Airman 1st Class Irina Velanovich, 6th Comptroller Squadron customer service technician, and Tech. Sgt. Juanna McWilliams, 6th CPTS NCO in charge of budget analysis, install window insulation during a Habitat for Humanity build in Seminole, June 2. See page 12 for more photos.
Father’s Day; this week hats off to dad

by Col. Rob Rocco
6th Medical Group commander

Ever since I was a kid, every time there was a TV close-up of a pro-athlete scoring a touchdown or hitting a homerun, he almost always looked into the camera, smiled, waved and yelled, “Hi mom!” While I certainly understood his desire to let his mom know he was thinking about her, I always wondered why he didn’t say, “Hi dad.”

Sure, mom was there at every game, made great sandwiches for lunch and gave great hugs after fumbles or strikeouts. But to be honest, dad really drew the short straw here. After all, it was probably dad who took him to get his first baseball glove and dad who spent the extra money to get that sweet baseball bat (the really cool, expensive one).

I betcha’ it was his dad who played catch with him late into the evening (even after a 12-hour shift) and come to think of it, it was his dad who taught him to swing a bat, how to catch a football and how to knock down a three-pointer to win the backyard NBA Championship about 200 times.

Here at home, I’m thinking while you were “Hi mom-ing,” it was probably dad who taught you how to drive, helped coach the team, line the field, mow the infield and then take the team for burgers afterwards even though everyone knew all the team moms expected their boys home to eat something healthier and less fattening.

So this Father’s Day guys, when you hit the game winning shot, score a touchdown, or make a shoestring diving catch to win a playoff game, just this once, say “Hi dad.” And then later, when no one’s watching, thank him for instilling in you the importance of loving and honoring your mom and for reminding you to shout “hi mom” when you actually do hit a game winning three-pointer, score a touchdown or knock in the winning run.

We love you mom, but this week our hats are off to dad...” Happy Father’s Day, pop, and if you don’t mind, can I borrow the keys to the car?”

6th Air Mobility Wing shout-outs

Last month, one week after arriving in the U.S. Central Command area of responsibility for his first combat deployment, Airman 1st Class Nathan Rajzer, 99th Air Refueling Squadron boom operator, performed emergency pressure refueling for a flight of A-10s. Due to his calm, steady performance under a stressful situation, the A-10s were able to complete their refueling in a timely manner and provide close air support to coalition troops, who were engaged in lethal crossfire with enemy forces.
IG the avenue to resolving your issues

by Lt. Col. Eileen LaBrecque
6th Air Mobility Wing inspector general

“I don’t know if I’m in the right place” or “my friend told me to come here” are the most common phrases I hear when someone walks into my office with a complaint.

In most cases, they have exhausted their chain of command and feel they have nowhere else to turn for help. At other times, they are in desperate need of help because the issue involves their own chain of command. As the Wing inspector general, I am here to provide an avenue to assist in resolving your issues and preventing further ones. I exist as a staff function and report directly to the Wing commander to remove any perceived conflict of interest.

The Air Force IG Complaints Program

The IG Complaints Program is a leadership tool that indicates where command involvement is needed to correct systematic, programmatic or procedural weaknesses and to ensure resources are used effectively and efficiently.

My mission is to resolve problems affecting you and the Air Force mission promptly and objectively; to create an atmosphere of trust in which issues can be objectively and fully resolved without retaliation or fear of reprisal;

Dear Half-Hearted Hero,

Re-establishing the bonds at home after a deployment is not an easy thing.

The joys of the initial homecoming are quickly followed by the challenges of readjusting to being together. The dynamics between couples may take some time to equalize. Recognize that reintegration can be a turbulent time for everyone in a military family and that it can be different for each military couple.

Some couples experience a honeymoon phase followed by a rocky period. Remember, you are both adjusting to each other. Expect that it can take two to three months to readapt, so take some time to get to know each other and don’t rush. The physical relationship may resume, however intimacy takes longer to restore. Make sure you are taking time to tend to the relationship. Try to communicate more with your spouse.

