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Diligentia et Accuratio

DESERT EAGLE

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Training Afghan Firefighters

DESERT EAGLE

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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.



KABUL, Afghanistan – Tech. Sgt. Carrie Frederickson from the 379th Expeditionary Civil Engineer Squadron, covers hose techniques before Afghan firefighter trainees enter a burn room to conduct fire suppression techniques at the Kabul Air Corps Training Center in Kabul, Afghanistan on May 1. (U.S. Navy photo/Mass Communication Specialist 2nd Class David Quillen)

Newcomers guide to physical fitness



U.S. Air Force photo illustration/Adamarie Lewis Page and Abner Guzman

By Lt. Col. Cynthia Cogburn
379th Expeditionary Medical Group

Unlike some deployed locations, the fitness facilities here provide a great opportunity to focus on getting in shape, and there's no better time than the present, since we will all test under the new Air Force fitness standard upon returning home.

So where do you begin if you want to improve your fitness level?

First, if just arriving, your body will need to acclimate, especially if planning on exercising outside. Depending on where you're coming from, and your current fitness level, it can take up to two weeks to acclimate to the heat. Less fit people carrying a few extra pounds can expect acclimation to take longer.

Second, plan your workouts for the cooler hours of the day and avoid PT outdoors during "Heat Condition: Black." Be sure to drink plenty of water; heat exhaustion and heat

stroke are very serious conditions and a real risk in this environment. The average person will need to drink at least 4-6 quarts of water per day [one (500 ml) bottle = .5 quart] and as exercise and work become more strenuous, drink up to 1-1.5 quarts per hour, but no more than 12 quarts per day.

Third, participate in some type of basic cardiovascular activity at least three times a week to maintain your current fitness level. If you want to improve your run time or shed those extra pounds, you will need to exercise more often. There are plenty of programs available at the gym offering the right balance between strength training and cardiovascular exercise, so be sure to check out the Daily Dispatch for dates and times or just stop by the gym and ask the staff.

Fourth, don't overdo it. We see a number of sports injuries and most

SEE FITNESS 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.

Honoring Fallen Warriors on their way home



Story and photo illustration by Senior Airman Kasey Zickmund
379th Air Expeditionary Wing
Public Affairs

"There will be a brief ceremony today on the Main Ramp to honor our Fallen Warriors. All personnel are invited to attend and pay tribute to these heroes who have made the ultimate sacrifice.

For those unable to attend, please observe a moment of silence in your respective work areas."

The above excerpt is taken from a Fallen Warrior Ceremony e-mail invitation servicemembers see often while deployed, reminding us, even though we are warriors, we are not

indestructible.

Some days there are many ceremonies and some there are none. We don't know who they are or what branch they are from but we honor them, no matter their affiliation, as they return home.

The ceremony takes place on a flightline at the rear of an aircraft, usually a C-17 Globemaster, with servicemembers lined up at 45 degree angles on both sides. Once the vehicles transporting the fallen warriors are in place, the ceremony commander will call servicemembers to attention, followed by "present arms." As the present arms order is called, servicemembers render a slow, solemn salute, followed by pallbearers loading the

warriors onto the aircraft transporting them on their final journey home.

When the fallen warriors are loaded, the ceremony commander calls "order arms" and servicemembers slowly release their salutes. Then the commander will say "dismissed" and servicemembers will do an about-face movement. Members will then board the aircraft and surround the warriors.

A chaplain then begins a prayer about the warriors' service, gives thanks to them, and finishes with a final prayer for their journey home. After that, the ceremony is concluded, but some servicemembers will stay and say silent prayers of their own with the warriors.

After every ceremony I attend I can't help but cry a little, even though I didn't know them personally. The ceremony only takes a few

minutes...but the impact it leaves with me is enormous because the obstacles they've faced might be the same ones I'll face down the road.

I encourage everyone to attend a Fallen Warrior Ceremony as often as you can to pay tribute to your military brothers and sisters who have died in the line of duty and for their country. Just attending one will leave a mark on you, and it varies from person to person, but for me...I feel a great sense of pride in what I and other servicemembers do on a daily basis to get the mission done, no matter the cost.

So to those who've fallen, I want to thank you for your service and the ultimate sacrifice you've made in the line of duty.

FROM FITNESS ON PAGE 2

are from people simply pushing their body too hard and too fast. Let's face it, many of us were less active back home, and now that we are deployed, we think we can simply pick back up where we left off years ago. Our bodies need time to condition, so work with the fitness staff to come up with a reason-

able routine and take it slow.

Fifth, if you take sports nutrition supplements, read the label and remember these items are not regulated by the Food and Drug Administration. Most of the "thermogenic aides" or "fat burners" contain a significant amount of caffeine, which can lead to

dehydration, and most are not recommended if you are subject to dehydration. Furthermore, creatine and protein supplementation increases stress on the kidneys and, in some cases, may lead to stone formation or other serious kidney and health problems. Most supplements provide you nothing more than what

you would get out of a balanced diet, so eat a balanced diet and save your hard-earned money for when you get back home.

Servicemembers deploying here have an opportunity to improve themselves mentally and physically. Remember these simple steps while beginning physical training here.

