



ALI TIMES

June 9, 2006

Table of contents

“The Heat is On”

Col. Orr talks about this week's successes: Page 2

“Working together”

Master Sgt. Marshall discusses Total Force: Page 3

Formal retreat

Photos of Ali Base's first formal retreat: Page 4

Cleaning up Ali

ELRS fills deuce and a half with trash from around base: Page 5

Farewell

Last assigned Air Force flying unit departs Ali: Page 5

CAC card use

Ali Airmen must use the CAC to access network soon: Page 6

From the CPIC

Latest news from around Iraq: Page 7

Putting it together

Intel flight gathers pieces, puts them together : Pages 8-9

Boss and Buddy night

ESVS inaugurates event at Ali Big Top: Page 10

Beating the heat

Doc offers tips on preventing heat injuries at Ali: Page 11

How hot is it?

How do medics determine the heat stress?: Page 12

Take a class

Muscle Beach offers many classes to improve fitness levels: Page 13

Movies and more

Event schedules: Pages 14-16





Vol. 4, Issue 23
June 9, 2006

Col.

David L. Orr

Commander, 407th AEG

Lt. Col.

Richard H. Converse

*Deputy Commander,
407th AEG*

Master Sgt.

Andrew Gates

Editor/Chief, Public Affairs

This funded newspaper is an authorized publication for members of the U.S. military services overseas. Contents of the *Ali Times* 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 407th Air Expeditionary Group. All photographs are U.S. Air Force photographs unless otherwise indicated.

The *Ali Times* 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

Ali.Times@tlab.centaf.af.mil

Deadline for publication is 7 p.m. Thursday before the week of publication.

For more information, call 445-2318, or e-mail the editor.

Front Page photo

Members of the 407th Expeditionary Services Squadron honor guard fold the flag after the group's first formal retreat ceremony by the Airman's Memorial on Saturday. For more photos of the retreat, see Page 4. (Photo by Staff Sgt. Jonathan Pomeroy)

The Heat is On — Ali Airmen Thrive

By **Col. David Orr**

407th Air Expeditionary Group Commander

Greetings Team Ali. Please accept my thanks for another highly successful week, each of you making a difference in combat, beating the heat and the threat in Iraq!

We have a great many Superior Performers doing extraordinary acts each day. The ECS and ECES Help Desks are taking work orders seven days a week, making sure our mission and people's needs are met. They send out specialists in the 115 degree temps and they get the job done right every time, without any of us noticing any disruption to the mission or our lives at Bedrock. I see energetic Airmen in ESVS running from one location to the other, tailor-

ing events for each Airman or just making our day with an enthusiastic smile, 24 hours a day/ seven days a week. ELRS Vehicle Maintenance accepts ESFS and OSI vehicles that have been running hard "outside the wire" and makes the fixes to keep them mission-ready. Tech. Sgt. Charles Montgomery and his small computer team have been doing a great job getting the base ready for the Common Access card initiative. The tower and RAPCON controllers run several thousand operations each week flawlessly and that is their expectation for this AEF, perfection in controlling the flying operation at Ali.

Over to our Defenders. The Force Protection team performs LN/TCN escort duty under the inspired leadership of Chief Master Sgt. Gregory Robinson. They bring 20 varied AFSCs to the fight and I appreciate their focus and professional bearing. Tech. Sgt. Scott Morris took the lead in building and executing the Training Plan for the Army to assume our Off-Base Patrol and Entry Control Missions. It is a world class train-up and the Army is stunned at how effective the training has been in their preparation to assume the mission on July 1. Please also ask Master Sgt. Dan Lambert and Staff Sgt. Jennifer Simmons what it takes to be a Professional Airman. These Defenders just earned 332th Air Expeditionary Wing honors as the #1 Senior NCO and #1 NCO in this 6,000+ Airman wing!



Col. David Orr

Let me tell you about Master Sgt. Steve Mulford from ECES. He is Senior Master Sgt. David Sullivan's key leader for so many utilities needs we take for granted. Sergeant Mulford is responsible for making sure you have water each day and our Cadillacs serve the needs of 900 Airmen. I'm very impressed with this young 50-year old former Marine and he is my first selection for a Friday and Saturday night stay in our DV trailer. I would write for days with individual lauds for our Superior Performers and Teams so you will have to accept this small dose of excellence each week.

I do want to close with a mix of thanks and express some disappointment regarding my Adherence to Standards and Professional Image priorities. A

vast majority have made me proud to serve side-by-side you with an immediate compliance to the Dress and Appearance OI standards. I especially appreciate those supervisors who stepped up and earned my trust and respect as enforcers for those that don't get it. I also see a great many Airmen who are proactively doing something about their physical fitness and professional image. I know its tough in many cases to start down this road but you will be better for it, both for the increased productivity in your mission but more importantly making a positive change for the rest of your life!

On the negative side, I'm extremely disappointed in that group of Airmen who have chosen NOT to comply. It's a tough pill to swallow to clearly state the rules one-on-one at our CC Calls and have you not adhere to the standards. It gets worse to observe supervisors who blatantly turn a blind eye to Airmen not complying with standards. For this infamous cadre of Airmen, please know that I am a visible leader because I CARE; and the big dilemma for you is I have the energy to meet, observe, and know all 900 Ali Airmen, and that includes all those who BETRAYED MY CONFIDENCE. Remember Mission Effectiveness and Good Order and Discipline is a lot about TRUST and LOYALTY—we have an awesome team and I will demand that we are one team, one fight, in preserving our nation's freedom.

Active duty, Reserves bring great assets as part of military Total Force Concept

By Master Sgt. Deborah Marshall

407th Expeditionary Civil Engineer Squadron first sergeant

The Total Force Concept integrates Reservists and active duty personnel in order to accomplish the mission rather than constantly deploying active duty forces time and time again. The whole basis of the Aerospace Expeditionary Force (AEF) is that both active duty and reserve components are integrated with the same goal in mind: to accomplish the mission.

