AEDC Commander driving first hybrid vehicle on base

By Patrick Ary
Aerospace Testing Alliance

It wasn’t long after AEDC Commander Col. Michael Panarisi started driving his new hybrid car that he realized he had something else to do while he was behind the wheel: find ways to get as much gas mileage as possible.

“It’s almost a challenge to maximize the little economy meter and learn what you have to do to get your mileage up to 41 miles a gallon,” Panarisi said. “It’s almost a fun thing to do. It’s almost a game you have to play while you’re driving. It’s something that is enjoyable.”

After some tweaking he was able to get his mileage up to 41 miles a gallon, and that took only a few simple changes in his driving habits. One was gentle acceleration. Another was taking advantage of the regenerative braking system that recharges the car’s battery when the brakes are applied.

“The biggest behavioral change is when I see the stop sign, I get off the gas,” Colonel Panarisi said. “I see the stop sign, I get off the gas,” Colonel Panarisi said. “It will coast quite nicely and then you can gently apply the brakes and immediately the little economy meter turns green, meaning it’s recharging the battery as you’re approaching the stop. It’s amazing how far out from a stop sign you can get off the gas and not hinder traffic behind you.”

The commander’s new hybrid is a 2011 Ford Fusion, one of two hybrids recently leased for the base fleet. It will take the place of his Ford Expedition, which he says was getting an average of 16 miles to the gallon.

“The hope is the long-term fuel savings will result in overall savings across the life of the lease,” Colonel Panarisi said.

The new additions to the fleet are the response to an Air Force energy plan that requires a two percent reduction in petroleum use, according to AEDC Logistics Manager Erik Wineland.

Most Air Force bases have responded to the requirement by switching to “flex fuel” vehicles that are capable of using E85 fuel, Wineland said. The Air Force has recommended the fuel, which is a blend of fuel that is 85 percent ethanol and 15 percent gasoline. The problem at Arnold is there’s no convenient place for the base’s vehicles to fill up on E85.

“We don’t have E85 tanks here, so that means I have to drive off base to fill up our vehicles with E85,” Wineland said. “It just so happens if we go to the nearest E85 station, it winds up costing us more money.”

Community members promote Arnold in D.C.

By Kathy Gattis
Aerospace Testing Alliance

A group of about 20 area business and community leaders walked the hallways of Capitol Hill last week to talk about AEDC and its importance to the nation.

Members of the Arnold Community Council (ACC), a support group for AEDC which was formed in 2000 to promote and support the base, met with Congressional members and staffers from Tennessee and 10 other states that have a tie to the Center.

“It never ceases to amaze me how many people in Washington, D.C. want to help when they understand how important AEDC is to the defense of our nation,” businesswoman and ACC Public and Community Relations Chair, Mike Niederhauser said.

“Arnold Air Force Base is the lifeblood of our community and an asset to our nation. We as individuals must do everything we can to protect it.”

Among the lawmakers Arnold Community Council members met during their trip to Washington were 4th District Rep. Scott DesJarlais, above, and Senators Lamar Alexander, below left, and Bob Corker, below. (Photos provided)

RIGHT ON TARGET

AEDC testers work to ensure Small Diameter Bomb II finds its mark

By Philip Lorentz III
Aerospace Testing Alliance

Imagine a lightweight and powerful precision-guided bomb that would enable an F-15E Strike Eagle fighter to find and destroy a moving enemy target under challenging conditions – like during a powerful dust storm at night with anti-aircraft rounds being launched.

And in case that first bomb fails to take out the target, several more of these 250-pound class destroyers are available on the aircraft to finish the job.

AEDC engineers are helping to ensure Raytheon’s Small Diameter Bomb (SDB) II is just what the warfighter ordered. Store separation and aerodynamic testing of a 1/20th scale model of the weapon and F-15E is ongoing in Arnold’s 4-foot-
National crisis was avverted, but you should always be ready for the next one.

By Col. Michael Panaris

When? That was close. Now that we look through the front of a government shut- down, it’s time to take a hard look and make sure our “home” is built solid.

Just as we repeatedly emphasize the importance of preventing surprises to the interest of safety, this week’s near miss should have served as a wake-up call to all of us to review our current emergency situations and how vulnerable we are to unexpected interruptions to our income.

To borrow a famous phrase from the Boy Scouts, “Always Be Prepared” applies to this area of our lives as well.

Putting the politics aside, if anything, this week’s scenario would have warned all of us that even the most secure income source is hardly guaranteed, and we need plans in place for all kinds of eventualities.

I know personal finances can be exactly as personal as they are public but we all are aware of how bad off things could get to be too get overly precious on the pocket but I think there are some general principles worth emphasizing that we all can relate to.

This is particularly salient to our military members… financial issues are a problem that face us in daily life. No matter how many you put together to a huge safety net under your incomes, and the biggest transition from day to day is serious. Getting out from under that load should be high on your list of “emergency.

And even a temporary loss of income certainly qualifies as an “emergency.” Most plans recommend an “emergency savings account” as the first action to take. It should be around $1 of safety.

Due to the ambiguous wording of the last issue’s story, we accept two answers. The first rocket motor tested at AEDC was the Skybolt. The first rocket motor tested on base was the B-52s rocket-powered-ighbolt on the B-52, which was tested in 1954.

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Vision

AEDC are as follows: vision is to be a world leader in aerospace testing. The center’s vision: AEDC is at the core of our mission is the strategic plan. The center’s vision: AEDC is at the core of our mission is the strategic plan. The center’s vision: AEDC is at the core of our mission is the strategic plan. The center’s vision: AEDC is at the core of our mission is the strategic plan.

Core Values

• Quality - our own actions.
• Ethics - the safety of individuals and environment.
• Customer focus - our integrity and authenticity.
• Innovation - our work is better at what we do.
• Competence - dedicated professionals.
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Smoking Policy

1. The following second AEDC smoking policy is effective immediately. Smoking is permitted only in designated areas identified by a plastic "smoke" label. The smoke label may be placed on outside windows and doors at which time it will be removed. All areas designated as ‘smoking permitted’ will be identified by a "smoke" label.

