

Krab KRONICLE



VOLUME 4 ISSUE 24

506TH AIR EXPEDITIONARY GROUP, KIRKUK AIR BASE, IRAQ

NOV. 20, 2006

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Krab KRONICLE



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On the Cover:

Almost 300 members of the 506th Air Expeditionary Group and the 3rd Brigade, 25th Infantry Division approach the finish line of the 2.2 mile Warrior Run on the runway of Kirkuk Air Base, Iraq Nov. 11. The run was held to give honor all veterans of all branches of service.

Photo by Senior Airman Jeff Andrejczik

Leadership Focus:

What makes a wingman?

Commentary by Chaplain (Capt.)
Chad Bellamy
50th Space Wing Chapel Service Team

SCHRIEVER AIR FORCE BASE, Colo. (AFPN) -- The single greatest characteristic of Americans is their willingness to accept a challenge. That statement in and of itself could venture down many paths, but take a moment to consider how often you've personally challenged yourself.

Have you ever looked at a sudoku board, a crossword or a thousand-piece jigsaw puzzle and thought, "no problem," only to still be working on it two weeks later? The truth is that they are typically more difficult than they first appear.

Today's wingman concept is nothing new. Col. Francis "Gabby" Gabreski, an early Air Force pioneer who is credited with 28 aerial victories in WWII, said this:

"The wingman is absolutely indispensable. I look after the wingman. The wingman looks after me. It's another set of eyes protecting you. That's the defensive part.

"Offensively, it gives you a lot more firepower. We work together. We fight together. The wingman knows what his responsibilities are and knows what mine are. Wars are not won by individuals. They're won by teams."

Today, the strategy of having a good wingman is still relevant, but its application reaches far beyond the arena of aerial assault. When fighter pilots lift off into the great expanses of the sky, they may not know what threats lie beyond the horizon.

Similarly, with each new day, we have no idea what lies ahead.

The common denominator is that daily challenges are conquered by responsible choices, and creating

a culture of responsible choices is reinforced by the presence of a good wingman. In the spirit of the Gabreski quote, "personal battles are not won by individuals; they are won by the reinforcement of good wingmen."

The challenge, like a thousand-piece puzzle, is that it can sometimes be more difficult than it first appears. The path of least resistance shouts for us to do nothing while a fellow Airman makes a life or career-threatening decision; however, accepting the challenge of being a comrade in arms is a daily whisper for us to courageously be involved.

The moral courage to do the right thing is more than just ornamented words; it is the foundation of our Air Force Core Values: Integrity First.

One could say the acronym TEAM stands for "Together Everyone Achieves More." For centuries, armed forces have strategized how their individuals can operate as a unit on the battlefield.

Unity is the key to effectiveness: If we want the "more," then we must have the "together." Your role as a sterling wingman is vital to any level of success.

In the coming year, imagine zero incidents of driving under the influence, zero substance abuse cases, zero safety incidents, zero domestic violence reports and zero suicides. If we achieved this vision, our Air Force would be heralded as a picture of strength and community.

This puzzle begins with a thousand little pieces, and even though it may be more difficult than it first appears, what a beautiful picture it will be when all the pieces come together.

Your piece of the puzzle is important. Make good decisions. Let's all be a part of the solution.

U.S. Airmen help Iraqis take flight again

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

The new Iraqi Air Force continues to take to the skies, performing a variety of missions throughout the country, thanks to training and support from U.S. and coalition advisors.

At Kirkuk Regional Air Base, American advisors are helping the Iraqi personnel of Squadron 3 train for their intelligence, surveillance and reconnaissance mission.

"Our mission is to train, advise, and assist the Iraqi Air Force unit at Kirkuk in the development and execution of all aspects of air power," said Lt. Col. Greg Zehner, Senior Advisor for the Coalition Air Force Military Transition Team. "This includes flight operations, aircraft maintenance, base operations support activities and basic levels of professional military education.

"We also work to develop and enhance a professional military ethic for all Iraqi Air Force personnel, from the youngest enlisted airman to the senior officers," he said.

