

Krab KRONICLE



VOLUME 4 ISSUE 25

506TH AIR EXPEDITIONARY GROUP, KIRKUK AIR BASE, IRAQ

DEC. 18, 2006



'Tis the season ...



KRAB aids
commercial flights
Page 3



STEP pomotion
Page 4



Food for your mood
Page 8

Krab KRONICLE



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On the Cover:

Technical Sgt. Lloyd Stinson and Senior Airman Justin Desens, 506th Expeditionary Civil Engineer Squadron fire department, pay a visit to Santa Claus at the Warrior Commons Dec. 18.

The chance to visit with Santa was just one of several events planned to help spread holiday cheer for those deployed during the holidays.

Photo By Tech. Sgt. Gene Lappe

Leadership Focus:

The Best Gift of All

Commentary by

Col. Gregory Schwab

506th Air Expeditionary

Group commander

There are many rituals and traditions associated with Christmas:

- family gatherings
- religious services
- sending greetings to people you haven't talked to in a year

But I would submit to you that the most common, the most pervasive ritual of all during the Christmas season is the giving of gifts.

This ritual energizes the biggest retail period of the year.

I'd be willing to guess that all of you have considered how you are going to observe this ritual despite spending the Holidays in Iraq this year.

But I would like to suggest to you that your duty in Iraq is the best possible gift you can give to your family and friends.

Our Declaration of Independence states: "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with

certain unalienable rights, that among these are life, liberty and the pursuit of happiness."

The First Amendment to our Constitution, one of 10 Amendments in the Bill of Rights, guarantees:

- freedom of religion
- freedom of speech
- freedom of the press
- freedom of assembly

Our freedoms are not free, they are bought with a price, and that price is our service.

This holiday season you are giving to your family and friends the gift of freedom – life, liberty, the pursuit of happiness, freedom of religion, speech, press, assembly, and many more.

You are also gifting the people of Iraq by helping them to secure these freedoms.

I would contend that there is no more noble gift on earth than this.

So, during this Holiday Season, be proud, and take joy in this gift that you give – to your family, to your friends, to your fellow Americans, to the Iraqi people. Freedom is the best gift of all.

Erbil hosts Iraq's first scheduled airline service

Combined efforts of Iraq civilian and U.S. military personnel help restore commercial travel to Iraq

By Tech. Sgt. Russ Wood
506th Expeditionary Operations Support Squadron

While it may not be possible for most Americans to travel to Iraq, many western countries have the opportunity thanks to the collaborative efforts between the U. S. military and Erbil International Airport.

Beginning Dec. 11, Erbil has regularly scheduled flights to and from Vienna, Austria. This wouldn't have been possible without hard work of the Airmen of Kirkuk Regional Air Base.

The 506th Expeditionary Operations Support Squadron Combined Enroute Radar Approach Control provides air traffic control service for the flights to and from of Erbil. Controlling aircraft traffic into Erbil isn't new for the Kirkuk controllers since several Middle East companies already provide charter service.

However, this marks the first scheduled commercial airline flights into Iraq since 2003, requiring the development of new procedures for the Erbil facility.

"The combined efforts of 1st. Lt. Derek Molloy and the airfield operations flight and the Multi National Coalition-Iraq officials developed a number of new procedures," said Senior Master Sgt. Rich Sironen, CERAP Chief Controller.



Photo by Tech. Sgt. Gene Lappe

Staff Sgt. April Brown and Airman 1st. Class Michael Edmonds, 506th Expeditionary Operations Support Squadron Combined Enroute Radar Approach Control, monitor and coordinate the flow of aircraft transiting northern Iraq or landing and departing from Kirkuk AB ensuring a safe flying environment is maintained at all times. The 506th EOSS CERAP also provides the same control for four Army airfields and two civil international airports, including Erbil, Iraq, where the first regularly scheduled flights from a western nation began Dec. 11.

"These efforts produced instrument approach procedures, additional airspace for positive control of Erbil arrivals, and a Memorandum of Understanding between Kirkuk Air Control Center and Erbil Advisory (soon to be Erbil Tower)."

Other Kirkuk agencies have also played a part in this success. The 506 Expeditionary Communications Squadron established communications landline with Erbil Tower.

Also, Maj. Doug Benton, 506 Expeditionary Civil En-

gineering Squadron, performed a pavement evaluation to validate whether runways and taxiways at Erbil could support Air Mobility Command assets.

