

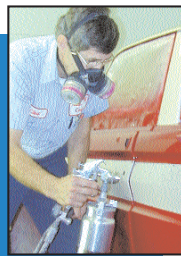
45th SVS brings home best small base award

4



Stay healthy during National Nutrition Month

11



Car owners can display ride at auto show

14

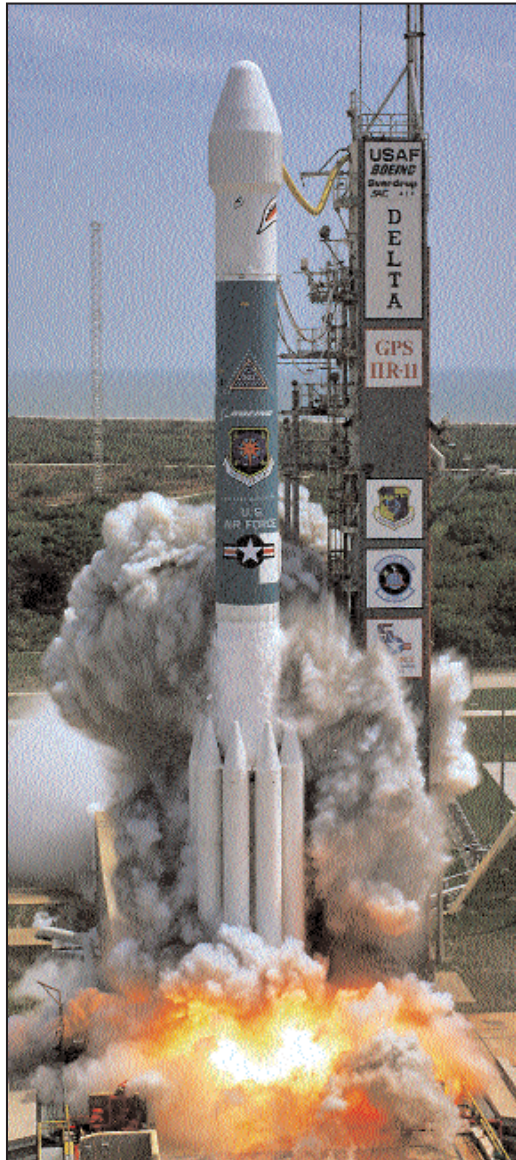


Photo by Carleton Bailie

A Delta II rocket carrying a Navstar Global Positioning System satellite lifts off March 20 from Cape Canaveral Air Force Station. The rocket successfully delivered the payload into orbit.

Delta II Team takes part in historic launch

By 2nd Lt. Kevin Coffman
45th Space Wing Public Affairs

A Delta II rocket carrying a Navstar Global Positioning System satellite lifted off March 20 from Space Launch Complex 17B at Cape Canaveral Air Force Station. The rocket successfully delivered the payload into orbit where it will be used to support global operations.

That day marked the 50th GPS satellite launch and the first Delta II rocket to blast off from the Cape this year.

The GPS IIR-11 will replace an aging, earlier model GPS satellite that was launched from the Cape in 1993. The GPS IIR-11 will join a constellation of 28 others that will enhance the success of the U.S. military and its allies in both wartime and peacetime.

The GPS signals will aid military troops on land, in air and at sea. It will also help in the effectiveness of precision-guided munitions.

"It's our hope and prayer that this GPS satellite serves to guide Soldiers, Sailors, Airmen and Marines to successfully complete their mission and safely return home for years to come," said Lt. Col. Brad Broemmel, 1st Space Launch Squadron commander.

The Delta II rocket program began launching GPS satellites from CCAFS in February, 1989. The first GPS satellite was launched from Vandenberg AFB, Calif., in 1978.

"We didn't get to know the GPS IIR-11 very well," said Lt. Col. Broemmel, "We put the booster on stand on Feb. 2 and launched it 47 days later."

The satellite has an additional honor. It is carrying an inscribed trimweight that is dedicated to the late Dr. Ivan A. Getting, whose research provided the stepping-stones for the development of GPS. The inscription bears his name, birth date, death date and the quote: "Lighthouses in the sky, serving all mankind."

The idea of recognizing Dr. Getting originated at the Space and Missile Systems Center at Los Angeles AFB, Calif. "Dr. Getting was truly a pioneer in the space and GPS worlds," said Mr. Jerry Heydinger, program manager for the space and control segment of the Navstar GPS Joint Program at SMC.

Members of the 50th Space Wing's 2nd Space Operations Squadron at Schriever Air Force Base, Colo., are operating the satellite.

It will be monitored and navigated by five monitor stations and four ground antennas. These monitoring devices currently control all of the GPS satellites in operation.



By Brig. Gen. Greg Pavlovich
45th SW commander

Keep it coming 45th Weather Squadron! Spring is here and wow, has our weather been great.

When you live and work in paradise, sometimes it is hard to know when one season ends and another begins.

One thing is for sure, it is always launch season for the 45th Space Wing here on America's Space Coast.

Kudos to the 1st SLS and our entire Delta launch team for last Saturday's launch. An old mentor of mine used to say "Perfect practice makes perfect."

That's exactly what came to fruition Saturday when the quick-thinking and ingenuity of our launch team made it possible for us to quickly resolve a technical issue and launch a Delta II rocket carrying the 50th GPS satellite - literally a second before the window expired.

Thanks to our crackerjack team, another satellite that will further tilt the advantage to our warfighters is on orbit.

Next up on the Eastern Range is an Atlas IAS rocket carrying a satellite called "Superbird." This spacecraft will join a constellation that provides business telecommunications services for a wide range of customers for a Japanese satellite communications company. Go Atlas! Go Centaur! Go Superbird!

True to the "R" in START, it is also "awards season." For starters, members of our Medical Group racked up several honors during the annual Air Force Space Command Medical Service Awards. Lt. Col. Brian McCrary won the Malcolm Grow Flight Surgeon of the Year Award. Lt. Col. Brian King picked up the Commitment to Service Award. Master Sgt. James Parker is the Medical Information Systems NCO of the Year.

Senior Airman Melissa Turner is the Medical Information Systems Airman of the Year. Stephen Huck reeled in honors as the Medical Information Systems Civilian of the Year.

The Public Health Senior NCO of the Year is Master Sgt. Marlon Goddard. Last, but certainly not least, everybody in our Aeromedical Dental Squadron can take a bow because they

all share in the Team Aerospace award.

Capt. Brad Marcum, of our Manpower and Organization Office, took top honors in the company grade officer category in Air Force Space Command's Manpower and Organization Awards for Professional Excellence.

Also on the awards front, our Services Squadron continues to shine. Members of the squadron can be justifiably proud of earning the 2004 Maj. Gen. Eugene L. Eubank Award. This award recognizes excellence in the small base category in programming and service.

To all of our winners: Well done, thank you and good luck!

Congratulations are also in order for Capts. Jimmy Little of our Inspector General Office and Tom Ste. Marie of the 1st SLS. Capt. Little was chosen to attend the U.S. Air Force Weapons School at Nellis AFB, Nev. Capt. Ste. Marie was selected as an alternate.

This is one of our Air Force's most competitive schools. The school teaches advanced weapons and tactics on a range of aircraft platforms. It also trains space professionals. Getting chosen - even as an alternate - is a heck of an achievement.

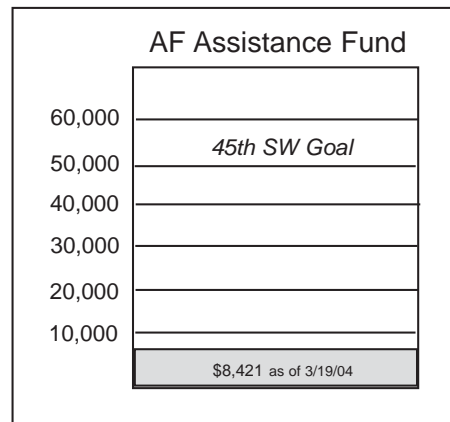
Being honored with awards and getting selected for schools validates that this is an outstanding wing. It also attracts attention and inspires people to check us out.

