

KANZA SPIRIT

931ST AIR REFUELING GROUP



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McConnell AFB, Kansas

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MARCH MADNESS



Chaplain (Capt.) J. Stephen Hicks flies high through the lane for a layup during the "March Madness" basketball tournament held at the Robert J. Dole Community Center during the March UTA. Four teams battled for the title with the 931st Aerospace Medicine Flight team of Capt. Chad Thompson and Staff Sergeants Wally Brennan, Cameron Collins, and Keith Yoho coming out on top. The first place team received a round of golf courtesy of the Twin Lakes Golf Course. (U.S. Air Force Photo Illustration/ Tech. Sgt. Jason Schaap)

THIS UTA

Commander's Call

There will be a commander's call on Sunday at 7:30 a.m. at the base theater. Attendance is mandatory for all personnel. Sign in will take place before the call in the theater lobby.

NCO/SNCO Induction

The noncommissioned and senior noncommissioned officer induction ceremonies will take place following the commander's call at the base theater Sunday. The event is scheduled to start at 9 a.m.

Fitness Testing

Fitness testing will be taking place throughout the weekend. Wear of the official Air Force fitness uniform is mandatory for all participants. Unit fitness monitors have details and schedules.

Ancillary Training

Ancillary Training will be held on Sunday beginning with a mass session featuring Family Care Plan briefing and JAG marathon following the NCO/SNCO induction ceremonies at the base theater. Another training session will be held at 12 p.m. in the 931st Aircraft Maintenance Squadron training room and will cover a range of topics to include records management and others.



VOL. 12 NO. 4

COMMANDER

Col. William T. Cahoon

SPIRIT STAFF

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DEADLINES

The deadline to submit articles and newsbriefs for publication is close of business of the UTA.

This funded Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of the *Kanza Spirit* are not necessarily the official views of, or endorsed by, the U.S. Government of the Dept. of the Air Force. Editorial content is edited, prepared and provided by the 931st Public Affairs Office. All photos are Air Force photos unless otherwise indicated.

The *Kanza Spirit* is mailed each month to all 931st ARG members on file with Personnel. Members not receiving their copy should check with their administration section to ensure their filed address is correct.

SECAF SPEAKS ON DIVERSITY

Last month, President Bush and Congress honored the Tuskegee Airmen in Washington, D.C. with the Congressional Gold Medal, the highest and most prestigious award Congress can bestow. They were recognized for their magnificent performance in World War II both in the air, with their exemplary flying skill, and on the ground by breaking down stereotypes and paving the way for social equality.

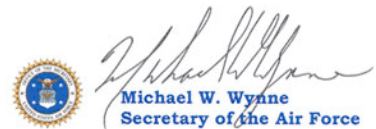
Nearly a year ago, Major Nicole Malachowski became the first female Thunderbird pilot and this year is joined by Major Samantha Weeks.

Air Force Staff Sgt. Lealofi Lealofi, an American Samoan, was recently highlighted in the first-ever CSAF Portraits in Courage for taking great personal risk to save the lives of 50 Iraqi civilians while deployed to Baghdad as a Security Forces member.

These Airmen exemplify Excellence, unbounded by race, gender or ethnicity. Their performance testifies that it is character that matters in our Airmen, not their sex, religion, skin color or geographic heritage.

America's finest young men and women from all walks of life are drawn to the Air Force, and we celebrate the diversity, passion and perspective they bring. If we wish to continue dominating the domains of Air, Space and Cyberspace throughout the 21st century, we simply must recruit, develop and retain America's best, regardless of their background. Only by leveraging all the talents of the citizens of this great nation will our Total Force continue to excel. Talent does not discriminate among any category of people, and neither can we.

As the Air Force becomes increasingly diverse, we remain united as Airmen by our core values of Integrity, Service and Excellence and by our commitment to the Air Force mission. As the Secretary of the Air Force, I am dedicated to ensuring the talents of every Airman are valued and that characteristics unrelated to performance never impede opportunity, and I expect the same from you. Our rich diversity makes us a stronger Air Force, a credit to our country and an example to the world.



Who do you know?

The **Kanza Spirit** staff is looking for story ideas about 931st members who have unique hobbies or jobs, especially those that offer opportunities for unusual and interesting photos. Please contact Staff Sgt. K.L. Kimbrell at (316) 759-3686 or kenny.kimbrell-02@mccconnell.af.mil with your ideas.

UTASCHEDULE

Next UTA: May 5-6

June 9-10
July 14-15
Aug. 12-13

COMMANDER'S MESSAGE



My first Kanza Spirit article. What can I tell you of interest? When you read this I will have been your Group Commander on station for more than a month. I have met many members of the Group and I am starting to feel at home. Everyone has been kind and patient with me while I learn about the Group and get settled in my command job. I can tell we have some fine folks who care a lot about the mission and have been doing some commendable work for a number of years. That is a great way for me to start and I am enjoying the work here.

