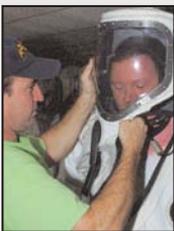




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Chief Kriete visits Patrick, Cape



Command Chief Master Sgt. Ronald Kriete answers questions from students of the Professional Development Course that concluded Friday. Chief Kriete spent two days touring Patrick AFB and Cape Canaveral AFS. Chief Kriete ended his visit by speaking at the PDC banquet Saturday evening. (Photo by Jim Laviska)

By Airman 1st Class Shaun Emery
45TH SW PUBLIC AFFAIRS

The Command Chief Master Sergeant of Air Force Space Command paid a visit to the 45th Space Wing Aug. 6 through 8 and left impressed. Chief Master Sgt. Ronald Kriete's two-day visit included being the guest speaker for the Senior Noncommissioned Officer's Professional Development Course that concluded Friday.

"The PDC is a leadership course designed to help NCO's transition to Senior NCO status," said Chief Kriete. "As Senior NCOs, there are things they need to know to help them better understand their role."

As part of the course NCOs are guided in areas such as counseling, writing Enlisted Performance Reports, decoration writing, putting together promotion packages and most importantly, taking care of their troops.

During a breakfast with PDC students, Chief Kriete reminded them of the importance of their roles as leaders, and stressed that they would be looked upon much differently once they put on their stripes. A major requirement to their new position is professionalism.

"A professional is a professional 24 hours a day," said Chief Kriete. "They are professional when no one is looking, and they are professional when someone is looking. The professional does it for the Air Force rather than for themselves."

Chief Kriete mentioned the major role civilians play in the lives and careers of Air Force members, that's why they're also invited to participate in the course.

"We owe it to our civilian employees to let them know that they are an integral part of the mission," he said. "It is important that we educate them and give them the tools they need."

In Chief Kriete's opinion, including civilians in the course is a win-win situation.

"The PDC is an opportunity to re-blue Air Force members and for NCOs and Senior NCOs to revisit some basic management and supervising skills," said Master Sgt. Hope Sanders, NCOIC for the First Term Airman Center and project officer for PDC at Patrick.

"It is a bridge created to enhance the education of our troops. It's about NCOs and Senior NCOs taking care of each other," said Chief Kriete.

Chief Kriete believes that by teaching airmen to take care of each other and educate each other, the strength of Air Force leadership will continue to grow.

That strong leadership impressed Chief Kriete on his visit to Patrick.

"It is the continuous job of leadership to keep ahead of folks, whether it be providing a better workplace, or improving quality of life outside of work," said the chief. "The leaders here are motivated and positive. They keep the troops motivated to do their mission from day to day."

"Regardless of the mission or the command, we need good leaders to get the mission accomplished."

Outstanding is just the START!



By Brig. Gen. Greg Pavlovich
45TH SW COMMANDER

I do not know if it is because I have been traveling so much, or because time really does fly when you're having fun, but this summer has zipped by. School started last week, so that is a sure sign that our summer is winding down. But before we write off August, I want to call attention to the fact that we still have some important unfinished summer business.

First is ATWIND. There are just two weeks left for our base to catapult in front of the other Air Force Space Command bases to claim the \$25,000 prize. This could be easy money for quality of life projects. We have come on strong the last couple of weeks, jumping up to 79 percent. But we still need more folks to log on to <http://www.atwind.com/>. Simply register and you help the base out by boosting our participation numbers. Register and gather game pieces and you could win like Senior Master Sgt. Charles Stickel from the 45th Operations Support Squadron and Dennis Hooper, son of Tech. Sgt. David and Grisel Hooper from the 45th Mission Support Group. They both won \$500 - it pays to play! If you need help getting started collecting game pieces, stop by the Safety Roundup in the BX parking lot on Saturday from 9 a.m. to 3 p.m. This is the site of the next ATWIND remote site.

That brings me to my second item, the 125 Critical Days of Summer. Labor Day is just around the corner, but we are not in the clear yet on our summer safety campaign. In fact, two members of AFSPC lost their lives in the past two weeks in motorcycle accidents, despite the fact that it is motorcycle safety month. These are tragic deaths and serve as a reminder that simply designating a month for safety isn't enough - we need everyone's active participation to bring safety to the forefront. Saturday's Safety Roundup and Bike Rodeo will help do just that. There will be a bike rodeo for the kids, a motorcycle fun run, vendor booths, prizes and a whole lot more. Safety is an attitude; get yours right. For more information about the Safety Roundup and the 125 CDS, check out Page 5.

The end of summer does not mean a break from severe weather either. As you know, Hurricane Season runs June 1 through Nov. 30.



First Term Airman Center students listen during a briefing on customs and courtesies Wednesday. The two-week class introduces new airmen into the operational Air Force. P (Photo by Airman 1st Class Shaun Emery)

What you may not know is, according to weather specialists at the National Oceanic and Atmospheric Administration, mid-August to October is the peak of the season. NOAA has just updated this year's outlook, adding one more major storm to their season prediction. They now expect seven to nine hurricanes in 2003, including three to four major storms (winds in excess of 111 miles per hour). I have said it before but it bears repeating: now is the time to get prepared, not when the storm is swirling in the Atlantic Ocean.

Make sure the hurricane evacuation plan you have on file with your orderly room is correct. Study what actions you need to take to secure your workplace and home. Review office plans and for personal preparedness log on to the Patrick AFB Intranet and take a look at the 45th SW Hurricane Preparedness Guide. It is on the Weather Squadron's Web page under the Operations Group (https://pafbweb.patrick.af.mil/-45OG/45WS/Tropical_Weather.htm). Review this information with your family members and make sure you all understand what actions you may need to take if a storm threatens the Space Coast.

If you needed a reminder of just how severe our summer weather can be, you got it last week. On Aug. 6, a tornado warning was issued on base after a funnel cloud touched down in Rockledge.

We were lucky that the base did not wind up in the tornado's path - really lucky because it was clear that many people did not know what to do when they heard the warning siren. People were leaving buildings and even trying to exit the base. Folks, that is not smart. Some people said they didn't know if it was for real when the sirens sounded. We test the sirens Wednesdays at noon and broadcast a message saying it is a test along with it. If there is ever a doubt, the smartest approach is to treat it like it is the real deal. When the alarm sounds, take cover. For a tornado threat you need to stay indoors in an area away from windows and glass doors. Go to the ground floor of your building. Stay there until the official all clear is given. These are also good procedures to review with your family members so they can take appropriate measures to stay safe if they are on base when the sirens sound.

We are wrapping up our summer launch schedule with a flurry of activity on the Eastern Range this month. First up is the 3rd Space Launch Squadron, launching a Titan IVB with a National Reconnaissance Office payload no earlier than Aug. 19. Next on board is the 1st SLS teaming with Boeing for the Delta II Heavy carrying the Space Infrared Telescope Facility for NASA on Aug. 23.

Our Cape Consolidated Task Force finishes off the month with the launch of a Boeing Delta IV carrying a Defense Satellite Communication System payload scheduled for Aug. 28. That is potentially three launches in two weeks! It is an aggressive schedule, but one I know our launch teams and mission partners will carry out in the safe and professional manner that is the hallmark of the Eastern Range.

