' A test of my mettle

by Staff Sgt. Michael Johnson
6th Maintenance Squadron aircraft metals technology

Deployments have become a regular part of life for most active duty Air Force members. There are many locations in our area of responsibility to which members can potentially be deployed at a moment's notice.

My most recent experience took place in 379th Air Expeditionary Wing in Southwest Asia. Adjusting to life in this location was both physically and mentally challenging, but not impossible to overcome.

Compared to most areas stateside, our area of responsibility has what some would consider a hostile climate. With temperatures at around 130 degrees during the day to near freezing temperatures at night, jobs that may have seemed simple back home suddenly became quite difficult.

Maintaining a high level of hydration is critical to sustaining readiness no matter what job you do. For maintainers, however, the importance is multiplied significantly due to the many hours we spend outdoors and in the ele-

ments. As a metals technology craftsman, I had a unique opportunity to experience both the indoor and outdoor climates while deployed.

One of the most crucial and mentally demanding areas of the metals technology career field takes place indoors and is known as computer numeric control operations. Without CNC milling and turning centers, we simply could not manufacture the many complex parts needed to ensure continuous contingency aircraft support. Instead, we would have to order parts from outside the country, causing excessive downtime for mission critical aircraft. Keeping these CNC machines up and running in the AOR was made more difficult due to high amounts of sand, dust, and in some cases high levels of humidity. As a result, we had to take additional measures to prevent damage to these important pieces of equipment, to include increasing inspection intervals to ensure personnel were not being adversely affected by the elements.

Another demanding metals technology operation is welding. Welding aircraft parts in itself is not overly complicated. The main challenges I experienced while welding included wearing heavy leather personal protective equipment in hot weather and high winds, difficulties get-

See 'THERE I WAS...', Page 14

Patriot award goes to Troy University official Walters

by Senior Airman Michael Ellis
6th Air Mobility Wing Public Affairs

Military members often receive much praise for their selfless service and the many sacrifices that come with the call of duty. Oftentimes gone unnoticed, is the man or woman dressed in civilian attire, who play contributing roles in the success of these members and of our nation.

Last month, a local member of the community was recognized in a ceremony for her support of a citizen-warrior at Troy University's Tampa branch.

Carol Walters, site coordinator for Troy University, was nominated by her employee who is a member of the Florida Air National Guard,



Photo by Senior Airman Michael Ellis

Airman 1st Class Brad Reinert presents a certificate of appreciation to Carol Walters.

Airman 1st Class Brad Reinert, for her supporting efforts in Reinert's military and civilian careers.

Walters was given the Patriot Award lapel pin and a certification of appreciation.

With citizen warriors, juggling both military training and duty requirements in one's civilian career can be extremely difficult progression.

On multiple occasions Reinert was put on standby for deployment with his unit from Patrick Air Force Base.

As his supervisor, Walters explained how she couldn't imagine any employer or boss doing anything but being 100 percent supportive. "Each time my answer was simply yes," said Walters, who also stated she felt honored to be in a position to support Reinert's military career.

The Patriot Award is given annually to recognize a supervisor or boss of an employee serving in the National Guard or Reserve.

The Employer Support of the Guard and Reserve was established in 1972 to promote cooperation and understanding between these members and their civilian employers.

BRIEFS



Water restrictions

Effective March 13 water restrictions will be imposed throughout Tampa and MacDill Air Force Base. Yards can be watered one day each week depending on your address. Watering must be done before 8 a.m. or after 6 p.m. For more information contact Brad Baird at 274-8663 or call the Water Conservation Hotline at 274-8032 24-hours-a-day.

Celebrating Women's History Month

March 27: Volunteers will speak to Monroe Middle School students about STEM programs and the importance of students staying engaged in science, technology, engineering, and mathematics programs from 1:30 to 3 p.m. There will be a door-decorating contest that requires the students to decorate to highlight a woman in history that worked in the STEM field. The winners of this contest will receive a free pizza party on behalf of the WHM committee. For more information or to volunteer, contact 1st Lt. Brittany Clifton at brittany.clifton.1@us.af.mil or 2nd Lt. Alisha Foster at alisha.foster.1@us.af.mil.

