

MISSILEER



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Happy Mother's Day

Pre-school instructor at the Child Development Center Debbie St. Jean helps Kyle Cotton and Raine Slater prepare their moms a Mother's Day present. As part of today's Spouses Appreciation Day, the CDC is offering free childcare from 5 to 10 p.m. along with a number of other activities going on across the base today. (Photo by Jim Laviska)

Patrick gets second chance at AFAF

By Verla D. Davis
45TH SW PUBLIC AFFAIRS

The Air Force Assistance Fund, Air Force wide campaign officially ends today. However, since the 45th Space Wing was one of the six out of eight bases in Space Command that didn't reach its goal, the deadline has been extended until May 13.

"Let's make sure our people have the opportunity to contribute and understand how they can help," said Gen. Lance Lord, AFSPC commander.

According to Maj. Chris Leavey, AFAF project officer, 100 percent contact was made with all active duty.

Patrick and the Cape have 2,283 people assigned. Out of that, only 449 people donated, or 20 percent. "If 50 percent would have contributed, the wing would have received a bonus of \$2000 from the Air Force Aide Society," he said.

Last year, Patrick contributed \$14,815 to AFAS and received \$124,238 in assistance, "That's more than \$8 in aid for every \$1 Patrick contributed," Maj. Leavey said.

Due to the stock market and decreases in contributions, the AFAS had to cancel more than a thousand scholarships last year. "It is important that we continue to contribute to AFAF," said Maj. Leavey you never

know, one day it may go away for lack of funding," he said.

AFAS is just one of the charities AFAF supports. The others include the Air Force Enlisted Foundation, Air Force Village Indigent Widows Fund and the General and Mrs. Curtis E. LeMay Foundation.

According to General Lord, members shouldn't feel compelled or forced to contribute but wanted everyone to know how important the AFAF is to our team and our people.

Thus far the wing has raised \$28,201, which is 27 percent more than last year's total. This year's goal of \$37,265 can still be reached.

Outstanding is just the START!



By Brig. Gen. Greg Pavlovich
45TH SW COMMANDER

Happy Mother's Day greetings everyone! Gents, don't forget about that Sunday and also keep in mind today is Spouses Appreciation Day. If you are lucky to have a wonderful and supportive spouse such as I do, it is especially important to tell them how much they mean to you. So Deb, thanks for all you do for our family and the 45th Space Wing, we couldn't do it without you. Happy Mother's Day to you and all the mothers of our community as well this Sunday. Moms make everyone's day a little brighter.

More and more people are coming home from the desert. I know with the inconsistent flight schedules coming from overseas, many people are trickling in catching a flight home with little notice to anyone here. I want all those who've come home to know we are proud of you and glad to have you home. Once we get a majority of the people home, I plan on holding a celebration and we'll welcome you home in style. But in the meantime, relax and enjoy the time off with the family - you deserve it.

In connection to the war in Iraq, the Air Force is launching a campaign I think is pretty neat to thank the parents of Air Force members for their support of their children serving their country. The Air Force Parent Pin or "P" pin program encourages airmen to register their parents (or parental figures) on a secure Air Force Web site (limit two). The parents will then receive a personalized letter from Secretary of the Air Force James G. Roche or General John P. Jumper containing a high-quality lapel pin displaying the letter "P" cradled in the Air Force symbol. All airmen - active, guard, and reserve - are strongly encouraged to register their parents and have pins sent to them.

I hope everyone takes the time to sign their parents up. I know parents support military people in many ways throughout their career; I know mine have played a huge role in my career. The pins are a contemporary adaptation of the World War II "E" flags used to recognize companies for contributions to the war effort. It's the Air

Force's way of allowing parents to communicate the importance of their son or daughter's service and to express our gratitude to them.

In order to sign your parents up, go to the secure Web site www.yourguardiansoffreedom.com. I can't imagine a parent in the world wouldn't be proud to wear these pins.

The Space Coast will be rocking again Monday as the second ever Atlas V is scheduled to rumble off its pad carrying a commercial communications satellite. Don't be fooled, even though it's a commercial launch there is still plenty of work done by the wing and our mission partners. Good luck to the entire Atlas V team. I know you've worked hard and I'm looking forward to a spectacular launch.

I know you'll read the story on the Air Force Assistance Fund campaign on page 1. The campaign's been extended until May 15 for a good reason. This is a great cause that helps our young folks in times of crisis and provides educational loans for our people, plus a lot more.

When thinking about the AFAF, I'd like you to consider this fact. Last year, people here contributed \$14,815 to the Air Force Aid Society, a program under AFAF that helps our young folks and those seeking further education. But in return, people here received more than \$120,000 in loans and grants. That is an 800 percent return on our investment. You can't beat that anywhere, plus the fact you help people in need.

