

THUNDERBOLT

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Food Transformation: Means good eats at MacDill - page 10



Photo by Airman Basic David Tracy

Airman 1st Class Tyler Treadaway, 6th Maintenance Squadron metals technician, devours a sandwich in front of a food truck on MacDill Air Force Base, April 6. The food truck offers an additional eating option for members of Team MacDill.

COMMANDER'S CORNER



Team MacDill knows our priorities; some team standouts

by **Col. Lenny Richoux**

6th Air Mobility Wing commander

Every now and then, I like to remind you of our top priorities within the 6th Air Mobility Wing. The longer I'm here, though, the more I realize you don't really need reminders.

Perfect example: you've been doubling down on readiness, our number one priority, during this Year of Conspicuous Compliance by preparing to demonstrate with the 927th Air Refueling Wing - our Total Force Integration partners - that we have our shared house in inspection order.

My hat's off to one of the mainstays of that effort, **Tech. Sgt. Caren Price** of our Plans and Programs Office. Almost single-handedly, she's taught every Management Internal Control Tool user in the 6th AMW how to harness the potential of this vital asset in understanding whether or not their function needs a tune-up. That's the sort of horsepower that keeps us ever ready!

Readiness is also the reason a trio of colonels from the 6th AMW and 927th ARW attended the TFI Summit at Joint Base Andrews, M.d., last week. We spent two days examining the current state of integration between active and reserve partners and the future state we must achieve to guarantee our nation's security. It was a perfect venue to solidify key relationships that make our num-

ber one priority a daily reality.

At the same time, MacDill is constantly exceeding expectations when it comes to base services, a huge component of our number two priority. Think of the marathon we've been running since October 2010 as one of six bases transforming the way Airmen will be fed in the future.

By outsourcing the preparation of most of the food Airmen eat, we've vastly increased the variety of options available to essential-station-messing card holders, seen the advent of creative eating venues like food trucks just outside your office door and completed an awesome makeover of our dining facility. Kudos on that last one to **Mike Pardue**, 6th Force Support Squadron Sustainment Services flight chief; his deputy **Capt. Anthony Perez**, **Senior Master Sgt. Michelle Williams**, Sustainment Services Flight superintendent; her assistant, **Master Sgt. Lisa Lyons**, assistant dining facility manager; and **Master Sgt. Alejandro Ray**, dining facility manager, for their yeoman efforts in bringing that transition about so smoothly!

Finally, last week witnessed another stunning example of your efforts in engaging the community, our number three priority. Thanks to the high-speed efforts of **Terry Montrose**, deputy director of Public Affairs, MacDill hosted the presentation of the Hobey Baker Award, college hockey's equivalent to the



Photo by Tech. Sgt. Tanika Belfield

Col. Lenny Richoux, 6th Air Mobility Wing commander, with members of the Japan Joint staff officers, who visited MacDill last month to tour the base.

Heisman Trophy. This award is not only about hockey prowess but also character, integrity and scholastic achievement. It's based on the premise that "Character Builds Excellence." Hobey Baker, standout Princeton sports star and World War I pilot with the Lafayette Escadrille in France, lived a life that proved that premise.

I say the Hobey Baker committee picked the ideal setting for this year's presentation. Your commitment to character and excellence are evident to me every day. It's the main reason this is the finest Air Mobility Wing on the Face of the Planet!



COMMANDER'S ACTION LINE

The Action Line provides a two-way communication between the 6th Air Mobility Wing commander and the MacDill community. A 24-hour recording service is provided so personnel may submit questions, concerns or comments. Call the Action Line at 828-INFO (4636) or e-mail macdillwingcommander@us.af.mil



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MacDill Thunderbolt

Publisher: Terry Jamerson
Editor: Nick Stubbs

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News items for the MacDill Thunderbolt can be submitted to the 6th Air Mobility Wing Public Affairs office, Bldg. 25, MacDill AFB, FL 33621, or call the MacDill Thunderbolt staff at 828-2215. Email: thunderbolt@MacDill.af.mil.

Deadline for article submissions is noon, Thursdays to appear in the next week's publication. Articles received after deadline may be considered for future use. All submissions are considered for publication based on news value and timeliness.

Every article and photograph is edited for accuracy, clarity, brevity, conformance with the "Associated Press Stylebook and Libel Manual" and Air Force Instruction 35-101.



