

THUNDERBOLT

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In control



Photos by Airman Basic David Tracy

(Above) Air traffic controllers from the 6th Operations Support Squadron observe the flight-line as a United States Coast Guard helicopter performs practice approaches on MacDill Air Force Base May 24. Air traffic controllers are responsible for directing all incoming and outgoing air traffic at MacDill. (Left) Airman 1st Class Dorothy Zaloudek, air traffic controller, looks through binoculars to scan the airfield for foreign objects at the control tower



COMMANDER'S CORNER



Team MacDill hosts the mayor; thanks to this week's standouts

by **Col. Lenny Richoux**
6th Air Mobility Wing commander

The Mayor of the great city of Tampa visited our base today and many of you did a great job facilitating his visit and tour of MacDill AFB.

Mayor Bob Buckhorn and his staff visited to gain an understanding of our mission here by talking to a few of the support personnel and operators who make the mission work every day and by getting a first-hand glimpse of base operations. I want to thank 6th Civil Engineer Squadron's **Mr. Bob Hughes**, 6th Operations Group's **Tech. Sgt. George Perry**, the **6th AMW Protocol Office**, and all who were instrumental with hosting his visit. It was a great day and many great days lie ahead of us this summer.

For those of you planning summer travel I want to remind you to keep our current mode of vigilance by remaining aware of your surroundings. We are still in a stepped-up force protection condition on the base, and with a lot of traveling in our plans, it's a good idea to maintain a posture of safety and security during our off-base activities. In airports and on the roads keep your belongings close and personal information away from the eyes of potential criminals. Information travels fast, and the world is a more connected place, which is why theft can happen before we realize it. If you have the suspicion that you're being watched most likely you are. Your 6th sense could be right.

I want you to enjoy your time with family, espe-

cially since this week is the last week of school. I'm sure those of you with school-aged children have already been given their list of summer activity ideas. Maintain the balance of family and personal needs, and enjoy the summer.

I'd like to give a special "shout-out" to the outgoing 6th Operations Group's commander, **Colonel James "Slim" Morgan** who is retiring after a great career of service. He's a "pilot's pilot" who's been an aviator since high school. He's leaving an outstanding reputation of leadership, and I'm grateful to have served with him. Best wishes for Slim, Myra and their family.

I also want to recognize the 310th Airlift Squadron's **Tech. Sgt. Timothy Sewell**, C-37A flight engineer, for recently being selected to be a flight examiner in the Standardization and Evaluation flight. He identified and corrected a critical flight procedure ensuring safer landings for the C-37A fleet. His expertise was used to assist an aircrew standardization and evaluation visit at Andrews AFB, and he was chosen to certify squadron pilots and flight engineers as functional check flight crewmembers.

Mr. Ralph Espinosa is a firefighter assigned to the 6th Civil Engineer Squadron. During a recent day off Mr. Espinosa was visiting a car dealership when a two-car collision occurred. He immediately responded on the scene of the accident, and directed a bystander to get into the backseat of one of the vehicles involved to stabilize one of the injured drivers preventing additional injury until



Photo by Airman Basic David Tracy

Col. Lenny Richoux, 6th Air Mobility Wing commander, presents a gift to Lt. Gen. Edward Gruszka, Polish Armed Forces operational commander at MacDill Air Force Base June. 2.

medical assistance was on-scene. Mr. Espinosa continued to assess and control the accident until emergency response professionals arrived and provided Tampa police and fire rescue personnel an accurate assessment of the situation. He also received a letter of appreciation from Tampa authorities for his assistance.

6th Medical Group's **Senior Airman David Thomas** recently became a Certified Paraoptometric Technician (CPOT). This national ophthalmic certification is awarded by the American Optometric Association and formally addresses the level of experience and knowledge of Optometry technicians.

