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# 45th OSS takes numerous AFSPC awards

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

Not only can the 45th Operations Support Squadron boast that they had the best airfield operations flight complex in 2003 for Air Force Space Command, they also garnered a majority of command awards making them tops among seven different installations.

Those individually recognized by AFSPC were 1st Lt. Phillip Garcia with the Col. Derrek L. Dempsey Officer of the Year award, Senior Master Sgt. Charles Stickel II as the Air Traffic Control Enlisted Manager of the Year, Tech. Sgt. Mel McBride with the Air Traffic Control Training Achievement award and Staff. Sgt. Shannon Smith named the Air Traffic Controller of the Year.

"It's a team effort. The entire squadron just works great together," said Sgt. Smith. "These awards are a reflection of that."

The team of controllers managed over 31,000 aircraft across three geographically-separated units and hosted Florida's largest air show to date.

Not only did the airfield see a lot of action at home, but the 45th OSS also did their part in Operations Enduring and Iraqi Freedom by deploying a large number of their personnel to help relieve the Air Force's need for air controllers.

"We played an important role in OIF," said Sgt. McBride. "We hadn't really taken on this many deployments before, but now we're taking on our fair share."

During heightened operations overseas, the 45th OSS met 100 percent of their Air Expeditionary Force taskings and then exceeded the orders by an extra 15 percent to equal 1,550 total days deployed among those that deployed.

The flight wouldn't have made it there without the proper training.

As one of the first bases to receive a top-notch air traffic control simulator to help train airmen in any environment on any airfield in the world, Sgt. McBride says that the system helped him immensely during the training of 22 air traffic controllers.

"It's an awesome piece of equipment," said Sgt. McBride. "It streamlines many of our training methods and prepares us to work anywhere at any time."

All of the winners said their success is all due in part to their teamwork, not only between themselves and other units in the wing, but between NASA, the Federal Aviation Administration and other DoD organizations.

It's also a credit to the squadron's ability to execute START and achieve their unit goals.

"This reflects the outstanding individual and squadron achievements of an action-filled 2003," said Lt. Col. Kurt Hall, 45th OSS commander. "These individuals represent the very best in the 45th Space Wing and Air Force Space Command."

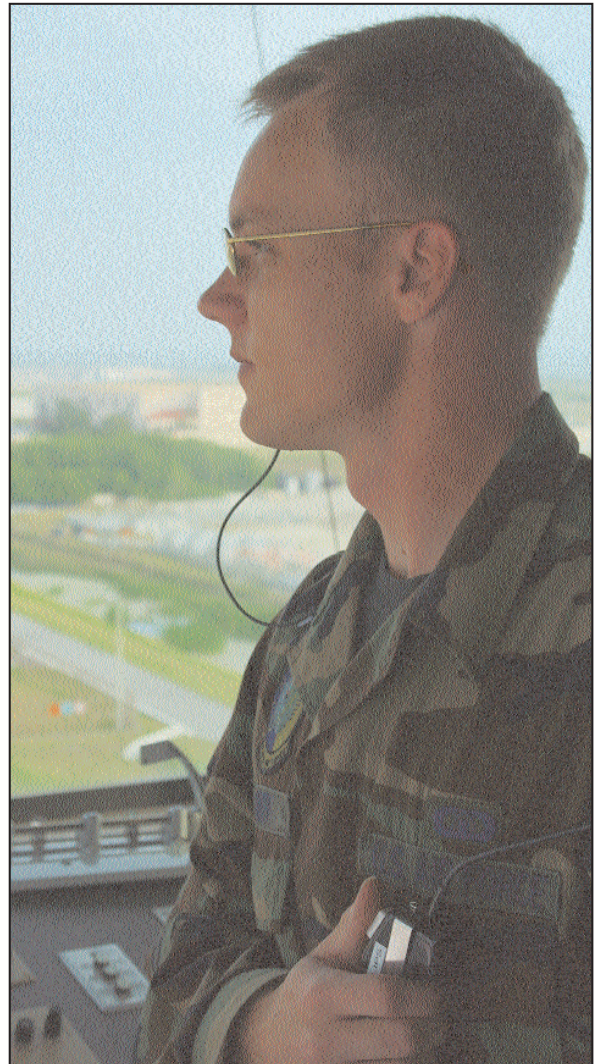


Photo by 1st Lt. Warren Comer

Staff Sgt. Shane Smith, 45th Operations Support Squadron air traffic controller, watches the skies while directing aircraft onto Patrick Air Force Base's flightline Tuesday.

*Best Newspaper in Air Force Space Command - 2003*



*Straight from the*  
**COMMANDER'S**  
**DESK** ★

By Brig. Gen. Greg Pavlovich  
 45TH SW COMMANDER

First off, I want to get back to you with an answer to a question I received at civilian call about why civilians aren't able to file their taxes electronically through the Volunteer Tax Assistance program. Unfortunately, it is because of resource constraints. Not only is there a shortage of reps to provide service, but the licensing agreement with the IRS only allows us to have one computer to send out all the electronic filings. Despite the limits we've been able to provide to support to civilians in their workplace with tax assistance through unit representatives, but the sole e-filing computer is overbooked.

On to other topics, how about that Titan? After what seemed incredible odds due to less than agreeable weather, we successfully launched our second rocket of 2004 and our second-to-last Titan IVB on Saturday.

The weather folks were spot-on - they said we'd likely have a break during the first hour of the window and we did. Thanks to the synergy and flexibility of our launch team (and a great chaplain), we were able to synchronize a new T-0 during that target time after we experienced a delay.

At 1:50 p.m., the range was green for weather, all systems were go, and we launched an important Defense Support Program satellite, the backbone of our ballistic missile early warning system. It was a team effort led by our 3rd Space Launch Squadron, 1st Range Operations Squadron, the Space-Based Infrared Systems Program Office at the Space & Missile Systems Center and our Lockheed-Martin launch partners.

Of course, like all launches, this mission took the support of the entire wing and all our mission partners. This particular mission heaped additional requirements as we hosted numerous distinguished visitors coming to pay tribute to the Titan era as we near the fly out of this legacy workhorse.

Special thanks to the Protocol Office, Det.1 Mission Support Group, 45th Civil Engineer Squadron, 45th Services Squadron, 45th Security Forces Squadron and dozens of unit representatives who helped orchestrate activities and had the base and Cape in pristine order. I can assure you, Undersecretary of the Air Force Peter Teets, Air Force Chief of Staff Gen. John Jumper and Gen. Lance Lord, commander of Air Force Space Command, were duly impressed.

