



Volume 3, Number 22

386th Air Expeditionary Wing

July 7, 2006

Command changes hands with ceremony

Staff Sgt. Ryan Hansen
386th AEW/PA

Leadership of the 386th Air Expeditionary Wing officially changed hands during a ceremony here July 4 inside the passenger terminal.

Col. Paul Curlett took the reigns from Col. Timothy Hale with members of the host nation, coalition forces, sister services and Airmen from the wing in attendance.

"I'm so very humbled to be given this calling and I'm excited about the opportunities and challenges that are ahead of me," Colonel Curlett said. "I'm absolutely thrilled to be part of this team."

Colonel Curlett comes to the wing from Charleston Air Force Base, S.C., where he was the special assistant to the commander of the 437th Wing. He is a command pilot with more than 4,500 hours flown and has served his country for more than 29 years.

"I'm so thankful that you could all be here on this special day — our Independence Day," he said. "To our host nation and coalition forces, I look forward to working with all of you."

Lt. Gen. Gary L. North, 9th Air Force and U.S. Central Command Air Forces commander, presided over the ceremony and spoke about how pleased he is to have Colonel Curlett on board.

"We couldn't be happier to have you here," General North said. "He's led in the AOR before, he's at home here and no one is more qualified and capable to lead this wing."

"Many of you do not know me," Colonel Curlett told those in attendance. "But people are my number one priority and I will work to earn your respect. I



Air Force/Staff Sgt. Jonathan Pomeroy

Lt. Gen. Gary L. North, 9th Air Force and U.S. Central Command Air Forces commander, hands the guidon to Col. Paul Curlett as he officially takes command of the 386th Air Expeditionary Wing during a ceremony here July 4.

believe that if you take care of people, the mission will take care of itself."

General North also thanked the outgoing commander for his dedication to the wing during his year-long tour.

"Colonel Hale has been a fabulous commander for us," he said. "The four AEF rotations that have served him, have consistently stepped up and the wing airlift mission has been a key enabler for combatant commanders."

Colonel Hale leaves the wing and is headed for the U.S. Special Operations Command where he will be the chief of the global synchronization division for J-35.

"This is a bittersweet day for me," he said. "I'm leaving the finest group of Airmen in the AOR. When I arrived here I asked you all to give me 110 percent and you gave me 150 percent."

The former commander also thanked the host nation and coalition forces because he said he wouldn't have been able to do his job without their support and help.

"Thank you so much for being here and helping us accomplish the mission," Colonel Hale said. "The coalition is forged in friendship and this (base) is the gateway to freedom. It is an example for so many others in the region to follow."

The high costs of anger

Lt. Col. Jennifer D. Cunningham
386th EMDG/CASF

Your roommate snores when he sleeps. You used to think his snoring was funny but now it is so painfully irritating you're about to put that wrench right through ...

Your co-worker sits "just under the radar," and as you work those last minute taskers, she's at the gym - again.

Anger is a completely normal, usually healthy, human emotion. But when it gets out of control and turns destructive, it can lead to problems; threatening your career, your relationships and every aspect of your life. Psychologists and human resource consultants say that today, like never before, workers feel stress and unrequited anger at their jobs, which is leading to lost productivity, derailed careers, and, in extreme cases, assaults on others. Anger, out of control, builds to the point that the individual is at the mercy of an unpredictable and powerful emotion, and that has significance for all of us here.

Dealing with angry employees is not only challenging for supervisors, but extremely expensive in terms of wasted employee time, increased turnover rates, mistakes, and high levels of personal stress and illness. We all need to pay attention to the signals that our co-workers are sending.

Nearly 25 percent of respondents to a recent Gallup survey said, that they were "generally at least somewhat angry at work." During a deployment, we do not have the balance of work, family, friends and leisure that we do at home station. That balance kept everything in "check." Without that balance; anything and everything can become an irritant.

