

# On-final



U.S. AIR FORCE

507<sup>th</sup> Air Refueling Wing - 513<sup>th</sup> Air Control Group

Tinker Air Force Base, Oklahoma

MARCH 2008 Vol. 28, No. 3

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Senior Airman Richard Santiago cooks an omelet during February UTA.



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

## Greetings OKIE warriors!

This month our wing is participating in a major deployment exercise to Gulfport, Miss.

Roughly 323 people, including our exercise evaluation team and 4th AF observers will deploy. As you can imagine, a lot of time and energy has been spent planning and preparing for this deployment. Many of our wing personnel who did not have the opportunity to attend our ORI will be deploying for this event. To many others it may be a little bit being an actor in the movie "Ground Hog Day." But just remember, this is why we are all here. Take advantage of the training that's being offered. This will become an annual event for our wing so expect to see more of the same from now on.

Just to give you a broad overview of events, our exercise kicks off the moment we receive our tasking orders and doesn't end until the last of our team arrives home and our equipment is put away. Just like any sports game, the team that wins is the one with the most determination and drive to see things through. We need to push ourselves. We



can rest when it's all over. My advice to everyone is to maintain your drive and make a purposeful effort to keep yourself in the "game" until the final whistle blows. Our 4th Air Force observers will be watching how well we all do our jobs. In no small respect, we will demonstrate to all that this wing has its eye on the ball and is committed to perfecting our warrior skills and our warrior ethos.

I also want to say that everyone in the wing, including our non-deploying members play a critical role in the overall success of this exercise. No job, no task is unimportant.

Finally, no matter how focused we are on completing the task at hand we must also follow our Operational Risk Measures and constantly pay attention to SAFETY.

It would be a shame to have worked so long and hard to prepare for this exercise to see all of our efforts tarnished by ignoring safety rules. It would be a tragedy if someone were to be injured while ignoring those safety rules.

Remember this: If it isn't safe, then make it safe. If you can't make it safe, don't do it.

And while this may sound a bit masochistic: Enjoy this exercise. We are a great team and we're working to make ourselves even better.

## Chapel Corner

### We are all in this together

By Wing Chaplain  
(Lt. Col.) Mike Jones

Have you heard about the English teacher who asked her class to write about an unusual event that happened during the past week. Little Johnny got up and read his essay. It began, "Daddy fell into the well last week..."

"Oh, my!" the teacher exclaimed. "Is he all right?"

"He must be," said the boy. "He stopped yelling for help yesterday."

Okay, okay. Not the greatest of jokes but it does make a point. It's ORE time again. After months of training and preparation we are on our way to Gulfport. As we

go, let's make sure we answer those "calls for help" from those around us.

Whether it's helping someone get into MOPP4, carrying sand bags, or helping clean up, give a hand and help out. Don't let their call for help go unanswered because we are all in this together!



**Shirt Column****Back to basics**

by Master Sgt. Deborah Kidd  
507th MSF and HQ First Sergeant

For the last several months our Wing has been preparing for the upcoming exercise to Gulfport and I am very proud of how hard everyone is working to bring it all together. My thanks to everyone for pulling together and getting the job done. However, we still have other things all of us should focus on.

“Throughout Air Force history a common thread emerges for our longstanding successes – adherence to standards and discipline,” said Chief Master Sgt. of the Air Force Rodney McKinley. “Standards provide a framework for attention to detail while discipline ensures accountability.”

The First Sergeants have witnessed an increasing lapse of discipline and adherence to standards throughout the Wing. The most common are uniform violations and our customs and courtesies. For example, Airmen outside without their hats on, not saluting the Wing Commander’s staff car or not standing up when Colonel Glass or Chief Long enter the room are just to name a few. This is not only required but I believe from the first day we entered basic training we had customs and courtesies and the uniform standards drilled into our heads and the Wing Commander and the Command Chief have earned it. So when I correct someone and the response is “I didn’t know,” it doesn’t hold a lot of weight with me. Some might ask why these things are important. My answer is

simple: because it’s a privilege to wear the uniform and if you overlook the small stuff chances are you are overlooking the big stuff as well.

I realize that doing the right thing can be uncomfortable but the First Sergeants can’t correct all the discipline and standards issues by ourselves; we need the assistance from every Airman. The Oct. 30, 2007 roll call topic was Standards and Discipline, described it best:

Every Airman must adhere to the Air Force Core Values: Integrity First, Service before Self and Excellence in All We Do.

**Integrity first**

- Be responsible; a person of true integrity acknowledges his or her duties and acts accordingly

- Be accountable; not only for your actions, but the actions of your subordinates

- Have self-respect; behave in a manner that brings credit upon yourself and the Air Force

**Service before Self**

- Follow rules; adhere to all standards, regulations and instructions in duty performance

- Respect others; look out for your Wingman/subordinates, a failure for one is a failure for all

**Excellence in all we do**

- Continue improvement; reinforce the highest standards, which maximize the Air Force’s effort

- Focus on mission completion; every task is significant

If we discipline ourselves no one else will have to. Keep up the hard work and remember, individually and collectively we can make a difference.