To be truthful, while we met our 100 percent contact goal, the contributions given were much less than expected given the historical averages. I know there was a lot happening during March to include supporting the war in Iraq and crucial launches on the Space Coast. The air show build-up was a heavy burden as well. All I ask is now that we've had time to catch our breath, if you haven't given, please consider doing so for the good of our community. For more information, please call Maj. Chris Leavey at 494-2653.

You probably saw the story in the local paper questioning the cleanliness of our beaches. This seems to be an annual event where some environmental group "conducts a test" and issues results. We ran into this last July as well.

As I stated then and I state now, our beaches are totally safe. They are independently tested by the state environmental protection agency every two weeks. They have the highest standards around for pollution protection. Our beaches consistently, for the past five years we have always received the state's highest rating for cleanliness. So don't worry about going to the

beach in regards to pollution. I'd be much more worried about the occasional shark bite and the rip tides that can occur.

With the 125 critical days of summer safety campaign in full swing, I thought I'd address a couple of issues that still seem to be raising their ugly head. First, an oldie but goodie. While we are improving, there are still people entering the installation without wearing seatbelts. This violates the law. As a reminder, people caught without seatbelts walk for 30 days and if caught a second time will have driving privileges suspended for a year. Consider this, in 2002, we checked more than 6,000 people and caught 101 without wearing belts. That is many people who would have worn out several pairs of shoes, but I'm sure AAFES would appreciate the business. Don't put yourself in this terrible position, obey the law!


Second, many people still think the hands free cell phone rule pertains to everyone but them, especially on the Cape. People are going to see similar rules put into place to handle these people in the same way as seatbelt violators. I don't particularly like playing the role of the heavy, but I have a responsibility for the safety and welfare of everyone on base, and I take pride in doing my job.

With school letting out in just a few days, I owe it to the children of our community to make sure the streets they play near are as safe as possible. I realize some people like to learn lessons the hard way and some will probably only learn after getting their knuckles wrapped, but safety is my number one priority and it should be yours!

There is another "troop picnic" for military members and their families to take advantage of and have some fun. Tomorrow from 10 a.m. - 4 p.m., in Christmas, Fla., a large picnic is being held in honor of the military. Patrick and Cape Canaveral military families are special invited guests whether active duty, guard or reserve. Chief Master Sgt. Tony Manson, our command chief, has all the details and he can be reached at 494-4506 for details. Please feel free to attend and have a good time.

Please mark May 26 down on your calendar and plan on spending this Memorial Day at Space Coast Stadium. The Manatee organization is designating this day as Military Appreciation Day. All military members and their families get in free. The wing is also planning a tailgate party before and after the game since they are parking us in a designated area. Much more details to come in an upcoming Missileer, but I wanted to give you a heads up now, it'll be a fun day for all.

Remember our troops still deployed in your prayers. Again, Happy Mother's Day ladies and God bless!

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For Bowers, leadership a family affair

“As professional officers, we never allow our marriage to become an influence on our decisions on what’s right and what’s wrong. We are both highly dedicated to the mission,

Col. Cameron Bowser
45TH SW VICE COMMANDER



Col. Cameron Bowser and Col. Beverly Plosa-Bowser have blended their five children and are heading to the Pentagon after four years here. (Courtesy photo)

1st Lt. Eric Badger
45TH SW PUBLIC AFFAIRS

After four years of service to the 45th Space Wing, Col. Cameron Bowser and his wife, Col. Beverly Plosa-Bowser, are now taking their more than 20 years of respective Air Force experience to the Pentagon in Washington D.C.

Col. Bowser will serve in the Directorate of Operational Capability Requirements as the Task Force champion for SPACE C4ISR.

Col. Plosa-Bowser, the current Individual Mobilization Augmentee to the 45th SW commander, will depart with her husband while maintaining her current IMA status with the 45th Space Wing.

But before their departure Monday, the husband and wife colonels took a few moments with the Missileer to discuss their tours.

Upon Col. Bowser’s arrival to the wing in July 1999, he became deputy commander of the 45th Operations Group. From there he became the 45th OG commander, and later moved to his current position of vice commander March 7. As the vice commander, he oversaw military space launch operations from Cape Canaveral AFS and provided support to commercial, NASA and military space and ballistic missile launches from CCAFS and the Kennedy Space Center.

As the IMA to the wing commander, Col. Plosa-Bowser also assumes the role of vice commander as necessary.

At different times, in the wing commander’s absence, both colonels performed the duties of Director of the Eastern Range for various launches. During these launches, they were responsible for the 15 million-square-mile range, relevant seaspace, airspace and the necessary equipment and personnel used to launch space vehicles. At separate times, they were the final authority who stated all systems were ‘clear for launch.’

Col. Plosa-Bowser received high praise in July 2000 for becoming the first woman and reservist to perform duties as Director of the Eastern Range. Since then, she has performed that task four more times.

According to Col. Bowser, marriage to another colonel brings about its own challenges at times; however, their respect for each other and shared faith in God allow them to overcome

those challenges.

