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Secretary Rumsfeld salutes 45th Services, Contracting

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

Innovative, customer-oriented programs in the areas of services and contracting earned the 45th Space Wing Department of Defense-level recognition with two prestigious awards signed by Defense Secretary Donald Rumsfeld.

The 45th Services Squadron and the 45th Contracting Squadron were presented with certificates Tuesday for their significant enhancements to installation working conditions, quality of life and customer service, improved efficiency and higher standards warranted by the secretary of defense.

After a successful year, receiving the Air Force Space Command Maj. Gen. Eugene Eubank Award for Best Services Squadron, the 45th SVS commander Lt. Col. Mark McCullohs said the squadron worked hard and deserved the recognition.

"The unit members continually seek to improve their service to the 45 SW community," he said. "The fact they succeed is born out in the myriad accolades heaped upon the unit."

In 2003, the 45th SVS captured 10 AFSPC Lt. Gen. Norm Lezy Services Awards: Best Golf Program, Youth Program Officer's Club, Enlisted Club, Resources Flight, Best Information, Ticket/Travel Program, Best Honor Guard and Best Outdoor Recreation & Services Marketing Programs.

"Our squadron's very mission, 'to enhance readiness and well being by providing quality of life services to the 45th Space Wing community' tells the story," Col. McCullohs added. "Enhancing the physical and mental well-being of wing members, while ensuring our families are well taken care of and our surrounding community continues to feel that they are a part of us ensures wing mission success."

"Our Services Squadron is truly a unit that shines, continually rises above the rest, and one that I am humbled by and proud to serve with."

The 45th CONS shined with its effort to improve productivity, forming and implementing a new system to gather data and report information to all management levels.

The squadron's E-Z Query program replaced an old system that caused many headaches.

"The old system was constantly getting locked out and was ineffective," said Steve McLaren, 45th CONS director of business operations. "You almost had to be a system engineer to use it effectively."

See AWARDS, Page 4

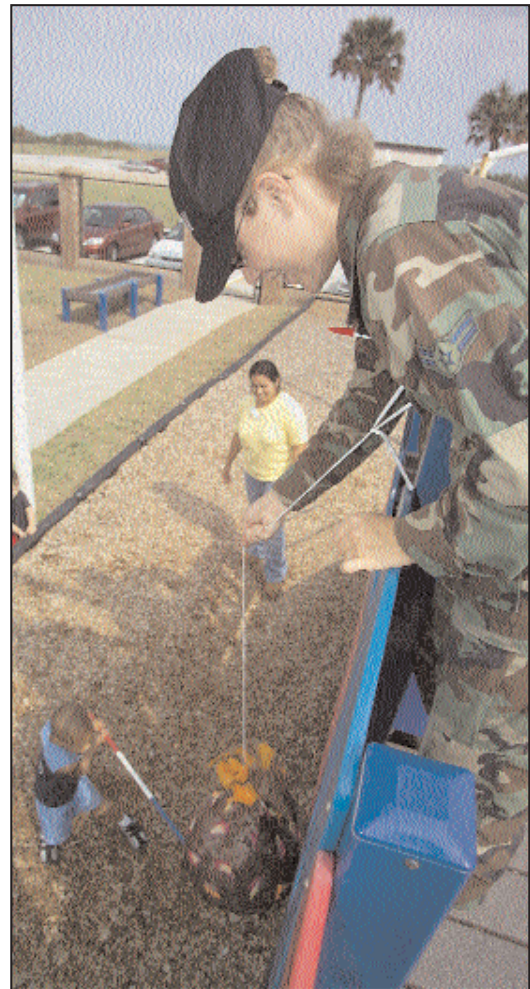


Photo by Jim Laviska

Hey batter, batter

Airman 1st Class Terri Gray, 45th Space Communications Squadron, holds a piñata while children from the Patrick Air Force Base Child Development Center take a whack at breaking it, Oct. 5, to celebrate Hispanic Heritage month.

Commanders

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By Col. Samuel Greaves
45th Launch Group commander

We are approaching the first anniversary of an event that continues to revolutionize how the Air Force and its mission partners conduct space launch missions here at Patrick AFB and at Vandenberg AFB, CA..

This event was the standup of the 30th Launch Group within the 30th Space Wing at Vandenberg AFB and the 45th Launch Group (45 LCG) within the 45th Space Wing in December 2003. Since that time, the 45th Launch Group, along with other wing organizations and mission partners have supported nine successful launch campaigns.

The 45th Launch Group is comprised of the 1st, 3rd and 5th space launch squadrons. The 1st Space Launch Squadron integrates spacecraft onto and leads launch activities for the Delta II launch system. The 3rd Space Launch Squadron integrates spacecraft onto and leads launch activities for the Titan launch vehicle system. Additionally, this squadron is also the Group focal point for new satellite systems

as they develop detailed launch base processing plans to launch from the eastern range.

Finally, the 5th Space Launch Squadron provides government oversight of spacecraft and launch vehicle integration and launch activities for the Atlas and Delta IV launch systems.

Furthermore, the 45th Launch Group works closely with the satellite and launch vehicle program offices to guide efforts of our launch vehicle and satellite contractors, the Aerospace Corporation and the other System Engineering and Technical Support contractors toward world-class space launch operations.

The Launch Groups were established as part of the Air Force's overall response to recommendations from several national-level review panels examining the way the nation executes expendable space launch operations.

Specifically, our senior leadership believed that the launch community would significantly benefit from enhanced organizational unity of command at our launch sites during the critical launch generation and execution phases of our space mission lifecycles.

This belief is now reality and both launch groups serve as major catalytic factors streamlining our launch campaigns while integrating existing, but sometimes disparate launch related system acquisition and operational activities.

To be quite blunt, the Launch Group standup was a natural follow-on to the overall organizational realignment of the Space and Missiles Systems Center (SMC) into

AFSPC, and was intended to help ensure that the space operations and acquisition communities played nicely and cooperatively in the same sandbox at the launch sites.

