

On-final



U.S. AIR FORCE

507th Air Refueling Wing - 513th Air Control Group

Tinker Air Force Base, Oklahoma

JULY 2008 Vol. 28, No. 7

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A sign of the times; tail markings depict association



507th ARW
Vice Commander's Column
By Col. Clayton W. Childs

Doing your part and making a difference

First let me say what an honor and a privilege it is to join the Okies as your vice commander and thank you for the warm welcome I have received. Over the coming months I hope to meet most of you and to thank you for serving your country and this unit.

I just returned from deployment to Manas AB for 120 days as the 376th AEW/CV, where Col. Randall "Arlo" Guthrie replaced me in January. I mention this because I think it is important for you to understand your Reserve leadership is participating side by side with you in voluntary deployments as we continue to fight the Global War on Terror, and why we think it is important. I call it "Doing Your Part and Making a Difference."

In my other career, as an airline pilot, I often see many of our fellow servicemen and women as they travel in uniform to and from their deployments. Active, Guard and Reserve, many of these warriors are deploying for their second, third or fourth combat deployment. I join my fellow citizens as we try to express our gratitude for their service; yet it always seems inadequate. Recently, I flew a Ma-

rine who had made the ultimate sacrifice and his escort back to a solemn ceremony in New Orleans. I always think to myself; "Am I doing my part?" Sure, I have deployed several times in 24 years and friends sometimes say "you've done your part - you don't need to volunteer anymore." But as long as each month I put my uniform on and train with you to be a part of the United States Air Force, I need to be a part of the team, a part of the solution. Put simply its just "Doing My Part."

The deployed active duty commander and I were based together as lieutenants at Offutt AFB from 1986 – 1989. Since then our careers have taken very different paths. 23 years ago when we were flying EC-135s on airborne alert in Strategic Air Command, we were just doing a seemingly routine job. From today's perspective, we were part of an effort that resulted in the end of the Cold War, the tearing down of the Berlin Wall, the changing of the world forever. It simply would not have happened without American Airmen volunteering to serve in all capacities — support, maintenance, operations, medical, staff. Many of us went to work each day, never thinking we were changing the world forever. Very few jobs offer you the chance to be an instrument of change for the better on your community, your country, and the world. The Air Force Reserve does that, be proud of it – talk about "Making a Difference!"

This UTA I want to thank you for "Doing Your Part and Making A Difference." Keep up the good work, stay safe, stay ready, and thank you for serving your country.

Respect .. use it or lose it

by Master Sgt. Gary Wagner
35th CBCS First Sergeant and
507th SFS Acting First Sergeant

Respect is a fundamental aspect of the U.S. military. Each Soldier, Sailor, Airman, and Marine is a representative of their respective branch, their neighborhood and country. If that military member refuses to bear himself with proper discipline (bearing) and respect, then he paints a bad picture to society as to what it means to be in the military.

As Airmen we serve our civilian society and want them to trust us. If we don't respect ourselves, how can we possibly expect others to respect us. It

takes away the secure and comforting image of the disciplined and effective U.S. military member as a respectful and respectable member of the community. Remember that you are an Air Force Airman and with this title comes respect and discipline.

Respect for rank in the Air Force is another issue I find disturbing. I have observed our Airmen disrespecting ranking enlisted and officers. This should never become an acceptable practice and it requires everyone's attention.

The United States Air Force is the greatest in the world. We need respect and discipline to continue to be great. We all have this inside us. Use it!



Master Sgt. Gary Wagner

Chapel Corner

Loose lips sink shops

by Chaplain (Capt.) Kelly Stahl

The military has been dealing with gossip since the conception of the very first armies. Those that are privileged to classified information can easily give over secrets to enemy forces unknowingly for several reasons. One reason is that they are proud of their level of knowledge and feel important by sharing the information. During the World Wars, there were slogans like, "Loose Lips Sink Ships." This was important because anybody that gave away sensitive information could potentially cause the loss of people and assets. The Air Force has done a good job at helping us remember to not share sensitive information about the Air Force through our OPSEC programs. But what about the sensitive information about your shop mate? How well do we hold our tongue when it comes to those we work with?

Humanity has continually struggled

with the desire to hear the latest and juiciest gossip. Knowing the ins and outs of what others are doing and thinking is interesting. If it weren't we wouldn't have shows like "Desperate Housewives," "Friday Night Lights" and the multitude of reality shows. We like to hear the details of people back biting, how other people react to someone else's slams and putdowns, who likes who and other succulent, personal details. From the earliest times in our youth as we are socialized we are bombarded with personal information and have the decision to pass it on or keep it in.

Growing up we all heard phrases like, "If you can't say anything nice, don't say anything at all" and "Sticks and stones may break my bones but words can never hurt me." Even once we reach adult hood, the destructiveness of gossip is something that we need to be reminded about from time to time. Words can and do hurt and when gossip is flying around our shops, morale declines sharply and can affect our mis-

sion capabilities. I think at times we don't even realize that we are gossiping with the intention of being malicious because we sugar coat the gossip by saying, "I don't think they would mind me saying..." or rationalize the gossip by thinking "I am trying to help them" or "I am saying this for their own good." If you ever begin a sentence with "I shouldn't tell you this but..." then don't say it.

Remember these things when we get ready to share the latest story about a friend or shop mate:

1. Is this privileged information?
2. Do I really need to share this?
3. Am I sharing this to make myself look good/someone else look bad?
4. Is this going to be enriching or is it going to destroy morale?

If any of the answers are "yes" then don't pass this information along because it is gossip. Gossip goes against our core values of "integrity first, service before self, and excellence in all we do."

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Call us at 734-3078.

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.

Stenner takes reins of AF Reserve Command

by Senior Master Sgt. Matt Proietti
Secretary of the Air Force
Public Affairs

WASHINGTON — Lt. Gen. Charles E. Stenner assumed command of the Air Force Reserve and its 68,000 members June 24 in a ceremony at the Air Force Memorial here.

He succeeds Lt. Gen. John A. Bradley, who held the post since 2004.

“I’m excited to lead the finest group of warriors I have ever known,” said General Stenner. “These are Airmen who have to maintain a balance with their family, their military commitments, their civilian career and their community.”

The ceremony was held at the base of three stainless steel spires that dominate the memorial, which overlooks the Pentagon and offers a view of other Washington landmarks.

Air Force Vice Chief of Staff Gen. Duncan McNabb officiated and said the command is getting a “remarkable

leader” in General Stenner.

“Command is not a new role for (him),” said General McNabb. “It is what he was made for, and what he loves doing. He knows where we are going as an Air Force and he understands where the Air Force Reserve fits as an integral part of the Total Force.”

General Stenner assumes a dual role which requires him to divide his time between serving as chief of the Air Force Reserve in Washington while also being head of the Air Force Reserve Command at Robins AFB, Ga.

He has been assistant deputy chief of staff for strategic plans and programs at the Pentagon for two years. Before that he served as director of operations at command headquarters and director



of plans and programs there before transferring to Washington. He has commanded four operations groups and two fighter wings.

