

ROCK SLATE

The crest of the 386th Air Expeditionary Wing is centered between the words "ROCK" and "SLATE". It features a shield with a red border, containing four quadrants with different symbols: a red bird, a red flower, a red bird, and a red flower. Above the shield is a red bird. The text "386TH AIR EXPEDITIONARY WING" is written in a red arc below the shield.

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Don't let your team run out of gas

Maj. Diana Wyrski

386th Expeditionary Services Squadron Commander

Over the past fifteen years, I've read my fair share of leadership articles, listened to scores of speeches on the topic, and witnessed countless examples of inspirational leadership in action at every level from Airman Basic to 4-star General Officer. I've also experienced the anti-leader; commanders and supervisors who demoralize units and degrade mission accomplishment with their self-absorbed, disorganized, indecisive or otherwise ineffective approach. Along the way, I've learned a few lessons I think are particularly relevant as we reach the one-third to one-half way mark for AEF 3 and 4.

The beginning of a deployment is an exciting time. Airmen from around the globe bring their unique talents to one location and commanders and supervisors focus on melding their personnel into lean, mean fighting teams ready to leap tall buildings in the name of mission accomplishment. Everyone appears to get along and energy, ideas and high expectations abound. Commanders and supervisors are ecstatic and feel blessed to lead the Air Force's best squadron ever.

Unfortunately, the honeymoon doesn't last forever and personnel issues, limited time and resources, and burn out can begin to erode performance. Even the highest functioning individuals and teams need periodic fuel additives to continue running at peak efficiency. The magic, reenergizing ingredients are simple: honest performance feedback and recognition for a job well done.

By the second month of a four-month deployment, superstar performers begin to outpace peers and dissension can become an issue without strong leadership interaction. A wing commander once told me that 80 percent of our Airmen believe that

they are in the top 10 percent of their unit with regard to performance and initiative. I believe he's right. Without honest performance feedback, early and frequent, our Airmen will come up with all kinds of creative reasons for why they are not getting the recognition they feel they deserve. None of those reasons are going to help your unit morale.

However, there is still time to take action! You don't have to spend the second half of your deployment trying to figure out what happened to your team's energy, motivation and morale. Your team can still go on to reap accolades for phenomenal performance up until the day they depart. A little effort from leadership at all levels is all it takes. Thank your team for all they do and where appropriate, provide personal roadmaps to help your Airmen get back on course and close the distance on your unit superstars.

It's no secret that the days of abundant military decorations for deployed personnel are a distant memory. Now, only select individuals, who excel far beyond expectations for their rank or position, are likely to receive a medal upon return to home station. Unfortunately, the legacy of abundant decorations may leave some currently deployed personnel feeling cheated. I believe the best way to combat frustration over limited decoration opportunities is to provide honest feedback, and foster a robust local recognition program to thank individuals at all levels for their contributions to team accomplishment.

Feedback and recognition don't have to be complex or time consuming. They can be as simple as a pat on the back or a well timed "good job!" Programs at shop level can be especially good for team cohesion

Don't let your team run out of gas! Dispense some fuel additives and a roadmap to success today!



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'Super Troopers' win CFC softball tournament

Staff Sgt. Joshua Reese
386th Expeditionary Security Forces
Squadron

There was a five-team tournament field and the 386th Expeditionary Security Forces Squadron "Super Troopers" had to play six games in the span of seven hours to win the first annual Combined Federal Campaign 1-pitch softball tournament.

The tournament was a bit different from most as players pitched to members of their own team—and the hitters were forced to swing at the only pitch they would see per at-bat.

The 386 ESFS did not have an easy road to the finals, being sent to the loser's bracket of the double-elimination tournament early in the afternoon by the 386th Expeditionary Civil Engineer-

ing Squadron "Fire Dawgs". They immediately rebounded from their loss by eliminating the 386th Expeditionary Communications Squadron "Get Some" and the "Fire Dawgs."

This set the stage for a showdown against the still-undefeated 386th Expeditionary Logistics Readiness Squadron team.

The 386 ELRS won their opener against "Get Some", and also went on to beat the "Fire Dawgs" in the semi-finals, guaranteeing them at least second place in the



tournament.

The "Super Troopers" won back to back games against the 386 ELRS to win the tournament

which raised over 200 dollars which will be donated to the CFC General Fund in the name of the 386 ESFS "Super Troopers".

Down and dirty ...



Air Force/Tech. Sgt. Mathew Smith

A group from the 386th Expeditionary Civil Engineering Squadron known as the "Dirt Boyz" set concrete forms to pour a pad near the flightline so that pallets will no longer have to rest on dirt and rocks. This will reduce Foreign Object Debris on the flightline. The "Dirt Boyz" have also done significant repairs to the flightline on numerous occasions, filling holes and cracks without a single disruption to operations. "The 'Dirt Boyz' are the unsung heroes of the flying world," said Tech. Sgt. Mathew Smith, 386th Expeditionary Operations Support Squadron Airfield Manager.

