

THUNDERBOLT

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Airman's best friend 6th SFS' canine cops - page 10



Photo by Senior Airman Linzi Joseph

COMMANDER'S CORNER



April happenings; some team MacDill standouts



Photo by Tech Sgt. Tanika Belfield

Col. Lenny Richoux, 6th Air Mobility Wing commander, addresses the crowd during the National Prayer Luncheon at MacDill March 10.

by Col. Lenny Richoux
6th Air Mobility Wing commander

As many of you are already aware, April is National Child Abuse Prevention Month and Sexual Assault Awareness Month. There are several programs we will host on the base and in our communities that will focus on prevention and responsibility.

As your Wing and installation commander, I

am committed to ensuring we cultivate an environment free of sexual assault, harassment, discrimination, drugs and DUI.

Ms. Staci Vileta, the sexual assault resource coordinator for Team MacDill, has put together some great events for next week, and I highly encourage all base Airmen, civilians and dependents to attend. These won't be your conventional lecture-styled presentations. These will be a series of engaging, easy-to-follow discussions appropriate for a variety of audiences.

April is also a month for renewed emphasis on fitness. I recently signed and delivered my Fitness Improvement Policy Letter. It's up to the leaders at all levels to adhere to and enforce the fitness standards. Two key components of our policy are the Fitness Improvement Program (FIP) and the Superior Health Assessment Program Enterprise (SHAPE).

Fitness is a central component to not just physical readiness, but mental and emotional readiness. We're not reinventing the already-established program, but we're reinvigorating its adherence.

The Wing will hold its first Wing Warrior Workout on Tuesday, April 5 at 6:30 a.m. I will also welcome **Gen. Ray Johns**, commander of Air Mobility Command, and the Phoenix Rally participants who arrive Monday, April 4.

Now on to this week's shout-outs.

The Women's History Committee chaired by **Tech. Sgt. Amanda Hendrix** organized and

hosted the Women's History Luncheon. I appreciate the efforts of the organizing committee and support we received from the keynote speaker **Ms. Rhea Law**, the 6th AMW commander's honorary commander.

The 6th Operations Group's **Senior Airman Kristina Zacherl** was a finalist for the 2010 Air Mobility Command's Outstanding Airmen of the Year Award. The results will be announced at the April 1 banquet. We wish her good luck!

The 6th Medical Group's **Staff Sgt. Roger Zehr**, the non-commissioned Officer in charge of Survival, Evasion, Resistance, and Escape Operations for MacDill AFB directly contributed to international combat readiness while working in South Korea. He spent February and March working with and training the Republic of Korea's Combat Search and Rescue Teams.

Staff Sgt Danny Wilson is a Client Service Center supervisor in the 6th Communications Squadron and recently returned from a 180-day temporary deployment at Barksdale AFB. Because of his extensive helpdesk experience, he was selected to be a member of the Active Directory and LA. He helped the 2nd CS move 8th Air Force to an \$8.5M Cyber Innovation Center.

Thank you for your service to our nation as we deliver hope around the globe.

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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Editor: Nick Stubbs

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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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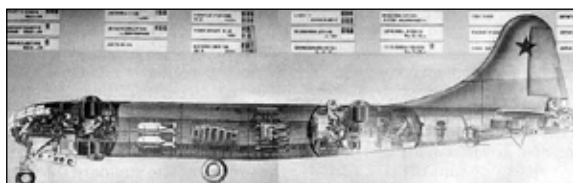


Military working dogs

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Events, movies, more...



Courtesy photos

A Tu-4 (top) and U.S. B-29 bomber.

MacDill History

On March 31, 1946, the 462nd Bombardment Group deactivated at MacDill — a relatively normal thing following a war.

The group has a unique distinction in history, in that one of its B-29s, named “Ramp Tramp,” went down during WWII in far eastern Russia, not far from its border with China and North Korea.

The Russians held the plane and crew until they could design a similar plane for their use. The Ramp Tramp (along with a couple of other B-29s) became the unwilling model for the Russians Tu-4 long-range bomber. Engineers copied the plane right down to the word “Boeing” on the rudder pedals.

