

KBC INSIDER



VOL. 2 – ISSUE 3

NEWSLETTER OF THE KABUL BASE CLUSTER

September 2011

The KBC Pays Tribute

31 Heroes: Sweat, pain

shared in memory of fallen

warriors

Astronauts and servicemembers

find common ground in Kabul

A look back:

Five Soldiers return to Kabul nine years later

KBC INSIDER ON THE INSIDE

VOL. 2 - ISSUE 3- Sept. 2011

Task Force Yankee **Public Affairs Office**

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Questions, comments or submissions for the KBC INSIDER should be

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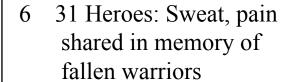




ON THE COVER

Coalition flags are at halfstaff on Sept. 11, 2011 in honor of fallen Coalition Forces since 2001. (U.S. Army photo by Spc. Steven C. Eaton, Task Force Yankee Public Affairs)

Around the KBC 4



- 8 Astronauts and servicemembers find common ground in Kabul
- KBC pays tribute
- 12 A look back: Five Soldiers return to Kabul nine years later
- 15 Kabul Base Cluster **Command Military** Police Blotter
- 16 Building a future by building schools
- 18 Drop the Magazine















he Internet has fundamentally changed the way the military communicates in the 21st century. Increasingly, individuals are looking to the web and social networking sites to communicate with family, friends and the world.

Social media is an excellent way to stay in touch with those you care about back home and to share with them your experiences. However, all military personnel have a responsibility to know the risks and rewards of using social media. Those who wear the military uniform must always remember to conduct themselves in a professional manner at all times, and be cognizent of others on the web who wish to exploit the information you share and use it to cause harm.

Read the following DOs and DON'Ts to help protect yourself, your families and your fellow servicemembers.

DOs

- DD use social networking sites to communicate the military story; you are our best spokesperson.
- DO be cognizant of how you represent yourself; reconsider posting comments that reflect poorly on the organization.
- DB keep your tone professional.
- DB ensure content posted is appropriate to good order and discipline to the military.
- DO treat social media sites like the newspaper.
 If you don't want to see it in print, don't say it!
- DO protect classified, sensitive, or need-to-know information and report violations.
- DO remember violators of Operational Security (OPSEC) may be subject to UCMJ action.
- DO make it more difficult for an adversary to identify and exploit vulnerabilities.
- DD mitigate the risk of using social media by educating servicemembers, not by stopping the dialogue.



flick

You Tube

facebook



DON'Ts

- DON'T post inappropriate statements. Users
 have the right to voice their opinions. However,
 they do not have the right to post vulgar or
 obscene comments that degrade morale or
 unit cohesion.
- DON'T post distasteful photos or video that depict any form of obscenity.
- DON'T post sensitive or classified information that could compromise OPSEC. Release of this information could result in lost lives:
 - Policies, Rules of Engagement and Rules of Force
 - Vulnerabilities of defensive dispositions, capabilities of units, weapons systems
 - Doctrine for using various weapons
 - New weapons available, or are being employed
 - Unit strength, exact numbers or composition
 - Troop movements: dates, times and locations
- DON'T post any photos or videos that could compromise OPSEC: Entry Control Points,
 Vehicle Battle Damage, Sensitive Communication or Force Protection Equipment.
- DON'T post personally identifiable information: information to distinguish or track your identity, employment history, home address, exact

school your kids go to.





Service awarded
Maj. Gen. Timothy P. McHale,
deputy commander of support,
U.S. Forces Afghanistan,
presents Sgt. Scott T. Hulsey, an
Alabama National Guardsman
with the 1165th Military Police Company, with the Joint Service Commendation Medal for his contributions to the New Kabul Compound Base Defense Operations Center. (U.S. Army photo by Spc. Steven C. Eaton, Task Force Yankee Public

Terry Fox Run

Coalition Forces took part in the annual Terry Fox Run. The yearly Canadian run is held to raise money and awareness for cancer research. (U.S. Army photo by 1st. Lt. Kelly Sullivan, Task Force Yankee Public Affairs)

