



Fighting Terror...
....Finding Peace

Bagram Bullet

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Good To Know

■ **Online LES** — To view your current leave and earnings statement, visit <https://mypay.dfas.mil>.

■ **Money sources** — While deployed here, you can cash a check once a month of up to \$200 at Army Financial Services in Bldg. 815.

■ **Submitting articles** — If news is happening in your unit, feel free to share that with the rest of the Camp Cunningham. To submit an article for an upcoming issue, send an e-mail to: af.marcus.mcdonald@baf.af.mil. In the e-mail, include what is happening, when it's happening, where it's happening and a point of contact. For more information, visit the 455th AEW Public Affairs office in Tent 719.

3-Day Forecast

Friday

Dusty
H 73/L 36



Saturday

Clear
H 75/L 37



Sunday

Dusty
H 75/L 39



Source: 455th EOG Weather

Airmen join Army riggers, Sailors in assembling containers of hope

by Staff Sgt.
Marcus McDonald
455th Air Expeditionary Wing
Public Affairs

Airmen are joining Soldiers and Sailors at Bagram in assembling containers to help with the multinational effort to provide humanitarian assistance and support to the people of Pakistan following the 7.6-magnitude earthquake that shook the country Oct. 8.

When they're not repairing aircraft for their units, Air Force EC-130 maintainers, alongside their counterparts working on Navy EA-6s, have been lending a hand to help riggers from the Army's 82nd Airborne Division build containerized delivery systems.

"The Army team had a very busy week already when the earthquake hit," said Air Force Capt. Joseph Schmidt, maintenance officer, 41st Expeditionary Electronic Combat Squadron. "Since our airplanes were in good shape, our aircraft maintainers offered to help build these CDSs to help the people of Pakistan."

Captain Schmidt, deployed from Davis-Monthan Air Force Base, Ariz., said although the participants in this joint venture will probably never get a chance to meet the people they're helping, it's still worth the effort that's being put forth.



Photo by Staff Sgt. Marcus McDonald
Army Spc. Charles Laborn, parachute rigger, secures a tie on a containerized delivery system on the flightline last week.

"Our Airmen, Soldiers and Sailors aren't participating for medals, money or recognition; they are taking part because they're representing what America is all about — hope for a better tomorrow," said the captain, a native of Muncie, Ind.

Each CDS, weighing about 1,800 pounds each, contains a variety of humanitarian supplies to

— See 'Hope', Page 5



America's military: A special fraternity, a special bond

by Col. Margaret Poore
455th Expeditionary Mission
Support Group commander

Before I left on this deployment to Bagram, I had the pleasure of attending a Senior NCO Induction Ceremony at Cannon.

Like many of the other official functions I've attended, this event included a short ceremony that paid special tribute to our POW and MIA service members.

As I stand for those ceremonies and participate in the silent toast, I often wonder what all the other folks in the audience are thinking about.

It's been a long time since America has had a war or conflict with significant numbers of POWs or MIAs and I wonder if this ceremony really has meaning for folks anymore.

Well, it does for me. Every time I witness a POW/MIA Ceremony, I think about Navy Lt. David Hodges and it brings me back to the realization that I am part of a very special fraternity. Let me tell you why.

My parents divorced when I was very young. My father remarried in 1972 to Elizabeth Hodges, a widower with two young daughters. My mom's first husband was Lieutenant Hodges.

He was flying combat missions over Vietnam off of the USS Oriskany and was shot down on Oct. 7, 1967. After being hit by a surface-to-air missile, his wingman reported receiving a radio

transmission and then watched Lieutenant Hodges' A-4E Skyhawk roll to the right, enter a steep dive, and crash into the countryside.

There was no parachute and no emergency beacon. Because the enemy controlled the immediate area, no search and rescue mission was launched.

For many years, Lieutenant Hodges was listed as MIA.

Finally, in 1999, after three different Department of Defense teams excavated the suspected crash site, the military returned Lieutenant Hodges to American soil.

There wasn't much – just some personal artifacts and a few bones which DNA testing was able to confirm were Lieutenant Hodges'.

