

45th Space Wing MISSILEER



Vol. 46 Number 3

Patrick Air Force Base/Cape Canaveral Air Force Station, Fla.

Jan. 23, 2004

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Tax time



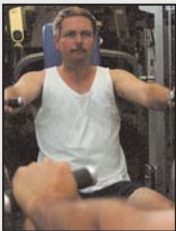
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Photo by Jim Laviska

Staff Sgt. Luis Cruz, 45th Military Personnel Flight customer service representative, positions an identification card camera at the 45th Mission Support Squadron. The 45th MPF was

recently honored with the Gerrit D. Foster award in the small installation category. The award honors them as the best small MPF in Air Force Space Command.

45th MPF named best in AFSPC

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

Customer service takes on a whole new meaning at the 45th Military Personnel Flight after being named the best MPF in Air Force Space Command.

Awarded the Gerrit D. Foster award in Category II for best small MPF last month, the 45th MPF was recognized for its outstanding service and significant contributions to the Air Force.

"Everything we do is about customer service," said Lt. Col. Joe LaMarca, 45th Mission Support Squadron commander. "It's our dedicated people who do their job day-in and day-out that justifies our MPF winning this distinction."

As members of the 45th MPF would simply put it, teamwork is what makes

them a success story. From working long hours to making sure people get what they need, helping other agencies on base to handling a high amount of deployments with a minimal staff after 9/11, they feel there's nothing they can't handle.

"I'm so proud of everyone," said Senior Master Sgt. Christine MacKay, 45th MPF superintendent. "We overcame a lot of obstacles ... the entire team has just reached their pinnacle of success."

One of the many accomplishments of the 45th MPF was that the customer service section took on 55,000 more retirees after the closure of Orlando and West Palm Beach identification card offices; the unit is now in charge of servicing 175,000 military retirees throughout the Space Coast and Florida.

"With our operations tempo and all the deployments we've gone through, to do so much more with the amount of people we had really speaks volumes for everyone working here," said Staff Sgt. Jeff Gilbert, noncommissioned officer in charge of geographically separated units.

The 45th MPF also saved the 45th Space Wing and the Air Force \$320,000 by bringing a Mobile Readiness Unit to provide Common Access Card creation to military, civilian and contractor personnel at Cape Canaveral Air Force Station. Not only did it save money, it provided an exceptional customer service initiative by allowing Cape personnel the ability to get their CAC card

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START ... Get it!



Monday we commemorated the life of Dr. Martin Luther King, Jr., with the federal holiday established just 20 years ago that pays tribute to one of our greatest American leaders. A civil rights activist, reverend and mentor, Dr. King's legacy permeates our history. I was honored to speak briefly at the wing Remembrance Day reverencing his memory Jan. 15.

Seventy-five years ago, Dr. King was born and grew up to be one of our greatest Americans because he had the courage to take on the moral turpitude of a country that for too long had grown away from the principles that it was founded upon. He almost single-handedly inspired this great nation to live up to and keep alive the creeds of our Constitution and our Declaration of Independence.

In the spirit of those founding documents, Dr. King's visionary leadership reminds us that segregation and discrimination, sexism and other human rights offenses are counter to the living principle which states so simply: "We hold these truths to be self evident; that all men are created equal."

For many of its citizens, America was slow to live up to those eloquent, profound and everlasting words. It took a nonviolent movement led by Dr. King to tear down the barriers that prevented each and every American from making this nation better. Dr. King's efforts did not just benefit one group of people-his selfless courage benefited each and every one of us - and our children, and our children's children!

Because of him, we now enjoy a society where no one is denied the right to vote, the right to serve on juries; all Americans can sit together, dine together, worship together in places of their own choosing. In short, contribute in all manner of ways that people in other countries can only dream about. In essence, we are no longer a divided nation ... but it took 100 years after the bloodiest war on our nation's soil for someone to have the

courage and the tenacity of Dr. King - someone who was willing to take on the fight to make it right.

Dr. King rose to national prominence through his masterful leadership of the successful bus boycott in Montgomery, Ala. That sparked a movement in this country that stirred America's collective conscience through campaigns of nonviolence and passive resistance.

His leadership and courage were recognized when he was awarded the Nobel Peace Prize in 1964. Then, on one of the saddest days in our country's history, he was struck down by an assassin's bullet in 1968. How ironic, and tragic, that such a God-fearing man, who constantly advocated peace and nonviolence, died in such a violent manner.

But, I believe Dr. King would not want us remembering him for how he died. Rather, he would want us to remember how he lived and the cause to which he dedicated his life. While alive, Dr. King saw two long overdue laws passed that were the direct result of his efforts: The Civil Rights Act of 1964 and the Voting Rights Act of 1965. Those laws not only benefited African Americans, other minorities,

the disabled, and women of every race, but truly every American in this country.

I see the remarkable results of Dr. King's legacy every single day. I saw at our commemoration events last week, as people from diverse cultures, backgrounds and educations joined together in harmony to honor the life of a great American in a symbolic march, retreat and candlelight vigil.

I see it in our Air Force, where color and gender are no longer factors for denying career opportunities and advancement. I see it at the highest levels of our government, where extremely gifted individuals like our Secretary of State and National Security Advisor are great contributors to the American Dream.

Indeed, Dr. King's dream is much closer to fruition today than it was 36 years ago. But it will never be fully accomplished until all people in this nation are judged solely by the content of their character, not by their race, religion or zip code.

We honor Dr. King's memory in 2004 by remembering what he lived for and by pledging to never, ever stop fighting to keep his dream alive. So that someday - together - we



Photo by Airman 1st Class Shaun Emery

Members of the 45th Space Wing stand in formation at Memorial Plaza Jan. 15 in memory of Dr. Martin Luther King, Jr. Participants also held a candlelight ceremony and played excerpts from his famous speeches on civil rights. Many members also participated in a march before the ceremony.



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Photo by Jim Laviska

Staff Sgt. Shawn Rivers, 45th Military Personnel Flight NCOIC of customer service, creates passports for military members and their families. The 45th MPF recently won the Gerrit D. Foster Award for being the best MPF in all of Air Force Space Command.

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made at their duty station rather than driving 20 minutes south to the main MPF office.

They also supported the deployment of a record number of 45th SW personnel for deployments supporting Operation Enduring and Iraqi Freedom and simultaneously helped 260 Marines and numerous 920th Rescue Wing personnel deploy for the global war on terror.

Maj. Dianne Dzialo, 45th MPF commander, says that the success of the flight is due in part of her unit's ability to work and be efficient in every job across the board.

"They've just been empowered to do their job," said Maj. Dzialo. "This flight is like a family. When one area is over-tasked, the others make sure to help them out when their duties are completed."

During large-scale deployments and exercises, the 45th MPF has also used their new one-stop shop for all service-members' mobility needs. By colocating the Personal Readiness Unit, a function of the 45th MPF and the focal point for deployment processing, with the 45th Logistics Readiness Flight, they modeled a state-of-the-art Unit Deployment Center after the Air Expeditionary Forces Center to create the Base Readiness Center, a first for the 45th SW.