Deployment provided dangerous test of EOD skills

“There I was”

by Staff Sgt. Carl Disher
6th Civil Engineer Squadron

Staff Sgt. Carl Disher, an explosive ordnance disposal technician with the 6th Civil Engineer Squadron, spent his first deployment to Sather, Iraq, leaving MacDill in 2009 and returning recently. He had cross-trained into EOD from the maintenance field. The following is an account of his deployment as told to Nick Stubbs, Thunderbolt editor.

There I was, enroute to assist a most delicate explosive ordnance disposal task — remove an RPG that was lodged in a person’s body.

The rocket propelled grenade is something we encounter, and we trained in dealing with them, even if they are unexploded in a human body, so I expected that it was something I might see at some point.

The RPG victim turned out to be a local contract guard, who was working the tower on base. A van outside the base had stopped, its doors flung open and the RPG fired at the tower, striking the guard. It just didn’t detonate.

Myself and another team member were called to help. Unfortunately, the victim died prior to our arrival, but we still had to deal with the unexploded ordnance.

The sight made my other team member queasy, but the job was not all that bad to me. There was the danger that the round could



Courtesy photo

Staff Sgt. Carl Disher (second from right) with some of his team members during his deployment to Iraq.

have gone off with a tap on the nose, but we just had to be careful with it. X-Rays showed the type of RPG and that it could be safely removed from the body.

Everything worked out and we removed it and transported it to the demo range to dispose of it.

Overall, this deployment was a good experience for me. I was able to be effective in the mission and helped prepare Iraqi members for the kinds of things they will have to face. One of the things I did to help was repair and rebuild robots (remote bomb recovery robots) and give them to Iraqi forces through our Army liaison.

Air Force officials focus on sexual assault

by Lt. Col. Ann Stefanek
Secretary of the Air Force Public Affairs

3/17/2011 - WASHINGTON (AFNS) -- Air Force Secretary Michael Donley directed a comprehensive review of the service’s Sexual Assault Prevention and Response Program as a result of information provided by a survey of active-duty members, officials said March 16.

This survey was specifically designed to establish baseline data for addressing this serious issue and to help develop more effective programs aimed at preventing sexual assaults alto-

gether, said Air Force Chief of Staff Gen. Norton Schwartz.

“We wanted the clearest possible understanding of the scope and nature of this problem,” General Schwartz said. “This survey gave us a first-of-a-kind look at how sexual assaults have affected our Air Force community and informs us what we must do to better protect our people from this crime.”

The ongoing efforts to enhance the Air Force’s program include Secretary Donley and General Schwartz directing commanders and leaders at



FIP, SHAPE programs begin

by Airman 1st Class Michael Ellis
6th Air Mobility Wing Public Affairs

In order to improve physical readiness new changes have been put into action beginning April 1.

Col. Lenny Richoux, 6th Air Mobility Wing commander, is implementing a Fitness Improvement Program, which applies to all active duty and reserve military members assigned or attached to the 6th AMW.

“The purpose of this program is to assist members who are not meeting fitness standards, thereby ensuring members of the wing are fit, healthy, and ready to accomplish the mission whether at home or deployed,” said Colonel Richoux.

Members whose current fitness assessment score is unsatisfactory will be enrolled in the FIP. This includes members who failed to achieve a minimum score in one or more of the four components of the assessment. Members who fail to achieve an overall passing score will remain enrolled until they achieve a passing score on an official fitness assessment.

All members who fail to achieve a passing score on an official fitness assessment will be enrolled in the FIP on the date of the failed fitness assessment. In addition, all FIP members will be enrolled in the Superior Health Assessment Program Enterprise (SHAPE).

Attendance is mandatory for all FIP sessions and SHAPE appointments, which are coordinated between the HAWC and Unit Fitness Performance Monitors. “Failure to attend a mandatory FIP session without a valid justification is a violation of Article 86, Uniform Code of Military Justice,” Colonel Richoux said. “Medical profiles do not exempt FIP-enrolled members from attending all mandatory FIP sessions.”

FIP sessions will be held at the Short Fitness Center Mondays, Wednesdays and Fridays from 5:15 to 6:30 a.m. Members may attend alternate FIP sessions on Mondays, Wednesdays and Fridays from 4:15 to 5:30 pm at their commander’s discretion.

The new program will also enable leadership to become more involved in the physical fitness of their units since squadron commanders or their designee will be required to attend with personnel enrolled in FIP each week.