Airman 1st Class Molly Kesteloot, 506th EOSS CERAP, recently traveled to the ancient city while attending a meeting with the Erbil Airport authority in an effort to standardize air traffic control procedures.

"The AEF 3/4 team has definitely left a lasting impression on Northern Iraq and has helped this emerg-

ing nation make a giant leap forward in the rebuilding process," said Sergeant Sironen.

The city is one of the largest in Iraq and sits about 50 miles north of Kirkuk.

Primarily Kurdish, it is believed to be one of the oldest continuously inhabited cities in the world and has many tourist attractions in the form of archaeological and historical sites.

At this time, the U.S. State Department prohibits the general US population to travel to Iraq. One day, however, when the insurgents have laid down their weapons and calm is restored over this historic country, Iraq may become a top tourist destination for people the world over.

"The AEF 3/4 team has definitely left a lasting impression on Northern Iraq and has helped this emerging nation make a giant leap forward in the rebuilding process."

**Senior Master Sgt. Rich Sironen
506th EOSS CERAP Chief Controller**

STEPing up



Photo by Tech. Sgt. Gene Lappe

Then Staff Sgt. Cary Gibson, 506th Expeditionary Civil Engineer Squadron Explosive Ordnance Disposal flight, reacts to the news he has been promoted to technical sergeant under the Stripes for Exceptional Performers program Wednesday. Sergeant Gibson received the news from Brig. Gen. Noel T. "Tom" Jones, 56th Fighter Wing commander at Luke Air Force Base, Ariz.



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 Kirkuk.

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).

Battle uniform available to deploying Airmen this spring

WASHINGTON (AFPN) -- The Airman Battle Uniform is on track for distribution this spring to Airmen deploying as part of Air Expeditionary Forces 7 and 8.

The new ABU is in production Dec. 7 and uniforms are being warehoused.

The uniform will be ready for distribution to Airmen deploying as part of AEFs 7/8. Most Airmen will get two ABU sets and two Desert Combat Uniform sets for their deployment.

Battlefield Airmen with Air Force specialty codes for combat rescue, special tactics, pararescue jumper,

combat control, tactical air control Airmen, members of the special operations weather team, battlefield weather Airmen and explosive ordnance members will each receive four ABU sets.

By October 2007, the Air Force will begin issuing the ABU to Airmen in basic military training, and in June 2008, the uniform will be avail-



able for purchase by the rest of the Air Force in Army Air Force Exchange Service outlets.

The ABU boasts 236 different size options in both male and female sizes. Additionally, its permanent press finish means the uniform cannot be starched, pressed or dry-cleaned. Airmen will be able to pull

the ABU from the clothes dryer and wear it without further treatment. Any ironing could degrade the effectiveness of the uniform.

The cost for the uniform, pants and coat, runs about \$81. Additional items, such as socks, T-shirts, belts, and ABU-style hats will also need to be purchased. Airmen are authorized to wear DCU-style boots with the ABU until the newly designed green boots become readily available. The green boots are priced at \$100.

The expected mandatory wear date for the new ABU is October 2011.

Making the best of the holidays while deployed

**By Maj. Layne Bennion and
Tech. Sgt. Sgt Veronica Rowlett**
506th Expeditionary Medical Squadron Life
Skills Support Center

The Holiday Season is upon us. Warm and fuzzy childhood memories may come to mind as we ponder Christmases and holidays past. The thought of not being able to share the season with our loved ones may cause some heartache for some.

Obviously there are no easy answers or magic to wipe away the frustration, sadness or even bitterness which may accompany spending the holidays in Kirkuk on military duty away from friends and family. And even if there were simple answers, no solution is going to fit all situations. However, there may even be some who are relieved not be "home for the holidays."

In our opinion, it certainly doesn't make sense to ignore the fact that we will be here over the holidays. However we also don't have to be stuck in the view that the only holiday celebrations that can happen are those we are used to with family and friends. These are, and perhaps should be, different events and types of celebrations.

The energetic efforts of our dedicated services people are commendable, but those do not make our holidays here the same as at home (nothing against their efforts—it simply can't be the same). But just because we aren't home, doesn't mean

that there can't be some enjoyment, some fun, and some togetherness out here.

The best answers are those that make sense to you and fit your situation. In the following paragraphs contain some idea or suggestions that have helped others in the past. These may make sense for you or may spark another idea that works for you and your family.

Be involved with your family as possible. Be a part of their traditional holiday events even in small ways—phone in during family gatherings, send cards, and send a digital video message. Also discuss ways you can partake such as having family members send videos, recordings or stills of family gatherings.