“I respect Col. Plosa-Bowser as an officer, and I love her as my spouse,” he said. “As professional officers, we never allow our marriage to become an influence on our decisions on what’s right and wrong. We are both highly dedicated to accomplishing the mission. We are also tied to the same faith. That level of trust and faith in God is our foundation. It’s what keeps us solid.”

Both had 19 years in the Air Force when they married in 1999, stated Col. Plosa-Bowser. As a blended family, the colonels are proud parents of five children ranging in age from 13 to 21.

“With our demanding work schedules, our children have had to be independent, capable and trustworthy,” said Col. Plosa-Bowser. “We put them under strict scrutiny, and they deal with this environment very well. They are truly remarkable.”

Col. Bowser foresees his next assignment as Task Force Champion for Space C4ISR as one that will keep him in steady contact with the 45th SW community due to its close relationship with organizational structure transformations and the use of future military assets and capabilities.

The Task Force Champion’s job is to research and develop strategies for how to best manage the military’s budgets and purchases in support of America’s warfighter operations, according to Col. Bowser.

When thinking back on the most memorable moments here, the colonels see no one achievement as greater than another and expect nothing



Bowser



Plosa-Bowser

ing but the same standard of excellence already set by the 45th SW to continue.

“The people here realize the importance of the mission and always strive to do the right thing the first time,” said Col. Bowser. “I haven’t seen this level of dedication anywhere else.”

In closing, the colonels stated their time here was an

assignment they will miss and never forget due to the people they have met along the way.

“As the vice commander, I’ve been able to see the bigger picture, and it is amazing to say the least,” said Col. Bowser. “There are so many people playing a part to continue the level of excellence this wing has achieved. There has always been a wonderful level of talent and sense of commitment here from the most junior to senior in rank. What we do here is not done anywhere else, and I feel truly blessed to have been a part of this team with such phenomenal people.”

Col. Plosa-Bowser said the uniqueness and charm of the Space Coast community is second-to-none and has left a lasting impression.

“This community has a strong sense of appreciation and love to participate,” said Col. Plosa-Bowser. “It provides a warm and welcoming atmosphere because the people here genuinely care about each other, what they are doing and where they live.”

Survey helps leaders understand wing's needs

Maj. Carole Robbins
45TH MEDICAL GROUP

Patrick members have a chance to make their needs known, thanks to the 2003 Community Assessment Survey of service members and spouses.

The information collected from this survey will be used to assist the Integrated Delivery System team—which includes the Family Support Center, Family Advocacy Program, Health and Wellness Center, Life Skills Center, Services Squadron Family Member Program and chaplains—to improve services designed to meet the needs of service members and their families.

Air Force service members and their spouses at Air Force bases worldwide will be randomly selected to participate in the study. A notification letter that includes a link to the Web-based survey will be sent to the work email address of each service member selected to participate. The survey will be sent to the home address of spouses chosen to participate.

"Participation is crucial to the success of the project; selected ser-

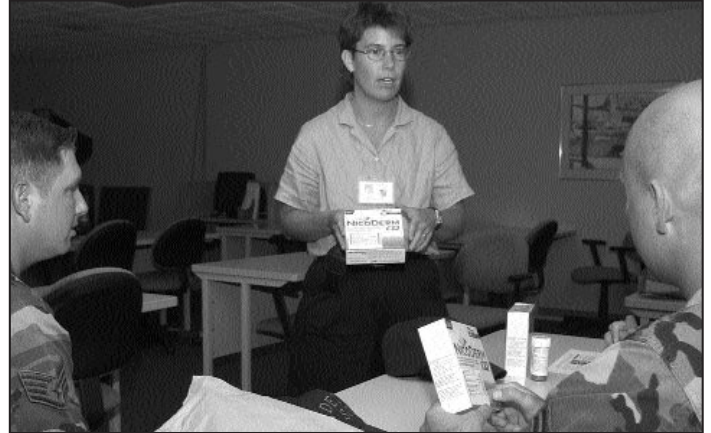
vice members are strongly urged to take part," said Lt. Gen. Joseph Wehrle, Jr.

The survey has the attention of Patrick's leadership as well. "The 2003 Community Assessment Survey is a top priority," stated Col. Steve Werner, 45th Mission Support Group commander, who chairs the IDS team. "It is a great opportunity to plug into the concerns of our service members and then provide services to help them meet their needs and those of their families. Participants can express their opinions anonymously and should feel free to respond openly and honestly to issues that affect them every day."

Survey responses can directly influence family services and related support activities at local bases and throughout the Air Force.

In fact, results from previous Air Force Community Assessments have impacted the policies and programs that support families at every level of the Air Force throughout the world.

One installation used the results to increase spouse employment in



Jo Hamsher, the Health and Wellness Center director, teaches the smoking cessation class. The HAWC is part of the Integrated Delivery System team, checked on the survey. (Photo by James Laviska)

the local community by more than 15 percent while at another, results were used to adjust daycare and other support service hours to match family member needs.

