



Tallil Times

Vol 1. Issue 15

332nd Air Expeditionary Wing, Tallil Air Base, Iraq

Friday Aug 22, 2003

NEWS BRIEFS

August Birthday Meal

Tallil Tent City residents with birthdays in August will be served a special meal Aug. 29 at 7:30 p.m. in the Tallil Dining Facility. Individuals should register themselves or their personnel through their unit first sergeant no later than Aug. 27.

Hot Vehicle Interiors & Aerosol Cans Don't Mix

Members are reminded that leaving aerosol cans (Paint, Compressed Air, etc.) in their vehicles can result in unintended accidents when the vehicle's interior becomes extremely hot from the Iraqi summer heat. Members should ensure their aerosol cans are properly stored and kept away from heat sources to prevent such accidents. Contact the Wing Safety office if you have any questions.

Hometown News Release

You can let your family and friends know how you are supporting the Tallil Air Base mission in your hometown newspaper. Fill out a Hometown News Release from the 332nd Intranet page by clicking on the 'Public Affairs' link and then the link entitled 'Hometown News Release.' Complete the form and drop it by the Public Affairs office in the WOC and then contact Visual Information (459-0368) for an accompanying photo.

American Forces Network

The American Forces Network provides two radio frequencies on the air at Tallil on FM 100.1 and FM 107.3. Tune in for the latest music from American radio play lists and command information you can use.

Pilots reunite after six years

Story and photo by
Airman 1st Class Kara Philp

332nd AEW Public Affairs

After six years as pilots in separate countries, two former classmates reunited at Tallil Air Base.

Maj. Mike Travis, 74th Expeditionary Fighter Squadron A-10 pilot, and Capt. Diego Sismondini, HH3F helicopter pilot with the Italian Air Force, met during their Undergraduate Pilot Training at Vance Air Force Base, Okla., in 1995.

After graduating in July 1996, the two parted ways and since meeting up at Tallil, had a close-up look at the aircraft each of them went on to fly after initial training.

Captain Sismondini, who is currently stationed in Rome, Italy, and Major Travis, who is stationed at Pope Air Force Base, N.C., arrived at Tallil within just five days of each other.

"I saw helicopters and thought, 'what are the odds?'" Major Travis said.

"The first night I was invited to eat dinner with the Italians," he said. "I was eating in the Italian's chow hall and he (Captain Sismondini) walked in. I had no idea he was here."

The last time the two saw each other was during a trip Major Travis and his wife took to Italy in 1998.

"We got pretty close in that year of pilot training," Major Travis said. "My wife is friends with his wife."

Since the pilots have reunited they have discussed their class reunion, future visits and flying adventures from the past six years.

"We thought we'd be flying together in Kosovo so we e-mailed each other — then we



▲ ONE FIGHT: Maj. Mike Travis, 74th Expeditionary Fighter Squadron A-10 pilot, and Capt. Diego Sismondini, HH-3F helicopter pilot with the Italian Air Force, stand inside an IAF HH-3F helicopter. After six years of flying following initial pilot training together, both pilots are currently stationed here at Tallil Air Base and operating together again in support of Operation Iraqi Freedom.

thought we'd be flying together in Afghanistan, so we e-mailed each other. This time I didn't write him an e-mail," Captain Sismondini said with a laugh. "It's unbelievable — it's a nice surprise to see a familiar face."

The pilots agree that meeting up at Tallil has opened the door for future training opportunities.

"Combat Search and Rescue is a major mission for the A-10s and is a primary mission for the HH3Fs," Major Travis said. "We are trying to set up some CSAR and Special

Operations CAS (Close Air Support) training together."

As Captain Sismondini prepares to depart from Tallil, both pilots are confident they'll have many more adventures together.

"We expect to work together in the future — this is just the beginning," Major Travis said.

Although the pilots don't see each other very often, they still consider each other great friends.

"The friends you make in pilot training are lifelong friends," Captain Sismondini said.

Does Leishmaniasis Have You Bugged?

Here's how to protect yourself:

- ⇒ Use a bed net to cover your bed or cot. Treat your bed net and uniform items with permethrin ("shake and bake IDA kit" or yellow aerosol can with a green lid). Concentrate the spray around the cuffs, arms, collar, legs and waist areas of the uniform, but do not treat undergarments, or your hat.
- ⇒ Do not use permethrin spray on your skin.
- ⇒ Wear DEET (green tube) repellent during outdoor night activities.
- ⇒ Sand flies can enter tents through the smallest of openings especially those at the bottom outside edge and through any unsecured air duct openings. Add and replace worn sand bags to eliminate all tent openings and tie off unused air vents.
- ⇒ Know that sand flies feed and are most active during the hours from 10 p.m. to 4 a.m.
- ⇒ Contact the 332nd AEW Public Health Office if you have questions or concerns. They can be reached at 459-0134.



