

THUNDERBOLT

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For the children



Photo by Airman Basic David Tracy

The 6th Air Mobility Wing Honor Guard, along with a fire truck from the 6th Civil Engineer Squadron, lead the way for the Child Development Center's Annual Child and Youth Parade at MacDill Air Force Base April 29. More than 300 children and their families participated in the parade, celebrating April as The Month of the Military Child.

COMMANDER'S CORNER



Sponsors do important job; military spouses shine in May

by Col. Lenny Richoux

6th Air Mobility Wing commander

We are entering a high permanent-change-of-station season, and with so much turnover expected, I want to emphasize the importance you have as a sponsor in making newly reporting personnel feel welcomed and well adjusted.

Sponsors are responsible for forming that initial connection with newly assigned members prior to their report date to help with in-processing and overall integration on the base.

Truthfully, being a good sponsor isn't necessarily hard. It takes an investment of time, attention and responsiveness. We have many resources available for newcomers. I encourage the use of the MacDill Air Force Base Web site, www.macdill.af.mil, "Moving to MacDill" link, which provides information on the school liaison programs and youth services, installation information, relocation assistance and other valuable tools. Additionally, the Newcomers' Orientation is held the first Wednesday of every month, and spouses are encouraged to attend.

The act of sponsoring isn't limited to the appointed sponsors, but we all should help as we interact with newly reporting service members, their spouses and families. It goes back to our core value of "Service before Self." We should serve others to get them off to a great

start. The entire base benefits mutually from building a sense of community and charity. Another way I'm observing the demonstration of our core value is through our volunteers.

Why volunteer? Well, it is important to us because at MacDill we have about 80% of our population living off-base, and in our satellite facilities volunteerism is a critical component to making the mission work. Our spouses are leading the effort in volunteering their talents and time in those important areas behind the scene in Brandon and right here on base.

Friday, we will host an Open House for Military Spouse Appreciation Day. Thanks to **Ms. Elizabeth Waters, Ms. Angie Fields, Ms. Venetia Waters, Ms. Shirley Smith** and the Airman and Family Readiness Center staff for putting together a variety of outreach events that will happen this month—Military Spouse Appreciation Month, starting with Friday's kickoff event. This month's events will also include an overview of the Key Spouse Program.

Our Key Spouse Program plays a vital role in connecting families with the programs offered by the A&FRC and other staff agencies. I am looking forward to meeting the next great crop of key spouses and seeing them trained to carry out these important roles, as mentoring opportunities are available.

For this week's "shout out" recognition, 6th



Photo by Staff Sgt. Angela Ruiz

Col. Lenny Richoux, 6th Air Mobility Wing commander, welcomes Airmen attending the 2011 Air Force Company Grade Officer Professional Development Conference May 2, at the Hyatt Regency Hotel Tampa.

Contracting Squadron's **Airman 1st Class Adam Gilreath** was recently a standout performer with active participation in MacDill AFB's Junior Enlisted Council. He was also recognized as the Wing's Diamond Sharp

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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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News items for the MacDill Thunderbolt can be submitted to the 6th Air Mobility Wing Public Affairs office, Bldg. 25, 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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Events, movies, more...

COMMANDER'S ACTION LINE

Q: I am inquiring as to the proper response of all personnel on base during the playing of the National Anthem. This afternoon; Retreat sounded promptly at 4:30 p.m. as usual, followed by the National Anthem. Distressingly, I heard the commencing of firing on the practice range. As I was sitting in an RV in the FamCamp, I KNOW the anthem can be plainly heard at the firing range. Should not the CATM personnel there ensure that members stand down to render their respects or are they exempt from this courtesy?

A: Thank you for voicing your concern on the matter. You certainly have raised a valid point. The firing range provides weapons qualifications to more than 7,000 members per year to ensure our continued qualification of small arms for our war fighters. For safety purposes all instructors and students wear dual hearing protection and may not have heard the playing of the National Anthem. We have briefed the Combat Arms leadership to be more cognizant of retreat times and make every effort to halt firing during the playing of the National Anthem. Thank you for your concern. - *Col. Lenny Richoux, 6th Air Mobility Wing commander*

Are we safer since 9/11?

by Rudy Wyatt

MacDill Antiterrorism Officer

Nine years later, folks still ask, "Are we safer here at MacDill?" I say we are.

Think of it this way. Pre 9/11, we waved vehicles with colored decals though our gates no matter who was in the vehicle. What's been done since then? Millions of dollars have been invested into our offensive and defensive protection systems. The installation gates and base perimeters were upgraded to prevent a directed attack from vehicles, and an identification, verification and pass system was installed and implemented. Tanker Way Gate, our commercial vehicle inspection facility, was built to verify the contents of commercial vehicles entering the base to insure our safety. In addition, all contractors working on the installation are required to pass a specific background check prior to entry on base to work.