The mission of Squadron 3, one of



Members of the Iraqi Air Force Squadron 3 perform maintenance on one of their SAMA (Zenair) CH-2000 aircraft. Photo by Senior Airman Jeff Andrejick

six squadrons in the Iraqi Air Force, is to perform ISR of the strategic infrastructure in northern Iraq – flying over the oil pipelines, electrical power lines and other important facilities to monitor their condition and watch for

insurgent activities.

This is accomplished with the SAMA (Zenair) CH-2000 aircraft, a single-engine, two-passenger plane.

See Airman, Page 6

Squadron 3 achieves mission success

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

The Iraqi Air Force's Squadron 3 completed its first successful integration into a ground operation from a deployed location in September.

The Squadron 3, one of six in the fledgling Iraqi Air Force, flies the SAMA (Zenair) CH-2000 aircraft, a single-engine, two-passenger plane. After receiving four of the aircraft in early September, the Iraqi Ministry of Defense initiated plans for the squadron to deploy to the New al-



An Iraqi pilot from Squadron 3 and an American advisor taxi for the runway prior to a mission. Squadron 3's mission is to provide intelligence, surveillance and reconnaissance, flying over the oil pipelines, electrical power lines and other important facilities to monitor their condition. Photo by Senior Airman Jeff Andrejick

Muthana Air Base, located at Baghdad International Airport, to integrate into a large-scale operation in-

volving coalition forces and Iraqi Army and Police.

The squadron's part of Operation Together For-

ward, dubbed Operation Lions Gate, required monitoring checkpoints and barriers erected by the coalition to control the movement of people in and out of Baghdad during Ramadan.

There was initially some question as to whether the squadron could provide enough trained flight crews to carry out the mission, but those concerns proved groundless, according to Lt. Col. Greg Zehner, Senior Advisor for the Coalition Air Force Military Transition Team.

See Sqd 3, Page 6

KRAB MONTHLY AWARD WINNERS

NCO



Technical Sgt. Danielle Ternowski
506th Expeditionary Operations
Support Squadron

Senior NCO



Senior Master Sgt. Rich Sironen
506th Expeditionary Operations
Support Squadron

CGO



Captain Shelly Behlen
506th Expeditionary Medical
Squadron

Sharp Saber Team

506th Expeditionary Medical Squadron Emergency Room Staff

Major Patton Davis
Chief of Medical Staff
Major Michael Johnson
Chief Nurse
Captain Shelly Behlen
ER Chief
Captain Amy Gammill
ER Physician
Captain Julie Freilino
ER Physician
Captain Janet Willis
Nurse
Captain Eric Tovar
Nurse
Captain Nora Monnett
Pharmacist
First Lieutenant Elizabeth Just
Nurse
Master Sgt. Debra Timmons
ER NCOIC
Technical Sgt. Roy Keel
Medical Technician

Staff Sgt. Johsua Hatch
Medical Technician
Staff Sgt. Sonya Kenck
Medical Technician
Staff Sgt. Duane Lacaden
Radiology Technician
Staff Sgt. Christopher Rackham
Lab Technician
Staff Sgt. Sonya Patel
Medical Technician
Staff Sgt. Steven Luu
Medical Technician
Senior Airman Josh Lowe
Medical Technician
Senior Airman Stephen Hoffman
Medical Technician
Airman 1st Class Chad Smith
Medical Technician
Airman 1st Class Vlanca Cantu
Medical Technician

Airman



Senior Airman Chance Reese
506th Expeditionary Operations
Support Squadron

USCENTAF commander: Thank you

By Lt. Gen. Gary North
USCENTAF Commander

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

The original Armistice Day celebrated the day that Germany signed a cease-fire with the Allied powers, officially ending World War I. In 1919, President Woodrow Wilson officially declared November 11 as the first official celebration of Armistice Day.

He said, "To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations."