And so was I. We once again lived up to our "southern hospitality" reputation, which is no surprise. It was the same impressive red carpet last week when we had Chaplain (Brig. Gen.) Charles Baldwin speak at our National Prayer Breakfast. What a great welcome for the gentleman who will head the Air Force Chief of Chaplain Service. Thanks to our Chaplains' Office and a host of volunteers who put together that world class event. As is always the case here, great people are making the difference.

Speaking of great people, our Operations Support Squadron was recently recognized at the major command level for its hard work. For the second year in a row the 45th OSS was named the Airfield Operations Flight Complex of the Year for AFSPC. Additionally, the unit captured four of nine individual awards. Outstanding!

But, as great as our OSS folks obviously are, they can still use your help. As you know, we have quite a large bird population, mainly due to our proximity to the water. And while they are a part of the natural backdrop, we also want to be sure we aren't encouraging birds to congregate on base because they pose a risk to airfield operations.

The popular avian spots include the parking lots at Burger King, the Base Exchange, the Commissary and our Clinic. You can help, first and foremost, by not feeding the birds. Even along the beach we ask you not to offer food to the birds. Not only does feeding drive them to mass in these

areas, but it isn't healthy for them to be eating human food.

Second, keep trash picked up. If you drop something - anything - pick it up. Trash receptacles in the area are covered, but if you see trash piling up or a canister knocked over, please call it to the attention of the support staffs.

So please, if you see someone feeding the birds, ask them to stop. If they won't - or if you don't feel comfortable approaching them - please call the Security Forces Operations Desk at 494-2008 and let them know about the situation.

Also along safety lines, I need everyone to mind the 'hands free' cell phone policy for operating a vehicle on Patrick AFB and Cape Canaveral AFS. The policy is simple: You may not operate a vehicle on either installation while using a cellular phone unless you have a hands free device. This is for your safety as well as the safety of other drivers. Hang up and drive!

Finally, this week I close with one last safety message. It is with a heavy heart that I deliver the news that we've lost one of our own this week, Mr. Paul Compton, the ground safety supervisor from the 45th Safety Office.

Mr. Compton, who was at Patrick for 13 years, was an icon not just in the safety office, but the wing. He touched many organizations and lives during his time here as you'll see from the tribute article on Page 3. Our thoughts and prayers go out to his family in this difficult time. God bless.



Photo by Jim Laviska

## Ready to go

Brig. Gen. Greg Pavlovich, 45th Space Wing commander, right, puts the Titan IV mission patch on Gen. John Jumper's flight suit at the Range Operations Control Center Saturday before the rocket lifted a Defense Support Program satellite into orbit.



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# Lent calls Christians to healing ministry

By Chaplain (Lt. Col.) Redmond Raux  
45TH SPACE WING CHAPLAIN

Lent is a time for healing. Yes, it hurts to change, to grow, to move away from comfortable ways and long standing habits.

It may even feel like dying – but Lent is a time for healing.

The whole of Jesus' life was spent in healing. He welcomed broken hearts, broken bodies, broken spirits – anxious to give health, inner freedom and hope to those on the edge of despair.

And in doing so, he healed a broken world as well – restoring us to God's original intention, to wholeness.

Lent calls (Christians) to the healing ministry of Jesus. Prayer will lead us to the broken places of our lives. Prayer will lead us to the wounds of our world, yet to be healed.

This Lent, may we be a blessing to one another and lay hands of healing justice, compassion, honesty, charity, forgiveness and mercy upon that place most in need ... within ourselves and, hopefully, others.

Then, Easter morning will find us greeting the risen Christ with greater freedom, greater understanding and greater peace.

As we begin this season with Ash Wednesday, Feb. 25, some will mark this new liturgical season with the wearing of ashes on their foreheads.

Ashes are an outward sign of a person's realization that something is not right with-

in, or in their relationship with God and/or others.

It is a sign of the need for healing of what is broken.

The schedule below is an invitation to allow the healing within to occur.

## Catholic

Ash Wednesday – Feb. 25 Fast, abstinence 11:30 a.m. Mass and distribution of ashes, Base Theater

7 p.m. Mass, distribution of ashes, South Patrick Chapel

Lenten Devotions – Tuesdays at South Patrick Chapel

Meager Meal/Devotion – March 2, 9, 16, 23, 30, and April 6 at 5:30 p.m., Meager Meal 6:15 p.m.

Stations of the Cross – March 2, 30  
Father Chris Hoffmann presents devotions – March 9, 16

Reconciliation – March 23

Living Stations of the Cross – April 6

## Protestant

Ash Wednesday – Feb. 25 Distribution of Ashes, 6 p.m., Base Theater

Lenten Meals and Devotions – Wednesdays at South Patrick Chapel, 5:30 p.m. March 3, 10, 17, 24, 31 and April 6

# Ground Safety chief passes over holiday

The 45th Space Wing is mourning yet another death in its Safety Office family.

Paul Compton, 45th SW Ground Safety chief, passed away early Sunday morning from heart failure.

The retired Air Force master sergeant worked at Patrick Air Force Base since 1991 and became the Ground Safety chief in 1994. "Paul repeatedly touched every organization on base," said Col. Wayne Thompson, 45th SW Safety Office chief.

"He was known Air Force-wide for his safety expertise. He was a tremendous asset, not only to the wing, but to the Air Force. His years of safety experience detailed knowledge of safety programs will be difficult, if not impossible for us to replace."

Mr. Compton is survived by his wife, Patricia; children, Paul Thomas Compton and Kelly Jean Compton; and brother Lennie Jackson Compton.

There will be a memorial at the South Patrick Chapel Friday at 10 a.m. for members of the wing. Funeral services will be private. In lieu of flowers, the family suggests that a donation be made in his memory to a charity of choice.

The 45th SW Safety Office also lost automation clerk and retired Air Force master sergeant Willie Brown, Jr., Jan. 31.



Compton



## Commander Q&A: Capt. Marlon Johnson 45th SW Military Equal Opportunity

**Q. What's the mission of the Military Equal Opportunity Office?**

A. The primary mission of the Military Equal Opportunity and Treatment program is to improve mission effectiveness by promoting an environment free from personal, social or institutional barriers that prevent Air Force members from rising to the highest level of responsibility possible based on individual merit, fitness and capability.

**Q. How can your office help people understand how to relate and work with people in their office?**

A. We help people relate with each other through a comprehensive education program which focuses not so much on the outer appearance of the person in front of them, but encourages them to truly learn and take interest in the personal attributes of the individual who sits across from them in the work environment.

**Q. What effect has the military had on civil rights in the United States?**

A. The military has been a true and constant model of the civil actions initiated in the civil courts. We have set the standard for the civilian world with inception of the Defense Equal Opportunity Management Institute program in 1971, establishing the MEO program for all services. We have made great strides, but still have some improvements to make.

