

DELTA 45 • SPACE LAUNCH DELTA 45

CONNECTION

"The most important thing in communication is hearing what isn't said."

– Peter F. Drucker

NW

320

340

0

20

SPACE LAUNCH DELTA 45 • SPACE LAUNCH DELTA 45 •

RESILIENCE

20 APRIL 2023

DAY



AGENDA

CIVILIAN CLOTHES AUTHORIZED

Morning - Delta Wide Events

0730 - 0830

Squadron Discretion

0830 - 0900

Travel Time

0900 - 1030

Opening Remarks – Col Graham, SLD 45 CV-S
*Understanding Trauma Survivor Response
– John D. Foubert, Ph.D.

Sharkatorium & ZoomGov
<https://www.zoomgov.com/j/1618787403>
Meeting ID: 161 878 7403

1030 - 1100

Travel Time

1100 - 1200

Lunch

Afternoon - Events At Squadron Discretion

1200 - 1300
Optional

*Protecting Your Children from Internet Pornography
– John D. Foubert, Ph.D.

Sharkatorium & ZoomGov
<https://www.zoomgov.com/j/1611975745>
Meeting ID: 161 197 5745

1600 - 1630

Complete Resilience Day Feedback

Commanders determine Resilience/Team Building activities to meet unit needs. UNITE program, Resilience Trainers and Helping Agencies are available to assist.

*Content may contain sensitive material

SAAPM 2022

SEXUAL ASSAULT AWARENESS AND PREVENTION MONTH

STEP FORWARD. PREVENT. REPORT. ADVOCATE.

5K COLOR RUN & WALK



APRIL 29 @ 0700

NO REGISTRATION REQUIRED

**WHERE:
WARFIT TRACK**

**WHO:
MILITARY, FAMILIES,
& CIVILIANS**

**FREE
T-SHIRT**
LIMITED QUANTITIES
AVAILABLE

PATRICK & CAPE 24/7 HOTLINE

321-494-7272

DOD SAFE HELPLINE: 877-996-5247

QUESTIONS?

EMAIL HEATHER.TURNER.7@SPACEFORCE.MIL

S A P R
PATRICK SFB
GUARDIANS OF HOPE



APRIL 2023 PATRICK SFB & CAPE CANAVERAL SFS SAAPM EVENTS

Sexual Assault Awareness & Prevention Month

FREE
PAINTING WITH A
Twist



Scan code to sign up or call
321-494-7362/4017

April 18
Painting With a Twist
Melbourne, FL location
1800-2000

25 slots available



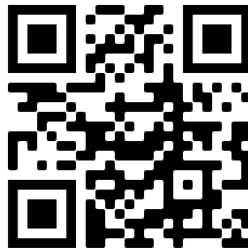
April 20
Resilience Day Speaker
Dr. John Foubert, Ph.D.
0900-1030 & 1200-1300
Sharkatorium



April 21
SAPR 5K Color Run
0700 @ Warfit Track
No registration required
Free T-shirts
(while supplies last)



Post #DenimDay on social media



Scan Code to learn more.

April 26
Denim Day
Wear denim to show
your support!



Want more info? Contact Patrick SAPR Office (321) 494-7362

Patrick/Cape 24/7 SAPR Hotline (321) 494-7272



OAT

OFFICER ASSIGNMENT TEAMS

SPREAD
THE WORD >>

18 APRIL 23

The 61X/62E/63A Officer Assignment Teams (OATs) are kicking off the 2023 Spread-the-Word (STW) season.

The purpose of STWs is to give members insight into how the 62E/63A career fields view officer professional development, give members information needed to shape their future careers, and also to introduce the OATs to all of you in person.

For the Air Force 6X Officers:



Patrick SFB
@ Sharkatorium
18 April from 11-1230

For the Space Force 6X Officers:



FIRST EVENT/BRIEF
Cape Canaveral SF Station
@ Building 1645 (SLS Heritage Room)
18 April from 11-1230

SECOND EVENT/BRIEF
Patrick SFB
@ Sharkatorium
18 April from 1400-1530

PLEASE JOIN US IN THE SHARKATORIUM 18 APRIL FROM 1300-1500 FOR AN ENGAGING CONVERSATION ON THE 61X/62E/63A CAREER FIELDS



USSF/ETMO

There will be a Spread the Word briefing and 1-on-1's for all Patrick SFB and Cape USSF 6X officers.