Your T-bolt Today

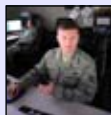
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Commentary

Here's to the families!

by Col. Theodore Mathews Jr.

927th Air Refueling Wing vice commander

After flying a 30-hour trip from the United States to my deployed location in Iraq, I walked off of the jet to be met with a blast of hot air and scorching sun. Ali Air Base was to be my home for the next nine months. I was to be the commander of the 407th Air Expeditionary Group, and the members were my new family. These people had left their spouses, children, surrounding family members, and friends to fight as a member of the all-volunteer force protecting the freedoms enjoyed back home.

We endured some long days and many sleepless nights, several of which were under a barrage of rocket attacks. Times like those clearly reminded us of our loved ones back home and reinforced the importance of successfully carrying out our mission.

Coming home to what felt like a hero's welcome, I realized how truly blessed we all are to live in a community that shows as much respect and support for its military the way Tampa does. In my mind the homecoming celebration was not for me but rather a celebration of why we do what we do and for whom



Col. Theodore Mathews Jr.

we cannot do it without. It is for our families. Family is the key to our success.

See COMMENTARY, Page 14

Resiliency Region

Bring back some of that lovin' feeling

DEAR WING MA'AM: Something is 'missing' from our marriage. We are just not as tender as we used to be toward each other. I know we still care and love each other, but it seems with the hustle and bustle of life, we are starting to grow more distant. I don't want to give up on our marriage. What can we do to bring back some of that "lovin' feeling?" ~ Stuck in First Gear

DEAR FIRST GEAR: In the beginning of a relationship, the other person is enticing and new. Making your relationship the focal point



Dear
Wing
Ma'am



does not end after your wedding day.

Relationships can begin to lose that luster, so it is important to prioritize your relationship and your spouse. First, show respect for each other. At times we are more comfortable with our spouse and forget to say things like, "thank you" and "please." Try doing some of the sweet things you did when you both first began to date. That shouldn't be too hard, you had to work some charm to get them interested in you, right? Show your special someone you are 'interested' in them with compliments, let your spouse know they matter, contact each other throughout the day (text, email, little notes).

Finally, don't forget to 'date' your spouse. Yes, that's right. Get a good baby sitter, plan a night together with dinner and an activity. It's very important for daddies and mommies to have time to be husbands and wives! Remember, a successful marriage requires falling in love many times, but always with the same person.

Dear Wing Ma'am is written by Capt. Christy Cruz, a Licensed Clinical Social Worker. Wing Ma'am works as the Resiliency Program manager and clinical therapist at Mac-

Dill AFB. If you want to ask Wing Ma'am for advice, please send your questions to 6mdos.sgoh@us.af.mil. Letters are kept anonymous. Rights are reserved to edit published letters for

style and length. Not every question can be answered. This column seeks to educate readers and should not be used as a substitute for seeking professional assistance.

NEWS/FEATURES



Alcohol Awareness week wraps up

by Capt. Regina Gillis

6th Air Mobility Wing Public Affairs

Have you ever tried to walk on slippery ice? Try walking or hopping around on that ice with a broken leg, at double time.

In the same way your mobile capability is diminished when you're incapacitated, your ability to depend on your judgment or to drive a vehicle is diminished when you're intoxicated or under the influence of drugs.

The 6th Medical Group's Alcohol and Drug Abuse Prevention and Treatment staff proved that point with a week of interactive role play and educational demonstrations, with an apex event - the Alcohol Awareness Festival at the Fitness Center, April 6.

ADAPT sponsored a variety of events in support of alcohol awareness week that began April 2. The ADAPT team explained the dangers of alcohol and drug abuse using forward-thinking outreach methods ranging from setting up displays with alcohol awareness literature in the Exchange and Medical Clinic to conducting alcohol screenings and handing out educational materials related to alcohol use in other locations on the base.

In the past the staff had typically centered their efforts on smaller outreach events, but this year they decided to expand the educational focus with a larger event in the hopes of drawing a bigger crowd and highlighting the importance of responsible drinking.

"The festival included a dunk tank with 6th Air Mobility Wing Vice Commander, Col. David Almand, drunk driving course with golf carts and adult sized tricycles, a mocktail bar and lots of prizes and giveaways," said Capt. Emily Rougier, ADAPT program manager.