However, what really happens when you throw the different components together to accomplish the mission? Is the Total Force Concept a good idea? Do active duty Airmen think Reservists don't know what they're doing? Do Reservists think that the active duty force is too fussy about adhering to all the standards? Which component is right and which one "rules?" And is all of this really necessary in a combat zone environment? Let's find out.

The perception of Reservist components towards active duty is often as follows: they follow standards and guidelines to "the letter of the law;" respect must be clearly given to NCOs and officers; and, a sharp and quick response of 'yes sir' and 'yes ma'am' is expected when asked questions by senior-ranking personnel. Customs and courtesies are certainly a "staple item" but is it to the point where it creates a "stuffy" and stiff working environment? Then there are Operating Instructions (OIs), regulations, policy guidance, supplemental information, forms to fill out and more forms on top of that. Are these forms a waste of time? All active duty forces have their physical training schedule already in place and implement strict self-discipline in order to continue with that routine.



Master Sgt. Deborah Marshall

Is all of this true?

Now let's take a look at how active duty Airmen might see the Reserve components. At a glance, they might be viewed as overweight, too laid back, not paying attention to detail, not caring about the standards and not taking things serious enough. Also, National Guard and Reserves could not possibly know much, if anything, about their jobs when they only do this two days a month at home station. After all, active duty forces are living and breathing this every day so they surely are more knowledgeable than the Reservists. And only two weeks a year of active duty? How could Reservists possibly have any clue of what is going on? Well, let's get to the bottom of this.

The real story is that the Total Force Concept IS a crucial and very important part of today's Air Force. It takes a team effort on the part of all components to make this work. Active duty forces do follow stringent standards and guidelines and this is necessary in order to maintain good order and discipline. It is especially crucial in a combat zone/war environment when, for example, a senior NCO needs to know

that he/she can count on an Airmen to follow orders. It could save you or your buddy's life. As for customs and courtesies, yes, it is part of the military standards but, more importantly, is indicative of a basic human respect for people. Giving or returning a greeting should be

crisp, clear and enthusiastic.

On the administrative front, forms may be irritating and time-consuming at times but documentation is the key to being organized and keeping track of what is going on. This includes tracking how much money is being spent on projects, personnel, etc. and is very important.

As for physical fitness, not all active duty forces have that rigorous set-in-stone physical training regime that one might think. They are human too and, just like everyone else, sometimes need to be re-motivated and given some guidance on getting back on track to get in shape. Similarly, not all Reservists are fat, out of shape and unmindful of items pertaining to the Air Force culture. Reservists constantly balance their full-time civilian careers with their military careers, family issues, etc. In fact, they often do have self-discipline about PT routines in order to just keep sane with all the juggling of multiple life issues and dual careers.

In addition, National Guard and

Continued on page 10:
Total Force

Ali Airmen hold first formal retreat



Above, members from the 407th Expeditionary Operations Support Squadron and other Ali Airmen gather for the retreat. (Photo by Master Sgt. Andrew Gates) Right: The descending flag is framed by the salute of a 407th EOSS member. (Photo by Staff Sgt. Jonathan Pomeroy) Below, Airman 1st Class Bobby Lightfoot and Staff Sgt. Aleena Corona secure the flag. (Photo by Sergeant Gates)



The honor guard folds the flag at the conclusion of the ceremony. (Photo by Sergeant Pomeroy)

ELRS helps clean up Ali Base

Logisticians fill two and a half ton truck with day's gatherings

By Master Sgt. Andrew Gates

407th Air Expeditionary Group Public Affairs

A squadron on base made inroads on helping keep Ali Base cleaner during a squadron-wide trash pick up.

The 407th Expeditionary Logistics Readiness Squadron picked up enough trash to fill the bed of a two and a half ton truck during their trash pick up Monday.

"We didn't stop operations," said Master Sgt. Robert Lue, 407th ELRS vehicle operations superintendent. "We asked everyone to pick up trash over the course of their day and drop it off by vehicle operations."

The squadron did quite well, he said, collecting a lot of junk – mostly bags, wood and pallets.

"We had a great turnout," said Sergeant Lue. "Everyone in the squadron did a good job."

Although no one turned in anything unusual during the cleanup, the sergeant was surprised by what was blowing around the base.

"I found a lot of meals-ready-to-eat packages – some still with food in them – that animals had dragged off and gnawed on," he said. "We have a lot of foxes over in our area."



Staff Sgt. George Peoples, left, and Senior Airman Dustin Harr, 407th Expeditionary Logistics Readiness Squadron, load some of the trash collected in the back of a two and a half ton truck. (Photo by Master Sgt. Andrew Gates)

The purpose for the clean up was to help keep Ali clean and leave the place better than when the logisticians arrived, said Sergeant Lue.

"As Americans in Iraq, we produce a lot of trash," he said. "We wanted to do our part to clean it up. When you mention to people there's trash out there, you get some odd looks. But if you look at the ground with the intent to pick up stuff, you can fill up a trash bag within about

10 feet, in some areas. It's like at home – stuff blows out of dumpsters, blows out of windows, and the junk just stays on the ground."

Sergeant Lue would like to see the other base organizations step up and do something similar during their time at Ali.

"We'll provide the truck, if they need it," he said. "All we ask is that the unit provides the people to empty the vehicle."



Final take off

Left, Col. David Orr, 407th Air Expeditionary Group commander shakes hands with members of the 192nd Expeditionary Airlift Squadron before they board for their final flight while assigned to Ali Base Monday. The 192nd EAS is the last Air Force flying unit assigned to Ali Base. Above: The 192nd EAS takes off on its final flight. (U.S. Air Force photo by Staff Sgt. Jonathan Pomeroy)

CAC network access improves security

All Ali Base Air Force users must log in with card, PIN by July 1

By Master Sgt. Andrew Gates

407th Air Expeditionary Group Public Affairs

Within three weeks, Ali Base network users will no longer have to remember a number of different user names and passwords to access the network and web sites like MyPay and the Air Force Portal.