▲ **BUG KILLERS:** Proper use of insect repellents such as the ones distributed locally by the 332nd Public Health Office can help protect you from sand flies and other insects while you are deployed here at Tallil Air Base.

Possible case of Leishmaniasis reported in Tallil AB's Tent City

A member of the 332nd Air Expeditionary Wing was transported to Walter Reed Memorial Hospital, Md., Monday to determine if the member has contracted Leishmaniasis while deployed here at Tallil Air Base.

According to officials from the 332nd Aeromedical/Dental Operations Squadron's Public Health Office, if the tests confirm the local doctor's initial diagnosis, it would be the first confirmed case of Leishmaniasis afflicting an Air Force member assigned to the 332nd AEW.

A large number of sand flies are testing positive for parasites that cause the insidious disease Leishmaniasis. Leishmaniasis is passed to victims through bites from local sand flies, similar to how malaria is transferred through mosquito bites. The local sand flies are approximately one quarter of the size of a mosquito and most active in the late evening hours between 10 p.m. and 4 a.m. These tiny sand flies pick up the parasites from desert rodents and wild dogs that are common here.

In an on-going joint survey program by Air Force Public Health and the Army's Theater Army Medical Laboratory sand flies have been collected in large numbers from all areas on base.

Testing of those sand fly samples reveals that 1 in 70 sand flies collected on Tallil AB are infected with the parasite responsible for causing Leishmaniasis. Sand flies are routinely collected from inside of air-conditioned tents at Tallil.

Most people suffer only small red welts as a result of being bitten, however the sand flies infected with Leishmaniasis can pass along the disease to their victims. There are two forms of Leishmaniasis. One form, known as cutaneous, affects the skin by forming a quarter to half-dollar sized slow healing sore, known locally as a "Baghdad Boil." The second type, Visceral Leishmaniasis, infects internal organs, is characterized by several weeks of high fever and can be fatal if left untreated. This later form is known locally as "Kala Azar."

Medical authorities stress that bite prevention is key for protecting military members from the disease, since treatments for Leishmaniasis are very limited in scope and unavailable in the AOR. There are no vaccines, no preventive medications and no good way to tell you have been infected. Symptoms appear one month to two years after being bit by an infected sand fly.

Unfortunately, local medical officials have no way of knowing exactly how many cases of Leishmaniasis may occur or how US and coalition forces are going to respond to these parasites. Twelve confirmed cases to date have been reported from US personnel stationed around Tallil, including an Air Force member from the Tallil tent city.

According to Major Burkett, 332nd EMG Medical Entomologist, "We are stationed in the sand fly capital of the world. We know there are lots of sand flies, we

know that lots of sand flies are infected. All you can do is 'Fight the Bite'. Sleep under a permethrin treated bed net, treat your uniform with permethrin and wear a DEET based skin repellent when you are outdoors at night, especially if you choose to wear shorts and a t-shirt."

In addition to personal protection, members of the 332nd Expeditionary Civil Engineer Squadron are mounting an aggressive campaign to reduce the number of sand flies in tent city and the rodents and dogs that carry the parasites.

"We don't kill them all, not even close," Tech. Sgt. Christopher Long, 332nd ECES pest management NCOIC said. "Sand flies are tough — unquestionably the most challenging vector control program I've ever seen. Sprays quickly become covered with dust and our nightly fogging only kill those flies that are actually seeking blood when we spray."

Base officials at all levels are taking the threat of sand flies and Leishmaniasis seriously, calling it one of the most substantial risks wing members face in their deployment to Tallil.

"My goal is to see every person deployed here at Tallil to go home safe and unharmed," said Col. Kevin Williams, 332nd AEW acting commander. "Sand flies and Leishmaniasis are a threat to that goal, but a preventable threat. We all must take the threat of Leishmaniasis seriously and protect ourselves and our people against this threat."

(Article courtesy of the 332nd Expeditionary Medical Group)

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staff located in the Wing Operations Center (WOC) or can be sent directly to the newspaper at tallil.times@tab.aorcentaf.af.mil

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The Tallil Times

Vol. 1, No. 15 Aug. 22, 2003



IN BRIEF

All times are local.

AF Worship Services

Worship is at 332nd AEW Chapel, unless otherwise noted.

Catholic

Daily Mass: Monday through Friday, 6 p.m.

Vigil Mass: Saturday, 6 p.m.

Sunday Mass: 8 a.m.

POC: Ch. Eugene Theisen at 459-0038

Protestant

Noon Prayer/Praise

Monday through Friday, 11 to 11:15 a.m.

Contemporary Liturgical Communion

Saturday, 7:30 p.m.

Traditional

Sunday, 9:30 a.m.

Liturgical Communion

Sunday, 10:45 to 11:15 a.m.

Contemporary, Nondenominational Sun, 7 p.m.

Gospel Service

Sunday, 11:45 a.m. to 1:30 p.m.

POC: Ch. Roger Ericson, 459-0038

Latter Day Saints

Lay-Led Service

Sunday, 2 p.m.

