



THUNDERBOLT

www.macdillthunderbolt.com



6th Ops Group
Gettin' it done
One Mission at a Time

Page 14

Oasis Grand Opening!
Dorm Residents are
invited to attend
Today at 4:30 p.m.
Dorm 377

Contact the Base Chapel for more details
828-3621

Commissary Hours have changed

The commissary now opens at 6 a.m.
Monday through Friday using the self
checkout lanes only. The Deli and Bakery
also opens at this time.
Please call 828-3361 for more information.

COMMENTARY



Deployed during the holidays

by Master Sgt. Brian Smith

386th Expeditionary Maintenance Squadron

The holidays are a time for celebration and enjoying the season. The majority of Americans spend these special and memorable days with their families and friends. The holiday season includes cooking and baking massive amounts of food, playing games, watching sporting events, etc. These are times for Americans to take a break from their busy lives and relieve some stress (except, maybe for those that are slaving over the stove). However, there are little to no breaks for our deployed Airmen, Soldiers, Sailors and Marines during the holiday season. The mission must continue...no matter how special the day is to you or anyone else. This is our sacrifice for the greatest country in the world!

There are many definitions for sacrifice, but the one that pertains to our warriors is found in the Webster's Collegiate Dictionary; "The surrender of something for the sake of something else." So, what are our warriors surrendering? The answer may be different for each American war-

rior, but I bet they are very similar. The answers will be similar in that they all have to deal with one abstract idea...time. We are surrendering time; time with our families and time with our friends that we will never get back. The obvious reality is we will not be at home with our families to enjoy the holiday season to eat home cooked meals, watch football games with family and friends or even spend quality time with loved ones. We are not alone in this sacrifice. Our loved ones also sacrifice just as much as our Airmen. The spouses and children bear the burden of dealing with day-to-day issues without a spouse or parent at home. Additionally, they have to worry if their spouse or parent is coming home safely. This is not easy for anyone.

Though deployed life is not easy for our family members back home, we receive some special treatment while deployed to help relieve stress during the holiday season. For example, we get to meet and greet musicians, comedians, actors and sports stars. We normally never get this chance while stationed back home. Our diligent Services Airmen work steadfastly to make

these events happen, their support does not stop there. Services also provides a lot of good food to eat. Even though it is not home cooked, it is a close second. Quite frankly, I didn't know there were so many ways to make a meal out of chicken! Our Dining Facility does a great job in providing a well balanced menu of nutritional and not so nutritional food for us (we love some good ice cream and pies!)

If we eat too much, a gym is also close at hand to lose those calories. There is a full basketball court, a weight room and a cardio room. Some deployed Airmen also volunteer to teach classes such as Spin, Abs, Circuit Training etc. Deployed Airmen could easily get into the best shape of their lives. We just have to cut back on the pies!

Even though we are in a deployed war-time environment, working 12-to-16 hours a day, six days a week and sacrificing time away from our family and friends, we are still an all volunteer force. If you ask deployed Airmen if they volunteered for this deployment, the majority will say yes. We want to be in the game and to directly support the war effort. The fact is, our Air-



Master Sgt. Brian Smith

men and their families make sacrifices that all of America should commend. So, after you read this short and simple article, please thank a teacher for they are not thanked enough. Then thank a military warrior, especially during the holiday season while you are eating home cooked ham, turkey, dressing, mashed potatoes, corn, sweet potato pie, pumpkin pie and any other favorite dish in peace in the greatest country on earth, the USA!

God bless and Happy Holidays to all!



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)

MacDill Thunderbolt

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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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Events, movies, chapel, more...

Base volunteer awards service leadership with Blue Banner quilts

by Staff Sgt. Patrice Clarke
6th Air Mobility Wing Public Affairs

For six months out of the year, Sue Freeman and her husband spend their days out by the Beach at MacDill's Raccoon Creek Recreation Area, known to everyone here simply as the FamCamp. For the last six years she's been spending the time with a purpose, making quilts to be given out to base members for the Blue Banner Award.

The Blue Banner Award was started to recognize military members on base who are leaders and who go above and beyond volunteering.

"There are a lot of military members here who are doing great things and I feel the need to recognize them," said Mrs. Freeman.

Getting the Blue Banner Award is like receiving hours of dedication and hard work. The award itself is a three foot square quilt with the honorees service seal along with their name and the words with the two attributes the honoree was nominated under.

"We feel that the quilt really shows how much we appreciate what they do," said Mrs. Freeman. "As a civilian, I feel it is imperative to impress upon the military my love and support that I feel for all the servicemen and women."

With only about eight quilts made and given out each year, receiving this award is truly an honor.

