

Krab KRONICLE

Volume 4 Issue 8

506th Air Expeditionary Group, Kirkuk Air Base, Iraq

April 10, 2006

News Briefs

April promotees

The following Airmen were promoted in the month of April:

To the rank of Airman 1st Class:

Christi Capistrano, 506th ELRS

To the rank of Senior Airman:

Caleb Balduff and Fernando Ramirez, 506th ESFS

To the rank of Staff Sgt.: Joshua Hoffman, 506th AEG; Jason Fisher and Joshua Stone, 506th ESFS; Shilo Tuia and Dustin Temple, 506th ECES

To the rank of Master Sgt.:

Robert Dryman and Shawn Benoit, 506th ECES; Victor Hardin, 506th ESFS; John Sisson, 506th ECS

March award winners

The following Airmen are the monthly award winners for March:

Airman of the Month: Airman 1st Class Adrian Carrasco, 506th EOSS

NCO of the Month: Tech. Sgt. Jesse Lopez, 506th ESFS

SNCO of the Month: Master Sgt. Roy Wann, 506th ECES

CGO of the Month: 1st Lt Scott Zarbo, 506th ELRS

Sharp Saber Team: 506th ELRS Air Terminal Operations Center

506th ECS Photo Contest

506 ECS and ESFS presents an Amateur Photo contest. The competition will have two categories:

- Nature/landscape (surroundings)
- Personality (people, expression)

Contestants should submit photos between April 10 and May 4 via e-mail to Airman 1st Class JoAnn White, 506 ECS/SCS, at joann.white@krab.centaf.af.mil

Photo submissions will not be accepted after 5 p.m., May 4.

Call the 506th ECS Support Flight at 444-2442 for information or questions.



Photo by Staff Sgt. Kristina Barrett

Cops on the hunt

Airmen from the 506th Expeditionary Security Forces Squadron conduct a "practice run" before stepping outside the wire for a combat patrol. See story on the 506th ESFS starting on Page 6.

Think you can take a better photo? Enter the Amateur Photo Contest. See details on this page in News Briefs.

Eye in the sky keeps Airmen safe

By Staff Sgt. Kristina Barrett
506th AEG Public Affairs

An upgraded version of the Force Protection Airborne Surveillance System air vehicle, named Desert Hawk, has arrived at Kirkuk Air Base to assist the 506th Expeditionary Security Forces Squadron with the base defense mission.

Tooling along at a speed of 57 miles per hour just 500 feet off the ground, the

unmanned aerial reconnaissance aircraft surveys the terrain below. It's not as well known as the Predator and doesn't pack the punch of one either, but to security forces Airmen patrolling the streets of Kirkuk, it's a valuable asset for bringing stability to a country on the brink of freedom.

The FPASS is made of polypropylene foam, which looks very similar to Styrofoam, but is much more durable. It is
see FPASS, Page 3

What's Inside



News

CBRN teams respond to stop weapons of mass destruction

Page 4



Feature

Warmer weather brings on heat stress - know the signs

Page 9

Respect, the tie that binds the NCO corps

By Master Sgt. Mark Haviland
Air Combat Command Public Affairs

The transition to noncommissioned officer, and later, to senior noncommissioned officer can be a daunting experience for any Airman, but Chief Master Sgt. David Popp, Air Combat Command's command chief, has words of advice for those who make the journey.

The key to success, Chief Popp says, is respect — not only earning it and keeping it, but also understanding the fundamentals behind the word itself. It's a message he delivers regularly to new NCOs and SNCOs:

R = Responsibility

"Winston Churchill once said, 'The price of greatness is responsibility.' The 'r' in the word 'respect' stands for responsibility. As an NCO in the world's greatest air and space force, we expect you to stand up and step up to your responsibilities," the chief said. "It is your responsibility to ensure the Airmen are housed properly, trained properly, equipped properly and ready to deploy to carry out the mission."

E = Example

"What you do speaks so loudly, your Airmen may not hear what you're saying," the chief said. Gen. George S. Patton once said, "Troops, you're always on parade!"

"You're an example to your fellow Airmen when you're in the shoppette Saturday night when you've got your earring in and are purchasing those three cases of beer. You're an example to your fellow Americans when you deploy to fight the hurricanes, floods, or forest fires," Chief Popp

said. "And you're an example when you wear this uniform overseas, driving that conveyer or working at the Camp Bucca Internment Center. To earn respect, you must set the right example."

S = Standards

"If you don't stand for something, you will fall for anything! If you don't enforce the standards, then who will? Never, never, never apologize for enforcing our high standards. When we don't enforce the technical orders, the Air Force Instructions, the general orders — equipment gets wrecked, people's lives are placed in jeopardy, and our fight to win the global war on terror gets set back. To earn respect, you must stand up and enforce the standards."

P = Performance

"There is no second place in war; you either win or you lose. NCOs are responsible for their individual performance, their team's performance and the overall outcome of the mission. This war on terrorism is much bigger than Iraq or Afghanistan. When you put on our team's jersey, this is a joint fight — that's why it says, U.S. Air Force, U.S. Army, U.S. Navy and U.S. Marines.

"Many NCOs now are familiar with 15 straight years of deployments to Desert Shield, Desert Storm, Operations Northern and Southern Watch, Operation Iraqi Freedom and Operation Enduring Freedom. As we move ahead, we will be asking all Airmen to step up and perform at 100 percent of their ability. To earn respect, you must continue to perform."

E = Evaluate

"How do you evaluate those daily crisis",

issues and problems brought to you?

"I believe every NCO shows up to these fiery situations with a bucket in each hand. In the left is a bucket of water and in the right is a bucket of gasoline," the chief said. "Which one do you use? The water to extinguish the situation or the gasoline to get it roaring out of control? I challenge NCOs to get the facts before they use either bucket — evaluate the situation before you empty one of those buckets. To earn respect, you must evaluate before you take action."

