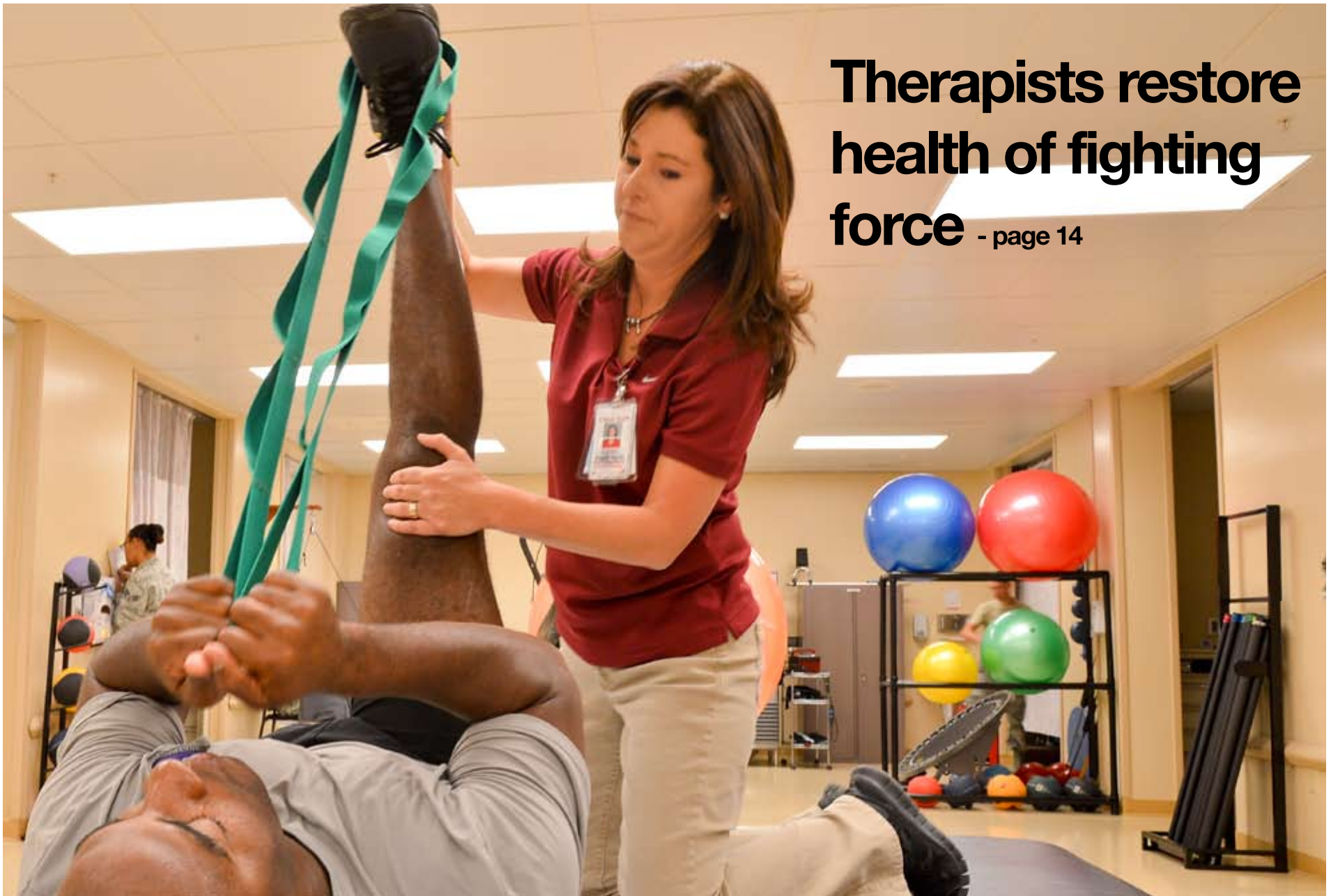


THUNDERBOLT

WWW.MACDILL.AF.MIL



Therapists restore health of fighting force - page 14

Photo by Senior Airman Adam Grant

U.S. Army Staff Sgt. Jason Colbert, Joint Communications Support Element, holds the end of a stretch-out strap while Angela Garcia, 6th Medical Operations Squadron physical therapy assistant, stretches his hamstring at MacDill Air Force Base, Oct. 31. The stretch-out strap is used to gradually target major muscle groups through deep muscle penetration while ensuring safety and effectiveness.

