

386TH AIR EXPEDITIONARY WING

NEWCOMER'S GUIDE



MARAUDERS MAKE IT HAPPEN!

(As of 26 September 2011)



Marauders... Make It Happen

Welcome to the 386th Air Expeditionary Wing...the Marauders. You are joining a highly trained and dedicated team of warrior Airmen that perform a vital role for Operation Enduring Freedom, Operation New Dawn and the defense of our Host Nation. Your professionalism, skills and attitude will be critical to our future success, so don't be shy, jump right in, get involved and make it happen.

The wing has three tenets. You need to understand your role and how you fit into each of them.

Mission First. Make no mistake, this is our first tenet because our nation assigned the 386th her best and brightest to carry it out; no matter the time, day or challenge. We must not and cannot fail in this endeavor. Simply put, our mission is to move and support "boots on the ground." We take the "boots in, support them while there, then take them out." Everything we do contributes to this end.

People Always. Our second tenet focuses on our most valuable resource, our people. If you take care of them, they will take care of the mission. Train them, equip them, empower them, and reward them. In so

doing, they will water your eyes and make it happen.

Have fun along the way. The third tenet is to take time to have fun. If you work hard, you need to relax and play hard. Take the time to make new and lasting friends, improve your surroundings, and improve yourself both personally and professionally. By setting incremental goals during your deployment, you will achieve great things, be more relaxed, and be ready to make things happen.

We move thousands of personnel going to/from Iraq on C-130 and C-17 aircraft operating here at the 386th. We also operate a strategic airlift hub where we maintain the infrastructure and security of U.S. Central Command's second largest Aerial Port of Debarkation (APOD). Additionally, as the theater's western aeromedical evacuation hub, we are responsible for moving patients out of Iraq and forward to a higher level of care.

Our Combat Truckers drive millions of miles annually on the roads in the AOR delivering both equipment and supplies to our forward-deployed warfighters. Finally, our Wing manages every Air Force member outside Iraq and Afghanistan on a Joint Expeditionary Tasking with our sister services.

Without a doubt, we are a Wing with diverse mission sets. But with your proactive and responsive leadership, there is nothing we can't accomplish. I look forward to serving alongside you these next couple of months. Together, I know we will make our country proud, strengthen Host Nation/coalition relations, and make long lasting memories that will last us the rest of our lives.

*Michael P. Zick, Colonel
Commander, 386 AEW*



**Col Michael Zick
Commander
386th AEW**

OUR VISION

Agile, innovative, professional...
The Air Expeditionary
Wing of choice

OUR MISSION

Provide USCENTCOM commanders proactive and responsive theater airlift, casualty evacuation, line-haul trucking and agile combat support in defense of the region while fostering enduring relationships and preparing for follow-on missions.

The wing is home to the two largest APODS in the AOR, transporting over 1.1 million people annually.

Although located on less than six square miles, the 2,000+ people of the 386th AEW support a mission that spans almost 6,000 square miles across the AOR.





386TH AIR EXPEDITIONARY WING

History

While the 386th AEW was not activated until 2002, it actually traces its roots back to the 386th Bombardment Group (BG) of the Army Air Forces.

The 386th BG (Medium) was activated Dec. 1, 1942 at MacDill Field, Fla. In less than three years, the men of the 386th attained the most outstanding record of all B-26 groups in the European theater of operations in terms of number of successful sorties flown, tonnage of bombs dispatched and enemy aircraft de-

stroyed while maintaining the highest bombing accuracy score.

More than 3,000 men served with the 386th during three years of World War II, flying 409 missions.

The B-26s remained the primary airframe for the unit until its conversion to A-26s shortly after the Ardennes campaign in 1945.

The unit was redesignated as the 386 BG (Light) in June 1945 and was inactivated on Nov. 7, 1945.



Right Start Briefing

Briefing is mandatory for all assigned personnel, military and civilian, and are held every Monday in the base theater, unless notified otherwise. Do not attend until you have been on station more than 24 hours.

Emergency Management

Have current mask fit test documentation stored in mask carrier.

You must have CBRNE Defense Training prior to deployment.

Only install a gas mask filter when directed. Afterward, annotate lot number of the filter and date of installation in the remarks column of the DD Form

1574 (Yellow Serviceability Tag).

Inspect and clean your MCU-2 (A/P) M45 or M50 mask monthly and annotate it on the DD Form 1574.

Shelter-in Place is a condition where a hazardous material has entered the atmosphere and presents an inhalation hazard to personnel that the protective mask isn't designed to protect against. SIP kits to turn facilities into protective shelters are provided to protect against Toxic Industrial Chemicals/Toxic Industrial Materials (TIC/TIM). Please do not disturb them.

Contact your Unit Emergency Management Rep regarding CBRNE equipment and process.

