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386th Air Expeditionary Wing

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Top CENTAF leaders praise outgoing AEF

Staff Sgt. Ryan Hansen
386th ANEW/PA

The top U.S. Central Command Air Forces leaders praised outgoing Airmen from AEF 1/2 and welcomed newcomers from AEF 3/4 during a troop call here Sept. 3.

Lt. Gen. Gary North, 9th Air Force and U.S. CENTAF commander and Chief Master Sgt. John Foran, 9th AF and U.S. CENTAF command chief master sergeant, met a full house crowd at the Rock Auditorium and spoke with amazement at the accomplishments of the outgoing rotation of Airmen.

"Go home very proud of what you've done here," General North said. "What you have done as AEF 1/2 is absolutely phenomenal. Since I've been in this job no rotation has ever done better."

However, General North, who took command of CENTAF in February, was quick to point out that he expects to say the same thing following every rotation.

"Every time we come here the Chief points out changes around the base and talks about the improvements that you have done," the three-star said. "But I'm sure I'll be standing here in another four months saying the same thing because we continue to get more efficient at our business and that will continue."

The general was in the AOR visiting his Airmen following a commander's conference in



Air Force/Staff Sgt. Jonathan Pomeroy

Lt. Gen. Gary North, 9th Air Force and U.S. Central Command Air Forces commander, talks to Airmen from the 386th Air Expeditionary Wing during his visit Sept. 3.

Southwest Asia. During the conference he and his fellow commanders had the opportunity to meet with Gen. John Abizaid, commander of U.S. Central Command, who praised the Air Force and CENTAF for their dedication and hard work.

"We looked at the long war and how we're postured in regards to air power and our AEF system," General North said. "General Abizaid said he is amazed at how we do things. He is so impressed with how we seamlessly mix active duty, guard and reserve and don't miss a beat - and he respects us tremendously for that."

In regards to the ongoing

war on terror, the commander said that the Air Force and the U.S. military will be here for a long time to come.

"This is no longer a contingency operation, this is a sustained operation," he said. "Since the start of the first gulf war in the early 90s we have been continuously deployed here ... and we will still be here in 2010. Why? This is an important place for peace and stability in the region."

General North also publicly thanked Chief Foran, who is getting ready to retire after thirty years of service.

"It's been a pleasure to work

with America's finest Airmen and it's very emotional for me to stand here before you," the chief said. "Our combined guard, reserve and active duty Airmen are an amazing group - second to none. You're part of the greatest Air Force in the world and my hat is off to you."

The general concluded by taking questions and by once again thanking AEF 1/2 and welcoming AEF 3/4.

"Don't let up over the next two weeks as you prepare to go home," General North said. "Ensure that you prepare the troops coming in to replace you and thank you for your service and your time."

Smoking affects everyone

Master Sgt. A. Denean Willis
386th EMDG

Think about your part in the mission of the 386th Air Expeditionary Wing to put boots on the ground. Now think about how cigarette smoking impacts your ability to perform that mission. The ill effects of smoking are not confined to only the smoker. It is recognized that second-hand smoke causes life-threatening diseases in non-smoking persons just as it might with the smoker but think about the costs involved when performing our military jobs. Today, we are faced with manpower cuts, inadequate working environments, and an increased workload. Do smokers impact the changing military structure? Here at the Rock, those of us who have participated in Camp Clean Up know that smokers are among us. The butt litter left around the base is a good indicator of that. But how many people are really smoking?

According to a report by the Center for Disease Control, 25% of male and 27% female active duty Air Force personnel were smokers in 1997. And an article published by the American Forces Information Service claimed that cigarette smoking among all military services was about the same, resting at 30% in 2000. Thirty percent might not seem formidable but when you take the costs involved, it takes on a life all its own.