2. Supervisors are encouraged to take every opportunity to educate their employees on the harmful effects of smoking.

3. Smoking breaks will be added to the site.

4. This letter supersedes previous letter dated 28 October 2006, subject as above.

3. Updates to this policy will be made in the future to further align with Air Force guidelines.

2. Supervisors at every level will ensure this policy is followed. Disciplinary action is appropriate for any violations.

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AEDC testers share with elementary students

By Shawn Jacobs

AEDC employees share with elementary students on a few topics, and energy conservation...
The problem with these older data formats is in the microfiche and microfilm readers, which are largely obsolete. We frequently receive requests for copies of both tabulated test data and reports, said Sherry-Simon, a senior technical specialist in AEDC’s own Kurnat Gas Dynamics Facility. “In the VKF archive, we have tabular full of microfilm and microfiche dating from the 1970s. Sometimes this is the only existing copy. Fortunately, in the case of the Colorado shuttle inquiry, we had saved years of data from that program on our own VFK Tunnels as well.

At one time we had a film reader that would allow users to view the data and make copies of pages of interest, but it has long ago fallen into disrepair.

The new digital reader at the library will help in several ways. "These formats allowed us to reduce the bulk of these huge publications to a compact form," explained Fred Race, the lead at AEDC’s technical library.

The information from the test at AEDC involves a grid survey approach, in which SDB II aerodynamic loads are measured at a pre-determined array of store positions and attitudes. “We do the first part of the trajectory with the fins stowed,” Dr. Frits explained. “Then, in a tactical trajectory – at some point shortly after the weapon deploys - the fins will deploy, changing the aerodynamic characteristics of our weapon and then we can begin steering if we need to.”

The third phase of the test at AEDC involves a new document scanner.

"The Air Force still does microfilming of the histories because microfilm is still one of the very best mediums, beside paper, to preserve information on,” he said. “In terms of longevity microfilm is much better than CD-ROMs. The story is that companies don’t produce readers for microfilm anymore.”

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Byrd

From page 3

than we save. So it still doesn’t relieve us of the responsibility to try and save fuel.”

That’s when AEDC Transportation Manager Renee Gunn came up with an alternative to the alterna-
tive fuels plan. “This award period AEDC was asked by the Air Force to develop an implement-
mation plan for energy conservation for AEDC, and alternative fuels for transportation was one part of those projects in the plan,” Gunn said. “This is part of that alternative fuels plan. We’re also looking at hy-
drogen fuel cells, methanol and compressed natural gas. This is just a small piece of some of the things we’re looking at.” The Fusions were leased from the U.S. General Services Administration (GSA). Flight Right now, the commander is driving one; the other is being used in AEDC’s investments area. Two more are on order from GSA.

For Colonel Panarisi, the hybrid is a step in the right direction – and he wants to be the one setting the example for everyone else at AEDC. “If you want to change the culture, you have to lead by example,” he said. “There’s no doubt about it. Everybody knows what the commander is driv-
ing, so there is a message there that I’m taking steps to save fuel in the car that I’m driving, and let that be an example to everyone.” Wineland is a believer. The same day he drove the bus’s new Fusion, he went out and bought a hybrid to offset the cost of his 120-
mile round trip commute from DeKalb County to the base. He’s now spending a fraction of the $200 it cost him in gas each week to drive to work. He wanted to keep money in his wallet as gas prices climbed, and he says everyone at AEDC has been doing the same. “Now you’ll see everybody else scramble to get the hybrids and we’re already there,” Wineland said. “Sometimes you run into the problems where you try to convince people there’s a need before there’s a need, and they don’t realize how impor-
tant it is until you’re there and it’s too late. That’s the whole point about AEDC, the way we’ve set up with best commercial practices and with our contract, we can react a lot quicker than regular Air Force bus can and do neat things and do it faster.”

Gunn said some of the credit lies with GSA’s rep-
resentatives, who even gave one of the hybrids to a student in third, fourth and fifth grades. “This is designed for elementary school students in third, fourth, and fifth grades. A hybrid demonstration teaches stu-
dents in third, fourth and fifth grades about the topics is related to the hybrid vehicles which are scheduled to be in AEDC’s fleet over time. Out of the 438 vehicles on base, about 120 are hybrid vehicles. There are also two elec-
tric utility vehicles being used in the base’s Roads and Grounds section, which Ramsey says are cheaper than the diesel equivalents that were previously used. Gunn says they have per-
formed well. “With the data collected so far, we have documented 86 percent savings in annual energy consumption,” Gunn said. “These are just some of the ways AEDC is trying to save energy. Colonel Panarisi keeps the lights off in his base office and uses natural light from his win-
dows whenever possible. Every other light in the hallways of the AEDC building is turned off for cut back on energy consumption. Those are two examples of the free and easy-to-
implement strategies, and his new car is another way he’s championing savings.”

“It’s just another part of our never-ending effort to find efficiencies, and I’m more than happy to do my part,” he said. “It’s a zero-
sum game. Every dollar that we don’t consume in energy, we can use to preserve or maintain our capabilities. We can build no stone unturned as far as that goes.”

SCHOOL

From page 3

Roepke said the students were receptive and the in-
teractive approach taken by the presenters was effective.

“The students enjoyed the pictures, discussions and information that were shared,” she said. “They were very excited to meet Colonel Peavy and Lieutenant Miller. The in-
formation shared during this meeting will have a lasting impression on the youth and their team members. They will benefit by seeing the real life application of informa-
tion they are learning about.”

As it turned out, many of the students in this group looked familiar to Colonel Bailey. Some are the entire fifth grade class from Robert E. Lee Elementary School at AEDC (Photo provided), as said this year, Roepke. “The students had a great time and learned many interesting facts.”

AEDC’s Spark program is designed for elementary school students in third, fourth, and fifth grades. A hands-on demonstration teaches stu-
dents about the part參與者的车手分享与与与与与与与与与与与与与与与与与与与与与与与与与与与与与与与与与与与与与与与与与与与与与与与与与 with the officers.”