Time Zone

The base is seven hours ahead of Eastern Standard Time during spring and summer and eight hours ahead in the fall and winter.

Climate

This is a subtropical location with two distinct seasons: summer and winter.

Summer (May-Oct) produces peak temps of 50C (122F) and extreme low temps of 14C (57.2F), with a mean daily high temp of 33C (91F).

Frequent sandstorms, caused by arid Shamal winds, blow across the Persian Gulf.

Winter (Nov-April) produces peak temps of 39C (102F) and an extreme low of 1C (33F), with a mean daily high temp of 28C (84F).

Winter is considered the rainy season, which produces 5 to 28 mm (0.2 to 1 inch) annual precipitation.

Natural Disasters

High winds and sandstorms are most common between March and August.

Flooding is most common between October and April.

During severe weather, be prepared to shelter in place. Bunkers should only be used during base attacks.

Fire Prevention

Don't smoke or light candles in the tent/dorm. Use designated smoking areas.

Don't overload electrical outlets or power strips.

Test your smoke detector routinely.

Make sure your fire extinguisher is operable and you know how to use it in the event of an emergency.





The Rock

PERSCO

Everyone must in/out process through PERSCO, which serves as a liaison between deployed members, home stations and AFPC.

Mobility and deployed medical records must be hand-carried. Do not pack them in luggage.

These are the items required for in-processing:

- AF Form 245, Employment Locator and Processing Checklist
- Deployable Medical Records (DD Form 2276 and AF Form 1480)
- NATO Orders with blue stamp and/or signature (if applicable)
- CED Orders
- Dog tags
- vRED printout
- Common Access Card (CAC)

Enlisted members who plan to re-enlist or extend during their deployment should contact their MPF prior to arrival. Regardless of intent to re-enlist while in the AOR, all members must have sufficient retainability (length of deployment plus 30 days) prior to deployment.

Public Affairs

Due to host nation sensitivities, the 386th AEW is in a non-releasable location. It can't be referred to by name, nor can you list the host nation. It must be referred to as a "deployed location" or an "undisclosed location in Southwest Asia." It can also be referred to as 386th Air Expeditionary Wing or the "Rock."

A Flightline Photography Letter must be submitted to Public Affairs for signature by the 386th AEW/CV.

Hometown News Release forms can be found on the front page of the website,

lower right side under helpful links. It can also be found on the Sharepoint homepage under "386 News and Announcements."



Blogs: In general, you may blog and maintain personal websites hosted on commercial servers as long as you do not misuse or abuse government property and bandwidth. Do not disclose Privacy Act or operationally sensitive information. See the "BASE-SPECIFIC OPSEC AND HOST NATION SENSITIVITIES" link on the homepage of the base intranet for more information on what is acceptable for social networking.

The 386th maintains a unit Facebook page, 386th Air Expeditionary Wing. You must click the "like" button to view and post to our page.

AFOSI

Every military member, civilian, and contractor on this installation must receive a Counterintelligence Awareness and Reporting (CIAR) briefing from AFOSI. The Under Secretary of Defense for Intelligence (USD(I)) published an update to DoD Directive 5240.06 in May 2011. The new directive makes it punishable for members of the DoD who fail to notify the proper counterintelligence organizations of reportable incidents, regardless of the individual's awareness of the criteria.

For military members, violation is subject to punitive action under Article 92, UCMJ.

DoD personnel are required to report all activities, indicators, behaviors, and reportable contacts with foreign intelligence entities (FIE), a term that includes international terrorists and foreign intelligence and security services.

Pass & ID

Pass & ID processes access to restricted areas on base. Access must be approved by appropriate commander or through the process of 2586 requests. Please contact your unit's Security Manager upon your arrival to the base.

They also process passes for Host Nation and TCNs for access to the installation.

Transient aircrew personnel may enter Restricted Areas/Flight line with their home station RAB and a copy of their aircrew orders.

All personnel are required to register with the Defense Biometrics Identification System (DBIDS) within two weeks of arrival. DBIDS registration is located in Pass & ID and takes very minimal time.

Expeditionary Theater Distribution Center (ETDC)

ETDC issues IBA vests, ESAPI plates, chemical warfare bags, cold weather gear, ACH helmet and helmet padding, first-aid kits, sleeping bags, and other mobility items, when required.

ETDC provides courtesy weapons storage for Air Force personnel who need to store weapons for the duration of their TDY.



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Computers/Network

Computers are primarily for government use, but are allowed some personal use during off-duty hours.

The policy regarding computer use of government computers:

Personal devices are not authorized to be connected (i.e. laptops, USBs, external hard drives, iPods, etc.). Plugging in one of these devices will result in the automatic disabling of your account.

Computers are scanned for unauthorized software; do not install.

Network is monitored and unlawful use is reported.