Forward-deployed firefighters foster Afghan capabilities

By Staff Sgt. Kelly White
379th Air Expeditionary Wing
Public Affairs

Two 379th Expeditionary Civil Engineer Squadron firefighters returned to their non-disclosed Southwest Asia location, May 3, from a forward deployment to Kabul, Afghanistan, where they spent more than a month providing professional instruction and building vital relationships with Afghan firefighters.

Tech. Sgt. Carrie Frederickson and Staff Sgt. Lee Carns taught core firefighting skills to more than 40 Afghan National Army Air Corps Firefighter students at the Kabul Air Corps Training Center.

"When I found out I was going on this mission, I was nervous and excited at the same time," Sergeant Frederickson said. "I was nervous first because I knew what kind of potential dangers lie ahead and I have two little girls back home who need me. But I was excited too, because this is the kind of deployment I wanted...to be (in an environment) where I feel I am making a real difference."

Within mere days of the sergeants' arrival, they had already begun making a noticeable difference.

"They both arrived motivated with a positive attitude and, within the first few days in the classroom, had already made a significant impact on the Afghan instructors, the students and the program," said Master Sgt. Thaddeus Reiste, 438th Air Expeditionary Advisory Group Fire Emergency Services Air Advisor.

The Afghan fire instructors who had been teaching weren't fully skilled in several areas of the basic course material, which is modeled after DoD fire school, he explained. "They were doing the best they could, but unfortunately, many of the topics were unclear concerning meaning and technique."

Sergeant Frederickson and Sergeant Carns assisted the instructors in the classroom by clarifying material, which in-turn, allowed the Afghan instructors to properly teach the students.

Sergeant Carns, a former Louis F. Garland Department of Defense Fire Academy instructor at Goodfellow Air Force Base, Texas, said, while that experience gave him the ability to adapt his teaching style to accommodate many different classroom requirements, his experience in Kabul presented challenges he had not experienced before.

"Our course is written at a ninth-grade reading level, and the Afghans read at a third-grade level," said Sergeant Carns. "It slowed down the class from time to time. We also had to cram 68 full training days into 68 half-days of training. The work load was very crazy."

Communication presented difficulty as well, as the sergeants taught their students lessons ranging from self-aid and buddy care; to proper wear, application and use of firefighter gear; to lifting and carrying victims and other rescue techniques.

"Our greatest challenge was the language barrier," Sergeant Frederickson said. "We had a translator to help with that, but it took so much time to get anything done, even with that assistance."

"The (Afghan) instructors, who didn't have any fire department experience, were just trying to understand the slide show that came from the DoD fire school, which was translated into Dari," she added. "But most of the time English and Dari don't mix. So, we explained better what the slides meant, so they could apply it in Dari."

Sergeant Frederickson said she went there fully expecting one significant challenge, but, to her surprise, it did not present a problem at all.

"I expected the Afghans to give me little thought and to not listen to me because I'm female," she said. "But that didn't happen. The Afghan instructors and students gave me respect and continually thanked both of us for coming to mentor them."

"They were always telling us we're heroes to them because we spent so much time with them and demonstrated the proper techniques of firefighting," Sergeant Frederickson added. "We respected each other."

Sergeant Frederickson said this experience also gave her an opportunity to learn things about her students.

"They told us stories of what they have been through these past nine or 10 years, and let me tell you, it's awful," she said. "Yet they were concerned for me, being a mother away from my children. I showed them a picture of my girls, that I keep with me, and the Afghans loved the picture."

"In Afghanistan, children are always with their mother and the fathers are the ones who work," she said. "This is a cultural difference between the countries that they have learned from me. I find it



KABUL, Afghanistan – Afghan firefighters preparing them to carry potentially injured victims to the Kabul Air Corps Training Center in Kabul.

لنقنيات والذي يؤهلهم على حمل المرضى والجرحى من ضحايا
فانستان بتاريخ الاول من مايو.

reassuring the Afghans were so concerned for me."

Both sergeants said the experience was rewarding and something they'd welcome an opportunity to repeat.

"This has taught me the great feeling of accomplishment by teaching people how to firefight safely and effectively," Sergeant Frederickson said. "Being able to share my knowledge and experience to help another country has been the most rewarding piece of this deployment."

For Sergeant Carns, it was also a reminder of his passion for his profession.

"I would love to do something like this again," he said. "To me, firefighting is a way of life. I never really thought of how much I missed teaching, but I do."

"(Being a firefighter) is one of the things every little kid dreams to be," said the sergeant, "and I got to make their dreams come true."

نشر رجال الاطفاء المتقدم لتعزيز القدرات الافغانية



U.S. Navy photo/Mass Communication Specialist 2nd Class David Quillen

er trainees conduct ladder techniques
ured victims from burning structures at
Kabul, Afghanistan, May 1.

كابول، افغانستان- رجال اطفاء افغان يتدربون على ادارة سلم ا
الاجسام المحترقة في مركز التدريب ل سلاح الجو في كابول، اف

الاختلاف الثقافي بين الدول وهذا ما تعلموه مني. إنني
أجد في هذا نوع من الاطمئنان بأن الأفغان كانوا قلقين
علي".

وقال كل من الرقيب بأن التجربة كانت مجزية
ويرحبوا بتكرار هذه الفرصة.

"لقد علمني هذا الشعور العظيم بالإنجازات من خلال
تعليم الناس كيفية محاربة الحرائق بشكل آمن وفعال"
قال الرقيب فريديريكسون. "إن القدرة على تبادل
المعرفة والخبرة لمساعدة بلد آخر كانت المكافأة
العظمى لهذا الانتشار."