"We really appreciate the base support that this week's events garnered, from our installation's top leadership to the Airmen, Soldiers, Sailors and Marines who participated," said Rougier.

"My goal is that the ADAPT outreach will result in the education of the basepopulation on the effects of alcohol on mental and physical capabilities and that the choice to drive after drinking won't be made," she said.



Photo by Staff Sgt. Linzi Joseph

Travis, 12, son of Col. David Almand, 6th Air Mobility Wing vice commander, attempts to dunk his father while wearing fatal vision goggles.



Photo by Staff Sgt. Linzi Joseph

Tech. Sgt. Melanie Foit, 6th Medical Operations Squadron member, prepares a "mocktail" for Tech. Sgt. Paula Gannon, 6th Medical Operations Squadron member, during the Alcohol Awareness Festival at MacDill Air Force Base, April 6. The event was hosted by the MacDill Alcohol and Drug Abuse Prevention and Treatment clinic and featured activities such as a mocktail bar, a variety of games using fatal vision goggles, and several informational booths.



Photo by Staff Sgt. Linzi Joseph

Chief Master Sgt. Edwardo Sanchez, 6th Security Forces Squadron manager, races on the adult tricycle course while wearing fatal vision goggles.



MacDill AFB prepares for 2nd Annual Caring for People Forum

Courtesy of the MacDill Airman & Family Readiness Center

The Air Force has a long standing tradition of taking care of its people and takes pride in the great strides it has made to improve quality of life.

On April 23 the MacDill Integrated Delivery Systems team will conduct the second annual Caring for People Forum and members are invited to participate in one of the working groups!

Although the federal government is faced with budget cuts, taking care of Airmen and their families remains a high priority. Since its launch in 2009, the Air Force Caring for People Forum has evolved quickly and is now the preferred way for Air Force leaders to receive community feedback. At the conclusion of the 2010 forum it was determined the best way to add to the success of the Caring for People Forum was to hear directly from Airmen and their families at the installation level by giving them the opportunity to voice their concerns or suggestions on Air Force policy or support services.

The purpose of the forum is to strengthen support services and provide installation commanders with valuable information on issues that directly impact the quality of life experienced by Airmen and their families.

According to Col. Lenny Richoux, 6th Air Mobility Wing commander, "Now, more than any time in the past few years, we are operating at a high level of intensity; we are operating under budget constraints and we have fewer people to work the mission. It is almost inevitable there will be increased stress at work and people will carry that stress from the office to the home situation. Caring for People is an avenue for all active duty, spouses, teens, civilian employees and retirees to step up

to volunteer and make a difference. I encourage all of you to seize the opportunity to be a true wingman and take care of each other."

Topics to be addressed by the working groups include: family support, deployment support, school support, single Airmen support, special needs support, Guard/Reserve support, housing support, health/wellness and spouse communication. By the end of the day each working group will have presented their top two issues followed by a vote on the top 10 final issues to be forwarded to the Air Mobility Command Integrated Delivery Systems team.

The AMC IDS team will receive the top 10 issues from each base and forward those impacting at an Air Force-level to the Air Force Caring for People forum being held in August. Issues not forwarded to the AMC IDS team will remain here locally on base and be tabled for later development by the MacDill IDS team.

The MacDill Caring for People Forum will be held at the MacDill Chapel, Annex II, with opening remarks from wing leadership. Participation from a wide and diverse population from the MacDill community is essential.

Forum organizers are seeking individuals from the following demographic target groups: military (officer and enlisted, active duty, Guard and Reserve, single and married), Department of Defense civilian employees, family members (spouses and teenagers 13 and older), families with special needs and retirees to ensure a successful forum. Active duty and civilian employee participation may be considered as an alternate duty location upon supervisor and commander approval. Lunch will be provided for participants.

For more information or to register as a participant, contact Sonya Meier at 828-0131, or Kris Keyser at 828-0122.

NEWS



Ride program aims to get Airmen, family home safe

by Nick Stubbs

Thunderbolt editor

Drinking and driving don't mix, but without a ride, the temptation for Airmen to get behind the wheel just to get home can be mighty tempting.

