

# GANCI GAZETTE



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## 376th AEW Scoreboard

*Current as of Tuesday*

### FIGHTERS

2,255 sorties  
64 munitions drops

### AIRLIFT

1,155 sorties  
6,539 tons hauled

### TANKERS

507 sorties  
9,760 tons of fuel

### SAR

106 sorties  
3,802 alert hours

## AF adjusts HYT service for enlisted

The Secretary of the Air Force has approved an Air Force personnel initiative to improve retention and retain enlisted experience by increasing high year of tenure for some enlisted ranks.

HYT years of service are now as follow:

- E-4 – 12 years
- E-5 – 20 years
- E-6 – 24 years
- E-7 – 26 years
- E-8 – 28 years
- E-9 – 30 years.

## Safety Stats Fiscal 2003

### REPORTABLE MISHAPS: 0

Ganci Air Base has had 108 mishap-free days thus far this fiscal year. Please stay vigilant and keep safe, especially throughout the winter season.



## Coalition Christmas

*Lt. Col. Fred Sothewes, senior national representative for the Netherlands, places a wooden shoe, symbolic of the Netherlands, on the Ganci Christmas tree during the Dec. 23 Christmas tree lighting ceremony. Representatives from all the coalition forces here placed ornaments on the tree during the ceremony, which was held on the boardwalk.*

Photo by Senior Airman Ashley Center



# Preventing cold weather injury

## Doctor offers advice for surviving Ganci's harsh winter months

By Maj. (Dr.) Christopher Lewis  
376th Expeditionary Medical Group

Who would have thought that after being issued DCUs designed for a "hot" climate, we'd all be coming to a place that's really cold?

Hopefully, all of us were issued the cold weather gear we need here at Ganci.

If you gain nothing more from this article, at least understand that the best treatment for cold weather injuries is to prevent them. You can do this by wearing cold weather gear and using common sense.

Cold weather injuries can be placed into two major categories:

- ☞ systemic or whole body decrease in temperature, also known as hypothermia

- ☞ local tissue damage from cold exposure and freezing, known as frostbite.

Our bodies lose heat when we breathe out warm air, when we radiate heat from our skin surface, and when we come in contact with cold surfaces like the ground or the side of a building (a process known as convection).

These processes accelerate when a wet body is exposed to wind. This reduces body heat and hastens the possibility of injury. In some cases, this can take place in a matter of minutes.



When your core body temperature drops below a specific threshold, overall body responses begin to slow, and breathing and heart rate decrease. The body may begin to shiver uncontrollably. This is the body's way of generating heat. Mental confusion can also occur as the brain begins to lose its ability to think clearly.

Victims may say "I'm alright, I'm alright," but it's a good idea to move them into a warm place if they demonstrate any of these symptoms. If necessary, also seek medical attention. Ingestion of warm liquids also helps, but don't let victims consume alcohol. Alcohol dulls the body's response to low temperature and makes it less aware. The most common reason behind hypothermia in the United States is alcohol intoxication.

Continued exposure slows body functions even further and may result in coma and death.

Frostbite happens when the skin and underlying tissue actually freeze. Wind and wet skin accelerate this process. Prolonged frostbite can

permanently damage the skin. Areas most commonly affected by frostbite include the ears, nose, fingers, and toes, although any exposed surface may be affected.

Watch for initial redness of the affected skin followed by numbness and tingling. As blood flow to the affected area decreases, the skin becomes pale and waxy. Tissue death can occur if the affected area is not warmed immediately. Severe frostbite may result in the loss of appendages like fingers and toes.

Obviously, the best way to prevent cold weather injuries is to avoid exposure to cold air, wind, and water. Take frequent breaks inside a warm shelter, if possible, and change wet clothes immediately.

If you think you're developing hypothermia, frostbite or any other cold weather-related injury, please seek immediate medical attention at the 376th Medical Group clinic. Call ext. 0650 for assistance.

Remember to be cautious. We'd much rather see you sooner and determine that you don't have an injury, than before it's too late.



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### GANCI GAZETTE

Brig. Gen. Jared P. Kennish ..... Commander  
Capt. Elizabeth Ortiz ..... PAO  
2nd Lt. Warren Comer ..... Deputy PAO  
Master Sgt. Joe Bela ..... NCOIC/Editor

### Got an idea?

Call us at extension 0176/0170  
or e-mail us at  
[ganci.gazette@maab.aorcentaf.af.mil](mailto:ganci.gazette@maab.aorcentaf.af.mil).



