

# DESERT EAGLE

Volume 9, Issue 44  
Nov. 1, 2009



379 ELRS gives old items  
new lease on life

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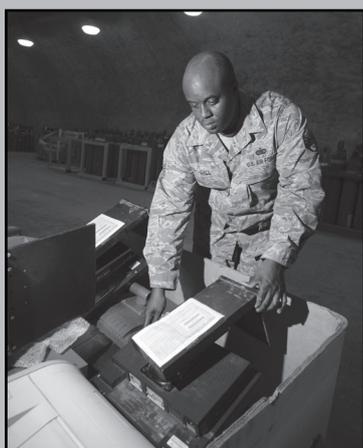
Staff Sgt. Robert Barney

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All photographs are Air Force photographs unless otherwise indicated.

Commentaries and warriors of the week are scheduled according to a squadron rotation. Unit commanders and first sergeants are the points of contact for submissions.

For more information, call 436-0107.



Staff Sgt. Travis Hill, 379th Expeditionary Logistics Readiness Squadron transit shipping point NCOIC, prepares unserviceable equipment for shipping. Sergeant Hill is deployed from Grand Forks Air Force Base, N.D. (U.S. Air Force photo/Tech. Sgt. Jason Edwards)

Commentary

Just a bit bigger than yourself

By U.S. Army Sgt. Edward Muñoz  
31st Air Defense Artillery Brigade

When you participate in a support chain, you often never see the first link or the end link. However, you know that if you join the links in the middle, you help to make that chain longer and stronger. Small contributions serve a larger purpose. When the support chain you're joining together saves a life, you feel you've accomplished something for the greater good. I had the pleasure of participating in a chain recently that not only gave me a great sense of honor and pride but I know that the 'end link' of that chain, a human life, was saved.

The 379th Expeditionary Medical Group Blood Trans-shipment Center is responsible for shipping donated blood from the United States to the many different areas of operation in both Afghanistan and Iraq. They ask for volunteers to help expedite these shipments so that servicemembers who need blood get it as quickly as possible.

I had just recently arrived on base when I became aware of the program from my first sergeant. He was asking for volunteers, so I immediately called the point of contact. Staff Sgt. Kristy Crochran's response was almost instantaneous and she provided all the basic information of what the mission entailed and how it helped save the lives of our military servicemen and women. After hearing the details of what was being asked as a Blood Trans-shipment Center volunteer, I offered my assistance without hesitation.

Recently, in the early morning hours, I waited for the shuttle to pick up the volunteers needing transportation. As I waited anxiously I thought to myself, 'I am an Army Soldier volunteering for a detail with the Air Force. I wonder what they'll think.'

Suddenly, Sergeant Crochran arrived in a pick-up truck and called out for any volunteers needing a ride. Initially I thought I might be the only one, but others who were sitting around got up from their chairs and moved toward the truck. The small crowd that formed began to pile into the vehicle. I hopped in the bed of the truck with two flightline Air Force personnel and immediately struck up a conversation about what we were about to do.

When we arrived at the facility, we shuffled inside to receive further instructions. I noticed two other Soldiers who immediately waved me over. I soon learned they were injured in Afghanistan and had come here to recuperate. I felt a deep sense of pride. Here are two Soldiers, I thought, injured in the line of duty and volunteering just days before being sent back to Afghanistan. I couldn't believe it.

We received our brief and split into groups. Our task was to sort out the blood products and make sure they were safe for use and all accounted for. I was paired up with the two Air Force personnel and immediately established a rhythm. As we sorted and inspected the blood products, we talked and learned a

SEE BIGGER ON PAGE 5



Commander's  
Action  
Line

- The Action Line is your direct link to Brig. Gen. Stephen Wilson, 379th Air Expeditionary Wing commander.
- Use it if you have questions or comments about the base that cannot be resolved by your chain of command or base agencies.
- Each question will be reviewed, answered and may be published on a case-by-case basis. E-mail 379aewactionline@auab.afcent.af.mil.

# Poppies - Remembrance symbol for British

By Squadron Leader Bruno Wood  
Royal Air Force 83rd Expeditionary  
Air Group

British servicemembers here will be wearing a red poppy over the next few weeks, a symbol of remembrance for those who have died during past and present conflicts.

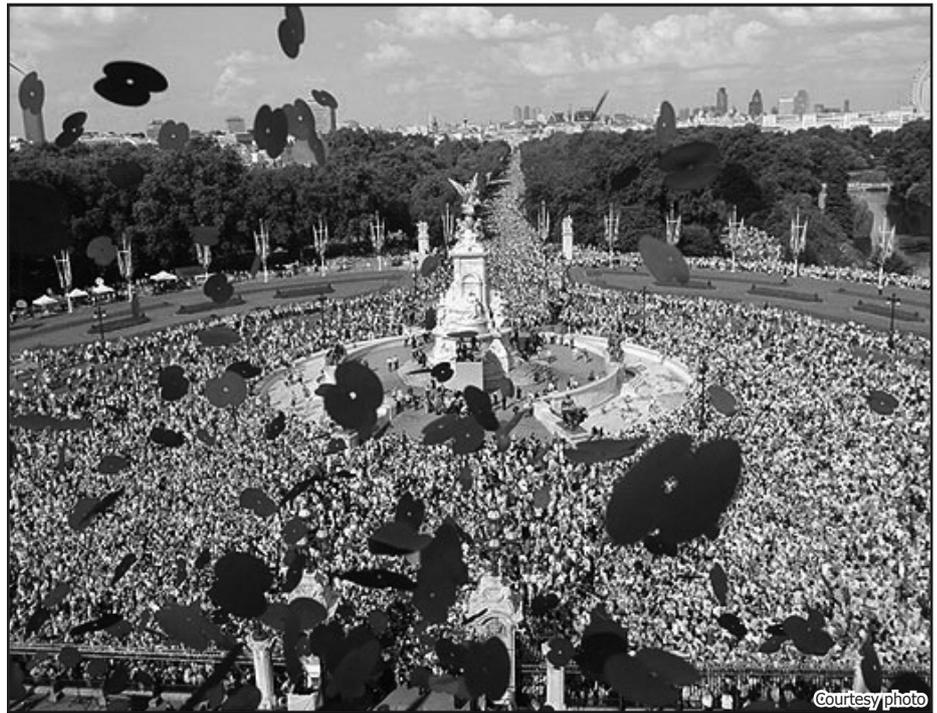
At the eleventh hour on the eleventh day of the eleventh month, a two-minute silence is observed on Armistice Day, the day which marks the end of World War I. Armistice Day was renamed Remembrance Day in the United Kingdom after the World War II. A ceremony will be held Nov. 11 to observe two minutes of silence at the Memorial Plaza starting at 10:30 a.m.