Preventing that mistake is what the new Joint Services Against Drunk Driving organization is all about. All you have to do is call, 828-RIDE (7433).

The service offers free, confidential rides home to active duty members, military family members and DoD civilians from 11 p.m. to 4 a.m. on Friday and Saturday nights. For now, the service is limited to pickups in the Tampa SoHo area only. Operators only need to know your location, how many are in your party and where you need to go. No information will be given to your chain of command, so there is no fear of repercussions.

JSADD is only used for those under the influence of alcohol or other impairing substances, and when all backup plans for a ride have fallen through. It is a "last resort," said Staff Sgt. Tonda Smith, vice president of the private organization, which is seeking volunteer drivers and dispatchers. Call her at 828-4777 to volunteer.

Volunteers for JSADD will use their own vehicles to pick up and drop off callers. Drivers and dispatchers will be required to work their shifts from Building 375, the Cyber Café, at MacDill. The café is equipped with a big-screen television, Wi-Fi, laptops, a game system and espresso machine to make the waiting more comfortable, said Smith.

The volunteer rotation calls for four volunteer drivers per shift – two females and two males. There will always be two volunteer drivers in the vehicle when picking up and dropping off callers. A cell phone and GPS will be provided to drivers who do not have them. JSADD is working to get gas cards to help cover fuel used by drivers.

While the pickups are limited to the SoHo area, riders can be dropped off at their homes anywhere in the Tampa Bay area, including Brandon and St. Petersburg.

An incentive program for volunteers/drivers is in place. Those who volunteer for four days/shifts, are authorized for a one-day pass from Col. Lenny Richoux, 6th Air Mobility Wing commander.

927th ARW NEWS



Two uniforms, one service

by Staff Sgt. Jennie Chamberlin
927th Air Refueling Wing

After five years of serving in the Air Force as a C-130 crew chief, Staff Sgt. Sean Tracey decided he wanted to try something different.

He decided to turn down a \$40,000 re-enlistment bonus and instead pursue a college degree with his benefits from the Post 9-11 GI bill.

But Tracey knew he wasn't ready to give up on the Air Force just yet. He joined the Air Force Reserve as an aircraft production controller for the 927th Maintenance Operations Flight and enrolled as a ROTC cadet at Detachment 158 at the University of South Florida.

Tracey said his appreciation of life in the Air Force is what prompted him to further his career.

"My five years on active duty were the best experience, and I wanted to continue to serve," he said. "I thought I would be a good fit in a leadership position."

His supervisor, Master Sgt. Jason Leclair of the 927th Maintenance Operations Flight, said he saw Tracey's potential for leadership right away.

"Three years ago we started working on the flightline together. I noticed right away that he

was really sharp and he listened really well," said Leclair. "He's always putting himself out there, always volunteering for additional duties, always the first one to answer the phones, always willing to be trained up on skills he doesn't know."

Serving in both capacities means two uniforms to maintain, two military schedules to keep and two roles in the Air Force, one as a leader and one as a trained specialist in his field.

As a cadet captain, Tracey is a field training preparation squadron commander. He prepares other cadets for their field training, a 28-day training program that teaches cadets leadership skills and ultimately determines a cadet's placement and career path in the Air Force, Tracey said.

As a reservist, Tracey works in the maintenance operations control center where he tracks the maintenance statuses and records of planes being repaired. Being a member of the Reserve while in school keeps Tracey busy, but he said that he appreciates the extra financial support and the job experience that comes with serving in the Air Force Reserve.

Tracey, a junior, will finish a degree in psychology next year. After graduation, Tracey will continue his career as a navigator and officer. From maintainer to aviator, Tracey said it all

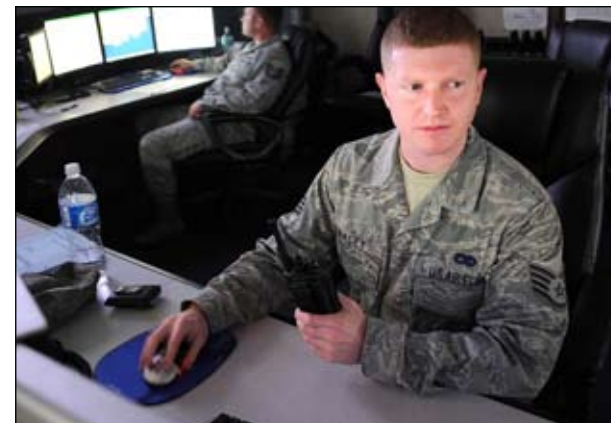


Photo by Staff Sgt. Jennie Chamberlin

Staff Sgt. Sean Tracey, 927th Maintenance Operations Flight, enters newly received data into maintenance logs March 3, at MacDill Air Force Base. Tracey, an aircraft production controller, records any repairs to aircraft in a database, ensuring continuity in maintenance no matter where the plane may travel.

started with a love of flying.