POC: Staff Sgt. Hager, 573-1107

Jewish

Lay-Led Service

Friday, 8 p.m.

POC: Ch. Ericson, 459-0038

Muslim

(LSA Adder Chapel)

Prayer

12:30 p.m. and sunset daily

Bible Studies

Women's

Tuesday, 7:30 p.m. (chapel)

Men's

Tuesday, 7:30 p.m. (Chapel annex)

Catholic (RCIA)

Thurs, 6:30 p.m. (chapel)

Catholic

"Our Fathers Plan" Part 1 —

Sunday, 6:30 p.m. (Chapel annex)

"The Gospel According To John"

Part II — Sunday, 7:30 p.m.

(Chapel annex)

Bible Overview

Men and Women — Thursday

7:30 p.m. (dining room)

LDS Study

Thursday, 7 p.m. (Chapel annex)

AF and Army Notices

Morale Calls

Do not use workplace phones for morale call purposes.

Driving on Base

Speed limits on base are 30km/18mph during the day and 10km/6mph at night. Helmets are required in all tactical All-Terrain Vehicles (ATV's) and "Gators."

Run Routes

Running in groups of two or larger is authorized in two locations: from the BX/PX parking lot and off the main gate road toward the burn pit. The required uniform is T-shirt and shorts or pants. Running is not authorized on any other road.

Ammunition Storage

The 38th Ordnance Group provides ammunition storage for units on Tallil Air Base. Contact Mr. Matheson at 573-1258 for more information.

Ziggurat of Ur

Visits to the Ziggurat require a pass. For information, U.S. Army personnel may call 573-1107.

Air Force Services has expanded its tour schedule to include two afternoon visits to the Ziggurat. For more information, call the Air Force Rec. Center at 459-0121.

The schedule is as follows:

Saturdays, Tuesdays, Thursdays: 10 a.m. (show time of 9:30 a.m. at the Rec. Center).

Sundays and Wednesdays: 2 p.m. (show time of 1:30 p.m. at the Rec. Center).

Bring helmet, flack jacket and weapon.

AF Volunteers needed

Volunteers are needed for 5K Fun Runs. For more information, call A1C Bret Lockerbie at 459-0118.

Volunteer drivers are needed for Ziggurat Tours. For more information, call Bernard Ashlock at 459-0117.

332nd ESVS News

"The Hot Spot" Rec. Center

Card Night is scheduled for Sunday. The schedule is as follows: Hearts at 2 p.m. Rummy at 4 p.m. Bid Wiz at 5 p.m. Euchre at 6 p.m. Spades at 7 p.m.

An NBA 2K3 playstation 2 game tournament is scheduled for Monday at 7 p.m.

A Chess tournament is scheduled for Tuesday at 7 p.m.

An 8-Ball tournament is scheduled for Wednesday at 8 p.m.

An NCAA Playstation 2 game tournament is scheduled for Thursday at 7 p.m.

What's playing?

Assassins

Tonight at 8 p.m.

Under Siege II

Saturday at 9 p.m.

From Hell

Sunday at 9 p.m.

"Muscle Beach" Fitness Center

There is a 5K Run/2 mile walk, scheduled for Aug 22 at 6 a.m., participant meet time is 5:45 a.m. in Finance parking lot.

The Sports Challenge is scheduled for Aug. 31 through Sept. 1. The schedule is as follows:

Aug. 31 —

Dizzy bat at 6 p.m.

Softball throw at 6:30 p.m.

3 on 3 basketball at 7:30 p.m.

Volleyball at 7:30 p.m.

Sept. 1 —

5Krun, 2 mile walk at 6 a.m.

Mile relay at 7:30 a.m.

Egg toss at 8:15 a.m.

Football throw at 8:30 a.m.

Water balloon toss at 8:45 a.m.

Ping Pong at 10 a.m.

Darts at noon

Billiards at 1 p.m.

Tug of War at 6 p.m.

Lip Sync at 7 p.m.

332nd AEW Warrior of the Week

Staff Sgt. Doug Brumbaugh

Unit and duty title: 74th Expeditionary Aircraft Maintenance Squadron, A-10 crew chief

Home unit: Pope Air Force Base, N.C.

Why other warriors say he's a warrior: "Sergeant Brumbaugh took on the key role as morale monitor while here," said Master Sgt. Norman Evans, 332nd Expeditionary Aircraft Maintenance Squadron first sergeant. "His contributions and hard work have resulted in multiple shelves and storage units for our folks as well as unit barbecues to foster morale."

Most memorable Air Force experience: Being able to return to the AOR and finally put a close to my Desert Storm experiences.

Hobbies: Carpentry and auto mechanics.



Sunset for the 822 SFS



Photo by Staff Sgt. Robert Grande

▲ **DEFENDER'S CHALLENGE:** Members of the 822nd Security Forces Squadron arrived at Tallil Air Base in March. The remaining members of the unit are scheduled to return home to Moody Air Force Base next week. The unit has provided security for Tallil for more than five months.