The standup of the Launch Group combined the space launch squadrons and SMC/Detachment-8 resources into a recognized and blended operational-acquisition group within the wing with dual responsibilities to both the commander of the 45th space wing, and to the acquisition system program directors at SMC in Los Angeles.

The Launch Group first has broad mission responsibility and accountability to support the Wing Commander in the organize, train, equip and launch execution mission. Additionally, the Launch Group executes specifically delegated authorities and responsibilities from the various satellite and launch vehicle program offices to perform launch generation, execution, contract surveillance and mission assurance-related tasks.

At its core, the Launch Group has kept and will continue to keep a laser focus on vigorously pursuing mission success through seamless partnerships with launch and satellite program offices to satisfy national, civil, commercial and combatant commander requirements for space access.

Correction

Last week's lieutenant colonel promotion list omitted Maj. Miguel Colon, 45th Operations Support Squadron. Maj. Richard Koelling is with the 5th SLS, not 45th OSS.

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ACTION LINE

494-6550

The Action Line is your direct link to the 45th Space Wing commander, Col. Mark Owen, and provides a valuable source of information on ways 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. Edwin Swedberg
494-6607
45th Civil Engineer Squadron
Jack Gibson
494-4041
North and Central Housing
Caroline Jamba
494-2593
Pelican Coast
Carol Farmer
777-8282
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Civilian Personnel
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494-6334

45th Security Forces Squadron
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494-6202
Financial Services
1st. Lt. Andrew Gmytrasiewicz
494-7171
45th Medical Group
Col. Gilbert Hansen
494-8100
Ground Safety
Chris Olesnevich
494-4023
Inspector General
Lt. Col. Frank Miles
494-4373

Think smart, avoid a costly mistake

By Capt. Mike Heavner
Area Defense Counsel

Why did you join the Air Force? I have asked numerous Airmen this question and have heard a great variety of responses. But I have not yet heard anyone say that they joined the Air Force so they could enjoy the unique experience of an Article 15. Nor have I ever heard anyone say that they joined so that they could wear the uniform while serving time in federal prison.

People don't join the Air Force for these reasons, yet every day Airmen find themselves in these situations. I'm addressing this article primarily to younger Airmen because they make up the majority of my workload. As your Area Defense Counsel, one of my jobs is to help you avoid such a predicament. Based on my experience, the following are some observations on how you can best avoid getting into trouble.

Drug Use. If you use drugs, you will be caught. The Air Force has recently increased the number of times that you will be tested. But to be honest, it's more likely that you will be caught because one of your friends will rat on you. Drug use tends to be a group activity and someone always ends up talking about it. Time may pass and you may PCS, but from what I've seen, OSI will track you down – even for that one and only time you took a single puff of a marijuana cigarette. So before you ever do drugs, any drugs, ask yourself if it's worth your career, your GI Bill, your retirement and a criminal record.

Drinking. A shockingly large portion of the offenses I deal with involve alcohol. I am talking about more than the obvious offenses, such as underage drinking, providing alcohol to minors, or driving while impaired; I am also talking about crimes that usually land you in jail – assault inflicting serious injury, date rape and drug abuse. When you're drunk, you're dumb. And dumb people do dumb things. And dumb things get you into big trouble. It's simple, if you are underage, don't drink. If you are 21, drink responsibly. If you think you or a friend may

have a drinking problem, get help before trouble arises.

Don't lie. If questioned, you have two choices – tell the truth or don't say anything at all until you have spoken to an attorney. As soon as you are read your rights, ask for an attorney. Trust me, if you are being read your rights, it isn't for a good reason. After speaking to an attorney, you can always give the investigators a statement; but you can never go back and take back what you already said.

Know your friends. Don't hang out with people who break the rules. If you hang out with a dog that has fleas, you'll get fleas. Hang out with troublemakers and they'll do their best to talk you into doing something dumb with them. Even if you don't, you'll be blamed for something that they did.

Live within your means. I can't afford a Humvee; you can't afford a Humvee. If you haven't met with Ms. Chrissy DeWitte at the Family Support Center, schedule an appointment. She can help you set up a home financial plan with her famous "envelope plan." Follow her valuable advice and you should never be in financial trouble. She can help you achieve your financial goals.

Ask for help. The Air Force has tremendous resources available to help you. Don't be too proud to ask for it. If you think you may have a problem and want to get help, but are worried that it is the type that could harm your career, meet with me first. I will be able to tell you about some possible consequences and how to best protect your career while addressing the problem. The meeting will be confidential. After our meeting, you will make your own decisions as to what course of action you take.

Tech. Sgt. Pleshette Pridgen, the Patrick Air Force Base Defense paralegal, and I are here to help you. We are dedicated to providing you with the best defense possible. We can usually help with any adverse action that you are facing – from a letter of counseling to a court-martial. We encourage you to call us at 494-4423 to schedule an appointment.

Duty before opinion: leave politics out of office

By 1st Lt. Elizabeth Kreft
45 SW Public Affairs

As a Public Affairs officer for the United States Air Force, I'm paid to talk.

I'm paid to communicate ideas and transfer information to thousands of people about issues that affect their families, their everyday lives and their long-term careers. And yet during the next few weeks, one of the most important responsibilities that I'll share with my fellow military members will be to keep my mouth shut.

As tension between opposing political parties grows to a remarkable force, the desire to express a negative view toward elected officials develops with it. But the venue for voicing opinions on the matter is quite small for military members, and in the waning days before a critical presidential election, even the blindest of comments or actions can draw negative attention to an individual or office with the best of intentions.

Each government employee must recognize that they are expected to conduct themselves in a manner that allows for a completely impartial atmosphere at work. We know during any season, election or not, military members are subject to scrutiny and possible reprimand for inappropriate comments about their chain or

command or about elected officials. But during a heated political time such as this, sensitivities to partisan commentary are at an all-time high.

Just one snide remark, one prejudiced e-mail or one biased flyer can be the downfall of a healthy federal or military career. Even though you might just be attempting to encourage fellow co-workers to engage in a political discussion, we each must remember there is a proper time and place for such dialogue.

