



Fighting Terror...Finding Peace

Bagram Bullet

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Bagram Air Field, Afghanistan

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Good To Know

❑ **Special services** — The Enduring Faith Chapel holds special revival services today, Nov. 25 and Dec. 2 at 1900L (1430Z). For details, call 231-4755.

❑ **PA photos** — To see photos taken by PA, go to the S Drive, click on the "SHARED FILES" folder, then "455 AEW PA PHOTOS", then "2005 Photos". Photos are put in folders based on the date taken.

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

3-Day Forecast

Today

Partly cloudy
H 60/L 33



Saturday

Afternoon
clouds
H 61/L 32



Sunday

Afternoon
showers
H 60/L 34



Source: 455th EOG Weather

Communicators lay foundation for future

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

As U.S. forces prepare to return control of the airport terminal and tower to Afghan control, combat communicators assigned to 451st Air Expeditionary Group Communications Flight recently stepped up and out of their lanes to provide critical communications by installing more than a mile of copper and fiber cabling. The 451st AEG is a 455th Air Expeditionary Wing tenant unit based at Kandahar Air Field in southern Afghanistan.

When a short-suspense installation project could not be staffed by an engineering and installation team, the flight took the challenge head-on and began re-routing more than 6,000 feet of communication lines to ensure connectivity wasn't lost during the changeover.

The project, which involved running the wiring through conduit and burying it in trenches, has also left room for additional cables for expansion in the future.

"We were able to get the process started to make sure no capabilities were lost," said Capt. Paul Perron, 451st AEG Communications Flight commander. "They've picked up the ball and run with it."

For the flight of less than 20 Airmen charged with maintain-



Photo by Staff Sgt. Marcus McDonald
Staff Sgt. Jeremy Bellard, left, and Senior Airman Jeffrey Shipley, computer communications systems operators, help dig a ditch for relocating 2,400 feet of radar fiber and computer network and phone cable.

ing network communications for Kandahar Airmen and missions, innovation has become a way of life.

Improvements have spread to other areas of communication. Local communicators again stepped up to the challenge to complete a project to increase coverage of the land mobile radio service on the base. The project involved installing 15 repeaters, testing them and then programming around 300 receivers to work with the new system.

— See 'Comm', Page 4

Airmen commit offenses, pay consequences

Unit	Rank	Charges	Date	Punishment
816th EMXS	SrA	- Art. 91, <i>Disrespect to an NCO</i> - Art. 92, <i>Dereliction of duties</i> - Art. 108, <i>Damage to military property</i>	Oct. 15	- Suspended reduction to A1C - Forfeiture of \$382 - Reprimand
455th ESFS	SSgt	Art. 128, <i>Assault consummated by battery</i>	Oct. 22	- Suspended reduction to SrA - Reprimand
455th ESFS	SSgt	Art. 128, <i>Assault consummated by battery</i>	Oct. 24	- Suspended reduction to SrA - Reprimand
41st EECS	A1C	Art. 121 (x2), <i>Larceny (shoplifting from the PX/BX)</i>	Nov. 4	- Forfeiture of \$300 - Reprimand

Information courtesy of the 455th Air Expeditionary Wing Legal office

Warriors should take time to verify deployment credit

All Airmen who were not issued contingency/exercise/deployment orders to deploy should verify their personnel records include credit for those deployments.

A deployment is defined as any temporary duty away from home station filling a validated combatant or component commander or supported major command requirement for forces in support of a named operation or exercise.

Airmen should ensure they have received credit for deployments as defined above because, in some instances, units have deployed Airmen under Defense Department Form 1610s or NATO travel orders.

However, to receive deployment credit, Air Force Instruction

36-2134, "Air Force Duty Status Program" requires CED orders to update TDY histories in the Military Personnel Data System.

"Because officer selection boards consider the 'whole person,' officers need to ensure their entire record is correct to include deployments," said Lt. Col. Darlene Roquemore, chief of the officer promotions, appointments and selection continuation branch at the Air Force Personnel Center at Randolph Air Force Base, Texas.

"The officer selection brief now reflects qualifying deployments since 9/11," the colonel explained.

If an Airman's Type 1 TDY deployment has not been updated in their TDY history, a completed travel voucher and at least one of the following source documents are required to receive credit:

- certified CED orders;
- certified non-CED orders;
- approved decoration;
- officer/enlisted performance report;

In the future, all Airmen who are not issued CED orders for eligible deployments should make every effort to notify their respective commander's support staff or servicing MPF personnel readiness function prior to departure.

