



# ALITIMES

September 22, 2006

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Vol. 4, Issue 34  
Sep 22, 2006

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The content is edited, prepared and provided by the public affairs office of the 407th Air Expeditionary Group. All photographs are U.S. Air Force photographs unless otherwise indicated.

The *Ali Times* accepts stories, photographs and commentaries, which may be submitted to the public affairs staff — located in the group headquarters building — or can be sent directly to the newspaper at [Ali.Times@tlab.centaf.af.mil](mailto:Ali.Times@tlab.centaf.af.mil)

Deadline for publication is 7 p.m. the Monday before the week of publication.

## Cover Photo

Power pro Airmen (from AEF 1/2 and 3/4 rotations) work on a power line, supplying power to Bedrock living quarters last Saturday. It was discovered that a contractor working for the Italian contingent had cut three power feeds from Power Plant One. The repairs were completed in eight hours. Page 5.  
Photo by Lt Col Roy Agustin

# Let's get ready to rumble!!

By Brig Gen Robin Rand

332d Air Expeditionary Wing Commander

I'm fired up to announce a renewed emphasis on physical fitness and professional image right here in Red Tail Country!

Starting 1 Oct and running through Jan 07, the 332d Air Expeditionary Wing will embark on a "fit to fight" campaign. The desired results are straight forward....wing-wide improved combat capability, professional image, and personal wellness! This past week, I have spoken directly to your group commanders, squadron commanders, and SNCOs about the purpose and goals of this campaign, and have directed them to reinforce the importance of fitness and image with all Tuskegee Airmen.

Let me be very clear about why fitness is important. First and foremost, fitness equates to combat capability! This is proven in a hundred different ways in Iraq where all of us must be prepared to perform strenuous physical activities at moment's notice. We are warriors and we must be fit to fight.....it's that simple. Therefore, I am very concerned when it was pointed out to me that more than 10 percent of our Tuskegee Airmen arrived for combat duty with failing PT scores. We simply must stop this trend! The second reason fitness is important is because it helps project a positive professional image. When combined with proper grooming standards, military bearing, and customs and courtesies, a good professional image significantly contributes towards good order and discipline. Professional image is an integral part of our military core values, ethos, and traditions. We stress it at the beginning of basic training because it reflects the principles of discipline that are required in a profession that is about "service before self." Here in Red Tail Country, we'll maintain and enforce the importance of a proper professional image at all times. Finally, increased fit-



Brig Gen Robin Rand

ness improves our wellness, reduces stress, and can help lead to longer lives and better health! Therefore, for all these reasons, improved physical fitness will also be a top priority in the 332d Air Expeditionary Wing!

The good news is that many of our Tuskegee Airmen already are "fit to fight." No doubt, we have some of the sharpest airmen that I've ever served with in my Air Force career! However, there are some of you out there who aren't doing so well. A simple observation by me at our "Right Start" briefs highlights this fact. Therefore, starting immediately, our "fit to fight" campaign will be part competition, part fitness, part nutrition, and all about improved habits and healthy living. Over the next two weeks, we'll weigh in every Tuskegee Airman who is going to be in the 332d AEW during AEF 3/4. The numbers will be entered into a database.

On 1 Oct, we'll officially kick off our fitness campaign with information

Continued on page 6:

CC Commentary

# Why integrity matters

By Col James Moulton

407th Air Expeditionary Group Commander

Fellow members of the 407th, last week I wrote about two of the Air Force's core values: service before self, and excellence in all we do. This week I wanted to add a few words concerning the third core value, integrity. I don't want to send out a sermon. However, I did want to stress why — out here, boots-on-the-ground in Iraq — integrity matters more than ever. Because make no mistake, integrity does matter out here. And here's why...

An Air Expeditionary Force rotation is much different than a Permanent Change of Station. In fact, the difference between settling in to a regular assignment and rolling in for an AEF rotation is as different as a short sprint is from a 10K run: for a distance run, you have the chance to settle in to a pace, judge when to surge, push harder (such as when running up a hill), or pace yourself in order to save a little energy for the end. That's how a normal assignment works as well: there is time to settle into a routine, time to surge or push (such as for an ORI), and the chance to conserve energy when able — during a holiday period or during a three-day weekend.

But an AEF rotation is a sprint, plain and simple. Most of you rolled off of a C-130, 'fresh' from a short layover at Al Udeid...and given precious little time to "get settled." Rather, you got a 3-4 day swapout, and bam...right to work at full speed. And not only that, many of you were thrown in with other airmen from across the globe. I've run into airmen from as far and wide as Yokota Air Base (Japan), Eielson Air Force Base (AK), Ellsworth AFB (SD), Barksdale AFB (LA), and RAF Lakenheath (United Kingdom).