- ❖ Who:
 - Given by Maj. Michael A Holloway, Maj. Rodger S Anderson, and Capt. Oshane J Wint from the ETMO USSF 6X Officer Assignment Team
 - For all USSF 6X officers at Patrick SFB and Cape Canaveral
- ❖ What:
 - Spread the Word (STW) Briefing
 - *“The purpose of STWs is to give members insight into how the 6X career fields view officer professional development, give members information needed to shape their future careers, and also to introduce the PATs to all of you in person.”*
 - 1-on-1 Career Advice Sessions
 - USSF 62E/63A Officers only:
<https://www.signupgenius.com/go/10C0F45A9A622A2F4C61-ussf>
- ❖ When:
 - Spread the Word (STW) Briefing 1 at Cape (April 18, 2023)
 - 1100-1230 at the **5 SLS Heritage Hall** (15270 Samuel C. Phillips Parkway, Bldg. 1645 Cape Canaveral Space Force Station, Florida. 32925)
 - Spread the Word (STW) Briefing 2 at Patrick (April 18, 2023)
 - 1400-1530 at **PSFB Sharkatorium**
 - 1-on-1 Career Advice Sessions
 - USSF 62E/63A Officers only:
<https://www.signupgenius.com/go/10C0F45A9A622A2F4C61-ussf>
 - Held at both Patrick and Cape on April 18 and 19. See link above for timeslots.
 - Patrick building 981 and Cape building 1645.
- ❖ Where:
 - Spread the Word (STW) Briefing- **PSFB-Sharkatorium and Cape-Heritage Hall**
 - 1-on-1 Career Advice Sessions (USSF 62E/63A Officers only)- Patrick building 981 and Cape building 1645.

USAF/AFPC

There will be a Spread the Word briefing for all USAF 61X/62E/63A officers stationed at Patrick SFB and Cape Canaveral along with 1-on-1 sessions for 61X officers.

- ❖ Who:
 - Given by Maj Eli Garduño from the AFPC 61X/62E/63A Officer Assignment Team
 - For all officers 61X/62E/63A USAF at Patrick SFB and Cape Canaveral
- ❖ What:
 - Spread the Word (STW) Briefing (61X/62E/63A USAF officers)
 - *The purpose of STWs is to introduce the Assignment Team members to all of you in person and to give members insight into how the 61X/62E/63A career fields manage assignments and officer professional development. The STW gives members information needed to shape their future careers and provides an open forum for Q&A"*
 - 1-on-1 Career Advice Sessions (61X Only)
 - 1-on-1 session topics are driven by members (VML, AAD, Join Spouse, EFMP, ML/CC, etc.)
 - 61C and 61D officers sign up here:
<https://www.signupgenius.com/go/10C0C44AAA622A6FDC16-61xoat>
- ❖ When:
 - Spread the Word (STW) Briefing (61X/62E/63A USAF officers)
 - 18 April 2023 from 1100-1230 at the PSFB Sharkatorium
 - 1-on-1 Career Advice Sessions (61X Only)
 - 20 minutes sessions throughout the day on 18 and 19 April
- ❖ Where:
 - Spread the Word (STW) Briefing (61X/62E/63A USAF officers)
 - Patrick SFB Sharkatorium
 - 1-on-1 Career Advice Sessions (61X Only)
 - 18 April morning sessions and all 19 April sessions will be held in the AFTAC Lobby Conference Room
 - 18 April afternoon session will be held in the Base Exchange food court area.



Data Derby
Hackathon

Inaugural Data Derby Hackathon

Attention!

The Data Integration Team of Space Launch Delta 45 is excited to announce that we will be hosting the Inaugural Data Derby Hackathon.

- > When: April 24-28, 2023
- > Where: The Forge at Patrick SFB
- > Who: Military, Civilian, and Contractor* personnel who are CAC holders (you don't need to be a programmer to participate)

To register, go to: <https://bit.ly/SLD45DataDerby2023>
Hackathon check-in begins 0900 on 04/24/2023.

What is a hackathon?

A hackathon is not a cybersecurity event, it is an intense, short-term, and highly collaborative development/analysis sprint that encourages teamwork and cross functional cooperation where participants are focused on a particular set of problems or themes.

Themes

Immersive Data Visualization

There is a lot going on on Cape Canaveral SFS and Patrick SFB. How do we keep track of it all? How can we view our data differently to get more out of it? Can we visualize data in new and useful ways?

Artificial Intelligence and Machine Learning

As we work to modernize our data in SLD 45 we want to take advantage of emerging technology. Can AI and ML make some hard to use data, usable? Can we extract value even now out of the data we have?

Bring Your Own

If your unit or organization has a pressing problem or data that needs analysis, bring it with you!

*Contractor personnel must obtain permission to participate from their supervisors, to ensure that their participation does not conflict with the terms of their contract with their employer or with the terms of their employer's contract with the federal government. If attendance would be outside scope of their contract, contractor personnel must be in a leave status to attend. This notification about the event should not be construed to change the terms of any contract or obligate the Government to pay any contractor attendance.

