

Krab KRONICLE



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Kirkuk Regional Air Base, Iraq



**SECAF
visits
KRAB**

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On the cover...

The 21st Secretary of the Air Force, the Honorable Michael W. Wynne, visited Kirkuk Regional Air Base Dec. 18 as part of his tour of the Area of Responsibility. During his address, shown here, he shared holiday greetings from the president and the Secretary of Defense as well as discussing the change to the Air Force mission statement. (U.S. Air Force photo by Senior Airman Kristin Ruleau)

Be Seen...Be Safe

Always wear something reflective at night

506th Air Expeditionary Group
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506th AEG Commander

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Thankful for being here with you

By Col. Ed Daniel
506th Air Expeditionary Group
Commander

One of my most favorite Christmas songs is, "It's the most wonderful time of the year" because to me, this truly is the season of miracles.

Although each of us may have different reasons for feeling joy during this season, I think we can all agree that this time of the year does bring out the best in everyone; we all tend to find happiness and joy where it might not have been before.

As we gather together in the coming days to sing carols, exchange gifts, and say prayers for peace, I hope we all take a moment to reflect on the last year and give thanks for all the wonderful blessings we have received throughout the year and during our rotation.

I am so very thankful for each man and woman who are part of the 506th family,

you have made this the most interesting and exciting command I have had.

Moreover, you have made this one of the most successful endeavors that I have had the privilege to be associated with.

The recent visit by the Secretary of the Air Force is a perfect example of the teamwork and selflessness that epitomizes the spirit of this group.

To a man and woman, everyone pulled together to insure that when Secretary Wynne departed he knew, without a doubt, that he had just seen the best group in the AOR.

Believe me when I say that the accolades have already gotten back to us; he was very impressed.

What really gives me a sense of pride is that no one stood out above another. Just like our mission here at the KRAB, it takes each and every one of us, performing our assigned role, to make the 506th the success story it is.

I hope that each of you shares the same pride in our group as I do and I challenge each of you to carry that pride through till the end of your rotation.

Some, if not most, of you are rapidly approaching your departure date and I know you are eager to return to family and friends. As I have said many times before, I want you home as well, but I want you home in the same way as you left.

Please remain focused on each day you have remaining, stay engaged, and finish the way you started, **STRONG!**

I'll close by reminding everyone that we are family here at Kirkuk and that we must treat everyone as such.

Remember to watch over those around you and search them out if they are having trouble.

Please find a way to reach them, give them comfort, and bring them back into the fold. Let's all finish this battle the way we started, strong and together.

My hope is that each of you will have a blessed Christmas and a safe and Happy New Year.

Lastly, remember that you are giving your family, your friends, and your country the greatest gift you can - your presence and sacrifices away from home help preserve their freedom and liberty at home

Air Force releases new mission statement

By Master Sgt. Mitch Gettle
Air Force Print News

WASHINGTON (AFPN) — The realities of the world have changed dramatically since the creation of the Air Force in 1947 and continue to change almost daily.

With these changes in mind, Air Force leaders released a new mission statement Dec. 7 that defines the current and future direction of the Air Force.

"Today, our world is fast paced, constantly shifting and filled with a wide range of challenges," Secretary of the Air Force Michael W. Wynne and Air Force Chief of Staff Gen. T. Michael Moseley wrote in a joint Letter to Airmen. "Our mission is our guiding compass, and now more than ever we need it to be clear and precise."

The mission statement defines the "where and what" the Air Force accomplishes on a daily basis:

The mission of the United States Air Force is to deliver sovereign options for the defense of the United States of America and its global interests — to fly and fight in Air, Space, and Cyberspace.

The statement includes two new concepts, "sovereign options"

and "cyberspace," which the secretary and chief defined.

They said having sovereign options is the essence of being a superpower.

"Our task is to provide the president, the combatant commanders, and our nation with an array of options ... options that are not limited by the tyranny of distance, the urgency of time, or the strength of our enemy's defenses," they said. "With one hand the Air Force can deliver humanitarian assistance to the farthest reaches of the globe, while with the other hand we can destroy a target anywhere in the world."

The term cyberspace includes network security, data transmission and the sharing of information.

"We have quite a few of our Airmen dedicated to cyberspace ... from security awareness, making sure the networks can't be penetrated, as well as figuring out countermeasures," Secretary Wynne said. "The Air Force is a natural leader in the cyber world and we thought it would be best to recognize that talent."

Adversaries of the United States will use any method or venue necessary to contest America, and it is an Airman's calling to dominate air, space and cyberspace, the leaders said.

"If we can decisively and consistently control these commons, then we will deter countless conflicts," they said. "If our enemies underestimate our resolve, then we will fly, fight, and destroy them."

Using past air power pioneers as examples of understanding the mission, they said, "The Air Force's mission statement has evolved over time, but it does not change the nature of who we are or what we do."

