

# DESERT EAGLE

Volume 10, Issue 1  
Jan. 3, 2010



Welcome, 2010!



# DESERT EAGLE

Volume 10, Issue 1

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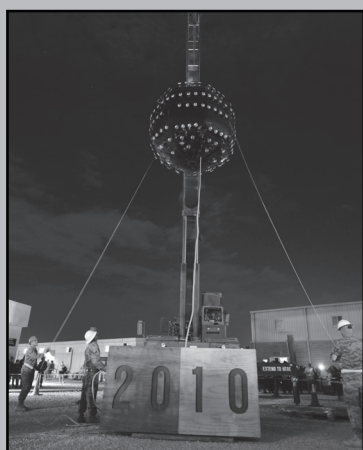
Staff Sgt. John White

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All photographs are Air Force photographs unless otherwise indicated.

Commentaries and warriors of the week are scheduled according to a squadron rotation. Unit commanders and first sergeants are the points of contact for submissions.

For more information, call 436-0107.



Airmen from the 379th Expeditionary Civil Engineer Squadron guide the New Year's Eve's ball here Thursday. Servicemembers deployed in support of Operations Iraqi Freedom and Enduring Freedom celebrate the New Year with music and dancing. (U.S. Air Force photo by Senior Airman Kasey Zickmund)

# Overcoming your defeat

By Master Sgt. Christine Kibler  
379th Expeditionary Medical Group  
First Sergeant

Throughout my Air Force career, I have had the opportunity to share experiences and career stories with many different Airmen. I hear stories reaffirming why I chose to serve and continue to serve our great nation. I also hear experiences or reasons why our people move forward. With all these stories and experiences, I have concluded that there is one common denominator: defeat.

Defeat means different things to different people; regardless of how it is perceived, it creates a barrier in the personal and professional lives of our Airmen. It keeps them from reaching their pinnacle of success.

Some experiences I often hear of are how members are set back in their career by family situations, personal events, negative performance evaluations, poor supervisors or disciplinary actions they have endured. I am often amazed by how long people hold on to the events robbing them of a successful career. I think Maya Angelou said it best, "I can be changed by what happens to me, but I refuse to be reduced by it." Most people experience negative events in their lives, some are out of their control while others are due to poor choices. So, how do you move forward?

Having experienced obstacles like discrimination and the loss of a parent early in my career, I can only share with others how I chose to overcome them. The first step, and probably the most challenging for me, was to accept them,

only then was I able to focus on the future. I learned a lot from those events and it made me a stronger leader.

Wendell Phillips said, "What is defeat? Nothing but education, nothing but the first step to something better." The will to overcome defeat lies with each individual. It's a personal choice. I am amazed at the sense of determination in some Airmen we serve with today, and I will share one example.

During my time as a First Sergeant, I had an Airman who was kidnapped from her home and forced to endure things only the darkest imagination could foresee. She was traumatized emotionally and physically, but her life was spared. Shortly after the incident, I realized I had not only encountered a survivor, but I had the opportunity to serve with an Airman who had a spirit of determination to see past this horrible experience and the hope to enjoy a promising career ahead.

The Airman was moved to another base for her protection, but I can still remember her requesting to stay longer to wrap up programs and provide a thorough turnover to her supervisor.

I witnessed the courage of this Airman who embodied the Air Force core values, but more importantly to me, I saw the true meaning of determination, faith and hope to overcome defeat. This outstanding Airman still continues to serve our great nation, and I would serve with her anytime, anywhere.

I have also had the privilege to support the 379th Expeditionary Medical Group's Intra-Theater Care Program. Through this experience, I have had the opportunity to meet many different members of the Air

**SEE OVERCOME ON PAGE 3**



## Commander's Action Line

- The Action Line is your direct link to Brig. Gen. Stephen Wilson, 379th Air Expeditionary Wing commander.
- Use it if you have questions or comments about the base that cannot be resolved by your chain of command or base agencies.
- Each question will be reviewed, answered and may be published on a case-by-case basis. E-mail [379aewactionline@auab.afcent.af.mil](mailto:379aewactionline@auab.afcent.af.mil).

# Area Defense Counsel -- advocate in times of need

By Area Defense  
Counsel staff

You've seen our photos. You've read the posters: "the Area Defense Counsel works for you, not the command." But who are we? And what do we do?

As you may have guessed, we are active-duty attorneys and paralegals. But unlike the professionals at the legal office, we don't work for the command.

The Area Defense Counsel was established in 1976 to provide defense services independent of the base legal office. That means we represent our clients, not the Air Force.

In 1983, Maj. Gen. Thomas Bruton, former Air Force judge advocate general, said, "It is not the job of the defense counsel to assist or make it easy for the government to establish or present its case. To the contrary, the independent defense structure pioneered by the Air Force was, in part, established to enable defense



counsel to freely make those many difficult and sometimes challenging decisions without fear of command interference or reprisal." So that's who we are, but what do we do?

