



The Sather Pathfinder

Volume 1, Issue 8

March 11, 2006

Sather Air Base , Iraq

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Air Force Secretary letter to Airmen: 'Smart operations 21'

By The Hon. Michael W. Wynne

Secretary of the Air Force

Our role as an Air Force is to provide an array of capabilities for the combatant commanders to use as directed by the president. These capabilities include the widest variety of joint operations from combat operations to humanitarian aid. Like any other organization, we must seek to give value to our "customers." It's not only the right thing to do for the American taxpayer; it's the smart thing to do.

In my December "Letter to Airmen," I talked about expanding LEAN concepts beyond just depot operations. That effort has now grown into Air Force Smart Operations 21, a dedicated effort to maximize value and minimize waste in our operations. AFSO 21 is a leadership program for commanders and supervisors at all levels, looking at each process from beginning to end. It doesn't just look at how we can do

each task better, but asks the tougher and more important question: Why are we doing it this way? Is each of the tasks relevant, productive and value added? In other words, is it necessary at all? With AFSO 21, we will march unnecessary work out the door – forever.

AFSO 21 signifies a shift in our thinking. It is centered on processes (groups of tasks) rather than tasks alone, which allows us to gain insights into the value, or lack of value, in each task we perform. For example, why does an EPR take 21 days at some bases to process, and only eight at another? We must do better across the entire Air Force; no process is immune from this critical review. AFSO 21 is built on successful principles from the corporate world, and has already yielded results in the Air Force. AFMC has used the tenets of AFSO 21 to put an extra 100 tankers back on the line each day. AFSO 21 is about working smarter to deliver warfighting capabilities.

We must continue to meet our worldwide requirements, even with the continued pressure on our budget. But AFSO 21 is not about cost cutting; it enables our service to take our warfighters of today and grow them into the most effective and efficient thinkers for 2010 and beyond. The continuous process improvements of AFSO 21 will be the new culture of our Air Force. We will look at innovative ways to use our materiel and personnel more efficiently. For example, we're already planning on using the Guard and Reserve differently under the concept of Total Force Integration, capitalizing on their inherent strengths.

As AFSO 21 training comes to your base, ask yourself, "What have I improved today?" Every idea is worth taking to your supervisor. To learn more, visit <http://www.afso21.hq.af.mil>. I have full faith by implementing AFSO 21 together, we will make our Air Force not only more effective, but will improve our combat capability.

Sather Air Base
Warriors of the Week

- Staff Sgt. Rebecca Lewis



447th Air Expeditionary Group
PERSCO

- Senior Airman Shakib Rahman



447th Expeditionary Civil Engineer Squadron

They were named the Sather Air Base Top III Committee's "Sharp Troop" winners

Hometown release goes 'electronic'

By Master Sgt. Will Ackerman

447th Air Expeditionary Group Public Affairs

The Hometown News Release Program has gone paperless. You can now submit "your story" from your own computer.

You're a "hometown hero." Does your hometown know about it? There are many events that warrant a hometown release including promotions, deployments, awards and decorations.

You can complete a release if you are a U.S. military servicemember or a Department of Defense civilian. To complete the form, click on <https://afnews.af.mil/webpages/paperless/46790/46790-447aegbaghdadiap.html>.

The form comes to the 447th Air Expeditionary Group Public Affairs office where we review it before submitting it to the Hometown News team. We can also take a photograph of you to send with the release.

News outlets determine whether to use the story, but they are looking for heroes like you.

To make the program exciting here, the public affairs office encourages unit competition to see which one submits the most releases. The results will be announced at the 447th AEG staff meetings and a "scoreboard" will be listed in the *Sather Pathfinder*.

For more information, call 446-2405 or e-mail 447pa.aeg@bdab.centaf.af.mil.



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Front Page photo



Staff Sgt. Degeo Schultz and Airman 1st Class Greg Schmidt, 447th Expeditionary Civil Engineer Squadron Structures, erect a "big top" tent for the Explosive Ordnance Flight March 4.

See Page 10 for the rest of story.

Photo by Master Sgt. Will Ackerman

Joint air controller Airman awarded Purple Heart

By Master Sgt. Will Ackerman

447th Air Expeditionary Group Public Affairs

Tech. Sgt. Patrick Scoggins thought he was going on a tour. He even stopped to grab his camera. When his supervisor took him on a detour to the third-floor outdoor balcony at Al Faw Palace on Camp Liberty, Sergeant Scoggins thought it was all part of the tour.

It wasn't until his commander told him to "step on up and introduce yourself to the general" he realized something was up. The sergeant found out at that moment he was the guest of honor at the ceremony March 1 where he was presented the Purple Heart Medal by Brig. Gen. David Eidsaune, Director Air Component Coordination Element, Multinational Forces-Iraq.

Sergeant Scoggins earned the medal after he was sprayed from head to toe with shrapnel from two 120-mm mortar shells that hit a palm tree about 10 meters from him Feb. 9 near a combat outpost in Iraq. The sergeant, a joint terminal air controller with the 118th Air Expeditionary Support Operations Squadron, was preparing to go out on a mission with an Army unit.

"My whole entire body felt like it was on fire," Sergeant Scoggins said. "Fortunately the guy right behind me was a (medical) corpsman. By the time I realized what had happened, he already had bandages out."

Sergeant Scoggins was knocked to the ground by the explosion and suffered cuts on his neck, bruises to his legs and ringing in his

ears. The most severe injury was shrapnel in his right shoulder, which required six stitches to close the wound, according to Maj. Thomas Friend, 118th EASOS commander. He returned to work a few days later.

The sergeant said he was thankful that his forward-operating base commander required full-body armor to be worn at all times because of the frequency of mortar fire the base incurs.

"As much as a pain as it was (to have to wear it 24 hours a day), I'm thankful that we (wear it) every day," the sergeant said.

The sergeant is part of a team that is embedded with Army and Marines. They are the Airmen on the ground who direct where Air Force aircraft will drop munitions on targets.

"I'm there to provide close air support," the Sergeant said.

General Eidsaune said the forward air controllers are a "unique group of individuals we call 'battlefield Airmen'.

"For us airborne Airmen, there is nothing that comes close to the danger and the point-of-the-sword activities that you all do as battlefield Airmen mixing it up with your Army and Marine brethren on the ground," he said.

Sergeant Scoggins said he feels very lucky to survive with all his limbs intact, and appreciates the medal. He recently finished his tour here. He said he'll be sad to see his work here end, but will forever feel honored.

"I'll take this with me for the rest of my life," he said. "I don't want it to end."

Sergeant Scoggins and his team members



Photo by Master Sgt. Will Ackerman

Brig. Gen. David Eidsaune, Director Air Component Coordination Element, Multinational Forces-Iraq, pins the Purple Heart on Tech. Sgt. Patrick Scoggins, 118th Expeditionary Air Support Operations Squadron, March 1 at Al Faw Palace, Camp Liberty. He was injured by a shell Feb. 9.

are returning home to their Air National Guard unit in Baden, N.C.

The Purple Heart was authorized by General George Washington in 1782 as an award for meritorious service. Today the medal is presented to servicemembers who are wounded in the field of duty, up to paying the ultimate sacrifice – giving their lives for their nation.

Quality of Life News

Office Moves

The 447th Air Expeditionary Group Chapel and 447th Expeditionary Operations Support Squadron moved to new offices recently.

The chapel office is located near the Tent City entry control point

OSS moved its Transient Alert, Airfield Management, Intelligence and Weather offices. They are located near the Glass House

Morale Computers

The 447th Expeditionary Communications Squadron recently added five computers in the morale center, which is located behind the base post office.

The computers allow users to access Web sites and GMAIL e-mail sites.

