

# Krab KRONICLE

VOLUME 4 ISSUE 23

506TH AIR EXPEDITIONARY GROUP, KIRKUK AIR BASE, IRAQ

NOV. 6, 2006



More changes ahead  
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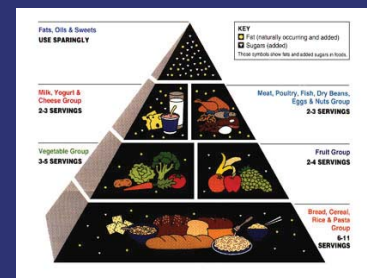
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# Krab KRONICLE



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## On the Cover:

**Staff Sgt. Justin Brooke, 506th Expeditionary Civil Engineer Squadron heavy equipment section, levels the ground after the Hesco barricades and the old Airman's Attic were removed.**

## Leadership Focus:

### A Moving Experience

**Commentary by**  
**Col. Gregory Schwab**  
*506th Air Expeditionary Group*  
*commander*

The 506th Air Expeditionary Group has many responsibilities at Kirkuk Regional Air Base/Forward Operating Base Warrior. Of these many tasks, I believe that there are four priorities that are key factors in our success during AEF 3/4.

In this commentary I would like to write about Priority 4 because this month's feature article regarding the 506th Air Expeditionary Group's move from Building 50 to Building 4052 is a significant project toward the accomplishment of this priority. Priority 4 is "To support the Mission Capability of the Iraqi Air Force at Kirkuk Regional Air Base."

The Iraqi Air Force stationed here is Squadron 3, and presently consists of approximately 75 personnel, two buildings, and four aircraft. These personnel are primarily pilots and aircraft maintainers. One of their two buildings is a combined barracks and office area, the other is an aircraft hangar with a small amount of office space. Their airplanes are CH2000 "Sama" aircraft.

Squadron 3's mission is intelligence, surveillance and reconnaissance. During Ramadan they deployed to New Al Muthanna Air Base in Baghdad to perform this mission in support of the Iraqi and Coalition Armies as well as the Iraqi National Police.

One of the challenges facing the Iraqi Air Force here is that their facilities are insufficient to support the number of personnel assigned to the base. Compounding the dilemma is that a significant number of additional personnel are forecast

to arrive at here in the near future. This brings us to the purpose of the group staff's move from Building 50 to Building 4052. Once this move is completed, the Iraqi Air Force will have additional space for their offices and activities. In addition to providing much needed space for the Iraqi Air Force, this is a good move for the 506th AEG in that it consolidates more of our agencies to a common work area and thus synergizes our operations. This move is indeed a Win-Win.

I would like to express my thanks to the many organizations that are making this move possible. First among these groups is the 506th Expeditionary Civil Engineering Squadron. They have been engaged in this project since the day they arrived at Kirkuk two months ago, and they have done a superlative job in the engineering, planning and initial phases of execution of this move. The expertise of the 506th Expeditionary Communications Squadron has also been crucial to the success of this move, planning and executing the necessary communications infrastructure for the new facilities.

Finally, I would like to thank all of the work centers that have, or will, move as a result of this relocation. This includes the command staff, command post, force protection, public affairs, safety, intelligence, chaplains, Learning Resource Center, PERSCO, lodging and services. Your resourcefulness and cooperation in this move is enabling the success of the project.

Our mission is to "Help Iraq Transition to Democracy," and this move clearly contributes to this goal. I appreciate everyone's efforts to make this both a reality and success. Continue Strong!

# Moves, changes in the future for Kirkuk

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

Have you recently tried to find the lodging office or the Airman's attic and discovered that they aren't where they used to be? Well, this is a sign of things to come.

Several facilities have moved to new accommodations and several others are slated to move in the near future. In all, 13 offices will eventually move as part of a plan to relocate the 506th Air Expeditionary Group headquarters to the old learning resource center, Building 4052. This move is part of a plan to allow the Iraqi Air Force to move back into Building 50, which is part of a bigger plan to eventually return control of Kirkuk back to the Iraqi Air Force.