The 'last of the first' leave Tallil AB

by **Master Sgt. Don Perrien**
332nd Public Affairs

Shortly after the Army's tanks and heavy equipment rolled through Tallil Air Base on their march to Baghdad, the first members of the 822nd Security Forces Squadron took control of the base. That is, if you could consider eight square miles of bombed-out buildings and eroded roadways a base. It looked more like an Old West ghost town than the active air base it is today.

In addition to the austere physical conditions, the security of the base was far from assured — hostile Iraqi forces were still moving through the area, and coalition forces did not know what the former Iraqi army had left behind. Like the lawmen of the Old West, someone had to step in and establish control. For Tallil Air Base, that someone was the 822nd SFS.

However, the more experienced members of the security forces squadron were concerned. In the Old West, the bad guys didn't have automatic weapons

and hand-held rocket launchers like the bad guys operating around southern Iraq in March.

"I would have to say the initial conditions our troops were faced with presented me with one of the greatest fears I have ever encountered, and that would be the possibility of sending one or more of them home in a body bag," said Master Sgt. Dave Scollin, 822nd SFS first sergeant. "The conditions were harsh, the heavy fighting was still going on in An Nasiriyah, the prisoner of war camp was directly next to our compound, and unexploded ordnance was a significant threat."

Master Sgt. L.D. Rettele, 822nd SFS Operations Superintendent remembers the scene well. "You had people operating all over base with no unity or track plan," he said. "We immediately established perimeter security and close in security of the combat assets we had here. We became the first security forces squadron operating in Iraq."

However, the almost 200 men and women of the 822nd SFS were more than up to the task of cleaning up the

bad guys from Tallil Air Base.

Within the first few weeks, the squadron set up the secure perimeter for airfield operations, support agencies and living area we now call Tallil Air Base. They also helped move the remaining Iraqi POWs out of town, all without a single member being significantly injured or wounded by enemy fire.

According to the squadron's commander, Maj. Scott Farrar, the unit's dedicated mobility mission and intense training paid huge dividends in that regard. "I witnessed valor in the actions of my people, our troops did a great job given the conditions. Our training paid off and I'm very proud of what we accomplished here at Tallil."

The 822nd is a specially-trained mobility unit. Unlike most normal security forces squadrons who have a mission to protect their home base, the 822nd is built to forward deploy into bare base locations. Most members of

the squadron are volunteers for the duty, either entering the squadron through the Air Force assignment system or as an initial assignment from technical school. The members of the unit range from seasoned veterans like the first sergeant and commander, to initial entry airmen on their first deployment.

"The recruiters in tech school briefed us that this assignment (to the 822nd) would make us among the elite in the security forces," said Airman 1st Class Wednesday D. Bodenburger, 822nd SFS. "They were right.

While this has been a lot more physically demanding than working back at a regular SF unit, it's been more rewarding as well."

Airman Bodenburger says she has kept in touch with other airmen who graduated in her tech school class, and some are envious of what she's had an opportunity to experience.





**Force Protection
Tip of the
Week**

Ensure that any vehicle you drive is secured while you are away from it. Back home we have to worry about our stereo being taken. Here in Tallil, we have to worry about things being placed on or inside our vehicles, which could cause harm to others or ourselves. There's also the risk of theft to our handheld radios, uniforms, or other items the bad guys could use as intel. Stay safe and secure, and we'll all make it home.

Just a reminder from your friendly neighborhood FP office

822nd

From Page 4

"I have a friend in the Guard, and it's agonizing for him that I got to deploy here and he didn't," she said. "I've had a chance to do things he can only imagine, I'm happy I made the choice to join this unit."

Bodenburger isn't the only first-term airman in the unit who has enjoyed a unique, and memorable experience in the past five months keeping Tallil secure.

"On my second day in country, I had to help guard almost 40 enemy prisoners of war," said Airman Kellen L. Grogan. "One of them was a Republican Guard officer who was trying to give us a hard time. We quickly showed them we were in control of the situation – that made my day, and gave me confidence in my ability to be a leader."

All in all, the thousands of Air Force members living and working at Tallil Air Base today can live and work safely – thanks to the efforts of these security forces members. Like the lawmen of the Old West, the men and women of the 822nd SFS can ride off into the sunset after a job well done.

Uniform security key to base security

by 1st Lt. James Gerrond

332nd Force Protection

For as far back as there have been wars, military members have had uniforms. Today in the Army or Air Force, we use uniforms for a number of reasons ranging from protection to camouflage.

In medieval times, knights wore suits of armor. Often times, these bore a specific crest to show what clan they belonged to. While military members no longer wear bulky suits of armor for protection, we still use uniforms to distinguish friend from foe. That's why it's important for all uniformed members to keep positive control on their uniforms at all times.