Team Sather Airmen make the next grade

The following Sather Air Base Airmen were selected for promotion recently:

To Major:

Capt. Andrew Rush, 447th Expeditionary Operations Support Squadron

To Senior Master Sergeant:

Master Sgt. Thomas Lytle, 447th Expeditionary Logistics Readiness Squadron

To Senior Airman Below the Zone:

Airman 1st Class Matthew Lumm, 447th ELRS

The following are February March promotees:

To Senior Airman: 447th ELRS

Shayna Marie Bull
Andrew Crane

447th Expeditionary Communications Squadron

Antwane McDowell

447th Expeditionary Civil Engineer Squadron

Eric Hawkins
Nathaniel Lavery
Darnell Smith
Scottie Temple
Dustin Neiswender

447th Expeditionary Security Forces Squadron

Joshua Deleon
Joshua Stops

To Staff Sergeant

Emanuel Delacruz, 447th ELRS
Bryan Masters, 447th EOSS

To Technical Sergeant

Charles Gable, 447th Air Expeditionary Group
Brent Jordan, 447th 447th AEG
Adam Sinclair, 447th ELRS

To Chief Master Sergeant

Felipe Ortiz, 447th AEG

To Major

Michael Frank, 447th Expeditionary Medical Squadron



Photos by Master Sgt. Will Ackerman

U.S. Airmen from the Multinational Security Transition Command Coalition Air Force Transition Team stand in formation at the formal stand up of the Iraq air force's first post-Saddam Hussein era squadron at the New Al Muthana Air Base Tuesday.

USAF Airmen help Iraq activate its 'new' air force

By Staff Sgt. Melissa Koskovich

CENTAF-Fwd Public Affairs

NEW AL MUTHANA AIR BASE, Iraq – A fully certified aircrew takes flight and a single air base opens its gates – these accomplishments may not seem overly impressive, but to Iraqi airmen, training side-by-side with U.S. Air Force Airmen, these feats represent giant steps toward independence and national security.

Iraq's air force formally activated its 23rd Squadron in a ceremony here Tuesday. The squadron, which flies C-130E Hercules, is the first post-Saddam Hussein era flying unit.

Although Iraq's air force is smaller now compared to during Saddam's era, it is better than before, said Iraq AF Col. Jabbar.

"Now our air force supports the government and the people," he said. "In the past, the air force only supported Saddam. We are humanitarian now."

For the past year, the American Airmen deployed to the Multinational Security Transition Command Coalition Air Force Transition Team here took on the mission of standing up the Iraqi

air force, enabling Iraqis to take over operations and help secure their nation's future.

"In only a few months they [the Iraqi AF] have made significant progress," said Brig. Gen. David Eidsaune, Air Component Coordination Element director. "We're working closely with them on a plan for their future."

Iraqi airmen agreed that progress was made.

"We are starting over," said Maj. Gen. Kamal Barzanji, Iraq air force chief of staff. "America has given us a lot of help, and we have already accomplished many things."

Building an air force, however, is no simple undertaking. General Eidsaune said Iraqis will face many challenges along the way.

"One of the major challenges for them is funding," General Eidsaune said. "The whole country [Iraq] is really stretched right now as far as funding and commerce, and air forces are not cheap entities. It will take them time to build up their capabilities."

To assist, the United States gave them a small fleet of C-130s.

Recruiting new Iraqi airmen will also be a challenge.



Maj. Gen. Kamal Barzanji, Iraq air force chief of staff, hugs U.S. Air Force Lt. Col. Mike Mawson, Multinational Security Transition Command Coalition Air Force Transition Base Support Unit team senior adviser, at the stand up ceremony for first post-Saddam Hussein era flying squadron at New Al Muthana Air Base Tuesday.

"Right now, most Iraqi airmen come from the 'old air force' – prior to the 1990s," General Eidsaune said. "The Iraqis need to recruit more airmen, and build up their air academy and staff colleges."

Despite these growing pains, the Iraqi air force is taking part in some Coalition operations.

"The Iraqi air force is playing a limited but effective role in our operations," General Eidsaune said. "Their current aircraft are kept busy transporting troops, supplies and distinguished visitors."

In addition, the Iraqi air force plays a small role in intelligence, surveillance and reconnaissance operations.

"Iraqi ISR assets are tasked by the local [Iraqi] army division to scan their local infrastructure,

including pipelines and borders," he said. "These assets bring back valuable intelligence to ground commanders, and are definitely making a difference."

The Iraq air force will perform ground and airfield operations.

"Mastering these functions is critical for survival as a defense force," said General Eidsaune. "The Iraqis are motivated and eager to learn. ... Our efforts are very much a partnership."

General Barzanji agreed.

"We are working together as one team," said General Barzanji. "Of course we still need support from our allies, but we are growing."

(Army Spc. Rick Czepka, 124th Mobile Public Affairs Detachment, contributed to this article.)

Tent fires can start, burn in seconds

By Staff Sgt. Blaine Holland

447th Expeditionary Civil Engineer Squadron

Tents fires can happen anytime. All it takes is a spark, and then the tent goes up in flames in seconds. There have been several large-scale fires involving tents in the Southwest Asia theater of operations over the past few years. I wanted to remind everybody of how fast and unexpected these types of situations can happen.

As we get used to our day-to-day operations, we can overlook safety issues in our work areas and sleeping quarters. Electrical hazards are a great contributor to facility fires and personal injuries, especially in this contingency environment that we live in.

Taking the time to look around your facility,

inside and out, to discover hazards such as power lines running through water, overloaded extension cords, piggy backed power strips, covers missing from circuit boxes and spliced wires can reduce dangerous conditions.

It is also important to take a mental note on how you would escape from a facility or tent in during an emergency evacuation; this will greatly improve your chances of survival.

A majority of fire-related deaths occur while individuals are sleeping. The greatest defense we have against this threat is the smoke

detector. This alarm will allow enough time to evacuate your facility or tent to a safe location. By ensuring this device is operational, you are looking out for everybody.

Disasters happen fast. Being prepared for the worst can save your life and the lives of people around you.



Photo by Staff Sgt. Nate Orme

Twenty-one tents burned in 20 seconds at Camp Champion, Kuwait, in July 2003. Eight people were treated for smoke inhalation. It was caused by faulty wiring, which is the most common cause of tent fires, according to fire officials.

Open Voice: *Mid-tour, don't peak early*

By Master Sgt. Will Ackerman

447th Air Expeditionary Group
Public Affairs

Monday starts mid-tour. For many four-month warriors, you've reached the mid-tour here at Sather Air Base.

In the words of the Col. Dennis Ployer, 447th Air Expeditionary Group commander, at a recent staff meeting to his commanders: "I don't know what you are feeding these troops, but keep it up."

His message is clear: the Sather Air Base team, regardless whether you are Air Force, Army, British, Australian, civilian or some other category, the mission is getting done with high enthusiasm, even with the high-operations tempo here.

It's actually quite amazing the military can bring together a team comprised of troops and civilians who deploy from all corners of the globe, yet within a few days, they meld together to tackle whatever is thrown at them. This is a testament to the high caliber of today's military

members and can-do attitude you all brought with you, regardless of service or nation.

What's more, this team is doing remarkable things, even though Sather's team works and lives in an environment that is truly an "expeditionary" environment. Unlike many of your counterparts at other deployed bases, you live and play in tents while other bases have more permanent structures. Additionally, your backyard is a 24-hour-a-day flightline, which it seems actually gets nosier when the sun goes down.

In past weeks, many places on base were under water from heavy rains. But rather than complain, people pulled up their bootstraps and took care of business. For example, the chapel announced they needed help to make a short-notice move to a temporary tent facility; people volunteered to help them move.

But ask most people and they will tell you they are happy to be here to do the mission. This is what they trained to do.

Because it is a small base, and our numbers are fewer than other deployed sites, the community is tight-knit. People are more than happy to stop what they are doing to help when a customer comes in, or if they are asked to do something that might not be in their area of expertise. Sather Air Base is comprised of a team of highly motivated people who are focused on the mission.