And this is exactly why integrity matters so much out here: there is precious little time for "team-building" in your squadron or flight; there is no time to 'get to know' who to trust or who to rely on. Every single member of the rotation has to start the AEF



Col James Moulton

sprint with the full assurance that he or she can absolutely, completely rely on his or her teammates. Trust is crucial and it has to be there from the start. During a 120-day or 180-day rotation we simply don't have the luxury to develop trust. So every single member of the 407th team has to know that you are a person of integrity — that your word is your bond, and that you can be relied on.

Integrity matters — when the chips are down and folks are relying on you, your trustworthiness is non-negotiable. The good news is that you are a part of team in which every member's integrity is unquestioned. Don't ever take that for granted. Take care, and God Bless America.

OPSEC opsec OPSEC opsec opsec OPSEC opsec

Some things are worth repeating...

over and over and over and over and over and over and over and over and over and over

OPSEC opsec OPSEC opsec opsec OPSEC opsec



# What did I do to deserve this...opportunity?

By Chief Master Sgt John Laforgia

407th Air Expeditionary Group Chief Enlisted Manager

If you're like me, and apparently after talking to many troops during my short time here at Ali Base many of you are, getting off the airplane and going through the "Al Udeid experience" enroute to Iraq made me ask myself, "what did I do to deserve this?"

And like some of you probably had when you found out you were selected to deploy, I too had mixed feelings about my pending deployment. After all, in my almost 28 years in the Air Force I've never been to a "real" deployment location, let alone Iraq. And even though I knew that deploying was a possibility, I never really thought that I would actually deploy. The mixed feelings I had ranged from the thought of not wanting to be separated from my wife, to the concern of being in a war zone, to the anticipation and excitement of working and living in a deployed location.

Once the word of my pending deployment got out back at RAF Lakenheath, many people who had deployed, several of them more than once, came up to me saying things like, "you'll have a great time" and "it will be the capstone of your military ca-

reer." Of course I was somewhat skeptical in believing the positive things people were telling me. I thought, "yeah, these people are putting a positive spin on their deployment just to make me feel better."

Well, I've been here at Ali Base exactly one week and from what I've experienced so far, I can honestly say that all of the positive things I've heard about deploying are true.

The attitudes and teamwork that I've seen throughout the 407th Air Expeditionary Group are phenomenal. Is there a lot to complain about over here in Iraq? I guess that's in the eyes of the beholder. There's an old saying that's been around the Air Force as long as I can remember that goes something like, "an assignment is what you make of it." Basically that means whether or not you enjoy

your time here at Ali Base comes down to having a positive attitude and choosing to see the value and good of where you

are at any given time, yes even in Iraq.

I've also learned a few key things that I would like to share that made my transition here go smoothly. The first is to learn what the rules of engagement are for liv-



CMSgt John Laforgia

ing and working here at the 407 AEG; second is to learn your job as quickly as you can because our team is counting on you to do your part to make our mission here a success; third is to get involved in things such as the First Four, FOCUS 5/6, Top Three, Company Grade Officers Council, Honor Guard, church functions, the many services activities offered, the fitness center, etc; fourth be a team player, smile, and treat each other with respect.

In closing, I think the real key to making the most of your time here is to look at your deployment not so much as "what did I do to deserve this" but feeling fortunate in having the "opportunity" to do something great for your country while at the same time bettering yourself personally and professionally. I feel proud, honored, and fortunate to be serving with all of you.

*"There's an old saying that's been around the Air Force as long as I can remember that goes something like, 'an assignment is what you make of it.'"*

## Happy Birthday

**SSgt Andrew Curtis,**  
407 ESFS — Sep 22

**A1C Erik Clark,**  
407 ESFS — Sep 22

**SSgt Eliseo Martinez,**  
407 ECS — Sep 22

**SMSgt Charles Schuster,**  
407 ELRS — Sep 23

**Maj Steven Sweeney,**  
407 ECS — Sep 24

**SSgt Richard Blunt,**  
407 CS — Sep 25

**SSgt Martha Ridgway,**  
407 OSS — Sep 25

**SSgt Benjamin Au,**  
407 SFS — Sep 26

**A1C Kristen Fluegel,**  
407 SFS — Sep 26

**TSgt Randy Reeves,**  
407 CS — Sep 26

**A1C John Doan,**  
407 SFS — Sep 28

**TSgt Patrick Glass,**  
407 CES — Sep 28

# Combined civil engineer team restores power

## Bedrock avoids prolonged blackout thanks to the work of two AEF rotations

Compiled from staff reports

On Sep 16, at approximately 11 a.m., the 407th Expeditionary Civil Engineer Squadron received a call that power to Bedrock was out.