Inaugural Data Derby Hackathon

The Data Integration Team of Space Launch Delta 45 is excited to announce that we will be hosting the Inaugural Data Derby Hackathon.

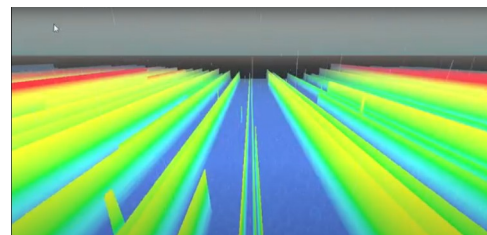
- > When: April 24-28, 2023
- > Where: The Forge at Patrick SFB
- > Who: Military, Civilian, and Contractors* who are CAC holders



<https://bit.ly/SLD45DataDerby2023>

Not just for hackers and coders!

We want to push the limits of what we are capable of doing with our current systems and data.



Themes

Immersive Data Visualization

How can we better visualize the complex data generated and used by the Delta? Explore new tools such as Game Engines for data visualization.

Artificial Intelligence & Machine Learning

How can we leverage the ever increasing and more powerful AI/ML tools to support SLD45?

Bring Your Own Data/Problem

What burning problems do you have or do you have data that needs analysis. Send a team to work on it, or send one person to gather a team.

Who Should Come?

- Programmers
- Data Analysts
- Program Managers
- Marketers
- Designers
- Subject Matter Experts



Space Launch Delta 45 ⚡ Space Spark 1



SCAN ME

Universal Waste Fact Sheet

For all employees who handle or have responsibility for managing Universal Wastes at

**Patrick Space Force Base
and**

Cape Canaveral Space Force Station

Introduction

State and federal regulations require certain wastes generated during various activities and operations be managed in accordance with a strict set of guidelines. The SLD 45 Hazardous Waste Management Plan describes in detail the management and disposal of these wastes.

This flier will familiarize you with the specific regulatory requirements associated with the **Universal Waste** you handle or manage during the course of daily operations.

What is Universal Waste?

Universal Waste is a term used to describe a variety of wastes that are generated by a large percentage of the population. Both businesses and personal residences generate Universal Waste.

Universal Waste often contains hazardous or potentially hazardous constituents such as the toxic metals

cadmium and mercury. Universal Waste includes wastes that, due to their hazardous constituents, might otherwise be subject to the U.S. Environmental Protection Agency (EPA) Hazardous Waste Rules.

The “**Universal Waste Rule**” relaxes many of the requirements for handling and managing these wastes. Examples of Universal Wastes include:

- Aerosol Cans
- Fluorescent Light Bulbs
- High Intensity Discharge (HID) Lamps
- High Pressure Sodium Lamps
- Low Pressure Sodium Lamps
- Mercury Vapor Lamps
- Lithium Batteries
- Mercury Batteries
- Nickel Cadmium Batteries
- Mercury Containing Devices (Switches and Thermometers)
- Mercury Thermostats

What is the Universal Waste Rule?

The EPA finalized the Universal Waste Rule in May of 1995. The State of Florida adopted this rule in its entirety. The federal rule covered unused pesticides, mercury-containing thermostats, spent batteries, mercury-containing lamps and other mercury containing devices. In October of 2020, Florida expanded the rule to include aerosol cans.

The Universal Waste Rule is intended to promote recycling as well as the proper disposal of wastes by easing certain regulatory requirements imposed by the Resource Conservation and Recovery Act (RCRA).

The Federal Universal Waste Rule can be found in 40 CFR 273 – “Standards for Universal Waste Management.”

The Florida Rule can be found in F.A.C. 62-737 – “The Management of Spent Mercury-Containing Lamps and Devices Destined for Recycling.”

Where do I turn in my Universal Waste?

- **Patrick SFB**

The HAZMART (Facility No. 984) will accept mercury-containing lamps and universal waste batteries on Tuesdays and Thursdays between the hours of 0800 and 1000.

- **Cape Canaveral SFS:**

The Patrick Fence to Fence Environmental Support Contractor (Patrick F2F) operates the Universal Waste Collection Facility at Bldg. 55118 every Tuesday and Thursday between the hours of 1300 and 1400.

How do I properly handle Universal Waste?

Once generated, Universal Waste should be containerized, labeled and dated. As soon as possible, the container should be transported to the turn-in facility. Waste that has not been containerized and labeled will not be accepted at the Turn-in Facilities.

