AFSPC OAY banquet is a night to remember

By Master Sgt. Dorothy Goepel
Air Force Space Command Public Affairs

The excitement and emotion of the Air Force Space Command Outstanding Airmen of the Year banquet April 27 was summed up best by Gen. Kevin P. Chilton, AFSPC commander, when he said, “Every one of our nominees is an inspiration to me . . . How blessed we are to have such outstanding Airmen representing Air Force Space Command . . . We’re sending an excellent group to the Air Force level.”

The special night at Peterson’s Club ballroom unfolded as the 21 OAY nominees were asked to take center stage during introductions and proceed through an eight-member sable cordon. Chief Master Sgt. Danita Hundleby, Individual Mobilization Augmentee to the Headquarters, AFSPC Public Affairs functional area manager, was the first to come forward on behalf of Master Sgt. Jennifer L. Thibault, who was unable to be present as she had given birth to a boy April 25. Chief Hundleby kicked off the program in a spirited manner as she clasped a foam board mask with an enlarged picture of Sergeant Thibault’s face and advanced through the cordon. The evening continued in that spirit.

Attendees enjoyed a full night that included dinner; a slide show titled “Airmen That Make a Difference,” music by the U.S. Air Force Academy band, Blue Steel, remarks by retired Chief Master Sgt. Charles Zimkas Jr., one of the 12 Air Force Outstanding Airmen for 1978 and the first AFSPC senior enlisted advisor; and a video of nominees touring sites of interest throughout the week.

Words of admiration and accolades for the nominees were delivered throughout the evening. During his remarks, Chief Zimkas called the nominees “brilliant, consistent, academically focused, superstars, dynamic leaders and operational geniuses.”

The night concluded with a long-anticipated announcement of the winners.

Senior Airmen Ashley M. Garland won in the Airman category. She is a financial management and comptroller journeyman assigned as the Financial Management and Comptroller Directorate, Space and Missile Systems Center, Los Angeles AFB, Calif. Tech. Sgt. Jeremy L. Griffin was named the winner in the NCO category. Sergeant Griffin is a station captain assigned to the 435th Civil Engineer Squadron Fire Protection Flight, Patrick AFB, Fla.

Senior Master Sgt. Jeffrey Neutzling, 341st Missile Security Forces Squadron, was named one of Air Force Space Command’s Outstanding Airmen of the Year April 27. He received the honor for the First Sergeant Category from Gen. Kevin P. Chilton, AFSPC commander, and Chief Master Sgt. Michael Sullivan, AFSPC command chief.

Another highlight of the evening came as Chief Master Sgt. Michael T. Sullivan, AFSPC command chief, invited Senior Airman Garrett to the new Airman’s Creed.

The new creed was introduced by Chief of Staff of the Air Force Gen. T. Michael Moseley and will “replace all existing Air Force-related creed,” wrote General Moseley in an Air Force Print News commentary dated April 25.

Prior to its recitation, Airman Garland approached Chief Sullivan and whispered in his ear; he granted her request. Since the Airman’s Creed has four stanzas, the other three nominees in the Airman Category — Senior Airman Ronisha M. Carter, Senior Airman Joshua N. M. Cobb and Senior Airman Ondruh A. Gonzalez Ortiz — joined Airman Garland and recited one stanza apiece.

The young Airmen recited their parts with conviction and confidence, generating a strong applause from the audience and inspiring General Chilton to say in his closing remarks: “I think we saw an outstanding demonstration of leadership that will set me sleep at night.” He thanked all who contributed their time and energies to making the OAY banquet a night to remember.
21ST SPACE WING
COMMANDER’S CORNER

Exercise prepares wing to ‘Save the Nation’

By Col. Jay G. Santee
21st Space Wing commander

I firmly believe the 21st Space Wing will be the unit that will have the “Strength and Preparedness to Save the Nation.” On May 16, we’ll demonstrate our ability to be the unit that saves the nation by testing one of our core mission elements during our Condor Crest 04 Exercise.