Colonel Panarisi and his colleagues also see the importance in teaching people. “They’re re-
sponsible for the future,” he said. “That’s why we work to educate the public about the work we’re doing here and carry it even further into the future. We’re a forward looking organization and we’re looking for the next generation who will work here, we hope.”

Robert E. Lee Elementary School’s Energy Team study group and guest speakers from AEDC assemble for a 4th grade photo. Pictured are (front row, l-r) Cooper Yoder, Bradley Holmea, Leach McClure, Maddie Kane, Sam Uebelo, Jahnvi Patel, Sarah Schweitzer and Will Bailey; back row: Kathy Hegler, Sherry Roepke, Charity Taylor, Megan Schweitzer, 2nd Lt. Drew Miller, Col. William Bailey and Lt. Col. Brett Peavy. Energy Team member not present was Dante Brown. (Photo provided)

“Some of the things we’re doing here are so new, and it’s too late. That’s the whole point about AEDC, the way we’ve set up with best commercial practices and with our contract, we can react a lot quicker than regular Air Force bus can and do neat things and do it faster.”

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sum game. Every dollar that we don’t consume in energy, we can use to preserve or maintain our capabilities. We can build no stone unturned as far as that goes.”
Rascoe said the speed of converting the film to a searchable digital format is a tremendous benefit to engineers who need rapid access to test reports, many dating back decades.

“The ScanPro 2000 gives us the ability to scan the data to a PDF file or print hard copies if needed,” he said. “Our goal is to have all the data on microfilm scanned to PDF files and stored on our data servers.”

Doyle Veazey, an AEDC test project engineer, said film-formatted material is stored in many areas throughout the base.

“The vault on the second floor of the Propulsion Wind Tunnel complex’s office building contains microfilm and microfiche from the 1960s through the early 1990s,” he said. “Magnetic media from that era either can no longer be read because there’s no reader or the media is degraded beyond the point of use.

“A scanner that can readily convert the microfilm and microfiche to PDF could save hours of time and the information – stored in an appropriate server location – would be much more accessible to staff,” Veazey said. “Historical data is periodically needed to support investigations, either in how our facilities should or do operate and to satisfy customer requests. Having data in a PDF format could also lead itself to important it into other formats, like Microsoft Excel or Matlab, for further calculations, plotting, and etc.”

Rascoe said all AEDC personnel are welcome to use the new scanner.

“Just call us at 454-7220 or drop by the Technical Library in Building 100, suite C212 any time to discuss and to see the scanner in action,” he said.

WASHINGTON – All service members will receive their full mid-month pay they have earned in their paychecks April 15, Pentagon officials said Monday.

“Basically, all active duty and reserve service members will receive full mid-month pay on the 15th of April,” Pentagon spokesman Marine Col. Dave Logan said. “It may be in two separate payments, but on the 15th everyone will receive their full allotted pay.”

Confusion arose about the April 15 payday due to the threatened closure of the U.S. government last week. Administration and congressional leaders came to an agreement that ended that action late April 8.

The Defense Finance and Accounting Service had posted “net pay advice” to some service members, telling them what to expect in their accounts.

“Those net pay advice statements were made ... before we knew there was an agreement to fund the government,” Colonel Logan said. “When those were posted they only showed partial payments, but again, everyone will receive their full pay on the 15th for the duty served and it may be in more than one deposit.”

Officials urge service members to check their end-of-month leave and earnings statements carefully. The normal end-of-month statements will be posted to accounts April 22. The finance and accounting service has restored access to all leave and earnings statements, net pay advice or advice of pay for service members on the myPay website.

“The most-current advice of pay will still only show the partial payments for April 1-8,” the finance service posted on its website. “This will allow us to make sure we can still process pay for April 9-15 and take steps to ensure it is in bank accounts on the 15th.”

For more information, visit the myPay website.
ACC from page

ACC members scheduled meetings with Congressional members from Tennessee, Georgia, Flori-
da, Maryland, California, Washington, Ohio, Mas-
sachusetts, New Mexico, Illinois and Alabama.
AEDC has facilities in Tennessee, Maryland and California related Air Force test missions facing similar budget issues with facilities in California, Florida and New Mexico, major customers in Ohio, Massachusetts, Washin-
ton, Illinois, California and Florida.

“I think the legislators and staff were very recep-
tive to our message,” said Brian Skelton, ACC mem-
ber and Air Force Materiel Command Community Li-
aison officer. “They all seemed impressed that AEDC had almost 20 vol-
unteers in D.C. advocating for the base and for the Air Force.

The ACC has built up a good reputation among the Tennessee delegation due to the hard work of many volunteers over the last several years.”

ACC President, retired Major General and former ACC Commander, Mike Wiedemer, agreed.

“AEDC has accomplished its mission to help make American aerospace technology second to none. I want to ensure it continues to be successful in ac-
complishing that mission in the future,” he said. “It’s imperative Congress is aware of the current status of AEDC’s on-going mission and to ensure that our representatives are prepared to help solve issues that only they can address.

In previous years the council requested Con-
grressional support for a va-

rity of military construc-
tion (MILCON) projects – primarily maintenance and upgrades. In 2010, the ACC formed a Strategic Planning Committee to look at long range goals for the second quarter of 2011 and to begin setting up with elected offi-
cials in the coming months.

The ACC plans to fol-

low up with elected offi-
cials in the coming months and will begin planning next year’s trip by early fall.

For more information about ACC, go to www.
arlencommunitycouncil.com.

Pictured from left, Sen. Lamar Alexander, John Payne, Franklin County Industrial Development Board; Steve Cope, Arvin, Inc.; Brian Skelton, Tullahoma Utilities Board; Ben Craig, Craig and Wheeler Realty; Bill Comer, Industrial Board of Coffee County; Kathy Gatta, ATA Public Affairs; Dr. David Elrod, ATA general manager; Jimmy D. Nance, Air Engineering Metal Trades Council; Ted Hackney, Industrial Board of Coffee County; and Sen. Bob Corker.