**Q. As an MEO office, what's one of the most important things for people to know about your office?**

A. We are not here to just handle complaints. We believe that dealing with the issues of discrimination and sexual harassment begins with education. Our goal is to educate everyone. In turn, this will bring about a higher sense of awareness about behaviors that may offend and degrade another human being.

# Titan IVB honors legendary worker



Photo by Carleton Bailie

A Titan IVB rocket successfully launches from Space Launch Complex 40 carrying a Defense Support Program satellite Saturday.

## Launch marks end of 45-year space career

By 2nd Lt. Kevin Coffman  
45TH SW PUBLIC AFFAIRS

The next-to-last Titan IVB to blast off from Cape Canaveral Air Force Station lofted a Defense Support Program satellite into orbit Saturday to help the United States detect missile launches worldwide. DSP-22 will add to an already vigilant constellation.

The Titan IVB booster typically launches the DSP and other shuttle-class payloads into orbit. However, in 1991, a space shuttle carried a DSP into orbit.

The next DSP is scheduled to be launched into orbit by a Delta IV booster from Space Launch Complex 37 at CCAFS.

The 21st Space Wing at Peterson Air Force Base, Colo., operates the DSP satellites.

"For 34 years, DSP satellites have detected missile launches all over the world in defense of the United States and our allies," said Col. Robert "Bo" Reese, Air Force Space Based Infrared

Systems deputy system program director.

"In addition to missile detection efforts, we are finding unique ways to use IR, such as providing information on volcanic activity and forest fires."

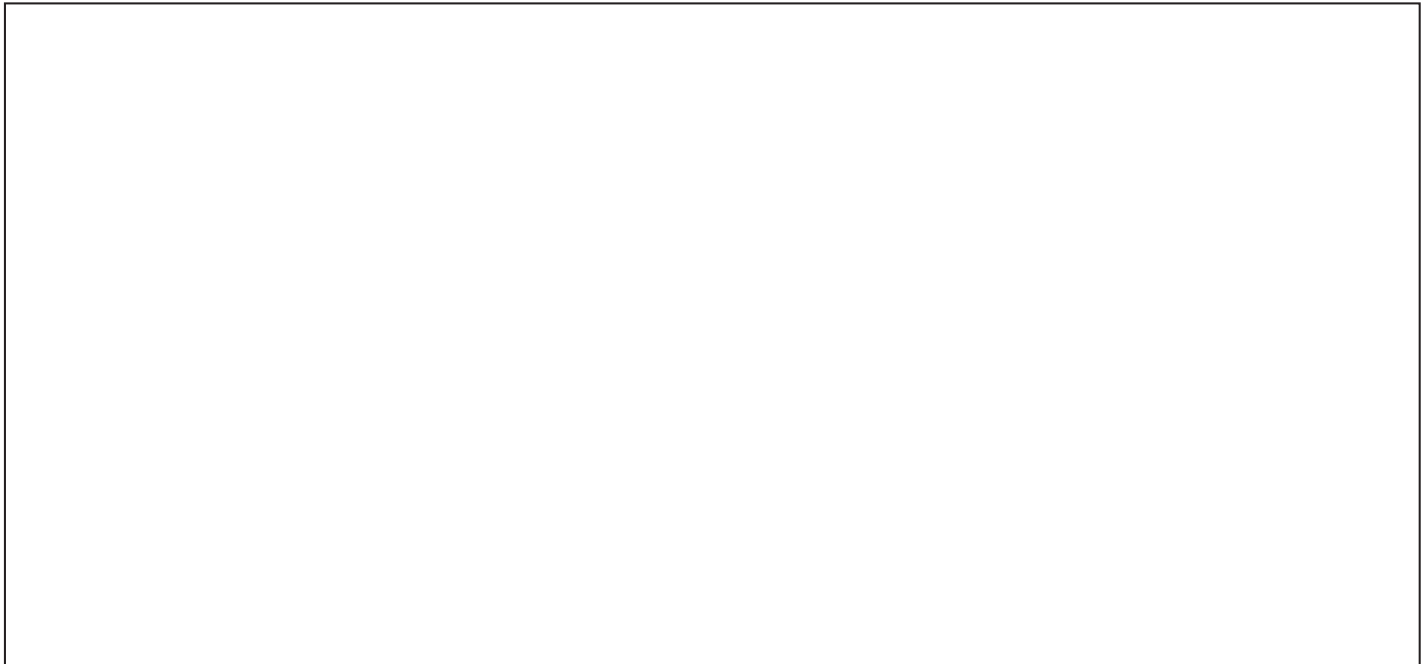
"The 3rd Space Launch Squadron has been working on and preparing for the final Titan IVB launch from Cape Canaveral Air Force Station for a while now, but the pace will be stepped up with the recent success on Saturday," said Lt. Col. Jimmy Comfort, 3rd SLS commander. "We expect to roll out to the pad in April. Team Titan is looking forward to the last Titan IVB mission from the Cape in October."

When the next-to-last Titan IVB rocket lifted into the gray afternoon skies of Valentine's Day, it marked the final launch that Mr. Donald Seib would support as a DoD employee.

Mr. Seib began his career at the Cape in 1959 on the Atlas Intercontinental Ballistic Missile Program.

He worked for the Aerospace Corporation from 1965-1967. Then, he became a member of the Titan

See LAUNCH, next page



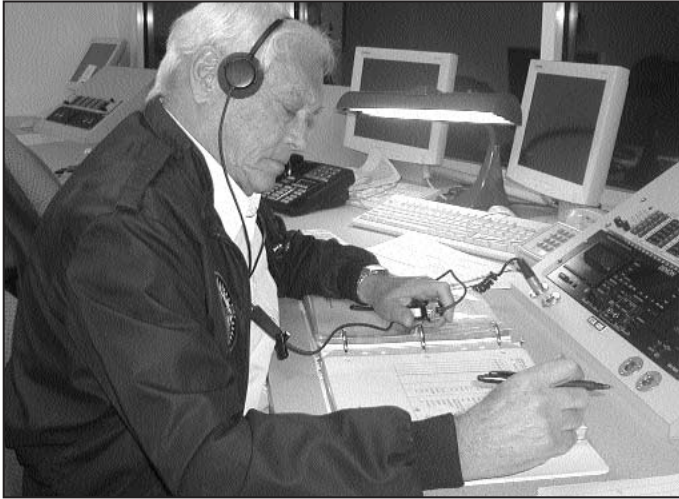


Photo by Capt. Craig Dumas

Donald Sieb has been involved in the space mission for more than 40 years. Saturday's Titan IVB launch was the last of his career.