Tuned in

Capt. Craig Brewer, the logistics officer-incharge for the Camp Eggers Base Support Group, Task Force Yankee, is interviewed by WAAF disc jockey "Mistress Carrie." Carrie was here on a two-week media embed with members of the Massachusetts National Guard. The rock 'n' roll DJ traveled to different bases with the 26th "Yankee" Brigade and the 1st Battalion, 182nd Infantry Regiment and interviewed servicemembers for the 10th anniversary of the Sept. 11, 2001 attacks. (U.S. Army photo by Spc. Steven C. Eaton, Task Force Yankee Public Affairs)



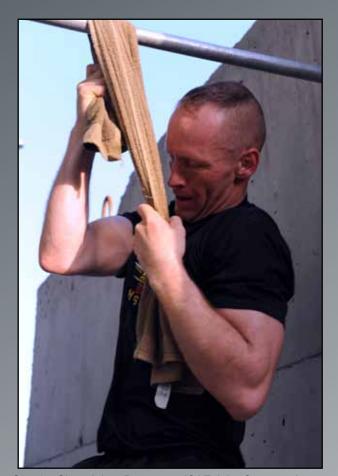
31 HEROES: SWEAT, PAIN SHARED

By Sgt. Lindsey Kibler, Headquarters, 1st Corps Public Affairs

KABUL, Afghanistan —The only requirement was to give your all, 31 minutes for 31 heroes. For the Soldiers, Airmen and civilians gathered at Kabul International Airport (KAIA) on Sept. 3, 2011 this physical training day left no room for the faint of heart.

Quitting wasn't an option in this memorial service that was unlike any other. The men and women at KAIA gathered to share their sweat and pain during a CrossFit workout called "31 Heroes."

They joined countless other CrossFit enthusiasts who, on this day, dedicated their workout to the 30 U.S. servicemembers and one U.S. military working dog who made the ultimate sacrifice Aug. 6, 2011, when their helicopter crashed during a mission in eastern Afghanistan.



Sgt. 1st Class Adam Bezanson, ISAF Joint Command facilities manager and one of the 31 Heroes organizers, lifts his body up to complete a towel pull-up during the 31-minute Hero workout of the day Sept. 3, 2011 at KAIA.

All servicemembers on board were killed, as well as seven Afghan commandos and one Afghan interpreter. It was the deadliest day for U.S. forces in Afghanistan since the war began in 2001.

The event, sponsored by the Navy SEAL Foundation, served as a "version of the moment of silence," according to their Web site.

Regardless of the location, all participants performed the same workout, which is a non-stop 31-minute test of physical and emotional will.

"All the pain and anguish during this workout doesn't even compare to what those we are honoring went through," said Sgt. 1st Class Ricky Irvin, a Dell City, Okla., native. Irvin was one of the event's coordinators and the International Security Assistance Force Joint Command (IJC) signal current operations chief.

"They knew every time they went out on mission, there was the distinct possibility of dying and they went anyway," he added. "I'm proud we are able to honor them like this."

The workout of the day (WOD), was carried out in two-man teams. While one team member ran 400 meters carrying a sandbag that weighed up to 45 pounds, the other team member worked through a circuit of exercises. Each complete circuit, known as a rep, consisted of eight thrusters of up to 155 pounds, 11 box jumps and six rope climbs.

With limited equipment in very austere conditions, creativity was key, said Staff Sgt. Jessica Bezanson, a CrossFit Level 1 certified trainer and enlisted aide to the IJC commanding general.

A towel was draped over a pull-up bar to mimic the movement of climbing a rope, requiring a team member to alternate arms while pulling themselves up without using their legs. Ninety towel pull-ups equated to the required six rope climbs. Ammunition cans were used as a substitute for sandbags and tires were used for box jumps.

IN MEMORY OF FALLEN WARRIORS



The faces and stories of 30 U.S. servicemembers and one U.S. military working dog killed in action Aug. 6, 2011 line a volleyball court, Sept. 3, 2011 at Kabul International Airport. Nearly 25 servicemembers and civilians participated in the 31 Heroes CrossFit event.

