

Staff Sergeant continues role as ‘ambassador’

by 2nd Lt. Ed Ekpoudom
 376th AEW Public Affairs

More than 20 bright-eyed, smiling children surrounded an airman from Ganci AB recently asking for his autograph. The ones without paper were happy to have him sign their heads or hands.

Why were these children so happy and excited to see Staff Sgt. Chad Bickley?

It could be that many of them have never seen an American before. Or it could be that Bickley has come to a local school with a box of toys. Toys sent by school children in America.

Bickley, the 376th Air Expeditionary Wing Security Forces Squadron patrol master, handed out toys to the students at Ozrnaya School near the base.

For Bickley, this visit to the school was the culmination of months of coordination with Lebanon High School in his hometown of Castlewood, Va.

“I’ve been on many patrols in the



Staff Sgt. Chad Bickley, 376th Air Expeditionary Wing Security Forces Squadron, hands out toys and candy to students of Ozrnaya elementary school. (Photos by Master Sgt. Jerry King)

villages nearby and have seen that a lot of the kids really don’t have much,” said Bickley. “A couple of months ago, I sent a few e-mails home and told friends and family about the base and the conditions in some of the areas. They in turn contacted Lebanon High, and the special education portion of the school asked to send toys to some of the children here.”

Once he got permission to receive the toys, Bickley emailed the school telling them to send the toys, and he soon received a box containing more than 400 toys.

Bickley explains why he decided to bring the toys to the Ozrnaya School.

“Whenever I go on a patrol into a village, I try to meet key figures in the village like the police chiefs, mayors and principals, Bickley said. “Schools are an ideal place to get the word out about what we’re doing here. I met the

principal of this school on one of my patrols and started the process of getting the toys to kids.”

When Bickley and his team of security forces personnel arrived at the school, they were instantly rushed by the school children, many of them seeking autographs from the visitors. Once inside the school, Bickley presented toys to four eager and receptive classes. As each child received a toy, they politely said, “Spaciba.”

Bickley was thankful for the opportunity help the schoolchildren.

“Just to see the reactions of the kids was great. I wish I could do a lot more. They’re better off today than they were the day before. It was a great feeling.”

The principal of the Ozrnaya School also expressed her thanks and appreciation for the American goodwill visit.

“I am really glad they came here today with the toys,” said Ershibulova Gulzhakan, Ozrnaya School principal. “I have a very a positive attitude about the friendship between our people and your (coalition forces) people.”



A student at the Ozrnaya school shows her happiness after receiving a stuffed animal from Bickley.

Commander's corner...



by Brig. Gen. Wayne Lloyd
376th AEW commander

Lately, the weather has been warmer. With that in mind, I want to remind you to get in the habit of staying hydrated and wearing sunscreen. We can't afford to lose people from our mission because they didn't drink enough water or because they got sunburned. Additionally, as the weather gets even warmer, the crit-

ters will undoubtedly be out and about. Let me remind you to keep your tent areas sanitary, which will help keep the bugs and rodents out. If you follow these simple tips, they will help keep you healthy and, in turn, mission ready.

I also want to remind you of the new requirement to visibly display your military ID on your arm or around your neck. Each country should follow their particular procedure, but there does need to be a procedure. This rule will help our security forces and everyone else identify you, especially when you're wearing civilian clothes. We don't want any strangers walking around the compound or in restricted areas when they shouldn't be there. Everyone needs to comply with

this rule.

We reached a few milestones last week. Our French Mirage 2000s racked up more than 1,000 accident-free flying hours since arriving in late February; our coalition countries flying C-130s here have moved nearly two million tons of cargo; and our coalition tankers have off-loaded more than three million pounds of fuel. This is good news and shows a part of what we've contributed to the war on terrorism. Every one deployed here can take the credit. Every specialty contributes significantly to the mission in one way or another. Keep up the great work!

More and more I'm seeing our "Day-1" folks rotating out. As replacements arrive, it's important you develop continuity folders and information for your re-

placement. Additionally, it's important that you have some kind of overlap with your replacement after they arrive. Our jobs require it, and we owe it to them. If this applies to you (you know who you are), it's your responsibility to make sure this happens. Don't let your replacement down, and don't let the mission down.