Photo by Senior Airman Dave Peterson

## Uneasy landing

A Norwegian F-16 Falcon pilot, assigned to European Participating Air Forces here, had a rough landing when his aircraft's landing gear broke while landing at nearby Manas International Airport. The unnamed pilot was not injured in the Dec. 17 mishap. U.S. and other coalition emergency units immediately responded to the accident, which occurred at about 6:30 p.m. A second incident, involving an EPAF F-16 from Denmark, happened at Bagram Air Base, Afghanistan, Dec. 19. The Danish pilot was not injured either. Both aircraft were conducting combat missions in support of Operation Enduring Freedom. The cause of both mishaps is unknown and will be investigated.

# Sergeants hit books at AFIT

By Staff Sgt. Scott Farrow  
Air University Public Affairs

The secretary of the Air Force's initiative to mold a technically educated force is paying off for eight of the service's senior NCOs selected to pursue master's degrees at the Air Force's premier graduate school.

The enrollment of enlisted members into the Air Force Institute of Technology, located at Wright-Patterson Air Force Base, Ohio, fulfills one part of Dr. James Roche's vision of equipping "airmen and a vibrant civilian workforce with science, technology and systems engineering skills."

"We've experienced program failures in the past because of inadequacies in these fields. It is a problem we can't afford to repeat over and over in the future," said Dr. Roche in a speech at the Acquisition and Logistics Excellence Day at Wright-Patterson in October.

The senior NCOs all come from the communications and information career field and study in residence at the campus. Five of the students are studying computer science, two are studying electrical engineering and one is pursuing a degree in information systems management.

Joining the Air Force enlisted members at AFIT are six Marine Corps NCOs, who will pursue specializations in information assurance.

## Ganci Air Base Warrior of the Week



**Airman 1st Class Tracy Carpino**  
*376th Expeditionary Security Forces Squadron,  
force and resources protection*

**Home station:** Ellsworth Air Force Base, S.D.

**Number of days in AOR:** 38 days

**Time in service:** Two years

**Outstanding attributes:** Outgoing ... enjoys getting to know people. Extremely dedicated to her job and career.

**Personal goals:** Complete a master's degree and become an educator.

**First thing to do after returning home:** "Enroll in college courses and go home to New York to visit my family."

**Contribution to the mission:** Airman Carpino is one of the outstanding force protectors here at Ganci Air Base. We count on her each and every day to keep us safe, as made apparent recently when she prevented a potential fire in a laundry tent. The wing commander commended her actions by presenting her with a coin. Her attention to detail as well as her outstanding professionalism shine through every day she is present for duty.



# Coalition forces team up to help disabled people in Afghanistan

Photos by  
Senior Airman Ashley Center



Members of the 376th Expeditionary Operations Support Squadron prepare to load pallets full of wheelchairs and supplies onto the rear of a Spanish air force's C-130 Hercules. One thousand donated wheelchairs will eventually find their way to people in Afghanistan.



Senior Airman Sonny Garcia, an air transportation specialist with the 376th Expeditionary Operations Support Squadron's Air Terminal Operations Center, pushes a pallet of wheelchairs onto the rear of a Spanish air force's C-130 Hercules Dec. 19.



Wing Chaplain (Maj.) Manny Guico, 376th Expeditionary Wing Comander Brig. Gen. Kenneth, and Lt. Col. Sam Kyle, for the 376th Expeditionary Wing, meet with Carl Anders Galliamov, representatives from Baisala, after delivery of the first 50 wheelchairs.



Adam Reynolds, air terminal flight commander (front), and Master Sgt. Shawn Alexander, Air Terminal

By 2nd Lt. Warren Comer  
376th AEW Public Affairs

***The first 50 of 1,000 donated wheelchairs bound for disabled people in Afghanistan were delivered here as part of an ongoing humanitarian project.***

Baisal Limited, a wheelchair manufacturer in nearby Bishkek, assembled the wheelchairs and then delivered them to coalition hands Dec. 16.

Venture International, a non-profit organization in Arizona, funded the project.

A Spanish air force's C-130 Hercules left Ganci Air Base Dec. 19 to deliver the first 50 wheelchairs to Bagram, Afghanistan.

"This is indeed a monumental effort," said Brig. Gen. Jared P.

Kennish, wing commander for the host 376th Air Expeditionary Wing here. "We're honored to play a part in helping the people of Afghanistan."

U.S. members of the coalition team here took part in receiving and palletizing the wheelchairs prior to the first of several expected humanitarian airlift missions.