Pre 9/11, vessels could sit on the beach across from our housing units and clubs. Today, we have a 24/7 heavily armed boat patrol securing our 7.2-mile coastline, coupled with a state of the art waterside security system capable of tracking and viewing all vessels, no matter the weather conditions.

The system is enhanced even further with its ability to process information from the Tampa Bay Maritime Domain Awareness System, which is used by the U.S. Coast Guard to track all commercial vessel traffic from 12 miles off the coast to berth. Hundreds of video cameras were installed around the base to provide real-time feeds that track and record events around the base. We also codified a U.S. Coast Guard restricted area around our shoreline that increases vessel standoff from our shores. In addition, our coastline was fortified to impede a directed vessel attack.

Inside the base, all new facilities have 22 mandatory antiterrorism measures incorporated into their design. Measures include positioning vehicle parking away from buildings to reduce potential blast effects and incorporating little-to-no landscaping to enable members to see items someone may leave behind. Our older facilities are being upgraded over time, focusing first on high population areas and mission assurance. Our mass notification system — upgraded to include a new outdoor speaker sys-

tem — along with an improved commander's channel on cable TV and network computers, marquees and public service announcements on MacDill's local area network, all work together to reach on-base members in an emergency.

Pre 9/11, we didn't worry much about what happened outside our gates. Since then, our community security partnerships have flourished. We've joined forces with the Tampa Bay Urban Areas Security Initiative, Area Maritime Security Committee, Regional Domestic Security Task Force, and others. Since 2004 the community has incorporated us into a larger protective umbrella spanning 19 counties, nine municipalities, and multiple federal agencies. Our mutual-aid agreements have enlarged our tool chest with expertise, equipment, personnel, and training opportunities that were not available before this teaming.

What do they bring to the fight? From helicopters for airborne surveillance, police officers, fire fighters, HAZMAT equipment, law enforcement boats, special operations units, surveillance systems, emergency management specialists, emergency medical personnel, and an intelligence information platform that provides a regional common operating picture across all agencies.

Their people, services, and equipment are used during special events and, at times, when potentially dangerous incidents occur on base. Cpl. Doug Pasley, Tampa Police Department, deserves special thanks for opening the doors to these organizations and others over the years. There's a lot of truth in the saying, "strength in numbers." That's why "One team, No seam" is how we conduct business daily.

So, what do you think is the most important tool that has had the greatest impact in making sure we're safe each day? You! You, and thousands of others like you have made us safer. It's all of you together who work, play, go to school, and live here who make us the strongest. Your calls about suspicious activities or items have prevented many potential dangers. Every one of your calls is investigated to get the ground truth on what's really happening. We would rather hear you cry "wolf" a hundred times than have something happen because you didn't say anything at all. Continue to call 828-3322 ... you are the greatest tool in our tool chest!

Are we safer since 9/11? I know we are.

NEWS/FEATURES



Give parents a break

Courtesy of Airman and Family Readiness Center

The Air Force Aid Society recognizes that Air Force families are subject to unique stresses due to the nature of military life. In an effort to help these families, the AFAS, in cooperation with Friends of Military Families, have partnered to provide funding for child care for all branches of active duty military families under a program called "Give Parents a Break."

"I arrived at MacDill on a humanitarian assignment and I am a single mom," said Master Sgt. Lisa Pomeroy, 6th Logistics Readiness Squadron Plans and Integration Element superintendent. "Since I was new to the area and did not know anyone, it was wonderful to have the Give Parents a Break program made available to me."

With frequent deployments, extended working hours, remote tours, parents often find it difficult to cope with demands of parenting. Additionally, families are often separated from spouses as well as from extended family members who might otherwise offer support. Therefore; AFAS and FoMF are providing funding for the Child Development Center to be open twice a month to care for children of parents who need a break due to the demands of military life and parenting. Friday nights are designated for families of deployed members ONLY; dinner is provided. Saturday may be used by families experiencing a deployment or by those experiencing a hardship; a light snack is provided.

"I trust Tyler with the Child Development Center everyday so the fact that I knew the individuals who would be caring for him, made

this even better," said Sergeant Pomeroy. "It gave me a chance to have some time for myself. I highly recommend this program."

The Give Parents A Break program provides referral certificates to qualifying families. Certificates are issued for 90 days and may be renewed if necessary. Families may be referred to this program by commanders, first sergeants, chaplains, medical professionals, Family Advocacy, as well as Airman and Family Readiness Center staff.

Pre-registration with the Child Development Center is required. This includes completion of Air Force Form 1181, proof of current immunizations and receipt of pink form from the Immunization Clinic, and special needs care plan, if applicable. A current referral certificate is also required. Parents must bring diapers and wipes, if needed.

According to Mrs. Venetia Waters, Air Force Aid Program Manager, "Although this program doesn't charge the parents a fee, this program is not to be used to simply provide 'free child care' but rather as a program to help families who need temporary relief from the challenges of parenting and the stressors of life. However, while their children are having fun at the CDC, families may use this time to suit their personal needs."