But, it was enough to bring a degree of closure for my mom and my two sisters. On July 30, 1999, nearly 32 years after he was shot down, Lieutenant Hodges was buried at Arlington National Cemetery.

I attended the funeral and what I saw there reinforced the fact that we belong to a very special fraternity. What other organization would dedicate so much time, resources, and energy to bringing lost members home after more than 30 years?

While it may not necessarily be important to you, it's very important to your family. Trust me, I've seen it.

The funeral itself was the kind you would expect to see for generals – full honor guard, caisson and a missing-man flyover. The dignity and respect the honor guard showed for my mom and sisters

was sincere and heartfelt.

Our honor guard members have a tough job and what they do is extremely significant for the families. Trust me, I've seen it.

Finally, after the funeral, his shipmates hosted a luncheon for the family at the Fort Myer Officers Club.

About 25-30 of his shipmates were there, and each one of them got up to tell a personal story about Lieutenant Hodges. That was especially important for my sisters to hear, since they were 4 and 6 when their dad died.

The stories they told were of men who grew to love each other and trust each other.

One man told of how he got out of the Navy after his four year stint was over and went to work in private industry.

To this day, he can tell you all about his Navy shipmates, but can't tell you one thing about the guy who works in the next cubicle.

The military bond is stronger than any other – we depend on each other, we protect each other, and we respect each other. Those bonds last a lifetime. Trust me, I've seen it.

So the next time you see a POW/MIA Ceremony, think for a moment about Lieutenant Hodges and remember that you aren't just "in the military" – you belong to a very special fraternity; as members of today's military, let's live it, love it and above all, respect it.



Bagram Bulletin Editorial Staff, Disclaimer

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Photo by Capt. James H. Cunningham

Maintainers from the 41st Expeditionary Electronic Combat Squadron watch as an EC-130H Compass Call starts its engines before a combat sortie on the flightline.

EC-130s reach milestone supporting ground forces

by Capt. James H. Cunningham
455th Air Expeditionary Wing Public Affairs

Operation Enduring Freedom has become as much about electrons as about bullets.

Providing an umbrella of electronic protection over ground forces has become the role of EC-130H Compass Call at Bagram.

Since November 2004, the 41st Expeditionary Electronic Combat Squadron has taken that role to the next level by supporting more than 1,500 air support requests, or ASRs.

"One-hundred percent of what we do here is provide support to ground forces," said Lt. Col. Dean "Clean" Worley, 41st EECSS commander. "We are essentially providing electronic close-air support."

Providing this type of direct electronic attack support to ground forces is a new role for the airframe.

"In the past, we have been a part of operations supporting both conventional and special operations ground forces," Colonel Worley said. "But the level of true integration, down to the battalion level and below, is what's new. The number of ASRs we've

supported shows how much we've embraced this mission."

EC-130s essentially provide an electronic shield around ground forces. That shield gives friendly forces freedom to do their job, while denying the enemy the ability to use many of their technological assets. It's a mission that has garnered the respect of the customer.

"I can tell you soldiers rest easier knowing the EC-130s are flying overhead," said Brig. Gen. James Champion, CJTF-76 deputy commanding general (for operations).

"From the ground forces' perspective, it gives us added protection from a number of threats and it also keeps the enemy from doing what he wants to do," the general said. "The result is saved lives. You can't put a price on that."

The EC-130s have been continuously deployed in this region for more than 18 months.

"The drive to accomplish the mission has never slackened or wavered," said Colonel Worley. "It's an honor to be in command of such a group of warriors."

President Bush: U.S. troops fighting war with courage

by **Gerry J. Gilmore**

American Forces Press Service

All U.S. troops fighting the war on terrorism "rely on the love and support of their families," President George W. Bush told spouses Wednesday at Bolling Air Force Base, Wash.

Military members are deployed worldwide defending "our freedom and our security in the first war of the 21st century," President Bush said.

And he said American servicemembers are performing dangerous missions in places like Afghanistan and Iraq "with skill and courage and compassion."

All of America "is proud of the men and women who wear our uniform," he said. "And so am I."

