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**Thule Times Editorial Staff**

Col. Edward Fienga, 821 Air Base Group Commander  
Capt Elizabeth Paul, Chief Public Affairs

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## Julemand Festival a Success

by Capt Elizabeth Paul  
821st Air Base Group Public Affairs

Thule held its annual Julemand Festival here Nov 25 raising over \$5,520.

Operation Julemand - Julemand is the Danish word for Santa Claus - is an ongoing annual base fundraiser that benefits approximately 250 children in Qaanaaq, a municipality of about 900 people located 75 miles northwest of the base.

"The funds raised for Operation Julemand are used to buy Christmas gifts for the children in the Qaanaaq municipality as well as monetary support for a Youth Center and an home for the elderly in Qaanaaq," said Chaplain (Capt) David Zavala, Julemand organizer.

Operation Julemand also provides cash donation to various international charities on behalf of the base.

Past charities which have received donation are the Ronald McDonald House, which supports families of children with life-threatening illnesses, and Fulton Stiftelsen, a Danish sail boat that doubles as a school for troubled youth.

Members of the Thule community form an Operation Julemand Committee and are responsible for the year long fundraising effort, purchasing gifts for the children, wrapping the presents, the annual tree lighting event and the culmination, the Julemand Festival.

This year's donations totaled over \$11,624 raised through the annual Julemand Festival, coin drops at various base locations, individual

cash donations, including \$1,500 raised by Airman First Class Dashun Carter who obtained sponsorship from Thule members for his 'Run for Julemand' during the annual Thule Marathon in August.

Julemand Festival 2006 was a little different this year as it was held in multiple locations on base. The day began with several events at the Fitness and Sports Center including a rowing

competition, fast pitch baseball, football and basketball free throw competitions, a balancing ball competition, a spinning marathon, and massages. The events at the FSC raised \$217.

The Community Center and Heritage Hall were open in the afternoon for more activities. The Thule Heritage Hall event featured a movie called the "Thule Accident" and a

tour raising \$165 for Operation Julemand.

The Community Center hosted a variety of events including a Danish Billiards tournament, a Texas Hold-em' tournament, the longest drive competition, a community canvas painting, the Thule Diamond Chili Cook-Off, and of course food booths. The ever popular Jail and Bail was also held at the Community Center with 45 people being "sent" to Jail raising \$475. The afternoon ended with the crowd drawing auction and pie-in-the-face event. Over \$4,210 was raised at the Community Center.

The day concluded with a new event, Thule Idol. Nine people tried their luck and vocal cords singing Karaoke for the coveted title of Thule Idol. The event raised over \$920

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**Maline Peterson**  
**THULE IDOL 2006**

# Thule Idol

Calling all singers—members of Team Thule came out to see if they had what it took to be Thule’s best singer Nov 25 at the Top of the World Club.

Nine people tried out their vocal cords at Thule Idol, the final event for the Julemand Festival.

Each person sang a song of their choice and then received the dreaded comments of the three judges, Randy Jackson, a.k.a. Master Sergeant Gary Jordan, Paula Abdul, a.k.a. Rachel Kasic and Simon Cowell, a.k.a. Kenneth Stelsoe. After listening to the singers receive their feedback from the judges, the audience voted for their favorite by putting money in their chosen singers’ bucket. The singer with the most money in their bucket won.

The singers had to make it through two rounds to become the Thule Idol.

First place and a trophy and Play Station 2 went to Melina Peterson who sang two native Greenlandic songs a cappella. Second place and a trophy and I-pod went to Tech Sergeant Derek Magnusson. Third place and a trophy and \$50 gift certificate for the BX went to Helle Roendrup.

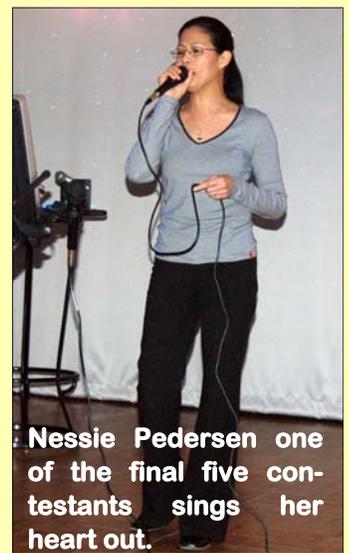
Photos by Tech Sergeant Bryan Schubert



Ryan Seacrest, Thule Idol host a.k.a. Lt Col Erik Eliassen talks to Major Steven Moore one of the final five contestants.