“In lieu of ignoring physical fitness problems with our servicemembers at MacDill, we are taking the proactive approach by setting the bar high. I’m fully confident our military members are capable of exceeding expectations, which will set a notable precedent,” said Colonel Richoux.

The SHAPE of things to come

by Nick Stubbs
Thunderbolt editor

Failing to meet Air Force fitness standards will get Airmen a lot of attention starting April 1. Not to worry, though, as that attention will be positive, personal and will demonstrate the kind of caring that can turn one’s life around.

Superior Health Assessment Program Enterprise is a new system of education, monitoring and scientific methodology that will be employed as part of the new Fitness Improvement Program spearheaded by Col. Lenny Richoux, 6th Air Mobility Wing commander.

Any Airman who fails any portion of their fitness test will be automatically enrolled in SHAPE, which is operated by the MacDill Health and Wellness Center. Unlike the approach in the past in which those who failed fitness tests were briefed in a group, classroom setting, SHAPE will take on each Airman in need as an individual client, with each getting personal attention in private 30-minute sessions with a fitness or diet expert at the HAWC.

“This is a commitment to caring from the HAWC and Colonel Richoux,” said Joan Craft, HAWC director. “This kind of personal attention to the individual and their problems is where caring starts.”

It also is how real success is achieved, she said.

The personal approach ensures each individual’s needs are assessed and addressed. There are three “tracks” in the program, track 1 dedicated to diet to tackle oversized waistlines. Track 2 deals with running and endurance, and track 3 addresses the pushup and crunch requirements of the fitness test. An Airman may participate in one or more tracks through SHAPE, depending on how they did on their fitness test.

Track 1 will be the most intense, said Ms. Craft. Participants are first tested to determine their metabolic rate, followed by body fat analysis. Based upon the results, a diet plan is adopted and monitored weekly. As with all SHAPE tracks, or any combination of simultaneous tracks, the program involves just one 30-minute session a week. Airman stay on the program until they can pass their fitness test, but the goal is to be enrolled in SHAPE for no more than three months, said Ms. Craft.

Most of the weekly sessions involve monitoring and assessment, with adjustments to the individual’s needs. While the program has yet to prove itself, it is based on sound science and psychology, and is a vast improvement over classroom sessions, said Ms. Craft.

“Fitness and weight problems are very personal and people are reluctant to talk about them in groups,” she said. “With (SHAPE) coaches assigned to individuals, there is a high level of personal attention and communication.”

Ms. Craft went on to say that she is confident Col. Richoux’s wing fitness goal of “100 percent test; 100 percent current; and 100 percent pass will be achieved with SHAPE.

The HAWC will continue its Monday “Be Well” fitness recovery/improvement program for other service branches, as SHAPE will apply only to 6th Air Mobility







April is Sexual Assault Awareness Month

April 5 - 7 Mike Domitrz from The Date Safe Project will present six presentations of his program "Can I Kiss You?" A funny look at the issues of intimacy, dating, respect, consent, boundaries, and bystander intervention. The sessions schedule includes:

April 5, 7 p.m. Base Theater:

Designed for teens and parents to attend together

April 6, 10 a.m., 1 p.m. and 3 p.m.:

Base Theater: All military members

April 6, 7 p.m.:

Hillsborough Community College Student Services Center auditorium, for parents and teens Designed for teens and parents to attend together.

April 7, 8 a.m. Base Theater:

All military members

For more information visit <http://www.datesafeproject.org>

Officers' Spouses' Club awarding scholarships

The MacDill Officers' Spouses' Club will be awarding two \$500 academic merit scholarships this year to a graduating high school

senior and a military spouse. Requirement information and application form are available on www.macdilosc.com. Application information and forms are also available at the Airman and Family Readiness Center on MacDill and at the MacDill Family Resource Center in Brandon. Applications are to be returned to MOSC via U.S. mail and postmarked no later than April 25 for consideration.

Airman's Attic Easter Raffle

The Easter Bunny has already stopped by to drop off some special prizes for the Airman's Attic Easter Raffle. Stop by Tuesday or Friday from 10 a.m. until 2 p.m. and drop your child's name in the buckets. The names will be drawn on April 19th at 10:30 a.m. Make time to visit and shop around before then.