The squadron dispatched an electrical team to the scene. Upon arrival the team discovered that the three main power feeds that provided power to most of Bedrock from Power Plant 1 had been cut by a contractor working in the Italian compound.

"Most contractors would have stopped digging after hitting one 4,180-volt power line since the explosion and sparks are very noticeable and down right scary," said Lt Col Richard Edwards, 407 ECES Commander. "This brave soul continued on until he hit all three lines."

After the discovery, civil engineers began repairing the lines to restore power.

"Splicing these types of lines



Photos by Lt Col Roy Agustin

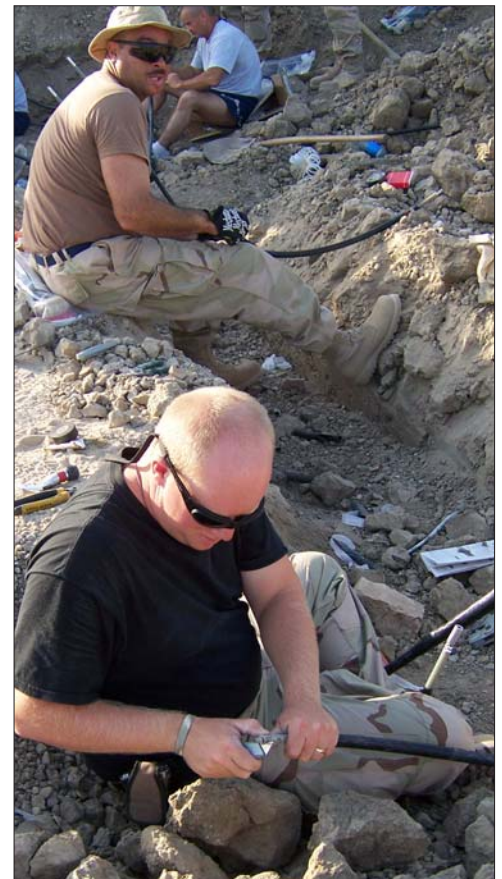
Master Sgt Tim Bonsell, left, and Tech Sgt Gary White, both from 407th Expeditionary Civil Engineer Squadron, splice a high-voltage line from Power Plant 1 that feeds power to part of Bedrock. The wire was cut by contractors.

is a long and tedious process," Lt Col Edwards said.

However, because the AEF rotation was still ongoing; some engineers from rotation 1/2 were still on site with engineers from rotation 3/4 already in place; the two rotations were able to combine their manpower and technical expertise to get the job done.

According to Colonel Edwards, the two rotations worked together as one big civil engineering squadron reduced the repair time significantly. The complications generated by this accident were significant. Without the teamwork exhibited by the two AEF ECES units, power restoration would have taken much longer leaving airmen without lights and air conditioning.

"Once repairs were completed, electrical power has to be restored in an orderly and systematic way. The power restoration was further complicated by a coincidental power problem from Power Plant 2. This second issue made the power restoration more



Tech Sgt Gary White works on a power cable while Tech Sgt Ryan Belk works on another cable. Three feeder lines totaling nine lines cut by a contractor Sep 16.



Chief Master Sgts Buddy Manamon, outgoing chief from rotation 1/2 for the 407 ECES, CMSgt Thomas Chico, incoming chief, and Maj Brian Anders, Civil Engineer Operations chief, brief Col James Moulton, 407th Air Expeditionary Group Commander, on damages and plans for repairs.

Continued on page 7:

Power





# Secretary, chief send Air Force birthday message

**WASHINGTON (AFP)** — The following is a message from Secretary of the Air Force Michael W. Wynne and Air Force Chief of Staff Gen. T. Michael Moseley on the Air Force's 59th birthday Sep 18.

"Over the course of the past 59 years, the United States Air Force has established itself as the dominant force in air, space and cyberspace. Our knowledge-enabled Airmen have revolutionized the way our nation defends itself and its allies across the full spectrum of threats.

"Before our inception as an independent service, the Air Force responded wherever and whenever needed, whether for disaster relief, humanitarian operations or combat operations. We have only gotten better in time.

"Our heritage is one of technological innovation, courage and dedication. As we build on that proud heritage and look toward new and unlimited horizons, we will continue to deliver unmatched air,

space and cyberspace dominance for the interdependent joint team and our nation.

