

RED TAIL FLYER

332d Air Expeditionary Wing, Balad Air Base, Iraq

AFF 1 & 2

How Airmen made a difference in Iraq

New community standards

Cleared for takeoff

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SEPT. 8, 2006

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For many Airmen, Air Expeditionary Force rotation 1 and 2 is drawing to a close. Their mission was to provide combat air power, make Iraq a better place and help the Iraqis transition to democracy.

RED TAIL FLYER

Brig. Gen. Robin Rand
332d Air Expeditionary Wing Commander

EDITORIAL STAFF
Lt. Col. Bob Thompson
Chief, Public Affairs
2nd Lt. Lisa Kostellic
Deputy chief
Master Sgt. Julie Briggs
Superintendent, Public Affairs
Senior Airman Kerry Solan-Johnson
Editor, Red Tail Flyer
Senior Airman James Croxon
Co-editor/web administrator

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332.redtailflyer@blab.centaf.af.mil or 332aew.pa@blab.centaf.af.mil.

The crimson used throughout the publication alludes to the original Tuskegee Airmen of the 332d Fighter Group.

The Tuskegee Airmen were the first African Americans to be trained as World War II military pilots in the U.S. Army Air Corps. They were known as the Red Tail Flyers because of the crimson paint scheme on their aircrafts' tails.



**Brig. Gen.
Robin Rand**
332d Air
Expeditionary Wing
Commander

COMMANDER'S ACTION LINE

As a service for Balad Airmen, the 332d Air Expeditionary Wing operates the Commander's Action Line.

The line is a way for Balad Air Base members to get answers to questions or express concerns about life on the base. Brig. Gen. Robin Rand, 332d AEW commander, gives action line queries his personal attention.

The Red Tail Flyer will publish those items that are of general interest to the Balad Air Base population.

In addition to using the commander's action line, Balad Airmen are asked to remember their chain of command when dealing with problems and concerns.

The action line can be reached via e-mail at 332.redtailflyer@blab.centaf.af.mil. People using the action line should include name, unit and phone number in case additional information is needed and for a timely response.



T U S K E G E E A I R M E N O F T H E W E E K



Photo by Senior Airman James Croxon

SENIOR AIRMAN ANTHONY STEWART

Unit: 332d Expeditionary Maintenance Squadron

Air Force specialty: F-16 crew chief

Home station: Hill Air Force Base, Utah

Family: Wife and four children

Years in the Air Force: 4

Deployments: One

On-duty contribution at Balad: While performing a preflight inspection on his F-16, Airman Stewart discovered a 2-inch bolt protruding from a drain hole on an F-16 panel. He immediately notified the flightline expeditor of his aircraft's status and to consider preparing another spare for the coming air tasking order. He then informed the engines section while initiating a search for where the item came from. Due to Airman Stewart's initiative and knowledge, the missing hardware was identified and the parts were reinstalled within three hours without compromising the 421st Expeditionary Aircraft Maintenance Unit's ability to continue to meet every ATO.

Off-duty contribution at Balad: Spends five hours each week volunteering at the Contingency Aeromedical Staging Facility and the Air Force Theater Hospital.

Weather outlook

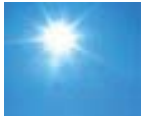
Today



Sunny

109/73

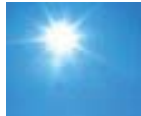
Saturday



Sunny

109/73

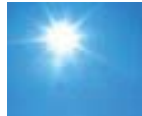
Sunday



Sunny

107/72

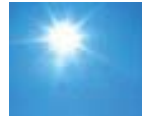
Monday



Sunny,
breezy

105/70

Tuesday



Sunny,
breezy

105/70

Wednesday



Sunny

105/70

Thursday



Sunny

105/70

732d ECES gets new mission

Compiled from staff reports

In a ceremony conducted on the balcony of the Al Faw Palace at Camp Victory, Iraq, on Aug. 29, the Army's 203rd Military Intelligence Battalion transferred authority to the 732d Expeditionary Civil Engineer Squadron, marking a major milestone in the ongoing counter-IED effort.

The newly-formed 732d ECES weapons intelligence flight is tasked to provide weapons intelligence teams to support Army and Marine brigade and regimental combat teams with dedicated counter-IED collection and exploitation capabilities.

For the past year, this job was accomplished by the 203rd MI Battalion, commanded by Lt. Col. Alan Ott. During that time, the weapons intelligence

mission evolved significantly as the number of teams expanded to meet the increasing demand for the intelligence products they provided.

Now the torch has been passed to Lt. Col. Frank Freeman III, commander of the 732d ECES, Balad Air Base, Iraq, and the weapons intelligence flight headquartered at Camp Victory.

Although weapons intelligence represents a new mission for the Air Force, the flight is well prepared to build upon the success of its Army predecessor, Colonel Freeman said. Intelligence, explosive ordnance, Air Force office of special investigations, and security forces personnel assigned to this new unit were selected to optimize the mix of backgrounds and skills they bring to the fight, and the teams participated in an extensive training program before embarking on this deployment.