SECAF visits KRAB: new mission

By Tech. Sgt. Ken Sloat
506th AEG Public Affairs

The men and women of the 506th Air Expeditionary Group had the privilege of hosting the Secretary of the Air Force and receiving a personalized holiday greetings along with the secretary's vision of the future for the Air Force.

The honorable Michael W. Wynne, Secretary of the Air Force toured three organizations here at Kirkuk Regional Air Base before addressing more than 300 Airmen deployed here in a troop call at the Bastogne Gymnasium.

"We've altered the mission of the Air Force... to recognize what folks are doing," said Mr. Wynne.

"We fly and fight in air and space and cyberspace. The expansion to cyber space is really a recognition that we've been pushing information over fiber cable, we have some tremendous (communication) specialists...they are all about digital control," said Mr. Wynne.

According to a joint letter released by Mr. Wynne and Gen. T. Michael Moseley, the Air Force Chief of Staff, our Air Force mission statement is a compass that needs to, now more than ever, be precise.

Secretary Wynne explained that, like the civilian business community that has created

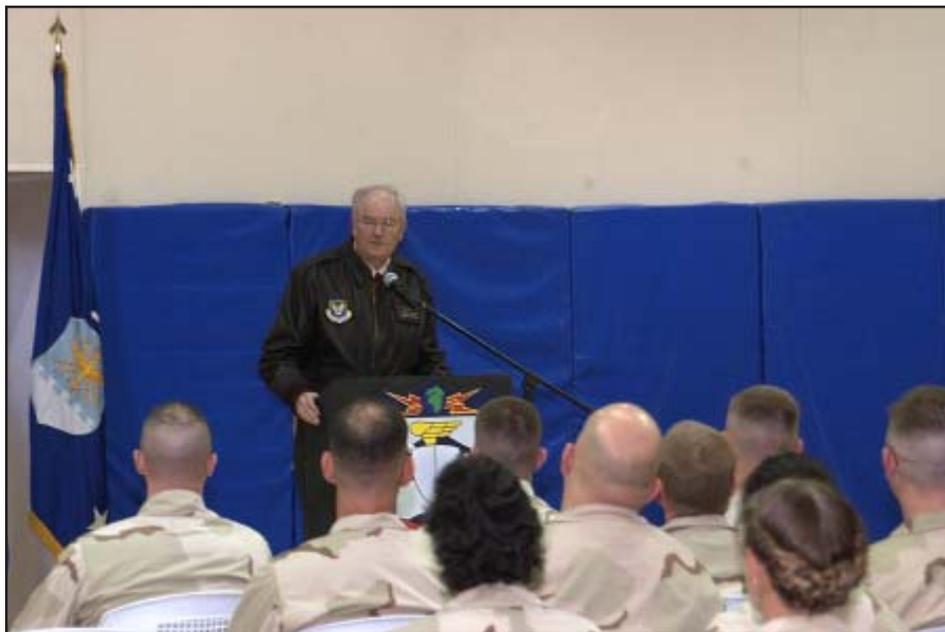


Photo by Senior Airman Kristin Ruleau

Secretary of the Air Force, the Honorable Michael T. Wynne, speaks to members of the 506th Air Expeditionary Group during his visit to Kirkuk Air Base Dec. 18. Mr. Wynne explained the changes to the Air Force's mission and discussed some possible changes to the Air Force under his leadership.

Secretary Wynne said that the Air Force has set a goal to lead with mutual respect and integrity.

"Mutual respect is about taking care of your wingman, said Secretary Wynne.

"Integrity is an interesting feature," he said,

he said.

Mr. Wynne suggested that the way we train the Airman of tomorrow should evolve to meet the demands of the battlefield if we are going to produce battle-ready Airmen.

"I don't have to tell the bulk of you about that," he said. "That's what you are right here."

The secretary said that rifle training should be the "right kind" so that coming to the battlefield isn't a "pick-up game."

He went on to suggest that the Airman of tomorrow should be more highly skilled in basic emergency medical skills so "we are all capable of taking care of our wingman in a combat medic sense."

"When you're out here at the tip of the spear," he said, "you really need to have a better understanding of what it would take to make sure that you survive... whatever inadvertent or overt attack might occur."

"I also wanted to bring...from the president, the Secretary of Defense and myself, warm holiday greetings for a phenomenal holiday season...and a great new year."

"I want to wish you well and thank you for what you are doing on behalf of all of us, your doing a great service, for three countries, not just for United States but also for Afghanistan and Iraq."

*"We do what we say,
we say what we do."*

The Honorable Michael W. Wynne

security systems and trains computer specialists to protect its computer networks from viruses and hostile attacks, we too need to be ready to defend our cyberspace terrain against attack.