Note* In agreement with Air Forces Services (Family Member Programs), GPAB will not be held if there are fewer than eight Air Force children registered for the session.

There is a late fee of \$1 per minute past the closing time.

Eligibility:

- Active duty military families are eligible for the Give Parents A Break program and



(Left to right) Aydrian Thatch, 2, daughter of Tech. Sgt. Louis and Katherine Thatch; Nadia Alonso, 3, daughter of Staff Sgt. Wilmer and Amy Alonso; and Tyler Pomeroy, 2, son of Master Sgt. Lisa Pomeroy play at the Child Development Center while their parents get a break.

would include the following situations:

- The military member being deployed or on extended TDY, or remote tour of duty
- A family crisis or emergency such as serious illness of a family member, death of family member, extended illness of family member, birth of a new baby
- Having children with special needs
- Unique circumstances or hardships

Referrals:

The following may refer families for Give Parents a Break and will provide a referral certificate upon acceptance into the program:

- Squadron commander or first sergeant, chaplain
- Base doctor or other base medical professional /Family Advocacy
- Airman & Family Readiness Center
- Chaplain
- Family Advocacy
- Child Development Center

DIAMOND SHARP



Senior Airman Linzi Joseph 6th Air Mobility Wing

Job Title: Photographer

Hometown: Amarillo, Texas

Short-term goals: Graduate in December with a B.A. in criminology

Long-term goals: My long-term goal is to get a PhD in sociology.

Advice to others: My advice to others is to do as much as you can, the best you

can, while you can.

Role model and why: My role model is Ed Wayne; he has been my mentor and has encouraged me to have a good work ethic and to keep a strong faith.

Why did you join the Air Force?: I joined the Air Force to have a secure career, and to pursue my education.

BRIEFS



Commissary Case Lot Sale

The MacDill AFB Commissary will hold a case lot sale in the warehouse, May 5-8. Come out and support your commissary while enjoying great savings.

Police Week golf tourney scheduled

The 2011 Security Forces Invitational/Police Week Golf Tournament Come out and join in a 4-person scramble golf tournament. This tournament celebrates the reunion of all current and past Air Force members who wore the Security Police badge in the state of Florida, as well as the National Police Week. The tournament will take place on the MacDill AFB South Golf Course, with everyone meeting at the Bay Palms Golf Complex, May 14 at 8 a.m. Cost is \$35 per person which includes golf cart. For details and team sign-ups, visit the web site at <http://the6thsfs.com> and click on "registration form." Questions can be directed by e-mail to the6sfs@yahoo.com.

Macdill National Test Center Update

Effective immediately, the MacDill National Test Center will provide proctoring services for online school exams for a \$25 fee. To schedule an appointment to test or set up proctor services, contact Elizabeth Neill at elizabeth.neill@saintleo.edu or call at 813-840-0259.

Dog Park open

Harbor Bay is excited to announce the opening of the dog park located on Tampa Point near the entrance of Heritage Cove. The below rules are to ensure everyone can enjoy this area:

- ◆ All dogs must be registered with Harbor Bay and the veterinary office at MacDill Air Force Base

- ◆ All dogs must have a valid Hillsborough County license, current rabies vaccinations and wearing current tags

- ◆ No children are allowed unless accompanied by an adult.

- ◆ All dogs must be at least 4 months old.

- ◆ Female dogs in heat are not permitted.

- ◆ Handlers may not bring more than two dogs at a time.

- ◆ Dogs must be removed from the park at first sign of aggression.

- ◆ Owners must remove and dispose of waste appropriately. Trash receptacles are provided.

- ◆ Failure to remove pet waste will result in a \$25 fine.

- ◆ Dogs must be leashed when entering and leaving the Dog Park.

- ◆ Smoking and eating are prohibited while in the Dog Park.

- ◆ No washing or grooming in the Dog Park.

- ◆ Professional trainers may not use the Dog Park to conduct their business.

**** NOTE - ANY VIOLATIONS OF DOG BITES MUST BE REPORTED IMMEDIATELY TO SECURITY FORCES AT 813-828-3322.**

Volunteers needed

The MacDill Family Resource Center is looking for volunteers for the reception area. Duties include (but are not limited to) greeting customers, answering phones, various administrative tasks, and keeping current on programs/activities offered to military families. Good customer service skills are a must, and some flexibility with your schedule is always a plus.

If you are interested in helping serve the military community in the Brandon area, and can commit to at least six months of service, contact Gayle Cook at (813) 655-9281.

The MFRC is located at 710 Oakfield Dr., Suite 153, Brandon Fla. (just off the corner of Oakfield and Kings Avenue) Hours of operation are 9 a.m. to 4 p.m. M-F, and closed on federal holidays.



