



BAGRAM NEWS EXPRESS

Start Right, Finish Strong

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New fitness center opens within Camp Cunningham

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455th Air Expeditionary Wing

The Camp Cunningham fitness center has a new home with more workout equipment.

Airmen from 455th Expeditionary Force Support Squadron and 455th Expeditionary Civil Engineer Squadron recently opened a new K-span fitness center behind the 455th EFSS tent – replacing a pair of workout tents across the street.

“The [K-span] has more room, more equipment and better lighting,” explained Tech. Sgt. Mark Waltz, NCO-in-charge of the fitness center deployed here from the 419th Fighter Wing at Hill Air Force Base, Utah.

Sergeant Waltz said the new fitness center has all of the equipment from the old cardio and weight tents plus more than \$165,000 worth of new equipment.

Some of the new equipment added includes: three treadmills, four stair steppers, four hammer strength machines, two curl benches and 25 exercise mats for various exercises. The new elliptical, stair stepper and treadmill machines also have attachments for customers to plug in their iPods while working out, and plans are underway to install eight flat screen televisions to help customers stay on track with their workouts.

“We’ve already noticed that more people are using the workout equipment than in the past,” said Sergeant Waltz.

Master Sgt. Bob Heim, 455th



Airman 1st Class Jon Little, 455th Expeditionary Security Forces Squadron, performs single arm back rows at the new Camp Cunningham fitness center Jan. 17.

ECES emergency management superintendent from Ramstein Air Base, Germany, tried out the facility Sunday morning.

“I love it,” he said shortly after completing a set of lateral pull downs. “This is one of the best facilities I’ve seen in my 10-plus deployments to the desert.”

While the new facility is opened for business, Sergeant Waltz said there is still a little work left before the fitness center is fully operational. Customers who visit the facility during the late night or early morning hours will notice there is no heating system installed yet.

“The RED HORSE Squadron

is installing the heating and air conditioning system this week,” said Sergeant Waltz.

Lt. Col. Joel Jones, 455th EFSS commander deployed here from Lackland Air Force Base, Texas, said the fitness center project is part of an ongoing effort by senior leadership to improve the quality of life for Airmen assigned to Bagram Air Field.

“This project is going to drastically improve the quality and availability of the fitness programs here at Camp Cunningham and Bagram Air Field,” he said. “Even if you’re not a frequent customer of the fitness facilities, I invite you to come by and take a look around.”

When do I need to file my taxes?

This question has three answers.

First, you can give a family member, friend or significant other a special power of attorney enabling them to file and sign your tax return.

Second, you can go online and use one of the various tax preparation websites.

Third and probably the most utilized is, the combat extension clause afforded to military members deployed to Afghanistan.

Working with the Department of Defense, the Internal Revenue Service identifies taxpayers who are serving in a combat zone so that the IRS will suspend compliance actions, such as audits or enforced collections, until 180 days after the taxpayer has left the zone.

Your deadline for taking actions with the IRS is automatically extended for

180 days after the later of:

- The last day you are in a combat zone, have qualifying service outside of the combat zone, or serve in a contingency operation (or the last day the area qualifies as a combat zone or the operation qualifies as a contingency operation), or

- The last day of any continuous qualified hospitalization for injury from service in the combat zone or contingency operation or while performing qualifying service outside of the combat zone.

In addition to the 180 days, your deadline is extended by the number of days that were left for you to take the action with the IRS when you entered a combat zone (or began performing qualifying service outside the combat zone) or began serving in a contingency operation.

If you entered the combat zone or began serving in the contingency operation before the period of time to take the action began, your deadline is extended by the entire period of time you have to

take the action.

For example, you have 3½ months (January 1 – April 15) to file your 2008 tax return. Any days of this 3½ month period that were left when you entered the combat zone (or the entire 3½ months if you entered the combat zone by January 1 this year) are added to the 180 days when determining the last day allowed for filing your 2008 tax return.

Taxpayers qualifying for such combat zone relief may also notify the IRS directly to update their status through a special e-mail address: combatzone@irs.gov.

They should provide name, stateside address, date of birth and date of deployment to the combat zone.

Do not include any social security numbers in the e-mail. This notification may be made by the taxpayer, spouse, or authorized agent or representative.

If you have any further questions on filing your tax return, contact the 455th AEW Legal Office at 431-3251.