Those with questions regarding the 2003 Community Assessment, can contact the Integrated Delivery

System chairperson at 494-6608.

More information on the Integrated Delivery System, also known as "Patrick Helping People," can be found under "Base Services" on the Patrick AFB Web page, <https://www.patrick.af.mil/>.

AF Under Secretary Speaks to Pioneers

From staff reports

Maj. Gen. Robert Dickman (USAF-retired), deputy for Military Space, Office of the Under Secretary of the Air Force, and former 45th Space Wing commander, spoke at Friday's annual meeting of the Missile, Space and Range Pioneers at the Patrick Officers Club at 6:30 p.m. Friday.

General Dickman directed his remarks at space policy and activity from when he was the 45th Space Wing commander. He addressed current issues regarding manned space access and payload lift requirements to ensure

uninterrupted launch capability. Several Pioneers noted that General Dickman was one of the most informative and personable speakers ever to appear before the group, said Don Beck, incoming president.

In business matters, outgoing president Walt Yager, Lockheed Martin Company, announced election results for 2003-04. Don Beck, Civilian Military Community Relations Council, is incoming president and Jerry Johnson, AT&T Government Solutions, was elected vice president. Sig Bienher and Lee Solid were elected sec-

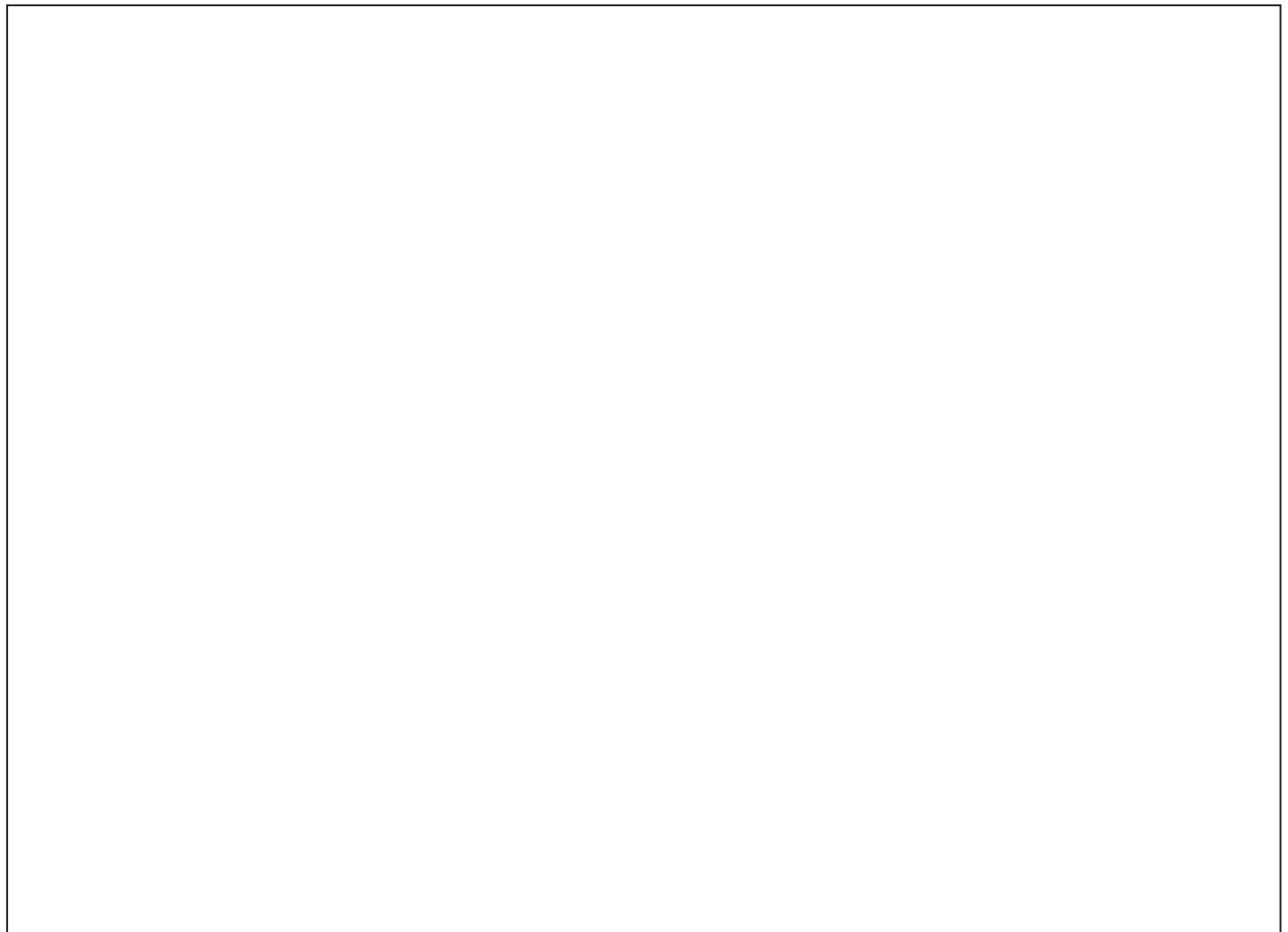
retary and treasurer. Newly elected directors were Howard Peckham and Jim Devitt.