Encourage your spouse to continue routine activities and schedules—social events, church meetings, family gatherings, particularly if you have small children. In general, children cope better if they have a familiar routine to rely upon. Although you can't be a part of those events, your family can still have some enjoyment in the usual holiday routines.

Create a new family celebration. For example, for those Air Force members whose rotation cycle is ending soon, it may make sense to plan second Christmas/ New Year's event with your families and friends since you will be home within a few

weeks of the traditional events. Perhaps both a traditional "on-time" event and a non-traditional "delayed" celebration can be enjoyed in different ways.

Take advantage of the friendships you have developed here. Just as it's important for your loved ones to have a support system in place, so it is for you. Make plans to do something with your friends, whether it is to attend a church service together, watch movies or enjoy some goodies together.

Show some Christmas spirit and do something for someone else. Often focusing on helping others can help lessen the impact of your troubles. You may consider volunteering for activities. Consider inviting those around you to activities you plan. Be sensitive to others. Help one another.

Try celebrating the Holiday Season in a new way. Tap into the diversity among us and find out how other ethnic groups celebrate the holidays. Have an open mind.

And lastly, remember this season is not meant to last a few special days out of a year, but to serve as a reminder of qualities we should attempt to display all year round. The gifts of a kind word, a smile and a nonjudgmental attitude are the true nature of this season. For those who present this gift to others around them 365 days a year, receive many return gifts throughout the year.



Twelve Day of Holiday Cheer --KRAB Style

Upcoming 12 days of Holiday Cheer. See NOTAMS or your first sergeant for locations.

Bonfire
Tuesday at 1900

Combat Drive-In
Thursday at 1900

Amazing Race
Saturday at 0800

Holiday Olympics
Sunday at 0600

Idol Karaoke
Wednesday at 1900

Squadron Skits
Friday at 1900

Holiday Party
Saturday at 2000

Catch Me If You Can
fun Run--Dec. 25

USCENTAF commander sends holiday message

By Lt. Gen. Gary North
Ninth Air Force/USCENTAF Commander

As the holiday season approaches, we look forward to spending time with family and friends throughout the world and enjoying the festivities of the season.

Whether we celebrate Christmas, Hanukkah or Kwanzaa, this season is traditionally a time for togetherness and sharing with each other.

Due to our military mission, many of us are away from our families this year as we contribute to the greatest gift that military members continue to "give" to our nation – the military support to our highest calling to our American people, that of supporting and defending the Constitution of the United States...said another way, preserving the gift of freedom.

Those military members who are deployed can take heart in knowing

that our loved ones at home understand our sacrifices, and are proud and respectful of the calling that has you deployed during this period of time.

Additionally, your military is providing gifts to others throughout the world as we continue the fight against terrorism. United States military members are in the forefront in helping the people of Iraq and Afghanistan as they grow as sovereign nations. As we enjoy our holiday times, whether deployed or at home, we will continue to stand side-by-side with our Coalition partners in training Iraqi and Afghan forces to support, defend, and protect themselves and their families.



Lt. Gen. Gary North

To all the families of those at home and abroad, I especially thank you for the sacrifices you continue to make each and every day. As we go about our busy schedules, please remember to take time in your celebrations this joyous season and reflect on all the gifts we share as people in a free

country.

It is this very reason that many of our service men and women are deployed around the world today, to support, protect, defend, and to provide those same very promises for freedom that formed our nation so many years ago.

Best wishes for a happy holiday season and a prosperous New Year.

Tops in Blue



The Air Force's expeditionary entertainers, Tops in Blue performed for Kirkuk Air Base/Forward Operating Base Warrior at the Warrior Commons Dec. 8. Airmen and Soldiers were on hand to see one of the best in Air Force entertainment. Tops in Blue is composed entirely of Air Force members and travels to deployed locations around the globe to perform for military members.



Photo by Tech. Sgt. Gene Lappe

Secretary Rumsfeld bids servicemembers farewell

For these past six years, I have had the opportunity, and, I should add, the privilege, to serve with the greatest military the world has ever known.

To all of the men and women in uniform, all across the globe, I wish it were possible for me to meet with each of you personally today so I could look you in the eyes, shake your hands and express my heartfelt gratitude for your service, and to give you some sense of what you have given me -- pride in our mission and an abiding confidence in our country and in those of you who volunteer to risk your lives to defend us all.