C = Communications

"I have found that Airmen are always down on what they are not up on. How well do you share the 'big picture' with your Airmen? How well do you provide your performance expectations to your Airmen? Do you share: the who, the where, the when and most importantly the why with them? To earn respect, you must keep the lines of communications open."

T = Taking Care of Airmen

"Your Airmen do not care how much you know — until they know how much you care about them!

"If I asked you to tell me about your top three performing Airmen, could you? Could you tell me the: date they arrived on station, their family status, hobbies, goals, their career development course score or their physical training score? Could you tell me what they did last weekend?"

"Sadly, what I routinely find across our Air Force are supervisors who can only tell me these things after a suicide, a fatality, or serious accident has occurred.

"To earn respect, you must know and take care of your Airmen."



Col. Pete Hronek

Commander
506th AEG

Lt. Col.

Dave Carrell
Deputy Commander
506th AEG

Chief Master Sgt.

Larry Seibel
Command Chief
506th AEG

Staff Sgt. Kristina Barrett

Editor/Chief, Public Affairs

Airman 1st Class JoAnn White

Photographer

Krab KRONICLE

Vol. 4, Issue 8 April 10, 2006

This funded newspaper is an authorized publication for members of the U.S. military services overseas. Contents of the Krab Kronicle are not necessarily the views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Air Force.

The content is edited, prepared and provided by the public affairs office of the 506th Air Expeditionary Group.

All photographs are U.S. Air Force

photographs unless otherwise indicated.

The Krab Kronicle accepts stories, photographs and commentaries, which may be submitted to the public affairs staff, located in the group headquarters building, or can be sent directly to the newspaper at 506aegpa@krab.centaf.af.mil Deadline for publication is 7 p.m. Thursday prior to the week of publication.

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



Photo by Staff Sgt. Kristina Barrett

Juuuust a little bit further

Tech. Sgt. David Laun, Senior Airman Andrew Smith and Staff Sgt. Bradley Moore unfold a replacement bladder in the fuel farm. Sergeant Laun and Airman Smith are members of the 506th Expeditionary Logistics Readiness Squadron fuels flight deployed from Mountain Home Air Force Base, Idaho. Sergeant Moore is deployed to Kirkuk as an escort but is a fuels troop at Cannon Air Force Base, N.M.

Think you can take a better photo? Enter the Amateur Photo Contest. See details on Page 1 in News Briefs.

FPASS *Continued From Page 1*

powered by an electric motor driven propeller. The UAV is launched by attaching it to a bungee cord, pulling the cord and letting go. It is fitted with Kevlar skids on nose and tail and is recovered by belly landing. It doesn't sound impressive but the Desert Hawk isn't for show, it's deployed to Iraq to act as a force multiplier for Airmen of the 506th ESFS.

"The FPASS allows us to project an eye into areas we are unable to see – places we can't get eyes on the ground," said 2nd Lt. Daryl Crosby, assistant operations officer at the 506th ESFS. "It gives us a different vantage point and allows us to respond according to what we see.

"It also allows us to scout areas we have no imagery for and areas we've never been by providing aerial reconnaissance," he added.

The FPASS is equipped with either color

cameras for day or thermal cameras for night-time surveillance and is equipped with a global positioning system receiver and flies its missions either automatically or with the help of an Airman controlling movement at the home base. The GPS waypoints for the flight path are preprogrammed or modified during the mission using the ground control station's data link. It's most valuable asset is the security it gives to those who have their boots on the ground. Since it is portable, the system can go anywhere at anytime and is an inexpensive option during combat patrols.

"FPASS has the ability to loiter over a small area to give us a good picture of what's going on down on the ground," Lieutenant Crosby explained.

Such a surveillance spot can be either pre-programmed or selected "on the fly" during a mission.

"Various lines of defense are in place to keep assets on the base safe," said Captain Michael Borders, 506th ESFS operations officer. "This is just one resource in our line of defense here."

Base defense isn't just about the fence-line, said Lieutenant Crosby. "It's one more layer the enemy has to go through to get to us."

Senior Airman Rafael Gil is one of the operators of the Desert Hawk here. He believes the FPASS is an invaluable tool for security forces Airmen on the ground.

"This aircraft allows patrols to concentrate on the task at hand," he said. "They know something is watching out for them."

The FPASS may not get the same press as the Predator but to the Airmen pulling combat patrols, it doesn't need to be famous, it just needs to work.

Results are in:

Airmen voice opinions in 2005 climate survey

WASHINGTON — More than half of all Airmen participated in the 2005 chief of staff organization climate survey, which allows participants to voice their opinions on issues affecting them and their jobs.

Chief of Staff of the Air Force Gen. T. Michael Moseley released the results of the survey to all the major commands March 31.

Strong leadership focus on the survey was credited for the 53 percent total force participation rate, an increase from previous years.

Overall, many of the numbers stayed the same, with only minor declines in some areas.

“The results are encouraging on a couple of fronts. First, the responses were from our total force team, and secondly, there was no noticeable difference in overall satisfaction from those deployed and those at home station,” said Chief Master Sgt. of the Air Force Gerald Murray.

He said job satisfaction is an important area of concern as Air Force expeditionary commitments continue to rise.

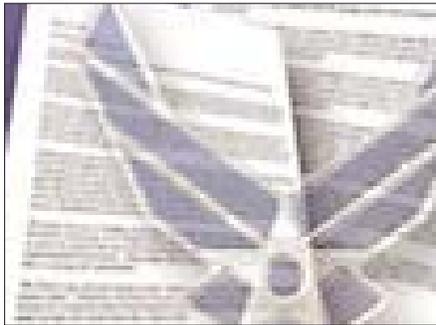
According to the results, active duty senior airmen are the least satisfied among active duty personnel, although job satisfaction remained about the same overall. Trust in leadership was also an area introduced in the recent survey. From a total force perspective, middle enlisted member’s trust in unit senior leadership is significantly lower than all other ranks, although overall job satisfaction increased slightly.

