

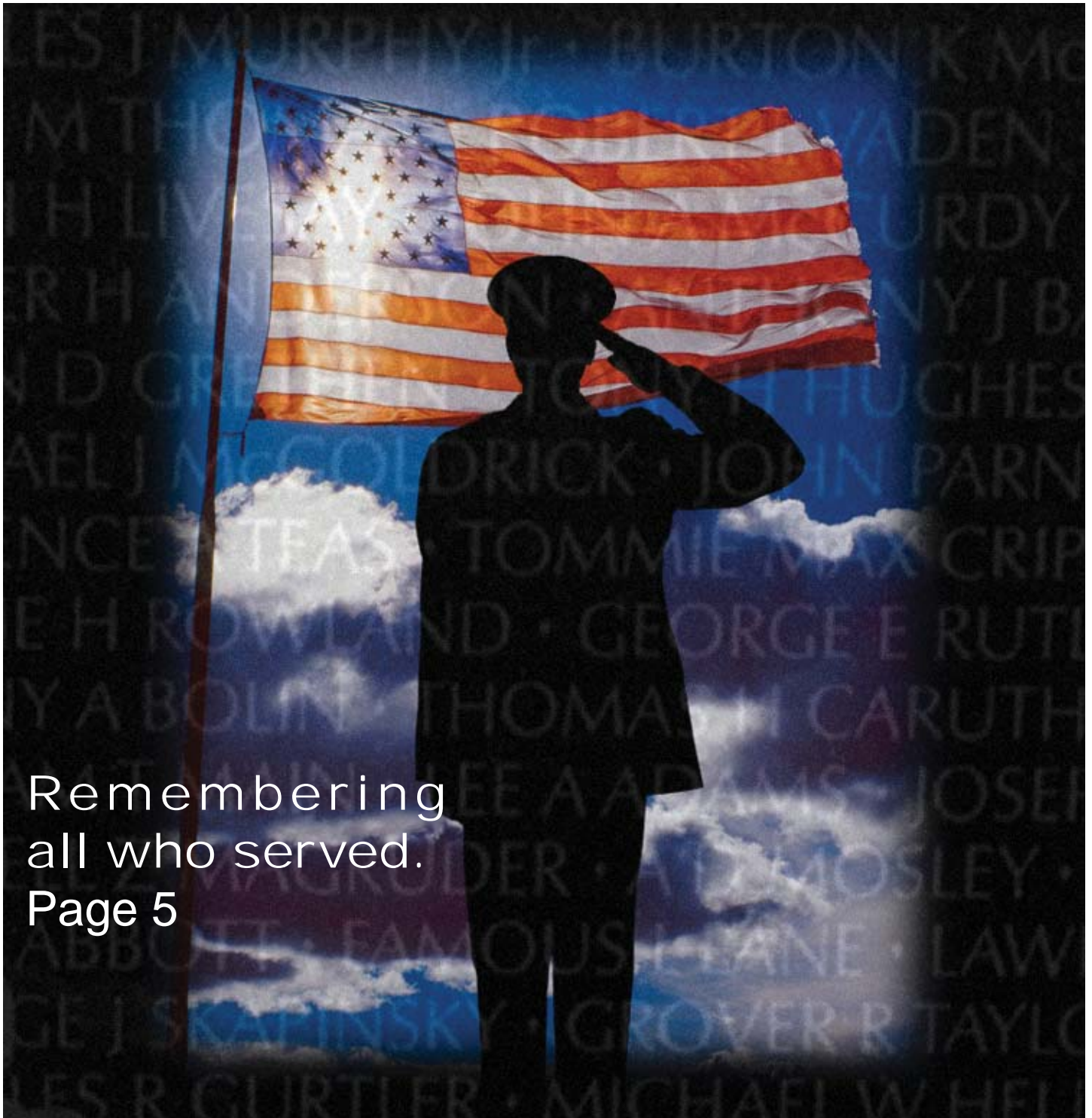
ROCK SLATE



Volume 3, Number 40

386th Air Expeditionary Wing

Nov. 10, 2006



Remembering
all who served.
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Taking advantage of this deployment's opportunities

Lt. Col. Miklos Kiss Jr.