I equate it to a small town located anywhere. People in small towns are willing to lend a hand wherever and whenever it's needed. Just like a small town, people here walk down the street and impart a smiling face and a cheery hello. This is what makes this base tight knit – the camaraderie and dedication to mission.

Although many of you have reached the half-way point – with the exception of security forces, some logistics readiness Airmen, the Army and some Coalition partners – there's still much to be done. In the words of Colonel Ployer, "don't peak

early." The point is to keep focused on getting the job done; but remember, it's not over until it's over.

Even when your redeployment date creeps closer, don't lose your focus on the mission; it takes each of you in your respective functional area to keep the mission strong.

Remember, it is a four-month deployment (or six- or 12-month for some); Team Sather needs your energy every day until your aircraft has "wheels up."

You were sent here because you are important to the mission; you are the right one for the job. The Sather AB mission needs everyone to stay mission focused and motivated to keep the deployment machine in sync. So don't peak early. Keep looking for ways to improve what you have here and to let the next rotation know that Sather's Air and Space Expeditionary Force 9/10 team set the bar high.

And commanders, whatever you are feeding the troops, keep it up.

Bird flu causes global concern, awareness

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. Deceivably, 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 of the virus, if given within 48 hours of initial symptoms.

“We haven’t had any human cases of the bird flu in America. For those who have gotten sick with the virus, 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 of bird flu have occurred recently among poultry in a number of countries in Asia, as well as in Germany, France, Romania, Italy, Turkey, Bulgaria and Greece. Human infections of the virus have been reported in Thailand, Vietnam, Indonesia,



Photo by Master Sgt. Lance Cheung

A strain of flu virus, H5N1, has been identified amongst certain migratory birds recently. But it doesn’t have the ability to spread from human to human.

Cambodia and Iraq. Most of these cases have 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 W. 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 one day many lives could be needlessly lost because we failed to act today.”

For more information on avian influenza go to www.pandemicflu.gov.

Emergency Response Tips

Sheltering in-place response

When *Alarm Yellow* is called over the Giant Voice, take the following actions for sheltering in-place:

- Stay in the facility you are currently in.
- Account for all personnel in your area
- Turn off all ventilation and air conditioning units
- Seal gaps around doors and windows using any available materials (i.e., wet towel at the bottom of doors)
- Direct all personnel to stay in a centrally located area (should be in the middle of the facility, away from doors, windows)



Courtesy photos

Seal All Gaps around windows and doors



Turn off ventilation, air conditioning units



Warm weather: Drink more fluids

With the weather here in Iraq transitioning into the warmer months, people should be aware how to protect their health. The following tips are important:

Drink plenty of fluids

Increase your fluid intake, regardless of your activity level. During hot weather you need to drink more liquid than your thirst indicates. Avoid very cold drinks because they can cause stomach cramps. Water or sports drink consumption should not exceed one and half quarts per hour or 12 quarts (or 12 liters) per day. Drink enough to keep your urine clear. If your urine is yellow, you're not drinking enough.

Wear proper clothing, sunscreen

We don't have much choice in clothing here. Wear your uniform with the sleeves pulled down. Limit sun exposure during mid-day hours. Use sunscreen to reduce the risk of sunburn. Select sun-protection factor 15 or higher to protect yourself.

Adjust to this environment

Most of us have been here for several weeks already, but realize it may take one to two weeks to adjust to temperatures here. If

exertion in the heat makes your heart pound and leaves you gasping for breath, STOP all activity, get into a cool area, or at least in the shade, and rest, especially if you become lightheaded, confused, weak or faint.

Monitor those at high risk

use the wingman system. Watch your buddy and be sure he or she drinks plenty of fluids. Heat-induced illness can cause a person to become confused or lose consciousness.

Schedule activities carefully

Commanders need to plan outdoor activities before noon or in the evening, if possible. While outdoors, rest frequently in the shade. Avoid hot foods and heavy meals; they add heat to your body.

If you develop dizziness, headache, nausea, an unsteady walk, muscle cramps or weakness, seek medical attention. Immediate attention is needed if a person gets so hot he or she is confused, vomiting, has a weak or rapid pulse, is convulsing or is unresponsive. Remember, a heat injury is a serious life-threatening condition.

(Courtesy 447th Expeditionary Medical Squadron Public Health)

Insect Disease Prevention

Mosquitoes and sand flies are becoming active here. These insects can transmit diseases such as malaria and leishmaniasis.

Although we haven't seen any of these diseases here, people should wear Permethrin-treated desert camouflage uniforms. If you didn't treat it before arriving, pick the spray up at base supply.

Don't wear flea and tick collars. They don't work on people. More importantly, they can create severe sores where worn.

For optimum protection, wear your uniform properly. Sleeves should be rolled down. Tuck your T-shirt into your pants and your pants into your boots. Keeping pants tucked into your boots with the blousing cords drawn tight will afford better protection than blousing your pants.

Permethrin on the uniform kills most insects and arthropods such as ticks. The physical training uniform does not hold Permethrin; it shouldn't be treated.

Wear insect repellent, such as DEET. Use caution; it melts plastics and can cause plastic eyeglass lenses and watch crystals to fog. Don't apply insect repellents to your eyes, lips or mouth, or over cuts, wounds or irritated skin.

(Courtesy 447th EMEDS Public Health)

Top III aims to make deployment positive

By Master Sgt. Kevin Sarli

Top III Committee Vice President

The Top III Council is very busy this deployment cycle trying to create a memorable experience for all bluesuiters residing at Sather Air Base. How do we plan to achieve this goal?

First, the Top III is sponsoring a "Tent of the Month" competition. Your tent will be nominated by your first sergeant. Then a panel of Top III members will tour the nominated tents and choose the winner. You will be able to easily recognize the winning tent because a banner will be flown at the front of the tent entrance.

We will also be hosting several mentoring sessions for the Rising Six. These sessions will involve one person from

each of the Top III-enlisted ranks sitting in an open forum and entertaining any questions from the Rising Six. The panel will offer insight into their own careers, the highlights and pitfalls. This is guaranteed not to be another discussion about career progression through career development courses and professional military education.

Members from the Top III also have decided to adopt Sather AB Honor Guard teams. Senior NCOs will attend their sponsored teams' flying flag details, lend support and encouragement and participate where possible. This is another wonderful opportunity for senior NCOs to be involved with Airmen and NCOs outside of their work environment.

The Top III is also sponsoring several recognition programs. The first is our monthly Sharp

Troop NCO and Airman awards. These winners are nominated within their work agencies by their senior enlisted leadership and voted on by all Sather AB senior NCOs.

The second recognition program is new. This program is geared towards recognizing personnel at their duty sections by Top III members who doesn't work within their section. Each Top III member will be issued one card for his or her entire deployment. This card will be handed to an Airman – not in their own work section – who senior NCOs deem outstanding. The recipient of the card should give the card to his or her first sergeant, who will then coordinate the presentation of a TOP III coin and certificate to that individual.

Another initiative is the Tent City clean-up program. All are

invited to gather under the palm tree by the Sather AB sign and walk with us through tent city to rid our living quarters of unwanted litter. Look for more details in future base wide e-mail.

Will a friend, co-worker or maybe you have a birthday during this deployment? If the answer is yes, then you are invited to the Glass House for the Top III monthly birthday celebration. Come over and enjoy fresh birthday cake and soft drinks.

We were there at the Air and Space Expeditionary Force 9/10 Icebreaker, serving you in the buffet line, and we will be there co-sponsoring the end-of-tour party. Through these activities and recognition programs, we hope that our efforts will help you create many positive memories while serving in Iraq at Sather AB.