This wing exercise demonstrates our resolve to provide unsurpassed installation support and protection to Peterson Air Force Base, housing more than 50 tenant units in addition to our 21st Space Wing members totaling more than 11,000 personnel.

By exercising crisis preparedness, we better our capabilities to deter, prevent, respond and recover to a multitude of crisis response scenarios that our adversaries may wish to inflict upon us.

Col. Ed Knowles and his Exercise Evaluation Team, work for months to design realistic and challenging scenarios. Executing these scenarios is the EET, a team of 100 plus exercising controllers and senior exercise directors from all disciplines in our wing. These men and women are some of the best in their respective career fields and are the backbone of our exercise program. The body of the inspection program lies with the rest of our wing warriors. From the newest Airman to me, we are the professionals who respond and recover during these crisis exercises. To do that effectively, it’s important to remember our core values.

Integrity First:
We need to do the right thing all of the time, every time. Taking shortcuts, creating unsafe conditions, and hiding known deficiencies are all items that will hurt the mission in the long run. It might get us through one inspection but could cause catastrophic failure in the future when it may be a real-world scenario.

Service Before Self:
The one thing each Airman can control is their attitude. Nobody enjoys the long hours, interrupted schedules and the seeming backlog of “normal” work that’s their attitude. Nobody enjoys the long hours, interrupted schedules and the seeming backlog of “normal” work that’s

The Action Line is a direct link to the 21st Space Wing commander. It should be used when other avenues have failed. Concerns should be addressed at the lowest possible level in the chain of command and elevated as necessary. If satisfactory results have not been attained by addressing the chain of command, call the Action Line at 566-7777 or fax 556-7848.

Though not required, Action Line users should leave point-of-contact information when submitting an Action Line. This will allow those who are addressing the concern to clarify the information and respond, if necessary. Not all responses are printed, however, if information allows, a response will be rendered in another format.

"We need to do the right thing all of the time, every time. Taking shortcuts, creating unsafe conditions, and hiding known deficiencies are all items that will hurt the mission in the long run. It might get us through one inspection but could cause catastrophic failure in the future when it may be a real-world scenario.”
Airman’s Creed exemplifies warfighting ethos

WASHINGTON (AFNEWS) — The Air Force chief of staff introduced the new “Airman’s Creed” April 18 to provide Airmen a tangible statement of beliefs that they can hold most dear.

The Airman’s Creed reflects pride in the role of air, space and cyberspace power and the Air Force’s commitment in supporting and defending the nation. The creed is fueled by the Air Force’s heritage and a warfighting ethos that exists in all Airmen, Gen. T. Michael Moseley said.

“Our new Airman’s Creed reminds us all of the incredible combat heritage we have as Airmen,” he said. “So it’s not entirely out of coincidence that we’re debuting the creed on the 65th anniversary of the Doelitte Raiders’ heroic strike at the heart of Imperial Japan in 1942. Like many Airmen of the past, the Raiders exemplified our warfighting spirit, and remain an inspiration to us all.”

General Moseley said having an Airman’s creed is like a blinding flash of the obvious. The creed simply and concisely puts into the words the warfighting spirit that exists in Airmen past and present.

“Every single Airman, every person who walks across the parade deck at Lackland (Air Force Base, Texas), and every person who is commissioned is a combatant. That’s our culture,” General Moseley said. “We’re a combatant Air Force; our mission is to fly, fight and win our nation’s wars. We should embrace the notion of American airpower and the missions Airmen carry out around the world every day that give Airmen their warfighting ethos and bring about the notion to have an Airman’s Creed — an Airmen first mentality.”

“This (Airman’s Creed) is wrapping ourselves in who we are and in our culture,” General Moseley said. “It matters in everything we do from the organizational structure of a wing to our acquisition systems and from how we train to how we deploy. Everything about us is wrapped around our notion of American airpower. The warfighting ethos is a mind set.”