"Your tireless commitment, agility and professionalism are the foundation for our successes. Without you, and the support of your families, we could not be the world-class team we are. America's Airmen exemplify our core values of Integrity First, Service Before Self and Excellence in All We Do.

"As we lead into our diamond anniversary celebration, we count on our most valuable asset — our Airmen — to continue the magnificent work our forebears began. We are confident you'll conquer tomorrow's challenges with the same courage, commitment and confidence that defined our first 59 years.

"Thanks to our entire Air Force family across the globe: active duty, civilian, Guard, Reserve, retirees, veterans and all their families. Happy birthday, Air Force!"

## CC Commentary

From page 2.....

given to all our Airmen in the H-4 and H-6 living areas and at our squadrons.

Over the course of a three-month period, our Medical Group and 332d Expeditionary Services Squadron will sponsor several events to keep healthy nutrition and fitness information at the forefront of business. We'll also publish weekly articles in our respective base papers to keep everyone on track. By the end of the campaign in January 07, every squadron will once again weigh and measure their members. We'll celebrate in early January with an overall squadron winner and recognize our biggest "losers" — those units that did the best in taking the weight off and living a healthy lifestyle.

This campaign is geared for all of us, but primarily for those Airmen who are in the "red" for being "unsat/marginal" on their physical fitness test as well as those Airmen who, although they have passed their PT test, do not meet their squadron commander's eyeball check and need increased

motivation to develop and sustain a healthy lifestyle. I expect commanders to provide direct feedback to those individuals, and if needed, mandate their participation in one of the many multiple fitness educational programs under the supervision of our Medical Group personnel.

Increased fitness and weight control equate to a leaner and more combat-ready Air Force, ensuring the success of our mission in Iraq! Each of us play an integral role in the war on terrorism. Our mission is to provide combat air power for America, Right Here ... Right Now. We can do that better when we are fit to fight. When we take shortcuts in our physical fitness, we diminish our discipline and mission effectiveness. "Fit to fight" is all about making Red Tail Country better, making ourselves better, taking care of each other, and maintaining vital AF standards. Get on board, because the train is about to depart the station!! See you at the fitness center. "Tuskegee Airmen, the Legend Continues!"

## ***Quick Tips for Awareness and Preparation:***

1. Personnel are reminded to heighten personal awareness.
2. Be watchful for suspicious individuals around the installation.
3. Always think **OPSEC** don't talk about sensitive information in outside areas. (DFAC, PX, ect...)
4. Report all suspicious activity to the Military Police Desk (911 emergency, 833-1327 non-emergency) or the Base Cluster Operations Center (833-1317).

If you have any questions or concerns, call the 407 AEG/ATO at 445-2077.

# Bedrock force protection project under way

By Tech Sgt Ryan Mattox

407th Air Expeditionary Group Public Affairs

In the upcoming weeks, Bedrock Tent City area will see some changes in appearance and protection.

The 407th Expeditionary Civil Engineer Squadron Engineering Flight have plans to beef up bunkers and replace old sandbag walls around tents.

"The overall goal of this project is to defend the base and protect the people," said 1st Lt Christan Leighton, 407 ECES Engineering Flight Commander. "The bottom line is to protect our Airmen."

The project consists of two contractors making sandbags and delivering them to the base. The squadron also tells these contractors how and where to place these sandbags.

"We tell them where to put them, and we provide dimensions on how to build sandbag walls to prevent them from falling over or causing flooding in the tents," said Senior Airman Steven Greenleaf, 407 ECES Engineering Office Project Manager. "We are also putting pallets of sandbags out around tent city for individuals to do self-help on their tents."

However, SrA Greenleaf says as soon as the rest of the sandbags come in, these contractors will be rebuilding the walls in tent city with the new sandbags from the ground up.

The benefits of sandbagging are to cut down on fragments from explosions ripping through tents and help cutdown on ricochets from flying debris. They also added Hescos to the end caps of bunkers for added protection there also.

There are two types of sandbags; plastic mesh and burlap, and those last about three to four months and it all depends on the companies for which type the unit receives.

"Due to the life span of sandbags, it's an ongoing project and it's going to take some time to complete this round of the project. We currently have 20,000 sandbags on order to continue the fortification of the bunkers and tent city," SrA Greenleaf said.

Besides sandbags the squadron is also using other materials in the fortification project. This project is due to begin in the near future.

"We also have a very aggressive T-wall project in progress and along with the sandbag project will give everyone a little more added protection," 1st Lt Leighton said.