From left: Ted Hackney, John Payne, Walt Wood, Bedford County Chamber and Economic and Community Development; 5th District Rep. Jim Cooper, and Bill Comer.

AFMC bases to implement single-source staffing process this month

By Debbie Gildea
AFMC Personnel Services & Management Public Affairs

RANDOLPH AIR FORCE BASE, Texas – Beginning April 25, all Air Force Materiel Command bases and Hurlburt Field, Fla., will implement the USAJOBS single source job application process currently used to fill civilian positions at all Air Force bases except Luke AFB Ariz. Officials will inform Air Force employees when Luke AFB transitions to the new process.

Under the single source system, civilian vacancy announcements for appropriated fund positions are posted on the Air Force civilian careers website www.afciviliancareers.com and at www.usajobs.gov. Currently, AFMC installation, Hurlburt Field, and Luke AFB civilian employees use the legacy system on the AFPC website to self-nominate for positions. Hiring officials receive copies of candidate career briefs, rather than resumes, for internal employees. After April 25, only Luke AFB will continue to use the legacy system.

According to Air Force civilian service marketing specialist Pat Stokes, career briefs contain cryptic codes that are sometimes difficult for supervisors to decipher. “The resume requirement levels the playing field, enabling internal applicants to provide information that a career brief may not have included, and that makes them more competitive,” Stokes said.

Under the single source process, every candidate will be required to submit a resume when applying for a position posted on USAJOBS. Those new to the site will find a helpful resume coach on the www.afciviliancareers.com and www.usajobs.gov websites. The installation Airman and Family Readiness Center also offers resume-building assistance.

The AEDC Information Line is available for ATA employees to get the latest information on a wide variety of emergency circumstances that could impact base operations or driving conditions.

454-3600

www.usajobs.gov

For more information about civilian careers and other personnel issues, visit the Air Force personnel services website or call the Total Force Service Center at 800-525-0102.
Camp Forrest: World War II-era memories

By Philip L. Lorenz III and Darbie Sizemore

Aeroplane Testing Alliance

Few remnants remain of what was once one of the largest training bases during World War II, Camp Forrest. Along old road beds that crisscross some 10 square miles, there are crumbling chimneys and foundations of what once were barracks and other buildings now overgrown by vegetation. These “leftovers” stand as reminders of the area’s rich military past to passers-by traveling along Wattenhorst Highway.

Camp Forrest was built on land previously utilized in 1926 as a Tennessee National Guard camp, known as Camp Peay. It was built on land thought to be worthless, at a time when Wattenhorst Highway was known as the Peay Highway. Both the camp and highway were named after Gov. Austin Peay.

Construction of Camp Forrest facilities began in earnest in 1940, with the first troops in residence by March 1941. Covering 85,000 acres, Camp Forrest was used as an induction center, where soldiers were trained in the basics of artillery. The first troops to move in were 1,000 men of the Tennessee National Guard 181st Field Artillery Regiment. Plans were made for 20,000 troops to be trained at Camp Forrest; however, revisions were continually being made. Between September 1942 and March 1944, there were never fewer than 70,000 troops stationed in and around the area.

Camp Forrest possessed an Army Service Forces bakery and cook school, a medical depot company and two Women’s Air Corps detachments. Camp Forrest was an active community, possessing a full-service hospital, three clubs with cafes, dance facilities, library, sports areas, post office, chapel, movie theaters, Red Cross, post exchange, administrative offices, warehouses, exchanges, bunkers and a variety of recreational facilities. Available transportation included bus and taxi services.

On May 12, 1942, Camp Forrest officially became a prisoner of war camp. All totaled, more than 22,000 Italian, German and Japanese prisoners were received during the war at the camp, the prisoners worked in the general hospital, the bakery, kitchens, automotive shops and assisted with local agricultural crops. But, by 1946, the war was over and Camp Forrest was no longer needed. It was declared surplus property. Buildings were sold at auction, torn down and carted away, leaving few physical reminders of the camp.

Records of Camp Forrest, too, are scarce. In 1973, most of the camp’s records were destroyed in a fire at the National Personnel Center in St. Louis. Only about 500 pages of correspondence were salvaged. AEDC Historian David Hiebert said a lot of research has been conducted over the years to regain what was lost, which will help to preserve the history and legacy of Camp Forrest.

“Camp Forrest truly represents what a nation thrust into war was able to do well and in such a relatively short time,” he said. “It was historic because I had to forgo any liberty passes to get out of the military in such a short time, but the German POWs also had ironies in their way. Some [POWs] even had [paying] jobs.”

Yet, as time passes, unfortunately, so do the first-hand accounts. But, thanks to the initiative of members of the Junior Force Council, glimpses into what life was like at the camp are still possible.

In 2009, Tracy Carter, council secretary, spearheaded a cultural walk lead by Hiebert and Chapman. Those who attended the event learned about the layout of Camp Forrest and an overview of its history which included selections from old letters written by locals and Camp Forrest soldiers who had shared their memories and experiences.

An induction center, the base became a POW camp in May 1942. It was declared surplus property.

During the war, Allen was a 19-year-old corporal who served as a fine corporal with the 811th, engineering aviation battalion for the 8th Air Force in England. Later, he helped construct barracks and remove unneeded furnishings with the 9th Air Force in Germany.

Toward the end of the war, he received instructions to report to Camp Forrest.

“The Army sent me to Camp Forrest to serve out the three months,” Allen said. “It was used at that time to house . . . POWs.”

“ar D-le to man a machine gun post in a tower there, guarding the base’s perimeter from prisoners trying to escape. That was ironic because I had to forgo any liberty passes to get out of the military in such a short time, but the German POWs also had ironies in their way. Some [POWs] even had [paying] jobs.”

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Today, a solitary guard tower and a former ‘barrack’ are the only intact structures that remain of the former Army training camp which is now a part of AEDC.