The Airman’s Creed was not created to regain some ideal that was lost or never identified. It was created to focus on and identify a spirit — a warfighting ethos — that transcends time from the past, to the present and into the future.

The Airman’s Creed encapsulates what it means to be an Airman, to have pride in service, General Moseley said.

Chief Master Sergeant of the Air Force Rodney J. McKinley recently returned from visiting bases in Europe where he recited the new creed to Airmen and he received positive feedback.

“The response I got from Airmen was absolutely fabulous,” Chief McKinley said. “I think this will be something special to Airmen. This new creed every Airman will know and be able to recite; but more than that, it’s something they can have in their hearts. We’ve had so many unofficial creeds for such a long time and now we will have an official Airman’s Creed.”

The Airman’s Creed derived from a collaborative effort and feedback from Airmen throughout the Air Force. General Moseley said the Airman’s Creed is designed to resonate with Airmen past, present and future.

“This is about our people and an Air Force that is fundamentally different than any other service,” he said. “This is about where we’ve been and where we’re going as an Air Force.”

“We’re attempting to give credit to 700,000 Airmen — Active, Guard, Reserve and civilians — who fight our nation’s wars and give them the sense of ownership of a combatant organization, whether it is through changes at BMT, Airman battle uniform, the new service uniform or a focus on warfighting skills,” he said.

“This is to recognize who we are and the contributions we have made and make to set the course for the future with a refined, reemphasized and remilitarized Air Force.”


I WILL NEVER LEAVE AN AIRMAN BEHIND, GUARDIAN OF FREEDOM AND JUSTICE, I AM FAITHFUL TO A PROUD HERITAGE, MY NATION’S SWORD AND SHIELD, AND A LEGACY OF VALOR. A TRADITION OF HONOR, ITS SENTRY AND AVENGER.

WINGMAN, LEADER, WARRIOR. AND I WILL NOT FAIL.

I AM AN AMERICAN AIRMAN, I AM A WARRIOR.
I HAVE ANSWERED MY NATION’S CALL, I AM AN AMERICAN AIRMAN.
MY MISSION IS TO FLY, FIGHT, AND WIN.
I AM PROFOUNDLY HONORED TO SERVE THIS NATION, A TRADITION OF HONOR, A LEGACY OF VALOR.
I AM AN AMERICAN AIRMAN, GUARDIAN OF FREEDOM AND JUSTICE, MY NATION’S SWORD AND SHIELD, ITS SENTRY AND AVENGER.
I DEFEND MY COUNTRY WITH MY LIFE.
I AM AN AMERICAN AIRMAN: WINGMAN, LEADER, WARRIOR.
I WILL NEVER LEAVE AN AIRMAN BEHIND, I WILL NEVER FAKE IT, AND I WILL NOT FAIL.

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* * *
Society honors Airmen who escaped, evaded capture

SCOTT AIR FORCE BASE, Ill. (AFNEWS) — The commander of Air Mobility Command honored the Air Forces Escape and Evasion Society with a ceremony here May 4 as part of the group’s 2007 reunion.

Gen. Duncan J. McNabb paid tribute to AFEES, a non-profit organization of Airmen who were forced down behind enemy lines and avoided captivity, or escaped from captivity. The group also is comprised of “helper” members – people who either directly aided the Airmen in avoiding capture or who are family members of helpers.

During the ceremony, General McNabb thanked the past sacrifices of AFEES Airmen to the current sacrifices made by servicemembers fighting the war on terrorism.

Weapons loading competition hones Airmen’s skills

AVIANO AIR BASE, Italy (AFNEWS) — Munitions loaders around the Air Force test their warfighting capabilities and promote camaraderie through load crew competitions.

Recently, two teams from the 555th and 510th Fighter Squadrons here used teamwork and the communication skills involved with a weapons load to prove their abilities. To have evaluators out here watching them can add a lot of pressure, according to Tech. Sgt. Chris Johnson, a weapon load evaluator. With that pressure, it can be easy for warfighters to make a mistake while loading munitions.