## Power

From page 5.....

difficult and time consuming," Lt Col Edwards said.

After the problems were discovered and repaired, the power was restored to Bedrock about 12:30 a.m. on Sep 17.

"The dedication of civil engineering members from the Air Force, Air Force Reserve and the Air National Guard demonstrated the one team, one fight concept," Lt Col Edwards said. "Special recognition goes out to those Ali Warriors from the Electrical and Power Production shops, as well as, the HVAC and Utilities sections of civil engineering. They demonstrated how teamwork can get the job done. They were not alone, since every member of the squadron contributed to this recovery effort in some way. Thanks to the 407 ECES for a job well done."



Photo by Staff Sgt Rasheen Douglas

## Happy Birthday Air Force

Airman 1st Class Derek Terrill, 407th Expeditionary Services Squadron, Col James Moulton, 407th Air Expeditionary Group Commander, and A1C Sharry Brown, 407 ESVS, each cut their portion of cake during a celebration for the Air Force's 59th birthday at the Big Top Sep 18.



# Firefighter hopes for quiet day on Air Force birthday

By Louis A. Arana-Barradas

Air Force Print News

**SAN ANTONIO (AFPN)** — Senior Airman Jurle Gaver hopes there are no emergencies to keep him from his cake, ice cream and punch on the Air Force's 59th birthday.

The firefighter, like other Airmen around the world, will report to work to fight or support the ongoing war on terrorism.

This war — like all the ones before — is taking Airmen to dangerous, far-flung locations to do their jobs. Some of those jobs they had never done before. Others at stateside bases provide the people and support needed to carry on that war.

Airman Gaver is a fire protection journeyman with the 407th Expeditionary Civil Engineer Squadron at Ali Base, Iraq. He deployed there from his home unit, the 145th Airlift Wing, which is located at Charlotte/Douglas International Airport in Charlotte, N.C. As a first responder, he is a member of the base rescue air mobility squad.

"I'll be on standby, ready to go on firefighting missions on or off the base and perform rescue missions," the 3-year

veteran said.

The Air Force may be a year older, but it is doing more today, with a smaller force, than it did even five years ago.

Since becoming a separate service in 1947, the Air Force has increased its capabilities and its global reach now stretches into space.

Today, the Air Force and its sister services are busy achieving what Secretary of the Air Force Michael W. Wynne called spherical situational awareness. This allows the U.S. military to take "a comprehensive, spherical view — at once vertical, horizontal, real time and predictive, penetrating and defended in the cyber realm."

But in a message to the force, Secretary Wynne and Air Force Chief of Staff Gen. T. Michael Moseley said the Air Force is the globe's dominant force in air, space and cyberspace because of its Airmen.

"Our knowledge-enabled Airmen have revolutionized the way our nation defends itself and its allies across the full spectrum of threats," they said.

Yet the threats of terror attacks on the nation are still a reality. That makes the Air Force's role even more important. That reality is



Photo by Tech Sgt Ryan Mattox

Senior Airman Jurle Gaver prepares to cut the door off a Humvee using a K-12 partner saw Sep 18. The saw is used to help extract victims trapped inside a vehicle. SrA Gaver is assigned to the 407th Civil Engineer Squadron's Fire Protection Flight.

not lost on the Airman from Huntersville, N.C.

"We are the leading aerospace power in the world," SrA Gaver said. "The Air Force provides air superiority here, and it gets everyone here and back home. It brings the food, supplies and people to this fight. The Air Force makes it happen for all the services."

As Airmen continue to do their duty today, there are even more

changes taking place. Each day new technology and smart processes make Air Force business smarter and more efficient. It is hard to predict where the service will be in five years.

But that is clear to the Airman.

"The Air Force will continue to fight the war on terror and support freedom all over the world," SrA Gaver said.