A Yale University study on workplace anger reported that the greatest catalyst for employee rage was a real or imagined slight by a supervisor. Next is a perceived lack of productivity by coworkers, followed by tight deadlines and heavy workloads. Does this sound all too familiar? The study warns that these factors help create "underground chronic anger."

In the end, is it worth it to walk the streets here with these dark anger storm clouds overhead? "Individuals who feel angry put in less overall effort and their stress is likely to have an unknown but potentially sub-

stantial impact on effectiveness and productivity," the Yale report concludes. It saps your energy and interest. The issue here is not if you are justified in being angry; it is how to best deal with these feelings.

The first thing to do to keep anger from sapping your productivity and derailing your career is to acknowledge your feelings. Anger builds because we never said anything about the problem in the first place. Go to the person you had the problem with and use your conversational skills to settle the matter. Assertive communication means that you express your thoughts, feelings and opinions directly in an honest, open, and straightforward manner. It's called being a grown up.

Calm down inside. This means not just controlling your outward behavior, but also controlling your internal responses, taking steps to lower your heart rate, calm yourself down, and let the feelings subside.

Maintain balance in your life. We all need a combination of love, work, and play to stay healthy. Get up and change "the view;" problems and responsibilities can weigh on you and make you feel angry at the "trap" you seem to have fallen into and all the people and things that form that trap. Give yourself a break. Make sure you have some "personal time" scheduled...regular exercise and regular time away.

Know your resources. Our community is rich in resources to nourish your body and soul to include the Combat Stress Clinic, the Rock Gym and the multitude of classes there and chaplain services.

Forgiveness. Much research shows that learning to forgive and let go of the wrongs done to you can release your anger and resentment.

We are here for four months, one year or somewhere in between. We must remain mission focused to put "boots on the ground." We all have an important part to play in that mission. Anger that is out of control has no place here. I encourage all of us to deal with the normal angry feelings that we have and as a wise man told me, "Don't sweat the small stuff ... and it's all small stuff."

Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned.
- Buddha.



**386th Air Expeditionary Wing
Editorial Staff**

Col. Paul A. Curlett
386th Air Expeditionary Wing
Commander

Maj. Tom Crosson
386th Air Expeditionary Wing
Public Affairs Chief

Staff Sgt. Ryan Hansen
386th Air Expeditionary Wing
Rock Slate Editor

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The 386th Air Expeditionary Wing Public Affairs staff prepares all editorial content for the "Rock Slate." The editor will edit or re-write material for clarity, brevity or to conform with the Associated Press Style Guide, local policy and Air Force style as required by Air Force Instruction 35-101.

Unless otherwise noted, all photographs are U.S. Air Force photos. The "Rock Slate" may use news and information from the American Forces Information Service, Air Force Print News and other sources.

Contributions for the "Rock Slate" can be made directly to the 386th AEW Public Affairs Office or through e-mail to: 386aew.pa@salem.af.mil.

The editor can be reached at 442-2312. Submit contributions by 4 p.m. Thursday, one week prior to publication.

The "Rock Slate" can be viewed electronically by clicking the "Rock Slate" link at <http://intranet.salem.af.mil>.



CENTAF leader lauds wing's airlift mission

General praises Airmen, coalition for their dedication

Staff Sgt. Ryan Hansen
386th AEW/PA

The 9th Air Force and U.S. Central Command Air Forces commander lauded the importance of the 386th Air Expeditionary Wing's airlift mission to the ongoing Global War on Terror during a visit here July 3 and 4.

Lt. Gen. Gary L. North, who was on base for the wing change-of-command ceremony, praised the Airmen deployed here and spoke passionately about the importance of their mission.

"The members of the 386th ... do a fabulous job," he said. "The air mobility machine allows combatant commanders to have what they need, when they need it and where they need it and no one does it better, nobody does it more efficiently."

The 386th AEW is the primary aerial hub for Operation Iraqi Freedom and provides airlift support for Operation Enduring Freedom and the Horn of Africa. In June the wing pushed 4,240 tons of cargo out the door, shattering their previous record by more than 400 tons.

