

On-final



U.S. AIR FORCE

507th Air Refueling Wing - 513th Air Control Group

Tinker Air Force Base, Oklahoma

OCTOBER 2007 Vol. 27, No. 10



**Chocolate pie, Colonel Frye?
See Pages 4 and 5 for more photos from Family Day.**



507th ARW
Commander's Column
By Col. Jeffery R. Glass

Wing happenings

The new fiscal year has arrived and as of Oct. 1, the official start of the association with the new 137th ARW, formally AW, has begun. Most of you have seen guardsmen working here already but within the next three months we will see many more arrive. Please make them feel welcome. Remember we get to stay here and fly the same aircraft, this is a big change for them.

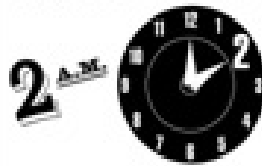
We have in place our get well plan for our ORI discrepancies. This effort will work toward a flyaway exercise in March to validate our efforts. The plan will be for the entire wing to participate in the preparations for March. No matter how well you think you did during the ORI we have to sink or swim as a full wing. Each unit on base could have done

Daylight Savings Time changes this year

At 2 a.m. on Nov. 4, 2007, most Americans will turn their clocks back one hour, marking the end of Daylight Saving Time (DST).

The federal law that established "daylight time" in the United States does not require any area to observe daylight saving time. But if a state chooses to observe DST, it must follow the starting and ending dates set by the law. From 1986 to 2006 this was the first Sunday in April to the last Sunday in October, but starting in 2007, it is observed from the second Sunday in March to the first Sunday in November, adding about a month to daylight saving time.

**DAYLIGHT
SAVINGS
TIME ENDS**



***Please watch out for
trick-or-treaters in
your neighborhood.
Keep everyone safe.***



better in ATSO and safety. We must be ready at all times not just every five years when an ORI comes up. With that said we are working toward a wing annual training plan which will assure readiness wing wide. This plan will have at least one major exercise a year. I am requiring all squadrons to build training plans to work toward these exercises. We are a nation at war and all need to be ready on a moment's notice.

I have seen many more people in the gym and out running in the last couple of months. We need to continue the culture of physical fitness because each of your careers is now tied to being able to pass the fitness test. Our total numbers are not that bad but just one unfit score is unacceptable. I do not want to have to end someone's career because they could not pass the test. If you have someone in your unit that is struggling to pass the test, be a good wingman and help them out. Having a fitness partner will benefit both of you.

What will you do?

**By Wing Chaplain
(Lt. Col.) Mike Jones**

I don't know about you but I'm frustrated. We all worked so hard to get it right and yet we didn't make our goal. As a Wing we had worked and trained and sweated for a year and then the disappointing results of our ORI came in. Well like I said, I'm frustrated. So, what now?

We could get mad, try to figure out who's to blame and spend our time pointing fingers. There might be some small comfort in that for some.

We could complain about our planned training exercises and this coming March flyaway deployment and say "to heck with it." (Are we crazy? Pass up on valuable training?)

Some of us might even be tempted to get haughty and arrogant. After all, "our unit passed" so why should we have to do additional training or help anybody else. No doubt, some have thought about this as well.

Or we could pull together as ONE TEAM, as ONE WING and work hard to help everyone learn these essential basic Airman skills. Jesus taught that we should ask ourselves what would we want people to do for us, then take the initiative and do it for them. In a situation like this, I'd want as much help and support as I could get to survive in combat. I wouldn't appreciate someone pointing fingers, complaining or being arrogant. So, whether your unit passed or failed the ORI, let's help each other and set things right.

Preparations begin for March flyaway exercise

by Lt. Col. Richard Curry
507th ARW Public Affairs

In a September 17 letter, 507th Air Refueling Wing commander Col. Jeffery Glass outlined the wing's plan for successfully addressing all ORI-related discrepancies.

The wing engaged in an ORI last June but the commander has decided that additional training would benefit all wing members.

According to his letter, 507th ARW personnel will participate in Exercise Patriot Pride at Gulfport, Mississippi, during the first week of March with predeployment activities on 1 to 2 March, Deployment on the 3rd, Employment activities and estimated return on 7 March.

"We will stand up the 507th Air Expeditionary Wing (AEW) at the deployed location and we will demonstrate full mission capability with 364 deployers," Colonel Glass said.

The colonel stated the wing's objectives will be to demonstrate successful Command and Control Effectiveness (both at home station and while deployed); demonstrate a successful Installation Deployment Plan, host-base support, cargo Channel Mission execution;

demonstrate successful Services Squadron Prime RIBS mission execution; and demonstrate everyone's ability to successfully accomplish all phases of Ability to Survive and Operate (ATSO).

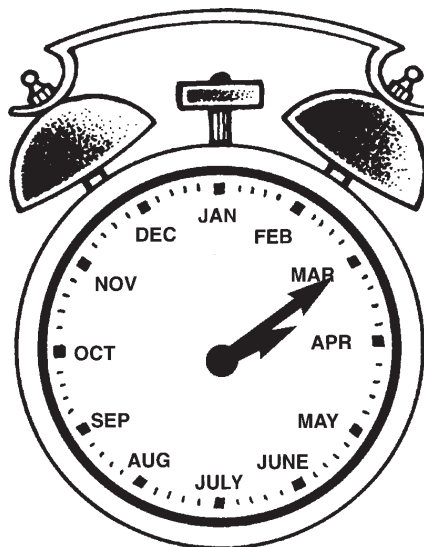
The colonel emphasized that critical to the wing's success is our Ability to Survive and Operate (ATSO) while we demonstrate safety in flight line driving and weapons use and all other areas involved in wing deployment, employment and redeployment processes.

To help wing members prepare for the exercise, full-blown ATSO exercises are being planned to take place in Nov 07 and Jan 08 and all UTAs inbetween units will accomplish internal ATSO training.

"We will work with HQ 4AF/Exercise Evaluation Team personnel to invite their participation and possibly request HQ AMC/IGC perform a reinspection of our Services Squadron," the colonel said. Due to a real world deployment during this time, 507th Security Forces Squadron personnel are excused from the exercises. However,

real world security needs will still be addressed, he said.

Any questions concerning the exercise may be addressed to the 507th EET Chief, Maj. Bonnie Tremblett or Lt. Col. Michael Mahon.



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All photographs are Air Force photographs unless otherwise indicated. **Copy deadline is NOON on UTA Sunday for the next month's edition. If you need more time, please call us at 734-3078.**

This is your news source. Take it home with you to share with family, friends, and employers.

507th ARW Mission: Man, train, equip, and sustain an Expeditionary Reserve Force in support of DoD peacetime and wartime taskings.

513th ACG Mission: Citizen-airmen extending America's Global Power operating the world's best airborne battle management, warning and control platform.

Family Day 2007 was a success

If you go by the beaming faces and bird houses built with pride, Family Day 2007 was a success. Rain tried to put a damper on the activities, but Senior Master Sgt. Steve Wright, this year's coordinator, planned ahead and put most of the activities inside the hangar.

Thanks to Tech. Sgt. Barbara Belyeu, command post training NCO,

there were literally dozens of prizes given away throughout the day. Lots of activities were available to occupy the younger crowd, from the magic show to moonwalks, beads, face painting to birdhouses to build. Thanks again to Mrs. Kim Glass for making a mountain of cole slaw. That's a great undertaking that is really appreciated!

Adult activities that might not have

been as much fun for the victim were the dunk tank, with ice added; pie-in-the-face booth, bench press competition and TVs were available to watch OU soundly spank Miami and send them home!