For Bezanson, a Rapid City, Mich. native, the day's WOD was a bit more personal and the pain was bittersweet.

"Of all the Hero WODs we've done out here, this one meant the most. I heard about [the incident] an hour after it happened. I was here. I felt the impact of it," she said. "It made me work harder. I pushed myself harder today."

In the days following the incident, on this particular day and in all the days to come, the memory of those 31 heroes will not be forgotten.

According to the Navy SEAL Foundation Web site, all proceeds raised from the global event will be given to the families affected by this tragedy.

Staff Sgt. Jessica Bezanson prepares to do a thrust Sept. 3, 2011 at KAIA. Thrusters are one part of a circuit exercise, dubbed 31 Heroes, being done globally on this day in memory of the 30 U.S. servicemembers and one U.S. military working dog killed in action Aug. 6, 2011.



Astronauts and servicemembers find common ground in Kabul



Neil Armstrong and Jim Lovell share stories of traveling to the Moon with residents of Camp Dubs Aug. 17, 2011.

By Staff Sgt. James C. Lally, Task Force Yankee Public Affairs

 ${\sf KABUL}, Afghanistan - {\sf Armed Forces Entertainment}$

and the USO brought some legendary American heroes to the Kabul Base Cluster for a visit with servicemembers and Coalition Forces.

The Legends of Aerospace Tour with Neil Armstrong and Gene Cernan, the first and last astronauts to walk on the Moon and Apollo 13 commander Jim Lovell, along with former "Good Morning America" host David Hartman toured the KBC Aug. 15, 2011 through the 18th visiting Camps Eggers, New Kabul Compound, Phoenix, Black Horse, Dubs and Bala Hissar.



Former astronaut and commander of Apollo 17, Gene Cernan takes aim at a target during the Legends of Aerospace Tour Aug. 18, 2011.

The astronauts shared their stories of space travel and the history and political climate that motivated President John F. Kennedy during a speech to the

87th United States Congress to declare, "If we are to win the battle that is now going on around the world between freedom and tyranny, the dramatic achievements in space which occurred in recent weeks should have made clear to us all, as did the Sputnik in 1957, the impact of this adventure on the minds of men everywhere, who are attempting to make a determination of which road they should take," said Kennedy.

After sharing their stories the astronauts typically answered questions from the audience, posed for pictures and signed



Afghan Air Force 2nd Lt. Fatama Abteen greets former astronaut and commander of Apollo 17, Gene Cernan at Camp Eggers in Kabul, Afghanistan Aug. 16, 2011. Abteen is undergoing training to become a pilot.

autographs. After seeing the Legends, Army Pfc. William Hines, Headquarters and Headquarters Company, 3-4 Infantry Battalion said, "It was great to see them. I've read their books, they're a part of American history. I'm glad to be here and be able to put their names to faces."

Discussing his impression of meeting the astronauts

Navy Lt. Roland Guerra said, "It was dream come true, I
loved it."

During one visit the astronauts explored Tajbeg Palace, the former seat of the Afghan Royal Family until it was occupied by the Soviet military during the 1970s and 1980s.

The astronauts capped off their whirlwind-tour with a visit to an American Special Forces unit and were invited to shoot a wide array of rifles and hand guns. After the Legends were done firing weapons they joined Soldiers for an informal question and answer session. The astronauts described their experiences traveling in space and gave vivid descriptions of the Moon and the view of the Earth from outer space. During their time together, servicemembers and astronauts seemed to find a common ground discussing mission preparation and the mindset that it takes to face danger and uncertainty for a cause greater than themselves: serving their country.

Former astronaut Gene Cernan explained his mental preparation for his last mission to the Moon saying, "We didn't go to the Moon to not come home ... and you didn't come to Afghanistan to not come home — that's what we have in common."

Cernan also said, "Everyone on Apollo 17 who went to the Moon made it back. That is a testament to American leadership, teamwork and initiative, and you are continuing that tradition," said Cernan.

