

# Krab KRONICLE

Volume 4 Issue 3

506th Air Expeditionary Group, Kirkuk Air Base, Iraq

January 30, 2006

## News Briefs

### See and be seen

Airmen are required to wear reflective belts between sunset and sunrise. The only exceptions are for those Airmen performing "outside the wire" or perimeter security duties or wearing the Air Force physical training uniform.



### Let's talk trash

No one wants to live in a dump so don't make the KRAB trashy. Green Days are the 1st and 15th of each month. Each squadron is required to police their work areas on these days.



The following squadrons are scheduled for weekly cleaning duty for cleaning of the common areas:

ECES	Today
through Feb. 4	
ELRS	Feb. 4 - 11
EMEDS	Feb. 12-18

### Go for a ride

The base shuttle stops at marked bus stops every 15 minutes, except between the hours of 1 and 5 a.m., when it operates every 30 min.



To complete a  
Hometown News

Release, go to  
<http://intranet.krab.centaf.ds.af.mil/aeg/Public%5Faffairs/DOCS/DD2266.htm>



Photo by Staff Sgt. Kristina Barrett

### Last stop on the way out

Airman 1st Class Kyle Pulsifer processes departure paperwork for Tech. Sgt. Kirk Nichols, Senior Airman Jeff Ball and Staff Sgt. John Stark. Most of Air Expeditionary Force 7/8 has rotated out of Kirkuk.

## Security forces transformation: More than meets the eye

By Senior Airman J.G. Buzanowski  
*Air Force Print News*

As the Air Force continues to adapt for the future, changes to the security forces career field will affect the total force.

Brig. Gen. Robert Holmes, director of security forces and force protection, calls these transformations a "refocus" on how his people train and fight.

"We're not in the Cold War anymore; we have to alter our mentality and our practices for today's reality," the general

said. "Because of the nature of the threat, our Airmen are fighting the global war on terror on the front lines, and we owe it to them to provide training, equipment and resources to be effective."

Essentially security forces Airmen will focus on preparing for their warfighting mission at forward locations, as well as security at a fixed installation, General Holmes said.

As an example, he cited an Air Force Task Force that operated around Balad Air

——— See SF Transformation, Page 3

### What's Inside



#### News

Services is all new,  
ready for for AEF 9/10

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Feature  
Airmen work  
hard for Army,  
people of  
Kirkuk Page 5

# The future of security forces

**Col. Brad Spacy**

*U.S. Air Force Headquarters*

*Security Forces and Force Protection*

In the early morning hours of Jan. 1, 2005, the first combat patrols of Operation Desert Safeside left the northern perimeter of Balad Air Base, Iraq, and began an aggressive 60-day combat operation to kill or capture insurgents attacking the air base. This was a historic mission for Air Force security forces.

Operation Desert Safeside was carried out by the men and women of Task Force 1041. Built around a squadron of the 820th Security Forces Group, TF 1041's designated area of operations was one of the most violent areas in the region.

Throughout January and February of 2005, TF 1041 was involved in more than 500 combat missions, including raids, ambushes, and sniper operations aimed at taking back the initiative enjoyed by the enemy for more than two years.

TF 1041 did not disappoint. In just 60 days they captured 17 high value targets, eight major weapons caches, 98 other insurgents and reduced enemy attacks from their area of operations to nearly zero. And although TF 1041 endured numerous fire-fights, improvised explosive devices and indirect fire attacks, they sustained no injuries. Operation Desert Safeside was by all accounts an overwhelming success.

However, TF 1041's success on the battlefield had a larger effect than its immediate impact on the areas around Balad. TF 1041 also showed the world Air Force security forces are an exceptionally capable

ground combat force. This is a key point as security forces transform from a Cold War industrial security force to a relevant ground combat force for the joint warfight in the 21st Century.

Although security forces have claimed the base defense mission since the 1960s, it has always been considered an Army responsibility. In 1985, this was formalized when the Army became officially responsible for defense "outside the wire" of a fixed base.

