Members from team MacDill and the local community welcome home World War II veterans on Sept. 17 at St. Petersburg-Clearwater International Airport. Honor Flight West Central Florida has completed 12 flights to Washington D.C., with a total of 861 WWII veterans in attendance.
Maintaining your commitments is every Airman’s responsibility

by Chief Master Sgt. Thomas Mazzone
6th Air Mobility Wing command chief

Serving in the armed forces takes commitment. No matter the rank, we raise our hands and recite the words, “I will” three times in our specific oaths. But, do you truly understand what commitment means and how a lack of it affects others?

Leaders depend on several characteristics to keep themselves grounded, connected to their followers, and vectored on a good path. Those characteristics are typically learned over time and by watching the successes and failures of others. I’ve watched a lot of leaders during my nearly 23 years of service, and I’ve narrowed the characteristics that mean most to the following five: commitment, confidence, compliance, courage, and compassion. In my opinion, so many other traits can be funneled into one of these.

Commitment is one of those rare characteristics that means so much, and is sometimes so easily dismissed. As an example, I speculate many people take the word “I’ll” for granted. How many times have you used the terms, “I’ll get right on that,” “I’ll help you out,” or “I’ll make sure it’s taken care of?” I’ll is the contraction of I will, or I shall. In short, it means you’ve committed yourself to someone or something. When you flippantly disregard the people and things you’ve committed to, chances are good that others will conclude you’re unreliable. Unreliable people are not memorable leaders; they’re just unreliable people. It’s understandable that “life happens” and priorities must be juggled even after you’ve made commitments. It’s what you do next that people remember.

Only you can measure how much something means to you. When you’ve made commitments and competing priorities emerge, at the minimum you owe an explanation and ideally a possible solution to whomever you’ve committed to. Assuming things will simply work themselves out is naive and very rarely produces positive results. On the contrary, one person’s lack of commitment subjugates others to longer hours, harder work, and tarnishes long-lasting relationships. Though not optimal, a well-timed phone call to explain your issue will go a long way and ultimately save your credibility. More importantly, it allows others to leverage resources to adjust for unforeseen issues.

The next time you reply to a ceremony or event coordinator, volunteer to support a fellow Airman or organization, or tell a family member “I’ll be there,” think of the second and third order effects of the commitment you made. Someone is counting on you to do what you said you would do, show up when you said you would, or complete a task you’ve taken on. It all boils down to trust, and you’d be amazed how much your example impacts others. As Airmen, this basic premise of trust allows us to effectively execute the Air Force’s mission to fly, fight, and win. When you default on your commitments, you break that trust and risk failure at several levels. Don’t put yourself in that position. Instead, I challenge you to proudly display your commitment to you family, your Airmen, and the Air Force.
On the eve of the 12th anniversary of Sept. 11, “Spartan” service members from Headquarters, U.S. Special Operations Command Central teamed up with their local community to feed more than 200 deserving patrons, at the Trinity Café in Tampa.

The distinguished guests were homeless, hungry and the working poor. The Spartan Petty Officer’s Association greeted each patron with a smile, and escorted them to a cloth covered banquet table garnished with silverware at each place setting. A 5-star chef prepared each meal and they are then served on porcelain china.

All who enter are welcome. There are no qualifications or conditions to partake of this lavish meal. Established in 2001, the non-denominational, non-profit organization fills a void in the community. Jeff Darrey, founder and first chairman of the board of directors, collaborated with three other local businessmen to develop a concept for a service that consistently meets the needs of the overwhelming number of homeless citizens in the area.

Unlike any other facility—locally, the café’s mission is to restore a sense of dignity to the homeless and hungry while serving a nutritious meal. It runs like a well-oiled machine under the helm of Cindy Davis, program director, whom after 35-years in the newspaper industry turned volunteerism into a second career. She said each patron is treated as if they were a guest in her own home, with acceptance, compassion, love and respect.

Trinity Café on average serves more than 250 hot, nutritious meals a day. An amazing feat considering the fact that it only employs five personnel. The café needs 32 volunteers a day to operate at full capacity and there is never a shortage of people willing to help, including its board members, who contribute every Friday.