"Everyone who's involved with the operation is doing an outstanding job," said Lt. Col. Frank Efrece, Expeditionary Operations Support Squadron commander. "No one missed a step when they were asked to accomplish the mission."

Airmen from Ganci's Air Terminal Operations Center and the aerial port flight did their part in preparing and configuring the cargo for transport aboard the coalition aircraft.

"This is an exciting time for us. We really don't do this often at our home station," said 1st Lt. Adam Reynolds, aerial port flight commander.

"Here, we've been asked to load food, supplies, and even the wheelchairs to support humanitarian efforts in Afghanistan," he said.

Coalition aircraft will continue to deliver the remaining wheelchairs in increments of about 50 at a time until the project is completed.

The 376th AEW continues to support Operation Enduring Freedom and the global war on terrorism by providing air combat, airlift and air refueling operations.

"Bringing the wheelchairs to the disabled people of Afghanistan is just a small part of what this wing can accomplish," said General Kennish.

"We're away from home and away from our families, but it's always a good feeling when we do something like this for other people," said ATOC's Tech. Sgt. Christopher Addleman.

"We were a foot deep in snow, but we knew we were helping someone," he added.

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Photo by Capt. Elizabeth Ortiz

### Spanish Cuisine

Spanish coalition members prepare paella, a traditional rice dish, for festivities commemorating Spanish Air Force Day Dec. 10.



### FINANCE OFFICE'S HOLIDAY OPERATING HOURS

**Dec. 31**  
8:30 a.m. to 5:30 p.m.

**New Year's Day**  
10:30 a.m. to 3 p.m.

**Call ext. 0165**  
**for more information.**

## Street Talk

The GANCI GAZETTE asks ...

“What are your plans for the holidays?”



**A1C Michelle Gohl**  
376th  
Expeditionary Communications  
Squadron

**Home Station**  
Holloman AFB, N.M.

“I look forward to spending time with my friends here at Ganci and enjoying many a pillow fight with all my deployed tent mates. I also plan on calling my family and friends in Fort Worth, Texas, on Christmas Eve.”



**Capt. Rod Cameron**  
376th  
Expeditionary Contracting  
Squadron

**Home Station**  
Ramstein AB, Germany

“My wife and I plan to announce to our family and my new friends here at Ganci, that we are expecting our third child in June. We're very excited to finally be able to share the secret we've held since before my deployment.”



**Amn. Samantha Randolph**  
376th  
Expeditionary Security Forces  
Squadron

**Home Station**  
Moody AFB, Ga.

“I'll be working so I really don't have any big plans for the holidays. I'll probably write several letters to my parents and my friends in Manchester, Conn., and then I'll take time to make a few morale calls home.”



**PIGSKIN PICKS**

**THIS WEEK'S CONTEST WINNER**



**SPEC. ROBERT LAWRENCE**  
82ND AIRBORNE DIVISION  
FORT BRAGG, N.C.

Specialist Lawrence correctly picked the winning teams in 12 of last weekend's NFL games. He won a DVD/VCR combo player from the Shooter's Recreation Center.



Photo by Master Sgt. Joe Bela

**Loose ball**

Players scramble for the ball during Sunday's three-on-three basketball championship game at the Ganci Fitness Center. The 376th Air Expeditionary Wing's Air Terminal Operations Center won the 12-team, single-elimination tournament by defeating the 376th Expeditionary Services Squadron team 12-4 in the championship game.



**GANCI BINGO NIGHT**  
SATURDAYS  
7 P.M.  
BOARDWALK RECREATION CENTER



**GANCI AIR BASE CHAPEL SCHEDULE**



**Coalition Chapel**

**Saturdays**

Catholic Mass -- Chapel at 5 p.m.

**Sundays**

Catholic Mass -- Chapel at 9:30 a.m.

Korean Protestant Service -- Chapel at 11 a.m.

Latter Day Saints Service -- Chapel at 12:30 p.m.

Protestant Contemporary Worship --

Chapel at 7 p.m.

**Tuesdays**

Catholic Mass -- Chapel at 5 p.m.

Bible Study and Fellowship -- Annex at 7 p.m.

**Wednesdays**

Men's Bible Study -- Annex at 7 p.m.

**Thursdays**

Catholic Mass -- Chapel at 5 p.m.

**Fridays**

Women's Bible Study --

Annex at 7 p.m.

Movie Night -- Annex at 8 p.m.

**EPAF Compound Chapel**

**Sundays**

Dutch Ecumenical Service -- 9:30 a.m.

Danish Protestant Services -- 2 p.m., 8:30 p.m.