During Operation Desert Storm, the lines of battle were fairly well-defined with major combat at the "front" and air bases supposedly tucked safely in the rear area. The first widely publicized indications that the enemy was changing tactics was seen during the attack on Khobar Towers. The world in which we conduct Air Force operations is changing, and we need to adapt.

Early last year, when previous Air Force and Army agreements were dissolved, the Air Force was left with a tough problem; while security forces are eager to fight outside the wire, most are untested in the combat environment experienced by TF 1041. This situation is exacerbated by the fact security forces are spread thin conducting security missions and other tasks throughout the theater. This is where Security Forces Transformation comes in.

Security Forces Transformation will help the Air Force deliberately embrace the air base defense mission by addressing requirements in all areas, from doctrine to

training and equipping, and even leadership preparation.

Security Forces Transformation will also re-tool the organizational structure to ensure we have the number of troops available to take the fight to the enemy outside the wire. However, air base defense is a tough mission, and security forces can't do it alone. Effective air base defense requires an integrated approach.

The Air Force needs to truly embrace

**"The Air Force needs to truly embrace the "every Airman is a warrior" culture and enlist the whole force in defending an air base."**

the "every Airman is a warrior" culture and enlist the whole force in defending an air base. All

Airmen must be trained and equipped to man "battle stations," and leaders must be prepared to lead them in the ground fight. Security forces might be the ones outside the wire, but the whole Air Force team will have to ensure the base remains protected from attacks and insider threats, and be ready to respond. This is the reality of the world today.

I knew when I designed Operation Desert Safeside, the only way to stop the enemy from attacking our air bases was to go out and kill or capture him and take his weapons. I knew security forces had the skills and courage to take on this mission and make it a success. The brave men and women of Task Force 1041 proved this to be true in dramatic fashion. Operation Desert Safeside provides a look at the future of Air Force ground combat, and Security Forces Transformation is the key to ensuring we're all ready to protect and defend.



**Col. Ed Daniel**

Commander, 506th AEG

**Lt. Col. Dave Carrell**

Deputy Commander, 506th AEG

**Staff Sgt. Kristina Barrett**

Editor/Chief, Public Affairs

## Krab KRONICLE

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For more information, call 444-2075, or e-mail the editor/chief.



Photo by Staff Sgt. Kristina Barrett

### Sky High

Senior Airman Jaydee Britton gets a bird-eye view of the KRAB while running wires to the top of a new 100 ft. tower. Airman Britton is a member of the Massachusetts Air National Guard's 212th Engineering and Installation Squadron in Milford, Mass. The tower is part of a new LMR facility.

### WARRIOR SPOTLIGHT



Captain Sean Haglund, 506th ECES, is the OIC of the Explosive Ordnance Disposal Flight. The captain and his team lead the way in CENTCOM for the most responses in the AOR.

## SFS Transformation *Continued From Page 1*

Base, Iraq, for two months last year. The unit patrolled the local towns and found weapons caches as well as individuals who posed a threat to the base.

“Our Airmen are going ‘outside the wire’ to conduct missions and are proving successful in keeping people safe,” Gen. Holmes said. “Not only for the folks stationed at the base, but people who live and work in the local area as well. This is important in the present war on terror.”

Security forces Airmen must learn counter-insurgency techniques and in doing so, they’ll operate more effectively in joint operations, said Maj. Gen. Norman Seip, assistant deputy chief of staff for air & space operations.

“We need to be prepared for a full-spectrum of threats against an air field,” General Seip said. “That means taking more responsibility for defense of our mission, so our sister services can concentrate on their own tasks. We need to understand how they operate, so we’re working closely with the Army to identify additional

ways to train our Airmen.”

While security forces will focus more on their warfighting competencies, Air Force leaders are reviewing several options for installation protection duties, like entry control, at home stations. Plans call for more DoD civilians, greater affiliation with Guard and Reserve and better use of technologies, General Holmes said.