Winner's circle

August monthly award winners

AIRMAN

Airman 1st Class Anthony Hall

NONCOMMISSIONED OFFICER

Staff Sgt. Morgan Maul

SENIOR NONCOMMISSIONED OFFICER

Master Sgt. Anthony Dupree

COMPANY GRADE OFFICER

Capt. Eric Hanssen

SABER TEAM

Surgical/Intensive Care Unit



Photo by Senior Airman Kerry Solan-Johnson

New digs

1st. Lt. Jason Guadalupe, 332d Expeditionary Services Squadron, tests one of two cable cross-over machines at the new fitness center. The new facility is scheduled to open at 2 p.m. today and features new equipment. Other improvements include better air conditioning, an enclosed aerobics room, and larger, more plentiful televisions.

1 AEF & 2

HOW AIRMEN

MADE A DIFFERENCE

IN IRAQ

by Lt. Col. Bob Thompson
332d Air Expeditionary Wing Public Affairs

Their mission was to provide combat air power, make Iraq a better place and help the Iraqis transition to democracy.

After four months, the men and women of Air Expeditionary Force 1 and 2 are going home, and according to their deployment commander, they've made history and set the pace for the new role of "combat Airmen."

"Our Airmen flew more than 4,700 combat sorties and provided 'round the clock' precision weapons and sensors against anti-Iraqi forces during the last four months," said Brig. Gen. Robin Rand, 332d Air Expeditionary Wing commander. "We've supported ground operations from the air and led the way with combat Airmen doing ground ops to make Iraq a safer place."

During this rotation, Air Force F-16 jets dropped two bombs that killed the No. 1 al-Qaeda terrorist in Iraq, Abu Musab al-Zarqawi. Though the specific Air Force unit which conducted the strike was not announced, the team-effort between air and ground forces made the air strikes successful and showcased the capabilities of air power to target insurgents.

"We operate eight critical airfields in Iraq and control all 277,000-square miles of Iraqi airspace," General Rand said. "Nothing flies in or out without us. Our wing is made up of over 7,000 Airmen who help destroy and defeat insurgents everyday."

More than 1,300 "in lieu of" forces – combat Airmen who work ground jobs in place of Soldiers or Marines – served at 56 locations throughout Iraq including 10 new missions at 30 new locations this rotation. These jobs marked a strong contrast to the Air Force role of projecting power primarily with aircraft. Airmen lead missions "outside the wire" doing explosive ordnance disposal, road repair, rebuilding Iraqi infrastructure and mentoring Iraqis to take control of government operations.

"These Airmen are planting the seeds that will grow a democracy in Iraq," said Col. Duane B. Lamb, who served a one-year tour as 732d Expeditionary Mission Support Group commander here until August.

Shaping the future, security forces Airmen trained and mentored more than 1,500 Iraqi police academy cadets and base defense tech-

niques to more than 7,000 of the current generation of Iraqi military security forces at 30 Iraqi bases. Also, Air Force cops have provided on-the-job training with Iraqi police on some of the most dangerous streets in the world, in downtown Baghdad, the colonel said.

Air Force civil engineers completed 117 projects at 22 locations, including \$322 million to rebuild 22 of Iraq's police stations, 10 Iraqi Army bases, dozens of courthouses, fire stations and schools. Also, Airmen oversaw more than another 1,000 projects valued at \$4.2 billion to rebuild Iraqi infrastructure for drinking water and sewage systems, Colonel Lamb said.

At Camp Cropper and Camp Bucca near Baghdad, Airmen conducted more than 4,000 interrogations and produced 500 intelligence reports that directly contributed in the rescue of hostages, and the capture or destruction of terrorists. Air Force legal experts at the Central Criminal Courts of Iraq helped mentor the Iraqi justice system by preparing, processing and prosecuting coalition cases in Iraqi courts resulting in 600 convictions of detainees, the colonel said.

Other operations that support the fight include base support units, combat camera, civil affairs, and even support for space operations in forward locations.

"Today, combat Airmen are a growth industry," General Rand said. "Business is booming and our AEF 1 and 2 warriors led the way for our expeditionary Air Force."

In another new twist on air power, Airmen in Iraq replaced more than 400 ground convoys by airlifting supplies via C-130 cargo aircraft to decrease vehicle traffic on the most dangerous roads in the infamous Sunni Triangle. This area – marked by Tikrit, Ar Ramadi and just south of Baghdad – is the former power base of Saddam Hussein.

Using Balad AB as a cargo hub has made it the busiest single-runway operation in DoD. Strategic airlifters bring the cargo into the hub at Balad AB and the C-130 crews fly short "spoke" flights to various locations in Iraq with each lasting less than an hour to cover four to five legs during a 12-hour mission. Since the hub and spoke missions began February 2006, the C-130 crews have moved about 39,500 passengers and 17,500 tons of cargo, said Lt. Col. Mark Czelusta, 777th Expeditionary Airlift Squadron commander.

Also, AEF 1 and 2 Airmen in the 322d Expeditionary Medical Group at Balad AB ran the busiest military medical treatment facility in Iraq and the primary U.S. military medical hub. About 1,200 patients per month flowed through Balad.

"If a U.S. trauma patient arrives with a pulse at the Air Force Theater Hospital here, then the patient has a 97-percent chance of recovering and moving on to the next stage of care," said Col. George Costanzo, 332d EMDG commander. "This is the best rate for trauma patients in military medical history."