Last but not least, remember safety—at work and at play. Safe flying is a huge part of what we do, but safety in every aspect of what we do is paramount. We can't afford to become complacent with what we're doing here. Keep your heads in the game and conduct yourself in a safe manner. Like the war on terrorism, safety is a long campaign. I want everyone to go home the way I got you!

Be safe and have a great week.

Saved...



Chaplain, (Capt.) Randy Sellers, 376th AEW chaplain, (right) baptizes Capt. James Merriman, 376th AEW Communication Squadron recently. The first-ever baptism ceremony included three members of Ganci Air Base finding faith. (Photo by Tech. Sgt. Stephen Peterson)

Chapel schedule

Catholic

- Sat. Mass at 5 p.m.
- Sun. Mass at 9:30 a.m.
- Thurs. Mass at noon
- Wed. Korean English Bible Study at 7 p.m.

Protestant

- Liturgical service Sun. at 8 a.m.
- LDS service Sun. at 12:30 p.m.
- Korean worship Sun. at 2 p.m.
- Worship Sun. at 5 p.m.
- Worship Sun. at 7:30 p.m.
- Bible study Tues. at 6:15 p.m.
- Men's Bible study Tues. at 7:30 p.m.
- Bible study Wed. at 4:30 p.m.
- Women's Bible study Wed. at 7:15 p.m.
- Norwegian/Danish Worship at Wed. 7:30 p.m.
- Bible study Thurs. at 7:30 p.m.

Armed forces receive National Defense Medal

The Department of Defense announced today that servicemembers on active duty on or after Sept. 11, 2001, are eligible to receive the National Defense Service Medal.

"The sacrifices and contributions made by the Armed Forces in direct response to the terrorism attacks on the United States and to the long-term resolution of terrorism merit special recognition," said Deputy Secretary of Defense Paul Wolfowitz.

The National Defense Service Medal may also be awarded to members of the Reserve components who are ordered to federal active duty, regardless of duration, except for certain categories.

While no closing date has been established, eligible servicemembers can receive the award immediately.

Taekwondo classes begin...



Republic of Korea Marine Corps Cpl. Jae-Yoon Kim and Sgt. Un-Ki Jung practice Taekwondo recently. Jung defends himself from the high kick attack from Kim. The ROK medical group offers offering Taekwondo classes every Tuesday and Friday from 7 to 8 p.m. in the gym. The class is open to all the coalition members in the base. (Photo by ROK Army Capt. Kwang-Ok Jeon)

Team extends American Forces Network service

*by Master Sgt. Tim Helton
376th AEW Public Affairs*

A team of three air force professionals extended the American Forces Network services here, this week.

The increased service is primarily to provide up to the minute news to deployed members. However, news is not the only reason.

"We're bringing AFN into the base for several reasons," said Master Sgt. Ric Blackburn, Air Force Broadcast Service chief of plans. "Most people know AFN because of the entertainment, but the real value is having access to the news that comes out of the United States. This provides situational awareness, which explains why people are here, and helps them understand why what they do is so important."

The new service, which includes six television channels and a radio station, is part of the European package.

"The television channels are coming from AFN – Europe," said Blackburn. "However, most of the actual programs are coming directly from the U.S. For example; the radio station broadcasts some of the same programs you would hear while driving in your car back home. They are not military disc jockeys or a series of taped programs."

To make this new service works properly, the team installed more than 2,000 feet of cable and three satellites throughout the base. However, Blackburn said they could not have done it without the support of the base personnel.



Tech. Sgt. Lawrence Billinghamurst adjusts the television in the fitness center while Staff Sgt. Chicone Kootsvayouma stands by. Both are members of Air Force News Agency. (Photo by Master Sgt. Jerry King)

"This has been a team project. We were here to do our part, but it took the support of the base populous to help get it done. I've seen the Civil Engineering Squadron drop what they were doing to come out and dig the trench for us to get

this done. Everyone at this base has been extremely helpful."

The newest locations to get AFN service include the fitness center, chapel, recreation tent near the board-

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Messages from home...

Editor's note: Getting mail, talking to family members and other forms of communication can make or break a person's day. In an attempt to help make your day, we have solicited messages from home. Even if the message is not to you in particular, the message is clear. Americans support us and our cause.

