

THUNDERBOLT

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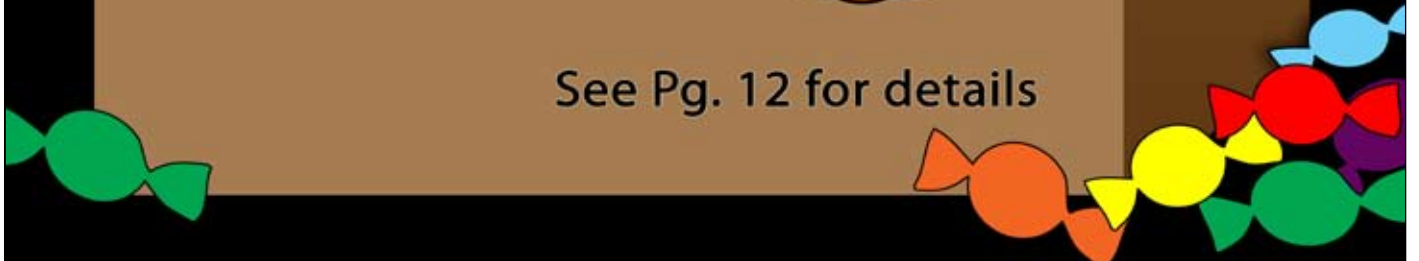
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WHAT'S THE SPILL ON HALLOWEEN SAFETY?



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COMMENTARY



Voting is a choice

by **Bob Hughes**

6th Civil Engineer Squadron Director

Every day, every hour, and for the most part, every minute we have a decision or choice to make. It starts the moment that the alarm clock goes off in the morning, before we even have a clear head. Should I hit the snooze button? Do I turn it off and get up? Sounds like a simple decision, but sometimes it may be more difficult.

We strive to stimulate a culture of responsible choices throughout the Air Force. In our wings and squadrons we stress the importance of making responsible choices, both on and off the job. As leaders, we remind people during commanders/directors calls and safety briefings, always encouraging personnel to think about their choices before making the decision. Making good decisions needs to be a part of our everyday lives. I know that I stress it with my own kids and as a youth sports coach. Make it a recurring theme about doing well in school, getting homework done and not waiting until the last possible minute to study or finish assignments. Everyone on the team (and my kids

at home) nod their head yes, but I still wonder if they get it. But if we keep stressing the importance of good choices, eventually they will get it ... if not right now, they will later on.

So how does a person define "good choice?" Some are obvious, like not drinking and driving or taking short cuts on safety when performing potentially risky tasks. Use your fundamental skills that have been developed through training. Career path decisions will take longer to see the results. Finishing that degree, deciding which degree to get, or even not to get a degree at all will open different doors in the future. Sometimes just taking an additional class or achieving a top score will have just as significant of an impact. Take a step back and look at the big picture. Then decide what is important and look at where you are headed. Continuous improvement should factor into the decisions that we make.

So now ask yourself ... why vote? This year during the national election, you have a CHOICE ... one as citizens of the greatest country in the world shouldn't take lightly. Voting is a civil right and the foundation of our democ-

racy. Millions of people around the world have no say in who governs them and some even go as far as to risk their lives for an opportunity to vote.

Our election process is obviously different. It may seem to take too long, with endless coverage, debates and conventions, but it is still the standard to which all other governments are measured. After all, choosing someone that shares your ideals, your vision of the future, your values is what voting is all about. In several states, Election Day is a legal holiday. Other states have laws that allow workers to take time off without loss in pay, but since voting can be done before or after working hours, time off is not typically offered by many employers. In 2005 a bill was introduced in the House of Representatives making Election Day a national holiday, Democracy Day. It has been held without action and would need to be re-proposed in the current Congress to be enacted. The intent was to increase voter turnout.