Celebrating Child Abuse Prevention Month

The Pinwheels for Prevention kickoff celebrating Child Abuse Prevention Month is April 2 from 2 p.m. to 7 p.m. at the Glazer Children's Museum. The event includes a museum visit, safety tips, fun activities and more. The museum is located at 110 West Gasparilla Plaza in Tampa. For more information or to volunteer for this event, contact Andrea Bowen at 813-827-9172.

Tax assistance

The Retiree Activities Office at MacDill Air Force Base and the Brandon Airman and Family Readiness Center satellite office offer free tax assistance services to active duty members, military retirees and their families. Services are available on a walk-in basis five days a week at the RAO on MacDill and by appointment only at the Brandon A&FRC. Call the RAO at 828-4555 and the Brandon AFRC at 813-655-9281 for more information or for an appointment.

Air Force Assistance Fund

The Air Force Assistance Fund campaign will run through March 15. The AFAF campaign is an annual, on-the-job fund raising appeal conducted among Air Force personnel to benefit Air Force personnel. AFAF campaign contributions provide financial support to four AFAF affiliates. They are the Air Force Village, the Air Force Aid Society, the Air Force Enlisted Village and the General and Mrs. Curtis E. LeMay Foundation. Contact Maj. Justin Sandholm or Capt. Chris Wiley at 827-9137 or 828-7376 for more information.

Base Exchange new operating hours

The Base Exchange has extended hours.

Main store: 9 a.m. to 8 p.m. Monday through Saturday; 10 a.m. to 6 p.m. Sunday.

Furniture store: 9 a.m. to 7 p.m. Monday through Friday; 9 a.m. to 6 p.m. Saturday; 10 a.m. to 6 p.m. Sunday.

Class Six: 9 a.m. to 8 p.m. Monday through Saturday; 10 a.m. to 5 p.m. Sunday.

Clothing sales: 8 a.m. to 7 p.m. Monday through Friday; 9 a.m. to 4 p.m. Saturday; 11 a.m. to 4 p.m. Sunday.

COMMENTARY

From Page 3

plished as effectively and efficiently as possible.

Over the years, I have learned some tips and tools that can transform a supervisor into a “super”visor.

Serving in the military comes with some significant rewards. First and foremost, the pride felt for serving our country. Additionally, the professional accomplishments, travel, unit camaraderie, sense of community, and the team spirit associated with belonging to something bigger than oneself.

Frontline supervisors play a pivotal role in assisting personnel through transitions. I have often said we spend more time at work than we do with our own families; therefore, it is important to foster healthy relationships in our work centers.

Supervisors are the first line of defense in assisting personnel. We spend a majority of our time at work with our team. We should be familiar with their typical behaviors so that we may be the first to see problems develop. Being proactive and fostering unit morale and stress management will help protect our personnel.

To be an effective supervisor, we need to prepare. It is important to connect with those we are charged to serve. Our subordinates need to know us and trust us before we can be in a position to help them during times of crisis. They won't trust us with their problems if we don't take the time to get to know them.

Dr. Kevin Leman coined the catch phrase, “Rules without relationships cause rebellion.” This phrase plays a pivotal role in supervising. Fostering a professional relationship encourages open communication, helps develop respect for authority, and builds mutual trust between individuals.

The first step in becoming a “super”visor is to establish a healthy, professional relationship with our teammates. It is part of our job as supervisors to talk to our people about their lives every day! This will make it easier to recognize distress signs if we know how someone acts when things are normal.

