

# 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

DECEMBER 2009 Vol. 29, No. 12



**New self-contained bio-hazard suits  
See story and photos on  
pages 4-5.**



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

## Time to count our blessings

As we go about this holiday season, it's appropriate to pause and count our blessings as reservists. We are part of an incredible organization. Our reservists are serving side-by-side with active-duty counterparts around the globe protecting our nation.

Just when I start to think the Airmen of the 507th Air Refueling Wing have given all they have to give, your volunteerism continues to astonish me. Yet, we should never forget that we can't do this alone.

This holiday season I would like to thank the extraordi-

nary families who support our sacrifices. Our families are our bedrock. Family members may not shoulder a weapon or fly combat sorties, but your commitment, support and endurance is a source of great pride and inspiration for us all. From care packages to emails to invaluable friendship, your love and devotion helps our forces do their very best.

For every missed family gathering, anniversary, birthday, school play you are still there, and it's your understanding and support that allows us to continue on serving this great nation.

Likewise, the employers of our reservists also hold a special place in our hearts. Your special kind of patriotic support is so critical to our mission and national defense. As a nation, we can certainly never say or do enough to express our gratitude for your support. Thank you.

Finally, to all 507th reservists, I ask that you take time to personally thank those around you who are so important to you. And please have a safe and enjoyable holiday.

## Chaplain's Corner

# Use your talents this holiday season as a blessing to others

by Chaplain (Maj.)  
Dwight Magnus

When Handel wrote his famous work "The Messiah" (highlighted by the Hallelujah Chorus), he had gone from riches to rags. For 30 years he had entertained Lords and Ladies with his operas. But those days seemed long past. Creditors were at his door. He was depressed.

He could not sleep and he was plagued by rheumatism. He feared he would finish out his days in a London debtors' prison. But, two letters arrived that summer of 1741 that would change everything.

The first letter was an invitation from the Duke of Devonshire inviting him to the Irish Capital, Dublin, to produce a series of benefit concerts "For the relief of the prisoners in the several gaols (jails), and for the support of Mercer's Hospital in Stephen Street, and of the Charitable Infirmary on the Inn's Quay."

Shortly thereafter, a second letter arrived from a wealthy but somewhat eccentric English Land owner named Charles Jennens. He quickly opened the letter. Jennens had written some lyrics for him in the past. To his

amazement the letter was a compilation of Old Testament and New Testament scripture passages. Handel read the words again and again.

He was greatly moved and felt impressed to put the words to music. Handel locked himself in his study and within 3 weeks finished "The Messiah." The first presentation of Messiah was a charitable benefit. When Handel died, now wealthy from his success, he left the score of Messiah to a public hospital where it supported the care of the poor and the sick. Charles Burney, 18th century music historian, remarked that Handel's Messiah "fed the hungry, clothed the naked, and fostered the orphan."

Thanks to everyone who participated in Operation Holiday Spirit. There are many veterans, children, and reservist families whose Christmas will be brighter. I challenge you to find a way to use your talents, as Handel did, to be a blessing to others.





# 35th CBCS makes its mark during ORI

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

The 35th Combat Communications Squadron (CBCS) along with their active duty counterpart the 3rd Combat Communications Group, completed an Operational Readiness Inspection (ORI) last month.

The inspection was conducted from November 1-10 on base, and ultimately saw the 35th CBCS receiving an overall "Excellent" rating and the 3rd CCG received an overall "Satisfactory."

These were the first ORIs of Combat Communications units conducted under the authority of the Air Force Space Command Inspector General since AFSPC took ownership of these inspections from Air Combat Command Inspector General on 1 October 2009. ORIs are conducted to evaluate and measure the ability of units with a wartime, contingency or force sustainment mission to perform assigned operational missions. Approximately 40 inspectors from AFSPC and ACC conducted the inspection.

The inspection covers four critical areas assessing a organization's ability to position its force, employ its force, sustain its force, and its ability to survive and operate. The members of the 35th CBCS visibly demonstrated to the inspectors they were capable of meeting those objec-

tives while "deployed" to the Glenwood training area.

During their IG out brief, the inspectors identified SrA Bronwyn E. Cooper as a Professional Performer. Their summary read: "SrA Cooper, from the Technical Control work center, demonstrated exceptional performance throughout the Operational Readiness Inspection. As a Post-Attack Reconnaissance team member, she expertly spotted and reported all indicators in her response area. She ensured the safety of members caught in the attack

and quickly reported their status to leadership before continuing with her sweeps. SrA Cooper's knowledge during Radio Frequency Module scenarios was impressive. She precisely employed technical manuals and accurately deciphered all equipment indications. Her common sense approach to mission accomplishment revealed stellar problem solving abilities. Her sense of urgency and determination were commendable."

"The men and women of the 35th CBCS worked long and hard to prepare for this inspection," said Lt. Col. Pete Peterson, 35th CBCS commander.

"They sacrificed a lot of weekends away from families and civilian jobs to make this happen. Our success could not have been reached without this support. I am proud to be their commander."



Wing members respond with applause as they hear the outbrief good news.

## On-final

Volume 29, No. 12 DECEMBER 2009

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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.**

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.

# Simulated overseas exercise great



Security forces encounter locals looking for food.

Nearly two hundred 507th Air Refueling Wing members deployed and simulated overseas employment in support of international relief and regional stabilization actions during last month's weekend drill.