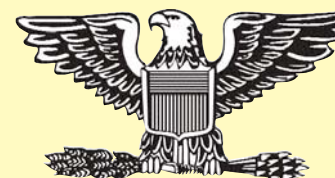
"Since the Operational Readiness Inspection in 2002, everything has come together," said Staff Sgt. Shawn Rivers, NCOIC of customer service. "It has a lot to do with our Reservists who have helped us and those people who have stayed after hours and worked weekends. Their work really puts us over the top."

Success was the goal for the 45th MPF.

"Sgt. MacKay and I talked about how to bring the flight together and win this award," said Maj. Dzialo. "We found that our one goal was to bring leadership and the staff together, working on the same goal across each section in the MPF."

With a unified plan, 45th MPF members had a clearer focus and were able to understand where each section needed to be in order to increase production while finding new and improved ways to carry out their mission.

It's a culmination for them, but also a sign to others. Teamwork and a steadfast drive to provide your customer the best support you can, even when challenged, can turn any unit into a success story.



Two wing members selected for colonel

For promotion in the zone to colonel 795 line officers were reviewed and 355 were selected with a promotion rate of 44.6 percent.

The colonel promotions for the 45th Space Wing are:

Lt. Col. Albert P. Zelenak, Jr.
45th Mission Support Group

For promotion in the zone for selective Reserve lieutenant colonels, 405 line officers were considered with 105 receiving promotion to colonel at a 26 percent rate.

The selective Reserve promotions for the 45th Space Wing are:

Lt. Col. Susan Wisnom
45th Launch Group



Commander Q&A: Maj. Anne Simons 45th Logistics Readiness Flight

Q: What is the mission of the 45th Logistics Readiness Flight?

A: The 45th LRF provides supply, fuels, transportation and deployment support to the 45th Space Wing and mission partners at Patrick Air Force Base, Cape Canaveral Air Force Station, Antigua Air Station and Ascension Auxiliary Airfield. Our primary mission is to provide support for combat capabilities through rocket launch, range and expeditionary operations by maintaining the highest possible state of logistics readiness.

Q: How big of a role does the 45th LRF play in the deployment process?

A: The flight is the main focal point for the base and mission partners to arrange transportation support, deployment processing, individual equipment, mobility bags, weapons, munitions and fuels issues for deployments and contingencies. In an effort to provide the best service possible to our deploying forces, we have established a one-stop shop with the 45th Military Personnel Flight, co-locating the personnel readiness and logistics

readiness functions.

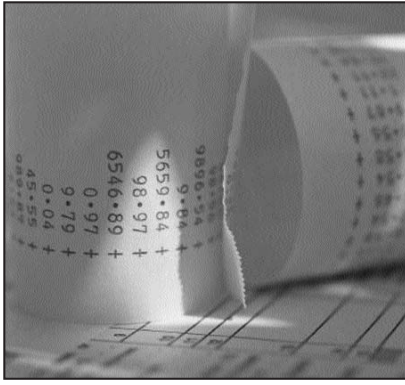
Q: In supporting down-range assets, what's the biggest challenge in your world-wide mission?

A: Our biggest challenge is to get all the logistics pieces to operate in tandem so we can assure mission success. We are key players in the provisioning process to modernize legacy systems through replacement and update of weapon system spares and equipment. Also, personnel at both Antigua and Ascension are dependent upon transportation by air and sealift. Without transportation, there wouldn't be any food, mail or spare parts for radar and telemetry.

Q: As a leader, what type of goals do you set for your people?

A: My goal for the flight is to be the best logistics readiness organization in the Air Force. To attain this goal, we must communicate effectively, operate as a synchronized team and strive for excellence with every challenge we undertake, keeping our eyes open for process improvement opportunities every step of the way.

File taxes on base for free



By Capt. Brent Osgood

45TH LEGAL OFFICE

Taxes might be expensive, but getting help with filing doesn't cost a thing at the 45th Space Wing.

Free income tax assistance and electronic filing of federal income tax returns will be provided to all those eligible at the base legal office, Bldg. 562, on an appointment-only basis starting Feb. 4.

Those filing basic 1040EZ tax forms may come on a walk-in basis Monday - Friday from 8-11 a.m. and 1-3 p.m. That service began this month.

This free tax service is authorized under the Internal Revenue Services's

Volunteer Income Tax Assistance program.

The service is available to active-duty servicemembers and their family members, retired military personnel and their family members, reservists and guardsmen who are in Title 10 status and their family members as well.

Military and civilian volunteers known as Unit Tax Advisors will assist members from their units. The UTAs have been trained and certified by the IRS to ensure the accurate preparation of federal income tax forms 1040EZ, 1040A and 1040.

Federal and state guidelines prevent the Tax Center from preparing self-employment and small business returns, rental property (business or personal) returns, or returns involving depreciation or "recapture."

The Tax Center does not prepare state income tax forms.

Appointments may be scheduled by contacting a UTA or by calling 494-4914. Bring W-2 forms, 1098 or 1099 Interest or Dividend statements, the previous year's tax return, Social Security cards of each individual to be listed on the return, including family members and a voided check for electronic deposit of refunds.

For more information on taxes, visit the IRS Web site at <http://www.irs.gov>.



What are the 1040EZ requirements?

The form 1040 EZ income tax return is for single and joint filers with no dependents. Filers must also meet the following conditions to use the form:

- Income is from wages, salaries, tips and unemployment only and is less than \$50,000.
- You may have taxable interest (if it is less than \$1,501).
- You didn't receive any Advanced Earned Income Credit (EIC) payments.
- You didn't claim credits (Other than EIC).
- You don't claim adjustments to income.
- You don't itemize deductions.
- You (and your spouse) are under age 65 and not blind.

National Prayer Breakfast Feb. 11

By Sue Walden
45TH SW PUBLIC AFFAIRS

Before another hectic day begins Feb. 11, set aside a smidgeon of the morning to nurture your spirit at the annual National Prayer Breakfast.

The event begins at 7 a.m. at the Officers' Club and features special music by the Patrick Chapel ecumenical choir, a scripture reading, a prayer for the nation and a speech by Chaplain (Brig. Gen.) Charles Baldwin, deputy chief of the Air Force Chaplains Service.

The National Prayer Breakfast dates back about 60 years when senators and congressmen shed their political differences and brought their needs, concerns and issues together in the form of prayer.

"(The National Prayer Breakfast) has been a symbol of the vital place of faith and the life of our nation," said President George W. Bush. "It is fit-

ting that we have a National Prayer Breakfast. It is the right thing to do, because this is a nation of prayer."

One of the highlights of the wing's National Prayer Breakfast each year is the speech, which is typically given by a seasoned Air Force chaplain, and this year is certainly no different.

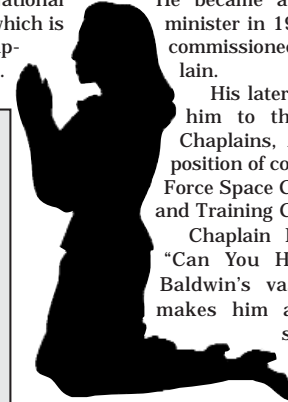
- ✓ Tickets are \$7 for a hot buffet, \$5 for a cold breakfast.
- ✓ Cost for E-6 and below is \$4 (hot), \$2 (cold).
- ✓ Club nonmembers add a \$1 surcharge.
- ✓ Make reservations through first sergeants or by calling the chapel at 494-4073 by Feb. 4.

