

Bagram News Express



START RIGHT, FINISH STRONG

VOL. 4 ISSUE 12, APRIL 2, 2010

President of the United States visits Bagram Airfield



The President of the United States Barack Obama visits the troops at Bagram Airfield, Afghanistan, March 28, 2010. Photos By: Tech Sgt. Jeromy K. Cross, 455th Air Expeditionary Wing, Public Affairs

By: 455th Air Expeditionary Wing Public Affairs

BAGRAM AIRFIELD, Afghanistan— President of the United States Barack Obama visited U.S. servicemembers, coalition forces and civilians stationed here, March 28, 2010, followed by a meeting with Afghan Presi-

dent Hamid Karzai.

The President attended a Purple Heart ceremony at the Craig Joint Theater Hospital to honor some of the wounded warriors in Afghanistan, had a meal with servicemembers at the dining facility and received a warm welcome from personnel who attended his speech.

During the visit to the Craig Joint Theater Hospital, the President took time to honor wounded warriors and show support for their efforts, said Col. Joseph Chozinski, 455th Expeditionary Medical Group/Task Force Medical East, com-

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POTUS, Cont.

mander. "He was unable to visit everyone who makes a daily sacrifice for our country, so he took the time to visit those who have sacrificed the most, and I believe their sacrifice represents ours well."

Colonel Chozinski added it was great to see the President take time to be with servicemembers here and to get an idea of the conditions under which they serve.

"I believe it is important to Airmen to know that the President is aware of the sacrifices we make to serve, he added. "When he entered our intensive care unit and saw a servicemember who had lost both his legs and an arm, I believe the President was visibly moved, and commented on how great the sacrifices are that we make daily."

"There is no visit that I considered more important than the visit I am making right now," President Obama told the

crowd. "I have no greater honor than serving as your Commander in Chief. It is a privilege to look out and see the extraordinary efforts of America's sons and daughters here in Afghanistan. So my job here is to say, 'Thank You,' on behalf of the American people."

The President reconfirmed America's and its coalition partners' commitment to helping the Afghan people sustain a safe, secure and prosperous future.

President Obama said, "Make no mistake, this fight matters to us, our coalition partners, and the Afghan people."

He added, "The enemy offers fear, but you offer hope for the people of Afghanistan, and that is why you know the entire country stands beside you. That's why you put on that uniform, because in an uncertain



world, the United States of America will always stand up for the security of nations and the dignity of people. That's who we are and that's what we do."



Medical staff removes UXO from patient at Bagram

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

BAGRAM AIRFIELD, Afghanistan— March 18, 2010, became an anything but normal day for the trauma team at the Craig Joint Theater Hospital here when they were called upon to remove unexploded ordnance from a patient's scalp.

The patient, an Afghan National Army soldier, was involved in an improvised explosive device attack and had a 14.5 millimeter high explosive incendiary round with approximately 5 grams of explosive lodged in his scalp.

"We were informed a few hours ahead of time from the forward operating base at Salerno that we had some patients coming in who were victims of an IED blast," said Maj. John Bini, 455th Expeditionary Medical Group/Task Force Medical East, trauma director.

The initial report stated this particular patient had a metal fragment retained in his head as a result of the blast.

Major Bini, deployed from Wilford Hall Medical Center, Lackland Air Force Base, Texas, initially assessed the patient in the emergency room trauma bay where he was stabilized and taken for a computed axial tomography scan to assist the medical team in further evaluating his condition.

Once the patient received CAT scans of the head, chest, abdomen and pelvis, the team moved him to the operating room to prepare him for surgery.

Lt. Col. Anthony Terreri, 455th EMDG/TF MED-E radiologist, viewed images from the CAT scan and didn't initially see anything unexpected for an IED trauma patient. He explained initially patients received a scout scan, which is a snap shot of the whole body. Then a more thorough scan is per-



This Computerized Axial Tomography Scan shows the placement of a 14.5 millimeter high explosive incendiary round which was removed from the scalp of an Afghan National Army soldier at the Craig Joint Theater Hospital, Bagram Airfield, Afghanistan, March 18, 2010. The injury was sustained during an improvised ordnance device attack. (Courtesy Photo)

formed starting at the head, and the radiologist and surgeons review the images to formulate a more thorough diagnosis of injuries and how to proceed with surgical operations.

"Initially I thought it was a spent end of some sort of larger round," said Colonel Terreri, also deployed

from Wilford Hall Medical Center.

"I saw that it was not solid metal on the inside," he added. "I then looked at the scout image and could see there was an air gap on one end and what looked almost like the tip of a tube of lipstick at

See UXO, Next

UXO, Cont.

the end and decided this didn't look quite right."

Colonel Terreri, a Tonopah, Nev. native explained when reviewing scans, the radiologist may come across images that reveal information for which the surgical team must be prepared and a UXO is one of those cases.

He immediately went to inform the neurosurgeon who had already left to prepare for surgery.

"I went directly to the operating room and evacuated all unnecessary personnel," said Major Bini. "I had the anesthesiologist remain in the room in his Interceptor Body Armor to monitor the patient."