For specific instructions on containers and labeling, please see the Technical Response Package (TRP) for the particular Universal Waste generated. Copies of the TRP can be provided to you by your Environmental POC or you can pick them up at the Turn-in Facility.

Battery terminals must be isolated by either bagging the battery or covering the terminals with tape. Bulbs should be placed in their original containers for turn-in whenever possible. If the original containers are unavailable, empty boxes can be picked up at the turn-in facilities during their normal hours of operation. Boxes of bulbs should be transported full to help prevent breakage.

Every attempt should be made to keep Universal Waste intact. Broken bulbs and leaking batteries often revert back to Hazardous Waste and can be costly to dispose of and dangerous to handle.

What do I do in the event of an Emergency or Release?

In the case of an emergency call 911 from an on-base phone. If there is a release of Universal Waste and it is beyond your control, call 911 to activate the Spill Response Team. If using a cell phone at PSFB call 494-0911; at CCSFS call 853-0911.

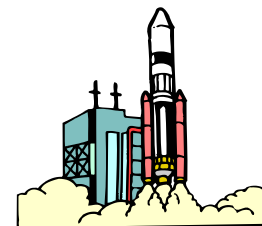
If there is a release of Universal Waste and it is within your capability, knowledge, and training to clean it up, then do so IMMEDIATELY. Package up all spill cleanup debris and label appropriately. Spills at PSFB need to be reported to 298-7022 and CCSFS at 853-5211.

Who do I call if I have questions?

If you have any questions concerning Universal Waste you may contact the following offices:

- **Patrick SFB:**
45 CES/CEIE – Environmental Office
(321) 494-9270
- **Cape Canaveral SFS:**
Patrick F2F – Hazardous Waste Group
(321) 853-6985

Universal Waste and You!!!



Frequently Asked Questions

Sports Advisory Council Meeting Minutes
March 22, 2023, 1200
Conducted by Sheldon Briggs

Purpose: The purpose of the meeting was to discuss and vote on topics within the Patrick Space Force Base Sports Program. The council is used as a marketing means to help promote programs regarding the upcoming intramural and varsity events. Council is also used to discuss and vote on the sports calendar and interested events their respected units might have.

Attendees

Sgt Juan Montes, DEOMI
SSgt Jayne, Schanbacker, SLD 45/EO
SSgt Jessica Holson, SLD 45/CVE
NF-04 Steven Spinola
NF-03 Sheldon Briggs
NF-02 Deidre Williams

DISCUSSION:

1. Recap of football/Softball Season
 - Flag Football Season began 21 Feb and is still ongoing. 10 teams began the season. Up to date the season has been huge season as members are content with game play and officials. Only 1 injury has been reported. Championship is scheduled for 1730, April 13.
 - Softball season began 27 Feb. Due to playing conditions at Schofield playing field, the season is being held at USSSA field in Viera. 4 teams in the season. Colonel Graham threw out the first pitch. Championship game is scheduled for April 19.
2. Revise schedule
 - A new 2023 Intramural Schedule will be coming out soon. One reason for changes is to have sports indoors during summer months.
 - Golf Letter of intents (LOI)s will be out next week. Return date is April 19. Coach's meeting on April 26 at Golf Course. Season beginning May 3. Cost will be \$15 per game. Must have 1 Active duty player on team and participating.
 - Soccer LOIs will go out next week. Soccer will be Indoor Soccer played in gym.
 - Basketball LOIs will be out in May. Season in June (subject to change)
 - Volleyball LOIs will be out late June.
 - All sports time schedule may change due to length of previous sport participation.
 - When submitting the LOIs, please keep in mind of any impact that may affect your squadron from participating (leaves, deployments, etc.). Unfortunately forfeits cost us money which effects the budget. Which turns around and effect the entire program.
3. E-Sports
 - E-Sports is gaming tournament that falls under the Sports Program. It's a competitive video gaming that offer prizes and participants. It involves various genres game tournaments in areas of first person shooting, racing, fighting, etc. The next gaming tournament is scheduled for April 28 for all day gaming. More to follow.
4. Commander's Cup Trophy Points
 - The basis for the Commander's Cup Trophy is to get involve. It's a traveling trophy that is given to the squadron that participates, attends meetings, placed finishing within a

given season. Currently 45 FSS is winning. That can change but getting your squadron involve.

5. Extramural Sports

- An emphasis will be put on extramural sports. These sports include but not limited to darts, cornhole, Ultimate Frisbee, Dodgeball, Pickleball.
- Not many has signed up in the past attempts, but we will keep trying. If your team signs up and want to play, please commit. Don't have us creating a schedule and time frame for you and then you decide to No-Show.

