



ALI TIMES

August 25, 2006

T able of contents

American Flag over Bedrock
Col. Orr discusses the symbol of Freedom, the American flag and its heritage.

Page 2

Increasing your circle of influence

Capt. Smith talks about the importance of networking.

Page 3

Innovative mix improves Ali EMS

Airmen and Soldiers work together to improve emergency medical service responses.

Pages 4-5

Dining-In history

History and rules of engagement for the Sept. 3 Combat Dining-In.

Page 6

Ali Olympic Games spark camaraderie among coalition forces

Recap of the Ali Olympics and the individuals who made it happen.

Pages 8-11

Truck Show

Coalition forces put their metal on display.

Page 12

Ali Sports

Tournament standings, upcoming events and more.

Page 13

Movies and more

Event schedules. Pages 14-16




ALI TIMES

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Aug 25, 2006

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Cover Photo

The 407th ECES/CEF conducted a tent burning demonstration, Aug 21. The demonstration was video taped and will illustrate the importance of practicing fire safety and prevention for new arrivals to Ali Base. Photo by Master Sgt. Ruby Zarzyczny

American Flag over Bedrock

By Col. David Orr

407th Air Expeditionary Group Commander

407 AEG Airmen, Our American Flag and what it represents has weighed on my thoughts in recent days. Last week, SSgt Sherwin St Pierre and the Honor Guard conducted a moving ceremony to burn flags that could no longer fly over our base with honor.

I told the assembly that I no longer hold anger against those that dishonorably burn the American Flag. Rather, it makes me proud that we enjoy the freedom in the United States to allow people, good or bad, to express themselves in a democratic, free society. After every Indirect Fire Attack on Ali Base, it's been a wonderful and securing feeling to walk outside and see our American Flag waving proudly, undeterred from terrorists and opponents of freedom.

In both times of crisis and in our day-to-day mission, the American Flag represents the courage and character of our American heritage, both past and present. From garnering our initial independence in the Revolutionary War, to preserving the union in the Civil War,



Col. Dave Orr

to generations being changed in World War I and II, and to the attacks on America and OEF/OIF, the American Flag has been a constant source of strength and perseverance.

Whether being raised at Iwo Jima, draped over the Pentagon after Sep 11, or standing guard over Bedrock, the American Flag will always wave as a symbol of the eternal American spirit and as a guide to our military warriors in the preservation of our nation's freedom. Please take a moment today to look at the American Flag in its majesty and reflect on what it means for you to be in the 407 AEG, in Iraq, in this critical moment in our history.

Upcoming AEG Events:

28 Aug- AEF 3/4 arrivals "Right Start"

30 Aug- AEG Commander's Call

31 Aug- Monthly Awards and Promotion Ceremony

3 Sep- 332nd AEW/CC visit and Dining-In



SSgt. Sherwin St. Pierre leads the Ali Base Honor Guard through a Flag Disposal Ceremony.

Expanding your circle of influence

By Capt. Timothy Smith

407th Expeditionary Services Squadron commander

As a Services Commander, I have the opportunity to work with a variety of people from each of our great Ali Base squadrons. Whether it is talking with ECES to help build a new cardio room in Muscle Beach or discussing the new "pool" with ELRS and the EMED team, each of these organizations are comprised of motivated Airmen who are willing to help out. In your day-to-day lives, think about the different things you need in order to make your mission successful and how you can become more effective in achieving the mission here and at home station not a quest...

Know Your Co-Workers And Squadron Members. The members of your squadron and the people whom you work with in your respective shops are your family while deployed. Many of them are your family when you return to home station. As professional Airmen, we are expected to know our co-workers. This is essential when you are in a deployed location. We all need to be good wingmen and we must know our co-workers in order to do this properly. Step in and assist when you know co-workers are having a rough day, be there when they are especially excited about an accomplishment or experience; you should be there to encourage, congratulate and support them. It's often said that it's not the job, but the people you work with, who make the Air Force a great way of life great!

Know Your Air Force Members. There isn't a single day that goes by that I don't interact with members of other squadrons. None of us can do our jobs without the assistance of many different Airmen in the Air Force. Getting out and meeting people not only helps you become more successful when you have questions or difficult issues to handle, but it exposes you to many different areas in our Air Force and gives you greater insight into what it is we do to deliver Combat Air Power. What better way is there to get to see what others do on a daily basis than to expose yourself to what they do? All you really have to do is pick a table in the DFAC and you can learn all about Airfield Maintenance or Base Readiness. Taking the time to learn more about the Air Force will only benefit you so why not?

Know Your Coalition Forces and Sister Services. Let's go one step further and discuss the advantages of getting to know our coalition forces and our sister services here at Ali Base. Not only can you learn the culture of other nationalities, but



Capt. Timothy Smith

you can get a 101 class on what they bring to the fight. You can also learn what our sister services do here at Ali and find common ground that makes the Joint environment so successful. You might even find that they too face many of the same issues you face on a daily basis. It is such a great opportunity to be at a base where all forces are so tightly knit and work well in accomplishing our mission with incredible synergy.

If you have not already opened yourself up to new people, cultures and missions, now is the time to start. Get out and enjoy the uniqueness of mission and diversity of cultures here at Ali Base and Camp Adder. You will not regret getting out of your comfort zone; it's an investment in time that is always worth making!