Don Beck announced the appointment of Patrick's Civilian Personnel Officer, Robert Daniel, to the position of Pioneers liaison with Patrick AFB. Beck said the Pioneers will aggressively seek new members to the organization noting all who are currently involved in missile, range, or space activities as well as advocates of these endeavors are eligible for membership. His personal goal is to involve members in expanding and strengthening the organization,



Robert Dickman

especially through committee involvement. Contact Beck and the Pioneers via zsifter@aol.com.



Contractors collect, send items to deployed

By Staff Sgt. Joel Langton

45TH SW PUBLIC AFFAIRS

Contractors work very closely with the military, so when military members began packing and deploying, employees of CUBE, the Logistics Operations contractor, wished there was something they could do.

At Patrick, CUBE operates base supply and transportation, which includes fuels and the air transportation terminal. "We used to be the supply and transportation squadrons," said Art Coradine, CUBE project manager.

It took a couple of the employees putting their heads together during lunch to develop the perfect plan.

"We were having lunch one day and said we should do something," said Dorothy Sloan, a CUBE human resource administrator. "We just wanted to let them know we were supporting them."

The idea mushroomed. One employee took one box to church and brought two back, and another employee took a box to their local drugstore. Even Maytag, a competitor of CUBE's, got into the act and filled up a box.

"In times like these, everybody forgets about their differences and works together," said Jan Dixon, a CUBE individual equipment specialist.

They even took photos of local signs supporting the troops, said Ms. Dixon.

"We think it's nice when you drive around and see these signs, so we took pictures we sent to them."

"We went from Palm Bay to Titusville getting photos of people supporting the troops. We labeled each picture and put them on a poster

Retired military contractors get into act

By Staff Sgt. Joel Langton

45TH SW PUBLIC AFFAIRS

Another group of contractors watched Patrick members pack up, but their feelings were a little bit different.

"Nearly all of us are retired or former military and we could remember when we had to pack and go," said Frank Kelley, a DynCorp contractor here. There's more than 100 DynCorp employees here, most of them retired military, Mr. Kelley said.

When they watched the deploying service members planes lift off the runway from the State Department hangar behind the Air Force

Technical Applications Center building, they asked that familiar question: "What can we do?"

Mr. Kelley, a retired Navy member and Vietnam veteran, said they quickly arrived at the idea of sending a number of items to the deployed members, and even met with unit leaders to see what they needed.

"We got a list of stuff and we did everything we could to fill it," Mr. Kelley said.

He said the most requested item was moist towelettes, but they ended up sending everything from salsa sauce to nylons.

"We tried to get them what-

ever they needed," Mr. Kelley added.

They did plenty of filling. They found two 44-inches long by 44-inches wide by 40-inches high boxes.

"They're just about big enough to use as a house," Mr. Kelley said.

Then, one of the boxes went across the river to another division of DynCorp, and the Patrick division competed against the other DynCorp division about who could fill the box the fastest.

"We both filled our boxes, but ours was heavier," said Mr. Kelley. "But I guess the real winners were the guys who received it."

board and sent them to the guys," said Ms. Sloan. "We wanted to show them how everyone was behind them."

They called a contact at the life-support section and asked for help to get six good-sized boxes to the unit's deployed members and got a quick "no problem."

"I just took it over to the mission support flight to Master Sgt. Dee Melvin, 920th Mission Support Group's family support representative, and they're sending a bunch of stuff over," said Tech. Sgt. Ben Codallo, a life-support techni-

cian with the 301st Rescue Squadron. "They just put their boxes in with the others."

Ms. Sloan and Ms. Dixon were both adamant that this project wasn't theirs but a group effort. "This was very much a group effort. No one or two people did this, but all of us working together," Ms. Dixon said.

There was a very simple motivation behind sending the package: "It was just our way of saying, keep doing what you're doing. Thanks for protecting us, hurry home safe and sound," Mss. Dixon said.

45th nabs top wing award

For all the things you do, this award's for you

By Maj. Cindy East

The men and women of the 45th Space Wing distinguished themselves by exceptional service to the United States of America from Jan. 1 to Dec. 31, 2002. That's why they have been chosen to receive the prestigious Air Force Space Command General Robert T. Herres Award designating the 45th as "The Best Wing in AF Space Command."

"I've known every day since I've been here that the 45th Space Wing is the best wing in the command, and I believe, with our past Operational Readiness Inspection results, the best wing in the Air Force," said Brig. Gen. Greg Pavlovich, 45th Space Wing commander. "The only difference now is we have the hardware to prove it."