War against mosquitoes ongoing

Courtesy of 6th Civil Engineer Squadron

The war against mosquitoes is a never-ending battle. MacDill uses two sources to help fight them: our local entomology contractor and Hillsborough County.

Larval control assistance is provided by MacDill's pest control contractor and Hillsborough County Mosquito Control. The pest control contractor, ENSYNC DMS Inc./American Services Technology Incorporated, inspects roadside ditches and pools of water for larvae. HCMC uses helicopter inspections for mosquito larvae. HCMC uses a granular larvacide, while ENSYNC DMS Inc. uses a liquid larvacide and applies by spraying from a truck. Fogging is the most effective means of controlling adult mosquitoes and is performed during early morning or dusk. ENSYNC DMS Inc. initiates mosquito fogging operations based on their own observation of mosquitoes, requests from customers, and requests from Public Health. During mosquito season, ENSYNC DMS Inc. typically fogs once or twice per week.

When mosquito populations are critically high, or there are disease vectors present, HCMC helicopters assist with spraying Dibrom insecticide from the air. This is the most effective weapon to quickly knock down mosquito populations, but if used too often, becomes less effective.

As another control measure, Clark is requesting approval to install fountains in the retention ponds in housing.

Residents and base members can help control mosquitoes by reducing breeding sites. Anything that holds water is a potential breeding site. Swimming pools, bird baths, and outdoor plant containers should be emptied twice weekly. Even a toy bucket left outside can breed thousands of mosquitoes. Gutters and downspouts should be routinely cleaned.

For more information, call the 6th Civil Engineer Squadron Pest Management office at 828-2991.

NEWS/FEATURES



Caring for People Forum coming

by Lisa LaConte

6th Force Support Squadron, Caring for People Coordinator

The Air Force has a long standing tradition of taking care of its people and takes pride in the great strides it has made to improve quality of life. Although the Federal government is faced with budget cuts, taking care of Airmen and their families remains a high priority. Since its

launch in 2009, the Air Force Caring for People Forum has evolved quickly and is now the preferred way for Air Force leaders to receive community feedback. At the conclusion of the 2010 Forum it was determined the best way to add to the success of the CfP Forum was to hear directly from Airmen and their families at the installation level by giving them the opportunity to voice their concerns or suggestions on Air Force policy and support services, or both. On June 1, the MacDill Air Force Base Integrated Delivery

Systems team will conduct its first Caring for People Forum and you are invited to participate in one of the working groups.

The purpose of the CfP Forum is to strengthen support services and provide installation commanders with valuable information on issues that directly impact the quality of life experienced by Airmen and families.

“Now, more than any time in the past few years, we are operating at a high level of intensity; we are operating under budget constraints and we have fewer people to work the mission,” said Col. Lenny Richoux, 6th Air Mobility Wing commander. “It’s almost inevitable there will be increased stress at work, and people will carry that stress from the office to the home situation. Caring for People is an avenue for all active duty, spouses, teens, civilian employees and retirees to step up to volunteer and make a difference. I encourage all of you to seize the opportunity to be a true wingman and take care of each other.”

Topics to be addressed include family support, deployment support, school support, single airman support, special needs support, Guard/Reserve support, housing support, health/wellness, and spouse communications. By the end of the day each working group will have presented its top two issues, followed by a vote on the top 10 final issues to be forwarded to the Air Material Command IDS team. The AMC IDS team will receive the top 10 issues from each base and forward those impacting at an Air Force level to the Air Force Caring for People Forum to be held in July. Issues not forwarded to the AMC IDS team will remain locally on base and be tabled for later development by the MacDill IDS team.

The MacDill CfP Forum will be held at the Doubletree by Hilton Hotel Tampa Airport – Westshore with opening remarks from Colonel Richoux. Participation from a wide and diverse population from the MacDill community is essential.

The MacDill IDS team is seeking officers and enlisted, active duty, Guard and Reserve, single and married, DoD civilian employees, family members (spouses and teens 13 and older), families with special needs and retirees to ensure a successful Forum.

Active duty and civilian employee participation may be considered as an alternate duty location upon supervisor/commander approval. Free child care on the base may be available. For more information and to register, visit www.macdillfss.com and click on the **HOT NEWS** tab or call 813-828-0145.



Article 15s — Jan. through March 2011

Courtesy 6th Air Mobility Wing Legal Office

Over the past three months, the MacDill Legal Office processed 16 nonjudicial punishment actions under Article 15, UCMJ, involving Airmen in the 6th Air Mobility Wing and associate units at MacDill Air Force Base. Offenses included, but were not limited to, drunk on duty, drunk driving, misuse of Government Travel Card, larceny of military property over \$500, possession of drug paraphernalia, violating a general order by possessing and using intoxicating substances other than alcohol, impersonating an officer, making false official statements, dereliction of duty, failure to go, and failure to obey an order.