General Stenner is a command pilot with more than 3,500 flying hours in the F-4 Phantom, A-10 Thunderbolt and F-16 Fighting Falcon.

Speaking Monday at the Pentagon, General Stenner said his immediate

goal is to keep the Air Force Reserve on a steady course as it works with its active-duty and Air National Guard partners.

“The Air Force has some very, very good objectives for the way ahead (in) winning the war on terror, taking care of our people and recapitalizing this Air Force to include the Air Force Reserve,” he said. “Our reserve warriors are going to continue in their assigned duties. They’ve been doing it exceptionally well and I expect that to continue.”

General McNabb said General Stenner takes command of the Reserve at a time when the Air Force “is engaged in a battle of good over evil, hope over despair, light over darkness and freedom over tyranny.”

“(We) are our nation’s sword and shield...and we will go to the most dangerous place on the planet...tonight...to defend freedom and protect America,” he said. “The line between regular and reserve forces is indistinguishable, and we are the benchmark service for the joint team on how to integrate the right way.”

General Stenner acknowledged sacrifices made by his family and those of all reservists, ending his comments with a simple statement to those in uniform.

“Now let’s go to work,” he said.



Lt. Gen. John A. Bradley, left, outgoing chief of Air Force Reserve and commander of Air Force Reserve Command, pins a third star on the epaulet of Lt. Gen. Charles Stenner while Mrs. Dee Stenner pins the epaulet on the other side. The promotion ceremony took place at the Air Force Memorial in Arlington, Va., June 24, 2008, prior to the AFRC change of command.

(U.S. Air Force photo by Senior Master Sgt. Raymond Sarracino)

Donation challenge supported four operations

by Lt Col. Richard Curry
507th ARW Public Affairs

A four month deployment for one 507th ARW reservist resulted in lifesaving operations for four Kyrgyzstan children.

Col. Randall “Arlo” Guthrie, former 507th vice commander, deployed during January to serve as the vice commander for the 376th Air Expeditionary Wing.

The 376th AEW is the lead refueling wing and premier mobility hub supporting operations in Afghanistan. The wing’s mission includes strategic airlift operations, aerial refueling, combat airlift and airdrop, as well as aeromedical evacuation support when needed. Coalition aircraft supporting the mission include U.S. KC-135s and C-17s, Spanish C-130s, and French C-135FRs.

Upon his arrival at Manas AB, Colonel Guthrie became aware of the 376th’s long time support of the Manas Air Base Outreach Society which supports the Children’s Heart Ward.

The Children’s Heart Ward is a facility that houses infants and children who need surgery to correct heart defects stemming from a combination of inherited genes and environmental factors, such as illness or mothers being exposed to chemi-



Col. Randall Guthrie shows one of the young patients her picture on his digital camera.

icals during pregnancy.

Two local doctors perform these surgeries free of charge. But an oxygenator — a disposable piece of equipment that serves as the lung during cardiac surgery and is



Col. Randall Guthrie, left, in blue shirt, presents a check for \$2,200 to the Manas Air Base Outreach Society. Children at the hospital pose with the group.

designed to expose the blood to oxygen and remove carbon dioxide — is needed for each operation, and each costs \$560.

The Manas Air Base Outreach Society has addressed that need with its Children’s Heart Ward focus group. Airmen raise money to pay for the oxygenators and sometimes for other types of surgeries so more children can be assisted. Since the foundation stood up, more than 100 surgeries have been supported, most by covering the cost of an oxygenator.

By passing the hat and posing donation challenges, Colonel Guthrie helped raise \$2,200 during his four-month rotation at Manas AB or enough money to support four operations.

“Without these surgeries, the chance of survival is virtually zero. I simply challenged the wing staff to pass the hat. We had to do it unofficially since it was during, I believe, the official CFC fundraising time,” he said. Guthrie added that later in his tour, “We visited the hospital to present a check and spend time with the children.”

AFSO21:

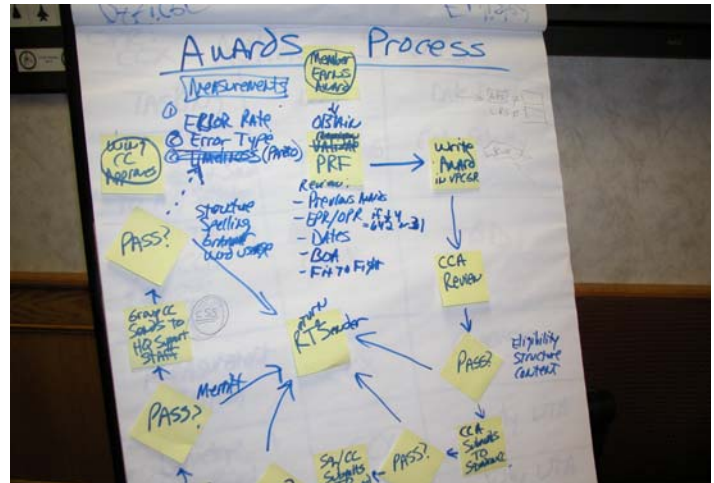
Three types of improvement activities within AFSO21

By: Capt Mark Vardaro

Within the AFSO21 program, there are three types of improvement activities that can be completed. They include a “Just Do It,” Rapid Improvement Event (RIE), and a Project. The specific type of improvement activity utilized depends on the scope of the improvement initiative. The table below describes each type of improvement initiative.

Type of Improvement Activity	Brief Definition
Just Do It	An Improvement Activity in Which Immediate Action Is Taken and Achieved Once An Opportunity is Identified. It is usually completed within a day or two by personnel within the work center or process in which the opportunity has been identified. Typically facilitated by someone within the work center that has an awareness of process improvement and efficiency (if trained with an awareness of AFSO21, this person would be equivalent to a White Belt in civilian industry)
Rapid Improvement Event (RIE)	A short-term, high intensity improvement effort engaged to address a specific problem within an organization. The focus is typically a week, though the preparation normally begins several weeks in front and follow-up continues after. Also called by other names, including Rapid Improvement Workshop, Kaizen Event, Kaizen Blitz, and an Accelerated Improvement Workshop. Typically facilitated by a certified AFSO21 Level 1 Facilitator (equivalent to a Six Sigma Green Belt in civilian industry)
Project	A longer-term improvement effort focused on improvements to larger Business Process Reengineering (BPR) efforts that involve much more time and many more actions to implement and sustain improvements. A project typically involves a process that crosses organizational boundaries. The result of the project may take months or years to implement. It is typically facilitated by a certified Level 2 Facilitator (equivalent to a Black Belt in civilian industry) and could involve one or multiple certified Level 1 Facilitators.

Various facilitation and improvement tools will be utilized with each type of improvement activity. In fact, many of the same tools will be utilized in each, however the extent and depth of their use may differ. If you identify an improvement activity and would like some help figuring out what your next steps should be, contact your Group AFSO21 representative, Maj Bonnie Tremblett at 734-5543 or myself at 556-1745.