Throughout the years, Armistice Day has changed from honoring those who died in World War I to a day that honors all veterans for their



Lt. Gen. Gary North

patriotism and their willingness to serve and sacrifice for the ideals that served as the principles of our nation.

Throughout USCENTCOM's AOR, I see these traits in every individual from our battlefield airmen to our pilots and maintainers on the flight line, our doctors and medical technicians to our command and control heroes and operational staff leaders in the Combined Air Operations Center and

everyone in between.

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

Each of you shares something with those who have served before us. You share the belief that we serve a calling higher than our individual calling -- service to our nation. Those who know you, those who work with you, and those who care about you, are very proud of you.

You have chosen to follow a great tradition, and you are serving our country with distinction. Know that America is proud of you.

We are as busy now as we have ever been and you -- each of you -- are making a huge difference in the defense of our country and those ideals we hold so dear.

On this Veteran's Day, pause to say "Thank You" to a Veteran. Let me be one of the first to say "Thank You" for your service and dedication to each other, your service, and our great nation...the United States of America!

Tricare announces updated reimbursement rates

FALLS CHURCH, Va. (AFPN) -- An updated list of the Tricare reimbursement rates is now available to beneficiaries.

The changes for fiscal year 2007 include updated rates for inpatient mental health, residential treatment centers, partial hospitalization, hospice, and inpatient cost-shares for civilian hospitals.

"We take very seriously the president's initiative toward transparency in health care costs," said Army Maj. Gen. Elder Granger, deputy director, Tricare Management Activity. "This is just one way we make the cost of medical services available to our beneficiaries."

Tricare reimbursement rates are

aligned with Medicare rates as set by Congress.

However, Tricare does have some dispensations that may not be available to Medicare to ensure that beneficiaries continue to have health care available.

"It is important for our service members and their families to know that we will take care of them," General Granger said.

Medicare premiums also change annually and now the Medicare Part B premium is linked to income.

In 2007, individual incomes will trigger premium increases at \$80,000, \$100,000, \$150,000 and \$200,000.

For married couples the premium



rises when the income is double those amounts.

However, this change will have no effect on Tricare costs or benefits for those who are also Medicare beneficiaries.

Beneficiaries may view the updated reimbursement rates on the Tricare web site at www.tricare.osd.mil/tricarecost.cfm.

Airman, from Page 3

The squadron is currently conducting a mix of training and operational missions – training new personnel and getting them certified in the aircraft, and performing the reconnaissance mission with those pilots who are fully mission-capable.

The responsibility of training and advising the Iraqi personnel falls to a seven-person team.

Their areas of expertise are spread across several specialties including operations, intelligence, maintenance, communications and supply.

“Our first big obstacle was getting the aircraft,” said Maj. Jean Havens, Director of Operations. “Since they have arrived, we are moving forward with getting the Iraqis checked out on the aircraft.”

Flight training had been on hold due to the grounding of the CompAir 7SL, the unit’s previous aircraft.

Major Havens, an instructor pilot from Columbus Air Force Base, Miss., is responsible for advising her Iraqi counterparts on all aspects of the flying operations.

She said she was excited about her assignment and the opportunity to be a part of helping the Iraqi Air Force becomes a self-sufficient organization.

“The dream of any instructor is to see progress of a student,” she said. “Serving as their instructor will probably be the highlight of my career.”

Master Sgt. James Redmond, maintenance advisor, has the responsibility instructing and advising the Iraqi airmen on how to keep their new aircraft flying.

“We show them what has to be

done and how to use technical data and proper safety procedures,” he said. “Then they develop plans and techniques that will work for them.”

He said his mission is to show the Iraqis how to make their Air Force better and to help them grow from lessons learned in the past.

“The Iraqis are eager to learn, and they take pride in their work,” Sergeant Redmond said. “Once the maintenance is done, they will usually hang around and watch the launch of the aircraft they worked on.”

Colonel Zehner the most satisfying part of his mission is two-fold: “Doing our part to help the Iraqis transition to a functioning democratic government at peace within its borders and with its neighbors; and the personal relationships we have gained and expect to further develop in our daily interaction with our Iraqi counterparts.”