The CDC estimated \$930 million was spent towards providing smoking-attributable medical care for U.S. military in 1995. Imagine spending that amount of money on a health problem that developed from an acquired habit like smoking ... a habit that could lead to asthma, chronic bronchitis, or even premature death. And if you're unable to work because of a doctor's appointment, the mission that you swore to uphold will suffer.

The government lost approximately \$346 million in the military's work pro-

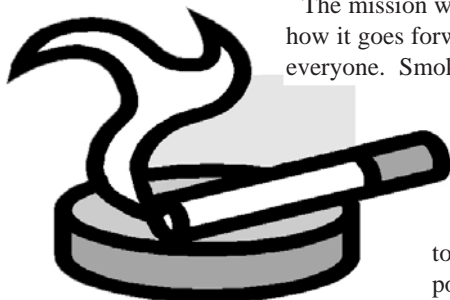
ductivity in 1997 according to the CDC. Productivity costs were estimated by looking at time away from the duty section for appointments, inpatient and outpatient, as well as excessive smoke breaks. Whether persons are absent from work because of medical appointments or other related reasons, one must consider how \$346 million could be used. Couple those monies with the \$930 million and imagine how many projects to better the military working and living environment could take off. Today, we are operating in a down-sized force, tasked with a mission that requires an optimal performance level. Everyone has the responsibility to get a job done. How can the mission go forward without all the team players there to make it work?

The mission will go forward but how it goes forward, depends on everyone. Smoking seems like such a small facet of day to day living but it is critical because it diminishes the ability of our military to be as excellent as possible. People choose to smoke in spite of the

dilemma smoking creates. It's time to rethink how to address a matter that costs the government millions of dollars.

The answer for smokers, although not an easy one to stomach, is to quit smoking. By identifying with the reasons why the need to smoke exists it becomes easier to deal with those feelings. The 386th Expeditionary Medical Squadron Medical Clinic and the squadron medical element at the flightline, both offer smoking cessation for anyone desiring to stop. If you feel that you can't stop, smoke responsibly and deposit all butt litter in proper receptacles. For the non-smokers, gather the facts about smoking and persistently educate your people about breaking away from the habit.

Smoking affects you and the mission no matter how you look at it. It's an expensive habit for the military amounting in huge medical bills and lost work productivity. Think about what you can do to make it better for everyone and just do it.



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Reserve leaders visit the Rock for troop call

Staff Sgt. Ryan Hansen
386th AEW/PA

The top reservists in the Air Force visited the Rock Aug. 30, and praised their citizen Airmen for the work they're doing here in the AOR.

Lt. Gen. John A. Bradley, chief of Air Force Reserve and commander of Air Force Reserve Command, and Chief Master Sgt. Jackson Winsett, command chief master sergeant of Air Force Reserve Command, talked about current reserve issues, possible changes within the command and answered questions from active duty, guard and reserve Airmen during a troop call.

"I appreciate what you're doing here and I wanted to come and thank you," said Lt. Gen. John A. Bradley, chief of Air Force Reserve Command. "I'm proud of what you're doing to fight the Global War on Terror."

The reserve leaders were on a tour of the AOR and were visiting their third country of the day. A 39-year veteran of the Air Force, General Bradley said he was impressed with all Airmen across the board and is amazed at the changes he has seen throughout his years wearing blue.

"I've learned a lot this week talking to Airmen," he said.



Air Force/Staff Sgt. Ryan Hansen

Lt. Gen. John A. Bradley, chief of Air Force Reserve and commander of Air Force Reserve Command, talks to Airmen during a troop call Aug. 30.

"You guys are better trained and equipped than ever before and you should all be proud of what you're doing because every job you do is part of the overall mission. We couldn't do what we do without every piece contributing."

The general talked about a few reserve issues that had been brought up to him while on his trip and promised to look into them.

"A lot of you have told me that if we would send over larger portions of your units, more of you would be willing to volunteer and stay longer, and that's certainly something we'll look at," General

Bradley said. "We've signed up to support a certain amount of the mission and I want to do that plus more to help our Air Force."

