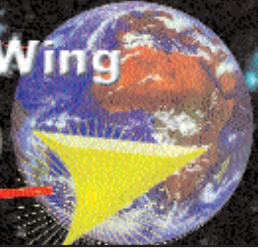


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Fire training

Members of the Patrick Fire Department conducted a week-long series of fire exercises on a mock aircraft. Fire protection week begins Oct. 5. Wing members and mission partners need to review evacuation procedures for their office or unit in case of fire. (Photo by Jim Laviska)

AF Climate Survey launches Oct. 1

By Richard Salomon
AIR FORCE MANPOWER AND INNOVATION AGENCY PUBLIC AFFAIRS

RANDOLPH AIR FORCE BASE, Texas — Air Force leaders at all levels want to know, "How is my organization doing?" The 2003 Air Force Climate Survey begins Oct. 1 to answer this question with the help of Air Force people.

Their participation in the survey is critical, said senior leaders.

"Leadership must be made aware of what's really going on out there," said Secretary of the Air Force Dr. James G. Roche. "By taking a few brief moments to fill out this survey, you can help your leaders understand your concerns and ultimately better serve you and our national interests."

Previous surveys included active-duty airmen and appropriated-fund civilians. This year, the survey also will include the Air Force Reserve, Air

National Guard, non-appropriated fund civilians and students in a temporary-duty status.

"We want to make sure all members of the Air Force team have an opportunity to participate," said Lori Marcum, the survey's team leader. "Leaders at all levels use the Air Force Climate Survey to target areas for improvement."

"In order to create positive changes within an organization, (leaders) must know where to begin. This survey provides everyone an opportunity to speak out about strengths and areas for improvement in their organization."

The survey runs through Nov. 23 and can be completed online at <http://afclimatesurvey.af.mil> anytime during the survey period from either a government computer (dot-mil) or personal computer (dot-com).

Because Air Force leaders expect candid feedback, the survey team has taken extraordinary measures to ensure privacy by using advanced

information-masking software. Anonymity continues to be a key factor of the survey, officials said.

Results will be released early in 2004, said Gen. John P. Jumper, Air Force chief of staff.

"The U.S. Air Force is the finest in the world, a great place to serve and raise our families. We share a commitment to make it better," he said.

Survey participation has climbed from 39 percent in 1997 and 36 percent in 1999 to more than 65 percent of active-duty airmen and civilians in the 2002 survey.

The 45th Space Wing, used the data from the 2002 survey as a powerful tool for change. Patrick's leaders created a performance plan called START for "Synchronize actions," "Trust people," "All accountable," "Recognize achievement" and "Tenacious execution."

The plan emphasized mentoring and

See CLIMATE, Page 5

START ... Get it!



By Brig. Gen. Greg Pavlovich
45TH SW COMMANDER

Whew! After losing a heartbreaker to the Minnesota Vikings last week, my Green Bay Packers have evened out the season at 1-1. OK, so they beat the Detroit Lions, but the great thing about football is that on any given Sunday any team can win. That means you have to prepare against the big upset just like you prepare for your best competitors. Smart coaches leave nothing to chance.

I hope you took that attitude with Hurricane Isabel. We're in the peak of hurricane season, and this week you saw why. I hope the potential of a powerful hurricane hitting our area drove the point of preparedness home for you. Now more than ever, you should understand the importance of knowing what you are going to do when a hurricane threatens the Space Coast. While it may seem like we have enough advance warning, you'd be surprised how long it can take if you haven't given any thought to what you would need to take with you if you had to evacuate, especially if you have children or pets. Even if a lesser size storm hits, you need to be prepared. Know how to secure items around your house and think about what items you need to have on hand in the event the area is without power or water for several days.

The good news is much of this preparation thought has been done for you and is available on the Hurricane Preparedness link on the Patrick Web site, <https://www.patrick.af.mil>. The resources are there - you need to take the next step and implement. Here's another tidbit for your disaster kit - some phone numbers. In the event that the phone lines are down here at Patrick and on the Cape, personnel can utilize the Personnel Readiness Center at the Air Force Personnel Center. The PRC acts as a central point of contact to pass on information from installation commanders to base personnel in times of natural disasters or communication outages. Of course we'll be using the local media to help spread instructions regarding return to duty and things of that nature, but the PRC enables you to get information on demand instead of waiting for the broadcast. The PRC also collects data on individuals' location and

contact number. You have information on file with your orderly room - which you should verify regularly - but in the event you cannot make the location you originally indicated, this helps provide accountability of our people. In emergencies, members can reach the PRC toll free at 1-800-435-9941, DSN 665-2020 or 665-3483 or commercial (210) 565-2020/3483. Just another tool for your disaster preparedness kit - you can't be too prepared.

Our Operations Group showed just how well preparation pays off with a spectacular Air Force Ball. The 45th Space Wing and its mission partners celebrated 56 years of air and space dominance in style, thanks to the 3rd Space Launch Squadron, who had the lead for the project. Under the leadership of Lt. Col. Tom Freeman, project officers Capts. Miguel Lezaun and Matt Lupone put together an amazing evening for Gen. Lance Lord, commander of Air Force Space Command, and his wife, Beccy.

It takes a lot of preparation and effort to pull a large-scale event like this together, and it was truly a team effort. Johnnie Rivera's staff at the Officers' Club served almost 400 people in less than 17 minutes, 2nd Lt. Elizabeth Kreft of public affairs put together a hilarious "Top Ten Coolest Things About Being Stationed at Patrick" and the jazz ensemble from the Band of the Air Force Reserve treated the guests to dancing music. Of course we couldn't have pulled it off without Mr. Chris Bailey, president of the local chapter of the Air Force Association, the Civilian-Military Community Relations Council, and the Cocoa Beach Chamber of Commerce Military Affairs Council. These people - and the entire AF Ball committee - ensured it was a world-class event.

The general and his wife enjoyed their entire visit. They were impressed with the facilities and programs here at Patrick, but mostly they were impressed with you. From the cops who provided escort and security for the general, to the folks who briefed him, to the services and civil engineering folks who made sure all of our facilities gleamed, it was magnificent. Thanks to everyone for putting forth the time and energy make the visit such a success.

Speaking of energy, I hope another thing you've been preparing for is the new fitness test. It has been a month since the chief of staff of the Air Force announced that the Air Force would return to the 1.5 mile run as a component of our new physical fitness test. To help you prepare, the Health and Wellness Center and Physical Therapy Clinic are teaming to offer a running clinic. The clinic will be at the HAWC

on Sept. 23 from 2 to 4 p.m. The class is designed to educate people on starting a running program, proper shoe selection and injury protection. This clinic has all the tools you need to get you on track to meet the new standards, which go into effect Jan. 1, 2004.

The HAWC is also offering a healthy living workshop at the Cape on Sept. 24 in the E&L Bldg. from 9 to 11 a.m. This class provides information on exercise and nutrition to help students make smart decisions about a healthy lifestyle. Call 494-2660 to register for either - or both - of these great classes. We are working to help you get War Fit - don't let another month go by before you start your preparation.