We represent active-duty members in actions under the Uniform Code of Military Justice, at courts-martial and

during non-judicial punishment actions. We also represent clients in a variety of other actions, including administrative discharges, referral performance reports, and letters of reprimand.

Keep in mind, we can assist while the command is still investigating, before any action is taken against you.

Remember, under military law, an Air Force member suspected of committing a criminal offense has the right to remain silent and the right to consult with a military lawyer, free of charge, prior to making any statement. Also, any statement made, whether oral or written, may be used against the member in a court-martial, Article 15, non-judicial punishment action, or administrative action.

The fact a member exercises either the right to remain silent or the right to consult with an attorney cannot be held against the member by Air Force authorities.

If you need our services or have questions, do not hesitate to contact us. You can reach us at 437-6300 or [afloa.adc@auab.afcent.af.mil](mailto:afloa.adc@auab.afcent.af.mil). Our office serves all of Air Force Central Command and Joint Task Force-Horn of Africa. We're located in Ops Town behind the Manhattan Dining Facility.

## DOD leaders look at long-term effects of burn pits

By Jim Garamone  
American Forces Press Service

WASHINGTON (AFNS) -- Defense Department leaders have launched a study on the possible long-term effects of smoke emitted from burn pits used in overseas locations such as Iraq.

Armed services medical officials are conducting studies on the health outcomes of individuals that have been deployed to identify any health conditions associated with smoke exposure.

Burn pit smoke can cause some acute health effects in some people, Pentagon spokesman Bryan Whitman said Monday. These can include eye irritation, upper respiratory ailments and coughing.

"To date, we don't have any information on any longer-term health risks that may be associated with burn pit smoke inhalation," Mr. Whitman said.

This is the second study of the effects inhaling burn pit smoke may have. The first study used an Environmental Protection Agency risk assessment method to determine what effects the smoke at Joint Base Balad, Iraq, had on personnel exposed to it.

"We determined at that time, that there was no long-term health effects that were expected due to inhalation of burn pit smoke to the personnel assigned there," Mr. Whitman said.

However, there has been persistent concern about the possible effects,

prompting the Armed Forces Health Surveillance Center study. "The department's No. 1 priority is the health of our servicemembers," Mr. Whitman said. "Whenever concerns of this nature are raised we want to make sure they are being addressed properly, and when appropriate, studied for any long-term effects."

The Defense officials recognize that some individuals may be more susceptible to the effects of burn pits because of genetics or pre-existing health conditions. Other factors may contribute to long-term effects including smoking, inhaling dust particles and working around heavy machinery.

The health centers expect a preliminary report out early this year.

### OVERCOME

#### FROM PAGE 2

Force, Army, Navy and Marine Corps. This is the first time I have had the honor to work with all these outstanding men and women from every branch of service. Some of them have faced obstacles head on while downrange. Many of them have told me about friends they have lost to IEDs and how many times routine patrols

turned bad within seconds. One member told me his first stop when he returns from deployment will be to visit the mother of a friend he lost.

Although many of them have experienced battle directly or indirectly, the majority of them count the days until they are released from medical care so they can return to their units downrange.

Some would proudly go with stitches if they could.

So, when obstacles confront you face on, know the choice is yours. You can either let these situations rob you of your joy or you can face them, accept them, and make the choice to move forward -- this is your future. Be proud of your contributions to our great nation.





U.S. Air Force photo/Senior Airman Andrew Satran



Airmen pose for a group photo during Operation Uniform Delta. The event was an opportunity for airmen to display their uniforms and show the changes it has undergone.

Left, Mr. Philip Broom, of the Tuskegee Airmen, signs autographs for a group of airmen. Right, Mr. Philip Broom, a chemist with the 379th Expeditionary Medical Group, speaks with airmen during the Tuskegee Airmen's visit here, April 22. Mr. Broom is a mechanic with the Tuskegee Airmen during World War II. He was deployed from Wright-Patterson Air Force Base, Ohio, during Operation Enduring Freedom, sharing stories and history with the military.



U.S. Air Force photo/Staff Sgt. Joshua Garcia

Left, Senior Airman [Name] is a 2nd Squadron [Name] chief, looks at the engine during an engine check. The Royal Air Force [Name] combat aircraft was here May 3.

Right, Staff Sgt. [Name] for the [Name] washes the engine prior to a [Name] down required [Name] being cleared the window.