"As good as we are at defending the terrain we begin to wonder what...if we wandered out on that battlefield ourselves," he said, adding that, "We have... a group that is beyond wondering," he said.

explaining that our weaponry of today reaches so far that "we can not fight if we can not trust."

"Integrity is all about making sure you're accountable for your actions and for your statements," he said.

Secretary Wynne said that the Air Force is going to strive for complete business transparency by being an "open, honest and above board" service.

"We do what we say, we say what we do,"

Wing Commander visits AEG Airmen

By Tech. Sgt. Ken Sloat
506th AEG Public Affairs

Some members of the 506th Air Expeditionary Group met with the 332nd Air Expeditionary Wing Commander and Command Chief Master Sgt. during their visit to Kirkuk Regional Air Base Dec. 10.

Brig. Gen. Frank Gorenc, Commander of the 332nd AEW and Chief Master Sgt. Layton Clark, Command Chief Master Sgt. deployed from Langley Air Force Base, Va., had lunch with 19 Airmen before holding a troop call for nearly 100 additional Airmen.

"We need to be better at telling our story," the general told them. The Air Force is doing great things everyday, he explained, but many of our contributions to this war are going unnoticed because we haven't been proactive about telling

"Be proud of what you do. But don't be proud of it at the expense of other Airman"

Brig. Gen. Frank Gorenc

our story.

Your role, is to tell your story better, he said.

Gen. Gorenc addressed the anxiety over rumored delays in the upcoming rotation.

"I don't think it's as bad as they thought it would be," he said, adding that it is important to be flexible.

"If you leave within two or three days of your scheduled departure," he said, "that is an on time departure."

"I want to make sure you understand you have to take care of each other," he said. "It's tough to be deployed. It's

tougher over the holidays" he said.

"I guarantee, right now amongst us, is an Airman who is having a hard time. Let's find that airman. Give them a smile, or pat on the back," he said.

"Sometimes a smile or a quick discussion can be enough," he said.

"I'm starting to not like the phrase 'outside the wire,'" said Gen. Gorenc.

There are some missions that must go beyond the relative safety of the base and there are others that do not. Each, he explained, is equally as important. He told the group of attentive Airmen about a recent luncheon he and the chief attended.

An Airman at the luncheon asked the general why, after spending his day working a dangerous mission off base he came back to be greeted by his First Sgt. with a uniform correction.

"He misunderstood what 'going outside the wire' meant completely," Gen. Gorenc said.

This Airman, according to the general, seemed to think that going outside the wire not only made him exempt from the standard, but he seemed to think that it actually entitled him to some special treatment.

"Be proud of what you do. But don't be proud of it at

the expense of other Airman," he said.

General Gorenc said that we, as an Air Force, should be developing our service identity. His statement stemmed from a question he took sometime ago from an Airman who wondered why he couldn't wear an Army combat badge that he'd been presented by his Army Colleagues.

General Gorenc, who admitted to wanting to tell him "because you're in the Air Force," instead opted for a different approach.

"I told him he should be proud of it. Frame it. Put it up," Gen. Gorenc said. But, he insisted, it doesn't belong on an Air Force Uniform.

Gen. Gorenc said that when he invited Chief Clark to add to his answer the Chief, who spotted a Marine sitting in the crowd, asked the Marine if he'd put another service's badge on his uniform.

"Hell no. I'm a Marine" he said.

"Don't apologize in this conflict, in this theater for being Airmen," said Chief Clark.



Photo by Tech. Sgt. Ken Sloat

Brig. Gen. Frank Gorenc, 332nd Air Expeditionary Wing Commander, answers questions from members of the 506th Air Expeditionary Group in the audience during a town hall meetings style troop call here Dec.10.

STRESSING IN THE AOR

By Tech. Sgt. Ken Sloat
506th Air Expeditionary Group Public Affairs

A physicist might describe it as “an applied force or system of forces that tends to strain or deform a body.” A psychologist might call it “a mentally or emotionally disruptive condition occurring in response to adverse external influences.”

To you and me, it might be as simple as a phone call from home.

The word stress has a negative connotation, said Maj. (Dr.) Mark Tims, a Clinical Psychologist assigned to the 506th Expeditionary Medical Services Squadron, deployed from Offutt Air Force Base, Neb. “But,” he added, “Not all stress is bad.”

What we often think of when we hear the word stress is actually distress. We forget about eustress. In fact, it’s a word that many of have never heard.

It uses the same prefix as euphoric and it’s the stress that can arouse us in a positive way. It is the type of stress that arouses the champion athlete or the person who is performing on stage, explained Dr. Tims.

“It’s very important to realize that all of us will feel a little wear and tear from this scenario,” said Dr. Tims.

According to Dr. Tims, family issues seem to be one of the more recurrent issues causing stress here.

