

BAGRAM NEWS EXPRESS

START RIGHT, FINISH STRONG | VOL. 4 ISSUE 8, FEBRUARY 19, 2010

Combined efforts save lives in Salang avalanche



Airmen of the 33rd Expeditionary Rescue Squadron assisted more than 300 Afghan avalanche survivors during a mission to Salang Pass, Afghanistan, Feb. 9, 2010. (Courtesy photo)

**By: Staff Sgt. Richard Williams
455th Air Expeditionary Wing
Public Affairs**

BAGRAM AIRFIELD, Afghanistan—Imagine minus 40 degree temperatures. Add 35 mph winds and waist deep snow.

Tack on an elevation of 11,500 feet and this is the frigid scene that greeted members of the 33rd Expeditionary Rescue Squadron Guardian Angel Team when they arrived to render assistance to survivors of multiple avalanches that occurred in Salang Pass, Afghanistan, Feb. 9, 2010.

U.S. Air Force Master Sgt. Jonathan Grant, a 33rd ERQS pararescue team leader, said the initial notification of an avalanche in the area came around 12:30 a.m. The team began to streamline equipment and arrange transportation to render assistance to more than 1,500 people, most of whom were Afghans trapped in the snow.

“The initial reports we received on the area were pretty accurate,” he said. “We were told that there were thousands of people trapped and multiple vehicles with people still inside had been pushed off the road.”

Their equipment included extraction equipment and hypothermia kits to assist people who had been exposed to sub-zero temperatures, trapped in vehicles and in some cases buried in the snow for more than 12 hours.

The GA team loaded their equipment and personnel on U.S. Army CH-47 helicopters assigned to Task Force Knighthawk and started an approximately 30 minute flight to the avalanche site.

The team wasn't sure what they

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would find when their helicopters approached the scene. Sergeant Grant's team was on the first aircraft that arrived in an area with no defined landing zone; the pilots were going to have to clear one for themselves.

"The helicopter hit the ground; we were cleared so we grabbed our gear and began to secure our area and assess the situation," said Sergeant Grant, who's deployed from Patrick AFB, Fla.

"It was a chaotic scene when we first got there," said Capt. Gabriel Hensley, 33rd ERQS combat rescue officer. "There were frozen bodies lying on the road, vehicles were turned over, and it looked like someone had literally taken snow and pushed it into the vehicles. That was an eerie feeling given the fact that we didn't see anyone moving. Once we got on the ground, we were greeted by a crowd of people coming out of the tunnel."

The first thought that ran through Sergeant Grant's mind as he saw the crowd was, "This is going to get crazy pretty quick."

The team began to organize a reverse triage process. Typically, in



Members of the 33rd Expeditionary Rescue Squadron render medical assistance to survivors of an avalanche, Feb. 9, 2010. The 12-man Guardian Angel team assisted more than 300 Afghans stranded after 36 avalanches fell along the Salang Pass in Afghanistan. (Courtesy Photo)

an evacuation situation, people with the most severe injuries are taken away first. The reverse process allowed the most healthy to clear the area and the team could focus on more serious injuries and freeing trapped individuals.

Captain Hensley's team stopped everyone, organized them, secured them and began loading them on

the aircraft, said Tech. Sgt. Blain Morgan, 33rd EQRS pararescue team leader. "It was really amazing how smooth the organization was."

Sergeant Morgan added, "We had to ensure the safety of those people and the Tactical Air Control Party controller's and pararescuemen, and we began directing traffic so we could get those people out of there safely."

Once the initial rush of about 80 avalanche survivors was loaded onto helicopters and sent to Bagram, the team returned to the area to render more assistance.

Upon arrival, the team again set up a perimeter and secured the area. Staff Sgt. Greg Predmore and Airman 1st Class Eric Gray, 817th Expeditionary Air Support Operations Squadron TACP controllers, gained contact with air assets. The team organized individuals in a casualty collection point in one of the tunnels to keep them out of the elements and prepare them for evacuation, said Senior Master Sgt. Mike Ziegler, 33rd ERQS pararescue superintendent.