Dear Wing Ma’am

I just got home safe after a long deployment to my wife and kids.

This is by no means my first rodeo and I thank God that my wife is so incredibly strong and puts up with me. Coming back from this deployment was very different. It’s just not the same. There is definitely more strain on our relationship this time around.

She seems more angry with me and, it’s strange to say, after many years of marriage it’s like we were strangers after I got back. What is going on and please help me figure out how to fix it? ~Half-Hearted Hero

Dear Wing Ma’am is written by Capt. Christy Cruz, a Licensed Clinical Social Worker. Wing Ma’am works as the Family Advocacy officer and clinical therapist at MacDill 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.
(Left) Senior Airman Curtis Jones, 6th Logistics Readiness Squadron vehicle operator, dribbles past a defender during an intramural soccer game at MacDill Air Force Base, June 5. The 6th LRS beat the 49th Material Maintenance Support Squadron 2-1. (Above) Airmen from MacDill attend “Sex Signals,” an interactive improvisation show, June 7. The show will give Airmen across MacDill the opportunity to better understand the importance the Air Force has placed on sexual assault prevention.

(Above) Tech. Sgt. Robert Zehr, 6th Operations Support Squadron survival, evasion, resistance and escape specialist, speaks to honorary commanders for the 927th Air Refueling Wing and 6th Air Mobility Wing about survival skills during a tour of MacDill Air Force Base, June 7. (Right) Airmen from the 6th Logistics Readiness Squadron execute drill movement dress-right-dress during an open ranks inspection at MacDill, May 31. The 6th LRS held an open-ranks inspections to ensure personnel meet standards of dress and appearance.
There I was, an airman thinking I was going on a normal Air Force deployment—normally a couple weeks of training and then four to six months in theater.

Usually we are grouped with a few other Airmen in the same career field and everyone is doing their normal job. A provincial reconstruction team’s mission is the exact opposite of this.

For me and another Airman, our tour started with about five months of pre-deployment training. Two months of that training was job specific, in our case it was vehicle mechanics. It gave us a basic understanding for the up-armored vehicles that we would be maintaining and operating.

The next three months were spent learning the essentials for the secondary duties of combat skills training with the Army that we might have had to perform in country.

Next was the deployment itself.

Unlike a regular tour on an actual base, a PRT mission consists of being located within an Afghan providence, in the middle of the city on a forward operating base the size of a football field. There, many branches of the armed forces are found working together as one to support the humanitarian effort of the providence and the mission of “winning hearts and minds.”

This sometimes consisted of multiple ‘outside the wire’ missions meet-
Col. Elizabeth Decker, 6th Medical Operations Squadron commander, regrets to announce the death of Staff Sgt. Cheryl Westbrook, formerly assigned to the 6th Medical Group. Capt. Shelly Shildt has been appointed as the summary court officer to handle the disposition of the personal property of Westbrook. Anyone indebted to or having a claim against the estate of Westbrook should contact Shildt at 827-9755 or (321) 544-3574.

“God’s Backyard Bible Camp under the Sun,” a vacation Bible school, runs June 24 through 28, from 5:30 p.m. to 8 p.m. at the base Chapel. All Pre-K through 8th graders are invited. Our ecumenical VBS will include classroom Bible activity, music, recreation, crafts and refreshments.

Registration is weekdays between 7:30 a.m. and 3 p.m., or online via the Chapel website: www.macdill.af.mil/macdill-chapel/. This is a free program sponsored by the MacDill Chapel Community. For more information, call Diane Baggerly or Cathy Lavelle at 828-3621.
“We’re streamlining processes and becoming more efficient in order to show that we’re being good stewards of taxpayers’ dollars,” said Master Sgt. Marcus Watson, Diner’s Reef Dining Facility manager.