The command pilot also talked about the new Air Force Reserve vision – One Air Force, Same Fight – and how he thinks it's really spot on.

"(The vision) really means a lot to me and it's not just some words put together," General Bradley said. "That's what we're all about, we're one Air Force and as reservists we want to be unrivaled wingmen and the best we can be."

General Bradley and Chief Winsett finished their visit by

fielding questions from those in attendance. They once again thanked everyone for the dedication and the deployed were glad they stopped by.

"I thought it to be an awesome show of support and leadership to both the reservist that serve and to the active component commands supported by reservist," said Maj. Dusty Pearson, 386th Expeditionary Logistics Readiness Squadron's Aerial Port Flight commander, and reservist with the 96th Aerial Port Squadron at Little Rock Air Force Base, Ark. "Everyone I spoke to afterwards really enjoyed his brief and the time he offered to answer uncensored questions about what is going on in the Air Force Reserves today."

"I appreciated the General and his staff stopping by," said Tech. Sgt. Reynolds, 386th Expeditionary Services Squadron and reservist deployed from the 919th Special Operations Wing at Duke Field, Fla. "Each of my previous two deployments I've attended these meetings, they are needed and it helps create a sounding board for issues that we have affecting reservists who have volunteered to deploy in support of Operation Iraqi Freedom."

A Healthy Fear of Commitment!

• Unless you are a warranted Contracting Officer, federal law prohibits entering into contracts or making modifications to existing contracts on behalf of the government. An "unauthorized commitment" represents an agreement that is not binding solely because the government representative who made it lacked the authority to enter into a contract on behalf of the government.

• Endstate: Unless you are a Contracting Officer, do not buy anything for the Government, do not indicate to a vendor that an order will be forthcoming, and do not make adjustments to existing contracts. You may find you have caused an "unauthorized commitment," which is punishable by disciplinary action and/or forfeiture of pay!

If you have any questions, contact Tech. Sgt. Laura Sherman at 442-2085.

Got a Story to Tell?

Tell Us!!

Your Public Affairs Office is always on the lookout for a great story to include in the

ROCK SLATE

Call 442-2312 to share your story!

Five years on, 9/11 survivor reflects on attack

Steven Donald Smith

American Forces Press Service

At about 9 a.m. on Sept. 11, 2001, Debra Wagner and her colleagues at the Pentagon got a phone call telling them to turn on the television. There had been a terrible "accident" in New York City.

"I thought this was a horrible way to start such a beautiful morning," Wagner said, reflecting on learning the news that an airplane had struck the North Tower of the World Trade Center. "It was absolutely beautiful that day. It was just beautiful."

Only moments after switching on the television, Wagner watched as United Airlines Flight 175 crashed into the trade center's South Tower. "I cringed," she said, instinctively knowing this was no accident and that Washington was probably next.

Wagner, 53, a civilian working for the Office of the Assistant Secretary of the Army for Manpower and Reserve Affairs, which was located in the Pentagon's outer E Ring, felt fearful.

About half an hour after seeing the second plane crash, Wagner found herself peering out a Pentagon window toward Arlington National Cemetery. She said she vaguely remembers seeing an object in the sky, but didn't pay much attention to it. Suddenly, American Airlines Flight 77 slammed into the building, violently shaking the room where she stood.

"The sound was unbelievable. For six months afterward I kept hearing that horrible impact sound. It was a BOOM!" she said. "The first things that I felt were fear and shock, then just disgust."

Wagner was slightly burned around her face and neck, but for the most part was uninjured. "I knew there were people hurt, and I just wanted to help," she said.

The events that followed are a blur to Wagner. She doesn't remember leaving the building or much about her drive home from the Pentagon. The only memory that is seared into her mind is hearing Lee Greenwood's song "God Bless the USA." on the car radio. "I remember losing it," she said. "That's it."