If they cannot correct orders prior to departure, they may do so after returning from the deployment.

For more information, call the AFPC field activities office at DSN 665-2671 or commercial (210) 565-2671. (Article courtesy of the Air Force Personnel Center News Service)



Bagram Bullet
Editorial Staff, Disclaimer

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Integrity key core value, says new SECAF

by Staff Sgt. C. Todd Lopez
Air Force Print News

The newly confirmed Secretary of the Air Force has set a strong emphasis on both individual and organizational responsibility and accountability — one of his goals for his tenure.

"We have to ... continuously emphasize the integrity of purpose and integrity of the individual," Secretary Michael W. Wynne said. "The Air Force core values are ... to be revered."

Accountability is nothing new to the Air Force. It is inherent in the service's core values -- values memorized and recited by Airmen from their first few days in military training.

"If you think about it and move through them in a deliberate way, 'integrity first' is a very good way of saying let's be accountable for our actions and let's set personal standards and adhere to them," Secretary Wynne said.

Accountability in the Air Force stretches across many areas, from the individual actions of Airmen in the workplace to actions taken by those in the acquisition community that spend taxpayer dollars to equip the Air Force, said Secretary Wynne.

The secretary is looking to "put in place a governance and transparency so that we foster a process oversight that maybe we never had before. Say what you are going to do, and do what you say. Set a standard and then



Photo by Master Sgt. Jim Varhegyi

Newly confirmed Secretary of the Air Force Michael W. Wynne talks about some of the early goals he has for the Air Force during an interview in his Pentagon office.

'... 'integrity first' is a very good way of saying let's be accountable for our actions and let's set personal standards and adhere to them.'

Michael W. Wynne
Secretary of the Air Force

adhere to the standard. I think in (most places) it is already there," the Secretary said.

In the past few years, there

have been several issues that have caused some to question the service's commitment to its core values. Secretary Wynne says the formula for regaining and keeping confidence in the Air Force is simple.

"If we can sustain the mutual respect and integrity, and have people accountable to the standard, we will drive away a lot of our critics," he said. "Our critics will become bored with people who set high standards and then adhere to those high standards."

Mr. Wynne was sworn in as the 21st Secretary of the Air Force Nov. 3 during a ceremony at the U.S. Air Force Academy in Colorado Springs, Colo.



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.



Photo by Tech. Sgt. Jerry Cataldo

Im'press'ive

Tony Dyplowski, 455th Expeditionary Civil Engineer Squadron, prepares to bench press 315 pounds. Dyplowski, who weighs 209 pounds, took second place in the recent bench press competition with a lift of 330 pounds. John Kuenzli, 455th Expeditionary Security Forces Squadron, who weighs 163 pounds, won the competition by lifting 325 pounds. The winner was determined by the most weight lifted in proportion to the participant's weight.

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"We basically read the books on how to do it and learned as we went," said Tech. Sgt. Keith Sedwick, LMR manager for the 451st AEG Communications Flight, deployed from the 33rd Combat Communications Squadron at Tinker Air Force Base, Okla. "I always want to leave a place better than I found it to make it easier for whoever comes after us.

The effort saved a special three-man team from Qatar five days of work.

"It's inspiring to know that what we're doing, in the long run, will make it a whole lot better here than it has been in a long time," said Master Sgt. Richard Poole, deployed from the 223rd Combat Communications Squadron in Hot Springs, Ark.

Other improvements have also been made. Communicators devised a way to increase the network's bandwidth capability 10 fold by upgrading and installing enhanced network switches.



Photo by Staff Sgt. Marcus McDonald
Staff Sgt. Jeremy Bellard, computer communications systems operator, 451st AEG, programs an Internet switch to prepare for the relocation of personnel from both the Kandahar passenger terminal and air terminal operations center.

"This has allowed us to have fewer network problems and bet-

ter support the mission," said Staff Sgt. Jeremy Bellard, NCOIC of network management, 451st AEG Communications Flight, also deployed from the 236th CCS in Hammond, La.

Improving systems at Kandahar, especially those used by operators, has a direct impact on the mission.

"Losing communication here can literally mean life and death to the people we're supporting," said Sergeant Bellard.

As Afghanistan begins to take more control, Kandahar Airmen are planning on making a lasting impact in the Global War on Terror.