“There will always be areas where we need to focus and improve,” Chief Murray said. “From the enlisted perspective, ensuring NCOs and senior NCOs are stepping up to their leadership responsibility is critical.”

The majority of Airmen indicated, too, that Air Force leaders used the results from the 2003 survey in a positive way, and Chief Murray vowed that will continue with the

2005 results.

“We’ll take data from this survey and continue enhancing our professional development at all levels,” he said. “Our core value — excellence in all we do — is a goal of constant pursuit.”



News from around the Air Force

Memorial held for Airman

SATHER AIR BASE, Iraq — More than 300 people attended a memorial ceremony April 1 for the first Airman from Sather Air Base killed in combat while supporting Operation Iraqi Freedom.

Tech. Sgt. Walter Moss, 447th Expeditionary Civil Engineer Squadron explosive ordnance disposal flight technician, was killed in an explosion while he was conducting safing operations near Baghdad March 29.

Sergeant Moss had been deployed to Sather since January from the 366th CES, Mountain Home Air Force Base, Idaho. During his time in Iraq, EOD responded to more than 200 calls in the Baghdad vicinity without incident. Every successful call meant Sergeant Moss potentially saved a life.

A musician opened the memorial playing “Amazing Grace” on the bagpipes. Capt. Stephanie Root, Sergeant Moss’ officer in charge, read handwritten messages his fellow EOD technicians had written about him.

After Captain Root finished reading, Senior Master Sgt. Dale Moser, EOD superintendent, conducted a “final roll call,” saying each of the EOD team members’ names. They responded, “Here, senior master ser-

geant.” When Sergeant Moser called for Sergeant Moss, there was silence. EOD detonated an explosive device in a field behind the audience as a final EOD salute, and a bugler played Taps.

17 Airmen survive C-5 crash

SAN ANTONIO — The 17 Airmen aboard the C-5 Galaxy that crashed near Dover Air Force Base, Del., today all survived, a 436th Airlift Wing spokesman said.

However, there is still no official word on the condition of the survivors. The huge cargo plane crashed at 6:30 a.m. EDT today. The Airmen on board are members of the 436th Airlift Wing and the Air Force Reserve’s 512th Airlift Wing. Television news reports of the crash show the aircraft’s tail a distance from the main wreckage, where the fuselage and nose are adjacent but separated.

The last C-5 crash was on Aug. 28, 1990, during Operation Desert Shield. A C-5 crashed after takeoff from Ramstein Air Base, Germany, killing 13 of the 17 people on board.

The C-5 is the Air Force’s largest transport and has been in the fleet since 1969. The plane stretches almost the length of a foot-

ball field and stands as high as a six-story building. The cargo compartment is 121 feet long, 19 feet wide and 13 feet high. A board of Air Force officers will convene to investigate the cause of the accident.

DoD Celebrates ‘Month of the Military Child’

WASHINGTON — The Defense Department has long understood the value of caring for and celebrating children of servicemembers.

April is designated as the Month of the Military Child, underscoring the important role military children play in the armed forces community. The Month of the Military Child is a time to applaud military families and their children for the daily sacrifices they make and the challenges they overcome.

Military children face many obstacles unique to their situation, such as having a parent deployed for extended periods of time and frequently being uprooted from school.

The Month of the Military Child is part of the legacy left by former Defense Secretary Caspar Weinberger, who died March 28. He established the Defense Department commemoration in 1986.

Response teams prepare for CBRN threats

By Staff Sgt. Kristina Barrett
506th AEG Public Affairs

In an abandoned building on the outskirts of town, a lab sits fully stocked and prepared – it is capable of producing chemical weapons of mass destruction.

A tip leads the Air Force Office of Special Investigations to its location. Chemical Biological Radiological Nuclear defense teams suit up and prepare to raid the hot zone and dismantle the threat, safely and without disturbing the chemicals inside.

In Kirkuk this is just an exercise, but one that prepares CBRN teams for the real world.

“This particular scenario is based on a realistic threat to our local area of operations,” said Master Sgt. Daniel Copsey, 506th Expeditionary Civil Engineer Squadron readiness flight. “The team formulated a response plan of execution for detection, identification, sampling and decontamination for personnel.”

In addition, the exercise permitted the time to practice the tactics, techniques and procedures associated with the planning and execution of potential WMD or their components, Sergeant Copsey added.

“These procedures are very technical and involve a lot of equipment and logistical support,” he said. “The TTP’s must be exercised to keep personnel technically sharp and to get acclimated to the environment inside these protective suits.”

A number of factors determine who responds to the scene. In this scenario, when CBRN teams took action, two teams respond to the threat – an entry team and a sample team. Entry team members are responsible for complete surveillance of the room and identifying toxins present.

“The initial entry team determines if the room is safe to enter, determine the layout of what’s inside and start sampling to identify what was there,” said Senior Airman Larry Simon, 506th Expeditionary Medical Squadron bioenvironmental flight.

The entry team determines the level of threat present at the scene. The team takes



Photo by Airman 1st Class JoAnn White

Staff Sgt. Jimmy Cole keeps in contact with response teams at the site of a suspected chemical lab during an exercise. Sergeant Cole is a crash truck crew chief with the 506th Expeditionary Civil Engineer Squadron Fire Department.

pictures as evidence and for future training. They set up the work area for sampling and vapor detection and get the scene set up for the next team. In this scenario, the threat was reduced, allowing the sample team to downgrade their protective posture equipment, which is important for mobility since entry teams must contend with uncomfortable, but fully protective, Level A suits.