"The re-location of the 506th Air Expeditionary Group Staff from Building 50 to Building 4052 is unquestionably the most challenging project facing the 506th Expeditionary Civil Engineering Squadron during AEF 3/4," said Col. Gregory Schwab, 506th AEG commander. "The members of the Squadron have risen to the task and I am very pleased with the progress of the project to this point – the engineering, planning and initial phases of execution. I appreciate both the expertise and 'can-do' attitude of all the Civil Engineering Airmen involved in this significant project."

Overseeing this mammoth and intricate project is the 506th Expeditionary Civil Engineer Squadron.

"The utilities are a big challenge to this entire project because the electrical, water and waste water lines were expediently buried, probably because the folks who built the area



Photo By Lt. Col. Kerri Grimes  
**Technical Sgts. Demetrius Nichols and Erin Hubbard, and Senior Airman Darren Hardt, 506th ECES, re-arrange light fixtures in the old Cyber Café, which will be the future home for Force Protection, Safety and Public Affairs.**

thought we would be here only for a very short time," said Lt Col. Kerri Grimes, 506th CES Operations Flight commander. "Many of the lines have risen to just inches below surface, or even are lying on the ground. Some are also damaged and have to be replaced."

Another challenge was to use the space and facilities to their maximum potential.

"We have been able to take some of the existing space and zone it into three distinct zones—recreation space, administrative space, and the Intel/OSI compound," said Colonel Grimes. "The recreation space will include the library, cyber café, recreation tent, and a new community center. We will also be adding additional security to the area, additional inside restroom facilities, and even an open

air café with tables and chairs for hanging out in a non-smoking environment."

In order to start preparing the old LRC building to become the new group headquarters, a domino-effect of moves had to take place. In order to make way for the new headquarters building, the LRC had to move. In order for LRC to move, the chapel staff had to relocate Hotel Charlie, and so on.

At the same time as the headquarters preparations are being made, the area around the Clamtina, including the old PERSCO and services building, is being transformed into the OSI complex.

In order to begin that part of the project, PERSCO and services had to move.

"It is a lot of planning and a lot of work, but it will make it more convenient and user friendly in the end, said Colonel Grimes.

In the coming weeks, individuals should be aware of ongoing construction efforts, the possibility of power outages and closure of some facilities in the Clamtina area as crews make any necessary repairs and start on new construction projects.

## Where are they now?

Hotel Charlie—Moved to new chapel  
LRC—Moved to old Hotel Charlie  
PERSCO—Moved to old Cyber Café  
SVS/Lodging—Moved into Self-help laundry

Airmans Attic—Moved to new Hotel Charlie  
Cyber Café—closed, awaiting new facility

# Air Force's top civil engineer pays visit to Kirkuk

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

The top civil engineer in the Air Force visited Kirkuk Air Base, Iraq, on a whirlwind visit to all of the Air Force installations in the U.S. Central Command area of responsibility.

Major Gen. Del Eulberg is the Air Force Civil Engineer, Headquarters U.S. Air Force, Washington, D.C. He is responsible for organizing, training and equipping the 60,000-person civil engineering force, and for planning, development, construction, maintenance, utilities and the environmental quality of Air Force bases worldwide.

General Eulberg was traveling throughout the AOR to observe the different missions the CE men and women were doing. He had strong praise for the civil engineer personnel as he addressed them at a formation at the 506th Expeditionary Civil Engineer Squadron Explosive Ordnance Disposal complex.

"I have met with commanders at every level from every one of the services and they all say the same thing about our combat support services and they are amazed at what we



Photo by Senior Airman Jeff Andrejick

**Major Gen. Del Eulberg, Air Force Civil Engineer, "coins" Staff Sgt. Justin Brook, 506th ECES heavy equipment section, during his visit Oct. 26.**

bring to the fight--flexibility, the ability to plan way out and then execute that mission," said General Eulberg. "You are performing magnificently and the commanders recognize it."

He joked that the "great news is our joint partners love what you do, the problem is they love what you do" referring to the fact that 53 percent of the CE troops deployed to the AOR

are filling in-lieu-of missions for the Army.