Many members simply throw their uniform into the trash when it becomes unserviceable. However, any one who wants it could simply reach into the trash and pull it out. Now, with your uniform this person will be one step closer to infiltrating the base's defenses and being a threat to our personnel. This is a serious force protection concern.

Members who have unserviceable uniforms should keep them until they rotate out of the AOR. Many of these members think that simply by removing the nametapes from the uniform that they have "sanitized" it. Unfortunately, that's not the case. Another common misconception is that it's safe to dispose of the uniform if



Photo by Master Sgt. Don Perrien

▲ WRONG ANSWER: Putting uniforms in the trash, even when they're unserviceable isn't a good idea while deployed at Tallil AB.



Photo by Staff Sgt. Robert Grande

▲ HELP THEM KEEP YOU SAFE: Security Forces members are responsible for keeping the bad guys out, and helping protect the good guys in tent city. Servicemembers who improperly dispose of their uniforms make the job of our security forces difficult.

members only throw out the pants or if they use different trashcans.

All of the uniformed service members here at Tallil need to treat their uniforms as if they were classified documents.

Potential enemies have exhibited on several different occasions the levels of treachery that they are willing to stoop to in order to achieve American casualties. Men have disguised themselves as women to raise less suspicion and have hidden bombs in baby carriages. These people will think nothing of wearing a dirty or unserviceable uniform in order to sneak onto the base.

Remember, there is an implicit trust we place in each and every person wearing an American uniform, regardless of race, creed, color, rank or what branch of service they come from. Servicemembers are reminded not to betray that trust by placing their uniform on people looking to harm their brothers and sisters-in-arms.



Photo by RAF Flight Officer Joe Redhead

◀ ON THE MARCH: Members of the United Kingdom Royal Air Forces marched through Tallil Air Base Monday as part of a charity event raising money for the An Nasiriyah orphanages. The RAF servicemembers marched with more than 65 pounds of equipment on their route which covered more than 10 kilometers around Tallil.

Safety First

by Capt. Marc Dauteuil

332nd AEW Flight Safety Manager

It's in our tents, offices, automobiles, and aircraft—SAND!

Besides being painfully annoying, what exactly is this desert dust doing to our bodies and equipment?

At what point do we have to say "uncle" and clean out the mess?

Unfortunately, there are few black and white answers.

Climatologic experts can tell us that it takes approximately 20 or more knots of steady wind to kick up a pretty decent sand storm, but they can't tell us what that will do to our aircraft engines.

So what do we know and what precautions should we take?

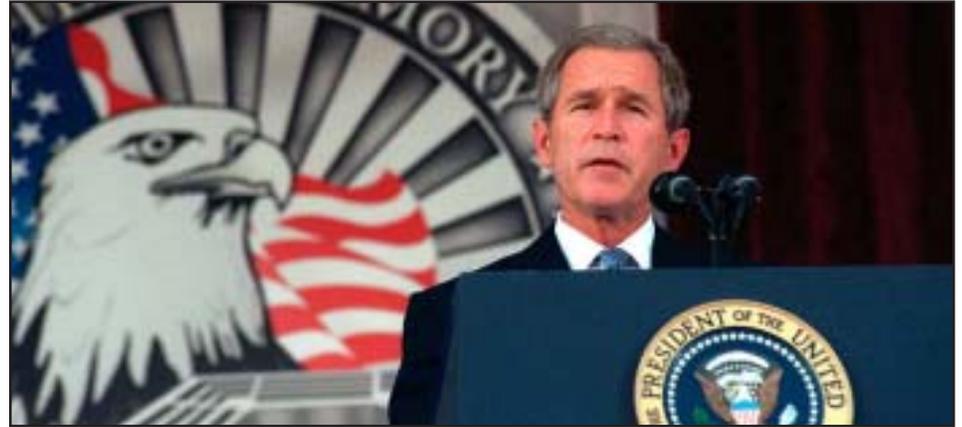
1. Decreased visibility: Avoid areas with blowing sand. If you must travel through it, both on foot or in some sort of vehicle, keep your lights on, slow down, and clear high traffic areas. Stop if you must.

2. Physical harm to bodies: Keep your eyes covered with goggles and use a scarf to protect your face/lungs. If your sinuses are acting up or your breathing is abnormal, see a doctor ASAP.

3. Damage to equipment: If in doubt, get an expert to look at it, or write it up. Wear and tear in this environment is rapid. Replace the part in doubt and don't risk the operator's life. Also, increase the frequency of regularly scheduled maintenance, particularly if liquids (i.e. oil, hydraulic fluid, etc.) are involved.

Take care, be safe, and clean out the dust!