Photos by Master Sgt. Ruby Zarzycny

Senior Airman Anthony Bocek, 407th ECEF fire fighter, (left) rescues a simulated victim from a burning tent during a tent fire exercise Aug 21. Spec. Owen Magdiel, 144th AMSC medic, (right) takes over patient care from Airmen Bocek and prepares the victim for transport to the CSH.

Innovative mix improves Ali EMS

By Master Sgt. Ruby Zarzycny

407th Air Expeditionary Group Public Affairs

Mixing blue and green makes a brilliant shade of aquamarine; however at Ali Base mixing blue and green creates a more efficient way to respond to emergency medical service calls.

The Airmen from the Ali Fire Department and the Army Medics from the 144th Area Support Medical Company have teamed up to create an innovative way to improve medical response time to emergency calls.

Before the integration, the Fire Department would call the Army medics after they were dispatched.

"We would be waiting on scene for 5 to 12 minutes for the

medics to respond and transport people to the Combat Surgical Hospital (CSH)," TSgt. Greg Marano, Station A-shift Captain said. "This was a problem."

He and Army Staff Sgt. David Openshaw, an Army medic from the 144th Area Support Medical Company, started brainstorming to come up with a way to fix the problem.

"First, we gave the medics a radio so they could monitor it for calls," TSgt. Marano said. "We went over our radio communication procedures so they would know when they heard this (type of call) to get in the buggy and go (respond)."

Since the Fire Station has living quarters, TSgt. Marano said

the next logical step was to bring the Army medics to the Fire Station.

"If the Army medics lived at the fire compound, they could respond with the fire fighters right out of the station," TSgt. Marano continued. "This has cut response time and significantly improved packaging times."

"Making the change was literally quite simple," SSgt Openshaw said. "The fire department had a place for the medics to live. It was a quick transition. The Air Force did an outstanding job of providing for the Army medic's needs and treated them as their own."

Continued on page 5:

EMS



EMS

From page 4.....

While the integration of the firefighters and the medics goes smoothly, it allows them to provide better EMS care to their patients.

“The other day, we had two burn patients,” TSgt Jeremy Kennedy, fire fighter said. “If we would have responded alone (without the medics), it would have overwhelmed the three of us. Having the medics with us, we had enough manpower to handle the situation without causing a delay for the patient to get to the hospital. That’s one of the primary examples of how this partnership works well.”

This integration was an experiment forging Blue and Green forces to make an effective 911 system. The Army and the Air Force working together is not standard operational procedure.

“We are breaking new

ground here,” Sergeant Marano said. “The Army Medics senior leadership has been very supportive of the integration and it has been proven effective.”

“SMSgt Cook, Fire Chief, has been very supportive of the initiative,” he added. “Both branches of service leadership have buy-in with the initiative.”

When an emergency call comes into the fire alarm center, it notifies the different response teams by radio and intercom to respond or stand-by depending on the type of emergency.

“Now on all of our calls, the Army medics are going to roll with us,” TSgt Marano said. “The rescue crew and the medics work together. While the fire fighters are doing patient extrication or stabilization, the medics are doing base line vitals and starting IVs.”

“Working together, we are packing and loading the patient

in minimal time,” he continued. “Our on scene time for medical calls has been cut to less than five minutes which cuts our response time significantly.”

“We are looking to provide consistency of care to every person on base and effectively get them to the Combat Surgical Hospital to a higher level of care,” he added.

“Having one central dispatch point has been the key to providing a high level of care.”

Although the mission will dictate whether the next rotation will be able to continue this centralized dispatch center for EMS, this system integration of Air Force firefighters and the Army medics has been a successful partnership for providing the people of Ali Base with emergency medical services.

MSgt John Lewis,
407th ECS—Aug 25

SrA Jeffrey Farmer,
407th ELRS—Aug 29

SSgt Alec Ferguson,
407th EOSS—Aug 25

SrA Amy Contreras,
407th ELRS—Aug 29

SSgt Armando Mendoza,
407th ELRS—Aug 27

SSgt Kenneth Williams,
407th ESFS—Aug 30

SSgt Michelle Messer,
407th ESVS—Aug 29

SSgt Harold Becker,
407th ECS—Aug 30

SSgt Sean Wincombe,
407th ECES—Aug 29

SrA Kurt Ledig,
407th ECS—Aug 30

Happy Birthday

Aug 26, Birthday wish to SSgt Angelica Guerrero, 407th ELRS “Happy Birthday to my Momma!! I miss you and want you to come home!!! I love you! Love your son, Isaac” and “Happy Birthday Helica! Hang in there, you don’t have that much left. Have a great birthday! Love, Jonathan and Bianca.”

HISTORY OF DINING-IN

By Master Sgt. Mike Hollandsworth

407th Expeditionary Logistics Readiness Squadron

Military dinners are a tradition in all branches of the United States armed services. In the Air Force and Navy, it is the Dining-In; in the Army, the Regimental Dinner; in the Marine Corps and Coast Guard, Mess Night. The Dining-Out, on the other hand, is a relatively new custom that includes spouses and guests. Otherwise, it is similar to the Dining-In.

As with most ancient traditions, the origin of the Dining-In is not clear.

Some trace the origins of the Dining-In to the old English monasteries. The custom was then taken up by the early universities and eventually adopted by the military with the advent of the officers' mess. With the adoption of the Dining-In by the military, these dinners became more formalized. British soldiers brought the custom to colonial America, where it was borrowed by George Washington's continental army.