Major Bini then notified his chain of command and the explosives ordnance disposal team and began to secure areas of the hospital to protect patients and staff.

To add another twist to this already intense situation, Major Bini explained there was another surgical team operating on a patient with multiple life threatening injuries in another operating room and they couldn't safely evacuate as the patient was in critical condition.

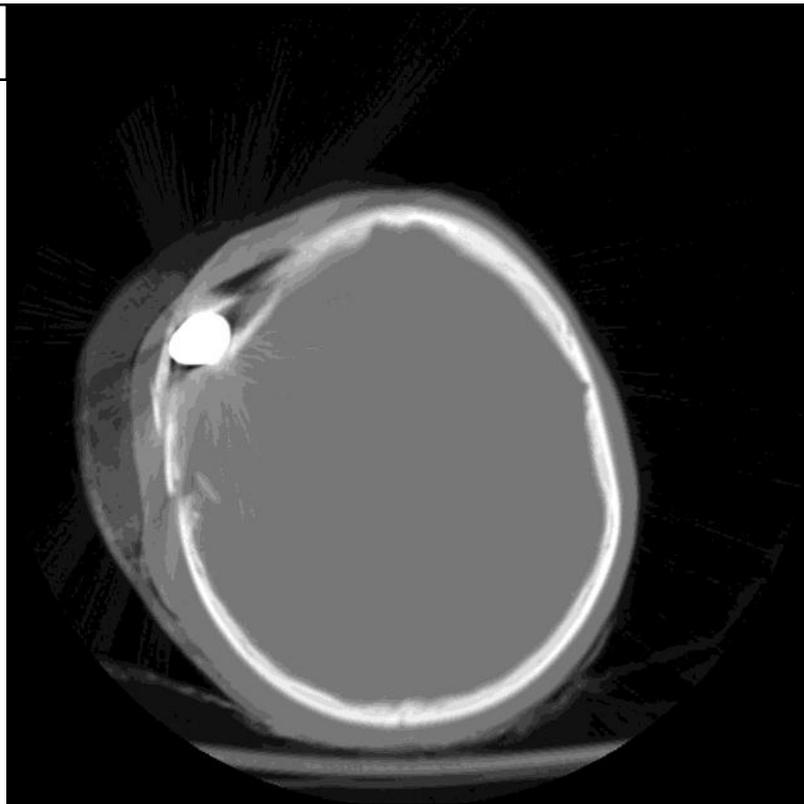
"It was kind of a case of Murphy's Law coming into play," said Tech. Sgt. William Carter, 455th EMDG/TF MED-E noncommissioned offi-

cer-in-charge of central sterile processing and a medical technician deployed from Wright-Patterson AFB, Ohio. "We had an OR full of trauma cases and we had people in other rooms who were busy taking care of patients and it was really an all hands on deck event."

Sergeant Carter explained one of the greatest difficulties the teams in the other operating rooms faced

was the ability to pass through the cordoned area to access lab work and blood products. "We donned our IBA and made sure the individuals in the other operating room did not have to pass through the area and had everything they needed." He referred to it as a tag team effort and the team ensured

See UXO, Next



This image slice of a CAT scan shows an overhead view of the location of the 14.5 millimeter high explosive incendiary round which was removed from the scalp. (Courtesy Photo)



This Computerized Axial Tomography Scan shows a side profile view of the placement of a 14.5 millimeter high explosive incendiary round which was removed from the scalp of an Afghan National Army soldier at the Craig Joint Theater Hospital, Bagram Airfield, Afghanistan, March 18, 2010. The injury was sustained during an improvised ordnance device attack. (Courtesy Photo)

UXO, Cont.

their ultimate goal, which is to save lives, could still be accomplished.

When the EOD team arrived at the hospital, Major Bini took them to review the CAT scan images. He then proceeded to the operating room, donned his IBA and removed the round from the patient's head.

After the UXO was removed from the patient and given to EOD, the areas were reopened to normal operating room traffic. Major Bini turned the operation over to the neurosurgeon and the operating room team to complete the operation.

The procedure from the patient's initial arrival to completion of the neurosurgery took more than five hours, Sergeant Carter said.

The major pointed out that everything that transpired from the surgery to the recovery was a success. "The patient does have a traumatic

brain injury, but his neurologic condition continues to improve on a daily basis," he added.

"You hear about this type of thing on television and read stories about it in the news, but to actually see the way people react in this type of situation is remarkable," said Sergeant Carter, a Fort Myers, Fla. native. "It was a real concentrated effort on everyone's behalf to ensure that we were all safe and the patient was safe as well."

"This is something that I train and teach," added Major Bini, who is the course director for the Air Force Emergency Warfare Course at Wilford Hall. "It is, however, an extremely rare event."

Major Bini pointed out that there have been similar cases where a potential UXO had to be removed, but as far as he knew since the beginning of Operations Iraqi and Enduring Freedom, this is the first confirmed case and in the past 50 years of modern warfare there have been less than 50 cases of this

type.