Log off at the end of the day, but leave computer turned on. Reboot computers weekly.

Do not play ripped/copied DVDs purchased from independent vendors. They may contain viruses.

Personal Computers

Wireless internet access is available in all dormitories and many common areas at no cost to you. It is recommended you bring your own personal computer to the Rock.

Peer-to-Peer (P2P) applications are prohibited at the Rock. ECS does not provide communications support for personal systems.

Medical Services

EMEDS Clinic provides emergency, urgent and routine medical care, dental and ancillary services (lab, pharmacy and radiology). Over the counter (OTC) medications like Motrin, allergy and/or cold medication can be obtained from the clinic.

Public Health educates personnel on preventive medicine and ensures a safe

food supply and monitors disease trends.

Medical Info

The number one way to stop the spread of disease is hand washing.

To avoid dehydration, drink lots of water and maintain adequate electrolyte levels. This is especially critical during the first two weeks while adjusting to the desert climate.

Pay attention to the heat stress category for recommended fluid intake. Do not depend on your thirst level to decide when and how much to drink. Signs are posted in restrooms to help you gauge your hydration level.

Drink only bottled water; tap water is not for consumption, but may be used for brushing teeth.



Contact lenses are not recommended. Unit commanders can approve use of contact lenses for rated personnel by signing a waiver letter.

Sand vipers, scorpions, rats/mice, camel spiders, dub-dubs, feral cats, wild dogs and various crawling/flying insects also call the 386th AEW home. All pose some danger to humans from toxic venom to rabies and the plague.

Use DEET lotion on exposed skin and Permethrin spray/treatment kits on uniforms to prevent insect bites.

Store food in sealed or covered containers. Eliminate open packages of food to avoid unwanted pests.

The best protection from the effects of the sun is clothing. SPF 30+ sunscreen should be used to protect all exposed body parts and should be reapplied liberally throughout the day. It is available free of charge from the clinic, or you can purchase it at the BX/PX.

Sports injuries are the number one cause of downtime at the 386 AEW. To avoid injury, stretch and warm up before all exercise and sports.

Weight Loss Supplements

Although not illegal, use is highly discouraged.

Dependence on supplements increases chances of depression and weight gain. Effects can be dangerous in the hot and arid desert climate.

Studies show no increased benefit over diet and exercise alone.

Combat Stress Prevention

Stay tied in with buddies within your unit. Don't isolate yourself!

Maintain contact with family and friends at home whenever you can.

Participate in positive unit/base activities.

Get enough sleep, food, water, and daily exercise.

Flight Medicine Clinic

All flyers seen at EMEDS are automatically DNIF until seen by a flight surgeon.

FMC offers immunizations, Acute Medical Care and No-Go Program for aircrew/flightline personnel.



The Rock

Finance

You are authorized certain entitlements while you are here.

Combat Zone Tax Exclusion (CZTE) starts automatically upon arrival in the AOR once you in-process thru PERSCO. This is effective for the entire month of your date of arrival and date of departure and each month in between.

Hostile Fire Pay (HFP), same as above, starts automatically in the AOR.

Hardship Duty Pay (HDP) is based on location, and must be initiated by you. You must be in the AOR for at least 30 days. Bring a copy of your orders (front and back) to Finance. This will show on your LES as "HDPL."

Family Separation Allowance (FSA), if



applicable, may be initiated after being in the AOR for 30 days. If your home unit did not prep the form prior to deployment, you can initiate at the deployed Finance Office, or you can wait until you return home and file for FSA with your final travel voucher.

Savings Deposit Program (SDP) eligibility starts after being deployed for 30 days. You may deposit an amount not to exceed your unallotted pay each month. The maximum limit of total deposits \$10,000. The APR is 10%.

Although Guard and Reserve members receive the same entitlements as

Active Duty, financial online systems are not compatible. Guard and Reserve members must go through their home station. Army must go through Army Finance. We are here to facilitate actions between you and your home unit.

MyPay has 24-hour online access at <https://mypay.dfas.mil> with a PIN to your pay information. Active Duty needing a PIN reset can do so at Base Finance.

Eagle Cash Stored Value Card is required for all deployed personnel (military, civilian and contractors) as of August 1, 2008. Eagle Cash is linked to your checking account, works like a reusable gift card, and can be established at the Finance Office in less than five minutes. It can be used to purchase goods and services at the Post Office, BX/PX and all AAFES concessionaires on base or to receive cash at the Finance Office's cashier window. Eagle Cash kiosks are located at Finance, the Drop Zone, the BX and the Post Office.

Eagle Cash is free, secure, easy to load/unload and is accepted at most locations throughout the AOR.

Finance issues cash to personnel with military or DoD ID plus Eagle Cash Card. Per AFCENT policy, the service is limited to \$100 USD per month. Reverse exchange local cash to USD upon is allowed upon redeployment and can be granted with an out-processing checklist and within seven days of departure from the AOR.