Next we need to balance building relationships with getting tasks accomplished—both are necessary. It is a proven fact that units with strong morale perform better under both routine and duress conditions. Walk around the duty section every day to check to see how things are going at work, at home and in your people's personal lives. Interact with your team and convey interest and concern for their welfare. Be sincere and don't fake it. If you aren't genuine in your concern, your team will notice. Cultivate your ability to listen rather than just hear what they are saying. It is the supervisor's responsibility to create a climate that fosters communication and trust.

The third area of focus is on you. Recognize your limits—there is only so much you can do. Be familiar with the helping agencies and encourage folks to seek assistance. Set the tone that asking for help is okay - even relay a personal story about how you sought help. Be the role model for healthy self-care, exceptional fitness, and solid work ethics. People are watching your behavior and will emulate what you do. Do not practice selective integrity. Establish boundaries as a supervisor or you too, could get burned out. You cannot be all things to all people.

Be sure to enhance your leadership style by attending professional development seminars. Senior Master Sgt. Melissa Walters, 6th Force Support Squadron career assistance advisor, does a fantastic job offering a multitude of courses each quarter.

Finally, find a mentor. Mentoring is an essential ingredient in developing well-rounded, professional and competent leaders. Mentors can provide a wealth of experience and can give you guidance on issues you are faced with. I have benefited greatly from the mentors in my life.

Being a “super”visor is all about preparing, caring, balancing and taking care of yourself. I challenge you to make the most of your time. The most rewarding task in the military is knowing that you made a difference in someone's life.

NEWS/FEATURES



AF names new colonels, lieutenant colonels

The Air Force has announced the colonel and lieutenant colonel selects. There are many from MacDill Air Force Base.

Colonel selects:

22nd Special Tactics Squadron

Thaddeus P. Allen

342nd Training Squadron

Ronald D. Stenger

6th Mission Support Group

Scott P. Maskery

6th Operations Group

Leslie A. Maher

U.S. Central Command

- ◆ George K. Hobson
- ◆ Jonathan M. Letsinger
- ◆ Michael W. Johaneck
- ◆ John W. Shirley

AFELM NDU JO

Kendall D. Peters

AFELM Security AST JD

- ◆ Leernest M.B. Ruffin
- ◆ Matthew E. Zuber

U.S. Special Operations Command

- ◆ Darin C. Driggers
- ◆ William C. Pleasants
- ◆ Douglas W. Roth
- ◆ Michael D. Webb

Lt. colonel select:

6th Medical Group

Beth N. Sumner



Senior women step it up in HAWC walking event

by Nick Stubbs
Thunderbolt editor

It was a pleasant Women's History Month surprise when a woman bested the field in the recent MacDill Air Force Base Health and Wellness Center's Walk Your Buns Off competition. It was an even bigger surprise that the woman is about to turn 75.

Diane Wildgruber, the retired spouse of a former Marine, winters in Florida and is no stranger to exercise. She bikes most days at MacDill, swims and runs. Every two years she and her husband complete a 200-mile hike.

Still, the 803,291 steps her pedometer logged during the four weeks of the HAWC's annual walking competition was a lot for her, particularly as she crammed it in along with her regular gym sessions.

"I doubled up," said Wildgruber, who originally set out to accomplish 300,000 steps in the contest. "My son calls me a competition freak because I'm always competing with myself."

Wildgruber wasn't the only woman of distinction in the contest. A younger woman, Emily Povey, 72, logged 685,023 steps, or 316.12 miles during the month, and also won the grand prize Walk Your Buns Off drawing of a \$100 commissary gift card.

"It really works," said Povey of walking as an exercise for elderly people. "I try to get in a good walk every day."

This year's walking event set a record with 396 competitors registered and 137 who hit the 300,000-step minimum, said Susan Haley of the HAWC, who coordinated the event. She added that the top performances of elderly women prove what determination can produce.

"Of course because they are retired then have the time, but still there are some young whippersnappers out there who are not as committed to their health," said Haley. "They are an inspiration to everyone."