Chaplain Baldwin is one of the Air Force's most decorated chaplains.

His career began as a rescue pilot in Vietnam. He became a civilian Southern Baptist minister in 1974 and in 1979 he was re-commissioned to active duty as a chaplain.

His later career progression brought him to the Office of the Chief of Chaplains, Air War College and to the position of command chaplain at both Air Force Space Command and Air Education and Training Command.

Chaplain Baldwin's speech is called "Can You Hear Me Now?" "Chaplain Baldwin's vast and varied experience makes him an engaging and exciting speaker," said Chaplain (Lt. Col.) Redmond Raux, 45th SW chaplain.



New law protects servicemembers

By Army Sgt. 1st Class Doug Sample
AMERICAN FORCES PRESS SERVICE

A new law replacing the Soldiers' and Sailors' Civil Relief Act of 1940 provides servicemembers greater protections to handle personal financial and legal obligations, officials said.

President Bush signed the Service Members' Civil Relief Act into law Dec. 19.

"The focus of the (new act) is the same as under the SSCRA: To provide protections to servicemembers who have difficulty meeting their personal financial and legal obligations because of their military service," said Lt. Col. Patrick Lindemann, deputy director for legal policy in the office of the undersecretary of defense for personnel and readiness.

This is significant, because it clarifies and updates SSCRA provisions and adds some protections.

"Servicemembers on long-term deployments, or called to active duty, should not have to worry about their families in their absence being evicted from their quarters without sufficient legal protections, or that they are paying on a leased car or apartment that they can't use, or about civil legal proceedings they can't attend because of their deployment," he said.

"These are some of the situations the SCRA covers so that servicemembers are able to devote their energies to the military mission and the defense needs of the nation, and not on civil matters waiting for them at home," he said.

An automatic 90-day stay of civil proceedings upon application by the servicemember is what Col. Lindemann called "a significant change" in the new act. This applies to all judicial and administrative hearings. Previously, stays were discretionary with the courts.

The new relief act also makes it clear the 6-percent limitation on interest rates for pre-service debts requires a reduction in monthly payments, and any interest in excess of 6 percent is forgiven, not deferred, Col. Lindemann said.

The SCRA also expanded the protection against eviction. Under the SSCRA, servicemembers and their family who entered into a lease for \$1,200 or less could not be evicted without a court order. This amount is increased to \$2,400 and added an annual inflation adjustment. For 2004, the maximum will be \$2,465, significantly increasing the number of servicemembers entitled to this protection, Col. Lindemann said.

The new relief act also gives the servicemember who has received permanent change-of-station orders or who is being deployed for 90 days or more the right to terminate a housing lease with 30 days' written notice. Before, servicemembers could be required to pay for housing they were unable to occupy.

One of the more significant new provisions is an added protection for motor-vehicle leases. Any active-duty servicemember who has received PCS orders outside the continental United States, or who is being deployed for 180 days or more, may terminate a motor-vehicle lease. The law prohibits early termination charges.

"Now, servicemembers won't have to pay monthly lease payments for a car they can't use," Col. Lindemann said.

"Servicemembers may not always realize all the protections they have under the law," Col. Lindemann said. "If servicemembers have questions about the SCRA or the protections that they may be entitled to, they should contact their unit judge advocate or installation legal assistance officer for further assistance."

Listen up

Lt. Col. Marlene Abbott, 45th Medical Group commander, discusses Air Force core values during Mentoring Day, Jan. 16 at the base theater. Space Wing members attended seminars throughout the day at Patrick and the Cape. The seminars covered a variety of topics.

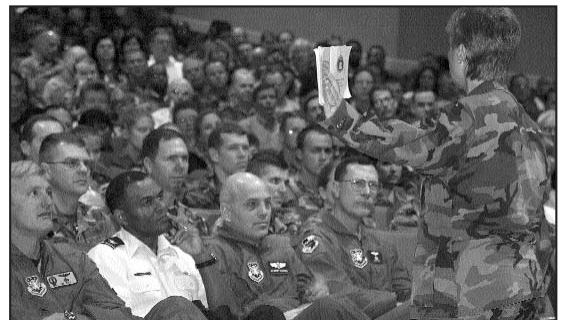


Photo by Jim Laviska

Development teams up, running

By Maj. John Thomas
AIR FORCE PERSONNEL CENTER PUBLIC AFFAIRS

Every officer career field now has development teams set up to "vector" officer career development.

"They're up and running," said Col. Kathleen Grabowski, chief of assignment policy at the Air Force Personnel Center. "They're applying a great deal of collective officer career experience to each Air Force Specialty Code and provide vectors to individual officers."

That feedback will be posted in the "Development Team" block on officers' online officer development plans, currently called the t-ODP, which replaced the former preference worksheet.

"Not all career fields are the same size and therefore not all officers will get the same type of scrutiny at every stage of their careers," Col. Grabowski said. "Smaller career fields with fewer jobs available may give individual feedback to captains, while (those in) some bigger career fields will find it more effective to give vectors only to majors and above, and to let assignment officers work the details of other officers' jobs directly with the individual and guided by the career planning diagram.

Each specialty code was represented when development teams convened for the first time this fall, meeting the deadline set by the chief of staff last year, said Col. Dave Nuckles, deputy chief of assignment programs and procedures.

"The development teams are all in the process of setting up the frequency and

location of future meetings, depending on what best suits each career field," Col. Grabowski said.

One of their first tasks was to determine appropriate developmental vectors for officers completing commander tours and officers finishing developmental education programs, Col. Nuckles said. Future DT meetings will also address officers who are projected to move during their normal assignment cycles.

Under force development, Air Force officials are seeking to build pools of experienced people to be ready to fill important jobs at each level across the Air Force. Development teams chart typical career paths and give officers feedback about what jobs, education and training will help them develop the capabilities to prepare them for future Air Force assignments.

Most teams consist of the career field manager, various colonels from within the career field community and an assignment officer from the personnel center. Not necessarily the same people will meet each time.

"Although there are some 'core' members of every DT, membership should be flexible enough to ensure the right leaders are present for each meeting," Col. Grabowski said.

"As always, it's more of an art than a science," she said. "And we've gotten positive feedback from the teams that they are pleased to have the latitude to mold their DT processes to their career field as needed." (Courtesy of AFPC News Service)

ECAMP to conduct audit Feb. 2-6

Air Force Space Command will conduct an external Environmental Compliance Assessment and Management Program comprehensive audit at Patrick Air Force Base Feb. 2-6.

The purpose of the audit is to identify and ensure compliance with environmental regulations. Organizations are encouraged to make every effort to complete actions and close findings that are still outstanding from previous ECAMPs.

The ECAMP team will meet with selected individuals Feb. 2 at 9 a.m. in the Civil Engineer Operations conference room, Bldg. 535. In addition to Civil Engineer environmental personnel, the group would like to meet with representatives from bioenvironmental engineering, the Main Exchange (specifically for air emission sources to review permits and facilities) and the pesticide shop.

