



Bagram News Express

Start Right, Finish Strong Vol. 3 Issue 8, August 30, 2009

774th EAS flies humanitarian mission

By Tech. Sgt. John Jung
455th Air Expeditionary Wing
Public Affairs

BAGRAM AIRFIELD, Afghanistan - The Airmen of the 774th Expeditionary Airlift Squadron performed a high-altitude airdrop mission, supporting Coalition and civilian Afghans in a remote village in Northern Afghanistan.

The Georgia Air National Guard crew that flew the mission, deployed from the 158th Airlift Squadron, Savannah, Ga., successfully deployed eight bundles of humanitarian aid from a C-130H Hercules, Aug 26.

The eight bundles, weighing approximately 4.1 tons, were packaged in a container delivery system, a specialized pallet with parachutes, which assured the bundles and their precious cargo of food, water, clothes and blankets arrived intact.

Waiting on the ground were Coalition forces who helped distribute the humanitarian aid to the villagers.

"The CDS uses the aircraft's deck angle to assist its aft movement across the roller conveyors on its way out the cargo ramp and door," said Tech. Sgt. Ricky Córdova, loadmaster on the mission, and resident of Charlotte, N.C. "As each bundle clears the cargo ramp door, the rigged high-velocity low-cost



BAGRAM AIRFIELD, Afghanistan - Lt. Col. Tommy Atkinson (right) pilots a C-130H Hercules over Northern Afghanistan on a humanitarian airdrop mission. The Airmen of the 774th EAS have been dropping an average of five to eight tons of supplies and equipment per mission to Coalition forces and Afghan civilians in support of Operation Enduring Freedom. (U.S. Air Force photo)

aerial delivery system parachutes deploy and quickly deliver the load to the people waiting on the ground. The CDS also has corrugated paper cushion pads, known as honeycombs on the bottom of each bundle that are designed to absorb the shock and impact when the bundles land on the ground."

"Also aiding in the safe delivery of the humanitarian supplies, is an advanced aircraft computer system aboard the C-130H Hercules, operated by the navigator," said Lt. Col.

Tommy Atkinson, aircraft commander and the 19-year veteran pilot.

"Once the aircraft is over the drop zone, the co-pilot activates the jump signal switch at the command of the navigator and a green light in the cargo bay illuminates, signaling the loadmaster to manually assist the CDS out of the aircraft cargo doors.

**See AIRDROP,
next page**

AIRDROP

The aircraft computer program accounts for the unique drift of different parachutes, the weight of the load, wind velocity and other variables, which ensures the airdrop gets to the intended spot."

"These airdrop missions are challenging, and we enjoy that challenge," the Merritt Island, Fla., resident continued. "What may be lost on some people is how complicated these missions really are, because we've been doing them flawlessly for so long."

Captain John Mims, navigator on the mission, said even though the members of the squadron make airdrops look easy, a tremendous amount of work goes into every single detail of the mission.

"The squadron is made up of a multitude of career fields, including intelligence personnel, loadmasters, crew chiefs, navigators and pilots from all over the United States, all of which are absolutely crucial to the airdrop missions being completed," Captain Mims said.

The 774th EAS drops an average of five to eight tons of

supplies and equipment per mission and will continue to do so as long as necessary. Airdrops are a safe and reliable method for shipping vital supplies into locations where there are no roads, the terrain is too mountainous, the loads are too heavy for helicopters or where the insurgent threat is too great.

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Please join us in celebration of the
62nd Air Force Birthday
 Friday, 18 September
 0600 Reveille at the flag pole in Camp Cunningham, then a run to complete the **Birthday Challenge**, followed by an **Official Ceremony** at 0900 at the ECP on Alaska St. in Camp Cunningham with an **Open House** displaying **Air Power** belonging to the
World's Greatest Air Force



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3 Things
from the
Camp Mayor:
Chief
Tetreault

3 Peeves

Smoking in non-designated smoking areas. There was a recent B-hut fire which endangered people's lives. This is careless and dangerous.

The toilet is overflowing and people just stand there not doing a thing about it. We are all in this together and if people take 2 minutes to fix something, we would all be better off for it.

Some people have bad attitudes; these few people make life more difficult for all others.

3 Future Improvements

Addition of 4 new RLBs in Camp Cunningham and 4 more on the east side so the camp can get to "sandbook standards."

Better safety for Camps Cunningham and Yuen; more lighting around the camp, repairs on the B-huts and stairs; shovels and salt for the upcoming winter months.

Expanding the fitness center with a fitness annex and/or mezzanine.

3 Things you can do

Yes, there are local nationals that clean the RLBs and Cadillacs, but people should help clean after themselves; it's not their job to pick up after you.

Be more courteous and considerate; saying thank you and please never hurts.

If you see something on the ground, pick it up. If something is broken, fix it. If you personally can't fix it, let someone know.