"We have had situations in the



A U.S. Army CH-47 helicopter survey's the area during a rescue operation in the Salang Pass, Afghanistan, Feb. 9, 2010. These helicopters completed 12 flights to evacuate Afghans who were stranded by more than 36 avalanches. (Courtesy photo)

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Avalanche, Cont.

past where people have injured themselves trying to get on the aircraft and a helicopter with a moving tail rotor can be very dangerous,” said Sergeant Ziegler.

Sergeant Ziegler added, “We don’t really receive formal training on crowd control and in this situation we had a learning curve of about 15 seconds to decide how we were going to protect and reassure these people who are frantic and at the same time ensure we are safe and able to do our job.”

“It was pretty difficult in the beginning,” said Airman Gray, who is deployed from, Aviano Air Base, Italy. “We had people all around us and we were trying to secure everything and maintain our radio antennas to contact the air assets and get the air traffic flowing to get the people out of there.”

After organizing the landing area, Captain Hensley, deployed from Patrick AFB, Fla., broke his teams into small groups so they could begin to rescue trapped individuals.

“Once we saw one of the sites and did the initial survey of the area where the avalanche had pushed vehicles off the road, we grabbed the people who were right there, removed them and began assisting people who were trapped,” said Sergeant Morgan.

Sergeant Ziegler explained the team descended 600 meters into a valley in waist deep snow with about 45 pounds of equipment on their backs to a vehicle resting place.

Once they made it to the base of the valley, Sergeant Morgan, also deployed from Patrick AFB, Fla., surveyed an area of land and created a landing zone for helicopters to drop off additional equipment, said Captain Hensley. “This was essential to their success, because it allowed them to use all of their equipment and not just what they had carried down.”



More than 1,500 Afghans were stranded in the Salang Pass, Afghanistan after 36 avalanches ravaged the area Feb. 8-9, 2010. (Courtesy photo)

The team began to dig with snow shovels and use heavy extraction equipment to cut through a metal bus framing to free as many people as possible. Sergeant Ziegler added that the team was literally digging tunnels through the vehicles and completing an on-scene triage to assess medical conditions of any survivors.

The evacuation worked as smoothly as possible with air traffic, said Sergeant Predmore. “We had helicopters waiting in line. As one moved out with survivors, we had another moving in to take its place and that allowed everyone else to focus on assisting people.”

“I didn’t have to worry about anything when I was on the ground,” said Sergeant Morgan. “I had my weapon and I was ready to secure myself if I needed to, but the TACPs were in constant contact with aircraft in the air and the pilot’s eyes on the area allowed me to focus on my job and that was to save lives.”

Sergeant Morgan explained that the primary job of a TACP is kinetic in nature. They guide weapons to a target. On this mission, their primary objective was to get information from the air about any possible threats to mission success and coordinate the aircraft accomplishing the rescue effort. That capability was key to enable the PJ’s to do their job.

With equipment and daylight exhausted, Captain Hensley and his team prepared to return to the airfield. They completed 12 flights

in a seven hour period and assisted more than 300 people.

The key to mission success: training.

“We receive a variety of specialized training,” said Sergeant Ziegler. The team is primarily made up of Florida natives who are used to sea level conditions and to go from there to an elevation of more than 11,000 feet in those conditions presented many different challenges.

“We are so specific yet so broad with the scope of our mission here,” said Sergeant Morgan. “We have scuba gear here because we may perform a rescue in a river. We receive mountain rescue training and collapsed structure training because we are trained to rescue people no matter what the situation.”

“This was an extremely dangerous mission,” Captain Hensley said. “We found out that there were 36 avalanches in the area that day. The road was used for enemy activities regularly and there was potential for these elements to be mixed into the crowd of people. Additionally, we encountered some of the worst weather conditions imaginable. If we made it there, the helicopters may not be able to return and we may have to complete an overland movement to get in and out of the avalanche location and the team accepted the risk.