“Winning an award of this magnitude is surreal,” said Master Sgt. Robert Cook, United States Special Operations Command protective service operations superintendent.

Recently, Cook was awarded the Frank M. Megna Award of Excellence by the Tampa Chamber of Commerce.

The Frank M. Megna Award of Excellence is presented annually to a senior enlisted service member stationed at MacDill who is considered exemplary among their peers for selfless service in the community and to the country.

The award is named after Frank M. Megna, who served four years in the Army, as counterintelligence. After retiring, Megna was appointed the city’s liaison to MacDill Air Force Base. It was Megna’s drive and determination that helped resurrect the Greater Tampa Chamber’s senior enlisted reception.

“It feels great to have even been nominated for this award,” Cook said. “It’s nice knowing that someone recognizes the work and efforts that are done for the military and the community.”

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“I was only used to seeing the chronically homeless use our services,” Davis said. “Since the recession, there’s more of the working poor, unemployed, and people who just can’t make ends meet.”

The café operates on donations from individuals, businesses and government grants.

“And sometimes [we operate on] even a wish and a prayer,” said Davis.

Trinity Café has provided Tampa’s homeless and needy with over 875,000 meals in the past 12 years. Its doors are open Monday through Friday (holidays included), with the goal of eventually operating seven days a week.

“This is a humbling experience,” said Petty Officer 1st Class Tamika Simmons, Spartan Petty Officer’s Association president and coordinator for the event.

Officially established on Oct. 4, 2012, the group is one of three non-profit organizations within the command.

Seeing a need for an enlisted organization within the unit, Petty Officer 1st Class Simmons uses this venue as a platform to foster relationships and give back to the surrounding community. Since its inception, its members have volunteered with the Wounded Warrior Project, Feeding America, and Trinity Café.
WEEK IN PHOTOS

Airman 1st Class Thomas Morris, 6th Air Mobility Wing honor guardsman, folds the American flag with the help of another honor guardsman during a retreat ceremony at MacDill Air Force Base, Sept. 20. Folding the flag at a retreat ceremony is used to pay respect to the flag.

Col. Scott DeThomas, 6th Air Mobility Wing commander, gives opening remarks before the POW/MIA Recognition Day 5K run, held Sept. 20 at MacDill Air Force Base. POW/MIA Recognition Day was established during the 1980s by the National League of POW/MIA Families, and after much legislative debate, Congress adopted National POW/MIA Recognition Day in 1995.

Members of MacDill Air Force Base run from the Short Fitness Center to Bay to Bay Avenue in Tampa in honor of National POW/MIA Recognition Day, Sept. 20. MacDill held a base event, which consisted of an installation 5K run, during which teams walking the track in half-hour shifts carried the Prisoner-Of-War/ Missing-In-Action flag and read the names of the Florida POWs and members MIA over the speaker. A team ran the POW/MIA flag 10 miles down Bayshore to the Bayshore Patriots and back, and a retreat ceremony with retired U. S. Navy Master Chief Petty Officer Walter Raysick as a guest speaker, was held.
This week’s “Fit to Fight” enabler is Team Starlifter, Pediatric Team at Brandon with the Medical Operations Squadron.

The Starlifter team is led by Maj. Crystal Palmatier and Dr. Robert Lewis. Other members include Carol Henry, PNP; Capt. Maria Marquez, Registered Nurse; Valerie Costello, RN; Tech. Sgt. Tiffany Williams; Staff Sgt. Ashley Sard, Staff Sgt. Mary Womack, Senior Airman Princess Chinke, and Jane Albright.

The team members took time out of their day to answer a few questions for the MacDill Thunderbolt in order for the base to get to know them better.

**Thunderbolt:** Where are you located?

**Starlifter:** Brandon Clinic, 220 Grand Regency Blvd, Brandon, Fla.

**Thunderbolt:** Is there any difference in what you do in Brandon compared to your counterpart on base?

**Starlifter:** We see the same age population, 0-15 year old military family members. Most of our patients are located in the Brandon and Fishhawk areas. The team enables families in the local area to forego the long drive to base when looking for healthcare. In addition, we offer a children’s “sick” call in the mornings from 8 a.m. to 10:30 a.m. for our enrolled patients. This service helps with our continuity of care and also saves urgent care costs.