## LAUNCH, continued from Pg. 12

By 2nd Lt. Kevin Coffman  
45TH SW PUBLIC AFFAIRS

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# Be prepared for some rough weather ahead

By William Roeder  
45TH WEATHER SQUADRON

Severe weather season in Central Florida begins in February, with Florida Hazardous Weather Awareness Week is Sunday - Saturday.

The most immediate weather threat to the Space Coast is tornadoes. The strong tornado season in Central Florida begins in February, peaks in late March and then falls in April. The largest tornado outbreak in Florida history was February, 1998.

Late winter/early spring tornadoes, which often occur late at night, are caused by strong cold fronts. Owning a NOAA weather radio is strongly recommended, as they will sound an alarm whenever National Weather Service issues a warning in the area. It's important to keep aware of the weather forecasts since weather forecasters often advise of the potential for severe weather a day or more in advance. Know where to take shelter in a house, or where to go for shelter if living in a mobile home. Secure small light outdoor objects when strong cold fronts are approaching.

✓ Lightning - As the leading cause of weather deaths in Florida, lightning also inflicts lifelong debilitating injuries on many more than it kills. Florida is the "lightning capital" of the country and leads the nation in lightning casualties.

✓ Hurricanes - Florida is one of the more at-risk states for hurricanes. In addition to the high winds, large waves

and storm surge, hurricanes also bring the dangers of flooding and tornadoes. Flooding is the biggest cause of deaths from hurricanes and is the most frequent impact from tropical cyclones on the Space Coast. Hurricane season runs June through November.

✓ Tornadoes and thunderstorms - Florida has more tornadoes per square mile than anywhere on Earth. While many of these are weaker tornadoes that occur in summer, they are very difficult to forecast. Other significant tornadoes occur with land-falling tropical cyclones.

✓ Marine hazards include rip currents, waterspouts, high winds, and rough seas. Swimmers in the ocean, surfers, and boaters need to be very weather wary.

✓ Temperature extremes and wildfires - Wildfires can be a large hazard if summer rains don't arrive, or during early spring thunderstorms after a winter dry season.

For more information on Florida Hazardous Weather Awareness Week, visit [www.floridadisaster.org/hwa](http://www.floridadisaster.org/hwa). For weather forecasts and severe weather outlooks for the 45 Space Wing, go to <https://www.patrick.af.mil/45og/45ws>. For forecasts off-base, go to [www.srh.noaa.gov](http://www.srh.noaa.gov). The 45th Space Wing Civil Engineering Readiness Flight provides severe weather preparedness guidelines at <https://www.patrick.af.mil/45sptg/45ces/readines.htm>.

The 45th Weather Squadron is available to provide weather safety briefings to units; call 853-8410.

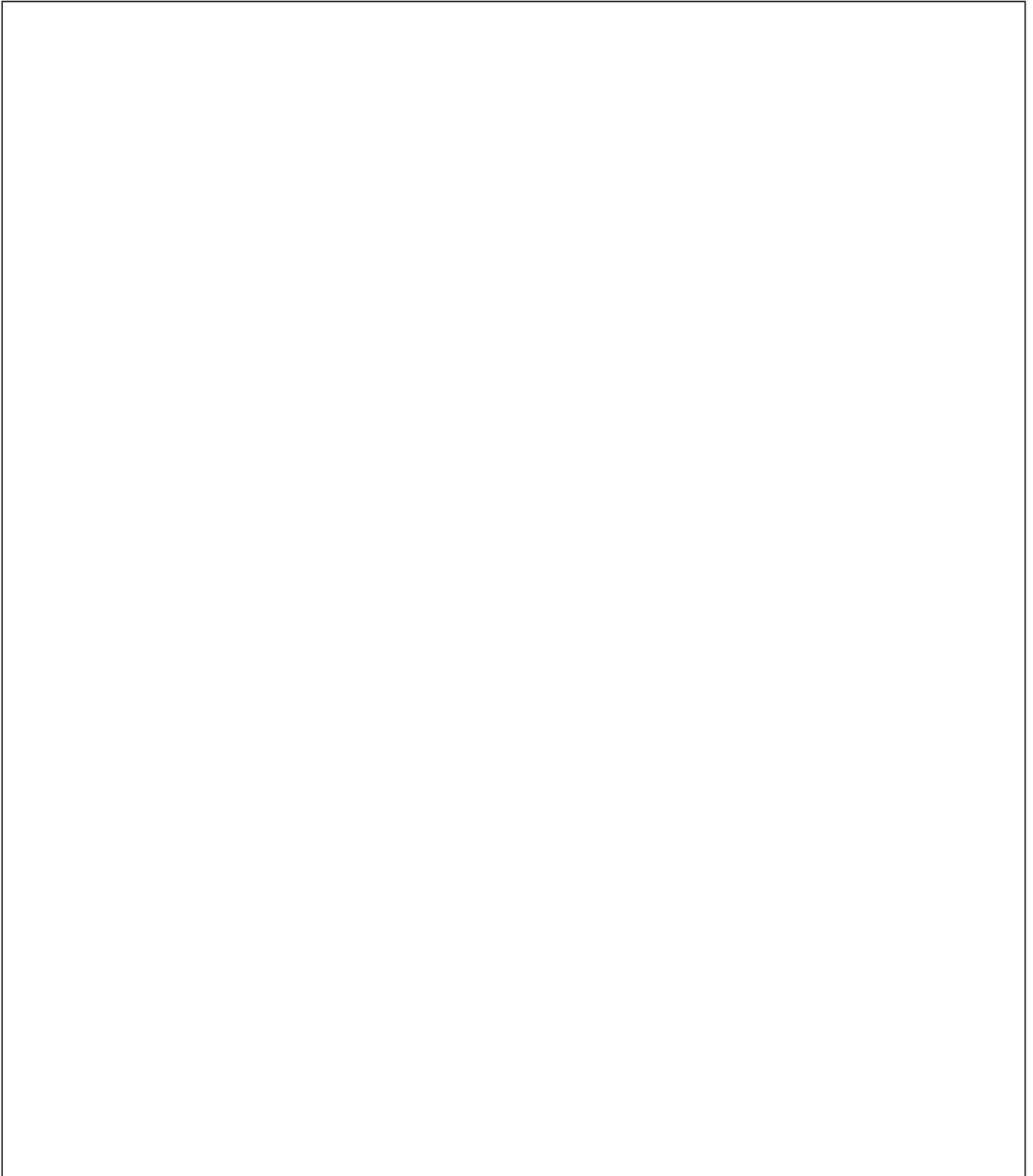




Photo by 1st Lt. Warren Comer

### Heavy lifting

Members of the Army's 954th Transportation Company at Port Canaveral load Humvees onto the Army Logistics Support Vessel 1 Monday. The Humvees and supplies will support Operation New Horizon in South America.