During this competition, the load got competitive as they tried to move fast and avoid mistakes, but in the end they knew they were all on the same team.

Officials release latest force shaping board results

RANDOLPH AIR FORCE BASE, Texas (AFNEWS) — Air Force officials released the results of the 2007 Line of the Air Force Personnel Center here April 30.

Lt. Col. Keith Thibodeaux assumed command of the 3rd Airlift Squadron from Lt. Col. Michael Webb. The 736th Aircraft Maintenance Squadron will be responsible for maintaining the C-17 Globemaster IIIIs, scheduled to start arriving this summer.

The 3rd AS is now exclusively a C-17 squadron and flew their last C-5 Galaxy flight March 14. Dover stands up new C-17 maintenance squadron

DOVER AIR FORCE BASE, Del. (AFNEWS) — The 736th Aircraft Maintenance Squadron was stood up in an assumption-of-command ceremony here April 30.

The 736th AMXS will be responsible for maintaining the C-17 Globemaster IIIIs, scheduled to start arriving this summer.

**BASE BRIEFS**

**Armed Forces Day concert**
An Armed Forces Day concert is 7 p.m. May 15 at the Pikes Peak Center, and features the Air Force Academy Band, Colorado Springs Chorale, and Fort Carson’s “Harmony in Motion.” Free tickets are available through Tickets West and the Pikes Peak Center. For information, call 554-2263.

**Mother’s Day brunch**
The Club is having a Mother’s Day brunch May 13. For reservations, call 574-4100 or 556-4181.

**Housing Office closed**
The Housing Office is closed May 15 for an official function. Regular hours of 7 a.m. to 4 p.m. resume May 16. For information, call 556-7173.

**Volunteer opportunity**
Volunteers are needed for traffic control before, during and after the Air Force Academy Graduation May 30. Volunteers will need to be in place by 6:30 a.m. and will work until 2 p.m. Money raised by volunteering for this event will go toward the 21st and 50th Space Wing Birthday Bash. For information, e-mail Staff Sgt. Emmanuel Ramirez at Emmanuel.ramirez@peterson.af.mil.

**Base exchange and commissary opening**
The base exchange is scheduled to open June 6 and the commissary is scheduled to open July 12.

**Community info available**
Newcomers and Peterson veterans alike can find important community information at www.peterson.af.mil by clicking on People Helping People under the featured links section.

**DFAS web site moves**
The Defense Finance and Accounting Service Web site has returned to its original location. The DFAS Web site moved to www.dfas.mil from its old location at www.dod.mil/dfas. This change affects the DFAS public Web site only. Other DFAS-sponsored online applications, such as myPay, remain unaffected and can be accessed at their current online address.

**Heart Link Spouse Orientation**
The next Heart Link Spouse Orientation Program is May 18 from 9:00 a.m. to 3:00 p.m. at the Airman & Family Readiness Center. A continental breakfast and lunch is included.

The purpose of the Spouse Orientation Program is to strengthen military families and enhance mission readiness. The overall objective of the program is to increase retention of members in the Air Force by increasing spouse awareness of the Air Force mission, customs, traditions, protocol, and support resources and services available to them. This will enable spouses to make better use of the community resources supporting them and their families.

The program has six major activities in which vital information for spouses is presented in an interactive and enjoyable manner. The activities contain icebreakers, games, skits, and presentations to make the experience worthwhile and fun for spouses. The activities are:

- You and the Air Force – Where You Fit In
- Introduction to the Air Force Family.
- Tool Kit for Preparedness.
- Communicating Within the Air Force (with lunch provided).
- Healthy Families.
- Your Vital Importance to the Air Force Family.

To encourage attendance at Heart Link, each active duty member of the 21st Space Wing will be entitled to 1 day off of work after their spouse completes the Heart Link program. For information or to register, call Nona Daugherty at 556-7832 or e-mail nona.daugherty@peterson.af.mil.