Identity theft tips protect consumer

By Special Agent James Williams

22nd Air Refueling Wing Office of Special Investigations
MCCONNELL AIR FORCE BASE, Kan. (AFPN) — Identity theft is an increasingly common occurrence. Two studies concluded that there were 7 million victims between June 2002 and 2003. The Federal Trade Commission number is closer to 10 million but also includes credit card takeover.

According to the FTC, identity theft is the most common form of consumer fraud, with thefts totaling more than \$100 million from financial institutions, an average of more than \$7,000 per victim.

Since law enforcement nationwide does not often collect statistics about ID theft, there is no one answer; however, the growth rate was estimated to be about 25 percent in this crime between 2003 and 2005. Estimates on losses range from \$100 million to more than \$1 billion.

Despite your efforts to manage the flow of personal information or to keep it to yourself, skilled identity thieves may use a variety of methods to gain access to your data.

— Identity thieves get personal information from businesses or other institutions by stealing records or information while they're on the job, bribing an employee who has access to these records, hacking these records, conning information out of employees.

— They may steal mail, including bank and credit card statements, credit card offers, new checks and tax information.

— They may rummage through household trash, the trash at businesses, or public trash dumps in a practice known as "dumpster diving."

— They may get credit reports by abusing

their employer's authorized access to them, or by posing as a landlord, employer or someone else who may have a legal right to access.

— They may steal credit or debit card numbers by capturing the information in a data storage device in a practice known as "skimming." They may swipe your card for an actual purchase, or attach a device to an ATM where you may enter or swipe your card.

— They may steal your wallet or purse.

— They may complete a "change of address form" to divert your mail to another location.

— They may steal personal information they find in your home.

— They may steal personal information from you through e-mail or phone by posing as legitimate companies and claiming that you have a problem with your account. This practice is known as "phishing" online, or pretexting by phone.

The following guidance offers tips on what to do if you lose your wallet or checkbook, as well as steps you can take now to prevent identity theft.

— Order your checks with your first initial (instead of your full name) and last name printed on them. A random person trying to use your checks won't know whether you sign your name or first initial last name, but your bank will know.

— Use your work number and address instead of your home information on your checks.

— Never have your Social Security number printed on your checks.

— Photocopy, front and back, all of the contents of your wallet. It will be easier to account for items in your wallet should it be taken, as well as facilitate the cancellation of credit cards.

— Immediately call the police if you wallet or any of the contents are stolen. If you delay, it may appear to creditors you did not try to mitigate your damages.

— Contact all three of the national credit reporting agencies to place fraud alert on your name and Social Security number. It alerts companies that your information has been stolen. If someone tries to get a credit card using your name, you have to



Photo by Staff Sgt. Jennifer Redente

Lasting impressions

Staff Sgt. Karen Bishop hands clothes to a girl from the village of Gadia, Afghanistan recently. Sergeant Bishop is assigned to the 455th Expeditionary Special Tactics Squadron at Bagram Air Base, Afghanistan.

be contacted before new credit can be authorized. The credit reporting organizations are: Equifax, (888) 766-0008; Experian, (888) 397-3742; Trans Union, (800) 680-7289.

A recent amendment to the Federal Fair Credit Reporting Act requires each of the major nationwide consumer reporting companies to provide a free copy of your credit reports, at your request, once every 12 months. To order a free annual report from one or all the national consumer reporting companies, call (877) 322-8228. Do not contact the three nationwide consumer reporting companies individually.

Other numbers that could come in handy are the Social Security Administration Fraud Line, (800) 269-0271, and the Federal Trade Commission's Identity Theft Hotline, (877) IDTHEFT (438-4338). FTC address is: Identity Theft Clearinghouse, Federal Trade Commission, 600 Pennsylvania Avenue NW, Washington, DC 20580.

AFOSI is the office of primary responsibility for identity theft investigations for the Air Force. If you are a victim with monetary loss, please contact your local AFOSI detachment or security forces law enforcement desk.



Photo by Staff Sgt. Tanya Harms

Aircraft tests

Contractors with Lord Aerospace work with aircraft maintenance at Willow Grove Air Reserve Station, PA.

U.S. Airmen provide Iraq's air force new home

By Master Sgt. Will Ackerman

447th Air Expeditionary Group Public Affairs

NEW AL MUTHANA AIR BASE, Iraq – Iraqi's new air force flying operations have received much publicity recently. But a military must have a base to call home. A team of U.S. Air Force Airmen spent more than a year helping Iraq's air force establish its "only" base with a support unit.

About a year ago, the New Al Muthana Air Base was just a shell. The base, which is adjacent to Sather Air Base, had an old aircraft hangar that suffered substantial damage from the coalition war against the old Iraq regime.

But like a phoenix rising from the ashes, the American Airmen helped their Iraqi partners raise the new air base from the ground up.

The Iraqi Ministry of Defense formally activated the new air base and its C-130E Hercules unit, the 23rd Squadron, in a ceremony here Tuesday.

"The place was just a construction site," said Capt. Greg Holmgren, Multinational Security Transition Command Iraq, Coalition Air Force Transition Team base defense adviser. "One of the greatest things about coming here when the place was torn up has been watching the place develop."

Although civilian contractors built facilities including dormitories, operations offices and a dining facility, the U.S. Airmen trained the Iraqis about mission support functions including communications,

security forces, civil engineering, contract monitoring and unit administration.

"Everything we are accustomed to on an Air Force base, these folks spent unlimited time to get (the Iraqi airmen) to understand the way a base should be run," said Col. Richard Haddad, the senior transition team director here.

For both the flying and base support operations, communication equipment is critical. Staff Sgt. Timothy Ragel, the U.S. communications adviser here, helped the Iraqi airmen plan and start to build their communications infrastructure.

"Most Iraqis talk on wireless phones, because (landline) infrastructure is just not here in Iraq," he said.

He's also trained them in basic communication skills such as computers, tactical radios, hardware switches and routers. Although the United States gave the Iraqi airmen some computers to get started, not everyone will initially have a computer.

"The biggest challenge is getting them up to speed with technology," Sergeant Ragel said.

Although the American civil engineers have not built the buildings that make up the new air base, they are teaching the Iraqi airmen to ensure the contractors' work is up to acceptable building standards. But the main focus now for the lone U.S. Air Force civil engineer is teaching the Iraqis how to maintain the new facilities.

"The key is finding the right people with the right expertise and the right tools to (maintain the facilities) in a safe way," said Master Sgt. Carlos Aponte. "Right now the (Iraqi airmen) are relying on the contractors. I am trying to make them realize the buildings will need maintaining."

To ensure the security of the new air base, Captain Holmgren teaches the Iraqis how to protect it. He's helped them establish and operate an armory and run a



Photos by Master Sgt. Will Ackerman

Brig. Gen. David Eidsaune, Air Component Coordination Element director, Multinational Forces-Iraq, and Maj. Gen. Kamal Barzanji, Iraq air force chief of staff, cut the ribbon at a formal ceremony Tuesday to open the New Al Muthana Air Base. It is the first post-Saddam Hussein era Iraq air force base.

security forces flight plus he taught them different base defense skills.

"The safety and security is critical to this base," he said. "We want to put them on their feet so they can ensure positive security once we are gone."

Captain Holmgren said they've also had to instill a paradigm shift from the old Iraqi regime.

"Many of them were used to the old way, when they wouldn't do anything without being told to do it," he said. "I am teaching the NCOs to take initiative and make decisions."

The U.S. Airmen assigned to the transition team realize they are making history, and new friends. The 332nd Air Expeditionary Wing, commander, who was visting from Balad Air Base recently, put their work into perspective.

"You guys are 'pioneers,'" said Brig. Gen. Frank Gorenc.

Shifting old paradigms and building a new air force is the mission of this Air Force team. But they are also building partners in peace and new friendships.