# Deployed getting ATM access

## Quality of life enhancement makes airmen's lives easier

By Capt. Kelley Thibodeau  
379TH AEW PUBLIC AFFAIRS

A deployed officer has developed a template for an automated teller machine agreement that will place ATMs at selected locations in the region. The first two ATMs are due to be installed in mid-February.

"Maj. [Scott] Lettney created the first operating agreement for the U.S. Air Force for this type of initiative," said Maj. Steve Minkin, 379th Expeditionary Comptroller Squadron commander.

The operating agreement will be used as the template for future initiatives, Maj. Minkin said.

Currently, most people deployed to Southwest Asia cash checks for U.S. dollars or

a host nation's currency. If someone deploys without checks, he or she may have to use a pay advance to get cash. Pay advances are restricted to \$100 and may affect a person's base pay for several months after the advance.

Maj. Minkin and the 379th ECPTS cashiers said they expect a significant drop in check-cashing needs once the ATM machines are installed and running.

"The initiative gives us an opportunity to look at the manning of the cashiers in the comptroller squadron and see if some positions can be reduced, allowing more people to be at home station," Maj. Minkin said.

Deploying individuals should know their banking options at their specific deployed location before arrival. Some locations will only approve personal checks in the name of the individual writing that check.

## Split disbursement mandatory for civilians

All DoD civilians are now required to file split disbursements on their travel vouchers according to the National Defense Authorization Act for 2003.

If split disbursement is not selected on a member's travel voucher without a valid reason why, their forms will be returned to them for explanation. This will result in a delay of

payment to their government travel card.

For civilians with a valid reason why they do not want to use split disbursement, the employee must include a written statement on the voucher.

Call the 45th Comptroller Squadron customer service desk at 494-4882 or e-mail them at [4finance@patrick.af.mil](mailto:4finance@patrick.af.mil).



**Main gate construction**

Phase two of Main Gate construction begins Tuesday. Inbound traffic will enter using the northern most lane and stop at the two identification checkpoints on Titan Road and Jupiter Street. O'Malley Road will be closed to traffic until construction is complete. Access will still be limited and the construction should be completed in March. For more information call 2nd Lt. Glenn Cameron at 494-9243.

**LES going digital**

The Air Force plans to eliminate hard copy Leave and Earning Statements, making personnel visit the myPay Web site in order to get an LES. The Air Force Space Command goal for doing this is May 22. To receive an LES, all military members must log on to the myPay Web site at <https://mypay.DFAS.mil>. This does not apply to civilian personnel at this time.

For more information, contact the 45th Comptroller Squadron customer service section at 494-4882.

**Luncheon scheduled**

The Retired Military Officers' Wives Club has its monthly luncheon on Feb. 27 at the Officers' Club. They will celebrate their 35th anniversary with entertainment from the barbershop quartet, Orpheum Circuit.

A social period begins at 11:30 a.m. with lunch served at noon. Reservations for the luncheon need to be made by Wednesday at noon. To make a reservation call Dean Pittman at 777-3044, Helene Sufilas at 727-1146 or Gussie Reichel at 255-6976. Entrée choices include Atlantic salmon, chef salad or fresh fruit plate.

**Take course for future**

"Marketing Yourself for a Second Career" class and lecture is March 1, 9-11:30 a.m. at the Family Support Center. The event is for those planning to leave the service in the next five years. Spouses are also invited Call 494-5676 for details.

**Nominations being accepted**

The Patrick Spouses' Club is accepting nominations for the 2004-2005 executive board. No previous experience is needed. Meetings provide spouses an opportunity to socialize and share talents. For more information or to receive an application, call Stephanie Kuhn at 779-8686. Deadline for application is Sunday.

**Sign up for classes**

A Gardening Class on sprint herbs is Tuesday from 11 a.m. - noon; on Wednesday, a Parents' Workgroup is from 11 a.m. - noon and an information fair is at the Main Exchange from 11 a.m. - 1 p.m.; Heart Link is on Thursday from 10 a.m. - 2 p.m. and a Life Insurance meeting is on Friday from noon - 1 p.m. All class-

es/meetings are at the Family Support Center, Bldg. 722, unless otherwise noted. Call 494-5676 to sign up.

**41st Space Congress set for April**

The 41st Annual Space Congress is April 27-30 at the Radisson Resort at the port in Cape Canaveral. This year's theme is "Determination: Meeting today's challenges, enabling tomorrow's vision." The international conference brings together scientific, commercial, military and educational communities to discuss current and future activities affecting space initiatives. For ticket information, visit <http://www.spacecongress.org> or call 452-3068.

**Plan for retirement**

Civilians can receive valuable information on retirement planning by attending a seminar. The Mid-Career Planning Seminar, March 23, is designed for employees who are more than five years from retirement eligibility. This one-day seminar is also highly recommended for new employees already established in federal service.

The Pre-Retirement Seminar for FERS, March 24-25, is for employees within five years of retirement. The two-day seminar covers benefits, Thrift Savings Plan and more. A similar seminar tailored for CSRS employees is planned for later this year.

Registration for the two seminars is on a first-come, first-served basis. Call 494-8398 to sign up.

**Scholarships available**

The Patrick Spouses' Club is accepting applications through March 22 for their annual scholarship program. Scholarships are open to high school-age children of active-duty military members stationed at Patrick Air Force Base, Cape Canaveral Air Force Station, Antigua Air Station, Ascension Auxiliary Air Field and children of military retirees who live in Brevard County. Pick up an application at any Brevard County high school, the Patrick Library or call the Patrick Spouses' Club at 536-3101 for more information.

**Get a scholarship**

The Air Force Aid Society's Gen. Henry H. Arnold Education Grant Program awards \$1,500 grants to sons, daughters and spouses of Air Force active-duty; Title 10 AGR/reservists on extended active duty; Title 32 AGR performing full-time active duty; retired reservists with more than 20 qualifying years of service and deceased Air Force members. Applicants must be enrolled or accepted as a full-time student in the 2004-2005 academic year. Deadline for the preliminary application is March 12. Call Chrissy DeWitte at 494-5676 for more information.

# Pioneer recalls why team chose Brevard



Retired U.S. Army Col. Ralph Williams points out an old seaplane ramp at Patrick AFB that is one of few reminders left of the base's origins as the Banana River Naval Air Station during World War II. The retired colonel was on the Department of Defense team that visited several sites back in the late 1940s in search of a home for America's missile base and testing range. He visited Patrick recently and shared his recollections of what the Space Coast was like in the 1940s and he also discussed why the committee decided to recommend this area for the new base.

By Ken Warren  
45TH SW PUBLIC AFFAIRS

When retired U.S. Army Col. Ralph Williams visited the Banana River Naval Air Station for the first time in 1948, he thought the Banana River was the Atlantic Ocean. Somebody told him to look over his shoulder and the rest, as they say, is history.