Sqd 3, from Page 3

“Through a combined effort by Iraqis and their American advisors, involving tremendous work with in a constrained time frame, the unit deployed and quickly stood up for its mission,” said Colonel Zehner. “It wouldn’t have been possible without a team effort.”

The colonel noted that two individuals, Maj. Gary Eilers and Capt. Mihai

Lungulescu, shouldered a heavy burden without complaint to make the mission happen.

Beginning Sept. 11, the U.S. advisors and the Iraqi airmen qualified a minimum number of CH-2000 pilots to support the tasking.

Complicating the effort was the fact the squadron’s pilots had not flown since January 2006.

However, the unit accomplished the task and departed for New al-Muth-

ana Air Base Sept. 23.

As a result of effective planning and excellent mission results, the unit has received kudos from the U.S. engineering brigade it supported for Operation Lions Gate.

The products Squadron 3 provided to the engineer brigade enabled the unit to reduce the number of barrier maintenance missions it had to conduct by half, directly reducing the threat to Iraqi and U.S. personnel.

The primary mission of Squadron 3 is intelligence, surveillance, and reconnaissance of the strategic infrastructure in northern Iraq, monitoring the condition of oil pipelines, electrical power lines and other facilities.

This operation showed, the squadron stands ready to deploy wherever needed in order to support the Iraqis’ movement toward a functioning military in a democratic society.

Secretary Wynne: Rumsfeld helped reshape Air Force

SAN ANTONIO (AFPN) -- Secretary of the Air Force Michael W. Wynne said Defense Secretary Donald H. Rumsfeld changed the way the military thinks about defense during his six years at the Pentagon.

Secretary Wynne worked with Secretary Rumsfeld three times at the Department of Defense and in his current job.

“In each case I learned a lot about leadership, forthrightness and attention to detail,” Secretary Wynne said after the announcement that Secretary Rumsfeld will leave his post.

At a White House news conference

Nov. 8, President George Bush said he and Secretary Rumsfeld agreed it was time for change of Pentagon leadership.

The president will nominate Bob Gates to replace the secretary. Mr. Gates is a former director of central intelligence and current president of Texas A&M University in College Station, Texas.

Secretary Rumsfeld’s “acumen led the Air Force to become lean, lethal and agile, expanding our mission areas for a stronger joint team,” Secretary Wynne said.

“His vision has not only made

our Air Force more efficient, but has strengthened the entire Department of Defense and our nation,” Secretary Wynne said. “The department will miss his leadership.”

Secretary Wynne said, “I look forward to working with Mr. Bob Gates, as he will undoubtedly bring ideas fused with years of experience from various national security roles.”

The president said, “Don Rumsfeld is a patriot and has served our country with honor and distinction. He is a trusted advisor and a friend, and I’m deeply grateful for his service to our country.”

Dream a little dream, ways to improve your sleep

By Tech. Sgt. Veronica Rowlett
506th Expeditionary Medical Squadron
Life Skills Support Center

Do you have a hard time falling asleep, do you wake up several times a night or do you wake up too early?

These sleep conditions (and many others) are classic sleep problems we all encounter at one point or another. Most people like to think they are invincible and don't need a lot of sleep to survive their hectic lives.

But studies have shown that chronic sleep deprivation can contribute to weight gain, appetite changes, depression, increased diabetes risk and other health problems.

How do you know if you are sleep deprived?

- If it takes you less than two minutes to fall asleep
- If you are always tired during the day or need large doses of caffeine to function

If you have these symptoms, chances are you don't get enough sleep.

Another reason a person might be sleep deprived is due to the misconception that people "need" 8 hours of sleep. Studies have found that some people do just fine on 5-6 hours of

sleep while others need 9-10 hours to be at their best.

What can you do to improve your sleep? To get an initial idea of how much sleep you need, choose a night when you have had close to a normal work schedule and you don't have to get up early. Arise and get out of bed when you initially wake up. The time difference between when you fell asleep and when you woke up is close to what your body naturally needs for sleep.