U.S. Air Force photo/Senior Airman Andrew Satran

on Uniform Delta here, April 27.  
the history of the Air Force uni-  
through the years.

ns an autograph for Kasie Nwa-  
ory Logistic Readiness Squadron,  
Mr. Broom served as an aircraft  
War II. Mr. Nwaohu-Amadi was  
nio. The Tuskegee Airmen toured  
ere supporting Operations Iraqi  
ry from when they served in the

r Aircraftsman Andrew Collister,  
ndron Tornado Detachment crew  
s over a Royal Air Force Tornado  
early morning pre-flight, May 25.  
Air Force concluded 19 years of  
r operations in the Middle East  
1.

ff Sgt. Trevor Helm, a crew chief  
7th Aircraft Maintenance Unit,  
ne windshields of a B-1B Lancer  
mission here, Jan. 29. The win-  
quire use of a special solvent while  
aned, due to the composition of  
ws.



U.S. Air Force photo/Staff Sgt. James Harper

Senior Airman Rory Nowosielski, a C-17 Globemaster III loadmaster with the 816th Expeditionary Airlift Squadron, stands on the ramp as Container Delivery System bundles are deployed from the aircraft during a high altitude airdrop mission in Afghanistan, Feb. 14, in support of operation Enduring Freedom.



U.S. Air Force photo/Staff Sgt. Joshua Garcia



# Education Center makes the grade

By Senior Airman  
Spencer Gallien  
379th Air Expeditionary  
Wing Public Affairs

Air Force bases around the world provide servicemembers with educational tools and resources to help them progress in their careers and personal lives.

The 379th Air Expeditionary Wing is no different, with an education center providing around-the-clock assistance to help students receive their Community College of the Air Force associates degree. They also offer assistance with numerous bachelor's degree programs, professional military education and upgrade training, and various other educational programs.

"Our goal at the Education Center is to provide students a place where they can begin, or continue, their personal and professional education," said Master Sgt. Eric Keys, 379th Expeditionary Force Support Squadron education counselor. "When a student comes to see us, we will point them in the right direction to fulfill their goals, or find



**Deployed personnel prepare to take a CLEP exam at the 379th Expeditionary Force Support Squadron's Education Center, Wednesday. The Education Center provides deployed personnel with education services and testing opportunities.**

someone who will be able to help them."

Currently, there are two colleges, Central Texas College and University of Maryland, University College, located at the 379th AEW that provide classroom instruction as well as online coursework. However, students may also take online courses with various colleges located across the United States.

"Although there are two colleges located here, students are not limited to those," said Sergeant Keys. "Students have a wide array of services

available to them that they may utilize in order to further their education."

The Defense Language Proficiency Test, which assesses a student's abilities with a given language, and DANTES tests, which grant students credit for an entire course in one test, are among some of the most popular educational assets used by the base populace, he added.

Airmen also have the ability to pursue their CCAF degree, a regionally accredited degree.

"If an Airman comes in interested in working toward their CCAF degree, we can set them up with an exact course of action to follow while they're here," said Sergeant Keys.

The Education Center can pull up a student's CCAF progress report, as well as an exam matrix, providing instructions on what exams an Airman must complete to finish their degree.

Once an education counselor has the information from the progress report and exam matrix, they can map out a set of simple instructions Airmen may follow to complete their CCAF associates degree.

For Airmen who have already received their CCAF degree, the Air University's

Associate to Baccalaureate Program, allows for Airmen to possibly transfer all 64 credit hours from their CCAF degree to a four-year, accredited college.

Students working on graduate degrees may also benefit from the Education Center and its resources.

Capt. Timothy Brady, 7th Expeditionary Air Command and Control Squadron sensor operator, came to the Education Center seeking more information on the Post-9/11 G.I. Bill.

"I'm looking at beginning a second Master's Degree of Business Administration," he said. "The staff here has been able to help a lot, and anything they were unsure of, they pointed me in the right direction."

On average, the Education Center helps between 100 to 200 students interested in progressing educationally, weekly.

To accommodate students, the Education Center offers a quiet area with computers dedicated for education and PME.

"Our goal here is to provide students with an area conducive to the advancement of the servicemembers' education and training," said Sergeant Keys. "Our mission is your education."



**Tech. Sgt. Kat Buss, 379th Expeditionary Force Support Squadron test control officer, assists Senior Airman Shawna Williamson, 379th Expeditionary Logistics Readiness Squadron material management apprentice, in scheduling a CLEP exam Wednesday. Sergeant Buss is deployed from RAF Mildenhall in support of Operations Iraqi Freedom and Enduring Freedom.**



## Senior Airman Oria Acosta

379th Expeditionary Force Support Squadron

Client Support Administrator

**Home station:** McConnell Air Force Base, Kan.

**Arrived in AOR:** October

**Deployment goals:** To keep a motivated attitude within myself; help others to do the same; learn new things from my co-workers; to improve myself and become a stronger individual.

**Best part of the deployment:** Taking a break from my regular routine at my home station, meeting new people and being put outside my comfort zone to undergo new experiences and circumstances.

