



Opportunities abound for Airmen to sharpen skills at Ali Al Salem

Staff Sgt. Ryan Hansen
386th AEW/PA

From the minute we step foot in the AOR until we're on the plane headed home we're constantly reminded of our goal – take care of the mission.

However, in addition to that all important priority we're also encouraged to improve ourselves physically, mentally and professionally. At Ali Al Salem Air Base, Kuwait, there are more than a few ways to do that.

Airmen looking to improve themselves physically can visit the Rock Fitness Center. There they can create their own workout schedule or sign up for various organized classes such as abs, aerobics, circuit training and Tae Kwon Do.

"The Rock Fitness Center offers three different incentive programs for deployed members," said Master Sgt. Ernest Ridings, superintendent of the fitness center for the 386th Expeditionary Services Squadron. "The fit to fight program is a points based program designed to use multiple areas of fitness training and exercise to accumulate a total of 300 points. The points can be earned by running, weight lifting and even walking to name a few.

"The mile club is designed for

the running enthusiast," he continued. "Members can track their miles ran with deployed to the Rock and earn T-shirts for 100, 200, and 300 miles.

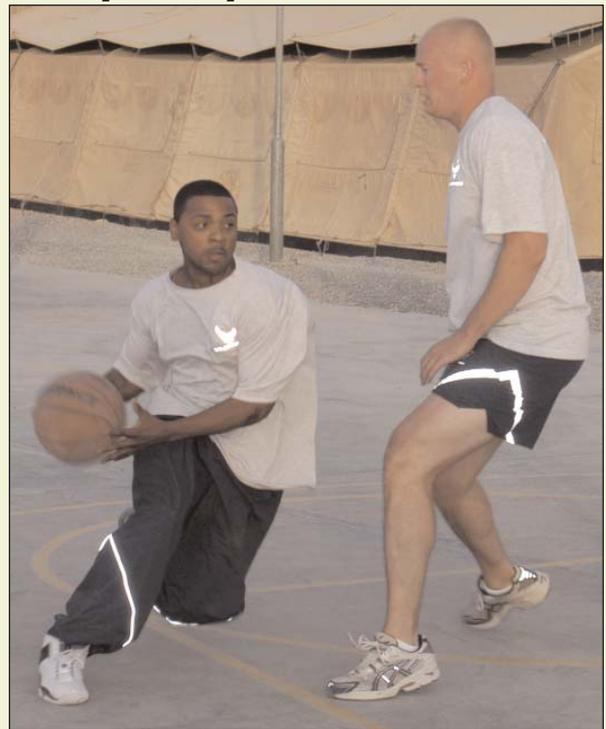
"Our last program is the pounder's club and it is designed for the strong and buff," he said. "The program consists of three judged exercises. Each member has three attempts to score the highest on each exercise. The three highest weights from each exercise are then combined for their total weight lifted."

More opportunities are on the way as well with the fitness center expansion in early June. Soon troops will be able to sign up for intramural basketball, dodgeball and volleyball.

"The much anticipated expansion will contain a full size basketball court with four side goals," Sergeant Ridings said. "The new expansion also contains a huge multi-purpose aerobics room and men and women's restrooms with showers and lockers. You'll walk in this fitness center and think you're at a stateside base."

The base also offers quite a few ways to improve mental fitness as well. One way is to take advantage of the Rock Learning Resource Center. The LRC offers a wide array of books,

Hoop-It-Up



Air Force/Staff Sgt. Ryan Hansen

Airman 1st Class Marques Mitchell, a force protection troop with the 386th Expeditionary Security Forces Squadron, drives by Senior Airman Ned Harschbarger, 386th Expeditionary Civil Engineer Squadron, during first round action of the 3-on-3 basketball tournament at the Rock basketball court. The force protection team defeated the ECES team 11-6 to advance.

classes, study guides and a research laboratory for people working on school papers.

"The most popular thing we have are the (College-Level Examination Program) tests," said Staff Sgt. Idris Royal, head librarian at the LRC. "We have almost everything available and we have classrooms right here where they can test."

The LRC also offers Rosetta Stone language learning software. This software is one of the most popular language learning software programs in the world.

"Back home it would cost about \$300 for those," he said. "But here we are offering them for free."

Monthly Rock bazaar a big hit with all

Event brings more than 15 vendors from across the area to offer goods

Staff Sgt. Ryan Hansen
386th AEW/PA

Soldiers, Sailors, Airmen, Marines, coalition forces and contractors all took part in the Ali Al Salem Air Base Monthly Bazaar Sunday at the Rock Amphitheater.