An in-brief is Feb. 3 at 8 a.m. in Bldg. 401. Cross talks with auditors and interested Cape personnel will be held Feb. 4-5 at 8 a.m. in the Bldg. 535 conference room. An out-briefing is also scheduled for Feb. 6 at 11:30 a.m. in Bldg. 401.

Facility managers will be contacted in advance to schedule ECAMP visits to facilities. Efforts will be made to minimize disruptions to your operations.

Additionally, every attempt should be made to close open ECAMP findings and report those closures to Ms. Terri Bracher, ECAMP manager by calling her at 494-9262.

VA gives priority access to vets

By Army Sgt. 1st Class Doug Sample

AMERICAN FORCES PRESS SERVICE

Veterans Affairs officials want to send veterans with service-connected medical problems to the front of the line when it comes to receiving medical treatment at VA facilities.

Anthony J. Principi, VA secretary, issued a new directive to all VA medical facilities requiring that "priority access" be given to qualifying veterans seeking appointments for treatment.

The directive covers hospitalization and outpatient care, and does not apply to veterans seeking care for medical problems not related to a service-connected disability.

Priority access means that when qualifying veterans come to a VA treatment facility for inpatient or outpatient care, they will receive an appointment within 30 days, Mr. Principi said.

"It's really as simple as that," he said. Veterans seeking treatment need only let the administrative clerk or nurse know of their service-connected disability status, Mr. Principi said.

If a VA facility is unable to schedule an appointment within the 30-day time limit, an appointment must be arranged for care at another VA facility or at a facility under contract in the private sector.

"I've always felt that it is important to give veterans with service-connected disabilities a priority for care," Mr. Principi said. "I want to make sure that those who have disability related to military service have a high priority for health care, whether it is inpatient or outpatient."

GPS satellite going strong

Global Positioning System satellite IIR-10, which was launched from the Cape Dec. 21, 2003, is now fully operational, according to officials from Schriever Air Force Base, Colo.

"It is officially 'turned on' for the warfighter as of Jan. 12," said Capt. Thomas R. Ste. Marie, Air Force launch controller with the 1st Space Launch Squadron. "IIR-10 will appear on GPS user sets as the number 22 and is visible locally from 10:41 p.m. to 4:56 a.m. on Thursday. Each day, the time window slips four minutes ahead."

This particular satellite has replaced another that began running low on power. It is expected to provide military, commercial and civil users around the globe with increased positioning and timing accuracy for the next 10 years.

Transformation Ceremony bus schedule



When: Monday, 9 a.m.

Where: AF Space and Missile Museum, Cape Canaveral AFS

Gen. Lance Lord, commander of Air Force Space Command, will preside over the ceremony.

Cape Canaveral AFS

Pass and ID Visitors' Center at South Gate
Time: 7:30-9 a.m.

Shuttles from gate to museum
Time: 11:15 a.m. – 12:15 p.m.
Shuttles from museum to gate

Patrick AFB

Base Theater shuttle departs for museum
Time: 7:15 a.m.

Museum shuttle departs for Patrick AFB
Time: 11:15 a.m.

- ✓ BDU sleeves down for participants.
- ✓ Uniform of the day for all attending.

Guardian Challenge kick-off party

The 45th Space Wing will announce the members of the 2004 Guardian Challenge team at a wing kick-off party at the Officers' Club from 3:30-7:30 p.m. on Friday. Door prizes, a dunking booth and free hors d'oeuvres will be available. Everyone is invited to attend.

Military and civilians may be excused to attend this official event.

Apply for AEF scholarship

Applications are being accepted until Jan. 30 for the Aerospace Education Foundation Air Force Spouse Scholarship Program, designed to encourage 30 AF spouses worldwide to pursue associate/bachelor undergraduate or graduate/post-graduate degrees.

Each recipient will receive \$1,000. Eligible applicants must be a spouse of an AF active-duty, Air National Guard or Reserve member. For more details, go to www.aef.org.

Sign up for classes

The Family Support Center holds the following classes: Info Fair at the BX, Wednesday 11 a.m. - 1 p.m.; Applying for Air Force Jobs, Thursday 9-10 a.m.; Job Search, Thursday 1-4:30 p.m. Sign up for classes by calling 494-5676.

NCO position available

The Family Support Center has an immediate requirement to fill the Readiness NCO position. This is a three-year controlled tour, special duty assignment open to qualified candidates in the grade of technical sergeant or highly qualified staff sergeant. Find out more by calling Mr. Glenn Simms at 494-5676.

Get a base telephone directory

New base telephone directories have arrived. Unit telephone control officers can come to the 45th Space Wing Public Affairs office, Room C-

129 in Bldg. 423 to pick up the directories for their respective units.

For more information, call Capt. Susan Romano at 494-7731.

CGO financial course offered

A company grade officer financial course will be held Tuesday from 12:30-4 p.m. at the Family Support Center, Bldg. 722.

DoD civilians in grade GS-9 and above may also attend. For more information and to reserve a seat, call 494-5675.

Roll up sleeves for event

Volunteers are needed from Patrick and Cape Canaveral Air Force Station to participate in the 10th Annual "Men Cooking from the Heart" event Feb. 21, a fund-raiser for Big Brothers Big Sisters of Central Florida.

Positions include set-up, decoration committees, ticket sales and clean up. To volunteer, call Capt. Alan Landis at 853-4503 by Feb. 2.

Get W-2 on myPay Web site

All current myPay military users and who request or already have a myPay personal identification number and access to myPay are consenting to receive only an electronic W-2.

Users may elect to receive a hardcopy W-2. All DoD civilians who use myPay may elect to receive an electronic W-2 in lieu of a hardcopy W-2 through the myPay system.

MOAA offers scholarships

The Cape Canaveral Chapter of the Military Officers Association of America will award college scholarship grants from \$2000 - \$3000 to high school juniors and seniors in the local area. An applicant must be the child of an active-duty, retired military, National Guard or Reserve member. Family members of deceased military members, National Guard and Reserve members who lost their lives on active duty may

also apply.

Applicants must also be a resident of Brevard County or a child of someone who is a member of the Cape Canaveral Chapter of MOAA.

To request an application, send a self-addressed return business envelope to the Military Officers Association of America, Scholarship Selection Committee, P.O. Box 254708, Patrick Air Force Base, FL 32835-4708. Applications must be sent by May 31.

Give feedback on Mentoring Day

A feedback form is available to all 45th SW personnel regarding Mentoring Day. Visit Patrick's homepage at www.patrick.af.mil and fill out the form.

Join pilot program

The Patrick Air Force Base's Aero Club has joined the "Be a Pilot" program to offer \$49 introductory flight lessons to anyone who is interested.

Those who would like to take part in this special offer have to register at <http://www.beapilot.com> or call 1-888-Be a Pilot.

Mentors needed

Two local elementary schools are looking for volunteers to mentor students.

One school, focusing on kindergarteners who are placed in an early intervention program needs people who can commit to one hour a week to volunteering. These volunteer mentors will be assigned to two or three students who they would work with, one-on-one, once a week for 20 - 25 minutes. Training on how the program works will be provided.