Elaborating on the subjects of ingenuity and preparation, Cernan told a story about driving a lunar rover saying, "I was going a little too fast and dropped off the ledge damaging the fender. It was causing a problem so I had to fix it. Let me just say this: duct tape — don't leave home without it,"

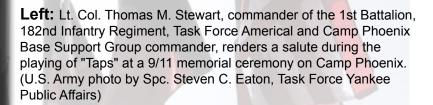


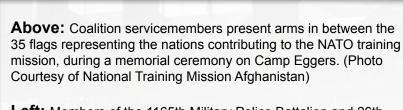
Former astronaut and commander of Apollo 13, Jim Lovell takes a picture in a Chinook helicopter while flying over Kabul Afghanistan during the Legends of Aerospace Tour Aug. 17, 2011. From left to right: Chief Warrant Officer 4 James M. Girard, morale welfare and recreation officer for the Kabul Base Cluster Command, Legends of Aerospace Gene Cernan, Jim Lovell and Neil Armstrong.

SEPTEMBER 2011

KBC PAYS TRIBUTE







Left: Members of the 1165th Military Police Battalion and 26th "Yankee" Brigade, Task Force Yankee, stationed at Camp Bala Hissar, held a small memorial ceremony for the 10th anniversary of 9/11. Each Soldier read a short biography of a civillian or servicemember who died on or since Sept. 11, 2001. (Photo courtesy of Task Force Yankee)



Left: More than 400 deployed servicemembers, DoD civillians and contractors pay tribute to the 10th anniversary of 9/11 during an official ceremony at Camp Eggers in Kabul, Afghanistan. Thirty five flags representing the nations contributing to the NATO training mission were lowered and then raised to honor those killed in the attack. (Photo Courtesy of National Training Mission- Afghanistan)

Right: Master Warrant Officer Scott Bridger, of the Canadian Contribution Training Mission – Afghanistan (CCTM-A), salutes during the 9/11 10-year anniversary ceremony at Camp Phoenix in Kabul. (Photo by Master Cpl. Rory Wilson, Canadian Contribution Training Mission – Afghanistan)

Below: Airmen assigned to the 438th Air Expeditionary Wing, Kabul International Airport, raised flags throughout the day to honor victims. (U.S. Air Force photo by Senior Airman Amber Williams, 438th Air Expeditionary Wing)



A look back:



Left to right: Maj. Daniel McNeill, Master Sgt. Michael Almeida, Capt. Jessica Peterson, Master Sgt. Robert Smith and Sgt. 1st Class Kris Holmgren pose for a photo in Patriot Square on Camp Phoenix.

Five Soldiers return to Kabul nine years later

By Spc. Steven C. Eaton, Task Force Yankee Public Affairs

KABUL, Afghanistan — There are certain events that happen during the span of a person's life that are considered life changing. The birth of a child, the death of a loved one, a car accident, a fire or

something that to one person may seem insignificant to one but to another can be life altering. Very few moments that affect the lives of individuals have the power to affect more than the people immediately involved. There are events that not only change the people involved, but change a nation.

Tidate to the state of the stat

McNeill leads a platoon through Taunton, Mass. in 2002.

Events such as these are not everyday occurrences, days like December 7, 1941, April 19, 1995 and April 20, 1999 will be forever engraved into our nation's history.

The attack on Pearl Harbor, the Oklahoma City bombing and the tragedy at Columbine High School are all days that have had a national impact.

September 11, 2001 was the day our world changed, the attacks on that day would directly affect the

next decade and for some people, the rest of their lives. The events of that morning have shaped the new "Great Generation" and sent an all volunteer force to foreign lands to ensure that a tragedy like 9/11 never happens again.

Members of the Massachusetts
National Guard heard the call
to duty on that September
morning and have been
answering ever since. From
homeland defense missions
at Boston's Logan Airport

and military installations across the state to multiple deployments in support of Operation Enduring Freedom, Operation Iraqi Freedom and Operation New Dawn.

Five members of Task Force Yankee, 26th "Yankee" Brigade, Massachusetts Army National Guard, who were deployed in 2002 to Kabul, Afghanistan for the first anniversary of 9/11, were back in Kabul again for its 10th anniversary.