Commencing June 17, customers will note changes in operational hours.

While hours are being slightly reduced, the quality of service will remain intact, according to Senior Master Sgt. Deb Parsons, 6th Force Support Squadron food service superintendent.

“The facility remains open to all base personnel and guests, and our customers do not pay a surcharge or tax on their meal purchase,” Parsons said.

Diner’s Reef recently expanded its menu options and seating capacity. The approximately 350-seat facility currently serves more than 277,000 meals annually. Grab-n-Go options such as sandwiches and salads are available between the daytime meals for anybody who cannot dine during the established breakfast, lunch and dinner hours.

In addition to a change in hours, Air-Force wide facilities will no longer have a bus staff to clear tables after customers dine.

Watson added, referencing the necessary changes considering funding constraints, “Overall, we want to minimize waste and the impact to customers.”

**New hours of operation will be:**

**Monday - Friday**

Breakfast: 6 – 9 a.m.

Grab-n-Go: 9 – 10:30 a.m.

Lunch: 10:30 a.m. – 1:30 p.m.

Grab-n-Go: 1:30 – 4:30 p.m.

Dinner: 4:30 – 6:30 p.m.

Grab-n-Go: 6:30 – 7:30 p.m.

Midnight meal: 10:30 p.m. – 12:30 a.m.

**Weekends/Holidays/Wing down days**

Breakfast: 6 – 8:30 a.m.

Grab-n-Go: 8:30 – 10:30 a.m.

Lunch: 10:30 a.m. – 1:30 p.m.

Grab-n-Go: 1:30 – 4:30 p.m.

Dinner: 4:30 – 6:30 p.m.

Midnight meal: 10:30 p.m. – 12:30 a.m.
Airmen from MacDill Air Force Base with Jean Nkomeje, new homeowner, during a Habitat for Humanity build in Seminole, June 2. Twelve Airmen from MacDill dedicated seven hours to the build.

Senior Airman Brandon Armagost, 49th Material Maintenance Support Squadron fuel support equipment technician, saws roofing materials during a Habitat for Humanity build in Seminole, June 2. Habitat for Humanity helps low-income families build and buy their own homes. Families must meet certain income requirements and be willing to perform sweat equity to help build their own homes and the homes of others.

Airmen from MacDill Air Force Base assist during a Habitat for Humanity build for a new homeowner in Seminole, June 2. Twelve Airmen from MacDill dedicated seven hours to the build.
Habitat for Humanity is a nonprofit organization whose goal is to help low-income families, like Jean Nkomeje, build and buy their own homes at a no-profit price with the help of volunteers. Nkomeje and his family were brought to the United States from Rwanda through the United Nations eight years ago. Nkomeje spoke only his native language, French, when he arrived. He and his family spent five years in Cleveland before moving to Florida. In order for Nkomeje to have a home built he had to meet certain income requirements and be willing to perform sweat equity to help build his home and the homes of others. He also had to attend budgeting workshops designed to help him become a more successful homeowner.
Medical group adds new clinic services for allergy sufferers

by Capt. Brian Gonyou
6th Medical Operations Squadron

The 6th Medical Group continues to enhance current medical specialties and add new ancillary services for military beneficiaries.

In view of today’s tightened fiscal environment and budgetary restrictions, an allergy and immunology clinic was recently added to the large list of clinical services we have to offer. The MacDill Air Force Base allergy clinic opened its doors May 1 and is dedicated to the diagnosis, treatment and management of a wide array of allergies.

With the mild winter weather conditions and many outdoors activities here in Florida, the local population is inundated with more than favorable conditions that produce high allergic symptoms and reactions. The allergy clinic will provide care for patients with many conditions to include bee, wasp, grass, cat, house dust mite allergies, and many environmental allergens.

Patient education for house dust mite elimination and self-administration of epinephrine will also be offered. Injections for desensitization of patients with these and many more allergies could prove beneficial to the near elimination of symptoms over time.