After he got his bearings, Col. Williams says he remembers thinking: "We can launch for hundreds of miles across that ocean. There is great infrastructure here."

Back in 1948, he was a major serving on the DoD's team of officers charged with surveying potential sites for the new Joint Long Range Proving Ground - where America could safely

launch and track missiles and eventually space launch vehicles. After about a year of research and analysis, his group had narrowed the search for the new missile base/range down to three sites: Eglin Air Force Base, Fla.; Point Mugu, Calif.; and Banana River NAS/Cape Canaveral.

Thoughts of possibly locating the site at Point Mugu were abandoned after the Mexican government refused to allow missile flights over Baja, Calif. The Navy had just vacated the Banana River NAS (which would later become Patrick AFB) and it was in caretaker status. Cape Canaveral was largely unpopulated.

"Our marching orders were to find a place where we could build an extended test range with downrange tracking stations. The effect of

the earth's rotation on launches from here in Florida was also important in our decision making," said Col. Williams, now 84 and living in Port St. Lucie, Fla. "The Cape was ideal for the firing base because it was relatively remote and right on the ocean. There was lots of space there to build whatever we needed. Plus, the old nearby naval station was perfectly situated to serve as a support base."

According to Col. Williams, a career missileer who graduated in the Army's first Guided Missile Staff Officer course in 1946, the Brevard County of the late 1940s was nothing like today's Space Coast.

"When our team came here in 1948, (State Road) A1A was a narrow two-lane road that seemed to hug the coastline. I don't remember seeing any civilian vehicles on the road between what are now Patrick and the Cape - just a bunch of sand dunes and palmetto scrub," he said.

While here in 1948, two local chambers of commerce treated Col. Williams and his colleagues to a joint reception. "I remember having a big steak dinner and a big bowl of boiled shrimp at a country club. The locals really wanted us to build these bases here," he said.

According to Col. Williams, the chambers' reception was greatly appreciated, but the scientific, geographic, logistical and fiscal factors were the keys to their decision. "The steak and shrimp were great, but really didn't factor much," he chuckled.

After their visit to Brevard County, Col. Williams' team flew to the Bahamas on a C-47 aircraft to look at possible downrange tracking sites. "The British were willing to let us build and operate tracking stations on the islands," he said. "Everything fell into place."

The Navy transferred the Banana River NAS to the Air Force on Sept. 1, 1948. The station remained in standby status, but it was renamed the Joint Long Range Proving Ground Base on June 10, 1949.

On May 9, 1950, work began on the Cape's first paved access road and its first permanent launch site. On May 17, 1950, the base was renamed the Long Range Proving Ground Base. The British signed the Bahamian Agreement, which allowed the establishment of range sta-

**see PIONEER, next page**



Col. Ralph Williams shows pictures of the site survey team he served on and reminisces about their visit to Brevard County and the Bahamas back in 1948.

## PIONEER, cont. from Page 10

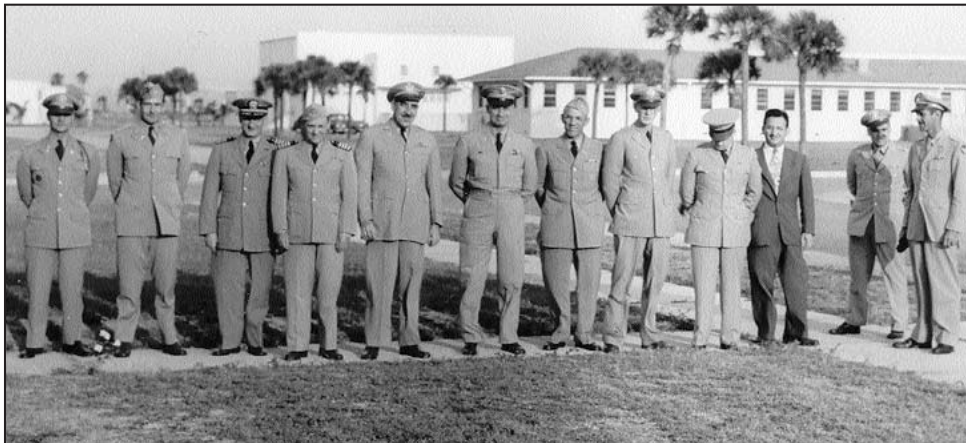
tions in the Bahamas, on July 21, 1950 and on Aug. 1, 1950, the base was renamed Patrick AFB in honor of Maj. Gen. Mason M. Patrick. By July 1954, Cape Canaveral Auxiliary AFB had missile assembly buildings, a central control station and four launch complexes.

Now, more than half a century after his initial site survey, Col. Williams looks back with pride on the role his team played in establishing the missile/range base here. "We were on the front lines of the Cold War. The Germans had missiles and the Russians took a lot of the Germans' pro-

duction capability after World War II. Plus, we knew that long-range missiles with nuclear capability would be involved. It was matter of countering the threat," he said.

Although the primary purpose for establishing the Long Range Proving Ground was to test ballistic missiles, Col. Williams says they had their eyes on space, too.

"We did space calculations. The idea that something would get away from here and go to the moon was something we thought about. But, I'm amazed that we continue to limit ourselves when it comes to space and haven't done more," he said.



Col. Ralph Williams, second from left, and members of his site survey team pose with naval officers at the Banana River NAS while it was in caretaker status in 1948. During World War II, the base supported seaplane operations. Also pictured, fifth from left, is Col. Harold R. Turner, first commander of the Joint Long Range Proving Ground, which ultimately evolved in the 45th Space Wing.

**Oct. 1, 1940** - The Banana River Naval Air Station was commissioned.

**Sept. 1, 1948** - The Navy transferred the Banana River Naval Air Station to the Air Force.

**May 11, 1949** - Enabling legislation was signed by President Truman to make the Joint Long Range Proving Ground a reality.

**May 16, 1950** - The base was renamed the Long Range Proving Ground Base.

**July 21, 1950** - The British signed the Bahamian Agreement, allowing the establishment of range stations in the Bahamas.

**July 24, 1950** - BUMPER 8 becomes the first vehicle ever to launch at the Cape.

**Aug. 1, 1950** - The base was renamed Patrick Air Force Base in honor of Maj. Gen. Mason M. Patrick.

**July 1954** - Cape Canaveral Auxiliary Air Force Base had missile assembly buildings, a central control station and four launch operations.

# Strong muscles key to injury prevention



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

*This is part five of a six-part series covering proper exercising and conditioning of the major muscle groups to be WarFit and healthy.*

The shoulders are the most mobile joint in the body and are very susceptible to injury, making strong shoulder muscles even more important.