**Hobbies:** Exercising, playing sports, movies, dancing, being outdoors, spending time with my family and friends.

**Best Air Force memory:** When I found out I earned Senior Airman Below-the-Zone.

*Nominated by Chief Master Sgt. Vatemala Ivy: "Airman Acosta is always looking for ways to improve her area and herself. Since arriving here, she has taken on every issue that has come her way and has tackled them with calm and patience, all while successfully improving every task she tackles. She is a true asset to the 379 EFSS and will make an outstanding senior NCO one day."*



U.S. Air Force photo/Staff Sgt. Robert Barney

## Sgt. Clarence William Curry Jr.

Parachute Rigger; Pack-In-Process Inspector

824th Quartermaster Company (Heavy Air Supply) Detachment 8

**Home station:** Fort Bragg, N.C.

**Arrived in AOR:** June

**Deployment goals:** Ensure ground forces downrange are supplied with what they need from our airdrops to accomplish their mission; mentor junior enlisted Soldiers to one day become future leaders.

**Best part of the deployment:** Being able to experience local culture off-post and learning more about my Military Occupational Specialty

**Hobbies:** Listening to music, playing basketball, working out and watching football

**Best Army memory:** Going to Normandy, France, for the 64th anniversary of the D-Day invasion and being able to jump from an aircraft in the same location where many paratroopers before me lost their lives.

*Nominated by Staff Sgt. Michael Issac Sharp: "I have nominated Sergeant Curry because of his devotion to duty and his willingness to always volunteer for extra tasks. He serves as an example for the junior Parachute Riggers in our unit through his attention to detail and technical expertise."*



U.S. Air Force photo/Staff Sgt. Robert Barney

## 1st Lt. David Newell

379 Expeditionary Maintenance Operations Squadron

Depot Liaison Engineer

**Home station:** Robins Air Force Base, Ga.

**Arrived in AOR:** November

**Deployment goals:** Increase my bench press and squat max to 175 lbs each, maintain my 1.5 mile time at 9:30 and become a top-ranked ping-pong player within the 379th Expeditionary Maintenance Group.

**Best part of the deployment:** Watching Bones take off at night, seeing the aircraft in real world operations, making new friends in the maintenance community, not having to wear winter clothes.

**Hobbies:** Soccer, ping-pong, baseball (Go Red Sox!) visiting historic cities and fiddling with computers.

**Best Air Force memory:** I went TDY to Hickam, and I'll never forget seeing the preserved bullet holes in the buildings from the attack on Pearl Harbor.

*Nominated by Maj. April Mench: "Lieutenant Newell provides aircraft engineering support to the 379 EMXG and other units throughout the AOR. He recently returned from a forward deployment where he was supporting Air Force assets at Kandahar Air Base."*



U.S. Air Force photo/Staff Sgt. Robert Barney





U.S. Air Force photo/Staff Sgt. Robert Barney

**Senior Airman Timothy Moxley, 721st Aircraft Maintenance Squadron jet technician, works to replace a C-17 Globemaster III engine, Wednesday. Airman Moxley traveled from Ramstein Air Base, Germany, with specialized equipment to replace the engine here.**



U.S. Air Force photo/Tech. Sgt. Michelle Larche

**Deployed servicemembers face off against the Dallas Cowboys Cheerleaders during a USO-sponsored Band Hero competition, Wednesday. The USO sponsors gaming events here approximately twice a month.**



# BOX BLUES SPECIAL EDITION



Maj. Alice Turner, 379th Expeditionary Medical Group chief mental health officer, conducts an initial session with an Airman deployed here, Wednesday. Maj. Turner works with her fellow mental health professionals to enhance the coping and problem-solving skills of servicemembers deployed here.



Tech. Sgt. Christin Foley, AFCENT Band Sirocco vocalist, performs for an audience of deployed servicemembers in Southwest Asia during a New Year's Eve celebration, Thursday. Sirocco is performing for servicemembers deployed in support of Operations Iraqi Freedom and Enduring Freedom.



# Human weapon system maintenance

Senior Airman Michael Matkin  
379th Air Expeditionary Wing  
Public Affairs

Servicemembers understand that weapons must be continually cleaned and maintained on a daily basis to remain accurate and functional; however, servicemembers must also maintain their human weapon system by practicing good hygiene so they too can remain highly functional and accurate.

"The biggest cause of illness on base is lack of good hygiene," said Lt. Col. Billye Hutchison, 379th Expeditionary Medical Group deputy commander and chief nurse, deployed from Maxwell Air Force Base, Ala.

Although thorough hygiene will secure the best results, hand washing is the most basic and effective way to practice good hygiene and prevent sickness and disease, said Staff Sgt. Jessica Rowe, 379th Expeditionary Medical Group aerospace medical service technician, deployed from Keesler AFB, Miss.

According to the Center for Disease Control, many diseases and conditions are spread through inadequate hand hygiene as a result of not washing hands after using the toilet, before food preparation or eating, when hands are unclean.

