

ROCK SLATE



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Honoring
fallen Airmen
Pages 6-7

SHOW YOUR PRIDE WITHOUT BEING TOO PROUD

Lt.Col. David Kawek and SrA. Robyn Zolen
386 ECES

The word pride has both positive and negative connotations. On one hand, pride is defined as personal satisfaction and self respect; on the other, arrogance and self-importance. The trick is discerning the two in your own life, and my challenge to you, is to show your pride without being too proud.

I, like you, have many things that make me proud. First and foremost, as a father of three, I'm very proud of my children. I'm proud to serve alongside each of you as members of the most formidable and most respected military in the history of the world. I'm proud to command 147 of the finest Civil Engineers in the United States Air Force. And I'm even prouder of the contributions and sacrifices we all make every day to support our mission of putting "Boots on the Ground" across the AOR.

Now I ask you: What makes you proud and how do you show it? Are you proud of your family? How do you show it? Are you proud that you serve? How do you show it? Are you proud of the job that you do, and the difference you make? How do you show it?

Your personal appearance; your attitude; your actions; the way you treat others... These are just a few of the myriad of ways to show your pride. Likewise, your Air Force pride can be seen by the way you emulate our core values. Doing what's right instead of what's easy (Integrity First); placing the good of the unit ahead of personal gain (Service Before Self); and constantly striving to improve both personally and professionally (Excellence In All We Do).

While you're here however, I'd ask you to take pride in yourself, your work, your contributions to mission success, and your base. How?

- Take pride in yourself by using this deployment as an opportunity to improve your physical conditioning and appearance. Keep your uniform clean and neat. Wear your uniform in accordance with Air Force and Wing standards and politely correct those who don't.

- Take pride in your work by giving 110% all of the time. Approach new challenges with a positive, can-do attitude. Always look for ways to improve the process. Speak up when you have an idea. And don't worry about who gets the credit!

- Take pride in your contribution to mission success by knowing how your unit and individual efforts fit into the bigger picture. Share your stories and experiences with people back home. And let them know that we're making a difference.

- Take pride in your base by participating in camp clean-up on Saturday. By being the person that goes out of his/her way to pick up that cigarette butt or candy wrapper on the ground instead of being the one that carelessly put it there or just walks by. Keep the Rock looking sharp by not driving over the sidewalks, by knocking rocks and sand off your boots or shoes before entering facilities, and by cleaning up after yourself at the DFAC, Fitness Center, and latrines.

Your pride should be evident in every task you accomplish, every goal you attain, and to every person you encounter. That being said, I also caution you not to be too proud. Don't be too proud to admit when you're wrong; to ask for help when you need it; or to listen to someone else's ideas. And don't be too proud to say "I don't know" or "I'm sorry" when you should.

Remember: "Pride is a personal commitment. It is an attitude which separates excellence from mediocrity." – William Blake. So be proud of everything you do – and in everything you do, your pride will show.



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Supplements; is your workout on drugs?

Capt David A. Alcindor, MD
386th EMDG

Deployments can offer plenty of time for personal development. It especially offers people the time to exercise more vigorously while packing on muscle and performance enhancing supplements to their normal diets.

While many of these supplements may be labeled with laboratory-tested, doctor-approved, or medically proven stamped over attractive packaging, the results and side-effects are often more sobering than the hype.

Performance-enhancing medications and supplements available by prescription, over-the-counter or on the black market should be taken with caution. Consumers need to be knowledgeable about their intended effects, possible side-effects, and risks.

For instance, anabolic steroids, creatine, concentrated-caffeine tablets or other powdered energy sources remain legal supplements outside of official sport competitions.

People who consume these products may actually increase muscle mass and, to themselves, look better. Many choose to use these supplements while ignoring the long-term health hazards that may develop.

Unfortunately, scaring consumers with medical diseases, renal failure, liver transplant, and heart attacks have proven an unsuccessful approach. Some other dangerous side effects can be shrunk testicles, erectile dysfunction, decreased sperm count, and breast development.

Good points of contacts to get information on these supplements is your primary healthcare provider or pharmacist, but the responsibility remains on the consumers to do their own research.

Reading and learning, first-hand, about the promising substance before using it to boost your fit-to-fight figure could literally save your life.