They are used in almost every upper-body movement, either as a secondary helping muscle or a stabilizing muscle.

"Shoulder muscles help stabilize the upper body during push-ups," said Naomi Parish, Patrick Fitness Center's assistant director.

A way to avoid injury to the shoulders is by warming up with stretches, performing exercises correctly and listening to the body.

"Exercises that strengthen the shoulders are weighted raises either in front of the body, or the side of the body," said Ms. Parish. "One shoulder exercise people tend to perform incorrectly is the overhead press."

"Too many people bring the weight down behind their head," she explained. "By doing that they are putting too much external pressure on the muscles."

While its important to strengthen shoulder muscles, Ms. Parish explained that shoulder muscles get a lot of work during other workouts, primarily during back and chest exercises.

According to Ms. Parish, overuse of the

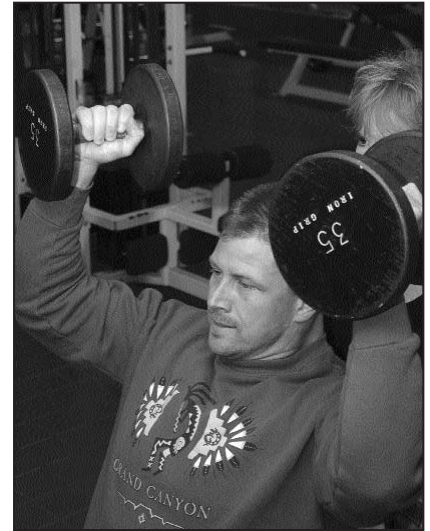


Photo by Airman 1st Class Shaun Emery

**Don Whitman works his shoulder muscles with an overhead press.**

shoulder muscles along with too much weight can cause an injury that might set a person's exercising routine back six months to a year.

Shoulder injuries can include muscle tears, tendonitis or pinched muscles.

At the first sign of pain, Ms. Parish recommends a person rest their body and apply ice to the injured muscle.

"Avoid movements or anything that puts extra stress on the muscles," she said.

*Next week: building bigger arms.*

## Sleep essential to healthy living

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

Long days of work, hard workouts at the gym and people's everyday activities all take a toll on the body.

To counter those effects, a good night's sleep can help maintain a person's productivity and healthy life.

"If people are sleep deprived it can affect their performance, ultimately affecting the (45th Space Wing's) mission," said Randall Hubbard, the Health and Wellness Center's sports physiologist.

"A well-rested person is more alert, able to pay better attention and thinks more clearly."

While many reports say adults need an average of seven to eight hours of sleep a day, Mr. Hubbard feels people should get as many hours of sleep as they need to feel rested.

Sleep plays a major role for athletes and people trying to get in shape.

Many airmen are working to get in

See SLEEP, next page

## SLEEP, continued from Page 12

By Airman 1st Class Shaun Emery

45TH SW PUBLIC AFFAIRS

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### Tips to getting a good night's sleep

- Keep a regular bedtime and waking time
- Only use your bed for sleep
- Keep your bedroom cool, quiet and dark
- Avoid taking long naps (more than an hour) during the day
- Avoid exercise right before bedtime
- Don't drink beverages with caffeine in the afternoon



Photo by 1st Lt. Warren Comer

## On the path to fitness

Personnel from the 45th Space Wing, Air Force Technical Applications Center and Defense Equal Opportunity Management Institute took part in the "Step Up, Florida" run and bicycle ride Monday to help promote healthy living throughout the state.

### Bowling Center offers specials

Beginning next month, Rocket Lanes Bowling Center honors organizations throughout the base with special bowling rates on designated days.

On March 8, anyone who works within the 45th Mission Support Squadron is eligible for 50-cent games and 50-cent shoe rentals all day. On March 22, the 45th Operations Support Squadron will have with the same special. For more information, call Barbara Holt at 494-2958.

### Dixie Stampede tickets on sale

Information, Tickets and Travel is accepting reservations to Orlando's Dixie Stampede dinner show March 20. Sales are through March 18. Tickets are \$49 a person. Price includes transportation, a four-course meal and entertainment.

The show features 32 horses, dozens of cast members and pyrotechnics. For more information, call 494-5158.

### Attend chili cook-off

Outdoor Recreation holds its annual chili cook-off and yard sale March 20 from 9:30 a.m. - 1:30 p.m. The cook-off is open to the first 15 teams that register. Garage sale space is also available.

In addition to the cook-off and yard sale, this event also features free activities, such as a karaoke contest, moonwalk, boat rides and

more. For more information or to register in the event, call 494-9692.

### Cape Canaveral Bus Trip

Outdoor Recreation has a three-hour bus tour of Cape Canaveral Air Force Station from 9:30 a.m. to 12:30 p.m. on March 6. The trip includes viewing the Cape Canaveral Lighthouse and Air Force Space and Missile Museum. Cost is \$5 a person. For more information, call 494-9692.

### Youth jam at Youth Center

The Patrick Youth Center has a Gym Jam March 5 from 6-11 p.m. for youth in the 6th-12th grades. Activities include music, basketball and snacks. To register, call the Youth Center at 494-4747.

### Karaoke Bowling at Rocket Lanes

Rocket Lanes Bowling Center has its first "karaoke and bowling" night March 6 from 7-11 p.m.

The evening includes entertainment provided by karaoke jockey Bruce Raymond, along with prizes and more. Call Barbara Holt at 494-2958 for details.

### Frame a family portrait

Skills Development Center's Framing and Engraving offeres several one and two day framing classes next month. Class times are:

March 9-10 from 6-9 p.m.; March 15 from 9 a.m. - 4 p.m.; March 23-24 from 6-9 p.m.; and March 29 from 9 a.m. - 4 p.m. Cost is \$25 plus materials.

Registration is accepted up to 10 days before classes begin. For more information, call 494-4270.

### Teens soar at Air Force Camp

The Youth Center seeks teens who are interested in attending Air Force Aviation Camp June 5-11 at the Air Force Academy in Colorado Springs, Colo.

Interested parties must complete an application package and familiarization test, as well as a personal interview with the Youth Center's program director. The process may take several days and must be completed before March 5. Once the packages are submitted, an Air Force Services committee hand-selects 36 participants to attend the camp.

Travel to the Air Force Academy is the responsibility of the selectee, however, all lodging, meals and activity fees are provided at no cost.

This program is open to teens who will be sophomores or juniors during the 2004-2005 school year. Applicants must be family members of active-duty or retired military, DoD and nonappropriated fund employees.

For more information contact Lynne Phillips, Youth Center program director, at 494-4748.