The Air Force Dining-In custom probably began in the 1930's with the late General Henry "Hap" Arnold's "wing-dings".

The close bonds enjoyed by Army Air Corps officers and their British colleagues of the Royal Air Force during World War II surely added to the American involvement in the Dining-In custom.

The Dining-In has also served the Air Force as an occasion to meet socially at a formal military function. It enhances the spirit of units, lightens the load of demanding day-to-day work, gives the commander an opportunity to meet socially with his or her subordinates and enables the ranks to create bonds of friendship and better working relations through an atmosphere of fellowship.

Each Dining-In has rules and they are designed to conform to tradition and promote levity. Violators of these rules are subject to the wrath and mischievousness of Madam and/or Mister Vice. Any and all assigned penalties will be carried out before the membership. The President is the

final decision maker and is never wrong. The following are rules under which the Mess will be conducted.

Thou shalt arrive within 10 minutes of the appointed hour.

Thou shalt not bring hats or caps into the Mess.

Thou shalt make every effort to meet all guests.

Thou shalt move to the mess when thou hearest the chimes and remain standing until seated by the President.

Thou shalt not bring cocktails or lighted smoking material into the Mess.

Thou shalt smoke only when the smoking lamp is lit.

Thou shalt not leave the mess whilst convened. Military protocol overrides all calls of nature.

Thou shalt participate in all toasts unless thyself or thy group is honored with a toast.

Thou shalt ensure that thy glass is always charged when toasting.

Thou shalt keep toasts and comments within the limits of good taste and mutual respect. Degrading or insulting remarks will be frowned upon by the membership. However, good natured needling is ENCOURAGED.

Thou shalt not murder the Queen's English or "open the hangar doors" (talking shop).

Thou shalt always use the proper toasting procedures.

Thou shalt consume thy meal in a manner becoming a gentle person.

Thou shalt not laugh at ridiculously funny comments unless the President first shows approval by laughing.

Thou shalt express thy approval by tapping thy spoon on the table.

Thou shalt not use any portion of the decorations or food items as projectiles, unless of course, following the example of the President.

Thou shalt not question the decisions of the President or Mister/Madam Vice.

When the Mess adjourns, thou shalt rise and wait for the President and guests to leave.



From the CPIC:

CENTCOM CEM visits MND-B Soldiers

By Master Sgt. Eric Lobsinger

Multi-National Division – Baghdad PAO

CAMP LIBERTY, Iraq – It was a typical day in central Iraq Monday when Air Force Command Chief Master Sgt. Curtis Brownhill, the command sergeant major for Central Command, came to visit the Soldiers of Multi-National Division – Baghdad. The sun was baking the ground at a steady 115 degrees Fahrenheit and Soldiers were in full battle rattle convoying throughout the area in humvees, Abrams tanks, Bradley and Stryker Combat Vehicles as others plied the airways in Aviation Brigade helicopters.

What was perhaps not so typical was his opportunity to witness first-hand as MND-B Soldiers spotted an improvised-explosive device and immediately stopped the convoy he was riding in to take care of the dangerous obstacle implanted beneath the very road he was traveling on.

Brownhill, who is the first Air Force command chief master sergeant to serve as the Central Command's top enlisted leader, a position he has held for two years, said his visit with the Soldiers was important because it provided him an opportunity to represent Gen. John Abizaid, the commanding general of Central Command, and to be able to provide Abazaid's guidance down to the Soldiers themselves. The visit also provided him with an opportunity to bring issues back up from the field, which allows the leaders an opportunity to work to resolve the issues through the echelons of command. Central Command is based out of MacDill Air Force Base in Tampa, Fla.

“The biggest thing for me is just to be with those Soldiers,” said Brownhill. “Our country should be so proud – the mothers and the fathers, the sisters, the brothers, the rest of the families, the neighborhoods,” he said. It’s the schools they came from, their communities have much to be proud of for these men and women who are out here doing this hard work.

Brownhill joined MND-B's Command Sgt. Maj. Ronald Riling for a short tour of the division's headquarters before boarding a helicopter for the flight up to Camp Taji, where he was whisked away in a humvee convoy headed for Taramiya to visit the Soldiers of 1st Battalion, 66th Armor Regiment, 1st Brigade Combat Team, 4th Infantry Division.

"It's important for the Soldiers to see the CENTCOM chief," said Riling. "It gives them a chance to see who he is and it provides him a chance to

**Briefs off the wire from the CENTCOM
Combined Press Information Center**

explain what he does. Plus, it's important for him as the CENTCOM command chief master sergeant to see what our Soldiers are doing out on the battlefield every day.

After the briefing, Brownhill went around and met with each of the Soldiers and shook their hands.

“How are you doing? Where are you from? What are you doing? How are you doing?” he asked each of the Soldiers he came to while leaning up against a wall with them or sitting down and chatting for a few minutes and thanking them for what they do.

“Thanks for coming in here and spending time with us,” he told the troops. “It takes a lot to lead in this environment – leading Soldiers in combat – it is an awesome responsibility.”

Afterward, he took advantage of an opportunity to go on the roof of the building to get a birds-eye view of the surrounding city before heading back to his convoy en route to Mashadda Patrol Base to visit with more 1-66 AR Soldiers.