Finally, one of our last seasonal tasks is finishing up the summer PCS cycle. There are many new faces at Patrick and the Cape as personnel join our OUTSTANDING team. Some of our new faces you will see around are the 14 airmen going through our First Term Airman Center under the care of Master Sgt. Hope Sanders. Let me be the first to introduce our fourth and largest FTAC class. They are Airmen Basic Meghan Richardson and Elisha Dunlap, Airmen Jenny Cronin, Ronald Beltran, Andrew Woolford, and Airmen 1st Class Brian Holmes, Christopher Piecyk, Andrew Petruleis, Marlon Harris, Sean Sullivan, Gloria Winings, Aaron Walson, Richard Tarnow, and Matthew Pearson. Welcome to them and to all the folks new to the Space Coast.

Enjoy the rest of summer. Stay focused, and stay safe. God bless!



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Propellant leaks at SLC 40 Tuesday, launch delayed

By Capt. Susan A. Romano
45TH SW PUBLIC AFFAIRS

Rocket propellant leaked at Space Launch Complex 40 at Cape Canaveral Air Force Station on Tuesday at 6 p.m. as the propellant was being loaded onto a Titan IVB rocket.

At no time was there a risk to the general public. There were no injuries to personnel in the area. It is estimated that approximately 50 gallons of the propellant leaked, but the official amount will not be determined until an investigation of the incident is completed.

The second stage of the Titan IVB uses nitrogen tetroxide, a toxic hypergolic oxidizer. The plume dissipated harmlessly before reaching populated areas of Kennedy Space Center, just west of SLC 40. As a precautionary measure, KSC officials were notified about the incident.

"Our emergency response team was immediately dispatched to the scene to secure the site and assess the potential risk to those at Cape Canaveral and the surrounding area," said Col. Ev Thomas, 45th Space Wing vice commander. "All those involved were in full protective equipment and were able to control the leak within minutes."

For every fuel loading operation, worst case scenarios are modeled by Range Safety personnel to ensure the overall safety and security of the operation. Calculations include weather conditions, amount of propellant and potential credible failures. If at any time a condition exists that exceed established safety criteria, the



Mike McLeod, life support technician, assists Tech. Sgt. Shannon Green, 3rd Space Launch Squadron booster section maintenance controller, in donning a self-contained atmospheric protective ensemble, also known as a SCAPE suit, prior to fuel operations at Space Launch Complex 40. The protective equipment is a mandatory safety measure that all maintenance personnel must wear prior to any hazardous operation at the launch pads. (Photo by 1st Lt. Warren Comer)

operation is immediately halted.

The cause of the leak is under investigation and the status of the Titan IVB launch, which was scheduled for Aug. 18, is reset for no earlier than Aug. 19.

New NCO list out for Patrick, CCAFS

Sixty-one senior airmen from the 45th Space Wing and its mission partners have been selected for promotion to staff sergeant. The Air Force selected 13,651 of 27,416 eligible senior airmen – a 49.79 per cent selection rate.

Those who tested are expected to receive their score notices by the end of August, officials said.

The Air Force released the list Wednesday and it will be on the Air Force Personnel Center's Web site Friday at <http://www.afpc.randolph.af.mil/eprom>.

45th Space Wing

Cortney C. Weber

45th Space

Communications

Squadron

Joshua A. Booth

Eric B. Cunningham

Andrew M. Henzel

Dwight Riley

45th Security Forces

Squadron

John F. Collins

Alexis Gil

William J. Hooper

Ivan Lucero

Erik C. Neiman

Gregory M. Stanley

45th Civil Engineer

Squadron

Marco A. Escamilla

Rosalynn A. Johnson

Ryan P. Johnson

Michael B. Kuhns

Marlon T. Mitchell

Michael J. Mongillo

Christopher T. Robinson

Randall S. Terry

Jaron M. Thorne

Dawan L. Woods

45th Medical Support

Squadron

Odell B. Johnes

Richard B. Mongold

Leonardo H. Shin

Heidi R. Snow

45th Medical Operations

Squadron

Rebecca L. Bramlett

Gwen Comeau

Autumn M. Wockenfuss

45th Contracting

Squadron

Tiffany M. Pineda

45th Range Squadron

Amy J. Bron

45th Operations Support Squadron

Shannon E. Smith

45th Aeromedical Dental Squadron

Heather M. Aldridge

Julian Blyden

Jacques R. English

Stela S. Striligas

Air Force Technical Applications Center

Daniel B. Beckett

Blaise P. Bernard

Joshua W. Bricker

Mary S. Brown

Michael D. Card

Steven M. Coffey

Erica D. Franklin

Andrea Garcia

Bradley J. Graves

Trouper A. Green

Michael A. Holland

Grady W. Jacobs

Domonique S. Lewis

Jack W. Nelson

Adam C. Poulin

Stephen R. Schermerhorn

Jonelle B. Simmons

Nicholas A. Valdez

Det. 12, Space Operations Squadron

Aaron Dent

Jason R. Pennington

Det. 1, 612 Theater Operations Group

Colin A. Gardiner

OL 331H 333 USAF Recruiting Squadron

Eric H. Probst

Sachel Salabarria

OL IC0 AFELM IAC JS

Theresa M. Guadarrama

DFAS DO

Luis J. Figueroa Navarro



CAP eyes

Providing support to Patrick Air Force Base, members of the Civil Air Patrol provide air surveillance of areas surrounding and on Cape Canaveral Air Force Station for upcoming space launches. After Sept. 11, 2001, CAP crews manned critical positions in emergency operations centers throughout the U.S. CAP is the official auxiliary of the U.S. Air Force. (Courtesy photo)



Enhancing the force

Airman 1st Class James Sherrill and Staff Sgt. Marcus McWatters, 45th Civil Engineer Squadron heavy equipment operators, build flowerpot barricades to replace existing barricades around Patrick Air Force Base. The new barriers, gate and road enhancements will lessen traffic congestion entering and leaving Patrick. The base's main gate will undergo major reconstruction beginning Aug. 18 until the end of November. *(Photo by Airman 1st Class Shaun Emery)*

Fitness employee remembered

By Master Sgt. Christopher Calkins

DEOMI PUBLIC AFFAIRS

Lisa Kustra, a former Patrick Air Force Base Fitness Center aerobics trainer, passed away Aug. 5, following a lengthy battle with acute myelogenous leukemia. She was 29 years old.

According to her husband, Air Force Maj. Todd Kustra, who works at the Defense Equal Opportunity Management Institute, Lisa was diagnosed with the illness Aug. 30, 2002.

A memorial service in Lisa's honor will be held 1 p.m. Saturday, at the Trinity Presbyterian Church, 638 South Patrick Drive, Satellite Beach (next to the Tortoise Island entrance).

The church has set up a Lisa Kustra Memorial Fund and in lieu of flowers the family is requesting donations to the fund. Donations in the form of checks should be written to the Trinity Presbyterian Church, with a note explaining it is for her memorial fund.

Cards of consolation are also welcome at the home: Todd Kustra, 50 North Oak Drive, Satellite Beach, Fla. 32937.