*386th Expeditionary Aircraft Maintenance Squadron
Commander*

So here you are, deployed to the desert, away from your friends, family and all your toys. What are you going to do with the time your away from home? The obvious answer is "support the Global War on Terrorism." This in and of itself is certainly time consuming, but we're in a sustained operation here which means we're afforded a little free time. How about setting some goals for the 4, 6 or 12 months you're here. We all share the same goals of mission accomplishment and wanting to leave the Rock better than we found it, but how about for ourselves? Here are a couple of ideas:

Health & Fitness Goals: Weight-loss, exercise, nutrition, appearance, general health, tobacco cessation.

Eating right and exercising can prove a great combination; a navigator in my unit back home lost 30 pounds while he was deployed to Afghanistan; his PT score improved, he looked and felt better and he reduced his risk of getting heart disease, stroke, type 2 Diabetes, sleep apnea and some forms of cancer... all in 5 short months. The fitness center staff is a tremendous resource to help you with your health and fitness goals and Capt. Vinh Tran at the Medical Group can help with smoking cessation.

Family & Relationship Goals: Meeting people and making friends, networking and doing a better job staying in contact with friends and loved ones. Networking can put you on to leads about opening positions, getting the inside story on a particular career field you may be interested in retraining into and my favorite: getting to know the movers and shakers of an installation that can get things done; these folks are invaluable in getting help for a subordinate or solving inter-organiza-

tional issues. The Company Grade Officer Association, Top 3, 5/6 and Rock Bottom organizations are perfect avenues to meet people, network and make friends, not to mention help out in the community. Take advantage of free access to e-mail and DSN lines to keep in touch or get back in touch with friends and loved ones, but one word of caution; don't abuse it.

Personal Finance Goals: Investing and paying off debt. We are all making extra money while deployed. Why not put your combat zone tax exclusion, hostile fire/imminent danger pay, family separation allowance and hardship duty pay to good use; Pay off some bills and/or invest. It's not uncommon for folks to pay off a car or a credit card while deployed. Stop by Finance and ask about the Saving Deposit Program.

Career Goals: Professional Military Education, education and training, promotion, skill development. Finish your PME course, take that college class on-line or CLEP it, study for promotion or finish that computer certification. This is the perfect time to do these things as the normal distractions of home life aren't here in the AOR. Check out the Learning Resource Center for help in this area.

Personal Growth & Interest Goals: Arts, music, writing, community, spirituality. Go to the library and pick up a book, dust off that sketch pad, get involved with on-base organizations or attend advisory board meetings. We have a great chapel staff with excellent programs available to assist you in the spiritual arena; they have some musical instruments to use as well.

We should all leave here with the satisfaction of a job well done, but how about a personal accomplishment to take along as well. It's not too late to start; make a goal for this deployment!



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Unless otherwise noted, all photographs are U.S. Air Force photos. The "Rock Slate" may use news and information from the American Forces Information Service, Air Force Print News and other sources.

Contributions for the "Rock Slate" can be made directly to the 386th AEW Public Affairs Office or through e-mail to: 386AEW.pa@salem.af.mil.

The editor can be reached at 442-2312. Submit contributions by 4 p.m. Thursday, one week prior to publication.

The "Rock Slate" can be viewed electronically by clicking the "Rock Slate" link at <http://intranet.salem.af.mil>.



Hate groups, gangs not acceptable to Air Force

Staff Sgt. Julie Weckerlein

Air Force News Service

Active participation in hate groups and gangs is not compatible with the Air Force way of life, and any Airmen found guilty of such participation will be punished accordingly, said Air Force leaders here recently.

"It goes without saying that participation in such activity has no place in our Air Force," said Air Force Chief of Staff Gen. T. Michael Moseley.

"Not only does it run counter to our core values, it fosters divisive behavior and destroys good order, morale and discipline," he said.

Department of Defense and Air Force policies prohibit active participation in any activity that promotes the objectives of organizations and groups that attempt to illegally discriminate or otherwise deprive individuals of their civil rights. This could include participating in public demonstrations, fund raising, recruiting, organizing, leading or training in support of such organizations.

Open display of symbols or literature showing support for these organizations may also constitute "active participation," even if not an official member of the organization.

