

Krab KRONICLE



VOLUME 4 ISSUE 22

506TH AIR EXPEDITIONARY GROUP, KIRKUK AIR BASE, IRAQ

OCT. 23, 2006



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Krab KRONICLE



506th AEG Commander

Col. Gregory Schwab

506th AEG Deputy Commander

Lt. Col. James Freese

506th AEG Grp Superintendent

Chief Master Sgt. Ed Schellhase

Editor/Chief, Public Affairs

Tech. Sgt. Gene Lappe

Photographer

Senior Airman Jeff Andrejczik

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On the Cover:

Captain Ian Rybczynsk, Staff Sgt. Mark Frayser, and Maj. Layne Bennion and Brandon Smith, 506th Expeditionary Medical Squadron, offload a patient from an Army helicopter for treatment at the emergency room.

Litter teams consist of public health, administrative, life skills, bioenvironmental, logistics, dental, any other available 506th EMEDS personnel at the time of the incident.

(Photograph by Senior Airman Jeff Andrejczik)

Leadership Focus:

E-mail phishing: Don't take the bait

Commentary by Maj. Ann P. Knabe
379th Air Expeditionary Wing
Public Affairs

SOUTHWEST ASIA (AFPN) - When a fellow deployed officer shared a story about how his wife was e-mailed a request to give personal credit card information over the Internet, I shook my head. In the past week alone, I've received more than 37 different e-mail requests for personal information, all from fraudsters.

Having more than one e-mail address makes you highly visible on the Internet for automated search programs called "crawlers" that makes a person more vulnerable to phishing attempts.

What's phishing?

Phishing is a criminal activity that uses social engineering techniques to extract personal information from computer users.

Phishers attempt to fraudulently acquire sensitive information, such as passwords and credit card details, by masquerading as trustworthy people or businesses in electronic communication. Phishing is typically carried out using e-mail or instant messages.

As I looked in my e-mail recycle bin from this week, I saw e-mails from all sorts of fraudsters attempting to get personal information from me.

There were so-called credit unions and banks, often masquerading as anti-theft operators asking to verify credit card account numbers and social security numbers to "help" me avoid being robbed online.

Others said I had won a contest and all I needed to do to get the money was to give them my bank

account tracking number.

All Airmen should be this smart and never offer any personal information to an e-mail requester.

It can be tricky, though. A major international electronics store recently had its identity stolen with a cut-and-paste logo that was e-mailed to thousands of credit card holders.

The phony e-mail request looked real to many customers, and they found out the hard way about how dangerous it is to offer personal information over e-mail.

Similarly, the officer I mentioned earlier received e-mails with the government charge card logo, and he could have easily responded had he not thought twice about the request.

But Airmen must remain alert and vigilant. Even clicking on a link inside a phisher's email is asking for trouble. The best way to deal with phishing attempts is to simply delete the e-mail.

If Airmen want to take it a step further with phishers requesting credit card and bank information, they can call the company referenced, with a phone number from an original source document (not the phisher's e-mail) or the phone number on the back of the credit card.

As for the officer mentioned at the beginning of the story, he was lucky. His wife was sharp and e-mailed him first before clicking on any links.

After reviewing the e-mail he called his government charge card company and found out the e-mail solicitation was indeed a phishing attempt.

Be a smart Airman, and like him, don't take the bait from phishers

Medics saving lives, right here, right now

By Tech. Sgt. Gene Lappe
506th Air Expeditionary Group
Public Affairs

The men and women of the 506th Expeditionary Medical Squadron have an advantage when it comes to treating casualties—they are all deployed here from the 48th Medical Group at Royal Air Force Lakenheath, England.

The doctors, nurses and technicians have spent the last six months training together and forging working relationships that translate to better medical care.

"It is unique that all 44 members of the 506th Expeditionary Medical Squadron are all from (RAF) Lakenheath," said Col. Robert Miller, 506th EMEDS commander. "We were the lead wing for Air Expeditionary Forces 3/4, so the tasking fell to us to fill the required positions by default.