Try to get this amount nightly even when using an alarm. Don't try to "sleep in" since too much sleep can decrease the quality of your sleep for nights to come. It's the quality, not the quantity that really counts.

Here are a few more tips to getting a good night's rest:

- Avoid naps except for a brief 10-15 minute catnap at least 8 hours after waking up. Any more than that will disrupt your sleep for a few nights.
- Exercising, the kind that causes you to sweat, at least 2-3 hours before bedtime can actually help improve the quality of your sleep.
- Keep a regular bedtime seven days a week.
- Don't smoke too close to bedtime

and if you get up in the middle of the night, don't smoke then either. Smoking is a stimulant which could cause difficulties in falling asleep.

- Avoid coffee and other caffeinated drinks after mid-afternoon—these can disturb your sleep.

- If you wake up at night, don't look at the clock.

- No heavy meals at least 3 hours prior before bed. If you have hunger pangs, have tuna, turkey or milk, all known to contain L-tryptophan which helps induce sleep.

- Keep your sleeping quarters cool, dark, quiet and well ventilated.

- Develop a 30-60 minute bedtime routine to unwind and de-stress. Used consistently over time, this helps your body get prepared for sleep.

Also, if you are nowhere near asleep after laying in bed for 20-30 minutes, get out of bed and do something that is calming and relaxing until you become sleepy and then get back in bed.

Hopefully, these tips will help you get a refreshing night's sleep. If these tricks and tips don't seem to help, Life Skills is ready and waiting to help. Come on in, call or e-mail us, we're here for you.

NCOs have a shot at school through AFIT

RANDOLPH AIR FORCE BASE, Texas (AFPN) -- Air Force Institute of Technology officials are offering nine NCOs the opportunity to pursue an advanced science, engineering or management degree at Wright-Patterson Air Force Base, Ohio.

Additionally, one NCO will be offered the opportunity to earn a master's degree in economic crime from an AFIT-sponsored civilian institution.

Ten NCOs from around the Air Force will be selected in early 2007 to at-

tend the Enlisted-to-AFIT program.

The program is designed to provide commanders with a diverse and renewable source of highly proficient and educated career NCOs, according to officials. Nominations are due to the Air Force Personnel Center here by Jan. 20.

People interested in applying for the 18-month program must be at least a technical sergeant with a minimum of eight years time in service, 24 months time on station and have three years retainabil-

ity upon graduation. They must have completed the appropriate skill-level upgrade and resident professional military education schooling for their rank, officials said.

Applicants must have a bachelor's degree from a regionally accredited college or university.

Besides academic transcripts, applicants have to provide test scores from either the Graduate Record Examination or Graduate Management Admission Test, depending upon the specific AFIT degree-pro-

gram requirements.

AFIT is the Air Force's graduate school of engineering and management and its institution for technical professional continuing education.

Since residence degrees were first granted in 1956, more than 15,000 graduate and 300 doctorate of philosophy degrees have been awarded.

Prospective students can review program requirements and nomination procedures on the Enlisted to AFIT Web site at www.afit.edu.

A diet for all seasons: Part Two

Dieting doesn't mean all salads, carrots and celery. In fact, a diet of only "rabbit" food is nutritionally unbalanced. With the right information, people can cut calories without compromising taste and end up well-satisfied.

It's important to make eating choices from each food group. No one food group provides all the nutrients the body requires. The following tips will help people make informed food choices:

Reduce the fats: Some are obvious and can be easily avoided, like trimming the fat from meat and removing the skin from poultry before cooking, using skim milk, reduced-fat cheese, low-fat salad dressings, skipping the butter or margarine, using vegetable oil spray or nonstick pans for sautéing.

Less easy to find are "hidden" fats lurking in cream soups and sauces, potato chips and French fries, croissants and dinner rolls, eggs and peanut butter.