Call the chapel at ext. 0602 for information on Jewish and Muslim services.



376th Expeditionary Services Squadron

# At your service



## CULTURAL TRIPS

See downtown Bishkek! Sign up in person at Shooter's Recreation Center. *Limited* seating is available on a first-come, first-serve basis. You must have a signed form from your first sergeant to attend. Forms must be in your possession prior to departure. For more information, call Shooter's Recreation Center at ext. 0127.

## UNIFORM CLEANING, ALTERATIONS

48-hour turnaround on most uniforms at no charge. Uniform alterations also available for a small fee. Drop-off and pick-up services available Monday through Friday from 9 a.m. to 8 p.m. Also open Saturdays for pick-up service only.

## BARBER SHOP & BEAUTY SALON

Open Mondays through Saturdays from 9 a.m. to 6 p.m. Services include men's haircuts, women's hair styling, perms, hot oil treatments, coloring and manicures.

## FITNESS CENTER

Open 24 hours a day, seven days a week. The facility offers aerobic and nautilus equipment, free weights and a basketball court.

## DINING FACILITY MENU

### SATURDAY

- ☞ Midnight meal: Omelette, scrambled eggs, sausage, biscuits with gravy, dinner entree
- ☞ Breakfast: Omelette, scrambled eggs, sausage, hashbrowns, biscuits with gravy, pancakes, grits
- ☞ Lunch: Baked ham, chicken nuggets, mashed potatoes, mixed vegetables
- ☞ Dinner: Yankee pot roast, lemon-baked fish, mashed potatoes, peas and carrots

### SUNDAY

- ☞ Midnight meal: Omelette, scrambled eggs, bacon, biscuits with gravy, dinner entree
- ☞ Breakfast: Omelette, scrambled eggs, bacon, hash browns, biscuits with gravy, grits
- ☞ Lunch: Beef corn pie, burritos, Mexican rice, green beans
- ☞ Dinner: Barbecued pork loin, baked fish, mashed potatoes with gravy, corn on the cob

### MONDAY

- ☞ Midnight: Omelette, scrambled eggs, Canadian bacon, biscuits with gravy, dinner entree
- ☞ Breakfast: Omelette, scrambled eggs, bacon,

- hash browns, pancakes, biscuits with gravy, grits
- ☞ Lunch: Pizza, hot chicken wings, baked beans, tator tots
- ☞ Dinner: Baked roast beef, baked chicken, mashed potatoes, mixed vegetables

### TUESDAY

- ☞ Midnight: Omelette, scrambled eggs, sausage, biscuits with gravy, dinner entree
- ☞ Breakfast: Omelette, scrambled eggs, sausage, hash browns, biscuits with gravy, grits
- ☞ Lunch: Barbecued beef cubes, baked tuna and noodles, noodles Jefferson, mixed vegetables
- ☞ Dinner: Baked flounder, T-bone steak, baked potatoes, carrots, garlic bread

### WEDNESDAY

- ☞ Midnight: Omelette, scrambled eggs, bacon, biscuits with gravy, dinner entree
- ☞ Breakfast: Omelette, scrambled eggs, bacon, hash browns, pancakes, biscuits with gravy, grits
- ☞ Lunch: Teriyaki chicken, fish, fried rice, corn
- ☞ Dinner: Pork chops, chicken burritos, mashed potatoes, succotash

### THURSDAY

- ☞ Midnight: Omelette, scrambled eggs, bacon, biscuits with gravy, dinner entree
- ☞ Breakfast: Omelette, scrambled eggs, bacon, hash browns, biscuits with gravy, pancakes, grits
- ☞ Lunch: Meatballs with gravy, Italian sausage, peas and carrots, rice
- ☞ Dinner: Hamburger Yakisoba, baked halibut, noodles Jefferson, carrots

### JAN. 3

- ☞ Midnight: Omelette, scrambled eggs, sausage, biscuits with gravy, dinner entree
- ☞ Breakfast: Omelette, scrambled eggs, sausage, hash browns, pancakes, biscuits with gravy, grits
- ☞ Lunch: Jaegerschnitzel, knockwurst, fried potatoes, fried cabbage
- ☞ Dinner: Grilled chicken breast, turkey a la king, rice, peas and onions

*The dining facility is open seven days a week.*

*Breakfast hours are 5 to 8 a.m.*

*Lunch is served from 11 a.m. to 1 p.m.*

*Dinner hours are 5 to 8 p.m.*

*Midnight meals are served from 11 p.m. to 1 a.m.*

***Menu subject to change!***