The award recognizes the wing that does the best to promote morale, esprit de corps, and the pursuit of excellence among Space Command wing personnel. It is also presented in recognition of sustained superior performance and exceptional mission accomplishment.

"If this doesn't describe the 45th Space Wing, I don't know what does," General Pavlovich said. "Everyone here had a hand in this award and we wouldn't have won it without a total team effort. Congratulations to everyone."

The award considers all aspects of a wing's performance and not just operational mat-

ters. In other words, the way the wing protects the environment before and after a launch was just as important as successfully launching a rocket. This stretched into all areas including operations, maintenance, support, medical and staff within the wing.

The 45th SW faced an extremely challenging year in 2002. The wing executed 18 flawless space launches raising the total to 104 straight Eastern Range successful launches in a row. These included the historic first flights of the Atlas V and Delta IV Evolved Expendable Launch Vehicles, ushering in a new era of safe and reliable assured access to space.

The 45th Space Wing's motto, "Control of the Battlefield Begins Here" was never more relevant than in 2002. Space assets launched from the Cape, in conjunction with our mission partner, Detachment 8, Space and Missile Systems Center, were critical force multipliers and directly supported coalition warfighters in Operations Enduring Freedom and Noble Eagle with critical communications, surveillance, navigation, timing, missile warning and global positioning system capability.

"You simply can't fight wars without space," said Brig. Gen. Greg Pavlovich. "That is how critically important the 45th Space Wing and Det. 8 are to national defense and to protecting America's freedom."

At the same time, the Wing also deployed more than 300 of its members to support the global war on terrorism, while simultaneous-

ly protecting its home resources against heightened terrorist threats. It was named the top installation in all of the Department of Defense for nature conservation as the 45th works to protect 43 endangered species on a daily basis. The wing also hosted its first ever Corona Conference, the gathering of all the service's four-star generals and it did it so well, they came back in 2003.

As award winners, the outstanding men and women of the Wing garnered three DoD, 10 Air Force and 49 Air Force Space Command unit level awards, not to mention dozens of individual awards.

Finally, the 45th Space Wing put a perfect exclamation point on the year by earning a hard-fought "Outstanding" rating on its Operational Readiness Inspection, the first "Outstanding" in four years for an Air Force Space Command wing and the first in wing history. These unmatched results led to 50 professional performers, 58 professional teams and five best practices recognized by the Inspector General team. In addition, the IG lauded the 45th as the "best wing in AFSPC" and "best overall performance witnessed in my tenure as IG!"

"The list of accomplishments goes on forever," said Brig. Gen. Pavlovich. "In my book, the 45th Space Wing was the only choice for the Herres Award! I couldn't be more proud of everyone assigned. Congratulations on this tremendous achievement and remember, Outstanding is just the START!"



Past becomes present at Cape Descendant's Day

By Maj. Cindy East
45TH SW PUBLIC AFFAIRS

Saturday's fourth annual Cape Descendant's Day Reunion gave truth to the old phrase, 'You don't know where you're going until you know where you've been.' More than 70 people related to the original descendant families of Cape Canaveral returned this year, some traveling from as far as Tennessee.

"One of the Air Force's objectives as good stewards of the Cape is to preserve the stories, along with the historical and cultural markers of the descendant's past," said Lt. Col. Tom Eye, 45th Mission Support Group, Det. 1 commander. "We invite descendants to return each year, not just because they have a right to visit the final resting places of their descendants, but to serve as a reminder that the past is an integral part of our present and future at the 45th Space Wing."

It's one day out of the year where Sarah Tucker, of West Palm Beach, along with her parents Holley and Beatrice Tucker, both in their late 80s, get to see cousins, aunts, uncles, brothers and sisters.

"I was born on the Cape," said Ms. Tucker. "Not too many people can say that."

Morgan "Hoot" Ringo Jr. from Rockledge said, "In 1920, my father homesteaded 120 acres here, which is now used by the Naval Ordnance Test Unit for the Trident

submarine basin."

Volunteer historian for Det. 1, Cape Canaveral Air Force Station, Rose Wooley, assisted in organizing the reunion for the last four years. She has been documenting the stories of Hoot, Sarah and her parents and all the others who return for this yearly event.

In addition, members of University of Central Florida Space Coast History Project scanned old pictures and documents brought to the reunion, revealing more about the people and how they lived as well as documenting their rich past.

The oral histories of the early descendants tell of their interaction with the space and missile industry and what happened to them when the government, through eminent domain, took over the property in 1947.

The pictures and oral histories received on Saturday will be preserved and eventually placed in one of the lighthouse keeper's homes or outbuildings, which the Cape Canaveral Lighthouse Foundation plans to reconstruct.