EXERCISE PATRIOT AUTUMN kicked off November 12th as wing Airmen began processing for deployment to the Glenwood Readiness Training Center/Humanitarian Assistance Camp.

After months of dedicated planning, the exercise kicked off with the activation of "recall" notification alerts. "Air Force Instructions direct us to practice our ability to mobilize, employ, and survive and operate," said Lt. Col. Tremblett, Wing Performance Planner and an Exercise Evaluation Team leader. "We wanted to incorporate as many of the major processes that would be used during an actual event as possible."

The scenario selected by the EET for last month's training exercise could have been torn from a page of today's news: Wing members are needed to support relief and sustainment efforts in a drought-stricken nation as well as to help stabilize the region.

Upon arrival at the Glenwood RTC, wing members immediately set about to set up operations. Because there was no airfield at their location, deployers would operate a Emergency Operations Center, but not an Installation Con-



72nd APS practices working with the frontloader.



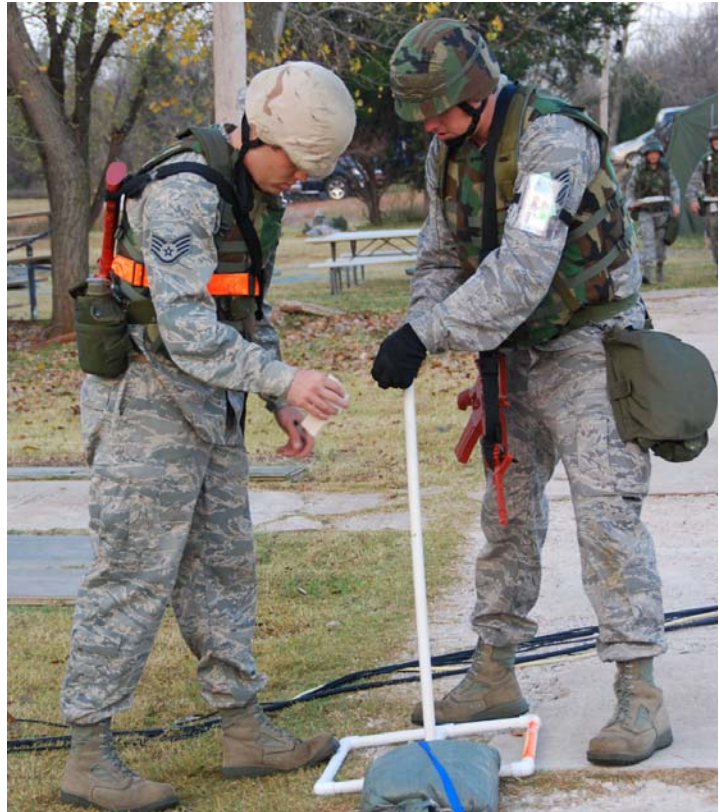
# training for wing members last month

trol Center and the installation was a camp, not a base.

In addition to meeting the challenges of establishing and maintaining operational control of the encampment additional challenges were provided by evaluators. Security Forces were challenged by hungry locals at the gate, aggressor assaults, a pregnant woman at the gate and multiple small arms fire attacks. 507th Security Forces took the fight to the enemy; they went on a pre-dawn patrol to attack the enemy camp. Maintaining communications and camp infrastructure while under attack kept Communications Flight and Civil Engineer Squadron members fully engaged. A new self-contained, bio-hazard suit was tested by some unit members.

PERSCO members and med techs alike were faced by a variety of challenges that had to be met in support of the mission. Services members provided mortuary affairs, billeting and food services with challenges to be met. All players were tested for their ability to don chemical gear, conduct critical recovery functions and OPERATE!

"I'm proud of the attitudes and the vital sense of urgency shown by the exercise participants. They did a great job," said Col. Jeffery R. Glass, 507th ARW wing commander. "I also want to thank all the planners and supporters of this training exercise. I believe all their hard work and efforts paid off."



PAR team checks for chemicals after an attack.



Unit members practice hardening a shelter with some hands-on training during a shelter-hardening class during Exercise Patriot Autumn.



Senior Master Sgt. David Dickson was recently named the new senior enlisted superintendent for the 507th MSG.

Photos by Lt. Col. Rich Curry, Tech Sgts. Melba Koch and Kristen Mack



513th ACG  
Commander  
By Col. John Trnka

## Pay attention to detail ... and why are we here?

It's not been the best few months in the AWACS community. A crash at Nellis to begin the fall and an UNSAT grade on an ORI gave us more bad news. Try and ignore things, wish they didn't happen, or feel like a victim, but the fact remains there's a jet with \$100 million in damage, and the ORI bust was a bust, no matter how unfair you think it was.

Who's to blame? Doesn't matter. But we in the 513th better do our best to be part of the solution.

Now is a great time to review two themes.

