

MISSILEER



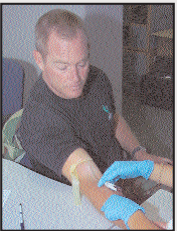
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Medical readiness

Capt. Michael Price (left), nurse, Capt. (Dr.) Russell Miller (center right) and Staff Sgt. Deborah Cruz (right), medical technician from the 45th Medical Group, attend to Senior Airman Anthony Vera, 45th Civil Engineer Squadron during a casualty exercise. The 45th Space Wing was a part of a Strategic Command and Air Force Space Command exercise to test the readiness of personnel during a number of incidents Oct. 27-29. (Photo by Jim Laviska)

Climate survey hits halfway point

By Scott Hopkins
AF MANPOWER AND INNOVATION AGENCY

RANDOLPH AIR FORCE BASE, Texas - Since its launch Oct. 1, more than 25 percent of Air Force people have taken advantage of the opportunity to speak to their leaders through the 2003 Air Force Climate Survey.

The survey's importance hinges on maximum participation, and the more people who participate, the better the results, officials said. The deadline is Nov. 23.

More than 65 percent of active-duty airmen and appropriated-fund civilians participated in the 2002 survey. For the first time, this year's survey includes the Air Force Reserve, Air National Guard and nonappropriated-fund civilians.

"Our goal is to make things better for our people and our organizations," said Air Force Chief of Staff Gen. John P. Jumper. "This is a great opportunity for you to provide direct feedback

about how well your leadership and organizations are functioning."

According to Judy Nicholson, START director, about 44 percent of Patrick Air Force Base and Cape Canaveral Air Force Station personnel have taken the survey. 45th Space Wing officials are urging everyone to take the survey before the deadline nears.

The survey gives leaders honest, identity-protected feedback about the organization from the people who make that organization work. It measures factors that influence people's behavior and factors that are relatively enduring over time, officials said. Leaders at all levels can use this information to improve an organization's climate and to ultimately improve its effectiveness and productivity.

"We take the survey results very seriously here," said Ms. Nicholson. "It drives a lot of things that happen here, from the development of monthly officers' and civilian calls, officer and non-commissioned officer professional development to an increase in civilian

recognition."

To safeguard personal information, only Air Force-level analysis is done on the personal information. Questions that ask for a respondent's Air Force Specialty Code, rank or grade, time on station, etc., will be briefed to the secretary of the Air Force and the Air Force chief of staff; that information will not be released elsewhere.

Multiple levels of protection are built into the system. For example, a squadron report will list respondents by number of officers, enlisted members and civilians — not by rank or grade, etc. And each breakout can be made only if there are at least seven respondents in that category.

The 30-minute survey can be completed online at <http://afclimatesurvey.af.mil> anytime during the survey period from either a government or personal computer. People can also click on the Air Force Climate Survey link at Air Force Link, <http://www.af.mil>. (1st Lt. Warren Comer contributed to this article)

START ... Get it!



By Brig. Gen. Greg Pavlovich

45TH SW COMMANDER

This week I bring greetings from the Atlantic as I had the chance to visit our island units: Detachment 1, Antigua Air Station and Detachment 2, Ascension Auxiliary Airfield.

As you know, both of these sites support our launch mission here at the 45th Space Wing with radar, telemetry and communications support for all the vehicles launched from Cape Canaveral Air Force Station, from Kennedy Space Center, and from U.S. Naval submarines when we support ballistic missile tests for our Naval Ordnance Test Unit mission partner. And, both sites have just two military and a cadre of contractor professionals from Computer Services Raytheon, or CSR.

This is an unaccompanied tour for most personnel. Antigua also supports the mission with command destruct opportunities if ever required.

At Antigua, our Det. 1 team maintains our vital launch support systems including command and control, command destruct and our critical launch facilities. The island is in the Caribbean, about 1,100 miles from Patrick AFB. It's tough duty being stationed on a tropical paradise, but our folks stay mission-focused and ready.

At Ascension, our Det. 2 team provides critical monitoring during launch to ensure the rocket is maintaining its proper trajectory. The island, which is located more than 5,000 miles from Patrick AFB, halfway between South America and Africa, is home to our southernmost tracking station. The unit is also a crucial unit tracking space objects in support of the Space Surveillance Network. This collection of instrumentation that provides essential information to help catalog space objects in orbit. This important data enables space operators to have a clear map

of what manmade objects are in space, which, among other things, helps us avoid space collisions.

Together, these units support our 15 million square mile Eastern Range. In short, they are the eyes and ears of the 45th Space Wing during the rockets'

ascent into space and subsequent payload placement. What a great group of folks doing this important part of our mission in unique locations.

Back on the mainland we are in the midst of the Air Force Climate Survey. In fact, we just hit the midpoint in the campaign, which runs through Nov. 23. The problem is that we still haven't reached our midpoint in participation. As of this week we had logged just under 44 percent. That's a good start, but we really need to pick up the pace. The more people that participate, the more representative – and useful – the data becomes.

There were some initial problems with the Web site so if you attempted to log on before and were discouraged by long waits in between questions or sections, please try again. It will take about a half hour of your time, depending on how many comments you type in ... and I encourage those comments! You've heard me say that last year's survey yielded more than 600 pages of remarks and we went through them all.

Please log on today – <http://www.afclimatesurvey.af.mil> – to voice your opinion. I really do want to hear what you have to say. Remember, it was from this survey that we put together our START action plan – Synchronize action, Trust people, All accountable, Recognize achievement, Tenacious execution. These elements were crafted from the feedback from the survey to focus everyone on continuing the good things we were doing and to help us correct areas we were lagging in.

Speaking of tenacious execution, I received a nice note of thanks about Ms. Carol Smith, who works in the Tricare Office. Carol is a Health Benefits Advisor and helped a couple with a billing problem with a care provider. It took six months, but Carol stuck with it and through her diligence the \$6000 error was corrected. As you can imagine, hefty medical bills are the last

thing you want to be worrying about when a loved one is ill. So the couple was grateful to have Carol working on their side, and so am I. Our folks go above and beyond to help our own.

We saw that same service before self value with the bone marrow drive earlier this week. Organized by the 45th Medical Group and the Company Grade Officers Association, the drive was organized in honor of Master Sgt. Bill Trainer, 45th MDG first sergeant, who is fighting leukemia. Thanks to those who came out to enroll in the Department of Defense Bone Marrow donor registry. Not only did you potentially help Bill, but others who are battling cancer as well.

Please keep him and his wife Nancy, a retired master sergeant and member of our protocol staff, in your prayers. Nancy is fairly new to civil service and doesn't have much leave accrued.

Civil servants wanting to help can donate annual leave to Nancy so she can be with her husband as he undergoes treatment in Tampa. Air Force civilians can donate leave by completing an OF 630-A form. Federal employees in another DOD component must fill out an OF 630-B form. Submit completed paperwork to Ms. Cathy Cawthon in our Civilian Personnel Office (45 MSS/DPC). Her fax number is 494-6377; her phone number is 494-8398. We update a list of leave needs at each month's civilian calls.

Finally, in another great outpouring of support our community came out in droves to support the Melbourne-area 'Honoring our Heroes' parade organized by the Vietnam Veterans Association. Upwards of 100 businesses and community groups sponsored the event featuring the largest military marching contingent in the area for as long as anyone can remember. What a great tribute to all who have served, past and present, I just wish I hadn't been TDY.