“Events like this test your physical stamina and mental awareness,” said Senior Airman Estevan Trujillo, 506th ECES readiness flight. “You are looking out at the world through a little window in the suit and the heat, weight and difficulty can impair your mental awareness.

“Verbal communication is limited so you are forced to improvise and communicate through hand gestures and key words,” he added.

Due to the entry team’s assessment of the scene, the sample team was able to collect the needed samples, which would allow them to dismantle the lab. Members of the entry team briefed the sample team on the hazards present.

Working with the entry and sample teams, the 506th ECES fire department provides decontamination at entry control points and works with the readiness and bio environmental flights for command and control at the scene.

“The exercise tested our ability to work with other base agencies and provide needed

assets for their operation in a support role,” said Master Sgt. Peter Ruddle, assistant chief of operations at the fire department. “This allowed fire fighters to set up in an unusual environment and test their skills.

“We were able to perform our strategies and plans in a training environment and provided the opportunity for fire fighters to see how readiness personnel perform in a controlled training environment,” he added.

Real life exercise scenarios like this allow responders to prepare for real-world events, when there’s more than just a bad write-up on the line. In addition, it allows Airmen who have come from different bases and backgrounds the opportunity to work together as a team.

“We all know our capabilities, limitations and strengths but we learned that we all need to work together as a team to accomplish our goal,” Airman Simon explained.

“The team safely analyzed the hazards, identified the chemicals and performed with no hazard to the team or the environment,” said Master Sgt. Matthew Archuletta, 605th ECES readiness flight chief.

Luckily this time there was no threat but the CBRN defense team members like Airman Trujillo know they can handle any threat that comes their way.

“I have a much greater understanding of this area of our career field and the response to and detection of CBRN and WMD threats in peacetime and wartime scenarios.”



Base defense mission goes beyond perimeter

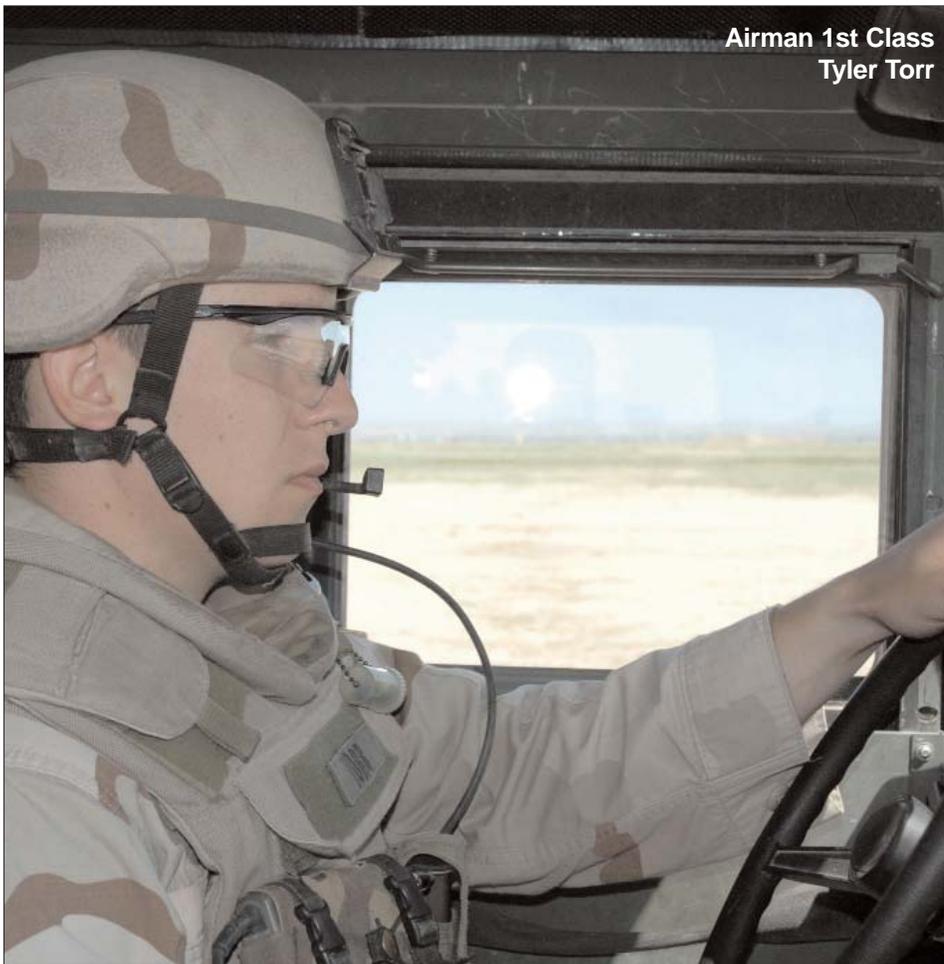
Story and photos by
Staff Sgt. Kristina Barrett
506th AEG Public Affairs

In a deployed environment, the Airmen of security forces are the first and last line of defense. They patrol the base looking for anything that seems out of the ordinary and pull 12-hour shifts in towers dotting the fenceline peering out into the landscape. For Airmen assigned to the 506th Expeditionary Security Forces Squadron here, their mission is different. They are taking the base defense mission beyond the wire and to the city of Kirkuk, which lies just beyond the formidable defenses of the perimeter.

Airmen from the 820th Security Forces Group, 822nd Security Forces Squadron at Moody Air Force Base, Ga., aren't just regular cops. They do not have an "in garrison" mission of a normal security forces squadron when at their home base – they spend their time doing training, training and more training. What they're training for is to be deployed. Deployed to secure the airfield at a forward operating base and ensure the continuation of the mission. Even when they are deployed, they continue to train because in the Iraqi area of operations, there is little room for error.

Currently the 506th ESFS is the only Air Force unit conducting combat patrols outside the confines of the base. With this unique mission comes unique requirements – all of which culminate in their abilities to respond to a situation each time they roll out of the imposing gate into the city beyond.