The event was sponsored by the 386th Expeditionary Services Squadron and welcomed more than 15 local vendors. The group sold items from across the Middle East and Applebee's was on hand to provide food and snacks for those in attendance.

"This is really a great event," said Senior Airman Michelle Young, who was on base awaiting a flight to Kirkuk Air Base, Iraq. "It reminds me of a flea market back home."

Attendees could browse the bazaar and pick items such as brass, carpets, electronics, software and souvenirs to name just a few.

"Watches are my big thing so this is great," said Tech. Sgt. Eric Washington, 386th Expeditionary Logistics Readiness Squadron. "But I think this is great morale boost for the troops and I'm looking forward to them while I'm here."

The monthly bazaars are an opportunity for everyone at the Rock to find gift to take home with them or send back as souvenirs to family and friends.



Air Force/Staff Sgt. Ryan Hansen

Senior Airman Michelle Young, who was on base awaiting a flight to Kirkuk Air Base, Iraq, talks with a vendor during Sunday's bazaar.

"This is a great opportunity for Airmen who don't get the chance to get off base and shop," said Senior Master Sgt. Raymond Lagasse, first sergeant with the 386th Expeditionary Mission Support Group. "They can check out all

of the local items in a safe, secure environment and this event really shows that we're looking out for their well being here."

The bazaar is a monthly event with the next one scheduled for late June.

Uniform Tip of the Week

AFI 36-2903 USCENTAF Supplement 1

A7.1. Air Force PT Uniform wear policy: White socks must be worn; ankle, or calf length (small conservative trademark logos are OK).

Right



Wrong



Honor guard seeks Airmen

Staff Sgt. Ryan Hansen
386th AEW/PA

Want to make a difference while deployed to Ali Al Salem Air Base, Kuwait? Then the base honor guard is the place for you.

Motivated individuals that want to be part of a strong team and show they're proud of the country are invited to join the honor guard.

"If you want to be part of something unique, something special, this is for you," said Chief Master Sgt. Brooke McLean, 386th Air Expeditionary Wing command chief. "The honor guard standards are very high and it's easy to see the pride and professionalism in a current or former honor guard member."

The team is currently looking for hard charging volunteers for the new rotation.

"I saw there was a need so I stepped up," said Staff Sgt. Joshua Kelly, a power production journeyman with the 386th Expeditionary Civil Engineer Squadron and assistant NCOIC of the honor guard. "I have been on honor guard before and I thought that my background and knowledge would be very helpful."

Sergeant Kelly said being on the honor guard is a great way to meet new people and really show others how much serving your country means to you.

"If someone is thinking about coming out I would tell them joining honor guard is definitely worth it," Sergeant Kelly said. "They get a sense of team, purpose and they'll know that they are apart of something big-

Ali Al Salem Honor Guard

- The 386th Air Expeditionary Wing is currently seeking members for the base honor guard. For more information, please call Staff Sgt. Joshua Kelly at 442-2016 visit practice Monday's at 4 p.m. at the Rock Auditorium.

ger than themselves."

The honor guard team here performs at various events and activities throughout the year much like the group back home.

"The honor guard's role here is to perform at retreat, change-of-command ceremonies, monthly award ceremonies and promotion ceremonies," Sergeant Kelly said. "We are a constant reminder of why we are here, we who respect for the flag and provide our fellow Airmen with a sense of pride."

The honor guard is also a reminder to all deployed members of what we are fighting for.

"We are here supporting our nation's global war on terrorism and our flag represents our nation," Chief McLean said. "The honor guard ensures our flag receives the proper respect and dignity at ceremonies and retreats even while we are deployed.

"It fills me with pride every time I see them honor our colors," he said.

Interested Airmen are invited to attend honor guard practice Mondays at 4 p.m. at the Rock Auditorium.

AIRMEN –

Continued from Page 1

Besides organized learning facilities, Airmen can always focus on their Professional Military Education courses too. Everyone in the Air Force can always learn their job a little better.

"The opportunity for professional development or promotion preparation is tremendous while deployed," said Chief Master Sgt. Brooke McLean, 386th Air Expeditionary Wing command chief. "PME and promotion preparation are clearly ways we invest time in ourselves and the Air Force at the same time."

One Airman that took advantage of his spare time to study his Career Development Courses was Airman Daniel Ganus of the 386th Expeditionary Security Forces Squadron. For his hard work on his off-duty time he was rewarded with a 93 on his upgrade training course.