Now, I wouldn't tout the merits of preparing without doing some of it myself. A couple of weeks ago the senior leadership got together for an off-site to review our accomplishments of the past year and, based upon our evaluation of where we are as an organization, build a road map for the upcoming year. We reviewed our wing goals, our performance measures, and our post-ORI rally cry "Outstanding is Just the START." You'll be hearing more about our initiatives for 2004, but I wanted to give you a trajectory of where we are headed.

First, the principles of START - Synchronize actions, Trust people, All accountable, Recognize achievement, and Tenacious execution - were deemed not just as valid, but useful. They will remain our cornerstone as we look toward 2004.

Having decided to keep START, we next looked to how well we were implementing the principles. The answer was that even though we've made a lot of progress, there are still areas where we haven't seen its potential realized. So, we're going to emphasize implementation in 2004. The bottom line - simply stated - is that we want people to get it. So that's our new vector - START ... Get it!

My staff and I are continually reviewing our organization, and you have a part in this, too. The Air Force Climate Survey kicks off Oct. 1. You'll have until Nov. 23 to complete the questionnaire and provide feedback on about a dozen factors relating to work here at Patrick AFB. Judy Nicholson is the overall project officer, but each organization has a POC for administering the survey within their unit.

Our front page story has the details on the survey, which is themed "Speak today, shape tomorrow." As you read how Patrick took action on the feedback generated from the last survey, I know you'll understand that you do have a voice here. I look forward to hearing from you.

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New AF expeditionary ribbon

By 1st Lt. Warren Comer
45TH SW PUBLIC AFFAIRS

On June 18, Secretary of the Air Force Dr. James G. Roche approved the Air Force Expeditionary Service Ribbon for Air Expeditionary Forces deployed status to all active-duty, Guard and Reserve airmen who supported contingency operations after October 1999.

The ribbon came into effect in October 1999 after the implementation of the AEF cycle.

"We still don't know the who, when or why for the 45th Space Wing (including mission partners such as the 920th Rescue Wing)," said Eddie Robinson, 45th Mission Personnel Flight awards and decorations monitor. "We should know proper guidance by the end of the month."

According to Mr. Robinson, members need to wait for further orders and guidance to come down, but need to maintain copies of their temporary duty orders, travel vouchers and decoration citations in anticipation of validation needs.

Specific locations on the current messages still don't list deployed areas where airmen will be awarded the ribbon.

Deployment credit is defined as either 45 consecutive days or 90 nonconsecutive days in deployed status. There is no time limit on the amount of time required for nonconsecutive days to be accumulated.

Permanent party overseas personnel are not eligible for the AFESR unless they're forward deployed on an AEF. Members on an overseas short tour may not receive both the AFESR and the Overseas Short Tour Ribbon unless they meet the requirements separately.

The AFESR is a ribbon and there is no medal associated with it. It should not be confused with DoD campaign or service medals. The new ribbon does not prevent award of other types of recognition normally associated with deployment.

Airmen are not automatically eligible for the Armed Forces Expeditionary Ribbon for Operations Iraqi and Enduring Freedom, said Mr. Robinson. Once proper guidance on the AFESR is handed to wing MPFs, they will be able to confirm if an airman will be awarded the AFESR for these operations.

Also, the AFESR will not have any promotion points under the Weighted Airman Promotion System.

3rd SLS captain attends Vigilant Look

By Ida Barry
45TH SW PUBLIC AFFAIRS

Sharpening skills is crucial in any line of work, especially the space launch business, just ask Capt. Christopher Troyer, 3rd Space Launch Squadron maintenance chief.

He was recently chosen to attend Vigilant Look, a competitive training program designed to give attendees a closer look at air and space integration that includes interacting with senior leaders at various bases.

"I feel very fortunate and honored to have been chosen to attend this program," said Capt. Troyer. "It opened my eyes to the tremendous impact that Space Command offers. I now have a better understanding of the many roles that Space Command plays - from missile deterrence and satellite control to space warning."

"I nominated Capt. Troyer because this is a win-win situation for the Air Force and Capt. Troyer," said Lt. Col. Jimmy Comfort, 3rd SLS commander. "Vigilant Look gave him an opportunity to see just how broad the space/missile career field is, for our company grade officers to get that 'big-picture' perspective really benefits the Air Force."

According to Capt. Troyer, 31 company grade officers from various commands in the Air Force attended the course, which ran Sept. 8 through 12.

The course began at Peterson AFB, Colo., with briefings on counter-



Capt. Christopher Troyer (left) and Staff Sgt. Gino Grisby, 3rd SLS, inspect the mobile service tower drive system at Space Launch Complex 40. (Photo by Master Sgt. Lou Moyer)

space and force enhancement," Capt. Troyer said. "Briefings took place at Schriever AFB, Colo., F.E. Warren AFB, Wyo., the Lockheed Martin plant in Denver, Colo., and Vandenberg AFB, Calif."

"I plan to take this knowledge gained and pass it on to my fellow squadron, group and wing members so that we may grow a cadre of space experts," Capt. Troyer said. "In the next step of my career I will be able to apply my launch base experience in a Systems Project Office to ensure the next generation of spacecraft are ready to lead the warfighter in battle."



Commander Q&A:

Lt. Col. Brad Broemmel
1st Space Launch Squadron

Q: What is your squadron's mission?

A: We sustain the Global Positioning System satellite constellation. The only way GPS spacecraft achieve orbit is via the Delta II rocket, which we launch right here from Space Launch Complex 17 at Cape Canaveral Air Force Station. GPS is ubiquitous and pervasive to our expeditionary forces that rely on the satellite constellation for global navigation and precision strike. GPS is like water and we are the tap. We've got to keep the tap open, through launching new and improved satellites, maintaining and improving GPS for our forces in the field.

Q: What is the most unique service your squadron offers?

A: We help provide the Air Force and the United States assured access to space. By working as a tight knit team with our mission partners, we provide the highest sortie rate of any launch program. This year we've launched four satellites and two

space probes into space on five highly successful Delta II booster rockets.

Q: What things do you try to impress upon your squadron?

A: I stress teamwork and attention to detail. There is no room for error in the launch business. The difference between perfect and "good enough" can be tens of millions of dollars, or cost someone their life.

Q: How does your squadron contribute to the mission of the 45th Space Wing?

A: We contribute to the 45th SW's mission two ways. First, by successfully launching GPS on time and on target, we provide assured access to space, enhancing national strength through the control and exploitation of air and space. Second, by preparing airmen for expeditionary duty as space liaison officers and other duties, we help the wing fulfill Air Expeditionary Force commitments.

CFC: Power to make better life, difference for everyone

45th's Combined Federal Campaign begins Sept. 29

By 1st Lt. Warren Comer
45TH SW PUBLIC AFFAIRS

The 2003/2004 Combined Federal Campaign begins Sept. 29 for Patrick Air Force Base and Cape Canaveral Air Force Station.

"Key workers should have information in their hands this week," said Lt. Col. Kristine Krumins-Linehan, 45th Medical Group pharmacy chief and CFC project officer. "They should begin making contact with personnel through designated units on Monday."