**Thunderbolt:** How do you help Team MacDill stay “Fit to Fight?”

**Starlifter:** When children's healthcare needs are met, warfighters have the peace of mind and time to focus on supporting the mission.

**Thunderbolt:** What advice do you have for Team MacDill?

**Starlifter:** Get your children Immunized, advocate for physical fitness by encouraging active play, and encourage healthy snacks. Also, we live in Florida so don’t forget the sunscreen, bug spray and adequate water intake.

**Thunderbolt:** What are your thoughts about MacDill and living in Tampa?

**Starlifter:** Love it! Supportive community! Great Weather! Plenty of entertainment for the family...GO BUCS, GO RAYS, GO BOLTS!

**Thunderbolt:** What is something most people do not know about you?

**Starlifter:** We do point-of-service immunizations. If your child has an appointment and is due for a vaccination, we take care of it that day.
Cook is part of the protective service team for the U.S. SOCOM commander. The team has the same objective as secret service, as it pertains to their principal, but they do not operate at the same capacity.

Cook was nominated by Chief Master Sgt. Dana Hughes, U.S. SOCOM chief enlisted manager to the commander, who said, “Master Sgt. Cook’s leadership has proven invaluable as he has conducted and oversaw over 125 personal security details in over 20 countries and 12 states.”

Cook was also recognized for his involvement in the community.

Part of the award nomination package stated, “As a renowned mentor, Cook’s team has produced over 150 hours of volunteer services to causes including wounded warrior programs, local gyms, churches and elementary and high schools.”

“The people who reviewed the packages found what I do to be deserving of this award” Cook said. “I would like to say ‘thank you’ to all who had a hand in me winning this award.”

Master Sgt. Robert Cook, United States Special Operations Command protective service operations superintendent, accepts Frank M. Megna Award of Excellence from the Tampa Chamber of Commerce.
"At first I volunteered because it was required by my school. Then once I started doing it, I really enjoyed the workplace atmosphere as I got a taste of the military lifestyle," said Marine Corps Private 1st Class Michael Dempsey, ex-student volunteer at the 6th Medical Group.

After graduating last year from Bloomingdale High School in Brandon, Fla., Dempsey finally got a chance to join the ranks of service members he volunteered alongside and enlisted into the U.S. Marine Corps.

In the interim after boot camp and on his way to additional combat training, Dempsey visited his sister Aug. 22, 2013, in the same office he volunteered for from 2008 to 2011.

Right after high school Dempsey’s sister, Cindy Knopf, also started out as a volunteer in the Dental Clinic; she was later hired and has worked as a dental assistant since 2004. Cindy was the forerunner who introduced her brother to the available volunteer opportunities on base.

Altogether the sibling duo racked up more than six years of volunteer experience at the clinic.

“It's a good program, where you can develop an appreciation for working. Also, it's a plus when you actually enjoy what you do,” said Dempsey.

That excitement and enthusiasm was exhibited as Dempsey far exceeded the mandatory 12 hours required by his high school.

“You're only required to work four hours a week, but Michael came several times a week (for nine hours each day) and accumulated several hundreds of hours while working at the Medical Group,” said Angie Bougas, chairman of volunteers for the Red Cross and also a 40-year volunteer at MacDill.

As Dempsey embarks on a military career of his own, he credits his developed patriotism to the hardworking medics at the 6th MDG and some words of wisdom from an older sibling about a life-altering volunteer opportunity.
Attention to detail is a phrase every Airman is familiar with, however, for the Airmen with 6th Operations Support Squadron airfield management team, this phrase is more than just a cliché.

This hypersensitive attention is what keeps the more than $1 billion in local and transient assets safe and secure—ensuring the success of hundreds of missions annually.

The arduous, around-the-clock tasks are the continuous upkeep of MacDill Air Force Base’s 11 taxiways and active runway, which is accomplished through a series of systematically designed sets of daily operational checks and periodic inspections.