According to Mrs. Freeman, military members, no matter officer or enlisted, can nominate someone for this award or be nominated. Nomination forms are located at the Chapel and can be turned in there as well. All nominations are due by March 1 back to the Chapel.

"These young Airmen are doing something that many people would never do," she said. "We need to thank them and support them as much as possible. If that means making these quilts and giving them out, than that is something I will do."

Quilting on the mind?

Want to learn how to quilt? Then come get free quilting lessons from the women who make the Blue Banner Award every Friday from 9 a.m. to noon. The lessons can be from beginner or advanced, no matter your level of experience come out and participate. Everyone is always welcomed in the quilting circle.

For details contact Sue Freeman (813) 840-1481 or Margie Shough at (813) 230-1370.





Photo by Senior Airman Stephenie Wade

The 6th Air Mobility Wing commander Col. Lawrence Martin, was on hand along with Chief Master Sgt. Derrick Crowley to cut the ribbon and officially open the new quad-style dorms on base Dec. 3.

New quad droms dedicated

by Airman 1st Class Katherine B. Holt
6th Air Mobility Wing Public Affairs

After a year of construction, MacDill's new and first ever quad-dorm, dorm 253, is complete! A ribbon cutting was held here Wednesday to mark the grand opening.

The \$11 million project is equipped with 20 modules containing four individual rooms. The 1,500 square foot modules include a dining room, a kitchen and a living room with a television that is cable-ready.

See DORM, Page 7

Air Force History

A look back at this week in AF history

December 1, 1941

The Civil Air Patrol is created.



December 1, 1961

The first Minuteman Missile Squadron, the 10th Strategic Missile Squadron, is activated at Malmstrom AFB, Mont.



December 1, 1984

The C-5A Galaxy enters service with the U.S. Air Force Reserve at Kelly AFB, Texas.



December 3, 1945

The P-80 became the U.S. Army Air Force's first jet fighter.

December 3, 1983

The National Transonic Tunnel, a wind tunnel to test ultra-fast aircraft, is dedicated at Langley AFB, Va.

(Information provided by www.af.mil)

Stress, diet and more; holiday tips from the HAWC

1. Just Say No

Despite best laid plans, holiday food goals can still go awry thanks to "food pushers" who seem to believe that their holiday celebration just isn't complete until they get you to give in to their food weaknesses.

Just say "no" – politely and firmly, over and over again. You are entitled to do what is good for you.

From: WebMD "How to Beat the Holiday Weight Gain Odds"

2. "12 Ways to Health" (sing to the tune of "The Twelve Days of Christmas")

The twelfth way to health, said the CDC to me...

Eat well and get moving, prepare dinner safely, practice fire safety, monitor the children, get your vaccinations, get exams and screenings, fasten seatbelts while driving, be smoke-free, don't drink and drive, manage stress, bundle up for warmth and wash hands to be safe and healthy.

From: www.cdc.gov/family/holiday/12ways.htm

3. Healthy Holidays Can Happen- Eating Strategies

- Plan ahead by eating light earlier in the day, but don't skip meals.
- Choose foods that are unique to the celebration; avoid foods you can have any time.

- Visit the food table only once, keep portions small, and choose low calorie foods.
- Pay attention to your "party position" by staying away from the serving tables.
- Drink alcohol in moderation to reduce the disinhibiting effect.

From: Susan Haley, RD, LD/N MacDill AFB Health and Wellness Dietitian

4. Holiday Stress Busters

- Exercise daily for at least 30 minutes.
- Get at least seven hours sleep.
- Be realistic about what you can accomplish.
- Establish a budget and stick to it.
- Keep traditions that mean the most; scrap the rest.
- Involve the whole family in preparations.
- Limit alcohol consumption.
- Eat healthy; get at least 1 ½ cups fruit and 2 cups vegetables daily.
- Carve out time for yourself; take a walk, nap or bath.
- Buy yourself a gift.
- Plan activities according to priorities and stick to your plan.

DORM

From Page 4

The dorm is three floors with three sets of stairs. The south side of the dormitory has balcony walkways on each floor. A common area is on the first floor and has a pool table, big screen TV, vending machines, washer/dryer units and mailboxes.

The quad-dorm design is a standard layout of the Air Force set by the Air Force Center for Engineering and the Environment.

“This is a great day for the 6th Air Mobility Wing, MacDill and our Airmen,” said Col. Lawrence Martin, 6th Air Mobility Wing Commander.

After the ribbon was cut, a tour was given of the new dorm.

Airmen in building 375 will begin moving into the new dorms sometime in the next two weeks. Building 375 will undergo a 3.5 million dollar repair starting July 2009. The repair is expected to take less than a year.