Another good Veteran Day news story is that we just welcomed home 11 of our security forces personnel and two people from our chapel staff. How poignant that they'll get to spend Veteran's Day with their families after serving their nation so well in ongoing operations.

We're off to an inspirational start to November. Be safe the Veteran Day holiday and keep up the good work. God bless!



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AFSPC commander sends Veteran's Day message

By Gen. Lance Lord
AFSPC COMMANDER

World War I fighting ended at 11 a.m., Nov. 11, 1918, the 11th hour of the 11th day of the 11th month. This day became known as "Armistice Day." We pause on this special day of honor, to reflect on the bravery, loyalty and dedication of all who answered the call in defense of our great nation.



Gen. Lance Lord

Freedom does not come without cost. Some of our greatest citizens gave the ultimate sacrifice so America would remain free. It is truly fitting we pause and pay tribute to all who served.

Their legacy of duty and love of country has been handed down to the soldiers, sailors, airmen, Marines and Coast Guardsmen who stand watch today, both at home and abroad. We have been passed the baton of service, dedication and honor to preserve freedom and bring peace and stability to a troubled world.

On Nov. 11, please reflect and remember and thank those who served before us. May their example of service and sacrifice continue to

inspire us all, and may we always treasure the freedoms they fought to preserve.

Becky and I offer our thanks to you, the men and women of Air Force Space Command and your families. We appreciate your service and dedication to our great nation.

Board releases command selections

Four field grade officers assigned to the 45th Space Wing were selected by the 2003 Command Screening Board as candidates to command Air Force wings and groups. The following officers will be placed on a command candidate list that will be provided to Air Force Space Command that will in turn fill their respective command assignments:

Col. Everett H. Thomas, Space/Missile Wing
Col. Stephen J. Werner, Air Base Wing
Col. Steven K. Bible, Materiel Leader Group
Lt. Col. (Dr.) Stephen J. Niles, Medical Group

Chief Master Sgt. selections released

Of a list of 2,649 senior master sergeants, a total of 500 were selected for promotion to chief master sergeant. The selection rate was 19.86 percent, a 6.86 raise above the minimum promotion rate of 13 percent. Those selected from the 45th Space Wing and its mission partners are:

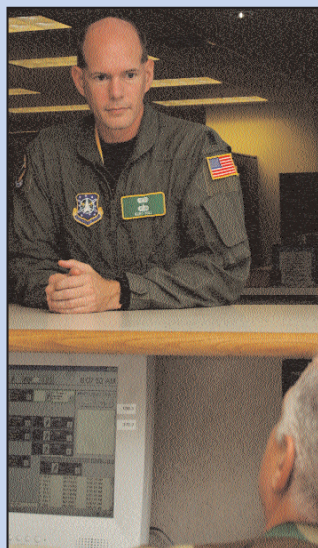
45th Range Squadron
Stephen M. Parish

45th Mission Support Squadron
Christine A. Mackay

45th Medical Support Squadron
William T. Wade

Air Force Technical Applications Center
Michael E. Frye
Karen M. Jacobs

Incoming from other duty station
Clyde L. Byrd



Commander Q&A:

Lt. Col. Kurt Hall
45th Operations Support Squadron

Q: What is the mission of the 45th Operations Support Squadron?

A: The mission of the 45th Operations Support Squadron is to support launch and expeditionary operations.

Q: How does the 45th OSS provide support to the wing's space launch mission?

A: We provide safe and efficient Eastern Range airfield operations, train highly qualified space-lift and range operation instructors as well as provide training oversight, educate wing personnel on how to protect our critical information, launch and range assets and develop doctrine, policy and guidance for future spacelift and range operations.

Q: Do personnel from the squadron play a large role in Expeditionary Air Forces?

A: Yes, we provide highly qualified air traffic controllers and airfield managers throughout Southwest Asia in support of Operations Enduring and Iraqi Freedom. We also provide spacelift professionals to work in air operation centers.

Q: What is the future for your new Weapons and Tactics Flight?

A: We recently established the new flight authorized for all Operations Support Squadrons in the Air Force. Some of our new tasks will be aligning previously disjointed programs into a focused information operations program, help assess range and spacelift vulnerabilities, recommending either materiel solutions or changes in tactics, training and procedures, and be the space doctrine experts for the 45th SW.

Brevard honors military heroes in county parade

By Capt. Wade Arnold

920TH RQW PUBLIC AFFAIRS

When it comes to honoring military heroes, nobody does it better than the Space Coast. Thousands of military members and Central Florida civilians participated in a Melbourne parade and picnic Sunday, appropriately named "Honoring Our Heroes." The event paid tribute to military personnel who have served and/or deployed in support of America's War on Terror.

Over 800 members of the 920th Rescue Wing, several 45th Space Wing members and two former prisoners of war from Operation Iraqi Freedom were in the parade. Additional participants included representatives from the Vietnam Veterans' Association, local fire and police forces and the Civil Air Patrol.

Seeing hundreds lining the streets cheering stirred the emotions of Senior Master Sgt. Gary Moore, superintendent of plans for the 920th RQW. He spent three months in Kuwait during the war. "When I turned the corner marching and saw all those people cheering, it literally brought a tear to my eye. To get that kind of recognition and support from the community was overwhelming...more than I ever expected," he said.

Belinda Stanley led the committee that worked since June to organize the event. "We just wanted to do our part and say thank you," she said. Ms. Stanley's committee included dozens of representatives from business and civic organizations. "The real focus of today is the military, thank goodness for what they have done," she said.

"It is a rare event to see an entire Air Force wing march in a parade,"

said Col. Tim Tarchick, 920th RQW Commander. "But we wanted to be here in full force so to speak. Look what the community has done for us, it is a tremendous effort that makes you proud to live here."

During the afternoon picnic at Wickham Park, pro wrestler Jim "Hacksaw" Duggan introduced several speakers and celebrities. "USA! USA!" he shouted.

Celebrities from daytime soap operas "The Guiding Light" and "All My Children" sang "God Bless America" as families watched and cheered.