**Fitness and Safety**
A Services fitness and safety event planned for May 19 includes an America’s Kids Day Run, an Armed Forces Run and Bike Safety Day. Both runs will begin at 9 a.m. and Bike Safety activities will begin at 10:30 a.m. The events take place behind the Fitness and Sports Center. A bounce castle for kids and prizes for everyone will also be part of the event.

**Fingerprinting Service**
ITT offers fingerprinting for non-official business, which includes gun permits, adoptions and teacher education. The cost is $12, which is $3 less than the Colorado Springs Police Department charges. No appointment is necessary. Service is available during ITT’s hours of operation. For information, call 556-1766.

**Infant Child Care**
The Child Development Center has a short list for newborn care (age six weeks to six months) with the possibility of an immediate opening. The current limited waiting list has children who are not yet six weeks of age. For more information, call 556-7461. Family Child Care is continually recruiting infant care providers. For more information, call FCC at 556-4322.

**Aero Club**
The Aero Club has flying discounts throughout the month of May. Gift certificates and special orders are also available. Members can also receive aviation degrees or use the flying and ground schools towards credits. Check into our Utah Valley State College program. For information, visit the Aero Club office at Hangar 133, call 556-4310 or visit www.21svs.com.

**Full Service Spring Giveaway**
Full Service Spring is a customer appreciation program that continues through June 14. Customers patronizing 21st Services businesses and activities on base are rewarded on the spot with gift certificates and special orders. Customers patronizing the Full Service Spring prize patrol are announced on www.21svs.com. Click on the “What’s Hot Now” link. Unannounced visits are also made. Winners are selected at random and choose from envelopes that contain $21, $210 or gift certificates for Services activities. So far, three lucky Services customers have picked the $210 envelope, one while visiting the Frame Shop, one during Bingo Bonanza at The Club and one at the Aero Club’s monthly safety meeting.

**Short-term cash problems wrecking your long-term prospects?**
If you’re serious about making a change in how you manage your money, then the Asset Recovery Kit (ARK) Program can help.

**ARK**
ARK will provide military and DoD personnel and their families with a short-term, no interest loan to help meet your immediate cash needs. As long as you agree to undertake financial counseling (located at 5262 N. Academy Blvd., Suite 1000, Colorado Springs), you may borrow up to 80% of your net pay to a maximum of $1500. The loan is offered at a 16 flat fee with no credit report—but you must agree to financial counseling.

**Take control of your finances.** Contact one of our representatives at Pentagon Federal Credit Union and ask how ARK may be able to change your life.

**Come talk with us today.**
Colorado Springs Branch:
6045 Barnes Road
Monday–Friday, 10AM–6PM
in February and sampling homemade chimichangas in somewhere between taking photos during the fashion shows brain cells and took root. I can't put my finger on it, but mark in the box, another event covered. American people and run them in the paper. Put a check-
stumble into. Each year, I would pull out the same old fea-
tures. There were other stories out there, but I rarely heard about
the same trap many heritage committee members
celebrations.

editor, I couldn't help but get involved in the annual ethnic
rant of anything beyond popular American or European cul-
Americans raised on high school history lessons, I was igno-
miration and much of the original Hawaiian culture was lost.
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ranch foreman.
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Staff Report
21st Space Wing Public Affairs

The dining out is a social occasion, where servicemembers can dress up, socialize and have fun. Part of the fun includes the mysterious Grog Bowl, a usually unavory combination of foods and drinks.

In military tradition, the grog bowl is a disciplinary measure for anyone who breaks the strict, formal protocol of the night, and is used as much a tool of retribution as discipline.

Whether you have avoided the Bowl or are an expert at facing the mess, the Grog yields many stories and memories. Here are Tales From the Grog Bowl.

What were you sent to the Grog Bowl for?

