



ALITIMES

March 3, 2006

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ALI TIMES

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Front Page photo

Senior Airmen Justin Betts, Jessica Hurd and James Cole, 407th Expeditionary Communications Squadron, Land Mobile Radio, repair the giant voice speaker stacks at Ali Base, Iraq. The Land Mobile Radio section is responsible for hand held, ground to air radios, the giant voice and public address system ensuring vital communications for all U.S. military member and coalition services. (Photos by Staff Sgt. Valerie Smith)

The name of the game is the key “Taking care of people”

By Lt. Col. Pat Wright

407th Expeditionary Communications Squadron commander

Most of what I know about leadership did not come from Professional Military Education or books, but came from the lessons I learned from those that I served under.

I have been really lucky in my career and have served with some truly outstanding leaders. We have all seen good leaders and bad leaders, and I have tried to learn from them all—what to do and what not to do.

We all keep a good leadership bag and a bad leadership bag. When we see leadership we admire, we put it into our good leadership bag, so we can use it ourselves. When we see bad leadership, we save that too, but we put into the bad leadership bag, with an oath to never use it.

Here is a story about a young captain getting a good lesson from a senior leader. I'll admit to you now that it is me, and I do not come off as the hero in this story, but I learned an important lesson—and I want to pass it to you.

I was stationed at Ramstein Air Base Germany in the mid-1990s, working in Headquarters United States Air Forces, Europe. A junior captain at the time, I was glad to be serving overseas. Some of you may recall that we had an air tragedy in 1996 in Croatia that took the life of then Secretary of Commerce, Ronald Brown, and 32 others, including the entire CT-43 crew. That aircraft and crew were from Ramstein, so we all felt the loss and the shock. It was a huge tragedy for the country, the Air Force, and all the families and loved ones.

As required, a post-mishap investigation was launched. It is a very serious endeavor to uncover all the facts, describe the mishap, and make recommendations. In this case, the loss of a cabinet member really raised the visibility of the investigation. It was like the US Congress was breathing down our necks every day.

We reported daily to Congressional requests for information. It was a very



Lt. Col. Pat Wright

stressful time, and everyone was working long hours. It was often unpleasant work. Sifting through the details of how your fellow Airmen died drains you in an uncanny way.

My boss at the time was Col. James Morehouse (later promoted to Brig. Gen.) It was a privilege to work for him. Colonel Morehouse was an incredible leader who inspired others with integrity, selflessness, and dedication to duty. (His previous assignment had been as 100th Air Refueling Wing Commander at Royal Air Force Mildenhall.) He was the HQ USAFE point of contact for providing answers to the US Congress.

As mentioned earlier, we were getting inquiries every day. Our office had become a pressure cooker. Our days were spent responding to Congressional inquiries and keeping the 4-star informed on all issues associated with the accident.

One day, in the midst of all this I got a call from a Senior Airman in England. She was calling to ask for Colonel Morehouse's help in getting a Joint Spouse assignment. On my own,

Continued on page 9:

Leadership

Blowing things up is really awesome

By Senior Master Sgt. Jessica D'Aurizio

407th Air Expeditionary Group public affairs



Top: Staff Sgt. Denny Hart, 406 ECES, places C-4 explosives on bombs stacked outside of Ali Base prior to detonation in February. Bottom: Master Sgt. James Walter, 407 ECES, places 60-70 pound unexploded ordnance in a pyramid stack for detonation at Ali Base, Iraq, in February. (Photos by Senior Master Sgt. Jessica D'Aurizio)



Unexploded ordnance as far as the eye can see. Some expended, some ready to explode. This is the situation that the 407th Expeditionary Civil Engineer Squadron Explosive Ordnance Disposal team faced outside of Ali Base, Iraq, in late February.

After rocket attacks on Camp Cedar, some security forces personnel on patrol came across local nationals, digging in a field of rockets, projectiles, and various other explosives covering a section of the desert. The local nationals strip the artillery projectiles of their copper rotating bands and sell it for

cash, which poses an extreme safety hazard for them.

"It is a tough life over here," said Master Sgt. James Walter, 407 ECES/EOD team chief. "There can't be but a few ounces of copper on each projectile." The location was quite close to Ali Base and within the working perimeter of the 407 ECES, Explosive Ordnance Disposal Flight.

A convoy of EOD team and security forces vehicles, providing 360 degrees of heavy protective cover, departed the arches of Ali Base to assess and destroy the UXOs.

Continued on page 5:

EOD

Fill her up please and will you get the windshield

By Senior Master Sgt. Jessica D'Aurizio

407th Air Expeditionary Group public affairs



Staff Sgts Michael Nelson and Paul Hunt, 407 ELRS, process fuel into the fuel storage area at Ali Base, Iraq, in late February. (Photos by Senior Master Sgt. Jessica D'Aurizio)

There are 17 personnel on base that fill your tank and keep you lubricated, but they won't clean your windshield.

These men at Ali Base, Iraq, are the men of the Petroleum, Oil and Lubricate Flight. They get you where you are going without wearing out your boots.

"No fuel means - no airpower and no ground power!" said Master Sgt. Chris Gibson, 407th Expeditionary Logistics Readiness Squadron Fuels Management Flight. "We support the entire base - US and coalition forces."

The Fuels flight takes care of aircraft, vehicles, generators, tanks for perimeter security sensors, tent city, the base's two power production facilities, the Australian communications site, and numerous other equipment.