Allergies may have been a problem for you since you were young or you may have developed them over the years. For many people allergies are a minor nuisance, but for others they can be debilitating or even life threatening. Our goal is to provide the MacDill community with a more comprehensive and timely solution to their allergy problems.

Consultative services are provided for patients with allergic conditions such as anaphylaxis (potentially life threatening allergic reaction), asthma, drug allergies and eczema, just to name a few. If something is making you sneeze, itch, flare up, puff up, grumble, groan or just not feel as bright-eyed and bushy-tailed as you should, an allergy or intolerance could be the culprit.

Our mission is to provide you with the best possible health care to improve your quality of life. To be seen in the allergy clinic all it takes is a referral from your primary care manager.

Call the clinic at 828-CARE (2273) to make an appointment and discuss your symptoms with your provider. The allergy clinic is co-located with the immunizations clinic on the first floor of the Medical Group and its hours of operation are from 7 a.m. to 4 p.m. Monday through Friday.

Mother of DUI victim brings story to MacDill

by Staff Sgt. Brandon Shapiro
6th Air Mobility Wing Public Affairs

“I never would have imagined that I would spend my Mother’s Day with all four of my children at a funeral home with one in a coffin.”

That was the vivid picture Renne Napier, mother of the late Meagen Napier, painted during an alcohol awareness briefing held at MacDill Air Force Base May 31.

Almost 11 years ago to the day, Meagan Napier and her friend Lisa Jo Dickson were killed by drunken driver Eric Smallridge as they headed home. Shortly after, Renne Napier made it her life’s mission to prevent more unnecessary deaths like that of Meagan’s.

As the message continued, Renee made sure that each of the more than 500 individuals in the standing-room-only theater knew that the impact

See DUI, Page 16

Renne Napier, mother of the late Meagen Napier, addresses the crowd at the MacDill base theater.
Heat Cramps:
Less severe than heat illnesses, but an early sign that trouble is on the way. You may notice muscular pains and spasms.

Heat Exhaustion:
It typically occurs when people exercise heavily or work in hot, humid conditions, where body fluids are lost through heavy sweating. Blood flow to skin increases in an effort to cool, but blood flow to vital organs decreases. If not treated, the victim may suffer heat stroke.

Heat Stroke:
This is when the body's temperature control system stops working; body temperature can rise so high it causes brain damage or death.

DUI
From Page 14
of one selfish decision impacted so many.

Midway through the presentation, and to the surprise of many, Eric Smallridge emerged from the crowd and took the stage.

“Every day I ask God why I wasn't the one to die instead of them,” Smallridge said with deep emotion. “If only I could trade places with them so they could realize the great lives they should have had, but I can't and they can't, and I will live with that reality every single day the rest of my life.”

Smallridge made it clear to the audience that no matter what the circumstances—peer-pressure, bad judgment, or not wanting to leave your vehicle overnight, driving under the influence should never be an option. Asking a sober friend or taking a taxi is a much better decision than ending up killing someone and being renamed Inmate P22679, he said.

Napier and Smallridge ended by asking everyone in the audience to take two pledges—one never to drive if you have been drinking, or to get into a car with a driver that has been drinking. The second pledge was to spread the message of the devastating consequences of driving under the influence.
‘THERE I WAS...’

From Page 6

Yes, that means talk about your feelings. Expect some feelings of anger, insecurity, abandonment, happiness and love. Invest in spending some one-on-one time together. Be observant of the tasks she did while you were gone and avoid power struggles over money, chores and parenting.

If your relationship continues to be strained, seek guidance from a neutral third party like the Military Family Life Consultants (426-4145/731-6133), Chaplain Services (828-3621) or Military OneSource (1-800-342-9647).