"This isn't about making temporary changes," said Col. Gerald E. Szpila, 451st AEG commander. "We're taking a long-term approach and making improvements that will last well beyond our AEF cycle. The results will benefit not only the rotations to come, but will also lay a foundation for a better Afghanistan."

americasupportsyou.mil

Americans send messages of support, thanks

I am a mother of three small boys and I am so thankful every day for all the men and women risking their lives every day to preserve this America for future generations.

My boys see you all as heroes! They don't want to be famous when they grow up, they want to be brave and do good things like you.

Keep up the good work! You inspire the lives of many every day! We love you.

Britany Freedman, Tampa, Fla.

This past Saturday morning, as I watched my son who is a Boy Scout march in the Veterans' Day Parade, tears welled up in my eyes.

My tears were for two reasons, one of pride to see my son honoring our veterans and the other for the sons of others who honor our country as they continue the fight. Thank you for all you do. My thoughts and prayers are with you always.

Carla Edgell, Jacksonville, N.C.

I just wanted to thank you for protection me and my family. You guys are doing a wonderful job over there. Just remember we love you guys and you guys are always in our heart and prayers.

My 6-year old son is ready to join. Told him when he is 18-years old he can join.

I'm so proud of him for wanting to protect his country and people. We love you very much and we are praying for all of you to return home safely and soon.

Sandi, Virginia Beach, Va.

I want you to know how dear you are to us and how much we appreciate your sacrifices. Please know that you are in our thoughts and prayers. Thank you for being such a true, loyal American.

E.J. Hayes, Myrtle Beach, S.C.

I want you, every one of you, to trust in yourselves and understand that you are doing what is right, what is good, and what needs to be done. Not everyone can do your jobs, nor would some want to, but I, and my home, respect the dedication, the courage, and the inspiration that you, the heroes, have accomplished through these tough times. You are the American heroes.

Billy Heinsohn, Amarillo, Texas

Just want to tell everyone how thankful I am to have you serving our country to protect us. You are all brave heroes. I am praying for your safety, for you, for your families back home and for your safe return to your family. God bless each and every one. May your faith keep you strong.

Rheba Lovell, Houston, Texas

I am one of the majority of Americans who support and appreciate the sacrifice that you and your families are making.

While it is a small token on my part, it has been my pleasure to send items from my company for requests I have received from support groups for welcome home "goodie bags" and for items to auction to raise funds for these activities.

You have a critical job which supports our freedom and safety and I pray for your well-being and safe return to your families.

My wife and I frequently talk about our military and the outstanding people who serve. We are a blessed nation!

Richard Washington, Raleigh, N.C.

My many thanks and prayers for your work. You are doing a valuable service by keeping America safe. Without our military personnel, there would be more attacks against this country. Thank you that my children can safely go to school, the park, ride the trains, and visit grandma.

Linda White, Braintree, Mass.

Thanks so much to all military personnel for your willingness to wear the uniform of the United States in defense of our nation. I'm a grandmother and pray for you every day. I don't know your names but I know the Lord does.

Whenever I see a person in uniform and have the opportunity I thank him/her for serving our country. You are wonderful people. God bless you all. May you have good success daily.

Joan Priola, Sun City West, Ariz.





Bagram Bob

Everyone likes a little help getting in shape. In this week's column, we'll look at how supplements can or can't be of assistance.

Q **uestion:** I want to lose fat and gain muscle, what supplements should I take?

A **nswer:** Supplements are just that, supplements and should be used to supplement a healthy, well-balanced diet. Supplements should not be used to offset an unhealthy diet. Another thing to take into account, most supplement advertisements and statements have not been evaluated by the FDA for accuracy or authenticity, as a result, do your fair share of research before taking supplements.

With that being said, a healthy diet in conjunction with regular exercise will normally result in fat loss and muscle gain.

However, if you are not seeing the gains that you would like to see, consider supplementing your diet

with a combination of carbohydrates and protein. There are other designer supplements out there, but as with anything, do your research before jumping in blindly.

One final word of caution about supplementation, especially while on a deployment, many people experience weight gain and muscle loss when coming off supplements and a decrease in exercise, for example, after redeployment back home.

If this or other topics brings questions to your mind that you'd like to see addressed, send an e-mail to baf-455aew-pa@baf.afgn.army.mil. In the subject line of the e-mail, type in "Bagram Bob." You can also visit the 455th AEW/PA office in Tent 719.



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