Throughout the day, it is easy for germs to build up on hands from numerous sources, such as dirty surfaces. It is then possible to spread those germs by touching the mouth, nose or eyes. Cross-contamination is also a risk when touching others or surfaces others touch, Sergeant Rowe said.

Sergeant Rowe said poor hygiene may also lead to the spread of infectious diseases such as the flu, the common cold, hepatitis and staph infections as well as salmonella, E. coli and other gastrointestinal disorders.

"If it is communicable, it can be spread by unclean hands," she said.

Warm water and soap should be used for at least 30 seconds while scrubbing hands. Sanitizers can be used instead of, or in addition to, warm water and soap, but don't wash hands immediately after applying or it will remove the alcohol, defeating the germ-killing benefits, Colonel Hutchison said.

As important as hand washing is, there are additional steps to ensure good hygiene and overall health is maintained in a deployed environment.

"One way to prevent germs from



U.S. Air Force photo/Staff Sgt. Robert Barney

spreading is to cover your mouth when coughing by coughing into your sleeve or the elbow," Colonel Hutchison said, "or if you use a tissue, throw it away."

If any kind of upper respiratory problems are felt, such as a fever or cough, the colonel advises maintaining a reasonable distance from others.

Since people cough into their hands, is important to remember that "it is OK to shake others' hands, but just be sure to wash before eating," Sergeant Rowe said.

A clean uniform is also important to good health and personal hygiene. Dirty uniforms can have an ill effect on health because chemicals and germs may be present. "Due to the extreme conditions here, it would be best if uniforms were changed out each day to help to prevent germs from spreading," Colonel Hutchison said.

Personal hygiene is more than just keeping yourself and your uniforms clean it is also about staying mentally and physically fit.

"Mental health is part of it. People need time away from their jobs to give them a chance to recharge. If you don't have time to reenergize, the mind will become a little puddle," Colonel Hutchison said.

Physical exercise is not only good for the body, but also for the mind. It is

easier to think when you are physically fit and well rested; it makes you feel better mentally, the colonel said. Maintaining a strong body also helps the immune system fight off germs.

Colonel Hutchison suggests Airmen be aware of their body and follow some simple suggestions:

- Cuts or open sores should be kept clean at all times. Avoid touching the site. If a sore is oozing or red go to the clinic.
- Keep your feet healthy by wearing clean, dry socks every day, as well as shower shoes when showering. Shoes should fit well.
- Protect your eyes by wearing sunglasses, reducing the sun's glare and shielding the eyes from sand and dust.
- Maintain good oral health by brushing your teeth. Neglecting your teeth may result in serious health problems, such as infections.

Because of the intense focus on hand washing and social distancing while people have had flu-like symptoms, the base population has had relatively few cases of H1N1 or other types of flu, Colonel Hutchison said. However, base personnel cannot become complacent, as it is still flu season. Practicing good hygiene at every opportunity can keep Airmen free from disease and at their best; ensuring everyone remains in the fight.





U.S. Air Force photo/Staff Sgt. Robert Barney

## Ready for takeoff

Mr. Dan Veloso, Dyncorp airframe and power plant mechanic, troubleshoots the radio system on a C-21, Dec. 27. Dyncorp contractors provide total aircraft system maintenance services, logistical support, and management processes to maintain the C-21 fleet in operation throughout the U.S. Central Command area of responsibility.

## This Week's Caption Contest

Photo No. 156

### The winner is...

**"I finally increased my wireless signal!"**

- Staff Sgt. Corey Jones,  
379th Expeditionary Civil Engineer  
Squadron



Photo No. 157 (next week's photo)

Do you have what it takes to make the base chuckle? Submit your made-up caption for the photo below to **379AEW.PA@auab.afcent.af.mil** by Wednesday. If your caption is the best (or second best), it will appear in the following week's paper.

Can't come up with a caption but have a funnier photo than we've been using? Submit it to **379AEW.PA@auab.afcent.af.mil** and we may use it.