Almost every week we have an assortment of distinguished visitors that reads like a Who's Who list - and believe me, the warm weather is not the main reason they come. The magnets are our unique mission and you, the people who make it happen. Our reputation is magnetic and our attitudes infectious.

Today, we are hosting 28 retired generals and flag officers for a series of tours and briefings. We are also helping the 920th Rescue Wing host approximately 30 business and civic leaders from the Niagara Falls area in conjunction with the Air Force Reserve's civic leader tour program.

We extend a hearty welcome to these influential citizens and hope they learn a lot about our operations and come away with a better understanding and appreciation as to why this is indeed the place for space, and that we need their ongoing support.

I would also like to welcome retired Lt. Gen. Donald L. Peterson to the Space Coast. He is the keynote speaker for our annual Retirees' Day tomorrow. In his last active duty job he was deputy chief of staff for personnel at the Pentagon.



He continues to serve our nation and Air Force as co-chairman of the Air Force Retiree Council.

Next week, Brig. Gen. (select) Robert Worley comes to town with Air Force Space Command's Sexual Assault Assessment Team.

Please join me in welcoming them and do all you can to cooperate in this worldwide effort to stamp out sexual misconduct in our Air Force.

On another note, we are in the home stretch of this year's Air Force Assistance Fund drive. We are lagging behind last year. At the very least, 100 percent of our folks must be contacted and personally offered a chance to give.

This drive makes it easy to give to four charities that directly benefit Air Force families. If you have not done so, please contact your key worker and give.


On top of everything, we kicked off a mobility exercise this week as we prepare for a potential ORI in the not-too-distant future. Preliminary indications are that everyone's heads are in the game. Please do not let up. Maintain that warrior spirit.

Our goal is to build momentum toward our ORI slowly and not peak too soon. Like the outstanding people you are, I know you will attack this with can-do attitudes and take full advantage of training opportunities.

With our mission and all the exercise-related activities, deployments, high-level visits, construction and traffic back-ups going on around here stress levels are probably running high.

Please keep an eye out for the health, safety and well being of yourselves, your families and your co-workers. Stay positive and strive to be part of the solution.

Thanks for all you do. God bless!

 <p>Missileer 1201 Edward H. White II Street Building 423, Room C-130 Patrick AFB, FL 32925 (321)494- 5922</p> <p>Published by Cape Publications, Inc., a private firm in no way connected with the Air Force, under exclusive written contract with the 45th Space</p>	<p>Wing, Patrick AFB, Fla.</p> <p>This civilian enterprise Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of the Missileer are not necessarily official views of, or endorsed by, the U.S. government, the DoD or the Dept. of the Air Force.</p> <p>The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the DoD, the Department of the Air Force or Cape Publications, Inc.,</p>	<p>of the products or services advertised.</p> <p>Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron.</p> <p>Editorial content is edited, prepared and provided by the 45th Space Wing Public Affairs Office.</p>	<p>All photographs are Air Force photographs unless otherwise indicated.</p> <p>Cape Publications Advertising Department P.O. Box 419000 Melbourne, FL 32941-9000 Retail: (321) 242-3808 National: (321) 242-3803 Classified: (321) 259-5555</p> <p>Deadline for submissions is 2 p.m. the Friday before publication.</p>	<p>45th Space Wing</p> <p>Brig. Gen. Greg Pavlovich 45th Space Wing Commander</p> <p>Maj. Adriane Craig Chief of Public Affairs</p> <p>Sue Walden Chief of Internal Information</p> <p>2nd Lt. Elizabeth Krefl Deputy Chief of Internal</p>	<p>Missileer Staff</p> <p>Airman 1st Class Shaun Emery Editor</p> <p>Monique Seaman Webmaster</p> <p>Jim Laviska Photographers</p> <p>David O'Hara Graphic Designer</p>
-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Team visits wing to review assault prevention, policies

A Sexual Assault Assessment Team from Headquarters, Air Force Space Command will visit Patrick Air Force Base Sunday-Wednesday to do an end-to-end review of the wing's sexual assault policies and programs.

This visit is part of a larger Air-Force wide assessment to examine plans, policies, programs and procedures at each installation to ensure existing programs addressing sexual assaults are appropriate and effective. Each major command was tasked by Gen. T. Michael Moseley, Air Force vice chief of staff, to visit their installations and assess the current status of sexual assault response programs.

At the February CORONA leadership conference, Air Force leadership decided it was time to take the next logical step in reviewing sexual assault response after focusing on the Air Force Academy and evaluating lessons learned from various

investigations of sexual assault response process problems identified there.

Military sexual assault has been a topic in the news with the Senate Armed Services Committee recently holding hearings on the issue.

The Air Force considers every sexual assault a criminal act and has substantial programs in place at all levels to prevent sexual assaults and other crimes, to support victims, and to hold offenders accountable. This comprehensive assessment of the effectiveness of the Air Force sexual assault response system is being done to determine if there are additional ways it can be improved.

The assessment team visiting will look at policies and programs in the areas of education and training, reporting procedures, response programs and program oversight.

The Air Force's goals for the AF-wide assessment include striving to eliminate sexual assault and the climate that fosters it, ensuring an environment where victims have confidence to report, conducting appropriate investigation and prosecution, effectively addressing victim's health and well-being and ensuring commanders and higher headquarters oversee program effectiveness.

For more information on sexual assault policies and programs at Patrick AFB or to get additional information on the team's visit, call the 45th Security Forces Squadron's law enforcement desk at 449-2008 or the Office of Special Investigations at 494-5794. (Courtesy of Air Force Print News)

As part of the visit, the HQ AFSPC Sexual Assault Assessment Team will hold an open personal conference period Tuesday from 8 a.m. – 2 p.m. and Wednesday from 8-10 a.m. at the Base Education Building, Bldg. 998 in Rooms A-3 and A-4. People are invited to stop by at any time during this period. This open time is for anyone who would like to discuss or convey information related to the team's purpose of assessing the wing's sexual assault policies and procedures.

Savings program assists deployed servicemembers

ARLINGTON, Va. — Deployed servicemembers have the chance to earn a guaranteed 10-percent interest on their savings annually.

Defense Finance and Accounting Service officials implemented the Savings Deposit Program in August 1990 for servicemembers who were serving in the Persian Gulf conflict. The program progressively changed to include troops assigned to areas outside the United States, on ships, or mobile units. This program includes Operation Iraqi Freedom servicemembers assigned to a combat zone or in direct support of a combat zone.

"A servicemember can contribute up to \$10,000, but interest of 10 percent will not accrue after that amount," said Roger Castillo, program director.

A person can participate in the program if he or she is serving outside the United States or its possessions supporting Operation Enduring Freedom and has served at least 30 consecutive days in an area that has been designated as a combat zone or in direct support of a combat zone, he said.

Also, people serving on permanent duty assignments outside the United States or its possessions supporting contingency operations and serving on active duty in the designated area for more than 30 days can participate.

To make a deposit into the fund, people should contact their financial office. Withdrawing the money before leaving the combat zone is not authorized, unless there is an emergency. The last day to make a deposit into the fund is the date of departure from the assignment; however, interest will accrue up to 90 days after their return from deployment.

"This is a great opportunity for servicemembers to accrue at a higher interest rate than at an average interest rate of two or three percent," said Patrick T. Shine, acting director of DFAS.

DFAS officials will post the savings-deposit balance of active-component servicemembers to their leave and earnings statements.