Quick pass football tournament
Jan. 21

ESFS Team 1 defeated the 424th from Arifjan in a 20-6 victory to win the competition

Singles Raquetball
Jan. 22

The overall winner was MSgt Kenneth Young and second place went to SSgt Jason Brandy

Part of our team: Camp Patriot, KNB

Chief Master Sgt. Michael Donovan
KNB Detachment Chief

A team of 33 Air Force logistics professionals from a dozen different CONUS locations gathered on 5 July 2005 at Ft Sill Oklahoma to begin Army Combat skills training in preparation for a six month deployment to a little known location called Camp Patriot in Kuwait some 33 days later.

This group of individuals quickly established a level of excellence that, according to Army training officials at Ft Sill was the best seen to date. The rigorous training culminated in the highest scores ever received by an Air Force unit on the live fire exercise. It was then on to Southwest Asia where the Tailored Logistics Element landed on 8 August 2005, they were joined by a 2 person Chaplain team completing the Camp Command Element.

Camp Patriot is one of the most unique assignments in the CENTCOM AOR. The 2,500+ person strong

installation is comprised of Navy, Army, Air Force, Marines, Coast Guard, Seals, DoD civilians, Government contractors and third country nationals.

Its operations are completely contained

well being on this diverse installation. In addition to the day to day camp operations, the team is also responsible for support to all the personnel at the Sea Port of Debarkation (SPOD), located a few miles to the north.

Land and seaside area security are only some of the functions KNB is responsible for. Units deploying and redeploying to Iraq pass through the camp for equipment preparation and all AOR ammunition is handled at it's piers. The Tailored Logistics Element has adapted to encompass missions concerning operations and intelligence functions and have made unprecedented strides in establishing and improving host nation relationships.

In short, this small team of professionals make this mission happen every day.

Camp Patriot, Kuwait Naval Base, Kuwait is a shining example of how an Air Force team can form, deploy and expertly execute any mission, any where, any time.



Air force personel from Kuwaiti Naval Base stand at the base of the base flagpole, beneath which an Air Force symbol has recently been installed. KNB is a 2,500+ person strong installation comprised of Navy, Army, Air Force, Marines, Coast Guard, Seals, DoD civilians, Government contractors and third country nationals. KNB, as it is commonly referred to, is one of the main logistics hubs in Kuwait; the Air Force command element is responsible for the operations, infrastructure, health and well being of this diverse installation.

inside a Kuwait Naval Base. KNB, as it is commonly referred to, is one of the main logistics hubs in Kuwait. The Air Force command element is responsible for the operations, infrastructure and health and

Rock Solid Comm ...



Air Force/Staff Sgt. Ian Carrier

Brig. Gen. Stuart Dyer, Brig. Gen. Susan Lawrence, Maj. Kenneth Peifer and Col. Michael Lewis take part in a ribbon cutting ceremony at Camp LSA, Jan. 24., signifying the 386 ECS achieving full operational capability for Communications-Integration at the Rock by providing all voice, video, data, and communications customer service. A year in the making, this CENTCOM J6 initiative supports over 3000 joint and coalition partners in the Rock community under a single provider; eliminating duplication of effort, allowing warfighting resources to redeploy, and greatly improving warfighter support.

the Rock Newcomer's Corner

DRESS AND APPEARANCE

General Restrictions

- In DCUs/DFDUs, reflective belts are required to be worn around the waist during the hours of darkness and periods of limited visibility.
- Utility Cap (8point) Desert Camouflage is the primary cap. Desert Camouflage Floppy Hat can also be worn. It must hang naturally and will be worn squarely on the head. The floppy hat will not be rolled up or modified from its original shape. The strap will not be used to suspend the hat on the back of the neck.
- Socks. Black or brown; must be plain without design or colored bands.
- Sunglasses/goggles can be worn around the neck with a black, brown, or desert tan strap. On other service's installations (LSA, Arifjan, KCIA), comply with order of dress for that service. Glasses/goggles will not be hung from the uniforms or on ID card holders. If not on an approved strap, they will be stowed in your pocket or hand carried.
- Cannot roll t-shirt sleeves up when blouse is removed
- ID Cards required to be carried at all times
- ID Cards required to be displayed on

arm/around the neck in PT/Civilian attire—exception: while actively engaged in exercise

- No body piercings, except female earrings (may have one conservative set in).
- Male members will be shaven when wearing either uniform (exception: approved shaving waiver).
- Black Fleece Liner will not be worn as an outer garment with the DCU or PT gear.
- Undershirts. Authorized to wear black, brown or tan T-shirts. Additionally, the long-sleeved black or brown turtleneck shirts or dickies and white, black, or brown thermal undershirts are authorized. The olive green sweater or sleeping shirt may be worn under the DCU shirt only.