The changes to the security forces career field will present the opportunity for other Airman to participate in installation security. While that doesn’t necessarily mean everyone will have a rotation checking identification cards at a gate, it does mean more comprehensive training, awareness and capability to respond and participate, he said.

“Will every Airman be a cop? No. But every Airman will be a warrior,” General Holmes said. “Every Airman needs to be trained in basic force protection skills and must be prepared to defend an air base and themselves in the event of an attack. This means more than just qualifying with a

weapon. We want Airmen to be comfortable with their duty weapon and to develop their shooting skills.”

While definitive plans have not been finalized, General Holmes also said one of the transformation goals is bringing security forces Airmen back in step with standard Air Force 120-day deployments.

“Right now our folks are going out for 179-day rotations,” he said. “Our Airmen need time to reconstitute and train, so it’s important to get them in line with the rest of the Air Force. We aim to do just that.”

Overall, General Holmes said the changes would make security forces Airmen more effective and relevant to Air Force needs in the face of the current changing nature of warfare.

“We want to make our Airmen more proficient, and to do that, we need to adapt,” Gen. Holmes said. “We’re going to change our training, our tactics and our procedures and the Air Force will be better for it.”

## 506th ESVS

# Makin' it happen at the KRAB

**By Capt. Lee Comerford**  
506th ESVS Commander

Comprised of Services professionals from Beale Air Force Base, Calif., Fairchild AFB, Wash., Little Rock AFB, Ark., Barksdale AFB, La., Holloman AFB, N.M., and Minot AFB N.D., AEF 9/10 Team Services is coming out strong with some all time favorites and innovative new programming guaranteed to make the most of down time.

The Clamtina recreation center is open 24 hours a day, 7 days a week and will continue offering time tested events such as KRAB Idol, Texas Hold 'Em, Bingo and Black Jack as well as new programs to include birthday celebrations, Game Show night, Latino night, Hip-hop night, Country night and much more.

KRAB Busters Video offers the latest feature films and the Clamtina has more than 600 DVD titles for checkout.

The Cyber Café is also open around the clock with eight computers and nine morale phones.

Also, monthly bazaars are held at the Clamtina the third Saturday and Sunday of every month.

The Sand Blaster Fitness staff will light the competitive fire as they introduce the KRAB Cup, a weekly series of sporting events

that will determine the most Fit-to-Fight unit in the 506th.

Events will be held Sundays at 2 p.m. There is no limit on the amount of individuals or teams a unit may submit.

For those looking to improve their health and fitness while here, stop by the Sand Blaster Gym and see one of the certified personal trainers that will start everyone off on the right track.

Those with something to prove may also want to sign up for the "Biggest Loser" competition, in which participants will compete to lose the most percentage of body weight.

The Learning Resource Center is open 8 a.m. to 8 p.m., Mondays thru Saturdays and 9 a.m. to 7 p.m. on Sundays and serves as the training and education office. They administer CLEP/Dantes exams, Career Developmental Course exams and Air Force PME exams.

There is also an approved college exam proctor available. The LRC also serves as the base contact for Tuition Assistance and CCAF questions.

The Oasis Library is open all day, every day offering CLEP/Dantes study guides, educational CD-ROMs, audio Book CDs, hardback books, CSAF Professional reading material, Music CDs, Reference books, DVD movies, various newspapers, periodicals and magazines subscriptions.

## Around the Air Force

### Boost in child care

**WASHINGTON (AFPN)** — The availability of child-care services for military families will receive a boost.

DOD now spends about \$434 million on military child-care each year. More than \$60 million in supplemental funding has been used in the past three years to extend the hours of child-care services. Another \$90 million in funding is earmarked to build new child-care centers.

Efforts are ongoing to address an estimated shortage of about 27,000 military child-care spaces remaining after the 4,000 new spaces are factored in. The focus is to increase child-care services at installations experiencing high deployment rates or affected by long child-care waiting lists.

