

# ROCK SLATE

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386th Air Expeditionary Wing

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**Providing fuel for the fight**  
Pages 6-7



# Tips on dealing with "Groundhog Day syndrome"

Lt Col Dave Marttala

386th Expeditionary Security Forces Squadron Commander

*"When there is a visible enemy to fight in open combat, many serve, all applaud, and the tide of patriotism runs high. But when there is a long, slow struggle, with no immediate visible foe in sight, your choice will seem hard indeed."*

-- President John F. Kennedy

We are in this fight, the Global War on Terrorism, for the long haul. Deployments are up, they're expanding in scope and mission, and it's not going to slow down any time soon. The title "Airman" now implicitly carries with it the description "Expeditionary", and as a result we find ourselves far away from home more often than ever before.

Deployed life is full of challenges. For many Airmen, the toughest part is what some call the "Groundhog Day Syndrome": a reference to the Bill Murray movie from a few years ago, where poor Bill found himself trapped in reliving the same day over and over again. The movie was hilarious (watch it on "Morale Web"), but it sure strikes a chord with me when I consider life in the AOR. It's all too easy to get stuck in a rut where the days all seem the same, and time drags on with an absolutely mind-bending sluggishness.

I've been deployed a few times, and have at times let the Groundhog Day syndrome get the best of me. I have managed to find a few techniques that help me maintain a positive frame of mind, and ultimately make the time pass more quickly:

**1. Embrace your duties.** Jump in to your duty here with both feet—make today the day when you will do something extra, something outstanding. Follow your operating procedures in detail, and make suggestions on how to improve operations. By embracing your tasks with full commitment you'll not only find that time passes more quickly, but you'll be increasing our

combat power.

**2. Keep in touch with your family and friends.** Take the time to make your authorized morale calls home, and send regular emails describing what you're doing here and what your days are like. You may think that you can survive without regular contact home, but the people you love back home need that communication from you—they'll thank you for it.

**3. Improve yourself.** Take a college course, read a book on military history, or study a foreign language. Get into a regular workout routine: hit the weight room or the popular "Abs Class", or train for one of the regular 5K races offered here. It doesn't matter what it is—it could be extreme unicycling. The point is that you take 30-60 minutes a day to develop yourself physically or mentally. It's amazing, but investing this kind of time in yourself actually will help you feel more rested, alert, and energized.

**4. Add variety when you can.** Change up your workout time or routine—throw in a few swim laps or a little stairclimber time instead of your normal run. Volunteer to help on that extra project your shop chief is advertising. Get involved in your Unit Advisory Council, or start one! Believe it or not, there are plenty of opportunities to do something different. Seizing those opportunities will improve your time here more than you might think.

**5. Remember why you're here.** This is our time to be at our best. We're not just "marking time" getting through our 4, 6 or 12 months—we're doing a mission that our country needs done. We're here to ensure stability in this region of the world and to protect our hometowns from the threat of terror. Conduct yourself at all times in a manner will make your families forever proud of what you did here.

These are just a few suggestions, but the key to a successful and enjoyable deployment is to take control of your life. Good luck, and be safe. sAirpower—hoo-ah!



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## Command visit ...



Air Force/Capt. Jeff Clark

**Lt. Gen. Gary L. North, Commander, 9th Air Force and U.S. Central Command Air Forces, meets with Col. Kyuichiro Tanaka, Iraqi Reconstruction Support Airlift Wing Commander. General North was visiting the 386th Air Expeditionary Wing and wanted to thank Colonel Tanaka for the support the Japanese Air Self-Defense Force provides to U.S. forces in theater.**

## SAFETY SCORECARD

**Flight Team Award - "Chrome 38"**  
**737th Expeditionary Airlift Squadron**  
 Capt Sandra Wilson, Aircraft Commander  
 1st. Lt Todd Walker, Pilot  
 1st. Lt Mabel Hudspeth, Navigator  
 Tech. Sgt. John McClarney, Flight Engineer  
 Staff Sgt. Aaron O'Connor, Senior Loadmaster  
 Airman 1st. Class Joshua Huffman, Loadmaster

**Ground Team Award - 586th Expeditionary Security Forces Squadron Operations flight**  
**Flight Chiefs & Squad Leaders:**  
 Master Sgt. Raymond Colhour  
 Master Sgt. Anthony Lawrence  
 Master Sgt. William Nappe  
 Tech. Sgt. Jared Dobson  
 Tech. Sgt. Clarence Harris  
 Tech. Sgt. Brian Slater  
 Tech. Sgt. Michael Dauback  
 Tech. Sgt. John Neal  
 Tech. Sgt. David Patton  
 Tech. Sgt. Fredrick Rebbe  
 Tech. Sgt. Haseam Brock  
 Tech. Sgt. Kelly Nagel  
 Tech. Sgt. Bryon Walker