اما للرقيب كامس ، فقد كانت أيضا تذكيرا له في حبه
لمهنته.

"أحب أن أفعل شيئا مثل هذا مرة أخرى"، قال.
"بالنسبة لي ، مكافحة الحرائق هو وسيلة للحياة. لم
أفكر أبدا قط كم فائتي التدريب ، ولكنني أعرف الآن.

"(كوني رجل إطفاء) هي واحدة من الأمور التي كل
طفل صغير يحلم أن يكون"، قال الرقيب"، وعلي أن
أعمل على جعل أحلامهم إلى حقيقة".

حين ان الخبرة منحته القدرة على التكيف مع اسلوبه
التدريسي لاستيعاب لمتطلبات العديد من الفصول
الدراسية فان تجربته في كابول قد قدمت له تحديثات لم
يشهدها من قبل.

ان المقرر مكتوب لدينا على مستوى القراءة للصف
التاسع والافغان يقرأون على مستوى الصف الثالث"
قال الرقيب كامس. قد ابطأت الفصل من وقت لأخر.
وكان علينا ايضا حشر 68 يوما تدريبا كاملا في 68
يوما ونصف من التدريب، وكان حجم العمل كثيرا
بطريقة جنونية.

وكذلك الاتصالات واجهة صعبة ، كما كان الرقباء
يدرسون الطلاب الدروس التي تتراوح بين الرعاية
الشخصية ورعاية الأصدقاء ؛ الى ارتداء الملابس
بشكل سليم وتطبيق واستخدام معدات الاطفاء ، لرفع
وحمل الضحايا وتقنيات الانقاذ الأخرى.

"إن التحدي الأكبر الذي نواجهه هو حاجز اللغة"،
قالت الرقيب فريديريكسون. "كان لدينا مترجم
للمساعدة في ذلك ، ولكن الامر استغرق وقتا طويلا
جدا للحصول على نتيجة حتى مع تلك المساعدة.

إن المدربين (الأفغان)، الذين لم يكن لديهم أية خبرة
في مجال إدارة مكافحة الحرائق، كانوا يحاولون فهم
عرض شرائح مرئية التي جاءت من مدرسة مكافحة
الحرائق في وزارة الدفاع ، والتي ترجمت الى لغة
الداري". وأضافت. "ولكن في معظم الوقت إن
الانكليزية والضاري لا يمكن خلطهما. ولذلك
أوضحنا بطريقة أفضل ما تعني هذه الشرائح المرئية
، بحيث يمكن تطبيقها بلغة الداري".

قالت الرقيب فريديريكسون بأنها ذهبت إلى هناك
متوقعة تماما بأنه سوف تواجه ولو تحديا واحدا ،
ولكنها فوجئت بأنه لم تكن هنالك اي مشكلة على
الإطلاق.

"كنت أتوقع من الأفغان أن يقدموا لي قليلا من التفكير
وعدم الاستماع لي لأنني امرأة"، قالت. وأضافت
"لكن ذلك لم يحدث. ولقد قدم لي المدربين والطلاب
الأفغان الاحترام وباستمرار قدموا لكليتنا الشكر على
قدمونا لتعليمهم.

"كانوا يقولون لنا دائما نحن أبطال في نظرهم لأننا
أمضينا الكثير من الوقت معهم وأثبتنا لهم التقنيات
المناسبة لمكافحة الحرائق"، أضافت الرقيب
فريديريكسون. "نحن نحترم بعضنا البعض".

وقالت الرقيب فريديريكسون إن هذه التجربة قد قدمت
لها أيضا الفرصة لتعلم بعض الأشياء عن طلابها.

"لقد أخبرونا قصصا عن التجارب التي مروا بها
خلال هذه السنوات التسع أو العشرة الماضية ،
ودعوني أقول لكم ، انه أمر مريع"، قالت. "ومع
ذلك فائهم كانوا قلقون علي ، لكوني أم بعيدة عن
أطفالي. لقد أريتهم صورة لبنتي ، والتي أحتفظ بها
معي، والأفغان أحبوا الصورة.

"في أفغانستان ، الأطفال يبقون دائما مع والديهم
والآباء هم الذين يعملون"، قالت. "إن هذا هو

بقلم الرقيب. كيلي وايت
الجناح الجوي 379، العلاقات العامة

اثنان من المهندسين المدنيين التابعين الى سرب رجال
الاطفاء في جناح الجو 379 قد عادو الى موقعهم
الغير المنصوح عنه في جنوب غرب اسيا في الثالث
من مايو من انتشارهم المتقدم الى كابول في
افغانستان، حيث أمضوا أكثر من شهر بتوفير التعليم
المهني وبناء علاقات حيوية مع رجال الاطفاء
الافغانية.

الرقيب التقني كيم فريديريكسون والرقيب لبي كامس
قامو بتدريس المهارات الاساسية لمكافحة الحرائق
لاكثر من اربعون طالبا من رجال الاطفاء في جيش
سلاح الجو الوطني الافغاني في مركز تدريب سلاح
الجو في كابول.