Like Camp Peay before it, Camp Forrest serves as the origin of this area’s contribution to and support of the nation’s military endeavors.
By Philip Lorenz III

As AEDC’s Air Force Reserve...
A few weeks ago, we explored some of the mythology surrounding weight loss routines and exercise intensity. In that article, I introduced the “hard day, light day” strategy, and since then, I’ve received a number of questions about that approach. So let’s look at that in more detail and maybe I can convince you to add this to your workout portfolio. The “hard day, light day” strategy is a fantastic method developed for those of us who need to improve our fitness, but are not professional athletes. When you think about what it takes to get “to the pros” you can see how from their perspective, very little of a percent gain in performance is worth going after. But chasing the upper limits of your performance capability generally increases injury risk, and with dedicated coaching, you can reduce this risk. But if you don’t earn your living by taking your mind and body to the limits of our species, you need a better plan. The “hard day/light day” approach will get you close to 90 percent of your maximum capability without causing the injury risk a pro routine represents. Here’s how it works. The routine is a cardio-based approach, and acknowledges the reality that even the pros run into a wall if they try to run out their efforts every day. By introducing low intensity (like light days), you allow your body to adapt to the challenge gradually, and more importantly, let your psyche adapt as well. Let’s face it: I enjoy a hard workout about as much as anybody, but the thought of facing the threshold of pain every day can get old. But if I know I have a break planned in between, I’m more apt to stick to the plan, and that’s where the magic happens. It turns out that stick- ing to the plan in front of real or imagined obstacles, so a less challenging plan, more cloudy fat “need” will beat a tough plan that you just can’t execute. Plus the “light days” offer a chance to merge your weight training efforts with your aerobic work. Trust me, if you try to “spin the weights” in conjunction with a “hard day” aerobic workout, chances are one of the other (or both!) will be compromised. So, what’s a light day? It might not be what you think. As a cardio-based strategy, the line between “hard” and “light” is largely un- defined in terms of heart rate. To qualify as a “light day,” you’re looking for something around 70 per- cent of your max. It’s still a “workout,” but it needs to be totally sustainable and light enough that you could repeat it a few days in a row without getting into cumulative fatigue or strain. So for most of us (myself included) a light day does not include running. Maybe I’m a mutant (some would argue there’s no “need” with a tough training day!), but if I try to run at all, my heart rate climbs past a respectable 130 beats per minute (that’s 70 percent for me) even if I try to execute a slow jog. So rather than lumber along in a clumsy trot, I hit the machines on light days. The ellipticals, spin bikes, stationary bikes, and even the hand bike, all offer a very comfortable load, making it easy to sustain a target heart rate. Light days will cost a bit more time though. Shoot for 45 minutes, with 30 as a bare minimum. But there’s only one trap … the cadence. You can’t set “light day” drag you into a lethargic, glacial event. You’re much better off keeping your cadence higher and adjusting the load or the machine to drive your heart rate. Why? Efficiency. You only benefit when your muscles contract, and a higher cadence will get more contractions per minute. I maintain at least 90 RPM on the bikes, and 150 “strides per minute” on the elliptical. These rates are “maximal” for me, but many of us are capable of even higher. So for the first couple weeks, shoot for a hard Monday, light Tuesday, rest Wednes- day (maybe weight only), hard Thursday, light Fri- day schedule. As you gain confidence, you can add Wednesday back, but for the first week, start off with the light Monday, so you’ll get three hard days (M, W, F) and one light. Then look at starting off with a hard day, and you’ll have three hard, two soft days. When you are a little achy on Thursday, start re- peat the light day on Friday, and the early phases when you have three “light days,” add in your weight routine. In short order, (about six weeks) you’ll see some real performance gains and your injury risk is very low. I know many aspiring fitness fanatics can’t get over the feeling that they are “wasting time” on the light days. All I can say is the science behind this tech- nique is bulletproof. Aggressive training schemes can produce higher levels of performance more quickly, but obviously, you suffer a setback due to injury, over- training, cumulative muscle fatigue, or mental fatigue. The time lost to forced recovery shifts the progress meter back toward the hard day/light day routine, and over the long term, the suc- cess rates are much higher. So enjoy the workouts, and feel good about “taking it easy” two or three times a week. After a few weeks, you’ll be shocked at just how hard a “light day” has to be to get you up to the 70 percent target. And you’ll have plenty of gas left in the tank for the hard day that follows. Try it!
New construction on Veterans of Foreign Wars Post 1893, located on Woods Reservoir in Franklin County, is almost complete. VFW members have scheduled an April 30 grand opening for the building, which was rebuilt after a fire destroyed the old building in August. (Photo by Rick Goodfriend)

VFW post to host grand re-opening April 30

By Patrick Ary

Aerospace Testing Alliance

Last year’s 81st birthday should have been a good one for Veterans of Foreign Wars Post 1893. As it turned out, it was the start of several months of hard work and recovery, but members of VFW Post 1893 are going to have a new home where they can celebrate their 81st birthday.

“It has not been an easy task these past seven months,” said Ray Cutrell, the post’s assistant commander. “But we are there and now that we’re there, I think the fruit of our effort will prove itself in just the appearance alone.”

VFW Post 1893 burned to the ground Aug. 16. No one was hurt physically, but it was a shock to everyone who was heavily involved in the post’s activities.

Despite the pain, Cutrell said everyone knew they had to get started on a new building and continue the group’s community service.

“On the 17th we were all kind of stunned,” he said. “On the 18th, me and four or five other Vietnam vets set up a tent on the property and established a command post, and we’ve been going since then to reach where we’re going to be on April 30.”

On that day the VFW will have a grand opening of its new post, located in the same spot on Highway 127 in Franklin County. For anyone familiar with the old building that overlooked Woods Reservoir, walking into the new one will be a surprise, according to Dave Uselton.

“They have gone to every expense to change the way the VFW looked at,” said Uselton, a Marine Corps veteran and manager of Aerospace Testing Alliance (ATA) material control at AEDC. “They wanted to make this a family atmosphere where people could come to a lake with a great view, come and have dinner and talk to veterans.”