6. Open Discussion

- Can we do Intramural/Bowling?
 - i. I have already contacted the Bowling manger. Waiting on a response. If we press forward with this the teams must commit.
- Can we do a mudder?
 - i. 5 Years ago the conversation will put to a halt by Environmental. May readdress given. Maybe can get a new answer or suggestions.
- Can we do a "Rough March? Hopefully I got that right."
 - i. Contact Jeffrey Howell at 321-494-8744
- There is a chance that we can go more. Maybe volleyball tournaments? Maybe doing the cornhole tournament out at the Tiki bar on a Thursday when its grilling. I have a open mind but let me know what's out there and what you want.
- Hopefully I didn't miss anything.

7. Marketing

- This part I can't stress enough. The successful of any program is the marketing strategy. We need for everyone to take a strong approach when sending out the LOIs. Don't just send it out once, send it a few times until you get a team or response of not interested. Before the deadline of flag football, a few people called or came in and said they had no idea this was going on. So please get the word out
- True story. A few days go SNCO came up to me and simply said, "Thank You." I asked for what and he said because these airman and civilians are looking for activities after work. I told him that I love what I do and put my heart into it. But it's a team effort when it comes letting them know what's available. Point is I need your help and getting the words and letting them know there is a Sports Program.

8. Conclusion



MEMORANDUM FOR SQUADRON SPORTS REPRESENTATIVES

FROM: **45 FSS/FSVS**

SUBJECT: **Letter of Intent for the 2023 Intramural Basketball**

- Intramural:** Will begin 16 May, 2023. Games will be played at the Patrick Space Force Fitness and Sports Center. Please be advised that season dates and game times are subject to change based on mission operations, total participation and weather conditions.
- Letters of Intent: Letters of Intent:** This Letter of intent (LOI) must be returned by End of Day on 7 May 2023. The team coach or designated representative must be available for the duration of the season and post season. Send LOIs to Sheldon.Briggs.1@spaceforce.mil, 45FSS.FSV.SPORTS@us.af.mil, or hand delivered to a Patrick Fitness and Sports staff member.
- Coaches Meeting:** A mandatory coaches meeting is scheduled for 11 May 2023 at 1200 hours in the Fitness Center admin office; located on the second floor. If a coach cannot attend the mandatory agenda meeting, he/she must reschedule with the Sports Program Manager for a missed meeting recap. The agenda includes; rules, league schedule, appropriate attire policy, SLD 45 Commander trophy points, rules for requesting postponements and cancellations, and safety/injury mitigation.
- Rosters:** Rosters are due no later than 1200 the day of team's first game. No alpha or FOUO rosters will be accepted. Send team/individual rosters to Sheldon.Briggs.1@spaceforce.mil and/or deidre.williams@spaceforce.mil.

Squadron Information

Unit: _____.

Coach's Name and Duty/Cell Phone #: _____.
Email Address: _____

Asst. Coach's Name and Duty/Cell Phone #: _____.
Email Address: _____



MEMORANDUM FOR SQUADRON SPORTS REPRESENTATIVES

FROM: **45 FSS/FSVS**

SUBJECT: **Letter of Intent for the 2023 Intramural Indoor Soccer**

- Intramural:** Will begin on 1 May 2023. Games will be played at the Patrick Space Force Base Basketball Court. Please be advised that season dates and game times are subject to change based on mission operations, total participation, and weather conditions.
- Letters of Intent: Letters of Intent:** This Letter of intent (LOI) must be returned by End of Day on 21 April 2023. The team coach or designated representative must be available for the duration of the season and post season. Send LOIs to Sheldon.Briggs.1@spaceforce.mil, 45FSS.FSV.SPORTS@us.af.mil, or hand delivered to a Patrick Fitness and Sports staff member.
- Coaches Meeting:** A mandatory coaches meeting is scheduled for 25 April 2023 at 1200 hours in the Fitness Center admin office; located on the second floor. If a coach cannot attend the mandatory agenda meeting, he/she must reschedule with the Sports Program Manager for a missed meeting recap. The agenda includes; rules, league schedule, appropriate attire policy, SLD 45 Commander trophy points, rules for requesting postponements and cancellations, and safety/injury mitigation.
- Rosters:** Rosters are due no later than 1200 the day of team's first game. No alpha or FOUO rosters will be accepted. Send team/individual rosters to Sheldon.Briggs.1@spaceforce.mil and/or deidre.williams@spaceforce.mil.

Squadron Information

Unit: _____.