### Theme 1:

#### Pay attention to detail

All of our experience doesn't mean anything if we don't pay attention to what we're doing. The flipside of experience can be complacency, an attitude of "we know what we're doing, we don't need to plan, to use checklists or T.O.'s." We can become complacent when we do the

same things over and over, but complacency can break airplanes, hurt people and wreck careers. Flying airplanes is inherently dangerous, but we can manage the risks if we pay attention. If we don't, the risks pile up and will bite us when we least expect. Complacency, even with, or maybe because of, our experience, can strike us as easily as anyone. The trick is not to lean on our experience, but to use it. Ironically, inexperience can be our ally – it can help keep complacency from getting dangerous - our culture needs to encourage everyone, even those who are new, to ask "why are we doing this" and "wait a minute." When it comes to safety, everyone has a voice, everyone has a vote, and supervisors must encourage people to speak up when they think we might be doing something dumb, different or dangerous. The flip side of this is the responsibility everyone shares to pay attention, know their job, to understand the operation. Ops, maintenance, supply, support, it doesn't matter; every job's important. If yours wasn't, you wouldn't be here. Almost every job is a link in the chain leading to an accident, and almost every job offers the chance to break that chain.

### Theme 2:

#### Why are we here?

For one, we have a responsibility to provide Airborne Battle Management forces to a Combatant Commander – in other words, be ready to go to war. But that's only part of it. We have a great reservoir of experience and expertise needed to make all of AWACS better. This is going to be a tough few months as we work through the ramifications of this fall's events. But, this is not the time to get depressed or frustrated; this is a time of opportunity, and a time of challenge. We know another ORI is in the 552nd's future, and ours. 513th aircrew will fly more than 150 sorties this year, the 552nd will fly about 1500 more, and 513th maintainers will be involved in almost every one of those. Together, we will continue to provide testing, training, flight line maintenance and supervision and backshop support. All of this has to be planned and executed to the best of our ability.

Many of you have already worked hard and contributed much to the OREs and ORI. We're going to ask some of you to do even more. We're going to ask others to step up and contribute in new ways. But in everything, complacency is not an option. We simply have to dedicate ourselves to doing our best every time, and to be willing to say "hey, wait a minute" when we need to.

Thanks to all of you for being here and part of this unit. I hope to see as many of you as I can this weekend. Have a great UTA. I guess it's also a good time to say Merry Christmas and Happy New Year!





## 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.

**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 for authorized languages will pay based on active duty days or IDT periods performed. 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 100 percent (\$4500) per FY (Masters) or 100 percent (\$4500) per FY (Bachelors). **For more information contact Chief Master Sgt. Charlotte Epps or Ms. Kim Silkwood in the MPF Education and Training Office at 734-7075.**

## AFRC NCO LEADERSHIP DEVELOPMENT COURSE

The success of the Air Force Reserve NCO corps depends on their ability to apply leadership and management skills learned primarily in a civilian setting to a military environment. Not all of today's mid-level NCOs have extensive first-hand supervisory experience in a reserve environment; therefore, the instruction in this course is intended to improve the students' military supervisor capabilities and understanding of their positions as related to the USAFR. We focus on individual improvement which is ultimately the real source of organizational excellence and success. Next class is scheduled for June 14-25, 2010. See unit training manager for information.

## FAMILY CARE

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

## VIRTUAL MPF

- 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.

**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 09-10 UTA SCHEDULE

05-06 Dec 09	09-10 Jan 10
06-07 Feb 10	06-07 Mar 10
10-11 Apr 10	01-02 May 10
05-06 Jun 10	10-11 Jul 10
07-08 Aug 10	11-12 Sep 10

As of Nov. 30, 2009

**Fri, 4 Dec 2009**

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 1043, ATNRoom

**Sat, 5 Dec 2009**

**Unit Designated Sign In Unit Designated**  
 0730-1230 Newcomers In-Processing Bldg 1043, Room 203  
**0800-1600 MPF-See Page A3 for specific times**  
 0900-0930 6 Month Contact Mtg Bldg 1043, CC 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 Mgr Meeting Wing CC Conf Room  
**Unit Designated Sign Out Unit Designated**

**Sun, 6 Dec 2009**

**Unit Designated Sign In Unit Designated**  
 1200-1600 MPF-See Page A3 for specific times  
 0730-0800 Protestant Chapel Service 513th ACG Auditorium  
 0730-0800 Catholic Mass Bldg. 1066 OG Conf Rm  
**0750- by appt CDC testing** Bldg 1043, ATN Room  
 0800-1100 Newcomers Ancillary Tng Ph II Bldg 1030, MSG Conf Rm  
 0900-1000 Enlisted Advisory Council Bldg 1043, CC Conf Rm  
 0900-1130 HazCom Trng for Supervisors Bldg 1066, OG Conf Rm  
 1015-1115 Mandatory 3S0X1 Trng Bldg 1043, Rm 203  
**1300, by appt. CDC Testing Bldg 11043, ATN**  
 1300-1600 First Duty Station Bldg 1030, MSG Conf Rm  
**1300 SORTS/Post UTA Mtg CAT**  
 1400-1500 IG period w/Maj. Vardaro Bldg 1043, Room 5  
**Unit Designated Sign Out Unit Designated**

**Fri, 8 Jan 2010**

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 1043, ATNRoom

**Sat, 9 Jan 2010**

**Unit Designated Sign In Unit Designated**  
 0730-1230 Newcomers In-Processing Bldg 1043, Room 203  
**0800-1600 MPF-See Page A3 for specific times**  
 0900-0930 6 Month Contact Mtg Bldg 1043, CC 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 Mgr Meeting Wing CC Conf Room  
**Unit Designated Sign Out Unit Designated**

**Sun, 10 Jan 2010**

**Unit Designated Sign In Unit Designated**  
 1200-1600 MPF-See Page A3 for specific times  
 0730-0800 Protestant Chapel Service 513th ACG Auditorium  
 0730-0800 Catholic Mass Bldg. 1066 OG Conf Rm  
**0750- by appt CDC testing** Bldg 1043, ATN Room  
 0800-1100 Newcomers Ancillary Tng Ph II Bldg 1030, MSG Conf Rm  
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 1015-1115 Mandatory 3S0X1 Trng Bldg 1043, Rm 203  
**1300, by appt. CDC Testing Bldg 11043, ATN**  
 1300-1600 First Duty Station Bldg 1030, MSG Conf Rm  
**1300 SORTS/Post UTA Mtg CAT**  
 1400-1500 IG period w/Maj. 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 1030, 507th MSG Conference Room. 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**.