Although this was a unique situation from even a trauma medicine standpoint, for these professionals it was just another day at the office.

The operating room doctors do not care whether patients are coalition forces, local nationals or U.S. military servicemembers; everyone receives the same level of top notch care, said Major Bini.

"What we did is what we are supposed to do," said Sergeant Carter. "We do this every day. We may not pull a UXO from someone's head but we save lives."

For U.S. military servicemembers who come through their operating room, they have a 100 percent survival-to-discharge rate and for coalition and local patients the rate of survival-to-discharge is 96 percent.

"This is what we train to do," said Major Bini. "It is no different than what we do every day. It was something that needed to be done and the team did their job."



A 14.5 millimeter high explosive incendiary round was removed from the scalp of an Afghan National Army soldier at the Craig Joint Theater Hospital, Bagram Airfield, Afghanistan, March 18, 2010. The injury was sustained during an improvised ordnance device attack. (Courtesy Photo)

Bagram's "Amazing Race Afghanistan" presents mental, physical obstacles



U.S. Air Force Staff Sgt. Jonathan Hartwell, 455th Expeditionary Security Forces Squadron prepares to release his military working dog, Dagi, as U.S. Army Chief Warrant Officer Tom Flores, 82nd Airborne Division, starts to run. This was one of nine challenges during The Amazing Race Afghanistan sponsored by the 455th Expeditionary Force Support Squadron morale, welfare and recreation office, at Bagram Airfield, March 28, 2010. CW4 Flores is from Brooklyn Park, Minn. and Sergeant Hartwell and Dagi are deployed from MacDill Air Force Base, Fla. Sergeant Hartwell is a New Orleans, La. native. (U.S. Air Force Photo by/ Staff Sgt. Richard Williams)

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

BAGRAM AIRFIELD, Afghanistan—From a military working dogs attack scenario to a test at the education center, servicemembers were physically and mentally challenged during Bagram's Amazing Race Afghanistan sponsored by the 455th Expeditionary Force Support Squadron morale, welfare and recreation office, March 28, 2010.

Twenty-five teams navigated their way through nine stations, each

giving a clue to the next, and the team finishing with best time won, said Jackie Johnson, 455th EFSS/CH2MHILL, MWR technician.

The nine challenges consisted of a news script reading at the American Forces Network radio station, a 10,000 pound weight move at the Rock fitness center, a training exercise with the military working dogs from Camp Kujo, a bean bag toss at the USO, a key chain braid at the Air Force Chapel, a CLEP Test at the education center, a litter carry and follow the leader challenge, a book find at the Learn-

ing Resource Center and a 47-step climb to the top of the old Russian Tower.

Ms. Johnson said the event, designed as a running activity, was approximately three miles in distance as competitors had to run the length of Bagram's thoroughfare three times.

"I think events like these that are physically and mentally challenging are not only important for camaraderie and esprit de corps but

See Race, Next

Race, Cont.

also physical training,” said Staff Sgt. Anthony Muller, Task Force Dark Knight.

Sergeant Muller, deployed from Hill Air Force Base, Utah, and a Moreno Valley, Calif. native, and his team, The Salty Churros, completed their tasks in one hour and fifty one minutes taking first place.

“We definitely think these events should continue,” he said.

The rest of The Salty Churros also from TF Dark Knight, Senior Airman Michael Menke, deployed from Little Rock AFB, Ark., a San Diego, Calif. native; Senior Airman Jessica Skerda, deployed from Ft. Indiantown Gap, Penn., a Lovettsville, Va. native; and Specialist Kyle Beck, 831st Surface Deployment Distribution Command, and a Palm Bay, Fla., native explained the key to their success was physical fitness and teamwork.

“I think this event was an absolute success,” said Ms. Johnson, a veteran organizer of this event in other deployed locations. “It was blazing hot today, but everyone stuck it through to the end and it was a fantastic event.”

Ms. Johnson extended a special than you to Camp Mad Dog and Camp Kujo, who made some last minute adjustments to provide one of the race stations.

“It was a huge effort from everyone who participated,” added Ms. Johnson. “Not only the contestants but everyone who volunteered time and those who sponsored a location, they put in countless hours. It was a total base effort.”

“I think today’s event was awesome,” said Tech. Sgt. Deborah Sheppard, 455th Expeditionary Medical Group/Task Force Medical and member of Team Lifesaver. “I think it is really good to have events like this to take your mind off things. We work in the operating room and it is good to get away from that atmosphere for a while and have fun and be in a positive environment.”

Sergeant Sheppard, deployed from Lackland AFB, Texas, and a Spokane, Wash. native added that the most challenging event was the CLEP test at the education center. “We struggled with the test which was our first event, and the easiest was the litter carry, of course, with us being medical.”

“I feel like I totally did my job



Members of Team Lifesaver, 455th Expeditionary Medical Group, attempt a bean bag toss at the Pat Tillman USO during The Amazing Race Afghanistan. (U.S. Air Force Photo by/ Capt. Jean Duggan)

today,” Ms. Johnson added.