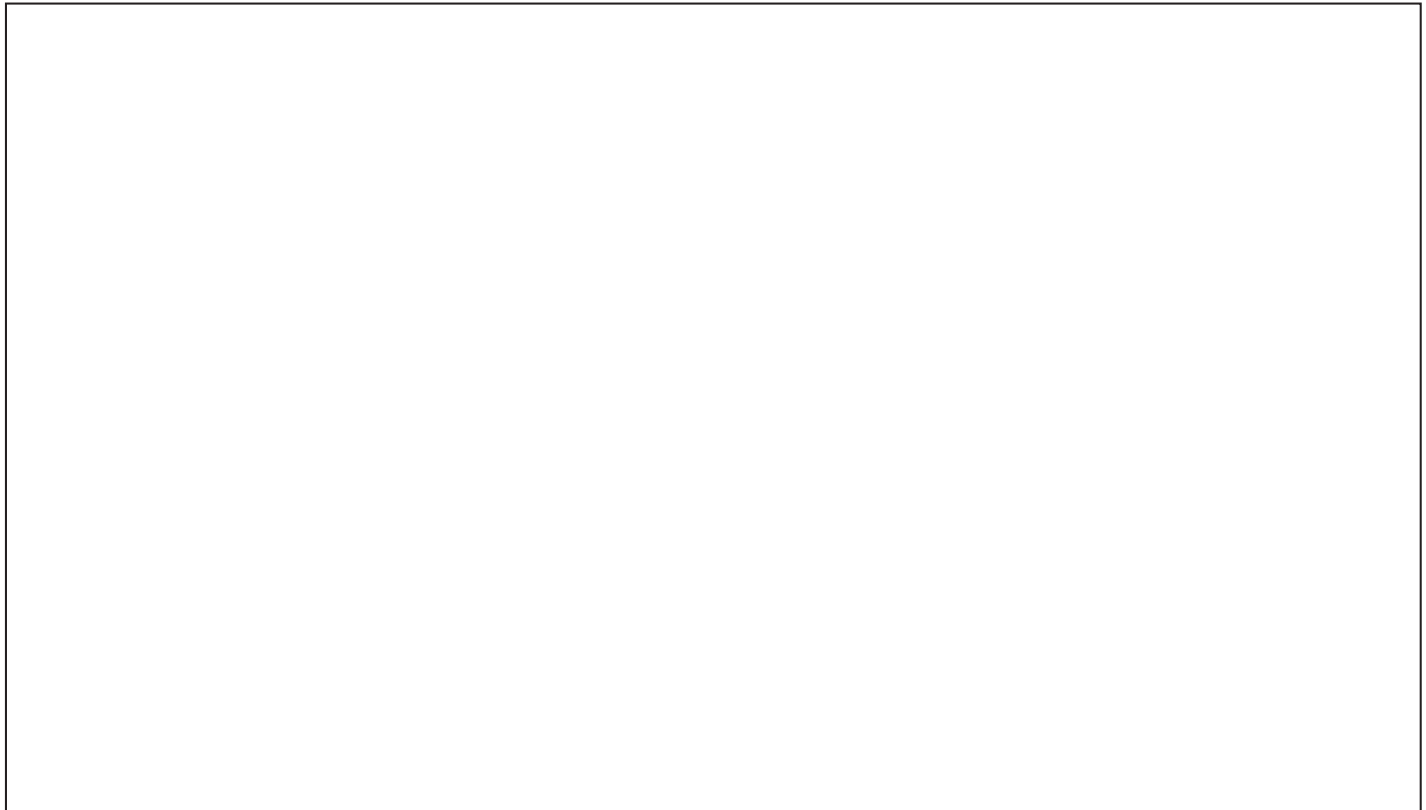
"Seeing so many people here is very heartwarming," said Bradley Cole who stars in the CBS soap opera, The Guiding Light.

A highlight of the day occurred when children of 920th RQW members sang "God Bless the U.S.A." with country singer Charlie Allen. Those making speeches included Col. Tarchick, retired Lt. Col. Danny McKnight who commanded the forces portrayed in the movie "Black Hawk Down," and U.S. Rep. Dave Weldon, 15th Congressional District. Local restaurants gave away thousands of meals, the 45th SW and Melbourne Police Department staged a K-9 demonstration and families succried up a rock-climbing wall.

"All in all it has been a great day," said Col. Tarchick. "It is something we won't forget."



Airmen from the 920th Rescue Wing and 45th Space Wing march during the Honoring our Heroes parade. (Photo by Capt. Wade Arnold)



Latest enlisted AFIT nominations due

WASHINGTON - Air Force Institute of Technology officials are again offering noncommissioned officers the opportunity to pursue an advanced science, engineering or management degree at Wright-Patterson Air Force Base, Ohio.

Eight NCOs from around the Air Force will be selected in early 2004 to attend the Enlisted-to-AFIT program. The program is designed to provide commanders with a diverse and renewable source of highly proficient and educated career NCOs, said Chief Master Sgt. Robert Hale, chief of Air Force enlisted professional military education at the Pentagon. Nominations are due to the Pentagon by Jan. 5.

The opportunity to attend AFIT is a direct reflection on the increasing role enlisted airmen will be expected to play in future operations, said Lt. Gen. Richard E. "Tex" Brown III, deputy chief of staff for personnel at the Pentagon.

"This advanced degree opportunity will further develop our NCOs' highly technical education and

skills, leading to greater innovation and improved readiness," Lt. Gen Brown said.

People interested in applying for the 18-month program must be at least a technical sergeant with a minimum of eight years time in service, 12 months time on station and have three years retainability upon graduation. They must have completed the appropriate skill-level upgrade and resident professional military education schooling for their rank, officials said.

Applicants must also possess a bachelor's degree from a regionally accredited college or university, Chief Master Sgt. Hale said.

Besides academic transcripts, applicants have to provide test scores from either the Graduate Record Examination or Graduate Management Admission Test, depending upon the specific AFIT degree-program requirements.

Although not everyone can participate in this program, Chief Master Sgt. Hale said he strongly encourages enlisted airmen not to give up on pur-

suing advanced education.

"There are many opportunities available for enlisted (airmen) to continue their education, and they should take advantage of them all," he said. "By becoming experts in our career fields, our contributions become more significant, and it enhances the professionalism of the enlisted corps as well."

AFIT is the Air Force's graduate school of engineering and management and its institution for technical professional continuing education. Since residence degrees were first granted in 1956, more than 15,000 graduate and 300 doctorate of philosophy degrees have been awarded.

Prospective students can review program requirements and nomination procedures on the Air Force Virtual Education Center Web site at <https://afvec.langley.af.mil/afvec/>. They can also e-mail Hale at robert.hale@pentagon.af.mil for more information, or visit the Patrick Education Office.



Patrick educates the educators

By 2nd Lt. Elizabeth Kreft

45TH SW PUBLIC AFFAIRS

During the last eight months the 45th Space Wing has sponsored tours for public school educators from Brevard County in an effort to spread knowledge of how the wing and its mission partners positively affects everyone's lives from global navigation to credit card transactions.

"I had no idea that so much of my life is effected by the satellites that this base puts up into space," said Iolana McKnight, vice principal at Astronaut High School in Titusville. "The information I walked away with is truly irreplaceable."

During base tours, educators had the opportunity to come onto Patrick Air Force Base, get a full mission briefing, tour the facilities and get a taste of military dining.

Many educators made it clear that they were completely taken aback by the overall presentation.

"I walked away from that tour with more knowledge about Patrick and about the Air Force than I had ever known, and I have lived around here for 20 years," said Ms. McKnight.

Tours depend heavily upon cooperation between several groups. Each unit had an oppor-

tunity to showcase their versatility and training.

Educators saw how military members live and work in an environment where everyone is a part of a larger team. Each unit has a specific task, making a piece that fits into a larger puzzle.

Tours consisted of demonstrations by the 45th Civil Engineer and Security Forces Squadrons. The 920th Rescue Wing and the 333rd Recruiting Squadron provided information on their units.

Brenda Pittman, guidance director for Astronaut High, attended the final tour with approximately 20 other educators Oct. 31.

"I absolutely loved it," she exclaimed. "I had no idea how much training went into each different career field. Now when I get requests from some of my students that are interested in going into the military, I will have better answers and explanations for them."

"Bringing our local school administrators, counselors and teachers to Patrick allowed us to showcase what we do," said Lt. Col. Joseph Lamarca, 45th Mission Support Squadron commander and the wing's greeter for the tour. "At the same time we get to educate these educators on the great opportunities the Air Force offers as a career choice."



Brevard County educators are shown the 45th Civil Engineer Squadron's explosive ordnance disposal equipment by Staff Sgt. Marlon Mitchell during a tour Oct. 31. (Photo by Master Sgt. G.A. Volb)

Civilians can choose new health insurance carriers through Dec.