<u>Day</u>	<u>Time</u>	<u>Subject</u>	<u>OPR</u>
Saturday	1330-1400	Drug and Alcohol	SG
Saturday	1400-1430	Local Conditions/ORM	SE
Saturday	1445-1515	OPSEC Training	OG
Sunday	0800-0815	Base Populace	CEX
Sunday	0815-0830	IG Briefing	IG
Sunday	0830-0930	UCMJ/Ethics	JA
Sunday	0945-1015	Counter Intel/Awareness	SF
Sunday	1015-1045	Human Relations	EO
Sunday	1300-1600	First Duty Station (dates TBD)	EO

### UCMJ Briefing:

Article 137 of the UCMJ requires "articles (of the code) shall be explained again ... at the time when the membr reenlists." In an effort to ensure compliance with this requirement of the UCMJ, members who are selected for reenlistment must obtain their Article 137 briefing prior to their reenlistment. This briefing is presently being given at 0830 on Sunday of the UTA at Bldg. 1030, MSG conference room. Members who need the training must bring their reenlistment checklist so it can be annotated.

### 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 the monthly Newcomers Ancillary Training at 0830 on Sunday of the UTA in Bldg 1030, MSG Conference Room.

### Emergency Management:

Unit Training Managers must schedule Chemical, Biological, Radiological, Nuclear, and incendiary Explosive devices (CBRNE) Survival Skills, by name, through ACES PR. All personnel must bring protective mask (inspected and sized) with C2 canister, protective glove inserts, overboots, mask spectacle inserts, canteen (1 quart) with M1 canteen cap, web belt, helmet, Airman's Manual AFMAN 10-100, CBRNE Awareness CBT certification. Wear of contacts is prohibited in all classes. Anyone arriving late, without all required equipment, or wearing contacts, will be released back to their unit and reported as a no-show. Classes will always be on Sunday at 0800 and noon. Students should make every effort to show up 15 minutes prior to the start of class. Walk-ins are not welcome. Any questions can be directed to your CBRNE Unit Scheduler.

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

## Military Pay

<b>File for pay by:</b>	<b>Receive Direct Deposit by:</b>
01 Dec	09 Dec
03 Dec	11 Dec
07 Dec	15 Dec
09 Dec	18 Dec
10 Dec	22 Dec
14 Dec	24 Dec
15 Dec	29 Dec
16 Dec	31 Dec

### Military Pay (405) 734-5016

**\*\*New MPF Hours\*\***  
**Open Mon-Fri 7:30 a.m. - noon**

#### Saturday UTA

Open 0800 - 1600

Newcomers have priority until noon DEERS/CAC/DEP IDs/F(SGLI) will be processed at Bldg. 460 for newcomers until noon. Other services will be filtered in between newcomers. NOTE: Your wait could be long during newcomer processing.

#### Sunday UTA

Open noon - 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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Contributing Editors:

Staff Sgt. Jamie Pander, Education and Training Advisor      Ms. Kimberley Silkwood, Testing and Education Advisor (Civilian)

# And the award goes to ....

## Senior NCO of the Year:

### Master Sgt. Gary L. Johnson

As an Aerospace Propulsion Craftsman, Johnson...

- Led 2-person deployed team; underskilled and undermanned, team replaced 5 F-108 engines in only 28 days
- Established an engine change process with a 24-hour completion rate; cut 48 hours off normal rate

- Trained 3- and 5-skill level troops while on deployment, keeping aircraft mission-ready and certified

## NCO of the Year:

### Staff Sgt. Dustin L. Nottnagel

As an Aircrew Flight Equipment Craftsman, Nottnagel...

- Trained over 130 wing aircrew members in egress and aircrew decontamination procedures

- Addressed mission-essential task lists for the 4th AF SAV team, a job above his pay grade, leading to zero discrepancies

- Hand-picked to be the composite tool kit monitor for 507th OSF, accounting for 100% tool inspection and accountability,

leading to zero FOD-related a/c incidents

## Airman of the Year:

### SrA Bradley W. Williams

As an Air Transportation Journeyman, Williams...

- Uploaded 250 tons of HAZMAT cargo to various commercial airframes with zero contamination incidents

- Volunteered for the section deployment monitor's position, maintaining 100% compliance for 23 members

- Stepped up to fill a critical new 60K instructor position, which will save his unit over \$25,000 a year in TDY expenses

## Company Grade Officer of the Year:

### Capt. Ben L. Walker, Jr

As a Logistics Readiness Officer, Walker...