Following some heartfelt farewells, Browning turned and headed back toward the convoy to hit the road again. In fact, convoying is second nature to him since he travels throughout Central Command's area of operations.

His relaxed style seemed to make Soldiers instantly relax and they were quick to open up to him. After lunch, he sat on the ground, leaning up against the wall and chatted with Pvt. Mitchell Hullman, who hails from Minnesota.

"I spend time with Soldiers, Airmen, Marines, Sailors and a lot of civilians as well. My style is such that I want to know the person," said Brownhill. "I want to know the human. I want to know who the Soldier is and learn a little bit about him, and when he's comfortable talking, we'll talk about what he's been doing or what she's been doing in their contribution to the nation."

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Some things are worth repeating...

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Ali Olympic Games spark camaraderie among coalition forces

By Master Sgt. Ruby Zarzyczny

407th Air Expeditionary Group Public Affairs

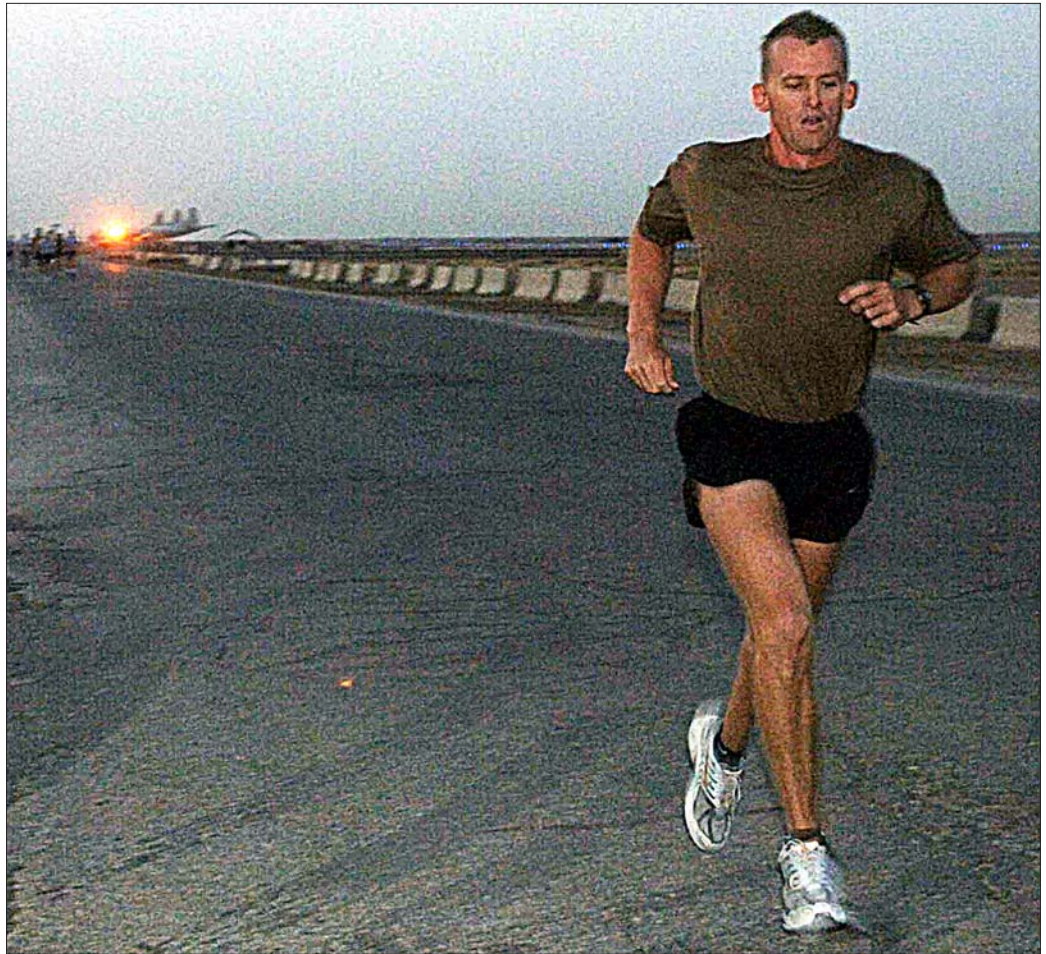
The Ali Base Olympics kicked off at 6 a.m. on Aug 17 with a 5K race. All of the 407th AEG squadrons, as well as the Australian and Italian coalition forces, participated in the four-day event wrapping up with a closing ceremony on Sunday night. Australia took first place in the Ali Olympics with 30 points and the 407th AEG/ESVS team came in a close second with 29 points. Coming in third was the 407th ESFS with 15 points. Each of these teams received trophies at the closing ceremony.

The Ali Base Olympics was Col Orr's inspiration to build esprit de corps in the squadrons and coalition forces through good healthy competition.

Placing focus on increasing Airmen participation, the Company Grade Office's Council (CGOC) organized the Ali Olympic events.

"It was a tremendous success, the CGOC did a great job coordinating each individual event and I personally witnessed more individual participation from Airmen I had not seen in events previous to the Olympics," said Capt. Christopher Watson, 407th AEG/PERSCO. "I also believe it met the intended purposes: build squadron and group spirit; build upon coalition camaraderie; kept our minds focused on fun and competition. I'm sure some Airmen are still humming the Italian's favorite melody."