She does, however, vividly remember the events that led up to the telephone call prompting her and her coworkers to turn on the television. She remembers seeing an acquaintance Ernie Willcher, a consultant



Debra Wagner, Office of the Assistant Secretary of the Army for Manpower and Reserve Affairs, stands by a display honoring the people who lost their lives in the Sept. 11, 2001, terrorist attack on the Pentagon.

Honoring 9/11

- Airmen from the 386th Air Expeditionary Wing will come together on Sept. 11, to honor the victims of the 9/11 terrorist attacks. There will be a retreat ceremony at 4 p.m. followed by a 21 gun salute and the playing of taps.

For more information, please contact Senior Master Sgt. Alfredo Lopez at 442-2900.

with Booz Allen Hamilton, just before he went into a meeting that morning.

"Jokingly, Ernie said (to Wagner), 'If you go to this meeting, we'll get some things done.' He had this blue suit on; ... I still remember this beautiful blue suit. I said, 'Ernie, you look really nice today,'" she recalled with tears welling up in her eyes.

Wagner said remembers Willcher saying his wife picked out the blue suit for his new job. He had recently joined the company after working for the Army for more than 20 years and was at the Pentagon on Sept. 11 on a consulting assignment.

Flight 77 crashed directly into the room where Willcher's meeting was being held, killing all in attendance, Wagner said.

In the days that followed Sept. 11, Wagner grew tired of watching the news "But I couldn't not watch it," she said

"I remember feeling violated that my Pentagon had been maimed," she said. "I remember crying ... I was crying because I was learning who had perished."

She went back to work a couple days after

the attack. "I remember the morgue. I remember the smells," she said.

Upon her return to work, she said, she gained a newfound respect for the Pentagon Force Protection Agency, formerly known as the Defense Protective Service, because of its officers' kindness and patience. Wagner began routinely checking in on the PFPA officers to see how they were coping. "It's my nature to reach out," she said.

On one occasion she consoled an emotional officer. "I had to hug him," she said. "I never hated anybody, but I hated what happened to us."

Wagner still works in the Pentagon. And, as the fifth anniversary of the attack approaches, she said she is doing well. "I'm okay; I don't think you ever recover," she said. "Right after 9/11, I became a professional mourner. That's the word I used. I've appreciated every day since."

Wagner emphasized the importance of remembering those who lost their lives at the Pentagon that September day and said the Pentagon Memorial now under construction will be vital in helping accomplish that goal. "I think the memorial is just so important," she said. "It's important for recovery. It's important for remembrance."

She said she came through the tragic events of Sept. 11 with a profound belief in the resilience of America and its people.

"You don't know what you're made of until something like this hits you," she said. "I remember our country standing strong, like a phoenix just rising out the ashes."

Being prepared to tell the Air Force story

Key notes for AEF 1/2 Airmen headed home

As Airmen from AEF 1/2 prepare themselves to return to their home station there is a chance they may have the opportunity to tell the story of the 386th Air Expeditionary Wing.

Please remember, you represent the Air Force, its values, and image. Your time and service here has not gone unnoticed by the American public. However, many citizens, particularly those who have never served in the military, do not fully understand how you and your fellow expeditionary Airmen contribute day in and day out to the Global War on Terror.

That is why it is important to share your story with your friends, family, co-workers, media and civic groups. By representing your Air Force, you'll be bolstering the Air Force's professional and combat tested image the general public has come to know and trust. Without the support of a well-informed American public, our military could not accomplish its mission.

Consider any opportunity to tell your story, a chance to recognize your comrades' hard work and dedication in the AOR, as well as an opportunity to ensure the public is kept informed by subject matter experts (you!) about how the Air Force is contributing to the fight.

The following information should guide you in telling the 386th AEW and Air Force story. Should you have any questions, please contact your local public affairs office.