If found guilty of such behavior, Airmen may receive additional training and education, and may face punishment up to separation from the service.

Chief Master Sgt. of the Air Force Rodney J. McKinley said Air Force leaders feel strongly that every person should have the equal opportunity to succeed, regardless of race, gender or ethnic origin.

"We put on our uniform everyday and defend freedom -- that means freedom for all," Chief McKinley said. "We have no room for discrimination or racism of any kind in our Air Force. Every Airman



Air Force leadership says participation in hate groups and gangs is not compatible with the Air Force way of life.

should have an equal opportunity to be successful."

During his many years as a first sergeant, the chief said, he never saw any gang activity amongst his Airmen. He credits that to the high standards the service sets for its enlistees.

"Our Air Force recruits highly qualified men and women, and I'm very proud of the caliber of Airmen in our force today," he said. "We will continue to provide them an equal opportunity environment to live and work. This includes making sure (gang and hate group activity) doesn't exist in the Air Force."

WING AWARDS

Honor Guard Member of the Month

Staff Sgt. Cassaundra Wright, 386th Expeditionary Services Squadron

Airman of the Month

Staff Sgt. Nicholas Kermgard (pictured), 386th Expeditionary Mission Support Group

NCO of the Month

Tech. Sgt. Darren Veneman, 386th Expeditionary Maintenance Group

Senior NCO of the Month

Senior Master Sgt. Francis Brien, 386th Expeditionary Missions Support Group

Company Grade Officer of the Month

Capt. Shawn Owens, 586th Expeditionary Mission Support Group

Wing Team of the Month

386th Expeditionary Operations Group, 737th Expeditionary Airlift Squadron Aircrew



International Cooperation...



Air Force/Staff Sgt. Ian Carrier

During a luncheon held in the Distinguished Visitors tent Tuesday, Nov. 7, Mr. Fahad Al Khames, Local Ministry of Defense Food Service Director shakes hand with Col. Paul Curlett, 386th Air Expeditionary Wing Commander, after presenting him with an architectural drawing of the new improvements to be made to the Desert Winds Dining facility.

11k Race Winners

Males 18-25 – Airman 1st Class Brian Moraine, ESVS 43:27
 Males 26-33 – Staff Sgt. Jeff Steder, ECES - 47:05
 Males 34-41 – Capt. Dan Ray, ECS – 49:23
 Males 42-49 – Lt. Col. Joe Turk, EMSG – 47:27
 Females 18-25 – Staff Sgt. Megan Harper, ESFS – 63:25
 Females 26-33 – TSgt Bridget Bruhn, ECS – 55:09
 Females 34-41 – Capt Dona Byron, EMSG – 66:24
 1st Lt. Joshua Rodgers, 386 EMSG, won the NFL Combine.

Desert Idol

Attention All Rock, LSA Military, Civilian, and DOD

If you think you have the talent and skills to come out & strut your stuff for the first DESERT IDOL..

Starts 16 Nov 06,
23 Nov 06 and 30 Nov 06.

Flex Recreation Center
 POC SrA Marcelo Sierra 442-2005

Chiefs & Eagles game!

Softball

Snacks & Refreshments available

1300 Sun Nov 12 1400

Intramural Championships

USCENTAF CC's Veterans Day message

Lt. Gen. Gary North
USCENTAF Commander

Since the initial Armistice Day on November 11, 1918, our nation has taken the time to honor those who have served in our military both in peacetime and in war.

The original Armistice Day celebrated the day that Germany signed a cease-fire with the Allied powers, officially ending World War I. In 1919, President Woodrow Wilson officially declared November 11 as the first official celebration of Armistice Day. He said, "To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the



Army/Sgt. Sara Wood

1st Lieutenant Joshua Hawkins, Air Force Honor Guard, gives a command at the Veterans Day National Ceremony at the Tomb of the Unknown Soldier in Arlington National Cemetery Nov. 11,

nations." Throughout the years, Armistice Day has changed from honoring those who died in World War I to a day that honors all veterans for their patriotism and their willingness to serve and sacrifice for the ideals that served as the principles of our nation.