"Every day we move a tremendous amount and the numbers would amaze



Air Force/Staff Sgt. Jonathan Pomeroy
Lt. Gen. Gary L. North, 9th Air Force and U.S. Central Command Air Forces commander, talks to attendees during the wing change-of-command ceremony here July 4.

you," General North said. "The distances are large and the challenges are immense and our airlift capability has enabled the combined air forces to ensure the mission has been met in every area."

The general touched on the fact that with each airlift mission that includes members of the armed forces, lives are potentially saved.

"Roughly 2,000 military personnel are being moved daily around the AOR," he said. "That's a huge amount of human capital that's moved by air, which of course keeps them off of roads."

"We're very proud that we move every Soldier, Sailor, Airmen and Marine into

Iraq by air and that's a huge enabler. It saves lives. It gets (them) to the fight faster and more ready to do their combat mission."

And while the current operations tempo throughout the AOR for the GWOT has created the largest sustained airlift operation since the Berlin Airlift, the commander said its role will not be decreased anytime soon.

"The way ahead is air power and in this case air mobility power," General North said. "It is that component that ensures that we meet the mission and that's a 24/7 mission. At this location and throughout all the locations in the AOR the mobility machine ensures that the logistics tail enables combat operations. It's done extremely effectively."

However, the general said it's not only the U.S. Air Force carrying the load.

"Our combined coalition includes the Republic of Korea Air Force, (Japan Air-Self Defense Force) and many others," he said. "Ten coalition air power members enable this fight."

He also thanked the Airmen that make the mission here happen and talked about their importance in history.

"It is a significant time to be deployed right here defeating terrorists in the AOR," General North said. "We appreciate what you all do for America."

Godspeed



Col. Timothy Hale, former commander of the 386th Air Expeditionary Wing, holds a bottle of grape juice and smiles after being doused with water following his fini-flight here July 3. Colonel Hale relinquished command of the wing during a ceremony July 4. He is headed to the U.S. Special Operations Command in Tampa, Fla., where he will be the chief of the global synchronization division for J-35.

Air Force/Staff Sgt. Ryan Hansen



Air Force/Staff Sgt. Ryan Hansen

Airman 1st Class Gavin Martin, a maintainer with the 386th Expeditionary Aircraft Maintenance Squadron, pulls a power cord out to a C-130 during a quick turn.

Staff Sgt. Ryan Hansen

386th AEW/PA

Getting the mission accomplished is the number one goal here at one of the main aerial hubs in the AOR.

One way the 386th Expeditionary Aircraft Maintenance Squadron accomplishes that goal is by performing quick turns on their fleet of C-130s. Think of it as the NASCAR pit stop of tactical airlift.

Quick turns are a way for maintainers to give the aircraft a good once over as it comes in from a mission and is prepared to go out on another. Normally the crew chief marshals the aircraft in from the runway, the cargo and passengers are unloaded, and then the maintainers go to work.

"Quick turns benefit everyone in the organization," said Capt. Sean Goode, a maintenance operations officer with the 386th EAMXS. "Aircrews only have so many hours a day they can fly, so if we sit here for two or three hours performing maintenance, that's a lot of lost aircrew duty day and we can't have that."

Conducting a quick turn can shave about an hour-and-a-half off the normal ground time and that means more time moving cargo and putting boots on the ground with the same aircraft and crew. Efficiency is the key to preserving the aircraft and manpower resources the units has.

Maintainers hook the aircraft up to ground power, prepare it for refueling

and coordinate concurrent servicing operations. Once approved, the aircraft is refueled, reconfigured to meet the requirements for the next sortie and aircrew discrepancies are reviewed and repaired as ground time permits. The key is speed, each person has to stay focused on their task.

"The crew chief is responsible for the entire area around the aircraft and for safety," said Master Sgt. John Greim, a production supervisor for the 386th EAMXS. "There's a lot of moving parts to it all."

"The last thing they'll do is a DOP inspection," Captain Goode said. "That's the dropped object prevention program where they walk around the aircraft and look for obvious things that may have fallen off in flight. A lot of times things get loose or panels break, components fail and something may come off."