Uselton got involved with helping the VFW recover from the fire when members asked him to serve on the building committee. He said it was an easy decision to help a service organization that is almost complete. VFW members have scheduled an April 30 grand opening for the building, which was

New construction on Veterans of Foreign Wars Post 1893, located on Woods Reservoir in Franklin County, is almost complete. VFW members have scheduled an April 30 grand opening for the building, which was rebuilt after a fire destroyed the old building in August. (Photo by Rick Goodfriend)

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One of the biggest changes to the new building is the view of Woods Reservoir. The old building, which Cutrell said was built in the 1930s and had already been added on to when the VFW located there in the 70s, was overused for an overhaul.

Now the brick building that burned has been replaced with a steel-framed building that has been designed with large windows that give a view of the water from the dining area.

“It’s just drop-dead gorgeous here right now,” Cutrell said. “It really has an unbelievable view, the way we have it set up now.”

But the road to the grand opening has been hard. Even though there is a dining facility, a bar and a state-of-the-art kitchen, most of the war memorabilia that decorated the walls of the old building is gone. Among them, Cutrell said, was a bullet-riddled flag that flew over Pearl Harbor in 1941. The VFW members have also spent the months since the fire working with an insurance company, the Franklin County commission and the Air Force to get everything in order to rebuild.

Even as they’ve worked toward getting their new building ready, Cutrell said the VFW members have continued to provide all of their normal services to the community. That includes feeding veterans and Murfreesboro, giving away Christmas baskets during the holidays and working with young people through ROTC and sports teams.

“We have continued to do what we’re always done, and we’ve actually had meetings like we’ve supposed to have to maintain the charter,” he said. “So we haven’t skipped a step, even though we’ve been down and out for a while.”

The April 30 grand opening at the post will have a ribbon-cutting ceremony at noon. Barbecue pork butts will be sold to raise money for the post.

VFW Post 1893 will be open to the public for breakfast, lunch and dinner, with the exception of times when meetings are scheduled. Cutrell said more than half of the post’s 260 members are retired Air Force veterans who worked at AEDC, and the members want everyone to come and see the changes that have taken place there.

“We’ve had a lot of downs and a lot of ups,” Cutrell said. “And we’re looking forward to the future of it.”
Hanscom team helps ‘forge’ new path for software development, testing

By Chuck Paone

Hanscom AFB, Mass. (AFNS) — Acquisi-
tion by its nature is a fairly rigid busi-
ness, governed by established rules and
protocols designed to en-
sure integrity, fairness and
procedural oversight.

This creates a vexing problem for those trying to increase acquisition speed and agility. It's particularly challenging when dealing with information technol-
ogy, and software specifi-
cally, where the rate of
innovation is very fast.

“Commercial IT and software development ad-
vances occur so rapidly that the only hope we have of
keeping pace is to embark
on a completely different
and open path,” said Dr.
Tim Rudolph, the Elec-
tronics System Center chief technology officer.

That’s why he and many senior leaders throughout the Department of Defense have embraced a new
approach and destination for
software development.

That place is Forge.mil, a Defense Information Ser-
vice Agency-led effort
being worked, in part, out of the Air Force Electron-
icos Systems Center here.

Forge.mil picks up on the
globally popular software
development community.
SourceForge, where devel-
opers have collaborated for
years in an open environ-
ment, said Ray Smith of
Jackpine Technologies, a
contractor working within
ESC’s Capabilities Integrat-
ion Directorate.

“With Forge.mil, the
push is for the DOD to adopt
some of the same tools and
methods that industry uses
to rapidly design, develop,
test and field software,”
Smith said. “We’re trying to
go toward small, incremen-
tal, functioning software de-
velopers rather than a single
monolithic one at the end of
a contract.”

Forge.mil is less open
than SourceForge; a Com-
mon Access Card or Ex-
ternal Certificate Authority
login is required. However,
it’s still a radical departure
from old ways of doing
business in that it enables
developers to collaborate with
other developers, us-
cer, mission assurance spe-
cialists and testers while
developing.

Testers have always been a
welcome part of the Forge-
mil community, but until
recently there hadn’t been
a component designed spe-
cifically for testing.

The Hanscom team is working to
change that.

Originally called Test
Forge, and now referred
as Forge.mil Testing
Services, this new segment
being developed here pro-
sides tools for continuous
testing of software being
developed.

“This is a huge leap for-
said Pete Walsh, a
contractor with NPLACE
Inc., who is working on
the effort here. “Now for
instance, the Joint Interop-
ability Test Command can
place its test procedures
down there, and the develop-
ers can run them as they go.
That way, they’ll know right
away, long before going into
an official test-
ning phase, if there are any
problems, and can address
them before getting too far
down the road.”

Users also can automate
test
ing processes, so that
regression tests will run at
pre-established times each
day.

“Any new source code
added that day is auto-
natically tested that night,”
Walsh said.

The team developing these
testing services knows how
they work be-
cause they’re using the
features themselves as they
continue to refine them.

“We’re one of the 478
projects ongoing within
Forge.mil right now,”
Smith said. “We’re doing
about what we’re doing com-
pletely within the Forge-
mil environment.” Forge-
mil itself has about 8,500
registered users.

The great benefit of working in this collabora-
tive environment is that it makes development truly
iterative.

“Under the old model,
software systems were de-
veloped and then thrown over
the fence (to testers or
operators),” Smith said. “Now we can
develop, share, test and
refine throughout the pro-
cess.”

Another key benefit is
the use of virtualization,
which enables users to “call
up the tools they need
rather than having to buy
them and configure them
themselves.”

This saves resources and adds
flexibility.

“Now you no longer
situate into a situation where
something works in one
environment but, because
of some slightly different
configuration, doesn’t work
in another environment,”
Walsh said. “Here, every-
one’s working with exactly
the same tools.”

Dr. Rudolph agrees that
this new paradigm is vastly
superior.