As I complete my second tour as secretary of defense, I leave knowing that the true strength of our military lies not in our weapons, but in the hearts of the men and women in uniform, in your patriotism, in your professionalism, and your determination to accomplish the mission.

President Abraham Lincoln once said, and I quote, "Determine that the thing can and shall be done, and then we shall find the way." That remains as true today as it was during President Lincoln's time. I have seen countless examples of this resolve when I have met with those of you serving in this long struggle against violent extremists.

I remember visiting a base near Fallujah, where Marines had been engaged in some of the most intense house-to-house fighting since World War II. It was two days before Christmas.



Photo by Cherie A. Thurlby

Secretary of Defense Donald H. Rumsfeld poses for a photo with servicemembers at a town hall meeting Dec. 9 on Al Asad Air Base, Iraq. Rumsfeld made a surprise visit to Iraq to thank the military members and their families for their sacrifice and dedication to the country.

A staff sergeant asked me why there wasn't a way he could extend his tour beyond his unit's service limit in Iraq.

And, I think back to a young man I met at Bethesda naval hospital. He was in the very early stages of his recovery from multiple wounds suffered in Iraq. He looked up at me with a tube in his nose, and he said with force, "If only the American people will give us the time we need, we can do it. We are getting it done."

And a soldier I met in Afghanistan not long ago who said, "I really can't believe we're allowed to do something this important." Well, I feel the same way. I can't believe I have had the chance to be involved in something so important to the safety of the American people and the future of our country.

What you are accomplishing is not simply important, it is historic.

When the cause of human freedom required men and women to stand on the

front lines in its defense, you stepped forward to liberate more than 50 million citizens in Afghanistan and Iraq.

You captured or killed tens of thousands of extremists, taking the fight to where they live, rather than waiting for the extremists to attack us again where our families live; and you helped alleviate the conditions that foster extremism in places like the Horn of Africa, the Philippines and elsewhere so that your children and grandchildren will not have to face the challenges that we face today.

This month has two important anniversaries: the free elections of the Iraqi national assembly and the seating of the very first democratically elected president in Afghanistan's long history.

We all remember the images of Iraqis proudly raising their purple fingers in the air after voting in their first free elections and the images of the Afghan girls singing with joy as their new

president took the oath of office. Those were historic chapters in the saga of human freedom, and you made them possible.

The long struggle we are in is complex; it's unfamiliar; and it's still little understood, leading some to believe that there is no need to go on.

The enemy is counting on us to falter and to fail. You are the ones who live the successes and who endure the setbacks of this struggle, who find your daily missions a personal test of will. And you are the ones who, above all, know that the cause of freedom is well worth the price.

In 10 or 20 years, when you are talking to your children or to your grandchildren, you will look back on your service and at what you have accomplished with a great sense of pride.

You will know that you were part of a truly proud history. Indeed, you were the makers of that proud history and an inspiration to the generations that followed.

It has been the highest honor of my life to serve with you, the men and women of the U.S. armed forces. You define the American spirit. You have helped millions triumph over tyranny, during this time of great consequence.

You have my eternal respect, and you will remain in my thoughts and prayers always. May God bless you and your families, and may God continue to bless our wonderful country.

Courtesy of American Forces Press Service

Foods that boost your moods

Scientists are discovering that when you're in the mood for a particular food, your brain may have as much to do with what you pick as your taste buds.

Carbohydrates boost brain serotonin, a calming neurotransmitter that counters irritability and depression. Eating carbohydrates begins a process that allows the amino acid tryptophan to enter the brain more easily. The brain uses tryptophan to make serotonin. Expect the resulting mood from eating foods containing tryptophan to last about three hours. The amino acid tyrosine, contained in protein-rich foods, stimulates brain chemicals that make people more alert, with improved attention, motivation and reaction time. A recent research study reported that tyrosine supplements helped

Soldiers think more clearly under conditions of severe stress, such as extreme cold or high altitude.

Does this mean that eating more tyrosine-rich food such as fish, chicken, meat, eggs and beans will make you more alert? It is more accurate to say that protein is less sedating than carbohydrates.

The two nutrients fight fatigue better than carbohydrates alone — especially at lunch, when the normal rhythms of your body make post-meal drowsiness more likely.

It is suggested an indi-



vidual eat 3 to 4 ounces of lean protein food to prepare for mental activities. You can eat carbohydrates along with it, but skip the fat. Avoiding red meat completely may do more harm than good.