**On-final**

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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.

## 507th ARW names Annual Winners for 2007

507<sup>th</sup> ARW Annual Winners for 2007 are Capt. Jeremy Overton, Master Sgt. David Dickson, Staff Sgt. Robert Mussyal Jr., Senior Airman Timothy Williams and Master Sgt. George Stiltner.

Captain Overton, Company Grade Officer of the Year, is the commander, 507<sup>th</sup> Communications Flight.

Overton fostered cooperation with the Air National Guard, reutilized existing fiber structure, increased network security and saved \$200,000. The unit hosted a data system training course for reserve members at Tinker AFB; 10 trained and saved \$10,000 in travel costs. He hosted a 4<sup>th</sup> AF 3A0 working group and created a command-wide handbook, setting a reserve command benchmark.

Overton led the upgrade for the 465<sup>th</sup> Ops Flight Scheduling with multiple displays, increased crew scheduling efficiency. He directed the modernization of the squadron briefing room, new electronics, screens, created an invaluable wing resource.

A balanced Airman, Overton attended military banquets and is an active lifetime member of the Reserve Officers Association.

Master Sgt. David Dickson, Senior NCO of the Year, is NCOIC of Security Forces for the 507<sup>th</sup> Security Forces Squadron.



**Master Sgt. David Dickson**

He worked a 44-man security forces team mobilization; made impossible look easy, the team is in the AOR.

Dickson designed and implemented a four-day pre-deployment training at Ft. Sill, Ok for 50 troops; getting his unit ready to deploy.

He prepared 507<sup>th</sup> SFS families for mobilization, built 35 spouse packets and various other handouts. He organized the unit deployers' town hall meeting, feeding 80 people and lauded best ever by Wing chaplain.

Dickson organized a family funeral dinner, fed 50 people and stepped up during the ice storm power loss, lodging five households.

Staff Sgt. Robert Mussyal Jr, NCO of the Year, is a security forces craftsman with the 507<sup>th</sup> Security Forces Squadron.

Mussyal has vast knowledge of Mid-



**Staff Sgt. Robert Mussyal Jr.**

eastern culture/languages which was invaluable during Camp Swift training. He was hand selected by SFS leadership to conduct intel collection on insurgent ops in the AOR, potential life saving information.

Mussyal instructed 450 wing personnel on the M16A2 as an assistant CATM instructor; instrumental in wing deploy-

ment preparation. He is a leader; supervising three personnel and ensured all 44 unit personnel completed mandatory web-based training.

Mussyal mentored 28 kids on martial arts techniques.

He provided vital security at a local Islamic center during the month of Ramadhan; supporting 4,000-plus people with no security problems.

Senior Airman Timothy Williams, Airman of the Year, is a pavements and equipment journeyman with the 507<sup>th</sup> Civil Engineer Squadron.

Williams is a battlefield Airman who deployed to Kirkuk Regional Air Base



**Senior Airman Timothy Williams** during AEF 3-4. He extraordinarily managed roads, grounds and runways/taxiways which supported more than 4,350 warriors. Williams was a key heavy equipment operator, built up dirt berm around the south perimeter, providing needed force protection. He led the heavy equipment shop in construction of personal living quarters inside their hardened facility.

Williams is mission focused. He evcatated 100K cubic yards eastside of taxiway Alpha, enabling C-17 aircraft to safely transit. He completed his 5-level training at KRAB while working more than 72 hours a week.

# 970th AACS picks 4th Quarter winners

Master Sgt. Frank Deitchman, Tech. Sgt. Angela Collins, and Senior Airman Renee Witten were selected as Senior NCO, NCO and Airman of the Quarter for the 970th AACS for October through December 2007.

**Master Sgt. Frank Deitchman**, NCOIC of the 513th Standards and Evaluations Section, was promoted to the position during tumultuous unit reorganization. His steady leadership and all-encompassing stan/eval knowledge served as the bedrock to build unit continuity.



**Master Sgt. Frank Deitchman**

Sergeant Deitchman developed process books for squadron publication monitors to ensure all flight pubs are posted correctly. His innovative program resulted in zero discrepancies in section fly-away kits during the 10th AF staff assistance visit.

Deitchman sharpened his leadership skills by attending the Senior NCO Leadership Development Course at Carswell Joint Reserve Base.