All they will need is their current military Common Access Card and a personal identification number.

“After July 1, all local network users must use the CAC and their PIN to access the network,” said Tech. Sgt. Charles Montgomery, the 407th Expeditionary Communications Squadron NCOIC, small computers. “The Air Force is pushing this across the service for security reasons. It will be mandatory AF-wide after August 1 – however, all bases in the AOR are tasked to accomplish CAC login on every user account one month early.”

From the security standpoint, this improvement is good for two reasons, he said. First of all, the CAC card is far more secure than a user name and password system.

“It’s often easy, especially on the network, to determine someone’s user name – then, all someone has to do to access the network is to find out the person’s password,” he said. “Not only that, since people have different user names and passwords on other Air Force systems, it can often be difficult for people to remember all those names and passwords.”

With the CAC card login using single sign-on technology, people can access Air Force computer systems – like Air Force Portal and



MyPay – without multiple logins.

Over the past weeks, Sergeant Montgomery and his team have been working with unit client support administrators, or CSAs, to install the hardware and software needed to login with the card. As of Wednesday, they have about 81 percent of Air Force machines at Ali ready to go.

The biggest challenge they currently face is actually getting people to verify that they are able to access the network using their card.

Most often, this is because people have forgotten their PIN, or the certificates are not loaded on the card. If people have forgotten their PIN, all they need to do is head over to PERSCO, said Tech. Sgt. Donald Boozer, 407th Air Expeditionary Group PERSCO. If they remember their PIN, but are not able to log in because the certificates the network

needs for log in aren’t available, they need to stop by the Army.

“We have already talked to the Army, and they are more than happy to work with people who need to load their certificates,” said Sergeant Boozer. “What sometimes happens is people have forgotten their PIN, come to us to reset it, and then discover they need to have certificates loaded. When that happens, they can go directly to the Army’s Personnel Support Detachment.”

The Army PSD is in Bldg. 320 right next to the Army gym and across the road from Army MWR; their number is 833-1669, said Sergeant Boozer.

Once the cards are ready to go, unit CSAs require people to verify that they can, in fact, log into the network long before the July 1 deadline for accessing the network with the CAC, said Sergeant Montgomery.

“Some people are having problems getting into the system and we want to make sure we work out all those bugs now, before they can’t get into the system to do their mission,” he said.

People who have trouble should contact their unit CSA, who will help them work through the troubleshooting process.

“Once people get into the system, though, they are home free – they can log into any machine and will be able to get on the unclassified network.”

For more information on CAC security using the Public Key Infrastructure, surf to <http://www.entrust.com/pki.htm?source=overture>.

Father’s Day is coming!

If you are at Ali and you would like to send a special message to your father -- or you have a special father who is stationed at Ali Base and you would like to send a message to them, send an e-mail to ali.times@tlab.centaf.af.mil before June 12. The Ali Times will have a special section with these messages in the June 16th edition.

From the CPIC: Briefs off the wire from the CENTCOM Combined Press Information Center

CFs kill Abu Musab Al-Zarqawi

BAGHDAD, Iraq – Gen. George W. Casey Jr., Multi-National Force-Iraq Commanding General, announced the death of al-Qaida in Iraq leader Abu Musab Al-Zarqawi in the following statement during a press conference with Iraqi Prime Minister Nouri al-Maliki and U.S. Ambassador to Iraq Zalmay Khalilzad June 8:

“Ladies and Gentlemen, Coalition Forces killed al-Qaida terrorist leader Abu Musab Al-Zarqawi and one of his key lieutenants, spiritual advisor Sheik Abd-Al-Rahman, yesterday, June 7, at 6:15 p.m. in an air strike against an identified, isolated safe house.

“Tips and intelligence from Iraqi senior leaders from his network led forces to al-Zarqawi and some of his associates who were conducting a meeting approximately eight kilometers north of Baqubah when the air strike was launched.

“Iraqi police were first on the scene after the air strike, and elements of Multi-National Division North, arrived shortly thereafter. Coalition Forces were able to identify al-Zarqawi by fingerprint verification, facial recognition and known scars.

Al-Zarqawi and al-Qaida in Iraq have conducted terrorist activities against the Iraqi people for years in attempts to undermine the Iraqi national government and Coalition efforts to rebuild and stabilize Iraq. He is known to be responsible for the deaths of thou-

sands of Iraqis. Al-Zarqawi’s death is a significant blow to al-Qaida and another step toward defeating terrorism in Iraq.

“Although the designated leader of al-Qaida in Iraq is now dead, the terrorist organization still poses a threat as its members will continue to try to terrorize the Iraqi people and destabilize their government as it moves toward stability and prosperity. Iraqi forces, supported by the Coalition, will continue to hunt terrorists that threaten the Iraqi people until terrorism is eradicated in Iraq.”

Iraqi force raid nets 2 cell leaders, kills insurgent financier

BALAD, Iraq – Iraqi forces conducted precision, near simultaneous raids on four separate targets in Baghdad early on June 1, killing an insurgent financier and capturing two cell leaders.

The Iraqi Army forces, assisted by Coalition Force advisers, raided four targets in central Baghdad and killed a financier responsible for bankrolling insurgent activities in at least three of the city’s districts.

Another individual, associated with the two cell leaders, was captured in the raid. Iraqi forces confiscated several weapons including nine AK-47 assault rifles, four pistols, one shotgun and four grenades.

Maintenance sergeant receives \$9,000 for good IDEA

BARKSDALE AIR FORCE BASE, La. (AFPN) — A \$9,000 award was given to a technical sergeant from the 2nd Maintenance Squadron here for his suggestion through the Air Force Innovative Development through Employee Awareness program, known as IDEA.