"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



Honor Guard Spotlight

Airman First Class Christina N. Iles
6th Logistics Readiness Squadron



Job Title: Vehicle Management and Analysis

Home town: Byrdstown, TN

Why did you join the Honor Guard: So that I may further pursue and enhance my career in the Air Force.

Special memories: Just two, meeting my husband and the birth of my daughter.

Advice to others: No matter what people may say or tell you to hinder your dreams, always pursue your dreams and give 110 percent.



Nominations continue for Employer Support Freedom Award

Employer Support of the Guard and Reserve, a Department of Defense agency, is continuing the nomination season for the 2009 Secretary of Defense Employer Support Freedom Award. National Guard and Reserve members and their families are encouraged to nominate employers who have gone above and beyond in their support of military employees. Nominations will be accepted at www.FreedomAward.mil until Jan. 19, 2009. The Secretary of Defense Employer Support Freedom Award is the highest recognition given by the U.S. Government to employers for their outstanding support of their employees who serve in the National Guard and Reserve.

The 2009 recipients will be announced in the spring and honored in Washington, D.C. at the 14th annual Secretary of Defense Employer Support Freedom Award ceremony Sept. 17, 2009. Recipients of the 2008 Freedom Award met with President George W. Bush and Deputy Secretary of Defense Gordon England. Under Secretary of Defense for Personnel and Readiness, Dr. David Chu presented the awards at a ceremony attended by members of Congress and senior government and military officials.

Almost one-half of the U.S. military is comprised of the National Guard and Reserve. The Department of Defense shares these citizen warriors with their civilian employers, many of whom provide significant support to their employees who serve in the National Guard and Reserve. 2008 honorees ranged from a small family owned transportation business in Utah to large businesses including Chrysler and Dominion Resources to the City of Austin, Texas, a public sector employer. Past recipients of the Freedom Award have provided full salary, continuation of benefits, care packages and even family support to employees fulfilling their military obligation.

The Freedom Award was instituted in 1996 under the auspices of the National Committee for Employer Support of the Guard and Reserve to recognize exceptional support from the employer community.

ESGR is a Department of Defense agency established in 1972. Its mission is to gain and maintain employer support for Guard and Reserve service by recognizing outstanding support, increasing awareness of the law and resolving conflicts through mediation.

For questions regarding the Freedom Award nomination process, please visit www.FreedomAward.mil or contact Beth Sherman, ESGR Public Affairs, at 703-380-9717.





Volunteers needed for oyster reef

The oyster reef shoreline stabilization project is a five-year, five-phase project funded by the Department of Defense and multiple partnering agencies and supported by Tampa Baywatch and community volunteers. We are constructing an oyster reef along MacDill's southeastern shoreline to stop the extensive erosion occurring along the coast. Volunteers are needed to help construct the oyster reef. There are four half-day reef construction events scheduled for this month; the dates are Dec. 11, 12, 15

and 16. Work will be completed between 9 a.m. until noon. If you are interested in volunteering or need additional information, please contact Jason Kirkpatrick at Jason.kirkpatrick.ctr@macdill.af.mil. The project relies on civilian and military volunteers to install the oyster domes and oyster shell bags and volunteer support on the first two phases was fantastic. It's a great team building experience.

Operation Cookie Drop

Operation Cookie Drop is here. Base volunteers are needed to bake homemade

cookies and help package the cookies for dorm Airmen Dec. 18. Cookies should be dropped off between 7:30 a.m. and noon to the Chapel Annex. Cookies will then be packaged from noon to 4:30 p.m. and distributed Dec. 19. For more details call Master Sgt. Penny Barnett at (813) 407-8416.

Network 56

Nominations for president, vice president, secretary, treasurer, and web page administrator for Network 56 are due in to Tech Sgt. Michelle Jeffries or Staff Sgt. Ebony Gaskin Dec. 10. Any staff or techni-

cal sergeants are eligible to nominate or be nominated. Elections will be held Dec. 11, at 3 p.m. at the Surf's Edge Club. For more details contact sergeants Jeffries at 828-2056 or Gaskin at 828-1935.

2008 Toys for Tots

Sign-up referrals need to be received by the Airman and Family Readiness Center no later than Wednesday, Dec. 10. The program is designed for children 12 and under. The toy boxes are up and ready for donations. They are located: HQUSSOCOM, CENTCOM, MARCENT, Airman and Family Readiness Center, Pinewood Facility and Cypress Facility. Toys should be new and unwrapped. Toy collections will close Monday, Dec. 15.

For more information or inquiries, please contact Wendy Craven at 826-4800 or Irma Avery at 828-2721.

Preschool learning

The MacDill Family Resource Center located at 710 Oakfield Drive, Suite 53 in Brandon is hosting free 45 minute classes to enhance computer skills for children. Children will learn parts of the computer and navigating around the computer by matching colors, shapes and animals. Parents can enjoy coffee and donuts while children learn and create a project to take home. Classes are Dec. 11, 16 and 18 from 9:30 until 10:15 a.m. Sign up for one class or for the whole month. Call 813-655-9281 to register.