عندما اكتشفت بانتي ذاهية في هذه المهمة كنت قلقة
ومتحمسة في نفس الوقت " قالت الرقيب
فريديريكسون "

كنت قلقة في البداية لانني كنت اعرف اي نوع من
المخاطر المحتملة التي تنتظرنا ولدي اثنتين من
الفنيات الصغيرات في الوطن اللتان هم بحاجة لي.
ولكني كنت سعيدة ايضا لأن هذا النوع من الانتشار
الذي اتطلع له بان يكون في بيئة استطيع ان اصنع
فرقا حقيقيا بها.

في غضون أيام من وصول الرقباء الا انهم بداو
بالفعل في احداث فرق ملحوظ.

وقد وصلو هم الاثنان مدفوعين بموقف ايجابي وخلال
الايام الاولى القليلة لهم في الفصل الدراسي قد قامو
بصنع تأثير كبير علي المدربين الافغان والطلاب
والبرنامج " قال الرقيب ثاديوس ريس، الاستشاري
الجوي لفريق خدمات الاطفاء والطوارئ التابع
للجناح الجوي 438 .

ان مدربين الاطفاء الافغان الذين كانوا يدرسون لم يكن
لديهم المهارة الكاملة في عدة مناطق من المواد
الاساسية للدورة وهو على غرار ما بعد مدرسة
الاطفاء التابعة لوزارة الدفاع، وأوضح " بانهم كانوا
يقومون بافضل ما يمكن ولكن للأسف معظم هذه
المواضيع لم تكن واضحة بشكل معني وتقني"

ان الرقيب فريديريكسون والرقيب كامس قد ساعدا
المدربين في الفصول الدراسية من خلال توضيح
المواد، الامر الذي بدوره يسمح للمدربين الافغان
بتعليم الطلاب بشكل سليم.

الرقيب كامس وهو مدرب سابق في ادارة لويس أف
جارلاند التابعة لأكاديمية الاطفاء الدفاعي والموجودة
في قاعدة جود فالو للقوات الجوية بتكساس قال، في

379th ECES builds for enduring operations



U.S. Air Force photo/Senior Airman Kasey Zickmund

Staff Sgt. Lewis Wilder, 379th Expeditionary Civil Engineer Squadron structural craftsman, paints a wall as part of the Desert Eagle Lounge renovation project here, Wednesday.

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

The 379th Expeditionary Civil Engineer Squadron recently began various projects on base to help transition from an expeditionary to enduring operation.

With more than 140 construction projects in progress or being designed by base engineers, the 379 ECES has embraced the change from expeditionary to enduring through initiatives including a new passenger terminal for in- and out-bound servicemembers, an expansion of the 379th Expeditionary Medical Group facility, solar-powered street lights and the conversion of the "Desert Eagle Lounge" to the "Fox Sports Lounge."

Much of the construction is quality-of-life initiatives, helping servicemembers cope with increasing deployment lengths, and permanent-party assignments.

One QOL initiative is the recently completed Kasbah Officers' Lounge, which will also host a co-located enlisted lounge scheduled for completion in mid-June.

"After a long, hard day's work, the lounges will give servicemembers a

chance to take a break and unwind," said Tech. Sgt. Steven Viau, 379 ECES structures NCO-in-charge. "It's nice to have a place to go and enjoy yourself, especially as we go to an enduring base."

There is also a program to replace all the smaller latrines located across the base. 379 ECES members are currently replacing four of the smaller units per quarter.

"We recently had four open on the northeast side of Coalition Compound," said Capt. Jared Maline, 379 ECES Programs Flight chief. "As this quarter progresses, servicemembers will see new, improved units opening in various locations across the base."

The PAX terminal is also being revamped to handle the high number of personnel travelling through Southwest Asia.

The terminal currently serves more than 80,000 people per year, said Captain Maline. The initiative will expand capacity and comfort for travelers, and include an additional area outside the terminal for transients.

"During the additions process, the terminal will be housed in a temporary 'California' shelter," said Sergeant Viau. "The shelter is a 29 x 54-foot air-conditioned tent."

The PAX terminal project is scheduled for completion in October.

379 ECES members will soon begin installing solar-powered street lights in the Blatchford-Preston Complex.

"The streetlights will use a renewable energy that will reduce cost immediately when our Airmen don't have to run electrical wire," said Captain Maline. "We will continue to monitor the effectiveness of the solar-power lights and implement them throughout the base on a case-by-case basis."

As the base continues to rely on the 379 ECES, its Airmen will be given opportunities to work on projects they are rarely offered.

"These initiatives are huge projects," said Sergeant Viau. "It's hard work that has included months of preparation and planning. However, we'll leave a legacy for years to come."

"Usually we're known for doing minor, routine maintenance," he added. "Through projects like the renovation of the dining facility into a co-located officer and enlisted lounge, and the transformation of the DEL to the 'Fox Sports Lounge' we're able to really get involved and do something much larger than we're used to."

Senior Airman Glenda Brown

379th Expeditionary Civil Engineer Squadron
Operations Management, Customer Service

Home station: Seymour Johnson Air Force Base, N.C.

Arrived in AOR: January

Deployment goals: My deployment goals are to increase my physical fitness, gain more knowledge about my job and continue pursuing my master's degree in business.

Best part of the deployment: The best part of this deployment has been assisting other Airmen with their educational goals.

Hobbies: My hobbies include working out at the gym, volunteering and reading.

Best Air Force memory: My best service memory is when I received Airman Below-the-Zone in 2009.