"It also allowed the CGOC to give ESVS a break since they typically run the sporting events," he



Photos by Staff Sgt. Rasheen Douglas

Australian runner and coach, Sgt. Simon Oregan, finished first in the 5K race that started the events for the Ali Olympics.

added. "Services personnel had the opportunity to play in the games rather than set-up and officiate. Several Services Airmen competed and placed in the games."

Although some of the Ali Olympic Games were traditional, some of the events were not what you would expect to see at the Olympics.

"Participation is why we added games like the 3-Way Relay, obstacle course and 8-ball pool," explained Capt. Watson. "It was meant to allow Ali Airmen to focus on something other than the stress of the environment. The Ali Olympics also allowed us to reach out to our coalition partners and build relationships and mutual respect we may not have had without these events."

The members of the CGOC who coordinated the individual events were:

Capt. Dan Genest: 5k Run, Dodgeball and Ping Pong
Capt. Chris Watson: Tug O War and the Awards Ceremony

Capt. Rob Garrison: Obstacle course
Capt. James Swanner: SUV Push

Continued on page 9:

Ali Olympics

Ali Olympics

From page 8.....

Lt. Frank Blaz: 3 on 3 Basketball
 Lt. Tom Grant: 6 on 6 Volleyball and certificates
 Capt. Mark Dietrich: One Mile Relay
 Capt. Doug Leedy: 3 Way Relay
 Lt. Joseph Harris: 8 Ball and marketing
 Lt. Chris Leighton: Whiffleball
 Capt. Ken Bush: The Amazing Race

The CGOC had several supporting agencies and individuals that contributed to the events like ECS with photography, video and sound; ESVS with their facilities and equipment. Many Airmen pitched in to help the CGO's when they needed it.

"There were approximately 569 player and coach positions to fill, not including set-up and officiating with some Airmen participating in more than one event," Capt. Watson said. "I applaud all the Airmen and coalition forces who participated, planned, assisted and cheered for their teams. They are the ones who truly made it a success!"

The final scores for the Ali Olympics:

Unit	Final Score
Australia	30
407th AEG/ESVS	29
407th ESFS	15
407th ECS	13
407th ELRS	12
407th ECES	11
Italy	09
407th EOSS	04

Individual Events

5k



1st Lt. Thomas Grant (left) tugs with all his might as Maj. Kenneth Jambor coaches the team during the Ali Olympic Tug of War competition.



407th ESFS pull with all their might during the Ali Olympic Tug of War competition.

1. Australia
2. AEG/ESVS
3. ECS

1 Mile Relay

1. AEG/ESVS
2. Australia
3. ELRS

Tug O War

1. Australia
2. ECES
3. ECS

3 Way Relay

1. ESFS
2. AEG/ESVS
3. Australia

Obstacle Course

1. ELRS
2. Italy
3. ECES

Dodgeball

1. ECES

2. EOSS

3. ECS

SUV Push

1. Australia
2. ELRS
3. ECS

Ping Pong

1. AEG/ESVS
2. Australia
3. Italy

Basketball

1. AEG/ESVS
2. ESFS
3. ECES

8 Ball

1. ECS
2. AEG/ESVS
3. EOSS

Volleyball

1. Italy

2. Australia
3. ECS

Whiffle Ball

1. AEG/ESVS
2. ECS
3. ECES

Amazing Race

1. ESFS
2. Australia
3. ELRS

Continued on page 10:

Ali Olympics

Ali Olympics

From page 9.....



The 407th AEG/SVS team won the 1 Mile Relay race.



The 407th AEG/ESVS team won the Basketball competition.



The 407th ECES won the Dodgeball competition.



The 407th ESFS won the 3 Way Relay.



Australian team coach Sgt. Simon Oregan and the team mascot help their team win the SUV push.

Continued on page 10:

Ali Olympics



Italian airmen Sgt. Porzi Marco maneuvers through the tires of the Ali Base Olympic Obstacle Course.



Australian soldier, Vanessa Pericich drags a mannequin during the Ali Olympic Obstacle Course competition.



The Italian Volleyball team and their commander, Col Bruno Romanini pose for a team photo. They went on to win first place in the Volleyball event of the Ali Olympics.

Ali displays its metal during first Truck Show

By SSgt. Christien Savard

407th ECES Fire Department

I have an antique car at home that I have not been able to drive or show for a while. After trying to get pictures of the vehicles here, I thought it would be a good idea to have a truck show.

The first thing I did was get approval from the boss (Col. Orr, 407th AEG/CC). After that, I contacted the Aussies, the Army and the Italians. The Aussies jumped at the chance to show their trucks off.

At first I thought the truck show would be a great thing, but as the show got closer I had doubts we would be able to get the show off the ground. To help publicize the event, SSgt. Christopher Spencer and SrA Katherine Maglia 407th ECES, built a sign and painted it for me. SSgt. Martha Ridgway, 407th EOSS, posted flyers around the base.

Thirty vehicles showed up to the show. The Australian's brought an AS-LAVS, Bushmaster, troop transport and Mack fuel Truck. The British brought their EOD vehicle. The 407th ECES brought a road grader, a front end loader, Mercedes ten wheeled dump truck, a bobcat and a gator. The 407th ECES/CEF brought Rescue 3, tanker 12, Crash 5, Crash 8 and Tourniquet 2 (ambulance). The 407th EOSS brought an airfield fuel truck and displayed a go-cart/dune buggy



The 6th Battalion Royal Australian Regiment brought their SLAV light armor vehicle to the truck show and gave tours of their equipment. This is a modified version of the Marine Corps Light Armor Vehicle that has amphibious capabilities.