Exercise hones important skills

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

The Rock became the stage Saturday, Oct. 28 for a dramatic play acted out on the flightline.

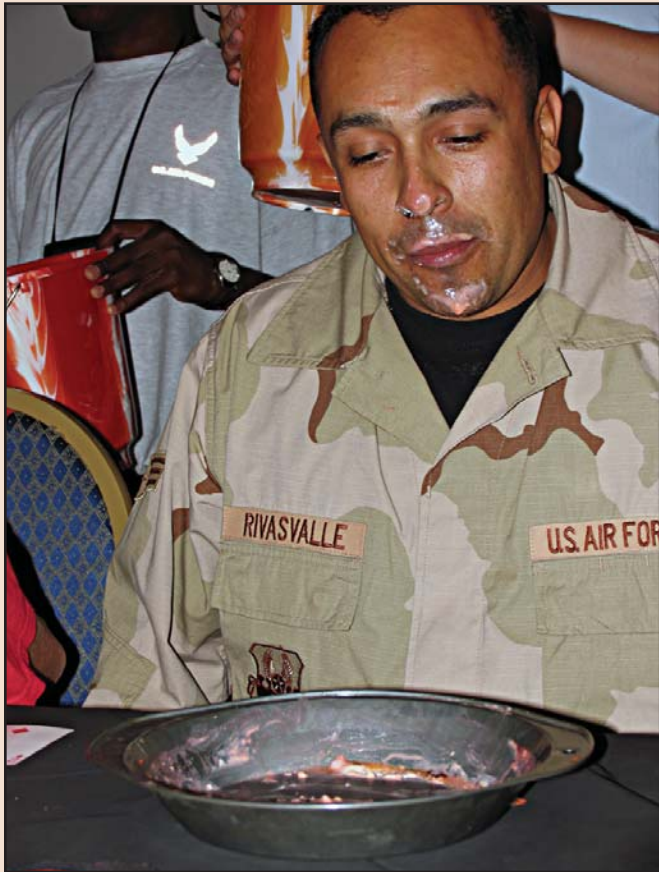
An Initial Response Exercise was conducted revolving around a scenario designed to test the readiness of the base's various organizations to deal with a potential disaster. This particular scenario involved a driver passing out behind the wheel of a fuel truck and running into a C-130 that had just on-loaded army troops and a baggage pallet. One Airman was 'killed' and approximately 15 others sustained a variety of injuries.

The Disaster Control Group was recalled, Security Forces, Safety, Medical and Fire personnel all responded to the emergency on the flightline. The area was cordoned off and casualties were triaged, treated, and evacuated back to the medical facility.

The Japan Air Self Defense Force also participated to supplement the 386th Expeditionary Medical Group due to the high number of casualties.



Seconds please ...



Air Force/Capt. Jeff Clark

Senior Airman Mauricio Rivasvalle, who works for the 386th Expeditionary Logistics Readiness Squadron, finished his pie first during the Fear Factor Pie Eating Contest. The contest was part of the Halloween party which also included costume, pumpkin carving and dance contests.

Wing Promotions

Promoted to Airman First Class
 Julius Advincula 386th Expeditionary Logistics Readiness Squadron
 Justin Coffin 386th Expeditionary Security Forces Squadron
 Alaine Knight 386th Expeditionary Communications Squadron
 Brandy Lemen 386th Expeditionary Services Squadron

Promoted to Senior Airman
 Stephen Castleberry 386th Expeditionary Security Forces Squadron
 Brian Graef 386th Expeditionary Communications Squadron
 Kevin Screen 386th Expeditionary Security Forces Squadron
 Rafiq Viray 386th Expeditionary Civil Engineer Squadron

Promoted to Staff Sergeant

Darin Angel 386th Expeditionary Security Forces Squadron
 Nichols Kermbard 386th Expeditionary Services Squadron
 Jaime O'Brien 386th Expeditionary Logistics Readiness Squadron
 Kenneth Paton 386th Expeditionary Security Forces Squadron

Promoted to Technical Sergeant
 Ronnie Aldana 386th Expeditionary Security Forces Squadron
 Daniel Payette 386th Expeditionary Security Forces Squadron
 James Scaggs 386th Expeditionary Logistics Readiness Squadron

Promoted to Master Sergeant
 Dennis Morgan 386th Expeditionary Security Forces Squadron
 Jalal Razick Iraqi Assistant Group

2006 Holiday Mailing Deadlines

APO to CONUS

Priority & First Class letters/cards:

- Addressed from 093XX locations: **6 Dec 06**
- Addressed from 098XX locations: **10 Dec 06**

Parcel Post / Space Available Mail (SAM): **19 Nov 06**

CONUS to APO

Priority & First Class letters/cards:

- Addressed to 093XX locations: **4 Dec 06**
- Addressed to 098XX locations: **9 Dec 06**

Parcel Airlift (PAL): **2 Dec 06**

Parcel Post / Space Available Mail (SAM): **13 Nov 06**



The EMEDS access line has changed. The new number is 442-CARE (2273.) For emergencies dial 911



"Rock" music...