“Everybody had a great time and I have a great time when that happens.”



Richard Miller, 455th Expeditionary Force Support Squadron, MWR supervisor, monitors Team Life Saver progress on a leg press machine. This challenge required teams to lift a combined weight of 10,000 pounds. (U.S. Air Force photo by/ Staff Sgt. Richard Williams)

Legal Spotlight: The Perfect Souvenir

By: Tech. Sgt. Joshua Watkins , 455th Air Expeditionary Wing, Legal Office

Many military members are buying antique firearms and edged weapons in hopes of having the perfect souvenir. What many members don't realize is how many reproductions are out there. Also, members take for granted that the weapons are real because they are being sold on base and they appear old. When purchasing firearms there are some tell signs that it is a reproduction. When guns age, the iron/steel oxidizes slowly in a dark, almost black color. Artificial aging with acids or salt water usually leaves bright red colored rust. Another easy sign is the font of the writing and symbols found on the weapon. Among the various markings you will note that many of the letters/numbers have the serifs (ENFIELD 1858 rifle) while others do not (ENFIELD 1858). The fonts in use in the 19th century almost always had the serifs. The font will all be the same height and style; a good place to look for these inconsistencies is the date. Another easily identifiable difference is anywhere the metal meets the wood. If there is a lot of dark material around the seam where the barrel meets the stock it is filler material and also not original. The filler maybe dirt, grease, or even different types of glue used simply to mask the quick and unrefined work done on the recreation.

The last one is the simplest; just look down the barrel from the muzzle end and the bore (inside of barrel) should be round and somewhat

smooth. These weapons could have rifling in the barrel but the end of the barrel should not look like an old steel pipe. Remember this last bit of information; the pistols are the easiest to reproduce b/c of less metal and wood needed.

Now that you have picked the perfect souvenir (weapon or relic) piece you need to know the process for getting the item home. You have to know what is allowed in the country and what the restrictions are. The Federal Firearms Regulations Reference Guide 2005 gives the definition of an Antique firearm and some limiting factors that will guide you in the right direction when it comes to picking an appropriate firearm. The Federal Firearms Regulations Reference Guide list the definition of a importable firearm as:

Antique firearm: (a) Any firearm (including any firearm with a matchlock, flintlock, percussion cap, or similar type of ignition system) manufactured in or before 1898; **(b)** any replica of any firearm described in paragraph (a) of this definition if such replica **(1)** is not designed or redesigned for using rimfire or conventional center-fire fixed ammunition, or **(2)** uses rimfire or conventional center fire fixed ammunition which is no longer manufactured in the United States and which is not readily available in the ordinary channels of commercial trade. **Line 2 of the above mentioned criteria was superseded by IAW USCENT-**

COM Regulation 600-10 Policy Changes as of July 20, 2009: Effective immediately, the following US Customs changes/clarifications are in effect: 3) Antique firearms do not require a permit if they were manufactured in 1898 or earlier and are designed to use antique ignition systems (e.g. matchlock, flintlock, percussion cup). Replicas of such firearms are also allowed. Center fire and rimfire firearms are prohibited.

Once you have chosen the item that best fits your needs whether decorative or for that perfect piece for the gun safe, you will need to complete some additional steps. The first step is to stop by the Air Force Legal Office and get 4 notarized copies of the Weapons affidavit. This document is your affirmation that the weapon falls under the definition of an Antique firearm (listed above). The next step is to proceed to the customs office to get the weapons inspected and receive the Customs Stamp. When the weapons are taken to customs they must be clean and free of dirt, grease or debris before you will receive their stamp. The weapons are inspected by most of the office to make sure that they fit the criteria. After you receive the customs stamp you will be able to send your items home in Certified mail.

If you have any questions talk to customs here before you purchase or call the ATF. This is just a few simple things to know which will help you find the perfect souvenir.



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SARC FAQs

QUESTION:

If an individual has been sexually assaulted who can help?

ANSWER:

Sexual Assault Response Coordinators serve as the center of gravity to coordinate sexual assault victim care and track service referrals from the initial report of a sexual assault through the final disposition and/or until the victim no longer desires services.

Victim Advocates provide victims essential nonclinical support and information on available options and resources, and also maintain communication and contact with the victim as needed for continued victim support.

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

APRIL 2010 Sexual Assault Awareness Month Campaign						
"Hurts one. Affects all...Preventing Sexual Assault is everyone's duty"						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1  Commander's Intent	2 Video/Discussion: "SEX Without Consent" 1930 Basement of Russian Tower BNE release SAAM Campaign announcement	3
4  SAAM Table at Yelner DFAC (1130 East side)	5	6	7 SAAM Table at Yelner DFAC (1800 East side)	8	9 Video/Discussion: "I never thought it was Rape" 1930 Basement of Russian Tower	10
11  SAAM Table at Dragon DFAC (1130 Camp Cunningham)	12	13	14 SAAM Table at Dragon DFAC (1800 Camp Cunningham)	15	16 Video/Discussion: "SCARS" 1930 Basement of Russian Tower	17
18	19	20 SAAM DAY OF ACTION LUNCHEON: 1130 Dragon DFAC DV ROOM	21	22	23 Video/Discussion: "Playing the Game" 1930 Basement of Russian Tower	24
25  Perimeter Road Run: "Run with the SARC to put an end to Sexual Assault"	26	27	28	29	30 Video/Discussion: "Searching for Angela Shelton" 1930 Basement of Russian Tower	

455th Air Expeditionary Wing Warriors of the Week

Staff Sgt. Gina Webber, 455th Air Expeditionary Wing, Financial Management



service assistance, financial analysis, computation, systems, funds control, reporting, reconciliation and follow-up.