General public affairs tips:

- First and foremost, if you are invited to talk to the media or a civic group, contact your home station public affairs office. They will assist you in coordinating and preparing for your event.

- Tell the truth: We should never be afraid to tell the Air Force side of the story. As a matter of core values and policy, we don't lie, hide the facts, or intentionally mislead the American public.

- No Comment: "No comment" implies

we have something to hide. If you cannot comment on the issue, politely say why ("It's classified" or "I can't talk about it for force protection reasons")

- Don't know the answer to a question?: It is OK to tell a reporter "I don't know." But never make up information in order to pass yourself off as an expert. You may lose your credibility

- Stay in your lane: Talk about your area of expertise. Don't speculate or guess about other specialty areas.

Talking about your deployment:

- You represent the Air Force, its values, and image. Be honest, candid, and stay within your area of expertise.

- Do not discuss classified information or anything that might jeopardize the safety of our people or programs.

- Talk about your contributions to the fight, what it's like to live or work in a war zone, your deployment training, base programs to support your family, adapting to a foreign culture and climate and how you kept in touch.

- Emphasize that this is a real total force and joint mission. The active duty Air Force, reserve, guard and the other services are all working together to support the war effort.

- Bottom line: Anticipate questions and think about your answers. How you respond speaks volumes about the Air Force, your mission and you.

General Information:

- The Air Force has been continuously engaged in combat operations for the last 15 years. Our first priority now is to use that experience and win the GWOT.

- Today's Airmen support the GWOT with combat air and airlift or air refueling missions, life-saving medical treatment, direct support to ground forces "outside the fence," and reach back support from the AOR at home, e.g. UAVs.

- Remotely piloted aircraft give us an incredible intel edge. They find the enemy and strike at a moment's notice.

- Air Force satellites give us real-time, worldwide, 24/7 navigation, communication, surveillance capabilities.

- By fighting the enemy on its turf, America's Airmen keep our country secure.

386th Air Expeditionary Wing Themes and Messages

The 386th Air Expeditionary Wing has a diverse mission that canvases the entire U.S. Central Command AOR.

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. The wing is comprised of the 386th Expeditionary Maintenance, Mission Support, Medical and Operations Groups and the 586th Expeditionary Mission Support Group.

The 386th AEW is composed of more than 3,100 Airmen from 131 active duty, guard and reserve installations around the world. More than 1,300 serve outside the wire with the 586th Expeditionary Mission Support Group. They provide security at the largest Theater Internment Facility in Iraq, security for convoys, and serve as drivers for convoys.

The wing is also home to one of two contingency aeromedical staging facilities in the theater. The CASF serves as a gateway for patients airlifted to Germany or the United States for further medical treatment. The CASF averages more than 300 patients a month with patient stays averaging between 12 and 36 hours.

The 386th Air Expeditionary Wing was activated in 2001 and traces its roots to the 386th Bombardment Group. The 386th BG was activated Dec. 1, 1942, and flew its first combat mission in July of 1943. In 1998, in preparation for Operation Desert Fox, the 9th Air Expeditionary Group stood up here and in 2001 was redesignated as the 386th Air Expeditionary Group. Later that year, the 386th AEW stood up and remains in place today.

During the May – September AEF 1/2 rotation, some of our many accomplishments include:

- Support to Lebanese humanitarian operations to Cyprus. Our aircraft flew three missions to the island, delivering more than 18 tons of humanitarian supplies such as food and water

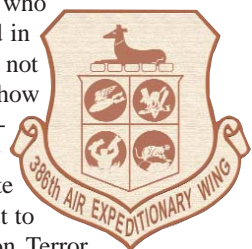
- Continuous improvements to our C-17 staging & throughput operations allowing us to handle up to 20 C-17s mission events per day

- Standing up the first Wing Operations Center in theater; creating an efficient command and control nucleus

- Maintaining a 95% average mission effectiveness rate

- 1,179 aircraft moving 34,006 tons of cargo and 94,489 passengers handled by our transient alert team

- Streamlined fuel delivery by being first in the Air Force to use new FORCE refueling system



386th Air Expeditionary Wing



Airmen from the 586th Expeditionary Mission Support Group's 70th and 424th Truck Detachments logged more than 1.6 million miles and were awarded four Purple Hearts during AEF 1/2. The 586th EMSG also maintained robust operations at Camp Bucca, Iraq, and fostered enduring relations with the host nation at Kuwait Naval Base.