I'm speaking from personal experience. I'll admit that I haven't been reprimanded for being too zealous about one side or another ... but I feel the itch. I have received entertaining e-mails about the president and the candidate, and at times they are so good I've been tempted to forward on the political satire to the entire base. Each time I turn on the office television I see more information about the upcoming election, and my blood goes from resting temperature to yelling-at-the-TV temperature in about 2.4 seconds. In fact, I should write a thank-you note to the major news networks for giving my heart a natural workout over the last few months.

The heart of the matter: I find myself craving to lead political campaigns at work.

I see and hear things I strongly disagree or concur with, and every fiber of my being tells me to chime in and comment on what I believe.

And yet I have to learn to hold back. This isn't the place for voicing personal views on elected officials. Healthy discussion is always encouraged, because we know that engaging conversations increases knowledge and social tolerance. But using federal time, money, assets or tools to voice political views is categorically wrong.

The fact is we cannot allow our personal opinions to interfere with our duty to remain politically unbiased in relation to our federal positions. Military, DoD civilians and any federal employee's primary responsibility is to serve in a wholly impartial manner. And though it might require a bit of tongue biting or creative articulation, this reservation is needed in order to maintain a healthy and professional working atmosphere.

So, over the next few days as you anxiously count down the hours until the time arrives to make your mark on the nation's future (I know I can't be the only one this excited), remember that government time and resources have to be kept separate from our personal, political agendas. In the end, whoever wins, the victory will be that much sweeter if it is a success brought about by completely legal and honest means – and each of us can do our part to keep partisan politics out of the military setting.

Designer of Mercury capsule, shuttle dies

The man who designed the original spacecraft for Project Mercury and is credited with contributing to the designs of every U.S. human spacecraft from Mercury to the space shuttle has died. Dr. Maxime A. Faget, who in 1958 became part of the Space Task Group that would later evolve into the NASA Johnson Space Center, died Saturday at his home in Houston. He was 83 years old.

"Without Max Faget's innovative designs and thoughtful approach to problem solving, America's space program would have had trouble getting off the ground," said NASA Administrator Sean O'Keefe. "He also was an aeronautics pioneer. In fact, it was his work on supersonic flight research that eventually led to his interest in space flight. The thoughts and prayers of the entire agency are with his family."

Faget's career with NASA dates back to 1946, when he joined the staff of Langley Research Center, Hampton, Va., as a research scientist. He worked in the Pilotless Aircraft Research Division and later was named head of the Performance Aerodynamics Branch. He conceived and proposed the development of the one-man spacecraft used in Project Mercury.

Faget was selected as one of the original 35 engineers as a nucleus of the Space Task

Group to carry out the Mercury project. The group also devoted a lot of time to follow-on programs and Faget led the initial design and analysis teams that studied the feasibility of a flight to the Moon.

As a result of his work and other NASA research, President John F. Kennedy was able to commit the U.S. to a lunar landing by the end of the 1960s.

"Max was a genuine icon," said NASA's associate administrator for Space Operations William Readdy, "a down-to-earth Cajun with a very nuts-and-bolts approach to engineering. He contributed immeasurably to America's successes in human space flight. His genius allowed us to compete and win the space race to the Moon."

Faget was part of the original feasibility study for the space shuttle. His team then focused on shuttle development. He retired from NASA in 1981 following the second shuttle mission (STS-2). His government service career spanned four decades.

After retiring from NASA, Faget was among the founders of one of the early private space companies, Space Industries Inc., established in 1982.

One of its projects was the Wake Shield Facility, built for the University of Houston and flown twice aboard the space shuttle to

demonstrate a technique for processing material in a near-perfect vacuum.

Born on August 26, 1921, in Stann Creek, British Honduras, Faget graduated from Louisiana State University with a Bachelor of Science degree in mechanical engineering in 1943. He joined the U.S. Navy where he saw considerable combat as an officer in the submarine service.

Faget's numerous accomplishments include patents on the "Aerial Capsule Emergency Separation Device" (escape tower), the "Survival Couch," the "Mercury Capsule," and a "Mach Number Indicator."

He received numerous honors and awards, including the Arthur S. Flemming Award, the NASA Medal for Outstanding Leadership, and honorary doctorate of engineering degrees from the University of Pittsburgh and Louisiana State University. He was inducted into the National Space Hall of Fame in 1969 and the National Inventors Hall of Fame in 2003. Faget was the first recipient of the Rotary National Award for Space Achievement in 1987. *Courtesy of NASA*

Air Force Aid Society comes to rescue

By 2nd Lt. Kevin Coffman

45 SW Public Affairs

Following two devastating hurricanes, the Family Support Center became the Family Assistance Center, helping 155 active-duty members, reservists and retirees with about \$65,355 in monetary assistance.

The Air Force Aid Society came to the rescue with assistance for the Airmen of the 45th Space Wing. "Money was the biggest crisis," said Chrissy DeWitte, FSC community readiness consultant and Air Force Aid Society officer.

The funds were made available through the Air Force Aid Society. It is a non-profit organization that exists solely to help Air Force personnel, dating back to 1942 under the direction of Gen. Henry "Hap" Arnold.

Most of the aid given was to provide food to families who lost power during Frances and Jeanne.

"It is a case-by-case basis," said Mrs. DeWitte. "We could give a \$300, no interest loan to a family almost immediately, and, if necessary, we could be authorized to provide more," she said.

The Airmen would go to the FSC, their request was reviewed and they were referred to a caseworker. "It was productive and great to help out people in need," said Mrs. DeWitte.

The AFAS provided aid to 122 Airmen and loaned \$51,095 in assistance money for Hurricane Frances, and 33 Airmen were provided with \$14,260 aid for Jeanne.

The AFAS also provides education assistance. In 2003, the AFAS helped over 30,000 Air Force members and their families with more than \$22.6 million in assistance.

AFAS is part of the larger Air Force Assistant Fund's annual drive, which allows Air Force members to donate a specific amount or a monthly allotment.

"Our team at the FSC are to be commended for everything they did to get military families back on their feet after these two hurricanes. This is a prime example of Air Force people taking care of our own and illustrates how we can overcome any obstacle," said Col. Mark Owen, 45th Space Wing commander.