Throughout USCENTCOM's

AOR, I see these traits in every individual from our battlefield Airmen to our pilots and maintainers on the flight line, our doctors and medical technicians to our command and control heroes and operational staff leaders in the Combined Air Operations Center and everyone in between. Your dedication

and willingness to serve in the toughest of conditions stands out in your day-to-day mission.

Each of you shares something with those who have served before us. You share the belief that we serve a calling higher than our individual calling -- service to our nation. Those who know you, those who work with you, and those who care about you, are very proud of you. You have chosen to follow a great tradition, and you are serving our country with distinction. Know that America is proud of you. We are as busy now as we have ever been and you -- each of you -- are making a huge difference in the defense of our country and those ideals we hold so dear. On this Veteran's Day, pause to say "Thank You" to a Veteran.

Let me be one of the first to say "Thank You" for your service and dedication to each other, your service, and our great nation... the United States of America!



Air Force/Senior Airman Desiree L. Andrejck

Fiery inception...

Fireworks light up the Air Force Memorial at Arlington, Va., on Oct. 13 -- the eve of its official dedication ceremony. Designed by the late James Ingo Freed, the memorial with its three soaring spires inspired by the U.S. Air Force Thunderbirds bomb burst maneuver, pays tribute to and honors the men and women of the U.S. Air Force and its predecessor organizations.

Civil Engineering has tips to improve life on the Rock

Heating Basics

With the summer months behind us, it is time to start thinking about colder temperatures. That means it is time to start turning off the air conditioning and firing up the heat! Each type of living quarters whether it is a tent, trailer, or dorm, has different cooling/heating systems that help to keep the temperature at a comfortable level.

Civil Engineering has some general maintenance and operating procedures that we would like you to follow as you use this equipment.

If you live in Tent City your cooling/heating system is called an Environmental Control Unit. There are some standard operating procedures for converting the ECU to the heating mode:

Tent City

1. Turn the Mode Selector Switch to the automatic position. To adjust the temperature, increase the range on the temperature control to the desired setting.
2. Common problems that may cause damage to the ECU:
 - a. Do not cut holes in the air plenum that run across the ceiling of the tent.
 - b. Do not manipulate air flow throughout the tent by creating homemade air ducts to your individual living space.
 - c. Do not hang clothing or other objects from the air plenum.
 - d. Do not block the air return vent that is located at the rear of the tent.
 - e. Keep objects such as pillows or bedding away from air return vent.
 - f. Be sure to sweep the floor in the tent to help to prevent dust or sand from being drawn into the ECU.
3. Keep doors and windows flaps closed to maintain the temperature in the tent.
4. When the unit is switched over to heat, it is normal to smell a smoky odor as the heating elements burn off any dust or dirt that has settled on them. The unit may also take a few minutes to warm up.

If you live in the trailers, there are some standard operating procedures for converting your unit to the heating mode:

Trailers

1. Clean the filter weekly to prevent problems due to dirt and debris. Do not remove the cover; instead remove the filter from the bottom of the unit.
 - a. Carefully remove the filter from the unit.
 - b. Clean the filter by shaking it outdoors. Then, take the filter to a water source and carefully rinse away any dirt residue. Please be careful not to wash debris into the drain.
 - c. Shake out excess water from the filter and replace it in the unit. It is permissible to place the filter back into the unit while it is still damp.
2. Turn mode selector switch to low heat.
3. Place temperature settings on the control panel or thermostat to a number somewhere between 2 and 7.
4. When the unit is switched over to heat it is normal to smell a

smoky odor as the heating elements burn off any dust or dirt that has settled on them.

If you live in dorms, these units are called heat pumps. They function as both as an air conditioner as well as a heater. For a comfortable room temperature, set the thermostat at about 20 degrees Celsius (or 68 degrees Fahrenheit.)

Dorms

1. Clean the filter weekly to prevent problems due to dirt and debris. Do not remove the cover, instead remove the filter only.
 - a. Carefully remove the filter from the unit.
 - b. Clean the filter by shaking it outdoors. Then, take the filter to a water source and carefully rinse away any dirt residue. Again, be careful not to wash debris into the drain.
 - c. Shake out excess water from the filter and replace it in the unit. Then place the filter back into the unit.
2. Keep the base of the air conditioning unit clear of obstructions that may interrupt the air flow.