The campaign was established in 1961 and is the largest workplace-charity campaign in the country.

The annual fall fund-raising drive allows nearly 4 million federal employees and service members to contribute to thousands of local and national nonprofit organizations.

"Although we're not the only federal force in Brevard county, with over 4,700 military and

DoD civilians, the 45th Space Wing by far sets the pace for the entire county's campaign," said Lt. Col. Krumins-Linehan.

Last year, people donated \$237 million, second only to the 2001 post-Sept. 11 campaign. Contributions can be made in cash, by check or payroll deduction.

"This year we didn't set a dollar goal," said Lt. Col. Krumins-Linehan. "We decided that we wanted to increase participation by 10 percent."

According to Lt. Col. Krumins-Linehan, the people who have continually made donations to the CFC are military and DoD civilians who have had more than five years in service.

Her intention is to target younger airmen who don't know about the program or are

unaware of the contributions CFC makes to charitable causes.

"It's my sincerest hope that people will take some time to see what's closest to your heart ... CFC is that opportunity to reach out and change the lives of others in need," said Lt. Col. Krumins-Linehan.

“ *It's my sincerest hope that people will take some time to see what's closest to your heart ... CFC is that opportunity to reach out and change the lives of others in need.*

”

Lt. Col. Kristine Krumins-Linehan
45TH MEDICAL GROUP

On average, one in four federal employees or their family members will benefit from the CFC charities this year alone, according to officials.

"We could significantly impact needy individuals throughout the nation and the world. Donors may designate which charity or charities receives their money by filling out a pledge card.

The CFC Web site is at www.opm.gov/cfc. (Air Force Personnel Center News Service contributed to this article.)



CLIMATE, cont. from Page 1

individual development. It provided mission focus with clear and measurable goals, according to base officials.

Even though the base scored high in most factors, base leaders wanted to make life at Patrick even better, said Judy Nicholson, START director.

"We knew from the Air Force survey that we could improve in some areas. The work the commanders did reviewing the survey feedback resulted in START," she said.

The base introduced monthly civilian commanders' calls and created a civilian-oversight recommendation team. Leaders

rewrote the rules on the quarterly awards process to focus more on performance than additional duties.

To encourage attendance at commander's calls, leaders use tickets for rocket launches at nearby Cape Canaveral Air Force Station as door prizes.

Brig. Gen. Greg Pavlovich, 45th Space Wing commander, said he continually reviews the survey results to make sure the wing is on the right track.

"START is a direct result of the Air Force survey, so we place a great deal of value on the survey data," he said.

"Because of the survey, we've been able to make improvements at all levels, from top to bottom."

Hurricane season at its peak

By William Roeder
45TH WEATHER SQUADRON

Hurricane Isabel menacingly churning in the Atlantic this week was a reminder that it's peak hurricane season.

The season continues through November and everyone must be prepared to evacuate if a hurricane threatens the Space Coast.

The three main points of hurricane preparedness are to be prepared, informed and safe.

Dr. William Gray, a hurricane prediction expert from Colorado State University, recently updated his forecast, calling for a slightly above average season of 130 percent of normal activity.

The 45th Space Wing and Kennedy Space Center monitor hurricanes and issue warnings to personnel through the

use of Hurricane Conditions, or HURCONS. There are a total of four HURCONS that are used to inform base personnel up to 72 hours before a tropical storm or hurricane will strike.

In order to be prepared for the worst, it's best to have a plan before a hurricane hits. Provide yourself and your family time to react to the situation. Go to the wing's hurricane preparedness link at <https://www.patrick.af.mil>.

In case of a hurricane when phone lines are down, personnel can call the Personnel Readiness Center at the Air Force Personnel Center. The number is 1-800-435-9941, DSN 665-2020 or 665-3483, or (210) 565-2020/3483.

Also, make sure to gather supplies before a tropical system threatens the Space Coast.

Dealing with stress

By Airman 1st Class Shaun Emery
45TH SW PUBLIC AFFAIRS

By raising their right hand and repeating the Oath of Enlistment, many new airmen's lives change dramatically. The pressures and responsibilities that come with the decision sometimes aren't revealed until they find themselves at their first duty station. Airmen can find themselves overloaded and stressed out. How airmen deal with stress determines how it affects their life.

"Stress, by definition, is the behavioral response to an event. It could be a person, place or thing," said Maj. Kimberly Finney, Life Skills Support Center flight commander and clinical psychologist.

"The most common stressors for new airmen are adjustments to being in the military," she said. "They aren't prepared to take on a new level of responsibility. Some airmen aren't used to being so far away from home."

According to Maj. Finney, young airmen aren't sure what route to take to handle stress.

"Younger airmen, 18 to 19 years old, usually don't seek help on their own," she said. "They usually come in as a result of job performance or alcohol-related issues."

Stress can be caused by a number of issues airmen face each day, whether at work or where they live.

"Stress in the workplace is usually caused by issues with supervisors or members of their office," she said. "Sometimes new airmen don't understand why they have to do things a certain way. It comes down to communication problems."

Not taking care of stress can lead to physical, emotional and behavioral changes.

▸ Physical: High heart rate, high blood pressure, stomach problems and lack of sleep. Without treating these they can lead to more serious medical problems.

▸ Emotional: sadness, anger, frustration and irritability. It can lead to depression or anxiety.

▸ Behavioral: yell more, snap, withdraw, violence, smoking more frequently, spending money they don't have, overeating or excessive drinking. For airmen who are married, there may be an increase of marital problems.

Maj. Finney recommends airmen take the necessary steps to deal with stress.

"Talk to a supervisor or first sergeant," she said. "If you can't, talk to someone outside the office you feel comfortable with. The base offers stress management class and the chaplain service is a positive way to talk about your problem. Getting enough sleep, watching your diet and exercising are other good ways to cope."

Airmen in need of assistance can contact the Life Skills Office at 494-8234.

Space Coast military honors victims of 9-11

By Airman 1st Class Shaun Emery
45TH SW PUBLIC AFFAIRS

Military members along the Space Coast took time the morning of Sept. 11 to pay tribute to the victims of America's worst terrorist attacks. Servicemembers stood in formation coinciding with the exact time of each attack; the falling of the North and South Towers, the crash of Flight 93 in Pennsylvania and the crash of Flight 77 into the Pentagon, as base chaplains read prayers.

Anyone who wished to attend were welcome. Many active duty members and civilians took time out of their day to pay their respects.

"This is a true symbol of remembrance of fallen family, friends, comrades and citizens of America," said Staff Sgt. Sean Ryan, Air Force Technical Applications Center noncommissioned officer in charge directorate information management. "It's an honor to pay tribute to Americans lost on Sept. 11 and the sacrifice they gave to this great nation."

At 8:47 a.m. members of the Space Coast Junior Enlisted Advisory Council paid tribute to the victims in the South Tower. "We wanted to do something special to remember those fallen," said Staff Sgt. Brandi Hicks, noncommissioned officer in charge AFTAC help desk and president of the JEAC. "This symbolizing event gives everyone a chance to give remembrance however they feel appropriate."