On this day, 10 pararescuemen, two Tactical Air Control Party Airmen and members of U.S Army Task Force Gladius, reaffirmed the PJ motto, “That others may live.”

Afghan physicians take one more step towards independent medical care

**By: Staff Sgt. Richard Williams
455th Expeditionary Wing
Public Affairs**

BAGRAM AIRFIELD, Afghanistan—Local Afghan physicians graduated Feb. 13, 2010, from a two-week mentorship training program sponsored by Task Force Medical East and the Craig Joint Theater Hospital here.

The five doctors, members of the Afghan National Army, Afghan National Police and local hospitals, increased their medical knowledge on the procedures and equipment involved in trauma medicine and also fostered a working relationship with their coalition counterparts.

“Today was the culmination of two weeks of trauma and medical training for the local Afghan physicians,” said U.S. Army Capt. Mark Ebeling, director of the Afghan medical training program, TF-Med East. “Every month we bring physicians from ANA sites and Provincial Reconstruction Teams from all over Afghanistan to train here at the Craig Hospital and the Egyptian Field Hospital.”

Captain Ebeling, deployed from the 452nd Combat Support Hospital, Minneapolis, Minn., said the importance of this program lies in building the Afghan medical infrastructure, enhancing their medical capabilities, and sharing trauma medicine programs that have been almost nonexistent in recent years. “We have the capabilities here and that is one of the biggest needs in the country right now.”

Previous graduates of the program return and assist with the training of their fellow Afghan doctors, said Captain Ebeling, and this is essential to build a strong foundation in the Afghan communities--Afghans teaching Afghans.

“It is important that they (Afghan physicians) see a higher standard of medical care than they are used to in the hopes of them



Physicians from the Afghan National Army, Afghan National Police and local communities graduated from a two week medical mentorship program at the Craig Joint Theater Hospital Feb. 13, 2010. (U.S. Air Force photo by/ Tech Sgt. Jeromy K. Cross)

developing those standards,” said U.S. Air Force Col. Joe Chozinski, 455th Expeditionary Medical Group/TF-MED East commander. “The biggest part to me is to develop a strong working relationship with the communities so we can develop a referral system to assist with local medical needs.”

Colonel Chozinski, deployed from Luke Air Force Base, Ariz., explains that in a country whose medical system has been decimated by war and attrition there isn't a strong medical system in many places and the division between coalition medical care and local care makes it difficult for both systems to work together.

He says, the more training and assistance coalition forces can provide to help the Afghan's develop their healthcare model and processes the easier it will be to work together to reach everyone's goal, which is to provide the best healthcare possible for the people of Afghanistan.

Dr. (Col.) Abdul Rasheed Fedaye, ANA chief of internal medicine,

Afghan National Medical Hospital, said the training is an essential part of the building process to enhance Afghan medical professional's capabilities.

“We have learned a great deal about dealing with trauma patients and we were exposed to many situations that we had never seen before,” Dr. Fedaye. “We will go back to our hospitals and share the experiences, and teach the techniques we have learned and encourage our doctors to participate in these programs to gain more knowledge.”

“The biggest event that they participated in was rendering medical aid to survivors of the recent avalanche,” Captain Ebeling said.

One of the doctors assisted in emergency room operations and the other physicians assisted with less severe injuries, primarily assisting with the Afghan families, said Captain Ebeling. “It was unbelievable, the assistance they provided. They removed a language

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Mentorship, Cont.

barrier and put those patients, most of who had never come into contact with coalition forces, and provided care and comfort for their countrymen.”

Dr. Fedaye spoke of the assistance during the avalanche and the humanitarian assistance provided saying, “We saw the American medical forces and their eagerness to help the Afghan people when they were brought here and given humanitarian assistance.”