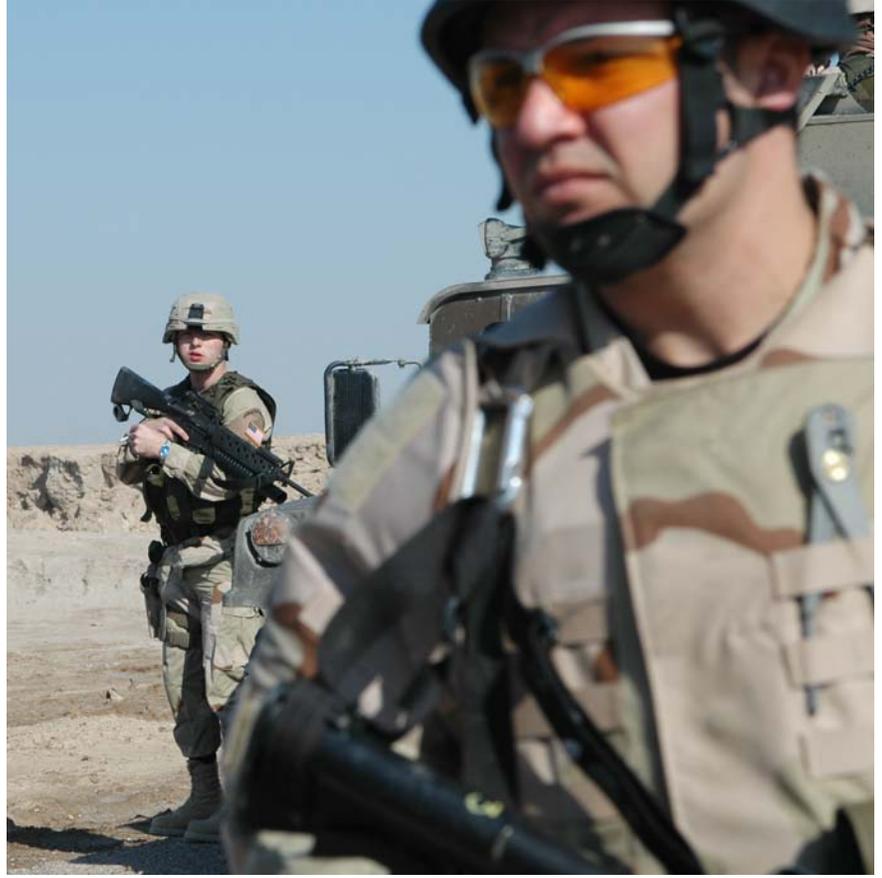
"Most of the transient aircraft people who request fuel are pretty laid back and understanding," said Staff Sgt. Richard Schaeffer, 407 ELRS, Fuels Management Flight superintendent. "They realize that this isn't your

Continued on page 6:

POL

EOD

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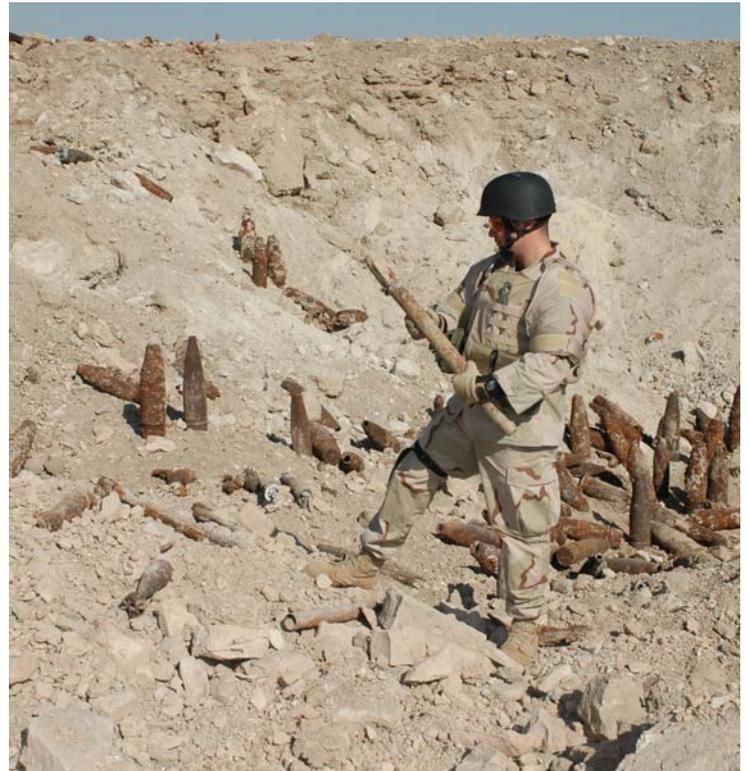
Left: Senior Airman Daniel Sepsey, 407 ECES, peels the plastic off of explosive to be placed on a pile of unexploded ordnances found in the desert outside of Ali Base, Iraq, in February. Right: Airman 1st Class Daryl Walsh, 407th Expeditionary Security Forces Squadron and Airman 1st Class Derrick Victor, 407 ECES check their surroundings at the EOD works site upon arrival.

“Watch where you step, don’t pick up anything, and don’t kick or sit on anything,” Staff Sgt. Denny Hart, 407 ECES/EOD team chief, instructed all non-EOD trained personnel upon arrival at the site. The team then split up and started stacking the artillery rounds, rockets, and various other explosives items into pyramid stacks.

“If they are in groups, we can then string them together and increase the likelihood of them all detonating,” said Airman 1st Class Daniel Sepsey, 407 ECES/EOD team member.

“This could have been a storage or dump site for ordnance,” said Tech. Sgt. Krisah Herron, 407 ECES/EOD team chief who has ten years of EOD experience and also an EOD trained husband she met while they were both clearing ranges of UXO in Panama.