4th Annual Wounded Warrior Golf Tournament

The Military Officers Association of America (MOAA) Tampa Chapter is hosting The 4th Annual Wounded Warrior Golf Tournament April 8. All proceeds from the tournament will be used to support Operation Helping. For more information, contact Shawn Keefe at (941)706-4149.

K-9 Cops

Photos by Senior Airman Linzi Joseph



Eddie, a military working dog, jumps from an obstacle to Staff Sgt. Williams Grymes, 6th Security Forces Squadron military working dog handler, in the training area at MacDill Air Force Base March 24. Training is constant among members of the working dog team, keeping dogs and handlers ready for a range of law enforcement tasks from security, detection, tracking, deterrence and apprehension.



Staff Sgt. Joshua Burnett, 6th Security Forces Squadron military working dog handler, walks working dog Brit through the training course.



Senior Airman Adam Chambers, 6th Security Forces Squadron military working dog handler, prepares to throw his working dog Jimmy a ball as a reward during training.



Staff Sgt. Joshua Burnett, 6th Security Forces Squadron military working dog handler and working dog Brit, do a demonstration of the six phases of aggression.



Alcohol self assessment offered

by Katie Fitzgerald

Military Pathways.org Marketing and Communication director

Take an anonymous alcohol self-assessment April 4 - 8 as part of National Alcohol Screening Week at MacDill Air Force Base or year-round at www.DrinkingIQ.org

Every year, millions of Americans – one in every 13 adults – suffer from alcohol abuse or alcohol dependence. Millions more drink at times or in ways that can place themselves or others at risk. Service personnel and their families may be particularly susceptible to alcohol misuse because of the unique challenges and pressures associated with military life.

Determining if you or a loved one has an alcohol problem isn't easy, but the free screening that Norfolk Community Health Care Clinic is offering is a good place to start. From April 4-8, you will have the opportunity to take a brief self-assessment about your alcohol use. In addition to the in-person event, the self-assessments are available online at www.DrinkingIQ.org. The screening is free and confidential and is available 24 hours a day, seven days a week. For more information call 827-9170/71.

Alcohol Facts:

- Young men, aged 18-25, consistently have been found to have the highest prevalence of heavy alcohol use within the military.
- The rate for heavy alcohol use among young military males is also approximately twice the rate of their civilian counterparts.
- Women overall drink less than men but are more likely to experience adverse consequences, including damage to the heart muscle, liver, and brain, trauma resulting from auto crashes, interpersonal violence, and death.
- Moderate alcohol use is defined as up to two drinks per day for men and one drink per day for women and older people. One drink equals one 12-ounce bottle of beer or wine cooler, one 5-ounce glass of wine, or 1.5 ounces of 80-proof distilled spirits.

Alcohol screenings are a part of the Military Pathways®, a voluntary, anonymous mental health and alcohol self-assessment and referral program offered to military families and service members affected by deployment. It is offered online and via the telephone 24/7, as well as through in-person events. This program is offered without charge through the DoD's Force Health Protection and Readiness, Office of the Assistant Secretary of Defense, Health Affairs.

PROCLAMATION

APRIL 2011

Month of the Military Child, National Child Abuse Prevention, Alcohol Awareness, and Sexual Assault Awareness Month

WHEREAS, the MacDill Community recognizes and celebrates the contributions of the youngest members of our military family (our children) and emphasizes the importance of providing our children and community with quality services; and

WHEREAS, child abuse and neglect, alcohol abuse and misuse, and sexual abuse and assault are ongoing problems in our society greatly affecting our community; and

WHEREAS, every military service member and family member, from our children to our leaders, is entitled to a culture of safety, security, and support; and

WHEREAS, it is our individual opportunity to commit to transforming our community beginning with responsible choices and respect for our children, ourselves, and one another; and

WHEREAS, all citizens should become more aware of available resources within the community and become involved in supporting military families to operate in a safe and nurturing environment;

WHEREAS, the wellness and welfare of every member regardless of age, gender, rank or other demographic identifier, is a community obligation, every day; and

WHEREAS, the MacDill Family Advocacy Program, Alcohol and Drug Abuse Prevention and Treatment Program, Sexual Assault Prevention and Response Program, 6th Force Support Squadron and other Integrated Delivery System agencies will work collaboratively to promote prevention and implement programs to decrease incidents of and risk for, child maltreatment, alcohol abuse, and sexual assault; and