- Revamped a C-17 parts quick release program, cutting processing time by 75% and boosting stratotanker lift mission-capable rate by 10%

- Coordinated ammo distribution for Operation ENDURING FREEDOM, leading movement of 9.6 million pounds over 160 missions

- Responsible for perfecting the planning and delivery of 220 Humvees and over 300 mine-resistant, ambush-protected vehicles for the Secretary of the Air Force's #1 priority

## 1st Sgt. of the Year:

### Master Sgt. Takesha S. Williams

As a First Sergeant, Williams...

- Developed a UTA training and tracking tool, boosting reporting and accountability to 100%

- Launched a group-level awards program to recognize airmen for their efforts, boosting morale

- Created a unit fitness run program, bolstering esprit de corps and unit efficiency

## Billy Hughes Award...

### Tech Sgt. Shawn C. Clay...

As the assistant NCOIC for the 507th Maintenance Operations Flight, Clay...

- Performed quality control on over 1200 inspections his section is responsible for, with zero discrepancies

- Deployed on an AEF to Incirlik, Turkey, filling a critical MOCC shortfall and helping his deployed unit achieve a 100% success rate for critical missions

- Helped create and launch a first-ever Reserve and National Guard Association:

- Improving communication between Guard and Reserve Operations squadrons

- Implemented new ideas, increasing overall flying capability by 22%, breaking ALL previous records

- Standardized and overhauled the periodic process, cutting over 200 man-hours per inspection of waste

- Dedicated to education:

- Earned a first-ever 100% overall average at his 3-level tech school at Sheppard AFB

- Earned his 7-level qualification in record time

- Earned his bachelor's degree with a 3.78 overall GPA

- Completed NCO academy and is fully qualified in 2A5 and 2R1 AFSCs



Annual winners include, second from left, Capt. Ben Walker, Senior Airman Bradley Williams, Staff Sgt. Dustin Nottnagel, Master Sgt. Gary Johnson, Master Sgt. Takesha Williams, and Tech Sgt. Shawn Clay. Also included are Col. Jeffery Glass, far left, and Command Chief Master Sgt. Tina Long, far right.



# Officials urge caution on social networking Web sites

by Ashley M. Wright  
Air University Public Affairs

MAXWELL AIR FORCE BASE, Ala. (AFPN) — Your location on a friend network, a photo on Facebook, a prayer for a deployed family member on a military-based blog — all posted on the World Wide Web with the intent to bring comfort to loved ones and news to friends. This information may seem harmless, but when put together these puzzle pieces show a picture with more information than military members should share.

To demonstrate the amount of information available, Col. Andy Pears, director of Communications and Information for Air University, became a “completely fictional” staff sergeant on a social networking site designed for military members. The colonel said he had no trouble creating a profile and false identity.

With a few mouse clicks, Colonel Pears found combat and operations histories, pictures from inside deployed locations, descriptions and duties within that location and details about military members receiving medals. There was never an attempt to confirm military affiliation, he said.

“You look at this kid right here,” the colonel said, pointing to a picture of a uniformed man posing against a concrete wall. “The enemy may already have his name and information about his family.”

Great Britain’s security service recently found hundreds of false accounts belonging to Al-Qaeda members on social networking sites, according to a briefing prepared by Colonel Pears’ office. British service members were advised to remove personnel details from those social networking sites.

“This colonel could go in as a staff sergeant,” Colonel Pears said. “Simple questions like ‘I’m going to Camp Victory. Can you share your experience?’ or ‘I’m a retired chief. During my time in service, we followed these procedures. What is the policy now?’ place

people and missions at risk and create an operational security nightmare,” he said.

Colonel Pears’ deputy said it is understandable how people make the mistake of sharing too much online.

“What struck me is there was no malice intended,” Marietta Magaw said. “It can seem so harmless, because people were trying to reach out and stay in touch.”

The briefing provided other examples of risky information military members have posted on Web sites: full names; dates of birth; hometowns; names of family members, girlfriends or wives; locations of where they served; and photos posing with colleagues and weapons.

“Suppose an angry person, perhaps someone affected by the actions that earned an Airman a bronze star, sees the decorations on a site,” Ms. Magaw said. “What is to stop the person from turning the Airman into a target?”

Colonel Pears advised against posting information protected by the Federal Privacy Act of 1974, which states information cannot be released without written consent of the individual, to include martial status, home address and phone number, date of birth, and social security number.

An additional danger of posting photos and information is identity theft, Ms. Magaw said. For example, a civilian newspaper reported in January that a man copied photos of a Marine colonel on a social networking site. The man then used the photos to pose as the colonel on dating Web sites and eventually began requesting money from the women.

The U.S. Computer Emergency Readiness Team, comprised of the Department of Homeland Security and public and private sectors, provides advice to the general public about social networks.

“Although the features of social net-

working sites differ, they all allow you to provide information about yourself and offer some type of communication mechanism (forums, chat rooms, e-mail, instant messenger) that enables you to connect with other users,” according to a 2006 report by Mindi McDowell, Carnegie Mellon University. “While the majority of people using these sites do not pose a threat, malicious people may be drawn to them because of the accessibility and amount of personal information available on them.”

The organization’s Web site offers tips for posting information online. One suggestion is to use caution in what you advertise. “Providing details about your hobbies, your job, your family and friends and your past may give attackers enough information to perform a successful social engineering attack,” the Web site said. A final tip is remembering that information, once published on the Internet, cannot be removed.