- I've only sent others,
- Not minding enough during the social hour,
- Because my wife couldn't wait for a bathroom break. She got up and snuck out through the kitchen. Knowing she had been seen, I calmly stood up and walked out the front doors. Upon return, my First Shirt ratted us out. The president of the mess decided he could join us for not keeping his troops under control.

What had you been told about the Grog Bowl and was it true?

- That it was super nasty ... so bad, I might throw up. The alcoholic version was pretty strong, but it was not nasty.

Disciplinary Out: Tales from the Grog Bowl

- That it was nasty, but the unleaded version was worse ... Very true!

What myth would you like to see dispelled about the Grog Bowl?

- Nothing. It’s good to keep someone worried and guessing.
- That the grog isn’t fun. Typically, the entire evening is fun if the crowd wants it to be.
- None, the more myths, the better!

What’s the best, or worst, thing about the Grog Bowl?

- The best is that no one is exempt.
- The best is sending someone, worst is having to chew the grog.
- Best, it’s free drink! Worst, a person with a sadistic attitude making it!

What kind of ingredients have you seen in the Grog?

- It’s got to have toothie rolls.
- A myriad of alcohol, candy bars, Tabasco, Gatorade, punch, grenadine, tomato juice, pickle juice, coconut...
- Prunes, pretzels, Maddog 20-20, Tabasco sauce, little floaty things.

What’s your favorite flavor of Grog?

- If you have to ask that question, you need to go to the Grog on principle!

One of the obscure purposes of the original dining out, besides keeping the officers from frequenting disruptive taverns and houses of questionable virtue, was to give the commanding officer of the post an opportunity to closely examine his troops’ use of the rules of etiquette. The commander would proclaim a suitable penalty, ranging from verbal reprimand to extra patrolled duties for violations.

Today’s members, being an orderly lot, would never knowingly engage in any breach of protocol or social etiquette. However, the means of ensuring that decorum is maintained is the “Grog.”

The Grog bowl is a standing penalty for anyone deemed worthy of punishment. It is incumbent upon each and every member of the mess to bring to the attention of Mr. Vice and the President any gross behavior or social faux pas. Members bring infractions to the attention of the President by raising a point of order. If the veracity of the charge is questioned, members vote by tapping their spoons on the table. When the President directs a violator to the grog bowl, the individual proceeds to the bowl promptly. The bowl is usually located on Mister/Madam Vice’s table.

Upon arriving at the grog bowl, the violator does the following:

- Does an about face and salutes the President
- Turns to the bowl and fills the cup
- Does another about face and toasts the mess
- Drains the contents of the cup without re-moving it from the lips, then places it inverted on her/his head signifying it is empty
- Replaces the cup, again salutes the President and returns his/her head. With the exception of the toast, “To the Mess,” the violator is not permitted to speak during this process.

Common violations of protocol warranting a trip to the Grog Bowl:

- Arriving late at the cocktail lounge
- Carrying drinks into the dining room
- Wearing the cummerbund inverted
- Wearing an ill-fitting or discolored mess jacket
- Wearing clip-on bow tie at an obvious angle
- Wearing non-issue suspenders
- Toasting with an uncharged glass
- Improper toasting procedure
- Starting a course before the President
- Applauding a particularly witty, sarcastic, or succinct toast (unless following the example of the President)
- Loud and abrasive remarks in a foreign language or in English
- Discussing business, referred to as “opening the hunger doors”
- Leaving the dining area without permission from the President
- Talking while another person has the floor
- Caroling or quibbling
- Haggling over date of rank
- Using foul language

About the Grog Bowl

RULES OF THE MESS

The following is a list of rules under which the mess will be conducted. They are designed to conform to tradition and promote levity. Violators of these rules are subject to the wrath and mischievousness of Mister/Madam Vice. All assigned penalties will be carried out before the membership.