Capt. Mark Vardaro shows wing members how AFSO 21 can improve work processes.

The IG Says...

How to File a Complaint

1. If you believe you are unable to resolve your complaint in command channels, review AFI 90-301 Table 2.5 (Table 2.9 when the new version of 90-301 is published) to determine if the complaint should be filed with the IG. You may file a complaint if you reasonably believe inappropriate conduct has occurred or a violation of law, policy, procedure, or regulation has been committed.
2. Complete the personnel data information on an AF Form 102 (typed or printed legibly) (the preferred format for submitting complaints) so it may easily be reproduced
3. Briefly outline the facts and relevant background information related to the issue or complaint on the AF Form 102.

4. List the allegations of wrongdoing BRIEFLY, in general terms and provide supporting narrative detail and documents later when interviewed. Allegations should be written as bullets and should answer:

- * Who committed the violation?
- * What violation was committed?
- * What law, regulation, procedure, or policy was violated?
- * When did the violation occur?

5. Submit the completed AF Form 102 to any Air Force IG and setup a follow-on meeting to discuss the complaint

If you have any questions or concerns please contact Capt Mark Vardaro at: 405-556-1745 (Primary); Toll Free: 877-225-5928 (Enter 405-694-4026); or Fax at: 405-694-4027 (Primary) or 405-734-4905; or email: mark.vardaro@tinker.af.mil

**IG appointment hours:
Sunday of UTA
1300 - 1500 hrs***

* time will be shorter when Commander's Call scheduled

Training class includes Reserve, Guard students

by Master Sgt. Sharon Lochman
507th Education and Training

Twenty one students graduated from the AFRC NCO Leadership Development Course last month in front of a standing-room-only crowd. This was the first course conducted that included members from the Oklahoma Air National Guard. The course was established in 1989 in response to a need to provide meaningful, challenging leadership training to mid-level enlisted personnel. While geared toward staff and technical sergeants, the course is open to fast-track senior Airmen, active duty, civilian employees and members from other branches of services.

Staff Sgt. Lindsay Newton, 513th MXS, had the following comments: "The class was a great experience. It was great to

meet other NCOs from different squadrons and find out how things are accomplished in their unit. There were always really good discussions in the class and several topics covered that would give any individual a new look on things. The military instructors we had were awesome. We did several activities that involved critical thinking, teambuilding, role playing to get an idea, as a supervisor, of the situations that you might be placed in. It was very educational and a lot of fun! A major plus is getting paid to get two college credits and meet new people. Can't get much better than that! I highly recommend this class to anyone looking to go further in their supervisory career."

The class schedule for 2009 is being finalized. See your Unit Training Manager for more information.



Family Day 2008 updates

The 2008 Family Day will be held on Saturday of the September UTA. Plans are underway to make this one of the most memorable and activity-filled days yet. The 507th Mission Support Group is this year's event coordinator. Please volunteer to help out in any area possible to help make this a success.

Activities for young, old, and not so old will be available. The main activity areas will be in Hangars 1030

and 1082 and the area in between and North of Hangar 1030.

Menu items include BBQ sandwiches for adults and hot dogs for the kids.

Aircraft, a fire truck and military HUMVEE will be on display; vendors will have booths where they sell and give away merchandise. Hangar 1082 will be geared toward the adults with a big screen TV set up for football fans. The old standby events like dunk tank, weight lifting, jail, moonwalks, kids games, will be available as well as several new items in the works.

Get your tickets now so the food committee will know how much food to buy and so it will be less expensive on you! The prices go up each month until the end of August. Wrist bands will be distributed by first sergeants to those buying tickets and wishing to enter the food lines. Each ticket bought will be entered into a drawing for dozens of fabulous prizes.

See your unit first sergeant or orderly room personnel for more ticket information and prices.



There were several changes in wing leadership positions last month. Above Lt. Col. Sandra Brooks assumes command of the 507th Maintenance Squadron. Top right, Maj. Brian Eddy assumes command of the 507th Maintenance Operations Flight. Below right, Maj. Dan Moore assumes command of the 507th Aircraft Maintenance Squadron. The change up in leadership within the Maintenance Group was arranged to provide greater scope of experience for future career growth.

Photos by Senior Airman Zach Anderson



MESSAGES



Letter to Airmen

Michael B. Donley
Secretary of the Air Force

30 June 2008

Recommitting to Our Own High Standards

I am honored to be back serving with you in the world's finest Air Force. You deliver Global Vigilance, Global Reach, and Global Power, defending and protecting the United States and its global interests. You excel in the domains of air and space, and you are growing a critical capability in cyberspace.

My immediate focus has been on gaining a clear sight picture on key Air Force issues and meeting with the Headquarters Air Force staff. I have also visited with our wounded comrades at Walter Reed Army Medical Center. Their personal courage and determination to return to active duty is inspirational.

Right now, we need to direct much of our attention to the Air Force nuclear enterprise, which is facing cultural, systemic and institutional challenges. To begin restoring our inner confidence and credibility, I have directed the establishment of a Nuclear Task Force to examine the nuclear enterprise through the lens of Doctrine, Organization, Training, Materiel, Leadership and Education, Personnel and Facilities. We will deliver a clear vision and strengthened performance – as an Air Force and as Airmen – to the President, Secretary of Defense, and the American people.

Recommitting to our own high standards is the foundation for our success in every mission area, not just our nuclear enterprise. To this end, I charge the Air Force to:

- Continue leaning forward in every respect in support of Joint operations
- Ensure that our core values of *Integrity First, Service before Self, and Excellence in All We Do* underpin every action, by every Airman, at all times
- Commit to individual and organizational accountability
- Critically examine our internal processes, restore discipline, identify weaknesses, and aggressively solve problems
- Overcome any challenge that impinges on our credibility, readiness, or the trust placed in us by others
- Do our mission for the Nation, and do it well

America's Airmen are known the world over for upholding high standards of excellence. From the Berlin Airlift to Operations Enduring Freedom and Iraqi Freedom, our Air Force has served with distinction and honor. I am absolutely confident in your ability to strengthen our performance, rebuild our nuclear enterprise, win today's fight, and prepare for tomorrow's challenges. *Integrity, Service, and Excellence* are our hallmarks – past, present, and always.

Michael B. Donley
Michael B. Donley
Acting



Letter to Airmen

Michael W. Wynne
Secretary of the Air Force

20 June 2008

An Honor and a Privilege

To the Airmen of the United States Air Force, I salute you! Your dedication, motivation, and commitment are nothing short of remarkable. You are America's sword and shield, defending the United States and its global interests by delivering sovereign options in air, space, and cyberspace.

With watchful eyes and precision strike, you counter insurgents, enabling ground commanders in Iraq and Afghanistan to act freely. With humanitarian airlift, you expand our diplomatic options and serve as the face of American compassion in countries such as Indonesia, Pakistan, Burma and China. With unwavering vigilance, you are America's strategic backstop, deterring any who might seek to harm us. You instill a confidence among our Allies and Joint partners that only American air, space and cyberspace power can deliver. You embrace speed, precision and crisp action, dominating with advanced technology. It is your nature to think forward.

