



Fighting Terror...Finding Peace

Bagram Bullet

Vol. 1, No. 32

Bagram Air Field, Afghanistan

November 4, 2005

Good To Know

❑ **Weekly A-10 mission briefs, tours** — The 354th Expeditionary Fighter Squadron has begun giving weekly A-10 mission briefs and tours Sundays at 1530L/1100Z at A-10 Operations (in the 455th Expeditionary Operations Group Headquarters). To sign up, e-mail Capt. Steven Raspet Saturday by 1630L/1200Z.

❑ **Stash the cash** — For details on how to save money while you're here visit S:\SHARED FILES\455 AEW PA NEWS, INFO\Deployed Investment Opportunities.

❑ **PA photos** — To see photos taken by PA, visit S:\SHARED FILES\455 AEW PA PHOTOS\2005 PA photos. Photos are placed in folders based on the date taken.

3-Day Forecast

Today

Clear
H 68/L 36



Saturday

Clear
H 70/L 36



Sunday

Partly cloudy
H 68/L 37



Source: 455th EOG Weather



Photo by Staff Sgt. Marcus McDonald

Sharing a smile

Senior Airman Tess Pottratz, fitness specialist, 455th Expeditionary Services Squadron, joins local Afghan villagers in a photo opportunity as part of an Adopt-A-Village visit Thursday. See next week's issue for additional coverage of the humanitarian effort.

Wynne sworn in as 21st SECAF

Michael W. Wynne was sworn in as the 21st secretary of the Air Force Thursday at the U.S. Air Force Academy.

"I am grateful for the opportunity to serve alongside America's Airmen and their joint service partners to keep our nation safe," Secretary Wynne said. "With their dedication, skill and sacrifice, they offer an incredible array of options to the president and the nation — from taking the fight to the enemy, providing strategic intelligence to the joint force, or providing humanitarian assistance at home and internationally in the wake of natural disas-



Photo by Charley Star

New Secretary of the Air Force Michael W. Wynne takes the oath of office Thursday.

ters." (Courtesy of Air Force Print News)



Bagram runway undergoes repairs, mission continues

by Capt. James H. Cunningham

455th Air Expeditionary Wing Public Affairs

Age, weather and more than 3,000 operations every week take their toll on the busiest runway in Afghanistan. Without a continual effort to repair the runway at Bagram, the mission would virtually come to a halt.

A nine-man spall repair team from the 455th Expeditionary Civil Engineer Squadron spends at least two hours every day maintaining the runway. A spall is a shallow break in the concrete, usually along a joint.

"We've made more than 200 repairs in the last two months," said Tech. Sgt. Jason Benbrook, noncommissioned officer in charge of airfield maintenance who's deployed here from Andersen Air Base, Guam. "This is an on-going effort to support the mission until the new runway is completed."

"The 455th ECES airfield repair team mission is critical to our operations at Bagram. Without constant runway repair, Bagram flight operations will stop within a few days or risk significant damage to fixed-wing aircraft," said Lt. Col. Mark Danigole, 455th Expeditionary Operations Group deputy commander. "Without their tremendous effort, Bagram drops from 140,000 operations a year — three times Ramstein Air Base, Germany — and becomes little more than a huge parking lot."

The amount of work accomplished is even more impressive when taking into account all that repairs are made between arriving and departing flights on a fully active runway; it's an effort that requires total team coordination.

"Our deputy operations group commander, Lt. Col. Mark Danigole, has worked tirelessly to understand and minimize the effect unscheduled landings and takeoffs have on moving teams off the runway during the middle of repair operations," said Lt. Col. Stephen Becker, 455th ECES commander. "His actions signify the close working relationship my squadron has with the wing,



Photo by Capt. James H. Cunningham
Staff Sgt. Tony Dypkowski, 455th ECES, uses a concrete saw to repair Bagram's runway.

other groups and airfield management to ensure repair operations are prioritized and executed in a highly efficient manner."

To make the repair, Airmen saw a square around the spall, jackhammer away the bad concrete, vacuum up the debris, then fill the hole with a quick-drying mortar mix. Within 30 minutes, the repair is dried and ready for aircraft to land on.

Bagram's runway supports critical combat and humanitarian missions. The repairs keep the spall's loose debris from damaging aircraft engines or tires.

"What we do has a direct impact on the mission," said Staff Sgt. Brady Dryden, NCOIC of spall repair crew. "Without us, the aircraft couldn't do their job. It makes us feel like we're part of what's going on here at Bagram."



Bagram Bulletin Editorial Staff, Disclaimer

Brig. Gen. Bruce Burda Commander, 455th AEW
Capt. James H. Cunningham Chief, Public Affairs
Staff Sgt. Marcus McDonald Editor/NCOIC, Public Affairs

This newspaper is an authorized publication for members of the U.S. Air Force deployed to Bagram Air Field, Afghanistan. Contents of the Bagram Bulletin are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense or the U.S. Air Force. The editorial content is edited, prepared and provided by the 455th AEW/PA office.