Drug abuse

On March 17, an airman first class from the 91st Air Refueling Squadron received an Article 15 for possessing an intoxicating herbal blend (Spice), commonly known as D-ZL, and drug paraphernalia.

His punishment consisted of reduction to the grade of airman and a reprimand.

Per AFI 36-3208, “Drug abuse is incompatible with military service and airmen who abuse drugs one or more times are subject to discharge for misconduct.”

Failure to obey: No contact orders

On Jan. 11, a staff sergeant from the 6th Air Mobility Wing staff received an Article 15 for contacting a married man in direct violation of her commander’s no contact order. Her punishment consisted of a suspended reduction to senior airman, forfeitures of \$600 pay for two months, 30 days extra duty, and a reprimand.

On March 16, a senior airman from the 6th Medical Support Squadron received an Article 15 for contacting a man in direct violation of her commander’s no contact order. Her punishment consisted of forfeitures of \$100 pay per month for two months and a reprimand.

Alcohol related offenses

On Jan. 19, a captain from the 91st Air Refueling Squadron received an Article 15 for drinking and driving. His punishment consisted of forfeitures of \$2,475 pay per month for two months, and a reprimand.

On Feb. 15, a staff sergeant from U.S. Central Command received an Article 15 for drinking and driving. His punishment consisted of a reduction to senior airman, suspended forfeitures of \$500 pay per month for two months, and a reprimand.

On March 8, a senior airman from the 6th Logistics

Readiness Squadron received an Article 15 for being drunk on duty. His punishment consisted of a reduction to airman first class, 45 days extra duty, and a reprimand.

On March 9, an airman first class from the 6th Civil Engineer Squadron received an Article 15 for being drunk on duty, possessing and drinking alcohol while under the age of 21, and failing to show up for work. His punishment consisted of a reduction to airman, forfeiture of \$822 pay, and a reprimand.

False official statements and Failures To Go

On Jan. 14, an airman from the 6th Security Forces Squadron received an Article 15 for lying about her location during the duty day on three separate occasions and failing to show up for work on three separate occasions. Her punishment consisted of a suspended reduction to the grade of airman basic, forfeitures of \$250 pay per month for two months with additional suspended forfeitures of \$250 pay per month for two months, and a reprimand. The suspended punishment was later vacated for additional misconduct.

On Feb. 18, an airman first class from the 6th Logistics Readiness Squadron received an Article 15 for impersonating a lieutenant in his squadron and making false official statements to a credit agency about his bills for the purpose of arranging a payment plan for his debts. His punishment consisted of a reduction to airman and a reprimand.

GTC abuse

On Jan. 27, a senior airman from the 6th Air Mobility Wing staff received an Article 15 for misuse of her government travel card. Her punishment consisted of a suspended reduction to the grade of airman first class, 30 days extra duty, and a reprimand.

On Feb. 16, an airman first class from 6th Security Forces Squadron received an Article 15 for misuse of her government travel card. Her punishment consisted of a suspended reduction to the grade of airman, 30 days extra duty, and a reprimand.

On Feb. 16, an airman from the 6th Security Forces Squadron received an Article 15 for misuse of his government travel card. His punishment consisted of a suspended reduction to the grade of airman basic, 30 days extra duty, and a reprimand. The suspended punishment was later vacated for additional misconduct.

On Feb. 16, a senior airman from the 6th Commu-

FIP, SHAPE helping Airmen reach goals;



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

A little over a month has gone by and there has been some remarkable progress around MacDill Air Force Base. The new physical training policy requiring those who fail their physical training test to be automatically enrolled into both the Fitness Improvement Program and the Superior Health Assessment Program Enterprise has now been in effect since April 1 and has produced a very positive affect thus far.

There are many reasons a person may find themselves assigned to the FIP and SHAPE programs, and some members are even in what most would consider 'great shape' but fail to meet the requirements in all components of the PT test.

Airman 1st Class Romar Jarell McGee, a 6th Logistics Readiness Squadron vehicle operations apprentice, entered the Air Force March 2009 and has been stationed at MacDill since August 2009.

With his first deployment coming up in August his next PT test was on the necessary to-do-list. The day before, he was playing basketball at the base gym and sprained his ankle. Despite the setback, he persevered through the pain and completed his PT test. Impressively, he maxed out on his pushups and sit-ups but failed to meet the run requirement. So April 19 he was enrolled into the FIP.

Airman McGee does not blame his not passing the PT test on his injury attained the day prior.

"You know even before I failed the PT test I wasn't running consistently and getting as much cardio as I should," said Airman McGee.

Vehicles operations is open from 5 a.m. to 11 p.m. Along with his strenuous night schedule, from 12 to 11 p.m., the amount of PT time Airman McGee partook in on a weekly basis was minimal. In addition, it was now mandatory for him to attend FIP sessions Mondays, Wednesdays, and Fridays from 4:30-5:30 p.m.