**Tech. Sgt. Angela Collins**, an evaluator airborne surveillance tech-

nician, served as a standards and evaluations section augmentee and was instrumental in the success of the 513th ACG higher headquarters stan/eval staff assistance visit. She single-handedly reviewed all volumes of the FCIF library, ensured 10th AF compliance with zero dis-

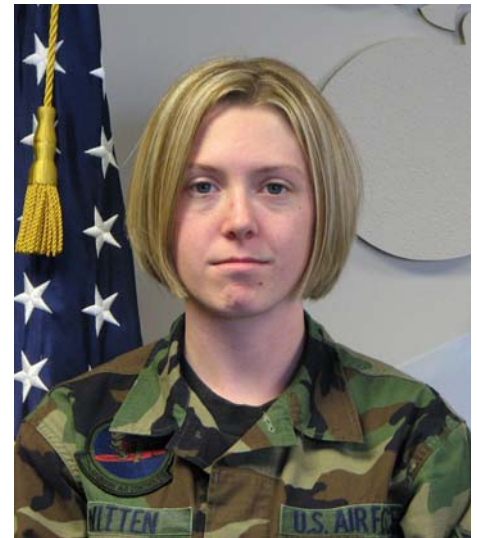


**Tech Sgt. Angela Collins**

crepancies. Collins attended the prestigious University of Oklahoma College of Nursing program, completing 16 hours with a 4.0 grade point average. She served as class president and organized community service projects and addressed student/faculty issues as a liaison. She spearheaded the 970th AACS participation in the Tinker AFB Airman Against Drunk Driving (A2D2) program, which provided 600 free, safe and confidential rides home in 2007. Sergeant Collins volunteered 12

hours monthly in a nationally sponsored health education and awareness program and she instructed a local elementary school with a presentation on healthy living habits.

**Senior Airman Renee Witten**, an information manager with the 970th AACS, is the type person who takes initiative and was proactive in becoming the unit training assembly participation monitor for the unit. She also aggressively completed her CDC requirements well ahead of schedule. Witten volunteered to



**Senior Airman Renee Witten**

support the squadron's orderly room in performing personnel specialist functions. She routed numerous OPR and EPRs to individuals for review and signatures. She is an active participant of both the Reserve Enlisted Advisory Council and Human Resource Development Council.

# Airfield inspections in Antarctica

By Dale Hopper, FAA  
And Lt. Col. Rich Curry, 507<sup>th</sup> ARW

Spending 18 days in a frozen tundra where subzero temperatures are common may not strike most as an ideal vacation, but for Master Sgts. Lori Pink and Kirk Babcock from the 1<sup>st</sup> Aviation Standardization Flight, it proved to be a life-



**Two FAA members operate the theodolite equipment in Antarctica. This equipment transmits an aircraft position correction signal to the “ice box” in the C-130 aircraft.**

time opportunity.

These Air Force reservists from the 507<sup>th</sup> Air Refueling Wing traveled to Antarctica to conduct airfield inspections.

The mission of the 1st Aviation Standards Flight is to perform flight inspections of navigational-aid radar and instrument procedures at military and civilian installations in the United States and overseas. Working in tandem with the Federal Aviation Administration (FAA), the flight operates from the Will Rogers International World Airport, Oklahoma City, and augments the Air Force Flight Standards Agency Detachment 1, the on-site active-duty unit.

Each year roughly 11 people from the FAA travel to Antarctica to inspect the four airfields located there (including the one at the pole), making sure they are safe for use by C-130s, C-17s and helicopters ferrying supplies and thousands of scientists with the National Science Foundation. The reservists traveled as part of this year’s effort.

Getting there was the first hurdle the reservists faced. Sergeant Pink said she departed Oklahoma City on Oct. 11.

After arriving at Christchurch, New Zealand, the team is issued survival gear. After a brief delay, Sergeant Pink said the team arrived on the continent Oct. 16. They spent 7 ½ hours packed with cargo on the flight to McMurdo.

McMurdo Station is Antarctica’s largest community. It is built on the bare volcanic rock of Hut Point Peninsula on Ross Island, the farthest south solid ground that is accessible by ship. Established in 1956, it has grown from an outpost of a few buildings to a complex logistics staging facility of more than 100 structures including a harbor, an outlying airport (Williams Field) with landing strips on sea ice and shelf ice, and a helicopter pad.

The station accommodates 1200 people in summer and 200 in winter. The station covers nearly 1.5 sq. mi. (4 sq.km.) between Hut Point and Observation Hill. There are above-ground water, sewer, telephone, and power lines linking buildings.

“Kirk and I were both on the ice,” Sergeant Pink said. “The starkness was beautiful. I was able to experience 24-hours of sunlight and see the bluest ice I’ve ever seen. I was amazed at how dry it was there.”

One of the airfields, appropriately called Ice Runway, is built on sea ice about 7 feet thick, said Sergeant Babcock. Babcock is an Air Force reservist as well as an FAA employee who usually works in the Battle Creek, Mich., flight inspection field office as a mission specialist. But for the last six years he has temporarily relocated to McMurdo Air Sta-



**Master Sgt. Kirk Babcock stands beside one of the many specially outfitted trucks used to transport those stationed at McMurdo. Note the track used for front wheels.**

# Airfield inspections in Antarctica



**Master Sgt. Lori Pink, right, met with NBC reporter Ann Curry during her trip. NBC did a special news report on scientific research being conducted on the continent while the reservists were there certifying runway landing systems.**

year by the Department of Defense for the NSF. The ice – carrying nav aids and control towers – moves about 30 feet during the season, said Mike Ryder, an aviation systems inspection pilot, who has done tours in Antarctica and now serves as team liaison.