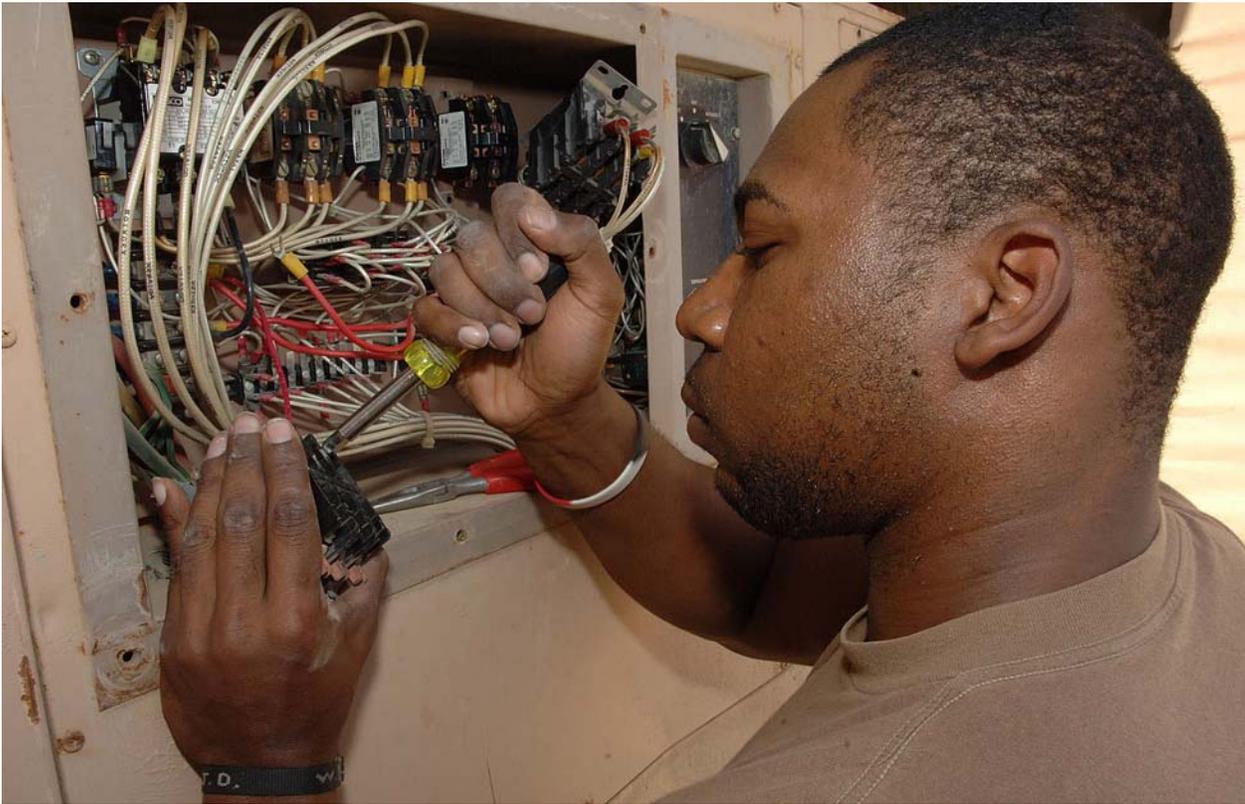
The New Al Muthana Air Base vice commander said the biggest challenge is "trust."

"If you succeed with the trust, then you can make anything happen," said Col. Mohammed.

"There is a unique relationship between the (U.S. Airmen) and the (Iraqi airmen). They are like family. It does not feel like work."



Lt. Col. Mike Mawson, Multinational Security Transition Command Coalition Air Force Transition Base Support Unit team senior adviser, listens to a keynote speaker during the formal activation ceremony for the New Al Muthana Air Base Tuesday. The base is the first post-Saddam Hussein era Iraq air Force base. The ceremony also formally activated the 23rd Squadron, which will operate C-130E Hercules from the new base, which is adjacent to Sather Air Base.



Senior Airman Christopher Willis, 447th Expeditionary Civil Engineer Squadron Heating, Ventilation and Air Conditioning technician, repairs an environmental control unit here March 4.

Photos by Master Sgt. Will Ackerman

Civil Engineers: No challenge too much

By Master Sgt. Will Ackerman

*447th Air Expeditionary Group
Public Affairs*

When the power is on and toilets are flowing, no one bothers the 447th Expeditionary Civil Engineer Squadron Operations Flight Airmen. But they don't mind anonymity; when no one complains, they know their customers are happy.

"(People) wouldn't even realize we were here unless there was a power outage," said Tech. Sgt. Joseph Gilliland, a 447th ECES power production technician.

The Airman works to provide uninterrupted power to Sather Air Base. He and his co-workers monitor gauges that display the power generators produce to provide electricity to the base. Tucked away in a corner of the industrial area, they check gages every hour on one of the 750-Kilowatt generators. They also clean, perform preventive maintenance and change engine oil, filters and antifreeze on the generators every 300 hours.

Once the electricity leaves the generators until it reaches the end device such as a light bulb, the CES electricians own and maintain it. Running through a series of secondary distribution centers and power cables, they face a myriad of challenges.



Tech. Sgt. Jeremy Gray, 447th Expeditionary Civil Engineer Squadron Pavement and Equipment craftsman, plows a dirt base for a road that will lead to the planned Sather Air Base dining facility.

The secondary cables are not designed to be buried and can be damaged by rocks cutting into them. Additionally, the connection points between cables get water seepage and corrode from the rain.

"Our main goal is to make sure all the

secondary cable is pre-flood ready," said Master Sgt. Richard Tatro, the electrical section superintendent. They try to gauge where traditional low-lying areas are on base and raise up the cables with sand bags.

"Imagine yourself without electricity," he said. "It's a big morale factor. Everybody uses electricity for morale things such as televisions and computers."

Keeping morale high is also a concern to the utilities Airmen. If the showers are cold or the toilets get clogged, they dive in to the waterworks to fix the problem.

A less-glamorous task they face is keeping the toilet sewage lines open. The toilet water gravity flows into a "lift station" that pushes the waste to a "black water" storage tank. They check the station daily and spray water to remove "solid" matter including feminine items and baby wipes that cling to the pump.

"It gets backed up and wet packed with solids, which causes the pump to overflow," said Master Sgt. Jon Lundgren, the utilities superintendent.

Although it's their job to keep the lines flowing, he encourages people using the latrines to only throw toilet paper into the



ENGINEERS: *Continued from Page 10*

system to reduce the clogging.

Keeping the toilets flowing is only part of their job. They also receive and store water into 20,000-gallon bladders. They maintain pressurized lines that move water to the showers and washing machines. On an average day, Sather AB residents use about 30,000 gallons of water. The water is delivered by contractors. He said it's crucial for people to follow the three-minute combat shower rule and to only do full loads of laundry to ensure water doesn't run out in storage.

"Probably the single biggest use of water is the showers," said Sergeant Lundgren. If more than the average 30,000 gallons is used per day because of longer shower use or half-empty washers, "We could run out."

Helping the utilities Airmen to provide warm showers is the heating, ventilation and air conditioning section. They maintain boilers that heat water for the shower tents. Each shower tent has a boiler that is designed to keep the water heated for 10 to 12 shower heads. The cadillacs each have electric heaters.

Additionally, as their name implies, they maintain the environmental control units that heat and cool the tents and work centers. Because they have a robust preventive maintenance program, the ECUs are reliable, said Master Sgt. Mark Trenton, HVAC superintendent.

"But no matter how much maintenance you do, some will always break down," he said.

Monday through Friday they drive around the base with a vehicle that has tools, spare parts and a high-pressure washer. They spray down the filters on the ECUs to remove the dust that accumulates. Because the intake hoses sit on the floor, they constantly remove garbage from the units. But sometimes they find a treat.

"I like to fine money," said Staff Sgt. Lucy

Miranda, an HVAC maintainer.