### Register for 2006 elections

**WASHINGTON (AFPN)** — Overseas voters and military personnel have a variety of means that will enable them to participate in the 2006 elections, starting with the primaries beginning in March and through the general election on Nov. 7.

U.S. citizens can register to vote and request an absentee ballot using the

Federal Post Card Application, or FPCA, which has been redesigned for 2006.

The form is available electronically on the Federal Voting Assistance Program, or FVAP, Web site at [www.fvap.gov](http://www.fvap.gov).

All U.S. citizens are encouraged to register to vote as soon as possible to ensure compliance with varying state registration deadlines.

The FVAP Web site contains useful information, including an updated, electronic copy of the "2006-07 Voting Assistance Guide."

### DoD sets record

**WASHINGTON (AFPN)** — The Defense Department raised a record-high \$15.1 million in the 2005 Combined Federal Campaign, exceeding the department's goal by \$2.3 million.

DOD participation in the Combined Federal Campaign was 60 percent, which is about 10 percent higher than the average of other federal agencies. The Combined Federal Campaign is a nationally authorized workplace-giving drive of federal employees. Employees are given the opportunity to contribute to hundreds of

different charitable organizations through payroll deduction or one-time payment.

### Promotions change for Reservists

**WASHINGTON (AFPN)** — Air Force Reserve Command is changing the way it determines the number of early officer promotions, known as position-vacancy promotions.

Starting with the February Air Force Reserve major promotion selection board AFRC will link position-vacancy promotion quotas to mandatory promotion board quotas. Position-vacancy promotions will still not be at the expense of the mandatory board promotions.

To obtain the number of position-vacancy promotions, the Air Force Reserve will take a percentage of its mandatory board quotas.

As a result, the number of officers promoted early to major and lieutenant colonel increased, with no means to accurately predict the number of position-vacancy promotions in the future. Under the new policy, the number of position-vacancy promotions will decrease and become more predictable.

# Airmen pitch in, support Civil Affairs

## Air Force, Army work as joint team supplying basic supplies

**By Staff Sgt. Kristina Barrett**  
 506th Air Expeditionary Group  
 Public Affairs

Surrounded by stacks of school supplies, Senior Airman Aaron Smith stands in the middle of a mission that almost didn't go.

The supplies are donations from groups and individuals in the States and the mission is Operation Provide School Supplies. Without the Airmen of the 506th Air Expeditionary Group, the mission was in jeopardy of failing.

Airman Smith, Chapel assistant deployed from Columbus Air Force Base, Miss., was instrumental in reviving the program. Operation Provide School Supplies originally belonged to the U.S. Army's 116th Civil Affairs Battalion. When the unit rotated out in August, the duties transferred to the 451st Civil Affairs Battalion, who were too undermanned to support the program completely. It was then the 506th AEG Chapel stepped in to head the program.

"The program is very important because it allows the military to reach out to the people of Kirkuk," Airman Smith said. "The children in this area have nothing, let alone school supplies and we are doing our part to ensure they are given the basic tools to learn."

These "basics" are packets of school supplies consisting of pens, pencils, notebooks and whatever other donations the program receives. The packets are assembled by volunteers who have contacted friends and family back home for donations. Once the packets are assembled, they are given to the 451st, who deliver the supplies to 24 schools in the local area.

"At first we had hardly any supplies and the ones we did have had been sitting in a warehouse getting dirty," Airman Smith said. "People started e-mailing their home stations and we had a flood of supplies."

In just the past four months, approximately 25-30 volunteers from Air Expeditionary Force rotation 7 and 8 collected more than \$1,000 of supplies and

assembled approximately 7,400 packets.

Heading up the program now is Staff Sgt. Elizabeth Man, chapel assistant deployed from Aviano Air Base, Italy.

"This is such a great thing that we, as Airmen, can do for this country," she said. "This is unity at its best between the Air Force, Army, friends and family back home and the people of Iraq."

It is now up to the members of AEF 9 and 10 to pick up the program and make it better.