Nominated by Master Sgt. Greg Wilson: "Airman Brown is my go to person in customer service. She is well-rounded in her job and does everything in her power to ensure the mission is carried out. To sum it up, she is a superb Air Force member."



U.S. Air Force photo/Senior Airman Kasey Zickmund



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

Airman Anthony DeLuca

71st Expeditionary Air Control Squadron
Electronic Protection technician

Home station: Aviano Air Base, Italy

Arrived in AOR: January

Deployment goals: To improve operations, physical fitness and mental fitness by taking educational and self-help classes, and to save money.

Best part of the deployment: Being able to say that I accomplished what it was I set out for.

Hobbies: I enjoy music, working out, school and work.

Best Air Force memory: Those who look up to me and believe that what I do makes all the difference.

Nominated by Master Sgt. Travis Huckaby: "Airman DeLuca is the most reliable Airman on my shift, responsible for scheduling our crew manning, dual-qualified in positions providing key leadership with command decisions, and the primary instructor in both positions that he is phenomenal at doing. He makes the effort each day to go above and beyond, embracing the core values of Integrity First, Serve Before Self and Excellence In All We Do."



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

Spc. Renard James

Joint Communications Support Element

Intelligence, Surveillance and Reconnaissance monitor

Home station: MacDill AFB, Fla.

Arrived in AOR: February

Deployment goals: First, to continue developing the necessary skill sets to be an essential asset in support of my unit's mission. Second, to take a few Army correspondence courses for career advancement and make sergeant before redeploying

Best part of the deployment: Since many of my duties here are not within the scope of my career field, I have the opportunity to expand my knowledge base and obtain a much broader picture of the mission my unit supports.

Hobbies: Reading, working out and playing video games.

Best Army memory: When I was awarded Soldier of the Quarter at Fort Huachuca, Ariz., and attended the Soldier of the Year award luncheon with then-Sergeant Major of the Army Richard Kidd.

Nominated by Master Sgt. Mike Swanson: "Specialist James is single-handedly working a job normally held by two NCOs. He is responsible for deconflicting all ASI/ISR missions for a three-star commander and his staff, planning and conducting missions in two countries."



TOP LEFT: Base Honor Guard members perform a POW/MIA tribute ceremony during a 379th Air Expeditionary Wing Dining-In here, May 1.

U.S. Air Force photo/Tech. Sgt. Miche



U.S. Air Force photo/T

Airman 1st Class Ramon Betancourt (left) and Senior Airman Michael Waffle, 379th Expeditionary Civil Engineer Squadron, conduct an operational test on a firetruck deck gun here.



TOP RIGHT: Tech. Sgt. Szumoy Ruiz, Air Force Central Combat Camera broadcaster, performs a Tahitian dance during the Asian Pacific-American Heritage Cultural Show here, May 2.



BOTTOM RIGHT: Staff Sgt. Clint Smith, 379th Expeditionary Civil Engineer Squadron electrical systems specialist, digs trenches for new area lighting here, Friday.



on firefighters, e, Wednesday.

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

April's non-judicial punishments

Editor's Note: This list does not include actions from the month still under investigation or those disposed of through LORs, UIFs, etc.

A Reserve staff sergeant from 8th Expeditionary Air Mobility Squadron received an Article 15 for violating GO-1B by having more than his allotted drinks and being drunk. This NJP action resulted in forfeiture of \$1,000 pay per month for one month and a reprimand.

An active-duty staff sergeant from 8 EAMS received an Article 15 for failing to obey the Equal Opportunity and Treatment Policy letter, dated July 6, 2009, and wrongful sexual contact. This NJP action resulted in reduction to the grade of senior airman and a reprimand.

An active-duty senior airman from 379th Expeditionary Logistics Readiness Squadron received an Article 15 for violating GO-1B by possessing pornography and receiving stolen property. This NJP action resulted in reduction to the grade of airman first class, suspended forfeiture of \$138 pay per month for one month and 60 days restriction.

An active-duty senior airman from 379 ELRS received an Article 15 for receiving stolen property. This NJP action resulted in reduction to the grade of airman first class, suspended forfeiture of \$286 pay per month for two months and 60 days restriction.

An active-duty airman first class from 379 ELRS received an Article 15 for receiving stolen property. This NJP action resulted in suspended reduction to airman, restriction for 60 days and forfeiture of \$138 pay per month for one month.

A Reserve major from Joint Psychological Operations Task Force received an Article 15 for violating GO-1B by visiting the sleeping quarters of a member of the opposite gender and making a false official statement. This NJP action resulted in forfeiture of \$300 pay per month for one month and a reprimand.

An active-duty staff sergeant from 379th Expeditionary Civil Engineer Squadron received an Article 15 for violating GO-1B by allowing a member of the opposite gender to visit her sleeping quarters. This NJP action resulted in reduction to senior airman, suspended for-



feitures of \$1,146 pay per month for two months and a reprimand.

An active-duty airman first class from 379 ECES received an Article 15 for violating GO-1B by entering the sleeping quarters of a member of the opposite gender. This NJP action resulted in reduction to airman and suspended forfeitures of \$811 pay per month for one month.

An active-duty senior airman from 379th Expeditionary Security Forces Squadron received an Article 15 for sleeping while on post. This NJP action resulted in suspended reduction to airman first class, 15 days extra duty, forfeiture of \$250 pay per month for two months and a reprimand.