Recently, Canadian and Australian officials urged soldiers and civilian workers to be mindful about what they post for the world to see. Canadian army Brig. Gen. Peter Atkinson said in a United Press International article that insurgents collect about 80 percent of their intelligence from blogs and photos posted on social networking sites like Facebook and YouTube.

Currently, Air Force Instruction 35-101, Public Affairs policy and guidance, states:

“... each Air Force member or employee is responsible for obtaining the necessary review and clearance, starting with Public Affairs, before releasing a proposed statement, text or imagery to the public. This includes digital products being loaded on an unrestricted Web site.”

Ms. Magaw advised using common sense when posting personal information online. “There are a lot of people out there who want this information.”



The AF Reserve White team finished the regular season undefeated at 6-0, earning a top seed in the intramural playoffs. The team won the Tuesday night division crown and faces the 4th seed (327th Panthers) on Dec. 1. Pictured, top row, Player-Coach Ralph Hawkins. Second row, Ivan Crespo, Dan Woodrow, Chris Jackson, Mike Templeman. Third row, Nick D'Aniello, Brian Finley, Bob Atkins, Ken Sarsycki, Jeremy Allen. Front row, Jim Sherman, Jim Gasaway, Chris Montalbano, Floyd Conner, Brian VanCuren. Not pictured, Anthony Lee.



The AF Reserve Gold team has qualified for the intramural playoffs as a 4th seed in the Tuesday night division, with a 3-3 win-loss record during the regular season. They face the undefeated Gym Rats, a "1" seed from the Thursday night division, on Dec. 1. Pictured, top row, Todd Bayles, Randy Schell, Breyden Miller, Justin Sneed, Doug Rippy. Bottom row, Jeff Sparks, Joe Huizar, Tim Milliken, Jeff Milliken, Chris Pufall, Willie Hart, and Mario Cruz. Not pictured, Wes Palmer, Lauch McMillan, Paul Steger, Travis Stanley and Marquis Wartley.

Photos courtesy of Courtney Hawkins, 507th ARW Student Intern



# New physical fitness standards effective July 1, biannual testing begins Jan. 1

by: Master SGT. Russell P. Petcoff, Secretary of the Air Force Public Affairs

Maintaining peak combat readiness begins and ends with healthy, motivated and well-trained Airmen.

On Nov. 19, the Air Force's deputy chief of staff for manpower and personnel announced the new Air Force fitness standards will officially begin July 1, 2010.

Lt. Gen. Richard Y. Newton III said the service's top leaders sought feedback from commanders and senior NCO leaders throughout the Air Force when deciding to execute the updated program that will test Airmen twice during calendar year 2010 — once under the current program and once under the new program.

"Based on feedback from the field, we are implementing the July start date so Airmen have the opportunity to excel," General Newton said. "This implementation strategy will allow for a smoother transition of the new Air Force Instruction and afford commanders adequate time to establish installation fitness assessment cells to include adequate manning for the FACs."

According to General Newton, a new AFI detailing the new fitness standards is due out within the next few weeks. This fitness AFI is the first to cover the total force of active duty, Guard and Reserve.

The general added that the July start date will provide commanders and Airmen plenty of time to be prepared and in compliance with the new AFI.

"We want to do this right," General Newton said. "It's about readiness and our continued commitment to ensure we have a fit force, ready to perform its global mission."

Col. Joan H. Garbutt, chief of military force management for Air Staff Manpower and Personnel, said the new start date for the new fitness standards will "set our Airmen up for success." She believes Airmen will excel with the new standards.

"Every time you raise the bar, our Airmen reach higher to meet the standards," Colonel Garbutt said.

Biannual physical fitness testing will begin Jan. 1 using current fitness stan-

dards. Units with FACs will use them to conduct the assessments. Units without FACs will continue to use their physical training leaders, or PTLs, to assess Airmen. Enlisted and officer performance reports will reflect fitness training scores based upon their reports close out dates, General Newton added.

According to the change, during the Jan. 1 to June 30 testing phase, unit PTLs will provide two scores — one for the current system and one for the new standard so Airmen can gauge their performance. Starting July 1, Airmen will officially test under new requirements with the new scoring. Scores will be annotated on EPRs and OPRs accordingly.

Under the new standards, the aerobic run will count for 60 percent of the test. Body composition will count for 20 percent. Under the current standard, they count for 50 and 30 percent, respectively. The sit-up and push-ups remain at 10 percent each. The new standards have differently valued waist measurements and 15 seconds, rather than 30, separating run scores.

Passing the test will require a composite score of 75 while also meeting a minimum level for each component. The new physical fitness test will place Airmen in one of five age groups: less than 30, 30-39, 40-49, 50-59 and 60-plus. Results will fall into one of three categories: 90 and above, excellent; 75-90, satisfactory; and under 75, unsatisfactory.



# Staying fit during the holidays

by Airman 1st Class Jarad A. Denton  
28th Bomb Wing Public Affairs

ELLSWORTH AIR FORCE BASE, S.D. (AFNS) — With the holidays around the corner, Airmen can enjoy family feasts without worrying about expanding their waistline and jeopardizing their physical training test score.

According to the U.S. Department of Agriculture, Americans eat an average of 32 pounds of poultry per year, with the majority of turkey consumed during Thanksgiving.