Commander Q&A : Col. Wayne Thompson 45th SW Safety Office

Q. What is the mission of 45th Space Wing Safety Office?

A. Our mission is to advise and recommend and to support the commander and the commander's safety program. We support all units within the wing and our mission partners as well. We work to provide a safe environment for everyone involved.

Q. How much importance does the 45th SW place on safety?

A. The wing makes safety a very high priority, if not the top priority. To keep accidents from happening, everyone needs to be involved. We help in that process, but a successful safety program isn't possible unless every person embraces safety, by using the tools we provide and thinking before they act.

Q. What measures does the 45th SE take to ensure the safety of wing personnel?

A. The responsibility of safety lies with each commander, supervisor and individual. Wing safety's job is to assist with their safety needs. We do that in various ways...safety campaigns, programs, education, training, inspections...are examples.

Q. How do safety mishaps affect the mission?

A. When a mishap occurs, regardless if it is minor or major, whether it is during duty hours or not, it degrades our ability to accomplish the mission. We want to ensure everyone has the necessary tools available to prevent mishaps. We want everyone to understand those tools help prevent mishaps.

MILESTONES

Retirements

Master Sgt. James Brock, 45th Space Wing Command Post, retired March 18 after 22 years of service.

Master Sgt. Kenneth Williams, 45th Space Communications Squadron retires March 30 after 22 years of service.

Robert Straney, a civilian with the 45th Civil Engineer Squadron Structures Shop, retires April 30 after 33 years of service.

Send promotion, retirement, awards and new births information to Missileer @ Patrick.af.mil.

Reminder

Military residents in Pelican Coast must complete a Florida Power and Light application by Thursday.

Without the complete application, residents will have no electrical service beginning May 1. Call Paige Parramore at 777-8282 for more information.

45th Services Squadron brings home AFSPC award for second year in row

By Airman 1st Class Shaun Emery
45th SW Public Affairs

The 45th Services Squadron received the 2004 Major General Eugene L. Eubank Award for the best small base services squadron in Air Force Space Command.

"As AFSPCs best small category Services Squadron for the second consecutive year, we are 90 percent there," said Lt. Col. Jack Sproul, 45th Services Squadron commander.

"But need to remain focused on performing our mission safely and effectively while simultaneously challenging ourselves to reach higher."

According to Col. Sproul, following the 45th Space Wing's "Outstanding" rating during the 2002 operational readiness inspection, the 45th SVS developed a roadmap for being the best services squadron in the Air Force.

Using START as the backbone to that road map, the 45th SVS synchronized a plan that would take the squadron to the next level.

"When we execute our performance plan, we contribute to the wing's mission of providing combat capabilities through range, launch and expeditionary operations," said Col. Sproul.

One of the key ingredients to our success is how the team works together and appreciates each other's efforts, he said.

"An enormous amount of trust is placed in our flight chiefs, managers, supervisors and employees to do their jobs."

The 45th SVS improved the quality of life for 45th SW members throughout 2003.

✓ The Riverside Dining Facility earned the distinc-

“ We ... strive to tenaciously execute our mission each day to the best of our ability and our team has certainly proven they are up to the challenge. ”

Lt. Col. Jack Sproul
45TH SERVICES SQUADRON COMMANDER

tion as the premier dining facility in AFSPC by winning the Hennessy Trophy.

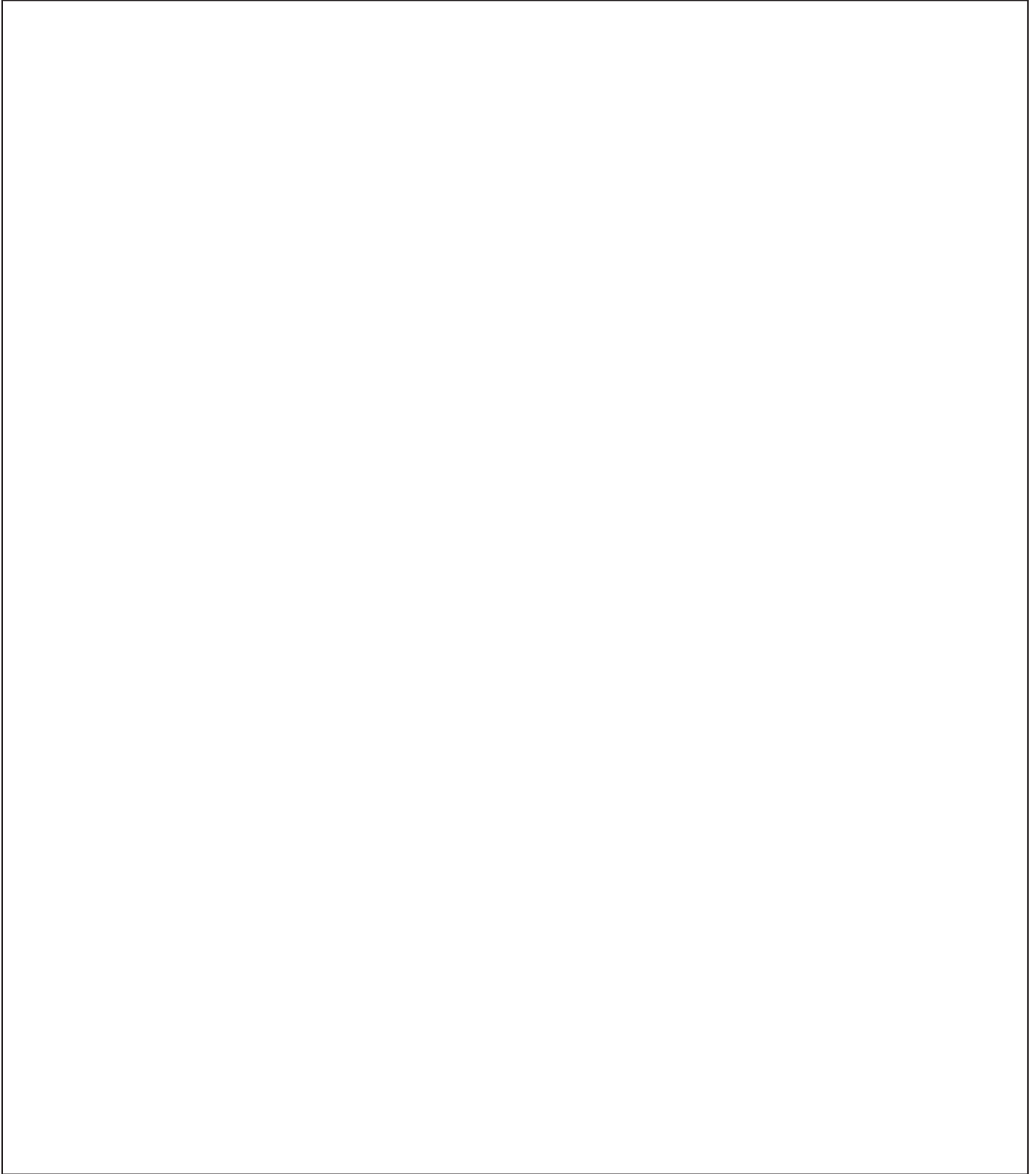
✓ The \$300,000 in new fitness equipment contributed to the Patrick Fitness Center being named one of 11 5-Star fitness centers in the Air Force and was essential in keeping wing members fit to fight.

✓ When it came time to party, the 45th SVS put on a two-day 4th of July celebration that entertained over 5,000 people.

✓ The wing wowed both its members and the local community with the largest air show in Patrick AFB history.

✓ The new base picnic area in Chevron Park provides state-of-the-art structures and more than 5,000 square feet of play area.

"We in the 45th SVS strive to tenaciously execute our mission each day to the best of our ability and our team has certainly proven they are up to the challenge," said Col. Sproul.