AWARDS, from Page 1

According to Mr. McLaren, the squadron developed a more efficient process.

"The program we came up with is amazing," said Mr. McLaren. "We turned the system into something that works for us."

The system is now working across the Air Force. It first caught the attention of AFSPC and not too much later the Air Force caught wind and is adopting the system. Currently AFSPC, Air Mobility Command, U.S. Air Forces Europe, Air Force Reserve Command, Southern Command and the Defense Threat Reduction Agency are using the E-Z Query system.

"The awards are reaffirmation that the 45th SW is home to premier Airmen engaged in the business of the nation's premier spaceport," said Col. Mark Owen, 45th SW commander. "I congratulate the Services and Contracting Squadron - you can't beat recognition at the DoD level."

MILESTONES

Civilian length of service

30 years

Jeffrey Barnett, 920th RQW
 Evelyn Dishong, 45th RMS
 Susan Mahoney, 45th CONS
 Robert Moran, 45th CONS
 Ellen McCoy, 45th SCS
 Glenn Pena, 1st ROPS

20 years

Mark Brennan, 45th CES
 Antonietta Broadbent, 45th MDSS
 Robert Fortin, 45th CES
 Pamela Frost, 45th MDSS
 Carlos Gonzalez, 301st RQS
 Barbara Krause, 45th MDOS
 Juan Maldonado, 45th RMS
 David Minter, 920th MSG
 Keith Runk, 45th CES

10 years

Christopher Altham, 301st RQS

Political do's and don'ts

Partisan activities federal employees are permitted or prohibited from engaging

Federal employees may:

- ✓ Be candidates for public office in nonpartisan elections
- ✓ Register and vote as they choose
- ✓ Assist in voter registration drives
- ✓ Express opinions about candidates and issues
- ✓ Contribute money to political organizations
- ✓ Attend political fund-raising functions
- ✓ Attend and be active at political rallies and meetings
- ✓ Join and be an active member of political party or club
- ✓ Sign nominating petitions
- ✓ Campaign for or against referendum questions, constitutional amendments, municipal ordinances
- ✓ Campaign for or against candidates in partisan elections

✓ Campaign speeches for candidates in partisan elections

- ✓ Distribute campaign literature in partisan elections
- ✓ Hold office in political clubs or parties, including serving as a delegate to a convention

Federal employees may NOT:

- ✗ Use their official authority or influence or interfere with an election
- ✗ Solicit, accept or receive political contributions, unless both individuals are members of the same federal labor organization or employee organization and the one solicited is not a subordinate employee
- ✗ Knowingly solicit or discourage the political activity of any person who has business before the agency.
- ✗ Engage in political activity while on duty, in any government office, wearing an official uniform or using a government vehicle
- ✗ Be candidates for public office in partisan elections
- ✗ Wear political buttons on duty

Source: U.S. Office of Special Counsel

Force shaping expands in 2005

By Tech. Sgt. David Jablonski
Air Force Print News

WASHINGTON — Air Force personnel officials encourage more Airmen to seek opportunities to exit the service under an expanded force-shaping program in fiscal 2005.

Planners have opened more career fields for force-shaping eligibility by dropping from a 100-percent sustainment level to 95 percent. This increases the eligibility pools by about 30 percent for enlisted Airmen and 50 percent for officers. The force-shaping initiatives include two phases encompassing fiscal 2004 and 2005 to move the Air Force closer to its authorized end strength of 359,700.

Initially, the force-shaping goal targeted 3,900 officers and 13,700 enlisted for separation. Because of record retention rates, that total of 16,000 is expected to increase to almost 24,000 by Sept. 30.

"We wanted to open up the aperture to get on the proper glide slope to reach our end-strength goal by the end of 2005," said Col. Mike Hayden, the Air Force chief of military personnel policy.

"In order to do that and minimize impact on accessions, we wanted to provide more opportunities to those people wanting to leave (the Air Force) right

now," he said.

"By lowering the force sustainment level to 95 percent, we are able to review previously disapproved applications," Col. Hayden said. "We had quite a few people interested in departing, and yet we were holding sustainment at 100 percent. This change will allow more career fields to play. Additionally, we will continue to assess our glide path and evaluate needed adjustments to accessions. We'll do that throughout the year."

About 1,000 Airmen who initially applied and were disapproved will be reviewed again and contacted to see if they are still interested. Offers to those and newer applicants are being extended on a first-come, first-served basis.

"This will now give more people an opportunity to apply and be approved," he said. "We know that, initially, we open the door for approximately 1,000 Airmen (who) were previously disapproved."

Personnel officials said they hope active-duty Airmen will remain part of the total force by choosing separation options such as Palace Chase, Operation Blue to Green or transitioning to civil service.

The latest force-shaping opportunities are now available on the Air Force Personnel Center Web site at www.afpc.randolph.af.mil/retsep/shape2.htm.

Don't forget: **Air Force Ball**

The 2004 PAFB/CCAFA Air Force Ball is Thursday, at the Officers' Club.

The guest speaker will be retired Maj. Gen. Robert Dickman, deputy for Military Space, office of the Undersecretary of the Air Force.

Uniform is mess dress for military members and black tie optional for civilians.

Tickets are still available for purchase through unit POCs through today. Prices are \$27 for non-clubmembers, \$25 for clubmembers and \$17 for E-5 and below.

Celebrate the 50th anniversary of space and missiles with your 45th Space Wing family. Call 476-2626 for more information.

Uniform board integrates feedback, alters design

By Tech. Sgt. David Jablonski
Air Force Print News

WASHINGTON — Based on feedback from the six-month wear test, Air Force Chief of Staff Gen. John P. Jumper decided to expand the current test program to include a pixelated tiger-striped pattern in a new color scheme on the proposed utility uniform.

The expansion does not involve a full test; instead, there will be a limited production to test pattern and color, said Senior Master Sgt. Jacqueline Dean, the uniform board superintendent.

"The color scheme is only one of many improvements we are testing," Sgt. Dean said.