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



COMMANDER'S ACTION LINE

The Action Line provides a two-way communication between the 6th Air Mobility Wing commander and the MacDill community. A 24-hour recording service is provided so personnel may submit questions, concerns or comments. Call the Action Line at 828-INFO (4636) or e-mail macdillwingcommander@macdill.af.mil



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MacDill Thunderbolt

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Every article and photograph is edited for accuracy, clarity, brevity, conformance with the "Associated Press Stylebook and Libel Manual" and Air Force Instruction 35-101.



Your T-bolt Today

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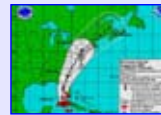
CAF physical fitness

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Events, movies, more...

Central Storage: parts to spare, missions to support

by Nick Stubbs
Thunderbolt editor

It takes a lot to keep the KC-135 Stratotankers at MacDill flying – 208,649 aircraft parts, to be precise.

That's what was in the inventory recently at the Aircraft Parts Store, one element of Central Storage, which supports every unit on base with spare parts for planes, wheeled vehicles, flight equipment and spares kits for a wide range of missions.

Availability and accountability, along with speed of delivery, are the hallmarks of the unit, which not only supplies MacDill, but is an important source for other DoD customers and points around the world.

"We can pretty much get anything anywhere in the world within 24 hours," said Staff Sgt. Daniel Harrington, NCOIC of Aircraft Parts.

Keeping track of inventory is a big part of the job, as so many parts are on hand and the most critical among them cannot be allowed to drop below acceptable levels or get lost in the warehouse. Making sure is Staff Sgt. Camille Watson, NCOIC of the inventory section.

"Every week," she replied quickly when asked how often inventory is taken. "And it's all done by hand."

In addition, there are daily listings and spot listings to keep everyone sharp and all inventory accounted for.

Another important job of Central Storage is to prepare aircraft spares kits for missions flown out of MacDill. Depending on the destination and type of mission, customized kits are packed in large containers and put on skids. They are loaded on the planes, hopefully containing every conceivable spare the particular aircraft may need while away.

Staff Sgt. Joe Figueroa, NCOIC of Mobility Readiness Spares, said the kits are so specialized, they take into account the maintenance history and unique needs of the aircraft for which they are assembled.

"Each plane and each mission has special requirements," he said. "We include the items most needed for the plane."

Sergeants Harrington, Watson and Figueroa are part of a 50-person team in the Materials Management Flight of the 6th Maintenance Group. Each one plays an important role in a



Photo by Nick Stubbs

Some 10,000 part numbers and more than 200,000 pieces reside in the Central Storage Aircraft Parts Store in Hangar 2 at MacDill.

process in which there is little room for error or delay.

"It's an important job," said Sergeant Harrington, adding that often times his unit is tasked with parts that qualify as mission capable awaiting parts.

That means a mission cannot be started or completed unless the needed part is supplied. It could be needed in hours, and sometimes

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11 Critical Days of Summer

Sun safety

Are you sun-safe every day? Take the American Cancer Society's 9-question quiz and find out. <http://www.cancer.org/healthy/toolsand-calculators/quizzes/app/sun-safety-quiz>

The Sun Protection Factor (SPF) describes how long a product will protect your skin, if you apply the sunscreen correctly. Fair-skinned people begin to burn in about 15 minutes on a sunny day, so wearing an SPF 15 sunscreen (if applied and reapplied properly) would prevent sunburn for about 225 minutes (15 SPF x 15 minutes until sun burn= 225). Be sure to choose a broad spectrum product that blocks UVB and UVA light and use a lot.

For best results, most sunscreens need to be reapplied about every two hours or sooner, but be sure to check the label. Sunscreens labeled "water resistant" are made to protect you when swimming or sweating, but may only last for 40 minutes. Also, remember that sunscreen usually rubs off when you towel dry.



CAF: Helping Team MacDill get into shape

by Jessica Banks

6th Air Mobility Wing Public Affairs

As the great philosopher, Cher, once put it, “Fitness - if it came in a bottle, everybody would have a great body.” In other words, being physically fit is something that requires a little more effort than walking from the television to refrigerator and back.