NOW, THEREFORE, we, Col Lenny J. Richoux, Commander, 6th Air Mobility Wing, and CMSgt Craig S. Hall, Superintendent, 6th Mission Support Group, do hereby proclaim the month of April 2011, to be the MONTH OF THE MILITARY CHILD and CHILD ABUSE PREVENTION, ALCOHOL AWARENESS, and SEXUAL ASSAULT AWARENESS MONTH on MacDill Air Force Base. We call upon all citizens, community agencies, religious organizations, medical facilities, and businesses to increase their participation in our efforts to prevent child abuse, alcohol misuse, and sexual assault thereby strengthening the communities in which we live.

LENNY J. RICHOUX
Colonel, USAF
Commander, 6th Air Mobility Wing

CRAIG S. HALL
CMSgt, USAF
Superintendent, 6th Mission Support Group

ASSAULT

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all levels to take advantage of the knowledge gained from the survey and increase focus to improve the Air Force's Sexual Assault Prevention and Response program.

The general underscored his pledge to give every victim a voice following a sexual assault.

"We want all affected Airmen to feel empowered to report this crime," General Schwartz said. "We want them to know that we're committed to holding offenders accountable through effective investigations, knowledgeable judge advocate advice and strong unit support and leadership."

Department of Defense officials recently released its annual report on Sexual Assault in the Military, which indicated the Air Force had 585 sexual assaults reported in 2010.

According to the Rape, Abuse and Incest National Network, sexual assault is one of the nation's most underreported crimes.

"I strongly encourage anyone who is affected by sexual assault to take a courageous stand and help bring perpetrators to justice," said Chief Master Sgt. of the Air Force James Roy. "We need to stand together against these crimes."

This year's Department of Defense theme "Hurts One. Affects All" and an Air Force-specific message of "Real Wingmen Act" will reinforce the idea of acting as a team, demonstrate the value of bystander intervention and stress collective responsibility for prevention, he said. The Air Force message will be delivered through open dialogue in small groups that will help Airmen recognize behaviors and sustain a culture in which sexual assault is not tolerated.

General Schwartz stressed the criticality of fostering an atmosphere in which Airmen feel comfortable reporting sexual assaults.

"Sexual assault is a crime that violates our core values, and as an institution, we won't rest until we eliminate this criminal behavior," General Schwartz said. "Leadership is key in creating an environment of trust in which all Airmen are safe."



MACDILL COMMUNITY



EVENTS

Friday

Little Ones Info Fair (Newborn to 3 yrs)

Brandon Regional Service Center from 9-11 a.m. For more info call 655-9281 or 828-0145.

Club Members

FREE \$8 CAR WASH! 10 a.m.-3 p.m. MUST show club card to receive.

Saturday & Sunday

Bay Palms Golf Complex

CAF Family Golf Special – Kids Gold FREE with paying adult.

Sunday

Bay Palms Golf Complex

Bring a Guest - Get a Break! Guest will charged green fees equal to your pay grade.

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.

Wednesday

Short Fitness & Sports Center

Month of the Military Child 5k Run at 7a.m. An official Wingman Workout event – sponsored by Stadium Toyota*
*No federal endorsement of sponsor intended.

Thursday

Auto Hobby Shop

FREE Class – Oil Changes Made Easy! 11:30 a.m.-12:30 p.m. Sign up by calling 828-4413.

Youth Center

FREE Street Hockey Clinic from the Tampa Bay Lightning from 3-5 p.m. For ages 9 & up. No federal endorsement of sponsor intended.



Photo by Senior Airman Linzi Joseph

Staff Sgt. Phillip Harwood, 6th Civil Engineer Squadron Explosive Ordnance Disposal team lead, demonstrates the X-ray apparatus to Col. Harvey Johnson, U.S. Air Force International Affairs, and Col. Ousmane Kane, Senegal, during the Air Attache tour group at MacDill Air Force Base, March 21. The tour included 33 countries and 36 attaches.

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.

Gnomeo & Juliet (PG)

Saturday - 3 p.m.

Gnomeo & Juliet (PG)

Saturday - 7 p.m.

Justin Bieber: Never say Never (PG-13)