Located about 42 miles north of Baghdad, Balad AB is home to the only Air Force wing in Iraq. It is a composite wing with four different types of aircraft. Besides F-16 jets, MQ-1 Predators, C-130 cargo aircraft, the wing has put together the largest combat search and rescue squadron since the Vietnam War during this AEF rotation when it grew to eight HH-60 helicopters, said Lt. Col. James McElhenney, 64th Expeditionary Rescue Squadron commander.

"I am extremely proud of everything these Airmen have achieved in Iraq," General Rand said. "Their mission now is to go home and tell their story so that everyone can better understand what we're achieving over here."

Balad's community standards

PTU

Air Force physical training uniform

Jackets will be zipped at least half way
Long pants will be zipped at bottom
Conservative athletic shoes will be worn
Combat boots are authorized for wear during inclement weather

White socks must be worn
Headgear is authorized (military issue 8-point or floppy DCU hats only)
Black sock hat (watch cap) may be worn during inclement weather
T-shirts will be tucked in at all times
Saluting is mandatory in all uniforms in accordance with Air Force policy
Females will place long hair into a single pony tail that hangs loose
Jewelry and body marking standards apply

DCU

Desert camouflage uniform and desert flight suit

Black, brown and sand colored undershirts are authorized
Undershirts must meet logo requirements established by governing directives

No logos or writing on the back of the shirt
Black fleece undergarment is not authorized for wear as an external garment
Form fitted undershirts are not authorized as an outer garment
Reflective belts are mandatory for wear during hours of darkness
Reflective belt will be worn around the individual body armor when worn during hours of darkness
Reflective belt will be worn around the waist and not across the shoulders
U.S. Central Air Forces patch will be worn on the right breast pocket by all personnel

Additional uniform standards

Other

Coveralls are only authorized for wear when specifically approved by the group commander
Coveralls will not have rank, names or other patches
Aircrew members and all pilots may wear DFS
Contingency contracting personnel will wear civilian attire

as directed when off base
Additional unit or morale patches are not authorized except for the base honor guard
DCU blouse may be removed temporarily during work details
DCU blouse will be worn when traveling, riding in vehicles or walking after details
Sleeves on DCUs will not be rolled up at any time
Sleeves on DFSs will not be pushed up at any time
ID holders may hang in front and exposed outside on all uniforms
ID holders may be placed on the arm band and worn on the left side, above the elbow on all uniforms
Sunglasses may be worn with retaining straps and hang loosely around the neck on all uniforms
Headphones are only authorized for wear indoors while at fitness centers, recreation centers and living quarters

Living

Standards for Air Force living compounds

Opposite gender visitations or cohabitation in living quarters are not authorized regardless of location, organization, or military service

Assignment of quarters is coordinated between unit first sergeants and Air Force lodging personnel
Airmen are not authorized to relocate sleeping quarters without first sergeant approval
Airmen are not authorized to smoke except in designated smoking areas

Arming

Arming status definitions

332d AEW personnel will arm selectively or as an entire wing as directed by the wing commander. The arming status will normally accompany a uniform posture. (For example, "U3, Amber" would direct all 332d AEW

personnel to arm in accordance with the description below and be in U3)

Weapon status green: one magazine on person, not inserted in weapon

Weapon status amber: Basic load with one magazine inserted in weapon

Weapons status red: Basic load with one magazine inserted (M-4, M-9 and M-16) and round in chamber (9 mm)

PPE

Personal protective equipment

In **Uniform Posture 1**, individual body armor and helmet must be available within 10 minutes. Weapon should be carried or not carried as directed. In **U1**, the PTU can be worn in the H6 recreation center, dining

facilities, fitness center, post exchange, showers and toilet facilities and smoking areas. (See note 2, 3, 7)

In **U2**, IBA and helmet must be worn outside for specific time or activity. Weapon should be carried or not carried as directed. The PTU can only be worn in the fitness center, and shower and toilet facilities. (See note 1, 2)

In **U3**, IBA and helmet must be worn outside until further notice. Selected personnel will be directed to carry a weapon. The PTU can only be worn in the fitness center, and shower and toilet facilities. (See note 1, 2, 4, 5)

In **U4**, IBA and helmet must be worn indoors and outside until further notice. All personnel are directed to carry a weapon. The PTU is not authorized in U4.

Note 1: During hours of darkness, wear of reflective belt is required 360 degrees around IBA

Note 2: Running around base perimeter is prohibited in any uniform posture (Balad: Running authorized along H6 perimeter track)

Note 3: IBA will be carried or worn to and from place of work

Note 4: IBA and helmet worn while riding in vehicles

Note 5: PTU will be worn directly to and from the fitness center, and shower and toilet facilities only. No other stops authorized

Note 6: Combat earplugs and ballistic goggles worn at all times

Note 7: Balad AB: For residents of H4 or H6, U1 requires IBA and helmet be immediately available if travel is beyond Dining Facility No. 2 or the H6 perimeter sidewalk (running track).