Air Force unveils new fitness program



BAGRAM AIRFIELD, Afghanistan - Airmen of the 455th Air Expeditionary Wing run morning PT. The Air Force just revamped its fitness program with details to be released soon. (U.S. Air Force photo/Tech. Sgt. John Jung)

By Daniel Elkins
Air Force Personnel Center

RANDOLPH AIR FORCE BASE, Texas - Approval of the new Air Force fitness instruction in the coming weeks will bring about some of the most significant changes to the Air Force fitness program in the last five years.

Those changes, which take effect Jan. 1, 2010, shift a greater responsibility of maintaining physical fitness 365 days a year to all Airmen.

In June, Air Force Chief of Staff Gen. Norton Schwartz announced changes to the service's fitness program following an audit that identified inconsistencies in fitness testing that failed to create a culture of fitness required to meet the war-fighting demands on today's Airmen.

"I take fitness seriously, and so should you," said Chief Master Sgt. of the Air Force James A. Roy. "The new Air Force fitness test is coming soon and will incorporate significant changes aimed at creating a continuous culture of fitness."

Chief Master Sgt. Mark Long, the Air Force's enlisted promotions, evaluations and physical fitness chief, also underscored the importance of fitness in maintaining that combat capability while at the same time advising that Airmen shouldn't wait until the new year to begin preparing for the changes.

"The culture of fitness that began with earlier endeavors intended to prepare Airmen to be 'fit to fight' established a sound foundation to build upon," Chief Long said. "We've come a long way in the last five

years, only now it's time to incorporate changes that will bring about not only increased fitness, but greater clarity and understanding for both commanders and Airmen."

Some of the significant changes outlined in the new Air Force Instruction 10-248, Fitness Program, include the testing frequency, establishment of fitness assessment cells to proctor tests and increased emphasis on the aerobic component in scoring. The instruction is expected to be signed and approved by the Air Force chief of staff in the coming weeks.

Until then, Airmen can learn more about some changes and view the approved fitness charts and other valuable fitness related information at the Air Force fitness program Web site at: <http://www.afpc.randolph.af.mil/affitnessprogram/index.asp>

NEWS BRIEFS

NATO MEDALS: The NATO Medal takes approximately 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, call PERSCO at 431-2070/4409 or email 455EMSG.PERSCO@afghan.swa.army.mil

EAGLE CASH: All deployed personnel (military, civilian and contractors) using Air Force finance office services within the USCENTCOM AOR are required to have an Eagle Cash Stored Value Card and highly encouraged to use it.

COMBAT O: Combat Orientation is Wednesday at 0830Z/1300L at the Enduring Faith 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.

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, 431-4426.

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.



Do not take backpacks, briefcases, suitcases or packages into public gathering facilities or areas. Do not leave these items unattended anywhere.

455 AEW AT/FP Office: 431-4207
Capt. Sprute - Antiterrorism Officer
MSgt. Holtzmann - AT/FP Program Manager

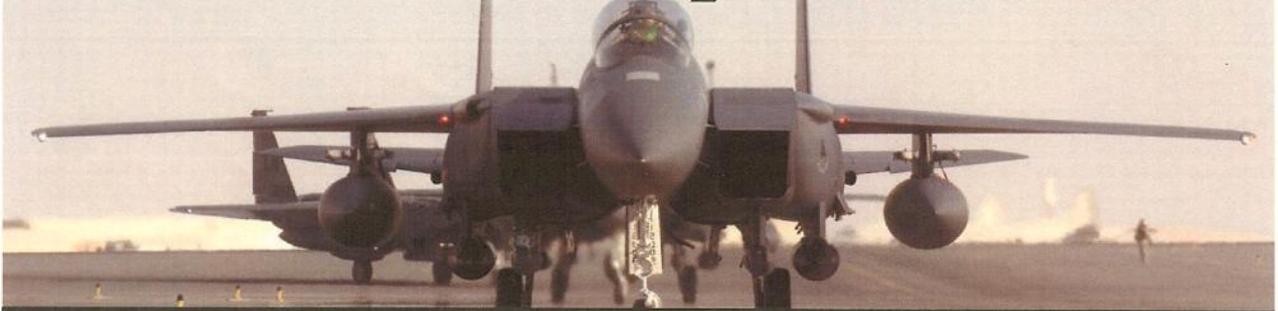
Force Protection is *your* business - *everyone* is a sensor

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, visit Finance in the crow's nest tower on Camp Cunningham. If you know for a fact that you did not inprocess with PERSCO, please visit PERSCO located in Bldg. 700 near the passenger terminal. Call 431-2070/4409 for more information.

PAPERLESS HOMETOWN NEWS RELEASE: Just arrived here at Bagram? Got promoted? Hit a milestone in your career? Tell your family and friends at home by sending a paperless Hometown News Release available on the Bagram Air Field public Web site at this link: <https://hnforms.dmasa.dma.mil/lfserver/455AEWBAGRAM>. Just fill out the form and hit submit. It's that easy.



DEPLOYED LOCATION RACE BAGRAM AIRFIELD, AFGHANISTAN



UNITED STATES AIR FORCE MARATHON HALF MARATHON SEPTEMBER 13, 2009



Photos from 2008 deployed race locations.

Race Start: 0530
Sign up is at Camp Cunningham
POC: Chris Tyler

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