"We can't forget anything like this," said Staff Sgt. Greg Jones, 45th Range Squadron aerospace control officer. "The fight on terrorism started that day with the passengers of Flight 93. Now it's up to us to finish the job."

"I feel every enlisted member should be out



Wing members bow their heads during a ceremony to honor the victims of Sept. 11. All personnel were invited to participate in the morning's events. (Photo by Jim Laviska)

here to remember what happened," said Master Sgt. Robert Erd, 45th Civil Engineer Squadron maintenance. "Everyone needs to keep this in mind and not get lax and forget the importance of the job they do."

Tech. Sgt. Phillip Black, 45th Civil Engineer Squadron fire protection supervisor and a native of New York, said he felt a close connection with the attacks.

"As a firefighter, it could have been any one of us. If we were being called out I'm sure any of us would have done the same thing the rescue workers on Sept. 11 did," he said.

"It was such a tragic day," said 2nd Lt. Lewis Sorvillo, 45th Space Communications Squadron

officer in charge. "It makes me prouder than ever to serve in the military. It's important to remember those who died as well as those still fighting today," he said.

Second Lt. Sorvillo was leaving the Pentagon the moment Flight 77 hit. "The sound was like nothing I've ever heard before."

Second Lt. Sorvillo stood in formation to recognize the falling of the North Tower.

"It makes me appreciate the little things in life, like this beautiful day," he said. "It makes you realize how fragile and finite life is. The military is much more aware and prepared for these things," he said. "Hopefully we can assure this doesn't happen again."

Mandatory call scheduled

There will be a mandatory Officers' Call at the base theater Friday at 3:30 p.m. Civilians grades GS-14 and 15 are encouraged to attend.

Learn something new

Take these classes by registering at 494-5675. All classes take place in Bldg. 722, Family Support Center, unless announced otherwise. Tuesday, Employment Orientation, 9:30 a.m. - noon. Tuesday - Friday, a TAP Workshop is offered from 8 a.m. - 4 p.m. Wednesday, Applying for an Air Force Job from 9:30-11 a.m. and Sponsorship Training in Bldg. 537 room 118 from 9-11 a.m. Thursday, a Single Parents meeting at a local restaurant from noon - 1 p.m., a Home Schooling Workshop from 5-6 p.m. and How to Jump Start Your Automobile from 6-7 p.m. A Savings and Investment course is offered Friday noon - 2 p.m.

Spouse award given

Nominate a military spouse for the Military Spouse Award Oct. 30 - Nov. 9. The award will be bestowed on four spouses who demonstrate volunteer accomplishments and selflessness. Pick up a nomination at the commissary or enter online at www.avashow.com.

Donate blood

The Patrick Air Force Base Clinic and American Red Cross hold a blood drive Tuesday from 8 a.m. - 1 p.m. The American Red Cross will station their Bloodmobile outside the clinic's garage next to the Commissary parking lot.

Call Senior Airman Trisha Yell at 494-8155 or Tech Sgt. Carolyn Brewer at 494-8194 for more information.

The ARC is also looking for people to sign up for a special program to donate blood in types O and B more often. Men at least 5 feet 1 inches, 150 pounds, and women at least 5 feet 5 inches, 175 pounds, are eligible to sign up to donate up to three times a year.

MPF closed Oct. 8

The Military Personnel Flight will be closed Oct. 8 at 2:30 p.m. due to an official function.

Keep dogs, cats healthy

A walk-in clinic for dogs and cats is on Saturday from 9 a.m. - noon at the Veterinary Services in Bldg. 408 next to the Space Coast Credit Union at Patrick. The clinic is offered to owners who need to get annual vaccinations for their pets. No appointments are necessary. For more information, call Jocelyn Lasiste at 494-6080.

Safety course offered

The 45th Ground Safety Office holds a Supervisor Safety Course on Thursday, 1-6 p.m. in Bldg. 423, room S-306. This is a mandatory course for all newly-appointed Air Force and DoD civilian supervisors. Those who have attended the course, but don't have the documentation or those who would like to register, call Bill James at 494-2202.

Stop smoking

The Health and Wellness Center is offering a tobacco cessation class Wednesday through Oct. 29 from noon - 1 p.m. on the top floor of Patrick's Fitness Center in the HAWC clinic commander's conference room. The class is also provided from 4:30-5:30 p.m.

Got a story idea?



Call the Missileer staff at 494-5922 or send them an e-mail at Missileer@patrick.af.mil. Deadline for the next issue is every Friday.

WING CELEBRATES NATIONAL HISPANIC HERITAGE MONTH

By Ida Barry
45TH SW PUBLIC AFFAIRS

With Latin music playing in the background, Col. Ev Thomas, 45th Space Wing vice commander, kicked off National Hispanic Heritage Month at a cake cutting ceremony in the Base Exchange Monday.

"This year's theme of 'Honoring our Past, Surpassing our Present, Leading our Future' is exactly what we're going to do," said Col. Thomas. "To be the greatest country on the face of this earth we must include everyone. The face of America comes from its diversity. It's been true today, true in the past and will certainly be true as we head into the future."

According to Staff Sgt. Leenette Sablan, non-commissioned officer in charge for 45th Space Wing Military Equal Opportunity, National Hispanic Heritage Month, celebrated Sept. 15 - Oct. 15, provides an opportunity to express deep appreciation to Hispanic Americans for their countless contributions to the nation and to pay tribute again to America's distinctive diversity. It also provides an opportunity to celebrate the diverse character of the country and the integral role-played by one of its fastest



Staff Sgt. Leenette Sablan, NCOIC for Military Equal Opportunity, serves a piece of cake to Juanita McKnight Monday at the Base Exchange.

growing and vibrant segments.

Hispanics have surpassed African Americans as the United States' largest minority, the Census Bureau announced in June. The long-predicted demographic shift came many years earlier than the date once predicted -