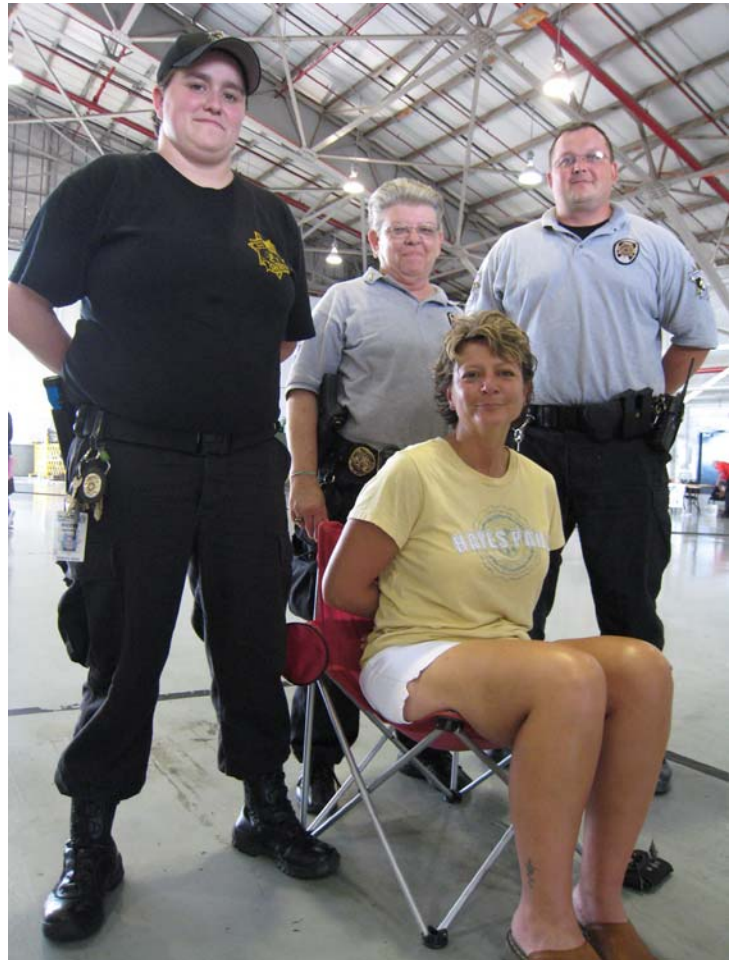
The maintenance squadron volunteered to be the lead organizer for this year's activities and will gladly rotate it down to the next squadron on the list.



Tessa Marsh, 507th ARW admin., and daughters work on constructing birdhouses furnished by The Home Depot.



Happy faces were plentiful throughout the day.



Tina Long, 507th ARW Command Chief Master Sgt., learns the hard way to not mess with the local law enforcement officers. The Wing raised \$291.50 to put her in jail and *only* \$10 to get her out.

Photos by Lt. Col. Richard Curry, Capt. Polly Orcutt, Tech. Sgt. Melba Koch and Senior Airman Zach Anderson

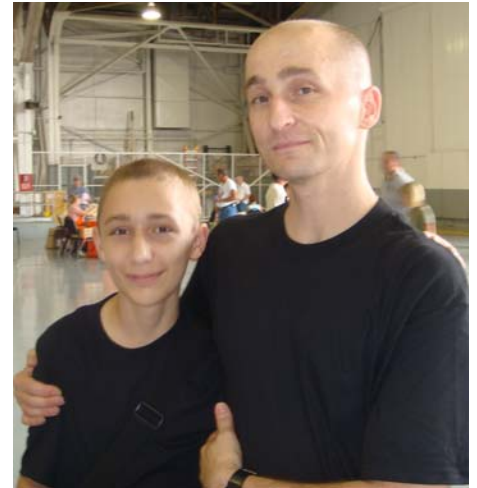
FAMILY DAY



Rodney Bryan, 507th MSG commander, reacts to the "ice water" in the dunk tank after a successful throw from a friendly unit member. Ice was added to the tank before family day began. Several commanders and the command chief 'volunteered' to take a shift during the day. Money raised will go to support the family day fund and Operation Holiday Spirit activities.



Daniel Orcutt shows patience as he gets a face painting.



Father and son; they could win a look-alike contest.



This young lady seems to be enjoying family day.



Dinner and a magic show. Nothing can distract this youngster's attention.



The food line was a popular place to be.



The Robert Atkins' family work on birdhouses.

Wing receives extreme home makeover

by Lt. Col. Richard Curry
507th ARW Public Affairs

Over the course of the next five years, several changes are coming to the Reserve campus facilities.

“Every facility where Reserve or Guard Operations or Maintenance personnel work will be directly affected by the association with the 137th ARW,” said Joe Wade, 507th ARW Facility Program Manager, 507th Civil Engineer Squadron.

“We’re conducting inventories of our existing space, identifying requirements and identifying areas where we can better use existing space. Some of our efforts will involve reworking existing layout arrangements in facilities,” he said. SELF HELP projects will help refurbish those areas as needed prior to the 137th team’s arrival which is expected to occur this coming January.

First quarter FY 08, 507th Communications Flight, Services Flight and the Logistics Readiness Squadron will vacate building 1030 to make room for 137th Maintenance personnel in preparation for the new associate unit.

Temporary trailers will be set up behind building 1043 to house the CF members while LRS and Services personnel will move to swing facilities in building 4004 and 4005 in the 38th Engineering Installation Group area located at SE 59th and Douglas Blvd. Wing civil engineer personnel will provide self-help remodeling assistance to improve the facilities prior to occupancy.

The wing’s KC-135 aircraft were relocated across base

last month as work began on the ramp area to install four additional underground fuel hydrants. The aircraft will not permanently return to our campus until late summer of 2008 when work is complete on the \$1.9 million project. In the meantime, the wing’s fuel cell hangar floor got a bit of a lift this month as contractors completed a \$165,000 mud jacking floor lift, resealed, and repainted the hangar floor.

Another \$1.4 million project to renovate Building 1067 is slated to run from January to August 2008. It will house both AFRC and ANG AMXS flights. This project will include new furniture.

Depending upon congressional funding, construction should begin in 2nd quarter FY 2008 to begin a 12-month project to build a new million dollar consolidated Squadron Operations building. In FY 2009 work should begin on a new, 28,245 square foot Maintenance Hangar.

Also in the works is a FY 2009 plan to build a new TAFB Hospital facility to be located at the Gott Gate entrance. The 507th Medical Squadron would move to this new location along with the rest of the active duty medical community. Even further out in the future are the FY 2008/09 plans to renovate the old squadron operations facility in building 1048 as a future home of several Mission Support Group functions.

“We’re going to do what it takes to help the wing get through this major transition period,” Wade said. “Some of our efforts will be to rework existing layout arrangements as much as possible to maximize what we have and the new construction can take care of the rest.”

An artistic view of the new Squadron Operations building, scheduled for construction in FY 2008, pending congressional funding.



Operation Kids 4 Troops distributes letters

**By Capt. Polly Orcutt
507th ARW Public Affairs**

About four years ago Tech. Sgt. Spencer Cluff and his wife Carrie were watching the news about the war in Iraq. Sergeant Cluff wanted to do more for the troops than watch them on TV and the idea for Operation Kids 4 Troops was formed.

Operation Kids 4 Troops began as a letter-writing campaign, a way to get local Oklahoma kids involved with military members serving overseas. It began with just two schools. Sergeant Cluff, 507th MDS, teaches at Metro Tech and his wife is also a teacher. They asked their classes to write letters to the troops to show their support and pride in what the military does everyday.

Since the program began the Cluffs have received more than 125,000 letters to be distributed to the troops serving in the Middle East.

Since the first year the program has expanded from just two schools to all 537 school districts in Oklahoma and now the program has gone national with thousands of school districts from 18 states currently participating.

“My goal for this year is 250,000 letters,” Sergeant Cluff said. “A quarter of a million would be nice.”

The Cluffs have a post office box where they receive all of the letters. They screen all of the letters to ensure that the appropriate message is reaching the troops.

“We sometimes don’t even get out of the post office parking lot before we are opening a letter. We see a new state and get excited,” Sergeant Cluff said.

The letters ranging from kids to older adults can be touching.

“We received a letter from a child and he asked if the person reading it was in the Army,” Sergeant Cluff said. The letter went on to say if the person was to say “Hi” to his dad who is in the Army and serving overseas. The child said his dad had been gone a long time and he missed him a lot.

He has also received thank-you letters from some troops

who received letters through Operation Kids 4 Troops.

Initially all letters were mailed to specific troops who were serving overseas, but postage is expensive so Operation Kids 4 Troops has expanded to include the internet.