In 2004, approximately 55 percent of the voting age population turned out to vote. After this November, which half will you be



Bob Hughes

in? This is your choice ... and one that no one can take away from you. So now ask yourself ... do I want to make a difference? If your answer is yes then exercise that right and go to the polls Nov. 4 but either way it remains your choice. We have many freedoms in the United States that should not be taken for granted. Participating in the election process is at the top of the list. This is your moment to have your voice heard. It's not about whether your candidate wins or loses the election ... it's about telling your elected officials what you want.



"RESCUE" IS A MATTER OF PERSPECTIVE ...

If life has you thinking there's no way out, it's time to call in the professionals.

Your base chaplain, mental health counselors, and the people at **1-800-SUICIDE (784-2433)** are ready to help.

MacDill Mental Health 827-9171

ONE SUICIDE IS ONE TOO MANY

MacDill Thunderbolt

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Editor: Nick Stubbs

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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.



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Movies, calendar, more



Oct. 31 closures

There will be variations in road accessibility on the morning of October 31 because of a special event occurring at Memorial Park.

The Bayshore Gate will be closed from approximately 8 a.m. to noon. Inbound traffic from the MacDill Gate, as well as traffic around the Memorial Park area, will be rerouted.

Please plan accordingly and limit your presence in these areas to avoid inconveniences.

The Commissary and BX will be closed until noon.

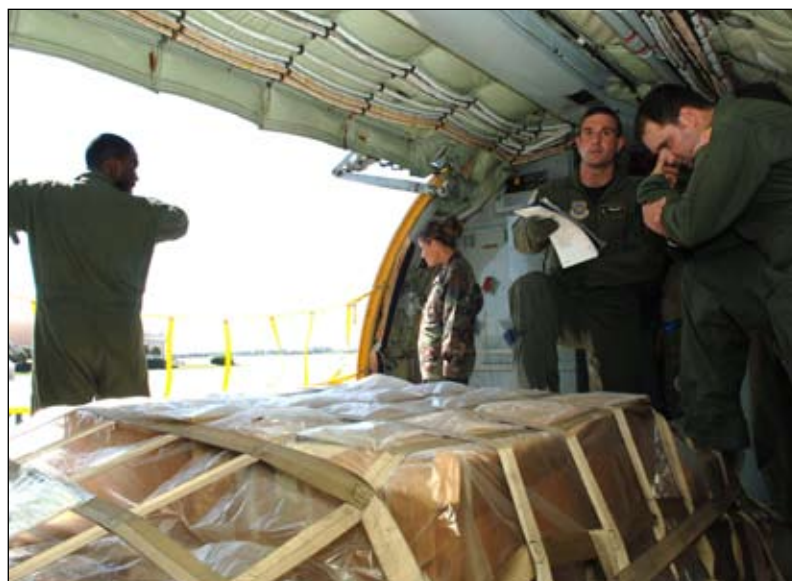


Photo by Senior Airman Rachel Cunningham

MOBEX!

91st Air Refueling Squadron members check all cargo going onto a KC-135 Strato-tanker Oct. 15. Many members of the 6th Air Mobility Wing participated in a Mobility Exercise, which focused on processing passengers and cargo for deployment.

New 6th Force Support Squadron

by 2nd Lt. Charles Henderlite
6th Mission Support Squadron

History will be made Nov. 14 when the 6th Mission Support Squadron and the 6th Services Squadron will combine, merging into one squadron which will be redesignated as the 6th Force Support Squadron. The merger streamlines 12 flights into five and will consist of nearly 800 enlisted, officers, civilians and contractors. This integration is in line with Congress' Program Budget Decision No. 720, or PBD 720, which granted the Air Force authority to reduce manpower authorizations to save money.

"The goal is for service to the customer to be seamless through this merger, and fortunately we have enough lead time to ensure that all of the FSS team members understand their new role and are able to provide premium service on day one," said Col. William Francis, 6th Mission Support Group commander.

Customers will notice little change with day-to-day activities other than the name. The changes will be more evident among the officers and civilian employees.