"It doesn't happen very often, but it is a great opportunity for our hospital because being an AF medic is a great job and being able to do what you are trained to do, it just doesn't get better than that," he added.

He said he had no problem filling those positions, because he had several volunteers for the limited number of slots.

Deployment and training

"As we were gearing up for this deployment, it was a huge advantage to get to train together for the last four to six months and start to make those professional relationships," said Colonel Miller, commander of the 48th MDG. "The closer you are a team, the better you are able to communicate, the more effective you are and the better care you can provide."

Part of the training for this deployment included EMEDS basic training at Brooks City-Base, Texas. He added that his crew hit the ground running here and didn't have to spend days, weeks or months trying to get spun-up and develop as a team, the team was already there.

That feeling of unity and cohesion



Photo by Staff Sgt. Sonya Kenck
The 506th Expeditionary Medical Squadron staff cares for two patients who were injured by an improvised explosive device while on patrol Oct. 18.

was echoed by the unit staff.

"We generally had a knowledge of who each of us are, so we bonded together as a team a lot faster than most people would," said Tech. Sgt. Duane Keel, emergency room assistant NCO in charge. "When you have a lot of people from different bases, there is a feeling-out process learning who everyone is and what they have to offer. We didn't; we figured that out before we deployed and came together as a team very quickly."

Senior Airman Kari Wehr, an operating room technician, is on her first deployment. She said her short time here had been a real eye-opening experience, but the training was paying off.

"The training teaches you to move at a faster pace, how to plan ahead and anticipate what the doctor wants," said Airman Wehr. "Also, I have worked with two of the doctors for two years and I know what each expects in the operation room, and this results in better care for the patient."

One of three trauma surgeons for the 506th EMEDS, Maj. Patton Davis said it was a big comfort factor to deploy as a group.

"As a group, we did a lot of problem solving when we first received notification of the deployment," he said. "We are able to balance people's strengths and put folks in the right job."

The preplanning was fantastic, requiring very little adjustment time when we got here."

The medical personnel have treated almost 700 sick call and routine care cases, as well as more than 35 emergency cases since the middle of September.

Trauma

Most people here have noticed the helicopters that operate in and out of Kirkuk, but what you may not know is some of those helicopters are transporting wounded personnel to the 506th EMEDS for treatment. Those casualties are rushed into the emergency room for evaluation.

If the wounds are severe enough, the surgical team is called in to repair the damage.

Sometimes, the injuries are too severe for the staff to completely handle, so they move into a different mode — stabilize and prepare for transport to

See EMEDS, page 8

Going the extra mile to make things better for all

By Tech. Sgt. Gene Lappe
506th Air Expeditionary Group
Public Affairs

It is a good bet that just about everyone here has heard the expression, "do something to make Kirkuk Regional Air Base better than you found it."

Whether it was at Right Start, a commander's call or in a staff meeting, the challenge has been made to the men and women of Kirkuk.

Three individuals from the 506th Civil Engineer Squadron accepted that challenge. Staff Sgt. Mark Kuhaneck, 506th CES power production, and Senior Airmen Matthew Price and Daniel Feland, both from the heating, venting and air conditioning flight, recently inspected and repaired or replaced all of the washers and dryers in the self-help laundry.

"The laundry facility



Photo by Tech. Sgt. George Proctor

Senior Airman Matt Price and Staff Sgt. Mark Kuhaneck, 506th Expeditionary Civil Engineer, install new washing machines at the self-help laundry recently. Sergeant Kuhaneck and Airman Price, and Senior Airman Daniel Feland spent more three days inspecting, repairing or placing each unit at the laundry.

belongs to services, however, they did not have the manpower or knowledge to address the maintenance issues involved," said Senior Master Sgt. Eric Osen, 506th CES utilities superintendent. "(We) agreed to take on the project to improve the quality of life of the people, Army and Air Force, who used the facility.

We asked for volunteers to work on the facility and Sergeant Kuhaneck offered his assistance."