Together again, Maj. Daniel McNeill, Capt. Jessica Peterson, Master Sgt. Robert Smith, Master Sgt. Michael Almeida and Sgt. 1st Class Kris Holmgren found themselves here nine years later, answering the same call America put out a decade ago.

As a staff sergeant in 2002 Kris Holmgren was deployed to Kabul with the 772nd Military Police Company out of Taunton, Mass., to what is now the Kabul Military Training Center (KMTC). "Our overall mission was to provide support and security for the newly developed Special Forces teams assigned to train the Afghan National Army, which didn't exist prior," said Holmgren.

Already a veteran of Operation Desert Storm in 1991, Holmgren was able to see the beginning of the Government of the Islamic Republic of Afghanistan. "I saw Afghanistan freely hold elections for what I believe was the first time ever and witnessed Afghanistan's President Karzai take office," Holmgren said.

Since then Holmgren said Kabul has grown. "I was stunned by the massive amount of changes, especially in the amount of construction projects that have sprung up in the area that previously was open and nearly unoccupied," he added.

Holmgren is now the safety noncommissioned officer-in-charge (NCOIC) at Camp Black Horse in Kabul and also works in the base defense operations center there.

"Nostalgic," is how Master Sgt. Michael Almeida describes being here again. "I feel like I'm here finishing up what was started 10 years ago," he said. Now Almeida serves as the Military Police operations NCOIC for the Kabul Base Cluster Command.

Almeida was a sergeant first class and the platoon sergeant for 1st Platoon, 772 MP Company when he was stationed at the KMTC and provided security and presence patrols for the American Special Forces units conducting the training. Beyond the differences outside the wire Almeida noticed several differences in the living conditions.

"The major difference is the housing. We lived in

blown up buildings, then eventually built our housing. And the quality of living is much better, now we have internet, Greenbeans Coffee, Post Exchange. Back then we had internet but it was spotty at best," he said.

"A strange bittersweet feeling," is how Master Sgt. Robert Smith describes being back in Afghanistan. "However it is a good feeling to still be in service of our country and to be able to come back to Afghanistan and see the changes." In 2002 Smith was the operations noncommissioned officer (NCO) for the 772 and now serves again in Kabul with Task Force Yankee as the operations NCO.



Smith, right, poses for a photo with a member of the 772 MP Company and three Afghan children in Afghanistan in 2002.

During his first deployment Smith experienced the birth of something new. "Being witness to the birth of a new Afghan Army of trainees going through basic training and seeing the first graduation," Smith said was an important memory.

"There was not much of an Afghan Military back then or even a police force that could respond to enemy activity, we actually provided a security detail for the 1st Battalion, Afghan National Army basic training graduation at KMTC," said Smith. The biggest difference he notices is a more trained military force and police agencies.

In 2002 while with the 772, then Spc. Jessica Peterson was a gunner. Although her role was as a traditional MP, she had something more to add to the growth of Afghanistan. "I had the opportunity to teach the first woman's [English] class since the Taliban rule," Peterson said. "It wasn't a popular operation at the time but it branched from one class to five with women ranging in age from eight to forty five," she added.

"I believe some of us are here for a reason," Peterson said. Now a captain with Task Force Yankee, Peterson works in the unit's intelligence section.



Above: McNeill hands out candy to Afghan children during a school visit. (Photo by 1st Lt. Kelly Sullivan, Task Force Yankee Public Affairs)

1st Lt. Daniel McNeill was a platoon leader with the 772 and the company's executive officer. "It's a strange feeling to be back here and to experience another 9/11 anniversary. I honestly feel that we started the positive influence on the shaping of the Kabul infrastructure," McNeill said.

Now as a major with Task Force Yankee, McNeill's job is ensuring that infrastructure continues to build. As the civil military officer, McNeill is responsible for ensuring that construction projects continue and Afghanistan grows stronger.