A small, select group of testers will wear the newest pattern. The solid tiger-striped pattern with its dominant blue overtones is gone.

The latest pixelated test pattern has a more subdued color scheme and is not nearly as distinctive as the one unveiled at the start in August 2003; yet it provides the distinctive-

ness Airmen have requested, officials said.

"We have sufficient input from Airmen throughout the Air Force to ensure that our uniform decisions are on target with regard to wear, ease of maintenance and fit," Sgt. Dean said.

"We kept hearing throughout the test that Airmen loved the wash-and-wear feature and the fit. The design of the uniform will essentially stay the same, with minor modifications based on the wear-testers' recommendations."

Gen. Jumper will announce the final decisions regarding the new utility uniform once the test data are analyzed and presented. Determination is expected within the next two months, officials said.

The new design represents a uniform that could be universally worn in all environments, Sgt. Dean said.

The unique fit and design will remain the same, as Air Force officials said they want a distinctive uniform for Airmen that fits better and is easier and less expensive to maintain.

“The design of the uniform will essentially stay the same, with minor modifications based on the wear-testers’ recommendations.”

Senior Master Sgt. Jacqueline Dean

UNIFORM BOARD

"There really wasn't much that Airmen didn't like about the design of the uniform," she said, basing her comment on the large volume of feedback the board received via e-mail, surveys, focus groups and online questionnaires.

"We really did capture what they needed and what they wanted.

"The chief of staff listened to the Airmen," Sgt. Dean said. "We asked what they wanted in a uniform, what they needed in a uniform and, as a result, this is exactly what we're getting."

Halloween hours planned

Trick or treat times have been officially released by the 45th Security Forces Squadron. Oct. 31, from 6-8 p.m. "trick or treating" will be authorized on base housing. Families are encouraged to use this time for festivities, and ensure that children are safely inside before dark. Motorists are reminded to drive with extreme caution. Costumes are not authorized during duty hours for employees on Cape Canaveral AFS or Patrick.

Go to Expo

The Business Opportunities Expo 2004 is Tuesday, 9 a.m. - 3 p.m. at Cruise Terminal 4 in Port Canaveral. This annual trade show is sponsored by the 45th Space Wing, NASA/Kennedy Space Center Small Business Council and Canaveral Port Authority. The event is to acquaint buyers and technical representatives from the government and its prime contractors with small businesses who can pro-

vide alternate sources of supplies, services and construction support. It features more than 175 businesses and government exhibits. Government purchase cardholders can also use this opportunity to meet representatives. The event is free to wing personnel and registration isn't required. For more information call Linda Sherod at 494-2206 or e-mail her on global.

Be a mentor

Mentors are needed for the National Disability Mentoring Week, Monday - Friday. High school students with disabilities will shadow members of the wing with disabilities. The high school students are specifically interested in science and technology careers. To be a mentor, or to find out more, call Betty Preece at 494-9234 or e-mail her on global.

Retiree seminar planned

The Retiree Activities Office holds its free annual Military Retiree Spouses' Seminar

Saturday, 9 a.m. - noon at the base theater. Retiree spouses, widows and surviving family members can get important information about their status. The program covers medical, legal affairs, finance, casualty assistance, Medicare/Tricare and concurrent disability pay. For more information, call 494-5463.

Pelican Coast meeting scheduled

Residents of Pelican Coast are encouraged to attend the next town hall meeting Tuesday from 7-8 p.m. the meeting will be held in the Pelican Coast Youth Center (next to the chapel). Share questions, opinions and ideas about the new housing.

Beach cleanups cancelled

Due to Hurricanes Frances and Jeanne, the Keep Brevard Beautiful beach cleanups for Patrick and the Cape are cancelled. However,

See BRIEFS, next page



BRIEFS cont. from Page 8

Keep Brevard Beautiful is still sponsoring county-wide events. Call them at 631-0501 for more details.

For more information about wing beach cleanups, call Wes Westphal at 494-9386.

Pilot selections moved

The Undergraduate Flying Training selection board date has been accelerated to February 2005 in order to accommodate pilot training requirements. Commanders who support applicants to compete on this board must agree to release their officers for short-notice assignments. Selected officers will need to attend Medical Flight Screening at Brooks City Base, Texas, as early as April 2005. For more information call DSN 665-2306 or 210-565-2306.

Check uniform changes

The supplemental to AFI 36-2903 outlining uniform changes is now available on the Patrick

Intranet site. For more information on dress and appearance, call 494-6144/6147.

Take a class

The Family Support Center offers the following classes: Pre-Separation briefing, Mon., 9:30-11 a.m.; Cooking class, Tues., 11 a.m. - noon; Single parents workshop, Wed., 11 a.m. - noon; Thrift savings instruction, Fri., noon - 4 p.m. All classes are held in Bldg. 722 (Family Support Center). Call 494-5675 to reserve a seat or receive more information.

Get diversity event tickets

In honor of National Diversity Month, Kennedy Space Center holds a "Celebration of Diversity," Oct. 23, 6:30 p.m. at the Radisson Resort, Cape Canaveral. The event opens with a cash bar and continues until midnight with a live band, various cultural entertainment and food. Tickets are \$25 per person and attire is dressy casual/cultural. Tickets can be purchased through Master Sgt. Ruth Green until

Tuesday. Call her at 494-4373.

Language class offered

An English for Speakers of Other Languages class is every Tuesday - Thursday, 9:30 a.m. - 12:30 p.m. Sponsored by the Family Support Center, this class is open to all speakers of their languages in need of learning English or polishing up their English speaking and writing skills. For reservations or additional information, call Elsa Kekahuna at 494-5675.

Citizenship class available

A new citizenship class is planned for October for those interested in becoming an American citizen. Class will be held on Monday nights. Sponsored by the Family Support Center, this class is free and open to active duty, DoD civilians, retirees, NAF, AAFES employees and their eligible family members. For more information or to make reservations, call Elsa Kekahuna at 494-5675.



Hispanic MONTH Heritage



By Sue Walden
45th SW Public Affairs

What do the words chocolate, barbecue, bronco and patio have in common? It's not a bizarre cookout - they're common words borrowed from the Spanish language.