45th Space Wing ahead of safety goals

By Ida Barry
45TH SW PUBLIC AFFAIRS

Hard work pays off when it comes to safety. The 45th Space Wing's 125 Critical Days of Summer safety campaign has been successful this year, but summer isn't over yet.

"Wing mishaps have been reduced by 50 percent from fiscal year 02 to the third quarter of fiscal year 03," said Bill James, 45th SW Ground Safety occupational safety lead. "During the same quarter last year we had a large number of mishaps. These have been reduced by 66 percent."

In June 2002, the secretary of defense introduced a goal to reduce mishaps DoD-wide over the next two years by 50 percent.

"The 50 percent decrease is significant because we are on track with the Secretary of Defense's goal now," said Mr. James. "But we want to do better than that. We want to improve to where we have no reportable mishaps."

Mishaps are categorized in three different classes. Class A mishaps are those that result in a fatality or the loss of an Air Force resource valued more than \$1 million. A Class B is a mishap over \$200,000 but less than \$1 million or a permanent partial disability such as the loss of limb or an eye. The last category is a Class C that involves an injury that is not planned or loss of a piece of equipment or machinery.

On numerous occasions and during holidays,

wing leadership pushes aggressively on safety awareness by greeting personnel as they enter the gates of Patrick Air Force Base, Cape Canaveral Air Force Station and base housing presenting drivers with static decals and safety precaution reminders.

"We are doing extremely well right now," said Mr. James. "People know that the wing leadership is genuinely concerned with their safety."

The wing is also doing extremely well in deterring fatality mishaps. "We have not had a Class A or Class B fatality in more than three years," said Mr. James. "We have been trying to do everything humanly possible to prevent this and right now we have everyone's involvement, from airmen to the general."

The wing is currently pushing the Operational Risk Management program to make people aware that mishaps can be prevented by utilizing personal risk management when performing a task.

"We are involved in all types of risks and everyone assesses risk with a different view," said Mr. James. Folks need to put the time and effort in

how they are investing in their lives and the lives of their families."

"We are exposed to risks every day," said Chris Olesnevich, 45th SW Operational Risk Management advisor. "While you can never eliminate all risk, we must all learn to manage the risk in our lives and lower it to acceptable levels."

Labor Day weekend is near and the 45th Ground Safety, 45th Services Squadron, Main

Exchange and Commissary are sponsoring a safety roundup and bicycle rodeo Saturday, 9 a.m. to 3 p.m. at the Base Exchange.

The roundup and rodeo will feature safety presentations by the Brevard County Sheriff's Department.

“Wing mishaps have been reduced by 50 percent from fiscal year 02 to the third quarter of fiscal year 03.”

”