An active-duty senior airman from 379 ESFS received an Article 15 for negligently failing to ensure his weapon was under positive control at all times. This NJP action resulted in reduction to the grade of airman with reduction below airman first class suspended, and a reprimand.

An active-duty airman first class from 379 ESFS received an Article 15 for misusing her government travel card. This NJP action resulted in suspended reduction to airman, 14 days extra duty and a reprimand.

A Guardsman staff sergeant from 64th Expeditionary Security Forces Squadron received an Article 15 for failing to wear the prescribed uniform while in the AOR and making a false official statement. This NJP action resulted in reduction to the grade of senior airman and forfeiture of \$861 pay per month for two months.

An active-duty airman first class from 379th Expeditionary Aircraft Maintenance Squadron received an Article 15 for violating GO-1B by having more

than his allotted drinks and being drunk. This NJP action resulted in suspended reduction to the grade of airman, forfeiture of \$300 pay per month for two months and a reprimand.

A Reserve senior master sergeant from 379th Air Expeditionary Wing received an Article 15 for violating GO-1B by entering the sleeping quarters of a member of the

opposite gender, allowing a member of the opposite gender to visit her sleeping quarters, wrongfully possessing pornographic and sexually explicit images, and engaging in an unprofessional sexual relationship. This NJP action resulted in reduction to the grade of master sergeant and a reprimand.

An active-duty senior airman from 379th Expeditionary Medical Group received an Article 15 for being disrespectful to a superior non-commissioned officer, failure to obey regulation by wrongfully showing public displays of affection, violating GO-1B by having more than his allotted drinks and being drunk. This NJP action resulted in forfeiture of \$400 pay per month for two months, 45 days extra duty and a reprimand.

An active-duty senior airman from 1st Expeditionary Red Horse Group received an Article 15 for stealing government property of a value less than \$500. This NJP action resulted in reduction to the grade of airman first class, suspended forfeiture of \$423 pay, and a reprimand.

An active-duty senior airman from Combined Forces Special Operations Component Commander received an Article 15 for failing to obey a regulation by consuming alcohol while off base, failing to return to base by midnight and failing to sign out of the Personnel Accountability System. This NJP action resulted in suspended reduction to airman first class, 30 days restriction and a reprimand.

An active-duty captain from 609th Air Operations Center received an Article 15 for conduct unbecoming an officer and gentleman by being drunk and disorderly, while in uniform, to the disgrace of the armed forces. This NJP action resulted in a reprimand.

Commander's Blog and 379th AEW Web site



Visit <http://379aew.dodlive.mil/> for inside access on base events, units and missions through the commander's perspective.

Visit www.379aew.afcent.af.mil for up-to-date Air Force news, multimedia and features on Air Force and Southwest Asia events.

U.S., Pakistan relations bolstered by F-16 training

by Maj. Gabe Johnson
162nd Fighter Wing
Public Affairs

TUCSON, Ariz. (AFNS) - Eight Pakistani air force pilots, each experienced in the F-16 Fighting Falcon's A and B models, recently learned to fly the newer C- and D-model aircraft at the 162nd Fighter Wing, the international F-16 training unit, and were honored at a graduation ceremony here, May 4.

Pakistan's air force officials will soon upgrade their 30-year-old fleet of F-16s and the pilots, charged with flying more capable fighters, are ready to handle the new technology after training with the Arizona Air National Guard.

The pilots are the first from their country to train in the United States since 1983, when the last class of Pakistani pilots trained at Luke Air Force Base, Ariz.

"This graduation is historic for U.S.-Pakistan relations," said Pakistani Air Force Wing Commander Ghazanfar Latif, a 12-year F-16A pilot. "For Pakistan, our air force is gaining capabilities that it has needed for the last decade; capabilities that are critical to ongoing operations in Pakistan's war on terror."

The new planes purchased by Pakistani government officials, Block 52 versions of the

multirole fighter, are far more advanced than the older A-model versions and will allow pilots to conduct operations at night and greatly enhance their use of precision munitions.

The first four of the 18 planes purchased are scheduled for delivery June 26 to Shahbaz Air Base in Pakistan. The rest will be delivered on a staggered schedule throughout the year. In addition, Pakistan's existing F-16 fleet will undergo a mid-life update in 2011 designed to upgrade cockpits and avionics to match the F-16C/D.

In preparation for the June delivery, the eight pilots and their families will have spent 10 months in the United States navigating the upgrade-training pipeline. They spent two and half months reviewing military aviation terminology at the Defense Language Institute at Lackland AFB, Texas, and seven months in flight training at Tucson International Airport. Since the C/D-models used for training in Tucson are Block 25 F-16s, they will next undergo two weeks of additional Block 52 instruction before returning to Pakistan.

"Even though they're flying Block 25s here, they will still be able to operate their block 52s back home," said Lt. Col. Kelly Parkinson, the 195th Fighter Squadron commander. "When they leave here, they will get training from Lock-

heed Martin in Fort Worth, Texas, on the differences. The two blocks fly the same; it's essentially the employment of weapons that makes the difference."

The bulk of the flight training in Tucson included a transition course from the F-16A/B to the F-16C/D, flight lead upgrade training and instructor pilot certification.

"We're training these eight pilots so they can return home and be instructors themselves and teach others to fly the new F-16s," Colonel Parkinson said.