Tech. Sgt. John Biery received recognition for correcting a maintenance problem on F-16 Fighting Falcons. The first-year savings for this improvement is \$60,000.

Sergeant Biery’s idea dealt with the field-level repair of misaligned holes on the leading edges of F-16 aircraft horizontal stabilizers. There are discrepant alignment problems with the horizontal stabilizer box assembly.

Sergeant Biery realized this was

a problem in 1999 while he was deployed to Aviano Air Base, Italy.

“We went through the F-16 horizontal leading edges on a daily basis which piqued my interest in how much they cost and looked for a way to prevent them from being condemned,” he said.

Sergeant Biery said he originally sent the idea to engineers in 2002 while assigned to the 388th Maintenance Squadron at Hill Air Force Base, Utah.

“The unit had a continuous problem with supply not being able to get enough of these leading edges in a timely manner,” he said. “This was impacting flying hours and mission readiness.

“Simply put, we could not get enough of the stabilizer leading edges to us as fast as we were go-

ing through them, due to alignment issues when they were installed,” Sergeant Biery said. “When the leading edge was checked for proper alignment, some of them would not line up properly and there was no fix to this problem.

“I came up with a way to allow for alignment of the leading edge. I had some doubts whether the engineers would be interested due to this being a critical control surface with very strict repair instructions,” Sergeant Biery said. “Once I had my idea formulated I forwarded the instructions and pictures to engineering and they started using them at the depot at Hill AFB.”

Sergeant Biery said he decided to turn in his idea for award consideration once the depot successfully used the repair several times.

Putting the **PICES** together

Intel flight compiles, analyzes information to keep troops safe

By Master Sgt. Andrew Gates

407th Air Expeditionary Group Public Affairs

Predicting enemy actions in a combat zone like Iraq is like trying to put together a puzzle where not only the pieces rapidly change, but the overall picture changes moment by moment.

At Ali Base, three members of the 407th Expeditionary Operations Support Squadron intelligence flight spend their day doing exactly that – putting together the pieces of a rapidly changing puzzle to protect the people at Ali.

“We provide operationally relevant intelligence to support the group commander, security forces, explosive ordnance disposal team and fire department so they can be situationally aware when they respond to events on or off base,” said Maj. Charles Weaver IV, the chief of the intelligence flight. “For instance, if they are headed out to a bridge, and we heard that someone might have planted an improvised explosive device there, we can tell them about it.”

“We want to make sure everyone is aware of the possible dangers and they come home safely when they go outside the wire,” said Senior Airman Jeana Pecukonis, intelligence specialist.

The members of the flight do this by putting together and analyzing material – something like putting together a term paper, said Airman Pecukonis. They gather material from home units, headquarters and other sources, put it together in a graphical format and pass it on, as appropriate, to their customers.

“You could think of it as a puzzle,” said Major Weaver. “Everyone comes into theater with the borders – they know about how big the puzzle

“Everyone comes into theater with the borders – they know about how big the puzzle is; they know the edges. What we do is start putting the puzzle together, piece by piece, from online research, our networking with units on base and our other sources.”

— Maj. Charles Weaver
chief, Intel flight



zle is; they know the edges. What we do is start putting the puzzle together, piece by piece, from online research, our networking with units on base and our other sources.”

The work they deal with here is much different from at home – Airman Pecukonis and Tech. Sgt. Gaylen Charles, the third member of the team, hail from Vandenberg AFB, Calif., where their concern is more with space-borne assets and threats. Major Weaver is from Air Combat Command at Langley AFB, Va., and has mostly been involved recently with acquiring the systems needed to accomplish the intelligence mission.

“This is 180 degrees from what I do at home,” the major said. “It requires different skills, but it is good to get back into the ‘real’ intelligence world.”

Another difference between the mission at home and the mission here is the information they receive to put together, said Major Weaver. Much of the information he dealt with at Beale (a previous assignment) was ‘raw’ – original information that hadn’t been refined or edited.

“At home, I would be able to

hear, for instance, a tape recorded message between two people,” he said. “Here, I might get information that two people, let’s say John Smith and Jane Doe, had a conversation and they might have discussed a football game – but maybe they didn’t. We already have different people who have analyzed and given their interpretation of the available information.”

Getting different interpretations of information is key to the intelligence flight successfully completing their mission, Major Weaver said. “Every member of the flight brings different experiences to the table – we can each look at the same information and come up with different conclusions – we can analyze these conclusions to see which one makes the most sense. When intelligence is done correctly, it is cooperative. Any interpretation could be the right one.”

Another challenge for the intelligence team is dealing with the different languages, said Major Weaver.

“We have a very large coalition presence on the base,” he said, “and we get a good deal of information

Continued on page 9:

Intel



High level greeting

Colonel David Orr (left), Commander, 407th Air Expeditionary Group, greets former Prime Minister of Iraq, Ibrahim al-Jafaari, during a recent visit to Ali Base, Iraq, Monday. (Photo by Staff Sgt. Jonathan Pomeroy)

Intel

From page 8.....

from them every day. Trying to communicate with them can be tricky – of course, sometimes talking to other services – such as the Army — can be a little challenging as well.”

This can be more of a challenge in the future as the Army takes a larger role around the base, he said. Currently the team provides some briefings to the Army forces protecting Ali Base – that will continue for some time until the Army spins up the infrastructure to provide their own intelligence analysis.

Making sure the right information is available to the troops who need it is what makes the job rewarding.

“I like briefing,” said Airman Pecukonis. “It’s great when I am able to put information out there and get questions – that helps me make a better analysis of the information I give out.”

Sergeant Charles agrees. “It is good to find and provide the important information that may drive a decision to make an operation safer or more successful.”