A local bank currently operates two ATMs, both located in the LSA PAX terminal. Be aware that receipts print with complete account numbers. Be careful not to leave them around.

Sexual Assault Prevention

The Sexual Assault Prevention and Response program exists to provide reporting options and resources for victims of sexual assault as well as to provide educational and outreach programs across base. The program is run by the base Sexual Assault Response Coordinator (SARC) who has a 24-hour hotline. Victims have three forms of reporting available: restricted (confidential), unrestricted or independent.

Chapel Program

The Rock Chapel offers several Protestant and Catholic services, as well as Muslim prayer and Koran study, Jewish service, LDS sacrament meet-



ings, Orthodox and other faith services as needed.

There are volunteer opportunities for singing, instrumental, readings, A/V systems, drama and leading small groups--discussion, prayer, Bible studies.

R o c k e r s Lounge: Open 24/7; 1,000-

plus paperbacks, "Lazy-Boy" recliners and sofas; read, reflect or pray.

Prayer Room open 24/7 for personal prayer and solitude.

Chaplain's Channel: Television channel with 24/7 religious programming.



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Base Safety

It is your responsibility to get a thorough safety briefing from your supervisor. Ensure your briefing is documented on an AF Form 55 and kept on file with your supervisor upon your arrival.

Operational and Personal Risk Management (ORM) are the tools that will save your life here. AEWI 90-901 summarizes the key concepts listed in the AF commander's ORM program. Each commander should be familiar with the tools and guidelines listed in the 90-series regulations of ORM.

The 386 AEW uses the A.C.T. system of ORM:

- Assess the environment for risk
- Consider options to limit risk
- Take the appropriate action to mitigate risk



The 386 AEW is a very demanding environment that has many hazards such as fire, night operations, driving, Foreign Object Damage on the flightline, construction, and mission hazards.

Although Ground and Flight Safety are working to highlight these hazards and reduce their associated risks, it is essential that you identify hazards. It is very important that you notify your safety chain (supervisor, Unit Safety Rep, Wing Safety Office) of identifiable hazards. Due to the high turnover rate, many hazards are left unidentified, so please be part of the solution and not part of the problem.

Smoking is authorized only at Fire De-

partment-designated smoking areas. They will be identified by a posted sign.

Always identify fire hazards to your dorm mayor, building custodian, safety representative, or the fire department.

386 AEW policy is to wear reflective safety belts from sunset to sunrise (in or out of uniform).

Lighting is limited around the perimeter and flightline areas. To prevent personal injury, reflective belts must be worn at night or during times of limited visibility. On-duty Security Forces personnel are exempt. Additionally, AF personnel visiting Army camps, including the LSA, must wear the reflective belts as a sash, even while in PT gear.

All personnel are required to wear seatbelts at all times, in all vehicles. Do not drive in the common living areas or Commando Village unless you are on official business. When driving through these areas, the speed limit is 10 kph (6 mph). On the main paved road, the speed limit is 20 kph (12 mph). On the host nation side of the base, the speed limit is 45 kph (25).

Spotters are required when backing vehicles if two people are in it. The most significant driving hazard at the Rock is backing a vehicle without a spotter. The hazard isn't in not having a spotter, it is not being mindful when backing up. Having a spotter is a preventive measure. If one is not available, drivers are required to accomplish a 360 degree inspection of the area around the vehicle prior to backing.

Driving off base can be dangerous. If you are required to operate a vehicle off-base, you must complete the Off-Base Drivers Course and pass a written test. Ground Safety trains unit trainers and posts the master list of drivers. Drivers who complete the training will carry their proof of training at all times

while driving off base. While driving off base, abide by the speed limit set forth in the base driving regulation and your unit/group commander's policies. You will be held accountable for all tickets you receive.

The base OPR for flightline driving is the Airfield Manager. You must be trained by the airfield manager or designated representative prior to driving on the flightline. While driving on any active portion of the airfield taxiway (Charlie Loop/Main taxiway), or the runway, ensure you receive clearance from the tower. Remember to accomplish the proper Foreign Object inspection prior to entering any active taxiway on the airfield. Foreign Object Damage (FOD) prevention is a high priority on this flightline due to the high volume of aircraft here and the possibility of fighter divert aircraft. If, while driving on the flightline, you see any FOD, stop and pick it up to help prevent a FOD mishap.

If you are involved in a ground mishap (injury, vehicle accident), an ACC Form 164, Ground Mishap Report must be completed by your supervisor, forwarded through your unit safety representative and commander, and then to the Wing Safety Office. Drivers must remain at the scene until Security Forces investigates the accident, even if it is minor. If there is any question as to whether your situation is a mishap, submit the ACC Form 164 and let the Safety Office decide if it needs to be reported further. It is your and your supervisor's responsibility to comply with safety reporting procedures.

