

THUNDERBOLT

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AIRMEN



MISSION



COMMUNITY



TEAMMATES



A 6th Med Group history - page 8

Photo by Senior Airman Jimmy L. Dang

Airmen assigned to the 6th Medical Operations Squadron, MacDill Air Force Base, and soldiers from 10th Mountain Division, Fort Drum, N.Y., conduct litter movements during an exercise in 2009.

COMMANDER'S CORNER



Leadership lessons: Who would you follow?

by Lt. Col. Amanda Brandt

348th Reconnaissance Squadron commander

Over the last year I have enjoyed reading articles from our wing leadership on their perspectives and experiences which have made them better leaders. I have great admiration for their words of wisdom and have benefited from their shared experiences.

When I was asked to write a leadership piece I had a moment of hesitation because unlike my peers, I don't have an inspiring catch phrase or anecdotal story to share which can sum up leadership. To be candid, I was never on a groomed path to leadership because I have fallen down a few times on my journey. Ironically in the end, my less than stellar rise is why I feel I am an outstanding leader today.

With every 'pick myself up and try again' something slowly started to build in me, a desire to be in a position of higher leadership so I could actually make the path easier for others behind me to navigate so they wouldn't trip over the same obstacles. Now, through a lot of hard work and inventing myself over and over again, I have cherished the privilege of being able to mentor and lead. I have done my best to stay true to all the times I said I would do it differently if given the chance.

One of the things I said I would do differently was to make sure I was as available and

as approachable as possible to all my troops. I use to sneer when commanders said they had an "open door" policy but everyone knew you only graced their door if called upon. While constantly making an effort to be visible and avoiding the pitfall of getting trapped in my office, I have been fortunate enough to interact with my troops often and the No. 1 question I get asked is, "What can I do to become a better leader?" My answer is always the same. "Who would you follow?" Once you can answer that question, become that person to the best of your ability.

Whenever I am weighing a gut-wrenching decision, deciding on a way ahead, or changing a squadron dynamic, I always evaluate my decision against the criteria of my answer to that question. This doesn't mean my results are always popular with leadership or conventional, but it does mean I end up doing what I feel is the right for the mission and my people. It puts me in a place I can defend with conviction and be proud of.

So, who would I follow? My model leader, the one I strive to become, is made up of many traits I find admirable but for the purpose of brevity I will share my top two. Above all, my hero leader would be credible. They wouldn't ask me to sacrifice or give anymore of myself then they have or are willing and able to give. I have tried to live this by letting my ac-

tions speak louder than my words. When my squadron first went to flying night operations, I took the first month of night shifts. When my squadron first started to deploy, I was on the first deployment cycle. Since we lost our cleaning contract, you can often see me taking out the trash and vacuuming the carpets. Credibility, in my opinion, is the backbone of any good leader and probably the single most difficult thing to get back if you lose it. It is the credibility of a leader that allows them to send troops into battle, demanding the ultimate sacrifice. A credible leader can do this with confidence, knowing the troops will follow and "take the hill" because they understand their leader is also willing to make the same sacrifice.

Additionally, the leader I would follow into battle needs to have compassion. I feel sorry for those who don't understand that compassion is not a weakness but probably one of the greater strengths an individual can possess. It's the ability and willingness to look at oneself, identify your own shortcomings and failures, and appreciate the imperfection in us all. Everyone falls, some harder than others, and in my case, some more often than others. However, with each scar is the potential to become better, wiser, stronger and more resilient. It is far easier to treat every misstep the same or

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COMMANDER'S ACTION LINE

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

MacDill on the web



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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.



Running the distance

by Senior Airman Vernon L. Fowler Jr.

6th Air Mobility Wing Public Affairs

Running long distances is an acquired taste for most people, but for Master Sgt. Matthew Mancuso, U.S. Central Command commander's administrative staff manager, it's a way to get away, stay in shape and physically challenge himself.