Every day, you impress me with your innovative spirit and impetus for action. You embrace new organizing constructs and the culture of empowerment, enhancing our warfighter edge. You accelerate new technologies to the field and create unparalleled interoperability for the Joint fight, assuring America's strategic advantage of technology dominance for future generations. You infuse America's Air Force with a vector and speed that is nothing short of extraordinary, ensuring the United States is prepared for any challenge – now and in the future. Your energy and drive are contagious.

Ours is the profession of arms. We are entrusted by the American people and our national leaders to protect and defend the ideals embodied in our Constitution, and thus secure our very way of life. Given this special trust and confidence, we hold ourselves to the highest standard of accountability. Our values of *Integrity first, Service before self, and Excellence in all we do* form the bedrock of all of our actions.

My heart is filled with pride in the accomplishments of America's Airmen. It has been an honor and privilege to serve as your 21st Secretary of the Air Force.

On behalf of Barb and I, our thoughts and prayers shall ever be with you, your families, and the Nation that we serve. As always, the future of the Air Force rests in the best of hands – yours.

Michael W. Wynne
Michael W. Wynne
Secretary of the Air Force



CHIEF OF STAFF, UNITED STATES AIR FORCE
WASHINGTON DC

JUN 1 0 2008

LETTER TO ALL AIRMEN

It has been my highest honor to serve our great country as an Airman for almost 37 years. In peace and in war, I've had the privilege of serving alongside countless outstanding men and women—Airmen, Soldiers, Sailors, Marines—who have pledged themselves to our country's defense. I was honored and humbled to be appointed the Air Force's 18th Chief of Staff and have been proud to serve our Airmen, their families, and the American people in that role. Upon taking the oath of office, I committed myself to Secretary Wynne and to the Air Force to ensure we provided the right forces at the right time so that our Nation and its allies are victorious in the Global War on Terror and ready to meet future challenges. Working to fulfill that commitment and do the right thing for America and its Airmen, at a crucial point in history, has been the most rewarding experience of my life.

Given my pride in our Service and its distinguished history, you can imagine how it pained me to read the recent report concerning lapses in the control of nuclear-related assets. The profession of arms is a demanding one, and the expectations are as high as the stakes of national security. As our Service's senior uniformed leader, I take full responsibility for these events that have hurt the Air Force's reputation and wrongly raised questions about our commitment to our Core Values of Integrity First, Service Before Self, and Excellence in All We Do. The Nation places a sacred trust in its Airmen, and I have a deep personal belief that I am accountable for that trust. Therefore, the honorable thing for me to do is to step aside at this time. Secretary Gates has approved my request for retirement.

You are the strongest and finest Air Force the world has ever known. And you will do whatever is necessary to make the Air Force even stronger. Most importantly, you will continue waging and winning today's fight as part of the Joint Team, even as you take care of our Airmen and prepare for tomorrow's challenges. Before I depart the fix with an unceasing admiration of your devotion to our Country, let me thank you one last time for all you do every day for the Air Force and our great Nation. Jennie and I are immensely proud of having served with each and every one of you, and our hearts remain with you and our Air Force. I am an American Airman, and I always will be.

Fly, Fight, and Win...now and forever!

Sincerely
T. Michael Moseley

T. MICHAEL MOSELEY
General, USAF
18th Chief of Staff



During June, Col. Gregory S. Gilmour assumes command of the 507th Operations Group. Outgoing commander, Col. Archie Frye, assumes command of the 931st Air Refueling Squadron at McConnell AFB, Kansas.



513th AMXS
Commander

By Lt. Col. Anthony Vallera

Education is what gets you in the door

How many times have you seen a help-wanted ad for your dream job only to find you meet all the technical requirements, qualify to pass the background checks and even have the all important veterans preference, but still can't seem to get selected for the position?

More and more, whether they say so in the job announcement or not, employers are seeking candidates with a college degree. You may ask yourself, a college degree?

What does earning that magical sheep skin have to do with my ability to succeed as a mechanic, pilot, logistician or equipment specialist (enter dream job title here) in the civilian world? Well, on the surface, many would agree not much. After all, earning an Associate or Bachelor degree in an area that interests you, may not even be related to the technical position you are applying for and are already qualified to fill.

So, what's the deal? Why is the degree so important? Well, first of all, look around you. You're likely to find that more people hold a college degree than you think. Basic laws of supply and demand are at work. So there's always that to compete with. It is my opinion that employers, considering two candidates with equal qualifications, except for the college degree, will select the degree holder more often than not. It's a reliable tie breaker I've seen used over and over again.

But of more importance is what the degree really signifies to the HR guy. It shows you are capable of setting a goal for yourself and that you have the determination, perseverance and self discipline to achieve that goal. This

is one of the same qualities bosses seek to find in new employees. They also know it takes great sacrifice of time, money, and missed opportunities in the short term to earn a degree. It shows you can come through when the stakes are high.

Now, I'm not foolish enough to believe that earning a degree by itself is a reliable indicator of success. There are many out there with long titles filled with latin words I wouldn't begin to pronounce who make poor employees due to significant character flaws. Just watch the behavior of some of the top CEO's on the business news and you'll see what I mean. But, combined with good technical skills, a solid work ethic, good moral character, and a positive attitude, a college degree can be just the ticket to get you through the door.

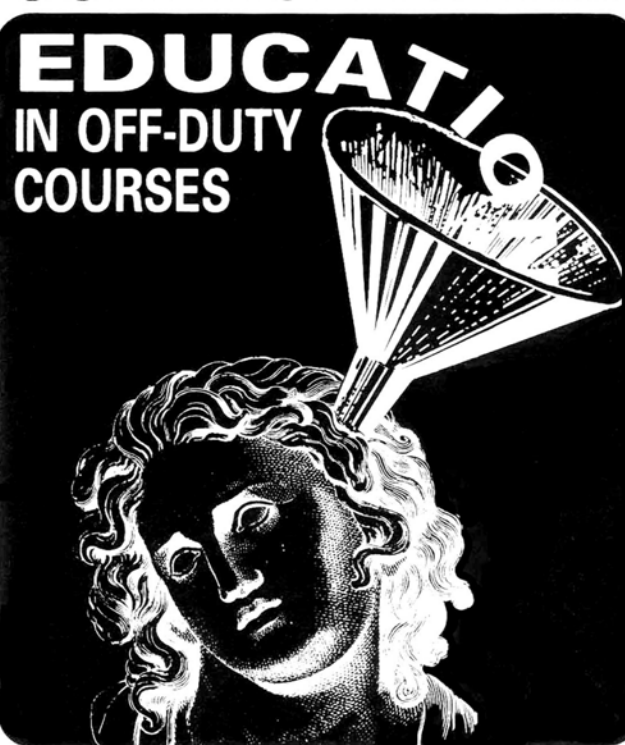
Why did I choose to write about education this month? To remind each of you to consider how completing a de-

gree program may pay long-term dividends, both monetarily and through personal career satisfaction, in your own life. Because of the wonderful education benefits you are entitled to as Air Force reservists, you have fewer excuses than you think. The comprehensive job experience you've gained in this unit, combined with the USAF technical schools and PME you've completed probably puts you closer to a Community College of the Air Force (CCAF) degree than you think.