The Comprehensive Airman Fitness program, or CAF, is dedicated to helping MacDill Airmen get into shape. This doesn’t mean just the physical training you participate in, this means a complete update of your diet, exercise regimen and mental outlook.

Waking up in the morning, we’re all tempted to reach for a cup or two of coffee to help us get through our day. Busy schedules, lack of sleep and sometimes a lack of motivation keep many of us from doing what’s best for our bodies. Instead of stumbling into the kitchen to start the coffee maker, try getting up 30 minutes earlier and going for a short jog. The Mayo Clinic has reported that adding aerobic exercise to your daily routine has a long list of health benefits. It can help you to lose and/or manage your weight, not to mention it can reduce the risk of certain conditions such as heart disease or high-blood pressure. Beyond these benefits it can boost your mood, ward off viral illness, keep your arteries clear and even help increase your life span.

There are plenty of ways to incorporate aerobic exercise into your day. You may not be a runner, but maybe you’re a kick boxer, a swimmer, a dancer, a bicyclist, or a power-walker. It doesn’t really matter what route you take to exercise, as long as you get there. CAF encourages Airmen and their families to take full advantage of the programs MacDill offers to help people get into shape. On base you can use the Fitness Center, which offers an assortment of equipment as well as classes such as Zumba and martial arts. You can even hit the racquetball court. If you’re not a gym person then you can always look into joining a sports team. On MacDill you can become part of either an intramural team or join the Air Force Sports Program, which allows members to compete

in both national and international events. If these things still don’t interest you, try contacting Outdoor Recreation for other exciting options. If you need any advice or further guidance on how to get into shape, you can always talk to the professionals at the Health and Wellness Center or become “fans” on their Facebook page. They would be more than happy to offer up some recommendations.

It’s crucial to note exercise is only part of the equation. As the noted French author, François de La Rochefoucauld, explained so eloquently, “To eat is a necessity, but to eat intelligently is an art.”

Even though he wrote this in the mid-1600s, it holds true to this day. In an age of fast food, pesticides and genetically engineered crops, where microwaves and frozen pizzas are king, eating intelligently has indeed become if not an art, at least an increasingly difficult task. Why sit down and make a dinner for your family after a busy day at work when you can simply order Chinese take-out or pizza? When it comes to your body and your bank account, eating freshly prepared meals at home will definitely pay off in the long run.

There are a few basic things and suggestions to follow when seeking to improve your diet. The first thing to remember is that each of our bodies requires a different diet and a different amount of calories each day. To find out approximately how many calories your body burns a day you need to calculate your BMR which stands for Basal Metabolic Rate. You can find calculators online to figure it out for you, but basically it uses your age, height, weight and sex to compute how much you should be eating to maintain your weight. If you wanted to lose weight you would obviously eat less than your BMR, or exercise more – a combination of both of these methods would be ideal.

After discovering how much you should be eating each day, the next logical step would be to determine exactly what you should be consuming. It seems like new fad diets come out on the market every other week, but the trick is to not get caught up in the hype – the same goes for diet pills and supplements. While it



Photo by Senior Airman Linzi Joseph

Senior Airman Jeremy Vanvalkenburgh, 6th Maintenance Operations Squadron maintenance analyst, runs during the 1.5-mile portion of the physical assessment at the Short Fitness Center Sept. 8. Having an updated PT score is required before an Air Force member can deploy.

may be tempting to live off of those handy hundred calorie packs, diet soda and artificial sweeteners – it’s not actually healthy. The body needs certain nutrients, nutrients that don’t typically come in a plastic wrapper.

Instead of giving in to the urge to take the “prepackaged” route, try eating foods that fall on the natural side. Vegetables such as avocado, broccoli, kale, peppers, tomatoes, and spinach are great foods to eat that are full of

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PARTS

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must be shipped to the other side of the world.

“If we don’t have it, we have to find it,” said Sergeant Harrington.