The United States is a multi-colored tapestry of cultures blended together in a unique mix. Hispanics, now the largest minority group in the nation according to the 2000 census, contribute a heavy thread to America's tapestry. According to the U.S. Census Bureau, more than 37 million people in the United States are of Hispanic origin - about 12 percent of the American population.

Many Hispanic Americans trace their roots to the cultures of the indigenous peoples of the Americas - including the Arawaks (Puerto Rico), the Aztecs (Mexico), the Incas (South America) the

Maya (Central America) and the Tainos (in Cuba, Puerto Rico and other areas). Some Hispanics trace their roots to the Spanish explorers, who in the 1400s went out to find a less costly and easier way to trade with the Indies. Others trace their roots to the Africans who were brought to the New World as slaves.

Hispanics have made significant contributions to this country - from science to the arts. In 1981, Dr. Franklin Chang-Diaz became the first Latino astronaut, followed by Ellen Ochoa, the first Latino woman in space onboard Space Shuttle Discovery in 1993. Luis Alvarez was the first Latino to win the Nobel Prize in 1968, which he won for his work on subatomic particles. From the nation's first explorations by Hernando de Soto to Pulitzer Prize winner Oscar Hijuelos, Hispanics have made the United States richer at every turn.



Photos by Jim Laviska

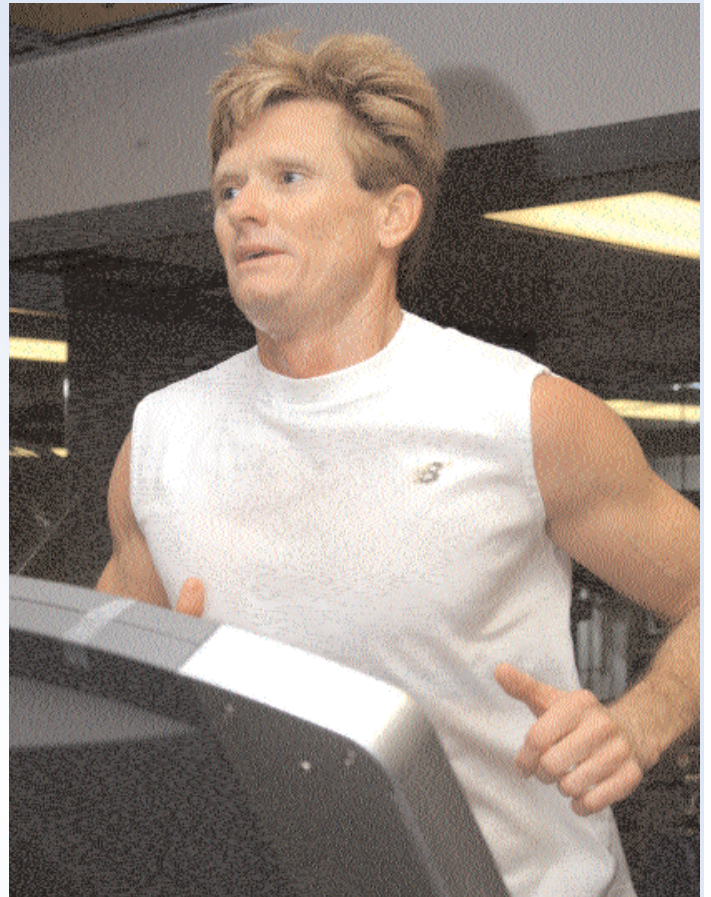
Above, Maj. Javier Garcia from the Defense Equal Opportunity Management Institute serves some festive snacks to toddlers at the Child Development Center. Left, Senior Airman Jacklin Tahora, of the 45th Mission Support Squadron, reads a book of cultural stories to the youngsters. Both members were participating in the CDC's Hispanic American Culture Day.

¡Olé!

Music, food and language also play a pivotal part in the rich culture Hispanics have introduced to the nation - those contributions could fill volumes. Here are just a few of common words Americans use every day that have Spanish origins:

Alligator (el lagarto, the lizard)	Savvy (saber, to know)
Cafeteria	Tornado (tornar, to turn; tronada, thunder storm)
Cargo (cargar, to load)	Vamoose (vamos, let's go)
Comrade (camarada, old Spanish for bar racks, company or roommate)	Mosquito
Cigar, cigarette (cigarró)	Tobacco
Guerrilla	Vanilla
Mustant (mestengo or mesteno, a stray animal)	Barracuda
Peccadillo (form of pecado, to sin)	Rosa (rose)
Renegade (renegade, deserter or outlaw)	Banana
	Ensalada (salad)
	Mucho (much)
	Inteligente (intelligent)
	Colores (colors)
	Canon (canyon)
	Tomate (tomato)

Getting back on track



Photos by Airman 1st Class Shaun Emery

Small steps in the right direction can help 45th Space Wing members and their families get their bodies back into a good routine

By 1st Lt. Elizabeth Kreft
45th SW Public Affairs

With summer officially gone, and the hours of sunlight waning by the day, fewer and fewer people are concerned with maintaining a "beach body."

Add that to several weeks of disrupted workout routines due to inclement weather, and you have the equation for a community that is in need of a little encouragement to get back on the right track to healthy living.

Out of sheer necessity, many families have admittedly made many extra trips to the fast food establishments over the last few weeks. Several will also confess that the desire to get back to the gym has diminished significantly since most of their energy has been exerted on clean up and restoration efforts.

To put it plainly, the bad behaviors have been setting in for several weeks now.

But some simple changes will allow for each family or individual affected by seasonal and hurricane hang-ups to find the shortcut back to healthy habits.

"It can start with just some simple changes," said Noreen Williams, 45th Medical Group registered dietician with the Health and Wellness Center. "Small modifications can help people get back in the right frame of mind and eventually to where they were just a few weeks ago."

The easiest steps back to a nourishing diet and a beneficial exercise regimen begin with small changes in food intake and routine.