Many of the Airmen deployed here played an integral part in the day-to-day management of their families back home - some of them may even have been the chief player. When they are deployed their spouse is often forced to take over.

“Even the most resilient spouse back home is going to feel some measure of strain related to the (deployment) of their military member,” he said.

The deployed Airman may feel some measure of stress related to the feeling of helplessness or even guilt over not being able to impact the situation back home, he said.

The younger relationships – less than two years old – can especially subject to the stress of a deployment separation, he said.

“They are still in the process of establishing commitment and intimacy,” he explained, adding that it can be a very difficult time for both the deployed servicemember and the spouse.

One of the other more recurrent issues members of the 506th AEG report to Dr. Tims is the strain of interpersonal relationships taxed to their limit by constant exposure to each other.

“At home you get to leave (work) and decompress. Here,” he said, “when you go home to the (modular living quarters) you are

rubbing elbows - literally - with the same person. We can’t escape in the same sense,” he said.

Dr. Tims suggested a few creative options, such as yoga, pilates, and the substantial reading list available at the library, as possible ways to decompress.

“You can boil stress management down to the word flexibility,” he said.

Dr. Tims described a common practice of rigid or inflexible thinking he labeled “should or must” thinking.

When confronted with “should or must” thinking, explained Dr. Tims, we are better off if we try to make the mental distinction that we actually “prefer” a particular outcome rather than depend on it.

“It comes down to what you do between your ears...and how you process it. It does no good to...think catastrophically or to awfulize the situation,” he said.

If we can train ourselves to look at our day to day stress as challenges rather than just problems, as growth opportunities rather than just negative situations, we may come away from that experience somewhat differently, he said.



Photo by Tech. Sgt. Ken Sloat

Staff Sgt. J. Chris Cabatit, Noncommissioned Officer in Charge of Life Skills Support for 506th Expeditionary Medical Services Squadron, deployed from Royal Air Force Base Lakenheath, England, assists a potential patient.

The holidays can magnify our stress.

If we allow ourselves to dwell on the fact that we are separated from family and the traditions and intimacy that go along with them, we can be making it tougher for ourselves, he explained.

We shouldn’t try to ignore the fact we are here. Nor should we pretend it doesn’t bother us. We should, instead, try to find a healthy diversion, he explained.

“If we immerse ourselves in the friendship, the camaraderie, or the fellowship that our colleagues and friends can offer here it may help compensate.”

Others agree.

“It keeps you connected. It gives you a family here,” said Chaplain (Capt.) Jose Del Toro,

Catholic Chaplain for the 506th Air Expeditionary Group, deployed from Misawa Air Base, Japan.

“We don’t just meet for church,” explained Chaplain Del Toro, “we have fellowships that are well attended.”

The deployed family, made up of our friends and co-workers, has some of the same strengths as our real family, said Chaplain Del Toro, explaining that it is a group of people caring for each other as they themselves would like to be cared for. Sharing your concerns with another person can sometimes be a powerful tool to deal with stress, he explained.

“A close friend that you can share what’s happening in your life is worth...ten psychologists,” said Dr. Tims.

KRAB IDOL: making of a star

By Tech. Sgt. Ken Sloat
506th Air Expeditionary Group Public Affairs



Photo by Senior Airman Kristin Ruleau

Manuel Garza belts out his rendition of the Marvin Gaye song *Let's get it on* to an excited crowd.

"The whole idea... was to add a little humor and get the audience involved right from the start," said Maj. Sorrell.

Judging from the audience's reaction to the host, he might easily have scraped the emcee job for a slot in the competition.

A panel of three judges selected the six competitors from each evening's performance to move on.

For the Dec. 9 event, Col. Ed Daniel, portrayed the ever-harsh "Big Jim Slade" while, at his side, presumably to soften his criticisms, was Capt. Brandi McBride playing the always reinforcing "Candy Apple" and Tech. Sgt. Darrell White portraying the gentle but straight forward "D. Mac Nificent."

Of the 11 competitors, just six were selected to advance to the finals. They were Lewis "Eek" Daniel, Allison Ball, Casey Leavings, Manuel "Manny" Garza, Joseph Chaney and Alex Africa.

Although good enough to advance to the finals, none of them managed to sneak past the cruelty of "Big Jim Slade".

"I'm starting to think this whole evening is going to be a big waste of time," he said, as one of the performers waiting on stage for their judgment.

Allison Ball and Manuel Garza seemed to be two of the big crowd

With the two elimination rounds of Krab Idol now complete, 12 finalists have been

selected to advance to the last round of competition scheduled for Dec. 23 to compete for a share of \$600 in prize money.

Of the 23 contestants that performed in one of the two elimination events, just 12 were selected to move on to the final competition.

The master of ceremonies for both events, Maj. Jeff Sorrell, started the shows off on a lively note with a song.

Separate elimination rounds narrows competitors to 12 for final competition

favorites.