The poppy's significance comes from Flanders, the western area of Belgium that saw some of the most concentrated and bloody fighting of the First World War. There was complete devastation, destroying all natural life. Where once there were farms, roads and trees, all that remained was a sea of mud – a grave for those who had died and home for those who still lived and fought.

Only one living thing survived, the poppy. It flowered each year with the coming of the warm weather and brought life, hope, color and reassurance to those still fighting. John McRae, a Canadian Army doctor, was so deeply moved by what he saw during the First World War that he wrote a poem, "In Flanders Fields."

In 1918, an American teacher, Moira Michael, wrote a poem in reply titled, "We Shall Keep the Faith," in which she promised to wear a poppy 'in honor of our dead,' beginning the tradition of wearing a poppy in remembrance.

Armistice Day and the two-minute silence have been observed since the end of the First World War, but their relevance remains undiminished. When



**A Remembrance Day "poppy drop" outside Buckingham Palace in London.**

we bow our heads in reflection, we remember those who fought for our freedom during the two World Wars. But we also mourn and honor those who have lost their lives in more recent conflicts.

Today, with troops on duty in Iraq, Afghanistan and other trouble spots around the world, Remembrance, and this two-minute tribute, are as important as ever.

Remembrance Sunday, the second Sunday in November, is the day traditionally set aside to remember all those who have given their lives for the peace and freedom enjoyed today. On this day, people across Britain pause to reflect on the sacrifices made by their brave servicemen and women. A poem called "For The Fallen" by Laurence Binyon is often read aloud during the ceremony; the most memorable stanza of which reads:

*They shall grow not old,  
as we that are left grow old:  
Age shall not weary them,  
nor the years contemn.  
At the going down of the sun  
and in the morning  
We will remember them.*

The poppy is used by the Royal British Legion for the Poppy Appeal. Poppy collectors appear in late October so everyone can make a donation and wear their poppy with pride in remembrance. The donations collected by the Royal British Legion go to British serving and ex-service personnel and their families, not just those who fought in the two World Wars, but also those involved in the many conflicts since 1945 and those still fighting today.

This year, Remembrance Sunday will be held Nov. 8 and British personnel will hold a Service of Remembrance in the Victory Chapel.

## Airman pleads guilty at summary court-martial

By 379th Air Expeditionary Wing  
Legal Office

A summary court-martial was held here, Oct. 23, in the case of United States v. Senior Airman Sean R. Atkins.

Airman Atkins, a member of the 379th Expeditionary Force Support Squadron, was charged with violating Articles 107, 121, and 134 of the Uniform Code of Military Justice. Specifically, he was charged with stealing an Apple iPhone™, making a false official statement to a Navy

Petty Officer from whom he stole the iPhone, and failure to maintain sufficient funds in his bank account to cover the money loaded on his EagleCash card.

At trial, Airman Atkins pled guilty to all charges and specifications before a summary court-martial. After the court accepted Airman Atkins' guilty plea, the sentencing phase of the trial began and evidence was presented for the summary-court martial to consider before determining an appropriate sentence.

After hearing all the evidence, the

summary court-martial sentenced Airman Atkins to reduction to the grade of Airman, hard labor without confinement for 30 days, restriction to the limits of the installation for 30 days, and a reprimand. This sentence is subject to the approval of the Special Court Martial Convening Authority.

Airman Atkins was represented by Capt. Michael Felsen, Area Defense Counsel, as defense counsel. The United States was represented by Capt. John Toman, Assistant Staff Judge Advocate, as trial counsel.

# 379 ELRS prepares discarded items for reuse

By Airman 1st Class David Dobrydney  
379th Air Expeditionary Wing  
Public Affairs

In Southwest Asia, a high operations tempo means that equipment will inevitably wear out, break down or be rendered obsolete.

When that happens, unserviceable objects find their way to the Transit Shipping Point operated by the 379th Logistics Readiness Squadron.

This two-man shop is responsible for processing the nearly 100,000 separate items that are turned in each month for recycling or reutilization, eventually finding their way to one of two Defense Reutilization and Marketing Offices in Southwest Asia.

Starting with the current rotation, the two TSP members are from separate Air Force Specialty Codes, one to organize the items turned in, the other to handle their shipment to the DRMOs.

Tech. Sgt. Joseph Gadson, deployed

here from Keesler Air Force Base, Miss., said having two members working both parts of the TSP has streamlined operations. "There used to be a gap between the supply and shipping sides of the process," he said. "Now we're in the same building, helping each other out, and making it easier for our customers."

A variety of items can be turned in, but the most common are computer items from units' Automatic Data Processing Equipment accounts, Sergeant Gadson said. "We do take items that aren't on accounts," he said, "but it must be something that DRMO can reuse."

Staff Sgt. Travis Hill, deployed from Grand Forks Air Force Base, N.D., is NCO in charge of the TSP. "Usually when warranties run out, a unit will buy all new equipment," he said, "and the old equipment will get turned in to us."