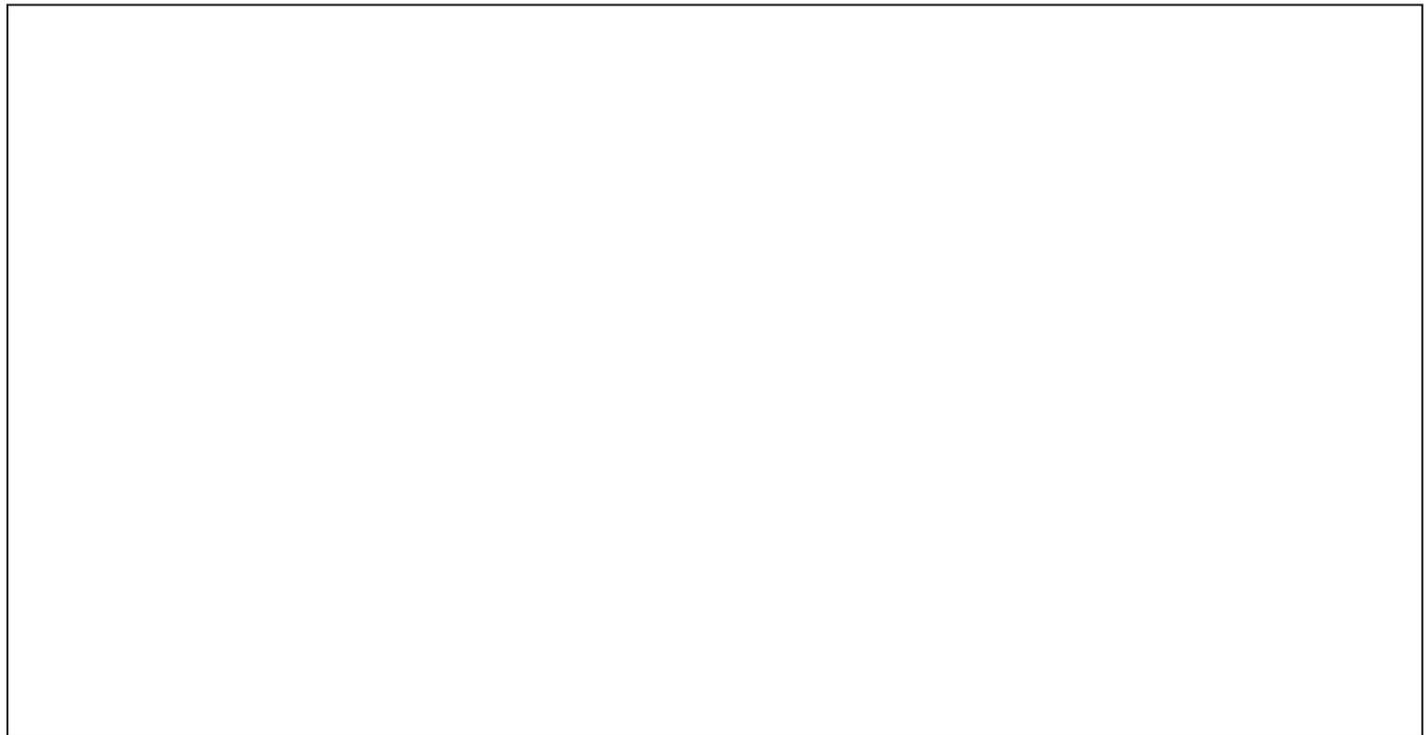
Bill James

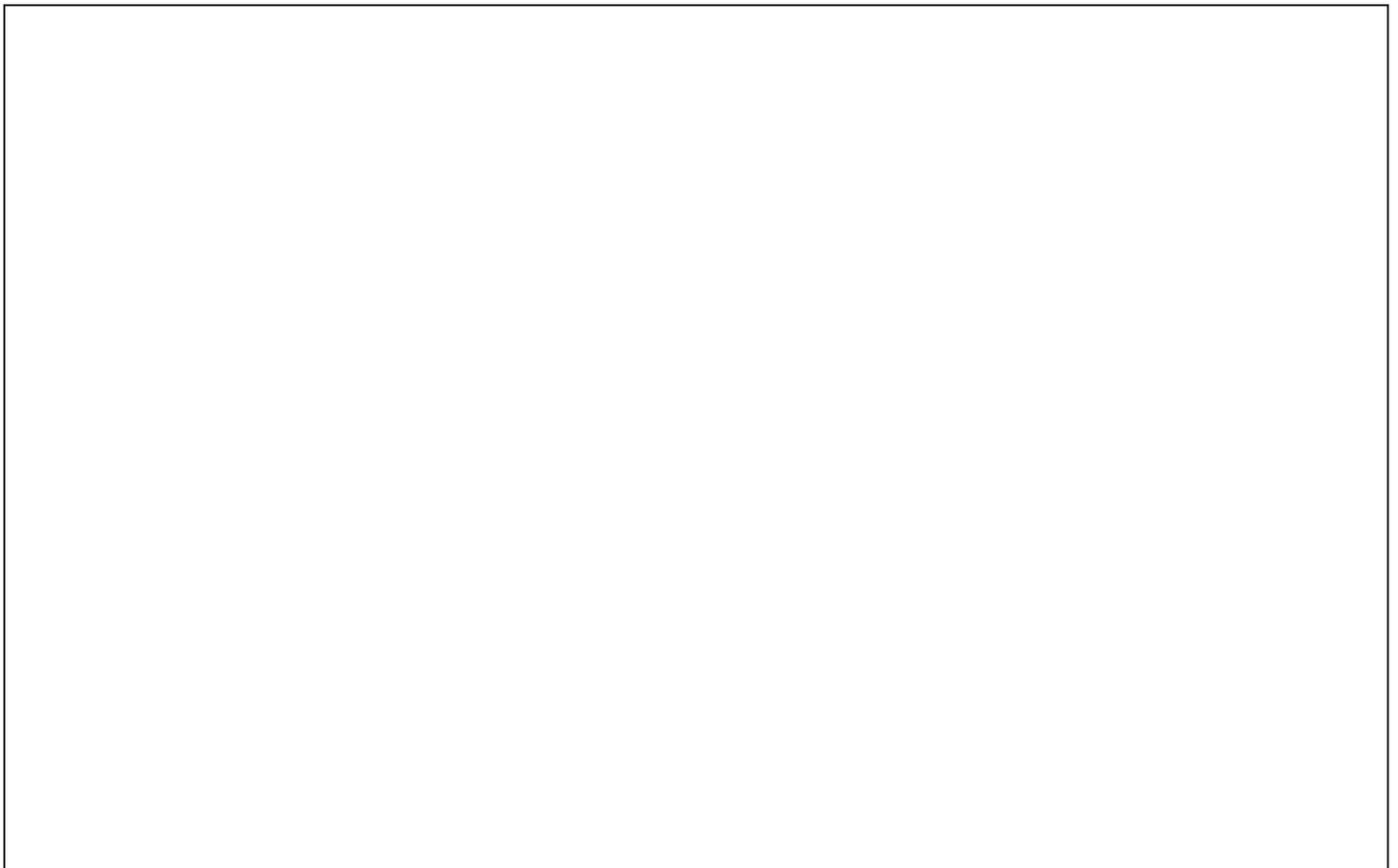
45TH SPACE WING GROUND SAFETY

Several vendors and organizations will display various recreational, traffic, occupational safety and health tips.

The 125 CDS campaign ends Aug. 27 with mandatory safety presentations given by the BCSD.

The CCAFS presentation will begin at 8:30 a.m. in Hangar F and Patrick presentation is in the base theater at 2:30 p.m.





Calls announced

The Officers' Call remains on Aug. 22 at 3:30 p.m. at the Officers' Club. The Enlisted Call has changed to Aug. 28, 9 a.m. at the base theater.

Change of Command set

Col. Neil Wyse will relinquish command of the 45th Weather Squadron to Lt. Col. Robert LaFebre on Aug. 26 at 9 a.m. in Hangar C at Cape Canaveral Air Force Station.

Dental clinic changes hours

The Dental Clinic changes hours Aug. 25. It will then be open Monday - Friday from 7:30 a.m. - 4:30 p.m. Sick Call will be at 7:30 a.m. The clinic will remain closed the third Friday of each month for training.

Retired Officers' Wives

The next Retired Officers' Wives meeting is Aug. 22 at the Officers' Club. Social time is at 11:30 a.m. followed by lunch at noon. For reservations

call Dean Pittman at 777-3044 or Helene Suflas at 727-1146 by noon Wednesday. Choice of entree is shrimp linguine, chef salad or fresh fruit plate.

Take an English course

An English for Speakers of Other Languages class is every Tuesday and Thursday from 9:30 a.m. - 12:30 p.m. The free classes are open to people learning English or who need to polish their English speaking and writing skills. The class is open to active duty, DoD civilians, retirees, NAF and AAFES employess and their family members. For reservations and more information, call Elsa Kekahuna at 494-5675.

Get a scholarship

The Space Coast Association of Chief Master Sergeants is accepting applications for their annual scholarship program. Active-duty from airman basic through senior master sergeant and family members of enlisted active duty, and enlisted retired members and their family members may also apply for the scholarship. Applications must

be submitted by Sept. 15. Obtain an application and requirements from the Patrick Education Office or a chief master sergeant. For more information, call Chief Master Sgt. Rik Salender at 494-4606.

Plan retirement now

Civilian employees who are more than five years from retirement, are invited to attend the Mid-Career Planning Seminar Sept. 9. Seating is limited to 40 employees.

For more information about the seminars, or to register, call Cathy Cawthon at 494-8398.

Take a class

Call the Family Support Center at 494-5675 for these classes: Tues. Newcomers Orientation, 7:30-11 a.m., NCO Club; Tues. - Thurs. TAP Seminar, 8 a.m. - 4:30 p.m., FSC Bldg. 722; Wed. Info Fair at BX, 11 a.m. - 1 p.m.; Thurs. Single Parents Meeting, noon - 1 p.m., Taco Bell at Main Exchange; Thurs. Intro to Scrapbooking, 5-6 p.m., FSC Bldg. 722.



Street Talk

Patrick Air Force Base and Cape Canaveral Air Force Station

What's your favorite place to eat on base?



Lt. Col. Fred Van Cleave
Department of Defense
Manned Space Flight
Support Office

"I like the Bowling Alley. Their salads are really good."



John Byers
Air Force Office of Special
Investigations,
Det. 802

"Fit to Go. It's healthy and great."



Senior Airman
Cortney Weber
45th Space Wing Protocol

"Yo quiero Taco Bell. It's convenient and fast."



Carla Giles
45th Space Wing Reserve
Affairs

"I like Fit to Go. It's quick, good for you and affordable."

Chiefs to visit wing

Former Chief Master Sgts. of the Air Force Paul Airey and Sam Parish will visit Patrick Air Force Base at the end of August.

Both will speak at the Airman Leadership School graduation ceremony on Aug. 27 at 6:30 p.m. at the NCO Club.

Retired Chief Master Sgt. Airey was the first chief master sergeant appointed to the ultimate noncommissioned officer position and was selected from 21 major air command nominees to become the first chief master sergeant of the Air Force on April 3, 1967.

Before that, Chief Airey served as an aerial gunner in a B-24 bomber during World War II, credited for 28 combat missions in Europe. His bomber was shot down, but he was able to bail out and was captured, being a prisoner of war in Germany from July 1944 to May 1945.

Retired Chief Master Sgt. Parish was the eighth chief master sergeant appointed to this ultimate noncommissioned officer position and served three tours of duty in Germany during the Cold War.