To: Staff Sgt. Kelly Nagel

Hurry home - we miss you.
-Love, Mom, Hal, Amanda, Albert, Missy, Vince, Abby, Emmy, Sam, Scott, Kris, Kevin, Kasey, Katy, Kody and Spinner

To Staff Sgt. Justin Kuhns

Hi Justin. Everyone at home sends their love to you. We all miss you very much and can't wait to see you again. Meanwhile, keep up the good work in helping to keep the USA safe. After all, it's the GREATEST COUNTRY IN THE WORLD!

Everyone is so proud of 'all 'of our troops - GOD BLESS YOU ALL.
-Love, Your family

To: Airman 1st Class Jerry Summers

We love and miss you. We will be glad to see you when you get home. We know you are kept busy trying to protect our country, and this makes us very proud of you. We just want you to know we are thinking about you. Email us sometime,
-Love, Theresa Summers

To: Airman 1st Class Heather Humbert

HAPPY 20th, H20.
WLY&APOU!!
-Love, Mom, Daddy, Jenny and GI Debb

To: Airman 1st Class Keara Dombrowski

Hi Keara. We love you and miss you. Please come home safe.
-Love, Dad and Jeri

To: Lt. Col. Don Derry

Daddy, we love you and miss you - hard! Hurry home.
-Love, the Little Jigger, Trev and #3



To: Airman 1st Class Bryan Gruebel

We all figured we would get an early Strawberry Shortcake for your birthday since we were all together in one place, (as amazing as that is)! Sadly, Kimmie and your sister ate it all but when you get back here there will be a WHOLE one just for you (with brown meat and corned beef for starters) and we will do this all over again! PS: the entire restaurant sang to you along with us! We love you!

Happy 20th birthday.

-Love, Mom, Mike, Caren, Erich, Mick, Kimmie and Karen Anne

To: Tech. Sgt. Tony Penland

Tony, I love you.

-Love, Cindy

To: 1st Lt. Andrew Resch

Daddy, I miss you. I want you to see my five teeth and see me walk!

-I Love You, Samantha

To: Staff Sgt. Christopher Guild

Hi Christopher, happy birthday. We're keeping all of you in our prayers.

-Love, mom, dad, James and Jason.

To: Airman 1st Class David McWilson III

David, I love you and miss you, can't wait until you come home.

-Love, Arva

I see you...



(from left) Staff Sgt. Gary Reash, military working dog Edo, Staff Sgt. Merl Tilley, military working dog Nero, all members of the 376th AEW Security Forces Squadron, stand guard at Secretary of Defense Donald Rumsfeld's airplane recently. (Photo by Master Sgt. Jerry King)



Soldiers provide base 'power by the hour'

by U.S. Army Sgt.
Terry Wanamaker
2nd Det. A Co 249th Eng Bn
Power Station

Since February the soldiers of the 2nd Detachment, A Company 249th Engineer Battalion, Fort Lewis, Wash., have been supplying reliable, uninterrupted power to the soldiers, airmen, Marines and multiple coalition force members stationed here in support of "Operation Enduring Freedom."

This group of highly specialized soldiers provide power to more than 2,000 individuals, and 270 facilities.

A task that could only be accomplished with the knowledge and work ethics of the Prime Power soldiers.

Upon notification, Dec. 21 01, of an impending deployment, the soldiers of the detachment began preparing. The packing of generator units, the tool room and the control van was a mission within itself. By the end of a very long day the team was ready to roll. After the completion of the deployment preparation, the soldiers were told to enjoy their Christmas and New Year vacation and be ready to roll in early January.

The team spent the month of January taking care of personal affairs, packing up some last minute items, and ensuring they were ready to go when the call came. The team finally received information they would be leaving Feb. 1.

Upon arrival, Feb. 4, the team hit the ground running. The day of arrival, the team went to work setting

up the power plant.

The site preparation and groundwork had already been completed thanks by U.S. Army Sgt. 1st Class Ed Dawe, who had arrived two weeks earlier as the pre-deployment personnel. Although only half the team and equipment had arrived, the second C-5 was postponed in Germany for repairs and would join them in two days, they placed two 750-kilowatt generators, the central control van or CCV, and installed control cables and high voltage load cables to the CCV.

The team, led by U.S. Army Chief Warrant Officer 2 Phillip Mowatt and U.S. Army Master Sgt. Albert Williams, of 12 dedicated soldiers worked long hours preparing to bring the camp online and supply reliable power to the service members stationed here.