Ganus

"Airman Ganus is an example for all of us," said Col. Timothy Hale, 386th AEW commander, who presented him with a coin for his efforts. "He really showed me the type of professional he is. He wants to learn his craft, his profession and everything he needs to know to make our mission work and that's important."

"I actually have more free time here than I have back at home," Airman Ganus said. "There are a lot of good activities to do here, but I thought it would be best to use it studying instead."

So while focusing on the mission, be sure to make time to improve yourself physically, mentally and professionally too.

"Wing leadership stresses personal improvement – mental, physical or spiritual – while deployed as a way to grow and become better individuals and members of the Air Force," Chief McLean said. "Using free time wisely and productively can help you be ready when you return to home station."

386th ESVS Salute to Memorial Day

For More Information Please Contact Your First Sergeant



EVENT	TIME	LOCATION
"Heart 2 Home" – DVD Recording	9 a.m. – Noon	Learning Resource Center
Variety Music DJ	9 a.m. – 5 p.m.	Flex Recreation Center
4-Person Water Bottle Relay Swim	10 a.m.	Rock Pool
BBQ Lunch (DFAC Closed)	10:30 a.m. – 1:30 p.m.	Flex Recreation Center
"Heart 2 Home" DVD Recording	1:30 p.m. – 5 p.m.	Learning Resource Center
Racquetball Tournament	2 p.m.	Rock Fitness Center
Foosball	2 p.m.	Flex Recreation Center
Cardboard Boat Race	5 p.m.	Rock Pool
Volleyball Tournament	6 p.m.	Tent City
Dominoes Tournament	6:30 p.m.	Flex Recreation Center
Ping Pong Tournament	7 p.m.	Flex Recreation Center
Spades Tournament	7:30 p.m.	Flex Recreation Center
9 Ball Tournament	8 p.m.	Flex Recreation Center
Basketball Tournament	8 p.m.	Dining Facility Court

SECURITY FORCES

Kickin' Down Doors & Takin' Names



Army Spc. Michael Noggle
Third U.S. Army PAO/11th PAD

Through the eyes of Air Force Staff Sgt. David Brown, the mission of the Security Forces has changed since the beginning of the war in Iraq. After all, this is his eighth deployment since Operation Iraqi Freedom.

As a sign of things to come, Airmen from the 386th Expeditionary Security Forces Squadron were kicking down doors while going through Military Operations in Urban Terrain training at Camp Buehring May 19.

"We're trying to be more than gate guards," said Airman 1st Class Kendal Hudson, 386th ESFS. "We're going out and clearing buildings, helping the Army with the convoys and patrolling cities."

The security forces unit, based out of Ali Al Salem Air Base, Kuwait, is responsible for conducting security patrols on the airplane runways and base law enforcement. However, these troops find time to train on other aspects of their profession.

"It's unique training that troops don't get at ... home," said Master Sgt. John Ward, 386th ESFS training NCOIC. "They can get it at this unique training environment that we're taking advantage of."

"We have guys coming from guarding missiles, doing camp security or patrolling," said Tech. Sgt. Kris Green, 386th ESFS squad leader.

He added, "This training allows guys to get on the same page and get everyone on the same tactics. We don't train with the same guy we go to war with and that's what we're doing now."

However, this is nothing new to Brown and other senior NCOs in the unit. Serving his eighth deployment of four months or longer, Brown has seen the tran-



Army/Spc. Michael Noggle

(Left to right) Senior Airman Christopher Blair, Airman 1st Class Kendal Hudson, Senior Airman Ravin Coulon and Senior Airman Paris Carman, 386th Expeditionary Security Forces Squadron, prepare to move into a building during a test run May 19 at Camp Buehring May 19 during night time operations.

sition in the security forces mission.

"When people think of Air Force, they don't think of guys on the ground, kicking down doors, searching buildings, doing Army-type work," he said. "When people see us doing it, it's an eye opener."

Brown added, "We've adapted. On my first few deployments we would see other services but never work with them. Lately, we have been working side-by-side with Army, Navy and Marine ... units."

The MOUT training consists of a four-man team running into buildings with simulated rounds and detaining insurgents.

As the teams moved swiftly through rooms with hostages, each member worked together, keeping their heads down and backs covered.

"This training keeps them putting their heads up," Brown said. "It hurts when you get hit from a simulation round, so you keep your head down."

"The training seems pretty realistic," said Airman 1st Class Justin Scott, 386th ESFS. "I've never cleared a building before."