“The internet allows people to send a letter anytime, day or night,” Sergeant Cluff said. Operation Kids 4 Troops is also working with Operation Gratitude out of Encino, Calif., which send care packages to deployed troops.

“Operation Gratitude contacted us about sending them letters to enclose with their packages,” he said. “We sent them about 20,000 letters so far.”

The sheer number of letters makes it difficult and time consuming for the Cluffs to read. They have had help from Metro Tech employees.

“People have donated time over the Thanksgiving and Christmas holidays to read letters, but we are always looking for people who would like donate time to help out,” Sergeant Cluff said.

Operation Kids 4 Troops accepts letter from anyone who would like to write to deployed members and also accepts names of deployed

members who would like to receive letters.

While sitting on his couch watching the news four years ago Sergeant Cluff never imagined his program would reach so many people.

“I hoped it would work, hoped something big would happen,” Tech Sgt. Cluff said.

Earlier this year Operation Kids 4 Troops was recognized by Oklahoma Governor Brad Henry and April 10, 2007 was proclaimed Operation Kids 4 Troops Day. Sergeant Cluff was also named the Canadian County Outstanding Citizen for his efforts with the program.

“This has been a humbling experience. People are trusting me with their heartfelt letters,” Sergeant Cluff said.

Since the program keeps growing and expanding he is looking for a place to store the mail and for people to help sort through it all.

For more information on how to donate to or volunteer with Operation Kids 4 Troops you can contact Tech. Sgt. Spencer Cluff at (405) 414-5567 or visit the website at www.kids4troops.com and click the “Contact Us” tab.



Looking to retire? Read on

by **Melanie Berkley**
507th MSF/DPMSA

Are you looking to retire? Here is the website: <https://arpc.afrc.af.mil/vPC-GR/>

You'll need to login to the above website to apply for retirement. You MUST do this at least six months in advance or you will need to accomplish a waiver letter to attach to your application.

Once you click on the link, look to the right side of the webpage where it says "Account Tools," under this look for "New Account" - click on this link to apply for an account. I'd suggest using your work email for now, because they will send you your username and password. Once you have your username and password, go back to the above link and click on "Log In" - again under "Account Tools."

Everything you see listed on the left side of the above website is what you can do in this website.

Once you've logged into the Website - you'll see your name listed above the

big blue "vPC-GR Online" wording. Scroll down and look for the "Retirement Application." Click on that link — there are about five pages which you MUST read and initial to apply for retirement. There is a lot of good information you need to know about retiring. You'll need to know the POC's email for your Retirement Ceremony (usually Orderly Room ARTs or supervisors) and your commander's email address.

Once you've applied for retirement and they send you a confirmation email, please forward it to me with your retirement effective date so that I can track your retirement orders. (It's been taking me six months after a member's retirement dates to get the orders.) If you receive your orders, please make sure that I have a copy. I need the orders for our pay office and to mail out your medical/dental and UPRG records.

Your retirement certificates and flag are mailed directly from ARPC to you. I have no control over these now. If you are wanting a specific date for your flag to be flown and the website does not ask for it, I'd suggest putting it in the

notes for your application.

About six months before you turn age 60, ARPC will mail you a package with a DD2656 to complete and return to them. It is imperative that you do this promptly or your retirement pay could be delayed. The cover letter normally will tell you how much money you can expect for your retirement too.

You'll also want to go to the vMPF (<http://ask.afpc.randolph.af.mil/>) and check your points (PCARS or Point Credit Summary). If you have any discrepancies, you'll need to bring the proving documentation to the Customer Service office, in our MPF, to be forwarded to ARPC to correct your points.

On the ARPC website, there is a Retirement Pay Calculator that you can download and install on your computer. (You'll have to search from the main ARPC website to find it - it'll be a link in the FAQ area. <http://arpc.afrc.af.mil/>) Take your total Retirement Points (from the vMPF PCARS above) and input them into it with the other requested information (rank, retirement date, birthday, spouse's birthday, etc.).

Identity theft:

Techniques to help prevent Airmen from becoming a victim

by **Maj. James S. Bruce, 317th Airlift Squadron**
Charleston AFB, SC

People who think identity theft can't happen to them might want to think again.

Last year the Federal Trade Commission received more than 250,000 complaints from people claiming to be victims.

The top four forms of identity theft are credit card, utility/phone, bank and employment fraud.

Damages from these forms of fraud topped \$1.1 billion. The median loss was about \$500 per person.

Identity thieves use a variety of methods to gather personal information. Those methods include:

- Shoulder surfing - Listening or watching from a distance as a person speaks personal information into a cell phone.
- Dumpster diving - Digging through trash for personal information

such as bank statements and credit card applications.

- Skimming - Downloading information from a credit or debit cards with a portable scanner.

- Pretexting - Contacting a credit bureau or financial institution and falsely claiming to be someone else in order to obtain financial information.

Some identity thieves steal information on the job.

For example, one U.S. attorney prosecuted several bank employees for selling credit card holders personal information for as little as \$15 dollars per account.

For complete story, go to <http://www.afrc.af.mil/newsreleases/storyprint.asp?id=123062893>.



FREE COLLEGE TESTING

Air Force Reserve members, spouses and civilian employees may take DANTES Subject Standardized Tests (DSSTs) or College-Level Examinations Program (CLEP) or Excelsior College Examinations (ECE) FREE! (Military Only for Excelsior examinations). These examinations test college-level knowledge you may have gained through your job, reading, travel, or hobbies. You must test at your Reserve DANTES approved test center. Testing at another DANTES test center will be on a case-by-case basis. The third Tuesday of each month at 0800 has been set aside for testing. You must call us four weeks prior to test date to ensure we will have your test. **For more information contact Chief Master Sgt. Charlotte Epps in the MPF Education and Training Office at 734-7075.**

FOREIGN LANGUAGE PROFICIENCY PAY (FLPP)

Reservists may apply for FLPP by submitting a written request for FLPP testing to his/her commander. FLPP I requires you to be on a tour of duty that requires the language. FLPP II will pay based on active duty days or IDT periods performed. Spanish and Tagalog speakers are not entitled to FLPP II. If you are proficient at a foreign language and are interested in this program please contact Chief Master Sgt. Charlotte Epps or Master Sgt. Sharon Lochman in the MPF Education Office at 734-7075 for instructions on how to apply for FLPP.

TUITION ASSISTANCE

Reserve members are eligible to apply for TA for Distance Learning and In-Residence courses to further their education up to a Master's Degree.

The basic enrollment requirements are that you must:

Be a participating member in good standing (no UIF, Article 15, etc.).

Retainability: Officers - two years; Enlisted - ETS after course completion.

Enrollment form must show course number/title, credit hours and cost of tuition.

Complete TA forms in our office PRIOR to class start date.

Payment occurs after satisfactory course completion. **You must provide a paid receipt and your grade NLT 60 days after course completion.** TA reimbursement amounts are set at 75 percent (\$4500) per FY (Masters) or 100 percent (\$4500) per FY (Bachelors). **For more information contact Chief Master Sgt. Charlotte Epps or Ms. Kim Silkwood in the MPF Education and Training Office at 734-7075.**

AFRC NCO LEADERSHIP DEVELOPMENT COURSE

The success of the Air Force Reserve NCO corps depends on their ability to apply leadership and management skills learned primarily in a civilian setting to a military environment. Not all of today's mid-level NCOs have extensive first-hand supervisory experience in a reserve environment; therefore, the instruction in this course is intended to improve the students' military supervisor capabilities and understanding of their positions as related to the USAFR. We focus on individual improvement which is ultimately the real source of organizational excellence and success. **Next class date: Nov. 26 - Dec. 7. See your unit training manager for more information.**

FAMILY CARE

If you need to be on the Family Care Plan, notify your first sergeant ASAP - IAW AFI 36-2908. Single parents and dual military couples with children must have a Family Care Plan completed within 90 days of in-processing or family status change.

VIRTUAL MPF

- Address Changes** - You no longer have to go to 4 different screens/areas to update your address!!!
- Point Summaries** - Point Summaries can also be viewed and printed.
- Record Review RIPS** - You will now be notified via e-mail, on your birthday, to log on to vMPF to review your RIP.
- Awards and decorations** - You can also get a picture display of your awards and decorations.