"I volunteered to work on the laundry because they were looking for someone to help," Sergeant Kuhaneck said. "I had some experience in this type of repair work, so I volunteered"

He added he and his crew spent numerous hours over three days inspecting and cleaning each unit in the laundry. Next they repaired the ones that could be "saved" and replaced those that couldn't be repaired. In all, the group inspected 40 washers and 70 dryers, replacing 10 washers and repaired 29 dryers.

During the inspection and serving, Sergeant Kuhaneck said they also cleaned the dryer vents, eliminating a potential fire hazard and improving their efficiency.

"It didn't matter who owns the facility, the work needed to be done," said Sergeant Kuhaneck. "So we stepped up and did it."

Said Sergeant Osen, "This another example of people going above and beyond their normal duties and responsibilities to make Kirkuk and better place to live and work."

Steps to help reduce, prevent respiratory illnesses

By Tech. Sgt. Jen Moore
506th Expeditionary Medical Squadron

The misery of a respiratory illness is temporary and, in most cases, not serious.

These illnesses, however, can lead to more serious respiratory infections such as sinusitis or pneumonia.

People who are especially at risk are those whose resistance to infection may be low. This group includes smokers, the elderly, and those who suffer from chronic diseases such as asthma, heart disease, diabetes and kidney disease, or lung conditions such as emphysema or bronchitis.

Also included are those under the stress of a deployment. Colds, influenza and other respiratory problems are common and can be widespread

during any deployment due to a dusty environment, crowding, or stress and the introduction of new viruses and bacteria.

Symptoms of the flu include: fever, headache, tiredness, dry cough, sore throat, nasal congestion, body aches.

These respiratory illnesses are usually spread from person to person in respiratory droplets when people who are infected cough or sneeze.

People occasionally may become infected by touching something with germs on it and then touching their mouth, nose, or eyes.

You can take several steps to ensure that you maintain good respiratory health this deployment:

- Get a flu shot as soon as it becomes available. The vaccine can

help prevent influenza or reduce its severity.

- If you suspect you have the flu or any respiratory illness, go to the 506th EMEDS. There are medicines available that can shorten the duration of the illness or lessen its severity.

- Try not to touch your eyes, nose, or mouth.

- Wash your hands or use an alcohol-based hand sanitizer to kill bacteria and viruses.

- Cover your nose and mouth when coughing or sneezing. Use the crook of your arm, if a tissue is not handy.

- Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick also.

For more information, contact Public Health at 444 2605 or 2790.

KRAB MONTHLY AWARD WINNERS

Senior NCO



Master Sgt. Rickey Stocker
506th Expeditionary Civil
Engineer Squadron

CGO



Captain Quentin McCart
506th Expeditionary Operations
Support Squadron

Sharp Saber Team Gator-Mids



Master Sgt. Derek McGoy
506th Expeditionary Security
Forces Squadron



Staff Sgt. Duane King
506th Expeditionary Security
Forces Squadron



Senior Airman Gina Henry
506th Expeditionary Security
Forces Squadron

Fit 2 Fight 4 Freedom

Healthy food choices key to fitness

Burning calories increases a person's fluid requirements.

People must remember to keep hydrated by drinking plenty of fluids every day.

For every pound of weight lost during exercise, people should drink two cups of water.

Fluid calories

Water – 0 cal.

Soda (12 fl. oz.) – 155 cal.

Diet Soda (12 fl. oz.) – 2 cal.

Sweet Tea (12 fl. oz.) – 145 cal.

Fruit Juice (6 fl. oz.) – 90 cal.

Gatorade (8 fl. oz.) – 50 cal.

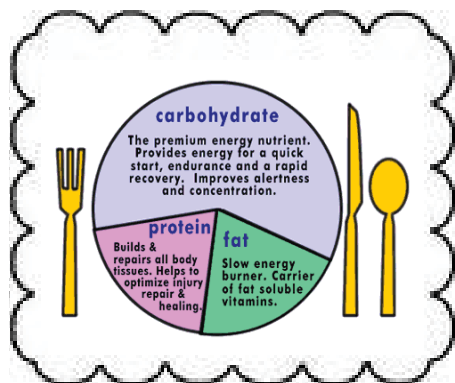
Table Wine (5 oz.) – 85 cal.