Bush extends sympathies, pledges support to Iraqi people



DoD Photo by R.D. Ward

▲ VOICE OF THE AMERICAN PEOPLE: President Bush (shown here in a 2001 photo) extended his sympathies to the Iraqi people following Wednesday's terrorist attack on the U.N. Headquarters in Baghdad.

by K.L. Vantran

American Forces Press Service

WASHINGTON, Aug. 19, 2003 – The United States will “continue this war on terror until all the killers are brought to justice,” President Bush said in extending his sympathies to the families of those killed or injured in today’s attack on the United Nations headquarters in Baghdad.

“We will prevail,” he pledged in a statement from his ranch in Crawford, Texas.

A truck bomb hit U.N. headquarters earlier today, killing at least 13 and injuring dozens more, according to news reports. There has been no official word on the number of casualties.

The president said he has directed Ambassador L. Paul Bremer, the U.S. civil administrator in Iraq, to “provide all possible assistance to the rescue and recovery efforts.”

The coalition has undertaken a “noble cause” to secure the peace, stabilize Iraq, and give it a growing, vibrant economy and freedom, Bremer said during press interviews in Iraq.

“There will be days like today, which are truly tragic, but there is absolutely no question the coalition intends to stay the course,” he added.

Today’s tragedy shows the terrorists’ “con-

tempt for the innocent, fear of progress, and hatred of peace,” Bush said.

“They’re the enemies of the Iraqi people,” he added. “They’re the enemies of every nation that seeks to help the Iraqi people.”

The civilized world “will not be intimidated, and these killers will not determine the future of Iraq,” stressed the commander-in-chief.

The president noted that Iraq is on a course toward self government and peace. “America and our friends in the United Nations will stand with the Iraqi people as they reclaim their nation and their future,” he added.

Terrorists are “testing our will” with repeated attacks and today’s bombing, Bush said.

However, he noted, “Across the world they are finding that our will cannot be shaken. We will persevere through every hardship.”

Secretary of State Colin L. Powell called the bombing “a heinous crime against the international community and against the Iraqi people.”

The international community has been working with the Iraqi people to build a better future for Iraq, Powell said in a statement released by the State Department. “The United States strongly supports the vital role of the U.N. in Iraq’s reconstruction. We will not be deterred by such immoral acts.”

This Week In History

August 22, 1947

One of the most famous Tuskegee Airmen, Col. Benjamin O. Davis Jr., is appointed commander of the 332nd Fighter Wing (now the 332nd AEW). Colonel Davis will go on to command Suwon AB, South Korea at the height of the Korean war. He will retire in 1970 as a three-star general and will run the federal sky marshal program, one of our earliest efforts to combat terrorism. A special act of Congress will give him his fourth star in 1998.





DoD Photo by Army Sgt. Greg Heath

▲ **BACK ON ACTIVE DUTY:** Army Chief of Staff Gen. Peter Schoomaker visited troops at Bagram Air Base, Afghanistan, Aug. 18. He retired from the Army in 2000 after 31 years of service and returned to active duty Aug. 1 to take his present position.

Army's New Top Soldier Visits Bagram

by **Army Sgt. Greg Heath**

American Forces Press Service

BAGRAM AIR BASE, Afghanistan, Aug. 19, 2003 – Soldiers got a first look at their newest boss, Gen. Peter Schoomaker, the 35th Army chief of staff, Aug. 18 when he visited troops here. His visit was part of his tour of Afghanistan.

Schoomaker retired from the Army in 2000 after 31 years of service and returned to active duty Aug. 1 to take his present position. His trip was an opportunity to become reacquainted with soldiers serving on the front lines of the global war on terrorism.

"It's important for (Gen. Schoomaker) to be here to show that he cares and to find out what's going on personally with the soldiers," said Sgt. Maj. Sonny Mitchell, of

the task force's operations staff. "You can't do it over a telephone or video teleconference."

Upon arriving, the general addressed more than 100 soldiers and coalition service members gathered outside Combined Joint Task Force 180 headquarters. He said there was one main reason for coming out of retirement to take on this new assignment.

"There was absolutely no question in my mind to come back on active duty when asked to do so ... and it's because of you all," he said. "It's not anything about money or any of that stuff, it's about knowing what's right, one's sense of duty."

For Spc. Daryl Keith, of the 35th Signal Brigade, having the top Army soldier visit was a big morale booster. "It feels good to have

the highest-ranking soldier come over and show his personal gratitude to the soldiers," he said.

Mitchell agreed: "He is showing that he supports us and giving us a

"This is going to go on for a long time, and I'm not just talking about here in Afghanistan," he said. "It's a different world now and we're going to have to be to do what's nec-

"There was absolutely no question in my mind to come back on active duty when asked to do so ... and it's because of you all."

**– Gen. Peter Schoomaker
Army Chief of Staff**

chance to show we're going to support him as our new boss."

While speaking to the troops, Schoomaker noted that he was proud of what they had achieved all over the world while fighting the war on terrorism, but admitted that the fight was far from over.

essary to stand up for our way of life and our world in the future, and it's going to take people like you willing to stand between harm and our homelands to do that."