HOT TOPICS :

All testing (paper and computer) must be scheduled by sending an e-mail to 507.msf.dpmt@tinker.af.mil with the time and date that you would like to test and include the course number.

Paper testing on the UTA is only available at 0750 on Sunday of the main UTA and is in Bldg. 1030 (Hangar) Room 214.

Computer-based testing on the UTA is available on Sunday at 0800 and 1300 in Bldg. 1030 (Hangar) in Room 214.

Please schedule all tests NLT 1500 on Friday before the UTA. If you are unable to keep the scheduled time please e-mail the training office or call 734-7075 prior to scheduled testing time. All testing is also available on Wednesdays at 0800 and 1300 and Thursdays at 1300.

NOTE: If you are retaking a test, you must bring the authorization letter with you or you will not be allowed to test.

EDUCATION REMINDER:

This is just to remind everyone who wishes to update their Education Records, officer and enlisted, that we need OFFICIAL transcripts to send or accomplish any updates. This means that it CANNOT say "ISSUED TO STUDENT." You may have the college/university send it, we can request it, or you may bring it in as long as it is in a sealed envelope with a SEAL on the flap AND it does not say "ISSUED TO STUDENT."

Pass and ID Hours of Operation: 0800 - 1200 on Saturdays of the UTA.

IEU open from 1200-1500 on Saturday of the main UTA.

Nomination packages for AMN, NCO, or SNCO of the quarter are submitted quarterly. Packages are due by 1400, on Saturday of the UTA after the end of the quarter. (Apr, Jul, Oct, Jan)

FY 2008 UTA SCHEDULE

03-04 Nov 07	
01-02 Dec 07	05-06 Jan 08
09-10 Feb 08	01-02 Mar 08
05-06 Apr 08	03-04 May 08
07-08 Jun 08	12-13 Jul 08
02-03 Aug 08	06-07 Sept 08

As of 28 September 2007

OCTOBER TRAINING PLANNER

Fri, 12 October 2007

1300 Pre-UTA Cmdr Staff Mtg Bldg 1030, MSG Conf Rm
 1400 Pre-UTA First Sgts Mtg Bldg 1043, Wg Conf Room
 1430 Pre-UTA CChief & 1st Sgt Mtg Bldg. 1043, Wg Conf Room
 1600 Top 3 Executive Board Mtg Bldg 1056, 970th AACCS Conf Rm

Sat, 13 October 2007

Unit Designated Sign In Unit Designated
 0730-0930 Newcomers In-Processing Bldg 1043, Room 203
0730-1600 MPF-See Page A3 for specific times
 0900-0930 6 Month Contact Mtg Bldg 1043, CC Conf Rm
 0900-1000 Mandatory 3A0X1 Tng Bldg 1066, OG Conf Rm
 1000-1130 Newcomers Orientation Bldg 1043, Wing Trng Room
 1000-1100 Mobility Rep Meeting To Be Determined
 1300-1545 Newcomers Ancillary Tng Ph I Bldg 1043, Wing Trng Room
 1300-1400 Adverse Actions Mtg Wg Commander's office
 1300-1400 Wg. Career Advisor Trng Bldg 1066, OG Conf Room
 1400-1500 Training Managers Mtg Bldg 1043, CC Conf Room
Unit Designated Sign Out Unit Designated

Sun, 14 October 2007

Unit Designated Sign In Unit Designated
 0930-1600 MPF-See Page A3 for specific times
 0730-0800 Protestant Chapel Service 513th ACG Auditorium
 0730-0800 Catholic Mass Bldg. 1066 OG Conf Rm
0750- by appt CDC testing
 0800-1100 Newcomers Ancillary Tng Ph II Bldg 1043, Wing Trng Room
 0800-1030 Haz Comm - Supr Training Bldg 1030, Room 104
0800-1500 MPF/customer service section open
 0830-0930 Enlisted Advisory Council Bldg 1043, CC Conf Rm
 0900-1000 Mandatory 3A0X1 Tng Bldg 1030, MSG Conf Rm
1300. by appt. CDC Testing
 1300-1600 First Duty Station
1300 SORTS/Post UTA Mtg CAT
 1400-1500 IG period w/Capt. Vardaro To Be Determined
Unit Designated Sign Out Unit Designated

Fri, 2 November 2007

1300 Pre-UTA Cmdr Staff Mtg Bldg 1030, MSG Conf Rm
 1400 Pre-UTA First Sgts Mtg Bldg 1043, Wg Conf Room
 1430 Pre-UTA CChief & 1st Sgt Mtg Bldg. 1043, Wg Conf Room
 1600 Top 3 Executive Board Mtg Bldg 1056, 970th AACCS Conf Rm

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 1300-1400 Adverse Actions Mtg Wg Commander's office
 1300-1400 Wg. Career Advisor Trng Bldg 1066, OG Conf Room
 1400-1500 Training Managers Mtg Bldg 1043, CC Conf Room
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Sun, 4 November 2007

Unit Designated Sign In Unit Designated
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 0730-0800 Catholic Mass Bldg. 1066 OG Conf Rm
0750- by appt CDC testing
 0800-1100 Newcomers Ancillary Tng Ph II Bldg 1043, Wing Trng Room
 0800-1030 Unit Safty Rep Trng Bldg 1030, Room 104
0800-1500 MPF/customer service section open
 0830-0930 Enlisted Advisory Council Bldg 1043, CC Conf Rm
 0900-1000 Mandatory 3A0X1 Tng Bldg 1030, MSG Conf Rm
1300. by appt. CDC Testing
 1300-1600 First Duty Station
1300 SORTS/Post UTA Mtg CAT
 1400-1500 IG period w/Capt. Vardaro To Be Determined
Unit Designated Sign Out Unit Designated

OCCUPATIONAL SURVEYS

These surveys provide information essential for developing personnel programs, classifying occupations, and developing training programs. The Wing Survey Control Monitor (SCM) works with the Unit Training Manager (UTM) to ensure surveys are completed. AFI 36-2623, paragraph 2.7 makes completion of these surveys mandatory for all Air Force Reserve members. It is extremely important these surveys are completed by the suspense date. If you have any questions, contact Ms. Kim Silkwood or Tech. Sgt. Jeremy Hudson at 734-7075 or your UTM.

Newcomers Ancillary Training

Newcomers Ancillary Training Phase I & II are conducted **monthly** in **Bldg 1043, Wing Training Room in basement. Unit/Ancillary Training Managers are responsible for ensuring their new personnel are scheduled to attend** within 90 days of their first UTA. If you have questions, contact the MPF Education & Training Office at **734-7075**.

Day	Time	Subject	OPR
Saturday	1315-1430	Drug and Alcohol, Suicide/ Workplace Violence Prevention	SG
Saturday	1430-1500	Local Conditions/ORM	SE
Saturday	1500-1530	OPSEC Training	OG

Day	Time	Subject	OPR
Sunday	0800-0815	Base Populace	CEX
Sunday	0815-0830	IG Briefing	IG
Sunday	0830-1000	UCMJ/Ethics	JA
Sunday	1000-1030	Counter Intel/Awareness	SF
Sunday	1030-1100	Human Relations	ME

UCMJ Briefing:

All enlisted personnel are required to have the UCMJ briefing within two UTAs of their first reenlistment. This briefing is held during Phase II of the monthly Newcomers Ancillary Training at 0830 on Sunday of the UTA in Bldg 1043, Wing Training Room.

Ethics Briefing:

All reserve personnel are required to have the DOD Ethics Briefing within 90 days of reporting for duty. This briefing is held in conjunction with the UCMJ briefing during Phase II of the monthly Newcomers Ancillary Training at 0830 on Sunday of the UTA in Bldg 1043, Wing Training Room.

Disaster Preparedness:

Unit Training Managers must schedule Chemical Warfare Training, by name, at least one UTA prior to the requested dates by calling CEX at 734-5249. All personnel must bring a complete training ground crew ensemble (GCE) including the mask and its hood to all classes. Those attending Initial must be prepared to process through a tear agent chamber. Wear of contacts is prohibited in all classes. Anyone arriving late, without a complete GCE with mask, or wearing contacts, will be released back to their unit and reported as a no-show.