Paula Abdul a.k.a. Rachel Kasic gives a contestant feedback as Simon Cowell a.k.a. Kenneth Stelsoe and Randy Jackson a.k.a. Master Sergeant Gary Jordan look on.



Nessie Pedersen one of the final five contestants sings her heart out.



Tech Sergeant Derek Magnusson, second place winner, serenades Staff Sergeant Alisha Miles.



Top left: Staff Sergeant Matt Herlevi, contestant. Top right: Airman Rosemary Birchard, contestant. Bottom left: Falane Reilly, contestant. Bottom right: Airman Basic Kyler Tout, contestant.



Helle Roendrup, third place winner, sings to Simon.



Photo by Capt Elizabeth Paul

Mogens Pind, Air Greenland, serenades the Julemand Festival attendees with some piano music.

Continued from page 1  
 rounding out the Julemand Festival.

“Thank you to all who donated to, volunteered for and participated in this year’s OPERATION Julemand,” said Zavala. “Your fund-raising efforts have been a huge success far exceeding the amount needed.”

Although the Julemand committee has already raised over \$11,620 this year, additional donations will be collected through June.

Operation Julemand was first started in 1959 when base service officer, Capt John McTamney, and Airman First Class Delbert Cox, CBF clerk decided that as long as they could not be at home with their own children, they would bring a little happiness to the children in the local area.

Operation Julemand will culminate with a gift exchange at the Qaanaaq Youth Center in late December with a traditional Christmas celebration.



Photo by Capt Elizabeth Paul

Airman Basic Pedro Pita, 821 Security Forces Squadron, arrests Lt Col Erik Eliassen, 821 Air Base Group deputy commander, during Operation Julemand's Jail and Bail fundraiser. The event raised \$475.



Photo by Staff Sergeant Alisha Miles

Captains Bruce Ludwick and Jeremy Johnson, 12th Space Warning Squadron, count profits from their food booth during Operation Julemand. The food booths raised over \$750.



Photo by Capt Elizabeth Paul

Lars Hoegner, Greenland Contractor, (front) and Tech Sergeant James McManus, 12th Space Warning Squadron were two of three final riders for the six hour spinning marathon. The riders took turns riding for the six hours raising over \$150 dollars.



Photo by Capt Elizabeth Paul

Team Thule members sit back and relax at the Community Center as they wait for the auction to begin during the recent Julemand Festival.



Photo by Staff Sergeant Alisha Miles

Some members of Team Thule pitched in to raise money for Operation Julemand by putting on their poker faces for a Texas Hold'em Tournament.



Photo by Capt Elizabeth Paul

Michael Nielsen, Greenland Contractor, bought out the “store” as over \$1,500 was raised during the Julemand Festival Auction. Thule residents donated handcrafts and new or slightly used items to be auctioned off as the closing event for the afternoon.

# Santa's Helpers!

300 Children's gifts  
40 Thule residents  
1 hour



## Gift Wrapping Bonanza — Priceless!





Photo by Dena Curtis

**Billy Lee, Harris chief of support, browses the displays at the Thule Heritage Hall prior to a ribbon cutting ceremony for a new Detachment 3 display at the museum.**

By 1st Lt Charles Holmes  
821 Air Base Group executive officer

As you go through the dark season and you're looking for something enlightening to do, you can stop by Thule Heritage Hall to learn about the history of Thule and Greenland.

It is an excellent opportunity to see and hear the history of Dundas village, the Greenlandic people, the base's history and various other interesting facts. Two gen-



Photo by Capt Elizabeth Paul

## Thule Heritage Hall — A Slice of Thule History

tlemen, Jens Thomsen and Jens Peter Nielsen, volunteer museum curators, are more than willing to share what they know of this area.

"You can gain some knowledge about the importance of the base and about the defense of the free world, from the museum," said Nielsen.

On that note, here are some interesting Thule events I found on my visit to the museum.

It may or may not be known that during World War II Greenland played a major role in the conflict. For instance, South Greenland became a stopping point from code-named "BLUIE bases" in the movement of troops/aircraft to Great Britain to support the war effort.

Also, the U.S. Greenland Patrol and dog sled teams worked hand-in-hand to patrol the coastal regions of Northeastern Greenland looking for German soldiers. The Germans attempted throughout the war to establish weather stations in Greenland as the weather systems for Europe come from Greenland. The weather stations would have enhanced the Germans planning for military operations.