"The reasoning behind my joining the Air Force in aircraft maintenance was that I had a passion for aviation, and I thought 'why not serve my country?'" he said.

"It's a shame he's leaving us in a short while, because his shoes will be hard to fill. I think he'll be a great leader," said Leclair.

The future of feeding Airmen

by Master Sgt. Bryan Gatewood and Airman 1st Class Michael Ellis

6th Air Mobility Wing Public Affairs

Numerous locations, numerous choices best describe the dining options on MacDill Air Force Base since the advent of the Air Force's Food Transformation Initiative 18 months ago.

Whether you're looking to get your day started with a hearty breakfast or calm that growling in your stomach with a filling, nutritious lunch the options are bountiful.

Breakfast

Breakfast; some call it the most important meal of the day. So who's serving breakfast on MacDill?

Diner's Reef Dining Facility opens its doors at 5:30 a.m. to cater to the early birds. You can choose to start the day light with some fresh fruit and a yogurt, or get pancakes and an omelet hot off the grill with your choice of meat.

Another place serving breakfast is the Bay Palms golf course clubhouse. Whether you're hitting the greens at dawn or just need to kick-start the day with a multi-entrée breakfast, the club is there. The golf club serves breakfast from 6:30 to 10:30 a.m. and offers a hot food line or food ordering.

For those who feel it's too time consuming to get breakfast, the food trucks on base may be the option. There is a food truck at U.S. Special Operations Command from 6 to 8 a.m. There is a stationary food trailer at U.S. Central Command from 6 a.m. to 2 p.m.

Lunch

If you've been thinking about lunch since you finished your breakfast, here are a few quick suggestions on where to go for lunch.

When you don't have much time or are trying to cut back on gas consumption, a nearby food truck may be best. They are located around the base — one near Marine Corps CENTCOM from 11 to 11:30 a.m., in front of Hangar 5 at 11:45 a.m., one at U.S. SOCOM from 12 to 1 p.m. and one at U.S. CENTCOM till 2 p.m.

Or if you're looking for sit-down-dining or grab-and-go, there's the Bay Palms Golf Course clubhouse and Ten Pins Bowling Alley.

Another great location, where one can enjoy the ocean breeze while dining, is Seascapes Beach House, which has a bar for those who don't plan on driving soon and are done working or are off for the day.

If you want to sit down and eat without waiting for your food, Diner's Reef Dining Facility may be the prime location. There are many options to choose from: a fruit and salad bar, pizza line, hot foods line, deli and more.

For those really hungry and know they'll be going back for seconds, the Surf's Edge club might be your best choice. Surf's Edge provides buffet style dining, and if you still have room you can check out an assortment of desserts.

Dinner

Opened till 7 p.m. (Monday through Friday), Diner's Reef Dining Facility is cooking up supper. There's even a midnight meal from 11 p.m. to 1 a.m. for shift workers and night owls.

Diner's Reef was recently renovated to provide more variety in food choices, expanded hours and expedited service. A weekly menu is available online at <http://www.macdillfss.com/mainmenusub-dl.aspx?SectionID=260>.

The MacDill Diner's Reef Dining Facility grand re-opening is scheduled for 3 p.m. April 20 to showcase the new, improved look and services. The Diner's Reef recently completed renovations that began Jan. 9.



Airmen socialize during the monthly Boss and Buddy gathering at Booze Base, April 6. The function allows Airmen and their supervisors an opportunity for free food.



Photo by Senior Airman Melissa Paradise

Airman 1st Class Vinsetta Brown, 6th Force Support Squadron, serves Col. William Dinse, 6th Dental Squadron commander, at the leadership tour of the new dining facility at MacDill Air Force Base March 30. The grand re-opening ceremony will take place April 20.