Please take the time to visit with the 507th Wing Education and Training Office (734-7075) to see where you stand on completing your degree. I'm willing to bet you're way closer than you think. Once you've reached that goal, I

strongly recommend using the other education benefits you're entitled to as an active reservist for an advanced degree or to obtain other necessary job skills. By doing so, you'll improve your chances of landing your dream job. You'll also make the value of your faithful service each month more worthwhile in monetary terms. Good luck and thanks for being here to serve.

CONTINUE YOUR...



VISIT THE EDUCATION CENTER TODAY!

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. **For more information or to schedule testing, 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.

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. 1043, ATN Room in the basement.

Computer-based testing on the UTA is available on Sunday at 0800 and 1300 in Bldg. 1043, ATN Room in the basement.

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 08-09 UTA SCHEDULE

02-03 Aug 08	06-07 Sep 08
04-05 Oct 08	01-02 Nov 08
06-07 Dec 08	10-11 Jan 09
07-08 Feb 09	07-08 Mar 09
04-05 Apr 09	02-03 May 09
06-07 Jun 09	11-12 July 09
01-02 Aug 09	12-13 Sep 09

As of 8 July 2008

Fri, 11 July 2008

1300 Pre-UTA Cmdr Staff Mtg Bldg 1030, MSG Conf Rm
 1400 Pre-UTA First Sgts Mtg Bldg 1066, OG Conf Room
 1500 Pre-UTA CChief & 1st Sgt Mtg Bldg. 1066, OG Conf Room
 1600 Top 3 Executive Board Mtg Bldg 1056, 970th ConfRm

Sat, 12 July 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 1030, MSG Conf Rm
 1000-1100 Mobility Rep Meeting To Be Determined
 1300-1545 Newcomers Ancillary Tng Ph I Bldg 1030, MSG Conf Rm
 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, 13 July 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 1043, ATN Room
 0800-1100 Newcomers Ancillary Tng Ph II Bldg 1030, MSG Conf Rm
 0800-1030 Unit Safety Rep Bldg 1030, Room 204
 0830-0930 Enlisted Advisory Council Bldg 1043, CC Conf Rm
 0900-1000 Mandatory 3A0X1 Tng To Be Determined
 1015-1115 Mandatory 3S0X1 Trng Bldg 1043, Rm 203
1300. by appt. CDC Testing
 1300-1600 First Duty Station Bldg 1030, MSG Conf Rm
1300 SORTS/Post UTA Mtg CAT
 1400-1500 IG period w/Capt. Vardaro Bldg 1043, Room 5
 1500- Wing Commander's Call Base Theater
Unit Designated Sign Out Unit Designated

Fri, 1 August 2008

1300 Pre-UTA Cmdr Staff Mtg Bldg 1030, MSG Conf Rm
 1400 Pre-UTA First Sgts Mtg Bldg 1066, OG Conf Room
 1500 Pre-UTA CChief & 1st Sgt Mtg Bldg. 1066, OG Conf Room
 1600 Top 3 Executive Board Mtg Bldg 1056, 970th ConfRm

Sat, 2 August 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 1030, MSG Conf Rm
 1000-1100 Mobility Rep Meeting To Be Determined
 1300-1545 Newcomers Ancillary Tng Ph I Bldg 1030, MSG Conf Rm
 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, 3 August 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 1043, ATN Room
 0800-1100 Newcomers Ancillary Tng Ph II Bldg 1030, MSG Conf Rm
 0800-1030 Haz Comm Trng for Supvrs Bldg 1030, Room 204
 0830-0930 Enlisted Advisory Council Bldg 1043, CC Conf Rm
 0900-1000 Mandatory 3A0X1 Tng To Be Determined
 1015-1115 Mandatory 3S0X1 Trng Bldg 1043, Rm 203
1300. by appt. CDC Testing
 1300-1600 First Duty Station Bldg 1030, MSG Conf Rm
1300 SORTS/Post UTA Mtg CAT
 1400-1500 IG period w/Capt. Vardaro Bldg 1043, Room 5
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 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 **Receive Direct**
pay by: **Deposit by:**

08 Jul	15 Jul
10 Jul	18 Jul
15 Jul	23 Jul
17 Jul	25 Jul
21 Jul	30 Jul
23 Jul	01 Aug
29 Jul	06 Aug
31 Jul	08 Aug
05 Aug	13 Aug

Military Pay (405) 734-5016

New MPF Hours

Closed Thursday

Saturday UTA

Open at 0800 - 1500, except for following closures:

1300-1330 - Employments/Relocations

1400-1430 - Career Enhancements

1500-1530 - Customer Service

1500-1600 - IDs only

Sunday UTA

Open at 1130 - 1600

BAQ Recertification Deadlines

If Last Digit of SSAN is: Then Forward Listing to Unit 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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101 Critical Days of Summer

Alcohol, boating don't mix

By Master Sgt. Gary Bristol
507th ARW Safety Office

More than 1,000 people die in boating accidents every year with nine out of ten of them drowning. About 60 percent of those deaths involve alcohol.

Boating under the influence (BUI) of alcohol is illegal, the same as driving under the influence.

With that said, seventy-six million people enjoy boating on America's waterways each year. Many are not aware of the very real, life threatening dangers associated with consuming alcohol and boating. To help reduce the incidents of BUI, the U.S. Coast Guard has initiated a major, nationwide campaign to warn Americans about the dangers of alcohol consumption and boating.

Four hours of exposure to powerboat noise, vibration, sun, glare; wind and motion produce a kind of "boater's hypnosis." This slows reactions almost as much as being drunk. Alcohol added to this sun exposure intensifies the effects.

When you're drinking, you're much more likely to fall overboard. Alcohol also reduces your body's ability to protect against cold water. So within minutes you may not be able to call for help or swim to safety. An intoxicated person whose head is immersed can be confused and swim down to death

instead of up to safety.

Because operating a boat under the influence is so dangerous, the Coast Guard is using a threefold approach to reducing alcohol related accidents:

1. Improved law enforcement in cooperation with the States.
2. An improved accident reporting system to identify alcohol-related accidents.
3. Widespread education and public awareness of the dangers of alcohol. Every boater, whether an operator or passenger, should cooperate in spreading this word.

Throughout the country each year, more than 2,000 safe boating courses are offered by groups such as the U.S. Coast Guard Auxiliary, the U.S. Power Squadrons, the American Red Cross, and individual States. Courses cover many aspects of boating safety - from boat handling to reading the weather. All courses include knowledge and warning about alcohol and boating. For more information on finding a course near you that will fit your schedule - call the toll-free U.S. Coast Guard Infoline at 1-800-368-5647 or The Oklahoma Lake Patrol at 425-2424.