Survival equipment duo helps keep A-10 pilots safe

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

From an initial review to final inspection, a survival equipment duo here is helping keep A-10 Thunderbolt II pilots safe and secure as they fly close-air support missions as part of the global war on terrorism.

Whether assembling an anti G-suit, parachute or survival vest, Staff Sgt. Andrew Topor and Senior Airman Adam Hatch, both deployed from Davis-Monthan Air Force Base, Ariz., are known for weaving together excellence.

"If we've done our job correctly, A-10 aircrews can step into the cockpit, conduct their mission and return home safely," said Sergeant Topor, a survival equipment supervisor/rigger, with the 455th Aircraft Maintenance Squadron.

"We don't get to see if the maintenance we do on the equipment works out or not, and if we do, that means something went wrong," said Sergeant Topor, a native of Columbus, Ga. "But if something were to happen, knowing that they made it to the ground safely because of the work we do gives us a sense of accomplishment ... that we saved a life."

Airman Hatch, a survival equipment technician/rigger, said he enjoys doing what he's paid to do and is glad to serve his country during a time of war.

"This job, like any other, is truly



Staff Sgt. Andrew Topor (above) assembles an aircrew survival vest as **Senior Airman Adam Hatch** (right) marks a piece of material in preparation for a protective engine cover.

what you make of it," said Airman Hatch, a native of Woodsville, N.H. "It's extremely rewarding to know we are a vital part of making a successful mission happen.

"Regardless of how difficult it is at times, it is an honor and a privilege to serve and do my small part to complete the mission and return home safely," said Airman Hatch. "This is an experience to be proud of and one I will certainly carry with me always."



How to submit articles, action photos and/or story ideas to the editorial staff

If news is happening in your unit, feel free to share that with the rest of the Camp Cunningham. To make a submission or if you have a story idea for possible inclusion in future issues, send an e-mail with the basic details to af.marcus.mcdonald@baf.afgn.army.mil.



Vehicle maintainers keep Bagram Airmen 'rollin'



Airman 1st Class Jennifer Hedgepath, vehicle and vehicular equipment maintenance apprentice, repairs wires for a bulldozer. Airman Hedgepath, a native of Concord, N.C., is deployed here from Ellsworth Air Force Base, S.D.

(Left) Senior Airman James Bruegger, vehicle and vehicular equipment maintenance journeyman, 455th Expeditionary Logistics Readiness Squadron, repairs an engine on a humvee inside the vehicle maintenance tent, (top of page). Airman Bruegger, a native of Windsaw, Wis., is deployed to Bagram from Seymour-Johnson Air Force Base, N.C.

*Photos by Airman 1st Class
De-Juan Haley*



Photo by Capt. James H. Cunningham

'Re-upping' in Afghanistan

Staff Sgt. Chet Warren (above), 455th Expeditionary Communications Squadron, and Senior Airman Amanda MacMillan (right), 455th Expeditionary Logistics Readiness Squadron, reenlist in the Air Force. Sergeant Warren, deployed to Bagram from Elmendorf Air Force Base, Alaska, reenlisted for four years. Airman MacMillan, here from Davis-Monthan Air Force Base, Ariz., selected the six-year option.



Photo by Staff Sgt. Marcus McDonald

DoD announces recommended holiday mail dates

The Department of Defense announced Monday the recommended mailing dates to ensure that holiday cards and packages for service members arrive overseas in time for the holiday season.

"To ensure delivery ... to military APO/FPO addresses overseas and to international addresses, we suggest mail be sent by the recommended dates provided by the U.S. Postal Service," said Mark DeDomenic, the assistant deputy director and chief of operations for the Military Postal Service Agency. "Beat the last-minute rush by bringing your mail to your post office by these suggested dates."

- Parcel post: Nov. 12
- Space-available mail: Nov. 26
- Parcel airlift mail: Dec. 3
- Priority and first-class letters/cards: Dec. 5

The Defense Department requests people who send mail to use the service member's full name,

with or without rank or rating; unit and APO/FPO, Air/Army Post Office or Fleet Post Office; address with the nine-digit ZIP code, if one is assigned; and a return address. For packages, mailers are asked to print on one side only with the recipient's address in the lower right portion.

While there are specific restrictions for each five-digit military post office ZIP code (APO/FPO), it is prohibited to mail the following items to the CENT-COM region: obscene articles such as prints, paintings, cards, films, videotapes, etc.; pork or pork by-products; alcoholic beverages; any matter depicting nude or seminude persons, pornographic or sexual items; or unauthorized political materials.