(Sgt. Greg Heath is assigned to the 4th Public Affairs Detachment on station in Afghanistan.)

AF officials release fitness-test details

by Staff Sgt. C. Todd Lopez

Air Force Print News

WASHINGTON — Beginning next year, Air Force officials will implement a new fitness test completely different than what airmen today are familiar with.

The more functional test will include a 1.5-mile timed run, a muscular-fitness test of push-ups and crunches and a body composition test. It is designed to measure the general health of airmen, said Maj. Lisa Schmidt, chief of health promotions operations at the Air Force surgeon general's office.

"The goal is to have a healthy, fit force that can deploy at any time," Schmidt said. "Our goal is to prevent the onset of diseases such as heart attacks, stroke, high-blood pressure and high cholesterol. Basically, it is about keeping members healthy so they will perform optimally, in-garrison and deployed. Healthy members are more heat-, stress- and fatigue-tolerant, and less prone to illness and injury."

To measure airmen's overall fitness, Schmidt's office and a panel of health and fitness experts developed a three-component measurement system that looks at aerobic fitness, body composition and muscular fitness, she said.

An airman's performance in each of the three component areas will earn points. They can earn a maximum of 50 points on the aerobic portion of the test, 30 points on the body composition portion and 20 on the muscular fitness portion.

The total number of points earned on the fitness test will put the airman into one of four categories: 90 or greater is excellent, 75 to 89.9 is good, 70 to 74.9 is marginal, and less than 70 is poor, Schmidt said.

"Scores based on health provide an opportunity for earlier intervention," Schmidt said. "If somebody scores in the marginal or poor category, we know they are at higher risk for disease. Therefore, we intervene with education and more frequent testing to monitor their progress."

People scoring marginal on the test will attend a two-hour healthy-living workshop that focuses on lifestyle behavior, time management and fitness education, Schmidt said.

Intervention for people scoring in the poor category involves the healthy-living workshop, an individualized exercise program and a weight-loss program for those who exceed body fat standards. It also involves mandatory exercise five days a week, she said.

The test for body composition is still being finalized, but it will measure how much body fat a person has, Schmidt said.

Tests for other components of the fitness standard have already been determined. A 1.5-mile run will determine aerobic fitness. Airmen who are not medically cleared to run will take



Photos by Master Sgt. Jim Varhegyi

▲ **JUST ONE MORE:** Trainees at the U.S. Air Force Honor Guard technical school participate in a physical-fitness routine several times a week. Their routine, which includes push-ups, crunches and a 1.5-mile run, mirrors the new Air Force fitness standards, which will be implemented in 2004.

the cycle-ergometry test. Muscular fitness will be determined by both push-ups and crunches, which will be similar to those done in conjunction with the cycle-ergometry test.

Airmen's scores on the new fitness test will also determine how often they need to retest. People scoring "good" or "excellent" will retest after a year, while those scoring "marginal" will retest after six-months. Airmen scoring "poor" will retest after 90 days.

Just how many push-ups and crunches airmen will have to do, or how fast they will have to run, has yet to be finalized. Schmidt's office has developed draft charts for the composite score. The fitness standards on the draft charts are tailored to both age and gender.

While the charts are not available yet, airmen who are not already involved in some sort of exercise program should begin now, Schmidt said.

"If you are not doing anything now and have concerns, see your doctor first," she said. "Begin slowly with an aerobic-exercise program such as running, jogging, swimming or biking, working up to at least 30 minutes on most days of the week. Muscular fitness and flexibility also need to be part of a balanced fitness program. If you have questions about starting a fitness program, you can contact your local (health and wellness center). They can help develop a program that's right for you."



▲ **IT'S BACK:** The 1.5-mile run is scheduled to make its return to Air Force Fitness standards which will be implemented in 2004.



The Padre's Pen

"Love of our country does not mean forgetting the rest of the world. It does mean thanking God for giving her the strength to sustain those in the world who cannot protect themselves..." — Terence Cardinal Cooke



Photo by Staff Sgt. Robert Grande

▲ **UNFIT FOR LOADING:** Remnants of Tallil's previous tenant are not hard to find as evidenced by the twisted remains of an Iraqi MI-8 "Hip" Helicopter.

BEST — Give Us Your — SHOT



Tech. Sgt. Michael Tillerson

▲ **WE'RE JUST VISITING:** An Iraqi local observed outside the EI/Post Office/ Finance building prays for money, a package from home, or possibly a communications cable installation here at Tallil.

Here's How:

We want to see Tallil Air Base and the surrounding areas from the inside and out and we need your help. If you've got a digital camera, then we want to talk to you!

Send us your best digital photo for the week and we'll chose the top shots to be published in the next issue of the *Tallil Times*.

When submitting photos, make sure they are of reasonable quality and in any PC compactible format. Next, make sure you provide us with an accurate description of the event and **COMPLETE** names of all persons pictured.

Photos without complete information cannot be considered. Photos must be in good taste and not compromise safety or security in any manner.