In November 1981, he was selected as the senior enlisted advisor to Strategic Air Command at Offut Air Force Base, Neb.

Attendance is open to all and cost is \$18 for non-club members and \$16 for club members. For reservations your seat, please call the Airman Leadership School at 494-7080.

ATWIND ends Aug. 31

By 1st Lt. Warren Comer
45TH SW PUBLIC AFFAIRS

Around the World in Ninety Days, an Air Force Space Command and Air Mobility Command contest where participants take a virtual trip around the world via the Web, ends Aug. 31.

The top three bases from both AMC and AFSPC will receive cash incentive awards of \$25,000, \$10,000 and \$5,000. Each base that accomplishes the average of their last two years of participation receives a \$5,000 reward.

So far, Patrick Air Force Base and Cape Canaveral Air Force Station have reached 79 percent of their goal, but could be in reach of receiving a cash incentive award if everyone who uses base facilities registers on the ATWIND Web site, says Chuck Nolan, 45th Services Squadron marketing director.

"We weren't doing well at the beginning, but now we've come a long way," he said. "It's best if we can beat our goal of 100 percent, especially when \$25,000 is involved."

In order to reach all five destinations on the ATWIND virtual journey, people need to register at least 19 game pieces. For each additional piece registered, contests get bonus entries for the grand prize

drawing of a Vail, Colo., trip for four and up to \$5,000.

Contestants who haven't won instantly, their names are entered for a random selection for one of five vacation packages or cash award.

"People can really help the wing; it takes everybody," said Mr. Nolan. "Every time you register as a new player that makes a difference."

Everyone allowed to use base facilities may play ATWIND. With two more weeks left to play ATWIND, there are many planned events that will help the wing meet its goal. As a further incentive, the base still has a \$500 instant cash award to give away.

Services has up to 12 remote locations around Patrick Air Force Base and Cape Canaveral Air Force Station where people may pick up game pieces.

On Aug. 16, individuals will receive one ATWIND game piece between 11 a.m. - 1 p.m. at a Safety Roundup and Bike Rodeo outside Patrick's Base Exchange. Also, the Commissary will distribute game pieces on Aug. 19 and 26, the BX on Aug. 15, 22 and 29 and Aug. 28 at the Shoppette next to Burger King.

Game pieces will also be distributed at the wing commander's call, officers', enlisted and civilian calls.



Get ATWIND game pieces at these locations

Sunday

Officers' Club Brunch.

Monday

Fitness and Sports Center's Day, Fit-to-Go.

Tuesday

Lunch at the Bowling Center, Youth Day at Manatee Cove Golf Course, Outdoor Recreation, Patrick Fitness Center water aerobics.

Wednesday

Lunch at Riverside Dining Facility (authorized patrons only), lunch at the Officers' Club, Outdoor Rec family swim day, Fitness Centers' aerobics class.

Thursday

Library, lunch at Manatee Cove Golf Course, Squadron Golf Tourneys, NCO Club Family Night.

Friday

ITT, Bowling Center's Squadron Bowling Event; lunch at NCO Club, Manatee Cove Golf Course, Skill Center.

Saturday

Manatee Cove Golf Course, Bowling Center youth bowling and Airman's Bowling Night Out.

Weathering post-deployment

By Sue Walden
45TH SW PUBLIC AFFAIRS

(This is the second article of a two-part series on post traumatic stress disorder and post-deployment.)

Deployment is a life-changing experience for the warfighter and the family. The elements of deployment and war, from prolonged stress to combat, can stay with a deployed member for a short time or for many years. Those stresses can manifest themselves in many ways, running the gamut from post-deployment relationship issues to post traumatic stress disorder, according to Maj. Kimberly Finney, 45th Medical Group Life Skills commander. Her flight is smoothing the swells of post-deployment with mandatory evaluations for in-processing post-deployed 45th Space Wing airmen and mission partners, one-on-one counseling and family counseling.

"Many deployed members are getting briefings about reunification before they return, which is very good," said Maj. Sheree Edkin, 45th MDG Life Skills clinical social worker. "Those briefings help them understand that there are normal bumps in the road when blending back into their family, friends and workplace."

Feeling withdrawn, experiencing sleep and appetite adjustments, and encountering some conflict with others are normal byproducts of post-deployment, according to Maj. Edkin. But, when they linger and cause problems in relationships in the family and/or workplace, it's time to get help, she said.

While many center on the returning member, it's important to remember that families also experience stress while their loved ones are deployed and when they return.

Majs. Finney and Edkin agree that communication, flexibility and resilience are key to sailing into good relationship waters after deployment.

"Everyone needs to step back and understand things have changed," said Maj. Edkin. "Family members have had to fill in the gap and absorb

more responsibilities." The spouse takes on roles as mom and dad, while children may have increased responsibility.

Now those roles have to readjust again to allow the returning servicemember to fit back into the family.

"The spouse may feel that now that their loved one is back their space is invaded and have a growing sense that the returning servicemember is ungrateful for their efforts," she said.

The bottom line, Maj. Edkin suggests, is for everyone to be recognized for the part they've played during the deployment.

Maj. Edkin urges parents to remember that children have feelings too.

"Children don't express their feelings in the same way adults do," she said. "They may act out a little during deployment or when the parent returns, especially if they're young. If they're old enough, parents should talk to them about getting used to dad or mom in the house again."

Giving the returning loved one some breathing room is important. "Don't stick a 'honey-do' list in their face when they return; give them time for them to readjust."

Co-workers should also be sensitive to the returning member, according to Maj. Finney.

"Say, 'Hey, I'm glad you're here,' and be there for them if they want to talk about their experiences and if they don't, give them that space." Some may be experiencing normal adjustments, while others could be suffering from PTSD. Being sensitive to their feelings can be detrimental to their recovery," said Maj. Finney.

In addition to counseling and evaluations, Life Skills offers periodic deployed spouse briefings that focus on reunification issues, and stress management classes are held the first Thursday of every month.

Those interested in a one-on-one session or family counseling should call Life Skills at 494-9234.



Communication, flexibility and resilience are key to sailing into good relationship waters after deployment.

Post-deployment hot tips

At home

- Family members should give the returning loved one space. They need to get used to the fact they're back before expecting the world to go on as if they never left.
- Communicate. Be open and talk about feelings.
- Say "I feel" instead of "You're doing this. ..."

In the workplace

- Welcome back returning co-worker.
- Listen to the returning co-worker if he or she wants to talk about good or bad experiences.
- Give returning co-worker space; some may not want to talk about the deployment.

In friendships

- Be sensitive to families of deployed members when talking about deployment, war and ambush attacks.
- Give families space to get back into a normal routine.

A legend in her own time

By Ida Barry
45TH SW PUBLIC AFFAIRS

Most people dream about retiring as soon as they are eligible.

This isn't the case for a Patrick Air Force employee. Bettye Krieter works at the Department of Defense Manned Space Flight Support Office and is still going strong after 54 years of civil and military service.

"When people find out that I am still working they ask why," she said. "I always answer why not?"