Smaller parts that are needed often are always on hand, he said, but some larger parts that are no longer produced, such as flaps, must come from the “bone yard,” said Sergeant Harrington. That’s just the reality of dealing with aircraft that were manufactured as early as the late 1950s, he said.

About 90 percent of the parts in

Central Storage are for KC-135s, Sergeant Harrington said, the rest divided between ground vehicles and other planes, including the C-37s of the 310th Airlift Squadron.

Some of those parts may be as simple as a screw worth a few cents, but they also can range up to single parts worth \$500,000.

Other functions of this critical unit include keeping a current inventory of equipment assets, including munitions. Reports are routinely fed to Air Mobility Command headquarters, ensuring the whereabouts of all assets are always known.

A&FRC Open House

Join the 6th Force Support Squadron for an open house June 10 from 10 a.m. to 2 p.m. to celebrate the new location of the Airmen and Family Readiness Center, located at 8105 Condor Street, across the hall from the Post Office.

6th OG change of command

Colonel Matt Molineux will take command of the 6th Operations Group from Col. James "Slim" Morgan 9 a.m. June 13 in Hangar 3.

Chapel to host VBS

The Base Chapel will host a free vacation Bible school from 5:30 p.m. to 8 p.m. June 20 through June 24 for children pre-kindergarten through 8th grade. The school will include classroom Bible activities, music, recreation, crafts and refreshments. For more information or to register, contact Diane Baggerly or Cathy Lavelle at 828-3621.

JCSE relinquish of responsibility ceremony

Joint Communications Support Element Command Sergeant Major Ronald S. Pflieger will have a Relinquish of Responsibility Ceremony at 9 a.m. June 21 at the JCSE, Parade Field. Command Sergeant Major Pflieger was selected to be the Regimental Sergeant Major at Fort Gordon Ga. To RSVP, contact Sergeant Williams at 828-0784 or e-mail Nicholas.Williams@jcse.mil.

New Army Education Office hours

Effective June 15 through July 1 the hours are Wednesdays, Thursdays, and Fridays 9 a.m. to 3 p.m. Effective July 6 through Sept. 30 (maybe longer--TBD) the hours are Wednesdays 9 a.m. to 1 p.m.; Thursdays and Fridays 9 a.m. to 4 p.m. For more information, contact Noriko Himes at noriko.himes@us.af.mil or 828-3795.

CAF

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vitamins, calcium and antioxidants along with lots of other nutrients. Try to eat vegetables such as potatoes, carrots and eggplants sparingly. Fruits such as apples, strawberries and blueberries are also great for snacks and treats.

Of course, it's vital you also eat some sort of protein. Whether you are a meat-eater, a vegetarian, pescatarian, or vegan – there are always ways to incorporate healthy, lean proteins into your diet. The best three types of proteins are fish, poultry and beans. If you're not a part of the 3.2 percent of Americans that fall under one of the vegetarian categories then feel free to enjoy any of those three. Turkey and chicken are great as far as poultry is concerned and salmon and tuna whether you like it raw, also known as sashimi, or cooked are healthy, tasty seafood options. These fish are a great source of not only protein but also of Omega-3 fatty acids. Vegetarian and vegans have lots of options as well; they range from yogurt and eggs to tempeh, quinoa and legumes. This list is obviously not a complete list by any stretch, but it's a great place to start.

Aside from the vegetables, fruit, and proteins, make sure to incorporate healthy carbohydrates into your eating diet. This includes whole wheat breads and pastas, yams, brown rice and whole oatmeal. Don't forget to drink lots of water throughout the day. A good rule of thumb when it comes to figuring out how many ounces a day to drink is to take your weight and divide it by two. Eating foods that are water-rich, such as fresh fruits and veggies, can also contribute to your water intake.

Once again, this is not the end-all of diet advice; it's merely a common sense foundation to start with. The best thing you can do is to conduct your own research whether that means researching online, going to a library or book store, or talking to one of the many professionals on base that can help you with any of your nutrition questions. If each individual in the Air Force can be their personal best when it comes to personal health then it shows up in the office, in the air and on the field. Start making healthier decisions and don't get too overwhelmed. As Sir Robert Hutchinson explains, "The scientific truth may be put quite briefly; eat moderately, having an ordinary mixed diet, and don't worry."