**Weapons Team Award - 386th Expeditionary Civil Engineering Squadron**  
 Tech. Sgt. Brion Blais  
 Staff Sgt. Damian Taylor  
 Staff Sgt. Jeremiah Grisham  
 Staff Sgt. Christian Sorensen  
 Senior Airman Sarah Burrill  
 Senior Airman Sherman Miller

# Supplements pose hazards if not used properly

**Lt. Col. Carmella D'Addezio**  
 386th Expeditionary Medical Group

The 386th Air Expeditionary Wing Commander, Col. Paul Curlett, reinstituted the previous body building supplement restrictions after five separate incidents occurred here in a 12-day period. Several of our Airmen have been hospitalized for illnesses related to the improper use of supplements and fat burners. Two individuals were in serious condition and one required medivac to Camp Arifjan to the level three hospital to stabilize an excessive heart rate.

Supplements and extreme temperatures can have a devastating effect on health and possibly result in loss of life especially when combined with an inappropriate mixture of multiple supplements.

Body building supplements have been shown to help one bulk up, increase muscle mass, and muscle strength; and fat burners/thermogenics can cause weight loss. However, we must be ever vigilant to doing what is best for

the body as a whole. We must not only look to the end goal but be aware of our environment.

The biggest factor in the environment here is the climate. The desert heat and dryness can sap our body of fluids and we don't have to be soaking wet with sweat to be losing valuable body water. We are in a state of constant relative dehydration and supplements can make it worse.

Fat burners are stimulants that most commonly have caffeine or the newer ingredient "guggulsterone" in them which work through the Central Nervous System to increase core temperature, and theoretically increase fat breakdown and metabolism. Caffeine causes diuresis-increased urine production. Fat burners increase heart rate, respirations, blood pressure and can worsen or cause dehydration. Creatine can cause dehydration as well.

These combined effects stress our body's ability to cool itself and thereby increases the likelihood of heat related injury. By losing fluids and electrolytes we set ourselves up for irregular heart beats (some of which can be fatal), high blood pressure (which can cause stroke, heart at-

tack and death), liver failure, kidney failure, and muscle cell rupture (rhabdomyolysis).

Ben Franklin said "While we may not be able to control all that happens to us, we can control what happens inside us." Heed his words and pay attention to what is going inside of you.

If you are going to use body building supplements and/or fat burners—BE SMART.

Read the labels closely, research the chemicals within the product, and above all hydrate, hydrate, hydrate. At the very least, drink 10 eight ounce glasses of water or rehydration products (Gatorade, PowerAde) daily. A simple rule: PEE CLEAR!

Ideally, in our environment at The Rock you would best serve your body's health by not using these products during this deployment.

For more information regarding body building supplements and fat burners the Medical Group's pamphlet and the commander's updated policy letter about banned supplement ingredients are at <https://intranet.salem.af.mil/2006/publications/Policy%20Letters/Policy%20Ltr%20-%20Weight%20Diet%20Sup.pdf>



# Good ideas save Air Force, make Airmen money

Master Sgt. Joseph Mouton

386th Expeditionary Maintenance Manpower

Have you ever thought, "Wouldn't this work much better this way?" Or, "The Air Force pays too much money for... and it would be much cheaper to do..." Well, the Air Force is always looking for better, faster and cheaper ways of doing business, and they are willing to pay for your great ideas! That's right, you can change things for the better and earn extra cash!

The Innovative Development through Employee Awareness or IDEA program is a means for Air Force personnel, both military and civilian, to suggest ways to improve current processes, save resources and increase efficiencies. These ideas, if approved for adoption, can result in monetary awards from \$200 up to \$10,000. Moreover, no matter where you are, deployed or home station, you can submit an idea. All you need is your idea and a computer.

In light of the current personnel reductions, we have to do things smarter and more efficiently in order to accomplish the mission. Same holds true for the deployed environment, we have to be creative and innovative to get the job done while reducing our

deployed footprint. Consequently, the deployed environment provides a great place to come up with creative ideas on how to do things more efficiently.

An idea could be as simple as suggesting the installation of a stop sign on the corner or sub-

mitting a suggestion for the approved AFTO Form 22 you just received. It can also be as complex as making a major change to a maintenance procedure with Air Force wide

impact. A maintenance technician from the 305 AMW suggested the paint wear limits on C-17 wheels be increased; and received \$10,000. When the paint would wear beyond limits, the assembly would be sent to depot for new paint. Unfortunately, ninety-five percent of the wheels coming into the tire shop were beyond wear limits. His suggestion not only saved the 305 AMW \$1.2 millions in depot cost, but it prevented mission degradation.