Coach's Name and Duty/Cell Phone #: _____.
Email Address: _____

Asst. Coach's Name and Duty/Cell Phone #: _____.
Email Address: _____



MEMORANDUM FOR SQUADRON SPORTS REPRESENTATIVES

FROM: **45 FSS/FSVS**

SUBJECT: **Letter of Intent for the 2023 Intramural/Extramural Bowling**

1. **Intramural:** Will begin on 11 May 2023. Games will be played at Shark Lanes Bowling Center. Please be advised that season dates and game times are subject to change based on mission operations, total participation, and weather conditions.
2. **Letters of Intent: Letters of Intent:** This Letter of intent (LOI) must be returned by End of Day on 27 April 2023. The team coach or designated representative must be available for the duration of the season and post season. Send LOIs to Sheldon.Briggs.1@spaceforce.mil, 45FSS.FSV.SPORTS@us.af.mil, or hand delivered to a Patrick Fitness and Sports staff member.
3. **Coaches Meeting:** A mandatory coaches meeting is scheduled for 4 May 2023 at 1200 hours at the Shark Lanes Bowling Center. If a coach cannot attend the mandatory agenda meeting, he/she must reschedule with the Sports Program Manager for a missed meeting recap. The agenda includes; rules, league schedule, appropriate attire policy, SLD 45 Commander trophy points, rules for requesting postponements and cancellations, and safety/injury mitigation.
4. **Rosters:** Rosters are due no later than 1200 the day of team's first game. No alpha or FOUO rosters will be accepted. Send team/individual rosters to Sheldon.Briggs.1@spaceforce.mil and/or deidre.williams@spaceforce.mil.

Squadron Information

Unit: _____.

Coach's Name and Duty/Cell Phone #: _____.

Email Address: _____.

Asst. Coach's Name and Duty/Cell Phone #: _____.

Email Address: _____.



MEMORANDUM FOR SQUADRON SPORTS REPRESENTATIVES

FROM: **45 FSS/FSVS**

SUBJECT: **Letter of Intent for the 2023 Intramural Golf**

1. **Intramural:** Will begin on 2 May 2023. Games will be played at the Manatee Cove Golf Course at 1400. Please be advised that season dates and game times are subject to change based on mission operations, total participation and weather conditions.
2. **Letters of Intent: Letters of Intent:** This Letter of intent (LOI) must be returned by End of Day on 19 April, 2023. The team coach or designated representative must be available for the duration of the season and post season. Send LOIs to Sheldon.Briggs.1@spaceforce.mil, 45FSS.FSV.SPORTS@us.af.mil, or hand delivered to a Patrick Fitness and Sports staff member.
3. **Coaches Meeting:** A **mandatory coaches meeting** is scheduled for 26 April 2023 at 1200 hours at the Manatee Cove Golf Course. If a coach cannot attend the mandatory agenda meeting, he/she must reschedule with the Sports Program Manager for a missed meeting recap. The agenda includes; rules, league schedule, appropriate attire policy, SLD 45 Commander trophy points, rules for requesting postponements and cancellations, and safety/injury mitigation.
4. **Rosters:** Rosters are due no later than 1200 the day of team's first game. No alpha or FOUO rosters will be accepted. Send team/individual rosters to Sheldon.Briggs.1@spaceforce.mil and/or steven.waggoner@spaceforce.mil.

Squadron Information

Unit: _____.

Coach's Name and Duty/Cell Phone #: _____.

Email Address: _____.

Asst. Coach's Name and Duty/Cell Phone #: _____.

Email Address: _____.

DEOMI GUEST I.D.E.A. SPEAKER SERIES

presents

DR. CHAD FORBES

Social Neuroscientist
Associate Professor of Psychology

Everyday Unconscious Bias: How We Discern Friends From Foes?

WEDNESDAY | APR 19, 2023

9AM | DEOMI ROOM 150s



SCAN FOR
ZOOM LINK

Meeting ID: 160 033 2778
Passcode: DEOMI

SCAN FOR
CHAD FORBES'
FULL BIOGRAPHY



DEOMI GUEST I.D.E.A. SPEAKER SERIES

presents

DR. RICHARD GRIFFITH

Professor of I/O Psychology

***Navigating the Toxic Triangle:
Harmful Leadership in the 21st Century***

WEDNESDAY | APR 19, 2023

10:15 AM | DEOMI ROOM 150s



SCAN FOR
ZOOM LINK

Meeting ID: 160 033 2778
Passcode: DEOMI



SCAN FOR
RICHARD GRIFFITH'S
FULL BIOGRAPHY



ONE STEP FORWARD



HEATH PHILLIPS
15 APRIL SHARKATORIUM 0830-1000
SHARK TANK 1300-1430

Mr. Heath Phillips is an advocate for victims of sexual assault and harassment, male victimization, bullying, bystander intervention and prevention awareness. He shares the story of his sexual assault, the impact on his life, how he was able to seek help and how we can work together to help with prevention. Join Heath on his journey as you hear him speak about the agony, the struggles, and transforming himself from victim to survivor.