... but not too much: Cutting all fat from a diet would be unhealthy. Dietary fats provide essential acids that foods in other food groups don't. Without these essential acids, the body can't function normally.

The key is to make the best choices with fat, and use only limited amounts. Spread a thin layer of margarine on bread and be sure to use soft or tub margarine. "Whipped" types are even better because the air added to the margarine in whipping allows people to use even less.

Limit refined sugars: Even though complex carbohydrates provide essential nutrients, the simple sugars only provide energy or "empty calories."

Cakes, pies, jellies, candy, cookies, pop and fruit drinks contain refined sugars and should be avoided. To satisfy a sweet tooth, look for low-sugar or artificially sweetened choices.

Eat more fruits and vegetables: By volume, people can eat more of the foods from these groups than the dairy or protein groups. These foods

Preparation makes the difference		
Replace	With	Save
3 oz. steak w/fat	3 oz. steak trimmed	213 calories
3 oz. ground beef, 21 percent fat	3 oz. ground beef, 10 percent fat	50 calories
4 oz. hamburger	3 oz. hamburger	80 calories
1 Tbsp. butter or margarine	1 Tsp. butter or margarine	72 calories
1 oz. cheddar cheese	1 oz. red. fat cheddar cheese	35 calories
french fries	baked potato	125 calories
batter-dipped fried chicken	roasted chicken	170 calories
3 oz. poultry, dark meat	3 oz. poultry, white meat	25 calories
1 whole egg	2 egg whites	50 calories
1 cup whole milk	1 cup skim milk	60 calories
3 oz. poultry w/skin	3 oz. poultry w/o skin	50 calories
3 oz. tuna in oil	3 oz. tuna in water	60 calories

are naturally low in fat and high in fiber (with the exception of the avocado).

Fruits and vegetables should be naked and fresh. Experiment with a variety of vegetables and seasonings, but skip the butter and sauces. Try vegetables steamed, stir-fried, baked or grilled.

If fresh isn't possible, choose frozen. If canned vegetables are a necessity, go for the "no salt added" and "packed in natural juice" varieties.

Fruit and vegetable juice should always be 100 percent pure juice. Don't substitute juice for fresh fruit and vegetables. Juices are high in sugar and calories. Fresh fruit or vegetables are more filling and provide more fiber.

Develop a "watch out" list: These are foods a person knows will get him into trouble. That list could include, but isn't limited to, cookies, potato chips, mayonnaise, peanut butter or french fries. A person doesn't have to do without these foods forever; they just need to be eaten "once-in-awhile" and the portions kept small.

Smart snacking:

Snacking isn't a "no-no" if the snacks

are wise choices. In fact, it can be a healthy habit to include snacks in a daily meal plan.

Planned snacks at regular intervals help keep blood sugar levels even and prevent peaks and valleys in energy level throughout the day. The trick is to plan snacks so they fit into the total daily calorie allotment.

Juice, fresh fruit or vegetables, nonfat yogurt, unsalted pretzels, rice cakes, popcorn and breakfast cereal can all provide a healthy snack at anytime during the day.

The fiber connection: Roughage or fiber is essential to a well-balanced diet. It's the undigested part of the food that acts as a "colon cleaner," moving food along quickly and easily. Because it adds bulk and attracts water, fiber helps prevent constipation, hemorrhoids and colorectal cancer.

Fresh fruit and vegetables, dried beans and whole grains contribute to a high-fiber diet that has the added benefit of being low in fat.

*Information provided by the
332nd Expeditionary Aerospace Medicine*

12 Days of KRAB Holiday Cheer

The 12 Days of KRAB Holiday Cheer Festivities kick off with the Chaplains Tree Lighting Ceremony Dec. 13. See your first sergeant or NOTAM for time and location.

Several other events and activities are also planned, so if you are interested in participating, contact your first sergeant for a list of event POC's.

Native American Heritage

The 2-35 Infantry BN is hosting a Native American Heritage Month Celebration at the Clamtina Nov. 22, from 1100-1200.

