

The Pathfinder

AEF 1/2

447th Air Expeditionary Group

July 2, 2006

Sather Air Base, Baghdad, Iraq



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Wellness: The fourth dimension

By Chaplain (Lt. Col.) Timothy Sturgill
Group chaplain

Today's Air Force is focused on the four dimensions of wellness; physical, emotional, social and spiritual. The four dimensions are interwoven into the personality and life of each of us. Each aspect is not a separate "diamond" in a solitary setting, but is a single faced of a four faceted diamond. When one facet is scratched or marred, the entire diamond is diminished. A mission ready Airman is well developed in all dimensions of wellness, physical, emotional, social and spiritual.

George C. Marshall, one of the greatest military minds of the 20th Century and former Secretary of State of the US, stated he understood the critical importance of spiritual wellness: "For I look upon the spiritual life of a soldier as even more important than his physical equipment...the soldier's heart, the soldier's spirit, the soldier's soul are everything. Unless the soldier's soul sustains him, he cannot be relied upon and will fail himself, his commander and his country in the end."

Spirituality is a deeply personal matter and there should not be a one-size-fits-all mentality. Spiritual wellness involves a high level of faith, hope and commitment to a personal set of guiding beliefs in a higher power, principles, or values; when adopted into your daily routines, these beliefs help you understand the meaning and purpose of life and offers you protection against despair, depression and hopelessness.

It is easy to understand the benefits of physical wellness and it is becoming more and more evident of the benefits of spiritual wellness. Research is showing that spiritually well people have lower blood pressure, have significantly lower anxiety and depression scores, have lower heart attack risk factors, have stronger family relationships, deal with crisis better, have a greater ego strength, cope with illness better and have a greater ability to moderate feelings of anxiety, hopelessness and isolation. The research undeniably indicates that an active spiritual life is indeed linked with personal happiness, social welfare, health and longevity.

Beginning one's journey to spiritual wellness is simple. Start by setting aside a regular quiet time of prayer, reflection or meditation. Begin a study of religious/spiritual material. Engage in supportive friendships with others sharing similar spiritual/religious goals or aims. Attend religious or spiritual events.

A spiritual skill-set might look something like this: ability to be self-reflective and honest; being able to rest, relax and create a still, peaceful state of mind; being able to remain focused in the present, remaining alert, unhurried and attentive under pressure; being able to grieve and let go; learning how to give without feeling drained.

Here is a brief spiritual wellness assessment. To the degree you can positively answer these questions indicates your level of spiritual wellbeing.

1—I believe in a spiritual, higher power that bring order/meaning to my life.



2—I have like-minded spiritual friends I can go to when I need help.

3—When my life "crashes in" on me, my beliefs give me hope for the future.

4—My spiritual belief motivates me to serve others.

5—I am spiritually ready to do my job: deploy and/or go to war.

Spiritual wellbeing is part of the wellness equation that cannot be ignored anymore than you can overlook a well balanced diet and exercise in relation to physical wellness. We must not forget to exercise and nurture our souls.

Feel free to come by the chapel or give us a call if you have any question about developing or enriching your spiritual wellness.

The Pathfinder

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Front Page photo

Maj. Elouise Hudd shows her patriotism at the Fourth of July celebration July 1.

(Photo by Staff Sgt. Bryan Bouchard)



BG Gorenc bids farewell to Iraq Airmen

By Brig. Gen. Frank Gorenc
332nd Air Expeditionary Wing commander

My time as the 332 AEW Commander is rapidly coming to close. In the blink of an eye, my 365 day TDY ends on 5 July when I pass the flag to the incoming commander, Brig Gen Robin Rand.