CUI - 5 days and counting: preparation tips page 8

COMMANDER'S CORNER



Presidential Proclamation — Military Family Month, 2012

Since our Nation's earliest days, courageous men and women of all backgrounds and beliefs have banded together to fight for the freedoms we cherish. Behind each of them stands a parent, a sibling, a child, a spouse -- proud family members who share the weight of deployment and make profound sacrifices on behalf of our country. During Military Family Month, we honor our military families and recommit to showing them the fullest care and respect of a grateful Nation.

In our military families, we see the best our country has to offer. They demonstrate the virtues that have made America great for more than two centuries and the values that will preserve our greatness for centuries to come. With loved ones serving far from home, military spouses take on the work of two. Their children show courage and resilience as they move from base to base, school to school, home to home. And even through the strain of deployment, military families strengthen the fabric of each community they touch and enrich our national life as shining examples of patriotism.

We each have a solemn duty to serve our Armed Forces and their families as well as they serve us. Through First Lady Michelle Obama and Dr. Jill Biden's Joining Forces initiative, we have worked to fulfill this obligation by mobilizing all Americans to give service members and their families the opportunities and support they have earned. Last year, we challenged American businesses to hire or train 100,000 veterans and military spouses by the end of 2013. To date, they have already exceeded that challenge, hiring over 125,000 veterans and military spouses. From

helping military children succeed in the classroom to increasing support for those who care for our wounded warriors, Joining Forces will keep fighting to ensure the well-being of our troops and their families.

When a young woman signs up to defend our Nation, her parents are enlisted as well. When a father deploys to a combat zone, his children are called to serve on the home front. And when the men and women of our military serve far from home, their families feel the strain of their absence. In that absence, let us stand together as one American family. Let us honor the brave patriots who keep our country safe, and let us forever hold close the memories of those who have perished in the line of duty. This month, we reaffirm that we will always lift up our military families -- not just when their loved ones are away, but also long after the welcome home ceremonies are over.

NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim November 2012 as Military Family Month. I call on all Americans to honor military families through private actions and public service for the tremendous contributions they make in support of our service members and our Nation.

IN WITNESS WHEREOF, I have hereunto set my hand this first day of November, in the year of our Lord two thousand twelve, and of the Independence of the United States of America the two hundred and thirty-seventh.

6th Air Mobility Wing shout-out

The 6th Civil Engineering Squadron and 6th Contracting Squadron simplified acquisition of base engineer requirements team comprised of Douglas Willard, Tricia Keen, Michael Cooley, Richard Sloop and John Hess

completed a major source selection for MacDill's first-ever, five-year, \$25 million SABER contract. The new contract will streamline construction contract execution for projects valued less than \$250,000. In addition, the

team completed the SABER contract while awarding more than \$23.3 million in projects for 37 infrastructures, base improvements and seven Tropical Storm Debbie repair projects totaling \$3.2 million.



COMMANDER'S ACTION LINE

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

Commander's vision

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

MacDill Thunderbolt

Publisher: Bill Barker
Editor: Nick Stubbs

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News items for the MacDill Thunderbolt can be submitted to the 6th Air Mobility Wing Public Affairs office, 8208 Hangar Loop Dr., suite 14, MacDill AFB, FL 33621, or call the MacDill Thunderbolt staff at 828-2215. Email: thunder.bolt@us.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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6th Medical Support Squadron					
Activity	Activity	Activity	Activity	Activity	Activity
...

Holiday hours

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Events, chapel, more...

Commentary

The essentials of winning teamwork

by Lt. Col. Jay Vietas

6th Medical Support Squadron commander

This is my favorite time of the year. Football season is in full swing, hot stove baseball talk is on the airwaves, and basketball and (possibly NHL) hockey seasons are about to begin. Yes, I enjoy sports – whether I have the opportunity to play or to watch. I appreciate watching teams, especially my teams, effectively execute creative methods to win. I particularly enjoy rooting for a team with heart – a team which will do what it takes to win, never quits, and always believes that with extra effort and attention to detail that victory is always possible. When these teams do win, I become emotionally charged and euphoric. What I enjoy more is to be part of a winning team whether at home, in the office or on the field. Every winning team I've been a part of has these same characteristics: trust, commitment and a desire to learn and improve from other members of the team.