Hurricane readiness begins now; new guidelines for 2011

by Nick Stubbs
Thunderbolt editor

No one likes to think about the worst that could happen, but failing to allow for the threat or aftermath of a hurricane comes with consequences too great to ignore.

Hurricane season kicked off June 1, which means the push is on to ensure MacDill personnel are ready, said Leighton Reid, emergency management technician with the 6th Civil Engineer Squadron. That's particularly important this year, as a more active hurricane season is predicted by the experts, he said.

There also are changes Tampa Bay residents need to note.

Flood zones have been changed to include areas that previously were not in flood zones, or areas that were categorized as lesser flood zones, said Mr. Reid. Everyone in the region should look at the 2011 evacuation maps to be sure what flood/evacuation zone they are in. Those maps are available on the Web at http://tbrpc.org/tampabaydisaster/hurricane_guides2011.shtml, or via the hurricane information link on the right side of the home page of the MacDill Air Force Base Web site at www.macdill.af.mil.

Another change for 2011 is that storm warnings have been moved up 24 hours sooner, allowing more time for preparation.

The message from Emergency Management is simple, said Mr. Reid:

"Update your plan; be early; don't wait to be told what to do," he said. "Now is the time to prepare."

The above links also provide preparedness information, including what types and quantities of food to have on hand, water supply planning, materials and equipment such as radios, batteries and evacuation strategies. Mr. Reid said it is better to be "over prepared."

"I'd have as many as six sets of batteries," he said. "You never know how long you might be without power."

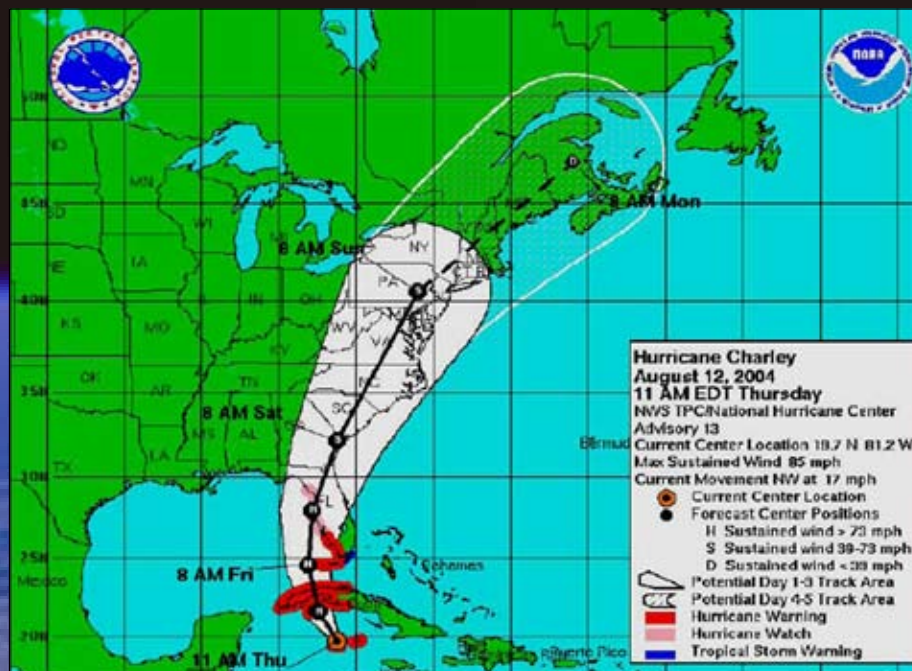
He also advises having cash on hand, as banks and ATM machines may be down for some time in the wake of a storm.

"I prepare for at least 14 days," Mr. Reid said. "You have to ask yourself, what will you do without power for that long - without food or water?"