A year ago, when I took the flag, I asked you to focus on the mission. The 332 AEW mission is clear and simple: "Combat Airpower for America...Right Here, Right Now." Together, we excelled in a huge way. We operated and normalized Balad AB, Kirkuk AB, Ali AB, and Sather AB. We generated over 11,000 sorties flying over 80,000 hours using 4 different weapons systems. We delivered effective kinetic solutions to the ground commanders... precision guided bombs, bullets, rockets and Hellfires. We delivered ISR (Intelligence, Surveillance, and Reconnaissance), cargo, passengers, and combat rescue. We delivered robust expeditionary combat support not only to Airmen, but to the Army and Marine Corps. We destroyed countless



tons of explosive material inside and outside the wire. We controlled all 277,000 square miles of Iraqi airspace. We saved thousands of American and Iraqi lives in our hospital and then transported the American heroes to Germany. We prepared for the future. All

332 AEW Airmen should be very proud of this impressive list of accomplishments!

I attribute wing successes directly to motivated and empowered Airmen...like you. The possibilities are limitless when professional Airmen come across an opportunity to succeed. Over and over, I have been awe struck at your ability to get the job done. Through the 4 AEF rotations during my command, over 21,000 Airmen have been assigned to the 332 AEW. Despite the turnover, without fail, the wing executed flawlessly. For an entire year, the wing hit on all cylinders without any significant mission or safety risk. Your work epitomized our AF core values...integrity, service before self and excellence in all we do. Great job Tuskegee Airmen...the legacy continues here with you.

I will always have a special place in my heart for the 332 AEW Tuskegee Airmen. I am humbled to have been your commander. Instead of goodbye, I will say until we meet again. Thank you, Tuskegee Airmen for a superb year. God Bless You and God Bless America!

Lt Gen North's message on July Fourth

By Lt. Gen. Gary North
9AF/USCENTAF commander

This week we will be celebrating America's 230th year as an independent nation. As we remember the past and honor those Soldiers who fought for our freedom, I often wonder what the common soldier thought when he heard that Congress had declared independence. The thought that comes to my mind, and many historians, is that those soldiers must have realized they were no longer fighting for their rights as English citizens but for the rights and privileges that come with being a free and independent nation.

Today's Soldiers, Airmen, Sailors and Marines are also fighting for independence. However, it is for the independence of two other nations, Iraq and Afghanistan. The people in both Iraq and Afghanistan are

struggling to maintain their freedom from oppression and fear-the type of oppression and fear caused by terrorists. They have already defied the terrorists by forming a national government, holding public elections and continuing to rebuild their lives. This is fight that they cannot win on their own. We must help them to create stable nations. This is a fight that we must win for both the people of Iraq and Afghanistan.

As we celebrate our independence, remember that we in 9th Air Force and U.S. CENTAF are fighting everyday for the freedom of other nations; you are spending this holiday away from home in the U.S. Central Command area of operations, and many others are supporting the warfighting effort from their home stations. You are the heroes of today like those Soldiers who fought for our independence 230 years ago. With tremendous pride, I thank you.





Airmen enter the new Sather Victory Chapel in tent city following the ribbon cutting June 17.

Chapel opens its doors to new facility

Story and photo by
Staff Sgt. Bryan Bouchard
Public Affairs

The commander of the 447th Air Expeditionary Group, along with the civil engineer squadron commander and the group chaplain teamed together to cut the ribbon on the base's new chapel June 17, ushering in a new era in the redevelopment of Sather Air Base.

"(The new chapel) says that Air Force leadership is supportive of all the dimensions of wellness; emotional, social, physical and spiritual," said Chaplain (Lt. Col.) Timothy Sturgill, deployed here from Wright-Patterson Air Force Base, Ohio. "The new facility allows us to do more things that make worship relevant to all people."

According to the chaplain, the facility offers a quiet, clean place for reflective meditation as well as supports a broader spectrum of audio-visual capabilities. This enhanced audio-visual capability enables

the chaplains to offer a greater variety of visually stimulating worship experiences.

"The chapel can now offer a more suitable environment for worship, bible studies, choirs and special chapel functions," the chaplain said.

Until now, the chapel was located in a "California" shelter in tent city. While the previous chapel staffs had worked from this facility for nearly three years, the tent lacked some creature comforts Airmen look for when going to the chapel.

"The old chapel served its purpose well," Chaplain Sturgill said. "However, the noise level from the air conditioning units was very distracting and not conducive to a reverent, worshipful atmosphere. It was also extremely dusty and hard to keep clean. The new chapel is quieter, cleaner, better appointed and much more conducive to meaningful worship."