Photos by Master Sgt. Ruby Zarzyczny

The **25k NGSL** (Next Generation Small Loader) was on display at the Truck Show and awed the crowd with its capabilities.

made with recycled parts. The 407th ELRS brought a 25K Next Generation Small Loader (NGSL). That was the machine that can be raised up and down to load pallets on to an aircraft.

The 588th Motor Pool (Army) brought a hum-vee with a sound system built into the vehicle.

Lastly, Kellogg Brown and Root Corp. showed a container mover called the "Terex".

I was very happy to see the people coming by and looking at all the trucks at the show. I saw a lot of coalition forces and civilians out looking at the vehicles and more people showed up as the show went on.

After seeing all the trucks that participated in the show, maybe next year there will be a second annual "Coalition Truck Show."

Ali Sports

Watch as teams battle out in the regular season for playoff position.

Basketball Champion

Army

Volleyball Champions

407th ELRS

Dodgeball Standings

ECES	11-1
AEG	9-1
ESVS	7-3
EOSS	7-5
ESFS	7-5
AUS	6-5
ECS	5-6
ELRS#2	5-7
ECEF	4-7
FP	3-6
ELRS #1	2-8

Saturday, Commander's Basketball Challenge at 7 p.m.

Saturday, Air Force vs Army All-Star basketball game at 8 p.m.

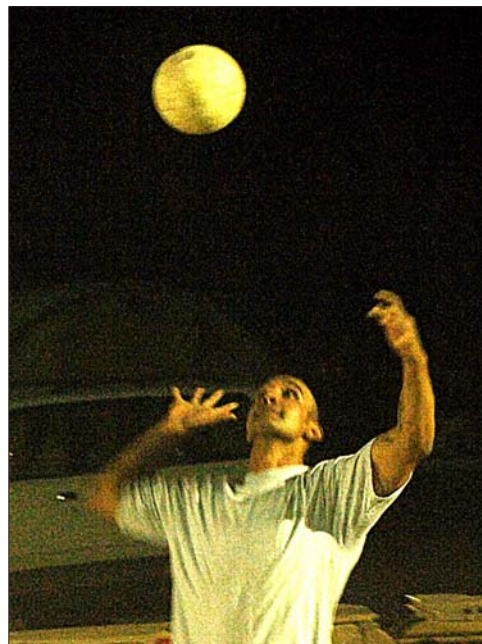
Sunday, Around the World Free Throw contest skills challenge call 445-2136 for more information.

Sunday, Wiffleball Tournament at 5 p.m. in the Big Top.

Sunday, All-Star Volleyball at 7 p.m.

Monday, Dodgeball Playoffs at 7 p.m. in the Big Top

For more information call 445-2136



Above, Capt. Robert Garrison, 407th ELRS, fakes the spike and hits the ball over the blocking SrA Kenneth Case.

ELRS didn't fear the Reaper and beat ECS to win the Intramural Volleyball Championship

Master Sgt. Reynaldo Garza, 407th ELRS, serves during the volleyball championship.



Awaiting the next serve, Capt Garrison background SrA Nathaniel Olaguer (left) and SSgt. Buck Saffo prepare for the next volley.



SSgt Jonathan White, 407th ELRS, sets the ball for SSgt Buck Saffo, 407th ELRS to spike.

Name That Film?

Can you identify this movie?



If you can identify the movie, e-mail the paper at Ali.Times@tlab.centaf.af.mil with "Name That Film" in the subject block **by noon Monday**. Be specific! The winner will receive their choice of a prize from the 407th AEG/PA prize box. **Staff Sgt. Sean Italiane, 407th ECES won 18 Aug. with "Back to the Future".**

All Airmen must outprocess before they can leave Ali

Your Unit Redeployment Manager is your point of contact for outprocessing actions.

PERSCO Re-Deployment/Outprocessing Actions:

- AF 245 (stamped from billeting once you turn in linens)
- Complete outprocessing checklist
- Copy of Right Exit certificate
- PERSCO verifies completed checklist signs AF 245
- Member takes signed AF 245 to PAX terminal for flight.

AOR Travel:

In order to leave Ali Base you must out process PERSCO. You must also provide to ELRS/Passenger Terminal (PAX Terminal) one of these documents signed by PERSCO along with your CED orders:

1. AF Form 245
 2. Transient Letter
 3. Emergency Leave Form
 4. AOR Travel Authorization Memorandum
- Don't wait until the last minute and delay your flight out!

407th AEG

Warrior of the Week



SSgt Donnell Tucker

Deployed Unit: 407th ECES/CEOU, Utilities Shop

Job Title at Ali: Utilities Craftsman

Home Unit: 305th CES/CEOU McGuire AFB, NJ.

Why other Airmen think he is a Warrior: SSgt Tucker is an outstanding Airman. He is a reliable, dependable, valued team member as well as a trainer and mentor. He continually practices service before self, is involved in our community and is an inspiration to his fellow Airmen.

Why did you join the Air Force? I originally joined the Army to serve my country, but decided to make a career of military service and transferred to the Air Force to improve my quality of life.

What inspires you? My mother because she has always supported me and taught me to set goals and to never give up on them.