Security forces members from the 386th Mission Support Group go through Military Operations in Urban Terrain training at Camp Buehring. The 386th EMSG executed a \$1.1 million dining facility renovation, erected five dorms at \$2.4 and awarded a \$1.2 million pup-up barrier acquisition during AEF 1/2.



Capt. Travis Sjostedt, a pilot with the 386th Expeditionary Operations Group, flies a mission over Iraq. The 386th EOG flew more than 6,200 sorties and moved more than 7,100 tons of cargo this rotation.



Airmen 1st Class Gavin Martin, a maintainer with the 386th Expeditionary Maintenance Group, pulls a power cord out to a C-130 during a quick turn. The 386th EMXG tied a four month record with a 95% mission effectiveness rate this rotation.



Staff Sgt. Jason Glefke, left, and Airman 1st Class Donalyn Smith, assist during an egress training exercise on the flightline. Sergeant Glefke and Airman Smith are firefighters with the 386th EMSG.

**Thanks
AEF 1/2**



Airman 1st Class Josh Scobey, a loadmaster with the 386th EOG, talks to the aircraft commander. The 386th EOG flew more than 8,500 hours and flew more than 135,000 passengers during this AEF.



Tech. Sgt. Kara Carney, a dental technician with the 386th Expeditionary Medical Group, helps a patient. During AEF 1/2 the 386th EMDG treated more than 2,500 and transferred more than 1,300 patients to referral or specialty care.

386th Air Expeditionary Wing Rock Solid Warriors



**Senior Airman
Heidi Chatman**

386th Expeditionary Medical Group
Contingency Aeromedical Staging Facility

Home unit, base: 375th Aerospace Medicine Squadron, Scott Air Force Base, Ill.

How do you support the mission here? I ensure that our warfighters, coalition forces and civilians receive compassionate medical attention as they transit the aeromedical evacuation system. I assist physicians and nurses in day-to-day support of base operations.

How many times have you deployed and what makes this one unique? This is my first deployment. I have come to understand the importance of a "get-er-done" attitude. I realize people that come through the CASF appreciate even the small things that we do for them. I have been involved with teaching our Japanese coalition forces English and realize I have a lot more to learn about the world around me. This deployment has taught me there is so much more to my Air Force than the small clinic that I work in back at Scott AFB. I have come to appreciate the hard work and dedication of all those supporting our efforts in the AOR.

How does your job differ in a deployed environment versus home base? Here I am able to get more involved with aerovac missions and am given more freedom to get "hands on." Because I provide medical care for our warfighters I feel more attached to the war effort. It has been my pleasure to work in the 386th CASF assisting in bringing injured or sick men and women back to their loved ones.



**Tech. Sgt.
James Horan**

586th Expeditionary Mission Support Group
Group Mission Operations Center NCOIC

Home unit, base: 45th Security Forces Squadron, Patrick Air Force Base, Fla.

How do you support the mission here? I support all of the group's missions occurring within Kuwait and into the Iraqi theater of operations. In addition, the GMOC assists with intel for Army convoy support and real time tracking and communication is kept with all 70th and 424th Medium Truck Detachment's convoy missions. We also provide intel to convoy commanders and all requesting units.

How many times have you deployed and what makes this one unique? I have deployed eight times. This is the first time working with the intel side of operations. This has given me a broader insight on operations planning and support.

How does your job differ in a deployed environment versus home base? I have a bigger bed.