An experienced group of maintainers can knock out a quick turn in as little as 30 minutes. Their daily dedication and attention-to-detail is priceless to the mission and often goes unnoticed.

"This job is in our blood," said Chief Master Sgt. Clement McGrath, 386th EAMXS superintendent, who has been a maintainer for 29 years. "We rely on teamwork. These young maintainers pull together and always get it done."

Adding to the pressure of a quick turn is the age of the C-130 fleet. The E-models came off the assembly line in the early 1960s while the H-models are from

QUICK TURNS PUSH MISSION THROUGH

the early 1970s.

"Imagine if we were working for a trucking company that used 40 year old (vehicles)," Chief McGrath said. "That's just one of the challenges we have here."

On average the 386th EAMXS is asked to perform about five quick turns a day. But sometimes they will perform upwards of 10. And the mission never slows down.

"If we don't have a high demand, we still fly the same amount of missions. If we have a light day, someone else in the AOR has a heavy day and we'll support them," Captain Goode said. "There's always plenty of priority cargo and passengers to move by airlift."

"We can't hang up a sign that says closed for (physical training) or for an official function," Chief McGrath said. "We're out there day and night in 120 degrees plus heat fixing aircraft."

The 386th EAMXS is made up of about 225 people that are divided into three aircraft maintenance units. These units include around 10 job specialties, all focused on getting aircraft ready to go.

"You have to be an aggressive person to work out here with the quick pace and heat," Sergeant Greim said. "But someday they'll go home and look back and be proud of what they did here."

"Our men and women are true professionals," Chief McGrath said. "They are focused on the mission and will never quit, as 'failure' is not a word in our vocabulary."

THE ROCK'S JULY 4th CELEBRATION



(Above) Staff Sgt. Marc Paradis and Capt. Noreen Kern from the 386th Expeditionary Medical Group team row their vessel through the water during the cardboard boat race at the Rock Pool. Six teams competed for the crown with the 386th Expeditionary Logistics Readiness Squadron taking home the title. (Below) Senior Airman Janie Harshaw, 386th ELRS, Staff Sgt. Remero Green, 386th Expeditionary Services Squadron, Staff Sgt. Michael Robinson, 386th Expeditionary Civil Engineer Squadron and Senior Master Sgt. Stanley Pamphille, 386th ESVS, compete in a dominoes tournament at the Rock Flex Recreation Center.



(Top) Maj. Michael Marvich, commander of the 386th ESVS, pulls a hose during the firefighter challenge. It was one of many different legs of the competition. (Above) Senior Airman Larende Lindsey, 386th Expeditionary Communications Squadron, left, goes after Senior Master Sgt. Raymond Lagasse, first sergeant with the 386th Expeditionary Mission Support Group, in a sumo wrestling bout at the flex.

FIGHT NIGHT V



Air Force/Staff Sgt. Ryan Hansen

Airman 1st Class Eric Luttrell, 386th Expeditionary Communications Squadron, jabs “The Minnesota Masher” Tech. Sgt. Mike Riedel, 386th Expeditionary Logistics Readiness Squadron, during the first round of their clash at Fight Night V June 30 here at the Rock Amphitheater.



(Above) More than 150 Soldiers, Sailors, Airmen, Marines and civilians attended the fifth edition of Fight Night hosted by the 386th Expeditionary Services Squadron. (Left) Staff Sgt. Romain “God-Sent” Stanley, 386th Expeditionary Aircraft Maintenance Squadron, reacts to a punch from Senior Airman James “Masta Blasta” Pennington, 386th Expeditionary Civil Engineer Squadron, during the second round of their match.



(Above) Airman 1st Class Sam "El Toro" Alvarado, 386th Expeditionary Security Forces Squadron, gets ready to throw a punch as "The Scientist" Staff Sgt. Tosh English, 386th ESFS, defends himself in the second round of their Fight Night V clash. (Left) Sergeant Riedel listens to his corner man 1st Lt. Jarod Castaneda, 386th EAMXS, between round one and two of his fight against Airman Luttrell.