What is your most memorable Air Force experience? Deploying to Pakistan with a small force of Engineers and making a big difference to the quality of life on the base for the Airmen and Soldiers who were to follow.

Hobbies: Reading and working with and helping youth.

Serenity in the sand

faith-based services schedule

Worship is at the 407th Air Expeditionary Group **Oasis of Peace** chapel, and at the Army Post Chapel. The *Oasis* is open 24 hours a day for prayer and reflection.

For details on worship opportunities, or directions to worship locations, please call 445-2006.

Oasis = Air Force Chapel/Bedrock

OA = Oasis Annex

ARAC = Army Religious Activity Center

APC = Army Post Chapel

TCN = Third Country Nationals living area by DFAC

FRIDAY

11 a.m., Catholic

Confessions: Oasis

1 p.m., Muslim prayer/
service: (TCN)

6 p.m., Roman Catholic
Mass: Oasis

6:30 p.m., Jewish Service:
ARAC

7:30 p.m., Gospel Choir
Rehearsal: APC

8 p.m. (first Friday of the
month), Eucharistic
Adoration and Rosary:
Oasis

SATURDAY

5 p.m., Catholic

Confessions: Oasis

6 p.m., Roman Catholic
Mass: Oasis

SUNDAY

8 a.m., Roman Catholic
Mass: Oasis

9:30 a.m., Traditional

Protestant Service: Oasis
10 a.m., Protestant Service:
APC

10 a.m., Latter Day Saints
Service: ARAC

11 a.m., Church of Christ:
Oasis

3:30 p.m., Church of Christ:
APC

7 p.m., Contemporary
Worship Service:
Oasis

MONDAY

6 p.m., Roman Catholic
Mass: Oasis

7:30 p.m., Back to the
Basics Bible Study: Oasis

8 p.m., Band of Brothers:
Wild at Heart Men's Study:
OA

7:30 p.m., Gospel Choir
Rehearsal: APC

TUESDAY

6 p.m., Roman Catholic
Mass: Oasis

7 p.m., Catholic Choir
Practice: Oasis

7:30 p.m., Word of Faith
Bible Study: APC

8 p.m., Purpose Driven
Life Book Study: OA

WEDNESDAY

6 p.m., Roman Catholic
Mass: Oasis

7 p.m., Spanish Bible Study:
ARAC

7 p.m., Women's Bible
Study: Army Hospital

7:30 p.m., Protestant
Worship Service/Bible
Study: APC

8 p.m., Catholics
Seeking Christ Adult
Faith Study: OA

THURSDAY

6 p.m., Roman Catholic
Mass: Oasis

6:30 p.m., Ladies Bible
Study: ARAC

7:30 p.m., Men's Bible
Study: APC

8 p.m., Marriage on the
Rock (Jesus) Video series:
OA

CRICKET MOVIE THEATER

at the Hot Spot

Today's times and movie descriptions for the week

King Kong (2005), 1 a.m., Naomi Watts, Jack Black, action, romance, thriller, **Jarhead** (2005), 3 a.m., Jake Gyllenhaal, Jamie Foxx, drama, war, **8 Mile** (2002), 5 a.m., Eminem, Kim Basinger, drama, musical, **Rush Hour 2** (2001), 7 a.m., Jackie Chan, Chris Tucker, action, comedy, **We Were Soldiers** (2002), 9 a.m., Mel Gibson, Madeleine Stowe, drama, war, **Ghost** (1990), 11 a.m., Patrick Swayze, Demi Moore, drama, romance, **Master and Commander** (2003), 1 p.m., Russell Crowe, Paul Bettany, drama, action, war, **Tremors** (1990), 3 p.m., Kevin Bacon, Fred Ward, action, horror, thriller, **Titanic** (1997), 5 p.m., Leonardo DiCaprio, Kate Winslet, action, drama, romance, **Old School** (2003), 7 p.m., Luke Wilson, Vince Vaughn, comedy, **S.W.A.T** (2003), 9 p.m., Samuel L. Jackson, Colin Farrell, action, thriller and crime, **Meet the Parents** (2000), 11 p.m., Robert De Niro, Ben Stiller, comedy

Saturday

Murder at 1600 1 a.m.
Bad Boys 3 a.m.
Diary 5 a.m.
Titanic.....7 a.m.
King Kong 9 a.m.
S.W.A.T 11 a.m.
Jarhead 1 p.m.
Meet the Parents 3 p.m.
Rush Hour 2 5 p.m.
Ghost 7 p.m.
8 Mile9 p.m.
Master and Commd.....11 p.m.

Sunday

Tremors 1 a.m.
S.W.A.T.....3 a.m.
Old School... 5 a.m.
Murder at 1600 7 a.m.
We Were Soldiers 9 a.m.
Bad Boys.....11 a.m.
Ghost 1 p.m.
Diary 3 p.m.
King Kong 5 p.m.
Meet the Parents 7 p.m.
Rush Hour..... 9 p.m.
Titanic 11 p.m.

Monday

Bad Boys 1 a.m.
Master and Commd 3 a.m.
We Were Soldiers 5 a.m.
Diary 7 a.m.
Tremors 9 a.m.
8 Mile.....11 a.m.
Rush Hour 2.....1 p.m.
Meet the Parents3 p.m.
Jarhead.....5 p.m.
S.W.A.T.....7 p.m.
King Kong9 p.m.
Ghost.....11 p.m.