The president said all servicemembers need the support of their mothers, fathers, husbands and wives. Family members send care packages and e-mails to deployed service members and "provide the daily encouragement for our folks overseas," he said.

By standing behind their deployed husbands and wives, military spouses are serving as well, the president said. He also said American people are grateful

for the strength and sacrifice military spouses make. "And so am I," he said.

American servicemembers are sacrificing for their country, and military spouses deserve full support in return, President Bush said.

Service members and their families deserve the best-possible pay, he said, adding that he has increased basic military pay by 21 percent since 2001. Military members and their families also deserve affordable, comfortable housing and good health benefits.

The president said military imminent danger pay has been increased by 50 percent to provide extra compensation for servicemembers deployed in harm's way. And, family separation pay was more than doubled. Base housing for military families has been upgraded, and out-of-pocket housing costs have been eliminated for most families living off base.

And it's easier for military families to get health care today, President Bush said. Tax filing deadlines are extended for deployed servicemembers. Payments for servicemembers wounded in action have increased. And education benefits have been improved for the Guard and Reserve.

455th AEW's Company Grade Officer of the Month

Job title

Operations officer

Deployed unit

455th Expeditionary
Security Forces Squadron

Home station

Yokota Air Base, Japan

Home town

Formoso, Kan.

How do you feel about making history here in Afghanistan as part of the ongoing Global War on Terrorism? I extended my assignment so I could deploy here to make a contribution, so needless to say, I'm happy to be here.



1st Lt. Jon Carlson

What have you enjoyed most about your time here?

I've enjoyed taking part in our off-base missions, which are helping the Afghan people get back on their feet and establish a solid form of government following decades of unrest.

What advice would you give to your fellow CGOs for a successful Air Force career?

Never ask your people to do something you wouldn't be willing to do yourself. Make sure your people are taken care of, give them any support they need, rely on your senior NCOs and trust them to get the job done. The rest is gravy.



Photo by Capt. James H. Cunningham

Inside Afghanistan

Airman 1st Class Sasha Schmidt, AFN Afghanistan, interviews Senior Airman Earlay Haag, A-10 crew chief, 455th Expeditionary Aircraft Maintenance Squadron, for a news story on the aircraft's role in Operation Enduring Freedom. AFN Afghanistan is now making daily feeds to the Pentagon Channel and producing a bi-weekly TV news show on the channel entitled "*Inside Afghanistan*."

Hope From Page 1

include bags of beans, rice and sugar, health, hygiene and tool kits, powdered milk, winter clothes and water.

More than 150 CDSs have been assembled here since the multinational earthquake relief operations to Pakistan began, according to Warrant Officer Daniel Christy, airdrop systems technician, 82nd Airborne Division, Fort Bragg, N.C.

"We worked around the clock for several days preparing CDSs for airdrop into Pakistan," the warrant officer said. "To date, this joint effort has provided an estimated 80,000 pounds in humanitarian aid in both land and air drop."

Working in a joint environment is nothing new to Army parachute riggers.

"Our response to the devastation that occurred in Pakistan only unifies the jointness people see on daily basis here at Bagram," Warrant Officer Christ said.

"In order to accomplish any mission here in Afghanistan, it requires everyone to think joint



Photo by Staff Sgt. Marcus McDonald
Senior Airman Michael Gray, 41st Expeditionary Electronic Combat Squadron, helps assemble one of the CDSs.

in efforts to make things happen," the warrant officer said.

Navy Petty Officer 2nd Class Daniel Lopez, Electronic Attack Squadron 134 out of Whidbey Island, Wash., said he's glad to have been a part of this joint effort to help the people of Pakistan.

"It feels great to know we have yet another opportunity, alongside the Army and Air Force, to help others in need," said Petty Officer Lopez, a native of Alta Loma, Calif.

"Our efforts will hopefully make it a little easier for the people affected by this devastating earthquake."

Tech. Sgt. Bryan Tenney, fuel systems craftsman, 41st EECSS, said when the call for help from the Army riggers, the Air Force and Navy were ready to lend a hand and learn at the same time.

"When the news spread of this effort to help the people of Pakistan, it did not take long for the Air Force and Navy to join in," said Sergeant Tenney, a native of Columbus, Ga.