He added that the CE community has been asked to do a lot in the AOR and will probably be asked to do a lot more before the mission is transitioned to the Iraqi security forces.

"The better we prepare this base, the better we prepare the Iraqi forces, the sooner you all will get home," said the general. "You are helping change the lives of more than 50 million people. They have a sense of freedom and democracy that they have never felt before."

He said that he believes that 20 years from now history will refer to the personnel serving in the military today as the second greatest generation, comparing today's veterans to those heroes from World War II who are affectionately referred to as the greatest generation.

While at Kirkuk, General Eulberg presented commander's coins to Staff Sgt. Justin Brook, 506th ECES heavy equipment section, the 506th ECES EOD flight, and Special Agent Kris Miyasato, Office of Special Investigation, for their recent outstanding performance.

## CONGRATULATIONS TO NOVEMBER'S PROMOTEES

*To technical sergeant*

John Howard

506th ESFS

Shameka Samuel

506th ELRS

*To staff sergeant*

Michael Booker

506th ECES

Harriet Monroe

506th EACS

*To senior airman*

Vincent Cannava

506th ELRS

David Collier

506th ESFS

Jordan Dingman

506th ECES

Ryan Dufour

506th ELRS

Jacob Strong

506th ESFS

*To airman 1st class*

Terry Skelton

506th ELRS



So now you're here. Well you might as well tell everyone. In just a few short minutes you can make sure your family, friends and neighbors are aware of your journey here and what you are doing at Kirk.

Here are a few achievements that you may want publicized: promotions, deployments, awards and decorations for individual achievement, reenlistments, retirements, receipt of college degree, competitions, assumption of command at all levels, and Airmen or non-commissioned officer of the month, quarter, or year.

The information you provide will be sent to your hometown news outlets and could be published or broadcasted in your hometown.

The DD Form 2266 allows you to notify the major markets where friends and relatives live, in addition to high school and college locations.

Please help us help you get noticed for the good things you do!

To file a Hometown News Release contact the 506th Air Expeditionary Group Public Affairs Office at 444-2075 or by going to the Public Affairs page and clicking the link to the DD Form 2266 (Hometown News Release).

# AF incorporates 0-0-1-3 principles

**By Master Sgt David P. Bourgeois**  
Air Force Materiel Command  
Surgeon General

WRIGHT-PATTERSON AIR FORCE BASE, Ohio -- This year the Air Force has included 0-0-1-3 in its Culture of Responsible Choices Campaign and Air Force Materiel Command officials has incorporated the principles of 0-0-1-3 into its Wellness and Safety Campaign initiatives.

The concept behind 0-0-1-3 is to encourage responsible alcohol consumption among Air Force members in order to create a common social norm, blending it into Air Force core values, its culture, and eventually, its traditions.

What does 0-0-1-3- mean? The "first and second zeros" restate the law of zero underage alcohol use and zero driving while under the influence, or impaired by alcohol. The "one" indicates one drink per hour (one 12-ounce beer, 4 to 5 percent alcohol, or 1.5 ounce shot of 80-proof alcohol, or one 5-ounce glass of wine at 11 percent alcohol). The "three" stands for no more than three drinks per evening of alcohol use.

There were 543 reported alcohol-related actions involving active-duty members at AFMC bases in 2005.

This may seem insignificant, compared with the Air Force average of 5,300 over the past five years. But when you consider that 33 percent of completed suicides, 57 percent of sexual assaults, 29 percent of domestic violence incidents, and 20 to 25 percent of motor vehicles accidents

in the Air Force are alcohol-related, it only makes sense to include the principles of 0-0-1-3 in AFMC's Wellness and Safety Campaign.

When the campaign debuted May 8, in conjunction with the command's quarterly wingman week, the Wingman Day Wellness Survey tool debuted as well. The survey is a tool AFMC leadership is using to get feedback on issues related to the wellness and safety of its workforce.

Question five on the survey asked respondents to answer "yes" or "no" to the statement, "In the last 3 months, my lifestyle consistently reflects the principle of 0-0-1-3 (zero underage drinking, zero DUIs, one drink per hour, and three drinks per session)."