- Thou shall arrive within 10 minutes of the appointed hour.
- Thou shall make every effort to meet all guests.
- Thou shall move to the mess when thee hears the chimes and remain standing until seated by the President.
- Thou shall not bring cocktails or lighted smoking material into the mess.
- Thou shall smoke only when the smoking lamp is lit.
- Thou shall not leave the mess whilst convened. Military protocol overrides all calls of nature.
- Thou shall participate in all banter unless thyself or thy group is honored with a toast.
- Thou shall ensure thy glass is always charged when toasting.
- Thou shall keep boxes and comments within the limits of good taste and mutual respect.
- Denigrating or insulting remarks will be frowned upon by the membership.
- However, good natured needling is ENCOURAGED.
- Thou shall not murder the Queen’s English.
- Thou shall not open the hangar doors.
- Thou shall always use the proper toasting procedure.
- Thou shall fall into disrepute with they peers if the plants of thy cummerbund are not properly faced.
- Thou shall also be painfully regarded if thy clip-on bow tie rides at an obvious list. Thou shall be forgiven; however, it be to ride at a comparable list.
- Thou shall consume thy meal in a manner becoming gentlemanly.
- Thou shall not laugh at ridiculously funny comments unless the President first shows approval by laughing.
- Thou shall express thy approval by tapping thy spoon on the table. Clapping of thy hands will not be tolerated.
- Thou shall not question the decisions of the President.
- When the mess adjourns, thou shall rise and wait for the President and head table guests to leave.
- Thou shall enjoy thyself to thy fullest.

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TYNDALL AIR FORCE BASE, Fla. (AFNEWS) — A 66-year-old Air Force officer got a perfect score on his annual military physical fitness test for the second year in a row.

“During my recent annual fitness test, I ran a mile and a half in 10:15, did 45 push-ups in one minute and 45 sit-ups in one minute,” said Lt. Col. (Dr.) Daniel Kulund, fitness and wellness advocate and chief of medicine at the Tyndall clinic.

“This added up to a score of 100 for my 55-year-old-and-above category. I’m 66, but my performance on the test would have scored an ‘excellent’ (over 90 points) for a 26-year-old – someone 40 years younger than me.”

The annual fitness test is required for all active duty Air Force personnel. The test consists of a one and a half mile run, sit-ups and push-ups. The standards are determined based on age, and scores are assigned based on the speed of the run and the total number of sit-ups and push-ups accomplished in one minute.

Colonel Kulund has been exceeding Air Force fitness standards for years. The 66-year-old orthopedic surgeon is also a contributing author to medical text books and fitness manuals. He has reformed fitness methods and programs for the Air Force throughout his military career, and continues to invent new routines based on the most current scientific studies and physiological advancements.

At your service

The 21st Services Squadron offers some of the finest recreational opportunities and the greatest value in leisure activities.

The 21st Services Squadron Web site is a gateway to fun and an incredible array of quality services.

www.21svs.com
Harper said one of his goals going into the game was to get some of his players who hadn’t played some valuable time, but because of the competitiveness of each game, he was unable to get the time he wanted. Getting playing time for all the players is important to the team cohesion and team morale, something they have had all season according to Harper.

“This varsity team has shown the commitment to make unique sacrifices to represent the base in a special way all season long,” he said. “What I like about this team is everyone encourages each other. Also there has been a lot of practice time put in by the players. Even when we had the snow storm, they made it to practice. I am really glad to see that commitment by our players for a sport they are volunteering to play.”

The way the Colorado Springs city league has responded to the base team is also very interesting according to Harper. The coach said he always seems to get the opposing team's best effort and after having a conversation with some of the league officials he understands why.

“I have been told by the referees that the other teams step up their games when they are playing against us,” Harper said. “The refs have told us that it has brought the level of competition up and that is good for the league.”

What is good for the league is also good for the base team. For the base team, being the team everyone shoots for helps the players take Coach Harper’s words to heart when he tells them they will need to be ready for the game. There has been a lot of practice time put in by the players. Even when we had the snow storm, they made it to practice. I am really glad to see that commitment by our players for a sport they are volunteering to play.”