"Customers need to make sure they're speaking with the ADPE contact to get the equipment off their accounts,"

Sergeant Gadson said, "because as an equipment custodian, they're responsible for it. If they turn an item in to us and it hasn't been cleared, we can't accept it."

Much of the electronic equipment that is turned in has a bar code. An improvement Sergeant Gadson made was installing a computer program that allowed those codes to be scanned. "Before we would have to type the codes into the system one by one," Sergeant Gadson said. "Now we can just scan the codes and process the items much faster."

Besides computer equipment, the TSP processes items both large and small. Sergeant Gadson is currently coordinating the movement of several fuel trucks sitting in the yard. "They're undriveable, so we're going to load them onto flatbeds with forklifts to get them to the port," Sergeant Gadson said. "It's larger things like this I've never seen before."

Due to the weight of the shipments, the most cost-effective transportation



U.S. Air Force photos/Tech. Sgt. Jason Edwards

**Staff Sgt. Travis Hill, 379th Expeditionary Logistics Readiness Squadron transit shipping point NCOIC, loads unserviceable equipment into containers for shipping. The Transit Shipping Point is responsible for cataloging and organizing equipment for shipping to Defense Reutilization and Marketing Offices. Sergeant Hill is deployed from Grand Forks Air Force Base, N.D. in support of operations Iraqi Freedom and Enduring Freedom.**



**Tech. Sgt. Joseph Gadson, 379th Expeditionary Logistics Readiness Squadron NCOIC container manager, attaches a shipping label to a turned-in vehicle prior to shipment for final disposition. Sergeant Gadson is deployed from Keesler Air Force Base, Miss. in support of operations Iraqi Freedom and Enduring Freedom.**

is by road or sea. As NCO in charge of container management, Sergeant Gadson must work with local civilian authorities to arrange sea transport. Great attention to detail is necessary when preparing lists of items to avoid any inconsistencies that could delay shipment.

In the TSP building and outside in the yard, nearly 400,000 items are stored in more than 30 containers awaiting shipment. Servicemembers are allowed to search through the discarded

equipment for spare parts to fix machines that are still serviceable.

“If we have a part or something they need, we’ll let them go out to the yard and take it,” Sergeant Gadson said. “We’re saving a lot of time and money by reusing what other people don’t need.”

After being accepted into the TSP system, items are sorted based on their next destination. The TSP only organizes and ships the items to the DRMO. Once there, Sergeant Gadson

said the items are either sold at monthly sales, with the proceeds going back to the U.S. government, or broken down for their materials.

In the modern armed forces, conservation is a goal toward which all services strive. Despite the amount of work involved in cataloging and shipping thousands of items each month, the 379 LRS Transit Shipping Point will continue to give discarded equipment a new lease on life.

## ***Strong links give way for stronger chain***

### **FROM BIGGER ON PAGE 2**

lot of different things from each other. I also realized that although we chose different career goals, we understood what our goal was that night.

As we finished up and I jumped back into the truck, I looked back and wondered if people realized the importance of what we just accomplished. How many people have been saved because of what they do there in that unassuming place?

After arriving back in the Coalition Compound, I shook hands with the two Soldiers heading back to Afghanistan as well as others I met that day. As I rode my bike back to my billet, I couldn’t help but feel a quiet calm inside.

We all do our part to serve our country. We join for many different reasons, and we’ve been fighting for so long that sometimes you tend to lose sight of what is important in the bigger picture and

focus only on the day-to-day tasks.

I want to thank the 379th Expeditionary Medical Group Blood Trans-shipment Center for giving me the opportunity to help my fellow servicemembers. I also want to thank those two Soldiers, wherever you are, for snapping me back into the right frame of mind. They showed me that the will to defend everything we love is still there, and in some ways stronger than ever.

# President signs 2010 Defense Authorization Act

By Gerry Gilmore  
American Forces Press Service

WASHINGTON (AFNS) -- President Barack Obama signed the fiscal 2010 National Defense Authorization Act during a ceremony at the White House Oct. 28.

President Obama hailed the act, which contains \$680.2 billion in military budget authority, as transformational legislation that targets wasteful defense spending.

"There's still more waste we need to cut; there's still more fights that we need to win," President Obama said, noting he and Secretary Gates will continue to seek out unnecessary defense spending. President Obama said he has ended unnecessary no-bid defense contracts and signed bipartisan legislation to reform defense procurement practices so weapons systems' costs do not spin out of control.

"Even as we have made critical investments in equipment and weapons our troops do need, we're eliminating tens of billions of dollars in waste we don't need," President Obama said.

The legislation, the president said, saves billions by capping production of the Air Force's costly F-22 Raptor and terminating troubled, over-budget programs such as the Army's Future Combat System and a new presidential helicopter.

The authorization act provides for a 3.4 percent pay raise for military members, improves care for wounded warriors and expands family leave rights.

Money also is budgeted to fund programs that address "real and growing threats," President Obama said. Such systems, he said, include the F-35 Lightning II joint strike fighter, the littoral combat ship and more helicopters

and reconnaissance support for deployed U.S. forces.

The authorization act contains \$130 billion to fund overseas contingency operations in Iraq and Afghanistan and it also provides \$6.7 billion for thousands of all-terrain, mine-resistant, ambush-protected vehicles now arriving in Afghanistan.

"Secretary Gates and I both know that we can't build the 21st century military we need unless we fundamentally reform the way our defense establishment does business," President Obama said. He cited a Government Accountability Office report that found cost overruns totaling \$296 billion across 96 major defense projects over the last year. That amount of money, the president said, would have paid for troop salaries and military family benefits for more than a year.