Airman 1st Class
James Estep



**Airman 1st Class
Tyler Torr**

“Each member on the teams knows how they are going to react,” said Tech. Sgt. Franklin Barnett, patrol master. “We train our Airmen to a baseline standard, which they will adhere to in case something doesn’t go as planned.”

Every time a forward patrol goes outside the wire, the team takes time to rehearse actions on the objective, whether be an improvised explosive device, ambush or sniper. Sergeant Barnett equated the training to rehearsing for “the big game.”

“Our battle drills and procedures are pre-identified and trained on back at home station, but are always evolving to counter the specific threats we experience here,” he explained. “What we do back home is running ‘plays’ in preparation of the real thing.”

This is where the importance of training comes in. The Airmen train on different scenarios so when faced with the real thing, they act on instinct because they’ve already experienced something similar.

“If the enemy changes tactics, we change tactics,” Sergeant Barnett added. “We have the ability to adjust to any threats based on intelligence we receive.”

The squadron is able to achieve success by using an integrated base defense system,



**Senior Airman
Phillip Burke**



**Airman 1st Class
Nathan Mikeska**

which takes many elements of security forces and employs them in a way so if one is breached, the others still stand.

“Our goal is to limit the freedom of maneuver of anti-Iraqi forces within the base defense zone,” said Maj. Don Robertson, 506th ESFS squadron commander. “The different elements work together to not just secure the base, but the area around the base.”

Each mission requires a different element employed to block the threats.

“Special mission requirements means specific elements,” Sergeant Barnett said.

Each element comes together to form a web of defenses. A web no bad guy would want to get caught up in.

“We are not a reactive unit,” the major said. “We are on the offensive going out, looking for the enemy and mitigating the threat to our airfield.”

The squadron uses elements for base defenses such as the towers on the perimeter, the Force Protection Airborne Surveillance System overhead and cameras posted at strategic locations.

The base defense zone includes the towns dotting the Iraqi countryside. For these missions, the unit employs FPASS and countersnipers to watch over the patrol. Military working dogs work along side the Airmen, on base and off.

“These elements augment our mission and puts eyes where we need them,” Sergeant Barnett said. “Everything comes together and provides a seamless defense of the airfield from outside the wire.”

Each little piece is a force multiplier, according to Major Robertson, and works in concert to provide defense in whatever mission the squadron is conducting on both sides of the fenceline.

The cop mission here flies in the face of conventional wisdom that base defense can only be done from the confines of the base said Capt. Michael Borders. Base defense takes place on both sides of the wire.

“The enemy doesn’t launch rockets or mortars from the inside the base,” the operations officer explained. “The activity from outside the base affects our operations inside the base.

“We can’t stare through the fence and wonder why the bad guys are still hitting us – we have to take the fight to the enemy,” the captain said.

Taking the fight to the enemy is exactly what these Airmen are doing.

On target:

Cloaked in secrecy and veiled in silence, they wait patiently for a sign. As the sharpshooter looks through the scope, the world shrinks

to one small target. It doesn’t matter the object is a half mile away because he is confident he can put the bullet where it needs to go. The mark may be anything – a person, an aircraft or a car. One shot, one kill is a way of life.

Enter the Air Force countersniper Close Precision Engagement Team – a valuable asset for keeping Airmen alive and striking fear into the minds of the enemy.

Leaving behind the “hunter-killer” stigma, these CPE teams perform an air base defense mission – thwarting enemy attempts and gathering intelligence to keep Airmen safe both inside and outside the wire.

“CPE teams fulfill a role of providing another layer of protection with our base defense mission of protecting the installation,” said Capt. Michael Borders, 506th Expeditionary Security Forces Squadron operations officer. “But by serving in a fire support role, the Airmen provide valuable information for combat patrols outside the confines of the base.”

Typical sniper missions include reconnaissance and surveillance, anti-sniper, selecting targets of opportunity and even destruction of military equipment.

“One of the duties we perform is route reconnaissance,” said Senior Airman Jessie Gonzalez, countersniper assigned to the 506th. “We communicate with patrols and the base and provide an overwatch of the area being patrolled so if the patrol gets in trouble, we are there to help.”

Help comes in the form of a M-24 sniper weapon with a range of about 800 meters and a five-round magazine. The team also carries with them a M-4 for use by the spotter. The CPE teams work as one – the spotter and the shooter – and the roles are interchangeable. Here, they aren’t just supporting operations, they are also proving the effectiveness of training.

Deployed to Kirkuk is Master Sgt. Michael Walker, a Close Precision Engagement Course instructor for the National Guard Marksmanship Training Center Sniper School at Camp Robinson, Ark. He has the unique opportunity to see how the countersnipers are being employed.

“Being here and experiencing the environment our graduates are in allows us to see what their capabilities are once they get out into the field,” Sergeant Walker said. “We can compare what we’re teaching them at the school and how it applies to the real world.”

One curriculum change being looked at, according to Sergeant Walker, is teaching Airmen to operate in a featureless terrain.

“Being in this environment allows us to see what really happens here and adjust our curriculum,” he added.

Part of what is taught in the course is intelligence gathering and reporting. Since the CPE teams can move under the cover of darkness, they can observe insurgent activity, which denies them the opportunity to strike.

In this war, intelligence kills more people than putting bullets downrange, Airman Gonzalez said. Plus, in a country where the next improvised explosive device may be just around the corner, the Airmen prove to be a valuable line of defense.

“You have to really want to do this job – it takes a lot of heart,” Airman Gonzalez said. “This is something I’ve always wanted to do – that’s why I joined security forces.”

Airman Jonathon Lamme, also a countersniper, agrees.

“The job sounds much more glamorous than it is,” he said. “But I’ve always wanted to do this kind of work.”