It may seem like an unlikely scenario in this day and age, but Hurricane Katrina provided valuable lessons in reality.

"All you have to do is go through one of these monsters and you appreciate what it's all about," said Mr. Reid.

Another aspect of planning for 6th Air Mobility Wing members includes coordinating with their units to identify a safe house and a safe haven. A safe house is a home in the general Tampa Bay area that is not located in an evacuation zone for storms up to Category 3. A safe haven is a location used in the event of mandatory evacuations for all, which is issued for Category 4 and 5 storms. A safe haven may be a location far from Tampa Bay or even outside of the state.



Courtesy photos



(From top) Hurricane Charley in 2004 was a close call for MacDill and Tampa Bay, sending thousands scrambling over the bay bridges to get out of its path. Warnings will be 24 hours sooner this year, should another storm threaten. Another new measure this year is expanded flood zones, so check the 2011 evacuation zones to be up to date.

Caring for People Forum affecting change, providing support

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

Members at MacDill Air Force Base, junior enlisted all the way up to senior officers, left their uniforms in the closet, boots and covers at home, put on their casual attire and headed to the Doubletree Hotel Tampa June 1, where each person represented just one voice.

More than 60 individuals showed up in attendance to participate in the Caring for People Forum to voice concerns or suggestions on Air Force policy and support services. This year marks the first time individuals at MacDill AFB were given the opportunity to volunteer to be a participant on the forum that would be submitting ideas to the Air Force Major Command level about the most pertinent issues effecting servicemembers, retirees and family members at MacDill.

Servicemembers, retirees, civilians and family members attended the day-long event that could potentially produce some enduring changes around the Air Force. Participants were divided into six working groups that addressed nine topics affecting military families: Spouse Communication, Family Support, Deployment Support, Special Needs Support, Single Airmen Support, Reserve Support, Housing Support and Health and Wellness Support.

An enthusiastic Brenda Cobbs attended the Health and Wellness Support working group along with two of her coworkers. Mrs. Cobbs, who has worn many hats since coming to MacDill in 1987, expressed how the Caring For People Forum was her first time taking part in an event where she could communicate her opinions and ideas that could affect change.

“The forum was very informative and well received by the participants. It was very refreshing to come together from different areas and realize that at the end of the day what really matters is ‘people,’ ” said Mrs. Cobbs, the spouse of a retired chief master sergeant, who now works as a budget analysis at the 6th Medical Group. “Then we saw how all of us together help the Wing meet its mission by ensuring families, and singles needs are being met. The mix of participants was excellent.”

Technical Sgt. Demetria Washington also attended the Health and Wellness Support working group. Sergeant Washington’s main concern was, “to improve the marketing of the health and wellness programs available to servicemembers.” Sergeant Washington is a manager at the Short Fitness Center and sees firsthand how the programs here are not being taken advantage of by military members at MacDill AFB.

An estimated 80 percent of military members



Photo by Airman 1st Class Michael Ellis

Troy Johnson, a community readiness consultant at the MacDill Airmen and Family Readiness Center, counts votes as participants from the Deployment Support working group vote on their two most pertinent issues.

assigned to MacDill live off base, with the majority residing in the Brandon area. An idea that came up during the Health and Wellness focus group was to have a fitness facility in Brandon, just like the current clinic that caters to the service members and families living in the area. Ideas such as these from less than two dozen people could affect the majority of those on MacDill.

Although there is not a facility located in the
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Be ready: NOAA expecting active 2011 hurricane season

Courtesy NOAA

The Atlantic basin is expected to see an above-normal hurricane season this year, according to the seasonal outlook issued by NOAA’s Climate Prediction Center – a division of the National Weather Service.

Across the entire Atlantic Basin for the six-month season, which begins June 1, NOAA is predicting the following ranges this year:

- ◆ 12 to 18 named storms (winds of 39 mph or higher), of which:
- ◆ 6 to 10 could become hurricanes (winds of 74 mph or higher), including:
- ◆ 3 to 6 major hurricanes (Category 3, 4 or 5; winds of 111 mph or higher)

Each of these ranges has a 70 percent likelihood, and indicate that activity will exceed the seasonal average of 11 named storms, six hurricanes and two major hurricanes.