"Of the many differences that I observe daily, I tend to notice the population growth," said McNeill. "Also the development of schools, it seems to me that the Coalition Forces have created and developed a good sense of schools around the Kabul area," he added.

Ten years ago a new generation was born, middle and high school students watched the events of that morning unfold in front of their eyes. Like the members of the all volunteer militias that fought for our freedoms more than 200 years ago, the 9/11 Generation would volunteer to defend freedom again, not from a king but from fear. Every servicemember serving today volunteers knowing they will be asked to go into harm's way to ensure that Americans can sleep soundly at night knowing there are men and women doing everything they can to ensure America is safe and free.



Above: Almeida receives a coin for excellent service from Gen. David H. Petreaus.

Left: Smith receives the USFOR-A commander's coin for excellence from Maj. Gen. Timothy P. McHale, deputy commander of support, U.S. Forces Afghanistan.

Kabul Base Cluster Command Military Police Blotter



A Jr. noncommissioned officer was processed for a Field Grade Article 15 for alcohol consumption, possession of alcohol, communicating a threat and making a false statement. The Soldier was reduced by one grade and will forfeit \$1,482 for two months. The Soldier is also being released from active duty.

A Jr. noncommissioned officer was processed for a Field Grade Article 15 for claiming a higher rate of Basic Allowance for Housing than they were authorized and making a false statement. The Soldier was reduced by one grade and given 45 days of extra duty. The grade reduction was suspended.

A Jr. enlisted person was processed for a Field Grade Article 15 for disrespecting an officer. The Soldier was reduced by one grade and will forfeit \$440 for two months, was given 45 days of extra duty, a written reprimand and was restricted from using MWR facilities, movies and AAFES for 45 days.

A Jr. enlisted person was processed for a Field Grade Article 15 for a negligent discharge. The Soldier was reduced by one grade and will forfeit \$975 for two months.

A Jr. noncommissioned officer was processed for a Field Grade Article 15 for alcohol consumption. The Soldier was reduced by one grade and will forfeit \$1,482 for two months.

A Jr. enlisted person was processed for a Field Grade Article 15 for testing positive for marijuana. The Soldier was reduced by two grades.

A Jr. enlisted person was processed for a Company Grade Article 15 for losing a weapon. The Soldier was reduced by one grade and will forfeit \$429.

A Jr. enlisted person was processed for a Company Grade Article 15 for losing a weapon. The Soldier will forfeit pay for seven days and was reduced by one grade. The grade reduction was suspended.

A Jr. enlisted person was processed for a Company Grade Article 15 for disobeying an order and misbehavior of a sentinel for not wearing protective gear. The Soldier will forfeit pay for seven days and was reduced by one grade.

A Jr. enlisted person was processed for a Company Grade Article 15 for a negligent discharge. The Soldier was reduced by one grade and will forfeit \$403. The grade reduction was suspended.

A Jr. enlisted person was processed for a Company Grade Article 15 for being absent without leave. The Soldier was reduced by one grade.

Message from the KBCC Military Police Operations

Recently, we have experienced instances of U.S. personnel leaving their camps without their armed escort and or not wearing their body armor. Simply stated, personnel have not adhered to the rules of their contracts and or their base standard operating procedures.

Please send questions, concerns and comments to Capt. Peter Moores, Task Force Yankee CJA.

The KBCC MP Blotter is a command information product published weekly by the Kabul Base Cluster Command. The KBCC MP Blotter is published to inform the Soldiers, Airmen, Marines and Sailors of the Kabul Base Cluster in the Regional Command - Capital about UCMJ actions. Questions, concerns and comments regarding the KBCC MP Blotter should be directed to the KBCC Command Judge Advocate.



Army Col. Karen Saunders, Combined Security Transition Command - Afghanistan, shovels cement into a hole that signifies the beginning of a new school building. The Bibi Hawa Elementary School held a groundbreaking ceremony for their new building Sept. 7, 2011.

Building a future by building schools

By Senior Airman Christopher Hatch, NATO Training Mission Afghanistan

KABUL, Afghanistan — Coalition members and the Kabul director of education visited the Bibi Hawa Elementary School Sept. 7, 2011 for a groundbreaking ceremony to mark the beginning of a construction project worth \$348,000 that will improve the facilities of the school.