## Air Force updates guidance for PT uniform wear

By Brad Jessmer  
Air Force Uniform Office Public Affairs

WRIGHT-PATTERSON AIR FORCE BASE, Ohio (AFNS) -- Air Force officials have updated guidance for wear of the physical training uniform, replacing previous guidance published in Air Force Instruction 36-2903.

According to a message released from Air Force A1 and signed by Lt. Gen. Richard Y. Newton III, deputy chief of staff for Manpower and Personnel, effective immediately, individual items making up the PTU and improved PTU are considered uniform items.

Air Force officials said this means strict attention must be given to every item of the PTU, just as with items on the Airman Battle Uniform or service dress uniform. However, individual items of the PTU may still be worn with conservative civilian attire during personal PT or when off-duty.

Wear of the PTU is mandatory during physical fitness assessments and while participating in organized PT events, as designated by the commander. Unit commanders will determine the PTU configuration.

The few exceptions to this policy are at the discretion of commanders for accessions, professional military education or academic training when unit distinction is required, such as identifying instructors from students. Temporary adjustments may also be authorized when safety is a concern or in a deployed location.

Any long-term exceptions to this policy must be submitted through the respective

major command to Headquarters Air Force A1 for approval.

Any questions regarding this policy should be addressed through the proper chain of command.

If PTU/IPTU items are worn during personal PT, the following is required:

- During periods of low light, reflective belts and armbands are required when wearing the optional running shorts. Reflective accessories are optional when wearing the standard PTU, which already includes reflective material.
- Footwear is to remain conservative. No bright colors or excessive ornamentation is to be worn.
- Socks must be white, but small trademark logos are acceptable.
- The PTU jacket must be zipped at least halfway between the waistband and collar. Sleeves will end within 1 inch off the wrist.
- The PTU running pants waistband will rest at or within two inches of the natural waistline. Both pant legs will extend below the ankles and will be zipped to within 1 inch of the bottom.
- Both the PTU shorts and running shorts will rest at or within 2 inches of the natural waistline.
- The short and long sleeve PTU shirt will be tucked into shorts or running pants at all times. Do not remove or cut sleeves.
- The optional IPTU sweatshirt will extend no lower than six inches below the natural waistline. Do not push up, remove or cut sleeves.
- Undergarments must be appropriate and worn with all uniform combinations.

- Short or full-length spandex may be worn under both the PTU and IPTU, but colors must only consist of black or dark blue.

- Headgear may be authorized by commanders, but may only consist of either a solid black or dark blue baseball cap with the Air Force symbol or "U.S. Air Force" logos. Headgear is to be worn outdoors only.

- Bandanas are not authorized unless due to a medical waiver condition.

- The knit watch cap will be plain solid black, dark blue or sage green without any logos.

- Gloves will be plain solid black or dark blue without any logos.

- Green or black fleece is not authorized with the PTU/IPTU.

- The IPTU running suit top or bottom may not be mixed with the current PTU running suit top or bottom.

- The lining of the PTU/IPTU shorts may be removed, but no other uniform alterations are authorized.

- Headphones are authorized inside fitness centers or designated running areas, unless prohibited by the commander.

- Personal grooming and appearance standards apply during physical fitness activities with one exception: Long female hair will be secured but may have loose ends.

- Proper military customs and courtesies to honor the flag during reveille and retreat will apply.

For more information on the proper wear of the military uniform while deployed here, see AUABI 36-2903, IC-1, dated Oct. 8.

## Tech. Sgt. David Goodwin

379th Expeditionary Aircraft Maintenance Squadron  
NCOIC, Commander's Support Staff

**Home station:** Scott Air Force Base, Ill.

**Arrived in AOR:** May

**Deployment goals:** Leave my organization better than I found it.

**Best part of the deployment:** Setting a goal and seeing it obtained. I completed my last class and achieved all the credits required for my CCAF degree.

**Hobbies:** Playing softball and woodworking.

**Best Air Force memory:** Receiving an incentive ride in an F-16.

*Nominated by Senior Master Sgt. Kevin Owens: "Sergeant Goodwin has gone above and beyond, taking care of more than 600 maintainers. He revamped our inprocessing and outprocessing and his initiative slashed inprocessing time by 40 percent."*



U.S. Air Force photo/Tech. Sgt. Jason Edwards



U.S. Air Force photo/Tech. Sgt. Jason Edwards

## Capt. John McLennan

379th Expeditionary Medical Group

Clinical Nurse, Intensive Care and Medical-Surgical Unit

**Home station:** Eglin Air Force Base, Fla.

**Arrived in AOR:** September

**Deployment goals:** Master my deployed job description, complete two courses toward a dual master's degree, improve on my overall physical fitness and run in a 10K.

**Best part of the deployment:** Providing nursing care to deployed joint-service and coalition personnel and orchestrating aerovac missions.

**Hobbies:** Lifting weights, running, fishing, football, tennis, investing and reading.

**Best Air Force memory:** Having the opportunity to be part of a 30-hour Air Force humanitarian mission from San Antonio to Anchorage, Alaska.

*Nominated by Maj. Virginia Gavin: "Captain McLennan's exceptional leadership and clinical skills are a tremendous asset to our medical team and mission. His efforts are key to the 98 percent return to duty rate for sick and injured personnel."*

## Staff Sgt. Leah Smith

Combined Forces Special Operations Component Command  
Joint Logistics, Movements NCO

**Home station:** Ramstein Air Base, Germany

**Arrived in AOR:** July

**Deployment goals:** Finish dual associates degree in Information Systems Technology and Logistics, complete two plays I am currently writing and begin work on my bachelors degree.

**Best part of the deployment:** The experiences of working in Special Operations Command Central, the lifelong friendships I believe have been formed and my personal spiritual growth and maturity that has increased.

**Hobbies:** Writing poetry, dancing, singing and reading.

**Best Air Force memory:** When my troop was selected as the Logistics Plans Airman of the Year for Ramstein and I wrote his package.