(Left) Senior Airman Jasmine Lyle, 386th ECES, belts out the national anthem before the start of Fight Night. (Right) Army Private 1st Class Michael Upson and Army Staff Sgt. Erick Holmes get after each other during their bout. All participants went through at least two hours of training for more than a month before the event. At the beginning there were more than 30 potential fighters, but due to attrition and conflicting work schedules, only 14 survived.



Fight Night V Results

- Army Staff Sgt. Erick Holmes defeated Army Private 1st Class Michael Upson with a second round TKO.
- Airman Demetrious "The Headbussa" Bass defeated Senior Airman Don "The Intimidator" Thompson by TKO.
- Staff Sgt. Ericka "The Flying Hawaiian" Valdez defeated Army Staff Sgt. Kelly Rogone by unanimous decision.
- Airman 1st Class Eric Luttrell defeated "The Minnesota Masher" Tech Sgt. Mike Riedel with a split decision.
- Airman 1st Class Sam "El Toro" Alvarado defeated "The Scientist" Staff Sgt. Tosh English with a majority decision.
- Senior Airman Sebastian "Juggernaut" Donkers defeated Senior Airman Clarence "The Hit Man" Douglas by DQ.
- Senior Airman Tony "The Tiger" Rodney defeated "The Ragin Caucasian" Airman 1st Class Jake White with a first round KO.
- Senior Airman James "Masta Blasta" Pennington defeated Staff Sgt. Romain "God-Sent" Stanley by split decision.
- Airman 1st Class "Floater" Kurtis Buenting defeated Navy Petty Officer 2nd Class Damian "Aggy" Aguilera with a first round KO.



386th Air Expeditionary Wing Rock Solid Warriors



**Senior Airmen
Joseph Kreis**

386th Expeditionary Communications Squadron
Communications Project Manager

Home unit, base: 78th Communications Squadron,
Robins Air Force Base, Ga.

How do you support the mission here? I process all communication requests supporting the 386th Air Expeditionary Wing and all tenant units throughout the AOR. This includes anything from telephone requests that help you perform your mission, to cable TV requests that help boost your morale. I also manage the planning and implementation of communications projects, aiding all assigned units with their communications ability and overall mission success.

How many times have you deployed and what makes this one unique? This is my first deployment. I am very excited about being on this deployment because being assigned to the 386th AEW makes me part of the gateway supporting Operation Iraqi Freedom and Operation Enduring Freedom.

How does your job differ in a deployed environment versus home base? At Robins and most other bases in the United States, the entire communication infrastructure is pretty much complete. In a deployed environment such as this, the communication infrastructure is not nearly as complete. Each time a customer requests some new form of communication here, it produces a significant change to the base's infrastructure. I feel proud because I am allowed to take part in the wing's ever changing landscape. It is a great feeling knowing that I help perform a vital role in helping the wing reach its full combat capability.



**Tech. Sgt.
Dave Walpole**

386th Air Expeditionary Wing
Wing Command Section NCOIC

Home unit, base: 52d Fighter Wing, Spangdahlem Air
Base, Germany

How do you support the mission here? I work for the wing command section as the information management NCOIC. Supporting any and all computer issues, setting up travel arrangements, reviewing numerous correspondence items, such as awards and decorations, officer and enlisted performance reports, etc. and work closely with finance as the wing staff agencies resource advisor.

How many times have you deployed and what makes this one unique? This is my second deployment. My first deployment was to a classified location for 4 months and then a month-and-a-half at Baghdad International Airport. This deployment I am actually doing my primary job as a 3A0, whereas my last deployment I augmented the post office. What makes this deployment unique is the base facilities are great compared to my last deployment.

How does your job differ in a deployed environment versus home base? It is very comparable to my job back at home station. Here and at home I am the NCOIC of the wing command section information management. At both locations I take care of all of the computers and the awards program among many other additional duties.