Retiree's Day Events

Friday, 5 p.m.

Retreat Formation

Memorial Plaza near wing headquarters, Bldg. 423. This event honors all retirees and their families.

Saturday, Retiree's Day

9:15 a.m. – 1 p.m.

Briefing at Base Theater

9:15 a.m.

Keynote speaker is retired Lt. Gen. Donald Peterson, U.S. Air Force Retiree Council's co-chairman, who will speak on current retiree benefits and rights affected by recent legislative initiatives. There will also be briefings on medical, social security and long-term care issues.

Information Fair

10:45 a.m. – 1 p.m.

Hangar 750, Rescue Road
Military retirees can speak with representa-

tives of base facilities and service organizations.

Military Personnel Flight open

10:45 a.m. – 1 p.m.

Bldg. 537

The 45th Military Personnel Flight will be open to issue identification cards (must have a card that's expiring in the next 90 days) and update personal information.

Health Fair

10:45 a.m. – 1 p.m.

Bldg. 722 (Family Support Center)

The 45th Medical Group personnel and representatives from Wuestoff Hospital will offer health screenings. Those fasting for blood tests may come in at 8 a.m.

Riverside Dining Facility

7 a.m. – 2 p.m.

Open to military retirees and their family members.

Changes provide faster service

By 2nd Lt. Elizabeth Kreft
45th SW Public Affairs

Military personnel now have a more efficient way to accomplish a personnel records review and several other common personnel services.

Recent changes to the Virtual Military Personnel Flight Web system will now allow for six new features of accessibility for account members. The new features range from accessing proof-of-service letters to retrieving applications for humanitarian or Exceptional Family Member programs.

"Because our military members are becoming increasingly proficient with computers, it just makes sense for everyone," said 2nd Lt. Bernice Zollner, 45th Military Personnel Flight chief of customer support.

"This will significantly reduce the time waiting in line and the time spent trying to track down different contacts for various bits of information."

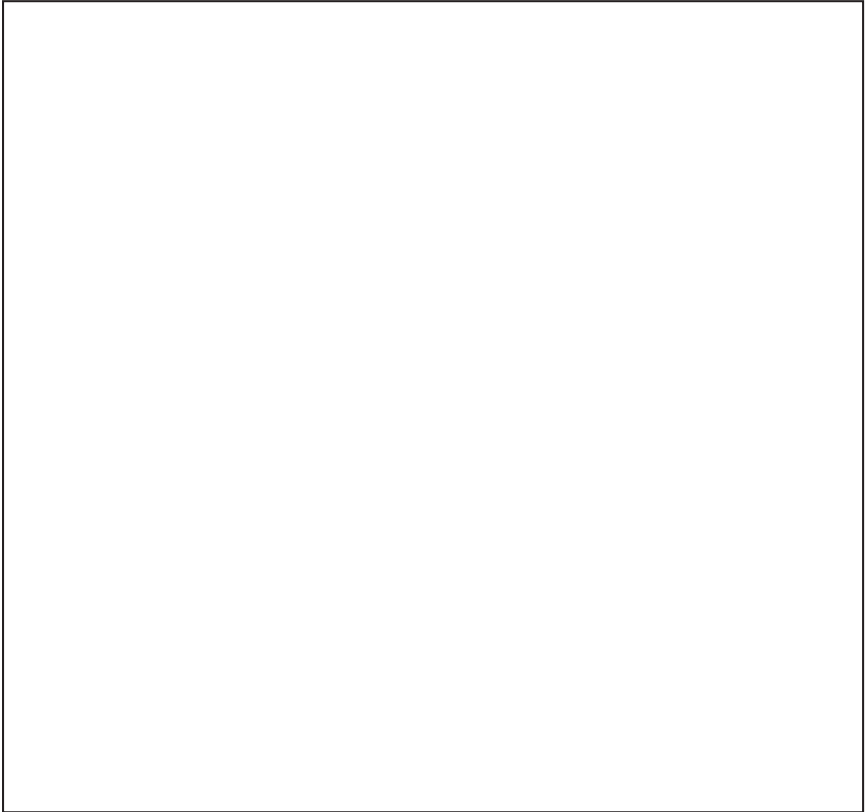
The changes partly stemmed from the effective transition of record of emergency data information to the Web. Air Force

officials said the changes indicate the maturing of the vMPF concept, and the realities of how busy Airmen now are while fighting the war on terror.

"The transition with the emergency records went so well that officials at the Air Force Personnel Center are trying to take that success a step further, and make more processes easier and more accessible for all members," said Lt. Zollner.

Airmen can access the vMPF through the AF Portal, at <https://www.my.af.mil>, by clicking the "Careers" tab. New users of the Portal will need to establish an account, which takes mere minutes according to officials. The vMPF is also available at <https://www.afpc.randolph.af.mil>.

"The changes will certainly save time for all Airmen," said Lt. Zollner "Once our members see how much they can do with the site, they will see it is well worth the five minutes it will take to log on and get used to the new system."



Airmen keep eyes on Tallil's weather

45th WS sergeant heads operations

By **Tech. Sgt. Bob Oldham**
407th Air Expeditionary Group Public Affairs

TALLIL AIR BASE, Iraq - High temperatures, lots of sun and frequent dust storms are in the Tallil forecast for the next three months.

It doesn't take a genius to figure that out, but when officials here need more precise weather advice, they turn to the Airmen of the 407th Expeditionary Operations Support Squadron Weather Flight for up-to-the-hour details.

Manned around the clock, they provide 24-hour meteorological services to U.S. Army and coalition aircrews and any transient aircrews who pass through.

They also provide temperature, weather and cloud forecasts, and they send out warnings and advisories for high winds, lightning and severe weather.

"We're in the transition season right now," said Tech. Sgt. Dan Oien, NCO in charge of weather station operations deployed here from Patrick Air Force Base. "The fall and the spring are usually the two busiest times of

the year for weather people."

He said they are not like civilian television weather forecasters who predict "partly cloudy, mostly sunny, chance of rain 20 percent."

"We can tell you that you need to carry an umbrella at one o'clock, and you won't need it after three," Sgt. Oien joked.

Sgt. Oien said Air Force forecasters get into the details, such as where clouds are going to be and at what altitude they'll be at because their customers need those details to safely perform flying operations.

It can be brutal work, said Master Sgt. Richard Blume, the flight's superintendent deployed here from Moody Air Force Base, Ga. He said there are not many weather stations on the ground in the local area, so he and his team rely on satellite pictures to fill in the gaps.

Also helping fill in the gaps are weather experts at the Air Force Weather Center in Offutt Air Force Base, Neb., and the 28th Operational Weather Squadron at Shaw AFB, S.C., which provides all the Air Force's weather support for the region.

Weather data is gathered from satellites, hourly reports from observers on the ground and balloons with electronic transmitters that are sent up to 40,000 feet in the air.

Every hour an observer steps outside to check the local weather conditions. If conditions are changing dramatically, such as

“*The fall and the spring are usually the two busiest times of the year for weather people.*”

Tech. Sgt. Dan Oien

407 EXPEDITIONARY OPERATIONS SUPPORT SQUADRON

when a dust storm is brewing, an observer may go out every 15 minutes to provide updates.

If the weather gets too bad, aircrews need to know as soon as possible so they can divert to another base or change their route if they're passing through the area. The local weather team has the capability to talk directly to aircrews in flight to provide any updates or changes in weather here.

They also have a piece of equipment that provides real-time updates for key weather data.

"It's an automated weather station," said Sgt. Blume. "What it does is sit out by the runway and it gives you what your current winds are, what your temperature and dew point are, all your pressure readings, your visibility and cloud heights."