"Even if people are still in a situation where it is too stressful to make an entire meal for the family, they can start with something like healthy frozen dinners coupled with frozen mixed vegetables," said Ms. Williams. "Serving a bean or lentil-type soup along with a pre-bagged salad versus chips and Spam will help start the process."

And though the hardest part of getting back into a wholesome routine may be committing the time it takes to develop a healthy routine, once a satisfactory schedule is in place, it will be easier and easier to stay on a positive physical path.

"If people don't have the energy or drive to make it back to the gym yet,

Above left, Elaine Graves serves Waylend Reed at the Patrick Air Force Base's Fit to Go, a fast-food alternative shop that serves nourishing sandwiches and salads. Above, Ralph Lotspeich runs on a treadmill at the Fitness Center. Both wholesome eating and physical activity are important to maintaining a healthy lifestyle.

just getting the body moving is a good start," said Ms. Williams. "The point is to increase the level of physical activity by doing something non-stressful. Whether you wash your car, go for a bike ride or take a walk on the beach, each activity will help get energy levels up again."

Ms. Williams made it clear that fitness and food are unavoidably tied together when trying to get back into a healthy lifestyle.

"We know that when people are trying to lose weight, energy deficits resulting from cutting calories and increasing physical activity are necessary. When people are trying to maintain weight loss, long term success is best predicted by those who continue an exercise regimen," she said.

"To get back on track, people need to combine the two in order to see results."

More than anything, the staff at the HAWC and the Fitness Center wants military members and their families to understand they are here to help with the fight for fitness.

"Whether you need more information, a personal coach or a bit of encouragement, we are here to help. Stressful times can challenge even the most dedicated person. Making a few health conscious choices at meals and taking steps toward increased physical activity will bring back the feeling of good health and well being," said Ms. Williams.

To schedule appointments with HAWC or Fitness Center advisors, call 494-2660 or 494-4947.

SPORTS & FITNESS

Get ready to bowl

Teams are currently being formed for the intramural bowling season. For more information, contact Barbara Holt at 494-2958.

The Final Week of the Season

By **2nd Lt. Michael Smith**
1st Range Operations Squadron

The first game of Monday night action pitted the top two teams in the league together, Computer Sciences Raytheon and the Air Force Technical Applications Center. CSR came away with the win and, while doing so moved a game behind in the win column. CSR improved to 7-3 for the season, while AFTAC dropped to 8-3.

The second game of the night pitted AFTAC against the 45th Security Forces Squadron. The 45 SFS team came out firing blanks and were defeated by the hard-hitting team from AFTAC.

The first game of the Wednesday night league pitted the number one ranked 3rd Space Launch Squadron and the last place 45th Civil Engineer Squadron team. The 3rd SLS soundly defeated the 45th CES team to insure that the 45th CES would finish the regular season winless at 0-12, while the 3rd SLS improved to a league best 12-2.

The final two games of the night paired the second place 5th SLS and the third place 45th Space Communications Squadron. Putting some space in the final rankings, the 5th SLS took both games from 45th SCS to improve to 9-2 for their season while the 45th SCS team dropped to 3-8.

League standings

Team	Monday		Team	Wednesday	
	W	L		W	L
AFTAC	8	2	3rd SLS	11	2
CSR	6	3	5th SLS	9	2
45th SFS	3	7	45th SCS	3	8
1st ROPS	1	6	45th CES	0	11

The Calendar

Tuesday

▲ Framing Classes are offered monthly at the Skills Development Center. Two-day classes are held on Tues. and Wed., 6-9 p.m. A one-day class is held on Mon., Oct. 25. 9 a.m. - 4 p.m. The cost for the class is \$25 plus materials. Register 10 days before class by calling 494-4270.

▲ The Patrick Youth Center holds the Air Force Family & Teen Talent Contest on Oct. 22 7:30 p.m. Moms, dads, brothers, and sisters are invited to sing, dance, and perform together in this family-oriented event. Active duty and retired military, DoD and NAF employees and contractors and their family members can enter in one of 15 categories. Videotapes or DVDs of base winners will be submitted for an Air Force-level contest. Registration forms are available at the Youth Center and must be completed and submitted no later than Tuesday. For more information, call Lynne Phillips at 494-4747.

Oct. 23

▲ Patrick Pet Parade/Xtreme Water Sports/Base Wide Yard Sale/Fish Fry. Spend a care-free day at Outdoor Recreation at 10 a.m. - 2 p.m. Show off your pretty kitty and your lovable pooch to win a prize. All pets must be registered by 11:30 a.m. and the contest will begin at noon. Come out and enjoy some Xtreme time in and on the water. Free kayaks and canoes rentals and \$5 tube pulls. Enjoy the fish fry. Free table space is available. Call 494-9692 for space reservations.

Patrick opens new Aero Club hangar

By Theresa Amlong
45th Services Squadron

On Oct. 20, 45th Mission Support Group commander Col. Edwin Swedberg cuts the ribbon on a new 87,000-square-foot, eight-bay Aero Club hangar. Located at 802 South Patrick Drive next to the Fire Station, the new \$696,000 hangar offers a safe haven for the club's eight aircraft for the first time in more than 10 years. Additionally, 1,376 square feet of office space including an administrative area is included on site.

"With this new state-of-the-art facility, our planes will no longer sit out on the tarmac exposed to the weather and salt air," said John Detmer, Services Business Flight chief. "Previously, during hurricanes and bad weather we have had to fly our aircraft to other bases for their protection. The new hangar withstood the forces of both Frances and Jeanne, solving that problem for the Patrick Aero Club."

Boasting 200 plus members, the Patrick Aero Club turns out an average of 22 new pilots per year. Ground schools are conducted each quarter and pilots can earn one of three licenses: private, instrument and commercial. "Ground schools are reimbursable for military," said Glen Gray, Aero Club manager. "Once you have your private pilot license, VA subsidizes from instrument on to the commercial pilot license."

FAA certified aviation safety meetings are a requirement for members. "The added safety of well-maintained aircraft and the monthly safety meetings enable you to fly with confidence," says Mr. Gray. "The benefits we provide include a safe and inexpensive environment for training and flying, whether for TDY or pleasure flying."