According to Master Sgt. James Walter, 407 ECES/EOD chief, all these ordnance just lying around poses more than one threat. It is unstable from exposure to the environment and dangerous for anyone that comes in contact with it. However, the main threat, and the deadliest is, that it can be used in improvised explosive devices.



Airman 1st Class Derrick Victor, 407 ELRS, examines a bomb at a site outside of Ali Base, Iraq, while stacking them for destruction in February.

Sergeant Walter has been an EOD technician in

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EOD

POL

from page 4.....

typical size fuel shop and that we have other things we need to take care of besides aircraft.” On an average day, the flight receives around 56,000 gallons of gas, Monday through Friday.

According to Staff Sgt. Paul Hunt, 407 ELRS Fuels Storage NCOIC, the fuel is received from trucks and stored in 50 K bladders instead of through a cross country pipeline like most bases have in the states.

Not only does the flight procure and distribute the fuel, but they also have their own lab to test samples.

“I make sure that the fuel is free of contaminants and serviceable for the aircraft that are flying missions, and the tanks, hummer or helicopter that is in the heat of the battle,” said Staff Sgt. Michael Nelson, a 407 ELRS Fuels Lab technician who is on his 5th tour to the desert. “I love having an important role in Operation Iraqi Freedom.”

“We’ve done a lot of good stuff since being here. We work with the Italian fuels troops to ensure they have enough fuel to sustain operations, provide lab support to ensure their equipment is providing clean, dry fuel, and provide two types of aviation fuel to the Italians,” said Sergeant Gibson. “Keeping them flying is rewarding.”

The 407 ELRS fuels flight is the sole source of fuel for the Italians, and at times, language is a barrier, but they have learned enough to speak the same language — the POL language.

“What I like most about my job is the close brotherhood we have as POL,” said Sergeant Hunt. “I volunteered to come here and there isn’t anything I don’t like about my job.”

With the restructuring of the flight line, the fuel station set up for vehicles at Ali became inaccessible to many. A new station is in the works and should be open any day now on the corner of 10th Avenue and Airport Road. They may not be there to wash your windshield, but they will keep your motor running.



Staff Sgt. Michael Nelson, 407 ELRS, takes fuel samples as Haliburton fuel trucks off load at Ali Base, Iraq, fuel storage, in February.



Staff Sgt. James Gardner, 407 ELRS, signals the space available in the fuel bladder for incoming fuel at Ali Base, Iraq.

Rotating in for six months securing the area

New 407th Expeditionary Security Forces personnel arrive at Ali Base, Iraq, for a six month tour of duty in support of Operation Iraq Freedom. The new security forces personnel began arriving in late February and are still filtering in to replace the outgoing personnel who have already spent six months at the base. Here they are dropped at Bedrock to separate their luggage and get settled into their living areas. (Photos by Senior Master Sgt. Jessica D'Aurizio and Staff Sgt. Valerie Smith)





Bird flu - fact and fiction

By Staff Sgt. Melissa Koskovich

CENTAF - Fwd Public Affairs

SOUTHWEST ASIA – A global outbreak of disease – that is what many people think when they hear the words “bird flu.” But is it really the next pandemic or just fowl play?

Properly named avian influenza, this virus has spurred global awareness and growing concerns about the possibility of the virus mutating into a more lethal form.

“This illness [bird flu] is caused by a specific strain of flu virus (H5N1) that usually infects birds,” said Senior Master Sgt. Mark Mellinger, U.S. Central Command Air Forces Public Health NCO. “The strain of flu has been around since 1967, but it recently mutated into a highly lethal strain associated with migratory birds.”

Through these birds, the disease spreads quickly to other bird populations, and to humans exposed to infected birds or poultry.

The bird flu is contracted orally or through the respiratory system, and is primarily spread by contact through saliva, nasal secretions and feces of infected birds. Deceivingly, the initial symptoms of the illness are similar to that of the normal flu.

Currently, the bird flu virus does not have the ability to spread effectively from human-to-human.

“We don’t know for sure whether the current strains of bird flu will evolve into a pandemic strain,” said Sergeant Mellinger. “However, it has shown the ability to mutate, so it is a concern.”

There is currently no effective or approved vaccine to prevent the bird flu in humans.

Antiviral drugs like Tamiflu or Relenza can be used to ease symptoms, if given within 48 hours.

“We haven’t had any human cases of the bird flu in America. For those who have gotten sick, the mortality rate is about fifty percent,” Sergeant Mellinger said. “Because of this and other concerns, the bird flu is being monitored closely by numerous health organizations across the world.”

Outbreaks...in a number of countries in Asia, as well as in Germany, France, Romania, Italy, Turkey, Bulgaria and Greece and reports from Thailand, Vietnam, Indonesia, Cambodia and Iraq mostly...resulted from contact with infected poultry or contaminated surfaces.

Individuals traveling in those areas are advised to avoid contact with sick birds or poultry and their excretions and observe food hygiene, eating only poultry and eggs that have been thoroughly cooked from approved sources, which include all American military dining facilities.

Building good body resistance also goes a long way in preventing any type of influenza. This can be achieved through a balanced diet, adequate rest, regular exercise, good personal hygiene and not smoking,

According to Department of Defense officials, if a human pandemic of the bird flu were to occur, it would take about six to nine months to produce an effective vaccine. “Each strain of flu is unique,” said Sergeant Mellinger. “If it starts passing from human to human, it will take time to identify the strain and create an effective vaccine to counter it.”