The other school is looking for student mentors from kindergarten through sixth grade who are in need of additional support.

For more information call the 45th Public Affairs Office at 494-5949.

Share-a-ride: Drivers and riders needed

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

A young airman stands on a street corner looking around for a glimmer of hope. The long journey ahead is a tumultuous one, whether it be sweating under the blazing Florida sun, or trudging through a driving thunderstorm with the wind pushing and pulling at its will. And this is only the beginning. There is no telling what could be in store on the walk back to the dorms from the Base Exchange.

Patrick Air Force Base has a Share-A-Ride program to help airmen, as well as anyone with base access, get from place to place.

"A lot of young airmen arrive at Patrick and have no vehicle," said Chief Master Sgt. Anthony Manson, 45th Space Wing command chief. This is a great opportunity for fellow wing members to support our younger airmen."

"The Share-A-Ride program has been on base for some time, but we wanted to get the word out again based on feedback from our airmen who need help getting around places on base," said Lt. Col. Albert Zelenak, 45th Mission Support Group deputy commander.

With locations near the dormitory buildings, the bowling alley and the Base Exchange, the Share-A-Ride program gives airmen access to the places they need to go.

The stop next to the dormitories is for anyone who need a ride to the NCO Club. The stop next to the bowling alley is for trips to the Commissary, Base Exchange and the clinic. There are signs in front of NCO club, the Base Exchange and the clinic for airmen who need a ride back to the main base.

"(They) just need to stand out in front of the sign and wait for someone to pick them up," said Col. Zelenak.

The wing has gone to great lengths to improve share-a-ride stations. "The wing has placed bus stop-type shelters and new signs to further highlight the program to everyone," explained Col. Zelenak.

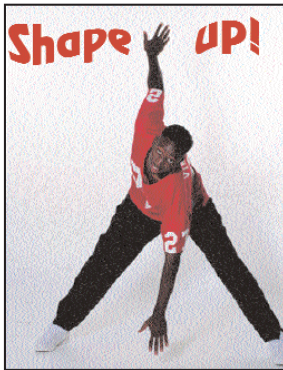
The program is there for all wing members to take advantage of and a chance to really lend a hand. "It's a definite life-saver in case someone needs to be picked up from one of the clubs. Especially if they've had a few drinks."

When you're driving by, put yourself in an airman's place," adds Col. Zelenak. "What if you really needed a ride somewhere?"



Photos by Airman 1st Class Shaun Emery

Anyone without a vehicle can use the Share-A-Ride program to get to the places they need to go. Share-A-Ride stops are located beside the dormitories, the bowling alley, Base Exchange, Commissary, clinic and NCO Club. Wing members are encouraged to pick up anyone waiting for a ride. The 45th Civil Engineer Squadron recently installed new signs to make drivers more aware.



P u m p u p y o u r u p p e r b o d y



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

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

With each push-up an airman raises his score on the new Air Force Fitness Test. One of the major categories, push-ups, requires an individual to have good upper body strength, primarily strong chest muscles.

The pectoral muscles that make up the chest are important for arm movement. The pectoral muscles draw the arms forward and inward. The chest muscles also assist in body posture.

The basic chest exercise is the flat bench press, said Mike Mendonca, Patrick Fitness Center's personal trainer.

In this exercise an individual lies flat on a bench. Using either a bar with free weights or dumbbells, the person lowers the weight down to their chest and then pushes the weight back up.

"When using free weights, always use a spotter," added Mr. Mendonca.

Individuals should be cautious when they first start using weights. Good form is an important part of weightlifting. "The arms should be bent at a 90-degree angle to limit the strain on the shoulders," said Mr. Mendonca. "If you don't know how to do an exercise properly, find someone who can demonstrate it to you."

An alternative to using free weights is resistance machines. The machines provide a range of motion specific to the muscle group the machine is intended to strengthen.

Knowledge of how muscles interact with each other can save a person from injury.

"When you work your chest you're also working the tricep muscles in your arms," he said. "Another muscle to watch out for is your shoulder muscles, specifically the front deltoid, which assists the chest in lifting." According to Mr. Mendonca, the front deltoid is one of the most commonly injured muscles as a side effect of lifting.

A way to combat muscle injuries is to stretch properly before a work out, said Naomi

Parish, Patrick Fitness Center's assistant director.

Ms. Parish suggests working out on a rowing machine. "Anything to get the muscles warmed up and your blood flowing."

Individuals need to know what types of results they're looking for. According to Ms. Parish, there are three ways to work muscle groups.

According to Ms. Parish, people looking to increase muscle strength should be doing one to five repetitions of the exercise with heavy weights. For larger muscles the number of reps is increased to six to 12.

Someone who wants to see more definition should be doing more than 12 repetitions with a light weight.

An understanding of personal fitness levels helps a person know what type of workout will provide the best results for them.

Mr. Mendonca describes three levels of working out. The first is to work each muscle group three times a week doing one to two sets of 12-20 repetitions helping to strengthen ligaments



Renwick Davis uses a bar and weighted plates to work out his chest at the Patrick Fitness Center.

and achieve good form. The second level is general conditioning. At this point the individual should know their goals, whether that be strength, mass or endurance. The last level is specialized training, focusing on specific muscle groups. "At this point, a person should not work the muscle group more than once every five to seven days," he said.

Next week, the series focuses on the shaping and strengthening the abdominal muscles.



Photos by Airman 1st Class Shaun Emery

Using a spotter is very important. Dustin Guiducci performs a flat bench press using dumbbells.



Photo by Tech. Sgt. Bill Lindner

Last re-enlistment

Chief Master Sgt. Anthony Borland, left, Air Force Technical Applications Center Directorate of Materials Technology superintendent, and Chief Master Sgt. Lloyd French, right, AFTAC superintendent, are re-enlisted Monday at Memorial Plaza at Patrick Air Force Base by 2nd Lt. Joshua Su, 45th Civil Engineer Squadron. This is the last re-enlistment for the chiefs as it takes them to the 30-year high-year tenure point in their Air Force careers. Chiefs Borland and French asked Lt. Su to conduct the ceremony because he is the most junior officer at Patrick AFB. "Over the years, we have always asked junior officers to do this job," said Chief French. "It is one of the most pleasurable duties an officer can perform and it shows our confidence in our young officer corps leadership."



Sports briefs

Coach youths

Patrick's Youth Program is recruiting volunteer adult coaches for the 2004 Little League baseball, girls softball and tee-ball programs.

Those interested must complete an application at the Youth Center and attend a mandatory training class, which includes cardiopulmonary resuscitation before the season practice begins. For more information, call the sports director at 494-3770.

Fitness Center hours

In preparation for the 2003 Annual Awards Banquet the Patrick Fitness Center is adjusting its operating hours. The Patrick basketball gym will be closed Jan. 29-31. Operational hours Jan. 31 are 8 a.m. - 3 p.m. If you have any questions or concerns please contact Naomi Parish at 494-4534.

Register for racquetball

The South Housing Racquetball courts are open. Reservations can be made Monday - Friday, 7 a.m. - 6 p.m. Call the Youth Center at 494-4747 to make reservations. Call Naomi Parish at 494-4534 for details.