It is more than just a presentation. It is an amazing sharing of Heath's person life, about one man, who was sexually abused, raped, harassed and bullied, and the obstacles he had to overcome to start healing. Heath's sharing of his life is a reminder of how all our stories are interconnected, how even our smallest actions and decisions impact the world around us.

Join Heath on his journey as you hear him speak about the agony, the struggles, and the sheer miracle of transforming himself from victim to survivor.

And more importantly, he doesn't just talk... He engages the audience with an amazing & ugly story told gracefully...

...This isn't your normal 'tell a story' or 'raise your hand' type of engagement that audiences have come to expect...

...This is a full-blown experience that will truly awe every individual watching on a personal level in a way they can never forget.

"...From the start of his presentation, I was in awe of Heath's strength in sharing a very detailed account of his experiences, not only as a sexual assault survivor, but his battle with substance abuse and suicide, as well as his journey in healing and overcoming a system that, until recently, had NOT supported him nor recognized the long-term impacts of the abuses he endured during his time serving in the military.

Heath's presentations not only educated our Soldier's and Senior Leaders on the effect of Sexual Assault, but also the struggles survivors often endure in seeking justice, support and healing. Heath's presentation is applicable to Soldiers of ALL ranks and responsibilities, and shines a light on substance abuse, suicide, along with sexual assault. I HIGHLY recommend him as a guest speaker!"

-Nicole Bellinger

2BCT, 10thMTN DIV | BDE Victim Advocate

WHO AM I

My name is Heath Phillips. I am a father. I am an advocate. I am a Navy Veteran. I am also a rape survivor.

At age 17, while serving in the United States Navy, I was raped, sodomized, beaten, humiliated and had a piece of my soul stolen from this.

In a 10 month span I reported these attacks and it fell on deaf ears and I wasn't believed. The aftermath was worse. I spent close to 20 years living in shame, guilt, and denial.

I was an alcoholic, I used pain medication to sleep and had numerous personal as well as family issues.

It took me to the point of attempting suicide once again and that attempt also brought me out of a life I would never want anyone to live.

Since 2009, I have been drug, alcohol and any other addictive habit free.

I want to share my life experiences, my spiral out of control to being back in control with you.

We all handle life experiences differently and we shouldn't be ashamed of the terrible things that molded our life. I want to help you take that first step of not holding it in by sharing my first steps.

I am no longer ashamed, or guilt ridden, and I have learned to not only forgive myself, but to forgive my rapists.



IN PERSON: Sharkatorium, PSFB 0830-1000
Shark Tank, CCSFS 1300-1430

ZOOMGOV: Meeting ID: 160 849 4504
Passcode: SLD45



STEMTOSKY

Please forward these links and information to your Airmen and K-12 networks!



Call for Airmen Volunteers!

Airmen, both civilian and military, will get connected with K-12 classrooms (virtually or in-person, if nearby) to engage and discuss the role STEM plays in the Air Force, STEM careers and pathways, and personal journeys during the month of May. This is a great opportunity to connect your site with the local community!

Ask Airmen to register to volunteer here:

<https://forms.osi.apps.mil/r/fkmgNeYuLr>



STEMtoSky Virtual Programs

During the month of May, we will be offering 3 different virtual opportunities for various grade levels as part of our STEMtoSky initiative:



★ **Science Fact vs. Science Fiction**

- May 4th, 1:00pm EST
- elementary & middle school

★ **Women in Aviation Panel**

- week of May 8-14, date & time TBD
- middle & high school

★ **STEM Careers in the US Air Force Panel**

- May 19th, 1:30pm EST
- middle & high school

K-12 groups can get more information and register on the STEMtoSky website:

<https://sites.google.com/afk12stem.org/stemtosky/home?authuser=0>

Surf Sessions



What Is It? No cost surf sessions as an optional Resilience Day activity.

Who Can Participate? Anyone affiliated with SLD 45.

Do I Have To Know How To Surf? No experience necessary.