When asked her feelings on being nominated, Sergeant Webber said, "I was very surprised. I was honored that my co-workers would put me in for this award."

She added, the importance of her job is morale as well as monetary.

"Without a paycheck, the Airmen may not function on the mission."

Sergeant Webber's supervision nominated her for this honor because she is a highly motivated, creative, versatile noncommissioned officer.

She has displayed leadership qualities above her pay grade and is considered our technical expert. She is a critical asset to our team. She has also volunteered numerous times at the post office distributing mail during a surge in inbound mail operations.

The 455th Air Expeditionary Wing Warrior of the Week is Staff Sgt. Gina Webber, 455th AEW Financial Management.

Sergeant Webber is an accounting liaison technician deployed from

the 17th Comptrollers Squadron, Goodfellow Air Force Base Texas, and is a native of San Angelo, Texas.

During a normal duty day, Sergeant Webber performs customer

STORY IDEAS
STARTING A NEW MISSION
MEDIA QUESTIONS



Contact your
455th Public Affairs Office
@ DSN 431-2371
or email @
455aew.publicaffairs@bsgb.afcent.af.mil



94.1 FM
Afghanistan

afnbagram@gmail.com
Request Line 431-3339

Commentary: TAKING CARE OF YOURSELF

By: Master Sgt. Angela Bryant, 455th Expeditionary Security Forces, First Sergeant

While deployed, how many of us take time to put ourselves as a priority? This may sound selfish in the beginning, but as you take steps to take care of you, you'll begin to have energy for other demands.

Today's operations tempo at home, and while deployed, can cause a great deal of stress, anxiety, and even grief for our Airmen and their families. All of us receive annual training in Safety, Risk Management and Suicide Prevention so we possess the education and capability to make the right decisions and to look after each other. However, training and knowledge are not enough, we must take action. We all must be vigilant and take the time to care about those around us -- Airmen take care of Airmen!

There are many benefits for maintaining or improving your physical fitness while deployed, to include: a better appetite; a sense of achievement; stress release; better sleep patterns; overall well

being; reduced boredom; a sense of self satisfaction; and effective goal setting. Goal setting is often the best motivator for people on deployment.

Staying healthy and fit while deployed overseas can be a challenge for many. The problem for many people is that their daily routine often does not allow adequate time to spend exercising at an appropriate hour. There are many physical and mental demands placed on people while deployed on operational duties.

Many may experience a particular change to their normal level of fitness and stable healthy condition. Juggling heavy work demands, stress, lack of sleep, adjusting to climate changes, heat, longer work hours or shift work, place increased mental and physical strain on the body over a period of time -which makes it even more important to have some sort of exercise program. An exercise program does not have to include going to the gym for an hour or more. Two sets

of push-ups, sit-ups, deep knee bends and stretching in the morning may not sound like much, but you will notice a difference in your energy level and overall feeling.

Many people arrive on deployment with a few fitness goals they'd like to achieve. Some simply want to lose a few pounds, others want to improve their fitness test run time or do more pushups and sit ups. With deployments varying from three months to a year or more, a physical change can also occur for many people either for the better, the worse, or, for some people, no change at all. Maintaining a healthy diet, following simple health precautions and warnings, and varying exercise at the correct intensity and duration helps with maintaining a healthy and fit body for the duration of the deployment and hopefully will be encouragement to continue when back at home.

When you take care of yourself first, everyone wins.

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.



History Spotlight: The First Anglo-Afghan War

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

Until the 1830's, Afghanistan was of little interest to the British Empire, nothing but a huge uncharted expanse of hostile tribes, and land with little value. Amid the Russians moving south and the British west, Afghanistan soon became the center of attention. For both empires Afghanistan was rather an unappealing proposition to invade, with little accord, an unforgiving landscape, and a history of bandits, rebels and religious fanatics.