Those that have been around a while may remember the old suggestion program and the AF Form 1000. Today's program is more responsive and open for suggestions 24/7. The entire process takes place online - from submission to approval - at <https://ipds.mont.disa.mil>.

The simple act of submitting an idea will earn you a small token of our appreciation from the 386 EMSG/Manpower office. After you submit an IDEA, bring your IDEA number from IPDS to the manpower office (bldg 593) and pick up your gift. Many great ideas are obvious but we get into our routines and overlook them. So have a look around and see if you can come up with the next great idea. The Manpower office is ready to assist you, and can be reached at 442-3178.

## What's in it for Me?

Ideas determined to be outside

job responsibility:

Tangible savings: 15% of estimated first-year savings

Minimum award: \$200

Maximum award: \$10,000

Intangible benefits: \$200

Ideas determined to be within job

responsibility:

Tangible savings: 15% of estimated first-year savings (must be at least \$20,000.)

Minimum award: \$600

Maximum award: \$10,000

Intangible benefits: No monetary award

## Keeping up appearances

Although some folks have served here before, many of the rules have changed. The following paragraphs highlight the most common standards violations.

CENTAF and Wing Dress and Appearance supplements are on the base web site. It's each member's responsibility to review and adhere to those supplements.

- In DCUs/DFDUs, reflective belts are to be worn around the waist during hours of darkness and periods of limited visibility.

- Utility Cap (8 point) Desert Camouflage is the primary cap. Desert Camouflage Floppy Hat can also be worn. It must hang naturally and be worn squarely on the head. The floppy hat will not be "rolled up" or modified from its original shape. The strap will not be used to suspend the hat on the back of the neck.

- Sunglasses/goggles can be worn around the neck with a black, brown, or desert tan strap.

Comply with rules on other installations (LSA, Arifjan, KCIA.) Glasses/goggles won't be hung from uniforms or ID card holders. If not on approved strap, stow in pockets or hand carry.

- No piercings except female earrings (one conservative set.)

- Male members will be shaven when wearing either uniform (exception: approved waiver.)

- Official PT shirts must be tucked in at all times, except while exercising. They must be tucked in upon completion of working out.

- Can't roll PT shirtsleeves up.

- Shorts will not hang below the knee or higher than mid-thigh. The top of the shorts will not be "rolled over" to allow them to ride higher.

- No open-toed shoes except at (not on the way to) the pool, personal living areas, volleyball court and the shower areas.

- White socks are the ap-



Air Force/Courtesy

proved color with the PT uniform. Cannot wear shoes/boots without socks.

- Headphones are authorized while wearing the PT uniform within the confines of "The Rock".

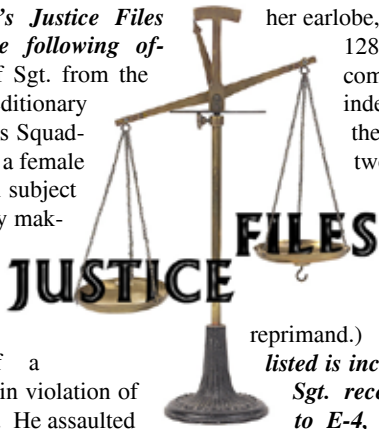
- Hair must be neat and cannot hang loose below the collar; long

hair must be tied back.

- In PT uniform, the DCU, floppy or approved baseball hats with Air Force symbol, with or without lettering are authorized.

- Conservative swim suits (to include bikinis for females) are allowed in the pool area.

*Last week's Justice Files mentioned the following offense:* A Staff Sgt. from the 386th Expeditionary Security Forces Squadron maltreated a female Senior Airman subject to his orders by making several deliberate and repeated offensive comments of a sexual nature, in violation of Art 93, UCMJ. He assaulted the same Airman by biting



her earlobe, in violation of Art 128, UCMJ. He orally communicated certain indecent language to the same Airman on two separate occasions, in violation of Art 134, UCMJ. (Art 15: Suspended reduction to E-4, reprimand.) *The punishment listed is incorrect as the Staff Sgt. received a reduction to E-4, reprimand and a \$2000.00 fine.*

## Winners

*Lt. Col. Leslie Ness and Staff Sgt. Robert McKenzie, both from the 386th Expeditionary Medical Group won the doubles racquetball tournament Oct. 17. Tech. Sgt. Charles Wiggins of the 386th Expeditionary Security Forces Squadron won the Madden console tournament.*

## Working with scissors ...



Air Force/Capt. Jeff Clark

Senior Airman Jason Tettmar, 386th Expeditionary Aircraft Maintenance Squadron crew chief, disconnects the nose gear scissors on an EC-130 Hercules to prepare the aircraft for towing. Airman Tettmar is deployed from Davis Monthan Air Force Base in Tucson, Ariz.