"I think the training here is very well organized and tailored to our needs," Commander Latif said. "Also, the standards here are very high. This is going to make a big difference because we do not have the capability to make precision engagements at night with A-models. Everybody understands that collateral damage is a big factor and the sensors on the C-model will help us carry out precision engagement and close-air support."

With so much to learn, the students flew a schedule of five flights per week. The average student tempo is closer to three per week.

"The radar, data link and other avionics help create the big picture of what is going on around you," Pakistani Air Force Squadron Leader Yasir

Malik said. "There's lots of information to process in the C-model, so you have to prioritize all of the input you are getting. But these instructors know what they are doing, and they are good teachers."

Maj. Windy Hendrick, a flight commander and 13-year F-16 pilot, has instructed students from all over the world. She said she, and her fellow instructors, learned a great deal about their Pakistani counterparts.

"They are all experienced pilots with 500 to 1,800 fighter hours in the F-16 and the majority of that time is combat hours in the fight against extremists," she said. "They are very humble and don't talk about their experience, but the more we learn about them and all they've done, it makes us proud to be their instructors. They are very dedicated (and) hard-working, and they have great attitudes. Their presence in the squadron has been a real pleasure."

It's unclear if more student pilots from Pakistan will train in Tucson; however, Colonel Parkinson said, the 162nd stands ready.

"Training capable fighter pilots for our partner-nation air forces and fostering relationships in the worldwide F-16 community is what we do," he said. "We will continue to help train Pakistan's pilots whenever we're needed."

May spotlight: Servicemembers g

SENIOR AIRMAN MATTHEW THIELE



SENIOR AIRMAN KATELYN THIELE

"My husband and I work opposite schedules. We actually are lucky to see each other once a day, but when we do, we really appreciate it," said Senior Airman Katelyn Thiele, 379th Expeditionary Aircraft Maintenance Squadron aircraft material manager. "Back home it's easy to forget how fortunate you are to have your spouse by your side. Here we take nothing for granted. Just hearing the knock at the door and knowing it's him, reminds me of when we were dating. The feeling is exactly the same three years later."

AIRMAN 1ST CLAS



SENIOR AIRMAN R

"With my brother and I having the more respect and trust for each other, Robert McLeod, 379th Expeditionary electrician. "We constantly want to do everything right the first ti

STAFF SGT NATHANIEL HAWLEY



MASTER SGT BILL HAWLEY

"It's been nice having my oldest son here with me, especially over the holiday, which was hard on everyone. Yet, all of these guys here with us are family," said Master Sergeant Bill Hawley, 64th Expeditionary Security Forces Squadron Escort team member.

STAFF SGT TI



STAFF SGT FR

"Dealing with different situations and off-duty has given me more experience as junior non-commissioned and at the same time allowed communication between staff dealing with those situations," said Staff Sergeant Tiana Mitzel, Security Forces Squadron

give scoop on family deployments

SS IAN MCLEOD



ROBERT MCLEOD

the same job, I think we have other," said Senior Airman Robert McLeod, 8th Expeditionary Air Mobility Squadron. "Knowing that my night ends with me walking my wife to her door and giving her a high five and a good night."

"One of the biggest challenges for me is the threshold!" said Staff Sergeant Humberto Abiera, 8th Expeditionary Air Mobility Squadron aerial transporter. "Knowing that my night ends with me walking my wife to her door and giving her a high five and a good night."

TECH SGT JENNIFER ABIERA



STAFF SGT HUMBERTO ABIERA

ANA MITZEL



FRANK MITZEL

situations here both on my husband and I more commissioned officers allowed us more open each other from ions together," said el, 379th Expeditionary member.

"Being deployed with my brother has helped me realize how having family overseas can help out," said Senior Airman Clay Thurston, 379th Expeditionary Security Forces Squadron member. "He has helped me get through my first deployment."

SENIOR AIRMAN CHARLES THURSTON



SENIOR AIRMAN CLAY THURSTON



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

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

4 p.m., Liturgical, Chapel

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., Victory Chapel

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

6 p.m., Mass, Victory Chapel

Muslim
Buddhist
Orthodox
Jewish

Earth Religions

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

Successful Returns

Chap. (Capt.) Dan Morey
379th Air Expeditionary Wing Chapel

One of the realities of deployments is preparing for the return home. As you think about the implications of that eventual reality, we each have different perspectives.

Some will say, "I just got here, I'm only thinking about what I have to do to accomplish my job." Another will say, "I'm half way through and I'm only focusing on what needs to be done the rest of my time here." Yes, another might say, "I'm finishing up here and I don't want to get distracted in finishing my accomplishments."

We all could say we are very busy and don't have much time to think about anything other than the mission.

It is important we stay focused and complete the mission safely and successfully. However, at the same time, we should look forward to the day we return home.

First, we hope to be greeted by family and friends. Then, many of us look forward to some rest. Maybe dinner from one of our favorite restaurants or that favorite home-cooked meal. I can just imagine the scene myself, on the couch with the recliner up, remote in hand, my wife cooking that meal I have been waiting for and my daughter getting another of my favorite beverages from the fridge (that's diet cola). Yes, it all works out so well in my mind.