"We've already exceeded what used to be the extreme max temperature for March," the superintendent said. "We've hit 98 already."

Chief dispels worries about force reshaping

By Tech. Sgt. Andrew Leonhard
15th Airlift Wing Public Affairs

HICKAM AIR FORCE BASE, Hawaii – During a visit here March 15, the top enlisted Airman talked about fitness and force shaping.

Chief Master Sgt. of the Air Force Gerald Murray explained there was no plan to use the new fitness assessment as a part of the Weighted Airmen Promotion System.

“(Leaders have) talked about a possible change to the enlisted-performance report that might include a new line about physical-fitness standards,” said the chief. “But other than that, right now there is no talk of changing the WAPS.”

Another topic the chief addressed was force shaping.

To clear up confusion, Chief Murray said it should not be looked at as a means to reduce the force, but a way to reshape

it to meet the expeditionary needs of today’s Air Force.

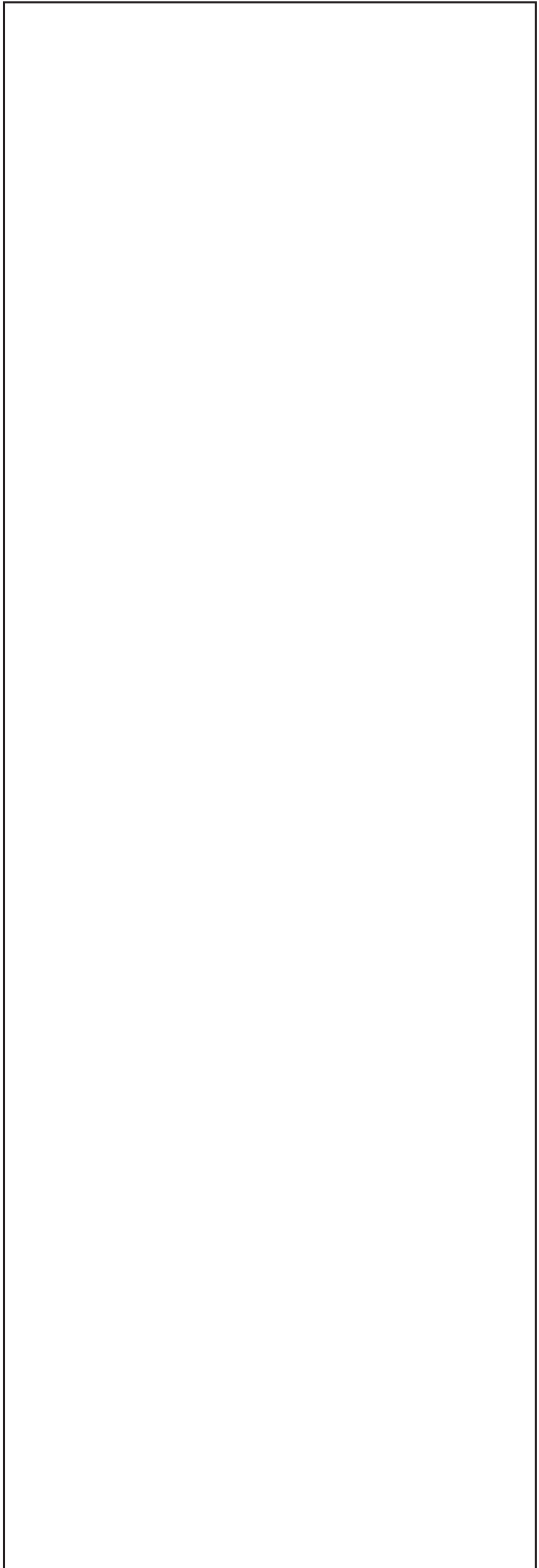
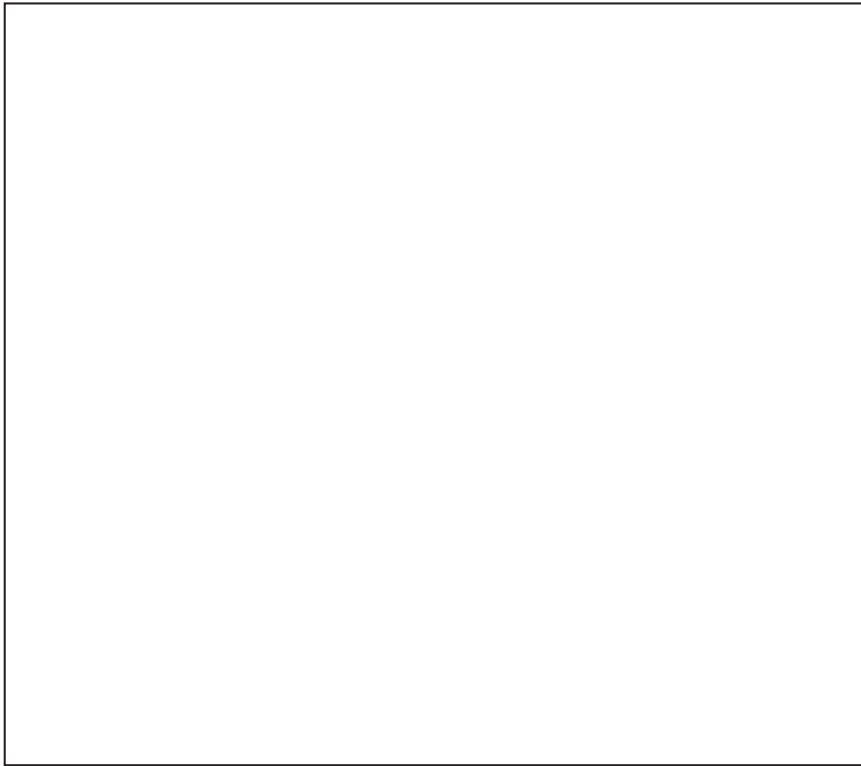
He also said the reshaping will not increase the air and space expeditionary forces rotation.

Chief Murray said taskings “are based against our authorization, not against our manning.”

After the first round for Airmen to submit applications to exit active duty under the force-shaping plan, the Air Force fell short of the anticipated goal.

“The good news to this is that people are not rushing to get out of our Air Force – it’s a great time to serve our nation,” he said. “It’s a testament to the quality of life and the commitment to service.

“We don’t want to lose a single quality Airman from our force who wants to stay in,” he said.



Volunteers needed

Asian/Pacific Heritage Month is in May and a committee has been formed to plan events. Call 494-6333 to volunteer.

Bible study meets

The Officer Christian Fellowship meets every Thursday, 7-8:30 p.m. at the Seaside Chapel Annex. OCF is a nondenominational lay-led bible study group.

Members of the 45th Space Wing, including officers, enlisted and civilians are invited. For more information, call Jason Smith at 494-8076.

Communicate better

The next Toastmasters meeting is April 7, 12:30 p.m. at the Base Library. Toastmasters helps people improve communication skills by alleviating the fear of public speaking. Call Senior Master Sgt. Debra Levy at 494-1623 to sign up.

Summer jobs offered

Applications are being accepted through April 2 for summer civilian positions with the 45th Space Wing.

The positions being hired are a clerk, lifeguard paying \$9.34 an hour; another lifeguard position paying \$10.19 an hour and a laborer paying \$9.34 an hour.

Employment begins May 3 and does not go past Sept. 30. Applicants may submit a

resume or fill out an Optional Form 612 and turn them in to the 45th Civilian Personnel Flight, Bldg. 536, room 233.

For more information, visit the 45th CPF Web site at <https://www.patrick.af.mil/45sp-tg/45-MSS/CPF/index.html>.