Beer (12 oz.) – 160 cal.

Light Beer (12 oz.) – 100 cal.

Although decreasing fat intake and exercising are most helpful for body fat loss, total calories still count.

Too much food can be fattening. The human body will turn unused energy into body fat, regardless of whether these calories come from cookies or celery.



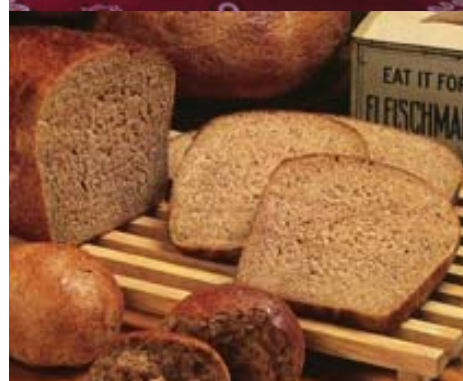
Information provided by the
332nd Expeditionary Aerospace Medicine
Squadron

There's a right number of calories for people to eat each day. This number depends on a person's age, activity level and whether he is trying to gain, maintain or lose weight. Someone could use up his entire amount of calories on a few high-calorie foods, but chances are he won't get the full range of vitamins and nutrients his body needs to be healthy.

People should choose the most nutritionally rich foods they can from each food group each day – those packed with vitamins, minerals, fiber and other nutrients, but that are lower in calories. They should pick foods like fruits, vegetables, whole grains and fat-free or low-fat milk and milk products more often.

Tips for healthy eating

- Don't skip meals. Eat a variety of foods.
- Eat when hungry, not out of habit.
- Enhance flavors by using spices, vinegars and citrus juices.
- Choose several servings a day of foods made from whole grains.
- Bread, English muffins, bagels, pita bread, rice and pasta are foods made with little fat or sugar.
- Avoid fruits canned in heavy syrups and sweetened fruit juices.
- Eat fresh fruits often.
- Include brightly-colored and dark-green leafy vegetables and legumes several times a week.
- Watch the fats added like mayonnaise, salad dressing, butter and cheese sauce.
- Use lowfat salad dressing.
- Choose skim milk and nonfat yogurt.
- Choose part skim, fat-reduced or fat-free cheeses.
- Trim away all visible fat on meat and poultry.
- Remove poultry skin before eating.
- Nuts and seeds are high in fat. Eat limited portions.
- Go easy on fats and sugars whether in cooking or at the table.



Two new programs guide enlisted force shaping

OCT. 23, 2006

By Staff Sgt. Julie Weckerlein
Air Force Print News

WASHINGTON (AFPN)--Air Force officials here announced Oct. 16 two additional enlisted programs to help support current force shaping efforts to reduce 40,000 active-duty Airmen.

The programs, a date of separation rollback and a limited active duty service commitment waiver, join the current tools of reducing the number of accessions into the enlisted force, career job reservations and the NCO retraining program.

"It's important for Airmen to understand why we are cutting 40,000 from our ranks," said Chief Master Sgt. of the Air Force Rodney J. McKinley. "We must recapitalize and modernize our force while staying within our budget constraints. Having the right number of people saves money, allowing us to divert those dollars to maintain our technological edge and make us an overall more efficient Air Force."

The DOS rollback applies to enlisted Airmen with certain re-enlistment ineligibility codes or assignment availability codes. These individuals will be required to separate from the force by March 15, 2007. The DOS rollback specifically affects Airmen with less than 14 years or more than 20 years

of service.

The LADSC Waiver Program allows retirement-eligible master and technical sergeants in overage AFSCs to have all or portions of an extension waived and voluntarily retire by Sept. 1, 2007. Waivers can be granted for extensions due to promotion, PCS, attending professional military education, technical training, Air Force educational leave of absence, and Bootstrap.