For me it all begins with trust. Each of our teams, whether they are our family team at home, our unit softball team or members of our flight, trust begins with practice. The individuals who make up a team have to learn their in-



Lt. Col. Jay Vietas

dividual roles and how they contribute to team effectiveness. At the end of the last NFL season, Peyton Manning was traded to the Denver Broncos. As their new quarterback, he had to learn a new offense and his role in the offense. His wide receivers had to do the same. With consistent practice, teammates build trust.

See **COMMENTARY**, Page 18

Resiliency Region

The hardest part is the workplace drama

DEAR WING MA'AM: I really enjoy my career field and love being close to the beaches here in Tampa. My wife and kids really like it here, which makes it easier for me too. The hardest part of my job is not my actual duties but the workplace drama. It's like "The Office" except this is real dysfunction and it's not at all funny. I'm hoping you can give me some guidance on how to better handle this issue. - Mr. Worker-Bee

DEAR WORKER BEE: It can be challenging to work in an office environment where employees have less than collegial relationships. Nobody enjoys working with inconsiderate or mean coworkers. These



Dear
Wing
Ma'am



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

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

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

WEEK IN PHOTOS



Photo by Airman 1st Class Melanie Bulow-Kelly

Senior Airman Imani Clark, 6th Logistics Readiness Squadron individual protection equipment journeyman, stores a recently returned MCU-2 gas mask at MacDill, Nov. 5. More than 2,500 MCU-2 gas masks will be retired and replaced with the joint service gas mask M-50.



Photo by Airman 1st Class David Tracy

Senior Airman Laura Beckley, 6th Air Mobility Wing broadcaster, Vincent Jackson, Tampa Bay Buccaneers wide receiver, and Greg Williams, Jackson's agent, review video at MacDill, Nov. 6. Jackson was featured in a short video to help motivate 6th AMW Airmen for an upcoming consolidated unit inspection.



Photo by Airman 1st Class Shandresha Mitchell

Col. Scott DeThomas, 6th Air Mobility Wing commander, shakes hands with Bill Foster, St. Petersburg mayor, after a brief meeting at the St. Petersburg City Hall, Nov. 5. DeThomas and Foster discussed strengthening relationships between the two communities.



The 6th MDG expands patient support level

by Lt. Megan Meenan

6th Medical Group practice manager

Your 6th Medical Group aims to provide the “best care anywhere,” meeting and exceeding your patient needs and expectations.

To do so, we continuously look to enhance current processes and implement new services. A recent addition to our team of world-class health care professionals is our check-out clerk, Laura Peterson. Located at the front desk of the Women’s Health Clinic, Peterson will ensure you get the most out of your time in the 6th MDG and provide you with the knowledge and resources to be healthier.

Peterson can assist with closing the loop on your medical visit before leaving the clinic. If your primary care manager asks to see you for a follow up appointment, Peterson will book the appointment. She can also check if lab work is needed and help reach the lab to accomplish it on the spot. Additionally, she can verify the status of your personal individual medical readiness to see if you are overdue or coming due on medical health items, and will assist in transitioning from a red or yellow status to green.

Should you have any questions with registering for MiCare, the online secure messaging system with your patient-centered medical home team, Peterson can help you register and start the secure messaging process.

Ultimately, our check-out clerk is here to assist in accomplishing your medical needs efficiently and to answer questions face-to-face rather than over the phone. For more information, call the 6th MDG Group Practice Management Office at 827-9930.

Team MacDill attends Airlift/Tanker symposium



Courtesy photo

Members of the 6th Air Mobility Wing in Anaheim, Calif., Nov 1, where they participated in the annual Airlift/Tanker Association Air Mobility Symposium and Technology Exposition.

by Maj. Taylor Johnston

6th Operations Support Squadron

Twenty members of the 6th Air Mobility Wing participated in the 2012 Air Mobility Command and Airlift/Tanker Association Air Mobility Symposium and Technology Exposition in Anaheim, Calif., Nov. 1.

For the first time in the symposium’s 44-year history, it was concurrently held with 11 annual conferences, which saved the Air Force more than \$11 million in travel and per diem costs.