"We have all seen manning cuts in the past but with PBD 720, the FSS merger will allow Services and Mission Support professionals to combine like operations and streamline management positions to become more efficient," said Lt. Col. Kendall Peters, 6th Services Squadron commander. "The FSS merger will give us an opportunity to synergize our efforts and actually provide the same level service without over working the remaining members of the unit."

The merger comes eight months ear-

lier than expected due to the departure of Colonel Peters to become the MSG Deputy. The FSS planning committee, led by Capt. Tammy Foster, has been hard at work since November 2007 and was fully prepared to implement on the accelerated schedule.

The 6th FSS will affect more than 250 thousand active duty, reserve, retirees and their family members. The merger will allow the FSS to benefit from consolidation of additional duties and other common areas such as resource management, information technology, training and readiness.

The new squadron will be led by current 6th MSS commander, Maj. Jeff Krusinski. For a seamless transition, Major Krusinski has extended his tour through July 2010.

"I'm excited about our new mission as a Force Support Squadron," said Major Krusinski. "Key functions at home station and at deployed locations will run much smoother, benefiting from the team work of comrades within a single squadron and single functional community."

Only officers, civilian flight chiefs and squadron leadership at the superintendent level and above will "combine." This means Personnel/Manpower and Services officers will be able to cross-flow and assume each other's tasking. The enlisted specialties will remain distinct.

The Air Force has created new unit type codes that combine Services and Mission Support personnel in deployment packages. By doing this, it allows them to work and train together in the same squadron, which facilitates the teamwork necessary to deploy together.



Influenza season is back; beat the bug with flu vaccine

by Master Sgt. Pebbles Brugman
Public Health NCOIC

Influenza is an ever-present threat to your health. In the northern hemisphere, flu season tends to coincide with the approaching colder weather. On average, 5 to 20 percent of the U.S. population gets the flu. More than 200,000 people are hospitalized from flu complications and about 36,000 people die from the flu each year. The elderly, young children and people with certain health conditions are at high risk for serious flu complications. Complications can include bacterial pneumonia, ear infections, sinus infections, dehydration and worsening of chronic medical conditions such as congestive heart failure, asthma, or diabetes.

The Centers for Disease Control state that the Flu virus is spread from person to person through coughing or sneezing. Sometimes people may become infected by touching something that is contaminated with flu virus and then touching their mouth or nose. Most healthy adults may be able to infect others beginning one day before symptoms develop and up to five days after becoming sick. That means that you may be able to pass on the flu to someone else before you know you are sick as well as while you are sick.

Symptoms of flu include:

- Fever (usually high)
- Headache
- Extreme tiredness
- Dry cough
- Sore throat
- Muscle aches
- Runny or stuffy nose
- Stomach symptoms, such as nausea, vomiting, and diarrhea, also can occur but are more common in children than adults

The single best way to prevent the flu is to get a flu vaccination each year.

There are two vaccines:

- The “flu shot” – an inactivated vaccine (containing killed virus) that is given with a needle. The flu shot is approved for use in people six months of age and

older, including healthy people and people with chronic medical conditions.

- The nasal-spray flu vaccine (Flu-Mist) – a vaccine made with live, weakened flu viruses that do not cause the flu (sometimes called LAIV for “Live Attenuated Influenza Vaccine”). LAIV is approved for use in healthy* people 2-49 years of age who are not pregnant.

About two weeks after vaccination, antibodies develop that protect against influenza virus infection. Flu vaccines do not protect against flu-like illnesses caused by non-influenza viruses.