While the Air Force needs to implement these additional enlisted force shaping programs to help meet end-strength numbers, Chief McKinley stressed the goal remains to have a balanced force and to ensure the right people are in the right job at the right time.

"We would like it if we didn't have to do this, but there's no other place for us to get the money," said Chief McKinley. "We had to make this tough decision." Force shaping initiatives affecting officers were announced earlier this year and Air Force officials continue to monitor the success of those programs.

"It's important to keep in mind what force shaping is all about: The present and future state of the Air Force," said Lt. Gen. Roger A. Brady, deputy chief of staff for manpower and personnel. "We have to balance our (force) for

now and the coming years to have the kind of force we need to win the long war we are in now and be prepared for whatever comes next."

Unlike commissioned officers, enlisted Airmen are not being offered separation incentive pay because it's not currently authorized by law.

Chief McKinley stressed Airmen should fully understand the opportunities and implications of the force shaping initiatives.

"Knowing the options in regard to retraining or special duty assignments can allow Airmen to remain in our Air Force and provide us with a balanced force to meet the demands of the current war and those in the future," the chief said.

The chief has personal experience in meeting Air Force needs through retraining. He has held positions as a medical technician, aircraft mechanic and first sergeant.

The chief also wants to ensure Airmen don't think the Air Force is just becoming a smaller force.

"We are changing to become a leaner force, more capable of doing more things through streamlined processes and career fields," said Chief McKinley. "The Air Force as a whole is changing, and force shaping is a part of that."

Officials initiate date-of-separation rollback for enlisted Airmen

RANDOLPH AIR FORCE BASE, Texas (AFPN) -- In an effort to maintain a quality enlisted force and meet mandated end strength, the Air Force will accelerate the date of separation for certain Airmen, based on their years of service and re-enlistment eligibility or assignment availability codes.

Under DOS Rollback, Airmen who will have fewer than 14 years of total active federal service as of March 15 or more than 20 years service as of March 31 will have to separate or retire if they have the following codes assigned as of Oct. 30.

However, commanders may lift codes 2X, 4H and 4I to retain members on active duty.

2X -- Denied re-enlistment

3D -- Declined permanent change of station retainability (commanders may not change)

3E -- Declined training (commanders may not change)

4H -- Serving suspended punishment pursuant to Article 15

4I -- Serving on a control roster

AAC09 -- Airman declined to extend/re-enlist for retainability for PCS/temporary duty (commanders may not change)

AAC10 -- Denied re-enlistment

Airmen with these codes will be separated March 15 or retired April 1. Retirement-eligible Airmen will be afforded the opportunity to voluntarily retire via the online process through the virtual Military Personnel Flight. The requested retirement date must be no later than April 1.

Airmen separated or retired under the DOS Rollback are authorized transition assistance. Those separated with more than six years total active federal service are eligible for one-half the amount of involuntary separation pay but must sign an Individual Ready Reserve Agreement.

For more information about the DOS Rollback program, including eligibility criteria, visit the Air Force Personnel Center's Force Shaping Web site.

Doing for others



Photo by Senior Airman Frank Rivas

Volunteers donated their time and energy to build 283 school supply packages for the children in Kurkuk Oct 22. Senior Airman Frank Rivas, 506th Air Expeditionary Group chaplain assistant, manages the school supply donation program. Once the packages are built, the Army civil affairs delivers them to the various schools. All of the supplies were provided through donations in individuals and groups state-side.

EMEDS, for page 3

bigger facilities, either at Balad or over to Germany.

Routine stuff

While the 506th EMEDS' primary mission is to treat battle-field injuries, it isn't controlled chaos 24/7. The squadron's personnel have dealt with a variety of ailments: stomach flu, colds, twisted ankles and other sports injuries, rashes, infections and more.

They also have a dental staff on hand, Life Skills personnel and other departments such as a pharmacy, radiology and a laboratory. It's exactly like any hospital in the states – just on a much smaller scale.