In 1941, the U.S. *Northland* vessel captured the *Buskoe*

(a suspicious Norwegian ship) off the coast of Greenland after apprehending German troops landing on the island, making it the first American naval capture of WWII. In 1944, the U.S. *Eastwind* captured the German *Externsteine* while it was trapped in ice, the only German surface vessel captured at sea by US naval forces during the war.

Historical displays are not the only things people will find at the Thule Heritage Hall. Individuals can also check out U.S. Coast Guard or other newspaper articles, old Thule Times dating as far back as the 1950s and several DVDs on the history of Thule and Greenland. For more information, Nielsen and Thomsen can also give insight into the history of Thule on these and other interesting historical facts about Thule and Greenland.

So, keep Thule Heritage Hall in mind if you're looking for something different to do with your time here.



Photo by 1st Lt Charles Holmes

**Above: Jens Peter Nielsen (left) and Jens Thomsen (right), volunteer museum curators, discuss the B-52 crash next to an actual door from aircraft during a tour. Left: Chief Master Sergeant Bruce Heinzen, 821 Air Base Group superintendent, tries out a radio system at Heritage Hall during a recent visit.**

# Commentary — Do You Feel Lucky?

By Major Wade Norman, 12 Space Warning Squadron operations officer

Have you ever wondered how some people get so lucky? Think about it. How does the senior airman that was promoted below the zone (BTZ) also get promoted to staff sergeant on the first try? How do people survive catastrophes? How do people get rich? Are they lucky? You bet, but more often than not, it's because they "made their own luck." In many of these cases, luck can be defined as where *preparation meets opportunity*.

Let me explain what I mean when I say luck is where *preparation meets opportunity*. I'll use that BTZ senior airman as an example. Everyone knows that there will be BTZ promotion boards. Consider this as an *opportunity* for promotion. The key to getting the promotion is *preparation*. Outstanding job performance, participating in base and community activities, self-improvement through off-duty education, and studying AFP 36-2241 Promotion Fitness Examina-

tion (PFE) Study Guide help that Airman *prepare* for the promotion *opportunity*. Fortunately for the Airman, studying the PFE Study Guide also helps *prepare* for the Weighted Airman Promotion System (WAPS) exam, another *opportunity*. And, the off-duty education will continue to pay benefits while in the military and after separation. Over time, all of the preparation not only helps with the first opportunity, but subsequent opportunities as well. Is the airman lucky?

Now, I don't want anyone to think this concept only applies to promotions or even the military. It applies to almost every situation; safety is another case in point. If you prepare for an emergency, you will fair far better than you would if you don't. For example, if your vehicle breaks down on a highway in the middle of nowhere during the winter, having an emergency kit to include blankets, flares, jumper cables, etc. just may be the difference between life and death for you and your family. While an emergency isn't an opportunity you hope to see,

preparation is still the key to increasing your chances of success, a.k.a. being lucky.

Another example of making your own luck and increasing your chances of success through preparation is financial management. Early preparation such as budget planning and monthly contributions to retirement accounts and savings plans will help ensure you'll have enough money for retirement, a college education for your children, vacations, etc., all opportunities for success.

As you can see, this concept of luck applies to almost every aspect of our lives. Promotions, emergencies, financial management, health and physical fitness, spiritual fitness, mental fitness; you name it. In each situation, you increase your chances of success by *preparing for opportunities*: good and bad, expected and unexpected. When it comes to success in life, I would rather depend on the luck I made rather than the luck made for me. So, go out and make your own luck. I feel pretty lucky. How about you?

## WILLIAM HUNG COMPETITION



Capt. Mike Hulin  
I touch myself.



Senior Airman Alex Johnson  
She Bangs.



Senior Airman Aaron Mills  
Beat It



**Winner!**  
Senior Airman  
Amanda Walters  
Thong Song.



Staff Sergeant Chad Prince  
Purple Rain.



"Say it with me... OUCH!"



Staff Sergeant Wayne Griggs  
Do you really want to hurt me?



1st Lt Charles Holmes  
Baby got back.

Seven individuals were nominated to participate in the first William Hung Competition Saturday during the Second Annual Thule Idol as part the Julemand Festival .

Each person was nominated by friend or enemy to sing the song of the nominator's choice. Over \$160 was raised by the event for Operation Julemand.