If you have questions, contact the Public Affairs Office at DSN 459-0014 or send your questions directly to tallil.times@tlab.aorcentaf.af.mil.



Master Sgt. Kenneth Velez

▲ **RUCK WALK:** Members of the 332nd Expeditionary Communication Squadron donned rucksacks and participated in the 5K walk Aug. 15.

Tallilians run, walk in 332nd ESVS 5K

by Staff Sgt. Terry Jones

332nd ESVS

□ Petersen wins second straight 5K

For the second consecutive 5K run, Mel Petersen, 332nd Expeditionary Operation Support Squadron, claimed the top spot.

During the Aug. 15 5K run, sponsored by the 332nd Expeditionary Services Squadron, Petersen crossed the finish line with a time of 16:28.

More than three minutes behind Peterson was Eric Adams, 332nd Expeditionary Security Forces Squadron, who placed second with a time of 19:33. Arthur Tsepelin of Estonia took third place and clocked in at 20:11.

Petersen's credits the wins to his exercise routine, which includes one long run (10 miles or more), one short interval session and one tempo session at an upbeat but not quite race effort each week. He also lifts twice a week for injury prevention and strength.

Due to the weather conditions,

he currently only runs 50 miles a week, but in the fall, he expects to increase to 70 miles per week.

Stationed at Spangdahlem Air Base, Germany, Petersen has a wealth of track experience.

He is a member of a German Track Club and has won the Armed Forces championships in track in the 10,000 meters. Petersen has also competed in world military cross country and track events and has run a 2:26 marathon.

Petersen said he's enjoyed the 5Ks thus far.

"I'm using our races as organized training sessions and as something to look forward to while here," he said.

"I just ran an even tempo for training," he said. "The wind offered a little extra resistance I didn't expect, though."

In the 2 mile walk, James Rubio and Scott Davis, 332nd Air Expeditionary Wing, tied at the finish for first place with a time of 27:38.

Gennie Allen, 332nd Expeditionary Communications Squadron, was third with a time of 32:30.

Top 10 runners

1. Mel Petersen	332 EOSS	16:28
2. Eric Adams	332 ESFS	19:33
3. Arthur Tsepelin	Estonia	20:11
4. Jeff Yost	332 AEW/ 74 EFS	20:23
5. Troy Long	332 ERQS	20:36
6. Clint Sikes	332 ECS	21:05
7. Calvin Wilson	332 ECS	21:14
8. Kyle Evans	332 ELRS	21:19
9. Stephen Renner	332 AEW/74 EFS	21:21
10. John Whitloy	TCW	21:30

Top 5 walkers

1. James Rubio (tie)	332 AEW/EI	27:38
1. Scott Davis (tie)	332 AEW/EI	27:38
3. Gennie Allen	332 ECS	32:30
4. Dorothy Deerwester	332 ELRS	33:11
5. Angelia Messer	332 ELRS	33:12

ESVS, Tallilians 'set' sights on volleyball season

□ Site change delays much anticipated volleyball season

by Staff Sgt. Terry Jones

332nd Expeditionary Services Squadron

After an exciting preseason, 12 teams are ready to hit the sand for the start of the Intramural Beach Volleyball Season.

Unfortunately, the season, slated to begin August 11, has been temporarily postponed due to a site change, explained Tech. Sgt. Mary Gunter, Fitness Center Director.

"We'll keep teams posted as to the progress of the construction," she said.

The 12 teams include the Communications Squadron, Logistics Readiness Squadron, and Civil Engineers with two teams, Medical Squadron, Air Expeditionary Wing Staff, Operation Support Squadron, Security Forces, Post Office and a combined team of Services and Maintenance Squadrons.

Some of the coaches provided insight into

the upcoming season.

Jonathan Mathe of AEW says his team will be ready.

"We have a solid nucleus in the center, anchored by Daniel DuBois and Fest Miles," he said. "We have 10 individuals that have great rotation and Eugene Thiesen from the chapel provides us with spirit as well as a good setter and blocker.

"We have a winning attitude and eagerness to beat whoever steps in our way," he said.

Carl Wettenberg has been putting his OSS team through the paces.

"Our 'Dust Devils' have great potential," he said. "We formed a strong nucleus up front and discovered the key setters and blockers during our last (preseason) match.

"The front line spikers are headed by Daniel Cornelison, Andy Meadway, and Scott Fourre," he said. "Our diggers and setters keep us alive, led by Phil Bonadonna, Tom Ostrander, Pat Riley, and Everette Whitfield — we're fired up."

Services' preseason effort has coach Jimmy Cox ready to go.

"I feel Services could be unstoppable," Cox commented. "We had only one loss and we played four different teams. (The preseason) gave us a real look at what we are up against in other teams. The preseason was really fun."

Words for Warriors

"When the pin is pulled, Mr. Grenade is not our friend."

— U.S.M.C. Training Bulletin