Bottled Water Does Not Cause Kidney Stones
Kidney stones affect as many as 15 percent of men and seven percent of women, and are especially frequent in hot sunny climates. Here at Tallil Air Base, 12 service personnel have been evacuated because of kidney stones, but none were from the Air Force. According to Dr. Ross Van Camp, 332nd EMEDS, the bottled mineral water we drink at Tallil AB contains less than 10 mg of calcium in each quart, which is just a fraction of the 1,000 mg of calcium needed each day to maintain healthy bones. Most cases of kidney stones are actually caused by members not drinking enough fluids – including bottled water. For more information on kidney stones, members can visit the Word On Health website at: http://www.nih.gov/news/wordonhealth/nov2002/kidneystones.htm

Smoking Areas
Tallil Tent City residents are reminded to smoke only in authorized areas. These areas are clearly marked with an approved sign placed by the 332nd ECES Fire Department. While some members have created ad hoc smoking areas – Remember, if there is not an official sign at the location, it is not an approved smoking area.

Tent City Rules
Tallil Tent City residents are required to read and adhere to the tent city rules while deployed to Tallil Air Base.

Wing celebrates Air Force’s 56th birthday with Dining-In

by Master Sgt. Don Perrien
332nd AEW Public Affairs

More than 250 members of the 332nd Air Expeditionary Wing gathered underneath the awning of the tent city’s outdoor theatre celebrating the Air Force’s 56th birthday with a combat Dining-In.

While some members dressed in just their normal Desert Camouflage Uniforms, others took advantage of the event to display their “warrior spirit” by wearing full combat gear, face paint and other combat-essential items for the evening.

Staff Sgt. Theodore Spiess came with several other members of his unit, the 332nd Engineering and Installation Squadron, fully prepared to enjoy the event. Sergeant Spiess wore full-face paint, and brought several items to the event, including a rubber chicken marked with the various injuries suffered from various members of his unit.

“Bringing all this stuff and dressing like this just seemed to be the thing to do,” Sergeant Spiess said. “It makes the evening more fun if you’re prepared, and we’re definitely prepared.”

The idea of holding a Combat Dining-In here began with the wing’s junior NCOs. The event is the first of its kind in Iraq for Air Force personnel.

“At our first Focus 56 meeting I thought of the idea, why not try to have a Combat Dining-In here in Iraq,” said Staff Sgt. Jonathan Mathe, Focus 56 vice president. “It became a task that was a big one, but I knew with the right support we could make this happen.”

The primary purpose of the Dining-In is to enhance unit morale and esprit de corps. It gives members a chance to see how ceremony, custom and tradition build these traits. The men and women assigned to Tallil AB succeeded in meeting that purpose Thursday evening.

“War is hell, but events like this let us show our camaraderie to each other” said Capt. Marc Dauteuil, Mister Vice for the Dining-In. “This event lets us show our pride as Americans and as members of the United States Air Force.”

After two and a half hours of ceremony, entertainment and food along with numerous trips to the grog bowl, the event was over. However, the event set a standard for future rotations to follow.

“I was very honored to be selected as the President of the Mess for Iraq’s first Air Force dining in,” said Col. William B. Klein, president of the mess. “The men and women of the 332nd are doing an outstanding job accomplishing a tough mission in a hostile environment, and the Dining-In provided a nice link between this new mission, and the 56-year legacy of the Air Force.”
Almost 100 Reserve members gather to discuss topics regarding deployment length, quality-of-life and home station issues

by Master Sgt. Don Perrien
332nd AEW Public Affairs

Three senior officers from the Air Force Reserve came to Tallil Air Base Sept. 12 to hold a town hall meeting with Reserve members deployed here.


“We wanted to walk the land out here to see what you’re going through, so we can make some good decisions on your behalf,” General Batbie said. “And we just want to say ‘thank you’ for your service, and ‘thank you’ for what you do for the Air Force Reserve Command.”

The Reserve members of the 332nd Air Expeditionary Wing appreciated the general’s approach in answering their questions – candidly and in person.

“Just the fact of being able to meet a major general to voice my concerns, shows me that someone cares about the Air Force Reservists and Guardsmen,” said Staff Sgt. Cliff Calloway, the 332nd Expeditionary Medical Group’s NCOIC of biomedical equipment maintenance.