The National Institute of Allergy and Infectious Diseases has awarded two contracts to support the production and clinical testing of an investigational vaccine based on a strain of avian influenza, according to the DoD.

“There is no pandemic flu in our country or in the world at this time,” said President George Bush, during a recent visit to the National Institutes of Health at Bethesda, Md. “But If we wait for a pandemic to appear, it will be too late to prepare, and...many lives could be needlessly lost because we failed to act today.”

For more information go to www.pandemicflu.gov.

EOD

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the Air Force for over 19 years and has supported Operations Southern Watch, Urgent Viking, Enduring Freedom, and now Iraqi Freedom.

“We’re just trying to get rid of them to protect everyone,” he said. They slowly moved in their body armor carrying 60-70 pound projectiles up steep inclines to stack them in four centralized locations.

“This job requires one to be motivated, have a strong work ethic, able to make decisions quickly, and work in any condition,” said Staff Sgt. Eric Gordon, 407 ECES/EOD.

Once the piles were stacked, C-4 was placed on each cache, and detonating cord was unrolled and laid to link the charges together so that all four stacks would explode simultaneously.

Sergeant Hart made the 15 minute out call to the command post. All personnel in the area evacuated to a safe distance, which was approximately one mile away.

The one minute out call came over the radio as half of the group watched from a berm to the north. Finally the electric detonation button was pushed and an explosion filled the air. Smoke billowed from the blast, and white phosphorus could be seen burning from the center.

After all the smoke cleared and the area was checked to ensure no live ordnance remained, the EOD technicians returned to base. Another successful mission to keep explosives out of the hands of the enemy.

The Last Great Race Begins

By Chaplain (Maj.) James Bailey

407th Air Expeditionary Group chaplain

Want to cool off? Turn your thoughts to Alaska. On Saturday, March 4, at 10 a.m., Alaska Standard Time, The Iditarod XXXIV will begin. Eighty-three “mushers” are expected to leave the starting point outside of Anchorage. How many mushers actually finish the race in Nome between eight to 13 days later is anybody’s guess. Just finishing the race is an incredible accomplishment taking into account the amount of training and preparation for the race and then the actual running of the race itself.

According to the official Iditarod website, www.iditarod.com, “It’s unlike any other event in the world. A Race over 1,150 miles of the most extreme and beautiful terrain known to man: across mountain ranges, frozen rivers, dense forests, desolate tundra, and windswept coastline. Add subzero temperatures and blinding winds, and you’ve got the makings of a legendary adventure. That’s the Iditarod.”

It is literally a race that pits human, beast and equipment against nature. The rules of engagement for the Iditarod’s mushers are demanding. No global positioning satellite devices, no cell phones, no personal computers, no blackberries; in short, no communication devices at all are permitted. Failure to obey every rule of the race results in automatic disqualification; even for those who finish the race

Each dog sled team, each musher, is allowed to start the race with twelve dogs. A team must have at least five dogs pulling the musher’s sled when crossing the finish line in Nome.

There are checkpoints along the trail. Every musher has to stop for the minimum amount of time at each checkpoint; up to eight hours. Here the musher, the musher’s dogs and equipment are thoroughly checked by a team of professionals before being allowed to

Leadership

from page 2.....

I decided that he was way too busy to even consider such a request. After all, it is the Air Force Personnel Centers job to make assignments, right? Why did my boss need to be involved? In fact, I decided that I would not even mention it to him.

A couple of days later I was filling Colonel Morehouse in on some issues. From my perspective, the request from a senior airman to a colonel was not to be taken seriously—but I decided to mention it, as a kind of joke—“can you

believe this senior airman called...?” However, right then and there Colonel Morehouse changed my perspective forever.

He started recalling the senior airman and where she worked at Mildenhall. Then he told me, simply and calmly, to contact the senior airman and initiate actions to help her with her assignment. I will never forget what he said to me next, “If you don’t help your troops when they call you, they stop calling. Then what are you doing?”

To say the least, I was humbled.

depart each checkpoint. At each checkpoint, the musher feeds the dogs and changes their “booties,” footwear to protect their paws from wear and tear on the trail. After the dogs are taken care of the musher can eat and take care of personal needs. Food for musher

and dogs is prepackaged by each musher and taken to each checkpoint by the Iditarod logistics team before the start of the race.

A musher usually begins the selection and training of their dogs nearly one year prior to the race. Three, sixty-mile training runs per week are common, four months prior to the Iditarod. Clint Warnke, my brother-in-law, will be running in his third Iditarod. In 2003 he finished 26th out of 62 mushers and was named the most improved musher that year. He and my sister have been breeding and training dogs for the Iditarod for the past six years. Clint will be wearing bib number 31; his starting position is on Saturday. His goal is to finish between nine to eleven days. As one of his sponsors, I’ll be following his progress via the Iditarod web site.



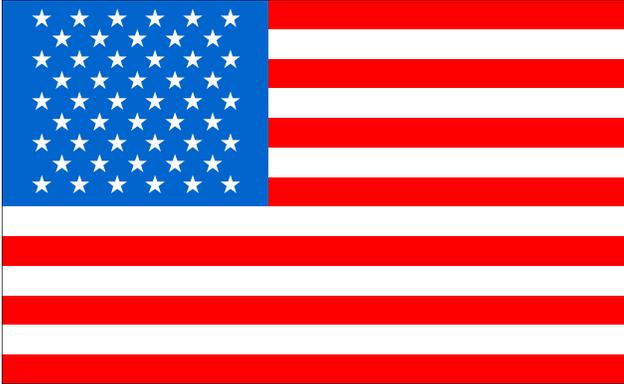
Chaplain (Maj.) James Bailey

At that moment, I felt about two inches tall, but I learned an important lesson that I have never forgotten. A big part of leadership is accepting the responsibility you have to take care of your troops.