Staying true to our Airman's Creed of "never leaving an Airman behind" Airman McGee's unit has been actively involved in ensuring he will be able to meet/exceed the standards on his next PT test. He now works a day shift, from 7 a.m. to 4 p.m., which allows him more time to

utilize the fitness facility and attend all FIP sessions as well.

"I like that FIP is mandatory because it allows me more time to do PT," said Airman McGee.

"It's not punishment. Just making everybody mission ready, by being fit to fight," said Staff Sgt. Ricardo Eusebio Rivera, a fitness program manager at the base gym.

They have a diverse group of participants ranging from junior enlisted all the way up to field grade officers, all with different amounts of time of in service, said Sergeant Rivera. Additionally, there are a lot of mixed feelings between those in the FIP. "No matter what, I would still say this program is definitely a positive. I have had people come up to me after a session and tell me how they are glad the program is mandatory because it's benefiting them so much."

FIP instructors have already noticed a drop in numbers since the program started. "At first the numbers were somewhere in the 180s and now there are 168 participants," said Sergeant Rivera. "My goal is to get everybody out of the program and in shape. Hopefully, they will change their lifestyle and won't have to come back."

Airman McGee also attends SHAPE sessions on Tuesdays.

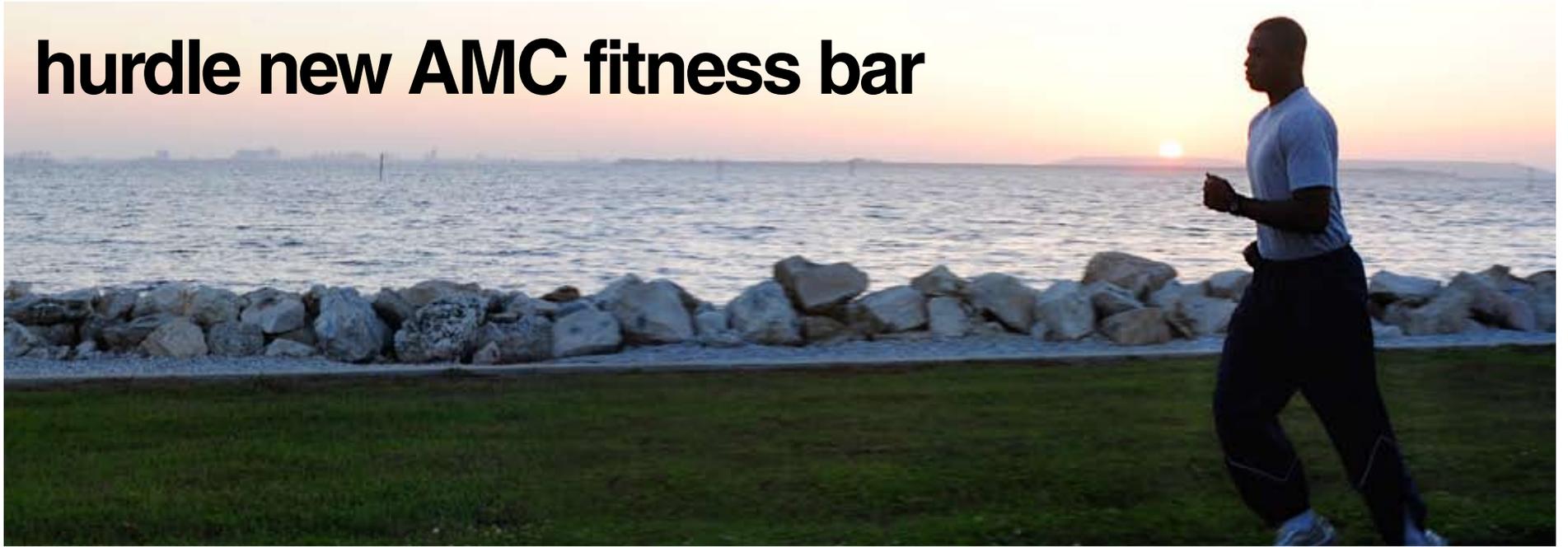
"It's basically all about fitness preparation. They counsel me and give me tools to get and stay in shape."

Instead of going back and enrolling everyone who failed their most recent PT test, the SHAPE only focuses on those who have failed since April 1. They hope with the FIP program in place, people won't have to come to SHAPE.

"The SHAPE program is organized into three tracks that mimic the actual PT test," said Joan Craft, the director of the Health and Wellness Center and flight chief of Health Promotion. "Track one is abdominal circumference for those who need help meeting the waist measurement requirements. On average, each individual in the weight management program is losing about a pound and a half per week. Track two is cardiovascular fitness, which helps members improve on the run or walk portion of the test. Track three is strength, which combines exercises to improve both the upper body strength for push-ups

See SHAPE, Next Page

hurdle new AMC fitness bar



Photos by Senior Airman Linzi Joseph

SHAPE

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and abdominal strength for sit-ups.”