NEWS BRIEFS

COLD WEATHER GEAR: Per the USAFCENT Commander: the only authorized uniform in the AOR is ABUs (w/exception of Civil Engineering AFSCs – 3E0X1, 3E0X2, 3E1X1 and 3E8X1). However, because All Purpose Environmental Clothing System (APECS) demand continues to outpace existing inventory and projected production levels, the DCU Gortex jacket w/liner and the DCU field jacket are authorized for wear with the ABU in the AOR until May 1. Additionally, those Airmen who process through an Army Power Projection Platform and are issued ACU patterned cold weather gear may wear the uniform items inside the wire, as determined by their commander.

NATO MEDALS: The NATO Medal typically takes approx. 90 days upon arrival for approval and distribution back to PERSCO. PERSCO has a spreadsheet posted to the SIPR public drive which you can view to see the status of your medal. If you notice any errors, please contact the following POCs: SSgt Amethia Dandy or MSgt Jesse Rouse at 431-2070/4409 or email 445EMSG.PERSCO@afghan.swa.army.mil

GOING TDY: All Air Force members are required to in and out-process through PERSCO for TDYs, Emergency Leave or R&R Leave/Pass. The PAX terminal will not manifest you until they have documentation stamped from PERSCO. All personnel assigned to the 455th are required to complete the AOR Travel Authorization Memo for any type of TDY. Please direct questions to PERSCO, 431-4409/2070.

COMBAT PUSH: Combat Push has extended their hours to accommodate the surge. New times are Monday, Wednesday and Friday in the Camp Cunningham Recreation Tent from 0900L-1100L and from 2230L-0030L. Services and PERSCO will be available to sign outprocessing checklists. Personnel must complete their out-processing checklist entirely, complete their Post Deployment Health Questionnaire online and pick up their medical records at Flight Medicine/Public Health before coming to Combat Push. For more information contact PERSCO, 431-2070/4409.

COMBAT O: Combat Orientation is Thursday at 0930Z/1400L at the Enduring Freedom Chapel. This is a mandatory briefing for all Air Force personnel assigned to Bagram Air Field. Accountability is tracked and will be

forwarded to the first sergeants.

NEWCOMERS INPROCESSING: All Air Force members are required to inprocess with PERSCO. The inprocessing will start your combat pay entitlements. If you have been in the AOR for at least 30 days and you are not receiving combat pay, please stop by Finance located in the tower on Camp Cunningham. If you know for a fact that you did not inprocess with PERSCO, please visit PERSCO located in the passenger terminal. Call PERSCO 431-2070/4409 with any questions.

A.C.E. MEETINGS: Airmen Committed To Excellence meets Fridays at 1700L/1230Z in front of Town Hall. Meetings are open to all Airmen E-1 to E-4.

JUNIOR NCOS: The Bagram AF Route 5/6 meets Thursdays at 1800L/1330Z at Camp Cunningham Wing Conference Room. The meetings are open to all Airmen in the rank of E-5 and E-6. For more information, call SSgt Keya Gipson at 431-3259.

AFSA MEETINGS: Air Force Sergeants Association Expeditionary Chapter 1657 holds meetings bi-weekly on Saturdays. The next meeting is Jan. 31 at 0800 at the Town Hall.

EAGLE CASH: All deployed personnel (military, civilian and contractors) utilizing Air Force finance office services within the USCENTCOM AOR are required to have an EagleCash Stored Value Card and highly encouraged to use it. Additionally, the Bagram Finance Office has set-up a full-service EagleCash Card Center at the Friday Bagram Bazaar for your use. Sign-up for your EagleCash Card today.

IMMUNIZATIONS: Are your immunizations up to date? Active duty members are required to stay current on all immunizations during their deployment. Report to your nearest medical treatment facility to check your status and get vaccinated. For questions, contact Task Force Medical Public Health.

WELLNESS: ABS workouts are held Monday through Saturday at the K-span fitness center beginning at 1215L. Personal Combative Self Defense classes are held Monday and Wednesday at the K-span fitness center beginning at 1800L.

OPERATION: CUPID

Let your loved ones know they are missed!

Bagram Chapel and the USO invites you to send a special Valentine's video message to your loved ones.

Messages will be taped on 27 & 28 January

Email Chaplain (Capt) Richard Holmes to schedule a time.