However, the most common problem is the thermostat.

"People crank on the dial and throw it out of calibration," Sergeant Trenton said. This is something he encourages people to leave to the HVAC technicians.

Although most of the operations flight Airmen focus on maintaining utilities, two sections have "handymen" who build things. Pavements and equipment, better known as the "Dirt Boyz," build and maintain roads and airfields.

"Anything that is horizontal – streets, parking lots, gutters, fences – we are responsible for," said Tech. Sgt. Jeremy Clay, a Dirt Boyz operator.

During the heavy rains here in February, which flooded many parts of Sather AB, they dug trenches near roads to drain water.

"It's just a band-aid until the next rain. Everything here (on the base) is at the same height; there are no low spots," Sergeant Clay said.

They are building a road to prepare for a dining facility that is planned for later this year. They also plan to build a permanent road at the entry control point. With all the new trailer facilities going up, they've also been busy pouring concrete pads.

With the volume of work they have, they rely on the help of other CES teammates. The CES chief and first sergeant and liquid fuels maintenance Airmen drove dump trucks and helped pour concrete.

"Our commander said there are no union cards in CES," said Sergeant Clay.

This philosophy is epitomized by the LFM Airmen. Although their primary job is to maintain fixed fuel systems, the systems here consist of bladders and fuels mobility equipment. They have a limited work volume that includes periodic inspections of the fuel filter separators to ensure they are not clogged. They also recently helped install

and leak test a new MOGAS tank.

But they are learning the other trades in CE during their "downtime" to include concrete pouring and structures building. Senior Airman Shakib Rahman, an LFM technician, said his team has poured 10 concrete pads.

"I had never done concrete before. We are professionals at concrete now."

When things need to be built, the structures shop builds from the ground up. Whether it's an Alaskan shelter or a big top prefabricated storage tent, structures Airmen build it. Some of the materials for tents that sat here for a while were missing frame pieces. They had to fabricate them. But they don't mind. Although they are trained to build things, at most home bases they fix things rather than build.

"We finally get to do what we are trained to do here," said Master Sgt. Gerald Aguir, structures NCO in charge. "Everything we need we make."

The operations flight chief said although she is responsible for them, their dynamic skills and motivation makes her job easy.

"They all have a lot of resources and talent," said Capt. Teresa Sobolewski, CES operations flight chief. "All I have to do is prioritize the work that comes in."

Because she has the big picture of all the jobs on the books, and knows the commander's priorities, she takes work orders that are not "direct scheduled" and prioritizes them. Direct scheduling are those jobs not requiring excessive time, materials or funding. She said the first stop for any CES work order should be the customer service center. The office can be reached at 446-2235/2236.

So although they like to work behind the scenes, the success of the CES mission affects nearly everything.

"Our goal is to be one of those things people don't have to think about," said Sergeant Lundgren.

Do you have 'dead mail?' Postal smarts keep mail moving

What happens to your mail if it cannot be delivered? In the postal world, it is defined as "dead mail," which is any matter deposited into the Military Postal Service that can't be delivered and can't be returned or forwarded to an addressee.

There are two ways this can occur - the address label gets

torn off while in transit or members move on and forget to leave a forwarding address.

What happens to all this mail? It is sent to a central location and postal personnel work to ensure the mail finds its proper home. There are ways you can help in the process.

Whenever you go to mail a

parcel, put an address label inside your box. This allows the postal staff to inspect and ensure you receive your package if the label falls off.

Additionally, stop by the post office and tell them when you are leaving and where you want your mail to be sent. This ensures any mail that flows in

after you leave gets to you.

Before long our deployment will end. Many of us will be ready to get home. Some will use the post office to lighten our loads. Take my advice; help yourself to ensure packages don't become "dead mail"

(Courtesy Sather Air Base Post Office)

Medics, volunteer to meet Iraqi's needs

By Staff Sgt. Kevin Nichols

CENTAF-FWD Air Force News Team

Several times a week, medics from the 447th Expeditionary Medical Squadron take a break from their normal "hustle and bustle" work schedule at the clinic to help local Iraqis who feel under the weather.

The medics head out close to the wire to see these patients at the Radhwaniya Medical Clinic Outreach Program building.

Tech. Sgt. Michelle Du Lac picked up her stethoscope to listen to a young boy's chest who hasn't been feeling too well lately.

"Can you tell him to breathe hard again for me?" she asked the interpreter.

The medical room she and the other medics see the children in is more like a small office stocked with some medical supplies and certain medicines. The building sits just inside the base perimeter fence. These are the days for the medics who can break away from the base's clinic that they look forward to.

"I'm a better medic for being

here," Sergeant Du Lac said.

While the medics go in the back to prepare for more patients, volunteers like Staff Sgt. Brian Newton play football with the children waiting for their free checkup.

"I love children," Sergeant Newton said, as he bounced up and down on one end of a seesaw in the backyard of the clinic building. This is his first time to the site.

"I wanted to come out and give to the Iraqi community. I've wanted to do this since September of last year," said Sergeant Newton, who is deployed from the 100th Security Forces Squadron at Royal Air Force Mildenhall, England. He hopes by volunteering his time, the children will see him more as a person and less like an Airman at war.

"This (volunteering) is more of a humanitarian mission than a wartime mission," Sergeant Newton said. "They can see us (Americans) more humane than seen on the news."

The risk that these Air Force



Photo by Master Sgt. Lance Cheung

Staff Sgt. Brian Newton, 447th Expeditionary Security Forces Squadron plays with Iraqi children at the playground outside the Radhwaniya Medical Clinic recently. Several times a week volunteers meet at the facility on the edge of the Baghdad International Airport area to support the medical needs of civilians.

doctors and volunteers take is considerable with the perimeter fence right behind the building where they care for the Iraqi patients. But they feel the benefits and caring they bring to the Iraqi community far outweigh that risk.

"Say ahh!" Sergeant Du Lac takes a look at a child's throat, red and irritated. To this little boy, Sergeant Du Lac makes an

impression with her tongue depressor, both as a military professional and someone who cares about his health and well being.

During their little "break from the norm," Sergeant Du Lac and the other medics see about 20 to 30 patients a day while at the same time providing a friendship that may just be the best medicine of all.

Army, Air Force Exchange Service 'goes where you go'

Dallas – Since the first formal exchanges were established in 1895, an exchange system has served side-by-side with troops in tents and trucks, in the field and in permanent facilities, on posts and bases around the world.

While the mission remains virtually the same as it was nearly 111 years ago, the scope of Army & Air Force Exchange Service operations has never been more extensive or necessary as it is today.

There are more than 450 volunteer associates deployed in support of America's military. To date, 1,601 AAFES associates have deployed since September 2001. These associates, and the rapidly deployed facilities they operate, often provide the only source of comfort items and necessities in combat locations. AAFES' presence in Iraq is a case in point: the first PX/BX opened in Tallil in early April 2004, before Baghdad fell.

Today, servicemembers rely on 56 direct

operating exchanges scattered throughout Operations Enduring and Iraqi Freedom for day-to-day health and comfort items such as soap, shampoo and toothpaste.

In addition, AAFES operates 68 call centers with 1,742 phones that provide calls to the United States for as little as 19 cents a minute. With an average usage of more than 14 million minutes each month, these facilities are critical to maintaining the link to family and friends back home.

Providing familiar tastes and aromas, the presence of name-brand fast food continues to grow. In fact, AAFES currently operates more than 150 fast food outlets downrange.

AAFES also provides a variety of services to deployed troops to include barber, beauty, photo and gift shops, as well as alterations and even relaxing day spas. While AAFES is able to provide access to local wares and souvenirs including

artwork, jewelry and rugs, the merchandise assortment in deployed environments typically includes basic health and hygiene items and snacks.