Take a class

The Family Support Center offers the following classes: Preparing For the Interview, Tuesday 8 a.m. - noon; Parent Workgroup, Tuesday 11 a.m. - noon; Cooking Class "Spring Fruit Pie," Thursday 11 a.m. - noon. Classes take place in Bldg. 722, the Family Support Center, unless otherwise noted. Register by calling 494-5675.

Get free tax assistance

Free federal income tax assistance is still available to those eligible at the base legal office. This service is by appointments only.

This tax service is authorized under the Internal Revenue Service's Volunteer Income Tax Assistance program and is intended for the preparation of "basic" tax returns only. For example, those who only have made less than five stock trades, personnel at the tax center can help with the return.

VITA is available to active-duty personnel, retired military personnel, reservists and guardsmen on Title 10 status and their family members.

VITA is available until April 9. To make an appointment, call 494-4914.

Officers needed

Air University at Maxwell Air Force Base has vacant positions to fill in this summer including: chief of the extension course program at the AF Institute of Advanced Learning; chief of Technology Implementation and Testing, Air War College; deputy associate dean for Residents and Electives; professor, AWC; curriculum area manager; and flight commander, Squadron Officers' School.

For complete job descriptions and requirements for these and other positions, visit http://www.afpc.randolph.af.mil/special_utilization/. If interested, contact a career field functional at Air For Personnel Center for application instructions.

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.



Photo by Airman 1st Class Shaun Emery

Hands-on

Charlie Smith, left, framing instructor, shows Al Fisch how to hold together the corners of his frame project during a framing class at the framing and engraving shop. During framing classes, students are taught how to create and build their own projects. The six-hour class certifies students to use the framing shop for personal use. Upcoming framing classes are scheduled for April 5 and April 13-14.

National Nutrition Month

March
to
better
health



By 2nd Lt. Elizabeth Kreft
45th SW Public Affairs

An apple a day may not really keep the doctor away, but according to National Nutrition Month advocates, every little bit helps when trying to develop healthy habits.

"If someone practices just one nutrition habit for a month, they have a good chance of making it a total behavior change," said Noreen Williams, registered dietitian and certified diabetes educator at the Health and Wellness Center. "We especially want to stress during this month since March is National Nutrition Month."

National Nutrition Month is a nutrition education and information campaign sponsored annually by the American Dietetic Association. The campaign is designed to spotlight the importance of making knowledgeable food choices and developing sound eating and physical activity habits.

"This month brings some good media attention to the importance of sound nutrition, but we use this time to stress that people will benefit by taking nutrition more seriously on a regular basis," said Ms. Williams.

Recently the attitudes toward health and meals have changed significantly around the country. Many people are adjusting their lifestyles and diets in light of warnings of the dangerous side effects from being overweight or obese, but some nutritionists wonder if the focus is on the wrong area of eating.

"While obesity is a major contributor to many chronic diseases, such as diabetes, cancer, heart disease or osteoarthritis, a modest weight loss of 10 pounds can make a large difference on disease risk," said Ms. Williams.

"This type of weight loss can be achieved over the course of a few months with just a few lifestyle changes, such switching to fat free milk, walking for half an hour most days of the week, taking lunch to work and eating fewer meals at restaurants and fast food places."

In support of the health-conscious campaign, the 45th Services Squadron sponsored the 5th Annual National Nutrition Month 5-K Run March 19. Several prizes were awarded for first- and second-place finishers for finishing time and predicted time. Winners were awarded with hand-painted commemorative plaques, and every participant was awarded with T-shirts and healthy smoothies prepared by the Health and Wellness Center staff.



Photo by 2nd Lt. Elizabeth Kreft

1st Lt. Reina Chaperon and 2nd Lt. David Jarvis begin the 5th Annual National Nutrition Month 5-K Run March 19. Lt. Chaperon was the first female to finish the race at 23 minutes 3 seconds. Lt. Jarvis placed second out of the males at 21 minutes 7 seconds. Over 50 people took part in the run for health awareness.

Facts for a healthy weight

- Breakfast is the most important meal of the day. It gives a person more strength, endurance and better concentration than those who don't eat breakfast.
- Limit portion size of foods rich in sugar and /or saturated fat.
- If you're eating out, choose small portions, share an entrée or get a "doggy bag" and bring it home to eat at another meal.
- To make it easier to manage your weight, make long-term changes in your eating behavior and physical activity. Think "lifestyle change" not "diet."

(Courtesy of U.S. Dept. of Agriculture Dietary Guidelines for Americans)

Step in the right direction

By Airman 1st Class Shaun Emery
45th SW Public Affairs

The aerobics classes offered at the Patrick Air Force Base Fitness Center give people a way to stay physically fit, but step-aerobics class takes aerobics to the next level.

The difference between step aerobics and regular aerobics is the prop involved.

"It's constant stepping up and down," said Rhonda Bachman, Patrick Fitness Center aerobics coordinator. "The 30-minute aerobics portion of the class can be very intense."

Step-aerobics focuses on the lower-body, but by adding arm movements and the use of weights, Ms. Bachman says it's not only a great cardiovascular workout - it's also a good way to tone muscles.

"The positive energy is great," said Charlotte Luisi, who frequently attends classes at the Fitness Center. "I take step class for the intense cardio workout."

"It's an endorphin rush; it really gets you pumped up," adds Ms. Bachman.

Instructors play a wide variety of music during class, ranging from hip-hop to club music.

According to Ms. Bachman, the music keeps people motivated and moving.

A wide variety of people attend the step

class. Ms. Bachman said it's not uncommon to see people from ages 20 to more than 80 moving to the beat.

Many retirees who take the class say it keeps them feeling young.

"Active-duty members need to be in good physical shape," said Ms. Bachman. "This is one way to stay fit."

Each instructor is different so each class is different. The variety keeps people interested and coming back, said Ms. Bachman.

All classes end with a session of stretching and using weights.

"After an intense workout it's important to stretch out the muscles to keep them from tightening up," explained Ms. Bachman.

The only thing a person needs to purchase for the class is a good pair of cross training shoes. Support is essential in step-aerobics, she said. "The impact on the joints is greater than in regular aerobics."

The Patrick Fitness Center provides all the equipment necessary to participate in the class.

For a person looking to get in shape or maintain their fitness level, this class is a step in the right direction.

Women's softball league

The 2004 women's softball league is open to all active-duty military personnel and their family members 18 years and older, DoD/NAF civilians and their family members 18 years and older and contractor personnel employed at Patrick AFB.

Cape Canaveral Air Force Station and Kennedy Space Center contractor personnel are not authorized. Start dates and times for games will be determined at a later date after teams have been formed. For more information, call Ralph Robinson at 494-3187.

Montly WarFit event

The annual pedal, paddle, pant competition will be held April 30. The event is scheduled in conjunction with the Guardian Challenge picnic. There are four players per team. Register by april 29. For more information contact the Fitness Center at 494-4947.

Fit at the Cape

The Cape Canaveral Air Force Station Fitness Center will have aerobics classes on Tuesdays and Thursdays from 11 a.m. - noon beginning April 1. Contact Chez Sanchez at 853-3966 for more information.

Register for racquetball

The South Housing Racquetball courts are open. Reservations can be made Monday - Friday, 7 a.m. - 6 p.m. by calling 494-4747. Call Naomi Parish at 494-4534 for details.

Get Fit to Fight in the water

The Patrick Fitness Center offers Fit to Fight classes. The classes are every Tuesday and Thursday from 9-10 a.m. at the Fitness Center lap pool. The classes are designed for all fitness levels. Aquajoggers and waterbells are supplied.

Get a unique workout

The Patrick AFB Fitness Center offers a wide range of aerobics and body conditioning classes. Classes run Monday - Saturday. Classes include cycling, abdominal classes, kick boxing and step classes. Pick up a copy of the schedule at the Patrick Fitness Center or call 494-4947 for more information.