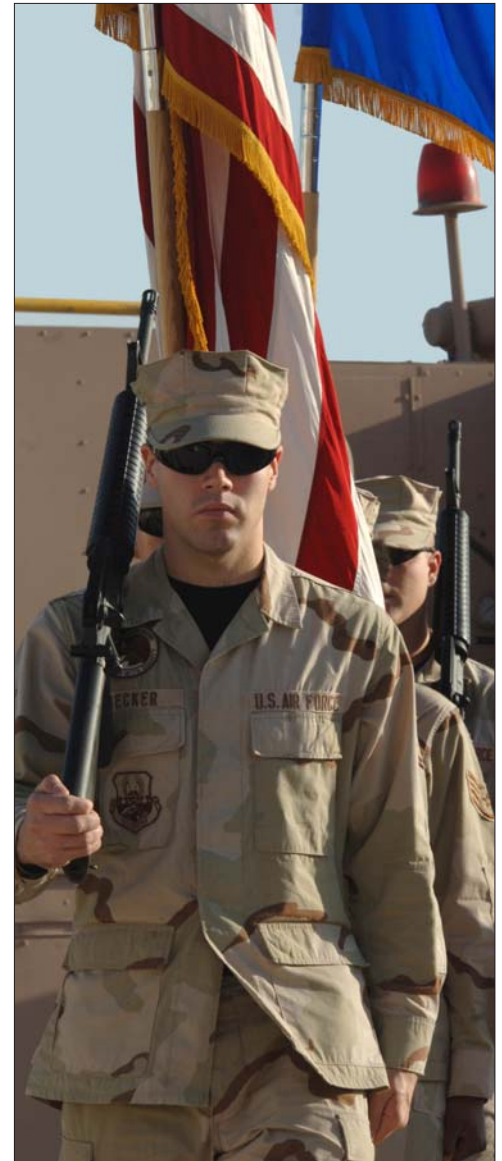
## Around the Wing

# Ali Base remembers events of Sep 11



*Photos by Staff Sgt Rasheen Douglas*

The 407th Air Expeditionary Group Honor Guard presents the colors during the Sep 11 memorial ceremony at Bedrock Sep 11. Maj Charles Perry, 407 AEG chaplain, Col James Moulton, 407 AEG Commander, and Col David Orr, former 407 AEG Commander, pay their respects to the flag during the ceremony.



The 407 AEG Honor Guard marches in formation as they post the colors at the Sep 11 ceremony.



Tech Sgt Denell Montanaro, 407th Expeditionary Services Squadron, renders a salute during the ceremony. The ceremony was held to honor those who were lost in the attacks.

# Ali Sports

## International Sports Carnival

The International Sports Carnival is Sep 28-30 at the sports fields in front of Camp Terendak.

The carnival will be made up of four teams from Australia, one Italian, one Air Force and two teams from the Army. There will be six events during three days of competition. The six events are soccer, softball, flag football, 4 x 1,500 meter relay, 6 KM fun run, and tire flip challenge.

Trophies will be awarded for first, second, and third place finishes.

For more information, contact your unit sports representative.

## Muscle Beach Fitness Center

**Sep. 20** — Around the World Basketball at 8 p.m.

**Sep. 24** — 3-point Shoot-out at 7 p.m.

**Sep. 25** — Bench Your Weight Competition at 6:30 p.m.

**Sep. 27** — Bench Press Competition at 6 p.m.

**Sep. 29** — 3-on-3 Basketball Tournament at 7 p.m.

For more information about fitness events at Muscle Beach Fitness Center, call 445-2136.

## Hot Spot Events

**Sep. 22** — Morning Bingo  
8 a.m., Variety Music 7:30 p.m.

**Sep. 23** — Karaoke 8 p.m.

**Sep. 24** — Spades 2 p.m.

**Sep. 25** — 9-Ball 8 p.m.

**Sep. 26** — Ping Pong 8 p.m.

**Sep. 27** — 8-Ball Doubles 8 p.m.

**Sep. 28** — Texas Hold'em 8 p.m.

For more information about activities at the Hot Spot, call 445-2306.



407 AEG

Warrior of the Week



## SSgt Kevin Hill

**Deployed Unit:** 407th Expeditionary Operations Support, Airfield Operations

**Job Title at Ali:** Airfield Operations Supervisor

**Home Unit and Base:** 319th Operations Support Squadron/Grand Forks Air Force Base, N.D.

**Why other Airmen think he's a warrior:** Staff Sgt Hill hit the ground running. He was the last 407 EOSS member to arrive for the rotation. However; after a week on the job he more than made up the difference! Kevin is the kind of NCO every Superintendent wishes they had. Sergeant Hill kept the flightline free of debris, and the airdrome ready to receive aircraft just 30-minutes after a multi-rocket attack.

**Why did you join the Air Force?** I joined the Air Force to become a part of a winning team not only for myself but for all the other men and women that have served before me. Also to continue a life long tradition of our military heritage whether serving locally or abroad.

**What inspires you?** My grandmother and mother  
**What is your most memorable Air Force experience?** The day that I received a letter from this branch of service wondering if I wanted to or had any intentions on rejoining their military service branch or the military as a whole in general.