Even "Big Jim Slade" had to work hard to find a harsh word for Allison Ball. Not being able to find anything bad to say about her powerful rendition of Whitney Houston's song *Hero* to criticize, he resorted to personal insults.

"You're short and you wear Army boots," he said to the uniformed Soldier.

According to the crowd's reaction, if Manuel Garza can repeat his performance of Marvin Gaye's song *let's get it on* he has a very realistic shot at the big money prize.

"You nailed it," said Capt. McBride through blush reddened cheeks.

The second elimination Dec. 16 featured twelve performers and a change at the judge's table.

Col. Daniel was replaced by Army Maj. Brian Coppersmith portraying an equally as harsh character "Jimmy Slash". Thankfully, for the contestants, he too was softened by a second appearance of "Candy Apple" and "D. Mac Nificent" who repeated their performances.

Of the 12 competitors just six were chosen to move on. They were Brenna Loseke, Tim Hoffer, Mia Nichols, Arnel Lastimososa, Jason Acre and John Stark.

Judging from the crowd's reaction, two of the big highlights seemed to be Arnel Lastimososa and Brenna Loseke.

Arnel Lastimososa's rendition of the Madonna song *La Isla Bonita*, while disturbing to some, seemed to energize most of the crowd.

"He went on (to the finals) for entertainment value alone. The crowd seemed to love him," said Randy Gardner, with amazement.

Brenna Loseske's version of "Bring me to life" by Evenescence seemed to be a crowd pleaser as well.

"She definitely pulled that off," said Capt. Mc Bride, adding "You hit some really strong notes."

The final competition is scheduled for 8 p.m., Dec. 23. The 12 finalists will be competing for a \$300 first prize, \$200 second prize and \$100 third prize.



Photo by Senior Airman Kristin Ruleau

The competitors from the second night of eliminations wait on stage as Maj. Sorrell reads who among them will be going on to compete in the final competition Dec. 23

TAC-P/CE team crowned ultimate Frisbee Champions

By Tech. Sgt. Ken Sloat
506th AEGroup Public Affairs

Finance gets cashed out by "Hammers" in game one

In game one of the three game Ultimate Frisbee championship here Dec. 1 Hang's Hammers narrowly sneaked by the group staff splinter team lead by Randy Gardner in 7-6 game requiring a sudden death show down.

Keen observers on the sidelines were surprised to see the normally cohesive members of the group staff splinted into two teams. In fact, Team Finance - made up by members of both the Group Staff as well as other organizations around base - was formed early on before its founder was aware of the group staff team.

The Hammers took the offensive immediately by using back to back short passes to waltz through the Money Tender's defenses. With just minutes of the start they were knocking at the end zone door and before the Tenders had a chance to repair the damage, the Hammers had racked up a few scores.

Like an animal forced into a corner, the Money Tenders came back strong with a frenzied "knock it down" defense of their goal. They managed to slap the Frisbee out of the air enough times to stop what would have been a run-away scoring circus for the Hammers.

But they just couldn't do it consistently.

The Hammers broke through the Tender's defenses four times during the first half thanks, in part, to the Julio "Sticky Fingers" Reyes who just couldn't drop the Frisbee once it was in his hands. Like a homing pigeon bound for its cage, the Frisbee seemed drawn to his hands.

When the first half ended the Hammers were up by just one in a 4-3 game.

The tide turned quickly as the second half began. The Tenders came back fighting and were quick to get on the score board to tie the game.

The Hammers tried to keep the Money Tenders under control with a powerful defensive front. But, try as they might, the Money Tenders stole into the goal twice in the first ten minutes of the second half, effectively flipping the tide of Hammer luck



Photo by Tech. Sgt. Ken Sloat

The "Hammer's" Julio Reyes leaps in front of a helpless player from the "Tenders", scooping the Frisbee away from him. This scene was repeated over and over again during the close battle between them.

and taking the lead in what was now a 5-4 game.

With just over two minutes left in the game, the Hammers swung back at the Tenders crushing their drive for the goal by picking up two quick scores for themselves which seemed to end the Tender's drive that would have put them well in the lead.

But, hanging onto life by a second, the Tenders managed to slip into their goal in the final minutes to tie the score and demand a sudden death extension.

The rumblings of controversy from the Tender's bench couldn't drone out the "Hang's Hammers" chant as the Hammer's took the field for the sudden death playoff.

And death - at least the one the Tenders suffered - was in fact very sudden. Within minutes of the whistle, Rambling man Glenn Rattell slipped past an inattentive Money Tender to find himself in the clear just inside the end zone just as team Captain, Ed "Hang" Daniel whisked the disk right into his hands.

It was over for the Money Tenders as the Hammer's handed them a 7-6 defeat in overtime play.