Perimeter Road Safety

No headphones allowed; also no walking, running or biking alone during hours of darkness. Must wear reflective gear.



The Rock

Legal Office

The 386th Legal Office provides the same support as home station legal offices. Legal assistance and notary services are provided daily on a walk-in basis. However, an advance phone call is recommended for legal assistance. Services include:

- General and Special Powers of Attorney, Notary services, Wills, Servicemember's Civil Relief Act (SCRA), and advice on personal civil legal matters.
- Explanation of Claims Procedures: Personal property damaged/missing incident to service.

Military criminal defense services for the entire AOR are available through the 379 AEW Area Defense Counsel (ADC). The ADC contact information is DSN 318-437-6300.

Common UCMJ Offenses

Art 92, Failure to Obey General Order 1B (Sleeping Quarters Threshold Violation, Alcohol Use).

- Dereliction of Duty
- Art 113, Sleeping on Post.

Remember AF rules and regulations always apply, including AFI 36-2909 (professional and unprofessional relationships) and AFI 36-2903 (dress and appearance).



USAFCENT General Order No. 1B

USAFCENT General Order No. 1B Prohibitions USAFCENT General Order (GO) No. 1B prohibits and restricts the activities of all United States Air Force personnel and civilians serving with, employed by, or accompanying such forces within USCENT-COM AOR. Violation of GO-1B constitutes a violation of a lawful general order under Article 92, UCMJ. Civilian personnel will receive disciplinary action up to and including being barred from all 386 AEW installations and termination.

Tell friends and family not to mail or e-mail you items that you cannot possess under the General Order.

Briefly stated, the following are prohibited:

QUARTERS VIOLATION: Entering the living quarters of a member of the opposite gender or permitting a member of the opposite gender to enter, except for official purposes. Visitation includes the crossing of the threshold of any entrance to the quarters of another person.

ALCOHOL: Introducing, possessing, using, selling, transferring, manufacturing or consuming.

PORNOGRAPHY/SEXUALLY EXPLICIT MATERIAL: Introducing, possessing, transferring, selling, creating or displaying of any pornographic or sexually explicit materials.

PHOTOGRAPHY: Photographing or filming detainees or human casualties, as well as the possession, distribution, transfer, or posting, whether electronically or physically, of visual images depicting detainees or human casualties, except as required for official duties.

CONTROLLED SUBSTANCES/DRUG PARAPHERNILLIA: Introducing, purchasing, possessing, using, selling, transferring, manufacturing or consuming.

FIREARMS: Introducing, purchasing, possessing, using or selling privately owned firearms, ammunition, or explosives.

GAMBLING: All kinds unless permitted by host-nation laws and applicable service or component regulations.

MOSQUES: Non-Muslims may not enter.

ARTIFACTS: Removing, possessing, selling, defacing or destroying archeological artifacts or national treasures.

CURRENCY: Selling, bartering or exchanging any currency other than at the official host-nation exchange rate.

ANIMALS: Adopting as pets or mascots, caring for, feeding any type of domestic or wild animal.

WAR TROPHIES: Taking or retaining individual souvenirs or war trophies. This includes weapons, munitions, or military articles of equipment obtained or acquired by any means other than official issue.

PROCEEDINGS: Attendance at host-nation public disciplinary proceedings of any kind, including public executions.

PROSELYTIZING: Of any faith, religion or practice.



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Uniform

While assigned to, deployed to, or transiting through here, all Air Force personnel will wear the Airman Battle Uniform, Desert Flight Suit or Air Force Physical Training Uniform at all times. When in uniform, wear your hat (except in designated “No Hat areas”) and blouse while outdoors.

Sunglasses may be worn around neck with authorized strap or put in pocket; never on top of head or clipped on blouse/T-shirt.

AFPT Uniform

The Air Force PT uniform is the only authorized PT gear for Airmen. White socks will be worn with athletic shoes (including Vibrams or other specialized footwear). If you enjoy frequent workouts, bring plenty of PT uniforms/gear, at least 5-7 sets. The BX has a limited number of AFPTUs for sale.

- Shirt must be fully tucked in at all times, not bloused over waistline.
- Only white socks, ankle to calf length; small logo is okay.
- Shoes laced and tied.
- Shorts/Pants worn at the waistline (not on hips), not folded over.
- Spandex shorts and leggings (navy blue or black) may be worn under PT shorts.
- Sleeves may not be rolled up at any time.
- Bottom of pants must be fully zipped and

not rolled/pulled up.

- Jacket must be zipped and sleeves may not be pulled up.

Flip flops are not authorized except when at the base pool (must wear athletic shoes to and from the pool) or in tent city when going to/from latrines.