Making the chapel more inviting to worshipers and the curious is why the chaplain service sends its people to deployed locations in the first place.

"The primary importance (of the chapel) is to offer a place for Air Force warfighters the opportunity to develop and enhance their spiritual wellness quotient," the chaplain said. "Not having a chapel program would be like not having a fitness, recreation center or morale tent. A significant piece of the spiritual wellness equation would be lacking and mission readiness could be negatively impacted. George Marshall said, 'it is the soldier's soul that sustains him.' Without the chapel there would be limited opportunities to exercise your soul, or spiritual life, thus reducing your overall wellness."

"Not having a chapel program would be like not having a fitness, recreation center or morale tent. "

Chaplain Timothy Sturgill



Captain Rick Barnhart discusses details with a contractor at a local asphalt plant located on the Victory Base Complex.

Contracting works to provide base ‘buying power’

Story and photo by
Staff Sgt. Bryan Bouchard
Public Affairs

When Airmen deploy, there are various differences between how they do their job at home and how they do their job when deployed. At a deployed location, if something needs to be purchased, built, or just serviced, chances are the Expeditionary Contracting Office, or ECONS, had a hand in it. And according to the 447th Air Expeditionary Group chief of contracts, Air Force contingency contracting officers are the cream of the crop.

“Ask any commander in the field who he or she wants as their CCO,” said contracting chief Capt Rick Barnhart, deployed from Tinker Air Force

Base, Okla. “Every branch of service will answer, an Air Force CCO. Why? They all know that the Air Force grows contracting professionals within their ranks as its own specialty. The CCO, both enlisted and officer, bring the most highly trained procurement skill sets to the fight of all branches of service. Facts few realize about their own Air Force.”

So what do these professionals do to earn this sort of reputation in the Department of Defense? Contracting Superintendent Master Sgt. Steven Turner, deployed from Luke AFB, Ariz., said the key to Contingency Contracting versus being at home station is flexibility.

“Usually, with limited numbers we have to be able to award a wide variety of contracts to

support the base,” Sergeant Turner said. “They can range from laundry services to building construction, to renting vehicles. Typically we have a great opportunity to work hand in hand with foreign firms and experience great opportunities to learn the culture.”