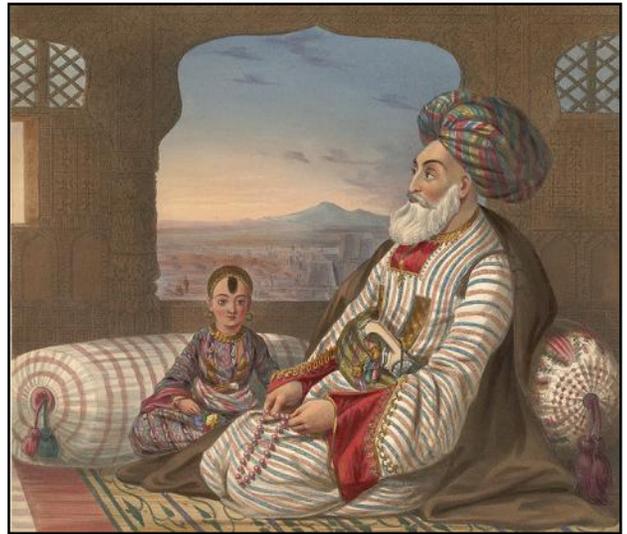
Britain's tactics against Russia was typical of a trade war rather than military one; it meant the opening of an economical land route for goods through Afghanistan into Persia to challenge Russian goods. Lord Auckland ordered an invasion of Afghanistan, with the object of restoring shah Shuja, who had ruled Afghanistan from 1803 to 1809. From the British point of the view, the First Anglo-Afghan War (often called "Auckland's Folly") was an absolute disaster. The war demonstrated the ease of overrunning Afghanistan and the complexity of

holding it.

An army comprised of British and Indian troops set out from the Punjab and by the end of April 1839, the British had taken Kandahar without a battle. In July, the British attacked the fortress of Ghazni, and achieved a decisive victory over the troops of Dost Mohammad. The Afghans were amazed at the capturing of fortified Ghazni, and Dost Mohammad found his support fading away.

The Afghan ruler fled across the passes to Bukhara, where he was arrested. In August 1839, Shuja was once again enthroned in Kabul after almost 30 years. Some British troops returned to India; however it was clear that Shuja's rule could only be maintained with the constant presence of British forces.

On January 1, 1842, the British in Kabul and a number of Afghan

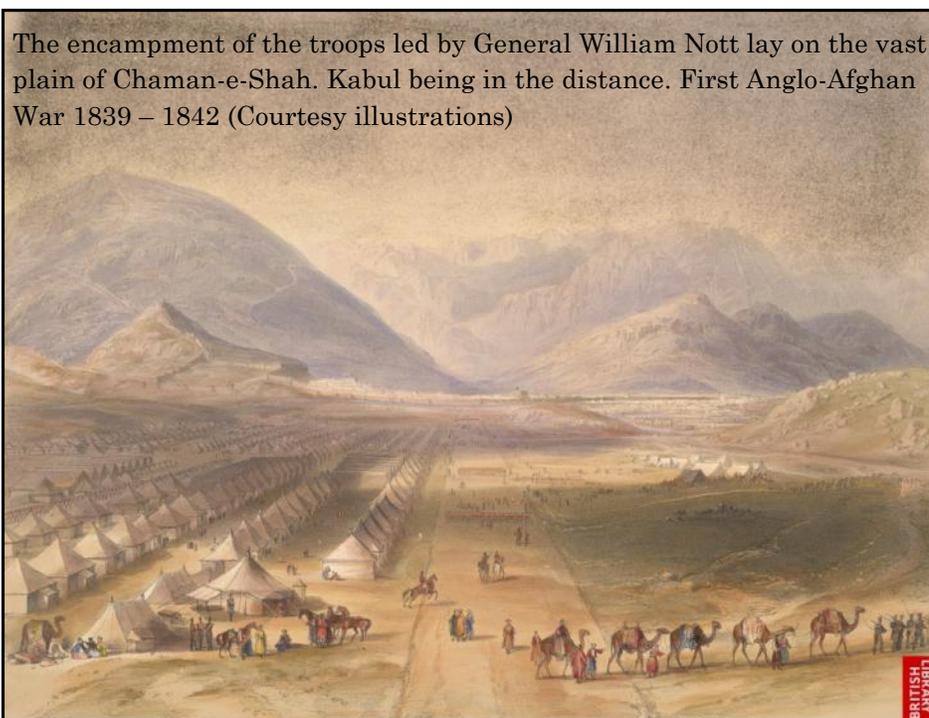


Dost Mohammad Khan with one of his sons.

chiefs reached an agreement that provided for the safe evacuation of the entire British garrison and its dependents from Afghanistan. On January 6, the hasty retreat by some 4,500 British and Indian troops with 12,000 camp followers began and they were attacked by Ghilzai warriors.

The destruction of the British garrison prompted vicious retribution by the British against the Afghans and created another power struggle among future rulers of Afghanistan. In the fall of 1842, British forces from Qandahar and Peshawar entered Kabul long enough to rescue the British prisoners and burn the great bazaar. All that remained of the British occupation of Afghanistan was a ruined market and thousands of dead. Although the foreign invasion did give the Afghan tribes a momentary sense of unity they had lacked before, the associated loss of life estimated at 25,000 killed, was followed by a bitterness and resentment of foreign influence that lasted far into the twentieth century and may have accounted for much of the hostile responses against the modernization attempts of later Afghan monarchs.

The encampment of the troops led by General William Nott lay on the vast plain of Chaman-e-Shah. Kabul being in the distance. First Anglo-Afghan War 1839 – 1842 (Courtesy illustrations)



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.