Alcohol affects people differently. The chart below shows how much the Blood Alcohol Content is raised by consuming alcohol in a two hour period. The chart provides averages only, and reactions will vary depending upon such factors as food in the stomach, medication, mood and fatigue.

Blood Alcohol Content Chart

Body Weight in Pounds	Number of Drinks in a two Hour Period. 12 oz. beer = 5 oz. wine = 1 oz. 80 proof liquor.								
	1	2	3	4	5	6	7	8	9
100	1	2	3	4	5	6	7	8	9
120	1	2	3	4	5	6	7	8	9
140	1	2	3	4	5	6	7	8	9
160	1	2	3	4	5	6	7	8	9
180	1	2	3	4	5	6	7	8	9
200	1	2	3	4	5	6	7	8	9
220	1	2	3	4	5	6	7	8	9
240	1	2	3	4	5	6	7	8	9

- BAC to 05%** BE CAREFUL- Loss of judgment and coordination
- BAC .05% to .10%** ABILITIES IMPAIRED- Chance of accident increased
- BAC .10% and over** DO NOT OPERATE A BOAT- High risk of accident



Operating a boat is at least as complicated as driving a car and a boating accident can be just as dangerous as an automobile

accident. Yet many people who would never drink and drive, think it's safe to operate their boat after drinking. It isn't. In fact, 50% of all boating fatalities are alcohol related. Operating a boat while intoxicated is illegal and dangerous.

Airmen can use regular detergent on ABUs

Airmen are now authorized to wash their Airmen Battle Uniforms in regular detergent, regardless if the detergent uses optical brighteners announced Air Force leaders here recently.

On March 25, the Army released a memorandum concluding that ABUs laundered with detergents containing optical brighteners do not pose a detection threat to the wearer in an operational environment. "After reviewing Army test results and conducting follow-on evaluations we have determined that changes from laundering ABUs in detergents containing optical brighteners are negligible," said Lt. Col. Chuck Arnold, chief, recognition and uniforms branch, directorate of force development at the Pentagon.

While any detergent can be used to launder the uniform, fabric softeners or

bleach should be avoided. The uniform should be tumble dried at the low heat setting, too.

The ABU, which replaces the temperate and hot-weather Battle Dress Uniform and the Desert Camouflage Uniform, made its first appearance in late summer 2007 when it was issued to Airmen deploying to Iraq, Afghanistan and Southwest Asia. It was also issued in October to basic military trainees in the initial-issue clothing bag. It was authorized for wear by all Air Force personnel, including Reserve and National Guard, in November.

The ABU, which was fit-and-wear tested in 2004 and altered based on feedback, is designed to be a wash-and-wear uniform. Starching and hot pressing is still prohibited; these procedures deteriorate the fiber in the uniform.

Seeking quality individual for EO position

The 507th Equal Opportunity Office is accepting applications for an Equal Opportunity Specialist position as a traditional reservist. Listed below are the minimum qualifications and requirements for application according to AFMAN 36-2108.

- You must be at least a staff sergeant or ready to promote to staff sergeant.

- You must have prior qualification in any AFSC at the 5-skill level or higher (or 3-skill level if no 5-skill level exists).

- You must have the ability to speak distinctly and communicate well with others.

- You must not have a record of disciplinary action or financial irresponsibility.

- You must have high moral standards, and exceptional military appearance, bearing and conduct.

- You must have no previous record of having failed to graduate from a formal EOT training course.

- You must be able to complete a re-training package.

- You must be able to attend Defense Equal Opportunity Management Institute training, for the award of AFSC 3S131 within one year of acceptance of the position.

Knowledge of filing systems, publications, and computers will be beneficial to this position. Members with civilian EEOC training or background are highly encourage to apply. Growth potential for NCOs seeking E-6 or E-7. Excellent training for all members especially for those seeking civilian employment in human resources/equal opportunity. If you are interested, please send your resume with cover letter prior to the close of the August drill weekend to Capt. Roslynn D. Rayford, 507th ARW/EO, Bldg. 1043, Rm. 111A, Tinker AFB, OK.

Contact Captain Rayford at 734-0367 or e-mail Roslynn.Rayford@tinker.af.mil or thinkmath@cox.net.

New program to pay for civilian dental exams

In an effort to reduce the number of overdue dental examinations in the AF Reserve, Reserve Health Readiness Program through Logistics Health Inc. is paying for eligible members to receive a dental examination, including X-rays, from civilian dentists.

Who is eligible? The program is aimed at members who are overdue for their dental exams, (Class 4), within six months of birth date.

How do you find out if you are on the list? Contact your Unit Health Monitor who will e-mail this form.

When should I contact them? Now!

Early receipt of reserve retired pay

Effective Jan. 29, 2008, a new law approved early receipt of Reserve retired pay for some members of the Ready Reserve who perform specific types of service. The Air Reserve Personnel Center hasn't received DOD guidance, but the following is known to date. This law is not retroactive to any periods of service before that date. The statute allows credit for specific kinds of tours .. involuntary mobilization, voluntary MPA tours supporting a contingency, and some Air National Guard federally supported tours supporting natural disasters -- of at least 90 aggregate days within a fiscal year to allow Airmen to bring forward the date on which they are eligible to receive Reserve retired pay by three months. To help identify qualifying tours, order publishing authorities should ensure proper statutory authorities are included on orders and encourage Airmen to maintain copies. As DOD releases guidance, ARPC will update information. However, if Airmen performed 90 days of active-duty service since January 2008, and are approaching age 60, they should contact ARPC to see if the tour qualifies for an early retired pay effective date.

Tips from the fitness world

by Maj. Kurt Klewin
513th ACG Fitness Monitor

Many of you have already made commitments or expressed a desire to participate in the Oklahoma City Marathon, Half-Marathon, or Relay for next year. Thanks! Now how about the rest of you? This past year we had great participation by the group, but I'm sure we can up the numbers in 2009.

Do you skip breakfast??

If you skip breakfast-thus not fueling your body-your athletic performance will suffer. According to Chris Rosenbloom, PhD, the director of Sport Nutrition at the Georgia Tech Athletic Association, carbohydrate stores drop by half overnight, so you've got less to work with if you don't stock up with breakfast.

Decreasing your chance of cancer

Having just had a good friend from childhood give me the blow by blow as his dad died of cancer over the last few months it might be a good time to remind everyone what we can do to help ourselves:

1. Don't smoke, and avoid secondhand smoke. If everyone quit in the US the cancer rates would drop by 1/3.
2. Maintain a health weight. Being overweight or obese increases the risk of many cancers.
3. Consume a healthy diet, with an emphasis on plant sources. Eat at least 9 servings of a variety of veggies and fruits each day. Choose from whole grains as much as possible. Limit intake of processed and red meat.
4. Stay active. This not only helps with weight, but reduces the risk of cancer in other ways.
5. Limit sun exposure and use sunscreen.
6. If you drink, consume no more than 2 per day (for men) and one a day for the ladies.
7. Get screened. Talk to your doctor about when and how often. Tests include mammograms and Pap smears for women, prostate screening for men, and colorectal screening for all adults.