Colonel Miller said he could sum up the 506th EMEDS mission in its credo—"Expeditionary medics saving lives, right here, right now."

DOD to resume mandatory anthrax vaccinations

WASHINGTON (AFPN) -- The Department of Defense announced Oct. 16 a resumption of the mandatory Anthrax Vaccine Immunization Program (AVIP) for military members, emergency-essential DOD civilians and contractors, based on defined geographic areas or roles.

For the most part, mandatory vaccinations are limited to military units designated for homeland bioterrorism defense and to U.S. forces assigned to the U.S. Central Command area of responsibility and Korea.

The undersecretary of defense for personnel and readiness will issue implementing instructions to the military services for resuming the mandatory vaccination program within 30 to 60 days.

"The anthrax vaccine will protect our troops from another threat -- a disease that will kill, caused by a bacteria that already has been used as a weapon in America, and that terror-

ists openly discuss," said Dr. William Winkenwerder Jr., assistant secretary of defense for health affairs.

The policy also allows those previously immunized against anthrax, who are no longer deployed to higher threat areas, to receive follow-up vaccine doses and booster shots on a voluntary basis.

Under the voluntary vaccination policy, implemented during the period of a court injunction throughout 2005, the voluntary acceptance rate was about 50 percent.

"This rate of vaccination not only put the service members at risk, but also jeopardized unit effectiveness and degraded medical readiness. The threat environment and the unpredictable nature of terrorism make it necessary to include biological warfare defense as part of our force protection measures," Dr. Winkenwerder said.

Anthrax is a deadly infection, and

the anthrax vaccine is an important force protection measure to combat it.

In 2001, 22 cases of anthrax resulted from attacks with anthrax spores through the U.S. postal system. Five people died in these attacks.

The Food and Drug Administration has repeatedly found, and independent medical experts have confirmed, that anthrax vaccine is safe and effective.

Locally, the 506th Expeditionary Medical Squadron is waiting until additional anthrax vaccine arrives along with further guidance before resuming the AVIP program.

Anyone having a question about the anthrax or any other vaccination, should contact the 506th EMEDS public health office at 444-2790.

For more information on the anthrax vaccination program, visit <http://www.vaccines.mil/> or <http://www.vaccines.mil/anthrax>.

Off-limit locations

The 506th Air Expeditionary Group commander has designated in one of his policy letters where Air Force members are authorized to go and where they are not authorized to go.

*The locations listed below are specifically **off-limits** to Air Force personnel, unless conducting official business:*

- Parsons/REO camp/Corp of Engineers Living Area
- KBR camp/living areas/KBR area behind DFAC
- Titan linguists area
- TCN/LN living area
- OGA facility
- Detention Center
- Army living areas
- TACP living areas
- OSI living area

*Air Force personnel **are authorized** to go into the following areas:*

- Cantonment area (Warrior Commons, Sandbox area)
- DFAC
- EMEDS
- Finance
- Assigned MOD/POD living areas—however members may not go into living areas other than their own except for official business
- Fitness centers/swimming pool/running track
- Post office
- “Dark side” vending area
- Work areas designated for official business

This policy letter is valid for all Air Force personnel on Kirkuk. For more information, contact the 506th AEG Command Chief at 444-2055.

Tobacco Cessation Class

The 506th EMEDS life skills has scheduled a Tobacco Cessation class to begin Nov. 7 at 1630 at Learning Resource Center (tentatively).

Active duty have first priority and contractors with primary care options at the ICC are welcome on space available basis. Nicotine replacement is therapy available.

For more information or to sign up, contact Tech. Sgt. Veronica Rowlett at 444-2608 or via e-mail veronica.rowlett@krab.centaf.af.mil.

Finance Office hours

The Finance Office is open Monday to Friday, 0800-1700, Saturdays 0800-1600 and closed on Sundays.

Military members can cash checks up to \$200 per week, except on bazaar weeks when the amount increases to \$400.