"It's different from what we normally do," Hudson said. "It's a different experience doing these exercises live."

Not only has the squad conducted MOUT training, but they have fired at the ranges and will be conducting more convoy related exercises in the near-future.

Finding time in between their daily 14-hour shifts, the next step will be training on the Humvee Egress Assistance Trainer, Ward said.

"This training and anything we previously learned will be beneficial if we went into Iraq," Hudson said.

Not only is it benefiting this unit, Scott said, it's a sign of things to come for the Air Force security forces in their role in the War on Terrorism.

"It's sending a message of support," he said. "We're here to support the Army and the Marines, to take the pressure of their shoulders and try to get some of them sent home to see their families."

Scott added, "All military branches should pull their own weight and that's what we're doing."

Father, Daughter Meet Up 7,000 Miles from Home

Staff Sgt. Ryan Hansen
386th AEW/PA

Family reunions are held everywhere, but not many of them take place more than 7,000 miles away from home.

But as luck would have it, 1st Lt. Nicole McCoy, chief of protocol for the 386th Air Expeditionary Wing, had the chance to meet up with her father, Army Master Sgt. Donald Nuss, right here at Ali Al Salem Air Base, Kuwait, on Monday.

Master Sgt. Nuss is deployed to Camp Al Asad, Iraq, where he manages the help desk for more than 15,000 Soldiers and 7,000 contractors. He was traveling out of the AOR for his two-week break and landed at the air base only to be greeted by one of his own.

"I got to go out on the flightline, meet his plane and see him step off," Lt. McCoy said. "It was really nice."

Both father and daughter are traditional Guardsmen with the Nebraska National Guard. Lieutenant McCoy is a member of the Air Guard's 155th Air Refueling Wing, while her father is a member of the Army Guard's 67th Area Support Group.

Master Sgt. Nuss has started a family tradition so to speak, as all three of his daughters have been part of the Guard at one time or another.

"I have two daughters currently in the Air Guard and my oldest daughter was in the Army Guard for 14 years," he said. "I'm very proud that they decided to serve."

His youngest daughter,

Danielle, is a full-time staff sergeant in the Air Guard. She has deployed numerous times to the AOR and is returning once again in June. But while this is a source of pride for the family, it also causes some concern to their mother to have so many of her loved ones gone.

"She'd obviously like to have them back at home," he said. "But I tell her the Air Force takes good care of them."

"My sister has been all over the place," Lieutenant McCoy said. "So I think seeing her come and go so often actually helps (Mom) realize that we're pretty safe here."

Members of their extended family have also proudly served their country.

"My son-in-law was in the Army for 23 years and retired as a major and my second son-in-law, who is married to Nicole, is in the Army Guard and he's on his way to his second mobilization," Master Sgt. Nuss said.

Home for the Nuss family is a farm just outside of Sutton, Neb., a small community in the southeastern part of the state. When Master Sgt. Nuss' unit was activated last year, the 39-year veteran was given a choice whether to deploy or not.

"I was told I didn't have to go because I was 58 and at that age we have a choice," he said. "But I told

them if I could pass the physical and they wanted me that I would go.

"I passed the physical and I guess they wanted me," he said jokingly.

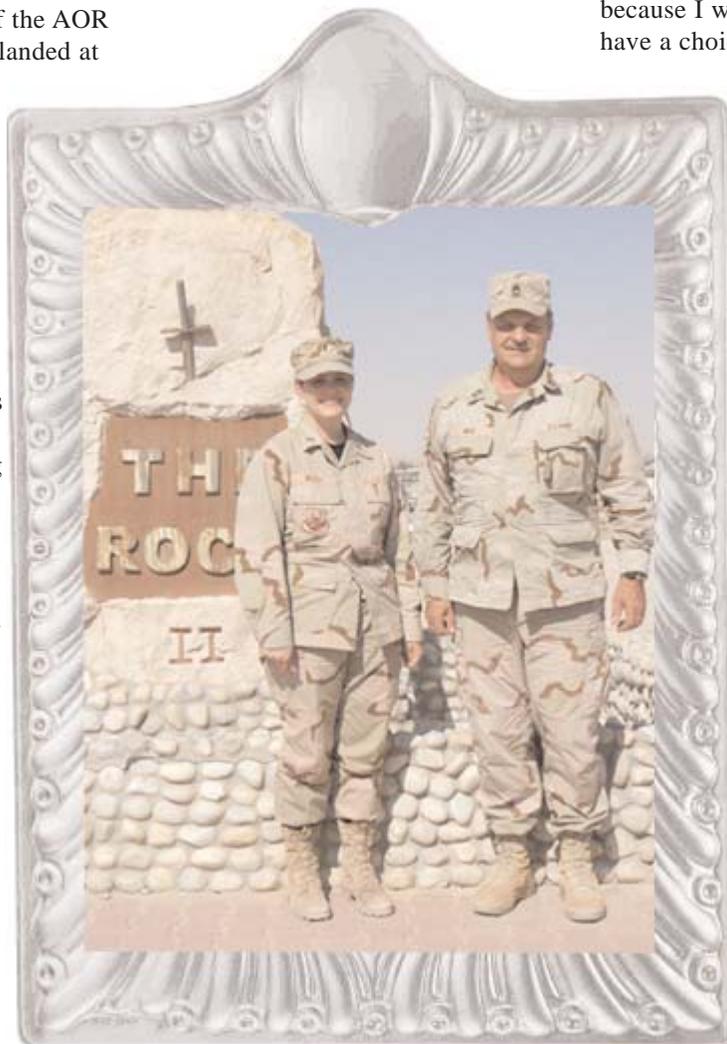
Before his year-long tour is over Master Sgt. Nuss will be joined by even more members of his family.