“The United States was fortunate last year. Winds steered most of the season’s tropical storms and all hurricanes away from our coastlines,” said Jane Lubchenco, Ph.D., under secretary of commerce for oceans and atmosphere and NOAA administrator. “However we can’t count on luck to get us through this season. We need to be prepared, especially with this above-normal outlook.”

Climate factors considered for this outlook are:

The continuing high activity era. Since 1995, the tropical multi-decadal signal has brought ocean and atmospheric conditions conducive for development in sync, leading to more active Atlantic hurricane seasons.

Warm Atlantic Ocean water. Sea surface temperatures where storms often develop and move across the Atlantic are up to two degrees Fahrenheit warmer-than-average.

La Niña, which continues to weaken in the equatorial Pacific Ocean, is expected to dissipate later this month or in June, but its impacts such as reduced wind shear are expected to continue into the hurricane season.

NOAA’s seasonal hurricane outlook does not predict where and when any of these storms may hit. Landfall is dictated by weather patterns in place at the time the storm approaches. For each storm, NOAA’s National Hurricane Center forecasts how these weather patterns affect the storm track, intensity and landfall potential.

DIAMOND SHARP



Staff Sgt. Simone K. Power-Cordner 310th Airlift Squadron



Job title: Flight attendant

Home town: Trinidad and Tobago

Short-term goals: To finish the last class needed for my CCAF by next month

Long-term goals: Make a career of the Air Force and retire comfortably

Advice to others: “Do-so” is more important than “say-so.”

Role model and why: My dad; he is the most resilient person I know.

PEOPLE

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Brandon area, there are fitness centers that offer 50 percent off as an incentive for military members, Sergeant Washington added.

Chief Master Sgt. (Ret.) Janice Crowley, spouse of the current Command Chief Master Sergeant at MacDill, attended the School Support/Special Needs Support working group. During her permanent change of station to MacDill her daughter, who was a high school junior at the time, was automatically zoned into a certain school based on locality. With no one in place to help Chief Crowley get her daughter placed in another school that better matched her daughter's current academic level, she placed her in private school.

Since January 2011 there is now a School Liaison Officer permanently assigned to the Airman and Family Readiness Center at each Air Force installation responsible for supporting military families transitioning into new bases as well as assisting them with issues that may arise with their school districts. This position was added at all Air Force installations at the recommendation of participants at the 2009 Air Force-level Caring for People Forum.

Many thought-provoking questions were

raised; many new intuitive ideas were developed and some current Air Force policies were even defended.

Staff Sgt. Nicolas Jack, who attended the Deployment Support working group, voiced his defense of the current pre-deployment training policy.

Discussion after discussion, questions and more questions, all in all after more than four hours of deliberations, participants convened in one room where each working group presented the top two issues they felt could not be resolved at the installation level and needed support from the MAJCOM or Air Force. Then the top 10 issues were voted on. These top 10 issues will be forwarded to the MAJCOM, where a similar process will take place. Their top issues will be forwarded to the Air Force Caring for People Forum being held later this summer.

According to Mrs. Lisa LaConte, Caring for People coordinator, the work accomplished by the participants will benefit the MacDill community. Issues identified that can be addressed at the installation level will be shared with the MacDill Integrated Delivery Systems team, which will develop a resolution plan and track progress. The MacDill IDS team will publicize a complete listing of the forum results in the near future, as well as provide updates on installation issues as they are resolved.

Air Force requests feedback on new Outdoor Recreation facility

Special to the Thunderbolt

Col. Lenny Richoux, 6th Air Mobility Wing commander, would like everyone's help to improve the quality of life for the base's Total Force and the families that live and work on MacDill.