Saluting is not required while in AFPT uniform.

Headphones/earphones are authorized while wearing AFPTU on the Rock. Headphones/earphones are not authorized while operating vehicles.

Hair: Females’ hair must be neat and not hanging loose below collar; long hair must be tied back, only one ponytail authorized.

Hats

Only Air Force-issued ABU/DCU or boonie hats and dark blue baseball caps are authorized at any time in AFPTU. The floppy or “boonie” hat brim must hang naturally. It will not be curled, flipped, pinned, altered or hung around the neck.

Approved, baseball-style hats optional for wear with AFPTU are a plain dark blue hat without lettering or a plain dark blue hat displaying the official Air Force symbol with or without “U.S. Air Force, Air Force, USAF” or base lettering.

Dark blue hats with any other logos other than the Air Force Emblem, are not authorized. The BX sells limited sizes of

the authorized blue hats.

The cap must be worn squarely on the head with the bill facing forward and will not be worn off base.

Unserviceable Uniforms

Dispose of unserviceable uniforms in marked container by DFAC/Tent City. Do not throw away in regular trash/waste bins.

Civilian Clothing

Members participating in special events in which civilian clothes are authorized, performing official duties or conducting official business will change into civilian attire within a reasonable time prior to departure. Upon return, they must immediately change back into desert flight suit, ABUs or AFPTU.

Members reporting to or returning to USCENTCOM AOR in civilian attire will not patronize base facilities. The wear of civilian clothing while traveling on morale trips downtown is required.

Bring several conservative civilian shirts or blouses with collars, well-fitting, clean jeans or khakis. Shoes should also be conservative - no open-toed shoes, sandals, flip-flops or dilapidated footwear.

Sundry

Backpacks/Camelbacks: Permissible colors are black, desert ABU/BDU camouflage, tan, dark blue, olive drab or green.

Laundry

Self-serve laundry facilities and detergent are available without charge on the Rock. Bring your own laundry bag. Dryer sheets and fabric softener are available at the BX for purchase. Laundry service is also available at Rock Lodging.





The Rock

Rock Lodging

Includes hard buildings and Small Shelter Systems. It is a 24-hour operation providing cleaning supplies, linen exchange sheets, comforter, pillow w/ case, toilet paper and dry cleaning (three-day turn around).

Mattress pads are not provided; recommend bringing your own. BX carries limited stock.

Most dorm rooms include a small fridge and wall lockers or dressers for each person assigned to the room.

In hard billeting, bathrooms are inside the building. Residents are responsible for cleaning rooms and bathrooms. Water is okay for showering and brushing teeth, but is not potable; do not drink it.

In order to preserve water, showers are limited to four minutes and water from the sink should also be used sparingly. Bring shower shoes for showering.

Turn off non-essential lights and A/C when you leave your room; energy conservation is a high priority. Clean A/C filters weekly.

Etiquette

Quiet hours are 24-hours a day in residential areas. Respect your neighbors and use recreation areas for noisy activities.

Tobacco use, including smokeless tobacco, is only allowed in approved tobacco use areas with signs indicating so.

Smokers will put cigarette butts in butt cans or other approved containers – not on the ground.

Never spit tobacco on the ground. Use a container with a lid. Do not litter; dispose of trash in proper bins.

Self Help

386th ECES Self-Help assists with ordering supplies (form 9) and loans out tools such as shovels, drills, hammers and items for self-help repairing to include shower heads, plungers, light bulbs and starters (under 10ft high) and paint brushes and paint.

Rock Fitness Center

The Fitness Center is open 24/7.

Cardio equipment, weight machines, and free-weights.

Aerobics and specialty classes as instructors permit (boxing, martial arts, yoga, etc.).

Self-directed programs include basketball, volleyball, running, etc.



Scheduled programs include intramurals, tournaments, and special events.

Base Swimming Pool

An outdoor pool is available for lap swimming and recreation. A lifeguard is on-duty. The pool is open 1 Mar – 30 Nov. Conservative swimsuits are authorized. Members may also use AF-PTU shorts as swimming trunks.

Desert Winds Dining Facility

Located on the Rock, dress and appearance standards are posted and enforced. Members must be in authorized uniform to enter.

Squadrons can schedule BBQs with DFAC staff at a rate of one per month per squadron.

Forms, policies and menus are available on the base intranet.

Flight meals are issued from the DFAC.

Birthday meals are held the last day of each month at the Drop Zone. Contact unit First Sergeant or sign up at the DFAC.

Snack and sandwich service is available 24/7.

Hours for hot meals:

- Breakfast: 0430-0800
- Lunch: 1030-1330
- Dinner: 1630-2000
- Midnight: 2330-0130

Silver Bullet Flightline DFAC

Located on the flightline, hours mirror DFAC with limited seating capacity.