Airman missing in Kyrgyzstan

MANAS AIR BASE, Kyrgyzstan (AFPN) -- Officials here have declared a U.S. Airman from the 376th Air Expeditionary Wing as missing following her visit to a Bishkek shopping center Sept. 5.

Maj. Jill Metzger, a personnel officer, was shopping at the Zum Shopping Center with a group from Manas Air Base at the time of her disappearance. She has not yet been located.

Major Metzger was last seen wearing a green sweater and blue jeans. She is 5 feet, 2.5-inches tall and weighs 102 pounds. She has blonde hair and blue eyes, and is in excellent athletic condition.

A 22-member joint task force is working alongside the U.S. Embassy and local officials to locate the servicemember as soon as possible. The task force members are special investigators, information managers and logistics coordinators from around the U.S. Central Command area of responsibility.

The task force is working with local law enforcement, the National Security Service and the Kyrgyz Ministry of Internal Affairs to engage every available asset to locate and return Major Metzger safely to her family.

Super Typhoon Ioke damage less than feared

HICKAM AIR FORCE BASE, Hawaii (AFPN) -- A U.S. Coast Guard aerial assessment of Wake Island Sept. 2 showed less destruction than expected from Super Typhoon Ioke, but the Air Force needs people on the ground at Wake to determine the full extent of damage, officials said.

The Coast Guard flew the mission to check for pollution releases. It was flown in a Coast Guard HC-130 Hercules from Coast Guard Air Station Barbers Point in Kapolei, Hawaii. Footage and pictures taken on the mission, which were reviewed by Coast Guard and Air Force officials, don't show any oil spills or hazardous-material releases, the Coast Guard said.

A U.S. Navy ship left Naval Base Guam Sept. 4

for a four-day, 1,500-mile trip to the island. The ship carries members of the Air Force's 36th Contingency Response Group at Andersen Air Force Base, Guam.

The U.S. Coast Guard Cutter Sherman from Alameda, Calif., is expected to arrive Sept. 7 with members of the Coast Guard Pacific Strike Team. As part of its mission the team responds to potential oil and hazardous-material spills. The team will conduct a detailed survey of the island and check the integrity of island structures, the Coast Guard said.

Ioke hit Wake Island Aug. 31 with 150 mph winds. All 188 island residents had been evacuated on two C-17 Globemaster IIIs from the 15th Airlift Wing at Hickam AFB.



Photo courtesy U.S. Coast Guard

A Sept. 2 flyover of Wake Island by a U.S. Coast Guard aircrew following the passage of Super Typhoon Ioke shows damage to the civil engineer industrial area.



photo by Master Sgt. John Lasky

A Netherlander Howitzer 2000 is driven onto a C-17 Globemaster III at Ramstein Air Base, Germany, Sept. 6. The 60-ton tank will be flown to Afghanistan on board a C-17 from Charleston Air Force Base, S.C.

JSF testing marks program milestone

by Philip Lorenz III
Arnold Engineering Development Center Public Affairs

ARNOLD AIR FORCE BASE, Tenn. (AFPN) -- Arnold Engineering Development Center officials just completed aerodynamic testing on two variants of the F-35 Lightning II Joint Strike Fighter to support flight testing of the plane later this year.

With this latest test, the AEDC staff surpassed 8,000 hours of JSF testing in the center's propulsion wind tunnel facility in support of the system design and development phase of the program.

High-speed force and moment data gathered from a conventional takeoff and landing, or CTOL, and short takeoff vertical landing, or STOVL, F-35 models will go into a database. That information will be added to computer-aided analysis for performance analysis and flight control design and validation before flight testing can begin.

"This is the final high-speed test for our CTOL and STOVL aerodynamic performance and stability control databases on our 1/12-scale model," said Kim Kohrs, an F-35 stability and control analyst with Lockheed Martin.

Around Iraq

30 insurgents captured

CAMP AL ASAD, Iraq – Iraqi police and soldiers, along with U.S. Marines and soldiers from Regimental Combat Team 7, detained 30 confirmed insurgents and 38 suspected insurgents over the weekend throughout the western Al Anbar Province, Iraq.

RCT-7 is the U.S. military unit responsible for western Anbar Province, an area of more than 30,000-square miles which stretches from the Jordanian and Syrian borders hundreds of miles east to Hit, a city about 70 miles northwest of Ramadi.

U.S. and Iraqi forces detained the known and suspected insurgents through a series of pre-planned and routine counterinsurgency operations.

Iraqi police identified and detained 18 of the 38 captured suspected insurgents in Rawah, Iraq, which is a city of about 20,000 along the Euphrates River, about 50 miles east of the Iraqi-Syrian border.

One suspect captured by Rawah police officers is wanted for suspected involvement with a vehicle suicide bombing against a U.S. military check point in the region July 29. Several more cap-

tured in Rawah are suspected of involvement with a recent attack on a Rawah police officer's family. Police officers in Rawah also discovered two improvised explosive devices there Sunday.

Iraqi and U.S. soldiers detained one known insurgent and 10 suspected insurgents Sunday in Hit, a city of about 60,000, located approximately 70 miles northwest of Ramadi.