Hoopng it up

The Patrick AFB varsity basketball team participates in the Satellite Beach Parksand Recreation League Thursday nights.



Photo by Airman 1st Class Shaun Emery

Turning two

Tim Faircloth, shortstop for CSR, flips the ball to second base while turning a double play during intramural softball practice Tuesday at the sports complex in South Housing.

The Calendar

Friday, Saturday

▲ "Letters From the Front," 7 p.m., at the base theatre. Free, two-hour Broadway-style production centered on war correspondence. Tickets not necessary. Call 494-8063 for details.

Wednesday

▲ 2-for-1 Steak Night, 5:30-8 p.m. at the NCO Club. Cost is \$21.95. Members who show their club card receive \$1 off. For reservations, call 494-7491.

▲ Manatee Cove summer golf league meeting, 5 p.m., in the clubhouse banquet room. Cost is \$10 per week for annual pass holders; \$11 for annual fee holders; \$15 for all others. All players must pay a \$30 deposit, which will be refunded at the end of the season. League plays every Thursday, beginning April 8. At least one team member must be present at the meeting. For more details, call 494-7856.

Thursday

▲ Watercolor and oil art accepted for display in the Skills Development Center's art gallery, located in the base library. Photos of selected displays will be sent to the Air Force Space Command Headquarters in December for exhibit. For more information, call 494-4270.

April 2

▲ Teen Gym Jam, 6-11 p.m. at the Patrick Youth Center. Open to youth in the 6th-12th grade. For details, call 494-4747

April 3

▲ Cape Canaveral Bus Tour, 9:30 a.m. at Outdoor Recreation. Cost is \$5 per person. Trip includes sightseeing at the Cape Canaveral Space Museum, the lighthouse and early launch sites. For more information, call 494-2042.

April 4-10

▲ Kids under 12 eat free at the NCO and Officers' Clubs.

April 5

▲ Air Force Technical Applications Center Appreciation Day at Rocket Lanes Bowling Center. AFTAC members pay 50 cents for bowling and 50 cents for shoe rentals. For more information, call 494-2958.

▲ Children's art exhibit at the Child Development Center. For details, call 494-7028.

▲ Framing class, 9 a.m. - 4 p.m. at the Skills Development Center. Cost is \$25 plus materials. Sign up a minimum of 10 days prior to start of class. For reservations, call 494-4270.

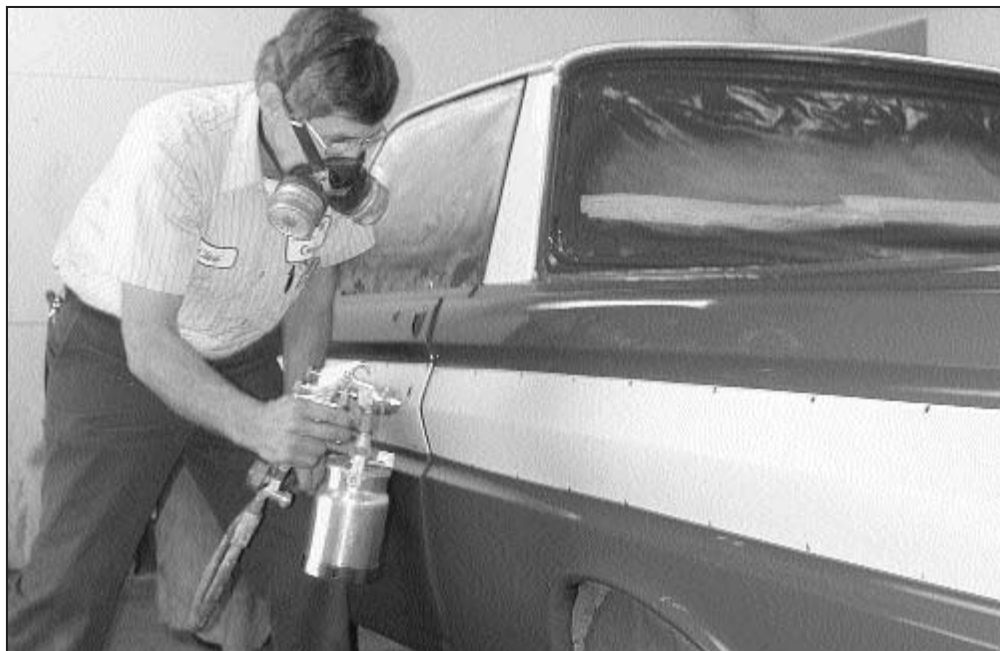


Photo by Marla Holbert

Patrick Air Force Base Auto Skills Center manager, Clint Fisher, studies 1965 Ford Falcon Ranchero Deluxe "palette" before swiping it with Rio Red and Pearl White paint. Before arriving at the facility, the vehicle was powder blue, Mr. Fisher said.

On with the show

By Marla Holbert
45th Services Squadron

Garage stalls at the Patrick Auto Skills Center come at a premium these days, as the facility gears up for its 2004 Spring Car Show.

The show, slated for May 15, has many auto collectors touching up or, in some cases, totally repainting their vehicles at the Auto Skills Center, said Facility Manager Clint Fisher.

"Many customers realize the value in the services we provide and save a lot of money by having paint and body work done here," he said. "Downtown, a custom paint job might run \$1,000-2,500, whereas the same paint job may run around \$550 here. That's a big difference."

Patrick's Auto Center is the only facility in the Air Force to offer a paint matching system called "coloreye." Although it's not fully operational yet, the radar-like gun does provide technicians with paint formulas that they use to mix paint. Mr. Fisher said that once the shop is connected to the Internet, the coloreye will allow them to receive exact color formulas from the Sherman-Williams Headquarters in Atlanta, Ga. Previously, they used splotch cards and a "keen eye" to match up colors and mix paint.

Mr. Fisher added that the facility recently acquired large plastic curtains that are used to protect other vehicles from mishaps such as paint over-spray.

Staff Sgt. Rob Christman, Air Force Technical

Applications Center, said he has been using the Auto Skills Center on a regular basis, restoring his 1990 Texas DPS Mustang.

"It's tons cheaper," Sgt. Christman said. "Technology-wise, I don't go off base anymore because I can get everything I need here."

Sgt. Christman added that he often helps other customers repair their cars. "When I was a young airman living in the dorms, I'd go there and work on my car because I couldn't afford to pay someone else to do it," he said. "That's the reason I help out others when I can."

In addition to entering the base's car show, Sgt. Christman intends to entering his vehicle in the 40th Anniversary Mustang Show in Nashville, April 17.

Nancy Wilberg, Skills Development Center director, said the base's event normally has about 30 entries but expects an even stronger turnout for this show.

"We will accept all types of vehicles - cars, trucks and motorcycles," she said. "Anyone who has access to the base can enter. The top three vote-getters will receive a trophy."

Ms. Wilberg added that she would especially like Auto Skills customers to enter so they can show off their final products.

"This is a great way for those people - who put in many hours of work - to show their cars. There's a lot of pride involved in this," she said.

For more information on the 2004 Spring Car Show, call 494-2537 or 494-4270.

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

North and Central Housing

Caroline Jamba
494-2593

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

Maurice Joiner

494-6455

Civilian Personnel

Robert Daniel

494-5238

Military Equal Opportunity

Capt. Marlon Johnson

494-6334

45th Security Forces Squadron

Lt. Col. 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

RIVERSIDE DINING

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

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

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

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

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

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

Tuesday Lunch - **Loin strip steak**, **barbecue spareribs**, roast turkey

Tuesday Dinner - Country captain chicken, **meat loaf**, **turkey ala king**

Wednesday Lunch - **Lasagna**, **spaghetti with meatballs**, **chicken cacciatore**,

pasta primavera

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

Thursday Lunch - Herbed baked chicken, Southern-fried catfish, stuffed cabbage rolls

Thursday Dinner - **Glazed cornish hen**, **Jaegerschnitzel with mushroom sauce**, roast loin of pork

Friday Lunch - **Mexican baked chicken**, **stuffed green peppers**, **Swiss steak with tomato sauce**

Friday Dinner 2 - Lasagna, **spaghetti with meat sauce**, **Italian sausage**

Menus are subject to change. For more information, call dial-a-menu 494-2845. Items bolded are healthy choice meals.