Her career has included meeting many high ranking officials, having dinner with astronauts and working for Air Force generals. She feels fortunate to witness the Minuteman Missile construction project from its beginning to end and seeing the missile actually placed in the silo. She has also seen the changes at Patrick and viewed every shuttle launch.

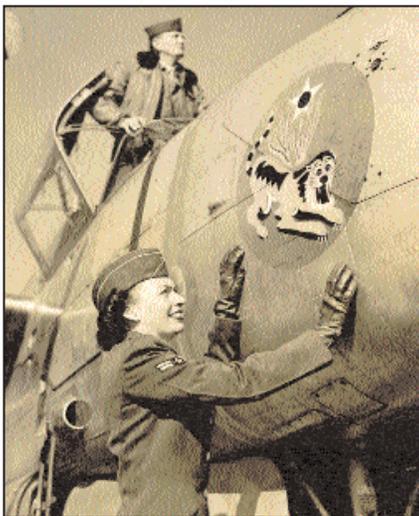
"We were so excited about the first shuttle launch. We would get up in the middle of the night to watch the launch, sit there all day due to delays only to have it scrubbed. We kept doing it until the shuttle lifted off," said Ms. Krieter. "There is nothing more exciting than a count down for a shuttle launch and that sigh of relief when it's finally in orbit and doing its mission."

Her patriotic spirit catapulted her to begin her civil service career in 1946 when personnel from the Veteran's Administration came to her high school to recruit workers to go to work for them.

"I bounced back and forth being a clerk stenographer and a fiscal account clerk posting premium records for the GIs," she said. "This went on for a while but I didn't mind because every time I was moved I got more money."

Along with some friends, she joined the Air Force Reserve during the Korean War and later served on active duty for 18 months at Barksdale Air Force Base, La.

"I joined the



Then Cpl. Krieter joined the Air Force Reserve during the Korean War and later served on active duty. (Photo by Kenneth Rogers)

Air Force because it was the patriotic thing to do. A week later I realized what I had done and said to myself, 'Oh my Lord this is the real thing' she said. "I was a staff sergeant and worked in the base adjutant's office doing administrative work. We never went to basic. They trained us right there on base. We did physical training each day and then went to work. That was quite a tour."

She later returned to Barksdale to the job she held while in the military. "This was good because not only did I get promoted as the general's secretary but I also met my husband," Ms. Krieter said. "He has been the biggest highlight of my career. He was a B-52 pilot and we had good assignments. These assignments provided me with great career opportunities every time we changed bases."

Ms. Krieter who has been with DDMS since November 1979, was presented with a Meritorious Civilian Service Award in 1998 for her outstanding service over the years.

"Col. Friers questioned me concerning the type of ceremony prescribed for a 50-year length of service presentation," said Robert

Daniel, civilian personnel officer. "I realized that I hadn't known anyone with that much service. We had to order a 50-year pin since we had never had any occasion to issue one before. It is the only 50-year pin I have seen issued in my career."

"Bettye is a true patriot, an Air Force trailblazer and inspiration to us all," said Col. David Dingley, DDMS commander. "If you have a question about a previous wing or DDMS commander or what DDMS did for shuttle support in years past, talk to Bettye first. I often ask for her experience and advice with a particular issue and how the DDMS commanders at other times handled like situations. I usually find that our new challenges are not so new after all."

Bettye is an idol to many. "Bettye's 54-year civil service career is amazing to me. I have



Ms. Krieter has collected more than 100 mission patches. Her collection includes a patch for every shuttle launch except the STS-1 Columbia. (Photo by Airman 1st Class Shaun Emery)

never encountered anyone else who has had more than 45 years in civil service," said Bonnie Bevis, administrative assistant to the 45th Space Wing vice commander. "Those of us who think we are ready to retire need to look at Bettye's career and see that we, too, can be productive in the work environment for years beyond what we consider the usual retirement time."

A lot of interesting jobs and people she has met and worked with have kept her motivated. "There have been many special people in my life and I have been very lucky to have had such wonderful bosses," said Bettye. "I have many fond memories of my career and the people I have encountered. I wouldn't trade them for the world."

Does she plan to retire in the near future? "I think about it. I will work as long as I feel I have something to contribute," she said. "I thank the Lord that I am able to get up each morning, come to work, go home and take care of my family. Hopefully, I can hang together with more paste and glue. As my husband says, 'Old rubber bands don't snap back like they used to.'"

Don't wait, get in shape

By Airman 1st Class Shaun Emery
45TH SW PUBLIC AFFAIRS

For the past two decades Americans have been exercising less due to technology and culture. Problems such as disease, hypertension and stress in the workplace have been brought to the forefront.

Mike Mendoca, personal trainer from the 45th Services Squadron, sees the Air Force taking great strides in fixing that problem. A personal trainer for the past 18 years and a retired Air Force member, Mr. Mendoca, takes pride in assuring better health and physical fitness to those who wish to take advantages of his service.

Mr. Mendoca says people have many problems trying to get back in shape.

"People don't know how to utilize the equipment, get in shape and still have fun," he said. "There is no self-motivation. Getting physically fit is a mindset and individuals need to find ways to become self-motivated and want to move more."

The Patrick and Cape Fitness Centers offer exercise programs. The centers' personal trainers design plans that focus on the major parts of physical fitness, strength, flexibility, cardiovascular exercise, endurance and weight.

Mr. Mendoca finds there are many issues that cause people to put off physical fitness. "Some young people are not

mature enough to time-manage their life to fit in exercise," he said. "Some are too hooked on image, while others want it in a hurry and don't realize it's hard work."

One positive aspect Mr. Mendoca finds in young people is their ability to increase their workload faster.

Older people also have difficult issues to face. Busy lives and numerous commitments in personal and work-related endeavors allow very little time for exercise, said Mr. Mendoca.

"They have to make a choice and sacrifice some of those commitments to stay healthy," he said. "The onset of physical limitations such as arthritis, or weak joints from earlier in life can be very discouraging."

As part of his job, Mr. Mendoca evaluates his customers and designs unique programs for people with these issues.

"Some people don't know their bodies," Mr. Mendoca said. "They work out and feel pain, then they panic and sometimes stop working out all together."

Mr. Mendoca said there are two kinds of attitudes to getting fit. "There are those who say I should do this and I should do that. If I hear that, they may not be ready to start a program. When I hear people say I must, I will or I can, I know they are ready to begin."

Annual championship includes new division

By 1st Lt. Warren Comer
45TH SW PUBLIC AFFAIRS

The Manatee Cove Golf Course will sponsor its annual Club Championship Aug. 30 through Sept. 1 with tee times beginning at 7 a.m. each day.

Active-duty, retired military, DoD and non-appropriated funds civilians and family members 18 years or older may sign up for the championship at the Manatee Cove Pro Shop until Aug. 28 at 1 p.m.

The championship includes a Men's Open Division, Men's Senior Division for those 60 years or older, a Men's Super Senior Division for those 70 years or older and a Women's Open Division.

"The Men's Super Senior Division is new this year," said Fred Mills, Manatee Cove Golf Course assistant manager. "We'd sure like our active-duty members to come out also."

The greens and fairways are in good condition and the golf course expects there to be good weather with morning play, said Mr. Mills.