"This gave us all a chance to learn exactly what Army riggers do," Sergeant Tenney said. "In turn, I think they learned that those of us in the other branches of service are not afraid to get dirty, sweaty and stand shoulder-to-shoulder with them when they need our help."



New passenger terminal expected by early 2006

by Staff Sgt.
Marcus McDonald
*455th Air Expeditionary Wing
 Public Affairs*

Engineers are building a new \$932,000 passenger terminal that will expand operations at Bagram.

Twenty-four Airmen from the 1st Expeditionary Red Horse Group, deployed here from Nellis Air Force Base, Nev., began laying the terminal's foundation earlier this month. The group expects to finish the 7,750-square-foot facility in early 2006.

"Once this project is complete, military and civilian travelers will see a more spacious facility," said 1st Lt. Megan Leitch, the construction project officer.

She said the new building is "better designed for the potential flow of more than 300 people traveling through Afghanistan's busiest hub at any one time."

The lieutenant said the terminal will offer a secure waiting area and give administrators the chance to better manage flights in and out of the country. On an average month, 8,000 people transit through the terminal.

Lt. Col. Walter Fulda, 455th Expeditionary Logistics Readiness Squadron commander, said the new passenger terminal will ensure mission readiness.

"Our existing passenger terminal is undersized and does not meet the operational requirements of today's war fighters," said Colonel Fulda, who is deployed from Davis-Monthan Air Force Base, Ariz.

"This new passenger terminal will be the hub of a larger passenger services campus at Bagram that includes a new cus-



Photos by Staff Sgt. Marcus McDonald

Staff Sgt. David Famigiletti, a pavement and heavy equipment operator, tops off the first load of landfill-bound demolished concrete at the groundbreaking of Bagram's new passenger terminal Oct. 17.

toms facility and the newly opened USO," the colonel said.

Lieutenant Leitch, from Fairfax, Va., said the completion of terminal, along with a new post office and customs office for the base, will make way for the construction of a cargo ramp here in the summer of 2006.

Colonel Fulda said his passenger services section keeps war fighters on the move as they pursue peace throughout the country and region.

"Our role is to rapidly and accurately move people within the Afghanistan and the U.S. Central Command area of responsibility," said the colonel, a native of Charleston, S.C.

He said the terminal will ensure troops "get much-needed rest and relaxation time while deployed." And, he said, "Our passenger terminal staff gets the right people to the right place at the right time."



Staff Sgt. Patrick Vance, 1st Expeditionary Red Horse Group, ties together rebar cages for a pre-engineered building support as part of the foundation for Bagram's new passenger terminal last week.

Garudas honor Navy astronaut, rename Prowler Camp

by Navy Lt. Ryan Carmichael
Electronic Attack Squadron 134

More than two years ago, the Space Shuttle Columbia and her crew perished during reentry.

On Oct. 13, the Garudas of Electronic Attack Squadron 134 celebrated the Navy's 230th birthday by dedicating the Prowler Camp at Bagram in honor of the Columbia's pilot, Cmdr. William McCool.

During the celebration honoring Commander McCool, Air Force Brig. Gen. Bruce Burda, 455th Air Expeditionary Wing commander, joined the Garudas to commemorate the renaming of the camp.

All of the U.S. and coalition forces deployed to Bagram are assigned individual camps to house their units. For the last two years, expeditionary Prowler squadrons referred to their camp simply as the "Prowler Camp."

Upon the Garuda's arrival, the command decided to commemorate a fallen shipmate and rename the camp. Petty Officer 1st Class Jason Lewis, command career counselor, and the VAQ-134 mobility department researched 10 Sailors who had lost their lives in the line of duty since the beginning of Operation Enduring Freedom.

These names were put to a vote amongst all Garuda Sailors, and the overwhelming decision was in favor of Navy Prowler and Commander McCool.

After graduating second in his class from the United States Naval Academy in 1983, Commander McCool attended graduate school at the University of Maryland where he earned a master's of science degree in computer science.