That’s not a safety problem because the facilities and runways (about 10,000 feet long and 220 feet wide) keep their relative positions, he said.

Once there, the team splits into two crews to take maximum advantage of 24 hours of sunlight. The flight inspectors check the airfields similar to the way they check U.S. Air Force bases around the world, Babcock said. ATO pilots, mission specialists and avionics technicians pack a specially prepared “ice box” into a military plane and fly different approaches.

The 12-by-12-foot box is loaded with avionics used to adjust radar, precision approach landings, reporting points and to ultimately certify the airfield. The box is shipped by boat a month before the crews get there. The crews also use helicopters to inspect Global Positioning System procedures. With the airfields so close to the South Pole, normal compass and longitude references aren’t effective, so navigation is done using a grid pattern.

“I was there for logistics and administrative support,” Sergeant Pink said. “Some of my duties were to take care of

tion for duty in Antarctica. This year, Babcock led the ATO flight inspection team of 11.

Ice Runway doesn’t last the whole summer, Babcock said. By the end of the season it melts back into a shipping lane.

The other airfields – Pegasus and Williams – are rebuilt on ice over land each

paperwork between the National Science Foundation (NSF), the United States Antarctic Program (USAP), and the FAA; coordinate Information Technology needs for the team; work with McMurdo Fixed-Wing scheduler with daily aircrew manifests and takeoff times; work the flight schedule in the FAA’s Flight Operations Management System; and prepare a daily summary of mission accomplishments and flight inspection status,” she said.

Babcock said he enjoyed spending time with the scientists during his stay.

“The ozone layer, greenhouse gases, most of the research is done down here,” he said by phone during his tour. “Every night after dinner a different scientist will speak about their project. You can ask questions right to the people doing the research. These are the people that write the books.”

Both reservists agree that the continent’s extreme temperatures can be a problem for ATO personnel. At the pole the temperature regularly drops to 50 degrees below zero.

“I have a new respect for early explorers who survived under the harsh conditions with so little food and appropriate shelter and clothing. I found McMurdo to be similar to a small town in that you work hard, long hours and create fun and entertainment with what you have available,” Sergeant Pink said.

But for all the adventure packed into a few weeks,



**An October day at McMurdo Station. The Science Support Center is the large building on the left.**

Babcock said he was ready when it came time to leave the continent.

“One of my favorite things is when we arrive in New Zealand – to smell moisture and see vegetation,” he said.



513th ACG  
Commander

By Col. John Trnka

## Take care of yourself and each other

It's not quite "my dog ate my homework," but I have a perfect excuse this month if this column sucks: Pain killers, aka Happy Pills. The reason I'm on Happy Pills at the moment has made me think about a few things. Last week, I was in D.C. for a conference. Freezing drizzle, an uneven sidewalk, walking faster than a snail jogs and, bam! Down I went. After two visits, almost six hours with some of America's finest medical professionals and the verdict's in: "Your shoulder's messed up." Thanks; knew that. But at least they gave me the happy pills.

Now, I know, most of you wouldn't care less about my shoulder, except for one fact, I'm part of this unit, I'm part of this team. I've missed several days of work, missed meetings and other obligations over something trivial – I fell on the freakin' sidewalk. As a result, I haven't been here for the team. This leads in nicely to the theme of this month's column.

We are a team, equal in importance and responsibility. I won't lie; some jobs are more visible, more glamorous, even more fun, but nothing happens without all of us. The uniqueness and diversity we bring matter as much as those things that unify us. Next time you drive to drill, take a look at the mix of countries (Canada, Great Britain, Australia, Germany, Turkey, just to name a few) and sister services working together for the same cause here on Tinker. How about this, AWACS are flown, in some variation or another, by five dif-

ferent countries and NATO, representing 14 more nations. There are 19 nations involved in AWACS operations, many of them very different from each other. These differences strengthen team AWACS. The same thing happens in this unit; we all bring a unique perspective to our job.

The U.S. Air Force is an amazing organization. In Pentagon-speak, (sorry, remember I was in Washington) our mission is to "Deliver sovereign options for the defense of the United States of America and its global interests in Air, Space and Cyberspace." The Air Force can rain death and destruction down on the heads of our enemies, but it can also keep a sick baby alive, flying from half way around the world to a hospital in Maryland or Texas, bring food and shelter to earthquake victims and tsunami survivors, fight forest fires and provide a heck of an airshow. The diversity of the mission is dwarfed by the diversity of the people who make it happen. Airmen, NCOs and officers – together - provide our leaders with the tools to produce airpower that provides persistent and unblinking, lethal power never seen before.