# *It was a dark and stormy night...*

## *Oh, no—a really boring horror story*

*Story taken from the Observer Sept/Oct '06 edition*

by Mr. Phillip Eddy  
Chief, Weather Station Operations

Imagine that night is 2,880 hours long! And imagine the “stormy” part of it is a full-bore blizzard for 168 hours with peak winds of 207 mph and average visibility of 6 to 12 inches. Thule Air Base in Northern Greenland is located at 76 N, 68 W on the globe and that dark and stormy night earned its listing in the Guinness Book of World Records for “The fastest surface wind speed at a low altitude” on March 8, 1972. The actual wind speed is unknown as the anemometer was broken and blown off at the 207 mark; it is estimated that if the equipment survived the storm, the true amount would have been higher.

“Dark and Stormy Nights” are ordeals Thuleites have learned to deal with, on a regular and safe basis. Thule forecasters classify their storms, or blizzards, a little differently than most locations and it’s a system that’s been refined over 50 years. For Thule, a Winter Storm is one of 3 levels with the main one being winds greater than 35 knots and visibility less than one-half mile, usually in blowing snow. Thule is divided into two main working areas: On-base – the airfield, housing and infrastructure, and Off-base which consists of the 12th Space Warning Squadron, Ballistic Missile Early Warning System and the Thule Tracking Station, home of Det. 3 of the 22<sup>nd</sup>

Space Operations Squadron. In an average year, Thule will experience 12 to 15 Storms on- and off-base with an average duration of 18-30 hours. Many will have peak winds of more than 100 mph.

Of course, it isn’t always “Dark and Stormy” at Thule. After a long, cold winter, with February average high temperatures around -25 F, the spring thaw in May feels like tropical weather to

including glaciers, icebergs, ice-caves and waterfalls. Thule hosts several annual events including a Polar Bear Swim that usually lasts around 15 seconds because the water temperature is around 30 F; a golf tournament atop nearby Mt. Dundas consisting of 9 holes, 1 club, 3 balls and a patch of AstroTurf; and July 4 celebrations with no fireworks because it’s still light at midnight. Additional Thule

ing alley, recreation center, library, skills development center, an all-ranks club, and a dining facility. There’s also a large AAFES Shop-pette and an APO and Greenlandic Post Office. The people who live and work at Thule are a special group – crime is extremely rare, and the old-time-small-town feeling is pervasive and comforting, they’re all in it together making Team Thule one of the Air Force’s best-kept secrets.

The people living at Thule learned long-ago how to cope with storms. During storms, a person might not be allowed outside for up to three to four days. Every building that might be occupied during a storm is stocked with a supply of Meals Ready to Eat. Most residents learn quickly to stock up on items from the BX that will make the locked-down time more comfortable – favorite soft drinks, snacks, T.V. dinners, bread, etc. and to keep these items fresh. Along the 12-mile-long road to BMEWS, there are storm shelters approximately every mile, with bunk beds, a heater, and MREs.

Making forecasting and weather observation extremely important, Thule can experience a “Winter Storm” any time with snow recorded every month of the year. Storms can occur very rapidly, and occasionally with little warning due to sparse data coverage and limited satellite coverage.



Late winter 2004. The last few years Thule has experienced an increase in the amount of snowfall. Coupled with the intense winds, large snow drifts form.

Thuleites. Thule has 24-hour sunlight from April 20 to Aug. 18 and it’s common to see locals walking around base in shorts, sandals, and t-shirts - even when the outside temperatures are barely above freezing.

During the high summer period, which occurs from late June through late August, temperatures will soar to 45 to 50 F. A Thule heat wave! During this period most people will take treks around the region to see some spectacular scenery

Tripping activities include picnics, bike rides, and camping during high summer.

With a permanent base population of around 600, including U.S. Air Force; Canadian Air Force; Danish Navy; and U.S., Danish and Greenlandic civilians, it’s a very enriching experience, indoors or out. Everything one needs is available on base because there is no nearby town – the closest village is 65 miles north. There is a base gym, a bowl-

**Continued on page 8**

# TWO OF THULE'S EXTREME STORMS

Continued from page 7

## DEC. 27, 1957

The Ballistic Missile Early Warning Site dispatcher to the system controller reported the winds on site were 26 mph and at Shelter 7 they were 23 to 25 mph.

At 6:50 p.m. a shuttle bus was dispatched to BMEWS. Shortly after, a Phase Alert was declared. The winds jumped to 68 to 70 mph and Phase II was declared at 6:55 p.m. The winds at Shelter 7 had risen to 78 to 80 mph, hurricane velocity. An attempt to return the shuttle bus to BMEWS was made, however the bus stopped because visibility was so poor and the exact location was not clear to personnel in the bus.