Personal goals aside, the Airmen feel they are an integral part of the unit.

“We are very well-rounded Airmen,” Airman Lamme said. “We offer more capabilities to the unit.”

Or as Sergeant Walker describes them: professional, well-trained and motivated. And waging psychological warfare on the enemy with their reputation.

Bird flu – fact and fiction

By Staff Sgt. Melissa Koskovich
CENTAF-Fwd Public Affairs

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 said. “However, it has shown the ability to mutate, so it is a concern.”



Good handwashing techniques are one of the best measures to prevent Avian Flu.

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

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, 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.

According to Department of Defense officials, if a human pandemic of the bird flu occurred, it would take about six to nine months to produce an effective vaccine. “Each strain of flu is unique,” said Sergeant Mellinger said. “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.

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

Whew ... exactly how hot is it out there?

By the 506th Expeditionary Medical Squadron bioenvironmental engineering flight

With the summer fast approaching, temperatures can be expected to reach near 115°F (46°C) daily. The body is susceptible and will feel the effects of this increased solar load. Heat stress can put significant strain on the physical, physiological, and mental abilities.

Four measurements are used to calculate the Wet Bulb Globe Temperature Index. This index is the net amount of heat the body is subject to - ambient air temperature, mean radiant temperature, air speed and absolute humidity data are combined to provide a detailed assessment of the environment’s influence on thermal stress.

When the body cannot handle the amount of heat it’s subject to, it may succumb to heat related injuries such as heat cramps, heat exhaustion, and heat stroke.

Stage	Flag	WBGT (F)	Water Intake (quarts per hour)	Work/Rest Cycles (in minutes) (acclimatized)	Activity Level (unacclimatized)
1	No Flag	78.0-81.9	at least 1/2	Continuous	Continuous
2		82.0-87.9	at lease 1/2 - 1	50/10	Use discretion when planning outside activities
3		85.0-87.9	at least 1	45/15	Limit strenuous exertion, avoid activity in direct sun, increase water intake
4		88.0-89.9	1-1/2	30/30	Curtail non-mission essential activities; increase water intake
5		90 and above	1 1/2	20/40	Highest risk of heat casualties, suspend all but mission essential activities to meet operational requirements

Feeling thirsty is the first sign of experiencing initial heat stress symptoms.

When the temperature reaches 85°F, WBGT, indexes are recorded by bioenvironmental engineering five times daily. This data and the corresponding flag conditions can be found on the 506 Air Expeditionary Group intranet, under the 506 EMEDS webpage, titled “Heat Stress Index.”

Each flag condition has a work/rest cycle and water consumption recommendation. Throughout the day, people should drink at

least 0.5 liters of water per hour. As the flag conditions change, increase water intake accordingly. However, to prevent over-hydration, fluid intake should not exceed 1.5 liters per hour, or 12 liters per day. Don’t wait until thirsty to drink water.

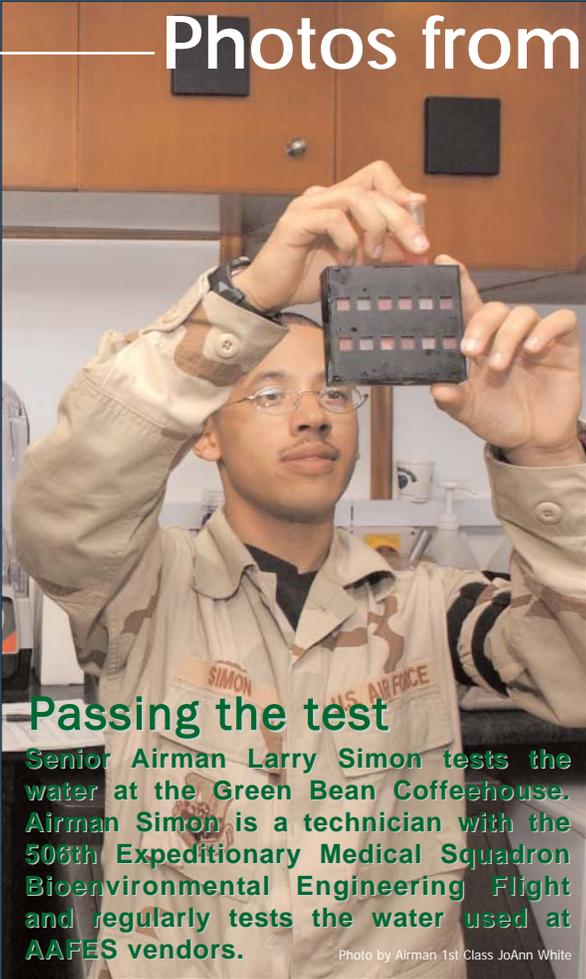
There are three separate ways for notification of current WBGT/flag condition status. When flag conditions go to green/yellow/red/black: a pop-up

email message to all KRAB personnel; a message will go out on the COMMAND net; and a flag on the EMEDS flag pole as a visual indication of current conditions.

Commanders and supervisors should monitor the WBGT and provide guidance to work-rest cycles and hydration criteria.

For more information about heat stress and heat related injuries check out the “Information” section of the Heat Stress Index Webpage or call bioenvironmental engineering at 444-2789.

Photos from around the KRAB



Passing the test

Senior Airman Larry Simon tests the water at the Green Bean Coffeehouse. Airman Simon is a technician with the 506th Expeditionary Medical Squadron Bioenvironmental Engineering Flight and regularly tests the water used at AAFES vendors.

Photo by Airman 1st Class JoAnn White



Ready for your close up?

Staff Sgt. Vilma Cantu is caught in the act while filming security forces members at the combat arms training range. Sergeant Cantu is a videographer assigned to the 506th Expeditionary Communications Squadron.