The problem is, we are also fragile. I was out of work for days, and I'm out of the flying game for a whole lot longer because of one slip, nothing careless or reckless or stupid. Too often though, we're losing people because they have been careless, reckless, or frankly, stupid. I spoke with one of the motorcycle safety instructors the other day. He said the average serious injury they have is people popping wheelies – an active duty captain was killed not long ago doing a wheelie at 104 miles an hour. With all due respect to the dead – that was just dumb. You are a critical part of the 513th Air Control Group Team, to the Air Force team, whether you've been here for two months or 10 years, your service is vital to the success of our mission. More important, you're part of a family, a circle of friends, and a community. Take care of yourself, take care of each other. Thanks for being here. Thanks for being a part of the 513th.



**Members of the 970th Airborne Air Control Squadron deployed to NAS Key West Jan. 19 – Feb. 1 for two weeks of annual tour. During this time frame they supported F-18 training missions from the Naval Air Warfare Center's Top Gun School as well as F-16 training missions from the 93rd fighter squadron at Homestead AFB. In addition to training missions, the crew provided a tour of the E-3 Sentry AWACS to the local Brownie troop at NAS Key West. The girls - ages 5 to 6 (as well as one 3 year old little sister) - had the opportunity to see the inside of the AWACS and ask questions about military reservists and their service to the country.**



## 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. **See your unit training manager for upcoming 9-20 June class.**

## 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

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

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 25 February 2008

# MARCH TRAINING PLANNER

## Fri, 29 February 2008

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, 1 March 2008

**Unit Designated** **Sign In** **Unit Designated**  
 0730-0930 Newcomers In-Processing Bldg 1043, Room 203  
**0800-1500 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, 2 March 2008

**Unit Designated** **Sign In** **Unit Designated**  
 1130-1500 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** Bldg 1030, Rm 214  
 0800-1100 Newcomers Ancillary Tng Ph II Bldg 1043, Wing Trng Room  
 0800-1030 HazComm Trng (Supr) Bldg 1030, Room 104  
 0830-0930 Enlisted Advisory Council Bldg 1043, CC Conf Rm  
 0900-1000 Mandatory 3A0X1 Tng Bldg 1030, MSG Conf Rm  
 1015-1115 Mandatory 3S0X1 Trng Bldg 1043, MPF  
**1300, by appt. CDC Testing** **Bldg 1030, Room 214**  
 1300-1600 First Duty Station Bldg 1043, Wing Trng Room  
**1300 SORTS/Post UTA Mtg CAT**  
 1400-1500 IG period w/Capt. Vardaro To Be Determined  
**Unit Designated** **Sign Out** **Unit Designated**

## Fri, 4 April 2008

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, 5 April 2008

**Unit Designated** **Sign In** **Unit Designated**  
 0730-0930 Newcomers In-Processing Bldg 1043, Room 203  
**0800-1500 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, 6 April 2008

**Unit Designated** **Sign In** **Unit Designated**  
 1130-1500 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** Bldg 1030, Rm 214  
 0800-1100 Newcomers Ancillary Tng Ph II Bldg 1043, Wing Trng Room  
 0800-1030 Supervisor Safety Trng Bldg 1030, Room 104  
 0830-0930 Enlisted Advisory Council Bldg 1043, CC Conf Rm  
 0900-1000 Mandatory 3A0X1 Tng Bldg 1030, MSG Conf Rm  
 1015-1115 Mandatory 3X0X1 Trng  
**1300, by appt. CDC Testing** **Bldg 1030, Room 214**  
 1300-1600 First Duty Station Bldg 1043, Wing Trng Room  
**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:
28 Feb	07 Mar
04 Mar	12 Mar
06 Mar	14 Mar
11 Mar	17 Mar
13 Mar	21 Mar
18 Mar	26 Mar
20 Mar	28 Mar
24 Mar	01 Apr
27 Mar	04 Apr
01 Apr	09 Apr
03 Apr	11 Apr
0 Apr	15 Apr

**Military Pay (405) 734-5016**

### \*\*New MPF Hours\*\*

#### Saturday UTA

Open at 0800 - 1600, except for following closures:

1300-1330 - Employments/Relocations

1400-1430 - Career Enhancements

1500-1530 - Customer Service

#### Sunday UTA

Open at 1130 - 1600

## BAQ Recertification Deadlines

If Last Digit of SSAN is:      Then Forward Listing to Commander in:      Recertification due by end of 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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# Touching the past

by Maj. Walter Jacques  
513th AMXS

The past is coming to life at the 513<sup>th</sup> AMXS at Tinker AFB, OK. Since May of 2007, Senior Master Sgt. Jeffrey Minto, Specialist Flight chief for the squadron, has been tracing the unit's roots and compiling a presentation for posterity.