"Before I go home I'll have two of my daughters and both of my son-in-laws over here with me," he said.

The convenience is nice in more ways than just one.

"It's really neat that I can call them up from my office and it sounds just like they're right next door," he said.

Seeing family members is always a good thing, but for the Nuss family, it's even better on the other side of the world.



AMC LEADER VISITS KUWAIT

Staff Sgt. Ryan Hansen
386th AEW/PA

The commander of the Air Mobility Command visited his troops Tuesday in Kuwait and came away impressed.

Gen. Duncan J. McNabb met with the leadership of the 5th Expeditionary Mobility Squadron at Kuwait International Airport and sang the praises of their troops during a commander's call.

"I'm absolutely delighted that I could come here and see each and every one of you," General McNabb said to the assembled group. "You guys are doing some incredible work here and I wanted to come and thank you."

The 5th EMS is home to more than 350 personnel. This team provides rapid, global mobility and sustainment for troops in the AOR and they move an incredible amount of passengers and cargo daily.

"You can't believe what they do unless you come out and see it for yourself," he said. "What they are doing for their country each day is truly saving lives."

The commander then moved onto to visit the 386th Air Expeditionary Wing at Ali Al Salem, Kuwait. There he ate lunch with Airmen and toured the quality-of-life facilities at the base.

"The last time I was (here) was right after Operation Desert Storm," General McNabb said. "It was during the day, but it was completely dark outside because of the burning oil fields, so things are a lot different this time."

The 386th AEW is home to more than 3,400 Airmen. The air base is the primary aerial hub for Operation Iraqi Freedom and provides air-lift support for Operation Enduring Freedom and the Horn of Africa.

"Thanks for what you are doing for the warfighter," he said. "Your efforts are making a tremendous impact throughout the AOR."



Air Force/Staff Sgt. Ryan Hansen

(Left) Gen. Duncan J. McNabb, commander of Air Mobility Command, walks with Col. Timothy L. Hale, commander of the 386th Air Expeditionary Wing, during his visit to Ali Al Salem Air Base, Kuwait, Tuesday. The general also met with troops from the 5th Expeditionary Mobility Squadron at the Kuwait City International Airport. (Below) General McNabb shakes hands with Senior Airman Eric McGee, a force protection troop with the 386th Expeditionary Security Forces Squadron, as Senior Airman Richard Massetti looks on.



(Left) General McNabb talks with troops from the 5th EMS during a commander's call at the airport.



Ask the Commander

**Col. Timothy Hale,
386th Air Expeditionary Wing Commander**

Your ideas, suggestions, kudos and comments are important. To send a note to me, simply click "Ask the Commander" on the Salem Intranet Site home page at <http://intranet.salem.af.mil/>. I will personally look into your concerns and get back to you. Items of general interest will be published in the newsletter or on the intranet.

Comment: I joined the enlisted ranks of the Air Force in 1995. Less than a year later was stationed at Mt. Home Air Force Base, Idaho, where I unfortunately had friends deployed and living in the Khobar Towers, where on July 26, 1996, was destroyed by a terrorist car bomb. Today and many deployments later, I am here at Ali Al Salem, for the third time, where a lot of construction is taking place and where I am lodging in building 425, which currently is butted up right next to such construction.