"I run to stay in shape as well as to remain focused and balanced in life. It's my happy place," said Mancuso.

Mancuso participated in track and cross country in high school, but gradually stopped running after graduation. It wasn't until he joined the Air Force and later deployed that he found the motivation to start again.

"The spark to start running again came while I was deployed to Qatar in 2005 while watching the Chicago Marathon on TV; I was inspired by the elite runners," said Mancuso. "Later, while in Qatar, I ran the Gasparilla 15K race.

"I struggled and realized just how out of shape I really was; I barely finished the 9.3-mile race. It was a difficult and humbling experience."

After the Gasparilla race, Mancuso was determined to get back into running shape.

Mancuso ran his first actual marathon, the Walt Disney World Marathon, in January 2006, after only six weeks of training.

"I basically went from the couch to the marathon in six weeks, and I

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Photo by Senior Airman Vernon L. Fowler Jr.

Master Sgt. Matthew Mancuso, U.S. Central Command commander's administrative staff manager, stands along Bayshore Blvd. at MacDill Air Force Base, June 27. Mancuso has run 18 marathons and is currently training for the Florida Keys 100 scheduled for May 2015.

From trainer to communicator

by Staff Sgt. Brittany Liddon

6th Air Mobility Wing Public Affairs

"When I was at Basic Military Training, I told my instructor 'I'll be back down here someday,'" recalled Tech. Sgt. Matthew Orlando, 6th Communications Squadron client systems supervisor.

Orlando was a military training instructor for Air Force BMT at Lackland Air Force Base, Texas, from 2009 to 2013.

For the first three years, Orlando was assigned to the 326th Training Squadron. For the last year and a half, Orlando was an instructor for the 319th TS, where he was one of the best week and war-skills training academic instructors.

"When I was at the 326th TS, I had about 600 trainees graduate. The last year, I was an academic instructor, so I taught classes to about 36,000 trainees," recalled Orlando.

Prior to being an MTI, Orlando was stationed at MacDill Air Force Base, from 2005 to 2009. He was excited to hear he would be com-

ing back to MacDill.

"It's a beautiful base," said Orlando. "Not too long ago, I was at an old building that the 6th CS was in when I was here before. I was with an Airman and I told him that I use to sit 'right there' when I was a Senior Airman."

Before leaving to be an MTI, Orlando was in the telephone systems career field. While he was out of the career field being an instructor, telephone systems merged with infrastructure and several other communications jobs.

"The vast majority of what I do now is not anything that I've ever done in my career," stated Orlando. "I'm learning a lot from my Airmen."

Now that Orlando doesn't work 16-hour days, he has more time for family and hobbies.

"My wife was happy to have more time with me now that I am back doing my normal job," said Orlando. "I don't have to work as many hours. It was a nice change of pace."

In the future, Orlando plans to do another special duty that allows him to teach.



Courtesy photo

Staff Sgt. Matthew Orlando, 326th Training Squadron basic military training instructor, receives his hat at Lackland Air Force Base, Texas. Orlando was an MTI for Air Force BMT from 2009 to 2013.

"I love teaching," said Orlando. "I wouldn't mind being an Airman Leadership School instructor and an NCO academy instructor. Eventually, I would like to do that later on down the road."

WEEK IN PHOTOS



Photo by Tech. Sgt. Brandon Shapiro



Photo by Airman 1st Class Ned T. Johnston



Photo by Senior Airman Jenay Randolph

(Top) Blair Bloomston, Game On communication coach, leads members of Team MacDill in an activity at MacDill Air Force Base, June 27. Game On's team of communication consultants are experts in the fields of coaching, broadcasting, acting, teaching, psychology, and public speaking. (Top left) Col. Brian Smith, 6th Operations Group commander, passes the 310th Airlift Squadron guidon to Lt. Col. John Hartigan, 310th AS incoming commander, during the 310th AS change of command at MacDill Air Force Base, July 1. Hartigan is replacing Lt. Col. Derrick Hodges as the new 310th AS commander. (Left) Col. Scott DeThomas, 6th Air Mobility Wing commander, passes the 6th Comptroller Squadron guidon to Maj. Jennifer Varga, incoming 6th CPTS commander, June 30 at MacDill Air Force Base. Davis takes command of the 6th CPTS from Lt. Col. Thomas Brown, outgoing 6th CPTS commander.