By Nayda Ortiz
45TH CIVILIAN PERSONNEL FLIGHT

Civilian employees wanting to make election changes to their Federal Employees' Health Benefits Program must do so during the open season which begins Monday and runs through Dec. 8.

A Health Benefits Fair is Thursday from 9 a.m. - 1 p.m. at the Officers' Club to enable civilian employees the opportunity to speak directly to insurance carriers.

The annual FEHBP open season is the only opportunity to make election changes without a qualifying event occurring. Changes will go into effect on Jan. 11.

To make election changes individuals must complete a health benefits transaction through either the Benefits and Entitlements Service Team telephone system at 1-800-997-2378 or the EBIS Web site application at <http://www.afpc.randolph.af.mil/dpc/BESTGRB/EBIS.htm>

FEHB premiums are increasing an average of 10.6 percent in 2004. Increased utilization, medical inflation and rising drug costs are responsible for most of the increase. New premium rates also go into effect Jan. 11.

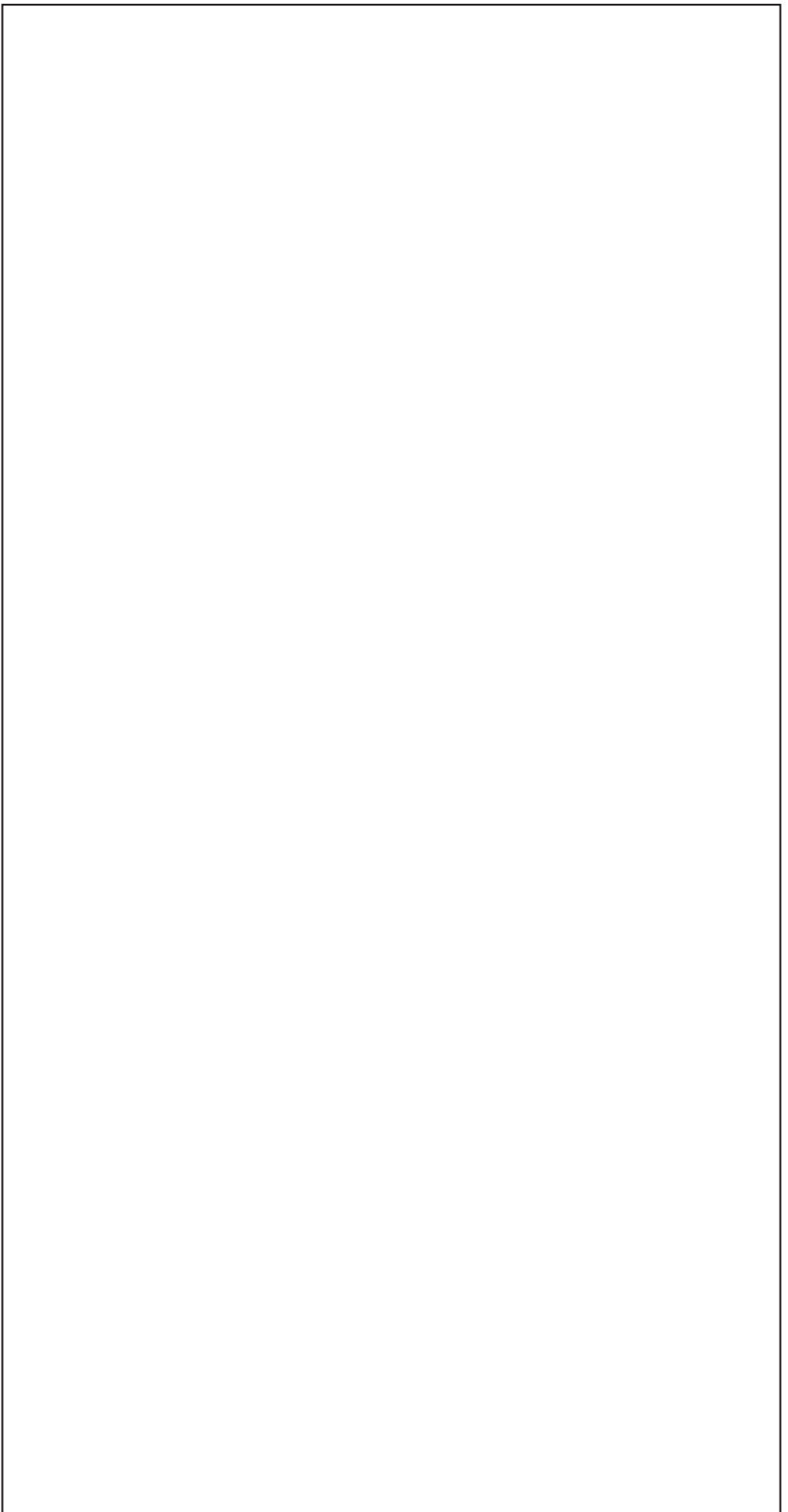
Be sure to review the summary of changes in your 2004 health plan brochure to know if there are any changes in payment of benefits. Premiums for 2004 are posted on the Office of Personnel Management Web site at <http://www.opm.gov/insure/health/04rates/toc-np.asp>

Visit the OPM Web site at <http://www.opm.gov/insure/health/index.asp> to review the FEHB guide. There are several guides on the site and individuals are reminded to choose the correct one.

Most Federal civilian employees may review RI 70-1, but temporary employees may review RI 70-8. OPM should have the 2004 guide and individual plan brochures by the beginning of the open season.

For more information, call the 45th Civilian Personnel Flight employee relations section at 494-8398.

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Got a story for the Missileer?
E-mail the missileer staff at missileer@patrick.af.mil
or call 494-5922
News News News



Bone marrow drive helps 45th MDG 1st Sgt.



Senior Master Sgt. Craig Kennedy, 920th Rescue Wing, has a vial of blood drawn by Sue Jones, 45th Medical Group, for a bone marrow test Monday. The bone marrow drive produced 245 blood samples for compatibility testing. (Photo by Jim Laviska)

By 2nd Lt. Elizabeth Kreft
45TH SW PUBLIC AFFAIRS

The Space Coast Company Grade Officers' Association teamed up with the 45th Medical Group to host a bone marrow typing drive Monday and Tuesday in an effort to find a possible donor for the 45th Medical Group's first sergeant who is suffering from leukemia.

CGOA board members initiated the drive when they learned Master Sgt. William Trainer, the 45th MDG's first sergeant and former shirt for the Operations Group and Civil Engineer Squadron, was recently diagnosed with acute myeloid leukemia.

In an effort to expedite the process to find a potential match, the group decided to pool military members along the Space Coast for a possible donor.

For cancer sufferers, a successful bone marrow transplant restores the ability to make healthy and normal blood cells. This drive produced 245 blood samples to be tested for possible bone marrow compatibility.

"In a situation like this, you just do whatever you can to help," said 2nd Lt. Matthew Altman, CGOA vice president. "If we can find Master Sgt. Trainer a donor, that would be a blessing, but even if we don't find a match now, this drive shows just how much this entire base is behind him."

The bone marrow drive was supposed to happen this February, but as recent updates in Trainer's condition arose, the drive was moved up to get the results of the marrow typing as soon as possible.

"The search is for compatibility in the

bone marrow tissue," said Maj. Daniel Bessmer, chief of lab services for the 45th Medical Group. "It is more likely that someone in the same gene pool will be a compatible donor, but it isn't a guarantee. That's why everyone should take the time to get tested - you never know when it could be your turn to save a life."