*Nominated by Senior Master Sgt. Terry Acker: "Working within Special Operations Command takes diligent, hard charging individuals. Every task Sergeant Smith encounters she is sure to keep things in perspective and always keeps our warfighters here and downrange at the forefront."*



U.S. Air Force photo/Staff Sgt. Robert Barney



U.S. Air Force photo/Staff Sgt. Robert Barney

**U.S. Navy Aviation Machinist's Mate 3 Ryan Tillar, VP-10, directs a P-3 Orion to a parking spot, recently, in Southwest Asia. The P-3 is a land-based, long-range, anti-submarine warfare patrol aircraft performing regular missions in support of Operation Enduring Freedom.**



U.S. Air Force photo/Staff Sgt. Robert Barney

**Center, Master Sgt. Mary Kokoszka, 379th Expeditionary Civil Engineer Squadron explosive ordnance disposal flight, showcases her mission to servicemembers touring the EOD booth during Flightline Fest, Thursday, in Southwest Asia. The Flightline Fest showcased the aircraft and other weapon systems used regularly by the 379 AEW and associated tenant units to other servicemembers who would otherwise not have the opportunity to view wing assets up close.**



**U.S. Navy Aviation Warfare Center, Maintenance Support Squadron 10, Petty Officer 1st Class Joey Donaldson pull a rope attached to a large white tent structure for Navy maintenance support. The VP-10 is relocating its maintenance support across base. The VP-10 is**



U.S. Air Force photo/Staff Sgt. Robert Barney

Left, Command Sergeant Major Marvin Hill, command senior enlisted leader of U.S. Central Command, speaks with 379th Expeditionary Maintenance Squadron Airmen, Wednesday, in Southwest Asia. Command Sergeant Major Hill toured 379 AEW facilities as part of a USCENTCOM trip throughout Southwest Asia.



U.S. Air Force photo/Staff Sgt. Robert Barney

are Systems Operator 2 Jake Brown and AWO2 [unclear], guiding the roof of a tent being constructed for maintenance operations, Oct. 23, in Southwest Asia. The [unclear] maintains and operates the P-3 Orion.



U.S. Air Force photo/Staff Sgt. Robert Barney

Col. Mark Altobelli, 609th Air Operations Center commander, carries the POW/MIA flag with Chief Master Sgt. Scott Dearduff, U.S. Air Force Central Command command chief, to start a POW/MIA memorial run, Oct. 24, in Southwest Asia. More than 200 military servicemembers ran, interchangeably, for 24 hours around a half-mile course, continuously carrying the POW/MIA flag to help raise awareness as well as over \$700 for the POW/MIA Combined Federal Campaign charity.

# Ops chief spins way to better health

By Airman 1st Class David Dobrydney  
379th Air Expeditionary Wing Public  
Affairs

By day, Chief Master Sgt. Lorenzo Anastasie is busy as the group superintendent of the 379th Expeditionary Operations Group, advising the group commander on enlisted matters and coordinating with the squadrons that fall under the group, among other duties.

On Monday, Tuesday and Thursday nights, however, he is a fitness instructor at the Blatchford-Preston Complex Fitness Center helping base servicemembers spin their way to better health.

In basic terms, spinning is pedaling stationary exercise bikes. However, varying levels of resistance and speed are what makes the workout effective. Chief Anastasie said that students can burn more calories during a spinning workout than in aerobics or basic jogging.

"Some people can't run because they have bad knees or bad ankles," Chief Anastasie said. "[Spinning is] one of the best cardiovascular exercises out there

because it keeps you from pounding on the ground."

For those who are recovering from leg injuries, Chief Anastasie said spin classes can provide the type of exercise needed to maintain weight loss or increase lung capacity.

Chief Anastasie speaks from experience. He said a knee injury forced him to find another way to 'get his cardio on.' "I tried aerobics for a while, but I was still pounding on my legs and knees," he said. Then his base fitness center started offering spin classes, but had few instructors. "I said, 'you know what, I'll give it a try,'" he said, and became certified as an instructor. He has now been teaching spin classes for seven years.

Deployed here from Robins Air Force Base, Ga., Chief Anastasie became an instructor at the BPC Fitness Center a month after his arrival, following the departure of another teacher.

When he first started teaching, Chief Anastasie had only two to three students at each session. The class has grown in popularity to the point where students

now have trouble finding a seat.

"People now have to call in the day of the class to reserve a spot. About ten minutes after reservations open up, all the bikes are booked," Chief Anastasie said. "No other class on base has that problem."

However, high demand is a problem Chief Anastasie is happy to have. He also enjoys the fact that in this deployed environment, members from all services attend the classes. "We are one team, one fight," he said.

Citing the recent changes to Air Force regulations mandating biannual fitness testing, Chief Anastasie said that being fit is more important than ever, adding that physical well-being can stimulate benefits in other areas.

"Being physically fit works out on mental capacity as well," he said. "If you're a couch potato just sitting around, you're not feeling good and you won't have the energy you need."

Servicemembers looking for that extra energy can find it while spinning toward better health in one of Chief Anastasie's classes.



U.S. Air Force photo/Tech. Sgt. Jason Edwards

**Chief Master Sgt. Lorenzo Anastasie, 379th Expeditionary Operations Group superintendent, motivates students in a spinning class in Southwest Asia, Thursday. Chief Anastasie offers his class, which has more than tripled in participation throughout the past six months, to deployed servicemembers three days a week. Chief Anastasie is deployed from Robins Air Force Base, Ga. in support of operations Iraqi Freedom and Enduring Freedom.**

# Breast cancer awareness does not end Oct. 31

By Capt. Shawnice Shankle and  
Tech. Sgt. Chrissy Turnipseed  
379th Expeditionary Medical Group

For many, deployments are a time of great stress. Family separation, mission requirements, maintaining fitness, being far away from home -- all of these things can leave servicemembers feeling as though they're stuck in a whirlwind.