At 7:30 p.m. BMEWS was upgraded to a Phase III condition with winds of 70-80 mph on site. Shelter 7 had 115 mph winds, while Shelters 4 and 1 were calm. Winds on Thule Defense Area began to pick up. On base Phase II was declared at 7:51 p.m., and Phase III at 8:00 p.m. People were caught in the theater, BX, gym, and the clubs.

At 7:55 p.m. an operation to rescue people in vehicles caught in various locations on base began. The winds at BMEWS were 80 to 108 mph, while at Shelter 7 they were 114 to 140 mph.

At 10:19 p.m. the shuttle bus reported that the windows, which had cracked earlier, were broken. The wind was a steady 140 mph, with gusts of 160 mph at Shelter 7.

At 10:20 p.m. the system controller was instructed to dispatch a trackmaster in an attempt to shuttle people from the stranded bus to the nearest shelter. At 1:13 a.m. the shuttle bus advised that five windows were gone. At 2:30 a.m. two trackmasters departed the base heading towards BMEWS. At 2:42 a.m. some of people in the bus had been picked up, after almost seven hours without heat. They were okay, and proceeded towards BMEWS.

At 3:10 a.m. the trackmasters were reported stopped again because of high winds and zero visibility. Winds at Shelter 7 were 69 to 92 mph. At 3:52 a.m. a snowplow dispatched to rescue the stranded bus headed down the hill with winds at Shelter 7 reaching 92 to 104

mph. A stranded trackmaster was located in the middle of the road, near the airstrip. The passengers were picked up and the bus was located at 4:25 a.m. At 5:00 a.m. all personnel from the shuttle bus were safely inside Shelter 9. The trackmaster driver volunteered to stay in the shelter until the passengers could be picked up ensuring an Arctic trained person would be available if the storm were to worsen.

Although still in Phase III, on base and at BMEWS, a bus and snowplow were dispatched toward Shelter 9 and arrived back on base with all personnel at 8:45 a.m.; 12 hours after the busses' initial departure from BMEWS.

During cleanup and recovery operations, 92 vehicles were processed through the Motor Pool for snow removal, drying and servicing. There was only one injury: a broken arm.

## MARCH 8, 1972

The storm, perhaps the worst ever to hit the Thule Defense Area, was so severe that it set a meteorological record for the highest low altitude winds observed on the earth's surface: 207 mph. The actual wind speed is unknown as the anemometer was broken and blown off at the 207 mark; it is estimated that if the equipment would have been able to survive the storm, the true amount would have been higher.

At 9:55 p.m. two J-Site dispatchers, Mr. Wayne Whaley and Mr. John Kurasiewicz, reported 207 mph winds were buffeting Shelter 7. The shelter is about three miles from J-Site. Both men were part of a team employed by ITT/Arctic Services Inc. at J-Site who constantly monitor a remote wind speed indicator for Shelter 7. By comparison, the highest wind speed ever noted on earth was 231 mph on top of Mount Washington in New Hampshire in April 1934.

The Thule storm originated over the central United States and moved north along the west coast of Greenland. For more than 15 hours - from 4:55 p.m., March 8, to 8:05 a.m. March 9, the storm battered Thule and its vicinity producing one of the longest Phase III conditions ever. Thule Air Base experienced the second highest winds ever

seen on the base - 110 mph at 11:55 p.m., March 8. As with most storms, off base locations were subjected to far worse wind and temperature conditions.

P-Mountain experienced winds of 115 mph or greater for seven and a half hours from 7:30 p.m. to 1:00 a.m. and during three of those hours had winds of 140 mph or greater. J-Site reported winds of 115 mph or greater between 10:00 p.m. and 1:00 a.m. with a peak gust of 146 mph. "Honors" for the highest winds went to Shelter 7 which experienced winds of 120 knots or greater between 9:00 p.m. and 1:00 a.m. The average temperature at all off-base locations was -15 F, giving an equivalent chill factor of -75 F. Winds off-base were so strong that they hurled rocks the size of baseballs. Jack Stephens, heating plant operator and weather observer at P-Mountain, has been in the Thule area since 1965 and gave this account: "This has to be the worst storm I've ever seen here. At the worst point, the sides of the building where I work were constantly being pelted by huge rocks and chunks of ice."