With all the hoopla over low-cholesterol diets, many women experience low-level iron deficiencies that make them feel tired and blue. (The body needs iron to keep its cells fueled with oxygen and, thus, energized.) Those most at risk for iron deficiency are women who exercise frequently, have been pregnant in the past two years or consume fewer than 2,500 calories per day. The key is choosing lean meats such as flank steak, round steak or sirloin which are lower in fat.

Not drinking enough water each day can leave you feeling lethargic. When the body dehydrates, blood flow

to the organs decreases and the brain slows down. Relying on thirst, however, is a poor way to determine how much water you need. Most adults should drink six to eight glasses of water or plain seltzer per day.

Caffeine can also help maintain alertness, especially when doing long, tiresome tasks. Recent research links the amount of caffeine in one to two cups of coffee with an improved ability to think clearly, make snap decisions and feel more energetic up to three hours after drinking it.

In a study of 50 sleep-deprived people, the amount of caffeine in as little as one and a half cups of coffee boosted their concentration, energy and confidence levels.

Keep in mind, however, that if you drink more than two cups of coffee a day or are sensitive to caffeine, it can make you irritable and

jittery.

Citrus fruits are among the richest sources of vitamin C, a key ingredient for boosting levels of the energizing brain chemical norepinephrine. This neurotransmitter regulates the body's ability to be alert, attentive and motivated. Researchers have found that even a small deficiency in vitamin C can leave you feeling irritable and blue. The precise mechanism is still unclear, but a lack of vitamin C-rich foods can also inhibit your body's ability to absorb the iron it needs to fight fatigue.

The food you crave may also trigger the release of endorphins, pleasure-enhancing substances made by the brain. Cravings often differ by gender: women tend to prefer fat-sugar combinations like chocolate, ice cream and cake; men like fat-protein or fat-salt mixtures such as steak, pizza and french fries.

Satisfy your cravings healthfully by cutting fat; for example, fat-free pudding for a fat-sugar craver; lean meat for a fat-protein lover; fat-free tortilla chips for a fat-salt lover.

For the lowest-calorie high of all, try exercise. Those who exercise regularly produce more endorphins than those who don't.

Excerpted and adapted from an article by Army Capt. Joanna Reagan, U.S. Army dietitian.

An Air Force legend returns

WASHINGTON (AFPN) - - During World War II, a special wartime publication, limited to 5,000 copies, brought some welcome light in the Allies' darkest days. But this "rarest of the rare" books appealed to more than just yesterday's Airmen -- it charmed their children.

Now, after 63 years, and the hard-fought efforts of one Air Force historian, the book will again be made available to Airmen in time for the holiday season.

The gremlins have returned. In commemoration of the 60th Anniversary of the U.S. Air Force, the Army Air Force Exchange Service is distributing a limited edition of the 1943 children's book, "The Gremlins: A Royal Air Force Story." Roald Dahl wrote the book and later went on to write "Charlie and the Chocolate Factory," "James and the Giant Peach" and other children's classics.

The book is now available at base exchanges. The print run is limited and advance ordering of the book is not possible.

"The Gremlins is unique on many levels," said Andrew Stephens, 11th Wing historian and the man behind the Gremlins project. "The 1943 edition only had 5,000 copies published worldwide and was never again reprinted, making it one of the rarest children's books in existence.

"The illustrations in the book were all done by Walt Disney Studios, many coming from the storyboards for an animated feature about the interaction between World War II Allied flyers and their magical little friends.

"The movie was never finished, but Walt Disney had committed great resources to pursue the project and the book is part of his legacy to the air forces of the world, and the U.S. Air Force in particular."

Mr. Stephens began the Gremlins Project in February 2006, finding a rare copy of the Dahl book in the National Archives. His research showed that Dahl, then a Royal Air Force flight

lieutenant, had served in Washington, D.C., when the book was written.