“We had the students taking care of a patient in our intensive care unit, one that we may have kept for a few weeks,” said Colonel Chozinski. “The students came to us and said with the training they received from the PRTs and the imbedded training teams, they believed they could take the patient from us. So an Afghan Mi-17 came in and took that patient to a local hospital, and that is important.”

During the graduation he said, “These are another five physicians who are working towards the same mission, which is to build their medical system.”

“Most of these physicians are senior in their organizations and they are well respected in their communities and so it is a real honor to have them here,” said Colonel Chozinski. “It is not easy to take the most experienced physician in a community away from an area for two weeks.”

“We are very thankful for the Craig Hospital staff and other coalition staff for being here and their willingness to help the Afghans,” said Dr. Fedaye. “I hope that the mentorship training program will be extended to all of Afghanistan and we want the American forces to invite other doctors here to learn about modern medical techniques to help care for our people.”

Fat Tuesday comes to Bagram

By: Staff Sgt. Richard Williams 455th Air Expeditionary Wing, Public Affairs



U.S. servicemembers enjoy the “Fat Tuesday” celebration Mardi Gras festivities at Bagram Airfield, Afghanistan, Feb. 15, 2010. (U.S. Air Force photo by/ Tech. Sgt. Jeremy K. Cross)

BAGRAM AIRFIELD, Afghanistan—The allure of Bourbon Street was on display during the Bagram Mardi Gras celebration sponsored by the 455th Expeditionary Force Support Squadron morale, welfare and recreation center Feb. 15, 2010.

The Dixieland swing of U.S. Army's 82nd Airborne band known as The Mighty Mighty Bragg Tones, rang in the “Fat Tuesday” celebration where patrons were treated to food, drinks and games.

“We received a lot of support from Louisiana for this event,” said Jackie Johnson, 455th EFSS, MWR events coordinator. “We got extra food and care packages from there and it felt like everyone was sending us care packages to help make this event happen.”

Ms. Johnson said that the care package coordination, dubbed Operation Mardi Gras by some Louisiana residents, was one of the major reasons the event took place. “We can't thank them enough for sending care packages of the traditional beads, local cuisine and even party favors to make the event a success.”

“I am having a really great time tonight,” said Staff Sgt. Mary Brandon, 455th Expeditionary Medical Squadron/Task Force Medical. “This is my

first Mardi Gras and it just happens to be here.”

Sergeant Branson, deployed from Nellis Air Force Base, Nev., said that morale events like these play a big part in bringing “a little slice of home,” to so many service members who are deployed.

On the turn out, Ms. Johnson points out that there were not only U.S. servicemembers involved, but patrons from New Zealand, Egypt and across the installation came out to just have a good time and decompress.

“We try to put on events like these monthly, especially during the months when there is a holiday to celebrate,” said Johnson. “Whether there is a holiday or not we try to come up with events that people can enjoy.”

Ms. Johnson said that the MWR team is always looking for ideas and always happy to accept volunteers to help out, because they want to plan events that people will attend and enjoy.

“These events help to remind is of the freedoms that we have back home,” said Sergeant Brandon. “It also reminds us of why we are here, and that is to help the Afghans gain the freedom to choose how they want to live.”



Information: Command Viewpoint

Command Sgt. Maj. Michael T. Hall: Morale, Welfare and Recreation (MWR) Facilities

CSM Hall Blog – Morale, Welfare and Recreation (MWR) facilities

“Ninety percent of what we do is about having a worthwhile mission and good leaders. Ten percent is the other stuff.”

Many of you have heard that there are plans to shut down some of the “amenities” throughout Afghanistan. This is not rumor. It is fact. This is a warzone – not an amusement park. From the moment GEN McChrystal and I arrived in Afghanistan last summer, we began looking for ways to do things more efficiently across the battlefield – the optimization of ISAF. This effort includes moving and reallocating resources to better accomplish our mission.