According to Sergeant Calloway, the senior leaders really seemed to care and show compassion for their troops deployed to Tallil Air Base. The generals not only asked about their concerns here, but about families left behind at home. Sergeant Calloway hopes to return home to his fiancée in November.

“We wanted to walk the land out here to see what you’re going through, so we can make some good decisions on your behalf.”

AFRC vice commander

But they would make an exception (for me) this time.”

The Reserve members of the audience asked some tough questions to the senior leaders. And for the most part, the generals gave tough, but honest responses.

On the issue of whether reservists could stay deployed long enough for a short-tour credit, the quick answer was that if they’re mobilized, there is a possibility – however, not every Reservist in the AOR is mobilized.

Regarding if reservists will earn “reconstitution time” like their active duty counterparts, the generals said that would be up to the individual supported MAJCOMs and duty supervisors.

Another question dealt with requests to remain mobilized for hardship reasons. According to General Batbie, his general policy is to grant them, but it would need to be a reasonable request.

For all issues regarding the Reservists, the senior leaders felt the normal chain of command could resolve the issue.

But they left no doubt in the minds of the Reservists deployed to Tallil Air Base, that the top of that chain is listening.
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. Rodger Ericson, 459-0038

**Latter Day Saints**
Lay-Led Service

**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)

- **“Our Fathers Plan” Part I** — 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.

**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.

**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.

**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
Bingo is scheduled for 7 p.m. tonight at the outdoor theater.

A Spades marathon is scheduled for 7 p.m. Sunday.

Playstation 2 NBA2K3 games are scheduled for 7 p.m. Monday.

**What’s playing?**

**Tonight:**
- Shanghi Noon (indoor at 7 p.m.)
- Phone Booth (outdoor at 8:30 p.m.)

**Saturday:**
- NCAA Football (indoor at 8 p.m.)
- Caribbean music (outdoor at 8 p.m.)

**Sunday:**
- NFL (indoor at 9 p.m.)
- NFL (outdoor at 9 p.m.)

The 332nd ESVS is no longer offering ‘free ice cream before Wednesday movies.’ Check movie schedule what’s playing.

**“Muscle Beach” Fitness Center**
A Sports Advisory Council meeting is scheduled for 2:30 p.m. Sept. 19 at the Tallil Tavern.

A 2-ball basketball contest is scheduled for 7 p.m. Sept. 20.

2-on-2 volleyball games are scheduled for 7 p.m. Sept. 20.

Tent city residents interested in participating in Muscle Beach’s 200-Mile Running and 100-Mile Walking Clubs should see unit sports reps. or call 459-0118.

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EMDGs mission: ensuring troops are fit to fight

Story and photos by
Airman 1st Class Kara Philp
332 AEW Public Affairs

They administer immunizations, check the base’s food and water, monitor local weather temperatures and humidity and provide life-saving surgery.

The 332nd Expeditionary Medical Group does all that and more, in addition to treating more than 8,000 patients in the past six months.

Eighty-five Air Force and 12 Army personnel make up the 332nd Expeditionary Medical Operations Squadron, Aeromedical Dental Operations Squadron, and Medical Support Squadron.

“We have groups of extremely dedicated, very knowledgeable doctors, nurses and technicians willing to go the extra mile to ensure that every patient that enters our doors gets the very best treatment – only the best,” said Master Sgt. Donald Jones II, 332nd EMDG group superintendent.

As the first EMEDS in Iraq, the 332nd EMDG did not always have all the facilities and resources it has today.

“We arrived in April and blossomed into the EMEDS you see today,” Col. Brent Klein, 332nd Expeditionary Medical Group commander. “We keep people able to do their jobs and improve combat effectiveness – we have a great mission, and we’re doing it in near lethal conditions.”

The 24-hour operations of the 332nd EMDG have included support for Air Force, Army, Navy and Marine personnel in both combat and steady state environments.

“We are here to take care of a lot of folks and since there are five or six times as many Army folks here, the Army has augmented us and provided us with 12 members on our staff,” Colonel Klein said.

Soldiers ranking from private 1st class to major, fill various positions in the EMDG.

“We’re changing from a combat support mission to a steady state mission and the Army’s presence has eased this transition,” Sergeant Jones said. “Being that we cover such a wide area of Iraq, our mission is critical to the steady-state mission of DOD.”