# HALLOWEEN & PARTY 5K RUN

Tuesday Oct. 31

Festivities start at 6:30 p.m. with a fun run at Independence Circle and continues at 7 p.m. with a party at the Flex. Prizes will be given for different costume categories. For more information contact the Flex staff at 442-2005.



# Service with a smile

Story and photos by Staff Sgt. Ian Carrier  
386th Public Affairs

Bullets and beans have been the mainstay of armed forces for centuries. Basic comforts can be essential to a military's morale and consequently to its effectiveness in the field.

"An army marches on its stomach," said French General Napoleon Bonaparte.

This statement was made well before any nation had even the concept of an air force, but the sentiment could just as well apply to all branches of service in this day and age. From the infantry to the air crews, people need to eat.

Here at the Rock, the 386th Expeditionary Services Squadron is contributing to the war effort by keeping our stomachs full and, according to Staff Sgt. Christopher Baylock, 386th ESVS NCOIC, giving the ser-

vice members here some comforts of home.

"My job is important to the base. At the end of the day I know I've pleased thousands of people," said Sergeant. Baylock.

"Our mission here is to directly support flyers and maintainers which allow us to put boots on the ground in forward deployed locations," said Tech. Sgt. Scott Okoniewski, 386th ESVS Food Operations Manager.

The services personnel keep busy with food service operations, supervising third country nationals, packing flight meals and organizing refreshment tables for ceremonies and special events. According to Airman 1st Class Stacie Mendes, 386th ESVS Journeyman, a big difference between this environment and home station is that the cooking is done by TCN's, not military personnel.



Around 3,600 people a day come through the doors of the Desert Winds dining facility. Keeping the operation running smoothly is a staff of 8 military and about 40 third country nationals. With the overflow tents, the facility caters to nearly 400 people at a time.









# 386th Air Expeditionary Wing Rock Solid Warriors



**Staff Sgt.  
William W. Masters IV**

386th Expeditionary Communications Squadron  
3C371 Base Communications Requirement Manager

**Home unit/base:** 55 CS Offutt AFB, Neb.

**How do you support the mission here?** I support the mission at the Rock and Kuwait City Air Base by assisting 386 AEW and all tenant units to include Army, Navy, Marines, and allied forces with all communication requirements. I also coordinate with higher headquarters CENTAF to satisfy local communication requirements that can not be supported at base level.

**How many times have you deployed and what makes this one unique?** This is my second deployment and it is unique to me because of the people I have the opportunity to work with and the missions that I am able to assist with.

**How does your job differ in a deployed environment vs. home base?** The processes are not always the same for my job in a deployed environment. I have to think on my feet quite often to accomplish the mission. In a lot of cases such as this deployment I am establishing the procedures and laying the ground work for future AEF cycles.



**Tech. Sgt.  
Gregory Quintana**

386th Expeditionary Medical Squadron  
4N071 Aerospace Medical Service Craftsman

**Home unit/base:** 30 MDOS/SGOL, Vandenberg AFB, Calif.

**How do you support the mission here?** I have the opportunity to work with and supervise a group of medical professionals whose mission is to maintain the health and welfare of the war fighter. With my team and the support of our fire fighter counterparts, I respond to medical emergencies across the base and provide stabilization for both traumatic and medical needs. Once back at the EMEDS clinic I assist in medical evaluations, to include laboratory and radiology tests that the team physician may request. I initiate and maintain IV therapy, run EKG's, prepare for defibrillation and other related tasks.

**How many times have you deployed and what makes this one unique?** I have served in the Air Force for 13 years and this is my first deployment. I spent my first nine years working ERs and then teaching the basic EMT course at Sheppard AFB. I feel my training and stateside missions have prepared me to fulfill the needs within the AOR. In other words, this entire experience is unique, but my medical career has equipped me for this moment.

**How does your job differ in a deployed environment vs. home base?** The biggest difference is not going home at the end of the day to my wife and sons or seeing my peers at home station, but being here allows me to strengthen my skills. I have the ability to work with my fellow medical team members and learn their jobs as well. The days are definitely longer; we keep our doors open 24 hrs a day so we can respond to medical emergencies.