"As the 'Keepers of the Cape,' the 45th Space Wing recognizes the importance of telling future generations the stories of the earliest Cape settlers, to keep the past meaningful, living and vital in the present and for the future," said Lt. Col. Eye.

The Cape lighthouse is presently open to badged personnel from 10 a.m. to 2 p.m., Tuesday through Thursday.

Pedal, Paddle and Pant kicks off Fitness Month

By Staff Sgt. Joel Langton
45TH SW PUBLIC AFFAIRS

Fitness Month is in full swing here with the first events providing plenty of competition.

Ten teams of 40 competed fiercely in the competition that is exclusive to Patrick.

The competition had teams biking four miles from the South Gate to the FamCamp, then jumping into a canoe for one and a half miles to outdoor recreation and then handing off to a runner who dashed five kilometers through North Housing and all the way to the finish line at the Survival area.

Each leg of the competition had a different athlete either running, paddling or pedaling.

"It went very well and came together perfectly and it seemed like everyone had a great time," said Naomi Parish, event coordinator. "This month is all about participation and having a great time, and that's what we did out there."

Having a bit more than a good time as they took first place was 45th Civil Engineer Squadron's team of Ralph Lotspeich, Fred Reiger, Ryan McLean and Phil Gemmati, who finished in 49 minutes and 45 seconds.

"We weren't very surprised

because it's the same team we had last year and we did well," said CE's Ryan McLean. "Even though it was a tough competition we thought we had a chance."

Fifty seconds behind the engineers was the wing staff team. The team was comprised of Darren Buck, Rich Hillyer, Frank Davies and Mike Bower, who finished in 50 minutes and 35 seconds.

"This is my third one and it's always a lot of fun," said Mr. Hillyer, a canoeist. "We had good athletes, just not premier athletes but we did our absolute best and were quite pleased."

The competition's sponsor, the Fitness Center, finished in third place in 51 minutes and 27 seconds. Members of the team were Gordon Kraft, Wade Rains, Danielle Quinn and Mike Mendonca.

"Despite the great finishes, no one touched the 44-minute, 45-second mark set by wing staff in 2001," Ms. Parish said.

This week's Fitness Month activities are plentiful.

There's a 9 a.m. aqua-exercise class in Patrick's lap pool, followed by a noon circuit training class in the Patrick Fitness Center today.

Monday, from 10 a.m. until 1 p.m. is a 3-on-3 basketball tourna-



The 45th Medical Group's Wade Rains and Danielle Quinn paddle to catch Amy St. Agathe and Kathy Thomas of the Health and Wellness Center. (Photos by Randall Hubbard)

ment in the Patrick Fitness Center. call Patrick's Naomi Parish at 494-4534 or Cape Canaveral AFS's the Cape Fitness Center Chez Sanches at 853-3966. Wednesday.

The Tennis and Racquetball Challenge is Monday until Friday. The Cape Fitness Center has specific times.

May 16, the WarFit 5-kilometer run or mile and a half walk is at 6:30 a.m. at Patrick and 7:30 a.m. at Cape Canaveral AFS. Both start at the respective Fitness Centers.

The Squadron Fun Swim Relay is at the Patrick Lap Pool Friday at 11 a.m. while the Cape hosts a Duathlon.

For more information



The 45th CES's Phil Gemmati crosses the finish line in first place.

Training children for triathlons

In our continued series on kids training for triathlons, major emphasis is for a safe and healthy lifetime experience while training. Here are a few more tips to assist with your training regimen:

▼ Insist children wear a helmet when bicycling. Headgear is required in triathlons and the children must get used to the idea of always wearing it so that it becomes second nature.

▼ Eyewear, like sunglasses, prevents dust and grit from flying into a child's eyes. Today, sunglasses are cool to wear and children, like everyone else, like to feel "cool."

▼ Teaching children to pace themselves while they are training is perhaps the toughest thing to teach when conditioning kids for endurance sports.

Parents need to train with their child at his/her fitness and ability level.

Don't let them push themselves too fast, especially in the beginning of the training session. Focus on how well they feel at the end of the training session. Emphasize that their pleasantly fatigued state when they finished would not have

happened if they did not go slow in the beginning.

Telling the child to pace himself/herself properly and then sending them out to complete the session almost always ends with the children going out too fast, feeling too exhausted and being discouraged.

Try to be near them to monitor their progress. Call the Fitness & Sports Center at 494-4947 or the Patrick Youth Center at 494-4747 for information and to register your child/youth for the triathlon.

Treat Mom to brunch

An omelet station featuring ham, turkey and all your favorite breakfast treats will be served Sunday, Mother's Day, from 10 a.m. to 2 p.m. at the NCO Club. Seating will be every half hour.

All mothers will receive a complimentary flower. Cost for this buffet is \$15.95 for adults, \$6.95 for children 6-years-old and older and children under 5-years-old eat free. Call 494-7491 for more information.