Airman's/Soldier's Attic hours

Hours of Operation for the Airman's attic effective

immediately are follows:

— Tuesdays and Thursdays, 0800-1000 and 1400-1600

— Saturdays and Sundays, 1200-1600

Also, if Airmen or Soldiers have anything they would like to donate, keep the Attic in mind.

Personnel are welcome to donate anything except for food. Keep health and hygiene in mind when turning in donations.

For more information or to volunteer, contact your unit's first sergeant, or the PERSCO office at 444-2076.

Pool hours

The Kirkuk swimming pool is closed for maintenance until further notice.

Safety message

In the last couple of weeks we have had several sports and recreation injuries--17 to be exact.

Sports and recreational activities are essential to us in our efforts to stay fit. This message is to ask you to be cautious and conscience of your limitations when participating.

We need all of you to do what we do. Keep your spirits up, head down and be safe.

Dining Hall hours

Breakfast: 0530-0800

Lunch: 1130-1300

Dinner: 1700-2000

Midnight: 2330-0100

Remember, sweaty/dirty PT gear is not authorized to be worn by Air Force members when

going to the DFAC – uniforms must be clean.

Also, personnel are not allowed to take bags or cases into the DFAC.

All personnel entering the DFAC must show their IDs to get in.



Kirkuk Chapel Schedules

Worship Times

Protestant

Sunday

0800 Gospel (Freedom Chapel)
1000 Contemporary (Freedom Chapel)
1100 General Protestant (Ohanna Chapel)
1330 LDS Service (Ohanna Chapel)
1700 Protestant Liturgical (Freedom Chapel)
1900 Church Of Christ (Hotel Charlie)
1900 Contemporary (Freedom Chapel)

Catholic Mass

Saturday

1900 Mass (Freedom Chapel)
2115 Rosary & Mass (DFAC)

Sunday

0900 Mass (Ohanna Chapel)
1130 Mass (Freedom Chapel)

Weekday Mass

1130 Tuesday (Freedom Chapel)
1130 Thursday (Freedom Chapel)

Bible Studies




















Protestant

1330 Sunday School (Freedom Chapel)
1930 Mon. Bible Study (Cp-7/eagles Nest)
1900 Mon. Ladies Fellowship (Freedom)
1930 Mon. Family Night (Ohanna Chapel)
1900 Tue. Men's Bible Study (Ohanna Chapel)
1900 Wed. Gospel Bible Study (Freedom)
1900 Wed. Bible Study (Ohanna Chapel)
2000 Thur. "In The Word" (Freedom)
1900 Sat. Gospel Joy Night (Ohanna Chapel)

Catholic

1900 Thur. Pre-marriage
(Office Hotel Charlie)

1900 Fri. Rcia/confirmation
(Office Hotel Charlie)

SUN	MON	TUE	WED	THU	FRI	SAT
MWR OCTOBER  2006  SANDBOX						
ALL EVENTS WILL START AT 2000 Come See All the NCAA and NFL Games Here at the Box Check Weekly Flyers for Days and Times Outside Movie at the Warrior Commons Every Friday 2000 FOR OTHER SCHEDULED EVENTS PLEASE SEE POSTED FLYERS, OR SEE AN MWR EMPLOYEE FOR SCHEDULED TIMES. EVENTS SUBJECT TO CHANGE						
 						
1 Old School Night	2 	3 Salsa Lessons 	4 Spades @ Dominoes 2000	5 Country Night 	6 Salsa Night 	7 Club Night 
8 Old School Night	9 Ping-Pong Tournament 	10 Salsa Lessons 	11 Spades @ Dominoes 2000	12 Country Night 	13 Salsa Night 	14 Club Night 
15 Old School Night	16 Karaoke Night	17 Salsa Lessons 	18 Spades @ Dominoes 2000	19 Country Night 	20 Salsa Night 	21 Club Night 
22/29 Old School Night	23/30 	24/31 Happy Halloween Nightmare on Elm Street Marathon	25 Spades @ Dominoes Tournament	26 Country Night 	27 Talent Show	28 Halloween Dance & Costume Contest 