"My main interest at this point is the history of the (513<sup>th</sup>) Aircraft Maintenance Squadron (AMXS)," said Minto, who will start researching the 513<sup>th</sup> Maintenance Squadron (MXS) in the near future.

The 513<sup>th</sup> Aircraft Maintenance Squadron performs on-equipment maintenance for E-3 Sentry aircraft flown by both the 513<sup>th</sup> Air Control Group operators and their active-duty counterparts in the 552nd Air Control Wing.

The unit designation for the 513<sup>th</sup> goes back to the 513<sup>th</sup> Organizational Maintenance Squadron (OMS) at RAF

Mildenhall, England. "It came into existence when the C-130 mission rolled there on July 1, 1972," says Minto.

Delving further into the unit's past, Sergeant Minto has uncovered a World War II connection. Researching clues from the unit's history lead him to contact a former member of the U.S. House of Representatives. The Honorable John Paul Hammerschmidt, who served 13 terms in the House under six presidents, flew 217 combat missions "Over the Hump" during the China-Burma-India conflict of World War II, when the 513th existed as the Third Combat Cargo Group.

Soon, visitors to the 513<sup>th</sup> Maintenance Complex will be able to see the fruits of Sergeant Minto's labors hanging in their assembly area, providing a bridge from the modern-day E-3 mission to its predecessors throughout history and into the future.

## Feb. 1 Promotions

<u>Name</u>	<u>Promoted to</u>	<u>Unit</u>
Allen Hockenbroch	Staff Sgt	507th MXS
Shaun Eickson	Staff Sgt	507th LS
Jesusa Mehalick	AIC	507th MOF
Tavis Fowler	Tech Sgt	507th MXS
Jeffery Holdridge	Staff Sgt	507th MXS
Michael Hise	Senior Airman	72nd APS
James Courtney	Master Sgt	507th SFS
James Harrison	Tech Sgt	507th SFS
David Smith	Airman	507th SFS
Ruth Diaz	Staff Sgt	507th OSF
William Ficinus	Tech Sgt	513th AMXS
Tamila Metzger	Senior Airman	513th MXS
Eric Miller	Senior Airman	513th MXS
Indira Veitch	Tech Sgt	507th MSF



Senior Master Sgt. Jeff Minto of the 513th Aircraft Maintenance Squadron displays one of the pieces in his squadron history research project.

# Tips offered to manage civil service careers

By Michelle Macfarlane  
72 MSS/DPCST

Even if you are a full-time civil service employee, it is also a good idea to go out to <http://www.usajobs.opm.gov/> and fill out an online resume there.

Internal and external vacancies from all government agencies such as the FAA, DOD, Dept of Army, Dept of Agriculture, Veterans Administration, etc. are advertised there.

Be aware that the sorting criteria for qualifying for a civilian vacancy are: 1.) Best qualifying skill codes; 2.) Appraisals; 3.) Awards, and 4.) Service Comp date (final tie breaker). It's important to ensure your resume fully states all your work experience.

For those seeking first time employment they should log onto <https://ww2.afpc.randolph.af.mil/resweb/newemp.htm> to view new employment opportunities. At this location you will be able to learn more about this program and review the Frequently Asked Questions (FAQ) and review the Air Force Job Kit.

If you are a student seeking employment try logging onto <https://ww2.afpc.randolph.af.mil/resweb/student/students.htm> to learn more about this extremely successful program.

Just remember to follow the three-step process when pursuing your civil service career: Submit a Resume, Search Job Vacancies, and Self Nominate.

## Submit a Resume:

With the exception of DEU announcements, the Air Force require your resume and supplemental data be "pre-positioned" or on file and active

at AFPC before you can self nominate (apply) for positions. For DEU (Delegated Examining) announcements, you may self-nominate at the same time you submit your first resume by including the announcement number on



the supplemental data sheet. Therefore, submit a properly formatted resume and supplemental data as soon as possible.

There are three ways to submit a resume, either via the Air Force on-line Resume Writer, via e-mail, or direct mail.

When using the Air Force on-line Resume Writer, it is recommended that you prepare your resume and supplemental data electronically using the Air Force Resume Writer. The Resume Writer is user friendly and serves as a template for a properly formatted resume. To use the Resume Writer go to: <https://ww2.afpc.randolph.af.mil/resweb/resume/resume.htm>

When submitting via e-mail, prepare your resume and supplemental data using the instructions provided in the Air Force Job Kit. Insert your resume in the body of the e-mail and send to [EXT.Resume@randolph.af.mil](mailto:EXT.Resume@randolph.af.mil). Do not send your resume as an attachment.