"The 506th is interested in expanding the program to include other items, such as toys and personal hygiene items," said Lt. Col. Dave Carrell, 506th AEG vice commander, deployed from Davis-Monthan Air Force Base, Ariz. "This will go a long way in building the relationship between the United States and the people of Iraq."

In addition to expanding the program beyond school supplies, the colonel said the 506th will be supporting other agencies as well, such as the Air Force Office of Special Investigations and the Power and Oil Infrastructure Team.

"These organizations go out into the community every day," he explained. "This is a great opportunity for them to solidify relationships and make contact with the people they need to work with."

In addition, the colonel added, people back home want to know how they can help the troops and the people of Iraq; they can start by helping the children. "Americans have big hearts and this is their chance to show American generosity."

So as the stacks of school supplies dwindle with each packet that goes out the door, the Airmen of Kirkuk Air Base will do their part in helping Iraq and its children with American kindness.

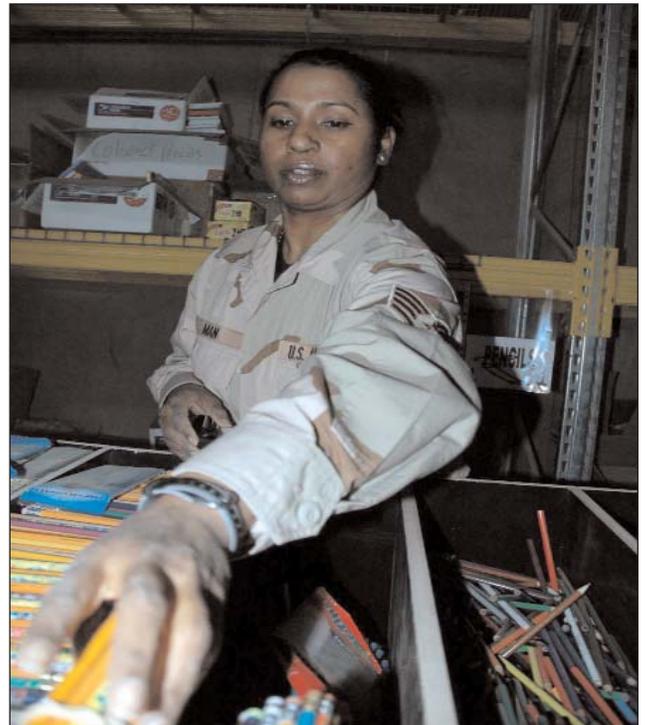


Photo by Staff Sgt. Kristina Barrett

**Staff Sgt. Elizabeth Man bundles together pencils for school supply packets given to Iraqi Children.**

ITEMS NEEDED	
<b>School Supplies</b>	Jump ropes
Color Markers	Band-aids
Color Pencils	<b>Other Supplies</b>
24-Pack Crayons	Toothpaste
Pencils and Pens	Toothbrush
Rulers with metric	Soap
Round-end scissors	Shampoo
Erasers	Hand lotion
Pencil Sharpeners	Sunscreen
Glue (6 oz bottle)	Cosmetics
Glue sticks	(inexpensive - Iraq women enjoy them)
Notebooks	Sunglasses
Construction Paper	Candy
Coloring Books	Carabineers
Soccer balls (deflated)	("D rings")
Air pumps for soccer balls	Stuffed animals
	Candy
CONTACT INFO	
<b>Base Chapel</b> <b>506 AEG/EHC</b> <b>APO AE 09359</b>	
Volunteers are also needed to help sort and pack the supplies. Call Staff Sgt. Elizabeth Man at 444-2154	

# Chaplain's Thoughts

By Chaplain Jason Peters



Okay, I'll admit it, I'm the new guy around here. Maybe everyone else is comfortable hearing the rapid busts of 50 caliber weapons at 4:30 in the morning or the frequent explosions we hear every day, but I'm not. Maybe I'll get used to it...

But is combat something we really want to get used to? We were made to live in peace, with our Maker, and with each other. It *should* make us uncomfortable to think about the loss of life we are regularly exposed to in this context. War is just another reminder of how depraved we are as humans if left to ourselves.