Guest Speakers are Command Sgt. Maj. Frank Leota, 3 IBCT command sergeant major, Tech. Sgt. Shannon Fabela and Staff Sgt. Taffina Livingston, 506th Civil Engineer Squadron.

The theme is "A Warriors Tradition in Contributing to Our Nation's Freedom."

For more information, contact the FOB Warrior Equal Opportunity Advisor SSgt. 1st Class Williams DSN 444-2501, or VOIP 770-9042.

Thanksgiving Day Services

There several religious services planned for Thanksgiving--Catholic Thanksgiving Day Mass, a Protestant Christian Thanksgiving Day Service and Interfaith Thanksgiving Day Service.

Contact the Freedom Chapel or view the Kirkuk homepage for times and locations.

Dog Tags

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

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

Airman's & Soldier's Attic

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

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

The items are for individual use and are not intended for bulk issue for units or organizations.

All items are free to service members.

Also, if Airmen or Soldiers have anything they would like to donate, keep the Attic in mind.

Personnel are welcome to donate anything except for food items. Keep health and hygiene in mind when turning in donations.

For more information or to volunteer, contact your unit's first sergeant, or the PERSCO office at 444-2076.

2006 Holiday Mailing Deadlines

Mailing items home to your family by

Christmas:

APO to CONUS

Priority & First Class letters/cards: Dec. 4

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

Your family mailing you items by

Christmas:

CONUS to APO

Priority & First Class letters/cards: Dec. 4

Parcel Airlift (PAL): Dec 2

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

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

Off-limit locations

The 506th Air Expeditionary Group commander has designated in one of his policy letters where Air Force members are authorized to go and where they are not authorized to go.

*The locations listed below are specifically **off-limits** to Air Force personnel, unless conducting official business:*

- Parsons/REO camp/Corp of Engineers Living Area
- KBR camp/living areas/KBR area behind DFAC
- Titan linguists area
- TCN/LN living area
- OGA facility
- Detention Center
- Army living areas
- TACP living areas
- OSI living area

*Air Force personnel **are authorized** to go into the following areas:*

- Cantonment area (Warrior Commons, Sandbox area)
- DFAC
- EMEDS
- Finance
- Assigned MOD/POD living areas—however members may not go into living areas other than their own except for official business
- Fitness centers/swimming pool/running track
- Post office
- "Dark side" vending area
- Work areas designated for official business

This policy letter is valid for all Air Force personnel on Kirkuk. For more information, contact the 506th AEG Command Chief at 444-2055.

Kirkuk Chapel Schedules

Worship Times

Protestant

Sunday

0800 Gospel (Freedom Chapel)
1000 Contemporary (Freedom Chapel)
1100 General Protestant (Ohanna Chapel)
1330 LDS Service (Ohanna Chapel)
1700 Protestant Liturgical (Freedom Chapel)
1900 Church Of Christ (Hotel Charlie)
1900 Contemporary (Freedom Chapel)

Catholic Mass

Saturday

1900 Mass (Freedom Chapel)
2115 Rosary & Mass (DFAC)

Sunday

0900 Mass (Ohanna Chapel)
1130 Mass (Freedom Chapel)

Weekday Mass

1130 Tuesday (Freedom Chapel)
1130 Thursday (Freedom Chapel)

Bible Studies

Protestant


1330 Sunday School (Freedom Chapel)
1930 Mon. Bible Study (Cp-7/eagles Nest)
1900 Mon. Ladies Fellowship (Freedom)
1930 Mon. Family Night (Ohanna Chapel)
1900 Tue. Men's Bible Study (Ohanna Chapel)
1900 Wed. Gospel Bible Study (Freedom)
1900 Wed. Bible Study (Ohanna Chapel)
2000 Thur. "In The Word" (Freedom)
1900 Sat. Gospel Joy Night (Ohanna Chapel)

Catholic

1900 Thur. Pre-marriage
(Office Hotel Charlie)

1900 Fri. Rcia/confirmation
(Office Hotel Charlie)

HAPPY THANKSGIVING

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