“We try to make it as convenient as possible. They come once a week and the longest they will be here is 30 minutes, though it may take only 15 minutes. People are usually excited to come because they like what’s happening since we focus on them. They really like it, they like it a lot.”

“The key to excellent physical fitness is being

proactive,” said Ms. Craft.

Any active duty or reserve service member desiring to raise their current PT score or improve upon their level of physical fitness are encouraged to seek assistance from a FIP instructor and/or SHAPE counselor. Contact the Short Fitness Center at 828-4496 or the Health and Wellness Center at 828-4739 for more information.

Airman 1st Class Romar McGee, a 6th Logistics Readiness Squadron vehicle operations apprentice, participates in the FIP workout at the Short Fitness Center at MacDill Air Force Base. Tailored programs for individuals who need to improve their fitness level are seen a way to greatly improve the odds of success.



The roots go deep

An interview with one of the 63rd Air Refueling Squadron's first commanders - part I of II

by Staff Sgt. Shawn Rhodes
927th Air Refueling Wing

“Good stories are like wine. They just get better with age” the man said.

He sits on a couch, surrounded by four generations of his family in a modest house on the outskirts of Louisville, Ky. At 91 years of age, Col. (Ret.) Eugene ‘Gene’ Kinnaird knows more than most how time can blur the details of a story. In his case, there isn’t a need to add to his memories’ details. The rapt attention he commands from the family and visitors in his living room is a testament to his time on earth: When you’ve lived a life like his, just telling it like it happened is more than enough.

Colonel Kinnaird was born the year World War I came to an end. Like many who grew up hearing the stories of the airplanes and pilots that helped win the war, he knew at a young age that his life’s purpose would be fulfilled in the skies above him.

“I’ve flown everything from gyrollers (gyroplanes) to supersonic jets,” Colonel Kinnaird said to the small crowd gathered around him.

The American flag visible through the window behind him stands as a testament to a patriotic household, but doesn’t begin to encapsulate a career spanning 40 years as a pilot in the Army Air Corps, Air Force and commercial airlines. A profession that would raise the unassuming man with the slow Kentucky drawl to the position of colonel started with the easiest assignment of his career at the military flight academies at Randolph and Kelly Fields in 1939.

For Colonel Kinnaird, this ‘easiest assignment’ is no exaggeration. A veteran of two wars, the Louisville native’s military record reads like a battle roster of the Pacific: Guadalcanal, Northern Solomons, New Guinea, Southern Philippines, Luzon. But first, the newly-commissioned second lieutenant would have to survive the years prior to his country’s entry into World War II. For a young pilot who enjoyed the adventure - and inherent risks - of flying, this was no easy task. Although Colonel Kinnaird has seen more countries than he can remember, he never



Photo by Staff Sgt. Shawn Rhodes

Sitting amongst four generations of family members, retired Col. George Kinnaird shares stories from his 40-year military and flying career.

lost his small-town sense of humor.

“If you’ve ever flown across west Texas, then you know there’s a part of it out there where there’s nothing but west Texas,” Colonel Kinnaird says with a laugh. “It was a foggy day, and I noticed after I took off that things weren’t matching up with my watch and my map.”

In the late 1930s, many pilots solo-navigated the country using their watches and paper maps. By timing their speed and looking for geographical features, they could accurately calculate where they were on the map. On this particular mission, Colonel Kinnaird realized he wasn’t where he was supposed to be.

“I was in a BT-2, which is a big ‘ole hunk of wood and fabric, and I landed her in a field,” Colonel Kinnaird said. “A highway patrolman happened to be out there on the road and I asked him ‘Could you tell me just what part of west Texas I’m in?’”

As he tried to take off again from the field, he had his first brush with death in an airplane.

“Ahead of me was a fence and I wasn’t accel-

CHAPEL EVENTS FOR MAY

Protestant Services:
Sundays: 9:00 a.m. Praise Service
12:00 p.m. Gospel Service



Catholic Services:
Mon–Thurs: 12:10 p.m. Daily Mass
Saturdays: 4:30 p.m. Confessions, 5:30 p.m. Mass
Sundays: 10:30 a.m. Mass

Christian Discipleship Breakfast Fellowship, Thursdays, 6:15 a.m. to 7:15 a.m., Chapel Annex 1

“Rosary for Warriors”, Sunday, May 8, 9:15 a.m., Chapel Annex 2

Sacrament of First Holy Communion Mass & Reception, Sunday, May 15, 10:30 a.m., Chapel Sanctuary & Annex 2

**“Making Your Marriage Deployment Ready”, May 20 & 21, Chapel Annex 2, Cost is \$30 per couple
Featuring Starship Dinner Cruise on Friday & Workshops on Saturday
Lunch & Childcare provided on Saturday**

Military Mothers of Preschoolers (M.O.P.S.), Beach Bash Party, May 12, 9:30 a.m. to 10:30 a.m.