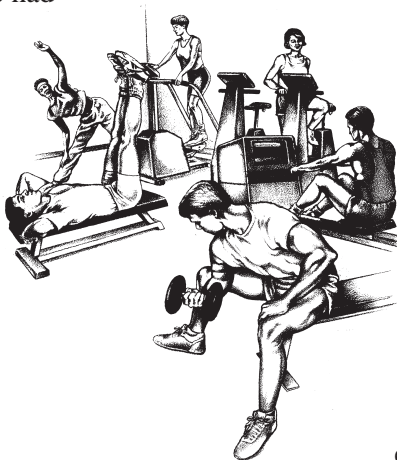
Will soda make you fat?

Non-diet sodas and other sugar-sweetened beverages contribute to weight gain and the growing obesity epidemic. Sodas contain 140-150 calories (all from sugar) in a 12 oz can, and people often drink 20 oz bottles at one sitting. Yet be-

cause sodas (like all liquids) are not satisfying, people who drink them do not typically reduce calories elsewhere. If you can add just one can of soda a day to your diet, everything else being equal, you'll gain 15 pounds per year.

Should you worry about artificial sweeteners in diet soda?

The sweeteners used in diet sodas (typically aspartame, acesulfame K, or sucralose) are safe according to the FDA. A study in Italy in 2005 received a lot of publicity because it linked even "safe" doses of aspartame (equivalent to four or five 20 oz bottles a day for a 150 pound person) to a variety of cancers. But the European Food Safety Authority has since reconfirmed the sweetener's safety, citing substantial flaws in the study.



Is peanut oil good for me?

Researchers at the University of Rochester, New York, say that peanut oil, which is high in monounsaturates, is just as good as olive oil in reducing bad cholesterol.

How many calories in that??

Listed below are the caloric values for 3 oz of many foods that are good for you. Keep in mind that a 3.5 oz serving is about the size of a deck of cards.

Calories:

Apple:	44	(3.5 oz)
Bananna	65	"
Broccoli	32	"
Carrot	25	"
Cauliflower	30	"
Cucumber	10	"
Grapes	62	"
Grapefruit	32	"
Lettuce	15	"
Orange	30	"
Pear	38	"
Peppers	16	"
Pineapple	40	"
Strawberries:	30	"
Tomato:	20	"
Clementine	40	each
Eggs	90	1 egg



The Oklahoma ARC Connection in Saudi Arabia

The 64th Air Expeditionary Group (64 AEG) has quite an Oklahoma air reserve component connection in the Kingdom of Saudi Arabia.

The commander of the 64 AEG, Col. Willie Braggs III is the Mission Support Group Commander, of Tulsa’s 138th Fighter Wing (Oklahoma Air National Guard). The commander of the 64th Expeditionary Security Forces Squadron (64 ESFS), Lt. Col. James D. Snow is the Security Forces Squadron Commander (137 SFS), of Oklahoma City’s 137th Air Refueling Wing (Oklahoma Air National Guard). The First Sergeant of the 64 AEG, Master Sgt. Kenneth Ericson is the First Sergeant of Oklahoma City’s 137th Security Forces Squadron (Oklahoma Air National Guard). The Information Manager and CSA for the 64 AEG, Master Sgt. Arnold Schones is the CSA for Tinker Air Force Base’s 507 Air Refueling Wing (Air Force Reserve). The 137th Air Refueling Wing also has several Security Forces defenders serving in the 64 AEG. All members are proud of the Oklahoma connection and proudly raise the state map over their Saudi Arabian base.

TWO TONS. After lifting 225 pounds 18 times, Airman First Class Adam Murray, at right, had lifted a total of 4,050 pounds. That was what it took to win the bench-press competition at Kirkuk Regional Air Base, Iraq on May 31, 2008. The contest prize was a weight-lifting belt, but the real prize was being the best. Airman Murray is one of the firefighters from Tinker’s 507th Civil Engineer Squadron deployed to Kirkuk.

Photo by Master Sgt. Linda Thompson of the 507th, also deployed to Kirkuk



Chaplain (Maj.) Dwight Magnus, deployed to Bagram, Afghanistan, enjoys Turkish Tea with Ted, a fireman from Kosovo.

TransAm members get mini-camp invite

by Tech. Sgt. Doug Hays
434th ARW Public Affairs

GRISSOM AIR RESERVE BASE, Ind., — Rob Shahan caught Coach Tony Dungy off guard years ago, calling the ‘then’ assistant coach at the University of Minnesota about rumors of him being considered for the head coaching position at University of Oklahoma.

Fast forward a decade plus and now Indianapolis Colts Coach Dungy caught Master Sgt. Shahan off guard, by inviting him to attend the Colt’s mini-camp in Indianapolis.

“I was working at a radio station years ago when I called Coach Dungy about the OU opening,” Sergeant Shahan said, “he politely laughed about it and denied he was a candidate, but agreed to take part in my radio show.”

The following day Sergeant Shahan said he had a fun interview with the coach.

Sergeant Shahan is an Air Force Reservist assigned to the 72nd Aerial Port Squadron at Tinker AFB, Okla., and



GRISSOM AIR RESERVE BASE, Ind., — Indianapolis Colts Coach Tony Dungy stands with Master Sgt. Rob Shahan, a reservist from Tinker AFB, Okla., working at Grissom as part of the TransAM program to assist Native Americans. (U.S. Air Force photo)

performing a 45-day tour at Grissom with Project TransAm, a multi-agency operation that utilizes the talent of Air Force Reserve personnel to aid in improving the health and welfare of Native Americans.

When the Colts began their mini-camp, Sergeant Shahan took a chance and emailed Coach Dungy to see if he would be willing to sign a few copies of his book.

To his surprise, Coach Dungy invited him to come to the mini-camp and bring the books for him to sign.

“I’ve been a Tony Dungy fan for a few years,” Sergeant Shahan said. “I look at the way he carries himself, with class, grace and humility, and it makes me admire and want to emulate him.”

Sergeant Shahan and Senior Airman Keith Dunkin, also from the 72nd APS, got more than they expected when they witnessed the two-hour mini-camp practice.

Coach Dungy spent about ten minutes with them, even taking time to walk them through the Colt’s administrative area so he could personalize the books for them.

“He was very personable and spiritual, and very much a family man,” Airman Dunkin said. “It was a great experience to meet him and other Colts players.

“They were all very nice,” Airman Dunkin said. “It was definitely a shock to meet quarterback Peyton Manning. It was a tremendous experience.”

“I’ve had some great experiences in the military,” Sergeant Shahan, a 21-year veteran said. “This is definitely one of them.”