Photo by Airman 1st Class JoAnn White



Award winners

Saber Team Award winners from the 506 Expeditionary Logistics Readiness Squadron Air Terminal Operations Center stand up to be recognized during the monthly promotion and awards ceremony.

Photo by Airman 1st Class JoAnn White



Have shovel, will travel

Airman 1st Class Brandon Carden, 506th Expeditionary Communications Squadron, prepares to run cable near the base perimeter.

Photo by Airman 1st Class JoAnn White



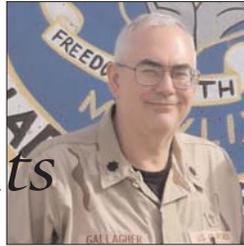
Ready, Aim ...

2nd Lt. Daryl Crosby fires an M-203 grenade launcher from an observation tower. The firing was part of proficiency training for Airmen assigned to the 506th Expeditionary Security Forces Squadron. Lt Crosby is the assistant operations officer for the 506th ESFS.

Photo by Staff Sgt. Kristina Barrett

Chaplain's Thoughts

By Chaplain Robert Gallagher



We are brain washed.

We are so used to the idea that doing something "24/7" is a good thing that it never occurs to us wonder if that is really true. Granted we need emergency services around the clock but would civilization collapse if Denny's weren't open 24 hours a day?

We just don't want to wait for things; the most important time for us is right now. But, honestly, we know that isn't true – time is not all the same. We have all told someone, "this isn't a good time" or "I had a great time" or "time just seems to drag."

Depending on what we are doing and how much that holds our attention, "time" can feel different to us. Some moments will be precious memories and some will change our lives and some will be "sacred."

For most Christians this is Holy Week; for Jews it is Passover.

This is considered a sacred time.

Other faiths have different seasons and days that are set aside as special to them.

Have you ever really thought about what makes some occasion sacred? Mostly that happens when a community has agreed to use a certain period of time to focus their attention on something important to them. Shouldn't important stuff be important all

year long? Yes, but it's also true that we have a short attention span and are easily distracted.

For example, Christians should always be concerned for the poor but its easier to get donations from them around Christmas when they are focused on "peace on earth and good will toward men."

When something is really important to us, we need to periodically remember why it is important and focus on how it touches our lives.

What happens when you miss a wedding anniversary? A birthday? Someone will think they are no longer important to you.

What happens if there are no sacred times in your life? It will get harder and

KRAB Religious Schedule

* Services change during Holy Week

<u>Monday</u>		<u>Friday*</u>	
11:30 a.m. — Catholic Mass (Freedom Chapel)	7 p.m. — Ladies Fellowship (Freedom Chapel)	7:30 a.m. — Common Ground Kirkuk (Freedom Chapel)	11:30 a.m. — Catholic Mass (Freedom Chapel)
7 p.m. — Catholic Fellowship/Discussion Group (Hotel Charlie)	7 p.m. — Family Night (Bastogne Chapel)	6:30 - Jewish Service (Freedom Chapel)	7 p.m. — Gospel Choir Practice (Freedom Chapel)
7:30 p.m. — Daniel Bible Study (Eagle's Nest)	<u>Tuesday</u>	<u>Saturday*</u>	
7 p.m. — Protestant Praise Team (Freedom Chapel)	7 p.m. — Men's Bible Study (Bastogne Chapel)	7 p.m. — Catholic Mass (Freedom Chapel)	7 p.m. — Gospel Joy (Bastogne Chapel)
7 p.m. — Bible Study (Bastogne Chapel)	<u>Wednesday</u>	9:30 p.m. — Catholic Mass (DFAC)	<u>Sunday*</u>
11:30 a.m. — Catholic Mass (Freedom Chapel)	11:30 a.m. — Catholic Mass (Freedom Chapel)	8 a.m. — Gospel Service (Freedom Chapel)	8 a.m. — Contemporary Worship Service (Freedom Chapel)
7 p.m. — Gospel Service Bible Study (Freedom Chapel)	7 p.m. — Bible Study (Bastogne Chapel)	9 a.m. — Catholic Mass (Bastogne Chapel)	10 a.m. — General Protestant Service (Bastogne Chapel)
7 p.m. — Bible Study (Bastogne Chapel)	<u>Thursday*</u>	10 a.m. — Contemporary Worship Service (Freedom Chapel)	11 a.m. — General Protestant Service (Bastogne Chapel)
7 p.m. — Protestant Praise Team (Freedom Chapel)	7 p.m. — Protestant Praise Team (Freedom Chapel)	11:30 a.m. — Catholic Mass (Freedom Chapel)	11:30 a.m. — Catholic Mass (Freedom Chapel)
7:30 p.m. — Praise Team (Bastogne Chapel)	7:30 p.m. — Praise Team (Bastogne Chapel)	1 p.m. — Protestant Sunday School (Freedom Chapel)	1 p.m. — Protestant Sunday School (Freedom Chapel)
8:30 p.m. — Common Ground Kirkuk (Freedom Chapel)	8:30 p.m. — Common Ground Kirkuk (Freedom Chapel)	1:30 p.m. — LDS Service (Bastogne Chapel)	1:30 p.m. — LDS Service (Bastogne Chapel)
		7 p.m. — Contemporary with Communion Worship Service (Freedom Chapel)	7 p.m. — Contemporary with Communion Worship Service (Freedom Chapel)

harder to remember what was important to you and after a while your life could seem pretty empty.

Your family, your culture, your faith community wisely create special times to refresh our memories and shore up our values.

Holy days, sacred seasons, Sabbaths or Sundays, all give rhythm to our lives and ground them in a heritage. Can you afford not to have some sacred time in your life?