Through a variety of counterinsurgency operations Saturday and Sunday, Iraqi police, Iraqi soldiers, and U.S. Marines captured 27 known insurgents and four suspected insurgents in the Haditha Triad, a cluster of three cities – Haditha, Barwanah, and Haqlaniyah – with a combined population of about 90,000. One captured insurgent was part of a four-man insurgent cell operating in Hadithah, another is suspected of having involvement with various small arms attacks against a U.S. base in Barwanah.

U.S. Marines captured six more suspected insurgents Saturday in Sa'dah, a town just east of the Iraqi-Syrian border. Marines also discovered an ordnance cache near the border on Saturday. The cache consisted of 120 mm rockets, 155 mm rockets, and 122 mm rockets.

Courtesy of MNF-I news release

Dog paddle



Photo by Army Staff Sgt. Russell Lee Klika

Soldiers of the 3rd Brigade Combat Team, 101st Airborne Division, rescue a dog from a fast moving canal while conducting a reconnaissance mission recently near Forward Operating Base Heider.

Leaders talk security

BAGHDAD — On the same day the Iraqi parliament reopened after a month-long recess, the Iraqi president predicted an end to sectarian violence in Iraq, while the British foreign secretary discussed the importance of handing over security responsibility to the government of Iraq.

In Baghdad on Tuesday, Iraq's Council of Representatives reconvened with a prediction by President Jalal Talabani that an end to sectarian strife in the country could come about by the end of next year.

According to an Associated Press report, Talabani said Iraqi forces would be able to handle any remaining violence by that time.



Caption this photo

If you have a witty or humorous caption for this photo, send an e-mail to 332.redtailflyer@blab.centaf.af.mil.

Baghdad Airmen to get dining facility

by Staff Sgt. Bryan Bouchard
447th Air Expeditionary Group
Public Affairs

SATHER AIR BASE, Iraq — After nearly three years of traveling to other camps on the Victory Base Complex for meals, Airmen and soldiers living on Sather Air Base will finally be able to dine-in at home instead of making the sometimes arduous journey to neighboring camps to eat.

Group leadership and contractors broke ground on the base's first dining facility recently. The DFAC, as it's called here, is scheduled to serve its first meal in November.

"This 25,000-square-foot building will feed over 700 Airmen daily and over 250,000 transient passengers annually," said 2nd Lt. Jeremy Dugan, civil engineer project officer deployed from Scott Air Force Base, Ill. "The Sather DFAC will enhance mission capability here by reducing travel to and from chow every day for every Airman, allowing us to 'fuel up' and get back to the mission."

Since the services deployed kitchen wrapped up operations long before anyone presently at Sather can remember, Airmen, soldiers and contractors who live on Sather eat at one of the several other DFACs located between three and six miles away elsewhere on the Victory Base Complex. According to many on Sather, it has been both a blessing

and a curse not having food readily available at their deployed location.

While many people make the 15- to 30-minute journey to neighboring camps for food, some units have started their own mini-kitchens at their squadrons to ensure their people are well fed to carry on the mission here.

One such unit is security forces. For the last six months, Staff Sgt. Mark Hill, deployed from the Oklahoma Air National Guard at Tulsa, has been feeding his squadron of more than 100 Airmen. This is his second tour of duty in Iraq, having spent six months at what is now known as Ali Air Base in southern Iraq. He volunteered for his "chow tent" duty.

"There were many reasons for volunteering," Sergeant Hill said. "The ability to stay busy would help the time go by faster and doing things for others gives one a sense of worth."

Sergeant Hill said that there have been some real benefits to feeding his forces himself, versus the patrols eating at the mercy of a DFAC's limited operating hours.

"Quite often something seems to happen around meal times like distinguished visitor visits, suspicious packages, visual and audible explosions not identified as controlled," Sergeant Hill explained. "By feeding our own we

can keep the food available longer than the DFAC would, we can also prepare and deliver individual meals to those who cannot make it in to eat. Another benefit is that eating together increases camaraderie and unit cohesiveness."

Four times a day, Sergeant Hill, who runs the day shift and Staff Sgt. Paul Williams from the Texas Air National Guard in Houston, who helps in the evening, make the trip to one of the Army DFACs to acquire enough food to feed nearly 200 people, which accounts for more than one-quarter of the base populace. Through the relationships Sergeant Hill established with the Army and contractor running the neighboring DFACs, he has been able to help other units as well.

"I have really enjoyed the ability to work with people from other nations and cultures," he said. "Building a working relationship with the Army and the contractor has been a challenge but when comparing the 'chow tent' to how it was when I first arrived gives me a sense of accomplishment. That relationship has also allowed me to work with the chaplains on numerous occasions by supplying the ice cream for the root beer float nights."

Despite overcoming many dining challenges in the past, the Airmen at Sather are excited to see the DFAC built.

According to Chief



Photo by Staff Sgt. Steve Bouchard

Master Sgt. Dale Nickelson, 447th Air Expeditionary Group superintendent who is deployed from the 301st Fighter Wing in Fort Worth, Texas, having food available for extended periods of time will be a definite benefit to the new DFAC.

"You don't have to shut things down to overlap schedules so people can go to lunch," he said. "You don't have an opportunity for a missed meal. I don't think there's a shop out here that doesn't do a meal pick-up, or some kind of mass meal grab at the DFAC. The (force protection) escorts have a meal-on-wheels detail that drives around to the escorts and delivers to-go boxes of food."