So don’t make the mistake I made as a junior captain. When that phone call comes in or that troop catches you at the gym and asks you for help, realize that you are being presented with an opportunity to lead. It will be the most important thing you do that day.

Customs and Courtesies - Reveille and Retreat

(Editors Note: This is part four of a series to address military customs and courtesies. This part will deal with Reveille and Retreat. Information is taken from "Til the Wheels are Up.")



"Reveille" was originally conducted as "Troop" in 1812 and was designed to muster the unit or for roll call and additionally to signal sentries to leave off night challenging.

It was not originally intended specifically as honors for the flag. Today, reveille is conducted to honor the U.S. flag as it is raised in the morning. Honors (salute) during "Reveille" should be rendered similar to the procedure for "Retreat."

Your command may find it appropriate to conduct a Command Reveille or Command Retreat ceremony to help honor special days or events (Memorial Day, Veteran's Day, POW/MIA Day, Dec 7th, etc.)

On these special days you may want to have a supporting ceremony complete with military formations, guest speaker(s), and chaplain or other appropriate participation. (Note that the flag should be displayed on all days, to include Federal holidays.)

The bugle call sounded as "Retreat" was first used in the

French army and dates back to the Crusades.

Retreat was sounded at sunset to notify sentries to start challenging until sunrise, and to tell the rank and file to go to their quarters.

During the 18th century, command retreat was a daily occurrence, not to honor the flag, but as a signal for units to call the roll as a final accounting before reveille the following morning.

The ceremony remains as a tradition in today's military by marking the end of the military day and honors the flag as it is lowered. The bugle call "Retreat" precedes the flag ceremony. At the first sound of the bugle, face the flag, or sound of the bugle if the flag is not visible, and stand at parade rest.

When you see the flag being lowered or hear the bugle call "To the Colors" or the National Anthem, come to attention and render a salute. The salute is held until the flag is lowered or until the music ends.

Civilians should stand at attention, facing the flag or music with their (right) hands over their hearts.

Vehicles should stop during both reveille and retreat. Passengers should remain quietly seated.

Promotions and Accomplishments

Promotions

To Airman 1st Class:

Travis Buchanan, 407 ELRS

Michael Lee, 407 ESFS

To Senior Airman:

Tony Young, 407 ELRS

David Holt, 407 ESFS

Ryan Flory, 407 ESFS

Robert Dill, III, 407 ECES

Thomas Tutt, 407 ESFS

Daniel Sepsey, 407 ECES

Justin Bigham, 407 ESFS

Lawrence Blanco, 407 ESFS

Marcus Thomas, 407 ESFS

Latrice Payne, 407 ESFS

Bekki Swank, 407 ESFS

David Weidner, 407 ESFS

Kristin Snyder, 407 EOSS

To Staff Sergeant:

Andrew Bennett, 407 ECES

Anthony Diamond, 407 ESFS

Samuel Anderson, 407 ELRS

Nicholas Swope, 407 EOSS

Willie Fair, Jr., 407 ESFS

Brian Masters, 407 EOSS

To Master Sergeant:

Rodney Miranda, 407 ECS

90 percent or higher in the completion of Career Development end of course:
Staff Sgt. **Raymen Gordon**,
777 EAS (90%)

Staff Sgt. **Andrew Bennett**,
407 ECES (91%)

Senior Airman **Andrew Sheldon**, 407 ECES (94%)

Monthly Awards presented by Col. Kevin Kilb, 407 AEG/ CC and Chief Master Sgt. Charles Crisler, 407 AEG/CCC



Airman of the Month
Senior Airman **Wayne White**, 407 ECES



NCO of the Month
Staff. Sgt. **Greg Morse**, 407
ESFS



Senior NCO of the Month
Master Sgt. **Don Hall**, 407 ELRS



Company Grade Officer of the
Month
Capt. **Randolph Witt**, 407 ECS



Wing Company Grade Officer of the Month
1Lt John Rose, 407 ESFS

Sharp Saber Team
Award
**407th ELRS Vehicle
Tiger Team**
(see photo on page14)

3 on 3 Basketball Tournament results



Top left: Airman Martaiez Brown and Senior Airman Lamont Elliot, both from 407th Expeditionary Services Squadron, attempt to get the basketball from Senior Airman Chris Willard Top Right: First Place winners Staff Sgt. Chris Sturns, Sgts. Gerald Peoples, Floyd Louis and Derrick Williams, all from the Army 485th. Runner up team was 407 ESVS, with Airman Brown and Loury, and Senior Airman Lamont Elliot. Bottom left: Airman Brown, jumps for a rebound as his teammate Airman Loury, both of the 407 ESVS, looks on. Bottom right: Master Sgt. Phil Coward, 407th Air Expeditionary Group, guards Airman Elliot, 407 ESVS, as he drives for the goal. (Photos by Senior Master Sgt. Jessica D'Aurizio)