Drug Testing: You must report within two hours of notification.

Military Pay

File for pay by:	Receive Direct Deposit by:
11 Oct	19 Oct
16 Oct	24 Oct
18 Oct	26 Oct
22 Oct	30 Oct
24 Oct	01 Nov
30 Oct	07 Nov
01 Nov	09 Nov
05 Nov	13 Nov
07 Nov	15 Nov

Military Pay (405) 734-5016

New MPF Hours

Saturday UTA

Open at 0730 - 1600, except for following closures:
1300-1330 - Employments/Relocations
1400-1430 - Career Enhancements
1500-1530 - Customer Service

Sunday UTA

Open at 0930 - 1500
1500-1600 - only providing ID card assistance

BAQ Recertification Deadlines

If Last Digit of SSAN is:	Then Forward Listing to Unit Commander in:	Recertification due in month in:
1	November	January
2	December	February
3	January	March
4	February	April
5	March	May
6	April	June
7	May	July
8	June	August
9	July	September
0	August	October

If you need assistance or have suggestions on how we can improve our service to you, please call us at (405) 734-7075, or stop by our office in Building 1043, Room 213.

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10-Year Anniversary for Billy Hughes Award Banquet

By Senior Airman Zach Anderson

In 1998 the men and women of the 507th Air Refueling Wing established the Billy Hughes Memorial Award as a way of commemorating the life of Tech. Sgt. Billy Hughes. Tech. Sgt. Hughes was a longtime member of the 507th and died during active service on July 12, 1992 while serving as a supervisory aircraft maintenance technician of the 507th Tactical Fighter Group.

Now, after 10 years of existence, the award is less about the memory of Tech Sgt. Hughes as an individual and more about the type of person he was...and the example he set forth for his fellow Airmen.

"Dad was a very modest man," said Gary Hughes, Sergeant. Hughes' son. "He didn't talk about his accolades or things he accomplished. His actions spoke louder than his words. If you ever came into the house to visit, he wouldn't let you leave without giving you something. He would give you the shirt off his back if you needed it!"

Hughes said it was easy to see the pride his dad had in serving in the Air Force, but he never realized the impression his father had left on others until his funeral in 1992.

"During the funeral at the chapel on base, my uncle who preached the service told the family to look back. When I looked back, the chapel was completely full as well as people outside. At that time, I did not realize what an impact my dad had on others," said Hughes.

In fact, Hughes said his father's work ethic was simply the way Sergeant Hughes lived his life.

"He was just a regular guy who put others before himself and was very modest. When he did a job either at home or at work he gave it 100 percent. He did what he had to do to take care of his family. He did his job with the 507th to the very best of his ability," said Hughes.

Hughes said that modesty would definitely carry over to today if his father knew there was an award now bearing his name.

"Dad would probably think he didn't deserve it and laugh about it," said Hughes.

However, those who served with Sergeant Hughes say it is definitely fitting that an award for exemplary services bears the name of this exceptional Airman.

"All who knew him, subordinates, peers and superiors alike, remember him as an exemplary worker, a self-sacrificing leader, forceful yet sympathetic mentor, and a loyal friend. Sergeant Hughes' legacy to the United States Air Force, his family and his community is that of the model citizen Airman for those who come after him to emulate," said Senior Master Sgt. Dave

Liszeski, president of the Tinker Reserve Top Three.

The Tinker Reserve Top Three sponsors the annual awards banquet, a responsibility Liszeski said is an honor in itself. The 507th Civil Engineer Squadron will be hosting this year's event and promises an evening rich in military tradition and camaraderie.

"The Reserve Top Three sponsors the award because as an organization we are responsible for upholding traditions and high standards. Although this award started as a way to memorialize a fellow citizen Airman, it has turned into a platform honoring the best of the best among the reserve enlisted force in a high-spirited military setting," said Liszeski.

In years past, the Billy Hughes Memorial Award was presented to one enlisted member of the 507th Air Refueling Wing or 513th Air Control Group whose duty and performance and everyday conduct best exemplified the Air Force core values. However, this year there are some changes to the award process.

"This year the Top Three executive board, in conjunction with upper leadership have decided to change the criteria to allow three nominees from each squadron, one from the Airman, non-commissioned officer and senior non-commissioned officer category. We have found that there are top performers in all enlisted grades and they should be properly recognized for going above and beyond the call of duty," said Liszeski.

According to Gary Hughes, those are exactly the type of airmen who should win the award that now bears his father's name.

"One who puts others before self, even if it is a big sacrifice," said Hughes.

And even 10 years after its inception, Hughes says he still feels a sense of pride in knowing that the men and women of the 507th continue to hold his father, his memory and his example, in such high regard.

"I am still in shock after all these years that they would name this after Dad," said Hughes. "It is an honor and I think of the 507th as a second family."



Note: The 10th Annual Tech. Sgt. Billy Hughes Memorial Award Banquet for Exemplary Service will be held on Friday, Nov. 2, 2007. Tickets purchased prior to Oct. 14 are \$25 per person. The ticket price will increase following the October UTA. Awards packages and nominee photographs must be submitted to the 507 ARW/CCC office no later than the close of business Saturday, Oct. 13, 2007. Contact your First Sergeant or Unit Representative for more information concerning this grand event.

ORM is *not* just for the workplace

by Maj. Robert Baird

During the 101 days of summer, we are given multiple reminders of summer activities that can have dramatic effects. On Sunday afternoon last month I was back at my civilian job as a police officer in the Tulsa, Oklahoma area.

"Charlie 305 and backer start to assist EMS." Hearing this, my attention drew close on the radio, waiting for the location and more information on the type of call for service. After a few seconds, I learned one of our fire department's ambulances was on the way to a medical call, possibly a drowning in a backyard pool. Initial information was a parent had found a child in a pool and was starting CPR while another adult was calling for emergency assistance. Lights, sirens and other officers came on the radio as several of us drove to the home where a child had been found, floating in a pool. We put a life flight helicopter in the air and secured a landing zone in the middle of a residential neighborhood to get the victim to a major hospital center. These were however only response efforts.

Out of respect for the family, I will not go into great detail about this incident, but the ending was not as we had hoped, and I was the primary investigating officer on an 18-month-old toddler drowning in a backyard pool. When we investigate a deadly incident, we constantly look for the reasons and events leading up to the final event. During the past publications on the 101 days of summer, we seemed to miss an area in some of our homes, backyard pools and some of the specific hazards these present.

When reported on our local and

state news, many of you most likely had questions in your minds about how and why a toddler could perish in such a manner. The event at the home on this evening was a birthday party for a 6-year-old, and all had been together most of the day and had been swimming earlier with no events. I can state professionally, the parents are loving and worked hard to provide a good home for their children. There was no alcohol abuse in play and the home was overall child friendly. There were a total of four adults present and five children, all under the age of 6, supervision was not an immediate problem. The children were all happy, well cared for and the home was typical of many in our communities. In this case a series of miscues happened, and a child died.



There are many different ways to improve the safety of backyard pools. Checking with your local dealers or websites such as The American Academy of Pediatrics or the Insurance Information Institute can provide valuable information on reducing the risks of backyard pools. With most pools maintaining some level of water year round, a drowning hazard is not just a summertime issue. If you and your families are frequently around pools of any sort, please look at them critically and honestly. As we practice ORM on the

flight line or in our daily workplaces, let's bring these methodologies into our homes.

Just as in the Air Force, we try to find single points of mission failure and eliminate them; you should do the same ORM in your backyard. Is there unmonitored access to the pool? Are there simple redundant child proof locks or alarms on door or access points? Have you spoken with your family about pool safety and what to do in the case of an event? Do they know how to call for help? Will a simple and inexpensive alarm provide another level of security for you and your family? Every home is different, and in the end you take the final steps to protect your family and friends. Your police and fire are there to help, but we manage the incident, when you can work to avoid it in the first place.

As a civilian police officer and a military officer, I have had the opportunity to see the best in people and sometimes not the best in people. In this case it is not fair for us to ask why of the parents, they are paying a heavy price already with the tragic loss of their youngest child. We can pay due respect to the victim by taking a critical look at our own homes, identifying hazards and working to eliminate them. ORM is not just for the workplace.