Chief Master Sgt. Jerry Delebreaux, 45th Security Forces Squadron, was one of the first in line when the drive doors opened Monday.

"Master Sgt. Trainer is someone I look at as family," he said. "Trainer used to say that I was his hero for getting out and running all the time with the young guys being the old man that I am ... this is my chance to truly be a hero."

Any person who gives a sample for testing has the option to list him or herself in the National Bone Marrow Registry, increasing the chance of matching someone else in need at a later time. After donor information is placed in the registry, the individual is not obligated to donate again.

The DoD donor Web site at <http://www.dodmarrow.org> also provides information on becoming a donor and gives step-by-step instructions on how donors may update contact information.

"We have been at this base a long time," said Master Sgt. Trainer's wife, Nancy. "It means so much to see the love that we have poured out over the years come back to us when we need it most."

FSC offers courses, orientation

A Children of Divorce class is Wednesday from 1-4 p.m. Thursday, a Sponsorship Training class is 9-11 a.m., a Pre-separation briefing is from 9:30-11:30 a.m. and a Cooking Class is 11 a.m. - noon. Friday, a Pre-deployment Briefing is from 8-11:30 a.m. and a Deployed Spouses Meeting is from 6:30-7:30 p.m. All classes take place in the Family Support Center, Bldg. 722, unless otherwise noted. For more information, call Joel La Fuente at 494-5675.

Legal assistance hours change Jan. 1

The 45th Space Wing Staff Judge Advocate office will change its hours on Jan. 1 for walk-in legal assistance. Active duty, retired military

member, military/retiree family members and activated Reservists on Title 10 status may get legal assistance Wednesdays and Thursdays from 8-10 a.m. at the Patrick Legal Office in bldg. 562.

Active duty members may make an appointment on Tuesdays.

Notary services hours remain Monday-Thursday from 8-11 a.m. and 1-4 p.m. For more information or to make an appointment, call 494-7357.

Register for pay Web site

The 45th Comptroller Squadron can now establish a My Pay personal identification number for active duty, Reserve, civilian and retired military members.

My Pay allows individuals to change their pay information 24 hours a day from any computer with internet access. To obtain a PIN, stop by the customer service counter between 8 a.m. - 3 p.m. or send an e-mail to 4finance@patrick.af.mil with name and social security number attached. The PIN will be established within two business days.

Family Advocacy Program class

Wednesday, a Behavior Management Class is offered from 9:30-11 a.m. at Bldg. 1370, room 116, and a Diaper Club meeting is from 10-11:30 a.m. in Bldg. 3650. Thursday, a Workplace Anger course is in Bldg. 1370, room 116 from 9:30-11 a.m. For more information, call the Family Advocacy Program at 494-8171.



WarFit Challenge

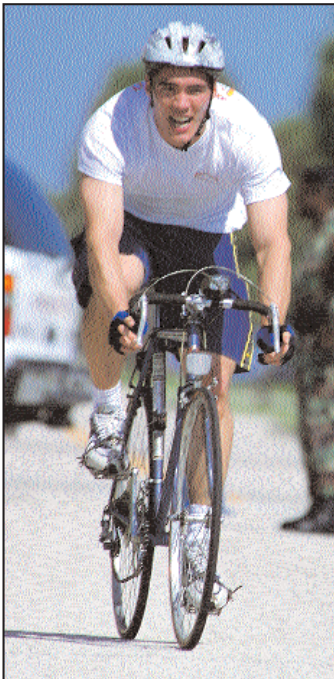
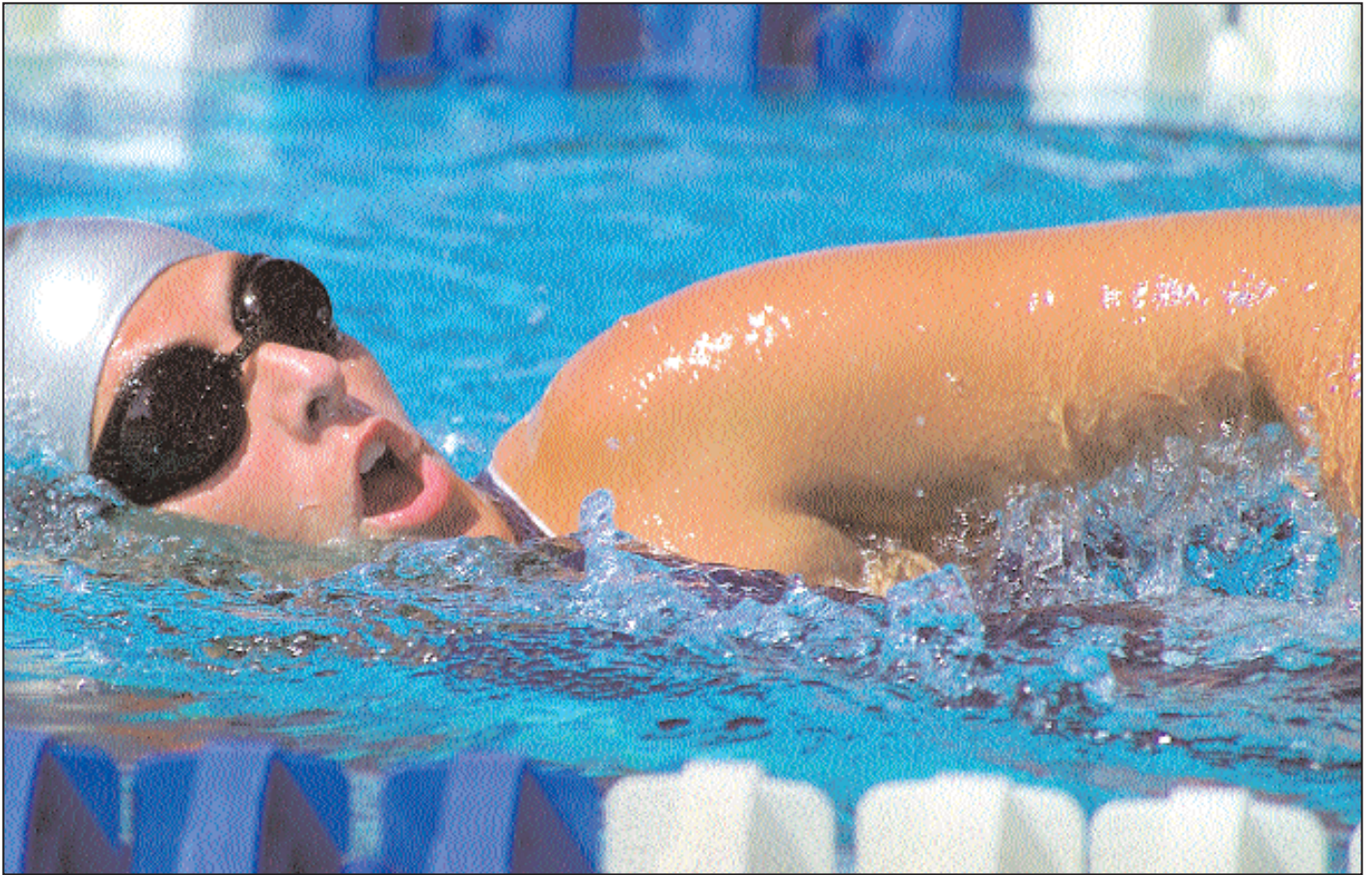
Photos by Jim Laviska

The WarFit Challenge took place Oct. 27-30. Teams from the 45th Space Wing and mission partners participated in the event to promote health and wellness for the upcoming new Air Force Fitness Standards that go into effect Jan. 1.