The Air Force and Army medical personnel work side by side to accomplish the unit’s mission.

“I like working here – I feel welcomed by the Air Force members,” Army Private 1st Class Kiersten Nordbye, 332nd EMDG medical specialist. “The training here is good reinforcement of what I learned in school. I’ve been given a lot more responsibility here and I’m happy to step up to the challenges.”

The 332nd EMDG also works with the Korean and Italian Forces hospitals.

“The Koreans have more of a humanitarian mission and work directly with the Iraqi people, while the Army takes care of routine stuff for their folks,” Colonel Klein said. “We get a lot of referrals from the other facilities – to meet more complicated needs (such as emergencies and surgeries).”

Treating patients is a primary part of the 332nd EMDG mission, but members also work hard to ensure troops will never have to be treated.

“When we are not treating illnesses, we’re working on prevention,” Colonel Klein said.

Proactive measures of the 332nd EMDG include regular checks on food and water, trapping insects, and monitoring temperature and humidity to determine work/rest cycles.

“We also have teams sitting alert with C-130s in support of search and rescue missions and people in maintenance shops making sure people are not being exposed to chemicals or other hazards,” Colonel Klein said.

The 332nd EMDG also has teams trained for disaster preparedness and ready to respond to aircraft mishaps and industrial accidents.

Training is an important part of readiness in the medical field.

“We have recurring in-services each week on general health care issues as well as section specific training throughout the week,” Sergeant Jones said. “The training is important because it reinforces skills some people may not have or use and provides them skills that are unique to this environment.”

The mission of the 332nd EMDG is vital to other unit’s missions throughout Tallil.

“We have a direct effect on Tallil’s mission,” he said. “We keep airmen and soldiers available to carry out the mission and on a more intimate scale, we keep them healthy and return to their loved ones in the same condition as they arrived or better.”

The 332nd EMDG leadership attributes the unit’s success rate to its troops.

“I’ve been very pleased with the people the Air Force has chosen to send out here,” Colonel Klein said. “I feel like I’ve got the best in the Air Force out here.

“Morale is good because they know they are doing something important – the 332nd is the place to be right now.”
Safety First
by Capt. Marc Dauteuil
332nd AEW Flight Safety Chief

The Eyes Have It

Do you think there are times when you don’t need your Personal Protective Equipment?

Recently, a contractor employee at the Kennedy Space Center was edging his lawn wearing sunglasses (not safety glasses).

As he was in the process of edging, something brushed his face and knocked his sunglasses off. With both hands busy with the edger, he kept going and didn’t stop to investigate the incident.

Shortly, he went back to pick up the glasses, and was shocked to find that a screw had penetrated the sunglasses. The force of this screw hitting the glasses had knocked them off!

Now it just happens that this man’s brother-in-law is an eye doctor, and he said that the screw would not have blinded this lucky person — it would have killed him!

You see, behind your eye socket, there is no bone between the eye and the brain. Anything that has a lot of force can go through the somewhat soft tissue of your eye and into the brain.

So please, take your PPE seriously— it’s all fun and games until someone loses an eye.

Remember – Wear safety glasses when performing any kind of yard work or working with machinery.

The Tallil Times / Sept. 19, 2003
Two years to the day when terrorists attacked the World Trade Center, America observed the first Patriot’s Day. In recognition of the event, almost 1,800 hundred American flags flew over the country of Iraq as part of a flag-flying program here at Tallil Air Base.

Members of the 102nd Expeditionary Rescue Squadron initiated the program to remember all the survivors, victims and heroes of September 11, 2001. It gave each member of Tallil the opportunity to have up to eight flags flown over Iraq.

Most of the deployed members of the 102nd ERQS or ‘The Kings,’ as they are called, are New York Air National Guard members who arrived here just weeks ago. However, one of the Guard members from the previous rescue squadron stayed behind and spearheaded the unit’s flag-flying effort.

“I wanted to make this flag-flying project work for two reasons: to contribute to morale and to remember the victims of 9/11,” Staff Sgt. Matthew Weiner, 102nd ERQS said. “Some day, when I tell my children why we were here, I’ll show them the flag that flew over Iraq and tell them why.”

Sergeant Weiner explained that he was finishing his shift as a civilian police officer when the first plane struck Tower One two years ago. After going home, he saw all the footage on television. Within hours he was called back in to work.