The principles of 0-0-1-3 were initially piloted at F.E. Warren Air Force Base, Wyo., in 2004 with success. Within the first two quarters, the base had shown a 27 percent decrease in DUI rates and a 74 percent decrease in underage drinking incidents.

In order to measure the success in initiating the principles of 0-0-1-3 and to ensure the word gets out, a question on responsible alcohol use has been included on the survey to monitor the number of alcohol-related events at AFMC bases.

To change the Air Force culture one must be alert to a wingman's needs, care enough to get involved when a wingman needs direction, and to have the courage to take action when a wingman is in distress.

More information on the principles of 0-0-1-3 can be found at [www.af-crossroads.com/websites/corc.cfm](http://www.af-crossroads.com/websites/corc.cfm).

## Operation School Supplies

Anyone is interested in helping with Operation School Supplies, come to the new Hotel Charlie every Tuesday and Thursday at 0845.

If anyone is intered in soliciting supplies from back home please use the following list as a guide.

Thank you, chapel staff.

**1 Box of Crayons**  
**1 Package of construction paper**  
**5 Pencil top erasers or 2 big erasers**  
**2 small glue sticks or 2 small glue or 1 big glue bottle**  
**1 Ruler**  
**5 Coloring pencils (Different Colors)**  
**5 Markers (Different Colors)**

**10 Pencils**  
**5 Pens**  
**1 Sharpener**  
**1 Pair of scissors**  
**1 Package of notebook paper**  
**1 150-count or 2 70-count**  
**1 Coloring book**  
Have the supplies mailed to the following address:  
506 AEG/HC  
APO AE 09359

# Develop healthy habits here, use them when you redeploy

By Major Layne Bennion

506th Expeditionary Medical Squadron Life Skills Support Center

As you all have heard, the wing is encouraging health and fitness. I see many of you at the gyms working to lose pounds or beef-up those biceps and pecs. Good for you!

However, for some of us, these changes last only as long as our deployment and we return home, we go back to our former not-so-healthy lifestyle.

My encouragement would be think about and set healthy habit goals—exercise and eating habits that you can begin here and take with you. Losing 10-20 pounds is great, but it would be sad for all that work to fade away in a few post-deployment months because you didn't take home a lifestyle that helps you maintain a healthy status you so worked hard to attain here.

As you develop your individual goals, consider the following information.

## Work toward healthy habits

Consider long-term goals such as developing a habit of at least 20 minutes of aerobic exercise three or more times per week. That is a goal you can maintain here and take with you to home station.

The idea is to have a habit goal you can accomplish via any of several different means even when you are busy or not feeling the best. During a good week here, if you exercise 30-40 minutes 5 times per week, all the better for you.

The hard part is to meet your habit goal when you are busy, tired or not feeling good. The nice thing about your goal is it is simple to achieve—just work regularly. Whether today's session is 45 minutes of heart-pounding

treadmill action or 15-quick minutes on a crosstrainer and you count your brisk walk to and from the gym.

## Small steps

Your short-term goals should be oriented around making small, manageable changes. Each one moves you closer to a healthy lifestyle. If your exercise habit is regular, but only hits your minimal time limit, try adding just 2-3 minutes per week to each exercise session.

## Be honest about your starting point

If you habitually enjoy two or three of those white chocolate and nut cookies or a gorilla-size scoop of Baskin-Robbins everyday, it's unlikely you'll suddenly jump to and maintain a pattern of no sweets.

Begin with a short-term goal only one cookie or eating only one-half scoop of ice cream. Once that habit is solid, then you may want to challenge yourself again with another step such as a dessert every other day.

## Healthy change over Time

Ultimately, steps toward your goals should enable you to be able to look back to what your habits were two or three months ago and recognize you are a bit closer your healthy idea. Step-by-step movement toward healthy habits is the key to enjoying the satisfaction of looking back on your progress.

Many of us have more time here in our schedule than we typically do at home station. It's excellent to use some of that time for better fitness or weight management, but also consider what fitness or nutritional habits you can take home with you.