And getting feedback from those folks directly impacted by their information can be rewarding as well, said Airman Pecukonis.

“Getting feedback when we give good information is one of the best feelings – since we are not physically out there,” she said. “But, it is better when the information we provide them directly contributes to them

making the choices that will bring them home – bring them back safely so they can go home to their loved ones.”

Major Weaver agrees.

“It is an exhilarating experience to make that kind of an impact on people’s lives,” he said. “We get those opportunities here – it is the best feeling in the world.”

Making those operations successful also mean that the flight has a great deal of impact on ensuring the growing democracy in Iraq stays burgeoning.

“I am excited to be in on the process – what we do here today will shape the country for decades to come,” said Major Weaver. “I can say that I was there when it happened – it is a very important mission and I am honored to be a part of it.”

That’s important to Sergeant Charles, as well.

“I am here doing my job for my country,” he said. “If we are successful here, my time was well worth it.”

Airman Pecukonis is proud of not only being a part of history, but her particular part she plays.

“I don’t think I could have a better job in the Air Force.”



“It is good to find and provide the important information that may drive a decision to make an operation safer or more successful.”

— Tech. Sgt. Gaylen Charles
Intel Flight

Boss and Buddy night

407th ESVS inaugurates get-together event in Ali Big Top



Senior Airman Jacqueline Marshall, 407th Expeditionary Services Squadron, sells pizza to Tech. Sgt. Dexter Laffin during Saturday's Boss and Buddy night at the Big Top. The 407th ESVS sold more than 20 pizzas during the event. The team from the 407th Air Expeditionary Group finance office got together for some pizza and conversation. (Photos by Master Sgt. Andrew Gates)

Total Force

From page 3.....
Reserves often have high morale and extreme camaraderie from years of working together and knowing each other. Many members are friendly with each other's families and units are often an extension of a person's family. They have continuity with each other and with other Reserve units from deployments over the years. This typically results in a first name basis relationship and, often, can be perceived as a lack of customs and courtesies (saluting, jumping out of your seat when rank steps into the room, etc.). On the other hand, National Guard members most often have volunteered to participate in AEF rotations and that generally results in a positive attitude while deployed.

Another point is that

Reservists also typically have a civilian job that corresponds with their military job and, therefore, are experts in their specialty fields, no matter what rank they might be. For example, in a Civil Engineering Squadron, you might have a staff sergeant who worked 2,000 hours/year OJT for three years, had technical schooling and a took a written test to get his/her electrical Journeyman's License.

To be a Master Plumber, one has to work over 6 years on the job, take 800 hours of technical classroom training and take very rigorous written and oral state exams. In addition, many officers and/or senior NCOs are in mid-to senior-level management in their civilian careers and have experience



dealing with people on a regular basis. One should also keep in mind that Reservists have the same training requirements as active duty forces but have to get that done in 39 days (12 weekend drills plus 15 days of active duty) of the year rather than 365. To say that a typical "drill weekend" is busy is an understatement.

In conclusion, members of both active duty and reserve components

should understand that each component, although all part of the U.S. Air Force, has its own unofficial culture at their respective home stations. It sometimes takes a transition period and a little patience to get all personnel into the same mindset but we are all one team, fighting one fight. We are proud Americans defending our great country and helping out other less fortunate countries. The Total Force Concept is a good thing and brings us all closer together with a clearer understanding of what we all do. So, which component rules? None. Collectively, we all compile what is known as the U.S. Air Force. We all "rule" and if you're here at Ali in DCUs serving our country, you're a winner in my book.

Beating the desert heat

Clinic staff offers tips for preventing, treating heat injuries

From the 407th Air Expeditionary Group medics

The temperatures around Ali Base are slowly climbing as the southern Iraq summer begins.

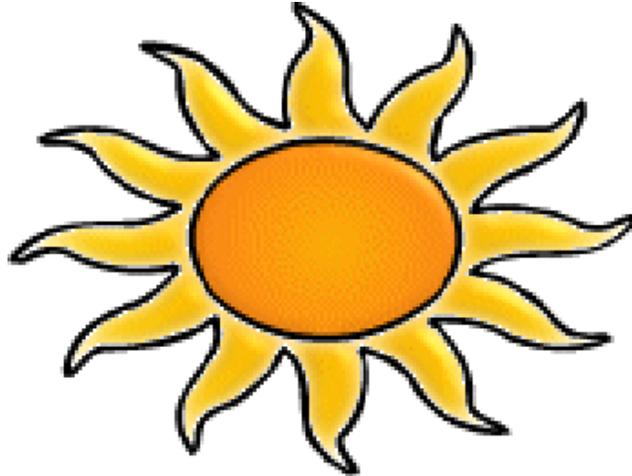
Airmen around base can expect much of the same through the rest of their rotation – circumstances similar to those in some parts of the southeastern United States, said Capt. (Dr.) Trevor Schar, 407th Air Expeditionary Group doctor.

“Daytime temperatures will average well above 100 degrees with very little humidity and no precipitation,” he said. “Knowing how to protect oneself against these conditions will help prevent heat injuries – but equally important is knowing how to recognize and treat heat injuries.”

Heat injuries do not depend on the temperature, but the temperature index – how the conditions affect the body, said Captain Schar. At Ali, the medical community uses the wet bulb globe temperature, determined at regular intervals during the day by the bioenvironmental engineering technician. The temperature index determines what heat stress category the base is currently in. These stress categories – ranging from 1 (least stress) to 5 (most stress), and also determine suggested work/rest cycles.