Get WarFit in 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 are supplied.

Learn martial arts

The Patrick AFB Fitness Center offers Tae Kwon Do classes Mondays and Thursdays from 7-8 p.m.

Train your mind and body through mental and physical challenges. Learn self-defense, strength, balance, focus, confidence, courage, positive attitude and self-control. For more information contact Jose Merino at 917-3867 or the Patrick Fitness Center at 494-4947.

Unique workouts

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

Learn to skipper

Boating safety courses are available every Saturday morning at 9 a.m. Graduates can rent fishing and deck boats from Outdoor Recreation upon completion of the course. For more details contact Outdoor Recreation at 494-2042.

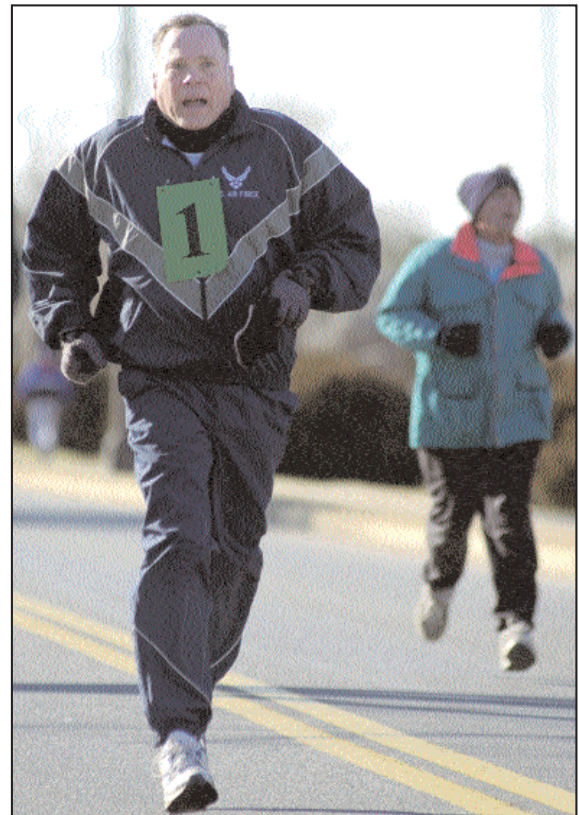
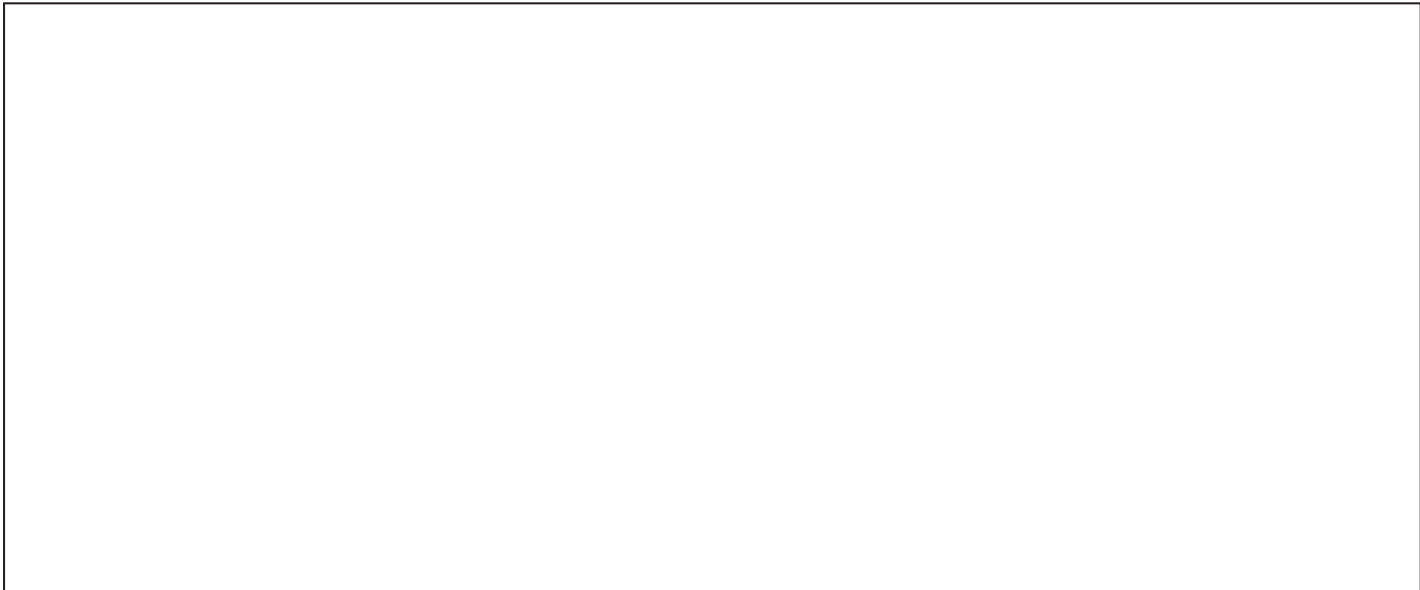


Photo by Master. Sgt. Jim Varhegyi

Air Force Chief of Staff Gen. John P. Jumper finishes the 1.5-mile run for his fitness evaluation Jan. 7. Nearly 60 general officers from throughout the National Capitol Region braved the cold weather to launch the new Air Force fitness standard.



Action Line: 494-6550

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

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

If you can't get your problem resolved through the agencies, contact the Action Line: e-mail, Commander'sline@patrick.af.mil or click global at Commander's Line - Patrick AFB; recorded message, 494-6550; mail, 45SW/PA 1201 Edward H. White II St, Ste C-130, Patrick AFB FL 32925-3237; fax, 494-7302. Address all correspondence "Attn: Action Line."