Note: Maj. Robert Baird is a traditional reservist and serves as the Commander of the 507th Security Forces Squadron. He is a police officer with the Broken Arrow, Oklahoma Police Department with over 10 years experience in civilian law enforcement. He and his wife live in Broken Arrow, Oklahoma and have three children.

Acing the Fit to Fight test

**By Senior Airman Zach Anderson
507th ARW Public Affairs**

Staying in shape isn't easy. That's probably why it's called "working out." It requires work, hard work, to accomplish any sort of fitness goal. For members of the Air Force, the most obvious fitness goal is passing the Fit to Fight test. Ultimately, however, the goal should be a complete lifestyle of fitness and health.

The Air Force is beginning to crack down on fitness standards. As tough as those standards are, it now becomes part of the responsibility and duty of all Airmen to maintain that level of fitness at all times. In the end, that means more than a temporary diet or workout routine. It means an entire lifestyle of healthy living. That doesn't mean members need to take it to the extreme and begin running marathons. However, it does mean that in order to maintain the "Fit to Fight" standard we must all be committed and have the desire to achieve our fitness goals, even when it hurts to push through the pain. The following quote came from the Air Force Officer Training School website. I thought it was relevant and motivating for the fitness challenges ahead.

"In everything you do, you're going to hit a wall, where you're exhausted, frustrated, and you just want to quit. It's what you do after that moment that makes the difference. When you want to give up, it's not about fitness. It's about character. Pride. Commitment. Excellence."

While I do participate in my own personal fitness regimen, I'm definitely not an expert at physical training. In order to get the best advice possible on how to work toward total health and fitness, I decided to consult the guidance of a true professional.

Johnny Watley is the Fitness Coordinator at the University of Central Oklahoma. He holds a master's degree of Exercise Science and has over 20 years of experience in health and fitness training. He is an American College of Sports Medicine Certified personal trainer, as well as a 5th degree black belt in martial arts and is owner/

operator of his own martial arts school.

I recently met with Watley to get his thoughts on the best method for Air Force members to become "Fit to Fight." He was more than willing to help and offered some valuable advice.

According to Watley, the most important thing for anyone to remember when beginning a fitness routine is to start at a moderate pace with a goal of working toward building stamina.

"If you start with too much weight, too much cardiovascular training, and too many times per week the drop out rate will be high," said Watley. "Start with 20 minutes of cardio and increase that by two minutes per week until you reach your goal. Lower resistance exercises that use eight to 12 reps are also a great place to start. Remember, if you are too sore to work out, you will not gain the benefits of exercise."

Concerning the run portion of the Air Force fitness test, Watley recommended that Airmen follow the same 12-week graduated training program utilized by the Council on Law Enforcement Education and Training (CLEET), which is posted below.

For the push-up and sit-up portions of the test, Watley also recommended the CLEET preparation method. In short, CLEET advises that an individual preparing for fitness testing conduct a minimum of push-up and sit-up practice tests three times per week, each time doing three sets of the required push-ups and sit-ups per

minute.

Watley pointed out that while it is important for individuals to stick to a training regimen, there is such a thing as working out too much.

"It can be a problem, especially when someone is just starting out," said Watley. "Too much exercise can lead to over training and exercise-induced fatigue. Your body needs time to recover from an exercise bout. The American College of Sports Medicine recommends 30 minutes of cardiovascular exercise each day in combination with resistance training three times per week."

And while everyone has a busy schedule, Watley said for true fitness to be achieved exercise must become a priority.

"A little exercise is better than no exercise. Several short walks during breaks will add up by the end of the day. Make time for your health," said Watley.

Unfortunately, Watley didn't have any secret tricks or tips to help individuals get in shape faster.

"There is no magic pill or we would all be in shape the easy way. You did not get in the shape you are in overnight, and it will take time to improve your conditioning. The key is to start developing new eating and activity habits. Concentrate on a lifestyle change and healthy habits," said Watley.

In future issues of the *On-Final* I will share some professional advice on developing a healthy diet and eating habits to support a workout regimen.

WEEK	ACTIVITY	DISTANCE	TIME (IN MINUTES)	FREQUENCY
1	Walk	1 mile	17-20	5/week
2	Walk	1.5 miles	25-29	5/week
3	Walk	2 miles	32-35	5/week
4	Walk	2 miles	28-30	5/week
5	Walk/Jog	2 miles	27	5/week
6	Walk/Jog	2 miles	26	5/week
7	Walk/Jog	2 miles	25	5/week
8	Walk/Jog	2 miles	24	4/week
9	Jog	2 miles	24	4/week
10	Jog	2 miles	22	4/week
11	Jog	2 miles	21	4/week
12	Jog	2 miles	20	4/week

Enlisted promotions for October 2007

Promoted to:	Name:	Unit:
Tech. Sgt.	George Johnson	35th CBCS
Master Sgt.	Gary Wagner	35th CBCS
Staff Sgt.	Dustin Nottmagel	465th ARS
Tech. Sgt.	Justin McCowan	507th AMXS
Staff Sgt.	Andrea Johnson	507th MDS
Senior Airman	Alexandria Swanson	507th MDS
Master Sgt.	Matthew Madison	507th MOF
Airman	George Welliver Jr.	72nd APS
Tech. Sgt.	Kenneth Pittman	970th AACs
Tech. Sgt.	Joseph Wearing	970th AACs

Enlisted promotions for September 2007

Promoted to:	Name:	Unit:
Staff Sgt.	Ronald L. Arredondo	507th AMXS
Airman First Class	Britni L. Boggs	507th AMXS
Airman First Class	Justin D. Fox	507th AMXS
Airman First Class	Rachel C. Loach	507th AMXS
Tech. Sgt.	Geneva M. Black	507th ARW
Tech. Sgt.	Tessa D. Marsh	507th ARW
Staff Sgt.	Shawn P. Weimar	507th LRS
Master Sgt.	James R. Cobb Jr.	507th MDS
Senior Airman	Rebecca A. Straily	507th MDS
Senior Airman	Victoria L. Taylor	507th MDS
Tech. Sgt.	Nina D. Villarino	507th MSF
Airman First Class	Fumiko M. Bowen	507th MSF
Airman First Class	Matthew C. Smith	507th MSF
Airman First Class	Tiffany C. Hinojosa	507th MSG
Staff Sgt.	Carl Ussery	507th MXG
Senior Master Sgt.	Emad N. Eleshy	507th MXS
Master Sgt.	Marc A. Haworth	507th MXS
Tech. Sgt.	Orlean V. Larkin	507th OSF
Senior Master Sgt.	Darby G. Perrin	507th OSF
Staff Sgt.	Jeffrey A. Grisham	507th SFS
Senior Airman	Christopher Murchison	507th SFS
Airman	Matthias O. Cross	507th SVF
Master Sgt.	Durk W. Smith	72nd APS
Staff Sgt.	Cecil W. Nave	35th CBCS
Senior Airman	Jessica A. Smith	35th CBCS
Staff Sgt.	Grady L. Epperly	513th ACG
Tech. Sgt.	Karinena D. Rose	513th MXS
Staff Sgt.	Justin T. Ward	513th MXS
Staff Sgt.	Paul W. Steger	513th OSF
Chief Master Sgt.	Carl D. Butler Jr.	970th AACs

Oct. 1 PEP promotion to Master Sgt.

Kenny Stiers	507th MOF
Tommy Clark	513th OSF

Oct. 1 PEP promotion to Tech. Sgt.

Jeremy Hudson	507th MSF
Bobbiejean Johnson	507th MSF

SHIRT CORNER**Good leadership and communication go hand-in-hand**

by Master Sgt. Robert Dunn
507th Security Forces First Sergeant

My boss has something against me. I am constantly being looked over, while others are promoted and given recognition. I have heard it all during my 16-plus years in the Air Force. Airmen, young and old, have bellowed this mantra while wallowing in self pity. Most of the perceived unfairness can be resolved with good leadership and communication. Both troops and supervisors need to take a role in resolving this issue. What can an individual do?