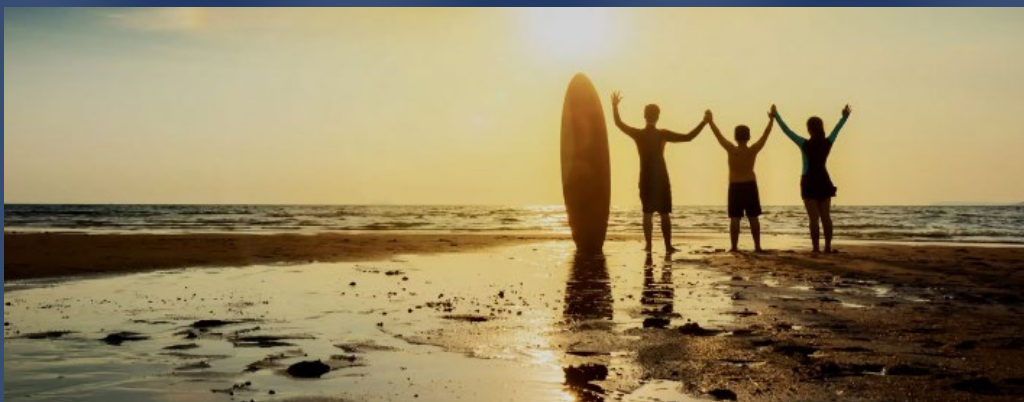
What Do I Bring? Yourself, Your Swimsuit or Wetsuit, Sunscreen and Towel
Boards are provided.

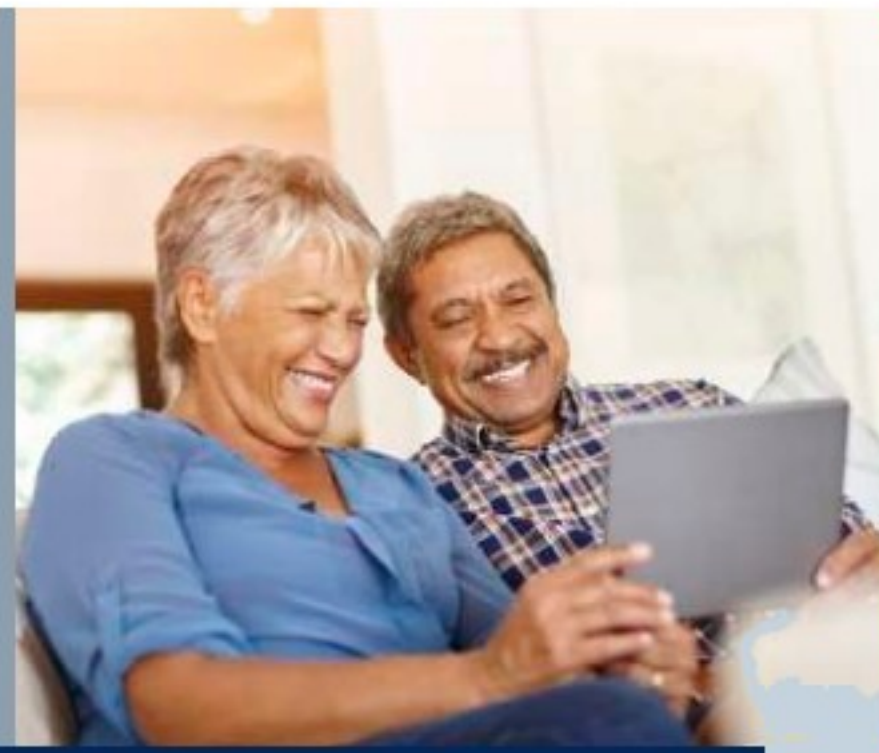
How Do I Sign Up? Go To <https://www.costasurf.org/events> on a non-Gov't device.
Fill out name, e-mail, phone and choose Your Session: 0900,
1000, 1100, 1200 or 1300. Complete the liability waiver at
<https://www.costasurf.org/liability-waiver>.

Can I Stay Longer Than An Hour? Yes, you can surf as long as there is space.

What's Next? Show up at the beach in front of the Beach House on Resilience Day at
your session time and have *FUN!!*

What If I Have Questions? Send questions to costasurftherapy@gmail.com





Social Security 101 Pre-Retirement

4 May 2023

Session: 1000 - 1100

Session: 1300 - 1400

@ M&FRC Bldg 722 or
by Zoom

A **FREE** workshop from Social Security.

- When are you eligible to receive retirement benefits?
- How does early retirement affect your benefits?
- Do you qualify for disability, survivors, and spouse benefits?
- How do you get the most from your benefit?
- What is the future of Social Security?
- When should you file for Medicare?

Learn how to use **my Social Security** online account and other online services. You should go to www.socialsecurity.gov/myaccount to create a **my Social Security** account and print out your *Social Security Statement* **before** attending the workshop.

SocialSecurity.gov

To Signup or any questions please contact Angela Chenoweth at 321-494-5676 or email: angela.chenoweth.2@spaceforce.mil



Zoom Meeting ID: 160 0667 7084
Passcode: MFRC\$\$