The base recently received support to construct a new Outdoor Recreation Equipment Rental facility to provide expanded services to the base population. The 6th Force Support Squadron articulated the need for a new facility, but now the Air Force wants the entire base population to provide feedback and input.

"You can help us improve the quality and level of service provided to our community by following the link and completing a short survey about what you and your families would like to see in a new Outdoor Recreation facility," said Colonel Richoux.

The survey should take no more than 15 minutes and can be found at www.pkfc.com/MacDillAFBPVA

"We ask that military (all services) and civil service members complete this survey, and also forward the link to their family members for them to complete the survey, since their input is also very important," said Wendy Foster, 6th Force Support Squadron Marketing director. "The more people who respond to this survey, the more we capture the specific needs of our customers, and most importantly the better our chances are for full funding."

"Together, we can improve the quality of life at MacDill Air Force Base to make it a better place to live, work and play!" said Colonel Richoux.

Exercise caution around responding Alert Crews

Aircrews from the 6th Air Mobility Wing and 927th Air Refueling Wing conduct regular exercises throughout the year to validate their capability to execute a variety of missions.

During these exercises, aircrews at times drive in an expeditious manner at speeds above posted speed limits from a variety of locations toward the flight line.

To allow for quick aircrew responses and to ensure the safety of the base populace it is **MANDATORY** that all drivers yield to these vehicles. Alert Crew vehicles can be easily recognized as large blue vans with a flashing red light on the roof. A magnetic sign with the

phrase “ALERT FORCE” is posted on the side of the vehicle.

If you encounter an Alert Crew vehicle responding to the flight line (lights flashing) safely pull to the side of the road to allow them to pass. If you are at a stop sign, pause and allow the responding vehicle(s) to proceed first. There may be numerous Alert Crew vehicles responding. Thank you for your cooperation in helping MacDill Air Force Base proudly perform its missions.

(Courtesy of 6th Air Mobility Wing Plans Operations)



Courtesy photo

Be on the lookout for Alert Force vans like this one when exercises are under way on base. Yield to them, as they have the right of way.

MACDILL COMMUNITY



EVENTS

Friday

Bayshore Club

Membership Breakfast from 6:30-8:30 a.m. Free for club members! Non-members: \$6.95

Airman & Family Readiness Center

Grand Opening! 10 a.m.-2 p.m. Opening Ceremonies & Cake Cutting at 11:30 a.m.

Arts & Crafts Center

FREE Open Scrapbooking from 11 a.m.-3 p.m. Come for as little or as long as your schedule permits.

Youth Center

FitFactor Summer Kickoff from 1-5 p.m. Get Up-Get Out- Get Fit!

Saturday-Sunday

Base Pool

Open from 11 a.m.-6 p.m.

Saturday

MacDill Lanes

Pre-Father's Day Bowling Special Dad bowls FREE with paid child's bowling (limit 3 games)

Monday-Sunday

Bay Palms Golf Complex

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

Tuesday-Friday

Base Pool

Open for Free Recreational Swimming from 2-6 p.m.

Tuesday

Library's Summer Reading Program Kick Off

At the Youth Center featuring Ronald McDonald at 10:30 a.m.

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

CHAPEL EVENTS FOR JUNE



Protestant Services:
Sundays: 9 a.m. Praise Service
12 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, 0615-0715 (Chapel Annex I)

*Dorm Bible Discussion & Contemporary Worship
Thursdays, 1730 to 1930, Bldg 377 (2nd floor)
Free Pizza Dinner!*

VACATION BIBLE SCHOOL

Dates: June 20 - 24

Time: 5:30 - 8 p.m.

Sign up for a FREE & exciting week of VBS!

**#1 VBS
FOR 2011***



For more information regarding services & programs, call the base chapel at (813) 828-3621 or visit our website at <http://www.macdill.af.mil/macdillchapel>



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.

African Cats (G)

Saturday - 3 p.m.

Hoodwinked Too! Hood vs Evil (PG)

Saturday - 7 p.m.

Fast Five (PG-13)