Every day, MacDill’s 32 million square feet of airfield is inspected—from the lights that guide the pilots during situations of limited visibility, to the strips of pavement that taxi the aircraft, to all construction efforts within their area of responsibility.

In addition to these checks is one that is a top priority for the Air force and accounts for millions of dollars saved annually—foreign object debris checks. The goal of the program is unpretentious: inspect runways, taxiways and maintenance areas to ensure that foreign objects do not obstruct aircraft, vehicles or personnel.

“We make sure that flight safety isn’t compromised and that the flying mission goes off as planned,” said Randy Jackson, 6th OSS airfield manager.

Aside from AMOPS Airmen keeping the airfield in tip-top shape, there is another set of mission critical tasking’s.

Prior to each and every take-off, the aircrew must file a flight plan with AMOPS, which is then double-checked for accuracy of departure, route and number of personnel on board.

Along with flight plans, they are responsible for receiving prior permissions from transient

See TO THE POINT, Page 18
The flu vaccine: Why is it so important?

by Capt. Elissa Glover
6th Medical Operations Squadron

It’s that time of year again, when you start hearing about the flu virus and the flu vaccine. You may ask yourself, “Why is the flu vaccine such a big deal?”

The flu is highly contagious. It is spread by droplets in the air that can be carried up to 6 feet away. So when a person who has the flu coughs, sneezes or talks, it is transmitted through the air to another person’s mouth or nose. A less common mode of transmission is by touching a surface that has the flu virus on it, then touching one’s own mouth or nose. A person may have the flu prior to experiencing symptoms and can spread the disease without knowing it.

Most people exposed to the flu virus will experience symptoms to include fever, cough, sore throat, body aches and fatigue. Most people will recover from these symptoms at home in three to 10 days with minimal or no complications. There are several groups of people who are at high risk for serious complications in association with the flu. These groups include people age 65 years and older, people with chronic medical conditions to include asthma, diabetes and heart disease, pregnant women and young children. Many of these complications can lead to hospitalization and can be life threatening.

Many myths about the flu vaccine exist. You cannot get the flu from
Alongside many active duty members are strong, loving and supportive spouses. As military personnel are sent out on day-to-day missions to continually protect and secure the freedom of this great nation, the military spouse has taken on the rigorous task of maintaining order on the home front.

So where can spouses, with little to no experience with military life, get questions answered and receive guidance on handling these tasks?

The Airmen and Family Readiness Center provides, among other things, an orientation program known as “Heart Link,” which is aimed at assisting spouses with less than five years of military affiliation.

Heart Link increases spouses’ awareness of the mission, customs, traditions, protocols and on/off base resources and services.

From managing daily household operations and finances, to holding down jobs, and caring for dependents and property, the life and schedule of a military spouse can be very demanding.

This program can be a way to meet new friends and develop a support system.

“It’s very important because my husband and I didn’t have this,” said Angie Fields, A&FRC community readiness consultant. “You just did what you could to the best of your ability.”

During her resiliency presentation, Venetia Waters, A&FRC Exceptional Family Member Program coordinator, explained to the spouses that she came into contact with her closest friends through the military.

Various speakers stopped in to provide information on numerous topics. From explaining how to read a Leave and Earnings Statement and the importance of a power of attorney, to registering children for TRICARE benefits and applying for housing, no stone was left unturned.

“The information was well delivered,” commented Arturo Gutierrez, husband of Capt. Amanda Gutierrez, 6th Aerospace Medicine Squadron. “I enjoyed getting answers to all my questions since I am very new to this.”

Aside from providing a bevy of information, the A&FRC gave the spouses a place to relax and have fun. There were humorous video clips, free goodies and food.

All in all, incoming families have the A&FRC to assist them and ensure that their transition into the MacDill family is a safe, pleasant and welcoming one.