LRS smashed out of game by TAC-P/CE team in game two

Game two pitted a fiercely overpowered Expeditionary Logistics Readiness Squadron team of transporters against a team of Engineers and Tactical Air Controllers the found the transporters railing from a 16-4 mauling.

The balance of power in this game was obvious right from the start. Like a baby teeter-tottering with a sumo wrestler, the ELRS team, found themselves dangling on the end of a very long board with no salvation in sight.

The hodge-podge team that had wandered on the field and mixed with the ECES was in fact, a group of well tuned and highly-experienced Ultimate Frisbee players that knew the game well.

Within the first 15 minutes of the start of the game the TAC-P/CE team had climbed four points in the lead.

"We play it all the time back home" said Nick Mello, a TAC-P/CE team member.

Just 20 minutes into the game, they led by seven and managed to hold the "ELRSers" to zero.

"We play this several times a week," said Ben Allen, TAC-P team member.

When the half time whistle blew, the Transporters limped off the field carrying the shame of 10-0 game on their shoulders.

The transporter's Coach Todd Toman refused to give up or give in. He suggested a strategy change.

"We're going to go with a long-game strategy now," he said.

The strategy worked - to an extent.

After 15 minutes of play the ELRS team made their first score of the game. It was slightly overshadowed by the large 11 points the TAC-P team had on the score board, but at least they were on the board.

Within a scant few moments, the "ELRSers" drove in past a field of TAC-P defenders for a point. They had, at last mastered the precision passing that molds winners from the loser clay.

But it was like watching an elderly gentleman brush his toothless gums - it was just too little too late to save them.

see **TAC-P** page 9

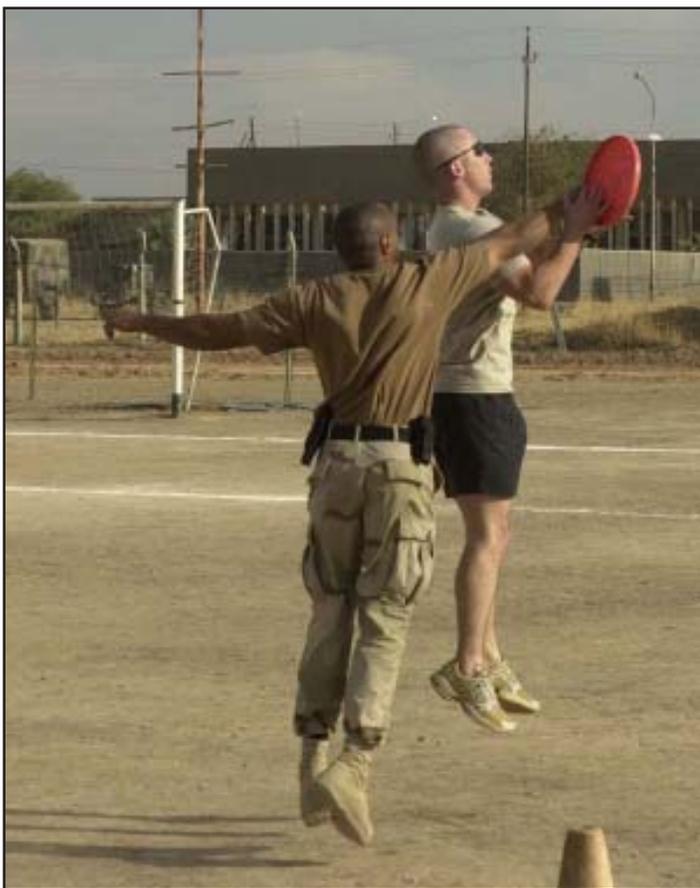


Photo by Tech. Sgt. Ken Sloat

Team ELRS' Darryl Williams attempts to block one of the many passes that the TAC-P/CE team was able to complete for a touchdown during game two.

The momentum the TAC-P/CE team had started was overpowering.

With just six minutes left in the game, when most teams with a 10-point lead would simply relax, the TAC-P/CE team was just warming up the frying pan to cook up some ELRS flapjacks.

At one moment the score was 12-2, and then, what seemed like mere seconds, it was 13-2. In one final demonstration of skill the TAC-P/CE team moved the ball from a kick-off reception to a point-earning touchdown in just four passes and 32 seconds.

The TAC-P/CE team handed a 16-4 defeat to the "ELRSers" and moved into the final game of the championship.

TAC-P/CE pounds "Hammers" out of competition in final game

In the final game in the Ultimate Frisbee championship the TAC-P/CE team effortlessly secured a first place title by thrashing a nearly hapless command staff team in a 13-6 defeat.

If the "Hammers" knew destiny had already planned their defeat they surely didn't show it when they took the field. They looked - and worked - like they planned on getting on the scoreboard.

They managed to put together a few good short pass combos and actually get in the end zone for a score early.