There are good health habits that can help prevent the flu. The following activities may help prevent the spread of the flu this season:

- Avoid close contact with people who are sick. When you are sick, keep your distance (about three feet) from others to protect them from getting sick too.
 - If possible, stay home when you are sick. You will help prevent others from catching your illness.
 - Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Remember to appropriately dispose of used tissues. Hankies may be used but should never be shared.
 - Sneeze or cough into your sleeve (elbow) if you don't have a tissue – NOT your hands.
 - WASH YOUR HANDS OFTEN to help protect yourself from germs. Using antibacterial gels or liquid hand cleaners or wipes are a good alternative when hand washing isn't practical.
 - Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
- If you get the flu, you will need to do the following:
- Rest
 - Drink plenty of liquids (juices, water, broth, noncarbonated drinks, etc.)
 - Make sure that you can eat



Photo by Senior Airman Rachel Cunningham

Staff Sgt Larry Wrenn, 6th Air Mobility Wing legal office, receives his flu mist from Senior Airman Morgan Johnson, 6th Medical Operations Squadron immunizations, Oct. 17. Members of the immunizations clinic went around to different offices throughout base to start administering the flu mist to military members.

even if it is only lightly (Jello, toast, applesauce, chicken soup hot cereal, etc.).

- Avoid using alcohol and tobacco products
- Take medication to relieve the symptoms of flu (but never give aspirin to children or teenagers who have flu-like symptoms - and particularly fever - without first speaking to your doctor.)

It is recommended that you keep flu survival supplies in your home before you get the flu. You may want to make sure that you have bottled juice, applesauce, decongestants, non-aspirin pain and fever reliever, etc. in an ample supply to get you through about five to seven days of illness.

You should also note that some symptoms may linger for weeks after you are feeling better and can return to work. These symptoms may be fatigue, coughing, loss of appetite, etc.

Remember to wash your hands with warm soapy water frequently. If washing your hands is not practical, then be sure to use sanitizing solutions (gels, liquids, or wipes).

Antibiotics are for bacterial infections and will not work against

viruses such as the flu. Anti-viral medications such as Tamiflu may help to lessen the severity of symptoms and speed recovery. These medications may also help prevent flu in an exposed person.

A flu vaccination is your best chance to protect against the flu. All Active Duty individuals are required to get an annual flu vaccine. However, flu strains may vary from area to area, so if you get a strain of the flu that is not the same strain as the one your flu shot protects against, you may still get the flu.

If you have not received a flu vaccination this season and you think you've been exposed to someone who has the flu, talk to your doctor about preventing the flu with an anti-viral medication. If you received your flu vaccination but have symptoms of the flu, talk to your doctor within 12 to 48 hours. He or she may prescribe an antiviral medication to help treat the flu.

For more information on influenza visit the Centers for Disease Control and Prevention (CDC) website <http://www.cdc.gov/flu/> or call your MacDill public health office at 827-9601.

NEWS



Quarterly Award winners

Congratulations to the 6th Air Mobility Wing third quarter award winners:

Active Duty

Airman: Senior Airman Matthew Clendaniel, 6th Security Forces Squadron

NCO: Tech Sgt. Christopher Radcliffe, 6th Security Forces Squadron

SNCO: Senior Master Sgt. Brian Livingston, 6th Medical Operations Squadron

CGO: Capt. Leah Vanagas, 6th Maintenance Squadron

Honor Guard Airman: Airman 1st Class Cesar Valdez, 6th Maintenance Squadron

Honor Guard NCO: Staff Sgt. Christopher Proulx, 6th Services Squadron

Civilians

Civ CAT I: David Brown, 6th Mission Support Group

Civ CAT II: Bert Gore Jr., 6th Medical Group

Civ CAT III: Edward J. Simmons, 6th Mission Support Group

Civ Vol: Jack Davis, 6th Medical Support Squadron

Civ Vol Coordinator: Dolores Henwood, 6th Aeromedical Squadron



Academy Day

Maj. Garth Arevalo, U.S. Air Force Academy admissions liaison officer, speaks to high school student Kaitlynn Pacolet about the benefits of being in the Air Force and going to the Academy during the annual Academy Day Oct. 18 at the Davis Conference Center.

Photo by Senior Airman Rachel Cunningham



Energy news

Base members may have noticed the new light fixtures, air conditioning units or the new thermostats in buildings throughout base. These changes are associated with reducing the energy footprint on the base by using high-energy efficient equipment.