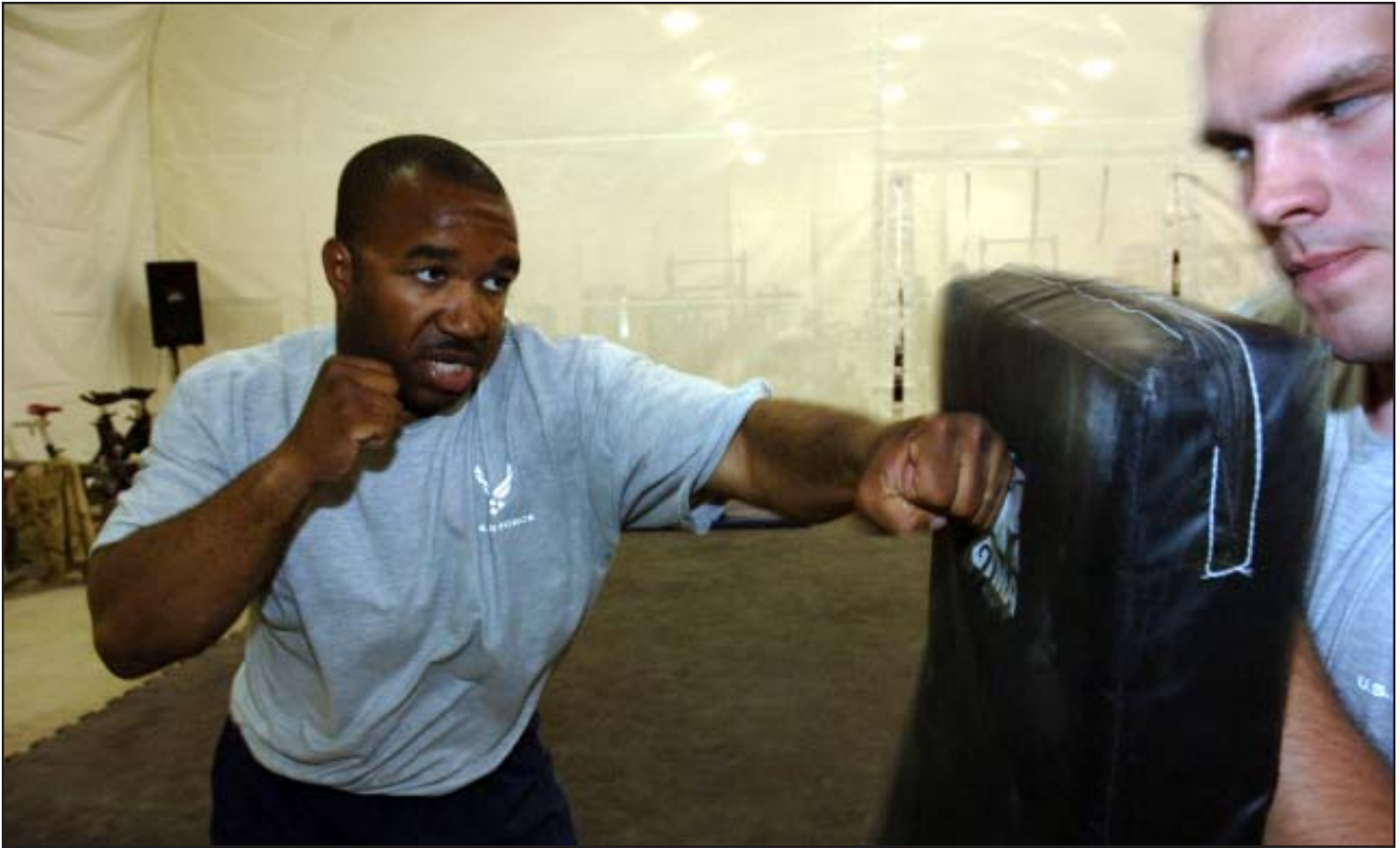
Sergeant Turner added that business abroad is usually conducted quite differently than that in the states, which can cause some challenges. For example, it is quite common in the Arab culture to enjoy coffee, tea, or maybe even a meal before discussing business, which can take time.

“Sometimes a simple transaction can take hours,” he said. “Also I have noted that many other cultures do not have the same standards with timeliness of orders as you may be accustomed to in the states.

In Iraq, due to the high security risk, we do not have the opportunity to go downtown, which really ties our hands. In other locations, we are downtown for the majority of the day meeting vendors and making purchases from a wide variety of vendors versus the few vendors here.”

Regardless of the challenges, Captain Barnhart said that at the end of the day, the bottom line is providing support to the warfighter, which is something the four-person contracting shop gets much satisfaction in doing.

When a customer goes through the contracting office and gets the product or service they needed to do their jobs, Captain Barnhart said the satisfaction is like “a parent watching their children opening Christmas presents.”



Photos by Staff Sgt. Bryan Bouchard

Tech. Sgt. Rodney Garner throws a punch as Staff Sgt. Wes Westthurner holds the pad during a Krav Maga class at the fitness Center.

In defense

Local OSI det. teaches hand-to-hand combat to Sather Air Base Airmen

By Special Agent Teke Brown
AFOSI EDet. 2408

Security Forces members complete rigorous six week hand to hand combat course. Six Airmen took part in a rigorous six week Krav Maga training program put on by AFOSI EDet 2408 Special Agents Teke Brown and Josh Kreiger.

Krav Maga is an intensive self defense style utilized by the Israeli Defense Force, U.S. Special Forces, Navy Seals, AFOSI, and multiple other federal and state law enforcement agencies. The style was featured in the movie *Enough* starring Jennifer Lopez. Former Israeli Prime Minister, Shimon Peres said about Krav Maga, "The two greatest dangers in the world today are war waged by missiles (and missiles do not respect borders), and Knife fights (since terrorism does not respect borders either). In war waged by missiles technology is the decisive factor and in terrorism the individual. Imi Sde Or, of blessed

memory developed a strategy for Krav Maga. A strategy that makes self-defense possible for the individual too, whether or not in uniform, such that even when alone on the battlefield the battle will not necessarily be lost. These days, with violence on the rise, this strategy is unparalleled."