"Over time, the assortment expands to other items needed and requested by troops," said AAFES' Chief of Contingency Plans Lt. Col. Steven Dean. "AAFES now sells electronics, magazines, DVDs and even small appliances."

AAFES motto is, "We Go Where You Go. Since its establishment in 1895, AAFES has been involved in 14 major contingencies including the Spanish-American War, World Wars I and II, Korea, Vietnam, Grenada, Panama, the Balkans and OIF and OEF.

Nowadays, AAFES operates worldwide in more than 30 countries, five U.S. territories and 49 states (not Rhode Island).

(Courtesy Army & Air Force Exchange Service Public Affairs)

SATHER AIR BASE BRIEFS

No DRMO Dumping

The Defense Reutilization and Marketing Office disposal yard is permanently closed. Dumping items there is no longer authorized.

Lunch Shuttle Bus

A lunch bus shuttle is now available every day for Sather Air Base residents to the Le Fleur dining facility at Camp Liberty.

The bus leaves the Glass House at 11:30 a.m. and returns at 12:55 p.m.

Weapons, individual body armor and Department of Defense ID cards must be taken on the bus.

The service will be provided as long as it is regularly used. If there is not enough continued interest in the service, it could be discontinued.

Memorial Flags

The Sather Air Base Honor Guard will fly a U.S. flag to commemorate a person that you choose. Flags can be bought at the Camp Liberty Base Exchange.

After buying the flag, complete a flag request sheet that is attached to the flag box and give it to a Sather AB first sergeant at least two days before you want the flag flown. Select a commemorative certificate through the first sergeant. The first sergeants will then return the flag to you after it has been flown.

For more information, call Senior Master Sgt. Cleveland Wiltz at 446-2617.

Individual First Aid Kits

Airmen who were issued an Individual First Aid Kit at the Expeditionary Theater Distribution Center are required to turn in the kits to the center upon redeployment, whether it was used or not. Members will not redeploy to their home station with the kits.

For more information, call the 447th Expeditionary Logistics Readiness Squadron Individual Equipment section at 446-2309.

Civil Engineer work order

To request work from the 447th Expeditionary Civil Engineer Squadron that requires detailed planning, customers must complete an Air Force Form 332, Civil Engineer Work Request.

Complete blocks 1 to 3, 5, and 7 to 13. Skip blocks 4 and 6. Provide a clear description of the work requested in block 8. Provide the



Courtesy Photo

Where's Wilson!

Wilson was lost at the end of the movie "Castaway." But he was "found" by the Fuels Management Flight at Sather Air Base. He is making his rounds around various workcenters. Airmen are finding unique ways to capture Wilson in action at Sather AB.

justification in block 9 to help CES prioritize the work orders.

Sign block 13 and then drop the original 332 form at CES customer service. For more information, call 446-2235.

Flightline Photography

Flightline photography is prohibited without prior approval from public affairs. Individuals caught taking photos or videotaping on or around the flightline without PA approval may be apprehended by security forces and have their camera or camcorder confiscated.

When taking photos around base, use the same principles learned at weapons training: only aim at what you intend to shoot, and know what is behind the subject being photographed.

Sending photos and videos home to loved ones is okay, but they should never be sent directly to news media.

For more information, contact PA at 446-2405 or stop by the Glass House.

Pathfinder Corrections

The helicopter in the photograph on Page 8 of the Feb. 25 *Sather Pathfinder* was a CH-47, not a CH-17.

A quote on Page 10 in the same *Pathfinder* from Tech. Sgt. Veronical Menzel should be that aircraft must fly by instruments when weather is below visual-flight rules.

Hometown News Release

The Army and Air Force Hometown News release is a great way to share your service with family and friends back home.

You can complete a HNTR for events including deployments, promotions, education degrees or significant awards. The Hometown News Service sends news stories to your hometown. They also highly encourage you to submit an electronic image of yourself in uniform to accompany the release.

Click on <https://hn.afnews.af.mil/webpages/paperless/46790/46790-447aegbaghdadiap.html>. For more information, call 446-2405.

MyPay Copycats

There are at least four "copycat" Web sites that appear to look like the Defense Finance and Accounting Service myPay official site.

Some of these sites ask for similar personal information from people. Providing personal information to these sites can cause servicemembers problems.

The "official" myPay site is at <https://mypay.dfas.mil>. For more info, 446-2413/2412.

Got a story idea?

Got a story idea? Like to write? Contact public affairs at 446-2405 or stop by the office at the Glass House.



Striker Dining Facility Menu

Daily Breakfast Menu

Baked bacon/sausage patties
 Creamed beef
 Canadian bacon or ham slices
 Onion&mushroom quiche
 breakfast burrito
 Assorted omeletes/eggs to order
 Scrambled eggs/hard boiled eggs
 Hash browns
 Grits/Oatmeal
 Waffles/French toast

Short Order Lunch/Dinner

Hamburger/Cheeseburger
 Frankfurters
 Grilled cheese
 Egg rolls
 Chicken tenders/Buffalo wings
 Pizza/Tacos
 Potato/Pasta bar
 Baked beans
 French fries/onion rings
 Philly cheesesteaks

March 11

Lunch

Bean w/bacon soup
 Fried chicken
 Pot roast
 Lemon-baked fish
 Roasted turkey

Dinner

Bean w/bacon soup
 Veal steak
 Salmon

Sweet & sour pork chops

March 12

Lunch

New England clam chowder
 Glazed baked ham
 Chili mac
 Meat loaf
 Cornish hen

Dinner

New England clam chowder
 Smothered pork chops
 Grilled sausage
 Fried chicken
 Ham hocks
 Baked fish
 Barbecue ribs

March 13

Lunch

Cream of mushroom soup
 Pepper steak
 Fried fish
 Glased-pineapple baked ham
 Veal parmesan

Dinner

Cream of mushroom soup
 Barbecue pork
 Roast beef
 Fried chicken
 Spaghetti

March 14

Lunch

Cream of broccoli soup
 Cantonese ribs
 Baked chicken
 Chili mac
 Pot roast

Dinner

Cream of broccoli soup
 Cajun catfish
 Braised beef w/noodles
 Breaded pork chops
 Italian veal

March 15

Lunch

Chicken w/rice soup
 Lasagna w/eggplant
 Veal parmesan
 Spaghetti w/meat sauce
 Salmon

Dinner

Chicken w/rice soup
 Chicken curry
 Roasted turkey
 Salisbury steak
 Honey-glazed ham

March 16

Lunch

Bean w/bacon soup
 Meat loaf
 Fried chicken
 Turkey pot pie
 Herb-baked chicken

Dinner

Bean w/bacon soup
 Grilled chicken breast
 Roast fresh ham
 Veal parmesan
 Swedish meatballs

March 17

Lunch

New England clam chowder
 Fried fish
 Baked fish
 Grilled steak
 Seafood gumbo
 Fried chicken
 Crab legs, Lobster tails, fried shrimp

Dinner

New England clam chowder
 Roast pork loin

El Rancho stew
 Baked chicken
 Tuna tetrazzini

March 18

Lunch

Vegetarian veg soup
 Cornish hens
 Grilled pork chops
 Fried shrimp
 Meat loaf

Dinner

Vegetarian veg soup
 Roasted chicken
 Yankee pot roast
 Herb-baked salmon filets
 Spaghetti w/meat sauce

March 19

Lunch

Chicken noodle soup
 Roasted turkey
 Barbecue ribs
 Fried fish
 Beef stroganoff

Dinner

Smothered pork chops
 Grilled steak
 Fried chicken
 Baked fish
 Ham hocks
 Polish sausage
 Macaroni and cheese

March 20

Lunch

Cream of mushroom soup
 Salisbury steak
 Oven-baked chicken
 Glazed-baked ham
 Turkey curry

Dinner

Lemon-baked fish
 Breaded shrimp
 Barbecue beef cubed
 Honey-glazed Cornish hens
 Macaroni and cheese