Just four days after their first team's arrival, and two days after the second team's arrival and placement of the remaining equipment, Prime Power came online and provided Ganci AB with power from a centralized power plant.

But the job was just beginning. After, once again, splitting the team into two groups, they had the chore of running high voltage cable to the remaining facilities on the camp.

One group, led by U.S. Army Sgt. 1st Class Ray Pratt, manned the power plant 24 hours a day. Working 12 hour shifts, the team ensured the power being supplied was uninterrupted and within operating parameters.



U.S. Army Sgt. Michael Factor, 2nd Detachment, A Company 249th Engineer Battalion, rebuilds a Cummins KT-38 engine. (Photo by Master Sgt. Jerry King)

They also ensured that required maintenance was done according to 249th Engineer Battalion standards. The other team, led by Dawe, and assisted by a team of Air Force "PowerPros," was tasked to run more than 10 miles of high voltage cable, placement of 23 secondary distribution system transformers, and 14 Force Provider transformers, which had to be modified to include distribution connections to supply power to the facilities.

Along with the cable and transformers, the team had to perform over 204 load break elbow terminations. After weeks of 12 to 16 hour workdays, the team finally

completed the work set before them Feb. 26. The two groups merged back into one team, and began "normal" power plant operations.

The soldiers of Prime Power now operate the power plant 24 hours a day, rotating on eight-hour shifts. Most people who visit here never know it has its own power plant, they usually assume we are just purchasing power from the local government.

They know there is power to run their computers, stereos, TVs, and coffeepots without having to worry about the "lights going out," but don't know how or who's supplying it, said Williams.

Top chow...



Ganci Air Base enlisted Top-3 member Tech. Sgt. Lisa Richards serves a meal at the dining facility during the Top-3 function recently. The Top-3 is open to all coalition forces in the rank of E-7 through E-9. (Photo by Master Sgt. Jerry King)

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walk and cinema.

“Basically, this increases the opportunity to view programming for the base populous,” said Blackburn. “As the base continues to grow, the ability to get to a news source needs to increase as well.”

Blackburn said the importance of AFN cannot be underestimated and is most noticeable when it is not available.

“Most people don’t understand our importance until there is an emergency and we are not there, or we are there to give them the information they need to take care of their family, find safety or take some other kind of action.”

Although the base had previous AFN service, it was limited to one location and television only.

“The addition of extended AFN service to entities on the boardwalk, fitness center and dining facility will provide an opportunity for Ganci Air Base personnel to have access to AFN news, information and entertainment,” said Maj. Scott Johnson, 376th Air Expeditionary Wing Services Squadron commander. “Master Sergeant Ric Blackburn and his staff have worked hard to ensure our capabilities have been significantly enhanced. We sincerely appreciate their assistance.”



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Note: The Gazette is on the Intranet every Wednesday.

Virtual card says thanks to military

by **Jim Garamone**
American Forces Press Service

WASHINGTON — May is National Military Appreciation Month each year. In 2002, with Americans in combat in Afghanistan and positioned to face terrorists around the world, it is even more apt to recognize the sacrifices American service members make for freedom.

A number of events and activities are planned across the country for citizens to show their appreciation to service members. There will also be a way to do that in cyberspace.

Folks who wish to show their appreciation may sign “America’s Thank You Note” to the men and women serving in the military. “There are a lot of reasons to be appreciative of the military. This year, of course, there’s even more,” said David Jackson, editor of [DefendAmerica.gov](http://www.defendamerica.gov), a U.S. government Web site dedicated to reporting news about the global war against terrorism.

The Thank You Note exists in cyberspace. Anyone with a computer can “sign” the card by going to <http://www.defendamerica.gov/> and follow-

ing the instructions there. Visitors can type in a name, hometown and state and then click on a button to submit the greeting. When they do that, a message thanks them and adds, “Remember, it doesn’t have to be Military Appreciation Month to thank a service member.”

Persons without computers can enter DefendAmerica.gov at computer terminals in public libraries or other sites. One example of ways to expand the ability of Americans to thank service members for their sacrifices will be on display May 9-12 at Public Service Recognition Week activities on the National Mall in Washington, D.C. The department will set up a kiosk so people can visit the Web site and send their good wishes.

“We hope others will take this idea and run with it,” said Allison Barber, special assistant to the assistant secretary of defense for public affairs. “My experience is that when we launch an initiative, people around the country take it and make it bigger and better than what we could even hope for.”