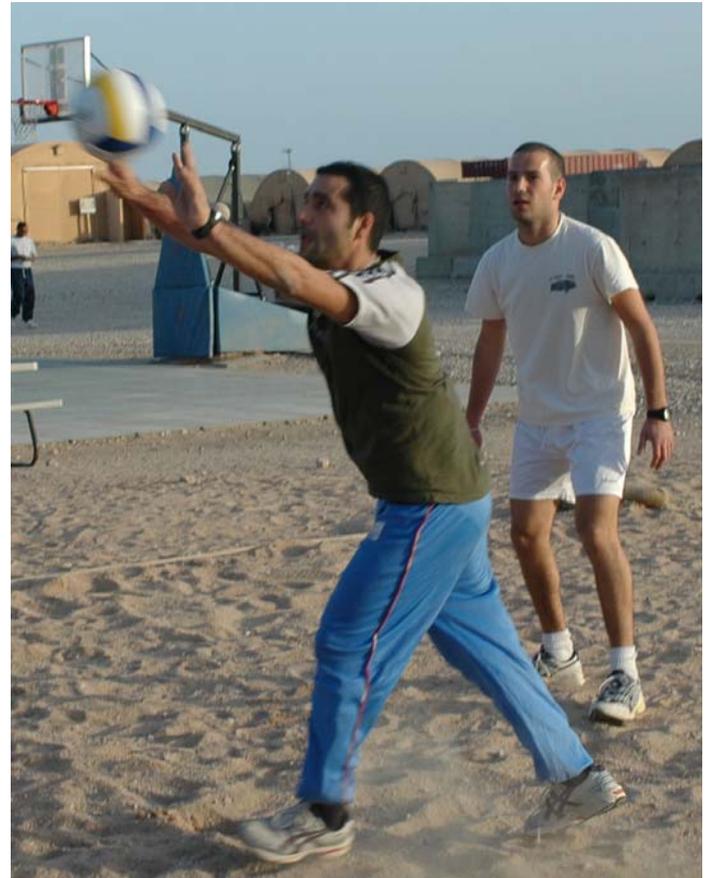
Blind Volleyball did not keep these guys in the dark



The Italian Air Force Sapalo's defeated the 407th Expeditionary Communications Squadron in the Blind Volleyball tournament on Sunday, Feb. 26. Shown to the left these two finalist teams pose together showing they hold no hard feelings. (Photos by Senior Master Sgt. Jessica D'Aurizio)



Staff Sgt. Ty Henrichsmeyer, 407 ECS, sets up to return the volleyball to the opponents during Blind Volleyball on Sunday, Feb. 26, at the Ali Base Volleyball Court, as teammate Master Sgt. Brian White looks on.



The winning team, Italian Air Force Sapalo's, return the volleyball to the runner-up team, the 407 ECS, during the final few minutes left in the game.

Communications removes excess cable



Top left: Senior Airman Melissa Curry, 407th Expeditionary Communications Squadron, looks through a tent without electrical lighting to locate cable for removal with Master Sgt. Daryl Burley, 727th Expeditionary Air Control Squadron. Top right: Staff Sgt. Ray Horton, 727 EA CS, is briefed by Airman Curry on cables outside their workspace prior to removal. (Photos by Senior Master Sgt. Jessica D'Aurizio)



Winners for the Sharp Saber Team Award is the Vehicle Tiger Team, 407th Expeditionary Logistics Readiness Squadron

Identify This

Do you know what this is?



If you can identify the object, e-mail the paper at Ali.Times@t1ab.centaf.af.mil with "Identify This" in the subject block by 3 p.m. Thursday Mar 2.

All correct entries will be placed in a box and three winners will be randomly selected at Combat Bingo (at the Big Top) at 7:30 p.m., Friday Mar . 3.

Participants do not have to attend bingo to win. Winners will receive a complimentary T-shirt or coin from the 407th Expeditionary Services Squadron. There were four correct responses identifying the air conditioning valves for the Feb. 17 Ali Times: **Master Sgt. Christopher Gibson**, 407th Expeditionary Logistics Readiness Squadron and **Tech. / Sgt. Keith Tourville**, and **Staff Sgt. Tobin Edwards**, both of the 407th Expeditionary Civil Engineer Squadron.



"Happy 1st Birthday Emily and 5th Birthday Dylan!

I know you will have great birthdays and that Daddy is taking good care of you.

I love and miss you all very much."

Love Mom

(Tech. Sgt. Bonnie Gribble, Whiteman AFB, Mo.)

407th AEG

Warrior of the Week



Staff Sgt. Clinton Buehler

Unit: 407th Expeditionary Communications Squadron

Duty title: Communication Requirements and Unit Redeployment Manager

Home station: 32nd Combat Communications Squadron, 3rd Combat Communications Group, Tinker AFB, Okla.

Why other warriors say he's a warrior: "Staff Sgt. Buehler is the backbone of the Plans and Implementation Flight. He spearheaded a top-to-bottom reorganization of communications requirement processing procedures that cut customer response time in half. His attention to detail and tenacious approach to the mission were the driving force behind over \$7 million in new communications initiatives for Ali Base. Sergeant Buehler was the first on the ground and was the linchpin in getting the entire 9/10 communications rotation bedded down and ready to execute the mission."

- Master Sgt Michael Van Inwegen, Flight Chief, 407 ECS/SCX
Most memorable Air Force experience: "Having the opportunity to deploy to different regions of the Middle East."

Hobbies: Sports and music

Notes about my family: Home is in Bremerton, Wash., where my mother, Phyllis, dad, Rocky Tom and sister, Miranda live.



Serenity in the sand

faith-based services schedule

Worship is at the 407th Air Expeditionary Group **Oasis of Peace** chapel, and at the Army Post Chapel. The *Oasis* is open 24 hours a day for prayer and reflection.

For details on worship opportunities, or directions to worship locations, please call 445-2006.