One of the ways we’re going to do that -- in order to accommodate the troop increase and get re-focused on the mission at hand -- is to cut back on some of the nonessentials. That includes some of the morale, welfare and recreation facilities throughout Afghanistan. In the coming weeks and months, concessions such as Orange Julius, Burger King, Pizza Hut, Dairy Queen and Military Car Sales will close their doors.

Other changes will not be so obvious. We will also reduce the amount of canned and bottled goods coming into country, as well as first-run movie showings and non-USO entertainment shows.

What it comes down to is focus, and to using the resources we have in the most efficient and effective ways possible. Supplying nonessential luxuries to big bases like Bagram and Kandahar makes it harder to get essential items to combat outposts and forward operating bases, where troops who are in the fight each day need resupplied with ammunition, food and water.

Some concessionaire contracts will remain although there are many that may not be renewed as the terms of the agreement expire. Commanders across the battlefield are implementing additional cut backs while still providing services within individual nations’ interests and regulations. Green Beans Coffee will remain at bases across Afghanistan. Bazaars and businesses which employ Afghanians and feed the local economy will still continue to operate.

What won’t change or be diminished are the facilities that cater to service members’ well being and morale. Physical fitness centers will be equipped with cardio and weight equipment. We are working hard to get more bandwidth in country so we can provide troops throughout Afghanistan with faster, more reliable and more affordable (perhaps even free) Internet services and access to phones to stay connected with loved ones.

Some will say the decision to do away with these amenities is meant only to make things harder for deployed service members, but nothing could be farther from the truth. Closing these facilities will free up much-needed storage facilities at both Bagram and Kandahar, space which is critical as 30,000 additional American and up to 7,000 international troops flow into Afghanistan over the next several months.

As the expansion continues, especially throughout the winter months, having a place to store equipment will prove vital to outfitting units with basic items and essential equipment. These closures will also lessen the amount of flight and ground convoy traffic across, and in and out of, Afghanistan, reduce both local and military security requirements, free up ramp space on airfields, and drastically reduce the water and electricity needs required to operate these businesses.

We have an important mission here in Afghanistan, and its one the world is watching and paying attention to. We have a responsibility to outfit our troops with everything they need to be successful. Efficiently providing troops what they need to accomplish the mission is the right thing to do.

History Spotlight: Afghanistan – A Way of Life

By: Tech. Sgt. Scott Gaitley, 455th Air Expeditionary Wing Historian



The Afghan population is primarily composed of several distinct ethnic groups and certain elements of their way of life are much the same. Typically, the family is the foundation of the Afghan society. Extremely close bonds exist within the family, which consists of members of several generations. The family is headed by the oldest man, or patriarch, whose word is law for the entire family. Family honor, pride, and respect toward other members are highly prized qualities. In regards to both villagers and nomads, the family lives together and forms an independent group. Each village family generally occupies either one mud-brick house or a walled compound containing mud-brick or stonewalled houses. This similar pattern prevails among the nomads, with the exception that tents replace the houses.

Settlements in Afghanistan with less than 100 houses number over 10,000 and those with 100 to 250 houses number about 1000. There are 53 urban centers that range in

size from 2500 to 25,000 people. In the smaller villages there are no schools, no stores, nor any representative of the government. Each village has three sources of authority within it: the *malik* (village headman), the *mirab* (master of the water distribution), and the *mullah* (teacher of Islamic laws). Generally

a *khan* (large landowner) will control the whole village by assuming the role of both *malik* and *mirab*.

Loose-fitting cotton trousers are a customary part of the Afghan villager's costume. The men wear long cotton shirts, which hang over their trousers, and wide sashes around their waists. They also wear a skullcap, and over that, a turban, which they take off when working in the fields. The women wear a long loose shirt or a high-bodice dress with a swirling skirt over their trousers; they wrap a wide shawl around their heads. Many women wear jewelry, which is collected as a form of family wealth. When urban women leave their houses they usually wear a *burka* or *shadier*, a long tent like veil that covers them from head to foot. Women in villages rarely wear the *burka*, and educated urban women discarded the custom, especially under Soviet dominance where it was regarded as backward.