When using regular mail, prepare

your resume and supplemental data using the instructions provided in the Air Force Job Kit. Then mail a hardcopy to:

## HQ AFPC/DPCFR

Attn: Recruitment Service Center  
550 C Street West, Suite 57  
Randolph AFB TX 78150-4759

## Search job vacancies

You can search job vacancies on-line or by phone:

Access the Air Force Employment job search on line at [https://ww2.afpc.randolph.af.mil/resweb/search\\_by\\_state\\_nlo.asp](https://ww2.afpc.randolph.af.mil/resweb/search_by_state_nlo.asp), or call the Air Force Job Line (Interactive Voice Response System-IVRS) at 1-800-699-4473 (local calls, 210-527-2377) Telecommunications Device for the Deaf (TDD) 1-800-382-0893 (Local calls, 210-565-2276 or 565-2928).

## Self Nominate

You can self-nominate for positions by accessing the Employment Website or by calling the Job Line number provided above. Be sure to self-nominate prior to the closing date of the announcement.

The first time you attempt to self-nominate, you will be instructed to change your Personal Identification Number (PIN), which will be automatically set to the last four digits of your home telephone number. Keep your new PIN handy for future reference. You'll also need to reference the announcement number of each vacancy for which you wish to be considered.

# MRE: The myths and facts

By Lt. Col. Rich Curry

Ah, the unsung, lowly MRE.

It's so much more than daily sustenance: the myths and facts of our meals ready to eat are woven into the very fabric of our military way of life.

Here are a few bits of information about MREs you probably don't know.



MRE Design 1

## By Any Other Name:

Introduced in the military in the 1980s to replace C-rations, some of the early MRE meals were not very palatable. Some of the most notable of these received nicknames names like "Mr. E" (mystery), "Meals Rejected by Everyone", "Meals, Rarely Edible", "Meals Rejected by the Enemy", and even "Meals Rejected by Ethiopians." Some individual meals received their own personal nicknames. For example, the frankfurters, which came sealed in pouches of four, were referred to as "the four fingers of death."

While MRE quality has greatly improved over the years, many of the early nicknames still stick. MREs are often called "Three Lies for the Price of One" - it's not a Meal, it's not Ready, and you can't Eat it. It is rumored they were originally to be called MNR for "Meals...No, Really!!!"

Here's a few trivia MRE bits of information you may not realize:

### It's more than just Hot and Spicy:

· Since 1993, an individual jar of Tabasco sauce has been included in each MRE.

· Cayenne is a main ingredient in Tabasco. The capsaicin in cayenne blocks a chemical involved in the nerve transmission of pain.

· Cayenne is also rich in salicylates, natural aspirin-like compounds. Have a headache and no aspirin? Massage a balm containing Tabasco into your temples.

· Your Tabasco sauce may be used as a gargle for sore throats. The most amazing and effective treatment is using 10-20 drops of Tabasco sauce in a glass of warm water.

· Your Tabasco sauce may be used to prepare a liniment for sore muscles. Capsaicin can dramatically reduce chronic nerve pain. Studies have proven its usefulness for arthritis, shingles, trigeminal neuralgia, and diabetic neuropathy. It appears to act by decreasing the concentration of the primary chemical used by nerve cells to transmit pain signals. Several weeks of regular use may be required to achieve this effect.

· **CAUTION:** Cayenne pepper is a natural blood thinner. Do not take it before surgery or dental treatment!

· In a bare base situation with minimal civil engineer support, your Tabasco sauce may be used to create a homemade insect repellent to keep pests out of your tent.

Other MRE Trivia:

· The thermal process used to create an MRE can be likened to canning in a pouch. It protects entrees and fruits, Exposing the cooked meal to high heat and pressure kills any microorganisms that cause mold and spoiling.

· Oxygen and moisture are two primary factors in food spoilage. Protecting the meals from oxygen and moisture, the tri-laminate foil packaging is the secret to the MRE's shelf-life.

· Use a pinch of instant tea from your MRE and apply it to your gums to help eliminate canker sores.

· MREs have approximately 1300 calories per meal with 55% of the energy from carbohydrates, 35% from fat and 15% from protein.

· Packaging requirements are strict. MREs are designed to withstand parachute drops from 1,250 feet and non-parachute drops of 100 feet.

· Each MRE weighs 380 to 510 g (13 to 18 oz) depending on the menu.

· You can tell MREs were designed



MRE Design 2

# MRE: The myths and facts

by the Army. They include a pack of matches. Maybe they figured that would make them a little lighter...

- The Flameless Ration Heater (FRH) was also added to the MRE in 1993. It lets soldiers heat their meals in the field. When soldiers add one ounce of water there is a reaction with the magnesium iron compound causing the water to boil. The FRH will heat the entire of an MRE by raising the temperature of the 8-ounce entree by 100 F in 12 minutes. The heating process produces no toxic chemical byproducts.

- FRH MRE heaters are approximately the shape and size of a playing card, weigh less than one ounce, and are easy to store, and have a 5 year shelf-life.

- FRHs are made from powdered food grade iron, magnesium, and salt, all biodegradable materials. Spent heater pads contain no toxic materials, and are easily disposed in the trash...just drain the water off first.