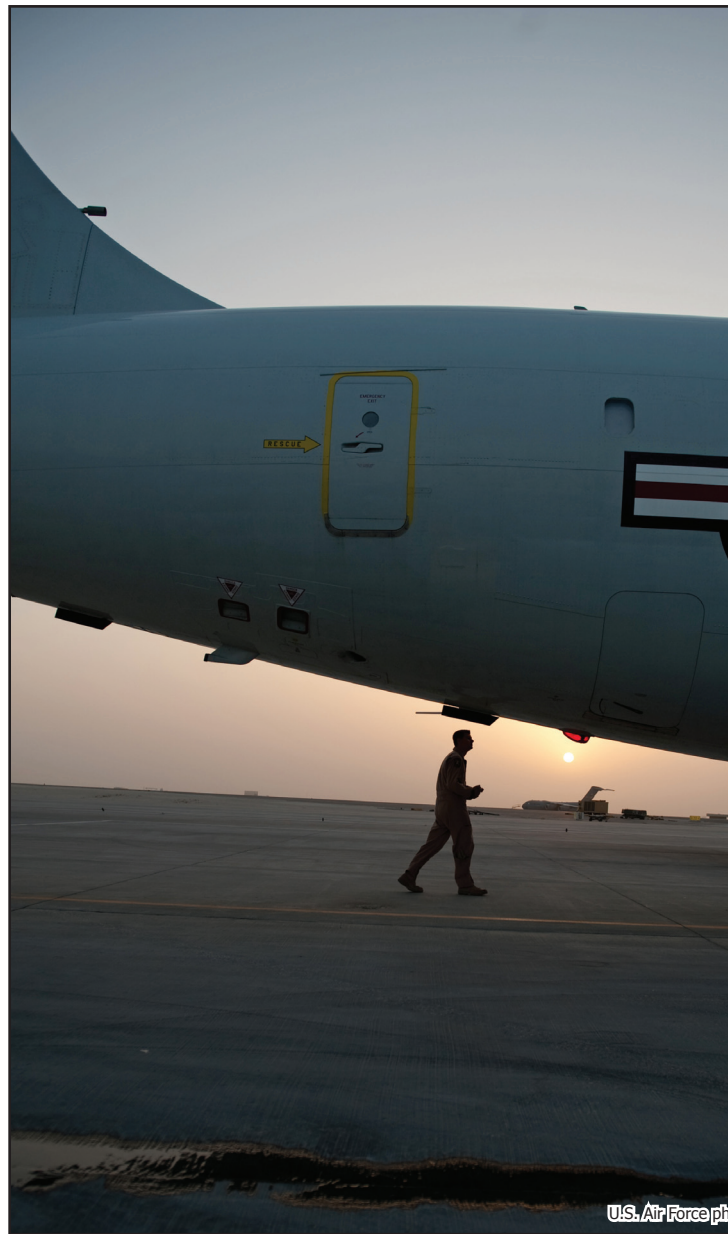


Right, Staff Sgt. Jared Keopp, 7th Expeditionary Airborne Command and Control Squadron flight engineer, performs a preflight check to ensure an E-8 Joint Surveillance Target Attack Radar System aircraft is safe to fly, Aug. 11. JSTARS logged 50,000 flight hours in the U.S. Central Command area of responsibility in August.



U.S. Air Force photo/Staff Sgt. Robert Barney

Members of the 379th Air Expeditionary Wing Honor Guard present the colors during a campaign ceremony in which Secretary of the Air Force Michael Donley presents the U.S. Air Force with six battle streamers, Aug. 26. Campaign streamers are awarded for participation in a completed campaign formally recognized by the Undersecretary of Defense and represent a military tradition that can be traced back to past battles and wars.



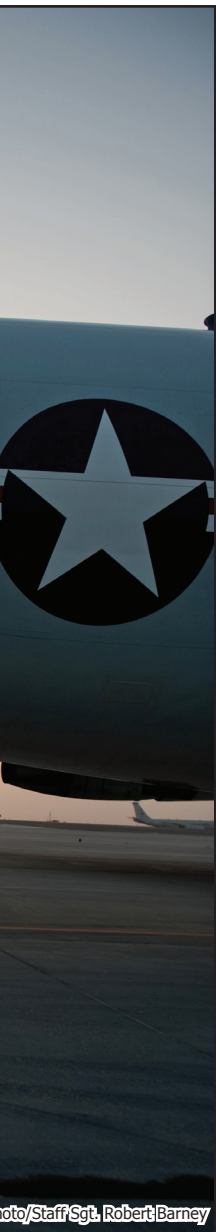
U.S. Air Force photo

Military servicemembers enjoy a Kid Rock performance as part of the Air Force Reserve Command-sponsored Tour for the Troops 2009, Dec. 6. Kid Rock, along with comedian Carlos Mencia and singer-songwriter Jessie James, are entertaining those deployed away from home during the holidays.



U.S. Air Force photo





photo/Staff Sgt. Robert Barney



photo/Staff Sgt. Robert Barney



U.S. Air Force photo/Staff Sgt. Robert Barney

**Military members of Special Operations Command Central render honors during the playing of the national anthem at a ribbon-cutting ceremony for the new SOCCENT headquarters, here, July 29. SOCCENT plans, prepares, and directs special operations missions in support of Operations Iraqi and Enduring Freedom.**



U.S. Air Force photo/Staff Sgt. Robert Barney

**Crew members from the 763rd Expeditionary Reconnaissance Squadron exit the RC-135V/W Rivet Joint, Oct. 7, in Southwest Asia. The squadron marked the 7,000th consecutive day in the U.S. Central Command area of responsibility for the RC-135V/W Rivet Joint Oct. 7.**





## VICTORY CHAPEL

Open seven days a week,  
24 hours a day,  
'And overtime on Sundays'