As I exit my building I have to be careful not to trip over the fence that has been placed just three feet from the door and notice that there are three vehicles parked just feet from building 425 and 426. One of these vehicles is a large green Mercedes dump truck, parked maybe four feet from building 426, which houses many Army personnel. The other vehicles are tractor trailers again only feet from building 425 and the gym.

My concern is this. Although I know the security forces do a great job screening the TCN's prior to their entry onto base, with the creativeness of many terrorist trying to inflict harm on the U.S. in any way, who is to say that having these vehicles in such a close proximity to buildings could prove to be a fatal mistake?

I understand that space is limited here at Ali Al Salem, but looking around the immediate area there seems to be better locations for these vehicles, away from buildings housing many military personnel. Sure, relocating these vehicles may slow the already snails pace construction but ensuring the safety of our military members is well

worth the wait for a new building.

One other item is since we are in Force Protection Condition Bravo Bravo are we supposed to have vehicles this close to buildings or are they supposed to be 20-30 yards from any building, just like all of our dumpsters currently are?

I appreciate your time and the opportunity to express my concern for the safety of my fellow service members.

Response: I appreciate and share your desire to keep our people safe. Rest assured that we have defensive measures in place that reduce the vulnerability of personnel and resources to terrorist acts. The threat of terrorism is real and must be taken seriously by all personnel assigned to Ali Al Salem.

Our security forces professionals thoroughly search vehicles and personnel while our force protection escorts monitor all TCN activities, but every Airman must continue to be a sensor. With the recent growth of facilities on the Rock, our civil engineers, security forces and safety officers are developing a more comprehensive base plan which limits driving and vehicle access near living quarters as well as office buildings.

Again, I thank you for your vigilance and for taking the time to voice your concern. I encourage you to help others be vigilant to recognize out of the ordinary circumstances and report them immediately to the Air Force Office of Special Investigations at 442-4814 or the 386th Expeditionary Security Forces Squadron at 442-2511.



ANTI-TERRORISM TIPS

- Wear conservative clothes such as: collared shirts, long pants and a conservative pair of shoes
- Don't wear shirts with military symbols, cowboy boots, crop tops, short shorts or anything that tells people you are an American.
- Ask people you are with if you can call them by their first name. The reason for this is you or the other people you are with do not want to be targeted as a ranking military person.
- Never eat at a stand alone American restaurant (example: McDonalds or Applebees). Terrorist see these kind of restaurants as soft targets because they stand for freedom and the American way of life. They also know Americans love eating at these places.
- Immediately report any suspicious activity or contact to your supervisor or the Office of Special Investigation at 442-2087.
- If you have any questions or comments, please contact the 386th Expeditionary Security Forces Squadron at 442-9937.

386th Air Expeditionary Wing Rock Solid Warriors



**Staff Sgt.
Rual H. Rosales III**

586th Movement Control Team
Shift Supervisor

Home unit, base: Combat Logistics Support Squadron, Tinker Air Force Base, Okla.

How do you support the mission here? My support of the mission is to coordinate the timely movement of convoy missions from the Kuwait International Airport with deploying personnel to various locations in Kuwait and Iraq. Additionally, we provide a resting point to coalition forces as well as all branches of the U.S. military and Coast Guard. While at this staging area forces are provided food and drinks prior to their departure.

How many times have you deployed and what makes this one unique? This is my third deployment and different and unique in many ways. First, I'm deployed with the Army working directly with an Army Battalion. Second, I work hand in hand with the Kuwait Army and police forces arranging security for our troops moving forward. And finally, I work coordinating buses with TCN's and maintain force protection measures.

How does your job differ in a deployed environment vs. home base? My job here is completely different from home station. At home I work base closure issues fabricating containers for the movement of unique items and materials. Here I am responsible for the movement and safety of personnel.



**Tech. Sgt.
Robert S. Constable**

386th Expeditionary Mission
Support Group, Det. 1

Liason officer for the dining facility, recreation center assistant, United Service Organizations coordinator and Army & Air Force Exchange Service motion picture coordinator

Home unit, base: 72th Mission Support Group, Tinker Air Force Base, Okla.

How do you support the mission here? I provide the best morale and fitness programs in Area Support Group, Kuwait.

How many times have you deployed and what makes this one unique? I've deployed 10 times. This one is unique since we are deployed as part of the Army.

How does your job differ in a deployed environment vs. home base? I am the NCOIC of four fitness centers and a personal trainer at Tinker AFB. Here we do the entire services career field job except for mortuary affairs.