Enjoy Mother's Day buffet

The Officers' Club is providing a special Mother's Day buffet

Sunday featuring carved prime rib, honey-baked ham, lobster Newburg and herb-marinated grilled salmon as part of your selection.

Seatings are at 11 a.m. and 2:30 p.m. Cost for an adult meal is \$17.95, meals for children 5- to 12-years-old is \$9.95 and kids under age five eat free.

This is a members-only event. Show your club card for your \$2 "Members-First" discount. Call 494-4012 for information.

Skills Center classes

The Skills Center in Bldg. 415 is offering the following May classes: Creative Memories and Oil Painting.

Kelli Richmond will be instructing participants Tuesday and Wednesday from 6 to 8:30 p.m. on Creative Memories/Scrapbooking. Cost for each class is \$10.

Madonna Powers is teaching two four-week sessions on Oil Painting beginning Wednesday from 6 to 9 p.m. and May 15 from 9 a.m. to noon. Cost for the instruction is \$60 plus materials. Students will receive the list of supplies at registration, which must be a minimum of five days prior to class start date.

Call the Skills Center at 494-4270.

Club Demo Day

Manatee Cove Golf Course Demo Day on the driving range is May 17 from 10 a.m. until 2 p.m.

Golfers can try their swing on clubs from several top manufacturers. All clubs can be purchased at a special price during this event. Call 494-7856.

Car Show

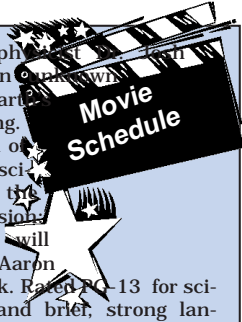
The Auto Skills Center is hosting a Spring Car Show from 10 a.m. to 2 p.m. May 17 along the waterfront by Outdoor Recreation. If interested in exhibiting a vehicle, please call 494-2537.

Golf leagues form

The Manatee Cove Golf Course is organizing their 2003 Summer Golf League, which will start around May 21.

An organizational meeting is at 3 p.m. May 16 in the Manatee Cove Lounge.

All team coaches or representatives are asked to attend. Any organization that will not be represented is asked to contact Fred Mills to confirm their wish to enter a team. Call 494-7856 for more information.



Friday *The Core*-Geoph Keyes discovers that an unknown force has caused the earth's inner core to stop rotating. Keyes, along with a team of the world's most gifted scientists, travels into the earth's core. Their mission: detonate a device that will reactivate the core. Stars Aaron Eckhart and Hilary Swank. Rated PG-13 for sci-fi life/death situations and brief, strong language.

Saturday Two free screenings of *Daddy Day Care*-Matinee 2 p.m.- Free tickets are available at Base Exchange, Burger King and Military Clothing Sales. Two fathers join the ranks of the unemployed and are forced to take their sons out of the exclusive Chapman Academy and become stay-at-home fathers. With no job possibilities on the horizon, the two dads decide to open their own day care facility, "Daddy Day Care," which boasts some fairly unconventional and sidesplitting methods of tending the kids. Stars Eddie Murphy, Jeff Garlin, Steve Zahn, Regina King, Anjelica Huston. Rated PG for language. Tickets don't guarantee seating, arrive early.

Saturday Second free screening of *Daddy Day Care* 7:30 p.m. See matinee synopsis.

Sunday *Gangs of New York* A vast and dangerous underworld was born in the New York City streets in 1863. Here a fatherless son searches for honor, vengeance and the courage to remake his life. Stars Leonardo DiCaprio and Daniel Day-Lewis. Rated R for intense, strong violence, sexuality/nudity and language.

Thursday *The Core* - See Friday Synopsis

Riverside Dining Facility Menu

Saturday Brunch - Creole shrimp, doubly good chicken, #savory baked chicken, Swedish meatballs

Saturday Supper - #Baked fish, barbecue chicken, doubly-good chicken, Hungarian goulash

Sunday Brunch - Cantonese spareribs, grill mustard chicken, oven-fried fish

Sunday Supper - Steak loin strip, stir-fry beef with broccoli, turkey nuggets

Monday Lunch - #Baked stuffed fish, pot roast, #roast loin of pork

Monday Dinner - Cannelloni beef, #chili mac, Southern-fried chicken

Tuesday Lunch - Salmon cakes, #teriyaki chicken, veal Parmesan

Tuesday Dinner - #Country captain chicken, meat loaf, turkey a la king

Wednesday Lunch - Chalupa, burritos, chicken breast, chicken enchiladas, cheese enchiladas

Wednesday Dinner - Barbecue spareribs, #lemon-herb chicken, stuffed pork chops

Thursday Lunch - Barbecue chicken, barbecue ribs, steak, grilled sausage

Thursday Dinner - Glazed Cornish hen, Jaegerschnitzel with mushroom sauce, #roast loin of pork

Menu's are subject to change. For more information, please call dial-a-menu 494-2845. Item with an # are healthy choice.