Why not choose to make this deployment a spiritual mountaintop experience—A defining moment in your own spiritual journey? Take advantage of the countless opportunities around KRAB to "plug in" spiritually. Chaplain Gallagher, Tech. Sgt. Winters, Staff Sgt. Man or I would be honored to sit down with you and to share some ideas on how you can

make this time in Iraq a spiritual adventure! I am personally committed to maximizing this desert experience and trying to connect deeply with God and with YOU, my brothers and sisters in arms, while I am here—it's the most significant thing we do!

Finally, I want to never lose sight of why we are here. At 3:15 a.m. Saturday, January 21st, many of us watched a blacked-out C-130 Hercules from Pope Air Force Base, N.C. taxi and park in preparation for a 45 minute "Ramp Ceremony." More than 400 Airmen and Soldiers stood facing each other in formation and saluted as four flag-draped body transport cases were loaded onto the plane

before our eyes. It was an event that many of us were experiencing for the first time, and prayerfully, the last time. As the C-130 lifted into the night sky, our prayers were lifted with the brave soldiers who paid the ultimate price while securing freedom for a people halfway around the world.

May God guard and guide us all as we serve here and may God bless "the land of the free and the home of the brave." Stay spiritually fit and I'll see you around the KRAB!

### KRAB Religious Schedule

<p><b>Monday</b>                  11:30 a.m. — Catholic Mass (Freedom Chapel)                  7 p.m. — Ladies Fellowship (Freedom Chapel)                  7 p.m. — Catholic Fellowship/Discussion Group (Hotel Charlie)                  7:30 p.m. — Family Night (Bastogne Chapel)</p> <p><b>Tuesday</b>                  7 p.m. — Protestant Praise Team (Freedom Chapel)                  7 p.m. — Men's Bible Study (Bastogne Chapel)</p> <p><b>Wednesday</b>                  11:30 a.m. — Catholic Mass (Freedom Chapel)                  7 p.m. — Gospel Service Bible Study (Freedom Chapel)                  7 p.m. — Bible Study (Bastogne Chapel)</p> <p><b>Thursday</b>                  7 p.m. — Protestant Praise Team (Freedom Chapel)                  7:30 p.m. — Praise Team (Bastogne Chapel)                  8 p.m. — "Common Ground Kirkuk" Protestant Community (Freedom Chapel)</p>	<p><b>Friday</b>                  11:30 a.m. — Catholic Mass (Freedom Chapel)                  7 p.m. — Gospel Choir Practice (Freedom Chapel)</p> <p><b>Saturday</b>                  7 p.m. — Catholic Mass (Freedom Chapel)                  7 p.m. — Gospel Joy Night (Bastogne Chapel)                  8:15 p.m. — Rosary &amp; Catholic Mass (DFAC)</p> <p><b>Sunday</b>                  8 a.m. — Gospel Service (Freedom Chapel)                  9 a.m. — Catholic Mass (Bastogne Chapel)                  10 a.m. — Contemporary Worship Service (Freedom Chapel)                  11 a.m. — General Protestant Service (Bastogne Chapel)                  11:30 a.m. — Catholic Mass (Freedom Chapel)                  1 p.m. — Protestant Sunday School (Freedom Chapel)                  1:30 p.m. — LDS Service (Bastogne Chapel)                  7 p.m. — Contemporary with Communion Worship Service (Freedom Chapel)</p>
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# Hamas and the vote

By Capt. Matthew Ence  
 Middle East Foreign Affairs Officer

For only the second time since the Palestinian Authority was created in 1993, Palestinians in the West Bank, Gaza, and East Jerusalem went to the polls Wednesday to elect a new Palestinian Legislative Council.

This election was significant not only because Palestinians elected their equivalent of a parliament. For the first time, Hamas participated in the elections; something they have previously refused to do.