If you are experiencing any problems, report them to the Self Help Desk (442-2929) as soon as possible. Thank you for your help!

Bathroom Basics

Here are a few basics that will help everyone be good neighbors in the use of the Latrines here on the Base:

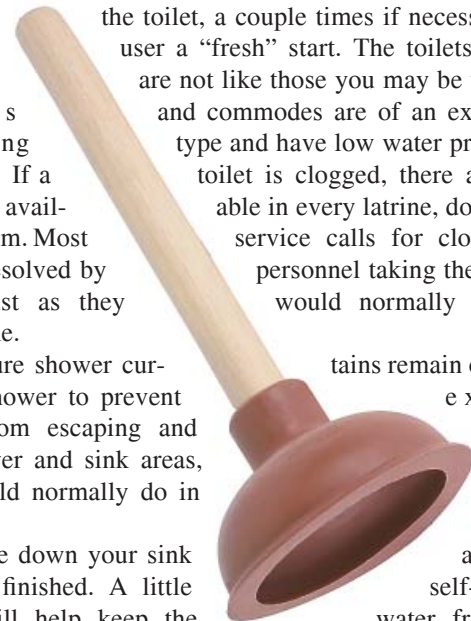
Flush the toilet, a couple times if necessary, to give the next user a "fresh" start. The toilets here at the Rock are not like those you may be used to. The urinals and commodes are of an extreme water conserving type and have low water pressure when flushing. If a toilet is clogged, there are self-help plungers available in every latrine, don't be afraid to use them. Most service calls for clogged toilets can be resolved by personnel taking the time to use them, just as they would normally do in their own home.

Ensure shower curtains remain on the inside of the shower to prevent excessive water from escaping and flooding just as you would normally do in your own home.

Wipe down your sink area after you are finished. A little self-help wipe down will help keep the water from running on the floor and improve the overall appearance and condition of the latrine, just as you would normally do in your own home.

Keep the trash inside the trash container. Sometimes all it takes is packing the trash down a little to prevent it from overflowing onto the floor, just as you would normally do in your own home.

The key is ownership. We need everyone's help to keep all our facilities, not just the latrines, in good condition. As a team, we can all make this place a little bit better. Taking care of our facilities is everyone's responsibility. I encourage you to channel your facility concerns to 386 ECES Customer Service at 442-2929