Easter Schedule

April 13	Holy Thursday	Mass of the Last Supper/foot washing	8 p.m.	Freedom Chapel
April 14	Good Friday	Protestant Good Friday Service	7 p.m.	Clamtina
		Passion of the Christ movie showing	7 p.m.	Eagle's Nest
		Adoration of the Cross	8 p.m.	Freedom Chapel
April 15	Holy Saturday	Passion of the Christ movie showing	2 p.m.	Freedom Chapel
		Easter Vigil	8 p.m.	Freedom Chapel
April 16	Easter Sunday	Protestant Sunrise Service	6 a.m.	AAFES food court (Bastogne gym if weather requires)
		Catholic Mass	9 a.m.	Bastogne Chapel
		Protestant Community Easter Service	9 a.m.	Clamtina
		Protestant Easter Sunday Service	11 a.m.	Bastogne Chapel
		Protestant Community Easter Baptism	noon	Warrior Pool
		Catholic Mass	11:30 a.m.	Freedom Chapel
		Contemporary Protestant	7 p.m.	Freedom Chapel
		Catholic Mass	9:30 p.m.	DFAC

Clamtina Events

Mondays

Hearts 8 p.m. Dominoes 8:15 p.m.

Tuesdays

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

April 18 Black Light District Party 7 p.m.

Wednesdays

Darts 7 p.m. Spades 8 p.m.

Thursdays

April 20 Birthday Party 8 p.m.

Black Jack 8 p.m. Ping Pong 8:30 p.m.

Fridays

April 14 Good Friday Chapel Services 7 p.m.

April 21 Bazaar 1 - 9 p.m.

Saturdays

April 15 Easter Party 4 p.m.

April 22 Bazaar 9 a.m. to 5 p.m.

Progressive BINGO 8 p.m.

Karaoke 9:30

Sundays

April 23 Open Mike Night 8 p.m.

Foosball 7 p.m. Texas Hold 'Em 8 p.m.

Fitness Center Events

Mondays

Ab Class - 5:30 a.m. Spin Class - 6:30 a.m.

Martial Arts 7 p.m.

Tuesdays

Abs Class 6:30p.m.

Boxing Basics/Spin Class 7:30 p.m.

April 11 Benchpress Competition 8 p.m.

April 18 Sit-up Competition 8 p.m.

Wednesdays

Ab Class - 5:30 a.m. Spin Class - 6:30 a.m.

Martial Arts 7:30 p.m.

Thursdays

Spin Class 7:30 p.m. Abs Class 6:30 p.m.

April 13 Curl-up Competition 8 a.m.

April 20 Push-up Competition 8 a.m.

Fridays

Ab Class - 5:30 a.m. Spin Class - 6:30 a.m.

Boxing Basics 7:30 p.m.

Saturdays

5K Run 10 a.m

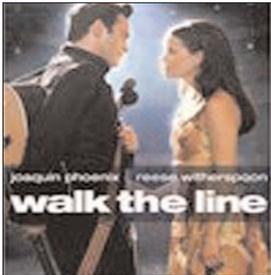
Spin Class 7:30 p.m.

Sundays

KRAB Cup 3 p.m. Spin Class 7:30 p.m.

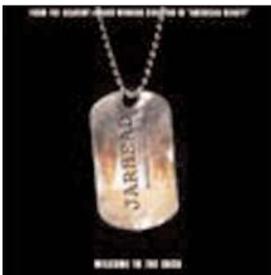


KRABusters Video



Monday, April 10
0700 & 1900 Glory Road
1000 & 2200 Trapped
1300 & 0100 Rio Lobo
1600 & 0400 The Target

Tuesday, April 11
0700 & 1900 Walk the Line
1000 & 2200 Santa Claus is Coming to Town
1300 & 0100 Witness
1600 & 0400 Fandango



Wednesday, April 12
0700 & 1900 Just Like Heaven
1000 & 2200 Snow Falling on Cedars
1300 & 0100 Lovers and Liars
1600 & 0400 Last of the Dogmen

Thursday, April 13
0700 & 1900 The Legend of Zorro
1000 & 2200 Stranger in the Woods
1300 & 0100 Beethoven
1600 & 0400 Star Trek IV



Friday, April 14
0700 & 1900 Last Holiday
1000 & 2200 Crazy Moon
1300 & 0100 Full Moon in Blue Water
1600 & 0400 Of Human Bondage

Saturday, April 15
0700 & 1900 Jarhead
1000 & 2200 Coyote Ugly
1300 & 0100 Homer and Eddie
1600 & 0400 Progeny

Sunday, April 16
0700 & 1900 Night Watch
1000 & 2200 My Best Friend's Wedding
1300 & 0100 Little Voice
1600 & 0400 Hot Shots 2

Monday, April 17
0700 & 1900 Fun with Dick and Jane
1000 & 2200 Fear of a Black Hat
1300 & 0100 Armageddon
1600 & 0400 Shanghai knights

Tuesday, April 18
0700 & 1900 Thank You for Smoking
1000 & 2200 Crunch Time
1300 & 0100 What's Love Got To Do With It
1600 & 0400 The General's Daughter

Wednesday, April 19
0700 & 1900 Just Like Heaven
1000 & 2200 Cowboy Way
1300 & 0100 Waterboy
1600 & 0400 Next of Kin

Thursday, April 20
0700 & 1900 Just Friends
1000 & 2200 Apollo 13
1300 & 0100 Tears of the Sun
1600 & 0400 South Park Movie

Friday, April 21
0700 & 1900 Aeon Flux
1000 & 2200 Aliens
1300 & 0100 Fletch
1600 & 0400 Artificial Intelligence

Saturday, April 22
0700 & 1900 The Hills Have Eyes
1000 & 2200 Dumb and Dumber
1300 & 0100 Star Trek III
1600 & 0400 Mercury Rising

Sunday, April 23
0700 & 1900 Chronicles of Narnia
1000 & 2200 Star Trek Generations
1300 & 0100 Matrix
1600 & 0400 Indian Jones/Temple of Doom