(Editor’s Note: For more information about Heart Link and other programs offered by the Airman and Family Readiness Center, please call 828-0145 or visit the website www.macdillfss.com)
Spouses enjoy sandwiches, snacks and drinks during the Heart Link orientation program, Sept. 17 at MacDill Air Force Base. The program gave spouses an opportunity to make new friends and develop a support system. (Inset left to right) Various speakers stopped by to inform the spouses on numerous topics such as, reading a Leave and Earnings Statement, the importance of a power of attorney and registering dependents to receive TRICARE benefits. Venetia Waters, 6th Force Support Squadron Exceptional Family Member Program coordinator, gives a resiliency presentation to spouses during the Heart Link orientation program, Sept. 17. Chelsea Hoy, wife of Senior Master Sgt. Michael Hoy, listens during the Heart Link orientation program.
Our Air Force roots

In 1861, John La Mountain, a freelance civilian rose to 1,400 feet in a hot air balloon and informed Major Gen. Benjamin Butler that Confederate strength around Hampton, VA was weaker than originally thought. This was the first recorded successful balloon reconnaissance mission for the Army.

by Airman 1st Class Sarah Hall-Kirchner
6th Air Mobility Wing Public Affairs

“I am faithful to a proud heritage, a tradition of honor, and a legacy of valor,” is a line that resonates in the voices of American Airmen as they recite the Airman’s Creed.

This proud heritage, which the U.S. Air Force was built upon, began long before 2007, when the Airman’s Creed was written.

Long before the first controlled, powered and sustained flight in Dec. 1903, air services in the U.S. military first recorded a successful balloon reconnaissance mission in 1861.

In 1907, the U.S. Army Signal Corps added an Aeronautical Division and received its first airplane in 1909.

Early Army Airmen experimented with various aircraft from then on and formed the first operational unit. The Signal Corps established the 1st Provisional Aero Squadron to respond to a revolution in Mexico on March 5, 1913. In December of the same year it was designated a permanent unit and is still active as the 1st Reconnaissance Squadron, making it the oldest squadron in the Air Force.

Just before World War I began, in July 1914, the Aeronautical Division of the Army became the Aviation Section of the Signal Corps with hopes to improve America’s flying capabilities.

The United States entered WWI in April 1917 and found that other nations had engineered far superior aircraft. During WWI, many Airmen fought in Europe as distinguished pilots, but had to fly in aircraft belonging to other nations.

Driven to catch up to European nations in aviation technology, President Woodrow Wilson created the Army Air Service in May 1918 under the War Department.

When armistice was reached just six months later and WWI ended, there
MacDill Chapel seeking musician, children's church coordinator

Chapel combined worship musician
The MacDill Air Force Base Chapel is taking bids for a part-time Combined Worship Musician, paid by the Chapel Tithes and Offerings Fund.

The musician must be proficient in playing piano and guitar, and must be well-versed in a variety of Christian (Protestant and Catholic) music styles. The job starts Oct. 5. A copy of the statement of work and bid schedule are available at the Base Chapel from 7:30 a.m. to 3 p.m. Resumes and sealed bids will be accepted through Sept. 27. Interviews and auditions are Sept. 30 from 1 to 3 p.m. at the Chapel. Bids will be opened at noon Oct. 1, in the Chapel conference room. Anyone may attend. Applicants must be able to secure permission to enter a military installation (no felony convictions or arrests, be drug free and etc.). Contract award is contingent upon receiving favorable results from a criminal history background check for positions involving contact with children below 18 years of age as directed by DoDI 1402.5. Contact Tech. Sgt. Anthony DeVoile at 828-8658.

Seeking children's church coordinator
The MacDill AFB Chapel is accepting bids for a part-time Protestant children’s church coordinator to be paid by the Chapel Tithes and Offerings Fund.

Applicants must be at least 18 years of age and should have at least two years of recent experience in children’s ministry. A bachelor’s degree with a concentration in youth ministry is desired. A copy of the statement of work and bid schedule are available at the Base Chapel, building 355, weekdays from 7:30 a.m. to 3 p.m.