Winter storm from February 2005. Massive snow drifts can block doors requiring the people inside to dig out. (U.S. Air Force Photos.)

# November Thule Promotions

Photos by Capt Elizabeth Paul



**Harry C. Gaeth II**  
promoted to Staff Sergeant



**Mark T. Grant**  
promoted to Staff Sergeant



**Winston D. Burleigh**  
promoted to Tech Sergeant

Unable to attend: Nicholas L. Franklin promoted to Airman 1st Class

## Operation Julemand Pie in the Face Contest



Photo by MSgt David Cunningham  
**1st Lt. Charles Holmes, 821 Air Base Group executive officer,** laughs as he smears his 'homemade' pie on Capt Elizabeth Paul, 821 Air Base Group public affairs.



Photo by Capt Mark Oden  
**Tech Sergeant Ken Thompson, 821 Support Squadron logistics,** won the top honors of throwing a 'homemade' pie at Lt Col Erik Eliassen, 821 Air Base Group deputy commander.



Photo by Capt Elizabeth Paul  
**Senior Airman Peter Spolarich, 821 Support Squadron,** won the honor of throwing a 'homemade' pie at Major Steven Moore, 821 Support Squadron commander.



Photo by Capt Mark Oden

**Left: Tech Sergeant Sean McDowell, 821 Support Squadron logistics,** paid top dollars to throwing a 'homemade' pie at Staff Sergeant Rose McKinney, 821 Support Squadron MSP.

**Right: Master Sergeant James Jenkins, 821 Support Squadron Services,** throws up a salute after being hit in the face with a 'homemade' pie by Tech Sergeant Thomas Clymer, 821 Support Squadron communications.



Photo by Capt Mark Oden

# DO YOU GET SAD AT CERTAIN TIMES OF THE YEAR? SEASONAL AFFECTIVE DISORDER

by Master Sgt. Kenneth Komlos  
911th Aeromedical Staging Squadron

**PITTSBURGH AIR RESERVE STATION, Pa.** -- Some people suffer from symptoms of depression during the winter months, with symptoms subsiding during the spring and summer months. This may be a sign of Seasonal Affective Disorder (SAD).

SAD is a mood disorder associated with depression episodes and related to seasonal variations of light. SAD was first noted before 1845, but was not officially named until the 1980's. Sunlight has affected the seasonal activities of animals such as reproductive cycles and hibernation, and SAD may be an effect of the seasonal light variation in humans.

As the seasons change, a shift occurs in our "biological internal clocks" or circadian rhythm, partly due to these changes in sunlight patterns. This can cause our biological clocks to be out of "step" with our daily schedules. The most difficult months for SAD sufferers are January and February, and younger persons and women are at higher risk.

**Symptoms**

- regularly occurring symptoms of depression such as excessive eating and sleeping and weight gain during the fall or winter months.
- full remission from depression occurs in the spring and summer months.
- symptoms have occurred in the past two years, with no non-seasonal depression episodes.
- seasonal episodes substantially outnumber non-seasonal episodes.
- cravings for sugary and/or starchy foods.

**Possible Cause of This Disorder**

Melatonin, a sleep related hormone secreted by the pineal gland in the brain, has been linked to SAD. This hormone, which may cause symptoms of depression, is produced at increased levels in the dark. Therefore, when the days are shorter

and darker, the production of this hormone increases.

**Treatments**

Phototherapy or bright light therapy has been shown to suppress the brain's secretion of melatonin. Although there have been no research findings to definitely link this therapy with an antidepressant effect, many people respond to this treatment. The device most often used is a bank of white fluorescent lights on a metal reflector and shield with a plastic screen. For mild symptoms, spending time outdoors during the day or arranging homes and workplaces to receive more sunlight may be helpful. One study found that an hour's walk in the winter sunlight was as effective as 2 ½ hours under bright artificial light.

If phototherapy doesn't work, an antidepressant drug may prove effective in reducing or eliminating SAD symptoms, but there are unwanted side effects to consider. Discuss your symptoms thoroughly with your family doctor and/or mental health provider.