News News News
Got a story for the Missileer?

E-mail the Missileer staff at missileer@patrick.af.mil
or call 494-5922

News News News



Lent Schedule

Catholic

Lenten Devotions: April 6 at South Patrick Chapel: Meager Meal, 5:30 p.m. and Devotion, 6:15 p.m.

Devotions: presented by Father Chris Hoffman: Tuesday, March 16, 6:15 p.m.

Living Stations of the Cross: April 6, 6:15 p.m.

First Friday Mass: Friday, April 2, 9:30 a.m., South Patrick Chapel

Protestant

Lenten Meals/Devotions: Wednesdays at South Patrick Chapel, April 6 at 5:30 p.m.

Regular Mass and Services

Catholic

Daily Mass (Tues. - Fri.) at 11:30 a.m. in the Library while Seaside Chapel is being renovated. Saturday: 4 p.m. confession, 5 p.m. Mass in the South Patrick Chapel.

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

Religious education classes: 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 in the 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 South Patrick Chapel.

Easter Schedule

Catholic

April 4 Passion/Palm Sunday
April 3, 5 p.m. at South Patrick Chapel
April 4, 8:45 a.m. South Patrick Chapel
April 4, 11:30 a.m. in Base Theater

Holy Week

April 6,7 Daily Mass at 1130 a.m. in Base Library
Holy Thursday April 8
7 p.m. Mass of the Lord's Supper at South Patrick Chapel
Good Friday April 9
7 p.m. Service of the Lord's Passion at South Patrick Chapel
Holy Saturday April 10
8:30 p.m. Easter Vigil at South Patrick Chapel
Easter Sunday April 11
8:45 a.m. at South Patrick Chapel
11:30 a.m. at Base Theater

Protestant

April 4 Passion Sunday
8:30 a.m. at Base Theater
11 a.m. at South Patrick Chapel
April 7 Seder Meal
5:30 p.m. at South Patrick Chapel
Good Friday April 9
Noon at Base Theater
Easter Sunday April 11
6:30 a.m. Easter Sunrise Service at Officers' Club
8:30 a.m. at Base Theater
11 am. at South Patrick Chapel

Jewish Services

Passover - Holy Days begin April 5 at sundown and end April 13 at sunrise
First Seder April 5
Second Seder April 6
For more information on Jewish practices and high holy days, call Mr. Barry Chefer at 494-6063.



Friday Free three-act play, "Letters From The Front" at 7 p.m. The two-hour play chronicles personal letters from every U.S. military conflict since the Revolutionary War. It's centered on the life of author Katharine Hartgrove, who was commissioned to write a patriotic play about the human spirit. For more information, call Chuck Nolan at 494-8063.

Saturday Free play "Letters From The Front" at 7 p.m.

Sunday *Miracle* Based on the true story of the 1980 Winter Olympics at Lake Placid, former Olympic gold medal winner Herb Brooks assembles a U.S. team of underdogs. No one thinks they can make it, as they are up against the previously undefeated Soviet hockey team. Despite the odds, Brooks leads the U.S. team to victory. Stars Kurt Russell and Patricia Clarkson. Rated PG for language and some rough sports action.

Thursday *Catch That Kid* They are specialists in their fields: a rock climber, a computer genius, a mechanical whiz. Their task: to rob one of the world's most impenetrable banks to save an ailing father. Their plan is foolproof; their methods are ingenious. And they're not old enough to drive. Meet Maddy, Gus, and Austin: three kids on a mission. Stars Kristen Stewart and Corbin Bleu. Rated PG for some language, thematic elements and rude humor.

Movie times are 7:30 p.m. unless otherwise noted. Tickets for adults are \$2.50, children under 12 pay \$1.50.

Include SeaFest in your weekend fun

By Sue Walden
45th SW Public Affairs

Here's something to do this weekend that supports the 45th Space Wing.

SeaFest 2004 is in full swing Friday through Sunday at Port Canaveral. The event, hailed as one of the top 20 festivals in the southeast, is in its 21st year and is expected to draw more than 50,000 people.

Visitors can enjoy a wide variety of seafood, traditional fare, midway rides and games, plus local and national entertainment. Country is king Friday night when Eddie Raven takes the stage with Johnny Lee.

Saturday, Bad Company former lead singer Brian Howe is in concert at 9:30 p.m. Sunday's entertainment line-up has something for everyone - jazz, blues and contemporary sounds from April McLeod, Billie Van Riper, Chilihead and the Groove Monsters.

The event also includes a chowder cook-off, 5K-run, craft fair, boat show and other exhibits.

Back by popular demand, Military Affairs Council, consisting of military, civilian and community mem-

bers, will have its strawberry shortcake booth again. This year, they've added chocolate toppings to the menu. SeaFest is one of MAC's biggest fund-raisers of the year. The money goes toward various military services, including the 45th Space Wing. "We support award ceremonies and give funds to the Honor Guard," said Vicky Dunn, MAC's SeaFest chairperson. "SeaFest is a great place to recruit new MAC members. The nice thing about MAC is that civilians and military can join," she said. MAC meets every third Wednesday of the month. Call her at 783-9225 to join.

SeaFest hours are: Friday 5-11 p.m.; Saturday 11 a.m. - 11 p.m. and Sunday 11 a.m. - 5 p.m. Follow signs to festival site located at the north side of Port Canaveral, near Cruise Terminal 5.

Ticket prices are \$4 in advance, \$6 at gate, \$5 for seniors over 65 years old, children under 10 enter free. Saturday after 5 p.m. tickets are \$10 for those 11 years and older.

For more SeaFest information, call 459-2200, go to www.seafest.com or www.cocoachamber.com.

Events

April 2 and 3, 10 a.m. - 5 p.m., Timeless Treasures Quilt Show at the Melbourne Auditorium, 625 E. Hibiscus Blvd., presented by the Seaside Piecemakers Quilt Club of Satellite Beach.

Features more than 300 judged quilts and wearable art display, lectures and demonstration, quilt appraisals and silent auction. Club donates numerous quilts every year to the community. Call 777-5660 for more information.

Theater

Friday - Sunday, "Two and Two Make Sex" at the Titusville Playhouse. Tickets are \$11 and \$13. Times are 8 p.m. Friday and Saturday; 2 p.m. on Sunday. Call 268-3711 for more information or visit www.nbbd.com/godo/tpi.

Classes

April 6, 9:30 a.m. at Central Brevard Library. Cathy's Crazy Crafts does paper punch stationery with guest craftswoman, Shirley Zabilansky. Learn

paper punch techniques and take home as much stationery as you can create during the class.

This 2-hour class costs \$5 with all supplies provided. Class size is limited. Reservations are required. Call 633-1792 for more information.

Clubs

First Saturday of the month, 7 p.m., Palm Bay Parks & Recreation holds a Poetry and Spoken Word Club at the Palm Bay Community Center, 1502 Port Malabar Blvd., Palm Bay. Call Rick Scott at 952-3443 for more information or go to www.palmbayflorida.org.

Second Saturday of the month, 10:30 a.m., WAVES National Women of the Sea Services, Space Coast Unit 75, have monthly luncheon meetings at the Indian River Colony Club on Murrell Road in Viera September through May. Become a member by calling 255-1502.