To be a Phoenix Raven



Photo by Airman 1st Class Tori Schultz

Airman 1st Class Whitney Miller, 6th Security Forces base defense operations center alarm monitor, performs Raven baton training at MacDill Air Force Base, June 26.

by Airman 1st Class Tori Schultz
6th Air Mobility Wing Public Affairs

“It is a great honor to earn the title of a Phoenix Raven,” said Senior Airman Jeffery Beilman, 6th Security Forces phoenix raven. “Upon graduation, candidates receive a designation number from Air Mobility Command Headquarters, only the elite are awarded a number.”

Phoenix Ravens are specially trained small teams that deploy at a moments notice to provide close security for aircraft in areas around the world, where the terrorist threat is high or unknown.

To become a Phoenix Raven an Airman needs to complete five-skill-level training, score a 90 percent in each category of the Air Force Physical Fitness Test, and have 18 months time in service.

At MacDill Air Force Base, the 6th SFS Phoenix Ravens hold tryouts for potential candidates consisting of a PT test and an interview process. Once selected, candidates go through a three-week “Pre-Raven” course that consists of PT, baton training, and combative skills to prepare for Raven school.

Each unit is awarded a certain number of slots at Phoenix Raven school, unit tryouts and completing “Pre-Raven” apprenticeship determines who gets to move on to Phoenix Raven school.

“Phoenix Raven school is located at Joint

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Summer boating safety tips

story and photo by Staff Sgt. Brittany Liddon

6th Air Mobility Wing Public Affairs

As summer temperatures heat up, it's common for people to head for the water. Having fun is a top priority for everyone this summer, but don't forget about staying safe while having fun.

If being on a boat or participating in water activities is in your summer plans, always wear a life jacket. It might not be the "cool" thing to do, but it might save your life.

Everyone knows the saying, 'don't drink and drive.' The same goes for operating watercraft.

In 2013, Hillsborough County had seven watercraft accidents. That



MacBones, 6th Air Mobility Wing safety skeleton, practices safe boating at MacDill Air Force Base, June 26. Always wear a life jacket while boating and participating in water activities.

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Photo by Airman 1st Class Tori Schultz

Airman 1st Class Derek Finster, 6th DS dental technician, performs a procedure on a patient. The procedure is an inflammatory disease that affects the soft and hard structures of the eye.



MacDill file photo

The gate is entered upon entering MacDill Air Force base from the main gate.



Photo by Senior Airman Linzi Joseph

David Pennington, a 6th Medical Support Squadron pharmacy technician, fills a prescription for patients at the 6th Medical Group pharmacy on MacDill Air Force Base, May 19, 2011.



Photo by Senior Airman Jenay Randolph

Capt. Brooke Kibel, 6th Aerospace Medicine Squadron chief of operational optometry, performs a routine eye examination May 30 at MacDill Air Force Base. Kibel uses a slit lamp to check the front and back of patients' eyes.

DIAMOND SHARP



Staff Sgt. Ian M. Szabo 6th Maintenance Squadron



Job Title: Aerospace propulsion craftsman

Hometown: Reading, Penn.

Short-term goals: Complete CCAF degree and purchase a new home

Long-term goals: Continue serving in the USAF for 20 plus years and obtain a bachelor's degree

Advice to others: Take the initiative to accomplish your goals and don't wait for others to do it for you. Set realistic goals and go for it!

Role model(s): UFC Fighter George Saint Pierre; I appreciate his humility, professionalism, and down-to-earth disposition. His personality is one I'd like to emulate.