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



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

45th Mission Support Group

Col. Steve Werner
494-6607

45th Civil Engineer Squadron

Jack Gibson
494-4041

North and Central Housing

Caroline Jamba
494-2593

South Housing

Pam Brown
777-8282

45th Services Squadron

Lt. Col. John Sproul
494-8081

Military Personnel

Maj. Dianne Dzialo
494-2035

Commissary officer

Ronald Rogers
494-4060

AAFES

Jim Finley
494-6455

Civilian Personnel

Robert Daniel
494-5238

Military Equal Opportunity

Capt. Marlon Johnson
494-6334

45th Security Forces Squadron

Maj. Lynden Skinner
494-6202

Financial Services

John Brett
494-7171

45th Medical Group

Col. Gilbert Hansen
494-8100

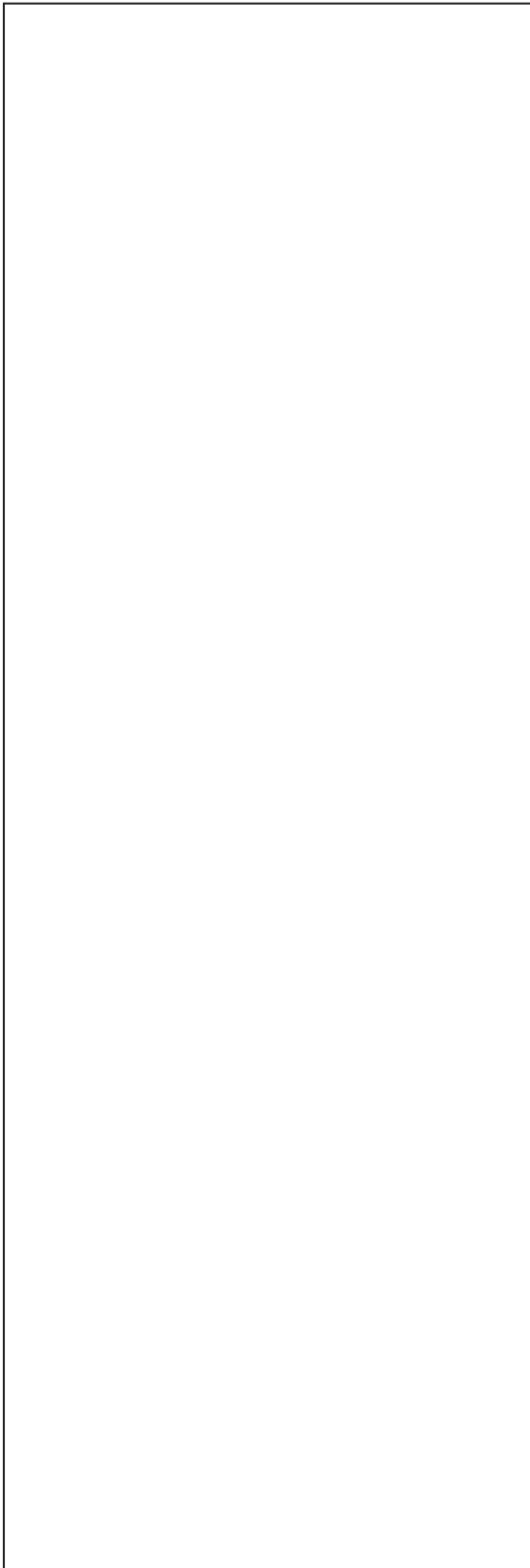
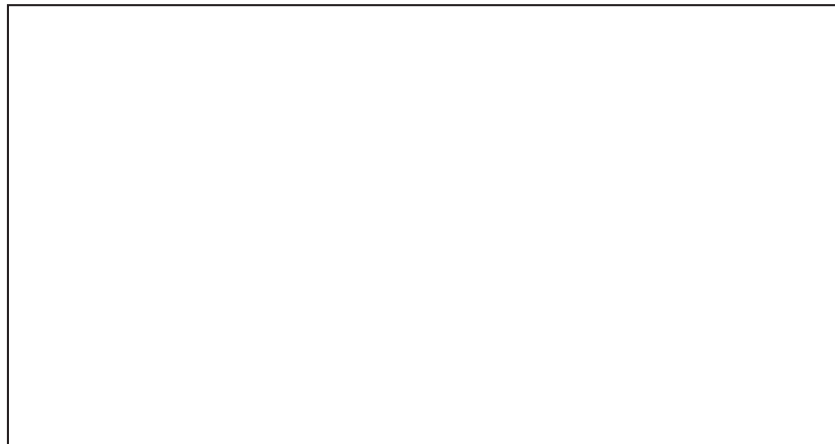
Ground Safety

Paul Compton 494-4023

Inspector General

Lt. Col. Frank Miles
494-4373

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



Childcare slots available

The Child Development Center has several slots available for toddlers and preschoolers, ages 2 to 5. For more information call 494-7028.

T-shirt sale at ITT

The Information, Tickets and Travel office is conducting a t-shirt sale through the end of February. Customers who buy one adult-sized t-shirt can buy a second for half price. Selection includes Disney, Kennedy Space Center and Patrick Air Force Base apparel.

Get an edge with Microsoft training

The Base Library is hosting a computer workshop series on "Mastering Windows" at 5 p.m. on Jan. 27, presented by Ron Baker, library systems administrator. For more information or to sign up, call 494-6881 between 10 a.m. and 6 p.m.

Year of the monkey celebrated

Stop by the Base Library to view an Asian art display in honor of the Chinese New Year. The display, courtesy of Airman 1st Class Vito Cipolla, features a pagoda and Neolithic pottery. The exhibit runs through February.

Dial-a-story

Visit the Patrick Library without leaving your house. Call the Dial-a-Story line at 494-6882 to hear a tale.

Spruce it up

The Skills Development Center's Car Detail Concessionaire offers complete detailing packages. Services include hand wash, wax, carpet and seat shampoo, plus dash, tires and vinyl tops cleaning. Call 784-1724 or 432-4871.

New service at Auto Skills

The Patrick Auto Skills Center now offers brake, flush and transmission services. Cost is \$30 plus fluids. For more information or to make an appointment, call 494-2537.

Couples needed for Fun Run

Grab that loved one by the hand and take off in the Fitness Center's Valentine's Day "Turn Your Sweetheart Into a Healthy Heart" 3.1-mile run or 1.5-mile walk at 11:30 a.m., Feb. 13 at both Patrick and Cape Canaveral Air Force Station Fitness Centers.

T-shirts will be awarded to the 1st, 2nd and 3rd place finishers in each category.

Cookies for cuties

Make a special package for a Valentine from 4 p.m. to 6 p.m., Monday through Friday, beginning Feb. 2 at the Youth Center. Packages include card, cookie and special message. Cost is \$2 for members, \$3 for nonmembers.

Register for Kids Night Out

The Patrick Youth Center is conducting a Valentine's Day party as part of its Kid's Night Out program Feb. 13.

The program is open to children in kindergarten through 6th grade. Advanced registration is required beginning Feb. 2. Cost is \$10, due at registration.

At the movies

Friday Paycheck Michael has his memory erased by his employer as a security precaution once he's completed special projects. After finishing his latest, he receives not his usual lucrative paycheck, but an envelope containing 19 items, including ticket stubs, bus tokens and other reminders he sent himself before his procedure. He's told he chose to forfeit any monetary compensation. The problem is, he can't remember a thing, since his brain has been wiped clean. Ben Affleck and Aaron Eckhart star. PG-13 for intense action violence and brief language.

Saturday Something's Gotta Give Harry generally dates younger women. His world is turned upside-down when he has a heart attack while visiting his girlfriend's home. With his girlfriend having gone back to the city, Harry is left in the care of her mother, Erica, and his doctor, but the two men soon find themselves competing with each other as they both fall in love with Erica. Stars Jack Nicholson and Diane Keaton. PG-13 for sexual content and thematic issues.

Sunday Mona Lisa Smile In 1953, America was a time ripe for change for women and when Katherine arrives to teach Art History at Wellesley College, she finds the institution drowning in outdated mores. She takes on the establishment and in doing so, deeply affects her students who in turn lead her to alter the course of her life forever. Stars Julia Roberts and Julia Stiles. PG-13 for sexual content and thematic issues.

Thursday Something's Gotta Give See Saturday's synopsis

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



Catholic

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

Saturday: 4 p.m. Confession and 5 p.m. Mass in the South Patrick Chapel

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

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

Religious Education: 10:15 a.m. at the Education Center for pre-K - 6th grade, grades 7-12 Youth Ministry at 6 p.m. at South Patrick Chapel.