In addition to meeting with industry partners, 6th Air Mobility Wing personnel were addressed by Gen. Mark Welsh, U.S. Air Force chief of staff, Chief Master Sgt. James Roy, chief master sergeant of the Air Force, Gen. William Fraser, commander, U.S. Transportation Command, and Gen. Raymond Johns, commander, AMC.

Throughout the weekend there were 45 different seminars on vari-

See **SYMPOSIUM**, Page 16

CUI tips

- ◆ Control your privacy act and personal identifying information.
- ◆ AF Form 3227 or DD Form 2923, Privacy Act Cover Sheet is mandatory with Privacy Act materials are removed from their system of record or when not within their protected workplace. Use it to cover and protect PII contained in other records at all times, from casual viewing in office environments and from individuals who do not have a need-to-know the PII in the performance of their duties.
- ◆ Air Force Visual Aide AFVA 33-276, Privacy Act Label will not be placed on filing cabinets, binders or files. If you have records containing PII they should have a Privacy Act Cover Sheet (AF Form 3227) at the front of each file. Ensure that you remove all AFVA 33-276s from any cabinets, records or binders.
- ◆ Keep a positive attitude. This is your time to show the knowledge you have garnered over your program.

Native American Heritage Month schedule

Nov. 2

Essay Contest at Tinker Elementary School. Students (5th graders) will be given directions on topic, due date, and recognition date.

Nov. 2-30

Reading/Coloring/Arts & Crafts at CDC, Tinker Elementary and Phillips Shore Elementary School 11 a.m. to noon. Each location will be visited once a week on Mondays, Wednesdays or Fridays.

Nov. 6

Movie Night, Playing "Wind Talkers" at Base Theater at 6:30 p.m.

Nov. 7

◆ Trivia Run (MSG PT) at 7 a.m. Three-person teams will run a designated course with five trivia station stops. Three winning teams will receive \$10 gift cards worth a total of \$90.

◆ Essays Due at Tinker Elementary School

Nov. 14-20

Consolidated Unit Inspection

Nov. 16

Essays Due (graded by committee members)

Nov. 20

Movie Night, Playing "Pocahontas" at Base Theater at 6:30 p.m.

Nov. 29

Major Event with Seminole Group in the Base Chapel Annex 1, 11 a.m. to 1 p.m.

◆ Welcome remarks given by Col. Kelly Martin, 6th AMW vice commander

◆ Essay winners recognized at this event (they will receive a certificate and ribbon)

◆ Cherokee Chicken Tacos and beverages

English-only rules in the workplace scrutinized

by **Bradley Neff**

6th Air Mobility Wing Equal Opportunity specialist

From its inception, the United States has been a multilingual nation— where it is not unusual to hear as many as 20 different languages being spoken.

Just as languages other than English have been a part of our history and culture, debate over establishing a national language dates back to our country's beginnings. Most proposals have been rejected as undemocratic and a threat to individual liberty; some say they are contrary to the spirit of tolerance and diversity embodied in our Constitution.

It is the Equal Employment Opportunity Commission's position that rules requiring employees to speak only English in the workplace at all

times, including breaks and lunch time, will almost never be justified by business necessity. AFI36-1201, Chapter 1, 1.1.3 states the operational language of the Air Force is English. Air Force personnel must attain sufficient proficiency in English to perform their official duties. Taking into consideration MacDill AFB and its varied mission requirements, an example of why English is important would be for safety reasons, such as effective communication during a fire.

An English-only rule on MacDill can only be justified if the agency can show that the rule is job-related and consistent with business or mission necessity.

English-only rules might be justified in work situations requiring

See **ENGLISH, Page 20**

927TH ARW FEATURE



Those who heal, those who serve: Do you have what it takes?

by Staff Sgt. Shawn Rhodes

927th Air Refueling Wing

Only a small percentage of Americans are healthy enough to join the armed forces, making it an elite group.

The 927th Air Refueling Wing, the reserve unit stationed at MacDill Air Force Base, is interested in finding the people who keep their communities that way - medical and health professionals who hold themselves to a high standard.

“Medical professionals are the backbone of a military unit,” said Master Sgt. O’Shaman Parker, the health professions recruiter of the 927th ARW. “They make sure our folks are ready to serve and they also take care of us when we’re deployed.”