Drop Zone Rec Center

Drop Zone is open 24/7 and has self-directed programs: TV, foosball, pool tables, ping-pong tables, darts, cards, board games, video games and more.



Scheduled programs: bingo, movie nights, music nights and recreation, tournaments, USO/AFE shows, Spa Days, holiday parties and more.

Resale items include sodas and assorted snacks.



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AAFES Base Exchange

The BX is located on the Rock next to the Post Office and open seven days a week. It carries many items such as toiletries, snacks and beverages, electronics, DVDs, CDs, magazines, clothing, backpacks/camelbacks, cards, gift items and miscellaneous uniform items. You can use credit/debit cards, Eagle Cash Cards and U.S. dollars to make purchases.

Certain items sell out quickly, so bring enough toiletries to last two months. Also consider bringing the following items with you:

- Alarm clock, portable stereo
- Hair dryer
- Toothbrush, toothpaste
- Batteries
- Shower shoes
- Swimsuit
- Hand soap
- Sanitary napkins/tampons
- Sunscreen lotion
- Lip balm
- Reading light or small lamp
- Extension cord/surge protector
- Digital camera
- Black-rimmed sunglasses with no writing/ornamentation
- Small backpack



AAFES Mall

Located next to the BX, the mall offers barber/salon services, gift store, alterations/uniform services and jewelry shop. Hours are limited.

Base Theater

Movies are shown daily. AAFES-run movies in the base theater cost \$1.50 per person and are shown Thursday thru Sunday. Movies shown Monday thru Wednesday are free. *Times are subject to change due to Wing functions.

Learning Resource Center

Located on The Rock. Exams and testing include CLEP, DANTEs and Excelsior Exams, CDC, CERT, SOS, ACSC, AWC Testing, Course 9, 12 and 14.

Tests required for students completing distance learning and online courses by specific non-military colleges and universities will be scheduled as needed.



Professional Development includes: DANTEs and AFIADL (ECI) testing, educational resources, computer software, application manuals and institutions of higher learning.

University of Maryland: UMUC representative available, as well as selected courses offered each semester.

Research: Web-based research databases, reference books and study guides.

General Services: A variety of hardback and paperback books, CSAF reading list, testing materials, free books, DVDs, CDs, audio books, newspapers (Air Force Times, etc) and magazines.

Computers: Internet workstations are available for educational use, distance learning and research.

Read-to-Your-Child: Record yourself reading to your children.

The LRC will burn your recording to a DVD. You send the DVD and book(s) home to your children. The USO sponsors this program on Wednesdays and Saturdays.

Intranet

Accessible only from the base, the intranet is your "one-stop shopping source" for information on the activities going on and the policies and publications in effect. It contains news stories and cleared base photos.

The 386 EFSS posts their events in Outlook via the "386 EFSS/Events Calendar" which is accessible to all personnel on base.

The Wired

The Wired is open 24/7 and hosts a Green Beans Coffee Shop and government computers with internet access (Facebook/gmail/etc accessible), SPAWAR Internet Computers, VoIP phones and DSN morale phones for personal use. Members are limited to two 15-minute morale calls per week.

Users are required to abide by General Order #1B. The Internet is monitored 24 hours a day.





386TH AIR EXPEDITIONARY WING

Professional Organizations

Rock Top 3

Rock Solid 5/6

Rising 4 Airman's

Rock First Sergeant's Council

Company Grade Officer Council

Rock Honor Guard: Volunteer manning for Retreats, Wing Ceremonies and Functions.

Morale Web

On the base server, found in your Favorites file, on your web browser. It has music, movies and TV shows. Not to be used while on duty.

What's Rockin'

What's Rockin' is a weekly base-wide email reporting on the Rock activities. Members can also submit information for What's Rockin'.

Mailing Address

Name

Unit/Office Symbol

APO AE 09855

Mail Guidelines

Outgoing letters or sound recordings sent to stateside locations and weighing less than 13 ounces are free. Write

the word "Free" in place of stamp. APO to APO mail that is less than 70 pounds or less than 130 inches in length and girth is also free; write the word MPS in place of stamp. All other correspondence or packages must have the proper postage before mailing.

Postage must be paid in cash or Eagle Cash Card. "Priority" mail boxes are provided for priority mail service only.



Unit mail clerks pick up mail once a day and deliver to units.

Local policies and customs prohibit the mailing of certain items into or out of the area. Customs will confiscate these items.

DO NOT MAIL THESE ITEMS:

Pornographic or sexual items of any type and in any format.

Bulk religious items contrary to the Islamic faith.

Note: A single Bible, crucifix or other religious item intended for personal use only may be mailed.

Pork or pork products

Alcoholic beverages or any consumable item containing alcohol including distillation and brewing supplies.

Firearms of any type, including air and toy guns.