The military lifestyle requires that members take care of themselves both physically and mentally. Activities such as getting enough sleep, exercising regularly and maintaining healthy eating habits ensure that servicemembers stay fit to fight and can effectively deal with the stress in their lives.

For women in the military, taking care also means taking the time to perform monthly breast self-exams. Breast self-exams familiarize a woman with how her breasts look and feel so that over time it becomes easier to identify changes. Normal variations occur in breast tissue for many reasons, such as menstrual cycles, pregnancy, menopause, taking birth control pills and

weight fluctuations. Some changes are not normal and should be immediately reported to one's doctor. They include dimpling or "orange peel" appearance of the skin, new inversion of a nipple, pus or discharge from a nipple or continuous pain in one breast. Along with performing breast self-exams, medical providers should perform clinical breast exams at least every three years (typically with a well-woman exam or during an annual pap smear test), and women over 40 should have mammograms every one to two years.

Besides practicing good prevention strategies, women can also increase their chances of detecting the disease early by knowing their personal risk factors. Risk factors are those factors that indicate when a woman is more likely to develop a certain disease. Some risk factors such as high alcohol use, obesity and physical activity levels are controllable. Risk factors like sex, age, race, family history and a personal history of cancer in one breast are not. Although some women who develop the disease never have any risk factors, they can reduce the

overall likelihood of developing breast cancer by leading an active lifestyle and maintaining a healthy weight.

According to the Centers for Disease Control and Prevention, breast cancer is diagnosed in almost 200,000 women every year and is the second leading cause of cancer deaths in women in the United States (lung cancer is the first). Women in the military have learned to fight many different enemies both on and off the battlefield. The battle against breast cancer may be the biggest fight of their lives, but they can be ready for that fight, not just during Breast Cancer Awareness Month in October, but all year long. By arming themselves with knowledge, prevention strategies and a healthy lifestyle, servicewomen stand ready to defeat this enemy too.

Anyone with questions or concerns about their health should talk to their healthcare provider. When in doubt, ask. Take control, stay in the fight, live life.

Additional information may be found at the Web sites for the National Cancer Institute, [www.cancer.gov](http://www.cancer.gov), and the American Cancer Society, [www.cancer.org](http://www.cancer.org).

## This Week's Caption Contest

Photo No. 147

The winner is...

**"I thought they sent us home on a rotator."**

- Staff Sgt. Ernest Richter,  
8th Expeditionary Air Mobility Squadron

Honorable mention:

**"Now that's a government bailout."**

- Senior Airman Rickey Carroll,  
379th Expeditionary Aircraft Maintenance  
Squadron



Photo No. 148 (next week's photo)

Do you have what it takes to make the base chuckle? Submit your made-up caption for the photo below to **379AEW.PA@auab.afcent.af.mil** by Wednesday. If your caption is the best (or second best), it will appear in the following week's paper.

Can't come up with a caption but have a funnier photo than we've been using? Submit it to **379AEW.PA@auab.afcent.af.mil** and we may use it.



U.S. Air Force photos/Staff Sgt. Robert Barney

**U.S. Army Pfc. Amanda Regalado, 824th Quartermaster Company, Detachment 8, 593rd Special Troop Battalion parachute rigger, secures an aerial drop load, recently, which will be air dropped to military servicemembers in Southwest Asia. Private Regalado is deployed from Fort Bragg, N.C. in support of operations Iraqi and Enduring Freedom.**

## Army riggers pack mission-sustaining materials for air-drop to remote areas

By Senior Airman  
Michael Matkin  
379th Air Expeditionary  
Wing Public Affairs

The fight can be tough on the ground, especially for servicemembers located at remote forward operating bases where needed supplies are not readily available. When one of these ground teams needs supplies, the Army's 824th Quartermaster Company, Detachment 8, come together to load life-essential commodities into bundles to be air dropped over the battlefield.

With a team of 20,

these Army riggers build container delivery systems, or bundles, that can weigh up to 2,200 pounds containing life-sustaining food, water, fuel, ammunition and other support supplies. They can also assemble heavy drop or mass supply loads in excess of 2,200 pounds containing vehicles, trailers, howitzers other support supplies needed for airdrop in the U.S. Central Command area of responsibility.

Once a bundle is built, it is placed on top of padding constructed from energy dissipating material, a thick cardboard-like substance,

with a cargo bag or net securing the bundle. Once the bundle is fully secured a parachute is attached and it is rigged for airdrop with either a high-or low-altitude parachute depending on the mission, said Staff. Sgt. Michael Sharp, 824th Quartermaster shop foreman.

Building these bundles is a Reserve unit based out of Ft. Bragg, N.C., that began their deployment July 1 to support Air Force airdrop operations in Iraq, Afghanistan and the Horn of Africa.

When the unit first arrived they were faced with some challenges.

"We are from the same unit, but because we only work together two days a month we were not as cohesive as we could be if we worked together every day," said Sgt. 1st Class Kenneth Simmons, 824th Quartermaster Det. 8 acting first sergeant. "It was a challenge taking these 20 individual [servicemembers] and have them work together, essentially as an active duty unit, and prepare them to continue to do so for 400 days. However, with patience, time and hard work, we have learned to work together and have formed a well-working cohesive team."

This team building was developed partly out of necessity. During the first seven days of their deployment they were faced with the base's high operations tempo, bundling more than 300 loads and dropping 80. Seven days later, they had dropped another 254 loads and had an additional 300 bundles finished and waiting in the yard ready to go, Sergeant Simmons said.

Newly arrived in a deployed environment and faced with a large work load helped the team transition from their home station mission of packing personnel parachutes to their primary wartime mission of theater resupply pack.

Doing what is necessary

to get the job done is important to the riggers because the commodities they are supplying the servicemembers downrange are life necessities, Sergeant Sharp said.