A new base wide Energy Management Control System is being installed in 99 buildings at MacDill. It will provide the 6th Civil Engineering Squadron with the ability to control the air conditioning system in these facilities after hours or when they are unoccupied. The cooling temperatures in these buildings are set a point higher thus reducing the energy consumption at night, weekends and holidays. The system uses the Base Local Area Network to control air conditioning systems from the CE HVAC shop in building 247.

If there is a special event planned in a facility during unoccupied hours, the HVAC system schedule may be programmed to operate during those hours upon request. The facility manager must contact CE Customer Service to have this temporary schedule set up. All that is required is an email to CE Customer Service with the day, time of event (start and end time) and at least one week in advance.

Likewise, when someone works after hours each new thermostat has an override button that will enable the air conditioning for two hours. If you work beyond the normal duty hours or come in on the weekend you can

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have comfortable conditions just by pushing the override button one time for 3-5 seconds. If you pressed the button a second time, you will void your previous request. Some systems may take several minutes to start depending on the complexity of that system. Five minutes should be ample time for the HVAC system to be operational.

The ESPC is projected to save the Air Force \$1.2 million annually over the next twenty years.

For more details about this program please contact Dan Price at 828-4807.



BRIEFS



AICUZ study release

MacDill's updated Air Installation Compatible Use Zone (AICUZ) study was released Thursday evening at Ballast Point Elementary School. AICUZ data is intended for use by local citizens and government officials involved in land use planning and facility development. The purpose of the AICUZ program is to help ensure the health, safety and welfare of the citizens in the surrounding communities while preserving the operational capabilities of the base. The presentation outlined the overall AICUZ program, its methodology, potential uses of the study and Air Force and community responsibilities for compatible land use. If you have any questions concerning the study, contact the Public Affairs office at 813-828-2215.

Halloweenie Roast

The Harbor Bay Housing Management Team will be hosting a Halloweenie Roast on Oct. 31 from 4 to 6 p.m. at the Housing Office on Bayshore Boulevard, near the entrance to Chevron Park. We will be handing out hotdogs, chips and drinks for all of the kids and families on their way out to trick-or-treat. Everyone is welcome.

Wing Promotion, Recognition

The Wing Promotion and Recognition Ceremony will be Oct. 31 at 3 p.m. at the Enlisted Club ballroom. All promotees and recognition ceremony par-

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ticipants must be in place in service dress at 1 p.m. For more information please contact any first sergeant.

Thrift Shop Bag Sale

Bring your own bag to the Johnny Glenn Thrift & Consignment Shop for the going-out-of-business bag sale Oct. 27-30. Hours of operation are Monday, Oct. 27 and Wednesday, Oct. 29 from 9 a.m. - noon and Tuesday, Oct. 28 and Thursday, Oct. 30 from 4:30 - 7 p.m. Prices are three dollars per plastic grocery bag and five dollars per paper grocery bag. Larger items will also be available, priced to sell.

Reveille and Retreat procedures

Team MacDill members are reminded every day that they are indeed on a military installation with the playing of Reveille and Retreat. When Reveille and Retreat are played (7 a.m. and 4:30 p.m. respectively) base members are reminded from Air Force Instruction 34-1201: Protocol of the procedures to take when you hear the music playing throughout base.

◆ When outside and in uniform, face the flag (if visible) or face the music. Stand at attention and salute on the first note of the music (or if no music, when you see the flag first being raised or lowered). Drop your salute after the last note is played, or when the

flag has been fully raised or lowered, depending on the ceremony (during the playing of "Sound Retreat" which precedes the lowering of the flag, stand at Parade Rest).

◆ If in a vehicle during Reveille or Retreat, pull the car to the side of the road and stop. All occupants sit quietly at attention until the last note of the music has played.

◆ When in civilian clothes and outdoors, stand at attention and place your right hand (with a hat if wearing one) over your heart.