Events included a team triathlon, basketball, golf tournament, swim relay, volleyball, 10-pin bowling tournament, canoe race, fitness relay, one-pitch softball tournament, 5 kilometer run and tug-of-war. Scoring was based on the number of events won. The final standings were:

- Air Force Technical Applications Center**
42
- 45th Mission Support Group**
40
- 920th Rescue Wing**
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- 45th Operations Group**
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- 45th Medical Group**
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- Defense Equal Opportunity Management
Institute/Army Readiness**
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- 45th Launch Squadrons, Det. 8**
5





Waist size reflects whole health

By Staff Sgt. C. Todd Lopez

AIR FORCE PRINT NEWS

WASHINGTON - The waist-measurement portion of the Air Force's new fitness standard serves as a gauge for total health, said the Air Force chief of health promotion operations.

"The waist measurement is used to determine visceral or intra-abdominal fat," said Maj. Lisa Schmidt. Air Force officials chose this measurement because there is ample evidence that links an increase in visceral fat with an increase in risk for disease.

"When we looked at developing health-based standards, we reviewed a lot of literature of the best ways to predict health risks for members, and abdominal circumference kept surfacing," Maj. Schmidt said. "With more abdominal fat, you have more risk for diabetes, heart disease, stroke and some types of cancer."

Agencies like the American Medical Association and the National Institute of Health have produced such studies, Maj. Schmidt said.

Individuals can perform the measurement on themselves by using a tape measure, she said. The measurement is taken with the tape wrapped around the abdomen above the right iliac crest, or right above the top of the right hip bone, while ensuring the loop created by the tape remains parallel to the floor. The measurement is taken the same way for both males and females.

Air Force officials use two tables for measur-

ing waists, one for males and one for females, Maj. Schmidt said. There are no variations in regards to height or age.

"The risk for disease is independent of your height," Maj. Schmidt said. "Other things considered, if you are 5 foot 2 inches tall or you are 6 foot 2 inches tall, your risk for disease is the same if you have a 40-inch waist. The same applies with your age. If you are 20 years old or 50 years old, the risk is the same based on waist measurements." Additionally, unlike other body parts, the size of the waist does not grow proportionally with height, Schmidt said.

"As you get taller, it isn't as if you grow out as well," Maj. Schmidt said. "It is not proportional growth. The area you are measuring does not include any bone."

While there is no variance allowed for height when it comes to waist measurements, it is important to consider the fitness evaluation as a whole in regards to the total-fitness score, Maj. Schmidt said.

"When you look at the fitness score, it is a composite score," Maj. Schmidt said. "If you have a 20-year-old and a 50-year-old, both with a 39-inch waist, they are going to get the same points for abdominal circumference. However, that 20-year-old is going to have to run faster and do more crunches and more pushups to get the same composite score as the 50-year-old."

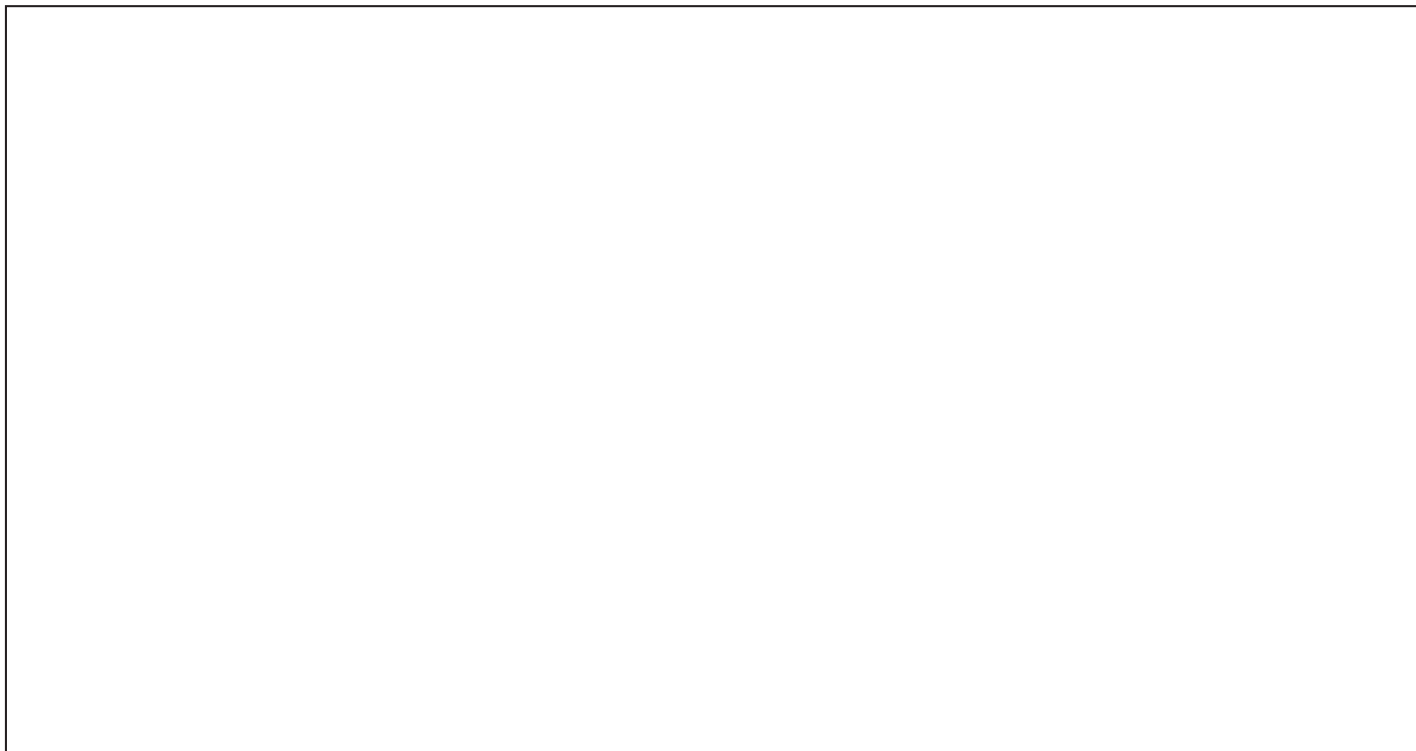
For airmen who have measured their waists and determined they are not within an accept-

able range, there is hope, she said. Visceral fat is generally the first to go when people begin an exercise program. While it may take several months of running, crunches and weight lifting to knock an inch or two off the waist circumference, that effort pays off in more than just the one or two points gained on the waist-measurement portion of the evaluation, Maj. Schmidt said.

"A lot of airmen will look at the chart and say it is difficult to lose an inch in abdominal circumference, and that they only get a point for it," Maj. Schmidt said. "But if you are engaged in some kind of program to lose that inch and to gain that point, some aerobic and fitness program, then in the process of gaining that extra point for waist measure you will improve your performance on the running and strength portions. They are all interrelated. This is about total health."

Airmen who look at the chart for the first time become fixated on the top numbers for their age group — those numbers needed to score a perfect 100 on the evaluation, Maj. Schmidt said. She said airmen should concentrate instead on getting a "good" or "excellent" fitness score.

The expectation is not for most airmen to achieve a perfect score. The expectation is for everyone to participate in a regular fitness program, which will result in improvements in overall fitness, she said.