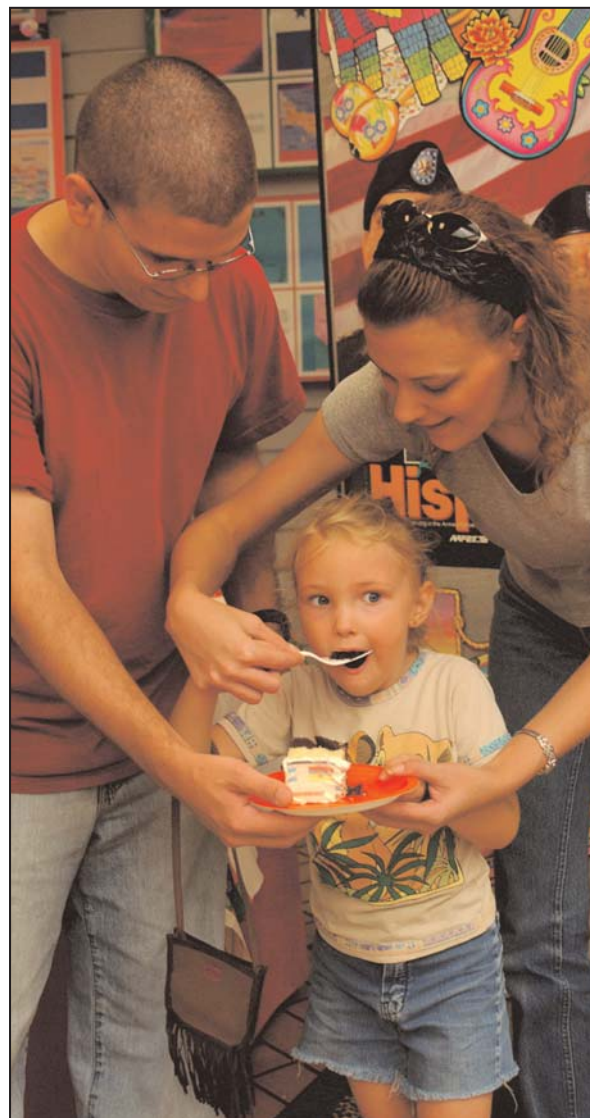
2014. There were 38.8 million Hispanics in July 2002, or 13 percent of the national total; African Americans numbered 38.3 million. Census officials unveiled the new numbers at the annual convention of the League of United Latin American Citizens held in Orlando.

Hispanics comprise a portion of the wing's military and civilian members. Currently 105 out of 1,721 military members serve at Patrick Air Force Base and Cape Canaveral Air Force Station and 84 out of 578 serve at the wing's geographically separated units are Hispanic. A total of 157 Hispanic civil servants serve the wing.

Celebrating Hispanic Heritage month is a special time of year for the Hispanic community.

"I am proud to be Hispanic and want other people to be informed on the various cultures that make up the United States and its military," said Senior Airman Erick Espinoza, 45th Medical Group. "Being Hispanic is my background and cultural upbringing and the military is my job. They both correlate with each other."

"This month is a celebration of all the Hispanic Americans that contribute to making this country what it is today," said Maj. Javier Garcia, Army liaison for Defense Equal Opportunity Management Institute. "I am very proud to serve in the military because it's the best way to say thank you to a country that's brought me a lot of joy and freedom."



Airman 1st Class Daniel Winks, Air Force Technical Applications Center, and wife Terri feed daughter Sydney some cake following the Hispanic Heritage Month cake-cutting ceremony. (Photos by Ida Barry)

Patrick's Army Air Force Base Exchange is only one of many businesses that support this special month.

"We have a very diverse work force because AAFES is worldwide," said Michael Lovejoy, AAFES general manager. "Hispanics are part of our community. Getting input and recognizing the different cultures is a plus for us because it helps us provide better and stronger service."

How does it feel to know that Hispanics are now the majority minority in the United States?

"It feels great," said Senior Airman Pedro Torres, 45th MDG. "We are recognized as a large group that contributes greatly to the community and the base."

Hispanic Heritage Month Events

Sept. 26
3-6 p.m.
Food-tasting Expo
South Housing Chapel Annex

Oct. 3
7-11 p.m.
Teen Gym Jam
Youth Center

Oct. 9
7-10 p.m.
Hispanic Heritage Banquet
NCO Club

Journey into the Jewish New

By Barry Chefer
JEWISH LAY LEADER

Editor's note: "G-d" is not spelled out in this article because of the Jewish law that G-d's name must be sanctified and fully respected. Since newspapers usually end up in the recycling bin, G-d's spelling is modified.

Jews in the spaceport community join others around the world to celebrate the Holy Days of Rosh Hashanah, Yom Kippor and Succos.

As its name indicates, Rosh Hashanah, literally translated as "Head of the Year," is not just the beginning of another cycle, it's the head of these days. Just as the brain directs and integrates all of a person's functions and behavior, Rosh Hashanah directs the course of the ensuing New Year. Through Rosh Hashanah, the blessings and sustenance for the coming year are provided. The New Year's destiny is judged by G-d.

The main theme of Rosh Hashanah as expressed in prayers is man's affirmation of G-d as king. As the revelation of G-d and his laws are described, it is followed by the blowing of the shofar, a ram's horn, that compares to an alarm clock to awaken us from our spiritual slumber. The shofar brings alertness and focus, reminding us of the eternal compact

between G-d and the Jews.

This year, Rosh Hashanah is observed Sept. 27-28 to usher in the Jewish year 5764.

Many customs of Rosh Hashanah are related to food. Jews eat round challah bread and apples during this time. Both are dipped into honey. This custom expresses our wish for a good, sweet year.

A pomegranate is also eaten to symbolize the wish that our merits be increased like the seeds within the fruit.

One week later, Jews observe Yom Kippor, the Day of Atonement. It's observed as a fast day Oct. 6.

Yom Kippor is described as becoming "one with G-d and our best selves." Atonement on this day is a private "conversation" between man and his creator. In addition, a dimension of community confession is interwoven in the liturgy. As each person stands individually before his maker, an ancient communal bond enwraps all Jews as a single spiritual entity. It's customary to apologize and seek forgiveness from friends, relatives and anyone whom we may have wronged during the year.

Fasting, giving charity and prayer provide the pathway to repair the relationship with G-d and fellow man.

Memorial prayers for departed loved ones are also recited on the day of Yom Kippor.

Rosh Hashanah, Yom Kippor and the days in between are known as the Ten Days of Teshuvah, meaning repentance or return. It is a time when we stand in front of the mirror and see the reality of who we are. G-d judges us by looking at the deeds and choices we've made during the year and decides what our next year will be like based on our efforts to

correct our mistakes and the decisions that we made in our lives.

Prayer and reflection are the vehicles to bring about positive changes in behavior and a renewal of Jewish principles.

It is a time of repairing and strengthening one's spiritual framework, character and behavior.

Just as we get an annual physical examination, Jews get an annual spiritual examination. The Ten Days of Teshuvah is upbeat and optimistic, for repentance in Jews faith provides them with energy to craft a better future.

The Ten Days of

Teshuvah is followed by the holiday of Succos, meaning season of our rejoicing. Followed closely after a period of soul searching during Yom Kippor, it is a time to start the new year fresh with confidence and joy, knowing that this year will be good and sweet for all.

The holiday begins this year at sunset on Oct. 10 and ends at sunset on Oct. 19.

The main custom of Succos is to build a succah before the holiday begins. Succahs are temporary structures, traditionally built near houses to allow easy access at mealtime. Almost anything can be used to build the walls, but the roof must be made of organic material, or plants. During the entire festival, Jews eat meals in the succah.

The succah is symbolic of G-d's protection of the Jews during their 40 years in the wilderness and a reminder that his protection continues to this day. It symbolizes the "clouds of glory" which surrounded and protected the Jews in the wilderness after the exodus from Egypt. These clouds, serving as a shade and a shield for the Jews, were an ever-present reminder of G-d's kindness and love for his children.

The fragility of the succah also reminds us that it is G-d whom we must turn to for protection. Even at a time of material success and accomplishment, when we might be tempted to think that our well being is dependent upon our human power and abilities alone.

The holy days of Succos also emphasizes the unity of the Jewish people in all places and times.