"It is very satisfying knowing that what we are doing is directly supporting the warfighter," Sergeant Sharp said. "Also, because [the military] is able to drop supplies we are keeping trucks off dangerous roads. We are helping to save lives by giving an alternative means of getting supplies to [servicemembers] instead of them having to rely on supply trucks which are susceptible to ambush and improvised explosive devices. We have a successful mission when the

troops on the ground have a successful mission, knowing we helped get them the supplies they needed to get their job done."

To ensure the supplies get down range the riggers must work with numerous servicemembers from many different support elements, Sergeant Simmons said.

"It is really a big team effort -- from the people who bring the items in the trucks, to the loadmasters who push the load onto the aircraft, to the pilots who fly the aircraft and all of the people in between. If at any one point you take out a single element in the process, the mission will fail," Sergeant Simmons said.

This team effort is also evident in the group effort

between sister services.

"Cooperation is key," Sergeant Simmons said. "If the Air Force and Army don't cooperate then loads don't get on aircraft, don't get dropped and the supplies do not get downrange. If the servicemembers downrange don't get needed supplies then the overall U.S. military mission could have serious setbacks and the mission of the riggers would fail."

By working as a team amongst themselves and between sister services and coalition forces, the 824th Quartermaster Company, Detachment 8, ensures the ground forces get their needed supplies and that the riggers-piece of the joint mission is in place.



**Left, Staff Sergeant Chris Baker, 817th Expeditionary Airlift Squadron loadmaster, and U.S. Army Pfc. Reginald Conner, 824th Quartermaster Company, Detachment 8, 593rd Special Troop Battalion joint airdrop inspector, check parachutes on aerial drop loads, recently, in Southwest Asia. The cargo was air dropped to military servicemembers throughout the U.S. Central Command area of responsibility. Sergeant Baker is deployed from McChord Air Force Base, Wash., and Private Conner is deployed from Fort Bragg, N.C., in support of operations Iraqi and Enduring Freedom.**



## VICTORY CHAPEL

Open seven days a week,  
24 hours a day,  
'And overtime on Sundays'

### WORSHIP SCHEDULE

#### Protestant Saturday

7:30 p.m., Contemporary, Chapel

#### Sunday

9:45 a.m., General Protestant,  
CAOC 1st Floor conference room  
9:45 a.m., Contemporary, Chapel  
11:30 a.m., Traditional Service,  
Chapel  
Noon, Church of Christ,  
BPC Fellowship  
1:30 p.m., LDS Service, Chapel  
4 p.m., Liturgical, Chapel  
7 p.m., Church of Christ,  
Multi-purpose room  
7:30 p.m., Gospel, Chapel

#### Roman Catholic Mass

6 p.m., Monday-Friday  
Blessed Sacrament Chapel

#### Saturday Mass

6 p.m., Mass, BPC Mall area

#### Sunday Masses

8 a.m., Mass, Victory Chapel  
11 a.m., Mass, CAOC 1st floor  
conference room  
6 p.m., Mass, Victory Chapel

#### Jewish Muslim Buddhist Orthodox

#### Earth Religions

See Chapel staff or call 437-8811 for  
more information.

## Current Chapel classes

The 379th Air Expeditionary Wing  
Victory Chapel is now offering the  
following classes:

### Saturdays

#### Song of Solomon Video Bible Study:

This study follows Solomon's relationship  
from attraction to dating and courtship,  
marriage and intimacy to resolving conflict,  
keeping romance alive, and committing to  
the end. 9-10 p.m., Chapel Conference  
Room.

### Sundays

**Living Water Bible Study:** Enjoy  
an open discussion about God and life's  
most important issues. 1-2 a.m., Chapel  
Conference Room

**The Truth Project:** A DVD-based  
small group study designed to equip  
believers with a comprehensive biblical  
worldview. Practically and personally,  
participants will be reintroduced to the  
truth claims of God. Twelve one-hour  
lessons detailing God's design for living  
out the Christian worldview in daily life.  
6:30-8 p.m., Ministry Center.

**Song of Solomon Video Bible Study:**  
8-9:15 p.m., Chapel Conference Room.

**Rite of Christian Initiation of Adults:**  
Have you considered becoming Catholic?  
Are you already Catholic but want to know  
more about what the Church believes?  
Have you begun the RCIA process at an  
earlier time? Father Silva will lead RCIA  
classes for those interested in making this  
faith journey. 9 a.m., Chapel Conference  
Room.

### Mondays

**Women of Virtue "Loved by God:  
Trusting His Promises" video series:**  
Have you ever doubted God's love? This  
is a verse-by-verse examination of the story  
of Jacob, Esau, Leah, and Rachel found in  
Genesis 25 and 27-29. 7:30-9 p.m., Chapel  
Multi-Purpose Room.

### Tuesdays

**Spiritual Discipline (Men's Study):**  
Spiritual disciplines can be described as  
behaviors that facilitate spiritual growth.  
Spiritual disciplines, then, are spiritual  
exercises that one engages in habitually  
which brings one closer to God and thus  
becomes more Godly in character and

behavior. 7:30 p.m., Chapel Multi-Purpose  
Room.

**Discipleship Bible Study:** Learn  
how to be an intimate follower of Christ.  
Through the use of scripture study, Bible  
memory, and prayer participants can learn  
and share lessons to teach others. 7:30-9  
p.m., Ministry Center (Building 10006).

### Wednesdays

**Financial Peace University:** This  
video series is designed to teach how to  
get out of debt, stay out of debt and build  
wealth in a Godly manner. 1 and 8 p.m.,  
Chapel Multi-Purpose Room.