Haley said 162 active duty members signed up for the event, along with 106 contractors, 82 military dependents and 40 retirees. Despite being two weeks shorter than past walking contests, about the same number of total steps logged was achieved.

Women's History Month

HAWC hosts health, discussion event for women

Photos by Senior Airman Melanie Bulow-Kelly



Tech. Sgt. Quanna Kirksey, 6th Medical Group women's health NCO in charge, demonstrates to 1st Lt. Shalisa Payne, 6th Logistics Readiness Squadron officer in charge of log plans, the proper way to perform a self examination during the Women's History Month discussion panel and health fair, March 8. Brochures and samples were distributed by numerous base organizations, including the Health and Wellness Center and the Airman & Family Readiness Center.





(Above) Members of Team MacDill help themselves to an assortment of food before departing the Women's History Month discussion panel and health fair, March 8. (Left) Chief Master Sgt. Robin Brooks, 6th Air Mobility Wing interim command chief, speaks during the Women's History Month discussion panel and health fair.



Col. Scott DeThomas, 6th Air Mobility Wing commander, speaks to those in attendance at the Women's History Month discussion panel and health fair, March 8.

'THERE I WAS...'

From Page 4

ting parts through customs.

Welding in PPE at most any location, even while indoors, can be very hot, and the temperature is amplified by the welding process itself. Add that to the extremely high temperatures of the AOR and welding became a very labor intensive process. Furthermore, high winds also made this process difficult by altering what is intended to be an inert process by removing protective gas coverage which caused contamination within the weld, weakening the repair. The only way to combat this issue was to completely isolate winds from the equation.

Still, the greatest hindrance I experienced with repairing aircraft parts was with customs. Frequent agreement issues between the United States and the AOR made it nearly impossible to transport parts from the flightline to the welding shop. This resulted in our shop having to build makeshift welding areas outside on the flightline, which added to the difficulty of completing tasks.

My experience while deployed can be described as a roller coaster ride. It had its highs and lows, as any work environment would. The important thing is the metals technology shop as a whole worked together to overcome unforeseeable obstacles resulting in successful, on-time sorties. Through long hours and perseverance, we received high ratings and praise after a successful Logistics Standardization Evaluation Program inspection.

If you are leaving for a deployment in the near future, whether it is your first deployment or your tenth, remember to keep hydrated, stay positive, and no matter how low the roller coaster might dip, there will always be a high point on the other side.

WING MA'AM

From Page 3

hope. At this stage, you have accepted the loss and realized that life does go on. I encourage you to talk to someone to work through your feelings and invite your spouse to talk about it as well! Helpful resources like the Behavioral Health & Optimization Program (827-9170), Chaplain Services (828-3621), Mental Health (827-9170), Military Family Life Consultants (426-4145/731-6133), or Military OneSource (1-800-342-9647) are available to support you. Remember, it takes time to heal both body and mind.

NEWS/FEATURES



Canadian birds fly south for the winter; train at MacDill

by Senior Airman Melanie Bulow-Kelly
6th Air Mobility Wing Public Affairs

The roar of CF-18 Hornet engines echoes throughout MacDill Air Force Base, as student and instructor pilots from the Royal Canadian Air Force prepare for takeoff.

Fifteen CF-18 Hornets from the 410 Tactical Fighter (Operational Training) Squadron, Canadian Forces Base Cold Lake, Alberta Canada are conducting training missions here through March 15.

Every year, around this time, the Royal Canadian Air Force migrates to warmer climates to increase flying time. Usually, Naval Air Station Key West hosts the Canadians but this year MacDill was selected to host our NATO allies.