After earning his wings in 1986, he was selected to fly the EA-6B Prowler. He served in his first fleet tour with VAQ-133 and completed two deployments on the USS Coral Sea (CV-43).

Following his tour with the Wizards, Commander McCool was selected to attend the Naval Postgraduate and Test Pilot School where he earned his second master's of science degree in aeronautical engineering.

Upon graduation from TPS, Commander McCool was assigned to Patuxent River and was instrumental in testing numerous upgrades for the TA-4J and the EA-6B, to include the flight-testing phase of the Advanced Capability EA-6B.



Photo by Navy Lt. Ryan Carmichael

The colors proudly fly above the newly named Camp McCool as the sun sets over Bagram.

In 1996, he served his final Navy tour with Electronic Attack Squadron 132 aboard the USS Enterprise.

During this tour, he was accepted into NASA's astronaut program and began his training. After two years of rigorous training, Commander McCool was chosen to pilot Columbia during the 16-day mission, STS-107.

All Prowler squadrons deployed to Afghanistan can take pride in the history of the camp's new designation. In the words of Commander Jay Johnston, Garuda commanding officer, "McCool's legacy both in the Prowler community and with NASA is a tremendous example to us all that our highest goals and dreams can be achieved. His legacy will endure in this community and within the Navy and Marine Corps for many years to come."



Bagram Bob

This week's question is one I hear from time to time when I'm trying to get buff — you know, choosing to lay down that chocolate-flavored cheesecake and ice cream sandwiches for a little time in the gym.

Q uestion: I'm trying to build my physique so I won't have to participate in the Wimpy Little Noodleman Competition any longer. Can you tell me how I can, during my time deployed to Bagram, form a "six-pack" of abs?

A nswer: I had to "phone a friend" on this one. I called upon 1st Lt. Adrian Cercenia, executive officer for the 455th Expeditionary Mission Support Group. He's been around the block a few times in this area and shared some useful tips, which are mentioned below.

When striving for the ever-elusive six-pack abs, there are three areas to focus on (actually four, but one, genetics, is out of your control).

First, you need to incorporate cardiovascular

training into your workout. There are many things you can do such as running outdoors or on a treadmill, elliptical trainer, bicycle, etc., so we will not dwell on this at length.

The second and most important area of focus is diet. Although there are many different diets out there, a simple diet high in protein, with moderate fat, moderate carbohydrates, and low sugar tends to be successful.

In addition to watching what you eat, you must also watch how you eat. Instead of eating only three times a day, consider eating five to six times a day with moderate-sized snacks between meals.

Although this might sound counterintuitive since you are eating more, you are actually training your body's metabolism to continue to work throughout the day. This, in combination with a cardio workout, will help burn away the stored, excess fat on your body.

Lastly, drink water. In addition to ensuring that you are staying hydrated, drinking a lot of water will also assist in training your body's metabolism.

Remember, you cannot trim the fat that is just around your waist, the key to a slimmer waist is lowering your total body fat level.

Next week, look for some advice on exercising that may help you get those "six-pack" abs.

ENDURING FAITH CHAPEL

WEEKLY WORSHIP SERVICES

Gospel
Sundays 1730L/1300Z

Jewish
Fridays 1900L/1430Z

Korean Protestant
Sundays 1545L/1115Z

Latter Day Saints
Sundays 1300L/0830Z

Liturgical Protestant
Sundays 0830L/0400Z

Muslim
Fridays 1800L/1330Z

Seventh Day Adventist
Saturdays 0930L/0500Z

Protestant
Sundays 1130L/0700Z



PRAYER REQUESTS

Visit the chapel offices, located near the Dragon DFAC, or call 231-4755.

Roman Catholic

Saturdays 1945L/1515Z
Sundays 1000L/0530Z

OTHER SERVICES, MEETINGS

Catholic Mass
Weekdays 1130L/0700Z

Chapel Cleanup
Saturdays 1100L/0630Z

Gospel Bible Study
Thursdays 1900L/1430Z

Noon Day Prayer
Weekdays 1215L/0745Z

Promise Keepers Men's Fellowship/Bible Study (conference room on first floor of base operations)
Wednesdays 1900L/1430Z