Fireworks

U.S.-issued military equipment (uniforms and associated boots and hats are excluded).

Controlled substances and drug paraphernalia.

Radio and electronic items including, but not limited to, base stations, handheld transmitters, cordless telephones, global positioning systems, computers, and computer peripherals.

Cuban cigars, knives

Sand and soil

Postal officials must inspect all parcels before acceptance. Do not seal your packages until the contents have been examined. In addition, local customs officials inspect all outgoing/incoming parcels.

Staying in Touch

It is very important to stay in touch with family and friends back home. There are various ways to do that, such as e-mail, Facebook, Skype, magicJack, etc.

If you haven't already, make sure that your computer has Skype software already loaded, as you can't get to the website from this location. It is also a good idea to have your apps loaded on your smart phones and i-Phones. Net Talk and Net Text are very popular.

The 386th maintains a website and a Facebook page, so your

family can see what's going on at the Rock.

You can view our website at www.386aew.afcent.af.mil

You can view our Facebook page at 386th Air Expeditionary Wing. You must click on the "Like" button.

Our DSN is 318-432-XXXX.

If you have questions, you can e-mail us at 386aew.pa@asab.afcent.af.mil



386TH AIR EXPEDITIONARY WING

Host Nation Culture

Greetings: The most common is a handshake using the right hand. For women, it is impolite to shake hands.

Gestures: It is impolite to point or signal another person with the hand, especially the left hand. Avoid the use of the left hand for gesturing. It is an insult to point the bottom of one's foot at another person. It is also impolite to cross the ankle over the knee. There are many restrictions on female behavior in public.

Alcohol: Muslim religion restricts the use of alcohol, and it is prohibited in the host country.

Pornography: Sexually explicit material and pornography are equally unacceptable in Arab society, and are also prohibited.

Handshaking: Shake hands whenever you meet an Arab and when you leave him.

Sitting: Never sit and expose the sole of your shoe or the bottom of your feet to an Arab. It is regarded as an insult.

Conversation: Generally, take the lead from what an Arab brings up in the conversation, but avoid asking personal questions. Do not ask questions about the women of an Arab family.

Touching: Touching and holding hands with members of the same sex in public is acceptable among Arabs and demonstrates friendship. Touching or kissing members of the opposite sex in public is considered to be extremely bad taste and could be considered obscene.

Distance: Arabs stand very close together when talking. You may find this uncomfortable but do not back away.

Time: Do not be impatient with local people. If you hurry, nothing will get done. However, if you arrive late for an appointment, you are publicly insulting

the individual.

Criticism: Unlike Americans, Arabs do not accept or give criticism directly. Even constructive criticism of an Arab's work or idea in public is considered an insult.

It is especially rude to contradict a person of higher status, rank or age. An Arab's ideas or suggestions should always be given recognition. If criticism is required, take the person aside privately and gradually lead up to the subject in an indirect and very tactful manner. American "frankness" is always too direct and usually misunderstood as criticism. Arabs understand and appreciate tact because it protects public image, avoids insults and displays culture.

Patronizing: Do not talk down to someone who does not speak English well.

Photography: Do not take pictures of military or civilian installations and equipment, military or civilian police, or civilian airport or seaport facilities, without the permission of the host country. Do not photograph people at close range (particularly women) without permission.

Women: Do not stare at or strike up a conversation with Arab women in public.

Public Events: Men and women of the Islamic faith are not permitted to attend public events together and are segregated in the workplace. When out in public, women are usually covered from head to foot.

Specific Gestures: Placing the right hand or forefinger on the tip of your nose, top of your head, lower right eyelid, mustache or beard means, "It is my obligation."

Placing the palm of the right hand on the chest when greeting another shows respect or thanks. Hitting the right fist into the open palm of the left hand indicates obscenity or contempt.

The western A-OK sign is, to the Arab, a sign of the evil-eye and used only in conjunction with curses. Biting the ring forefinger, which is placed sideways in the mouth, may be either a threat or an expression of regret.

Food and Beverages: When offered food or drink, accept it even if you do not want it. Decline further offerings by saying that the first serving was quite sufficient.

People: The people of our host nation are ethnically divided among "host nationality," South Asian, Iranian and others. Religions are Muslim, Shi'a Sunni, Christian

Arabic is the official language, while English is widely spoken. Third Country Nationals perform various tasks and are often employed by service contractors supporting host nation and allied armed forces.

Each person assigned to the 386th AEW is an ambassador from the United States, as well as the U.S. military. Remember, you are a guest here, and your conduct reflects that of everyone in the wing.

Basic Arabic Phrases

Assalam alaykum—Greeting meaning "Peace be upon you."

Wa alaykum assalam—Response

Sukran— "Thank you"

Afwan— "You're welcome"

Maasalama— "Good bye"