Format for the championship is individual play where participants may use low gross, actual scratch score, and their net play, or actual handicap. United States

Golf Association rules apply. All participants who would like to compete for low net need a USGA handicap to be eligible.

"Normally people switch who they play with every day according to scores," said Mr. Mills. "We simplify it by playing with the same people on the first two days and then play according to scores on the third day."

Prizes include an annual pass to Manatee Cove Golf Club worth \$725 for the first-place finisher in the low gross category, a golf club annual fee worth about \$325 for the first-place finisher in low net and second-place finisher in low gross. A rounds card is awarded to the second-place finisher in the low net and a \$100 gift certificate is given to the third-place finishers in both categories. "Everyone has a chance to win," he said.

"Summer rules also apply," said Mr. Mills. "Play it where it lies, no moving the ball. That's the way golf is supposed to be played."

Golf course annual pass and annual fee members cost is \$45 while punch card holders will be charged \$75. Other individuals who would like to play will be charged \$85. No refunds will be given after Aug. 28.

Got news?

Call the Missileer staff at 494-5922.



New Toys!

Two-year-old Ty Richards shows off his puzzle-building skills at Patrick Child Development Center's new toddler room. The room, filled with new educational toys and activities, is part of a base-wide quality of life initiative.

(Photo by Sue Walden)



Bowl for less

Patrick Lanes Bowling Center will be going back in time with a customer appreciation "Good Ol' Days of Bowling" special Aug. 30 - Sept. 1.

Bowlers may play for 50 cents a game and rent bowling shoes at 50 cents a pair. Patrons pay \$1 for hamburgers, 75 cents for hot dogs, 50 cents for french fries and 25 cents for sodas. Call 494-2958 for more information.

Child care announces food program

The Patrick Air Force Base Child Development Center, Patrick Youth Center and Family Child Care are participating in the U.S. Department of Agriculture's Child Care Food Program, a federal program that provides healthy meals and snacks to children receiving childcare.

Parents/guardians of children eligible for free and reduced-price meals must complete an application. Eligibility information includes the number and names of all household members, social security number of the adult household member signing the application or an indication that this household member does not have one, total monthly household income of food stamp case number or temporary assistance for needy families case number and the signature of an adult household member.

Income eligibility guidelines for 2003-2004 are

available at the CDC, Patrick Youth Center and the Family Child Care office.

State agencies reimburse facilities that offer non-residential childcare to children age 12 and under, migrant children 15 years and younger and youths up to 18 years old in after-school care programs.

For more information call the Department of Health in Tallahassee, Fla., at (850) 245-4323. For more information, call the CDC at 494-7028 or the youth center at 494-4747.

Round up for safety

The Wing Safety Office, Army and Air Force Exchange Service and Patrick Youth Center are sponsoring a Safety Roundup at 9 a.m., Saturday outside the Main Exchange featuring a Youth Bicycle Rodeo.

Anyone wishing to participate should bring their bicycle and safety gear (including a helmet) to the Main Exchange parking area.

The rodeo features bike safety tips, skills and equipment, gear information, basic safety steps and rules of the road through an interactive program. Those attending the Bicycle Rodeo are eligible to win a bicycle from AAFES.

Information and demonstrations on water and boating safety, vehicle, sports, drug reduction, dental, child car seat, motorcycle and other safety topics will be presented from 11 a.m. - 3 p.m.

AAFES will give away prizes, discount coupons and more during the event. For more information, call Lynne Phillips at 494-4748.

CDC has opening

The Child Development Center has toddler and preschool full-time slots available. There is usually a yearlong waiting list for these opportunities. Call 494-7028 or stop by Bldg. 946 for information.

Pool closing in fall

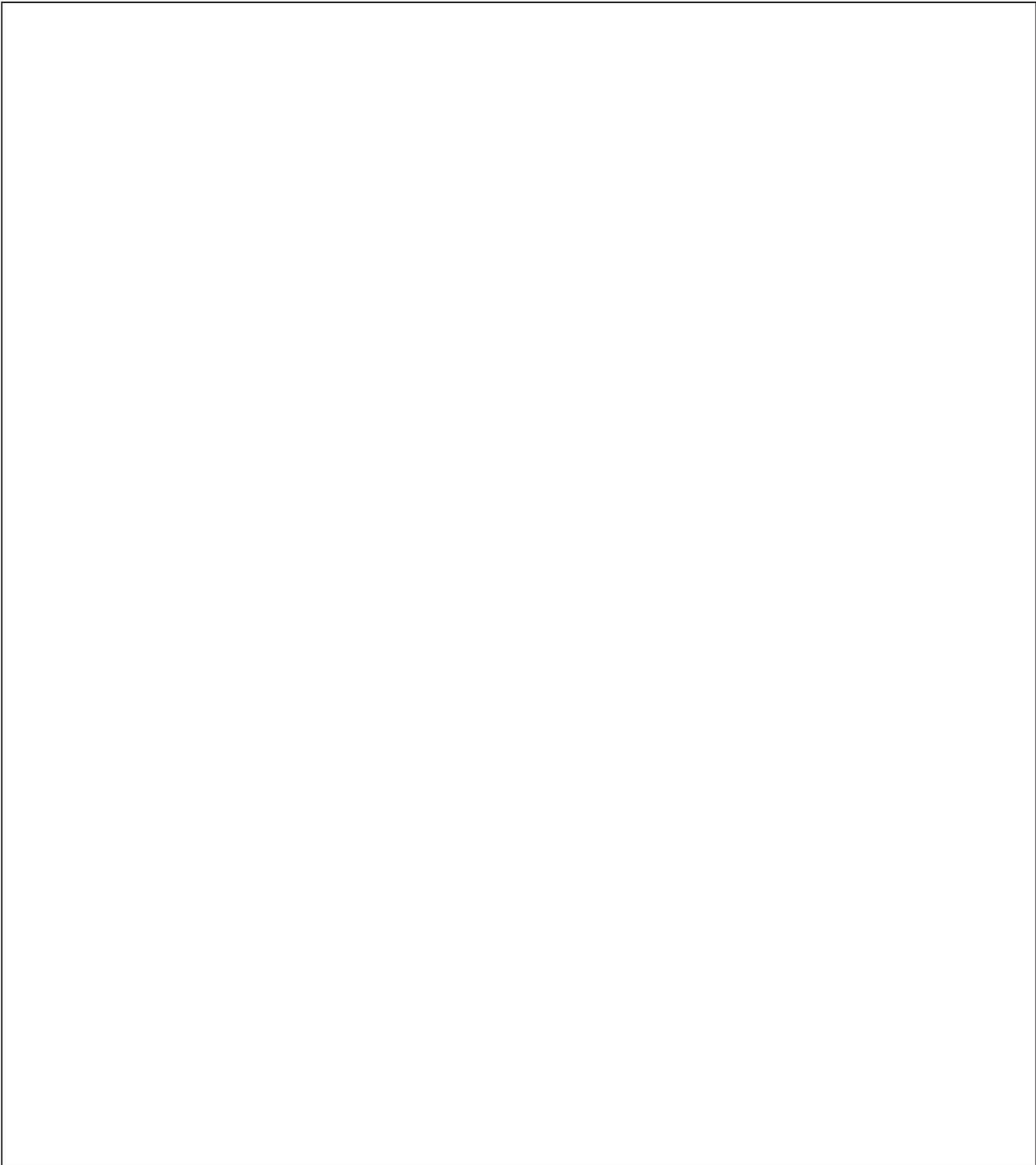
The Family Pool is open through Sept. 1. Beginning Tuesday, the Family Pool, located next to the NCO Club on State Road A1A, will be open from 2-6 p.m. Tuesday through Friday, from noon - 6 p.m. Saturday and Sunday. The pool is closed on Mondays. Call 494-9692 for more information.