The diet of most Afghan villagers consists primarily of unleavened

flat bread called *nan*, soups, a kind of yogurt called *mast*, vegetables, fruit, and irregularly rice and meat. Tea is the favored drink.

Village men work in the fields, joined by the women throughout the harvest. Older children manage the flocks and look after the smaller children. The village mosque is the center of religious life and is often used as the village guest house.

Twice a year groups of nomads may pass through villages on their routes from summer highland grazing grounds to the lowlands where they camp during the winter. The villagers customarily allow the nomads to graze their animals over the harvested fields, which the flocks fertilize by depositing manure. The nomads buy supplies such as tea, wheat, and kerosene from the villagers; the villagers buy wool and milk products from the nomads. For food and clothing, the nomads depend on the milk products, meat, wool, and skins of their flocks; for transportation they depend on their camels. Nomadic women are freer and less secluded than the village women.

A favorite sport in northern Afghanistan is a game called *buzkashi*, in which teams of horsemen compete to deposit the carcass of a large headless calf in a goal circle. Afghans also play polo and *ghosai*, a team sport similar to wrestling. The most important holiday in Afghanistan is *Eid* and *Nowruz*, or New Year's Day, which is celebrated on the first day of spring.



94.1 FM
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455th Air Expeditionary Wing, Warrior of the Week

Tech. Sgt. Jeromy K. Cross, 455th Air Expeditionary Wing, Public Affairs

Tech. Sgt. Jeromy Cross is a public affairs photographer. He records the history of Bagram Airfield by capturing operations involving the U.S. Air Force.

He captures imagery of aircraft, personnel, military operations and documents for crime scene and mishap reporting.

Sergeant Cross organizes and maintains archive of 455th AEW still imagery, as well as accessioning imagery to the Defense Imagery Management Ops Center and National Archives. Maintains and operates a fully capable photography studio to capture studio portraits of wing leadership, First Sergeants and personnel submitting official nomination packages to include any official photo for all U.S. servicemembers.

When asked his feelings with being nominated Sergeant Cross replied, "I was surprised. I take the photos of the Warrior of the Week every week and it was surprising that I was selected."

Sergeant Cross explained the importance of his job by saying, "When people look at this war in history books, my photos will be used to explain what we accomplished here."

Sergeant Cross' supervision commented on his service by explaining nomination has already demonstrated he is fully capable of career progression by receiving a line number for Master Sgt. He is proactive on communicating with all personnel on Bagram Airfield to pursue information and acquire imagery.

He quickly established a great rapport with wing personnel and tripled imagery acquisition. Tech. Sgt. Cross uses these photos to tell their story and the Air Force story worldwide. He understands the concept of imagery and how it's an important tool in explaining and telling the world what the U.S. Military's accomplishments.



He is also a mentor to the junior NCO's. Most importantly, he demonstrates professionalism during photo shoots on location and in studio operations and when talking to PA customers.

Bagram Airfield Air Force
PT Uniform Standards...

Shirt must fit properly.

Shirt must be tucked in.

Wear shorts at the waist.

Do not roll up your shorts.

Wear white socks not black socks.

Force Protection
Tip of the Week:

Remove your personal information from your parcels and envelopes received from home and shred the information. Names and addresses can be used by the enemy to intimidate or exploit families back at the homefront. Furthermore, your information can be exploited for terrorist and criminal gain. Take a proactive approach to OPSEC and Force Protection - **it is YOUR business!**

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

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

NEWS BRIEFS

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.

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 area of responsibility 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, visit PERSCO located in Bldg. 700 near the passenger terminal. Call 431-2070/4409 for more information.

COMBAT O: Combat Orientation is every Friday at 0100Z/0530L at the MWR Clamshell. Uniform is Air Force PT uniform for fitness assessment. This is a mandatory briefing for all Air Force personnel assigned to Bagram Airfield. Accountability is tracked and will be forwarded to the first sergeants.