The first thing is to keep a positive attitude and believe the best. You will not do yourself any good by complaining about unfairness from leadership. Your best move is to go to your supervisor and have an open dialogue about the issues. This may be difficult to express your thoughts and feelings, but it is better to discuss it openly rather than stewing about what you perceive is unfair treatment. Remember to be respectful to your supervisor even if you don't like what you hear. You want honestly but you may not like the answers. Once you both have an understanding of each other's perspectives, you can walk away with direction for future success. So what do you do if you have a troop who feels this way?

It is simple. Talk to them about the problem. You are not doing a troop any favors by not being honest about their performance. Feedbacks are required in the performance process. Give honest assessments about troop performance and expectations. If you do this, troops will at least have a picture of what success looks like. To have the honor to lead troops is not something to be taken lightly—take care of your people.

So the next time you hear an Airman bellyaching about unfair treatment or get tempted to bellyache yourself, think of a more productive method to resolve the problem. If troops and their leaders work together for the best interests of everyone, an excellent outcome is very likely for all concerned. In the end, we are all responsible to do what is right, whether we like it or not.

Senior medical ART prepares

by Tech. Sgt. Melba Koch
507th ARW/Public Affairs

On Oct. 30th Senior Master Sgt. Hiroko Yates will hang up her military hat for a little “me” time and much deserved vacation. Yates is a senior Air Reserve Technician and superintendent, Health Services Management, with the 507th Medical Squadron.

Sergeant Yates joined the active Air Force on Jan. 14, 1971 and stayed in for 10 years and 8 months. “I was adopted by an Air Force master sergeant at age 11 and we moved around a lot as most military families do — I grew up as a military brat and that was the life I knew,” said Yates. “My step-father had a lot of influence on me about joining the AF after graduating from Carl Albert High School. I wanted to make him proud and continue the military tradition. Also, I was the oldest of the eight children and I was eager to leave our already crowded trailer home and see the world,” continued Yates.

“Initially, when I joined, my goal was just to serve my four years of active duty, get an assignment to my place of birth, Okinawa or the mainland in Japan, travel and make new friends and have as much fun as I can as a young single woman,” continued Yates. “I accomplished all of that and my four-year commitment breezed by and next thing I know, I re-enlisted for another four years of service. I ended up staying on active duty for almost 11 years, and left the AF with a husband and two babies. Finding a life-time partner and having babies while in the AF were not my goals going into it but it turned out to be the most rewarding and best accomplishment of my life,” said Yates. “I have been married to the same wonderful guy for 28 years (as of Sept. 1) now and our children grew up to be great young adults; my daughter is a journalist and my son is an architect. What more can one ask for in life—a blissful marriage and awesome kids!” continued Yates.

Yates has spent the last 25 years with the 507th and has 36 years in the military.

Yates set a goal for herself to be the best Senior Medical ART in the AF Reserve when she joined the unit. She achieved an equally prestigious award from 10th AF in 1990 as the “Outstanding Medical Air Reserve Technician of the Year” when we were under 10th AF at the time. “And, never stop learning and work harder than anyone to be the best worker and take good care of the people I serve. I come to work every day with this thought at the forefront in what I do in my job. I owe it to our people because they do deserve the best,” said Yates. “I have been in my current job as the Senior Air Reserve Technician since 1988 – love this job and didn’t look for any other.”

“Senior Master Sgt. Yates’ experience and competence as superintendent of health services, and as the senior ART, have been instrumental in the successful accomplishment of the reserve healthcare delivery system,” said Capt. Mark E. Rogers, 507th Medical Squadron Hospital Administrator. “She will be sorely missed and very hard to replace. You cannot easily replace over three decades of Air Force experience in the Air Force Medical Services Corps and Air Force Reserve,” continued Captain Rogers.

When asked what she would miss the most about the 507th, Yates said the PEOPLE — it’s always the people you’ll miss! Job is a job but ‘people’ are very special and they are unique. Also, being here day-to-day and being part of it all – the energy and being a key representative of the medical squadron and being one of the shakers and movers of our squadron impacting both wing and my unit—what I and my full time medical staff do on a day-to-day affects the readiness posture of the wing and the unit.

“There are special core people in the medical squadron who have mentored me and supported me throughout my career here at the squadron. I owe them much gratitude and a heart-filled ‘thank you’ to all of them.

When asked if she could do one portion of your career over again what would it be, Yates said: I kick myself now for not completing my Senior NCO Academy on time and before my position was downgraded from E-9 to E-8 over 10 years ago. Because I procrastinated, I missed out on unit vacancy promotion to ‘Chief.’ A BIG misstep in my career and my goal of making chief, so my advice to everyone: get your PME done, be prepared so when the time comes for you to be promoted, you can get promoted...get your PME done! I cannot stress enough how important that is to your career progression. I have witnessed some of our NCOs retire as technical sergeants when they had an opportunity to retire as master or even senior master sergeant but since they never completed their PME, they never got their promotion. It was theirs to take and they passed on it!!

“The most memorable military character I met during my military career was our former commander, Col. Steven J. Gentling,” said Yates. He was my mentor and I learned much from him about professionalism and becoming the best at what you do. He always challenged me in achieving the best and not settling for mediocrity. He was a true gentleman and an epitome of a military professional. He retired on June 14, 2007 and he is missed!” continued Yates.

Colonel Gentling echoed Yates’ sentiments with a few of his own. “Hiroko has been a real positive, significant force within the unit for a number of years,” said Colonel Gentling.

for retirement this month

“She is such a dedicated person for the unit ... and would do anything that would help the unit achieve. She was a mentor to NCOs and officers and will be missed, personally and professionally,” continued Colonel Gentling.

Yates’ offers advice to the younger Airmen: Hang in There and Stay with It! Serving your country is the most

sound like a recruiter—believe it or not, I preach this stuff to our young Airmen whenever I get the opportunity!

Yates’ future plans include spending some time being selfish and concentrating on ‘me, myself and I.’ “Since I was about 12 years old, I’ve spent much of my life taking care of others; I helped my mother take care of my seven sib-

lings, my own family, my reserve family — I think I deserve that ‘quality time’ for myself to do whatever. Honestly, I am planning on spending more time with my a g i n g m o t h e r. She loves to play the slot machines at



Hiroko Yates concentrates on Nick Orcutt’s face painting as she helped her squadron during family day last month.

honorable and patriotic thing you will do in your life—as a young Airmen, you may not see the relevance in what you are doing now but as you progress in your career and become wiser with age and career experience, you will come to a realization that ‘it is worth it,’ if you commit yourself to what you believe in and hold true. It’s a win-win situation and there is an invaluable reward in the end — a retirement from a part-time job and all the benefits of active duty retired member. Just getting TRICARE medical benefits alone is worth it especially when you reach your golden years when Medicare alone is not adequate to take care of your health-care costs. I think I’m starting to

the casinos so I’ll probably take her there and make her happy. And, I’m planning on having more sister time with my three sisters. I’m a resourceful person so I won’t have any problem finding things to do, as a retired person,” said Yates.

When asked which task completed in the Reserve had the most impact on her life or the men and women she served with, Yates said what immediately came to mind was our Desert Storm activation and deployment in 1990. “This was the first time in our unit’s history that the entire unit was activated to go to war. As a senior ART, I started the process of recalling and notifying the unit members of the activation and eventual de-

ployment to what we thought at the time was Iraq -- but fortunate for us, we did not go any further than Shaw AFB, South Carolina. A lot of man hours went into mobilizing and processing our people to get them out of town and I was in the middle of it and making things happen to get our people to their ultimate destination. I remembered the excitement of our people, others reluctant and trying to get out of the deployment -- I never did understand those people. Now, 16 years later, Desert Storm activation/deployment is a distant memory for most of us but it was an exciting time and it was for Real. Our separation from loved ones and friends was felt by all of us for that five months, but in the end, we were all proud to have served in that military operation and be a small part of our country’s history.

My loved ones/family have all been supportive and just “awesome” through my military career -- my immediate family, my mother and my large extended family members, every single one of them, said Yates. I owe them a lot of babysitting time since I started my career in the Reserves. My children were only 18-months and 8-months-old and now they are 27- and 26-year-old adults.