“After 9/11, I wanted to do everything I could to help win the war on terrorism,” Weiner said. “Nothing means more to me than putting on the Air Force uniform and going to serve my country.”

According to Weiner, the members of his unit, especially Chief Master Sgt. Randall Lamiroult and Staff Sgt. James Fee, were key factors in making the event a success.

Another member of The Kings contributing to the project was on the 82nd floor of the World Trade Center’s Tower One when the first plane hit. Major Christopher Hardej was working as a senior transportation analyst with the New York Metropolitan Transportation Council at the time of the attack.

Major Hardej explained that after he made it out of the building safely, letting his wife and family know he was safe became a priority. They all knew that he was working in the building at the time of the crash. Unfortunately, it was hours after the attack before he could communicate with them.

“There were two schools of thought,” Hardej said. “Those who were numb, fearing the worst, and those who knew I would make it based on my background or they wanted to believe that.”

His 10-year-old daughter knew he would make it, he said. He believes his daughter probably pictures him with a big ‘S’ on his chest.

Hardej was responsible for arranging the flag-flying flight directly over the September 11th memorial service at Tallil Air Base. It was timed to correspond to the exact moment the first plane struck Tower One – 8:47 a.m., Eastern Standard Time.

“I feel it’s the least I can do to pay tribute to my fallen co-workers and the other victims of that day,” Hardej said.
Yoga adds flexibility to Army’s Iraqi mission

by Jayme Loppnow
130th Engineer Brigade Public Affairs

BALAD, Iraq — Deep breathing, posing and stretching to the soothing music of Enya isn’t what you’d call a typical Army physical training session.

But for V Corps soldiers with the 320th Engineer Company, 565th Engineer Battalion, 130th Engineer Brigade, yoga is a weekly event providing the soldiers with a change of routine from the standard running, push-ups and sit-ups.

Second Lt. Caprice Vargas debuted the Wednesday morning classes for her platoon in May, but she was quickly asked to open it up for the entire company. Vargas has practiced yoga for about five years, but says she has no formal training in teaching the class.

“The soldiers like it,” she said. “They make fun of it sometimes, but for the most part they like it.”

“It’s a little unorthodox,” said Spc. Ben Wheeler. “But I like it because it’s original and it gives you a break from running and doing push-ups. It’s not often you can do eastern philosophic stuff in the Army.”

Wheeler said he had no yoga experience until he began attending the class. “I’m glad I got the chance to do it, but I won’t continue it when I go home,” he said.

Other students say they plan to continue practicing the exercise.

“[I had] never done yoga prior to coming here, and I never wanted to,” said Sgt. Satrina Gibson. “But now that I have done it, it is something I will definitely continue to do when I get back home. It’s definitely helping me with flexibility and helps me to get away from everything.”

“Words for Warriors

“The truth of the matter is that you always know the right thing to do. The hard part is doing it.”

— Norman Schwarzkopf
Some AEF airmen will deploy longer

Approximately 2,300 of AEF Blue’s 22,000 member force may remain deployed past their scheduled 120-day rotation

by Staff Sgt. C. Todd Lopez

WASHINGTON — Air Force officials have determined that some airmen in Air and Space Expeditionary Force Blue will remain deployed longer than the scheduled 120 days.

Blue is the first of two transitional AEFs designed to bring the schedule back to a normal rotation. Operations Enduring Freedom and Iraqi Freedom forced the service into a contingency mode, breaking the normal steady-state deployment schedule.

Members of AEF Blue deployed in July for a scheduled 120 days. Airmen assigned to AEF Silver are set to replace Blue in November. Officials expect the deployment schedule to be back on track by March.

About 22,000 airmen are deployed for AEF Blue — about one in 10 will remain deployed longer than others, according to Maj. Gen. Timothy A. Peppe, special assistant for AEF matters at the Pentagon.

“They are in what we term our stressed career fields,” Peppe said. “About 2,300 people may be gone longer than 120 days. Primarily it is security forces who are extended,” he said. “Some of the other areas may include air traffic control, civil engineering, services, medical and intelligence personnel.”

Currently, AEF Center officials at Langley Air Force Base, Va., are working with combatant commanders and their Air Force components to size AEF Silver, the general said. Requirements are now just above 17,000, with more work to be done.