Wait a minute; has anyone actually experienced that kind of return to your home station? I doubt it. Even if you did, was that ultimately what was best for you and your family? I doubt it. While we are away from home, our friends and family are busy supporting

our efforts through extra efforts themselves. Spouses take on the added burden of functioning like a single parent. All of the family decisions are in their hands. Even though you call home or Skype, they are the ones who are there, dealing with the issues that come up. At work your absence is felt. My staff back home is down 50 percent due to deployments this cycle. They too are looking forward to my and other staff members return.

You may ask, "What would be the best way to return home? What should my approach be?"

There is a principle in marriage relationships that applies extremely well here. I always tell couples, they need to learn to love their mate

the way their mate would

love themselves. Don't

try to do for your mate

what you would like

for yourself. If you

do that, you are lov-

ing your mate the

way you want to be

loved. You are not

loving them the way

they want to be loved.

This is a slightly differ-

ent way of looking at the

"golden rule." This "silver rule"

could be said this way, "Do unto others as they would do unto themselves."

I propose each of us consider the mindset of a servant as we return home. As you prepare for the day you get off the plane and reunite with family and friends, commit now to going back to serve them, not to be served.

If you adopt this attitude, your reunion will be one marked by appreciation for years to come. You will have set the precedent for deepened and enriched relationships. Choose the attitude of a servant as you prepare to return to family and friends. You will reap rewards that go well beyond a remote, couch or a diet cola.

I wish you well as you prepare to return as a willing servant.



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

Police Week

The 379 ESFS will sponsor activities during National Police Week, to honor the work and dedication of Security Forces and to pay respect to our fallen. Reference the Daily Dispatch for more information.

PAX Terminal Renovation

The Passenger Terminal is currently being renovated. Normal operations will continue, however, there may be periods when the DV lounge is closed. Be prepared for delays.

Truck Safety

All positions in a truck cab must be occupied before passengers may ride in the bed of a truck. The max speed is 40 km. Truck bed passengers must remain seated, and keep hands and feet inside the bed at all times. Limit the number of passengers in the truck-bed between one and three people. No sitting on tailgates, wheel wells or bed rails. Daewoo's and similar vehicles are not authorized to carry passengers in the back.

Rising 6 Scholarship Essay

The Rising 6 Quarterly Scholarship Essay Award submissions are due May 25. It is a one-time \$100 grant to offset educational financial costs. The essay question for the next award is "What is leadership and/or followership?" Essays should describe an example of good leadership/followership from Air Force history. Submissions must be 500 words, 12-point, Times New Roman font. Send submissions to the Rising 6 at AUAB.Rising6@auab.afcent.af.mil. For more information, call Tech. Sgt. Thundercloud Hirajeta at 437-6275.

Voting Assistance

Hawaii will hold a special general election May 22 to fill the congressional vacancy left by the resignation of Congressman Neil Abercrombie. The 1st Congressional District includes Honolulu and parts of Oahu. If you do not have a ballot on file, fill out an absentee ballot request as soon as possible.

Additionally; Indiana, North Carolina, Ohio, Nebraska, West Virginia, Arkansas, Kentucky, Oregon, Pennsylvania and Idaho military and overseas voters have upcoming state elections. Registered voters must request a ballot by accessing www.fvap.gov and follow the instructions to complete the "request for overseas ballot form" and e-

mail the form to the state County Election offices as listed on the Web site. An "official ballot" will be e-mailed to complete before the ballot submission deadline. For more information, contact your unit voting officer or call 436-0215. For other voting concerns e-mail vote@auab.centaf.af.mil.

Delivery Addresses

Incorrect and unreadable addresses are the same as no address. They waste postage and delay the delivery of the item being shipped. The item being shipped may not be delivered or returned to the sender when both return and delivery addresses are incorrect, unreadable or missing.

SGLI Premium Refund

SGLI premium refund for March 2010 will be reflected in affected Air Force members' paychecks in May 2010. Deployed members in support of OEF/OIF who arrived in the AOR on or before March 1 and continue to serve through April will receive two months of SGLI credit in May, for the contributions made in March and April. SGLI refunds, also known as SGLI premium reimbursement allowance, only applies to servicemembers serving in the theater of operations for OEF/OIF who have SGLI coverage. To ensure proper amounts are credited, members are asked to monitor their LES. For more info, call the finance office at 437-8686.

Knowledge Ops Office Relocation

379 ECS Knowledge Ops Office is now located in Bldg. 8207, in the ECS Compound. Phone numbers are as follows: Base Records Manager, 437-3411; Base Publications Manager/SharePoint, 437-3413; SharePoint, 437-3412; Section Chief, 437-3415.

CC Dorm Exterior Doors

CC Dorm residents should ensure the exterior doors are not left open. When these doors are left open, outside air flows through the building causing nuisance alarms in the fire alarm panels. The smoke detectors in the hallways get clogged with dust, which sets them off.

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.

FreeThought Association

The Southwest Asia FreeThought Association is a private organization comprised of atheists, agnostics, secular humanists, freethinkers and other non-religious individuals. Meetings are held weekly. For times, locations or more information, e-mail Tech Sgt. Richard Hamelin or call 437-5111.

(L to R) Staff Sgt. Antonio Policicchio, Tech. Sgt. Brian Westfall and Master Sgt. Fabrizio Ferraro, 379th Expeditionary Aircraft Maintenance Squadron aerospace propulsion technicians, repair a C-130 propeller valve housing here, April 30. (U.S. Air Force photo by Tech. Sgt. Michelle Larche)