Since its birth during the first *intifada* in 1986, Hamas enjoyed strong support among Palestinians. They frequently clashed, however, with Yasir Arafat's



Fatah movement and the Palestinian Liberation Organization. Hamas' leadership is widely viewed to be honest, in comparison to the reputation of corruption and nepotism that plague the various factions of the PLO.

Why has Hamas experienced this change in heart? Polls show a large majority of Palestinians oppose armed resistance to Israeli occupation and care more for a return to peace talks with Israel, economic development, ending corruption, and law and order.

If Hamas intends to maintain its support among Palestinians, it must begin to

engage in the political process. Such engagement may require Hamas to moderate its political views, something they have done, albeit reluctantly.

Did you know...?

- 76% of both Palestinians and Israelis favor a two-state solution to the Israel-Palestine crisis while 80% of Palestinians favor an immediate return to peace negotiations.
- Israel has dropped its opposition to the participation of Hamas in the elections under pressure from the U.S.
- HAMAS has recently launched a \$180 million image makeover campaign to improve worldwide perception.

### Clamтина Events

**Tuesdays**  
 Texas Hold 'Em 8 p.m.  
 9-Ball 8:15 p.m.

**Wednesdays**  
 Darts 7 p.m.  
 Spades 8 p.m.

**Thursdays**  
 Checkers 7:30 p.m.  
 Blackjack 8 p.m.  
 Ping Pong 8:30 p.m.

**Fridays**  
 Feb. 3 Latino Night 8 p.m.  
 Feb. 10 KRAB Idol 8 p.m.

**Saturdays**  
 Progressive BINGO 8 p.m.  
 Karaoke 9:30

**Sundays**  
 Foosball 7 p.m.  
 Texas Hold 'Em 8 p.m.  
 Feb. 12 NFL Pro Bowl 11 a.m.



### Clamтина Superbowl Events

**Events start 11 p.m. Sunday**  
**Kickoff is 2 a.m. Monday**

Super Bowl Trivia  
 Quarterback challenge  
 You make the call contest  
 Madden PS2 tournament (Starts at 3:30 p.m. Sunday)



*Tailgate Party with free pizza, hot wings and beverages*

**More than \$1,000 in prizes will be given away!**

## KRAB Cup

*What Air Force KRAB unit is the most Fit-to-Fight?*

14 Events with one event held at 2 p.m.  
 Competition starts Sunday and ends May 7

- All ranks PT Test – Feb. 5
- 3 on 3 B-ball - Feb.12
- 5k Run – 1 Feb. 19
- Tug of War – Feb. 26
- Indoor/outdoor triathlon – March 3
- Dodgeball – March 12
- 20K Run Relay (4 person team) – March 19
- Softball – March 26
- Strongman competition – April 2
- Kickball – April 9
- Volleyball – April 16
- 1.5 Mile Run – April 30
- 5 on 5 Football – April 30
- All ranks PT Test – May 7

**KRAB Cup Scoring System:**  
 KRAB Cup points will be awarded based on participation and event results with the unit earning the most points.

Team entry – 1 pt (max 1 pt per event)  
 1st place – 5 points      2nd place – 3 points  
 3rd place – 2 points      4th place – 1 point

## Fitness Center Events

**Mondays**  
 Spin Class 5 and 6:30 a.m.  
 Ju Jitsu 7 p.m.

**Tuesdays**  
 Push Up contest 8 p.m.

**Wednesdays**  
 Feb. 1 Spin Class 5 a.m.  
 Feb. 1 Martial Arts 7 p.m.  
 Feb. 8 Spin Class 5 and 6:30 a.m.  
 Feb. 8 Ju Jitsu 7 p.m.

**Thursdays**  
 Feb. 1 Squat Contest 8 a.m.  
 Feb 8 Sit Up Contest 8 a.m.

**Fridays**  
 Feb. 1 Spin Class 5 a.m.  
 Feb. 1 Martial Arts 7 p.m.  
 Feb. 8 Spin Class 5 and 6:30 a.m.  
 Feb. 8 Ju Jitsu 7 p.m.