PT Uniform/Civilian PT attire

- Official PT shirts must be tucked in regardless of pant/short type.
- PT shirt can be untucked while working out at the fitness center/running tracks and must be tucked in upon completion of working out.
- Athletic shoes will be worn when performing PT activities.
- White socks must be worn; ankle, or calf length (small conservative

trademark logos) are authorized.

- The long-sleeved black, tan, white t-shirt, turtleneck or thermal may be worn under the PT uniform shirt.
- Black/Blue Spandex leggings can be worn under PT shorts (No White Thermal undergarments)
- Cannot roll PT shirt sleeves up.
- Shorts will not hang below the bottom of the knee or higher than mid-thigh. The top of the shorts will not be "rolled over" to allow them to ride higher.
- Sandals with strap are authorized and must be worn with white socks. Sandals are not authorized in the gym, DFAC or on the flight line.
- Headphones are authorized while wearing the PT uniform within the confines of "The Rock".
- Hair must be neat and cannot hang loose below the collar; long hair must be tied back when in the PT uniform.
- You may wear the DCU, floppy, or optional baseball style hats. The only approved baseball style hat is the blue baseball with Air Force symbol, with or without lettering.

Pool Areas

- Conservative swim suits are allowed. Females are allowed to wear bikinis.

Flushing 101

Staff Sgt. Hugh Hussey
386 ECES

We here at the CE Utilities shop would like to take a moment of your time to go over the proper use of the latrines here on the Rock. Latrines are a luxury we do not want to lose, and we need your help in keeping them working.

The toilets here are not like what we have at home, however they will work properly. To get them to work properly, try holding the handle a little longer than normal, or try "pumping" the handle multiple times.

One of the biggest ways to help



is to refrain from flushing foreign objects. Our biggest enemy is probably baby wipes. These will not break down and will plug lines as well as pumps. The paper towels in the restrooms may closely resemble toilet paper, but it's not. Sanitary napkins are another large problem and could put a facility out of order until we have the time to work on it.

CE has a list of priority missions here, and fixing your toilet due to your own negligence is probably not going to get you on the top of that list.

If it's not toilet paper or something that has physically left your body, keep it out of the toilets.

Service before self leadership; the price of freedom

Chief Master Sgt. Thomas Narofsky
386 AEW Command Chief

Mrs. Bixby, Boston, Massachusetts:

DEAR MADAM: I have been shown in the files of the War Department a statement of the Adjutant-General of Massachusetts that you are the mother of five sons who have died gloriously on the field of battle. I feel how weak and fruitless must be any words of mine which should attempt to beguile you from the grief of a loss so overwhelming. But I cannot refrain from tendering to you the consolation that may be found in the thanks of the Republic they died to save. I pray that our Heavenly Father may assuage the anguish of your bereavement, and leave you only the cherished memory of the loved and lost, and the solemn pride that must be yours to have laid so costly a sacrifice upon the altar of freedom.

Yours very sincerely and respectfully,

Abraham Lincoln.

Abraham Lincoln penned the words above in Nov 1864 to Mrs. Bixby, a mother who lost five sons fighting for the cause of liberty and freedom. Freedom costs dearly for those who stand up to defend it and it costs dearly for those families who must endure its steep price. The average American family will never really experience the true cost or the true sacrifice of Freedom. They will never really understand why we serve and why our families make the sacrifice for our Country.

The Price of Freedom is high for the military family. Its cost is measured in time away from the family during deployments. Its cost is noticed by children when parents miss their birthdays, noticed when they miss Christmas plays, and noticed when they miss summer vacations. But for the military family that suffers the tragic loss of one whom makes the supreme sacrifice for freedom, its cost is measured in a lifetime of losses. The cost is a lifetime of lost hugs, a lifetime of lost kisses, a lifetime of lost birthdays, lost Christmases, and lost summer vacations. Its cost is eternally noticed by the children who grow up missing their mother or father forever.

The price of Freedom was raised a little bit higher on Jan 22, 2006. On that day, TSgt Jason L. Norton and SSgt Brian S. McElroy, while providing convoy security for the 70th Medium Truck Detachment near Taji, Iraq, were killed when an Improvised Explosive Device hit their vehicle. It was a tragic loss for the Air Force but a supreme loss for their families. These two fallen

warriors were both proud Security Force members who shared the same love of family, the same love of friendship, and the same love of freedom. For their dedication and supreme sacrifice, they were awarded Purple Heart and Bronze Star posthumously. Finally, in the end, these fallen warriors shared the same eternal resting place under the same headstone at Arlington Cemetery. Today in their honor, we dedicated two streets, Norton Ave and McElroy Ave, on the Rock.