But they just couldn't stop the TAC-P team's offensive march for the goal.

TAC-P/CE team came to play and, although they seemed amused with the scoring attempts of the "Hammers", they knew when it was

time to shut them down.

The TAC-P/CE team tossed the Frisbee effortlessly over the outstretched hands of the "Hammers" right into the waiting hands of a receiver nestled securely in the end zone time and time again.

When the half-time whistle blew, the TAC-P/CE team was up 5-1.

Maybe they were tired; maybe they were being nice; maybe the superiority of their 8-point lead softened them up a bit. Whatever it was, the TAC-P/CE team seemed to back off a little bit, just enough to let the "Hammers" get into their goal several more times, including a nicely orchestrated mid-air catch by the "Hammer's" Jeff Anderson.

But, like a dog walker tugging the leash to keep their dog from going too far, the TAC-P/CE team tugged hard at the "Hammer's" leash by breaking out their "quick strike" move.

They used the same combination of long passes that trashed ELRS in the game before to set up a five pass sequence that took them all the way down the field in less than one minute.

And they did it again, and again.

The TAC-P/CE team had proven they had unfettered access to the end zone.

The Hammers watched, almost helpless, as several interceptions and "quick strike" attacks from the TAC-P/CE team wiped away any hope of a dignified score.

As the whistle blew on the end of the game the TAC-P/CE team claimed a 13-6 victory, thus establishing themselves as the Ultimate Frisbee champions.



Photo by Tech. Sgt. Ken Sloat

In a rare moment, before TAC-P/CE brought down the hammer on the "Hammers", their Jeff Anderson snatches the Frisbee for one of their few goals in game three.



Culture Gram

The Hajj

The world's largest religious gathering takes place each year as Muslims from around the globe travel to the holy city of Mecca. As the fifth pillar of Islamic theology, it is the duty of every adult Muslim, male and female, to perform a pilgrimage to Mecca during their lifetime. Pilgrims must be both physically and financially able to meet the demands of the *hajj* before beginning the journey.

The *hajj* is an enormous undertaking for Saudi Arabia, as the Kingdom is responsible for the health and welfare of between 2-3 million pilgrims.

During the last month of the Islamic calendar, pilgrims will participate in a series of rituals lasting six days. These rituals commemorate events in the life of the prophet Abraham and allow Muslims to, in a sense, walk in his footsteps. One of the first rituals pilgrims participate in is circling of the Ka'bah seven times. Muslims believe that the Ka'bah was originally built by Abraham and his son Ishmael to praise God after an angel prevented Abraham from offering Ishmael as sacrifice. Notice that it is Ishmael, not the Isaac of Judeo-Christian tradition, that Abraham offered for sacrifice. To further commemorate this event, pilgrims celebrate the second major holiday in Islam, *Eid al-Adha*, the Festival of the Sacrifice, which occurs at the end of the *hajj*. In the intervening days, pilgrims travel to various sites in Mecca and engage in other *hajj* rituals.

The main theme of the *hajj* is one of sacrifice. By conducting the *hajj*, Muslims learn to let go of what they love to place God first. The *hajj* is a time of purification and repentance, the spiritual pinnacle of a Muslim's life.

Did you know...?

...during the *hajj* male pilgrims wear the *ihram*, a garment consisting of two pieces of seamless cotton cloth worn much like a toga. Women may wear whatever modest clothing they choose.

...it is against Saudi law for non-Muslims to enter the holy city of Mecca. If you want to visit, you'll have to convert first!

...once a person has completed the *hajj*, the honorific title *al-Hajj* (*al-Hajja* for women) is added to their name, signifying their completion of the pilgrimage.

...this year's *hajj* will be held 8-13 January.

Culturgram is courtesy of Capt Matthew Ence, 9 AF/A5, Middle East FAO.

WARRIOR TEAM SPOTLIGHT



Fuels Team (POL)

Their members:

Senior Master Sgt. Dave Westhausen
 Staff Sgt. Justin Stellflug
 Staff Sgt. Josh MasaSSgt Jeremy Bowman
 Staff Sgt. Matthew Romine
 Staff Sgt. Dejon Franklin
 Staff Sgt. Stephen Price
 Senior Airman Angela Campbell
 Airman 1st Class Michael Slotten
 Airman 1st Class Christopher Howard
 Airman 1st Class Jared Beem
 Airman 1st Class Lee Snyder
 Airman 1st Class Thomas Harris

Their responsibilities:

Team Viper is composed of Air Force fuel specialists broken down into two separate 12-hour shifts. They are responsible for the receipt, storage and issue of both jet and ground fuel.

They provide jet fuel support to all aircraft transiting Kirkuk Regional Air Base. They also supply fuel to the Army's Forward Area Refueling Point, or FARP, for engines running refueling of helicopters.