The easiest way to prevent heat injuries – avoiding the heat – isn’t realistic given the Ali mission, the captain continued. To minimize the risk of a heat injury, he offers the following suggestions:

- Stay inside, as much as possible, between 10 a.m. and 4 p.m. – the time which poses the highest risk for heat injuries
- Stay out of the sun and wear the floppy DCU hat for shade



- Drink lots of water
- Avoid caffeinated drinks – these increase water losses through urination
- Wear sunscreen and avoid sunburn – sunburn impairs the skin’s ability to lose heat
- Follow the guidelines outlined by heat stress categories

Despite their best efforts, people at Ali may still fall victim to a heat injury, Captain Schar said. There are two types of injury – heat exhaustion and heat stroke, with heat stroke being potentially life-threatening.

“Exertion heat stroke typically affects young active persons,” said the doctor, “especially those who have not acclimatized to the heat of an Iraq summer. During heat stroke, the body temperature is often elevated to more than 104 degrees F. This may lead to damage to many organs – including the brain, kidneys and liver.”

Typical symptoms for heat exhaustion are:

- Dizziness or lightheadedness
- Headache
- Thirst
- Nausea/vomiting
- Fatigue/weakness
- Muscle aches/cramps

Symptoms for heat stroke are very similar to those for heat exhaustion, said Capt. Schar, with one major exception.

“The hallmark symptom of heat stroke is a change in the person’s mental status,” he said. “This can include changes in behavior, confusion, disorientation or loss of consciousness. Other symptoms can include flushed, hot, dry skin; rapid heart rate or breathing; seizures and shock.”

If heat exhaustion is suspected, Captain Schar suggests:

- Move the person to a cool, shaded place
- Remove any extra clothing
- Provide cool water or sports drinks
- Fan air across the patient’s exposed skin
- Bring the patient to the clinic for evaluation and monitoring

If the heat exhaustion has advanced to heat stroke, the patient needs to be brought to the emergency room immediately, said Captain Schar.

“You can start some of the measures noted above for heat exhaustion, but time is of the essence,” he said. “The sooner the person is treated, the better the chance they will recover without significant injuries.”

People who have suffered a heat injury are more susceptible to subsequent injury for at least the next 48 hours, said Captain Schar. The person should avoid re-exposure and then progressively reacclimatize to the summer.

“As you can see, a heat injury

Continued on page 12:
Heat Injuries

Heat stress more than just temperature

From the 407th Air Expeditionary Group medics

Operations at Ali Base are often controlled by the current heat stress condition – recommended work and rest cycles change depending on that condition.

But, that stress condition is more than just what the outside temperature is, according to Master Sgt. Martina Schmidt, 407th Air Expeditionary Group bioenvironmental engineering technician. More important is how that temperature, when combined with other factors such as humidity, affects the human body.

To determine the heat stress condition, Sergeant Schmidt uses the wet bulb/globe temperature, or WBGT, index. That index is made up of three different elements.

The first reading is from a “black globe thermometer,” she said.

This instrument usually consists of a 6-inch black globe with a thermometer at the center. This thermometer measures the integrated effects of radiant heat (i.e. the heat being radiated

from the ground) and wind.

Next, the technician measures the natural wet-bulb temperature.

“This is a thermometer with its bulb covered by a moistened cotton wick,” said Sergeant Schmidt. “Evaporation from the moistened bulb cools the thermometer – this represents the integrated effects of humidity, wind and radiant heat.”

The last element is the shaded air temperature, measured by a thermometer shielded from radiant heat – generally in a weather screen.

“I combine those three elements into a weighted average to produce the WBGT index,” said the sergeant. “Once I have determined that index, I inform the command post of the current heat category to the command post. Based on people’s work loads, they can determine the appropriate work/rest cycles and fluid replacement by using the heat stress chart. However, ultimately, they are responsible to stay hydrated and make sure they don’t over-stress themselves in the heat.”



Master Sgt. Martina Schmidt, 407th Air Expeditionary Group bioenvironmental engineering technician, checks the wet bulb/globe temperature index. This equipment helps determine how the current temperature, when combined with other factors, will impact the people working at Ali Base. (Photo by Master Sgt. Andrew Gates)

Heat Injuries

From page 11.....

can significantly impact the mission,” said the captain. “Even the best conditioned athletes are susceptible. Korey Stringer was a Pro Bowl guard for the Minnesota Vikings who has taken off the field with a sus-

pected heat injury. The next day he returned to practice in the same heat, collapsed and died 15 hours later from heat stroke.”

So, Captain Schar said, though the danger is out there, knowing what to do to protect oneself against a heat injury is the best defense.

“All heat injuries are preventable,” he concluded.

The 407th Expeditionary Communications Squadron is updating all computers on Ali Base to be able to use the Common Access Card. People who have forgotten their Personal Identification Number for the CAC card should stop by PERSCO to update their PIN.

Take a class at Muscle Beach



Muscle Beach offers a variety of classes for any person interested in improving their fitness. Left, Master Sgt. Charles Marshall, left, 407th Expeditionary Services Squadron volunteer instructor, takes a group through a spinning class Monday. Above: Senior Airman Christopher Izydorek, 407th Expeditionary Civil Engineer Squadron, left, takes students through basic taekwon do stances Tuesday. (Photos by Master Sgt. Andrew Gates)



Heavy Load

Staff Sgt. Jennifer Simmons, 407th Expeditionary Security Forces Squadron, lifts in the bench press portion of Muscle Beach's Strongman competition Tuesday. Army Staff Sgt. Walton M placed first with a total lift of 716.82. Senior Airman Christopher Klavetter, 407th Expeditionary Civil Engineer Squadron placed second in the event, lifting a total of 671 between a dead lift, a bench press and the squat. (Photo by Master Sgt. Andrew Gates)

Identify This

Do you know what this is?



If you can identify the object, e-mail the paper at Ali.Times@tlab.centaf.af.mil with "Identify This" in the subject block **by noon Monday**. Be specific! The winner will receive their choice of a cheap prize from the 407th Air Expeditionary Group Public Affairs prize closet. Congratulations to Maj. Robert McIlwaine, who was randomly selected from the seven corrected guesses of a stack of unused HESCO barriers. Good luck with this week's "Identify This."