Security forces specialist Staff Sgt. Mark Hill, deployed from the Oklahoma Air National Guard in Tulsa, cleans off pans from breakfast at his unit's chow tent at Sather Air Base on Baghdad International Airport, Iraq. He worked with civil engineers from Sather to acquire a wash basin behind his chow tent. He has been feeding the Airmen of security forces, and others during his six-month tour of duty in Iraq.

HOW TO DEAL:

ADJUSTING TO

THE REUNION PHASE

Compiled by Major Tina Cuellar, 332d Expeditionary Aerospace Medicine Squadron

You are probably happily anticipating a reunion with your loved ones and may be nervous and excited about going home. No matter how many times you've deployed there will still be a time of transition and adjustment following each deployment.

Reunion is a big event in servicemembers' lives that may be more stressful than the separation of deployment. Many changes have occurred during the deployment that create stress for the returning family member as well as those who were left behind. Remember that stress is part of life; stress only becomes problematic when it is not recognized and not managed. One way to manage stress associated with change is

to be flexible and make compromises.

The trauma of war and deployment affects each of us in different ways. You may have seen or experienced some things that were very upsetting. Some of us may have no affects; some normal reactions to these abnormal situations are nervousness, irritability, moodiness, frustration, frequent thoughts of the event, poor sleep, and a desire to be alone. These effects are usually temporary, lasting four to six weeks, and should diminish over time. Many healthy people occasionally need assistance, talking with others who were there, and/or with counselors trained in crisis stress reactions, is very important.

Common reunion behaviors after deployment

No one can blame you; you've lived and worked in conditions different from anything you've ever experienced. These new experiences have made you a different person. You're now more accustomed to having personal time and you may relate more easily with people from your unit rather than family and friends. *However, curb your desire to take control when arriving home.* The initial reunion may be frustrating, even irritating because of your anticipation the night before, and consequential lack of sleep. Give it time. You'll need to adjust to your time zone, home cooking, and even deal with "homecoming let down."

Communication and intimacy

Hopefully you and your partner have maintained a solid sense of intimacy, or "emotional connection," during the deployment through communication. Remember that intimacy and sex are not the same thing; so build upon the intimacy, or emotional connection, you shared. Remember this person may have also changed in your absence and change inevitably creates stress. Try dating your partner to recreate that sense of romance. Awkward experiences aren't unusual; take your time, and let your sexual relationship resume in a way that is gratifying for you both.

Singles

Friends from your deployment may now be much less available to you, so you may have feelings of loneliness and even mild depres-

sion. It is vital that you make plans, especially for the first few days of your return; keep busy by actively reconnecting with old friends and acquaintances back home.

Married

How will you respond to the way your partner has handled things in your absence? It is helpful to remember that you weren't there and you don't know all the factors that went into decision making. If you choose to criticize your partner's judgment, you'll be doing damage to your spouse's self-esteem and ultimately to your relationship. Avoid the "who had it worse" game. The truth of the matter is the separation was difficult for both of you.

Single parent

The family readjustment period lasts typically four to six weeks for the entire family. Children grew physically, emotionally, socially and spiritually. Your homecoming is a major change for your children. Children don't have the skills to cope with stress; they may become firmly attached to the returning parent, wanting undivided attention or they may seem distant, withdrawn or act as though they just don't care. Actively involving the caregiver and children in the transition can smooth the process.

Married with children

Everyone may experience some anxiety about your homecoming. You may worry about how well you will fit back in and family members may worry how you will react to them. They may wonder if their accomplishments will be appreciated or resented. They may be concerned that you will attempt to immediately "take over" everything. These concerns are normal. Renegotiate family roles; schedule time with children; expect children to test limits; let children choose individual activities with you; ask children about their activities while you've been away; and avoid changing the rules of your spouse, especially in front of children

Reserves and National Guard

Your work environment may be somewhat different when you return. One work environment challenge you may encounter is staff turnover. You'll need to establish your credibility with them, and vice versa. Talk with colleagues and supervisors and learn of changes that occurred in your absence and the rationale for those changes. You'll also experience a change of pace and activity in your workday; you'll be required to shift from your deployment schedule back into "business as usual."

Those who have lost significant others

Unfortunately one of the changes that may occur during your deployment is the loss of a loved one through death, separation or divorce. It is important for you to prepare for your reactions once you return home. When you lose a close friend or relationship, you are likely to feel great sorrow and heartache. There might be the sense of failure, hopelessness, loss, despair, fear or desperation. Sharing feelings of grief with supportive family and friends helps diminish the pain.

ASK FOR HELP

For additional information: Contact your base chaplain, family support center, life skills support center, militaryonesource.com (800-827-1000), American Red Cross Armed Forces Emergency Services (703-206-8504), or United Services Organizations (202-610-5700).

Cleared for takeoff

Story and photo by 2nd Lt. Lisa Kostellic
332d Air Expeditionary Wing Public Affairs

Airmen at the Contingency Aeromedical Staging Facility here perform more than just medical tasks to ensure U.S. servicemembers hurt in Iraq quickly reach their next level of care.