Thomas Paine wrote: "Heaven knows how to put a proper price upon its goods; and it would be strange indeed if so celestial an article as FREEDOM should not be highly rated." Freedom is not free and the price of Freedom is extremely high. The Founding Fathers understood what freedom meant when they penned the words, "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights that among these are Life, Liberty and the pursuit of Happiness". The responsibility to preserve freedom falls to those of us who wear the uniform still today. This is why we serve, this is why we take the oath to guard our way of life, this is why TSgt Norton and SSgt McElroy served, and that is why we must remember their sacrifice.

TSgt Norton and SSgt McElroy passed to each of us the responsibility to hold high the torch of Freedom's Light. It is the light of Freedom and the hope that it brings that led so many people to our shores. We cannot break faith or fail our fallen warriors. We must stand in the gap and defend freedom from those who wish to extinguish its flame. Freedom's Light also shines on us to remember those who sacrificed to keep it burning. We, who wear the uniform, must remember and honor the legacy of these fallen warriors, for their family and for their children.

As Abraham Lincoln said in the Gettysburg Address, "The world will little note, nor long remember what we say here; while it can never forget what they did here. It is rather for us the living, we here be dedicated to the great task remaining before us--that from these honored dead we take increased devotion to that cause for which they here gave the last full measure of devotion". America lives today because for two hundred and thirty years there have been women and men in uniform who prized freedom above life itself and gave their last full measure of devotion. America continues to live today because TSgt Jason L. Norton and SSgt Brian S. McElroy prized freedom more than life itself. Remember their legacy. Their legacy is the legacy of Freedom.



Air Force/Capt. Rickardo Bodden

The Airmen of the 386th Air Expeditionary Wing pay respects to fallen comrades Tech. Sgt. Jason L. Norton and Staff Sgt. Brian S. McElroy who were both killed in the line of duty Jan. 22, 2006, in Iraq. After a retreat ceremony in their honor, two streets on the Rock were dedicated to the memory of the Americans who gave their lives for freedom.



Air Force/Staff Sgt. Ian Carrier



Air Force/Tech Sgt. Edward Holzapfel

386th Air Expeditionary Wing Rock Solid Warriors



**Tech. Sgt.
Edward D. Holzapfel**

386th Expeditionary Communications Squadron
3V072, Deployed Multimedia Manager

Home unit/base: 375 CS, Scott AFB, IL

How do you support the mission here? As the only still photographer on base, my main responsibilities are to respond to emergencies and to document the war fighters on "The Rock" and get their stories out to the public. As the Deployed Multimedia Manager it is my job to organize photography, videography, and visual intrusion detection systems (VIDS) operations on base.

How many times have you deployed and what makes this one unique? This is my first time I have deployed in an AEF rotation. This deployment is going to be a blast; I finally get to tell the story of Air Force personnel doing their job in a joint environment.

How does your job differ in a deployed environment vs. home base? It is really great to get back in the field again where I can capture imagery and tell the story of the Air Force War Fighter.



**Tech. Sgt.
Tracy L. Mackillop**

43rd Expeditionary Maintenance Group
2R171, NCOIC, Plans, Scheduling, and Documenta-
tion

Home unit/base: 43 AW Pope AFB, NC

How do you support the mission here? I'm the NCOIC of the 386th Expeditionary Maintenance Operations Flight Plans and Scheduling section. I supervise two Airmen. Within the plans and scheduling section we manage and schedule inspections, time changes, and TCTOs for the C130 aircraft assigned here. We coordinate and develop plans for rotating the C130s in and out of the AOR. We assist in ensuring the aircraft are ready to perform their mission here at the Rock.

How many times have you deployed and what makes this one unique? This is my third deployment. Different faces within each deployment make each deployment unique. Within my section we coordinate and work with 4 different MAJCOMs along with people from 4 different bases. Each one of them brings some kind of new idea or talent that can be capitalized on. We've learned so much.

How does your job differ in a deployed environment vs. home base? We maintain and oversee maintenance data in two maintenance information systems here versus one at home base. This requires continuous training and communication between here and the home units and is vital to fulfill the high operations tempo here at the Rock.