For additional information, call 494-6063.



Apples dipped in honey is eaten during Rosh Hashanah, a custom expressing the wish for a good, sweet year. (Photo courtesy of Microsoft)

Street Talk

Patrick Air Force Base and Cape Canaveral Air Force Station

What's your favorite historical fact about the Cape?



Sonny Witt
Cape Canaveral AFS deputy commander

"Knowing that Capo de Canaberal (Cape of the Wild Cave Bearers) is probably the oldest names property on the U.S. east coast."



Barbara Cowan
Space Gateway Support

"The Mars (Mars Exploration Rovers) mission and what it does for our future."



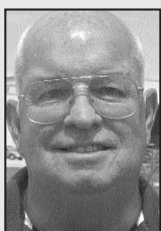
Maj. George Frazier
45th Operations Support Squadron

"It's not my favorite, but the Challenger accident was a milestone. It showed that we should keep things in perspective."



Staff Sgt. Autumn Wockenfuss
45th Medical Group

"When they sent the little chimpanzees into space."



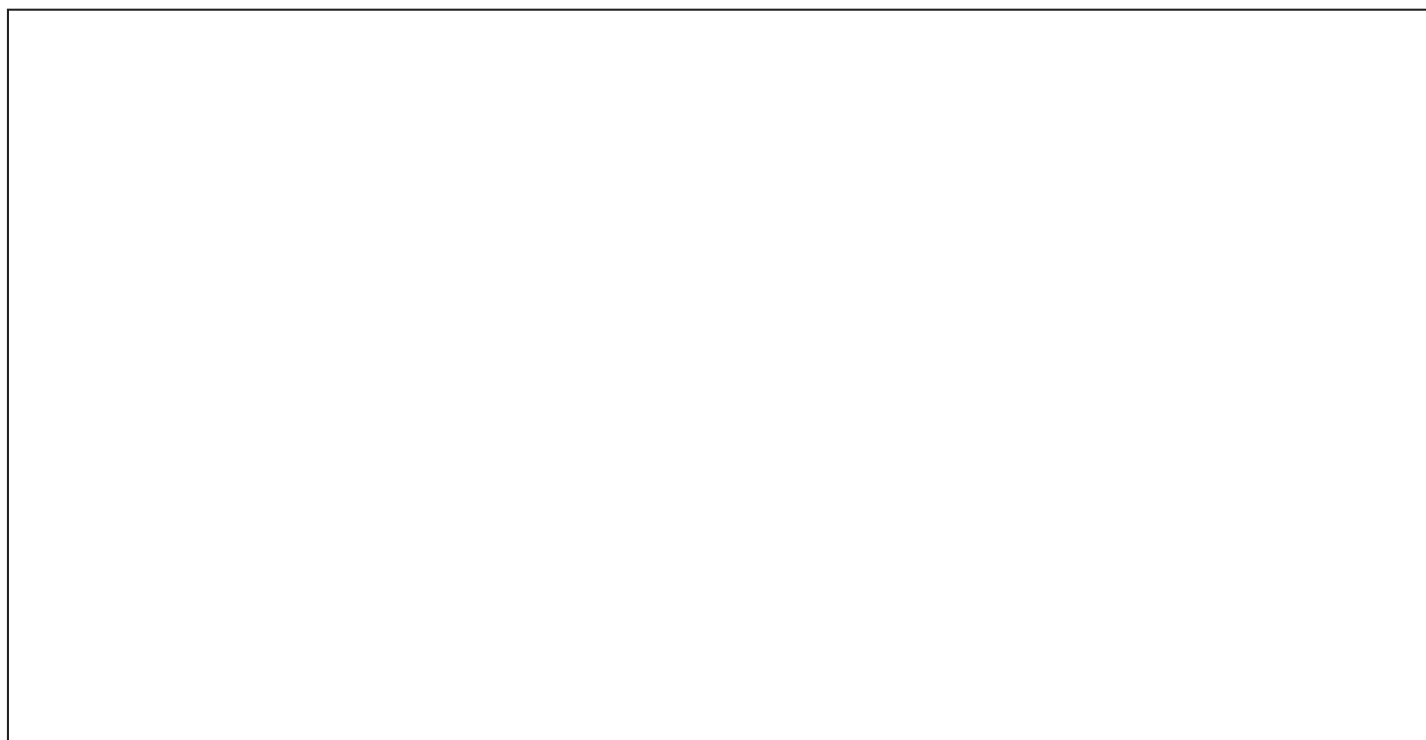
John Hilliard
AF Space and Missile Museum

"Seeing my first redstone missile launch from the top of the lighthouse in 1956."



Mark Cleary
45th Space Wing historian

"The Spanish used Cape Canaveral as a landmark for their treasure fleets' return to Spain."



Good eating habits key to keeping fit

By 1st Lt. Mae-Li Allison
AIR ARMAMENT CENTER PUBLIC AFFAIRS

Exercising is only one of several elements needed to live a healthy lifestyle, according to Staff Sgt. Cristina Saguin, the noncommissioned officer in charge of nutrition programs at the Health and Wellness Center at Eglin Air Force Base.

"Exercise alone cannot improve a person's health," Staff Sgt. Saguin said. "Unfortunately, there are those who think that if they exercise, it's a license to eat whatever they want." This thinking leads to poor eating habits, such as skipping meals, not eating from all the food groups during the day and fad diets, she said.

"Skipping meals can slow the body's metabolism," she said. "Later, they'll overeat, typically on the least healthy of foods." The first step in improving eating habits, Staff Sgt. Saguin said, is for people to write down everything they eat during the day, and when they eat. This allows

people to assess their current eating habits and see what they can change. Additionally, people should eat small meals and snack throughout the day, making sure the meals and snacks include all the food groups, she said. Snacks should include whole-grain breads, cereals, rice and pastas, plenty of vegetables and fruits, low-fat dairy products and lean meats. Products made from refined sugar or those loaded in fat, such as pastries and candy bars should be eaten in moderation, she said.

"Eating the appropriate foods (helps) to give us the energy we need for daily activity and additional fitness activities," Staff Sgt. Saguin said. "Those frequent, small meals or snacks go a long way in helping us perform our normal duties and enabling us to exercise, too." Experts at each base's wellness center can provide further information on nutrition and fitness, including directions about weight, cholesterol and blood pressure management. Also, base dieticians can give effective tips on how to make lasting changes toward healthy eating habits.

sports briefs

Get into yoga

Kripalu Yoga classes will resume on Thursdays in the Base Library Conference Room. Class times are 12-1 p.m. or 4:45-6:15 p.m. Cost is \$5 per class or \$25 for six weeks.

These classes are designed for all levels of fitness and offer benefits including stress reduction, tension relief and mind relaxation. For more information, call the Fitness Center at 494-4947 or Barbara at 504-4512.

Early bird run

To formerly re-introduce the Air Force standard annual Fitness Testing procedures, Gen. John P. Jumper has declared Oct. 15 at

6 a.m. to be the date and time for Air Force members to come together, participate in this run and commit themselves to combat readiness. All active-duty members are highly encouraged to attend the run at Patrick AFB or Cape Canaveral AFS.