Resumes and sealed bids will be accepted through Sept. 27. Interviews will be conducted Sept. 30 from 3 to 5 p.m. Bids will be opened at 1 p.m. on Oct. 1. The Protestant children’s church coordinator is expected to start work on Oct. 6. Applicants must be able to secure permission to enter a military installation (no felony convictions or arrests, be drug free, etc.). Contract award is contingent upon receiving favorable results from a criminal history background check for positions involving contact with children below 18 years of age as directed by DoDI 1402.5. For additional information, or to place a bid, contact Tech. Sgt. Anthony DeVoile at 828-8658.
By the end of WWII, Army Air Forces units dominated the skies over the axis powers and stopped their war economies in their tracks. The war was won by air and ground power, but air power made it possible for the allies’ total victory over the axis powers. Our superior air power was proven outright in August 1945 when two B-29s dropped atomic bombs on Japan.

Just as after WWI, the military was demobilized and made smaller after WWII; however, because the Army Air Forces and the Army Air Corps had proven their worth through wartime achievements and future potential, the U.S. Air Force won its independence as a branch of the armed forces on September 18, 1947.

As the Air Force grew, the branch began to focus on science and technology, along with air power, with a Research and Development program.

Over time, the Air Force has developed modernized aircraft and weapons systems, as well as expanding its role in air, space and cyberspace. Without the past, from our roots in reconnaissance and observation during the Civil and Spanish-American Wars in hot-air balloons, innovations, like the F-22 Raptor, may not have been possible.

Today’s Air Force has a vision of adapting with the times in technology and infrastructure so that it can be more influential and effective than ever before.

The mission of the United States Air Force is to fly, fight, and win... in air, space, and cyberspace. The vision of Global Vigilance, Reach, and Power, hopes to help the organization achieve its mission.

The Air Force relies on every member’s commitment to three values: Integrity first, Service before self, and Excellence in all we do.

New Airmen are expected to learn the Airman’s Creed at basic military training to instill the values of the warrior’s ethos into the Air Force of tomorrow:

I am an American Airman.
I am a warrior.
I have answered my nation’s call.

I am an American Airman.
My mission is to fly, fight and win.
I am faithful to a proud heritage,
A tradition of honor,
And a legacy of valor.

I am an American Airman.
Guardian of Freedom and Justice,
My Nation's sword and shield,
Its sentry and avenger.
I defend my country with my life.

I am an American Airman:
Wingman, leader, warrior.
I will never leave an Airman behind,
I will never falter,
And I will not fail.

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I am an American Airman:
Wingman, leader, warrior.
I will never leave an Airman behind,
I will never falter,
And I will not fail.
Thunderbolt staff report

The following Airmen graduated Sept 13, 2013 from the First Term Airman’s Center:

6th Aerospace Medicine Squadron
Jenna Carr, Jamesville, WI
Christine Carragher, Pensacola, FL

6th Aircraft Maintenance Squadron
Angel Hernandez, Pico Rivera, CA
Eric McDade, Sterling, VA
Khayil Moore, St. Louis, MO
Dameon Seals, Winona, MS

6th Civil Engineer Squadron
Daniel Gilpin, Dover, DE
George Nunes, Brooklyn, NY

6th Communications Squadron
Shelton McDowell, Tryon, NC
Carlos Menendez, Fort Louis, WA
Adam Skalski, Hickory Hills, IL

6th Logistics Readiness Squadron
William Concepcion, Cleveland, OH
Eddie Kruse, San Antonio, TX
Kolten Wilson, Las Vegas, NV

6th Maintenance Squadron
Justin Satterfield, Clarksburg, WV

6th Medical Operations Squadron
Mark Riley, Huntington, WV
Gregory Williams, Aberdeen, MD

6th Operations Support Squadron
Gregory Alvarez, Littleton, CO
Kristen Roth, Roseville, CA

6th Security Forces Squadron
Kyle Librande, Nine Mile Falls, WA
Whitney Miller, Clinton, IA

91st Air Refueling Squadron
Evan Simpson, Powell, TN

MacDill welcomes new Airmen to the team
**EVENTS**

**Friday**

Seascapes Beach House

Friday Bash is 4-8 p.m. Free bar snacks, DJ, and bar bingo ($2 a card/cash). Drink specials and guaranteed $100 weekly club card winner.