**Saturdays**  
 5K Run 10 a.m

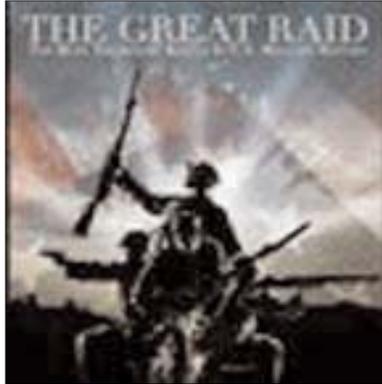
**Sundays**  
 Spin Class 7:30 p.m.

### KRAB's Biggest Loser

Male and Female Divisions  
 Winners will be determined by percentage of body weight lost.  
 Body weight will not be released to general public, only percentage of weight lost will be revealed.  
 See fitness center for details.

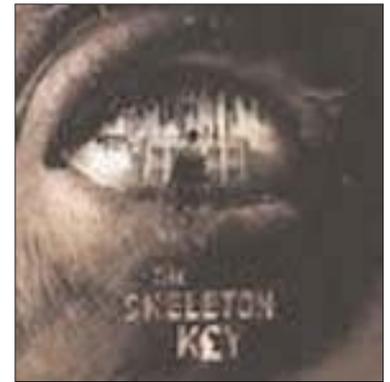
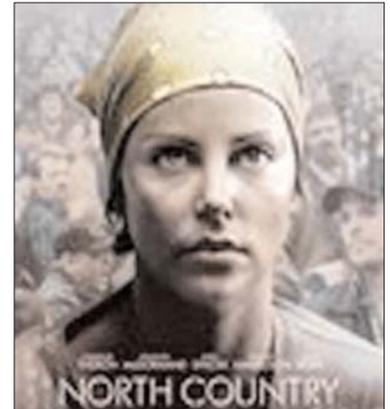


# KRABusters Video



JAN. 30  
LORD OF WAR  
JAN 31  
THE GREAT  
RAID  
FEB. 1  
XXX  
FEB. 2  
TWO FOR THE  
MONEY  
FEB. 3  
NORTH  
COUNTRY  
FEB. 4  
XXX 2  
FEB. 5  
THE GREAT  
RAID

FEB. 6  
THE RINGER  
FEB. 7  
ELIZABETHTOW  
N  
FEB. 8  
HISTORY OF  
VIOLENCE  
FEB. 9  
SKELETON  
KEY  
FEB. 10  
CORPSE BRIDE  
FEB. 11  
THE FAMILY  
STONE  
FEB. 12  
THE GOSPEL



ALARM CONDITION	IF YOU	THIS INDICATES	GENERAL ACTIONS
GREEN	HEAR: ALARM GREEN	ATTACK IS NOT PROBABLE	Listen to LMR or Giant Voice. If directed, report to your UCC for accountability immediately. If there is not a request for accountability, resume normal operations.
YELLOW	HEAR: ALARM YELLOW	ATTACK IS PROBABLE	Don PPE <sup>1</sup> and go to protective shelter or seek best protection with overhead cover <sup>2</sup> . Await further instructions. Don appropriate MOPP level when directed.
RED	HEAR: ALARM RED WAVERING TONE	ATTACK IS IMMINENT OR IN PROGRESS	Don PPE and shelter-in-place or seek immediate protection with over head cover . Await further instructions <u>MOVEMENT DURING ALARM RED IS PROHIBITED.</u> Don appropriate MOPP level when directed. <sup>3</sup>
BLACK	HEAR: ALARM BLACK or hear a STEADY TONE	ATTACK IS OVER POSSIBLE UXO/NBC HAZARDS ARE SUSPECTED	Wear PPE and shelter in place. Await further instructions. <u>Only PAR teams, emergency responders, and mission critical personnel are authorized to move in Alarm Black.</u> Don appropriate MOPP level when directed. <sup>3</sup>