Attention child care providers

Childcare providers must be licensed to provide care in base quarters. Those caring for children in base quarters for more than 10 hours per week on a regular basis, must be licensed.

For additional clarification, please call Tina Washington at 494-8381 or e-mail her at odett.washington@patrick.af.mil.







Events

Sat., 10 a.m. - 2 p.m. World's Greatest Baby Shower at the Greater Palm Bay Senior Center, 1275 Culver Drive, N.E., Palm Bay.

This event is for all new and expectant parents including adoptive parents. It offers educational exhibits and helpful presentations by medical and other experts, light refreshments and door prizes. Admission is free. Call 633-1702.

Aug. 24, 3 p.m., Celebration of Rhythm at Satellite Beach High School Auditorium. A concert performance of Latin and Spanish inspired music. There is no charge for admission.

Donations are accepted. For more information call 777-9766.

Festivals

Aug. 16, 4-10 p.m. Jazzmania at Goode Park in Palm Bay. Features children events, exotic foods and entertainment. Admission is \$7 for adults and children under 14 are free with paying adult. Call 952-3441.

Aug. 16-17, 8th Annual Fais Das-Dos Cajun Festival and Craft Show at Wickham Road, Melbourne. August 16, 10 a.m. - 8 p.m. and August 17, noon - 6 p.m. Family event featuring Cajun bands, dances, a "kid's cove" and arts and crafts show.

Admission is \$3 for adults and children 12 and under are free. Call 632-7445.

Aug. 23, 3-10 p.m. Annual Teen Fest 2003 at Kiwanis Island Park in Merritt Island. Festival is for high school students ages 13-17. Features include music with live bands, extreme sports, games, food and fun. Cost is \$7 in advance or \$10 at the door. Call 633-1874.

At the movies

Friday *Legally Blonde 2: Red, White and Blonde* Harvard Law School graduate returns to fight to get a bill passed through Congress. Stars Reese Witherspoon and Sally Field. (PG-13 for sex-related humor)

Saturday 2 p.m. *Sinbad: Legend of the Seven Seas* In this animated tale, Sinbad must prove his innocence and battle monsters. (PG for adventure action, mild sensuality and brief language)

Saturday *Terminator 3: The Rise of the Machines* The cyborg from the future once again goes back in time to help John Conner and his first battles with the SkyNet machine network. Stars Arnold Schwarzenegger and Nick Stahl. (R for strong sci-fi violence)

Sunday *Terminator 3: The Rise of the Machines* See Saturday synopsis.

Shows start at 7:30 p.m. unless otherwise indicated. Cost is \$2.50 for adults and \$1.50 for children under 11.

Riverside Dining Facility Menu

Saturday Brunch - Creole shrimp, doubly good chicken, *savory baked chicken, Swedish meatballs

Saturday Supper - *Baked fish, barbecue chicken, doubly-good chicken, Hungarian goulash

Sunday Brunch - Cantonese spareribs, grill mustard chicken, oven-fried fish

Sunday Supper - Steak loin strip, stir-fry beef with broccoli, turkey nuggets

Monday Lunch - *Baked stuffed fish, pot roast, *roast loin of pork

Monday Dinner - Cannelloni beef, *chili mac, Southern-fried chicken

Tuesday Lunch - Salmon cakes, *teriyaki chicken, veal parmesan

Tuesday Dinner - Country captain chicken,

meat loaf, turkey a la king

Wednesday Lunch - Southern-style catfish, barbecue ribs, southern-fried chicken, pork chops

Wednesday Dinner - Barbecue spareribs, *lemon-herb chicken, stuffed pork chops

Thursday Lunch - Glazed pork chops, *herbed baked chicken, Mongolian barbecue

Thursday Dinner - Glazed Cornish hen, Jaegerschnitzel with mushroom sauce, *roast loin of pork

Aug. 22 Lunch - Mexican-baked chicken, stuffed green peppers, Swiss steak with tomato sauce

Aug. 22 Dinner - *Lasagna, spaghetti with meat sauce, Italian sausage

Menu's are subject to change. For more information, call dial-a-menu at 494-2845.

* healthy choice

Action Line: 494-6550



Brig. Gen. Greg Pavlovich
45th SW commander

The Action Line is your direct link to me and provides a valuable source of information on ways we can work together to make Patrick Air Force Base and Cape Canaveral Air Force Station better places to work and live.

The best way to get something fixed is to identify the problem to supervisors and first sergeants.

If you can't get your problem resolved through the agencies, contact the Action Line: e-mail, Commander'sline@patrick.af.mil or click global at Commander's Line - Patrick AFB; recorded message, 494-6550; mail, 45SW/PA 1201 Edward H. White II St, Ste C-130,

Patrick AFB FL 32925-3237; fax, 494-7302. Address all correspondence "Attn: Action Line."

When directing an issue to the Action Line, callers must indicate to whom they've previously addressed the issue.

45th Mission Support Group
Col. Steve Werner
494-6607
45th Civil Engineer Squadron
Jack Gibson
494-4041
Base Housing
Caroline Jamba
494-2593
45th Services Squadron
Lt. Col. John Sproul
494-8081
Military Personnel
Maj. Dianne Dzialo
494-2035

Commissary officer
Ronald Rogers
494-4060
AAFES
Mike Lovejoy
494-6455
Civilian Personnel
Robert Daniel
494-5238
Military Equal Opportunity
Capt. Marlon Johnson
494-6334
45th Security Forces Squadron
Maj. Lynden Skinner
494-6202

Financial Services
1st Lt. Raymond Kipp Bradley
494-7171
45th Medical Group
Col. Gilbert Hanson
494-8100
Ground Safety
Paul Compton
494-4023
Inspector General
Ed Boywid
494-2287



Catholic

Daily Mass 11:30 a.m. in the Seaside Chapel.

Saturday: 4 p.m. confession.

5 p.m. Mass in the South Patrick Chapel.

Sunday: 8:30 a.m. Mass in the South Patrick Chapel 10 a.m. Sunday School for Pre-kindergarten - 6th grade at the Education

Center, 6 p.m. for K-12 grades at South Patrick Chapel. 11:30 a.m. Mass in the Seaside Chapel.

Protestant

Sunday: 8:30 a.m. Traditional Worship in the Seaside Chapel. 9:45 a.m. Adult Sunday school in Seaside Chapel 9:45 a.m. Grades K-12 at South Patrick Chapel. 10:30 a.m. Inspirational Service in the South Patrick Chapel. **Wednesday:** 5:30 p.m. Fellowship dinner in the South Patrick Chapel.