“One of the biggest problems Airmen have during the holidays is portion control,” said Master Sgt. Tonya Joyce, the 28th Medical Operations Squadron NCO in charge of the human performance flight. “They tend to treat the holidays as a vacation from eating well.”

Sergeant Joyce recommends Airmen follow these simple steps to ensure they don’t overeat during the holiday season:

- Portion food ahead of time
- Eat slower
- Use smaller plates
- Prepare a fruit or vegetable platter as an appetizer before the main course

According to Sergeant Joyce, overeating isn’t the only problem Airmen face during holiday dinners. Eating unhealthy foods may be just as damaging to an Airmen’s fitness level as overeating, which may lead to an adverse effect on their PT test score.

“It’s important to make smart choices when it comes to eating food this holiday season,” she said.

To help Airmen make smart eating choices staff members at the 28th Medical Group health and wellness center have put together a list of the top five healthiest foods to look for this holiday season. Along with some of the worst foods Airmen can eat.

## Pumpkin pie versus pumpkin cheesecake

While pumpkins are rich in vitamin A and fiber, pumpkin pie or cheesecake are high-calorie foods that can single-handedly destroy a diet.

If it comes down to a choice between the two, the HAWC staff recommends choosing pumpkin pie, as some slices are as low as 150 calories.

To make a lower-fat pumpkin pie, Airmen can use an egg substitute, light cream or a low-fat evaporated milk in the recipe. And for a low-fat pie crust, a homemade recipe without shortening may be the solution.

Dessert isn’t the only area of the holiday dinner table that

can be trimmed. Airmen also may choose to eat healthy snacks before the big meal.

## Cranberries vs. tortilla chips and chili con queso

Many Airmen enjoy watching football during Thanksgiving with a bowl of tortilla chips and chili con queso. However, most Airmen don’t enjoy the consequences that come from eating an appetizer with a high-calorie and fat content.

The HAWC staff encourages Airmen to try a healthy fruit spread or cranberry dish instead of traditional greasy foods.

This is because cranberries alone are packed with vitamin C, dietary fibers and manganese, which can help reduce fatigue levels. They also provide the body with many helpful nutrients and antioxidants.

By choosing cranberries over tortilla chips and chili con queso, Airmen set themselves up for a healthy holiday meal that won’t take months in the gym to recover from and cause unnecessary stress when it comes time to take the PT test.

Sweet potatoes versus cheesy scalloped potatoes

Another healthy choice that won’t have Airmen panicking about losing their fitness lifestyle is the sweet potato.

Sweet potatoes have a rich supply of vitamin C, potassium and beta carotene. The HAWC staff also says if Airmen eat the skin of this potato they benefit from its high fiber content.

However, while the sweet potato is a healthy holiday option, cheesy scalloped potatoes can be a one-way ticket to high cholesterol and a blown diet.

This dish is loaded with heavy cream, butter and grated cheese. And while this may sound delicious to some Airmen, its tastiness comes with a price.

By choosing sweet potatoes as the healthier option, Airmen maintain a balanced diet this holiday, without sacrificing flavor.

## Green beans versus Green bean casserole

In addition to sweet potatoes, green beans are one of the healthiest holiday foods available.

Green beans are a good source of vitamins A, C and K. They also contain manganese and healthy amounts of dietary fiber, potassium, folate and iron.

However, green bean casserole is one of the worst holiday food options out there. The classic recipe usually contains 91 calories of fat per serving.

The HAWC staff recommends substituting low-fat ingredients and using frozen green beans instead of canned ones to cut back on sodium levels and help balance an Airman’s diet.

## Turkey versus turkey

Another way Airmen can maintain a balanced diet during



# Training for boxing requires dedication

by Staff Sgt. Zach Jacobs  
507th ARW Public Affairs

It's nicknamed the "sweet science."

ESPN rates it as the world's most difficult sport.

And it's the ultimate form of competition, according to Staff Sgt. Charlie Floyd.

Floyd is an AWACS communications technician for the 970th AACS here at Tinker Air Force Base, and also a member of the base boxing team.

Floyd picked up boxing over two years ago as a way to get into something different and more challenging than a team sport. "It takes more dedication and self-motivation than other sports I've participated in," says Floyd.

That dedication includes five-day-a-week training for two to three hours a day. Training includes a three- to five-mile run, heavy bag and speed bag work, jumping rope, calisthenics, and sparring.

"Training begins at 6:30pm every night. Although it takes a lot of motivation to train so late, it's a good way to take out your stress and frustration at the end of the day," says Floyd.

But training is only half the preparation needed for fighting. Floyd says nutrition is "the hardest thing" about boxing, adding that he must "eat appropriately and frequently enough" to maintain the proper weight and energy for training, especially in the evenings.

Floyd has to "cut," or lose weight, before his matches to

qualify to box in his 165-pound weight class, but making the weight has never been an issue for him.

Floyd enjoys his time training, but loves winning even more. His last two victories have come by way of knockout, the most recent one with a left uppercut to his opponent in the first 30 seconds of the opening round.

But Floyd isn't the only one to box on this team. Several other boxers from Tinker are part of this team, including two women. When asked about watching women box, Floyd says it's "interesting," adding that they "scrap better than the dudes."

Floyd says the women will also spar during training with the men. They must be paired with someone in their weight class, but, according to Floyd, the women "dish it out and take it, too."

And Team Tinker is doing well. They took home the award for the best team from an invitational tournament at Okemah High School. Four other gyms were represented and over 20 fights took place at the tourney this past weekend.