Tuesday

Jarhead.....1 a.m.
Meet the Parents.....3 a.m.
Rush Hour 25 a.m.
Titanic.....7 a.m.
Ghost9 a.m.
S.W.A.T.....11 a.m.
Bad Boys..... 1 p.m.
We Were Soldiers.....3 p.m.
Diary5 p.m.
Murder at 1600 7 p.m.
Old School.....9 p.m.
Master and Commd....11 p.m.

Wednesday

Tremors..... 1 a.m.
Murder at 1600.....3 a.m.
Bad Boys5 a.m.
We Were Soldiers.....7 a.m.
Titanic.....9 a.m.
King Kong11 a.m.
Jarhead1 p.m.
Rush Hour 23 p.m.
Master and Commd.....5 p.m.
8 Mile7 p.m.
Diary9 p.m.
Ghost11 p.m.

Thursday

Old School.. 1 a.m.
Master and Commd 3 a.m.
Rush Hour 2 5 a.m.
Jarhead 7 a.m.
S.W.A.T 9 a.m.
Diary 11 a.m.
Candyman 1 p.m.
Meet the Parents 3 p.m.
King Kong 5 p.m.
Ghost 7 p.m.
Tremors 9 p.m.
Murder at 1600 11 p.m.

Bedrock and beyond...

activities to keep you fit, happy and hungry for more

Today

8 a.m. **Morning Bingo**: Big Top
 5 p.m. **Abs Class**: Muscle Beach (I)
 7 p.m. **Toning**: HOP
 7:30 p.m. **Intramural Volleyball**: Volleyball courts
 7:30 p.m. **Bingo and Variety Music Night**: Big Top
 7 p.m. **Spinning**: Muscle Beach (I)
 8 p.m. **Spinning**: Muscle Beach (I)
 8 p.m. **Step Aerobics**: HOP

Saturday

6 a.m. **Excel Class**: Muscle Beach (I)
 8 a.m. **Abs Class**: Muscle Beach (I)
 6:30 p.m. **Spinning**: HOP
 6:30 p.m. **Ping Pong Doubles**: Hot Spot
 7:30 p.m. **Intramural Basketball**: B-ball courts
 7:30 p.m. **Table Tennis doubles**: Hot Spot
 7:30 p.m. **Hip Hop**: ACC
 8:30 p.m. **Karaoke**: Big Top

Sunday

10 a.m. **Spinning**: HOP
 2 p.m. **Dealer's Choice Poker**: Hot Spot
 7 p.m. **Doubles horseshoes**: Horseshoe pits
 7 p.m. **Spinning**: HOP
 7 p.m. **Tae Kwon Do**: Muscle Beach (I)
 7 p.m. **Darts**: ACC
 7:30 p.m. **Intramural Basketball**: B-ball courts

Monday

5 p.m. **Abs Class**: Muscle Beach (I)
 7 p.m. **Spinning**: Muscle Beach (I)
 7 p.m. **Dodgeball**: Big Top
 7 p.m. **Toning**: HOP
 7 p.m. **Ping Pong**: ACC
 8 p.m. **Madden Football 2005 Tournament**: Hot Spot
 8 p.m. **Dominoes**: Hot Spot
 8 p.m. **Spinning**: Muscle Beach (I)

Tuesday

7 a.m. **Spinning**: Muscle Beach (I)
 8 a.m. **Body Blast**: Muscle Beach (I)
 7 p.m. **Abs Class**: Muscle Beach (I)
 7:30 p.m. **Tae Kwon Do**: HOP
 7:30 p.m. **Spades Tournament**: Hot Spot
 8 p.m. **Tae Kwon Do**: Muscle Beach (I)
 8 p.m. **9 Ball**: Hot Spot
 8:30 p.m. **Salsa**: ACC

Wednesday

5 p.m. **Abs Class**: Muscle Beach (I)
 7 p.m. **Spinning**: Muscle Beach (I)
 7 p.m. **Toning**: HOP
 7 p.m. **Spades**: ACC
 7:30 p.m. **Push-up Competition**: Muscle Beach
 7:30 p.m. **Intramural Volleyball**: Volleyball courts
 8 p.m. **Step Aerobics**: HOP
 8 p.m. **Spinning**: Muscle Beach (I)
 8 p.m. **8-ball Mixed Doubles**: Hot Spot

Thursday

7 a.m. **Spinning**: Muscle Beach (I)
 5 p.m. **Combat Aerobics**: Muscle Beach (I)
 7 p.m. **Three point shoot out**: B-ball courts
 7 p.m. **Abs Class**: Muscle Beach (I)
 7 p.m. **8/9-Ball**: ACC
 7:30 p.m. **Tae Kwon Do**: HOP
 8 p.m. **Texas Hold'em 2000**: Big Top
 8 p.m. **Tae Kwon Do**: Muscle Beach (I)
 8:30 p.m. **Salsa**: HOP

(I)—Instructor

(DVD)—DVD

TNY—Tournament

HOP—House of Pain, Army Fitness Center

ACC—Army Community Center

Call the 407th Expeditionary Services Squadron with ideas for activities at 445-2696; for information about the House of Pain, Army fitness center call 833-1709. For information about Army morale, welfare and recreation activities call 833-1745. The 407th ESVS also offers Ziggurat tours Tuesdays, Thursdays and Saturdays. Check with the Hot Spot staff for details.