America’s Thank You Note will be available through May 31.

Recreation Briefs

Movie Information

The daily movie schedule has been changed.

Morning Movie

The previous nights movie will be shown at 8 a.m.

Afternoon Movie

The movie for that evening will be shown at 1 p.m.

Evening Movie

The show time has been changed from 7 to 8 p.m.

The following movies are playing this week:

Tonight: Hardball

Saturday: Me, Myself and Irene

Sunday: The Patriot

Monday: Midnight Express

Tuesday: Shrek

Aerobics schedule

Low Impact aerobics is now offered Mondays, Wednesdays and Fridays from 7:30 to 8:30 p.m. If you are interested in teaching aerobics, call the fitness staff at ext. 0609.

Standing overwatch...



U.S. Marine Corps Lance Cpl. Betsey Allain, Marine All Weather Fighter Attack Squadron 121 aircraft safety equipment mechanic, covers the launch of aircraft as an egress and equipment cooling systems troubleshooter. If any difficulties with the ejection seat system, avionics cooling, cabin pressurization, climate control or other systems associated with the aircraft bleed air system occur, she is the duty expert in assisting the aircrew in correcting the discrepancy for a safe flight. (Photo by Master Sgt. Jerry King)

Stress: What it is, how to handle it

Capt. (Dr.) Scott Fisher
376th AEW Medical Group

Stress is the normal consequence of everyday life, which increases in a deployed environment. Stress is your body's reaction to the change in environment and demands of deployment duties. Stress is a reaction necessary for survival.

There are two types of stress: short-term and long-term. Signs of short-term stress are increased heart rate, quick and shallow breathing, tightness in the chest and other muscles, butterflies in the stomach, cold hands and feet, hot and sweaty feeling. Signs of long-term stress are physical, emotional and behavioral. The physical symptoms are faster heart rate,

quick breathing, poor sleep, appetite changes, weight loss/gain, fatigue, oversleeping, lethargy or poor concentration. The emotional symptoms are anger, anxiety, worry, irritability, frustration and depression. Behavioral symptoms are withdrawal, overly sensitive, increased eating and smoking, irritability and argumentative and lack of motivation.

Deployment stressors we experience are: real and perceived threats, insufficient resources, non-functioning equipment, understaffed, and overworked. Environ-



mental factors such as, climate extremes, isolation and/or overcrowding (no privacy), living or work conditions. Communication difficulties like mail, email, phone, computer, language, travel, alcohol and personal relationship restrictions hygiene (food, sanitation, water). Insufficient or inconsistent information, rumors, boredom, sensory deprivation or oversaturation.

Coping behaviors for stress are both negative and positive. Negative coping behaviors are working to exhaustion, excessive use of cigarettes or caffeine or

both, neglecting personal health and hygiene, and over-eating.

Positive coping behaviors include decrease isolation - increase your support system with reliable people, increase recreational activities, decrease caffeine, sugar, salt, and tobacco, sleep seven to eight hours each day, monitor stress in self - recognize the stressor, use appropriate assertive behavior, use positive self talk, pace yourself, maintain a sense of humor - avoid taking yourself too seriously, take time to relax and learn relaxation techniques.

If you're feel any of these symptoms of stress, and would like to learn how to reduce your stress level, please stop by the Mental Health tent located in the new coalition hospital.

Around the base...



Senior Airman Greg Burgess, 376th AEW CES HVAC shop, pulls the motor from an M-80 Boiler for cleaning. The boiler is used to heat water for shower and latrine areas. (Photo by Master Sgt. Jerry King)



Senior Airman Joseph Dunn (front) and Staff Sgt. Christopher Pitts, both members of the 376th AEW Civil Engineering Squadron fire protection section, practice responding to a Mirage 2000 aircraft fire recently. (Photo by Staff Sgt. James Arrowood)



Members of Ganci Air base salute the base flags during a Danish ceremony recently. (Photo by Master Sgt. Jerry King)



Father (Maj.) Dennis Volmi, 376th AEW chaplain, (left) conducts a proxy wedding for Spanish Army Private Jose A. Rodriguez (second from right). (Photo by Master Sgt. Jerry King)



Members of Ganci Air Base participate in a three-on-three basketball tournament recently. (Photo by Master Sgt. Jerry King)