WING MA’AM

From Page 3

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MACDILL COMMUNITY

EVENTS

**Friday**
SeaScapes Beach House
Friday Bash from 4-8 p.m. Bar snacks and drink specials. Guaranteed $100 club card drawing, Bar Bingo - $1,000 jackpot, Trivia and DJ.

**Family Fun Night**
Fun starts at 5 p.m. Food and drink specials; $2-and-under menu items for kids; kids activities; free ice cream sundae bar (peanut free) with all meals.

**Airman & Family Readiness Center**
Deployed Family Event from 6-8 p.m. at United Skates of America. Please RSVP call 828-0145 or 655-9281.

**MacDill Lanes**
Club Member Appreciation from 6-8 p.m. All club members and their family members bowl free.

**Saturday**
MacDill Lanes
Father/Child Tournament at 3 p.m. $15 Entry. Baker format where the child throws every odd # frame, Dad every even # frame for three games.

**Tuesday**
Youth Center
Ronald McDonald kicks off the library’s Children’s Summer Reading Program at 10:30 a.m. “Have Book, Will Travel.”

**Tuesday-Saturday**
MacDill Lanes
Father’s Day Week – Dad bowls free until 6 p.m., when bowling with his child. Child pays $1 a game and $1 for shoes.

**Protestant services**
Sunday - 11 a.m. - Contemporary Service

**Islamic services**
Friday - 1:30 p.m. - Muslim Prayer Service

**Catholic services**
Saturday - 5:30 p.m. - Mass
Sunday - 9:30 a.m. - Mass

Call the chapel at 828-3621 for more information or visit the chapel web site at http://www.macdill.af.mil/macdillchapel.
and assist commanders in instilling confidence in Air Force leadership. The primary charge of the IG is to sustain a credible Air Force IG system by ensuring the existence of responsive complaint investigations, and Fraud, Waste and Abuse programs characterized by objectivity, integrity, and impartiality.

How do I help the commander?

IGs are the “eyes and ears” of the commander. I keep the commander informed of potential areas of concern as reflected by trends, function as the fact finder and honest broker in the resolution of complaints, educate and train commanders and members of the base population on their rights and responsibilities in regard to the Air Force IG system, and help commanders prevent, detect, and correct fraud, waste and abuse and mismanagement. Personal complaints and FWA disclosures help commanders discover and correct problems that affect the productivity and morale of assigned personnel. Resolving the underlying cause of a complaint may prevent more severe symptoms or costly consequences, such as reduced performance, accidents, poor quality work, poor morale or loss of resources.

IG areas not covered

Some complaints are not really appropriate for the IG. But that does not mean I won’t help you find the right agencies or person to submit your complaint. Some complaints are “referred” or “transferred” to another agency for better processing.

Some things the IG will not handle: commander-directed inquiries and investigations, Air Force Office of Special Investigations or security forces investigations, and investigations of civilian employees who have specific appeal rights under law or labor union agreements. Investigations under the authority of the Uniformed Code of Military Justice or the Manual for Courts-Martial, line of duty or report of survey investigations, quality assurance in the Air Force Medical Service Boards, Air Force mishap or safety investigations, and medical incident investigations are also not covered under the IG complaint program. Additionally, the IG complaint program may not be used for matters normally addressed through other established grievance or appeal channels unless there is evidence that these channels mishandled the matter or process.

How you can help the IG?

When bringing a complaint to the IG, you must provide some relevant evidence that the process was mishandled or handled prejudicially before IG channels will process a complaint of mishandling. This means bring your documentation to back up your complaint; this will only strengthen your case and make it easier to sort out the facts.

Please remember that when talking with any IG, you are making a protected communication, which means you are protected from any reprisal actions that may come from your complaint submission. If you need assistance or would like to discuss a possible complaint, please stop by our office, call or e-mail us and we’ll be glad to assist you.

Our office is located in building 173, 7718 Hangar Loop Drive. The office can be reached at eileen.labrecque@us.af.mil or 828-4961.