Map out a plan as to how you can take one or two healthy habits back home with you so they can become lifestyles that benefit you for years to come.

# 8th Air Force to become new cyber command

By Staff Sgt. C. Todd Lopez

Air Force Print News

WASHINGTON (AFPN) -- During a media conference here Nov. 2, Secretary of the Air Force Michael W. Wynne said the 8th Air Force would become the new Air Force Cyberspace Command.

"I am announcing the steps the Air Force is taking towards establishing an Air Force Cyberspace Command," the secretary said. "The new Cyberspace Command is designated as the 8th Air Force ... under the leadership of (Lt. Gen. Robert J. "Bob" Elder Jr.) He will develop the force by reaching across all Air Force commands to

draw appropriate leaders and appropriate personnel."

Secretary Wynne said the 67th Network Warfare Wing, now under 8th Air Force, and other elements already within the 8th, would provide "the center of mass" for the nascent Cyberspace Command.

The secretary also said Air Combat Command, Air Force Space Command and Air Force Materiel Command are working to develop the new Cyberspace Command, while Air Force personnel specialists are working to develop educational plans and career paths for those Airmen that will work within the new command.

"The aim is to develop a major command that stands alongside Air Force Space Command and Air Combat Command as the provider of forces that the President, combatant commanders and the American people can rely on for preserving the freedom of access and commerce, in air, space and now cyberspace," Secretary Wynne said.

Air Force leaders will begin detailed planning for the new Cyberspace Command Nov. 16 at the Cyber Summit. During the summit, Air Force leaders will chart a way ahead for the Air Force's role in cyberspace, also called the cyber domain.

# A diet for all seasons: Part One

## Variety

Variety is the key to safe, healthy weight loss (one to two pounds per week) and maintenance of that loss over time. While some diets promote a single food for weight loss, others give daily menus and others say certain foods eaten at certain times of the day in certain combinations will result in a quicker weight loss.

None of these takes into consideration an individual's likes and dislikes, work and entertainment patterns, or lifestyles. In this battle plan, people make their own choices from a wide variety of foods to put together their own interesting and healthy diet.

The body needs a varied selection of foods and nutrients for good health. Varying the types of food eaten ensures the body is getting the nutrients, including vitamins and minerals, it needs from day to day. It's essential that daily food choices include selections from all of the following food groups:

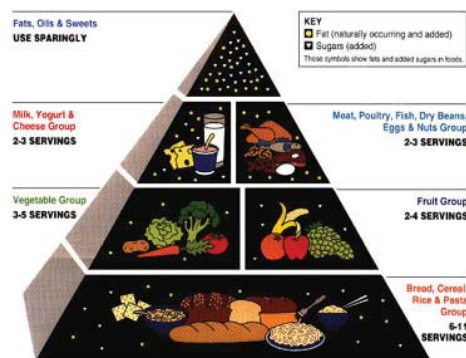
**Meat:** Meat, poultry, legumes, beans and eggs

**Milk:** Fluid and dry milk of all types, yogurt, ice cream, ice milk and cheese

**Vegetable:** Fresh, frozen, canned, dried, raw or cooked, and juices

**Fruit:** Fresh, frozen, canned, dried, raw or cooked, and juices

**Grain:** Cereals, pasta, rice, breads and crackers



## General guidelines for a weight-loss diet

### Males

Meat: Two servings (six ounces total)

Milk: Two servings

Fruit: Three to four servings

Vegetable: Four to five servings

Grains: Eight to 11 servings

### Females

Meat: Two servings (six ounces total)

Milk: Two servings

Fruit: Two to four servings

Vegetable: Three to five servings

Grains: Six to 11 servings

## A balancing act

In addition to variety, balance is key to weight control and good nutrition. If someone finds he's gained weight, it's a sure bet he's been taking in more calories than he's burning up.

Calories are a measure of energy. The calories a person takes in when he consumes foods are used by the body to do its work. Calories the body doesn't use are stored as fat.

A pound of fat is equal to 3,500 calories. Therefore, to shed a pound of fat, someone must take in 3,500 fewer calories, or use up that many calories in increased activity levels.