**Dorm Bible Discussion & Contemporary Worship, Thursdays, 5:30 p.m. to 7:30 p.m., bldg 377 (2nd floor)
Free Pizza Dinner!**

AWANA, Wednesdays, 5:45 p.m. to 7:15 p.m., (dinner at 5:00 p.m.)

“Love & War” Marriage Enrichment Sessions, Wednesdays, 12:00 p.m. to 1:00 p.m.

****For more information, please call the base chapel @ (813) 828-3621 or visit our website @
<http://www.macdill.af.mil/macdillchapel>***

ROOTS

From Page 16

erating as well as I should, so I just closed my eyes,” Colonel Kinnaird said, shutting his eyes tight for a moment. “The plane made it over the fence, but then it stalled. The right wing went down, and a boxwood tree very neatly removed it. A boxwood on the other side removed the other one. I’ll tell you, it’s hard to fly with no wings!”

When Colonel Kinnaird’s BT-2 returned to earth, the young pilot’s first fear was that the 80-gallon fuel tank aboard the airplane would catch fire. He thinks he set a speed record getting unhitched and out of the plane.

For the Louisville native, this was the first of many times he would come close to being killed while flying. Soon, he would have to test his skills as a pilot and leader over the Japanese-held islands of the South Pacific.

ARTICLE 15S

From Page 11

nications Squadron received an Article 15 for misuse of her government travel card. Her punishment consisted of a suspended reduction to the grade of airman first class, suspended forfeitures of \$919 pay per month for two months, and a reprimand.

Dorm violations

On March 8, an airman from the 6th Logistics Readiness Squadron received an Article 15 for having an underage female in his dorm room. His punishment

consisted of a reduction of the grade of airman basic and a reprimand.

Theft

On Feb. 7, an airman first class from the 6th Communications Squadron received an Article 15 for stealing 285 gallons of gasoline over a six month period from the 6th Logistics Readiness Squadron fuel pumps. His punishment consisted of a reduction to the grade of airman, forfeiture of \$822 pay, and a reprimand.

COMMANDER’S

From Page 2

Award winner, and he provided quick turnaround on a fire truck repair contract allowing flight line operations to proceed unhindered.

For the successful celebration of MacDill’s 70th Birthday, I want to thank 6th Air Mobility Wing Historian, **Mr. Bill Polson** for his work in presenting and informing many of us on the historical timeline of our base.

Last month, we led about 30 Tampa Bay civic leaders on an excursion to educate them and heighten their awareness of Air Force personnel, mission and assets. Since returning, those local leaders have shown an enormous level of gratitude for what you do because they had the chance to appreciate it. I want to thank the team that made that event happen: 91st Air Refueling Squadron’s **Maj. Robert Renner, Capt. Justin Capper and Capt. Greg Kuhn** and the crews that assisted them; and 6th AMW Public Affairs’ **Senior Master Sgt. Terry Montrose**.

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

MACDILL COMMUNITY



EVENTS

Friday

MacDill Lanes

Mother's Day Bowling Special! Mom bowls FREE with paid child's bowling (limit 3 games).

Monday-Sunday

Bay Palms Golf Complex

Bingo Bonanza available every day from 6:30 a.m.-6:30 p.m. \$1 a card. Instant payout!

Tuesday

MacDill Family Resource Center

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

Airman & Family Readiness Center

Money 101 for College Bound Students. How to budget for living expenses in college/dorm life from 6-7:30 p.m. Parents and children are highly encouraged to attend

Tuesday & Thursday

Bay Palms Golf Complex

FREE Active Duty Clinic from 12-1 p.m.

Wednesday

Short Fitness & Sports Center

Aerobathon from 6 a.m.-12 p.m.

Thursday

Base Theater

You Got Talent Show from 5-7 p.m. Prizes! Call the Youth Center for more information at 828-7956.

For more information please visit our Web site at www.macdill-fss.com



Photo by Senior Airman Linzi Joseph

New 6th OSS commander

Col. James "Slim" Morgan, 6th Operations Group commander, hands the 6th Operations Support Squadron's unit flag to Lt. Col. Leslie Maher during a change of command ceremony at MacDill Air Force Base April 29.



CHAPEL SCHEDULE

Protestant services

Sunday - 9 a.m. - Praise Worship Service
Noon - Gospel Service

Islamic services

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

Catholic services

Saturday - 4:30 p.m. - Confession
5:30 p.m. - Mass

Sunday - 10:30 a.m. - Mass

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

For all other faith inquiries or to view upcoming event information, call the Chapel at 828-3621 or visit the Web site at www.macdill.af.mil/macdillchapel



AT THE MOVIES

\$4 for adults / \$2 for children 828-2780

Friday - 7 p.m.

Limitless (PG-13)

Saturday - 3 p.m.

Hop (PG)

Saturday - 7 p.m.

Diary of a Whimpy Kid:
Rodrick Rules (PG-13)