“You can’t realistically
become more agile in a
critical area like software
development any other
way,” he said. “You have
to be willing to work in a
relatively open, collabora-
tive environment and
fix things as you go. This is one of the
few ways to kick the tires of software in a larger en-
vironment for transition to
the live network.”

Like any big change, its
success depends on people
feeling at ease with it. That
includes the contractors
paid to develop the soft-
ware-based systems DOD
relied on.

Rather than having the
government wait for the
final product, an open pro-
cess where program man-
age, operators, testers
and others can see what
is being built might make
difference, said William Cook, the
Joint Command and Con-
trol Air Force liaison, who
works out of the center’s
Command, Control, Intelli-
genere, Surveillance and Re-
connaissance Directorate.

“I’m a huge proponent
of the Forge.mil operating
model,” he said. “It allows
us to attain efficiencies in
software testing. We want
our contractors and, by
extension, our programs
to get all the benefits of
devolving while using agile
testing practices, too, and
we want them to feel comfortable doing it.”

That’s why we’re looking at
creating workgroup versions
for individual contractors
to use.

With those workgroup
“collections,” contractors
would have access to all
the development tools and
test procedures, so they know what the en-
tire enterprise environment will be when they load their
software up into Forge.mil.

That’s really what’s at
stake here, Walsh said,
noting that as a contractor,
even he had to make a men-
tal adjustment to working
this way.

“Once we started doing
it, though, we could see
right away that the benefits
for the government were greater than the
risks,” he said.
President Obama says military family support a 'national priority,'

**By Fred W. Baker III**

**American Forces Press Service**

WASHINGTON (AFNS) -- President Barack Obama made caring for military families a national priority Tuesday, calling to action his entire administration and communities across the U.S. on their behalf.

"The strength and the readiness of America's military depend on the strength and readiness of our military families," the president said.

"This is a matter of national security. It's not just the right thing to do. It also makes this country strong."

President Obama made the remarks at the White House, accompanied by Defense Secretary Robert M. Gates and Chairman of the Joint Chiefs of Staff Navy Adm. Mike Mullen, along with other senior officials, as he announced a national initiative aimed at increasing support for the families of U.S. service members.

The initiative will focus on employment, education and wellness, and aims to raise awareness about the sacrifices and needs of military families. First lady Michelle Obama and Dr. Jill Biden, wife of Vice President Joe Biden, will this week launch a national tour as part of the initiative.

The president praised the efforts of today's military but added that no troop serves alone.

"Behind every American in uniform stands a wife, a husband, a mom, a dad, a son or a daughter, a sister or brother," he said. "These families, these remarkable families are the force behind the force. They, too, are the reason we've got the finest military in the world."

In President Obama's travels to military installations since taking office, he said, one theme reoccurs in his conversations with service members.

"There's one thing they request more than anything else: Take care of my family. Take care of my family," President Obama said. "Because when our troops are worried about their families back home, it's harder for them to focus on the mission overseas."

The president cited his recent directive to establish a coordinated federal approach to support military families. Released in January, the report detailed nearly 50 commitments from cabinet agencies to reform, strengthen, or better coordinate the federal government's efforts.

"The efforts range from protecting families from financial scams, to improving education for military children and spouses, to helping end homelessness among veterans."

"As commander-in-chief, I'm not going to be satisfied until we meet these commitments," President Obama said. "Across this administration, we're going to keep doing everything in our power to give our military families the support and the respect that they deserve."

But, the president said, national support for military families cannot be solely a government function. Support needs to be at the community level.

"Our military and our military families can't be the only ones bearing the burden of our security," he said. "The United States of America is strongest, and as Americans, we are at our best, when we remember our obligations to each other, when we remember that the price of freedom cannot simply be paid by a select few, when we embrace our responsibilities to each other, especially those who serve and sacrifice in our name."

Mr. Biden, whose son was deployed for a year in Iraq, said he understands firsthand the value of family support to deployed service members.

"We learned at that time how much it means to those who are in a war zone hundreds of miles away, knowing that their family is being cared for, that their next-door neighbor has offered to cut their grass while their husband is overseas or that the next-door neighbor will give a jumpstart on that cold morning when they're trying to get their daughter or son to elementary school," Mr. Biden said. "They know that those little things are the things that make every day work or not work. It matters. It matters because it's one less thing they have to worry about in theater."

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**Burger Burn raises money for AEDC activities and programs**

Above, AEDC Executive Director Britt Covington pays Tech Sgt. Naomi Bullock for a hot grilled meal at the AEDC Top 4 Burger Burn April 6. Top left, Chief Master Sgt. Curtis Allen tend to the grill, cooking the food sold during the lunch hour to AEDC employees. The Top 4 raised $1,100 by grilling hamburgers and hot dogs along with side dishes. The money will be used to support various base programs and activities. (Photo by Rick Goodfriend)
**Arnold Lakeside Center plans family and teen talent contest**

**The family that gets on stage to perform together is the family that does better.** If not, it must be as it should be. Only a.m. and p.m. snacks will be served. The contest is open to all families, the event will be rescheduled for another time. The registration fee is $4.95 for ages 12 and under. This will be used to calculate the number of participants who attended the event. To reserve your spot for the event, contact J.T. Northcutt, 454-4771, or Lyle Smith, 454-4601.

**Camp Adventure set to begin May 31**

Camping is a 10-day summer camp program offered by the Services Community Flight and the Arnold AFB Family Member/Youth Programs and Fitness Center. The program is designed for families with children ages 5-12 who want to experience the great outdoors and develop new skills. Camp Adventure is set to begin May 31 and run through Aug. 5. Great opportunities exist for families to participate in activities such as hiking, swimming, and team building. The registration fee is $260, which includes transportation, meals, and accommodations. For more information or to sign up, visit the Arnold AFB Family Member/Youth Programs and Fitness Center or call 454-3303.