Photo by Airman Basic David Tracy

Seascapes Bar and Grill on MacDill Air Force Base offers service members an opportunity to relax and enjoy music and



Photo by Senior Airman Melissa Paradise

Taco salad is one of the many choices that Seascapes BeachHouse offers on its menu at MacDill.



Photo by Airman Basic David Tracy

Staff Sgt. Sherelyn Deguzman, 6th Force Support Squadron food services member, and Alicia Rivera, a Diner's Reef food services employee, are just two of the members who staff the newly renovated dining facility on MacDill Air Force Base. The Diner's Reef Dining Facility recently reopened after being renovated, and will be having a grand re-opening ceremony April 20.



Photo by Airman Basic David Tracy

Service members of MacDill Air Force Base prepare to enjoy a buffet style lunch at Surf's Edge on MacDill. Surf's Edge is one of several dining options available at on base

BRIEFS



Dining Facility Grand Re-Opening

The Diner's Reef dining facility will celebrate its grand re-opening on April 20. There will be a ribbon-cutting ceremony followed by speeches from some distinguished guest from the Tampa Bay community.

Holocaust Days of Remembrance

The base chapel will host a Holocaust Remembrance Day Observance April 19 at 11 a.m. in the sanctuary. For more information, contact the chapel staff at 828-3621.

Caring for People forum is looking for participants

The 2nd annual Caring for People forum is taking place April 23. For more information or to register as a participant, contact Sonya Meier at 813-828-0131 or Kris Keyser at 813-828-0122.

Air Force Assistance Fund

The AFAF campaign has been extended to April 27 in order to reach campaign goals. As a reminder, deployed members can donate and funds will count toward the unit's totals. For more information, contact Capt. Brandy Conway at 827-9601, Senior Master Sgt. Jerry McClelland at 431-1270 or visit <http://www.afassistancefund.org/>.

Drug Testing new location

The Drug Demand Reduction Program has moved to the 6th Medical Group clinic, second floor room 2FC5 (next to Mental Health). The new number is 827-9660.

Back to School Physicals and Immunizations

The 6th Medical Group is providing physicals and immunizations for the upcoming school year. Make your appointments by calling the 6th MDG at 828-2273. Just as a reminder: a parent or guardian must accompany children, immunizations are screened for all children, and physicals are required for all children (K – 12) entering Florida schools for first time.

COMMENTARY

From Page 3

We often hear about the heroism of our military members, but I want to take this opportunity to recognize the other side of that heroism; the heroes on the home front. While we are away “fighting the good fight”, there remains the backbone of our lives also fighting the good fight here as well. They are the families, friends and members of our community who support us every step of the way during our military careers. Whether we are on a tour of duty training to improve our skills or deployed in a combat zone, our home front heroes are left behind to raise our children, assume many of our roles and responsibilities and to deal with the challenges of everyday life during our absence. Family is why we are here. Family is what it’s all about. Family is what matters most. Without family, we fail.

Many of us are fortunate to have a supportive family in the way of spouses, children, parents, siblings, grandparents, aunts, uncles, cousins or even friends. For me, it was my father who served his country who taught me the value and importance of family. It is these family members who make sacrifices of their own without hesitation or complaint. Our family members continually provide us with the loving support and encouragement necessary to be successful in our profession of arms.

As you continue to serve, I challenge you to remember your family and thank them for the sacrifices they make for us and our great nation.

Here’s to our families!

BRIEFS

From Page 12

‘Walk Now for Autism Speaks’

The Airman and Family Readiness Center is looking for volunteers for the “Walk Now for Autism Speaks” April 21 at the Raymond James Stadium. There are two different shifts, 7:30 to 11 a.m. and 10:30 a.m. to 2 p.m. For more information, contact Kris Keyser 828-0122 or email at Kristine.keyser.1@us.af.mil.

National Prayer Luncheon

The base chapel will host a National Prayer Luncheon at 11:30 a.m. in the Surf’s Edge Club May 3. Guest speaker will be Dave Roever. For more information contact the base chapel at 828-3621. National Prayer Luncheon’s roots can be traced back to 1953.

DIAMOND SHARP



**Airman 1st Class Deidre Spoor
6th Dental Squadron**



Job title: Dental assistant.