When Senior Master Sgt. Karen R. Loalbo arrived here, she knew she would be working in the CASF command and control office helping patients get to Germany, but she found herself being trained for an unexpected additional duty.

In addition to their patient care and movement mission, nearly all CASF staff members are certified customs border clearance agents, which allow them to inspect patients' baggage for flight clearance.

According to Sergeant Loalbo, they have inspected 5,853 bags since May for prohibited or restricted items such as knives, lighters, alcoholic beverages, agricultural items and pornographic materials.

This additional duty started in February with the last deployment rotation. Before then, Navy servicemembers performed the inspections and provided clearance.

Lt. Col. Mario T. Pastrano, CASF commander, said every minute counts for the patients and waiting for Navy agents to arrive from the passenger terminal delayed the process.

"The main reason we push the evacuation process is because of the patient's condition. They are stabilized, not stable. If we miss a flight, we stand the chance of holding patients longer than what we like to and increasing the numbers we have waiting for another mission. These delays could affect the health of our patients," Colonel Pastrano said. "In some cases, their families are waiting for them, and it's time we don't want to take away from them. That's why we push."

Doing the customs inspections themselves saves four to six hours per mission and helps avoid aircraft departure delays, Colonel Pastrano said. Customs agent training takes a full day.

Training includes learning the inspection guidance and techniques such as what to look for and how to search an individual and their baggage.

"I didn't expect this. It's not part of the CASF mission, but it's needed so we can move the patients expediently," Sergeant Loalbo said.



Senior Master Sgt. Karen R. Loalbo, Contingency Aeromedical Staging Facility at Balad Air Base, Iraq, shows San Antonio Express-News reporter Sig Christenson how to inspect a flak vest for prohibited items such as small arms ammunition.