**Saturday**

Bay Palms Golf Complex

Two-Person Best Ball Handicap Tournament. 8 a.m.-noon AGF golfers, $25; E1-E4, $30; E5-O3, $35; O4-up, $40; civilians, $45. Price includes cart, green fees, prizes, and pasta lunch after play. Sign up at the Pro Shop. For more information call 840-6904.

Outdoor Recreation

Intro to Kayaking Class, 9 a.m.-1 p.m. $30 per person. Call 840-6919 for more information.

**Sunday**

Airman & Family Readiness Center/Starship Cruise, Channelside

Relationship GPS-Couples Event. 5-8 p.m. Fun, interactive evening designed to help active duty couples learn to communicate more effectively in all relationships (dating, work, friends, etc.). Relaxed learning environment. Must RSVP. Call A&FRC at 828-0145.

**Monday**

Bay Palms Golf Complex


Looking ahead

Seascapes Beach House, Friday, Oct. 4, starting at 5 p.m. the Lowry Park Zoo presents an educational program on rainforest animals. Family food & drink specials, kids’ activities, and free ice cream sundae bar with meals. Call 840-1451 for more information.

**CHAPEL SCHEDULE**

**Protestant service**

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

**Islamic service**

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

**Catholic services**

*Saturday* - 5:30 p.m. - Mass

*Sunday* - 9:30 a.m. - Mass

*Monday-Wednesday* - 12:10 p.m. Mass

Call the chapel at 828-3621 for more information or visit the chapel web site at http://www.macdill.af.mil/macdillchapel.

Edward Daniels, World War II veteran and Honor Flight participant, looks through a book with Col. Scott DeThomas, 6th Air Mobility Wing commander, upon his arrival at St. Petersburg-Clearwater International Airport, Sept. 17. Honor Flight West Central Florida has completed 12 flights to Washington D.C., with a total of 861 WWII veterans in attendance.
the flu vaccine. There are side effects to the flu vaccine, as there are side effects to all medications. Common reactions include soreness, redness or swelling at the injection site, low grade fever and aches, runny nose and congestion when using the mist. These mild side effects are much more tolerable and safe for you than actually having the flu.

Every year the Air Force Medical Service puts out a publication with the guidelines and changes to the flu plan for the year. Per these guidelines, it is mandatory for all uniformed personnel to receive the flu vaccine, as getting the flu can impact operational readiness. The flu vaccine is also mandatory to all healthcare personnel (to include civilians) who provide direct patient care in DoD military treatment facilities. For all others, ages 6 months and up, the vaccine is highly encouraged. This year's flu vaccine protects against four strains of influenza. The vaccine causes antibodies to develop in the body within two weeks to protect a person against the strains of flu in the vaccine. According to the Centers of Disease Control, the more people vaccinated, the less flu can spread.

Getting vaccinated is easy! The 6th Medical Group Immunizations clinic is ready to protect you. The influenza vaccine is only available to active duty members. We anticipate availability to high risk beneficiaries by Sept. 23, and availability to retirees, dependents and base populace by mid-October. Dates are subject to change. The immunization clinic is open Monday, Tuesday, Wednesday and Friday from 7 a.m. to 4 p.m. and Thursdays from 7 a.m. to 4:30 p.m. For questions, please call the immunizations clinic at 827-9377.

### POW

From Page 16

participating in the various events taking place all day.

Tech. Sgt. Christopher Stephenson, 6th Contracting Squadron, commented before running with the flag, “It’s a great way to pay tribute to our POWs and MIAs. Participating in this event just keeps that torch alive and shows that we are always going to remember them and continue having this ceremony in recognition of them.”

With volunteers from every organization the event was a success.

Staff Sgt. Marcus Zachary, 6th Comptroller Squadron, stated, “I volunteered for this event to show my respect for POWs and MIAs.”

These are the statistics for those still missing: “You are not forgotten.”

- **WWII** - 78, 621
- **Cold War** - 120
- **Korea** - 8,124
- **Vietnam** - 1,664
- **Enduring Freedom** - 1

“I think all the support we have gotten around the base, especially from all our mission partners, is great,” exclaimed Parsons. “There isn’t a specific branch that is targeted by this day, every branch has MIAs/POWs; so I think it’s amazing that the entire base is coming together to recognize this day.”