Air Force/Staff Sgt. Ian Carrier

Tech. Sgt. Hiromichi Itosu, Japan Self Defense Force Transportation Flight, plays a song on a shamisen, a traditional Japanese 3-stringed instrument. Members of the Japan Air Self Defense Force performed a concert in the Rock auditorium Friday, Oct. 27. Songs ranged in variety from 'Sakura' to 'Home on the range'.



THE ROCK

survives a
roundhouse
kick from
**CHUCK
NORRIS**

Film and television star Chuck Norris visited the Rock Sunday, Oct. 29. Norris, who was accompanied by actor Marshall Teague, met with service members and signed autographs.

An Air Force veteran, Norris is known around the world for his starring role on the TV hit "Walker, Texas Ranger." He also has starred in more than 20 motion pictures, including "Delta Force," "Missing in Action" and "Sidekicks." The actor is also an accomplished author and renowned teacher of martial arts.

His autobiography, "Against All Odds," was a New York Times best seller in 2004. He recently completed his first work of fiction, "The Justice Riders." An in-demand public speaker, Norris has received numerous honors, including Make-A-Wish Foundation's Celebrity Wish Granter of the Year and the Veteran Foundation's Veteran of the Year.

Best known for his role as the villain in "Road House," Marshall Teague has been a staple in action movies. In addition to his roles on "Walker, Texas Ranger," Teague has appeared in "The Rock" and "Armageddon." He also has had recurring roles on a number of television shows and was a regular in the science fiction show, "Babylon 5." He is currently working on "The Heiress," an upcoming television series.

- Courtesy USO





Chuck Norris Facts

If you work in an office with Chuck Norris, don't ask him for his three-hole-punch.

There are no such things as tornados. Chuck Norris just hates trailer parks.

Chuck Norris puts the laughter in manslaughter. The air around Chuck Norris is always a balmy 78 degrees.

They were going to release a Chuck Norris edition of Clue, but the answer always turns out to be "Chuck Norris. In The Library. With a Roundhouse Kick to the Face."

"Brokeback Mountain" is not just a movie. It's also what Chuck Norris calls the pile of dead ninjas in his front yard.

Chuck Norris is the only man who has, literally, beaten the odds. With his fists.

Chuck Norris likes his ice like he likes his skulls: crushed.

Most people know that Descarte said, "I think, therefore I am." What most people don't know is that quote continues, "...afraid of Chuck Norris."

For Chuck Norris, every street is "one way". HIS WAY.

-Courtesy chucknorrisfacts.com



386th Air Expeditionary Wing Rock Solid Warriors



**Staff Sgt.
Tawanna D. Sellars**

386th Expeditionary Safety
1S071 Ground Safety Technician

Home unit/base: 374 AW/SE, Yokota Air Base, Japan

How do you support the mission here? Advise commanders, functional managers and supervisors on safety and health matters. Manage on and off duty safety programs. Provide mishap prevention data and safety education material to subordinate and tenant units. Keep commander informed on program status and hazards. Review hospital treatment records to ensure mishaps were properly investigated and reported. Conduct safety education and pro-active mishap prevent programs. Provide supervisors assistance with job safety training, job safety and operational hazard analysis. Ensure all mishaps are investigated properly and reported in accordance with applicable regulations.

How many times have you deployed and what makes this one unique? This is my fourth deployment. This one is unique because there are three other people from my home unit deployed with me in the safety office.

How does your job differ in a deployed environment vs. home base? My job is very similar. Only the unit safety representatives and other people I interface with have changed...and of course, the weather is a big change from Japan.



**Master Sgt.
Robert A. Craig Jr**

586th Expeditionary Logistics Readiness Squadron
2S071 Chief of Supply

Home unit/base: HQ AETC/A4RMW, Randolph AFB, Texas

How do you support the mission here? Provide logistical support for over 1,400 586 EMSG personnel located at Camp Arifjan, Kuwait and Camp Bucca, Iraq. As the lead Supply NCO, I processes Group requirements through Air Force and Army Contracting and Base Supply. In addition, ensure accountability on over \$5M of supplies, equipment and vehicles.

How many times have you deployed and what makes this one unique? Deployed eight times. Working with Army Supply and Contracting counterparts has proven to be a successful challenge.

How does your job differ in a deployed environment vs. home base? I've had the opportunity to discuss a variety of supply issues with members from all U.S. services.