AEWI 36-2903 Tip of the Week

The following information is taken verbatim from the 332nd Air Expeditionary Wing Feb. 1, 2006, version of AEW Instruction 36-2903:

2.5.13. Military identification cards will be secured in a protective card holder for easy identification and only worn around the neck, upper left arm, or secured to the front left blouse pocket. Secondary restraining device will be used for identification cards secured to the front pocket. Cards will be secured out of sight when not required. Airmen will not secure card holders to the ankle or leg. Holders will be clear, tan, or black in color.

407th AEG

Warrior of the Week



SSgt Jacquelin O'Neal

Unit: 407th Expeditionary Operations Support Squadron

Duty title: Aerospace Ground Equipment Technician

Home station: 86th Maintenance Squadron, Ramstein AB, Germany.

Why other warriors say she's a warrior: "Staff Sgt. O'Neal is a great AGE Supervisor and, most of all, a superior NCO! She is superbly filling the senior NCO billet in a shop with 50 percent manning. Sergeant O'Neal doesn't complain and never looks for the easy way out."

- Capt. Brandon Donaldson (operations officer) 407th EOSS

Most memorable Air Force experience: "The day of 9/11, I was at work when we heard the news. I had never seen our team come closer together than that day. All of our lives changed that day. This is the moment in my life that makes me proud to be serving my country.."

Hobbies: "Snowboarding, Motocross, and Tattooing."
Information about her family: "I have a German mother and an American father. I was raised an ARMY brat!"

Serenity in the sand

faith-based services schedule

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

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

Oasis = Air Force Chapel/Bedrock

OA = Oasis Annex

ARAC = Army Religious Activity Center

APC = Army Post Chapel

TCN = Third Country Nationals living area by DFAC

FRIDAY

11 a.m., Catholic
Confessions: Oasis
1 p.m., Muslim prayer/
service: (TCN)
6 p.m., Roman Catholic
Mass: Oasis
6:30 p.m., Jewish Service:
ARAC
7:30 p.m., Gospel Choir
Rehearsal: APC
8 p.m. (first Friday of the
month), Eucharistic
Adoration and Rosary:
Oasis

SATURDAY

5 p.m., Catholic Confessions:
Oasis
6 p.m., Roman Catholic
Mass: Oasis

SUNDAY

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

MONDAY

6 p.m., Roman Catholic
Mass: Oasis
7:30 p.m., Back to the Basics
Bible Study: Oasis
7:30 p.m., Gospel Choir
Rehearsal: APC
TUESDAY
6 p.m., Roman Catholic
Mass: Oasis
7 p.m., Catholic Choir
Practice: Oasis
7:30 p.m., Word of Faith Bible
Study: APC
8 p.m., Purpose Driven Life
Bible Study: OA

WEDNESDAY

6 p.m., Roman Catholic
Mass: Oasis
7 p.m., Spanish Bible Study:
ARAC
7 p.m., Women's Bible Study:
Army Hospital
7:30 p.m., Protestant Worship
Service/Bible Study: APC
8:00 p.m., Catholics Seeking
Christ Bible Study: Oasis

THURSDAY

6 p.m., Roman Catholic
Mass: Oasis
6:30 p.m., Ladies Bible
Study: ARAC
7:30 p.m., Men's Bible Study: APC

CRICKET MOVIE THEATER

at the Hot Spot

Today's times and movie descriptions for the week

Mr. 3000 (2004), 1 a.m., Bernie Mac, Angela Bassett, *comedy/sports*; **Joe Dirt** (2001), 3 a.m., David Spade, Brittany Daniel, *comedy/drama*; **Juwanna Mann** (2002), 5 a.m., Miguel Nunez Jr, Vivica Fox, *comedy/sports*; **She's All That** (1999), 7 a.m., Freddie Prinze Jr, Rachel Leigh Cook, *comedy/romance*; **The Sixth Sense** (1999), 9 a.m., Bruce Willis, Haley Joel Osment, *drama/thriller*; **Hook** (1991), 11 a.m., Dustin Hoffman, Robin Williams, *action/adventure, fantasy*; **Drumline** (2002), 1 p.m., Nick Cannon, Orlando Jones, *comedy/drama*; **Step Mom** (1998), 3 p.m., Julie Roberts, Susan Sarandon, *comedy/drama*; **House of Wax** (2005), 5 p.m., Elisha Cuthbert, Chad Michael Murray, *suspense/horror*; **Clueless** (1995), 7 p.m., Alicia Silverstone, Stacey Dash, *comedy/romance*; **Oceans Eleven** (2001), 9 p.m., George Clooney, Julia Roberts, Brad Pitt, *crime/gangster*; **Twins** (1998), 11 p.m., Arnold Schwarzenegger, Danny DeVito, *comedy/romance*; **Liar Liar** (1997), Jim Carrey, Maura Tierney, *comedy*; **Matrix: Revolutions** (2003), Keanu Reeves, Laurence Fishburne, *action/adventure*;

Saturday

Hook 1 a.m.
Step Mom 3 a.m.
Mr. 3000 5 a.m.
Twins 7 a.m.
Juwanna Mann 9 a.m.
Oceans Eleven 11 a.m.
Joe Dirt 1 p.m.
House of Wax 3 p.m.
She's All That 5 p.m.
Matrix: Revolution 7 p.m.
Drumline 9 p.m.
Clueless 11 p.m.

Sunday

Joe Dirt 1 a.m.
Juwanna Mann 3 a.m.
House of Wax 5 a.m.
Step Mom 7 a.m.
She's All That 9 a.m.
Drumline 11 a.m.
Oceans Eleven 1 p.m.
Mr. 3000 3 p.m.
Sixth Sense 5 p.m.
Hook 7 p.m.
Prime 9 p.m.
Matrix: Revolutions .. 11 p.m.