Sports Briefs

Another season of softball

The Patrick varsity softball team holds tryouts for the upcoming season. Tryouts are held Monday - Nov. 14 at the South Housing softball complex, field 1 at 5:30 p.m. All players interested need to e-mail Tech. Sgt. John Howorth or Staff Sgt. Scott Harris. For more information, contact the Patrick Fitness Center at 494-4947.

WarFit in the water

The Patrick Fitness Center offers Waterfit 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. Aqua-joggers and waterbells will be supplied.

Patrick AFB has triathlons

An adult triathlon is Nov. 14 at 11 a.m. Participants need to be at the Lap Pool no later than 10:30 a.m. for a mandatory safety brief-

ing. A children's triathlon is Nov. 15 at 8 a.m. Participants must be at the Lap Pool no later than 7:30 a.m. for an informational briefing. For more information, contact the Fitness Center at 494-4947 or the Youth Center at 494-4747.

Take up surf fishing

Surf Fishing classes are Friday and Saturday and Nov. 14-15. Instructions are given on Friday evening and hands-on fishing takes place early on Saturday morning. Cost is \$20, which includes all supplies. Call 494-2042 to register; space is limited.

Prepare early for 1.5-mile run test

The Health and Wellness Center and Physical Therapy Clinic offers a Running Clinic class at the HAWC Nov. 13 from 2-4 p.m. This class is designed to provide education on starting a running program, proper shoe selection, injury prevention, and preparation for the 1.5 mile run. Call the HAWC at 494-2660 to register.

45th SVS crowned Summer Golf League champions

The 45th Services Squadron captured the 2003 Summer Golf League championship by defeating the 45th Range Squadron Oct. 22. The championship playoff was best two out of the three matches. The teams split the first two matches, leading to a deciding third round.

The 45th SVS won the final match to become the base champions. The staff at Manatee Cove Golf Course would like to thank all the teams for participating in this program and also their commanders for their support.

The awards ceremony will be held Nov. 12 at 2 p.m. at the Manatee Cove Golf Course. A coaches meeting for next season will be held immediately following the awards presentation. All players are invited to the awards ceremony.

2003 Summer League Individual/ Team winners

Best Average - Doug McNaughton, 45th Medical Group

Most Improved - Ken Nousaim, 45th Mission Support Squadron

Sportsmanship Award - Jay Cleaver, 3rd Space Launch Squadron

League Champs - 45th Range Squadron

League Runner-up - 45th Civil Engineer Squadron, Team 2

Base Runner-up - 45th Range Squadron

Base Champions - 45th Services Squadron

ODR has special offers Saturday

Outdoor Recreation will have several programs encouraging military and civilian families to enjoy the great outdoors together. ODR is offering free boat rides, hot dogs and popcorn on Saturday from 11 a.m. - 2 p.m. Call 494-9692 for more information.

Canned food drive ongoing

The Family Child Care and Child Development Center's Fourth Annual Canned Food Drive runs through Nov. 14. With your assistance, we donated over 500 pounds of canned goods to feed the homeless at local soup kitchens last year. Your support is needed again this year. Call Tina Washington at 494-8381 or Sue Pollack at 494-7028 for drop-off dates and times.

Free temporary membership offer

The Manatee Cove Marina is a membership-based club with a "Key West" atmosphere for their patrons. The club offers both wet and dry boat storage, boat ramps, a supply store, lounge and a clubhouse. Members enjoy numerous social events inside and outdoors in the Tiki Bar.

Throughout November, the Manatee Cove Marina will allow all eligible non-members to drop by the Ships Store and pick up a free temporary membership card. If you wish to become a regular member after November, bring in the temporary card and the marina will waive the initiation fee. Dues are \$10 per month. Call 494-7455 for more information.

Rare automobiles display

The Fall Car Show is Nov. 15 at the Auto Skills Center from 10 a.m. - 4 p.m. Auto Skills Center and Outdoor Recreation are presenting this fall festival with vintage autos, a base-wide yard sale, a kayak race, free boat rides and a moonwalk, prizes, awards and more. Call the Auto Skills Center at 494-2537 by Saturday to reserve a spot to display an automobile.

Crafts for sale

The Skills Center's Annual Holiday Craft Sale is Nov. 14 at the NCO Club from 10 a.m. - 3 p.m. To reserve a space for showing your crafts, call 494-4270 before Saturday. Spaces are limited to three tables at a cost of \$10.

Learn to frame treasures

Register for framing classes at the Engraving & Framing Center. Classes are Nov. 18 and 19 from 6 to 9 p.m. and Nov. 24 from 9 a.m. until 4 p.m. Participants must register a minimum of 14 days before the class starts to ensure materials are available. Fee for the class is \$25 plus

materials and classes are limited to four students. There are no classes in December. Classes resume Jan. 12 from 9 a.m. - 4 p.m. Call 494-4270 for more information.

Thanksgiving at Riverside

The Thanksgiving meal at the Riverside Dining Facility will be served Nov. 27. The dining facility will open from 11 a.m. - 12:30 p.m. for all active duty personnel and their dependent family members only. All other parties including retirees and their dependent family members will be served from 12:30 p.m. - 6 p.m. Call 494-4248 for more information.

Reserve table for O'club dinner

The Officers' Club Thanksgiving Buffet is Nov. 27, featuring roast turkey, steamship round, pitt ham, fresh fish, shrimp, holiday side servings and desserts. Seatings are at 11a.m. and 2 p.m. The cost is \$17.95 for an adult buffet, \$10.95 for the children buffet, kids ages 5 to 12, and free for kids under age five. Call 494-4012 from 9 a.m. - 4 p.m., Monday thru Friday for reservations (last cancellation date is Nov. 25). This program is open to all club members, eligible non-members and guests. Members show your club card for a \$2 discount (nonmembers not eligible for discount).

Get a table for NCO club buffet

The NCO Club Thanksgiving meal is Nov. 27 with seatings from noon - 3 p.m. Reservations are required and walk-ins will be provided seating on a space available requirement. This buffet features turkey, ham, roast beef, mashed potatoes, gravy, stuffing, sweet potatoes, green bean almondine, buttered corn, fresh baked dinner rolls and an assortment of desserts. The cost is \$15.95 for adults, \$7.95 for children ages 5-12. Children under age 4 are free. Show your club card and receive a \$2 discount on all meals in your party. Call 494-7491 to make reservations.

Donate children's toys

The Youth Center is accepting donations of unwrapped new toys and gift items appropriate for youth up to age 18 and holiday gift-wrappings. The gifts are distributed to Patrick Air Force Base organizations and throughout Brevard County to special needs youth. Bring donated items to the Patrick Youth Center during business hours until Dec. 13.

AAFES holiday hours

AAFES facilities observe the following hours on Tuesday, Veteran's Day:

Main Store, 10 a.m. - 6 p.m.
Main Store Mall Concessions, 10 a.m. - 5 p.m.
Taco Bell, 11 a.m. - 5 p.m.
Wetzel Pretzel, 10 a.m. - 3 p.m.
Burger King, 10 a.m. - 5 p.m.
Class Six, 7 a.m. - 10 p.m.
MCSS/Mini Mall Shoppette, 10 a.m. - 3 p.m.

The following facilities will be closed:

Administration Office
Mini Mall Food Court
Mini Mall Concessions
Car Care Center
Main Store Anthony's Pizza
Main Store Robin Hood
Cape Food Court
Cape Shoppette
Cape Barber Shop

Trick-or-treat

Ethan Johnson (left) and Michael Whalen make their rounds trick-or-treating Halloween night in Patrick Air Force Base's South Housing complex. (Photo by Verla Davis)





Catholic

Daily Mass 11:30 a.m. in the Seaside Chapel.