Pump up the competition

Patrick sponsors its annual bench press competition Nov. 1 at 10 a.m. Weigh-in is at 9:30 a.m. in the basketball gym. T-shirts will be given to all participants and trophies will be awarded to the overall best lifter - male and female. This event is open to all 45th Space Wing personnel. For more information or to sign up, call the Fitness Center on 494-4947.

Sign up for bowling

The intramural bowling season is scheduled to start Tuesday or Sept. 23 depending on participation. Entries must be received no later than Friday. For more information, call 494-2958.

Get healthy

The Health and Wellness Center offers a healthy heart class Thursday 7:30 a.m. - noon, a tobacco cessation class Sept. 24 through Oct. 29 from noon-1 p.m. and a healthy living workshop for active duty members the first Tuesday of every month from 8-11 a.m. and the third Tuesday of the month from 1-4 p.m. To register, call 494-2660

Register for winter basketball

Youths can register at the Patrick Youth Center Monday - Friday, 1:30-6 p.m. for 2003-04 winter basketball, which takes place Oct. 1 through 24.

The program is open to family members ages 6-15 of active-duty or retired military, DOD personnel, contractors and NAF employees. Participants must be age 6 and not turn age 16 by April 1 to be eligible.

Cost is \$40 for Youth Center members and \$50 for nonmembers. A sport physical on file is required for all participants before participating in the program.

Sport physical forms are also required for children not currently involved in the fall soccer or basketball programs.

Players who are participating in the fall soccer program and have provided their sport physical information are prepared for the basketball program. Player assessments and team formations are Oct. 27-31 and practice begins Nov. 3. The season is Dec. 1 - Feb. 14. A two-week break coincides with the school holiday break.

For more information, call 494-3770.

Youths need physicals

Children enrolled in Air Force Youth Sports are required to have a physical on file. All physicals are kept on file for a period of one year from the date of the exam. Sports physicals are required for children participating in the 2003-04 Winter Basketball program and 2004 Little League tee ball, baseball and girls' softball pro-

grams.

Those currently participating in the Youth Programs fall soccer program aren't required to have a physical again until the 2004 fall soccer program. Call 494-3770 for more details.

Youth bowling

The Bowling Center needs youths to join the Young American Bowling Alliance) League. Participants have an opportunity to compete for scholarship money.

The Pee-Wee, Bantam & Prep and Young Adults categories meet every Saturday at 1 p.m. Call or stop by the Bowling Center at 494-2958 to register.

Continued on next page



Cont. from previous page

IT&T hours change

Patrick AFB Information, Tickets & Travel's Saturday operating hours are changing starting in October to Monday - Friday, 9 a.m. - 5 p.m. and Saturday, 8 a.m. - 1 p.m.

Cape Canaveral Air Force Station Ticket Office hours are Monday, Wednesday and Friday from 10:30 a.m. - 1 p.m. The PAFB Leisure Travel Office is open Monday - Friday, 9 a.m. - 5 p.m. Call Terri Holst at 494-5158 for more information.

Celebrate Oktoberfest

The 11th Annual Oktoberfest Club Party is Oct. 9 from 6-10 p.m. at the Officers' Club. The club transforms into an authentic garden and carnival setting, complete with sausage booths, pretzels, roulades, games, music and tarot card readers.

"The Bavarians" are entertaining for this occasion. Special membership cost for adults is \$18.95 each (show your club card for discount),

children ages 5-12 pay \$10.95 each and children under age 5 eat free. Cost includes dinner, \$10 in coupons for adults and \$5 in coupons for children. Additional coupons are available at \$1 each. Cash is not accepted at game or beverage booths on the floor; however, a cash bar is available in the Ocean Lounge.

Call 494-4012 from 9 a.m. - 4 p.m., Monday - Friday for reservations. Seating is pre-arranged. This event is open to members, eligible nonmembers and their guests (limit six guests per membership).

Go one-on-one with computer

The library offers an Introduction to Windows workshop Oct. 28 at 5:30 p.m. Library Systems Administrator Ron Baker conducts the computer workshop. Other workshops scheduled are Buying a Computer at 6 p.m. Sept. 23 and Windows Mastering Pt. 1 at Nov. 25 at 5 p.m. Call the library at 494-6881 to register. Coffee and light refreshments are available.

Use Designated Driver program

Club members in a party of three or less who

are designated drivers receive free non-alcoholic beverages for the evening.

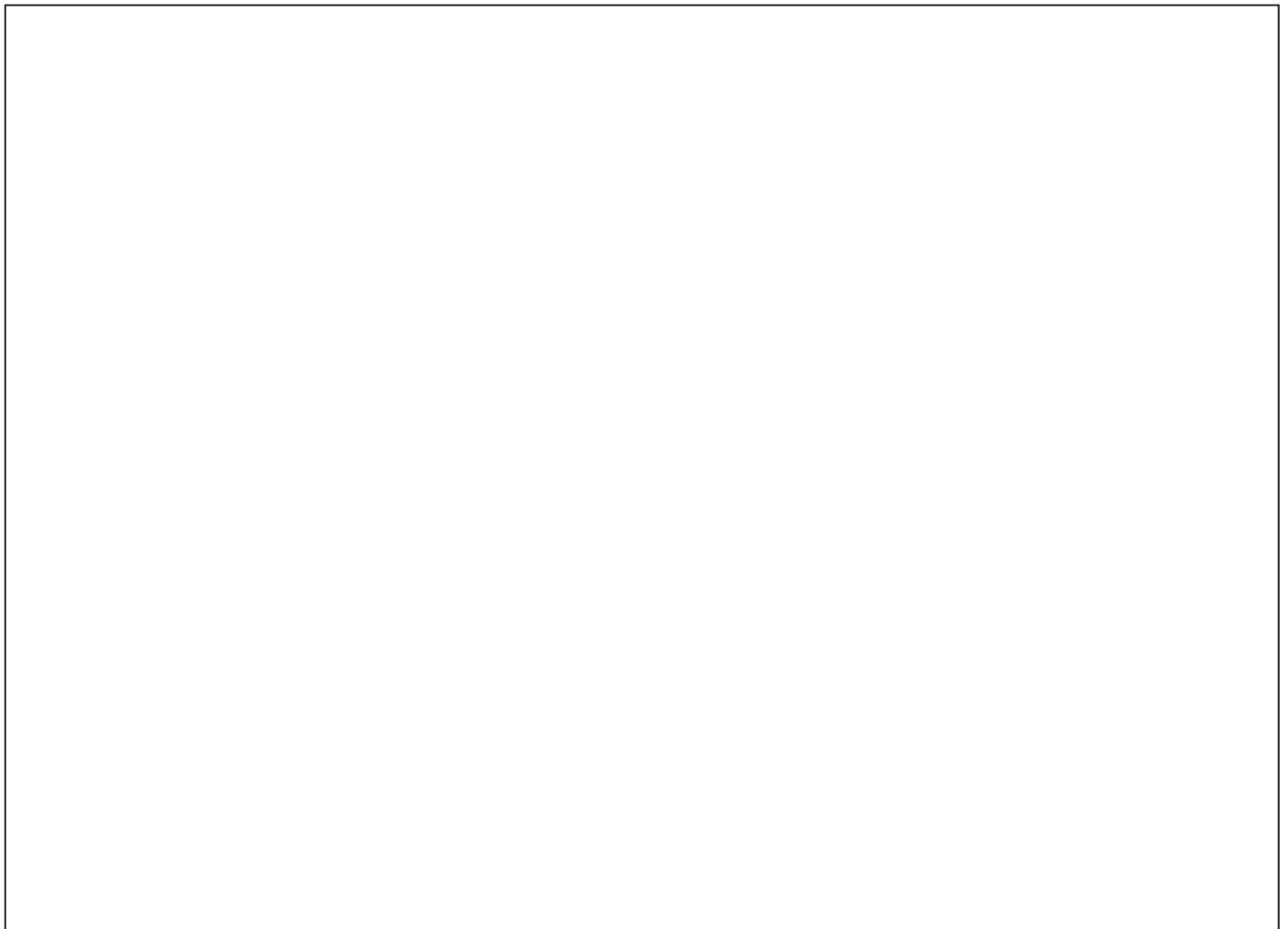
Club members in a party of four or more who are designated drivers receive free non-alcoholic beverages for the evening and a dinner certificate for one, valued at \$11.95.