Although religious materials contrary to the Islamic faith are prohibited in bulk quantities, items for the personal use of the addressee are permissible. (Courtesy of Air Force Print News)



(Above) Master Sgt. Timothy Leahy, master of ceremony, prepares for the event as (right) Senior Airman Christopher Callender, 455th Expeditionary Security Forces Squadron, receives his promotion "punch" Monday in the A-10 phase hangar.



Photos by Capt. James H. Cunningham

Leadership recognizes promotees, top performers

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

Twenty-two Airmen moved up to their next enlisted rank and five were chosen as the best of the best at the 455th Air Expeditionary Wing's monthly promotion and awards ceremony Monday in Bagram's A-10 phase hangar.

The promotees were as follows:

- ☐ *To Airman 1st Class:* **Adam Eichele**
- ☐ *To Senior Airman:* **Jerod Spalding; Christopher Novak; Kenaya Robinson; Christopher Novak; Kenaya Robinson; Christopher Callender; Chris Ottem; Anthony King; Zachary Barry; David Henisa; Joshua Vincent; Christopher Sierra; and Christopher Novak**
- ☐ *To Staff Sergeant:* **Armando Garza**
- ☐ *To Technical Sergeant:* **Brian Denman; Todd Wilds; Jody Richardson; and Justin Moody**
- ☐ *To Master Sergeant:* **David Baker; Erik Gessling; and Scott Pelletier**

Wing leadership then recognized the Top Performers of the Month:

- ☐ *Airman of the Month:* **Senior Airman Matthew Fredette**, 455th Expeditionary Operations Group
- ☐ *Noncommissioned Officer of the Month:* **Staff Sgt. David Fulkerson**, 455th Expeditionary Mission Support Group
- ☐ *Senior NCO of the Month:* **Master Sgt. Jason**

Baker, 451st Air Expeditionary Group

- ☐ *Company Grade Officer of the Month:* **Capt. James Roy**, 455th EOG

- ☐ *Civilian of the Month:* **James Meder**, 455th EMSG

Other award nominees were also recognized:

- ☐ *Airman Category:* **Senior Airman James Bruegger**, 455th EMSG's Airman of the Month; **Senior Airman Brian Easthon**, 455th EMXG's Airman of the Month; **Airman 1st Class Kyle Sharp**, 451st AEG's Airman of the Month
- ☐ *NCO Category:* **Staff Sgt. Marcus McDonald**, 455th AEW's NCO of the Month; **Staff Sgt. Robert Pullen**, 455th EMXG NCO of the Month; **Tech. Sgt. David Baker**, 455th EOG's NCO of the Month; and **Tech. Sgt. Virgil McGee**, 451st AEG's NCO of the Month
- ☐ *Senior NCO Category:* **Master Sgt. Anthony Edmondson**, 455th EMSG's Senior NCO of the Month; **Master Sgt. Michael Walker**, 455th EMXG's NCO of the Month; and **Master Sgt. Robb Brown**, 455th EOG's Senior NCO of the Month
- ☐ *CGO Category:* **Lt. Lucas Smith**, 455th EMSG's CGO of the Month; **Capt. April Mench**, 455th EMXG's CGO of the Month; and **Capt. Matt Baugh**, 451st AEG's CGO of the Month

Supervisors wanting to nominate one or more of their Airmen for monthly awards should see their first sergeant.



Bagram Bob

In this week's column, I'll continue to address the topic of getting buff; this time, however, we'll focus on exercising techniques.

Q **uestion:** Can you tell me how I can, during my time deployed to Bagram, form a "six-pack" of abs?

A **nswer:** Last week, I covered cardiovascular training, watching what you eat, how often you eat it and finally, the importance and benefits of staying hydrated. Here's some advice my "phone-a-friend" buddy, 1st Lt. Adrain Cerenia from the 455th Expeditionary Mission Support Group.

When exercising, the lieutenant said it's most important to focus on form and not repetition. Concentrating on your abdominal area and focusing on contracting your abs is key.

Your abs are just like any other muscle, so you should train them similarly. Would you do three sets of 50 bicep curls?

Probably not. So train your abs like any other muscle. If you are not feeling the burn after 20-25 reps, begin adding weights to your workout.

Are six-pack abs achievable for everyone?



Photo by Capt. James H. Cunningham

John Kuenzli, 455th Expeditionary Security Forces Squadron, performs a dumbbell skull crusher as part of his workout routine in the gym. The Airman is deployed to Bagram from Andersen Air Force Base, Guam.

They're probably not, but a slimmer waist and midsection definitely are.

Genetics play a big role and unfortunately it is not in everyone's DNA. But it is not always about the destination, sometimes it is about the journey, so be happy that after all your hard work and dedication that you are living a healthier, stronger, longer life.

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