- Oasis = Air Force Chapel/Bedrock
- OA = Oasis Annex
- ARAC = Army Religious Activity Center
- APC = Army Post Chapel
- TCN = Third Country Nationalist living area by DFAC
- CC = Camp Cedar

FRIDAY

- 1 p.m., Muslim prayer/ service: (TCN)
- 6 p.m., Roman Catholic Mass: Oasis
- 6:30 p.m., Jewish Service: ARAC
- 7:30 p.m., Gospel choir rehearsal: APC
- 8:30 p.m., Ladies Fellowship: Oasis

SATURDAY

- 6 p.m., Catholic Vigil Mass: Oasis

SUNDAY

- 7:30 a.m., Traditional Protestant Service: APC
- 8 a.m., Roman Catholic Mass: Oasis
- 9:30 a.m., Traditional Protestant Service: Oasis
- 10 a.m., Latter Day Saints Service: ARAC
- 10:30 a.m., Roman Catholic Mass: CC
- 10:30 a.m. Church of Christ: ARAC
- 1 p.m., Gospel Service: APC
- 7 p.m., Contemporary Worship Service: Oasis

MONDAY

- 6 p.m., Roman Catholic Mass: Oasis
- 7:30 p.m., Discipleship Bible study: Oasis
- 7:30 p.m., Gospel choir Rehearsal: APC

TUESDAY

- 6 p.m., Roman Catholic Mass: Oasis
- 7:30 p.m., Work of Faith Bible Study: APC
- 8 p.m., Catholic RCIA: Oasis Annex
- 8 p.m., Contemporary Worship Rehearsal: Oasis

WEDNESDAY

- 6 p.m., Roman Catholic Mass: Oasis
- 7 p.m., Catholic choir Practice: Oasis
- 7 p.m., Spanish Bible Study: ARAC;
- 7 p.m., Women's Bible Study: Army Hospital
- 7:30 p.m., Protestant Worship Service: APC

THURSDAY

- 6 p.m., Roman Catholic Mass: Oasis
- 6:30 p.m., Ladies Bible Study: ARAC
- 7:30 p.m., Relationship Study: Oasis Annex
- 7:30 p.m., Mens Bible Study: APC

CRICKET MOVIE THEATER

at the **Hot Spot**

Today's times and movie descriptions for the week

The Day After Tomorrow(2004), 1 a.m., Dennis Quaid, Jake Gyllenhaal, *action/drama/thriller/adventure*; **Armageddon** (1998), 3 a.m., Bruce Willis, Billy Bob Thornton, *action/drama/romance/sci-fi/thriller*; **Snow Dogs** (2002), 5 a.m., Cuba Gooding, Jr., James Coburn, *comedy/sport*; **Paycheck** (2003), 7 a.m., Ben Affleck, Aaron Eckhart, *sci-fi/thriller/action/mystery*; **Radio** (2003), 9 a.m., Cuba Gooding, Jr., Ed Harris, *drama/sport*; **Panic Room** (2002), 11 a.m., Jodie Foster, Kristen Stewart, *drama/thriller/crime*; **Daddy Day Care** (2003), 1 p.m., Eddie Murphy, Jeff Garlin, *comedy/family*; **A Bronx Tale** (1993), 3 p.m., Robert De Niro, Chazz Palminteri, *crime/drama*; **Meet the Fockers** (2004), 5 p.m., Robert De Niro, Ben Stiller, *comedy*; **After the Sunset** (2004), 7 p.m., Pierce Brosnan, Salma Hayek, *crime/thriller/action/adventure*; **Underworld** (2003), 9 p.m., Kate Beckinsale, Scott Speedman, *action/fantasy/horror/thriller/romance*; **Barbershop 2** (2002), 11 p.m., Ice Cube, Cedric the Entertainer, *comedy*; **The Fisher King** (1991), 11 p.m., Jeff Bridges, Robin Williams, *fantasy/comedy/drama/romance*; **Around the World in 80 Days** (2004), 11 p.m., Jackie Chan, Steve Coogan, *adventure/comedy/action/romance*

Saturday

- The Fisher King 1 a.m.
- Around World in 80 3 a.m.
- Daddy Day Care 5 a.m.
- The Bronx Tale 7 a.m.
- Day After Tomorrow ... 9 a.m.
- Barbershop 2 11 a.m.
- Underworld 1 p.m.
- Radio 3 p.m.
- Panic Room 5 p.m.
- Meet the Fockers 7 p.m.
- Hunt for Red October 9 p.m.
- Snow Dogs 11 p.m.

Sunday

- A Bronx Tale 1 a.m.
- Panic Room 3 a.m.
- After the Sunset 5 a.m.
- Underworld 7 a.m.
- Snow Dogs 9 a.m.
- Daddy Day Care 11 a.m.
- Hunt for Red October 1 p.m.
- Meet the Fockers 3 p.m.
- Day After Tomorrow ... 5 p.m.
- Radio 7 p.m.
- Paycheck 9 p.m.
- Armageddon 11 p.m.

Monday

- Snow Dogs 1 a.m.
- Barbershop 2 3 a.m.
- Panic Room 5 a.m.
- Radio 7 a.m.
- Meet the Fockers 9 a.m.
- Paycheck 11 a.m.
- Underworld 1 p.m.
- Daddy Day Care 3 p.m.
- The Fisher King 5 p.m.
- Hunt for Red October 7 p.m.
- Around World in 80 9 p.m.
- Day After Tomorrow . 11 p.m.

Tuesday

- Panic Room 1 a.m.
- Meet the Fockers 3 a.m.
- The Fisher King 5 a.m.
- Hunt for Red October 7 a.m.
- Snow Dogs 9 a.m.
- A Bronx Tale 11 a.m.
- Underworld 1 p.m.
- Day After Tomorrow ... 3 p.m.
- Daddy Day Care 5 p.m.
- Armageddon 7 p.m.
- Radio 9 p.m.
- After the Sunset 11 p.m.