This is usually accomplished by a combination of reducing food intake, choosing lower calorie foods (especially those that are low in fat) and increasing exercise.

General guidelines for a weight-loss diet are based on calorie intake of about 1,500 to 1,600 daily for males and 1,200 to 1,300 for females.

## Portion size counts

It may seem like the meat and milk servings are skimpy, while the quantities of fruits, vegetables and grains are overwhelming. However, a serving of grain is a half cup of pasta or rice – and few people stop at that amount. Often, the amount of these foods that people normally eat is at least twice the amount specified as a serving size. If someone eats bread along with pasta, they could be getting three or four servings of grains in a single meal. Similarly, three-quarters of a cup of juice or one cup of lettuce qualifies as a serving.

Meat and dairy both seem lean in servings, but these are the items that are naturally high in fat. Research has shown that people don't need as much protein as they like to eat. People should limit meat to no more than two servings of three ounces each. (A good rule of thumb to use is that a serving of chicken, beef, pork, or fish is about the size of a deck of cards.)

If someone is using beans or eggs for meat servings, he should remember that half a cup of beans or one egg is equal in protein to only one ounce of meat.

If a person is completely eliminating meat from his diet, he should talk to a health professional to ensure his diet includes enough protein.

*Information provided by the 332nd Expeditionary Aerospace Medicine Squadron*



# New I.D. cards more secure than earlier versions

By **Gerry J. Gilmore**  
American Forces Press Service

WASHINGTON (AFPN) -- New identification cards now being issued to some Defense Department employees will help standardize federal work force identification and enhance security, a senior Department of Defense official said here today.

The new common access card is part of departmental transformation efforts that harness common business practices to make the organization more efficient, said David S.C. Chu, the undersecretary of Defense for personnel and readiness.

"A key element of this new card is it is a more secure document" than its predecessor, Chu said.

The new card, he said, accomplishes three main objectives:

- It makes the identification process more efficient;
- It helps prevent identity theft or fraud; and



- It better protects personal information, thus enhancing individual privacy.

The department began issuing the new ID cards Oct. 27. They will be provided to employees over the next three years as the old cards reach their expiration dates.

The new card looks similar to the old one, but it features several enhancements, said Mary Dixon, direc-

tor of the Defense Manpower Data Center in Arlington, Va. For example, the new CAC contains two fingerprints and a digital photograph, she noted.

Additionally, "we're going to check to make sure you've had your background checks before we issue the card," Dixon said. "That is something we have not done in the past, but we will be doing this now."

President Bush directed that a single ID card be developed that's interoperable across all federal agencies, Chu said. The Defense Department, he noted, has had CACs for some years now.

"So, we're using that foundation as our stepping stone to reach the president's goal," Chu said.

Using one common ID card throughout the federal government "builds trust across agencies, because there is then just one credential," Chu said.

## Nine career fields open to AF prior service members

RANDOLPH AIR FORCE BASE, Texas (AFPN) -- Veterans interested in joining the Air Force or becoming an active-duty Airman once again may be eligible if they have served in one of nine career fields.

During fiscal 2007, the Air Force Prior Service Enlistment Program is available to 40 veterans who have served in the following careers:

- airborne or ground cryptologic linguist
- combat control
- tactical air command and control
- survival, evasion, resist and escape operations, also known as SERE
- pararescue
- explosive ordnance disposal
- premier or regional band

Applicants must have separated from military service in the pay grade of E-5 or below and have no more than six years total active federal mili-

tary service.

Prior-service applicants include those who have served in the U.S. Air Force, Army, Navy or Marine Corps; Reserve or Guard; or as an individual mobilization augmentee ordered to extended active duty for the limited period recall program. Sister-service veterans must have served in a career field similar to one of the nine specialties currently available. Air Force, Air National Guard and Air Force Reserve veterans are eligible for direct duty only. No retraining is authorized.