**Resources**

For more information, contact your local mental health center or contact the following:

**Society for Light Treatment and Biological Rhythm**  
P.O. Box 591687  
174 Cook Street  
San Francisco, CA 94159  
<http://www.websciences.org>

**Mental Health Resource Center**  
800/969 National Mental Health Alliance (NMHA)  
TTY Line 1(800) 433-5959  
<http://www.nmha.org>

**National Mental Health Association**  
2001 N. Beauregard Street 12th Floor  
Alexandria, VA 22311  
(703) 684-7722

Learning Danish			How do you say ...in Danish?	
			Hvordan siger man...pa dansk?	
<u>English</u>	<u>Danish</u>	<u>Pronunciation</u>	<u>Pronunciation</u>	<u>Vor-dan see-aa</u>
Hello	goddag/hej	go-daa/hai	man...por dansg?	
Goodbye	farvel	faa-val	<u>English</u>	<u>Danish</u>
Thank you	tak	taag	What's your name?	Hvad hedder
Your Welcome	selv tak	sel taag	de/du?	
Excuse me	undskyld	orn-sgewl	<u>Pronunciation</u>	<u>Va hi-thaa dee/doo</u>
Sorry	Beklager	bi-kla-aa	My name is ..	Mit navn er..
			<u>Pronunciation</u>	<u>Mit naa-oon er</u>

## Thule souvenirs don't always clear customs

by Chief Master Sgt. Robert Hales

Assignment to Greenland, either as permanent party or TDY, offers a unique opportunity to purchase items that are not available anywhere else in the world.

Everyone should have a souvenir of their time at Thule, but they need to know what can be legally taken into the U.S.

Anything purchased at the Base Exchange can be taken into the U.S. without a customs declaration. The Danish Post Office/souvenir shop offers the following items: Furs, ivory and bone carvings, dolls, books, wood carvings, skins and stones. Under an agreement known as the Washington Convention, the following items are not allowed to enter the U.S.: Marine mammals and parts thereof

(whales, walruses and seals) to include ivory and bones; polar bear and parts thereof.

Acceptable animal products include caribou skins and caribou bone carvings, arctic fox skins and products and arctic hare skins and products.

Even if your souvenirs are legal, there are restrictions on the quantities you can bring in without being subject to duty payments.

If you are leaving Greenland on a permanent change of station status, personal possessions and items intended as unsolicited gifts are normally duty free. If returning to the states on leave or TDY status while permanently stationed overseas, personal items not intended as a gift are normally duty free, but must be declared to customs.

Additionally, up to \$100 in

gifts may be carried in once every six months duty free. If you are returning to the U.S. on leave or TDY status and have not been permanently assigned overseas, you must declare all items acquired abroad and have only a \$100 exemption whether the items are intended for personal use or as a gift.

While flying into the U.S. on a Military Airlift Command aircraft; you will complete a DD Form 1850, Customs Declaration, and will be subject to customs inspection at BWI. If you decide to mail items home by way of the Air Postal Office rather than carry them, the same rules apply.

You can enjoy your time at Thule and take back memorable souvenirs, but to avoid embarrassment and loss of money, know the rules.

## PACAF commander advises discretion in cyberspace

by Marine Sgt. Jeremy M. Vought

**HICKAM AIR FORCE BASE, Hawaii (AFP)** -- First proposed in 1929 by a Hungarian writer in a short story titled "Chains," the theory states that every person on earth is connected to every other person within six degrees. With the advent of the Web, those connections are much easier as humanity is connected by the keyboard and mouse and through social networking vehicles such as MySpace and You Tube.

General Paul V. Hester, the Pacific Air Forces commander, voiced his praises and concerns toward social networking on such Internet sites and stressed that what is posted could get distorted by someone else, or pieced together with other information that could jeopardize yourself, your family or your fellow servicemembers.

MySpace, You Tube, Live Journal and Face Book are some of those sites. For today's servicemembers the ability to keep in touch with friends and loved ones has never been easier, but with the growth of these networks comes the need to exercise caution with posting your information online.

"I think you need to be careful as to how you release that information and document that information and show yourself fully to the world," General Hester said.

With more than 130 million users on MySpace and 65 thou-

sand videos uploaded daily on You Tube, Air Force leaders remind servicemembers they not only represent their service 24/7, but also what is posted can also have an effect on operational security.

"We of course realize there is no off-the-job time in its purest form for those of us in the military, but nonetheless, we have private time away from the office setting and the flightline. At those moments we are in fact the same person, we must adhere to the same standards, we must adhere to the same rules as when you are on duty or on the job," General Hester said.

General Hester added that while social networking over the Internet is a great resource to keep in contact with loved ones; troops must use good discretion and treat the Internet like the halls of a schoolhouse, where information no matter how seemingly harmless could be harmful to yourself and fellow servicemembers.