There are many reasons a health professions student or practitioner could benefit from the Air Force Reserve, Parker explained.

“In the reserves, you have a lot more control of your life than someone in active duty does,” Parker said. “We recruit in our own community, and we want you to be able to serve your community when you’re not serving your country.”

Health professionals in the Air Force Reserve work in the hospitals and clinics in their towns, and then one weekend a month and two weeks

See **HEAL**, Page 22



Photo by Staff Sgt. Shawn Rhodes

Master Sgt. O’Shaman Parker, the health professions recruiter for the 927th Air Refueling Wing here, is looking for those who are capable of healing and serving. The Air Force Reserve has a need for health professionals who want to serve their communities in their practices and their country in the Reserves.

Restoring the health of service



Senior Airman Coe Rangel, 6th Medical Operations Squadron physical therapists technician, applies resistance as U.S. Army Staff Sgt. Jason Colbert, Joint Communications Support Element, performs an exercise known as quick starts at MacDill, Oct. 31. Quick starts are designed to help build muscle stability in both the knee and the quadriceps.



Angela Garcia, 6th Medical Operations Squadron physical therapists assistant, uses a foam roller to remove knots from the Iliotibial band of U.S. Army Staff Sgt. Jason Colbert, Joint Communications Support Element, during a physical therapy session at MacDill, Oct. 31. The foam roller removes knots that form due to the protein build up after a release of lactic acid in overworked or stressed muscles.



Senior Airman Coe Rangel, 6th Medical Operations Squadron physical therapists technician, performs Graston Technique on the calf muscle of U.S. Army Sgt. 1st Class Herman Rawls, U.S. Central Postal Directory, during a physical therapy session at MacDill, Oct. 31. The Graston Technique is a form of manual therapy designed to breakdown scar tissue and improve the soft tissue

Members

Photos by Senior Airman Adam Grant



A physical therapists technician, applies pressure to the mid-ventral Command, using the Graston Technique during a physical therapy session. The Graston Technique is a soft tissue instrument assisted mobilization technique, used to break down scar tissue and restrictions that are associated with trauma to



Tech. Sgt. Ivone Hernandez, U.S. Central Command NCO in charge of target assessment, performs a single leg ball toss during a physical therapy session at MacDill, Oct. 31. The single leg ball toss is used to build stability along with balance in patients with lower extremity exercises.



Senior Airman Coe Rangel, 6th Medical Operations Squadron physical therapists technician, performs a deep tissue massage on the calf muscle of a patient during a physical therapy session at MacDill, Oct 31. The deep tissue massage alleviates stress and tensions build up in overexerted muscles by relieving the inflammation in the muscle.

SYMPOSIUM

From Page 6

ous subjects including officer and enlisted development, cyber security, KC-46 program updates, and logistics command and control.

MacDill's presence at the symposium seminars was exemplified by Staff Sgt. John Hutto, 6th Security Forces Squadron, and his military working dog Eddie. The duo was named the seminar's "Expeditionary Combat Support – Outside the Wire," which gave a firsthand perspective of counter-insurgency operations in the U.S. Central Command area of responsibility.

The highlight of the trip for 6th AMW personnel was the 2012 Air Mobility Key Spouse award that was awarded to Laura Holiday, wife of Tech. Sgt. Wayne Holliday of the 6th Security Forces Squadron, for her outstanding support to the hundreds of dependents of the 423-member squadron.