Balad Religious Schedule

Catholic Services

Daily Mass

5 p.m. Monday through Friday

Saturday

4:30 p.m. Reconciliation

5 p.m. Mass

Sunday

9 a.m. Sunday Mass

11 a.m. Sunday Mass

Confessions available by appointment

Protestant Services

Saturday

7 p.m. Liturgical Service

Sunday

9:30 a.m. Traditional Service

11 a.m. Contemporary Service

2 p.m. Church of Christ

2 p.m. Gospel Service

5 p.m. Traditional Service

7:30 p.m. Traditional Service

Wednesday

8 a.m. Liturgical Morning Prayer

8 p.m. Midweek Contemporary Worship Service

Tuskegee Chapel

Tuskegee Chapel

Tuskegee Chapel

Tuskegee Chapel

AFT Hospital Chapel

Tuskegee Chapel

AFT Hospital Chapel

Town Hall

Tuskegee Chapel

AFT Hospital Chapel

Tuskegee Chapel

AFT Hospital Chapel

Tuskegee Chapel

Tuskegee Chapel

Other Services

Sunday

3:30 p.m. Orthodox Prayer Service

7 p.m. Latter Day Saints Sacraments

8 p.m. Latter Day Saints Sunday School

Friday

7 p.m. Friday Shabbat Service

Study groups

Monday

8 p.m. Women's Bible Study - Beth Moore

Tuesday

7 p.m. Rite of Christian Initiation of Adults

8:30 p.m. Catholic Discussion Forum

Thursday

4 p.m. 40 Days of Purpose

Friday

7:15 p.m. Marriage Enrichment

Tuskegee Chapel

Tuskegee Chapel

Tuskegee Chapel

Tuskegee Chapel

Tuskegee Chapel

Tuskegee Chapel

Tuskegee Chapel

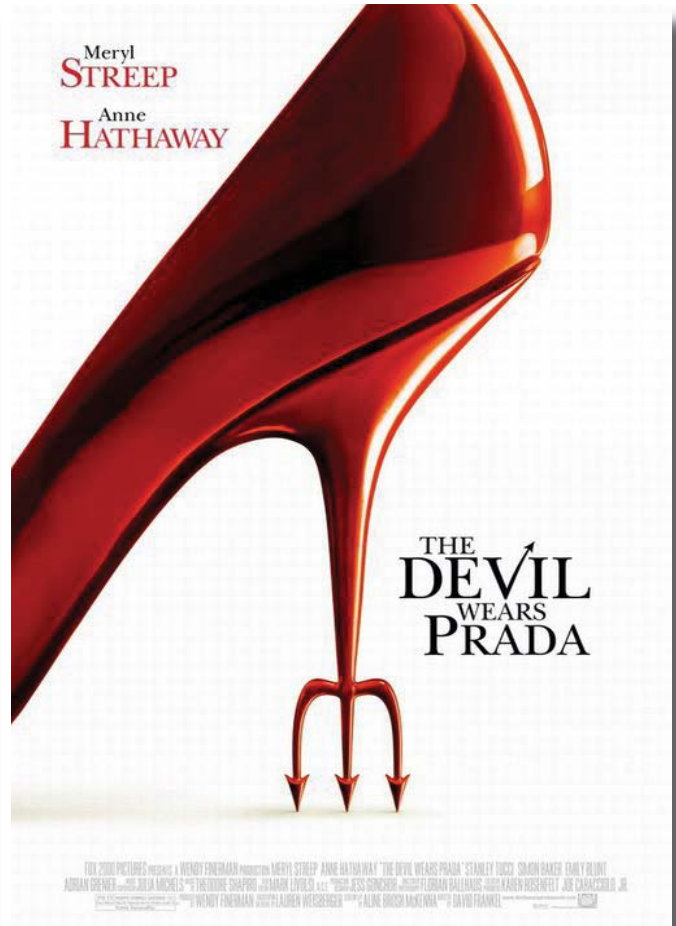
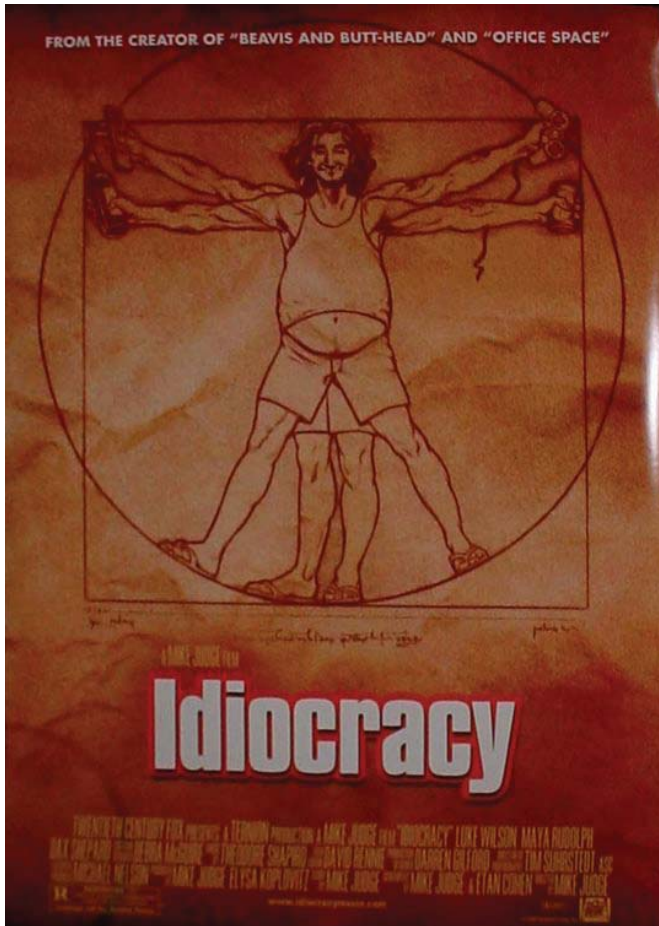
Tuskegee Chapel

Tuskegee Chapel

For more information on worship opportunities or needs, call 443-7703.

For the after-hour duty chaplain, call 443-3320.

Sustainer Theater



Today

- 2 p.m. - The Devil Wears Prada
- 5 p.m. - Pirates of the Caribbean:
Dead Man's Chest
- 8:30 p.m. - The Covenant

Saturday

- 11 a.m. - Click
- 2 p.m. - Idiocracy
- 5 p.m. - Superman Returns
- 8 p.m. - Idiocracy

Sunday

- 2 p.m. - Superman Returns
- 5 p.m. - Pirates of the Caribbean:
Dead Man's Chest
- 8 p.m. - Idiocracy

Monday

- 5 p.m. - The Devil Wears Prada
- 8 p.m. - Idiocracy

Tuesday

- 5 p.m. - Waist Deep
- 8 p.m. - Idiocracy

Wednesday

- 5 p.m. - Pirates of the Caribbean:
Dead Man's Chest
- 8 p.m. - Idiocracy

Thursday

- 5 p.m. - Superman Returns
- 8 p.m. - Idiocracy

Waist Deep

Tyrese Gibson, Megan Good

"I'll always come back for you," single father O2 tells his young son Junior. This parental promise is put to the test when O2 is suddenly plunged into a do-or-die situation. Trying to go straight for Junior's sake, this recently paroled ex-con is forced to go back outside the law after his son is kidnapped in a carjacking. The resulting chase and shootout have left Junior in the hands of Meat, the vicious leader of the Outlaw Syndicate. O2's shady cousin Lucky tries to mediate, but is caught between criminal and family loyalties. Rated R (violence, language) 97 min

Idiocracy

Luke Wilson, Maya Rudolph

Private Joe Bowers, the definition of "average American," is selected by the Pentagon to be the guinea pig for a top-secret hibernation pro-

gram, set 1,000 years in the future. He discovers a society so incredibly dumbed-down that he's easily the most intelligent person alive. Rated R (language, sex-related humor) 85 min

The Devil Wears Prada

Meryl Streep, Anne Hathaway

In the dizzying world of New York fashion, where size zero is the new 2, six is the new 8, and a bad hair day can end a career, Runway Magazine is the Holy Grail. Overseen with a finely manicured fist by Miranda Priestly – the most powerful woman in fashion – Runway is a fearsome gauntlet for anyone who wants to make it in the industry. To make Runway the fashion bible of New York and therefore the world, Miranda has let nothing stand in her way, including a long line of assistants that didn't make the cut. Rated PG-13 (sensuality) 111 min

Schedule courtesy of 332d Expeditionary Services Squadron

Synopsis courtesy of www.AAFES.com