BAF MAIL INSTRUCTIONS:

BAF residents, ensure individuals sending mail have your most current contact information. This alleviates any delays in receiving your mail. Below is the 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

AFGHANISTAN HISTORY CLASS:

The weekly Afghanistan History course has changed class time and date from Monday's 1900-2000 to Tuesday's 1900-2000 in the Town Hall on Camp Cunningham. For more information contact the 455th AEW Wing Historian's office at 481-6053.

455th AEW Tip of the Week

COMMUNITY STANDARDS

8.17 Loitering near any lodging facility is prohibited. This includes, but is not limited to, the area between or around the Relocatable Buildings. Additionally, personnel will stay away from the exterior of all lodging facility windows except in emergency or maintenance situations.

455th AEW Safety tip of the week

LIGHTING

Help everyone see at night. Please turn on all lights outside of bee huts, tents or buildings during the hours of darkness. If lights are burned out, replace them. By ensuring lights are on, Airmen significantly reduce the risk of injury and increase the personal safety of BAF residents. If you have questions, or safety concerns, please contact the 455th Air Expeditionary Wing Safety Office at 431-4743

455th AEW Financial Tip of the Week

ENTITLEMENTS

DTS orders: will be filed in the DTS system and processed by your home station finance
Non-DTS orders: log in to virtual MPF, click on the Accrual Travel Voucher link, fill out the form and submit. Once submitted, your home station finance will receive the accrual voucher for processing and you will receive an email notification showing you what you have claimed for your records.
Purpose of Accrual Voucher: to pay off what you owe on your Government Travel Card. If you paid for travel expenses out of pocket, it will also reimburse you in your personal bank account. An accrual is just an advance on your final travel voucher, so make sure you claim everything when you get home as if you never filed an accrual. Keep your receipts!

455th AEW Policies and Procedures

Flightline Photography — Personnel on Bagram Airfield are not authorized to take still photography or video imagery on the airfield flightline unless authorized by the 455th Air Expeditionary Wing Public Affairs office and 455th Expeditionary Security Forces Squadron. Images must be used for official use only. Violators of this policy will be detained and possibly taken into custody. Call 455th AEW/PA at 431-2371 for more information.





APRIL 2010 RECREATION CALENDAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
THE VULTURES NEST 481-6216/447-2221				1 BINGO 0800 BLACK JACK 1300 HRS TEXAS HOLD 'EM 1930 HRS	2 BINGO 1930 POOL TOURNAY 1500 SPADES 2100	3 BINGO 0045 TEXAS HOLD 'EM 2:00 TOURNAMENT OF CHAMPIONS 1:30 HRS
4 Black Jack 1800 Karaoke 1830 hrs	5 BINGO 0800 POOL TOURNAY 1500 OMAHA 1930	6 TEXAS Hold'em 0800 & 1930	7 Trivia Night 1930 hrs Black Jack 2100 hrs	8 BINGO 0800 BLACK JACK 1300 HRS TEXAS HOLD 'EM 1930 HRS	9 BINGO 1930 POOL TOURNAY 1500 SPADES 2100	10 BINGO 0045 TEXAS HOLD 'EM 1330 & 1930 HRS
11 Black Jack 1800 Karaoke 1830 hrs	12 BINGO 0800 OMAHA 1930	13 TEXAS Hold'em 0800 & 1930	14 Trivia Night 1930 hrs Black Jack 2100 hrs	15 BINGO 0800 BLACK JACK 1300 HRS TEXAS HOLD 'EM 1930 HRS	16 BINGO 1930 POOL TOURNAY 1500 SPADES 2100	17 BINGO 0045 TEXAS HOLD 'EM 1330 & 1930 HRS
18 Black Jack 1800 Karaoke 1830 hrs	19 BINGO 0800 POOL TOURNAY 1500 OMAHA 1930	20 TEXAS Hold'em 0800 & 1930	21 Trivia Night 1930 hrs Black Jack 2100 hrs	22 BINGO 0800 BLACK JACK 1300 HRS TEXAS HOLD 'EM 1930 HRS	23 BINGO 1930 POOL TOURNAY 1500 SPADES 2100	24 BINGO 0045 TEXAS HOLD 'EM 1330 & 1930 HRS
25 Black Jack 1800 Karaoke 1830 hrs	26 BINGO 0800 OMAHA 1930	27 TEXAS Hold'em 0800 & 1930	28 Trivia Night 1930 hrs Black Jack 2100 hrs	29 BINGO 0800 BLACK JACK 1300 HRS TEXAS HOLD 'EM 1930 HRS	30 BINGO 1930 POOL TOURNAY 1500 SPADES 2100	

Looking for something to do?