Veteran's Day 2012 Holiday Weekend MacDill Operating Hours

MacDill Services	Sat 10 Nov	Sun 11 Nov	Mon 12 Nov
6th Force Support Squadron			
Surf's Edge/Boomers	Closed	Closed	Closed
Child Development Centers	Closed	Closed	Closed
Family Child Care	Closed	Closed	Closed
Human Resources	Closed	Closed	Closed
Resource Management	Closed	Closed	Closed
Fitness Center	0600-1800	0600-1800	0600-1800
Golf Course	0630-1730	0630-1730	0630-1730
Golf Course Fairways Grill	0630-1400	0630-1400	0630-1400
Bowling Center	1500 - 2400		Closed
Football Frenzy Sunday		CLOSED	
Information, Tickets & Travel	0900-1700	Closed	Closed
Tickets Only	0900-1700	Closed	1000-1500
Library	0900-1700	Closed	Closed
SeaScapes BeachHouse	1500-2100	Closed	Closed
Diner's Reef			
Brunch	0630-1300	0630-1300	0630-1300
Dinner	1700-1900	1700-1900	1700-1900
Midnight Meal	2300-0100	2300-0100	2300-0100
Veterinary Clinic	0800-1600	Closed	Closed
Outdoor Recreation			
Marina	0700-1730	0700-1730	0700-1730
Building 60	1000-1800	10:00- 15:00	CLOSED
Skeet Range	Closed	0800-1400	CLOSED
Main Pool	CLOSED	Closed	Closed
Youth Center			
Preteen	Closed	Closed	Closed
Teen	Closed	Closed	Closed
School Age Program	Closed	Closed	Closed
Arts & Crafts			
Framing & Engraving Shops	Closed	Closed	Closed
Auto Shop	0900 - 1700	Closed	Closed
Wood Shop	0900 - 1700	Closed	Closed
Military Personnel Section	Closed	Closed	Closed
Civilian Personnel Section	Closed	Closed	Closed
Base Education Office	Closed	Closed	Closed
Airman & Family Readiness Center	Closed	Closed	Closed

COMMENTARY

From Page 3

Eventually, this trust will manifest in shared purpose and action. Teammates will know what the other is thinking and their position when running a familiar play. Peyton Manning referred to this in a recent post-game interview as “building rapport.” It’s an amazing feeling which is hard to describe. The Broncos now look like a team that trusts each other, which has effectively practiced trust and is reaping the rewards of their team-first mentality.

While teammates can trust one another, ac-

complishment can only occur when there is commitment to a shared purpose. In sports, this typically includes winning the game. Successful organizations ensure shared purpose, by defining goals and objectives for teammates. Once committed to each other and achieving their shared goals, successful teams strive for excellence. When the unexpected occurs, they don’t wallow in what didn’t happen but focus on how to make improvements— so they can win the next challenge. Each of us must understand the goals of our organizations and how our personal and professional goals relate to these goals. If we chose to be committed to the

organization, our goals will align with those of the team.

Truly committed teammates provide constructive feedback to one another. One slice of wisdom I’ve gained with experience is that it’s not how much I know but how much I don’t know. I learned that each and every one of us has something to share – whether it is an experience, a talent or a perspective. Consequently, each of us should value the feedback of one another. When delivered and received in a healthy manner, it can make the difference between growing and learning and ultimately success or failure. Think of the teacher you admired most in your life— chances are this teacher delivered effective feedback. When delivering feedback, try to emulate the qualities of that teacher. More important, have an open mind to feedback from others, and help them deliver their message productively.

In the words of one of my favorite authors, John Maxwell, “Coming together is a beginning. Keeping together is progress. Working together is success.”

I am proud to be a member of Team MacDill. I’m proud to work with a group of professionals who believe and trust in each other and are willing to challenge and grow together. Here we are committed to the profession of arms and the delivery of unsurpassed airpower.

BRIEFS

Chiefs Release recognition

The MacDill Chief’s Group will celebrate our newest chief master sergeants at the Surf’s Edge Club, at 4 p.m., Nov. 9. There will be free food, drinks and music as we recognize those who have reached the highest enlisted rank.

Employment opportunities workshop

The MacDill Airman & Family Readiness Center will host a workshop for separating military members and veterans that will focus on building and maximizing your profile and improving your job search, from 9 a.m. to 12 p.m. on Nov. 16. It is highly encouraged to bring a personal laptop so you can modify and improve your resume on-the-spot. For more information or to reserve a spot contact the A&FRC at 828-0128.

6th MDG downtime

The 6th Medical Group has scheduled resiliency training on Nov. 16, which will result in temporarily reduced services. There will be

See **BRIEFS, Page 20**

ENGLISH

From Page 10

close coordination among employees, particularly where a communication failure could result in injury to persons or damage to property. Examples on MacDill could include fire fighting, using dangerous equipment or working with dangerous substances, working in a laboratory, on the flight line, construction site or other locations where accidents or emergencies are possible. Business necessity may require employees speak English while assisting customers or clients who speak English. Of course, if a customer speaks another language and cannot under-

stand English, an English-only rule would not apply.