Climate Survey under way; take the time

by Nick Stubbs

Thunderbolt editor

Climate change can be a good thing. That is if it is a change made within the Air Force as part of information gathered during the annual Air Force Climate Survey.

The annual survey asks Airmen and Air Force employees to take the time to provide feedback on a range of Air Force-related matters, from leadership, services and support systems. The information is compiled and used to assess the job the Air Force is doing, and sometimes leads to significant changes designed to make the force more efficient and responsive to the needs of Airmen and DoD workers. The survey runs from Oct. 1 through Nov. 26.

Not everyone will have the opportunity to fill out the survey, as the invitation to participate only goes out to a select, random group, popping up on computer screens on Air Force base networks. When that happens, take the time and provide your input, said Wendy Foster, 6th Services Squadron marketing director.

“We encourage people to tell us what they think and how they feel,” she said. “With the right kind of feedback, it not only helps us (MacDill), it helps the Air Force overall.”

The scope of the survey includes all 600,000-plus Air Force members, including active duty, Guard, Reserve, and civilians. Deployed members will be contacted by e-mail and home station accounts.

The survey topics remain similar to years past. Topics are grouped to facilitate ease in trend analysis of the following categories: trust, both in senior leadership, and immediate supervisor; job characteristics; support for deployment; resources; recognition; general satisfaction, unit performance; and unit characteristics. This year’s survey was also customized to accommodate 8-10 MAJCOM-specific questions.

The big improvement over previous surveys is the amount of time it takes to complete. The new form can be completed in about 15 to 20 minutes, compared to 45 to 55 minutes in previous versions.



Photo by Senior Airman Stephenie Wade

Run for it!

Team MacDill runners take off at the beginning of a 5K run here Oct. 20. The run kicked off the base wide Sports Week competition. Sports Week is a annual event with a week dedicated solely to individual and team sporting events. The closing ceremony for Sports Week will be today at noon at MacDill Beach. All of Team MacDill is invited.

EVENTS

Tomorrow Bowling Alley

Kids Halloween party from 2 to 4 p.m. at the bowling alley.

Monday Fitness Center

The basketball courts are closed today until Nov. 17 for refurbishing the floors.

Thursday CCAF

CCAF graduation is today at the Surf's Edge Club at 3 p.m.

Youth Center

Family and teen talent night at the youth center at 5 p.m.

CHAPEL SCHEDULE

Protestant services

Sunday - 9 a.m., Traditional Service
10:30 a.m., Religious Education, Noon, Gospel Service

Tuesday - Noon, Promise Keepers

Wednesday - 10:30 a.m., Women of the Chapel

Thursday - 11:30 a.m., Officers' Christian Fellowship

For details concerning the Chapel or Chapel services call 828-3621.

Catholic services

Saturday - Mass, 5:30 p.m.

Sunday - Mass, 10:30 a.m.

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

Saturday - Sacrament of Reconciliation, 4:30 p.m., (or by appointment)

Jewish and Islamic services

Call 828-3621 for information

AT THE MOVIES

Friday 7 p.m.

Babylon A.D.

A mercenary charged with delivering a young woman from Russia to Canada learns that she has been manipulated by a synthetic virus and what lies inside her could doom the human race. **PG-13**

Saturday 7 p.m.

College

Three high school friends visit a local college campus as prospective freshman anticipating the best weekend of their lives. Once there, the rowdiest fraternity on campus decides to recruit the boys as "pledges," subjecting to the endless humiliations **R**

Saturday 3 p.m.

The House Bunny

Shelley Darlington has lived at the Playboy mansion for the last nine years. She is Hef's favorite and acts like a den mother to the other girls. On her birthday, she is unceremoniously evicted. **PG-13**

Coming Soon

The Women

In New York City, Mary seems to have it all--a beautiful home, a rich financier husband, an adorable 11-year-old daughter and a career. But when Mary's husband enters into an affair with a sultry "spritzer girl," all hell breaks loose. **R**