Working together ... KIRKUK REGIONAL AIR BASE, Iraq – Staff Sgt. William Hunter (front), 506th Expeditionary Civil Engineer Squadron, and Tech. Sgt. Robert Price, 506th Expeditionary Security Forces Squadron, unloads a damaged gate guard pole into a materials control yard recently here. The damaged pole was replaced by a new piece of equipment to improve base security. Sergeant Hunter is deployed here from Tinker Air Force Base, Okla., and is a native of Jacksonville, Ark. Sergeant Price is deployed here from Pittsburgh International Air Reserve Station, Pa., and calls Pittsburgh home.

(U.S. Air Force photo by Senior Airman SerMae Lampkin)

Oklahoma employer to be recognized nationally for support of Guard, Reserve

Brig. Gen. (USAR Ret.) John Hubbard, State Chairman for the Oklahoma Employer Support of the Guard and Reserve Committee, received a phone call June 18 from DOD Asst Secretary Tom Hall notifying him that the Choctaw Nation of Oklahoma was selected for the 2008 Freedom Award.

This prestigious Freedom Award is only given to 15 recipients in the United States annually to recognize superior support rendered to members of America's Guard and Reserve.

According to Peggy Campbell, OKESGR Committee Program Support Director, "We are so excited for this outstanding honor to recognize the Choctaw Nation of Durant, OK and the Great State of Oklahoma."

This year's Oklahoma ESGR nominee for the 2008 Freedom Award was selected by committee members from dozens of nominations submitted by Oklahoma Reserve Component members. Another Oklahoma employer, Dollar Thrifty Auto Group from Tulsa, Oklahoma, received the 2007 Freedom Award.

This year's winner will be publically recognized during the Oklahoma ESGR State convention this month.

"It is an honor for the Oklahoma ESGR Committee to have the 2007 and 2008 Freedom award winners selected from our state!," Campbell said.

The Freedom Award presentations will be held nationally in Washington D. C. Sept. 18, 2008.

Filmmaking a second career for AF Reserve member

Air Force veteran Sean Lynch and Reserve Master Sgt. Dave Greene have found two fulfilling careers in common- one with the United States Air Force and one in the filmmaking industry.

The pair recently teamed up to work on one of the only student-produced feature-length films in America at Oklahoma City University.

"Unsolved," produced by students in OCU's Moving Image Arts Program, premiered in June at the Kerr McGee Tower and at the Oklahoma City Museum of Art as part of the deadCENTER Film Festival in Oklahoma City.

From writing and directing to composing, acting and filming, OCU students worked on every level of producing "Unsolved."

Lynch produced the film and co-wrote the script with Director Lance McDaniel. Greene worked as the director of photography.

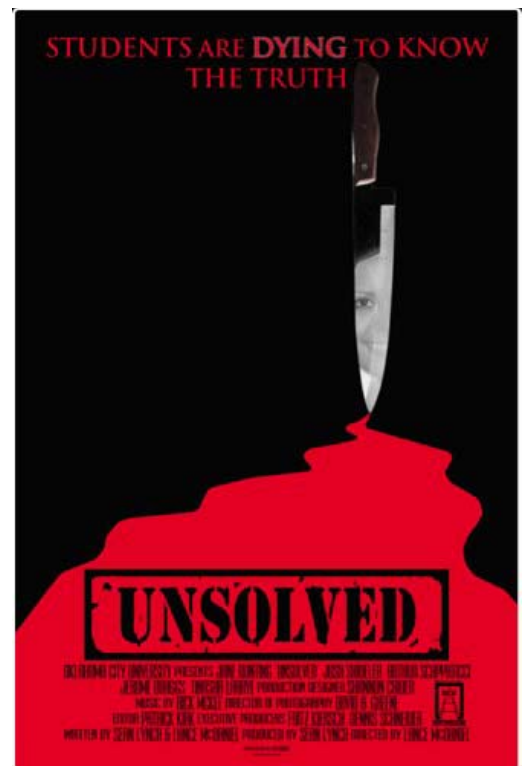
"I have worked on a lot of movies, but working with the cast and crew of

'Unsolved' at OCU was one of the best," Lynch said. "Everyone was top notch." Lynch served six years of active duty with the Air Force. He was stationed at Tinker from 1998 to 2000. Now a disabled veteran, Lynch is pursuing his love for film.

Greene joined the Air Force Reserve 11 years ago and is an airborne radar technician in the 513th OSF at Tinker Air Force Base.

According to Greene's commander Col. John Trnka, "One of the things I really enjoy about working with reservists is getting to know what they do in their lives away from base, it's such a diverse group. Master Sgt. Greene has a passion for film-making, and it's great to see him successful at it. I look forward to seeing the completed film."

"Unsolved" revolves around a college student named Amanda who takes a criminology course and is



charged with investigating why a 15-year-old murder is unsolved. She discovers a conspiracy on campus to cover up the crime as new victims begin to die.

For additional information, visit www.unsignedmovie.com.



Staff Sgt. Jermaine Golden and Senior Airman Ronald Osborne, Security Forces members from the 507th Air Refueling Wing, prepare to report for duty while deployed to Kirkuk AB, Iraq. The Wing's security forces deployed earlier this year and are expected to return in late July. Golden is a new father with a new child born last month while he was deployed.

OKIE Reunion planned

The 3rd Annual OKIE Reunion is scheduled for Sept. 26-28.

Several activities are in the planning stages and more information is available at www.webelement.us/okie%20reunion.

There will be a gathering at the squadron the evening of Friday, Sept. 26th. An informal gathering at the Golden Corral on Air Depot is scheduled for Saturday morning.

The banquet is scheduled for Saturday evening at the club. All attendees will receive a commemorative unit coin. The coin can also be purchased for \$5 each.

Registration forms can be mailed to Janice Lyles, 15424 Bovee Road, Oklahoma City, OK 73165 or email her at phoenix507@aol.com.

On-final R-News

Party planned for Reserve Top 3

The Reserve Top 3 is throwing a party on Aug. 2 in honor of its 10th Anniversary. All Reserve Senior NCOs (members and non-members) are invited. It will be held at the VFW, Del City, Saturday evening. More details to come.

Food and drinks will be provided. For more details, contact any Top 3 officer.

Annual update required for civilian employment information

All Airmen in the Ready Reserve, whether the Air National Guard or the Air Force Reserve, are legally required to update CEI annually. Airmen failing to do so could face administrative action or a charge of dereliction of duty. Accessing the self-service application at <https://www.dmdc.osd.mil/Guard-ReservePortal> only takes a few minutes. Updated CEI provides Defense officials visibility of who can be called up for active military duty without jeopardizing the civilian forces responsible for safeguarding our country.

SGLI premiums decrease

Effective July 1, 2008, the SGLI premium rate will be decreased from the current level of 7 cents per month per \$1,000 of coverage to 6.5 cents per month per \$1,000 of coverage. For more information visit the ARPC web site: <http://www.arpc.afrc.af.mil/library/factsheets/factsheet.asp?id=8313#c>

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