With the plethora of sports choices around us, why should we watch boxing? Floyd says, "If you were to stand in the middle of a street intersection and see basketball, baseball and tennis games going on in three corners, and a fistfight in the fourth corner, you will watch the fistfight."

Floyd adds, "My favorite quote is by Mike Tyson: Everybody has a good plan until they get punched in the face."

For more information on Tinker's boxing team, call Sgt. 1st Class Lavelle Simms at 816-1013.

## Staying fit during the holidays ... *continued*

Thanksgiving is to be conscious of the choices they make when preparing and eating turkey.

According to the HAWC staff, turkey is an excellent source of protein. It also offers the least amount of fat per serving, in comparison to all other meats.

However, the way turkey is prepared may offer problems to Airmen looking to stay healthy this holiday season.

Instead of deep-frying the turkey, Airmen can oven-roast the bird and serve it without the skin.

By making smart choices, foods like green beans, oven-roasted turkey, sweet potatoes, cranberries and pumpkin pie can make this holiday season a healthier

one, said Sergeant Joyce. However, Airmen also should maintain their fitness levels through proper exercise.

### Staying in shape

Many Airmen travel home for the holidays, making exercise difficult, said Senior Airman Tamiya Skinner, 28th Force Support Squadron fitness specialist. However, there are exercises that can be done at home which may help maintain their fitness levels.

Airman Skinner recommends Airmen find time to focus on cardiovascular exercises such as running, stairs, walking with the family or riding a bicycle.

She also encourages Airmen to per-

form body weight exercises such as squats, lunges, push-ups or sit-ups.

"Those exercises keep the muscles working," Airman Skinner said. "They burn fat and work in tandem with eating well during the holidays."

Airman Skinner also said Airmen tend to exercise more if they create themselves a workout schedule for the holidays.

"If it's written down somewhere or scheduled, then you're more likely to do it," she said. "If Airmen schedule time to work out, make healthy food choices and keep a positive mindset, then they go through this holiday season without worrying about losing their fitness lifestyle and failing their PT test."

**Master Sgt. Spencer Cluff, 507th Medical Squadron, poses with some Native American patients while on an Alaskan reservation. Four members of the Dental section supported outreach efforts last year with some travel completed by dogsled. Medical Squadron members stepped up their support of humanitarian missions last year most recently completing a trip to British Guyana. Another medical outreach trip to North Dakota is being planned this May.**



# On-final *R-News*

## Boom operators wanted

The 507th Air Refueling Wing is looking for a select few individuals to cross train into the in-flight refueling career field, or commonly known as boom operators.

As a boom operator, you will be on flying status –as an aircrew member and be required to fly with wing KC-135s and subject to frequent TDYs.

Boom operators are primarily responsible for operating the equipment in the KC-135 that connects the two aircraft in flight so fuel can be transferred. This equipment which you will operate is called a “Flying Boom”, thus the term “Boom Operator.” You will also be trained as a Loadmaster. As a Loadmaster, you will be responsible for assuring that cargo carried in the tanker is properly loaded and tied down for flight.

Once in your squadron, you will continually train in order to be effective in your Air Force mission. As a crewmember, you will fly training missions averaging three and one-half hours in duration. Also, as part of your flight crew duties, you will be assigned periodically to ground alert and will be restricted to a facility near the aircraft. All of your duties will not be limited to your home base. As a crewmember, you will perform duties at other state-side and overseas bases.

Applicants must have a General ASVAB score of 54, PULHES X, 111121 K (vision uncorrected 20/400-20/400; correctable to 20/20 each eye, successfully complete a Flying Class III Physical, not have a Speech Impediment, provide a Volunteer Statement, and complete a –Sensitive Skills Interview. They should be a high school graduate and extremely desirable that they have Physics and Mathematics skills. Applicants should also have a minimum availability of 6 days a month to work in the unit for proficiency training.

Selected applicants must attend the 14 week, 4 day KC-135 Combat Crew Training school at Altus AFB, OK; 2 weeks, 3 day Enlisted Aircrew Undergraduate Course at Sheppard AFB, TX; two day Water Survival Training and 17 continuous day Combat Survival Training at Fairchild AFB WA. For more information, contact Senior Master Sgt. Marty Lochman at 734-3269 or DSN 884-3269.

### 507th ARW recruiters <http://get1now.us>

#### Tinker AFB, OK

(Senior Recruiter)  
Senior Master Sgt.  
Michael Seals  
(405) 734-5331



#### Tinker AFB, OK

(In-Service Recruiter)  
Tech. Sgt. Melissa Melichar  
(405) 739-2980



#### Moore, Norman, OK

Tech. Sgt.  
Jackie Harris-Sanchez  
(405) 217-8311



#### Midwest City, OK

Tech Sgt. Adam Thomas  
(405) 733-7639  
Master Sgt. Marcel Jacques  
(405) 733-9403



#### Altus, OK

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



#### Vance AFB, OK

Master Sgt. Stephan  
Kimbrough  
(316) 759-3766



#### Tulsa, OK

Tech Sgt. Bill  
Joseph  
(918) 250-3400



#### McConnell AFB, KS

Master Sgt. Stephan Kimbrough  
(In-Service Recruiter)  
(316) 759-3766  
Tech Sgt. Jason Sommers  
(316) 681-2522