BOATING

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is the sixth highest number of accidents for the state of Florida for the year.

If you are going to be operating a watercraft, make sure you have the proper credentials and you know information about the craft you will be operating. The number one cause for watercraft accidents is operator inexperience.

Anytime you and your family are around

water, watch your children closely.

Simply following the rules and using risk management can decrease accidents and improve safety. Summer is a great time for family and friends to come together and create lasting memories. Utilizing simple safety tips can help keep everyone safe and out of harm's way.

RUN

From Page 3

spent a good year and a half with shin splints and stress fractures in my shins," said Mancuso. "I wouldn't recommend that to anyone."

Now, Mancuso sets aside an adequate amount of time to fully prepare before running a marathon.

"I usually do a four-month build-up training plan in preparation for a marathon, maxing out at about 70 miles per week in running," he said. "That is with keeping a steady training base of 30 to 40 miles per week in running and ensuring I watch my diet and make healthy choices."

Since that first marathon, Mancuso has run in 17 more, bringing his total to 18.

One of Mancuso's major accomplishments was participating in a 12-hour race in which he ran a total of 61 miles and placed first overall.

This year Mancuso turned 43, and to commemorate his birthday he ran 43 miles on June 7. He managed to finish in 8 hours and 53 minutes in 94-degree heat.

"I decided this year I was going to run my birthday miles, so I ran 43 miles on Bayshore Boulevard and Davis Island going back and forth on the sidewalk," he said.

Mancuso's next goal is to run the Florida Keys 100 race in May 2015.

When asked what he would tell someone who desires to start participating in marathons, Mancuso offered this advice:

"Join a local running group, it makes a huge difference; you'll meet some great people that can help you with your running, training, race prep, etc.," he said. "As far as your runs go, get someone to run with as it will keep you accountable if you tend to talk yourself out of running.

"And, in the end don't think about it too much...just do it."

MACDILL COMMUNITY



EVENTS

Friday

Surf's Edge Club

Membership Breakfast from 6:30-9 a.m. Club members free; non-members: \$7.95.

Arts & Crafts Center

Open Scrapbooking 11 a.m. - 3 p.m. Cost: \$3 per person. Whether a novice or advanced scrapbooker, this is the perfect class for you. Feel free to bring snacks or lunch.

MacDill Lanes & Family Fun Center

Club Membership Appreciation, 6-8 p.m. Door prize drawings and cosmic lighting and sound. All Club members and their family members bowl free. Call 828-4005 for more information.

Sunday

MacDill Lanes & Family Fun Center

Annual TOC Tournament at 1 p.m. First place \$500; call 828-4005 for more info.

Monday-Sunday

MacDill Lanes & Family Fun Center

Kids special daily till 6 p.m. \$1.50 per game; \$1 shoes.

Tuesday & Wednesday

MacDill Marina & Beach Area

Typhoon Teens Small Watercraft Safety Course for ages 12-18 from 10 a.m. to 2 p.m. for two days of kayak and stand up paddleboard instruction. Call 840-6919 to register or for additional information.

Thursday

Base Theater

Free movie: "Wall-E" at 5:30 p.m. Everyone welcome and feel free to bring your own food and drink.

Find out what's going on MacDill. Log onto www.macdillfss.com



Photo by Airman 1st Class Ned T. Johnston

Congrats!

Col. Andre Briere, 6th Air Mobility Wing vice commander, presents the Natural Resource Conservation Communication Award to members of the 6th Civil Engineer Squadron environmental flight at MacDill Air Force Base, July 2.



CHAPEL SCHEDULE

Protestant service

Sunday - 11 a.m. - Contemporary Service

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

Islamic service

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

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

Catholic services

Saturday - 5:30 p.m. - Mass

Sunday - 9:30 a.m. - Mass

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



EXCHANGE
ARMY & AIR FORCE EXCHANGE SERVICE