The general acknowledged the extra effort, but pointed out the purpose of the two AEFs is to put the Air Force back into the regular “battle rhythm.”

The Air Force battle rhythm was designed to provide continuity and predictability to the airmen who support Air Force steady-state commitments around the globe. Such commitments would have included operations like Operation Northern Watch, but could be used to provide Air Force capability wherever it is needed, Peppe said.

In January, AEF 7 and AEF 8 airmen were actively supporting Air Force commitments around the globe. When it became clear there was need for a force buildup to support operations in Iraq, the Air Force “froze” them in place, effectively making their return-home date indefinite. As operational needs increased, the Air Force tapped into more AEFs, taking from each successive force package only what was needed, Peppe said. By the time it was all over, every AEF had been affected to some degree.

“We literally had some people from every AEF deployed to Iraq in some capacity,” Peppe said. “We ended up deploying about 50,000 (airmen) and identified another 60,000 who could have gone.”

Those airmen identified to support earlier operations, but who never actually deployed, are manning AEF Silver.

It is the remaining 60,000 “could-have-gone” airmen who were assigned to Blue and Silver. When AEF Silver’s scheduled deployment ends, airmen assigned to AEF 7 and AEF 8 will be vulnerable for deployment as the Air Force re-establishes its battle rhythm.

“An AEF is built to be used for whatever the nation asks it to do,” Peppe said. “It can be for an exercise, a contingency or a full-up war. It can be used for anything.”

This Week In History

September 24, 1929

Lt. Jimmy Doolittle enters the record books yet again when he makes the first instruments-only flight. He takes off from Mitchell Field in New York, navigates a 15-mile course, and lands safely without ever seeing the ground. However, it will take many years before a nationwide network of navigation aids is installed throughout the U.S.
FROM DAWN TO DUSK: An Air Force Office of Special Investigations special agent takes some time out at the end of the a long day to enjoy an Iraqi sunset.

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 compatible 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.

▲ FIRE IN THE HOLE: Looking through a main barrel from the inside of a T55 tank.

▲ GOOD MORNING: An early-morning look at the 332nd Expeditionary Communications Squadron compound.
Intramural basketball season jumps off

by Staff Sgt. Terry Jones
332nd ESVS

The 332nd Expeditionary Services Squadron sponsored intramural basketball regular season jumped off Monday.

Twelve teams will battle for eight playoff spots and a shot at the base championship.

Games are played Monday-Thursday at 7:30, 8:30, and 9:30 p.m.

In the opening night’s contests, 332nd Expeditionary Operational Support Squadron used an 11 point halftime lead to romp past the 332nd Expeditionary Communications Squadron 40-27, 332nd Expeditionary Logistics Readiness Squadron overcame a furious comeback by the 332nd Expeditionary Maintenance Squadron and squeaked past the maintainers 36-34, while the 332nd Expeditionary Security Forces Squadron blew out the 332nd Expeditionary Medical Group 53-30.

The remaining units took it to the court Tuesday night.

The 332nd ESVS won a hotly contested match against the 332nd Expeditionary Civil Engineering Squadron 36-28 and the 332nd Expeditionary Civil Engineering Squadron’s Fire Fighter team downed the 332nd Expeditionary Aircraft Maintenance Squadron 35-29, and in the finale, The 439th Quartermasters blasted the 332nd Air Expeditionary Wing, 42-18.

Due to the Combat Dining In, games tonight include AEW vs. SFS at 7:30 p.m., SVS vs. OSS at 8:30, and Fire Fighters vs. EMXS at 9:30 p.m.

Runners, walkers honor Air Force’s 56th birthday

by Master Sgt. Don Perrien
332nd AEW Public Affairs

Almost 100 members from around Tallil Air Base before sunrise for a five-kilometer run and two-mile walk honoring the Air Force’s 56th Birthday Thursday.

To almost no one’s surprise, Mel Petersen won his fourth consecutive event, completing the course in an impressive 16 minutes and 48 seconds.

The 332nd Expeditionary Communication Squadron’s David Dominguez finished second, with a time of 18 minutes and 35 seconds, narrowly holding off the Jeff Yost from the 332nd Expeditionary Security Forces Squadron, who finished in 18 minutes and 48 seconds.

The top six walkers finished in a group over the finish line, each completing the course in 23 minutes and 20 seconds.

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