**Hobbies:** Bowling, reading, and watching movies

**Family:** Married

*\*Staff Sgt. Hill was named WOW on Sep 15.*



## 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 407 AEG/PA prize box.

## RIGHT EXIT

### 10 days prior to departure:

Review the Right Exit Briefing on the PERSCO Intranet site.

- Go to the main page then to the "Air Expeditionary Group"
- Click on the PERSCO button. In the right column under "Useful Links" select "Right Exit Briefing" to open or save.
- See your Unit Redeployment Manager (URM). They will make sure your information is in the Virtual Out-processing Database and Functional Representatives may begin signing you off.

### You must visit:

- Medical – after you complete the online health questionnaire located on their "Medical Services" intranet page.
- Library if you have a library card.
- Any location you have not returned equipment, games, videos, and/or have vehicle or custodial accounts with.

### 24 hours prior to departure:

Bring your completed checklist from your URM to your First Sergeant for a tent inspection

1. Billeting - Turn in linens and pick up your AF Form 245. PERSCO
2. Bring your completed out-processing checklist - we will verify appropriate initials are signed off. \*\*Do not bring an incomplete checklist.\*\*
3. Bring your AF Form 245 received from Billeting
4. Bring your "signed" Right Exit Certificate.
5. Drop off your Quick Reference Emergency card \* (if you have one).

**PERSCO will sign you off and give you a pass to turn into the PAX terminal. Do not try to get on the plane without it.**

407 AEG

Warrior of the Week



## A1C Jerry Estrada

**Deployed Unit:** 407th Expeditionary Logistics Readiness Squadron, Vehicle Operations Flight

**Job Title at Ali:** Vehicle Craftsman Apprentice

**Home Unit and Base:** 452nd Logistics Readiness Squadron/March Air Force Base, Calif.

### Why other Airmen think he's a warrior:

Airman Estrada is an outstanding and dedicated Airman. He sets the example for others to follow, accomplishes each task without being told and with very little supervision. His accomplishments will be appreciated by the next rotation of Air Force warriors.

**Why did you join the Air Force?** To serve our country, the United States of America.

**What inspires you?** Knowing that everyday will be the best day of my life, thanking the Lord for life, and knowing that I am a part of the greatest air power on Earth.

**What is your most memorable Air Force experience?** Being stationed at Ali Base, Iraq, with less than a year in the service and given the chance to make a difference in OPERATION IRAQI FREEDOM.

**Hobbies:** Skateboarding, bodyboarding, snowboarding, lifting weights, and running

**Family:** Single

# Serenity in the sand

## faith-based services schedule

**W**orship 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)

7 a.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

8 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

7 a.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

7 a.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

7 a.m., Roman Catholic  
Mass: Oasis

7 p.m., Iraq in the Bible  
Study: OA

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

### THURSDAY

7 a.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

**Daredevil** (2003), 1 a.m., Ben Affleck, Colin Farrell, action, adventure; **Finding Nemo** (2003), 3 a.m., Albert Brooks, Ellen DeGeneres, family, animation; **24th Day** (2004), 5 a.m., James Marsden, Scott Speedman, adaptation, thriller; **The Life of David Gale** (2003), 7 a.m., Kevin Spacey, Kate Winslet, drama, thriller; **The Matrix Revolutions** (2003), 9 a.m., Keanu Reeves, Laurence Fishburne, action, adventure; **Thirteen Days** (2000), 11 a.m., Kevin Costner, Bruce Greenwood, drama, adaptation; **50 First Dates** (2004), 1 p.m., Adam Sandler, Drew Barrymore, comedy, romance; **License to Kill** (1989), 3 p.m., Timothy Dalton, Carey Lowell, action, adventure; **George Lopez: Why You Crying?** (2005), 5 p.m., George Lopez, comedy; **Identity** (2003), 7 p.m., John Cusack, Ray Liotta, thriller, action; **The Cable Guy** (1996), 9 p.m., Jim Carrey, Mathew Broderick, comedy, drama; **The Patriot** (2000), 11 p.m., Mel Gibson, Heath Ledger, action, adventure

### Saturday

Titanic.....	1 a.m.	The Life of David Gale.....	1 a.m.
The Last Castle.....	3 a.m.	The Matrix Revolutions.....	3 a.m.
Crash.....	5 a.m.	Thirteen Days.....	5 a.m.
Daredevil.....	7 a.m.	50 First Dates.....	7 a.m.
Finding Nemo.....	9 a.m.	License to Kill.....	9 a.m.
24th Day.....	11 a.m.	George Lopez: Why You Crying?..	11 a.m.
The Life of David Gale.....	1 p.m.	Identity.....	1 p.m.
The Matrix Revolutions.....	3 p.m.	The Cable Guy.....	3 p.m.
Thirteen Days.....	5 p.m.	The Patriot.....	5 p.m.
50 First Dates.....	7 p.m.	Titanic.....	7 p.m.
License to Kill.....	9 p.m.	The Last Castle.....	9 p.m.
George Lopez: Why you Crying?..	11 p.m.	Crash.....	11 p.m.