U.S. Air Force courtesy photo

MacDill Spouse honored!

Suzzy Abbey, the spouse of Staff Sgt. Joshua Abbey, received the Air Mobility Command Phoenix Spouse of the Year award from Gen. Arthur Lichte and his wife at the Airlift/Tanker Association Convention and AMC Symposium Nov. 6-9. Mrs. Abbey is the Phoenix Spouse for the 91st Air Refueling Squadron. As the Phoenix Spouse for the 91 ARS, Mrs. Abbey headed the squadron cookbook project and is in charge of putting out the 91 ARS Spouse's newsletter. In the newsletter she routinely has birthdays, anniversaries and many other important dates for the squadron spouses and children, along with features on the different spouses and Airmen throughout the 91 ARS.

Base Taxi Service

The 6th Logistics Readiness Squadron's Vehicle Operations Flight operates a free taxi service for official business. It is available for military and DoD civilian employees/contractors conducting official government business. On-base medical and dental appointments are considered official business for military personnel. The taxi cannot be used to transport personnel from their domicile to their duty location, or to eating establishments.

Please contact 828-5281 option 2 to request taxi service. Having the following information will help assist the Dispatcher in expediting your request:

◆ **Name/Rank** ◆ **Unit** ◆ **Phone number** ◆ **Number of passengers** ◆ **Amount of cargo** ◆ **Pick-up location** ◆ **Destination** ◆ **One-way/Round trip**
(The taxi can only wait for 5 minutes)

SPORTS



Photo by Senior Airman David Minor

Lt. Col. Donald Riley passes the stick to Maj. Luis Zamarripa on the nine-mile marker during the 14-mile Mattar Relay Nov. 26. The relay took more than an hour to complete and took place along a mapped out route on base. The JCSE-sponsored race was won by a four-person team from United States Central Command.



FLAG FOOTBALL STANDINGS

Team	W	L
CENTCOM	5	1
MDG 1	7	2
SFS	5	2
JCSE	5	3
SOCCENT	4	3
OSS	4	3
SOCOM	4	4
MXS	2	5
MDG 2	2	5
CS	1	6
LRS	1	6



EVENTS

Today

Dec. 5

Oasis Grand Opening

The Oasis lounge has its grand opening today in the second floor dayroom of building 377 at 4:30 p.m. For more information about Oasis contact the Base Chapel at 828-3621.

Saturday

Trim the Tree

Help decorate the Christmas tree in the base library children's room Saturday at 11 a.m.

Kids Day Out

The Youth Center will be open from 11 a.m. until 5 p.m. Saturday for youth ages 9 to 12 for parents to accomplish last minute shopping. For more information please contact the Youth Center at 828-7956 or 828-7957.

Monday

Surf's Edge Club

Bingo Extravaganza is every Monday night at the Surf's Edge Club starting at 5:30 p.m.

Tuesday

Surf's Edge Club

"A Taste of the South" country buffet is every Tuesday from 11 a.m. until 1 p.m. in the Surf's Edge Club main dining room.

Wednesday

Seascapes

Karaoke Nights by the Bay is Wednesday night at Seascapes starting at 7 p.m.

Coming Soon

Dec. 13

Teen Night Out

Dec. 17

Jingle Bell Jog



Photo by Senior Airman Stephenie Wade

Eat Up!

The 6th Air Mobility Wing Commander Col. Lawrence Martin serves roast beef to Airmen at the base dining facility on Thanksgiving. While Col. Martin served food the rest of his family greeted Airmen and retirees at the door. Wing Squadron commander, chiefs and 1st sergeants also were on hand to help, and afterward they all sat down and had a hearty Thanksgiving meal together.

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 more information regarding 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.

Max Payne

Based on the legendary, hard-hitting interactive video game, Max Payne tells the story of a maverick cop determined to track down those responsible for the brutal murder of his family and partner. **PG-13**

Saturday 3 p.m.

The Express

Based on a true story of football hero Ernie Davis, the first African-American to win the Heisman Trophy, and his fight for equality and respect forever changed the face of American sports. Raised in poverty, Davis hurdled obstacles to become one of the greatest running backs in college football history. **PG**

Saturday 7 p.m.

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 creating designs for her father's venerable clothing company. **PG-13**

Coming Soon

High School Musical 3

High school seniors Troy and Gabriella face the prospect of being separated from one another as they head off in different directions to college. Joined by the rest of the Wildcats they stage an elaborate spring musical reflecting their experiences, hopes and fears about their future. **G**