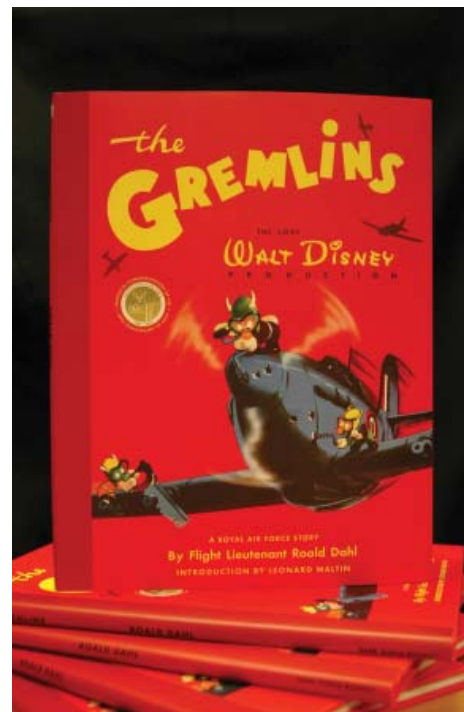
"Dahl was an air attaché here during the war," said Mr. Stephens. "His duties had him working closely alongside Air Force visionaries at Bolling Field on Operation Bolero, as well as other critical needs. Bolero was an important mission, providing flyers, airplanes and other equipment to Britain for the extensive buildup of the Normandy invasion over a long period of time. It is likely that then-Lieutenant Dahl wrote this book as a way to de-stress from the demands of mission planning, as well as a tongue-in-cheek ribbing of mechanical problems that plagued Allied airmen."

The story goes that, after Lieutenant Dahl crashed an airplane earlier in the war, he blamed gremlins -- little magical creatures that injected mischief into the everyday operations of pilots. The concept had universal appeal: a scapegoat for when things don't go the way they're supposed to, and was embraced by pilots everywhere.

But Dahl's story goes further, Mr. Stephens said. The book delivers a moral lesson as well -- that those problems that plague pilots can be overcome through cooperation and that building a friendship can turn a problem into a winning solution. The message for children is different, said Mr. Stephens.

"Airmen can read this book to their children and explain that they always have someone looking out for them. Children worry that their parents go into battle alone, because they don't understand the social structure of the military. The gremlins then become a metaphor for the wingmen who serve alongside us, comforting our children in the process. It's an unrivaled opportunity for parents to bond with their children in a military setting; a real win-win for the Air Force."

Walt Disney was one of the loudest and most effective advocates of



In commemoration of the 60th Anniversary of the U.S. Air Force, the Army Air Force Exchange Service is distributing a limited edition of the 1943 children's book, "The Gremlins: A Royal Air Force Story."

airpower and of a separate service during World War II, Mr. Stephens said. The animator-entrepreneur invested his own money into a serious animated feature making the case for the Air Force. That movie, "Victory Through Airpower," is also part of Mr. Stephens' history-themed projects for the Air Force 60th Anniversary.

"Walt Disney created this image of the air as a place of adventure and wonder, inspiring American citizens to think of the world beyond their horizon," Mr. Stephens said. "The Gremlins was one such vision, and it clearly moved the great thinkers of the time. During World War II, many airpower advocates owned copies of the book -- from the Women's Air Force Service pilots, who adopted the female gremlin, Fifinella, as their mascot, to first lady Eleanor Roosevelt herself. The book is almost impossible to find now; the rarest of the rare with fewer than 300 copies known to exist worldwide today."

Kirkuk Chapel Schedules

Holiday schedule

Dec. 23

Catholic Mass -- 1900

Freedom Chapel

Catholic Mass -- 1900

Dining facility

Christmas Eve

Gospel Service -- 0800

Freedom Chapel

Catholic Mass -- 0930

Ohanna Chapel

Contemporary Protestant -- 1000

Freedom Chapel

Catholic Mass -- 1130

Freedom Chapel

Christian Candlelight Service -- 2100

Bronco Gym

Christmas Day

Catholic Midnight Mass --0001

Freedom Chapel

Catholic Mass --0900

Ohanna Chapel

Catholic Mass --1130

Freedom Chapel

Protestant Service of Light/Carols -- 1900

Freedom Chapel

Sandbox

MERRY CHRISTMAS from the Sandbox

DECEMBER 2006



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

			All nightly Sandbox events begin at 20:00		SALSA NIGHT 1	Club Night 2
3 OLD SCHOOL NIGHT	4	5 SALSA LESSONS	6 SPADES STALL DOMINOS	7	8 SALSA NIGHT	9 Club Night
10 OLD SCHOOL NIGHT	11	12 SALSA LESSONS	13 SPADES DOMINOS	14 COUNTRY NIGHT	15 SALSA NIGHT	16 Club Night
17 OLD SCHOOL NIGHT	18	19 SALSA LESSONS	20 SPADES STALL DOMINOS	21	22 SALSA NIGHT	23 Club Night
24 Christmas Party 31 NEW YEARS EVE PARTY	25	26 SALSA LESSONS	27 SPADES TOURNAMENT DOMINOS TOURNAMENT	28 COUNTRY NIGHT	29 SALSA NIGHT	30 Club Night