An example could be a military or civilian spouse who on occasion conducts business on behalf of their sponsor and are not fluent in English. Effective communication between supervisors and subordinates may require an English-only rule be imposed for those interactions.

The primary language of an individual is often an essential national origin characteristic. Prohibiting employees at all times, in the workplace, from speaking their primary language or the language they speak most comfortably, disadvantages an individual's employment opportunities on the basis of national origin.

It is common for individuals whose primary language is not English to inadvertently change from speaking English to speaking their primary language. Therefore, if an agency believes it has a business or mission necessity for an English-only rule at certain times, the agency should inform its employees of the general circumstances when speaking only English is required and the consequences of violating the rule.

Questions concerning English-only rules can be directed to the 6th Air Mobility Wing Equal Opportunity Office at 828-9205 and or 6th AMW Judge Advocate at 828-4422.

BRIEFS

From Page 18

no patient care appointments after 11 a.m. at the MacDill or Brandon facilities, to include: U.S. Central Command, U.S. Special Operations Command Central, U.S. SOCOM and the Joint Communications Support Element. All pharmacy and laboratory locations will remain open for normal operations. For more information contact the Group Practice Management Office at 827-9930 or 827-9210.

HEALTH

From Page 12

a year they put on the uniform of an Airman and do what they love - keeping people healthy - for those who volunteer to serve their country, Parker said.

“You can still maintain a practice and serve in the Air Force Reserve,” Parker said.

Other benefits for health professionals include the training all servicemembers receive in leadership, both in their jobs and in a deployed environment.

“Sometimes doctors just see patients all week, and never get a chance to use their initiative and intelligence to lead others,” Parker said. “We expect our members to take on the roles of leader and supervisor, and

we give them the tools they need to succeed both in the military and in their careers.”

The Air Force Reserve also offers monthly stipends for resident physicians and a \$160,000 student loan repayment for those in qualifying medical fields.

“Most medical students are dealing with massive debt,” Parker said. “We can help offset that debt for more than a dozen medical specialties.”

Parker is sending out the call for anyone in a health care profession in Central Florida who thinks they have what it takes to serve their community and their nation. He can be reached at (813) 828-5134, or by email at oshaman.parker.2@us.af.mil

MACDILL COMMUNITY



EVENTS

Friday

Seascapes Beach House

Veterans Salute from 4-9 p.m.
DJ, Trivia, Food & Drink Specials!

Youth Center

Family Nite "Be Grateful" from 5-8 p.m. Please join us for evening of food, fun and BINGO!

Saturday

Seascapes Beach House

Beach on Fire from 3-9 p.m.
Sassy Saturdays – Live band, drink specials, complimentary hors d'oeuvres served at 3 p.m..

Sunday

MacDill Lanes

Football Frenzy – Come out and watch the games from 1-8 p.m. Register to win prizes, club members receive \$10 in food vouchers, food, drink and bowling specials!

Monday

Seascapes Beach House

Beach on Fire from 4-9 p.m.
Monday Madness – Come watch the game, 50-cent wings and \$2 drafts.

Tuesday

Seascapes Beach House

Beach on Fire from 4-9 p.m.
Texas Hold'em Tournament starts at 6 p.m. No entry fee. Win FSS gift cards. Italian dinner feature.

Thursday

Skeet Range

Turkey Shoot from 8:30am-2pm. Cost \$4 per shot. Win a turkey!

Base Theater

FREE Movie! "Astro Boy" at 5:30 p.m. Everyone welcome and feel free to bring your own food & drink.



Photo by Senior Airman Adam Grant

(Left) Capt. Christopher Wiley, 6th Communications Squadron flight commander of long haul infrastructure; Airman 1st Class Derek Daniels, 6th Communications Squadron radio frequency transmissions system technician; and Chief Master Sgt. Todd Farlee, 6th Communications Squadron, pose for a photo finishing the Native American Heritage Month fun run Nov. 7.



CHAPEL SCHEDULE



Protestant services

Sunday - 11 a.m. - Contemporary Service

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

Catholic services

Saturday - 5:30 p.m. - Mass

Sunday - 9:30 a.m. - Mass

Islamic services

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>.

EXCHANGE

ARMY & AIR FORCE EXCHANGE SERVICE