“The weather plays a significant role in us being able to accomplish our training mission,”

See **CANADIANS**, Page 22



Photos by Senior Airman Melanie Bulow-Kelly

Royal Canadian Air Force Cpl. Laurie Lavigne, 410 Tactical Fighter (Operations Training) Squadron airframe technician, waits for RCAF Capt. Andrew Eckhardt, 410 Tactical Fighter (Operations Training) Squadron CF-18 Hornet student pilot, to finish the pre-flight checks at MacDill Air Force Base, March 4. Fifteen jets from Canadian Forces Base Cold Lake, Cold Lake, Alberta arrived at MacDill last week to conduct training missions.

DIAMOND SHARP



Tech. Sgt. Dustin Maglinti 6th Force Support Squadron

Job title: Airman Leadership School instructor

Home town: Kapa'a, Hawaii

Short-term goals: I want to complete my second Community College of the Air Force associate's degree in instructor technology and my bachelor's degree in intelligence studies.

Long-term goals: I hope to earn a commission in the U.S. Air Force as a special tactics officer.

Advice to others: "Get mad, then get over it." – retired Gen. Colin Powell.

Role model (why): My mother. She taught me values that I still maintain to this day, and I can always look to her for advice. In my professional life a role model of mine is a former security forces superintendent who taught me the acronym "JET" which stands for judgment, experience and training. When you make a decision always use your best judgment and base it off of your past experience and training. As a leader you must be decisive, because no one likes an indecisive leader.

Why did you join the Air Force? I grew tired of the day-in and day-out of morning surf sessions, school and working as a busboy. I was afraid of doing the same thing when I was 40 years old, still stuck on the island of Kauai. I joined the Air Force to travel, learn and make a positive mark for my family name.



CORNER

From Page 2

that you accumulate in your career. A well-functioning, loving family where everyone feels valued is an attainable goal which starts with LISTENING to your loved ones.

The payoff for your personal life is love and understanding. What is the benefit professionally?

I realize that this article is getting a little “touchy-feely” for a military audience, but stick with me.

Why listen to your subordinates? You’re not listening because you want them to make decisions for you, you’re listening because they’re the ones “doing the work.” They stand a better chance of equipping you with data you need if they feel you are listening to what they are trying to convey.

People can tell when you aren’t listening. When you don’t listen, coworkers, like family members, feel devalued and lose motivation to work hard for you. Listen to your people.

Our Air Force will be better off if we learn to listen better.

Now that we know why listening is important, here are a few pointers to make you a better listener:

1. Get rid of electronic devices when you are listening. Put your phone on vibrate or turn it off when someone is in your office. E-mail and voice messages were invented so that you could stand to miss a call. Show your people that they are important. The same goes for your family. Digital video recorders are great for allowing you to listen to your loved ones in the present and catch the programming that you would like to watch later.

2. Don’t interrupt the speaker. You were born with one mouth and two ears for a reason; use your ears more than your mouth.

3. Be cognizant of non-verbal cues. I have heard that up to 85 percent of communication is non-verbal. Meaning we should listen with

our eyes, too. With this skill you can even listen when you are talking. Also, be mindful of the non-verbal signals you are communicating. You can have honey flowing from your mouth and vinegar communicated by your body language. Don’t be self-conscious, as it makes you appear to be insincere and robotic. Relax and be aware of your non-verbal signals.

It all comes down to listening. Listen to your people. Listen to your loved ones. Listening will make you more effective both personally and professionally. Effective listening establishes an environment of success for motivated people, the life-blood of our organization and families. Our culture does not make us effective listeners, so force yourself to be one.

Don’t be afraid to have your positions challenged. You might not “win” the verbal judo match—but is that really the goal?

MACDILL COMMUNITY



EVENTS

Friday

Bay Palms Golf Complex

Multi Vendor Demo Day at the Driving Range from 10 a.m. - 2 p.m. Ping & Taylor Made.

Surf's Edge Club

Membership Luncheon from 11 a.m. - 1 p.m. Club Members: FREE; Non-Members: \$13.95

Boomers Bar & Grill

Friday Bash! 3-8 p.m. Bar snacks & drink specials! Guaranteed \$100 club card drawing, Bar Bingo - \$1,000 jackpot, Trivia and DJ!