**Lock-in, Max-Out – Take the Air Force Challenge for Teens**

Join Youth Programs at the Arnold Fitness Center May 13-14 along with neighborhood teens from Robins AFB and Fort Camps – Bell Aire on bases ages 13-18 will awake the night in the Fitness Center and learn how to take on a challenge that tests their physical and mental abilities. The contest will feature athletic events and activities designed to challenge teens and encourage teamwork. The event will be held from midnight on May 13 to 7 a.m. on May 14. Teens interested in joining should call the Arnold Lakeside Center at 454-3303 for more information and to sign up.
Service Division Phone Numbers

Area code 931  DSN 340

Services Chief  454-7779
Services Deputy  454-5615
Community Services Officer/Chief  454-4862
Complex Manager  454-3367
Arnold Lakeside Center (ALC)  454-3350
Arnold Lakeside Catering  454-3500
Hap’s Pizza  454-5555
Membership Information  454-3367
Information, Tickets, Tours  454-3303
Wingo Inn  454-3099
Family Member/Youth Programs  454-3277
Wingo Inn  454-3277
Child Care  454-3277
Gossick Leadership Center  454-4003
Human Resources  454-5491
Marketing & Sponsorship  454-3128
Recycling  454-6068
Barber Shop  454-6987
Fitness Center (FC)  454-6440
Golf Course (GC)  454-5477
Muligan’s Coffee Bar & Grill  454-4502
Outdoor Rec (ODR)  454-4050
FamCamp  454-3838 or 454-8084

May 2011

Sunday  Monday  Tuesday  Wednesday  Thursday  Friday  Saturday

1  2  3  4  5  6  7

1. FC Body Pump Class  Camp 6 a.m.  2. FC Cycle Pump Class  Camp 6 a.m.  3. AEDC Women’s Club luncheon 11 a.m.  4. FC Body Pump Class  Endurance Cycling  11 a.m.  5. FC Body Pump Class  Camp 6 a.m.  6. FC Body Pump Class  Endurance Cycling  11 a.m.  7. FC Yoga 11 a.m.

8  9  10  11  12  13  14

1. FC Body Pump Class – Cycle Pump Class – Body Pump Class – Yoga 11 a.m.  2. FC Body Pump Class – Endurance Cycling  11 a.m.  3. FC Karate 3 p.m.  4. FamFit to Sign up for Lock In Max Out Team event, 454-3277  5. FC Body Pump Class  Endurance Cycling  11 a.m.  6. FC Body Pump Class  Yellow shirt cycling  11 a.m.  7. FC Karate 3 p.m.

15  16  17  18  19  20  21

1. FC Body Pump Class  Camp 6 a.m.  2. FC Cycle Pump Class – Cycle Pump Class – Body Pump Class – Yoga 11 a.m.  3. FC Body Pump Class – Endurance Cycling  11 a.m.  4. FC Karate 3 p.m.  5. FC Body Pump Class  Endurance Cycling  11 a.m.  6. FC Body Pump Class  Yellow shirt cycling  11 a.m.  7. AEDC Women’s Club luncheon 11 a.m.

22  23  24  25  26  27  28

1. GBR Deadline to sign up for the Audubon Springbird feeder June 15, 2011  2. GBR Deadline to sign up for the Audubon Springbird feeder June 15, 2011  3. AEDC Women’s Club luncheon 11 a.m.  4. AEDC Women’s Club luncheon 11 a.m.  5. AEDC Women’s Club luncheon 11 a.m.  6. AEDC Women’s Club luncheon 11 a.m.  7. AEDC Women’s Club luncheon 11 a.m.

29  30  31

1. OB Open  8 a.m. – 4:30 p.m. no classes  2. FamFit Camp Adventure  3. FC Cycle Pump Class – Endurance Cycling  11 a.m.  4. FC Body Pump Class  Endurance Cycling  11 a.m.  5. FC Yoga 11 a.m.  6. FC Cycle Pump Class – Endurance Cycling  11 a.m.  7. FC Karate 3 p.m.

Hours of operation

Arnold Lakeside Center – Special function luncheon available. Call 454-3300 for arrangements. Catering/Management offices Tuesday-Friday 10 a.m.–3 p.m.; Lunch: limited menu Wednesdays, 11 a.m. – 1 p.m.; call 454-5555 to place orders; Dinner: Arnold Express Menu or Hap’s Pizza only. Thursday 5–8 p.m., dinner 5–8 p.m. and Friday 6–10 p.m.; Social Hour Friday 4–6 p.m., Movie Night Thursday 6–8 p.m.; Family Member/Youth Programs: Tuesday through Thursday 10 a.m.–4:30 p.m., 5:35–7:30 p.m.; First Friday Movie Night 5–7 p.m. Outdoor Rec – Main Office. Check In, Marina and Auto Shop Tuesday through Sunday 8 a.m. – 6 p.m. Fitness Center – Monday through Friday 8 a.m.–6 p.m.; Saturday 8 a.m.–4 p.m.; Sunday 9 a.m.–4 p.m. Arnold Golf Course – Pro Shop & Driving Range 7 a.m. – dusk, Driving Range open 24 hours with prescription keycard. Mulligan’s Grill 6:30 a.m. – 2 p.m. Monday through Friday, 7 a.m. – 2 p.m. Saturday and Sunday. Recycling – Monday through Friday 7 a.m. – 4 p.m. Wingo Inn – Monday through Friday 8 a.m.–4:30 p.m., 6 p.m. – 8:30 p.m. Saturday and Sunday 8 a.m.–8 p.m. Barber Shop: by appointment – Monday, Wednesday & Friday 8:30 a.m. – 2 p.m. – noon.


454-3277
Pizza menus. Through June 9 from 5–8 p.m.

American Restaurant

Burgers, chicken ten

Kids 5–9 p.m.

Saturday availability

Dine in or carry-out

www.afclubs.net.

More information visit

American Restaurant

Pizza

Meetings. To enter you

For more information visit

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Pizza

Meetings.

Wingo Inn 454-3051

For reservations, call 454-3051 for reserva-

AEDC Woman’s Club was proud to pres-

April 15, 2011

H3

Welcome in the new spring fashions at the May

3 meeting! Carolyn’s

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