March 21

Lunch

Cream of broccoli soup
 Spaghetti w/meat sauce
 Braised beef cubes
 Fried fish
 Grilled pork chops

Dinner

Cream of broccoli soup
 Fried fish
 Veal schnitzel
 Meatloaf
 Chicken Cordon Bleu

March 22

Lunch

New England Clam Chowder
 Roast beef
 Fried chicken
 Lemon-baked fish
 Turkey pot pie
 Noodles parmesan

Dinner

New England clam chowder
 Baked chicken
 Chili mac
 Lasagna w/eggplant
 Corn beef

March 23

Lunch

Chicken noodle soup
 Baked salmon
 Crab bites
 Breaded scallops
 Turkey cutlets

Dinner

Chicken noodle soup
 Grilled pork chops
 Roast beef
 Chicken Cordon Bleu
 Roasted turkey
 Rice pilaf

March 24

Lunch

Cream of mushroom soup
 Fried fish
 T-bone steak
 Crab legs
 Baked fish
 Fried shrimp
 Seafood gumbo
 Fried chicken
 Baked macaroni & cheese

Lobster tails

Dinner

Cream of mushroom soup
 Barbecue ribs
 Beef pot pie
 Roasted turkey
 Salisbury steak

**Note: Rice and/or potatoes and a variety of vegetables are served with every meal.
 Menu is subject to change without notice!**



Photos by Master Sgt. Will Ackerman

Team Sather Air Base Airmen give it all they've got performing wind sprints during a step aerobics class at the Big Top here March 2. Teresa Sobolewski, 447th Expeditionary Civil Engineer Squadron (fifth from left) leads the classes Tuesdays and Thursdays at 7 p.m.

Fitness Combat Style

David Piech, 447th Expeditionary Civil Engineer Squadron commander, demonstrates the "step" technique during an aerobics class at the Big Top March 2. The class incorporates step aerobics, running and stretching. The class starts at 7 p.m. Tuesdays and Thursdays, but participants are encouraged to arrive early due to the limited number of steps available. The class caters to any level of fitness.

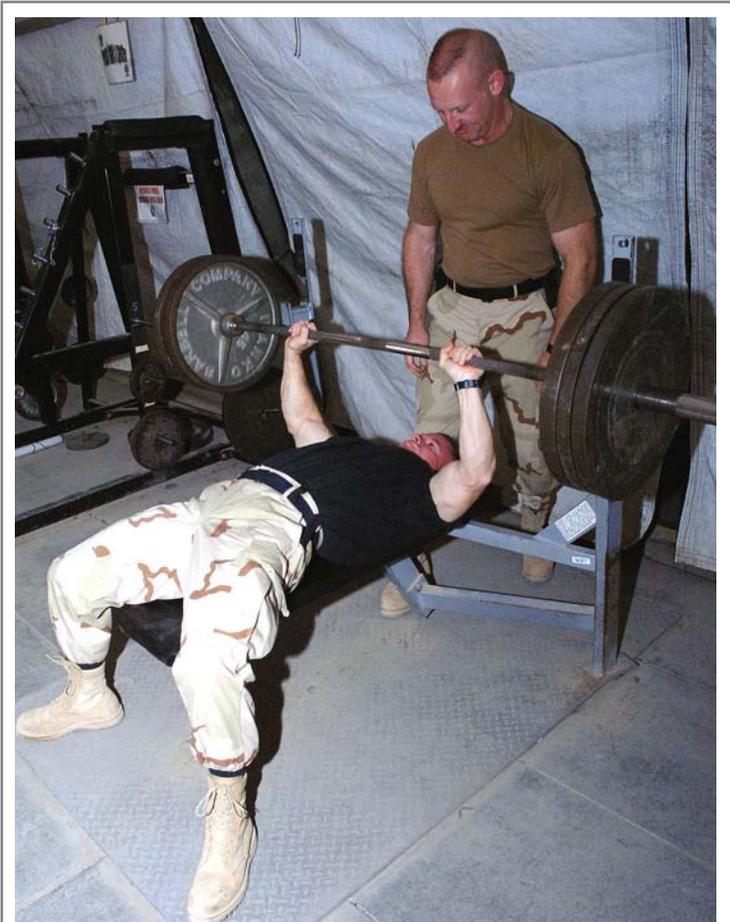


Photo by Master Sgt. Will Ackerman

Intramural Volleyball Standings as of March 9

Team	Wins	Losses
ECES 1	6	1
ECS	4	4
ELRS 2	3	5
ECES 2	3	5
AEG	5	2
EOSS	3	4
ECES 4	2	5
ELRS 1	4	3
ECES 3	6	1
EMEDS	0	6
ECES 5	4	4

Mighty man!

Craig Berlette, 447th Expeditionary Logistics Readiness Squadron commander, bench presses 165 pounds 30 times Wednesday to win the "Bench Press your Body Weight Challenge" here while Thomas Lytle spots him. He pressed one more repetition than his closest competitor, John Kim, 447th Expeditionary Security Forces Squadron, who pressed 135 pounds 29 times.



Nothing to do here in the desert after work? Tired of sitting in your tent? The 447th Expeditionary Services Squadron has something for everyone

- Every Sunday, Bingo @ 9 a.m. & 8:30 p.m.
- Monday, Volleyball @ 6:30 p.m. 
- Tuesday, Horseshoes 
- Wednesday, 8-ball, Volleyball (6:30 p.m.)
- Thursday, Free-throw competition
- March 17, Texas hold 'em, Volleyball (6:30 p.m.)
- March 18, Spades 
- March 20, Dominoes
- March 21, Win, lose or draw 
- March 22, Hearts tourney
- March 23, Ping pong 
- March 24, Texas hold 'em

All activities start at 9:30 a.m. & 7:30 p.m. unless otherwise noted

Music Night at MWR



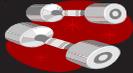
Come out to listen and dance to your favorite music from 7:30 to 10 p.m.
 Mar 15, Rock; Mar 17, Country
 March 22 Hip Hop,

St. Patty's Day Run



"Feeling a wee bit lucky?"
 There's a "fun run" at 7 a.m.
 March 17. Meet at the MWR recreation tent.

The Fitness Corner



• Want to burn up a ton of calories, build those six-pack abs and have fun? Come join the basic step aerobics class Tuesdays and Thursdays at 7 p.m. in the Big Tent.



Photo by Master Sgt. Will Ackerman

Terrance Bowman hands off the baton to Durell Council, 447th Expeditionary Civil Engineer Squadron, during a relay run March 4. The winning team included Scott Wallace, Joe DiCoella and Jon Heinze, all from the 447th CES.



Sather Victory Chapel Worship Services

SATURDAY

- 5 p.m., Catholic Confession
- 5:30 p.m., Catholic Mass
- 8 p.m., Catholic Mass, Camp Slayer Chapel

SUNDAY

- 8 a.m., Traditional Protestant Service
- 10 a.m., Gospel Worship Service
- 2 p.m., Latter Day Saints Service
- 3 p.m., Catholic Mass: Striker (Bus leaves Glass House @ 2:30 p.m.)
- 7:30 p.m., Contemporary Protestant Service

MONDAY

- 8 p.m., Evangelistic Protestant Worship Service

Note: All worship services held at the Sather Air Base Victory Chapel unless otherwise noted.

Chapel Activities

MONDAY

- 5 p.m., Bible Discussion Group, Chapel

TUESDAY

- 8 p.m., Wild at Heart men's series, Chapel office

WEDNESDAY

- 7 p.m., Catholic Rite of Christian Initiation
- 7 p.m., Women's Bible Study, Chapel
- 8 p.m., Song of Solomon video series, Chapel office

THURSDAY

- 8 p.m., Bible Study Group, Glass House

FRIDAY

- 7 p.m., Financial Peace Video, Chapel