Seascapes Beach House

Family Fun Night! Fun starts at 5 p.m. family food & drink specials. \$2 & under menu items for kids. Kids activities. Free ice cream sundae bar (peanut free) with all meals.

Saturday

Seascapes Beach House

St. Patrick's Day Party from 4-9 p.m. Live music by "4 Ever Erin" starts at 5 p.m. Irish dinner special.

Tuesday

Airman & Family Readiness Center

Bundles4Babies from 8a.m.-12-p.m. Class covers everything from diaper changing to handling crying, colic, and feeding.

Thursday

Airman & Family Readiness Center

Beyond Basic Investing from 12:30-1:30p.m. Workshop will focus on sharing some tools available to evaluate stocks, bonds & mutual funds and build confidence in investments. Additionally useful financial resources (website/calculators) will be demonstrated..



Photo by Airman 1st Class Shandresha Mitchell

Giving!

Julia Newell, Florida Blood Services donor systems specialist, prepares to withdraw blood from Rachel Dawson, United States Special Operations Command training requirements technician, at MacDill Air Force Base, Mar. 7. Each donor gave a pint of blood, which is then processed and broken down into three components: red cells, platelets and plasma.



EXCHANGE
ARMY & AIR FORCE EXCHANGE SERVICE



CHAPEL SCHEDULE

Protestant services

Sunday - 11 a.m. - Contemporary Service

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

Islamic services

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

Catholic services

Saturday - 5:30 p.m. - Mass

Sunday - 9:30 a.m. - Mass

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



CANADIANS

From Page 16

said Maj. Chris Miller, 410 Tactical Fighter (Operational Training) Squadron operations officer. “We’ve been able to sustain a higher flying rate, and we really appreciate MacDill allowing us to come down here and get done what we need to do.”

During the first tactical phase of training, the new pilots learn basic fighter maneuvers such as, how to handle aerial combat when in a one-on-one situation and two-on-one scenario, which teaches them how to work together.

The two-hour training takes place about 20 miles west of Sarasota, Area 168, a 40,000-square-mile air space.

“This is great continuity for the pilots; they will be flying more than five times a week,” said Lt. Col. Paul Doyle, 410 Tactical Fighter (Operational Training) Squadron commanding officer.

Launching more than 15 flights a day, instructor pilots train new pilots on a two-seat multi-role jet.

“The day I stop learning is the day I stop flying,” said Capt Andrew Jakubaitis, 410 Tactical Fighter (Operational Training) Squadron CF-18 student pilot.

Aside from pilots, the Canadians brought more than 120 Airmen to include, mechanics and other crew members vital to the completion of the mission. They also brought an Airbus A-320 aerial refueling tanker for the students to become accustomed to in-flight refueling which

MacDill specializes in.

“Being able to walk away with more service qualifications under my belt when I leave here is one of best things about this experience,” said Cpl. Tanya Roach, 410 Tactical Fighter (Operational Training) Squadron aircraft structure technician.

However this mission accomplished more than just training for both nations.

“The camaraderie that we are developing with everybody on the base and all the folks in the Tampa Bay area is important,” said Chief Warrant Officer Rick Robertson, 410 Tactical Fighter (Operational Training) Squadron chief warrant officer.

During their time here, the partnership between the two forces grew as they worked together to maintain the CF-18s.

“The U.S. Air Force people were fantastic. They were able to get us a hangar to protect all our jets during the Tornado warning,” said Roach. “It was awesome to see everyone come together and make it happen. Within an hour and a half we had all the jets secured in the hangar.”

From providing shelter to aircraft parts, both forces played a role in making sure that the pilots’ training was a success.

“The U.S. Air Force provided materials that we were unable to bring with us. They also assisted us in a non-destructive inspection,” stated Roach. “Some of the requirements that we needed to get done would not have been accomplished without MacDill’s support.”