The 2006 Chief Master Sergeant Promotion List

Acevedo Felix Jr Ackerman Douglas A Adams Daran W Albritton William Alvar Scott G Amador Anthony Anderson Charles V Anderson John M Andrews Devery R Appling Robert L Archangel Carol Di Armstead Rick D Ashley Shawn A Austin Robert A	Crane David L Craver Jeffrey M Criswell Brendan I Cronan Robert Jr Croteau Arthur E J Curl Kevin J Czarnosz Christoph	Hagan Mary A Haggett Lisa J Haines Jeffrey N Hale Michael E Halvorson David A Hamel Paul J Hampton John B Hancock Burrell E Hargis Luwana G Harris Randy M Harris Steven M Haskell William F Haskins Scott V Hastings Russell D Hatfield Michael L Heald Craig C Heath Michael W Heisey Howard W Heisterkamp Scott Helms Thomas M Henderson Andrew C Hickerson Clyde L Hill Marc D Holding Bruce A Hollingsworth Mich Hollis Andrew T Holm William S Holmes Donald E II Hoover Benjamin A Hopkins Laura R Horn Timothy B Horsburgh Scott A Houchens Alan D Howard Kevin M Howell Kevin J Hudson Nathaniel J Hughes Timothy E Hustead Brian D Hutton Henry B Jr Hux Edward L	Larzelere William Latham Deandre L Lathan Sarita L Lavender Patrick D Lavoie Brian D Lawrence Lynn E Leary John M Lewis Jimmy A Lier Kenneth R Lindsey Jeffery Long Garth A Lowe Vincent L Lowman Eric S Lumpkin Scott W Lutz Mark D	Perry Vernon M Iii Peters Ronald E Pickard James R Pigeon Nanci R Planck Kevin J Pressley Ethel G Price Richard A Pugh Christian M	Stone Eric J Strasser Paul D Strickland Debra G Strohecker Eric M Stromatt Timothy L Stubbs David T Sullivan Michael P
Baggett Scott B Barker Daniel A Barnhouse John L Beaty Kevin S Benavides Jorge C Bianchi Randall J Black Billie J Jr Black Roy W Blake John N Blake Lawrence M Bless Brian C Boduch Nicholas G Bohannon Steven L Bolon Timothy A Bolt Shannon C Bond Clive C Bowen Patrick A Jr Bowen Thomas S Bradley Jerry N Brandell Patrick A Brawn Michael J Breazell Michael A Bridgeman Brian K Brinkley John W Brocius Dale J Broder Michelle R Brooks Kevin A Brown Lovorn Brown Tammy V Bruha Dennis E Budny Mark R Burke Brien M Burroughs Stephani	Dalton Carol B Daniel David D Davis Courtney A Davis Mark E Davis Michael P Dawson Michael C Decker Gordon B Jr Decker John P Diaz Thomas Dixon Kelly Douglas Daren E Draper Ronald A Dubois Roger R Dubose Craig L Dye Michael	Jacobs Daniel G Johnson Angelica M Johnson David M Johnston John F Joiner Regina F Jordan Phillip N Josefowicz Matthew Jurgella Kevin J	Mahoney Ronald J Majette Jeffrey C Manning Ronald W Marshall Curtis L Martens David L Martinez Luis A Jr Masi Stefano Massingill Douglas Matthews Pamela M Mattingly Troy A Mcatee Ronald L McCaw Todd R McCormick James H McCracken Gerald J McCrory Howard S J McDonald James C McGillicuddy Corne McGuigan David E McKinnon Martin B McNeil Sidney R Meyers Robert J Mical Thomas M Mikolajczyk Denise Miller Beverly Ann Miller Eric W Montano David W Montgomery Jeffrey Moore Jerry D Jr Morris Roger L Morrison Scott C Mosser Neal A Mueller Kelly A Mullins Dale P Murphy Grant E Myette David L	Real Sergio D Ream Cynthia M Reed Michael P Reid Robert J Iii Repass Jeffrey K Rettele Lawrence D Revels Steven D Richardson Brian Q Rineer Robert A Ritz Kenneth C Roberts Michael A Robinson Micheal D Rocker Steven J Rodgerson Michael Roshitsh Carla S Ross Richard H Rowland Michael W Roznovsky Franklin Runkle Edward C Ryan Joseph R	Taitt Paul D Taverne Rudy Taylor Rodney L Taylor William R Tetreault Peter R Thomas Hubert M Jr Thomas Karen L Thompson Jennifer Tibbetts James S Tilton Jay E Tingelhoff Rudy B Torres Robert J Touhey Kevin L Trahan Daniel G Trampel Jonathan D Tremain Darl V Trujillo Gerald Turcotte Michael R Turcotte Richard J Turner Albert Turner Johnny A Turner Jonathan D Turner Malcolm J Turner Terence
Cadwell Steven L Cahill Shelley C Callahan Darin L Carlson David E Carmody Edward R Carpenter Jeffrey Carter Gary B Celis George G Chadwick Daniel A Childs Yance A Colbert Steven M Collet Teresa L Collins Thomas W Colston Edward D Concepcion Donna J Conde Michael S Coombs Daryl Cooper Pamela D Cope Joel W Cormier Norman M Cornell Scott E Cottingham Walker Craft David L Craft John M	Eddings Dwight D Elder John A Eldridge David C J Elliott Gary L Ellis Bart A Erman Robin G Evalle John G Everson Mark A	Kasper Robin T Katz Todd M Kavaky David J Kemp Norbert A Jr Kennedy Todd R Kepsel Timothy N Kichton Ronald N King Paul A Kiplinger James D Kirkpatrick Manky Klintworth Michael Knox Paul A Koser Donald L Kovach John E Jr Kremer David R Kurucz Robert J	Nabozny Jeffrey Al Newsome Wanda A Noel Kurt A Noonan Timothy P	Sammons Craig A Sanders John H Scanlan James P Schackman Timothy Schell James D Jr Schmidt Anthony J Seay Garry E Seballos Harry B Sharon Charles L Sharp Candace C Shaymore Kevin R Shelton Edwin H Ii Shoulders Calvin Shreiner Glenn F Silsbee Darren A Simmons Billy J Jr Simmons Patrick S Simon Jeremiah Sta Sims Bernard D Singletary Gerald Siordia Jesus Slater Duane P Slothower Thomas E Smiley Alfonso R J Smith Atticus C Smith Denroy D Smith Garland W Smith Graham Smith Gregory A Smith James M Jr Smith Johnnie D Jr Smith Lisa R Smith Michael E Soel Brenda L Soto Leonides Jr Sousa Joseph J Spease Brian E Sprague Dean E Steffen Barbara J Stiefken Charles E Stirling Jesse M Stilouis Shelton L Stogner James E Jr	Vanburen Anthony D Vanlinden Robert J Vaughn Jeff A Victory Johnny C
	Farris Marshall K Fedor Robert L Fencik Michael J I Ferrell Steven W Fewell Franklin W Fischer Douglas A Fitton John M Fitzkee Craig A Fitzpatrick Casey Flowers Crystle L Floyd James A Floyd Wanda E Fordham Jeffery R Fortner Don C Foster Brian K Foster Tyler D Francavilla Louis Fuller Scott A Funkhouser Charles Furby Darryl S	Gant Juliet M Gast David L Gates Richard A Gibson John L Ii Gill James R Gisel Ronald A Godsey George T Goetzhauser Rick J Golson Malcolm D Gonzales Rodolfo Grant Daryl L Graves Samuel D Green Johnny L Greene David G Greene Terrence A Grindstaff Maxwell Guionnaud Rene A J	Lacombe Randy P Laird Donald H Jr Lambing Kevin J Lamontica Michael V Landry Douglas J Lantz Steven S		Waldron Dale B Walker Harry W Ward Ronald Wasko Eugene R Jr Waterhall Claudet Watson Adam J Watson Steven R Webb Eddie Charles Wedington David D Whetsell Michael W White Stephen K Whitneyrush Tammy Wilk Tanya A Williams Christoph Williams Kenneth A Williams Oscar E Wilson David K Wilson Patrick L Wilson Rodney J Winder Bryan E Womack Charles C Wood Randy P Woodring Larry D Woods Kevin A Wright Daniel J Wright Kerry L
	Hafner David A		Pace Edward J Parker Jeffrey Parks Kevin M Paul Raymond J Pendergrass Leyda Pepin James E Perdue James R Perez Jose E Perry Michael T	Yarbrough Kenneth Yelton Bobby G Jr Yocam Eric E Young Scott T	Zalig Timothy G Zidack Maya L Zirkle Michael E