"We need to consider that strongly," General Hester said. "As you in fact release your private life to those who can do you harm and can in fact do your service harm if you release the wrong information on the World Wide Web."

When you can be connected in six degrees to anyone on the earth, even information you publicly give to those you trust can easily fall into the wrong hands.

# AFSPC vice commander receives Space trophy

by Capt. Johnny Rea  
Air Force Space Command Public Affairs

**LOS ANGELES** -- The vice commander of Air Force Space Command is the recipient of the 2006 General Thomas D. White U.S. Air Force Space Trophy.

Lt. Gen. Frank Klotz received the award on Nov. 17 during the Air Force Association's National Symposium on Space and Air Force Ball here.

"I'm proud to represent nearly 40,000 space and missile professionals - the men and women of Air Force Space Command - deployed around the world, standing watch 24 hours a day, seven days a week, 365 days a year," said General Klotz. "Our people know and understand they have a very important mission that contributes greatly to the defense of our nation."

The trophy is awarded for the most outstanding contribution to the nation's progress in aerospace during the calendar year.

Sponsored by the AFA, the trophy was established in 1961 by the late Dr. Thomas W. McKnew, National Geographic Society, to encourage and inspire further conquests of space after the example set by General White. The trophy is on permanent display in the Smithsonian Institution in Washington, D.C.

During the award period, General Klotz served as the commander of 20th Air Force at F.E. Warren Air Force Base, Wyo., and vice commander of AFSPC, Peterson AFB, Colo.



Photo by Duncan Wood

## AFSPC vice commander earns AFA award

**LOS ANGELES** -- Retired Lt. Gen. Brian Arnold (right), chairman of the board, Gen. Bernard A. Schriever Chapter, Air Force Association; and Mr. Robert E. "Bob" Largent, AFA National Chairman of the Board (left), present the 2006 General Thomas D. White U.S. Air Force Space Trophy to Lt. Gen. Frank Klotz, vice commander of Air Force Space Command, during the AFA's National Symposium on Space and Air Force Ball here Nov. 17.

According to the award citation, General Klotz was in direct command over the operations, maintenance, security, and support of the nation's intercontinental ballistic missile force as the 20th AF commander - consisting of 500 Minuteman III missiles, 21 UH-1N "Huey" helicopters, and more than 9,500 people.

While General Klotz was in command, 20th Air Force completed deactivation of the Peacekeeper intercontinental ballistic missile; conducted a multi-faceted modernization of the nation's Minuteman III ICBM force, ensuring it remains an effective and secure weapon system through the year 2020 and beyond; and deployed the command's first Air Expeditionary Squadron (200 Space warriors and eight UH-1N helicopters), delivering 26 tons of supplies and support to victims of Hurricanes Katrina and Rita.

"General Klotz has masterfully led the command during a period of transformation of space missions," said Mr. Robert E. "Bob" Largent, AFA National Chairman of the Board, "and

inspired the evolution of both the space and missile missions to become responsive and invaluable to warfighters."

Previous recipients of the space trophy include Gen. Richard B. Myers, former Chairman of the Joint Chiefs of Staff; Mr. Peter B. Teets, former Undersecretary of the Air Force and director of the National Reconnaissance Office; retired Gen. Lance W. Lord, former commander of AFSPC; Gen. Ralph E. Eberhart, former commander of AFSPC; retired Gen. Howell Estes III, former vice commander of AFSPC; the late Lt. Gen. Roger DeKok, former vice commander of AFSPC; and retired Brig. Gen. Duane Deal, former commander of the 21st Space Wing and Cheyenne Mountain Operations Center.

"It's a great honor and humbling experience to be in such prestigious company as the former recipients," added General Klotz. "It's also an exciting time to be part of America's space and missile team, especially as we approach our command's silver anniversary in 2007."

# Thanksgiving

**Even though members of Team Thule are faraway from their families on Thanksgiving they found a reason to give thanks. Several units celebrated the holiday with friends and co-workers by sharing a home cooked meal of turkey and ham with all the fixings.**



Photo by Tech Sergeant Winston Burleigh



Photo by Tech Sergeant Ray TwoFeathers



Photo by Tech Sergeant Ray TwoFeath



Photo by Tech Sergeant Sean McDowell



Photo by Tech Sergeant Sean McDowell



Photo by Tech Sergeant Sean McDowell



Photo by Tech Sergeant Winston Burleigh