- Chemicals and preservatives are not used to extend the shelf life of the MRE

- Offering soldiers a taste of home, commercial items such as M&Ms and granola bars have been incorporated into the MRE. Ethnic foods and vegetarian meals have also become more popular.

- MRE menus are designed using feedback from soldiers in field. Surveys are conducted several times each year. As a result of customer feedback, over 50 new items have been included and approximately 12 items have been discontinued since 1993. Today there are 24 menus available.

- MREs meet the military recommended daily allowance (RDA) guidelines established by the surgeon general. Developed for a healthy and extremely active population, the military RDA is higher in calories and protein requirements.

- Given average conditions, a package of Hostess Twinkies can survive in its cellophane wrapping without appreciable loss of flavor or freshness for up to 25 days. MREs are shelf stable for a minimum of 3 years at 80°F (26°C) and



a minimum of 6 months at 100°F (38°C). Twinkies are reputedly a great deal more appetizing.

## MREs receive makeover

Beginning this year, Meals Ready to Eat will be sporting a new package design.

MREs (Meals, Ready-to-Eat) were first introduced for use in the US military in 1981. Since then, the original simple brown MRE bag has undergone two major and several minor updates. The first major update occurred in 1996 and changed the color of the bag from dark brown to a tan color and introduced new bag graphics.

In 2006, the US Army Natick Soldier RD&E Center began evaluating

new graphic designs for the MRE bags. They started off with 18 new designs and weeded that list down to 9 designs. Further review brought the list down to 5 designs. Those designs were then “field tested” with soldiers to see which ones they preferred.

Each year, the Defense Supply Center, Philadelphia (DSCP) publishes a new set of specifications for the production and packaging of MREs. These specs are called “Assembly Contract Requirements” or ACRs. Inside each ACR is a design of how the MRE bag is supposed to look. While color codes and spacing are specified, exact fonts to be used are not.

The three best graphic designs were finally approved and specified in the 2008 ACR for future MRE bags. Each design will be used to showcase several offerings in the 24 meal series. Design #1 will be used on menus 1-4 and 13-16. Design #2 will be used on menus 5-8 and 17-20. Design #3 will be used for menus 9-12, 21-24.

Previous changes to MRE bag design include:

- 1981 - Original MRE bag introduced
- 1988 - Large menu numbers added to the sides of the MRE bags

- 1995 - Last year the dark brown MRE bags used

- 1996 - New tan bags, fonts, and graphics introduced

- 2001 - Two notices added to the bags: “U.S. Government Property” and “Commercial Resale Is Unlawful”

- 2003 - New notice added to the bags: “Flameless Ration Heaters Are Prohibited On Commercial Airlines Unless Sealed In Original MRE Menu Bag”

- 2007 - Last year for the old graphics

- 2008 - Three new graphic designs introduced for MRE bags. Bag color remains tan.

# Parting shot



**Capt. Michelle Billeter, 507th MDS, instructs a unit member during the hands-on portion of the Self Aid and Buddy Care course. The hands-on portion must be completed as well as the on-line course for complete credit of the course.**

## On-final

### R-News

#### CCAF awareness training offered

One of your most valuable benefits in the Air Force Reserve is access to outstanding higher education opportunities.

One such opportunity, the Community College of the Air Force (CCAF) is a fully accredited college headquartered at Air University, Maxwell AFB, AL. CCAF offers 67 different associate degrees in five general areas of study. The student earns an associate degree after completing just 64 semester hours including 24 hours of technical training in his/her career field. Next, the student can use these credits at accredited four-year institutions to earn a baccalaureate degree either through a traditional campus setting or distance learning.

To further awareness of CCAF programs the 507th Human Resource Development Council (HRDC) has initiated a program to mentor all newly awarded journeyman (5-level qualification) on CCAF. The point of contact for this initiative will be the 507 wing training office who will set up appointments with each individual on a one-on-one basis. All Airmen are strongly encouraged to take advantage of the knowledge and experience of our education specialists to maximize your educational experience.

#### 507th ARW recruiters

<http://get1now.us>



##### Tinker AFB, OK

(In-Service Recruiter)  
Tech Sgt. Neil Lambrecht  
(405) 739-2980

##### Moore, Norman, OK

Staff Sgt. Jackie Harris  
(405) 217-8311

##### Midwest City, OK

Tech. Sgt. Melissa Melichar  
(405) 733-9403

##### Tulsa, OK

Tech Sgt. Bill Joseph  
(918) 250-3400

##### Altus, OK

Master. Sgt. Ronald Gregory  
(580) 481-5123

##### McConnell AFB, KS

Sr. Master Sgt. David McCormick  
(316) 759-3830  
Master Sgt. Stephan Kimbrough  
(In-Service Recruiter)  
(316) 759-3766  
Staff Sgt. Jason Sommers  
(316) 681-2522

##### Vance AFB, OK

Master Sgt. Stephan Kimbrough  
(316) 759-3766