**Latter Day Saints Men and Women's  
Study Group:** 7-8 p.m., Ministry Center.

**The Five Love Languages:** Are you and  
your spouse speaking the same language?  
What speaks volumes to you may be  
meaningless to your spouse. Participants  
will examine Dr. Gary Chapman's book  
and learn the key to understanding each  
other's unique needs. 7-8 p.m., Combined  
Air and Space Operations Center small  
conference room.

**Catholic Bible Study:** "Ignorance of  
the Scriptures is ignorance of Christ" -- St.  
Jerome. Vatican II called upon Catholics  
to know the Bible more profoundly so  
they may know Jesus, the Word of the  
Father. As the Year of St. Paul concludes,  
attendees will delve into the Word of God.  
8 p.m., Chapel Conference Room.

### Thursdays

**The Five Love Languages:** 1-2 p.m.,  
Chapel Conference Room.

**Wild at Heart Study (Men):** John  
Eldredge helps men rediscover their  
masculine heart. "Wild at Heart," a guide  
to understanding Christian manhood and  
Christian men, offers a refreshing new look  
at manhood. 7-8:30 p.m., Chapel Multi-  
Purpose Room.

**Church of Christ Bible Study:** Study  
of the book of Revelation. 7:30-8:30 p.m.,  
Chapel Conference Room.

### Fridays

**Nooma Video Series:** A series of  
short films that explore the world from  
a perspective of Jesus. Nooma is an  
invitation to search, question, and join the  
discussion. 1 p.m., Chapel Conference  
Room.

**Follow the happenings of the 'Grand Slam' Wing at <http://379aew.dodlive.mil>, on Facebook at '379th Air Expeditionary Wing' and on Twitter @379AEW**

### **Commander's Cup**

A Bench Press competition will be held Wednesday at 7:30 p.m. in Memorial Plaza. The bench press bar will be set at men's body weight and half of women's body weight. The co-ed team to lift the most weight wins. Weigh-ins will be an hour before the competition. For more information, call 437-8721.

### **Great Desert Smoke-Out**

The Great Desert Smoke-Out, adopted from the Great American Smoke-Out, will be held Nov. 19. The intent of this event is to have individuals quit the use of tobacco for at least one day, with a goal of quitting permanently. There will be information booths set up at the BPC Mall and Memorial Plaza throughout the day. To start the day, the 379 EMDG Mental Health Clinic and 379 EFSS are sponsoring a 'Kicking Butt' 5K Run at 6 a.m.

For information on the route or to sign-up, visit the BPC Fitness Center. For more information on the Great Desert Smoke-Out or to find out about tobacco cessation classes, e-mail Master Sgt. Lisa Ware or call the Mental Health Clinic at 437-8767.

### **Friends of Bill**

Friends of Bill (Alcoholics Anonymous) will be meeting Mondays at 6:30 p.m., Building 10006, in the Coalition Compound. For more information, contact Master Sgt. Lisa Ware at 437-8767 or Tech. Sgt. Jennifer Lyon at 437-7080.

### **Uniformity - Setting the Standard**

Civilian Clothing - Civilian clothing is authorized to be worn by servicemembers only when traveling to and from your place of residence when traveling off-base. Temporary or convenience stops, such as dining facilities, post office or smoke pits by servicemembers wearing civilian clothes is not authorized. For more information on the proper wear of the military uniform while deployed here, see AUABI 36-2903, IC-1, dated Oct. 8, 2009.

### **Uniform Disposal**

The proper disposal of military uniforms is a force protection issue. The 379th ELRS transit shipping point has established an unserviceable uniform disposal program. Four locations are available to drop off uniform outer garments; however, boots, PT gear or civilian clothing is not permitted. Uniforms can be taken directly to the TSP (Building 3718 near the wash rack). They

can also be dropped off at collection boxes located by Jack's Place, the Coffee Beanery in the CC complex and outside of the BPC BX. For questions, contact TSP at 437-2352.

### **Off-Base Travel Reminder**

In accordance with AUABI 10-6008, personnel may wear the duty uniform off-base when conducting official business. However, when traveling in uniform, uniform blouses must be removed upon departure from installation, and replaced upon arrival at destination; flight suits should be unzipped and folded at the waist upon departure and zipped upon arrival at destination; only the T-shirt should be visible. For more information, contact 379th Air Expeditionary Wing Force Protection at 436-0198.

### **Professional Development Courses**

Professional Development courses are held every Wednesday and Friday at 8 a.m. and 7 p.m. at the Airmen Readiness Center. These classes are taught by senior enlisted leaders in an effort to provide personal and professional growth opportunities for deployed members. Pay grades of E-1 through O-3 are welcome to attend. For more information, to suggest a topic, or to volunteer to teach, call Master Sgt. Mandy Midgett at 436-4184.

### **Right Start and Right Finish**

Due to the renovation in the CC Theater, Right Start briefings are being held in the BPC Theater on Fridays at 6:45 a.m. Right Finish briefings will remain in the CC Theater on Fridays, but the new start time is 5:45 p.m. For more information, contact Capt. Marcus Hampton at 436-0144.

### **Share-A-Ride Program**

Everyone is reminded that the base has a mandatory Share-a-Ride program for all passenger vehicles assigned to units. Take the time to offer a ride to those waiting for transportation to and from work areas across the base.

### **Other Base Activities**

For facility calendars, trips and tours, movie schedules, dining facility menus or other 379th Expeditionary Force Support Squadron happenings, visit the 379 EFSS internal homepage, check out the Commander's Access Channel, or check the daily Desert Dispatch.

**Safety Snapshot:  
Safety is everyone's  
responsibility,  
especially yours.**



**Airmen with the 379th Expeditionary Aeromedical Evacuation Squadron help patients board a C-130J Hercules in preparation for a regularly scheduled aeromedical evacuation mission, Oct. 24, in Southwest Asia. The 379 EAES provides a routine "mercy mission" that transports patients from throughout Southwest Asia to established medical care facilities in support of operations Iraqi Freedom and Enduring Freedom.**