These SFS members learned hand to hand combatives.

They learned how to defend unarmed against a knife, improvised weapon, and a pistol. The most rigorous and demanding part of the training was the physical conditioning. The tenants of the system require the student to be exhausted as they attempt to learn the system. This forces the student to learn the techniques utilizing gross motor skills. This simulates the stress of combat and the exhaustion one would encounter in a high stress situation. The importance of training with gross motor skills is best defined when attempting to utilize fine motor skill techniques when you are thoroughly

exhausted or under enormous amounts of stress. Students found this to be true time and time again as they wore themselves out. One of the other most important things students underwent was the mental conditioning. They toughened themselves mentally so that they could push through the point of physical exhaustion and pain to continue striking or doing the techniques. This mental toughness is what keeps you alive when you are injured in combat, be it here in Iraq or on the streets back home.

Once he gets settled in, SA Clay Graham will start another iteration of the training. once he gets settled in and gets enough people who want to train a new class will start.

If you are redeploying and wish you knew about the class fear not contact SA Teke Brown as there are multiple schools throughout the U.S. and he will be happy to provide you with contact information.



July Fourth on the First

By Staff Sgt. Bryan Bouchard



(Clockwise, from top) The 447th Expeditionary Communications Squadron team tries to make up ground against the fire department during the tug-o-war competition at the Sather Fourth of July celebration July 1. Lt. Col. Scott Bowen, 447th Expeditionary Operations Support Squadron commander, takes one for the team at the Rising 6 dunking booth. Master Sgt. Robert Colvin from the 446th EOSS grills up some hotdogs before the celebration began. Senior Airman Darryl Kiser avoids getting hit during the dodgeball competition.



Sather Warrior of the Week

Senior Airman Nick Worthington, EOD

- During an Improvised Explosive Device response/ detonation, which killed two and wounded two, Airman Worthington immediately provided Self-Aid Buddy Care to his wounded team leader.
- After his team leader received numerous frag / initial shock from explosion 10 feet away, he assisted in helicopter air evacuation of wounded team member to contingency surgical hospital.
- Under hostile small arms fire from multiple insurgent forces, he returned fire after aiding team leader; along with two Army quick reaction forces, he pinned insurgents into a house until remaining forces arrived.
- Expended all but three “combat load” munitions, neutralized threat, directly led to the killing and capture of enemy insurgents; personal actions led to saving five coalition lives.
- Responded to three IED incidents the past week; 29 IED responses since May; 75 IED since Mar; he is cool under pressure, cool under fire ... literally! Airman Worthington is a warrior in true meaning of word.

SATHER AIR BASE BRIEFS

Mail gets X-rayed

All mail leaving Iraq gets x-rayed at the Bahrain International Airport. Customs in these particular countries are searching for items such as weapons, live or spent ammunition and UXOs. Knives with a blade that opens automatically by hand pressure or by operations of inertia, gravity, or both, or with a detachable blade propelled by a spring-operated mechanism are non-mailable. For further information regarding what cannot be mailed through your military postal system, contact the Sather AB Postmaster at 446-2036 or e-mail your question to 447ecs.postal@bdab.centaf.af.mil.

Passenger safety

People riding in vehicles must wear seat belts at all times. The safety office is conducting seat belt checks soon to measure base compliance with this directive. The first violation is a suspension of base driving privileges and an office call with the group commander.

A public health minute

By Maj. Eloise Hudd
Base Public Health Officer

I know, I know, the temperature has felt like summer for quite some time. As we get ready to celebrate July 4th it's important to take a minute to lather on some lotion, sunscreen that is! The sun is very intense, so even if you think you're not one who usually gets sunburn I've got news for you, WE ALL CAN GET SUN BURNED! Have you noticed that the BX only sells # 30 or higher sunscreen? I have noticed folks have discovered the pool on VBC, but I have also noticed that some of those folks are now sporting painful sunburn! There are many reasons to use sunscreen including preventing sun burn and premature wrinkles but the most important is to prevent damage to your skin that could lead to skin cancer.