## Riverside Dining Menu



Saturday Brunch - Cajun meatloaf, **crispy baked chicken**, ribeye 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 - Pork schnitzel, sauerbraten, Reuben sandwich, bratwurst

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

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

Friday Dinner - Yankee pot roast, **simmered corn beef**, pineapple chicken

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



See Page 3 for Lent Schedule

### Catholic

Daily Mass Tuesday - Friday at 11:30 a.m. at the Base Library while Seaside Chapel is being renovated.

Saturday: 4 p.m. Confession and 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.

Religious Education: 10:15 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 at the Base Theater while Seaside Chapel is being renovated.

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.



### Events

Through Feb. 29, 1-5 p.m., Selections from the NASA Art Program at the Brevard Museum of Art and Science in Melbourne. Entrance fee to the exhibit is \$5 for adults, \$3 for seniors and \$2 for students. Call 242-0737.

Feb. 27, 6 p.m., Brevard Cultural Alliance 4th Annual Everyone's a Star Artscars Gala. Event honors Brevard's stars of arts and charitable communities and benefits youth arts programming. Black tie event at \$75 and includes a champagne reception, dinner. Call Fran Galey or Rebecca Vera at 690-6817 or [verar@artsbrevard.org](mailto:verar@artsbrevard.org).

Feb. 28, 2 p.m., "Ring Out the Old, Sing In the New" presented by the Platinum Coast Chorus Sweet Adelines International at the FIT Gleason Auditorium, 150 W. University Blvd., Melbourne. Call 259-1086.

Feb. 28, 10 a.m. - 1 p.m. "Touch a Truck" at Wickham Park, 2500 Parkway Dr., Melbourne. Children explore a variety of trucks and equip-

ment up close. Other activities include a petting farm, moonwalk, K-9 demonstration and children's fingerprinting. Cost is \$1 per child. Call 255-4307 for more information.

### Clubs

If public speaking is challenging, join the Viera/Suntree Chapter of Toastmasters International. Call Capt. Jason Brugman at 494-1890 for more information about the program and its meeting times.

### Classes

Saturday, 8 a.m. - 5 p.m. at Lee Wenner Park, Cocoa. The United States Coast Guard Auxiliary Flotilla 46 offers a one-day boating safety course. Cost is \$35 per person and includes lunch and materials. For reservations and more information, call 453-409 or e-mail [ghill5@cfl.rr.com](mailto:ghill5@cfl.rr.com).

Feb. 28, 9 a.m. - 5 p.m., One-day boating safety course by the U.S. Coast Guard Auxiliary S. Brevard Flotilla 42 in the USCGA Flotilla 42 Building, Pollak Park, Pam Bay Rd. and Main St. NE, Palm Bay. Cost is \$35 and includes lunch and materials. Call Bill Miller at 779-1459 for reservations.

### Concerts

Sunday, 2 p.m., Big Band Hit Parade by the Space Coast Pops at First Baptist Church of Merritt Island, 120 Magnolia, Merritt Island. Call 768-6289 or 632-7445.

Wednesday and Thursday, 7:30 p.m., Spring Concert by the Melbourne Community Orchestra at Melbourne Auditorium. Event is free. Call 768-6289.

Feb. 29, 7:30 p.m., Brevard Early Music Ensemble at the Advent Lutheran Church, 7550 N. Wickham Rd., Melbourne. Enjoy Renaissance songs, instruments and dance. Melbourne. Event is free.

### Festivals

Friday - Sunday, Jumbalaya Jam at the Wickham Park Pavilion in Melbourne. Enjoy three days of "hot" Cajun and blues music on two stages, plus rides and Cajun food. Call 633-4028.

Feb 28, 9 a.m. - 3 p.m., Orlando Wetlands Park Festival near the Ft. Christmas Park in Christmas. Event features guided tours, bird banding and mist-netting, rappelling police canine and Native American demonstrations plus historic reenactments, wildlife shows and live music. Admission is free. To get to the park, take S.R. 50 to Christmas, Fla. Turn north onto 420, Ft. Christmas Rd. and travel 2.3 miles, then turn right onto Wheeler Rd. and travel 1.5 miles. Call (407) 568-1706.

Feb. 28, Mardigras Festival at Historic Downtown Cocoa Village in Cocoa. Street party with six stages of live entertainment, parade of floats, food vendors and traditional bead-throwing.



# At the movies

**Friday** *House of Sand and Fog* Despite a pretense of continued affluence, Massoud, is barely making ends meet until he sees his opportunity in the auction of a house being sold for back taxes. It is a terrible mistake. The house has been improperly seized from its rightful owner and she decides to fight to recover her home at any cost. Stars Jennifer Connelly and Ben Kingsley. R for some violence/disturbing images, language and a scene of sexuality.

**Saturday at 2 p.m.** *Disney's Teacher's Pet* Spot is a dog that can talk and read, longing for more than a dog's life. He masquerades as a human and sneaks into school with his master Leonard, posing as fellow student Scott Leadready II. But simply pretending to be a real boy isn't enough for him, he wants the real deal. PG for some mild crude humor.

**Saturday at 7:30 p.m.** *Lord of the Rings: The Return of the King* Hobbits Frodo and Sam push farther into the land of Mordor to destroy the Ring of Power. Traveling with them, in an uneasy alliance, is the deceitful Gollum, who brings them to the very heart of Mount Doom. The warrior Aragorn, revealed to be the lost King of Gondor, travels to Minas Tirith with an army of undead soldiers and the remaining members of the fellowship to rescue the ancient city from Lord Sauron's grasp. Stars Elijah Wood and Ian McKellen PG-13 for intense epic battle sequences and frightening images.

**Sunday** *Chasing Liberty* Tired of being followed around every moment of every day, the 18-year-old daughter of the president of the United States ditches her Secret Service handlers and sets out on a romantic road trip through Europe with her boyfriend Ben. Starring Mandy Moore and Matthew Goode. PG-13 for sexual content and brief nudity.

Movie times are 7:30 p.m. unless otherwise noted. Tickets for adults are \$2.50, children 11 and under pay \$1.50.

## Action Line: 494-6550

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.



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

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

**45th Civil Engineer Squadron**  
Jack Gibson  
494-4041

**North and Central Housing**  
Caroline Jamba  
494-2593

**South Housing (Pelican Coast)**  
Pam Brown  
777-8282

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

**Military Personnel**  
Maj. Dianne Dzialo  
494-2035

**Commissary officer**  
Ronald Rogers  
494-4060

**AAFES**  
Jim Finley  
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**  
1st Lt. Reina Chaperon  
494-7171

**45th Medical Group**  
Col. Gilbert Hansen  
494-8100

**Ground Safety**  
Martin Lackie 494-2202

**Inspector General**  
Lt. Col. Frank Miles  
494-4373