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
THE ROCK FITNESS CENTER 431-3585				1 0530/0800/1430/1700 P 90 X 1200 ABS WORKOUT 1235 GET R DONE ABS 1830 YOGA 2000 JIU JITSU 2100 KICKBOXING	2 0530/0800/1430/1700 P 90 X 1200 ABS WORKOUT 1235 GET R DONE ABS 1900 CORE CLASS 2000 MMA	3 0530/1430/1630 P 90 X 0800 BACK TO BASICS 1200 ABS WORKOUT 1235 GET R DONE ABS 1830 YOGA 2000 JIU JITSU 2100 KICKBOXING
4 0600 EASTER 5K 1030 BODYPUMP 1400 P 90 X 1600 Plyometrics 1830 YOGA 2000 MMA	5 0530/0800/1430/1700 P 90 X 1200 ABS WORKOUT 1235 GET R DONE ABS 1900 CORE CLASS 2000 MMA	6 0530/0800/1430/1700 P 90 X 1200 ABS WORKOUT 1235 GET R DONE ABS 1830 YOGA 2000 JIU JITSU 2100 KICKBOXING	7 0530/0800/1430/1700 P 90 X 1200 ABS WORKOUT 1235 GET R DONE ABS 1900 CORE CLASS 2000 MMA	8 0530/0800/1430/1700 P 90 X 1200 ABS WORKOUT 1235 GET R DONE ABS 1830 YOGA 2000 JIU JITSU 2100 KICKBOXING	9 0530/0800/1430/1700 P 90 X 1200 ABS WORKOUT 1235 GET R DONE ABS 1900 CORE CLASS 2000 MMA	10 1930 BODYWEIGHT SQUAT 0530/1430/1630 P 90 X 0800 BACK TO BASICS 1200 ABS WORKOUT 1235 GET R DONE ABS 1830 YOGA 2000 JIU JITSU 2100 KICKBOXING
11 1030 BODYPUMP 1400 P 90 X 1600 Plyometrics 1830 YOGA 2000 MMA	12 0530/0800/1430/1700 P 90 X 1200 ABS WORKOUT 1235 GET R DONE ABS 1900 CORE CLASS 2000 MMA	13 0530/0800/1430/1700 P 90 X 1200 ABS WORKOUT 1235 GET R DONE ABS 1830 YOGA 2000 JIU JITSU 2100 KICKBOXING	14 0530/0800/1430/1700 P 90 X 1200 ABS WORKOUT 1235 GET R DONE ABS 1900 CORE CLASS 2000 MMA	15 0530/0800/1430/1700 P 90 X 1200 ABS WORKOUT 1235 GET R DONE ABS 1830 YOGA 2000 JIU JITSU 2100 KICKBOXING	16 0530/0800/1430/1700 P 90 X 1200 ABS WORKOUT 1235 GET R DONE ABS 1900 CORE CLASS 2000 MMA	17 1400 SPRING TRAINING QB CHALLENGE 0530/1430/1630 P 90 X 0800 BACK TO BASICS 1200 ABS WORKOUT 1235 GET R DONE ABS 1830 YOGA 2000 JIU JITSU 2100 KICKBOXING
18 1030 BODYPUMP 1400 P 90 X 1600 Plyometrics 1830 YOGA 2000 MMA	19 0530/0800/1430/1700 P 90 X 1200 ABS WORKOUT 1235 GET R DONE ABS 1900 CORE CLASS 2000 MMA	20 0530/0800/1430/1700 P 90 X 1200 ABS WORKOUT 1235 GET R DONE ABS 1830 YOGA 2000 JIU JITSU 2100 KICKBOXING	21 0530/0800/1430/1700 P 90 X 1200 ABS WORKOUT 1235 GET R DONE ABS 1900 CORE CLASS 2000 MMA	22 0530/0800/1430/1700 P 90 X 1200 ABS WORKOUT 1235 GET R DONE ABS 1830 YOGA 2000 JIU JITSU 2100 KICKBOXING	23 0530/0800/1430/1700 P 90 X 1200 ABS WORKOUT 1235 GET R DONE ABS 1900 CORE CLASS 2000 MMA	24 1930 STRONGEST IN THE AOR 0530/1430/1630 P 90 X 0800 BACK TO BASICS 1200 ABS WORKOUT 1235 GET R DONE ABS 1830 YOGA 2000 JIU JITSU 2100 KICKBOXING
25 1030 BODYPUMP 1400 P 90 X 1600 Plyometrics 1830 YOGA 2000 MMA	26 0530/0800/1430/1700 P 90 X 1200 ABS WORKOUT 1235 GET R DONE ABS 1900 CORE CLASS 2000 MMA	27 0530/0800/1430/1700 P 90 X 1200 ABS WORKOUT 1235 GET R DONE ABS 1830 YOGA 2000 JIU JITSU 2100 KICKBOXING	28 0530/0800/1430/1700 P 90 X 1200 ABS WORKOUT 1235 GET R DONE ABS 1900 CORE CLASS 2000 MMA	29 0530/0800/1430/1700 P 90 X 1235 ABS WORKOUT 1235 GET R DONE ABS 1830 YOGA 2000 JIU JITSU 2100 KICKBOXING	30 0530/0800/1430/1700 P 90 X 1200 ABS WORKOUT 1235 GET R DONE ABS 1900 CORE CLASS 2000 MMA	