The prior service limitations are a result of force restructuring and are designed to help replenish stressed career fields, said Chief Master Sgt. Edward Vargas, Air Force Recruiting Service operations division superintendent. Force restructuring is part of the service's current force shaping

initiative. By 2011, Air Force officials plan to cut the number of Airmen in the service by 40,000 to meet appropriate end-strength numbers.

Eligibility requirements in the prior service enlistment program vary. Veterans interested in applying for Air Force active-duty service are encouraged to contact their local recruiter. Veterans can access the [www.airforce.com](http://www.airforce.com) Web site and click on the "Contact Us" and "Locate an Advisor" links either to request a recruiter contact them or to find a recruiting office.

Throughout fiscal 2007, Air Force enlisted recruiting emphasis remains on hiring new non-prior servicemembers. The FY '07 goal is for 27,760 high school graduates or the equivalent, ages 17-28, to join. The Air Force also seeks about 480 college graduates to join its officer corps.

## 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](mailto:veronica.rowlett@krab.centaf.af.mil).

## Services

Lodging, uniform cleaning services, and the 506th ESVS Command Section have moved to the Self Help Laundry Facility.

## Airman's & Soldier's Attic

The Airman's & Soldier's Attic has relocated to Hotel Charlie (North side of Chapel).

New hours of operations are 0800-1700, and still open seven days a week.

All items are free to service members.

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.

## Dog Tags

Dog Tags – are you wearing them? Something to consider if you're ever in an accident or hostile conflict and need immediate blood transfusion.

The 506th EMEDS has your blood type on file but the valuable time lost looking it up may cost you your life. Everyone needs to be wearing them at all times in the AOR.

## 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.

## 2006 Holiday Mailing Deadlines

**Mailing items home to your family by**

**Christmas:**

APO to CONUS

Priority & First Class letters/cards: Dec. 4

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

**Your family mailing you items by**

**Christmas:**

CONUS to APO

Priority & First Class letters/cards: Dec. 4

Parcel Airlift (PAL): Dec 2

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

For more details, contact the Warrior Post Office at 444-2099

## 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.

# 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 Fri. Gospel Joy Night (Ohanna Chapel)

### Catholic

1900 Thur. Pre-marriage  
(Office Hotel Charlie)  
  
1900 Fri. Rcia/confirmation  
(Office Hotel Charlie)

## HAPPY THANKSGIVING



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<b>MWR SANDBOX</b>	ALL EVENTS START @ 20:00		@ 20:00 1 <b>SPADES</b>	2 <b>COUNTRY NIGHT</b>	@ 20:00 3 <b>SALSA NIGHT</b>	4 <b>CLUB NIGHT</b>
@ 20:00 5 <b>OLD SCHOOL NIGHT</b>	@ 20:00 6 <b>BINGO</b>	@ 20:00 7 <b>SALSA LESSONS</b>	8 <b>DOMINOS</b>	@ 20:00 9 <b>COUNTRY NIGHT</b>	10 <b>SALSA NIGHT</b> HAPPY B-DAY USMC	@ 20:00 11 <b>CLUB NIGHT</b> HAPPY VETERAN'S DAY
12 <b>OLD SCHOOL NIGHT</b>	@ 20:00 13 <b>BINGO</b>	14 <b>SALSA LESSONS</b>	15 <b>SPADES</b> @ 20:00	16 <b>COUNTRY NIGHT</b>	@ 20:00 17 <b>SALSA NIGHT</b>	18 <b>CLUB NIGHT</b>
@ 20:00 19 <b>OLD SCHOOL NIGHT</b>	20 <b>BINGO</b>	21 <b>SALSA LESSONS</b>	22 <b>DOMINOS</b>	23 <b>HAPPY THANKSGIVING</b> TEXAS HOLD'EM TOURNAMENT 1600	24 <b>SALSA NIGHT</b>	25 <b>CLUB NIGHT</b>
26 <b>OLD SCHOOL NIGHT</b>	@ 20:00 27 <b>BINGO</b>	28 <b>SALSA LESSONS</b>	29 <b>SPADES</b>	30 <b>COUNTRY NIGHT</b>	<b>MOVIE NITE EVERY NITE</b> @ 20:00	<b>MWR SANDBOX</b>