Use sunscreen on ALL exposed areas, including your face and ears. Reapply often, especially if you work outdoors or are fortunate enough to be able to use the pool. Get in the habit of applying sunscreen in the morning before you even leave your hooch.

Remember the sun is very intense. Your commander will not be happy if you impact mission readiness because you failed to apply sunscreen. So go out and enjoy your off time, but don't take unnecessary chances. Use the sunscreen or were issued or purchase it at the BX. But USE IT.

Around Sather



Photo by Tech. Sgt. Michael Nicklow



Photo by Staff Sgt. Bryan Bouchard



Photo by Staff Sgt. Bryan Bouchard



Photo by Staff Sgt. Bryan Bouchard




Photo by Staff Sgt. Bryan Bouchard

(Clockwise, from top left) Staff Sgt. Gregory Cruz looks on as firefighters respond during an exercise to evaluate Sgt. Cruz as he progresses through additional firefighter training. U.S. and Iraqi Airmen from New Al Muthana stand behind an Iraqi C-130 during Tech. Sgt. John Carpenter's reenlistment. Staff Sgt. Raquel Martinez leads a group of Airmen taking the NCO Oath during this month's promotion ceremony. Tech. Sgt. Steven Repetto from Engineering & Installations takes a breather while placing a confined space in the ground behind the medical clinic. Now Chief Master Sgt. Dick Sheridan lights the chief candle during his Chief Induction Ceremony, making him the base's newest chief.

July ... for now

(all events/times subject to change)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Team Sather July Fourth Celebration
2 Victory Peachtree 10K Bingo - 0900/2100	3 Horseshoes - 2030 Open Mic Night 2130	4 Spin Class 1900 Abs Class 2100 Jessica Sierra @ Victory 2000	5 Step Class - 2030 CONCERT "Hollowell" 2000	6 Abs Class 1900	7	8 Abs Class 2000 Salsa night 2030
9	10 Fight Night Round 2 1900 Karaoke 2200	11 Spin Class 1900 Abs Class 2000	12 Step 2030 TOPS in BLUE 1930	13 Abs Class 1900	14	15 Abs Class 1900 4ID Rock Band Karaoke 2030
16	17 Halo 2 tourn. 1900 Karaoke 2200	18 Spin Class 1900 Abs Class 2000	19 Step 2030 Karaoke 2200	20 Abs Class 1900	21	22 Abs Class 2000 Salsa Night 2030
23	24 Karaoke 2200 Project Gotham Racing tourn. 1900	25 Spin Class 1900 Abs Class 2000	26 Step 2030 Open Mic 2200	27 Abs Class 1900	28	29 Abs Class 2000 Karaoke 2030
30	31 Unreal Champion 2 tourn. 1900					

Other activities

Tops in Blue

July 12 at 1930

Tobacco Cessation Class

Thursday's 1800-1930
 6 sessions beginning
 July 20.



The "GET FIT" Workshop

June 28 from 1800-1930.
 Call Capt Mitzi Mitchell at 446-2600 to
 register for either event.



Sather Air Base Chapel

Worship Services

Saturday: 1700-Catholic Confession **Bible Studies**

1730-Catholic Mass
 Sunday: 0800-Traditional Protestant
 1000-Gospel Service
 1400-LDS Service
 1930 Contemporary Protestant

Monday: 2000-That the World May Know

Tuesday: 2030-Beginners' Bible Study (Pentecostal Perspective)

Wednesday: 0800-Women's Bible Study

Thursday: 1930-Faith and Accountability

Friday: 2000-Experiencing God

All Studies are located at the Chapel offices. For more information call Sather Chapel 446-2452.

Movies

Friday:

The Sentinel: 1830

Inside Man: 2130

Saturday:

She's the Man: 0030, 1230, 2130

The Sentinel: 0630, 1530, 2000

Inside Man: 0930, 1830

Sunday:

She's the Man: 0930, 1830

The Sentinel: 0030, 1230, 2130

Inside Man: 0630, 1530