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 in the Seaside Chapel.

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

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

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

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



Events

Nov. 12, 7 p.m., Interested in improving your public speaking skills? Join the Suntime/Viera Toastmasters at their next meeting at the Perkins Restaurant, 8200 N. Wickham Road. For more information contact Susan Romano at 494-7731

Nov. 16, 7:30 p.m., Lecture by George Howard, professor of psychology at University of Notre Dame "Coaching Matters: Youth Sports as Preparation for Life - Not the NBA" at the Melbourne Central Catholic High School gymnasium. Event is free and followed by a reception. For details call 777-0406.

Nov. 18, 7 p.m., "Decorating Your Holiday Table" at the Mims/Scottsmoor Library in Titusville. A class on decorating your table for holiday entertaining. Class is free. Call 264-5080.

Dec 13, 9 a.m., Breakfast with Santa at Sandrift Community Center, Titusville. Event includes breakfast, filled stocking, and photo with Santa. \$5 per child. Pre-registration required, limit 150. For details call 264-5037.

Festivals

Nov. 15, 9 a.m. - 4 p.m. 10th Annual Fox Lake Christmas Festival of Crafts at 4440 Fox Lake Road in Titusville. More than 200

crafters will have their handmade items for sale. Admission is free.

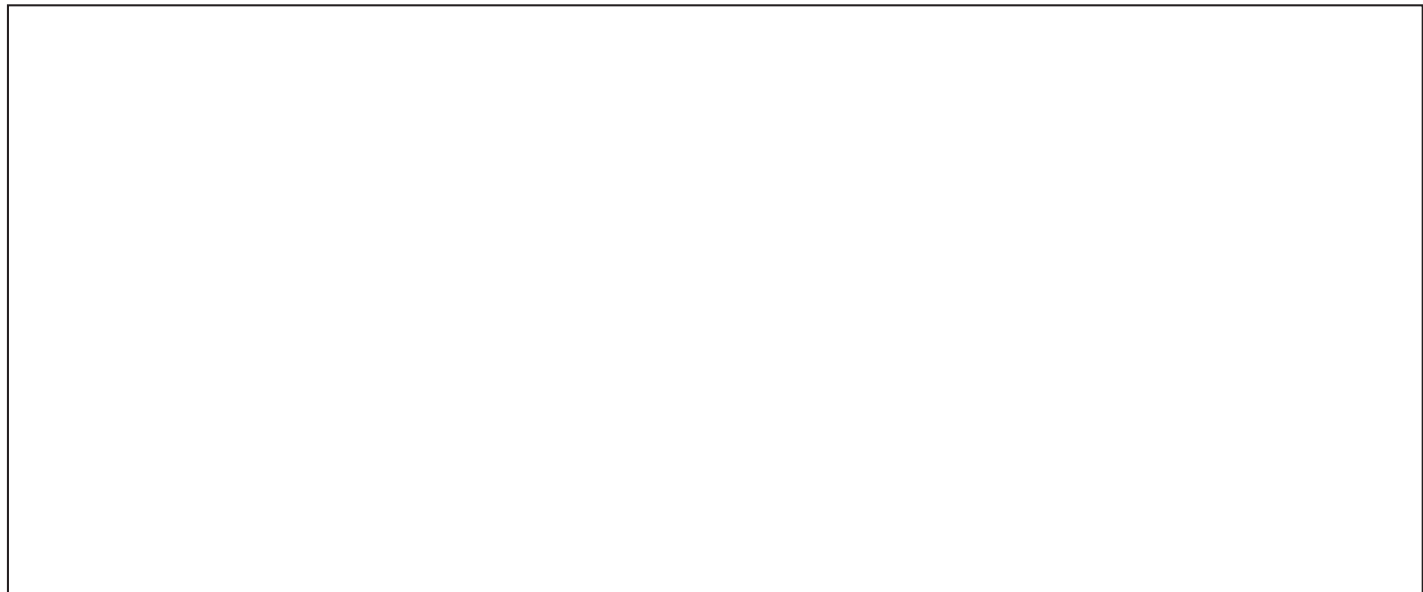
Nov. 16, Space Coast State Fair at the Cocoa Expo Sports Center. 11-day fair with exhibits, crafts, rides, shows and concerts. For information call 639-1204.

Nov. 22-23, Artworks of Eau Gallie Fine Arts Festival at Highland Ave. in the Olde Eau Gallie Riverfront Business District. Sidewalk art show featuring 90 artists demonstrating their skills, student high school and community college art show, porcelain show, live entertainment and food court. Event is free.

Nov. 29-30, Space Coast Art Festival in downtown Cocoa Beach. More than 250 juried artists, live entertainment, covered food court, Student Art Show, Young-At-Art (hands on art activities), police and fire department demonstrations, Brevard Zoo exhibit. Event is free. For more information call 784-3322.

Dec. 5, 6-10 p.m., Titus Nights Street Party in downtown Titusville. Shops are open, bands are playing, entertainment and street vendors. For more information call 267-3036.

Dec. 6-7, Holiday Craft Fair in downtown Cocoa Village. One of the largest craft fairs in Florida with more than 350 craft exhibitors. Event is free. For more information call 631-9075.





Friday *The Fighting Temptations* - Cuba, a smooth New York ad executive, loses his job and has nowhere to turn. His luck changes when he discovers he's going to receive a nice inheritance from a wealthy aunt who recently died. But when he returns to his hometown in Alabama to collect the cash, he uncovers the catch: First he must organize a successful gospel choir. That's easier said than sung, because he can't find any talented singers until he meets sultry jazz singer Beyonce. Stars Cuba Gooding Jr., Beyonce Knowles. (PG-13 for sexual references)

Saturday *Underworld* - Selene, a chic vampire, exists solely to slaughter a band of Lycans werewolves her clan has been battling for centuries. But things become complicated when she falls in love with an emerging wolf. Stars Kate Beckinsale and Scott Speedman. (R for strong violence, gore and language)

Sunday *The Rundown* - Beck, a bounty hunter travels to the South American jungle to settle a debt, but realizes that the bad guy isn't really the bad guy. The two join forces to search for hidden riches in Helldorado while avoiding the town's evil kingpin. Stars Dwayne Johnson and Seann William Scott. (PG-13 for adventure violence, crude dialogue)

Thursday *Underworld* - See Saturday's synopsis.

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



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

South Housing

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

Mike Lovejoy
494-6455

Civilian Personnel

Robert Daniel
494-5238

Military Equal Opportunity

Capt. Marlon Johnson
494-6334

45th Security Forces Squadron

Maj. Lynden Skinner
494-6202

Financial Services

John Brett
494-7171

45th Medical Group

Col. Gilbert Hansen
494-8100

Ground Safety

Paul Compton 494-4023

Inspector General

Lt. Col. Frank Miles
494-4373

Riverside Dining Menu



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

Saturday Supper - *Baked fish, BBQ 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 - *Roast turkey, barbecue spare ribs, fried shrimp

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

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

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

Nov. 14 Lunch - Mexican-baked chicken, stuffed green peppers, Swiss steak with tomato sauce

Nov. 14 Dinner - *Lasagna, spaghetti with meat sauce, Italian sausage

Menu items are subject to change. For up-to-date information, please call dial-a-menu 494-2845. *Healthy choice