### WORSHIP SCHEDULE

#### Protestant

##### Saturday

7:30 p.m., Contemporary, Chapel

##### Sunday

9:45 a.m., General Protestant,  
CAOC 1st Floor conference room

9:45 a.m., Contemporary, Chapel

11:30 a.m., Traditional Service,  
Chapel

Noon, Church of Christ,  
BPC Fellowship

1:30 p.m., LDS Service, Chapel

4 p.m., Liturgical, Chapel

7 p.m., Church of Christ,  
Multi-purpose room

7:30 p.m., Gospel, Chapel

#### Roman Catholic Mass

6 p.m., Monday-Friday

Blessed Sacrament Chapel

##### Saturday Mass

6 p.m., Mass, BPC Mall area

##### Sunday Masses

8 a.m., Mass, Victory Chapel

11 a.m., Mass, CAOC 1st floor  
conference room

6 p.m., Mass, Victory Chapel

#### Earth Religions

##### Wednesday

2 p.m., CC Ministry Center

#### Jewish

##### Friday

9 p.m., Multi-purpose room

#### Muslim

#### Buddhist

#### Orthodox

See Chapel staff or call 437-8811 for  
more information.

## Current chapel classes

The 379th Air Expeditionary Wing  
Victory Chapel is now offering the  
following classes:

### Sundays

#### Rite of Christian Initiation of Adults:

Have you considered becoming Catholic?  
Are you already Catholic but want to know  
more about what the Church believes?  
Have you begun the RCIA process at an  
earlier time? Chaplain (Lt. Col.) Stephen  
Voyt will lead RCIA classes for those  
interested in making this faith journey, 9  
a.m., Chapel Conference Room.

**The Truth Project:** This DVD-based  
small group study is designed to equip  
participants with a comprehensive biblical  
worldview. Practically and personally,  
participants will be reintroduced to the  
truth claims of God. Twelve, one-hour  
lessons detailing God's design for living  
out the Christian worldview in daily life.  
6:30-8 p.m., CC Ministry Center, Building  
10006.

**Living Water Bible Study:** An  
open discussion about God and life's  
most important issues. 1-2 a.m., Chapel  
Conference Room.

### Mondays

**Financial Peace University:** How to  
get out of debt, stay out of debt and build  
wealth in a Godly manner. 11 a.m. and  
6:30 p.m., CAOC.

**Boundaries Study:** 11:30 a.m. – 12:30  
p.m., Civil Engineer Conference Room,  
Building 8811.

**Women's Study:** Attendees will view  
and discuss the "Stepping Up" video  
series. 7:30-8:30 p.m., Chapel Multi-  
Purpose Room.

### Tuesdays

**NOOMA Video Series:** A series of  
short films exploring the world from the  
perspective of Jesus. 4:30 p.m., Victory  
Chapel.

**Christian Discipleship Bible Study:**  
Learn how to be an intimate follower of  
Christ. Through the use of scripture study,  
Bible memory, and prayer participants can  
learn and develop lessons to teach others.  
7:30-9 p.m. CC Ministry Center.

**Spiritual Discipline (Men's Study):**  
Spiritual disciplines can be described as  
behaviors facilitating spiritual growth.



Spiritual disciplines, then, are spiritual  
exercises one engages in habitually which  
brings one closer to God and thus becomes  
more godly in character and behavior.  
7:30 p.m., Chapel Multi-Purpose room.

**Catholic Bible Study:** "Ignorance of  
the Scriptures is ignorance of Christ" -- St.  
Jerome. Vatican II called upon Catholics  
to know the Bible more profoundly so  
they may know Jesus, the Word of the  
Father. As the Year of St. Paul concludes,  
participants will delve into the Word of  
God. 8 p.m., Chapel Conference Room.

### Wednesdays

**Latter Day Saints Men and Women's  
Study Group:** 7-8 p.m., CC Ministry  
Center.

**The Five Love Languages:** Are you and  
your spouse speaking the same language?  
Participants will study Dr. Gary Chapman's  
book and learn the key to understanding  
each other's unique needs. 7-8 p.m., CAOC  
AFFOR large conference room.

### Thursdays

**Wild at Heart Study (Men):** John  
Eldredge helps men rediscover their  
masculine heart. Wild at Heart, a guide  
to understanding Christian manhood and  
Christian men, offers a refreshing new  
look at manhood. 7-8:30 p.m., Chapel  
Multi-Purpose Room.