Protestant

Sunday: 8:30 a.m. Traditional Worship 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.

Riverside Dining Menu



Saturday Brunch - Cajun meatloaf, **crispy baked chicken**, ribeye steak

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

Sunday Brunch - **Chicken parmesan, sauerbraten, tuna and noodles**

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

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

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

Tuesday Lunch - **Grilled Salisbury**

steak, onion-lemon baked fish, yakisoba

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

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

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

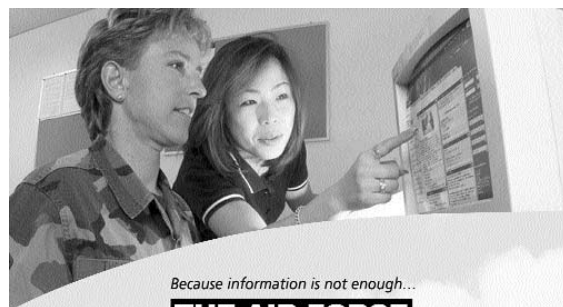
Thursday Lunch - Liver with onions, orange-spiced pork chops, tempura-fried fish

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

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

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

Menus are subject to change. For more information, call dial-a-menu 494-2845. Item in bold are healthy choice selections.



Because information is not enough...

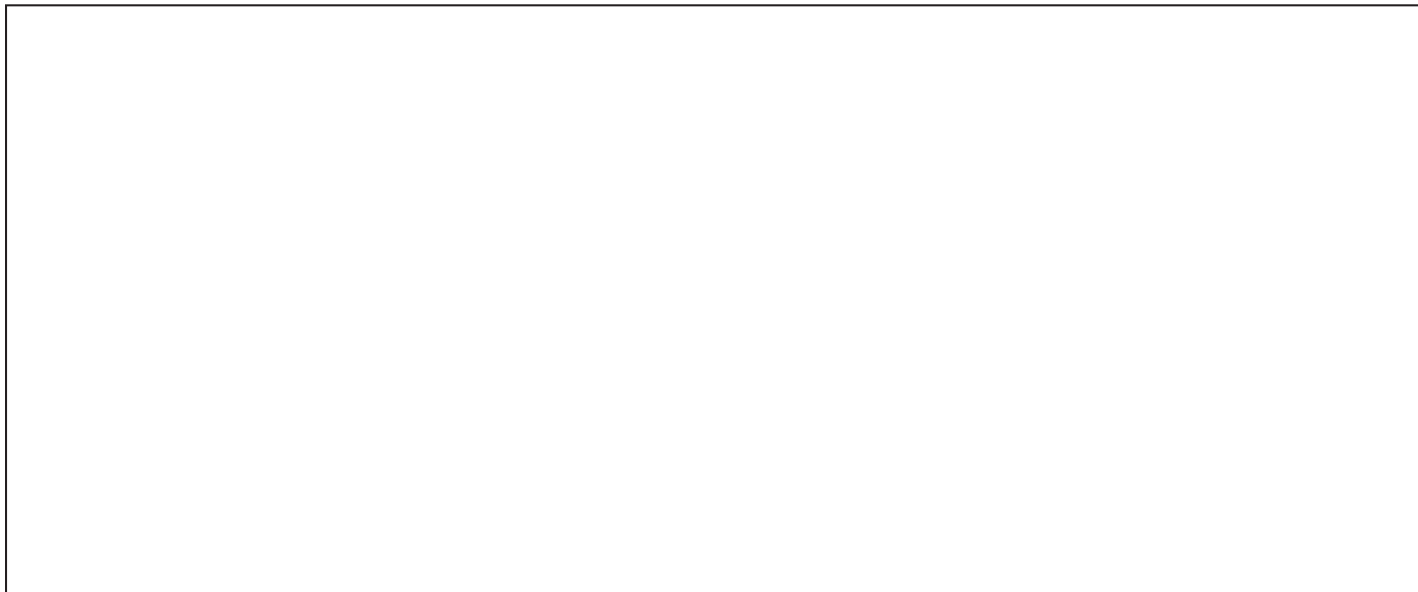
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Events

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

Feb. 7, Noon - 5 p.m., Snow Fest 2004 at Sand Point Park, Titusville. Event features tons of snow and loads of fun for all ages.

Enjoy romping in the snow or shopping and browsing through the crafts fair. Charge is \$5 for participation in the snow, rock climbing, face painting and Make & Take Craft. No fee to watch or shop. Call 264-5105.

Classes

Saturday, 9 a.m. - 5 p.m., U.S. Coast Guard Auxiliary Boating Safety Course. Learn federal and state boating requirements, homeland security and you as a boater, get your state boater education ID card and qualify for boating education discounts. Cost is \$35 and includes all materials. Class is at USCGA Flotilla 42

Building, Pollak Park, Palm Bay Rd. and Main St., NC Palm Bay. Register by calling Bill Miller at 779-1459 or Jim McGuinness at 254-0540.

Concerts

Feb. 6, 5:30-7:30 p.m., Jazz Friday at the Brevard Museum of Art and Science. Free to members, \$10 for nonmembers.

Feb. 7, 8 p.m., Quartets Concert by the Society of Preservation of Barbershop Singing at Bernard Simpkins Fine Arts Auditorium at BCC Campus, Cocoa. Call 636-0900.

Feb. 10 and 12, 7:30 p.m., Enjoy the classy classics of the Swingtime Dance Band at Melbourne Auditorium. Event is free. Call 768-6289 or 724-0555.

Festivals

Feb. 20-22, Jumbalaya Jam at the Wickham Park Pavilion in Melbourne. Enjoy three days of "hot" Cajun and blues music on two stages, plus rides and Cajun food. Call 633-4028.

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

Feb. 28, Mardi gras Festival at Historic

Downtown Cocoa Village in Cocoa. Street party with six stages of live entertainment, parade of floats, food vendors and traditional bead-flinging.

Theater

Feb. 6-22, Cocoa Village Playhouse presents "Children of Eden." Call 636-5050 for ticket and times.

Feb. 6-8, 13-15, Bayside Players perform "There Goes the Bride" at BCC Palm Bay Campus. Call 729-8435.

Feb. 11, Children's theater "Mike Mulligan and His Steamshovel" at the Henegar Theater in Melbourne. Call 723-8698.

Feb. 12-15, Surfside Players presents "Love Letters" at the Surfside Playhouse in Cocoa Beach. Call 783-3127 for times and tickets.

Feb. 26-29, Experimental theater - Playwrights' Workshop Performance by the BCC Playwrighters at BCC Campus, Cocoa. Call 724-1252.

Auditions

Feb. 8, Noon - 3 p.m., "Showtime at the Apollo on Tour" at Melbourne's King Center. Call 242-2219.

Feb. 8-9, 7 p.m., "On Golden Pond" at Melbourne Civil Theatre. Call 723-6935.

Dance

Feb. 20, 8 p.m., Sweetheart Ball with the Swingtime Dance Band at Melbourne Auditorium. Cost is \$6. Call 786-6289.