“I will have to say that my husband, Bruce, has been my biggest cheerleader and supporter,” said Yates. “He kept the home front in order so I didn’t have any distractions or unnecessary stress to do my already stressful job. And, like their father, my children were always understanding and supportive of what I do. I can’t say enough about my mother who was also a military spouse and next to my husband, she made it possible for me to continue my career by helping to take care of my children. They spent a lot of time at grandma’s house!” concluded Yates.

Note: Yates’ retirement ceremony is scheduled for Oct. 14th at 3:30 p.m., Bldg. 5801, Heritage Hall. Everyone is invited to attend.

All aboard the Oklahoma Centennial Sooner Rocket

By Tech. Sgt. Melba Koch
507th ARW/Public Affairs

All aboard! That's what I envisioned I would hear when we arrived in Enid, Ok, on Sept. 11 and saw the train that would take us to El Reno.

It was an awesome sight to see Union Pacific's locomotive No. 844, an old steam engine that was built in 1944. No. 844 was the last steam locomotive delivered to the railroad in 1944 and never officially retired. The 13 passenger cars were authentic 1940s and 1950s passenger cars, and included two dome diner cars, a baggage car and several coach cars.

I was among a lucky group of individuals from Tinker who got to help the state recognize U.S. military personnel and pay tribute to Oklahoma's 100th birthday by riding the Oklahoma Centennial Sooner Rocket, or "troop" train. I felt honored and filled with pride to see school children waving American flags and holding "we love our troops" signs and WWII veterans showing their patriotism. Tinker personnel were joined by troops from Ft. Sill and Vance Air Force Base.

The train is headquartered in Cheyenne, Wyo. and was traveling through Oklahoma to help celebrate the state's centennial. It departed Sept. 3rd from Cheyenne, Wyo. and traveled to Waurika before starting the return trip on Sept. 15th. The route contained several stops along the way, mostly through the west central part of the state. Railroad buffs were out in the hundreds as we traveled through small towns and made stops in Hennessey and Kingfisher. Cars lined the high-

ways, overpasses and pastures with people waving at us. The train's whistle sounded like a steamboat's whistle and frightened a few cows along the way. As we slowed down toward the end of the ride, one older gentleman was waving at us along the tracks and yelled, "You're lucky dogs!"

At each stop we were met by school bands, mayors, policemen, firemen, ordinary citizens (young and old alike), all wanting to get a glimpse of the past. Oklahoma residents who were around and probably traveled the troop trains back in the 1940s were there to reminisce and relive the days when passenger trains were common. I saw one gentleman who was carrying his instamatic camera and walking in circles. I asked if he wanted me to take his picture with the train and he was so excited he practically proposed to me! He grabbed my hand, saw my wedding band, and said, "Oh, shoot, you're married. I have a ranch outside of town." I probably should have gotten his name at least You never know.



Posing with the conductor.



#844 sits on the tracks in Kingfisher, Okla.

Airmen provide support for Redman athletes

By Senior Airman Zach Anderson
507th ARW Public Affairs

Hundreds of the toughest, most well-conditioned athletes from across the country gathered in Oklahoma City on the morning of Sept. 22 to take part in the 3rd Annual Redman Triathlon. These endurance athletes definitely had a long day ahead: A 2.4-mile swim, followed immediately by a 112-mile bike ride capped off with a 26.2-mile run. Yet all along the course they could count on the support of a dedicated group of volunteers from Tinker Air Force Base.

Fifty-eight volunteers from Tinker signed up to serve as volunteers along the 112-mile bike route, manning aid stations to provide race participants with everything from energy gels to water to flat-tire repairs.

For the volunteers, watching the athletes was a reward in itself.

“It’s an inspiration. It makes you want to go out and do it too...maybe one day,” said Airman 1st Class Christine Tucker, a Communications Systems Operator with the 552nd Training Squadron. “It definitely encourages you to do more.”

The volunteer effort had originally been organized by 2nd Lt. Kyle Jansen, an Air Battle Manager with the 552nd TRS. However, when Jansen received orders to attend the Air and Space Basic Course at Maxwell Air Force Base, the challenge of pulling together the volunteers fell upon the shoulders of Airman 1st Class Jacob Shaw.

Shaw, a Resource Ad-

visor with the 552nd TRS, worked to organize the volunteer effort and said he was very pleased with the overall participation from Tinker.

“I wasn’t sure how many would show up, but we had a great turnout. It’s what we needed. We definitely had an awesome bunch,” said Shaw.

Throughout a day that stretched into over 10 hours of combined volunteer effort, the Tinker members continuously provided aid for each race participant. While it was a long day, volunteers said it was simply good to be able to give back to the Oklahoma City area.

“It’s good to be of use and be a part of something and help these athletes accomplish something that is so big for them. It’s important for us to be out and show our support to the local area,” said

2nd Lt. Matthew Cook, a student Air Weapons Officer with the 552nd TRS.

“It’s good for them to see that while we do fight for our country, we also are here to support the community as well. They can see that we don’t just go out and fight wars; we also help out to make our local community a better place,” said Airman 1st Class Dustin Tucker, an Airborne Radar Technician with the 960th Airborne Air Control Squadron.

By the time the final race participant had ridden through the aid station, the volunteers were tired and sunburned...but ultimately satisfied with their effort.

“It wasn’t too hard. It’s definitely been worth it,” said Shaw. “The preparation was tough, but it’s been great being out here today.”



Airman 1st Class Dustin Tucker, 960th Airborne Air Control Squadron, hands a cold water bottle to a race participant.

Photo by Senior Airman Zach Anderson

Parting Shot



Maj. Charles Simpson Jr., saluting, prepares to accept the flag and command of the 72nd Aerial Port Squadron on Sept. 9th. He began his Air Force career with an ROTC commission in 1986 and is a command pilot with more than 3,500 hours of flying time. His last position was as the Air Force Liaison to the Civil Air Patrol for the state of Oklahoma. Pictured also are Col. Rodney Bryan, 507th Mission Support Group commander, left, Senior Master Sgt. Nathaniel McGuire, 72nd APS first sergeant, and Maj. William Bush, far right, the outgoing commander.

On-final

R-News

Team Tinker Tutoring Program seeks volunteers

The following information is from Maj. Gen. Loren M. Reno, OC-ALC Commander:

For the past 12 years, Tinker AFB has enjoyed a great opportunity to assist our community by providing math, science and reading tutors to neighboring schools. Our tutors also provide an equally important service as positive adult role models for the children tutored. Last year, we had 77 volunteers who tutored children at 11 area schools. The tutors traveled weekly to the partnership schools and engaged one-on-one with children who needed their academic guidance.

We will again provide this important service to local schools in the 2007-2008 school year. I encourage our civilian employees and military members to volunteer as a tutor. This is a great way for Tinker AFB to show our commitment to the community.

If you are interested in more information, call 72nd MSS/DPCSM at 734-4532 or Tech. Sgt. Melba Koch, 507th ARW/PA at 734-3078.

Col. John Trnka to speak at ROA Luncheon

The Reserve Officers Association (ROA), Department of Oklahoma, Chapter 66, invites you to listen to Col. John Trnka, commander of the 513th Air Control Group, speak Sunday, Oct. 14th at 11 a.m.

The event will be held in Building 1056, commander's conference room. Pizza and drinks will be available.

507th ARW recruiters

<http://get1now.us>

Tinker AFB, OK

(In-Service Recruiter)
Master Sgt. Gene Higgins
(405) 739-2980



Moore, Norman, OK

Master Sgt. Michael Comfort
(405) 217-8311

Midwest City, OK

Tech. Sgt. Neil Lambrecht (405)
732-6279

Tulsa, OK

Master Sgt. Monica Flowers
(918) 250-3400

Lawton, OK

Master. Sgt. Ronald Gregory (580)
357-2784

McConnell AFB, KS

Sr. Master Sgt. David McCormick
(316) 759-3830
Master Sgt. Stephan Kimbrough
(In-Service Recruiter)
(316) 759-3766

Vance AFB, OK

Master Sgt. Stephan Kimbrough (316)
759-3766