The varsity volleyball team consists of two very similar players that Hammer will have that moment to take. The way the Colorado Springs city league has responded to the base team is also very interesting according to Harper.
Air Force appreciation night

Colorado Rockies third baseman Garrett Atkins, 27, fouls off a pitch during the team’s exhibition game with the Colorado Springs Sky Sox in early April. The Colorado Springs Sky Sox will hold their annual Air Force Appreciation Night May 11. Gates open at 5 p.m. and the game starts at 6 p.m. A fireworks display will immediately follow the game. The Colorado Springs Sky Sox will take on the Nashville Sounds. Servicemembers can receive a ticket voucher from the Information, Tickets & Travel Office located in Building 640. Ticket vouchers can be exchanged at the Sky Sox ticket window for free tickets before game day. Some sections are already sold out. The first 1,000 members of the military community that arrive early will be given access to a free tailgate party, courtesy of USAA.

Fitness Center activities

For information on any of the activities listed below, call 556-4462.

• Team Bench Press and Squat Competition, May 1-31
• Doubles Tennis Tournament, May 8-10, 5 to 8 p.m. (Deadline to register is May 4)
• Relay Run (4x100 and 4x400), May 15, 5 p.m.
• Health Fair, May 18, 11 a.m. to 2 p.m.
• Family Sk/10k Fun Run, May 19 from 9:30 a.m. to noon
• One Pitch Softball Tournament, May 21-23, 5:30 to 7:30 p.m. (Deadline to register is May 17)
• Memorial Day Sk/10k Fun Run, May 31, 11:30 a.m.
• Massage therapy is available at the Fitness and Sports Center.
• The Peterson Cup is underway. First quarter events include a Team Bench Press competition at 12 p.m., March 7 and a Wallyball Tournament at 3 p.m., March 13-14. Points will be awarded based on participation and event results. For information, call 556-1515 or visit www.21svs.com.

Bowling Center activities

The new summer hours for the Peterson Bowling Center are Monday and Tuesday, 11 a.m. to 3 p.m., Wednesday and Thursday, 11 a.m. to 9 p.m., Fridays 11 a.m. to 11 p.m. and Saturdays 3 to 11 p.m. The center is closed on Sunday. For information on any of the activities listed below, call 556-4607.

• May 7-12 — Junior Team USA will be bowling at the Bowling Center. Watch, learn and talk to these fantastic young bowlers.
• May 11 — Minnesota natives bowl three free games (proof required).
• May 12 — Pre-Mother’s Day Special: Moms bowl three free games when accompanied by their kids.
• May 19 — Armed Forces Day Special: Active duty and retired personnel bowl three free games when accompanied by their family
• May 25 — Intramural bowling banquet and base championship presentation
• Bowling Intramurals — Wednesdays at 3:30 p.m.
• Have A Ball League — Thursdays at 5:30 p.m. Offers great themes such as Superman and NASCAR. Summer Strike Force — Begins June 1 and continues through July 31. Participants can win prizes and cash when participating in programs at the Bowling Center.
• YABA Instruction Classes — Saturdays 1 to 2 p.m.
• Monthly 9-Pin No-Tap Bowling and Black Hole Tournament — 3rd Saturday of every month
• Gold Head Pin — Free game (Saturdays, Sundays, holidays)

Youth sports needs coaches

The youth sports department needs coaches for a variety of sports. For information, call Les Stewart at 556-5242.

Outdoor Recreation trips

Whitewater rafting trips down Royal Gorge, Bighorn Sheep Canyon and the Parkdale section of the Arkansas River run every day beginning May 26. All gear, transportation and a picnic lunch is included. Pre-registration is required. For more information or reservation, visit Outdoor Recreation, Bldg. 675, or call 556-4867.

Two-minute drill

Fitness Center activities

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