**Church of Christ Bible Study:** Study  
of the book of Revelation. 7:30-8:30,  
Chapel Conference Room.

### Fridays

**The Case For Christ:** Video study  
based on Lee Strobel's book. 4:30-5:30  
p.m., Victory Chapel Multi-Purpose Room.



**Follow the happenings of the 'Grand Slam' Wing at <http://379aew.dodlive.mil>, on Facebook at '379th Air Expeditionary Wing' and on Twitter @379AEW**

### **Tobacco Cessation Classes**

The Tobacco Cessation Program will have the following sessions in January: Afternoon session: 11 a.m. to 12:30 p.m. Jan. 5, 12, 19, 26. The sessions will be held at the Mental Health Clinic, Bldg. 10090, in Coalition Compound. Participants must complete four program modules. The program focuses on behavioral changes needed to increase long-term abstinence from tobacco products. It is a group process-centered class incorporating behavioral change with nicotine replacement therapy. To sign up for a session, call Master Sgt. Lisa Ware at 437-8767.

### **CAOC Shuttle Bus**

Attention users of the Red and Blue Line Shuttle Buses: effective immediately, the shuttle bus pick-up and drop-off location for the CAOC will be at the bus stop in the CAOC parking area. Please exercise caution when traversing the area. For more information, e-mail Shuttle Bus Feedback.

### **Right Start, Right Finish - Plan Early**

Any servicemember scheduled to depart in the next two months must plan early in order to avoid missing the mandatory Right Start and Right Finish briefings. Due to upcoming rotations, supplemental Right Start and Right Finish briefings have been added to the schedule for Tuesday, Saturday, Jan. 12, 15, 19, 22, 26, and 29 at the CC Theater. Right Start begins promptly at 6:45 a.m. and Right Finish begins at 5 p.m.

### **379 ELRS Arming Requirements**

The following items must be presented to the 379th Expeditionary Logistics and Readiness Squadron Armory to be issued a firearm and ammunition: A current AF Form 522 Weapon Qualification Card, DD Form 2760 Qualification to possess firearm or ammo, a copy of CED orders and an authorization letter to bear firearms signed by an authorizing official. For more information, contact the Armory at 437-5125 or 437-6082.

### **U.S. Currency in AOR reduced**

The Air Force Central Command commander recently signed a memo reducing U.S. currency in the AFCENT area of responsibility. To ensure compliance, check cashing limits with the 379th Expeditionary Comptroller Squadron are reduced to \$100 per month. In addition, Airmen may receive up to \$100 in U.S. currency per

month as a debit from their EagleCash card. These actions reduce fraud and risk to servicemembers. If you have any questions, contact Finance at 437-7086.

### **Alcoholics Anonymous**

Alcoholics Anonymous meets Mondays at 6:30 p.m., Bldg. 10006, in Coalition Compound. For more information, contact the Victory Chapel at 437-8811.

### **Fire Extinguisher Tags**

The 379 ECES Fire Prevention Office has received a new shipment of fire extinguisher tags and has them available for issue. Stop by the Fire Prevention Office at Fire Station 3 Bldg. 10130 in the BPC next to the hospital, or call 437-8771 or 437-5505 for any questions. As a reminder, please ensure fire extinguishers are being inspected monthly as required by AUABI 32-2001, AFOSH Standard 91-501, and NFPA 10.

### **Uniform Disposal**

The proper disposal of military uniforms is a force protection issue. The 379th ELRS transit shipping point has established an unserviceable uniform disposal program. Four locations are available to drop off uniform outer garments; however, boots, PT gear or civilian clothing is not permitted. Uniforms can be taken directly to the TSP, Building 3718, near the wash rack. They can also be dropped off at collection boxes located by Jack's Place, the Coffee Beanery in CC complex and outside of the BPC BX. For questions, contact TSP at 437-2352.

### **Off-Base Travel Reminder**

In accordance with AUABI 10-6008, personnel may wear the duty uniform off-base when conducting official business. However, when traveling in uniform, uniform blouses must be removed upon departure from installation, and replaced upon arrival at destination; flight suits should be unzipped and folded at the waist upon departure and zipped upon arrival at destination; only the T-shirt should be visible. For more information, contact 379th Air Expeditionary Wing Force Protection at 436-0198.

### **Professional Development Courses**

Professional Development courses are held every Wednesday and Friday at 8 a.m. and 7 p.m. at the Airmen Readiness Center. These classes are taught by senior enlisted leaders in an effort to provide personal and professional growth opportunities for deployed members. Pay grades of E-1 through O-3 are welcome to attend. For more information, to suggest a topic, or to volunteer to teach, call Master Sgt. Mandy Midgett at 436-4184.

### **Footwear Regulations**

AUABI 36-2903 states that athletic shoes are the primary footwear when wearing the PT uniform. Crocs, sandals, water shoes or "five fingered shoes" are not considered athletic shoes for purposes of this instruction.





**U.S. Army Spc. Diana Vega, 824th Quarter Master Company Heavy Airdrop Supply Detachment 8, packages a parachute in preparation for an air-drop, Tuesday. Specialist Vega helps with air drop shipments delivered to military service members in Southwest Asia in support of Operations Iraqi and Enduring Freedom.**