In one of the school buildings small wooden tables with attached benches sat crammed into a small room with barely enough room for an adult to walk between. There are holes in the walls big enough for children to walk or crawl through, some are half way boarded up and others are just open. The ceiling is falling in, there are signs of water damage and wood rot everywhere and chalk writing covers the front walls like graffiti.

The desks are the only things that make the small

room look like a classroom. This falling apart building is divided into four small classrooms. One room even had a small chalk board; the other teachers would just write on the painted plywood wall. These are the worst classrooms at the Bibi Hawa School in Kabul. The nicest ones, the ones currently being used to teach classes are overfilled.

But on Sept. 7 the students stood in the courtyard, many in their finest clothes, carrying flowers as the school prepared to meet representatives from the Ministry of Education and Coalition Forces for a groundbreaking ceremony. Together they have partnered up to rebuild parts of the school.

"This school will be a nice school," said Najibullah Kamran, director of Kabul City Education from the MoE during a speech he gave at the groundbreaking. "When done this will be one of the nicest schools in the Kabul area."



Representatives from NATO Training Mission - Afghanistan and the Ministry of Education cut the ribbon together on the construction site at the Bibi Hawa Elementary School Sept 7, 2011. They also took turns shoveling concrete into the spot where the cornerstone would go. Then they placed decorative stones signifying the first bricks of construction.

The plans for the school include building a brand new six-classroom building to replace the four-room wooden structure that serves as classrooms now. They will also be renovating the 21 existing classrooms, to include new electrical systems and upgraded roof. The latrines will be renovated and plugged into the septic system. An additional well will be dug with a new handpump to support the 6,000 plus students.

"The new and renovated classrooms provide the students with a conducive learning environment for a brighter future," said 1st Lt. Rene Barber, special projects officer. "Each phase of this project is a step in the right direction for the kids, the community, and the country of Afghanistan."

The project will take a little more than three months to complete, with students ready to occupy them in late December.

"This school will be a one of a kind," Mr. Kamran said to the students of the school. "We need to protect it, keep it clean and it will last."

Representatives from NATO Training Mission - Afghanistan and the MoE cut the ribbon together on the construction site. They also took turns shoveling concrete into the spot where the cornerstone would go. Then both placed decorative stones signifying the first bricks of construction.

"Afghanistan has no other way but training and education," Mr. Kamran said. "Children are the future of Afghanistan. You [the children] are the future. You need and deserve a quality education."

Step 1: Ensure weapon is on safe and place muzzle in the clearing barrel فرط وحلس الىمو دشاب دىق كاح رد دىاب وحلسا. الملحرم دوش مدادر ارقىرلب



Step 3: Hand the magazine toyour buddy/ supervisorلى وات پورگرس مب اى راكىم، مبروجاش ٣٠ل حرمدوش مداد

18



Step 5: Lock the bolt to the rear, visually inspect the chamber, verify clear محلسا هاکساوخ نات پورگرسای وامش. ۵ ملحرم دی دی در ابار



Step 7: Insert the magazine .دىدنىب مرابودار روجاش. ٧مل حرم

Clearing Bar



Step 2: Drop the Magazine دوش جراخ دی ابروجاش. ۲ ال حرم



Step 4: Charge the slide/ bolt to the rear **3** times, ensure no rounds eject معلى الماد الماد



Step 6: Allow slide/ bolt to go forward

هب ات هدز شیپ هبار ټیګ. ۶ ملحرم در کبرارق ی داع تالاح

RETIRE 7

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rel Procedures



ALWAYS



DROP THE MAGAZINE!!!

FON CHARGEUR ПЪРВО ОТДЕЛЕТЕ ПЪЛНИТЕЛЯ

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ΜΙΣΤΗΡΑΣ

دوش جراخ دی ابروجاش ۲ مل حرم

SEPTEMBER 2011

HISPANIC AMERICAN HERITAGE MONTH

Backgrounds MANY Stories

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