The FAA pilot proficiency program has recently been implemented at the Patrick Aero Club. Called "Wings," it is a multi-level proficiency program whereby members attend two safety meetings per



Photo by Nancy Watts

Glen Gary, Patrick Air Force Base Aero Club manager, pulls a T-41 Cessna into one of eight new bays in the Aero Club's hangar.

year, plus fly three hours a year and receive a set of wings. Each year of participation brings an upgrade on the wings with your final set of wings containing a diamond. "FAA encourages safe air travel. Members can go from private pilot to instrument right away," says Mr. Gray. "This makes you more proficient, less fearful of the system, therefore a better pilot."

Aero Club membership is open to all active duty, retired military, reservists, DoD or NAF employees, government contractors, FAA employees or medical examiners and family members of the aforementioned groups 16 years of age or older. In addition, active duty members of the civil air patrol or ROTC seniors who have signed a letter of intent may join the Patrick Aero Club.

For those interested in an introduction to flying, honing aeronautical skills or becoming a member of the Aero Club, there is no time like the present. The membership initiation fee is waived for anyone who joins the club Oct. 15 - Nov 30. Call Mr. Gray at 494-4356 for information on the application process.

RIVERSIDE DINING

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

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

Sunday Brunch - Chicken parmesan, sauerbraten, tuna and noodles

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

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

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

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

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

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

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

Thursday Lunch - Glazed pork chops, herbed baked chicken, Mongolian BBQ

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

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

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

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



Friday Anacondas: The Hunt for the Blood Orchid A scientific expedition is sent to the jungles of Borneo to search for a rare black orchid by a powerful pharmaceutical company that hopes the orchid can be used to unlock the secrets of youth and immortality. What they discover is that the orchid is already being used by a powerful group – a swarm of giant snakes that derive their super strength, size and vitality from the flowers, and extremely large snakes are also extremely hungry snakes. Stars Johnny Messner and Morris Chestnut. Rated PG-13 for action violence, scary images and language. 97 min.

Saturday Vanity Fair Becky is orphaned at a young age. Even as a child, she yearns for a more glamorous life than her birthright promises. As she leaves Miss Pinkerton's Academy, Becky resolves to conquer English society by any means possible. She deploys all of her wit, guile, and sexuality as she makes her way up into high society during the first quarter of the 19th century. Starring Reese Witherspoon and James Purefoy. Rated PG-13 for sensuality, nudity and violent image. 141 min.

Sunday The Cookout Todd's newfound wealth means his relationship with the people in his life is bound to change. This becomes evident when he decides to throw the family cookout his family has always had in his new neighborhood, which means that there's going to be more than one type of culture clash, between his new and old friends, and those who like him for him, and those who like him for his money. Stars Storm P and Eve. Rated PG-13 for drug content, sexual references and language. 85 min.

Thursday Anacondas: The Hunt for the Blood Orchid See Friday's synopsis.

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

Events

Silver Spurs Rodeo, Friday-Sunday at Osceola Heritage Park in Kissimmee. Event times are 8 p.m. Friday, 1:30 and 8 p.m. Saturday and 1:30 p.m. Sunday. The event features quadrille performance, bull riding, bareback and saddle bronc riding, calf roping, barrel racing, team roping and more. Prices are \$10, \$15, \$25 in advance; \$12, \$18 and \$30 at the gate. For more information, contact (407) 847-4003

Sea-Bean Symposium Beachcombers Festival Friday-Saturday at the Cocoa Beach Public Library. Event times are 9 a.m. - 5 p.m. Friday and 9 a.m. - 9 p.m. Oct. 16. The event features scientists, authors and enthusiasts of sea beans. Other drifting materials will be present along with display slides, beach walks and more. Admission is free. Call 868-1104 for more information.

Melbourne Oktoberfest Friday-Saturday at the Wickham Park Pavilion in Melbourne. Event features German cuisine, hops, music, carnival rides and more. Admission is \$5 at the gate. Event kicks off at 5 p.m. Oct 14-15 and noon Oct. 16-17. For more information, call 633-4028.

Fall Festival Friday - Saturday at St. Joseph church in Palm Bay. The event features carnival rides, food, haunted forest, hay rided, games and more. Call 727-1565 for more information.

Coast Guard Auxiliary Flotilla 46 offers a one-day boating safety course, Saturday from 8 a.m. - 5 p.m. at Lee Wenner Park in Coaco. Cost is \$35 per person and includes lunch and materials. Course covers homeland security and state and federal boating regulations. For reservations, call 453-7409.

Brevard Community College holds a Latino Festival commemorating Hispanic culture Saturday from 6-9 p.m. at the Moore Multicultural Center. Event features La Rondalla de Orlando, Obed Gomez, Javier Molinares with Valle Cumbia and the Panamian folkloric dancers. For more information, call 433-7355.

Soul Fest 2004 is Saturday from noon - 7 p.m. at Provost Park in Cocoa. The event will feature a basketball tournament, fried chicken eating contest and a sweet potato pie baking contest. Admission is free. For more information, call 633-0033.



Catholic

Daily Mass (Mon. - Fri.) at 11:30 a.m. in the Seaside Chapel.

Saturday: 4 p.m. confession, 5 p.m. Mass in the South Patrick Chapel.

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

A special reminder:

The 45th Space Wing chaplains remind all of the families that grief or spiritual counseling is available day and night for families or individuals in need. If you are in need of guidance, call the main chapel number at 494-4073 or after duty hours call the 45th SW Command Post at 494-7001, and they will connect you to the on-call chaplain.

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. Edwin Swedberg
494-6607

45th Civil Engineer Squadron

Jack Gibson
494-4041

North and Central Housing

Caroline Jamba
494-2593

Pelican Coast

Carol Farmer
777-8282

45th Services Squadron

Lt. Col. Mark McCullohs
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. Andrew Gmytrasiewicz
494-7171

45th Medical Group

Col. Gilbert Hansen
494-8100

Ground Safety

Chris Olesnevich
494-4023

Inspector General

Lt. Col. Frank Miles
494-4373