Hometown: Geneva, Ohio.

Short-term goals: Get a SOAR scholarship to go to Reserve Officer Training Corps at the University of South Florida.

Long-term goals: Make a career of the Air Force and travel as much as possible.

Advice to others: If you really want something, go for it. Just believe in yourself.

Role model(s) and why: My parents, because they are very hard working and respected and loved by everyone around them. They always push me to do my best.

MACDILL COMMUNITY



EVENTS

Friday

Surf's Edge Club

Membership Breakfast from 6:30-9 a.m. Club members FREE; Non-members: \$6.95.

Boomers Bar & Grill

Friday Bash! 3-7 p.m. Bar snacks & drink specials! Guaranteed \$100 club card drawing, Bar Bingo, and DJ.

Free Children's Concert

4-5 p.m. at the Base Theater. Jack Hartmann, a nationally recognized children's singer, songwriter, and author. Everyone welcome.

Base Beach

MacDill "Chill, Grill & Thrill!" 5-10:30 p.m. Games, prizes, burger burn, bonfire & more.

Saturday

Auto Hobby Shop

The Hood's Open... Now What? 12:30-2 p.m. Free class on how to check and top off the fluids and keep your ride humming.

Wednesday

Arts & Crafts Center

Canvas & "Cocktails" from 4-6 p.m. \$40 per person. Single Airman Program participants free. Call 828-4413 to sign up.

Seascapes Beach House

Caribbean Night from 4:30 p.m. - close. Citrus Grilled Chicken with Curry Lime Sauce, Coconut Rice, Overnight Slaw, and Sweet Rolls for \$8.99 and includes a fountain drink. Club Members save up to \$2 off.

For more information visit the web site at www.macdillfs.com. Follow the 6th Force Support Squadron on Facebook & Twitter!



Photo by Staff Sgt. Nancy Falcon

Col. Lenny Richoux, 6th Air Mobility Wing commander, welcomes visiting Gen. Martin Dempsey, the U.S. Army's 37th chief of staff, to MacDill Air Force Base recently.



CHAPEL SCHEDULE



Protestant services

Sunday - 9 a.m. - Praise Worship Service
9:30 a.m. - FAMCAMP Service (Bldg 2017)
12 p.m. - Gospel Service

Islamic services

Friday - 1:30 p.m. - Prayer Service

Catholic services

Saturday - 4:30 p.m. - Confession
5:30 p.m. - Mass

Sunday - 10:30 a.m. - Mass

Monday to Thursday: 12:10 p.m. - Mass

For all other faith inquiries or to view upcoming event information, call the Chapel at 828-3621 or visit the web site at www.macdill.af.mil/macdillchapel

EXCHANGE

ARMY & AIR FORCE EXCHANGE SERVICE



Smoke alarms for people who are deaf or hard of hearing

Courtesy of 6th Civil Engineer Squadron

It is a fact that people with a hearing disability may not hear a smoke alarm. Home fire sprinklers increase the chances of surviving a fire.

Smoke alarms and alert devices, called accessories, are available for people who are deaf. Strobe lights throughout the home are activated by smoke alarms and alert people who are deaf to fire conditions. When people who are deaf are asleep, a high intensity strobe light is required along with a pillow or bed shaker to wake them up and alert them to fire conditions so they can escape. Currently this equipment is activated by the sound of a standard smoke alarm.

Devices are available for people who are hard of hearing. These accessories produce a loud, mixed low-pitched sound. This equipment is activated by the sound of the smoke alarm and is usually installed next to the bed. Recent research has shown that a loud, mixed

low-pitched sound is more effective for waking people of all ages than the loud high-pitched sound of a traditional smoke alarm. As people age, their ability to hear high-pitched sounds decreases.

Research the available products and select one that best meets your individual needs.

Where to find equipment

Smoke alarms with built-in or separate strobe lights can be purchased through home improvement store web sites or by searching the Internet for “strobe light smoke alarms.”

BRK/First Alert, Gentex and Kidde brands offer this type of smoke alarm. Smoke alarm accessories such as bed/pillow shakers, transmitters and receivers are available through lifetone.com, safeawake.com and silentcall.com. Make sure any smoke alarm or accessory device you use has the label of a recognized testing laboratory.

(No federal endorsement implied)