Members must register upon arrival with the duty manager to receive a "Designated Driver" badge. All badges must be surrendered prior to leaving in order to receive the dinner certificate.

Youth Programs recruit coaches

Youth Programs is recruiting first year and experienced volunteer coaches for their 2003-04 winter basketball program for participants ages 6-15. If interested, complete an application at the Youth Center. Prior mandatory training is also required before coaching begins. All coaches are required to have current child/adult CPR and first aid and safety certifications.

Coaches who have completed all necessary paperwork and training still need to contact the Youth Center if they are returning to the coaching program. For details, call 494-3770.



Riverside Dining Facility Menu

Saturday Brunch - Cajun meat loaf, *crispy baked chicken, rib eye steak

Saturday Supper - *Fish amandine, pork chops with mushroom gravy, stir-fry chicken with broccoli

Sunday Brunch - Chicken Parmesan, sauerbraten, tuna and noodles

Sunday Supper - Fried shrimp, *ginger barbecue chicken, *spinach lasagna

Monday Lunch - *Baked chicken, simmered knockwurst, Swiss steak with tomato sauce

Monday Dinner - Roast turkey, baked ham, fish and fries

Tuesday Lunch - Grilled Salisbury steak, onion lemon-baked fish, yakisoba

Tuesday Dinner - Barbecue beef cubes, *paprika beef, pork chop suey

Wednesday Lunch - Chalupa, Mexican chicken, beef fajitas, chicken enchilada

Wednesday Dinner - Country-style steak, fried chicken, *pita pizzas

Thursday Lunch - Liver with onions, orange-spiced pork chops, tempura-fried fish

Thursday Dinner - Pepper steak, *Mr. Z's finger lickin' chicken, ginger pot roast

Sept. 26 Lunch - Beef and corn pie, pea and pepper rice, *seafood Newburg, veal paprika steak

Sept. 26 Dinner - Yankee pot roast, *simmered corn beef, pineapple chicken

Menus are subject to change. For more information, call dial-a-menu at 494-2845. (*)healthy choices



Catholic

Daily Mass 11:30 a.m. in the Seaside Chapel.
Saturday: 4 p.m. confession 5 p.m.

Mass in the South Patrick Chapel

Sunday: 8:45 a.m. Mass in the South Patrick Chapel and 11:30 a.m. Mass in the Seaside Chapel.

Sunday School: 10 a.m. at the Education Center for pre-K - 6th grade, grades 7-12 Youth Ministry at 6 p.m. at South Patrick Chapel.

Protestant

Sunday: 8:30 a.m. Traditional Worship in the Seaside Chapel.

9:50 a.m. Adult Sunday School in Seaside Chapel

10 a.m. Grades K-12 at South Patrick Chapel. Van transportation provided for base children

11 a.m. Contemporary Service in the South Patrick Chapel

Wednesday: 5:30 p.m. Fellowship dinner in the South Patrick Chapel.



At the movies

Friday *Freaky Friday* In this Disney remake of the 1976 original, Ellen and her daughter, Annabel, wish they could exchange bodies that that the other could see what it's like, but then it happens. Complications arise as Ellen worries about Annabel getting too close to her future stepfather, while Annabel must fake knowing her mom's job as a psychiatrist. Stars Jamie Lee Curtis, Lindsay Lohanin. (PG for mild thematic elements and some language)

Saturday *Bent It Like Beckham* A young Indian girl who dreams of playing professional soccer, but must hide it from her traditional parents. Hilarity ensues when her sister's wedding falls on the day of an important soccer match. Stars Jonathan Rhys-Meyers, Parminder K. Nagra. (PG-13 for language and some sexual situations)

Sunday *Uptown Girls* Molly is the toast of the New York social scene until her accountant steals her inheritance. As her party comes to an abrupt end, she is forced to do something she's never done before – get a job. Molly lands a position as nanny to Ray, the daughter of a high-powered music executive. Stars Brittany Murphy, Dakota Fanning. (PG-13 for sexual content and language)

Movies start at 7:30 p.m. Cost is \$2.50 for adults and \$1.50 for children under 11.

Action Line: 494-6550



**Brig. Gen.
Greg Pavlovich
45th SW
commander**

The Action Line is your direct link to me and provides a valuable source of information on ways we can work together to make Patrick Air Force Base and Cape Canaveral Air Force Station better places to work and live.

The best way to get something fixed is to identify the problem to supervisors and first sergeants.

If you can't get your problem resolved through the agencies, contact the Action Line: e-mail, Commander'sline@patrick.af.mil or click global at Commander's Line – Patrick

AFB; recorded message, 494-6550; mail, 45SW/PA 1201 Edward H. White II St, Ste C-130, Patrick AFB FL 32925-3237; fax, 494-7302. Address all correspondence "Attn: Action Line."

When directing an issue to the Action Line, callers must indicate to whom they've previously addressed the issue.

45th Mission Support Group
Col. Steve Werner
494-6607

45th Civil Engineer Squadron
Jack Gibson
494-4041

Base Housing
Caroline Jamba
494-2593

45th Services Squadron
Lt. Col. John Sproul
494-8081

Military Personnel
Maj. Dianne Dzialo
494-2035

Commissary officer
Ronald Rogers
494-4060

AAFES
Mike Lovejoy
494-6455

Civilian Personnel
Robert Daniel
494-5238

Military Equal Opportunity
Capt. Marlon Johnson
494-6334

45th Security Forces Squadron
Maj. Lynden Skinner
494-6202

Financial Services
John Brett
494-7171

45th Medical Group
Col. Gilbert Hansen
494-8100

Ground Safety
Paul Compton 494-4023
Inspector General
Lt. Col. Frank Miles
494-2287