Monday

Drumline 1 a.m.
Don't Say a Word 3 a.m.
Twins 5 a.m.
Mr. 3000 7 a.m.
Sixth Sense 9 a.m.
Liar Liar 11 a.m.
House of Wax 1 p.m.
Juwanna Mann 3 p.m.
Joe Dirt 5 p.m.
Step Mom 7 p.m.
Clueless 9 p.m.
She's All That 11 p.m.

Tuesday

Drumline 1 a.m.
House of Wax 3 a.m.
Mr. 3000 5 a.m.
Prime 7 a.m.
Joe Dirt 9 a.m.
Oceans Eleven 11 a.m.
Step Mom 1 p.m.
Liar Liar 3 p.m.
She's All That 5 p.m.
Prime 7 p.m.
Twins 9 p.m.
Hook 11 p.m.

Wednesday

Juwanna Mann 1 a.m.
Twins 3 a.m.
Don't Say a Word 5 a.m.
Prime 7 a.m.
Mr. 3000 9 a.m.
Oceans Eleven 11 a.m.
Hook 1 p.m.
Step Mom 3 p.m.
House of Wax 5 p.m.
Joe Dirt 7 p.m.
She's All That 9 p.m.
Drumline 11 p.m.

Thursday

Twins 1 a.m.
Juwanna Mann 3 a.m.
Joe Dirt 5 a.m.
She's All That 7 a.m.
Sixth Sense 9 a.m.
Drumline 11 a.m.
Oceans Eleven 1 p.m.
Mr. 3000 3 p.m.
Liar Liar 5 p.m.
Matrix: Revolutions 7 p.m.
House of Wax 9 p.m.
Step Mom 11 p.m.



Bedrock and beyond...

activities to keep you fit, happy and hungry for more

Today

- 5 p.m., **Circuit Training:** Muscle Beach (I)
- 7 p.m., **Dominoes:** ACC
- 7 p.m., **Toning:** HOP
- 7:30 p.m., **Bingo and Variety Music Night:** Big Top
- 8 p.m., **Spinning:** Muscle Beach (I)
- 8 p.m., **Step Aerobics:** HOP

Saturday

- 6 a.m., **Excel Class:** Muscle Beach (I)
- 11 a.m., **Big Top Movies:** The Man
- 1:30 p.m., **Big Top Movies:** Glory Road
- 4 p.m., **Big Top Movies:** When a Stranger Calls
- 6 p.m., **4 on 4 volleyball:** Courts (TNY)
- 6:30 p.m., **Spinning:** HOP
- 7:30 p.m., **Hip-Hop Aerobics:** Muscle Beach (I)
- 7:30 p.m., **Karaoke:** Big Top
- 7:30 p.m., **Hip Hop:** ACC

Sunday

- 5 a.m., **Yoga:** Muscle Beach (DVD)
- 8 a.m., **Yoga:** Muscle Beach (DVD)
- 10 a.m., **Spinning:** HOP
- 2 p.m., **Poker (Dealer's Choice):** Hot Spot (TNY)
- 4 p.m., **Big Top Movies:** Big Momma's House 2
- 6 p.m., **Pilates:** Muscle Beach (DVD)
- 6:30 p.m., **Big Top Movies:** Glory Road
- 7 p.m., **Spinning:** HOP
- 7 p.m., **Darts:** ACC
- 8 p.m., **Pilates:** Muscle Beach (DVD)
- 9 p.m., **Big Top Movies:** Underworld: Evolution

Monday

- 6 a.m., **Circuit Training:** Muscle Beach (I)
- 4:30 p.m., **Indoor Triathlon:** Muscle Beach
- 7 p.m., **Toning:** HOP

- 7 p.m., **Ping Pong:** ACC
- 8 p.m., **Horseshoes:** Horseshoe Pits
- 8 p.m., **Spinning:** Muscle Beach (I)
- 8 p.m., **Step Aerobics:** HOP

Tuesday

- 5 a.m., **Spinning:** Muscle Beach (I)
- 8 a.m., **Body Blast:** Muscle Beach (I)
- 6:30 p.m., **Tae Bo:** HOP
- 7 p.m., **AB Class:** Muscle Beach (I)
- 7:30 p.m., **Tae Kwon Do:** HOP
- 8 p.m., **Tae Kwon Do:** Muscle Beach (I)
- 8 p.m., **Ping Pong:** Hot Spot (TNY)
- 8:30 p.m., **Salsa:** ACC

Wednesday

- 5 a.m., **Hip-hop Aerobic:** Muscle Beach (I)
- 5 p.m., **Pushup/Situp competition:** Muscle Beach
- 6:30 p.m., **Dodgeball:** Big Top
- 7 p.m., **Toning:** HOP
- 7 p.m., **Spades:** ACC
- 8 p.m., **Step Aerobics:** HOP
- 8 p.m., **Spinning:** Muscle Beach (I)
- 8:30 p.m., **9-ball:** Hot Spot (TNY)

Thursday

- 5 a.m., **Spinning:** Muscle Beach (I)
- 8 a.m., **Ab Class:** Muscle Beach (I)
- 6:30 p.m., **Tae Bo:** HOP
- 7 p.m., **Ab Class:** Muscle Beach (I)
- 7 p.m., **8/9-Ball:** ACC
- 7:30 p.m., **Tae Kwon Do:** HOP
- 8 p.m., **Texas Hold'em:** Big Top
- 8 p.m., **Tae Kwon Do:** Muscle Beach (I)
- 8:30 p.m., **Salsa:** HOP

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

Call the 407th Expeditionary Services Squadron with ideas for activities at 445-2696; for information about the House of Pain, Army fitness center call 833-1709. For information about Army morale, welfare and recreation activities call 833-1745. The 407th ESVS also offers regular tours of the Ziggurat. Check with the Hot Spot staff for details.