Wednesday

- Barbershop 2 1 a.m.
- Paycheck 3 a.m.
- Daddy Day Care 5 a.m.
- Panic Room 7 a.m.
- Underworld 9 a.m.
- After the Sunset 11 a.m.
- Radio 1 p.m.
- Around World in 80 3 p.m.
- Meet the Fockers 5 p.m.
- Hunt for Red October 7 p.m.
- Snow Dogs 9 p.m.
- Day After Tomorrow . 11 p.m.

Thursday

- A Bronx Tale 1 a.m.
- Hunt for Red October 3 a.m.
- Armageddon 5 a.m.
- Radio 7 a.m.
- Meet the Fockers 9 a.m.
- Snow Dogs 11 a.m.
- Daddy Day Care 1 p.m.
- Day After Tomorrow ... 3 p.m.
- The Fisher King 5 p.m.
- Underworld 7 p.m.
- Barbershop 2 9 p.m.
- Panic Room 11 p.m.

Bedrock and beyond...

activities to keep you fit, happy and hungry for more

Today

5 p.m., **Spinning**: Muscle Beach (I)
 5:30 p.m., **Pull-up Competition**: Muscle Beach
 7 p.m., **Dominoes**: ACC
 7 p.m., **Toning**: HOP (I)
 7:30 p.m., **Step Aerobics**: Muscle Beach (I)
 7:30 p.m., **Bingo**: Big Top
 8 p.m., **Crash Dance**: ACC
 8 p.m., **Step Aerobics**: HOP
 8:30 p.m., **Music and Dancing**: Big Top
 9 p.m., **Karate**: Muscle Beach (I)

Saturday

6 a.m., **Spinning**: Muscle Beach (DVD)
 2:30 p.m., **Yoga**: Muscle Beach (DVD)
 7:30 p.m., **Karaoke**: Big Top
 7:30 p.m., **Hip Hop**: ACC
 8 p.m., **Dance Class**: ACC
 8:30 p.m. **Absolute Abs**: Muscle Beach (I)

Sunday

8 a.m., **Tae-Bo**: Muscle Beach (DVD)
 9:30 a.m., **Karate**: Muscle Beach (I)
 10 a.m., **Spinning**: HOP
 noon, **Quarterback & Field Goal Challenge**: Courts
 noon - 11 p.m., **Movies & Games**: Big Top
 2 p.m., **Texas Hold'em**: Big Top
 5 p.m., **Tae Kwon Do**: HOP
 7 p.m., **Darts**: ACC
 7 p.m., **Spinning**: HOP
 8 p.m., **Self Defense**: Muscle Beach (I)

Monday

8 a.m., **Movie**: Big Top
 4:30 p.m., **Circuit Training**: Basketball Courts (I)
 7 p.m., **Ping Pong**: ACC
 5 p.m., **Spinning**: Muscle Beach
 7 p.m., **Toning**: HOP
 7:30 p.m., **Step Aerobics**: Muscle Beach (I)
 8 p.m., **Ping Pong**: Big Top
 8 p.m., **Step Aerobics**: HOP
 8:30 p.m., **8 Ball**: Big Top

Tuesday

5 a.m., **Step Aerobics**: Muscle Beach (I)
 6 a.m., **Spinning**: Muscle Beach (DVD)
 8 a.m., **World Series of Poker**: Big Top
 6:30 p.m., **3 Point Shootout Contest**: Courts
 6:30 p.m., **Tae Bo**: HOP
 7 p.m., **9 Ball and Board Games**: ACC
 7:30 p.m., **Total Body Workout**: Muscle Beach (DVD)
 7:30 p.m., **Tae Kwon Do**: HOP
 8 p.m., **9-Ball**: Big Top
 8:30 p.m. **Absolute Abs**: Muscle Beach (I)
 8:30 p.m., **Salsa**: ACC
 8:30 p.m., **Dead on Arrival**: Noah's Arcade/Hot Spot

Wednesday

8 a.m., **5 Card Draw**: Big Top
 5 p.m., **Spinning**: Muscle Beach (DVD)
 7 p.m., **Family Feud**: Big Top
 7 p.m., **Spades TNY**: ACC
 7 p.m., **Toning**: HOP
 7:30 p.m., **Step Aerobics**: Muscle Beach (I)
 8 p.m., **Ping Pong**: Drop Zone/Hot Spot
 8 p.m., **Step Aerobics**: HOP

Thursday

5 a.m., **Step Aerobics**: Muscle Beach (I)
 8 a.m., **Scrabble**: Boardwalk/Hot Spot
 4:30 p.m., **Circuit Training**: Basketball Courts (1)
 6:30 p.m., **Tae Bo**: HOP
 7 p.m., **8/9-Ball**: ACC
 7:30 p.m., **Total Body Workout**: Muscle Beach (DVD)
 7:30 p.m., **Tae Kwon Do**: HOP
 8 p.m., **World Series of Poker**: Big Top
 8:30 p.m. **Absolute Abs**: Muscle Beach (I)
 8:30 p.m., **Salsa**: HOP

Call the 407th Services Squadron with ideas for activities: 445-2696; For information about the House of Pain, Army fitness center: 833-1709; For information about Army morale, welfare and recreation activities: 833-1745.

(I)—Instructor
 TNY—Tournament
 HOP—House of Pain, Army Fitness Center
 ACC—Army Community Center