### Sunday

Identity.....	1 a.m.	Daredevil.....	1 a.m.
The Cable Guy.....	3 a.m.	Finding Nemo.....	3 a.m.
The Patriot.....	5 a.m.	24th Day.....	5 a.m.
Titanic.....	7 a.m.	The Life of David Gale.....	7 a.m.
The Last Castle.....	9 a.m.	The Matrix Revolutions.....	9 a.m.
Crash.....	11 a.m.	Thirteen Days.....	11 a.m.
Daredevil.....	1 p.m.	50 First Dates.....	1 p.m.
Finding Nemo.....	3 p.m.	License to Kill.....	3 p.m.
24th Day.....	5 p.m.	George Lopez: Why You Crying?..	5 p.m.
The Life of David Gale.....	7 p.m.	Identity.....	7 p.m.
The Matrix Revolutions.....	9 p.m.	The Cable Guy.....	9 p.m.
Thirteen Days.....	11 p.m.	The Patriot.....	11 p.m.

### Monday

50 First Dates.....	1 a.m.	Titanic.....	1 a.m.
License to Kill.....	3 a.m.	The Last Castle.....	3 a.m.
George Lopez: Why You Crying?..	5 a.m.	Crash.....	5 a.m.
Identity.....	7 a.m.	Daredevil.....	7 a.m.
The Cable Guy.....	9 a.m.	Finding Nemo.....	9 a.m.
The Patriot.....	11 a.m.	24th Day.....	11 a.m.
Titanic.....	1 p.m.	The Life of David Gale.....	1 p.m.
The Last Castle.....	3 p.m.	The Matrix Revolutions.....	3 p.m.
Crash.....	5 p.m.	Thirteen Days.....	5 p.m.
Daredevil.....	7 p.m.	50 First Dates.....	7 p.m.
Finding Nemo.....	9 p.m.	License to Kill.....	9 p.m.
24th Day.....	11 p.m.	George Lopez: Why You Crying?..	11 p.m.



# Bedrock and beyond...

## Friday

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

## Saturday

6:30 p.m. **Spinning:** HOP  
7:30 p.m. **Hip Hop:** ACC  
8:00 p.m. **Karaoke:** Big Top

## Sunday

10 a.m. **Spinning:** HOP  
2 p.m. **Spades:** Hot Spot  
2 p.m. **Line Combatives:** Muscle Beach  
4:30 p.m. **Line Combatives:** Muscle Beach  
7 p.m. **Spinning:** HOP  
7 p.m. **Spinning:** Muscle Beach (I)  
7 p.m. **Darts:** ACC  
7 p.m. **3-Point Shootout:** B-ball courts  
8 p.m. **Spinning:** Muscle Beach (I)

## Monday

6:30 p.m. **Bench Your Weight Competition:** Muscle Beach  
7 p.m. **Spinning:** Muscle Beach (I)  
7 p.m. **Toning:** HOP  
7 p.m. **Ping Pong:** ACC  
8 p.m. **9-Ball:** Hot Spot  
8 p.m. **Spinning:** Muscle Beach (I)

## Tuesday

7 a.m. **Spinning:** Muscle Beach  
7:30 p.m. **Tae Kwon Do:** HOP  
8 p.m. **Ping Pong:** Hot Spot  
8 p.m. **Tae Kwon Do:** Muscle Beach (I)  
8:30 p.m. **Salsa:** ACC

## Wednesday

6 p.m. **Bench Press Competition:** Muscle Beach

7 p.m. **Spinning:** Muscle Beach (I)  
7 p.m. **Toning:** HOP  
7 p.m. **Spades:** ACC  
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:** Hot Spot  
**Thursday**  
7 a.m. **Spinning:** Muscle Beach (I)  
7 p.m. **3-on-3 Basketball Tournament:** B-ball courts  
7 p.m. **8/9-Ball:** ACC  
7:30 p.m. **Tae Kwon Do:** HOP  
8 p.m. **Texas Hold'em:** Hot Spot  
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 407 ESVS also offers Ziggurat tours Tuesdays, Thursdays, and Saturdays. Check with the Hot Spot staff for details.