Another aspect of their job is to provide mobile diesel refueling support to 49 generators and mobile lighting carts located throughout the base well as providing vehicle refueling support at the base service station.

In a typical month, Team Viper issues about 680,000 gallons of jet fuel, 140,000 gallons of diesel fuel and 38,000 gallons of gasoline.

The Air Force Song

(First verse)

Off we go into the wild blue yonder,
Climbing high into the sun;
Here they come zooming to meet our thunder,
At 'em boys, Give 'er the gun!
Down we dive, spouting our flame from under,
Off with one helluva roar!
We live in fame or go down in flame. Hey!
Nothing'll stop the U.S. Air Force!

Escorts volunteer to help make SECAF visit success



Courtesy photo by Senior Airman Eric Velasquez

Nineteen members of the 506th Civil Engineering Squadron's Force Protection Escort team volunteered to help out with security during the Secretary of the Air Force's visit here Dec. 18. From left, they are: Senior Airman Nathiea Jacks, Staff Sgt. Carrie Rowland, Staff Sgt. Ryan Zarick, Staff Sgt. Shelly Davis, Staff Sgt. Eric Robinson, Senior Airman Pisit Moommala, Airman 1st Class David Alston, Staff Sgt. Christina Pryor, Senior Airman Nicholas Turnbow, Airman 1st Class Phanomphone Phimmasone, Senior Airman Aaronn Spencer, Senior Airman Garrett Six, Senior Airman Kyle Harshbarger, Senior Airman Ashley Smith and Senior Airman Marisol Mendoza. Not Pictured: Senior Airman Mel Flores, Senior Airman Antonio Cruz, Senior Airman Victor Rodriguez and Airman 1st Class Luis Santana.

CHRISTMAS SCHEDULE

Dec 24

1700 Candle light service at Bastogne Gym

2000 Clamtina events scavenger hunt, bingo, carol chaos, and much more. (Santa, Ms. Claus and a pair of elves will be there as well)

Dec 25

1000 Jingle Bells 5K run

1830 Ambassadors of Hollywood Holiday Tours featuring Kelly Hu and Mitch Allen of SR-71 at the Clamtina.

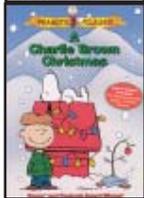
KRAB Busters Movie Schedule

19 - 31 December 2005

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
19 ELF 0700, 0900, 1100, 1300, 1500, 1700, 1900, 2100	20 The Santa Clause 2400, 0200, 0400, 0600, 0800, 1000, 1200, 1400, 1600, 1800, 2000, 2200	21 The Santa Clause 2 2400, 0200, 0400, 0600, 0800, 1000, 1200, 1400, 1600, 1800, 2000, 2200	22 A Charlie Brown Christmas 2400, 0200, 0400, 0600, 0800, 1000, 1200, 1400, 1600, 1800, 2000, 2200	23 Miracle on 34th Street 2400, 0230, 0500, 0730, 1000, 1230, 1500, 1730, 2000, 2230	24 A Christmas Carol 0100, 0300, 0500, 0700, 0900, 1100, 1300, 1500, 1700, 1900, 2100	25 A Christmas Story 2400, 0200, 0400, 0600, 0800, 1000, 1200, 1400, last show: 1600 Football Game Coverage
26 Bee Season 0700,0900,1100, 1300,1500,1700, 1900,2100, 2300	27 Little Manhattan 0100, 0300, 0500, 0700, 0900, 1100, 1300, 1500, 1700, 1900, 2100, 2300	28 40 Year Old Virgin 0100, 0300, 0500, 0700, 0900, 1100, 1300, 0500, 0700, 1900, 2100, 2300	29 Stay 0100, 0300, 0500, 0700, 0900, 1100, 1300, 1500, 1700, 1900, 2100, 2300	30 Dark Water 0100, 0300, 0500, 0700, 0900, 1100, 1300, 1500, 1700, 1900, 2100, 2300	31 SPECIAL EVENTS	1 SPECIAL EVENTS



**Will Ferrell
Ed Asner
James Caan**



**Opened
January 1965**



**Melinda Dillon
Darren McGavin
Peter Billingsley**



**Steve Carell
Catherine Keener
Paul Rudd**



**Tim Allen
Judge Reinhold
Wendy Crewson**



**Richard Attenborough
Elizabeth Perkins
Dylan McDermott**



**Richard Gere
Juliette Binoche
Flora Cross**



**Ewan McGregor
Naomi Watts
Ryan Gosling**



**Tim Allen
Elizabeth Mitchell
David Krumholtz**



**Patrick Stewart
Richard E. Grant
Joel Grey**



**Talia Balsam
John Dossett
Willie Garson**



**Jennifer Connelly
John C. Reilly
Tim Roth**

TIMES ARE SUBJECT TO CHANGE