NEW BAF MAIL INSTRUCTIONS: BAF residents, please ensure individuals sending mail have your most current contact information. This alleviates any delays in you receiving your mail. Below is the current contact information required for individuals to receive mail.

NAME - (Eg. Jane Doe; no rank)
UNIT - (Eg. 455 ECS/SCXK)
Bagram Airfield or BAF
APO AE 09354



455th AEW Safety tip of the week

Wearing Headphones

Headphones and their associated devices, (CD players, MP3 players, radios, etc) are only authorized in indoor exercise and recreation areas. They are prohibited for outdoor use, including outdoor physical fitness activity. Military personnel who violate this prohibition are subject to prosecution under Article 92 of the UCMJ, as well as any other applicable article of the UCMJ. Civilian personnel are subject to administrative disciplinary action and/or termination of employment and redeployment. If you have questions, please contact the Safety Office @ 431-4743

Did You Know:

1 in 33 men and 1 in 6 women

will be sexually assaulted

In their *lifetime*?

Every 150 seconds, someone is assaulted somewhere in America?

80% of victims *know* their assailant?

Always take a Wingman

If you are interested in becoming a Victim Advocate, contact
Capt. Jose Milan
DSN: 318-431-4060
455aew.sarc@bgab.afcent.af.mil



B.A.F Idol Karaoke Contest!

SUNDAYS 14 FEBRUARY 14 MARCH
2000-2100
REGULAR KARAOKE @ 1830-2000 AND 2100-2400
CAMP CUNNINGHAM VULCANUS
NIST

Weekly Solo and Duet Winners will be advanced to the finals on 23 March at the MWR Clamshell!

CONTESTANTS WILL BE JUDGED BY A PANEL OF 5 JUDGES WITH 1ST PLACE INDIVIDUAL AND 1ST PLACE DUET ADVANCING TO THE FINALS.
COME ON BAGRAM BRING OUT YOUR TALENT AND TRY TO BECOME THE NEXT B.A.F IDOL!





WEDNESDAY
0100, 0800 & 1300

THURSDAY
0100, 0800, 1300 & 1930

FRIDAY
0100, 0800, 1300 & 1930

SATURDAY
0100, 0800, 1300 & 1930

SUNDAY
0100, 0800, 1300 & 1600

Twilight/New Moon Double Feature @ 1930

Avatar

Ninja Assassin

Valere's Nest Movie Nights

YOU CAN'T HANDLE THE TOOTH

1-22-10

Feb 17 Through Feb 21

Looking for something to do?

CAMP CUNNINGHAM'S Fitness Calendar FEBRUARY 2010							
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	1 0530/1430/1700 P90X 1200 ABS WORKOUT 1235 GET R DONE ABS 1630 Aikido 1900 CORE CLASS 2000 MMA	2 0530/1430/1700 P90X 1200 ABS WORKOUT 1235 GET R DONE ABS 1630 Aikido 1830 YOGA 1900 JIU JITSU 2100 KICKBOXING	3 0530/1430/1700 P90X 1200 ABS WORKOUT 1235 GET R DONE ABS 1630 Aikido 1900 CORE CLASS 2000 MMA	4 0530/1430/1700 P90X 1200 ABS WORKOUT 1235 GET R DONE ABS 1630 Aikido 1830 YOGA 1900 JIU JITSU 2100 KICKBOXING	5 0530/1430/1700 P90X 1200 ABS WORKOUT 1235 GET R DONE ABS 1630 Aikido 1900 CORE CLASS 2000 MMA	6 0600 GROUND HOG 5K 0530/1430/1700 P90X 0900 RACE TO BASICS 1200 ABS WORKOUT 1235 GET R DONE ABS 1630 YOGA 1900 JIU JITSU 2100 KICKBOXING	
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