386th Air Expeditionary Wing Rock Solid Warriors



**A1C
Emily K. White**

386th Expeditionary Security Forces Squadron
3P051 Security Forces Journeyman

Home unit/base: 375 SFS, Scott AFB, Ill.

How do you support the mission here? We defend the Rock by aggressively dominating the outer perimeter and providing steadfast coverage of the Surface-to-Air Missile (SAM) and Pan Portable Air Defense System (MANPAD) footprint.

How many times have you deployed and what makes this one unique? This is my second deployment. The people are different and more hospitable. The job is more challenging and beneficial to me because of the nature of being a cop.

How does your job differ in a deployed environment vs. home base? I get to see and do things that I will never get to see or do at home. I get to learn more about Security Forces operations as a whole. All of the training I have received has really paid off because I'm actually getting a chance to use it.



**Staff Sgt.
Joshua Neal Walker**

737th Expeditionary Airlift Squadron
1A251C 130 E/H Loadmaster

Home unit/base: 2 AS, Pope AFB, N.C.

How do you support the mission here? Coordinate between multiple agencies; atoc, maintenance, OPS ... not only to deliver the war fighter to the battle area but also war fighting assets.

How many times have you deployed and what makes this one unique? This will be my sixth deployment, but my first as an aircrew member. The living accommodations and base facilities are much nicer here.

How does your job differ in a deployed environment vs. home base? The deployed environment allows us to focus our attention on our jobs. In the desert we get to be the best we can be without all the interruptions of day to day life from an established military base.