A topic of interest to me, particularly since completing two tours in the AOR, is fitness. Now I am no Olympic athlete, but I have always personally thought being relatively fit was important, tried to keep my weight under control and exercise when able. I have to admit I was very pleased when General Jumper, our former Air Force Chief of Staff, re-invigorated our Air Force fitness program. I had always thought we had lost our way and were sending the wrong message, not only to our own people, but to our sister service members as well.

Fitness can be defined many ways. Like it or not, if we want to continue to serve successfully in the Air Force, we must accept the Air Force's definition of being fit. At a minimum, that means scoring a total of at least 75 points on the annual fitness exam. Of course, that means that the combination of your running, sit-up, push-up and waist measurement scores must be 75 points or higher. For the fortunate, that may be easy even if they do not work out regularly or watch what they eat. For others it is a continual challenge.

Regardless of how easy or hard it is for you, one cannot make a good argument against being fit. In the AOR being fit increases one's ability to endure the climate, the long hours and the work pace for sometimes endless days. It is required to get the mission done, and for your fellow Airmen to be able to count on you. At home your family needs you to be healthy. At work for the Air Force being fit reduces current medical costs for the Air Force, and during retirement it reduces the overall cost of medical care both for you and our government. Lastly, the taxpayer has a right to look at you and have confidence that you can get the job done, particularly when they are paying for it!

Overall, I think the vast majority of the members of the 931st are fit. They have passed their test, many work out regularly, and they look fit. However, I am concerned on two fronts. First, I want to ensure that we have a consistent Group policy and instructions to make sure we are applying the testing, tracking, and reaction to test failures. As such I have tasked Lt Col Dave Fruck, our Group Fitness Monitor, to form a team to bring together the best of the various Group programs to ensure we are fair, consistent and accurate in how we run our program, maintain results, and encourage fitness success. Second, I am concerned by those who I know have not passed their fitness test and/or don't look fit and present a poor image of the Air Force.

I know it is a challenge to find time to work out. I am encountering that right now myself. I also know that we have limited means of directing our Traditional Reservists to exercise on non-duty days. However, we must all meet this responsibility. The Air Force provides some wonderful fitness facilities and programs that TR and ART alike can avail oneself to every time he/she is here. You can, should and must find the time to exercise and monitor your weight/waistline away from McConnell as well. It is for your own, your family's, your friends', your co-workers', and your nation's good. I am going to task every commander in the 931st to personally take a close interest in this program; I expect them to set an example. We will be watching this program and its results closely, encouraging effort where we can, supporting progress where necessary and worst case, ultimately taking action to drop those from our rolls, regardless of rank, who are unable or unwilling to meet the standard.

Bottomline, fitness is necessary to our mission success, not just a nice to have.

William T. Cahoon, Colonel
931st ARG Commander

931st Life Support Airmen experience

Air Force One

BY STAFF SGT. K.L. KIMBRELL
931ST ARG PUBLIC AFFAIRS

A couple of Reservists with the 931st Air Refueling Group recently had the opportunity to put their life support skills to use on a 747-200B Presidential aircraft that was here in Wichita, Kan., being refurbished.

Master Sgt. Dana Wagner and Tech. Sgt. Sandy Headrick got the call to check out the Protective Breathing Equipment on tail number 29000, the designation given when the President is not onboard Air Force One.

It all started with a call from Senior Master Sgt. Rick Skelton of the 507th Air Refueling Wing's life support shop, who had been contacted by Boeing about tasking someone locally for the job.

The process actually began about two weeks before the work started in order for the Airmen to get their security clearances verified.

"We were excited," said Sergeant Wagner, the Life Support Noncommissioned Officer in Charge. "Not many people get to work on these aircraft."

The day of the job wasn't so ordinary.

"We were picked up, we weren't allowed to drive," said Sergeant Wagner. "Then, we were checked out by security and given badges."

The out of the ordinary experience continued when the Airmen were given 'special garments' to wear while performing their work in order to keep things in top notch



Master Sgt. Dana Wagner, Life Support NCOIC, 18th Air Refueling Squadron, inspects Protective Breathing Equipment during an annual check. Sergeant Wagner and Tech Sgt. Sandy Headrick recently had the opportunity to inspect five PBEs on a Presidential aircraft. (U.S. Air Force Photo/Staff Sgt. K.L. Kimbrell)

shape. "We had to wear white smocks and over boots while onboard," said Sergeant Wagner.

Once they arrived at the aircraft, a dilemma presented itself.

"No one knew the location of the equipment," said Sergeant Wagner.

There were 5 PBEs on the aircraft, all used by aircrew members.

"We found them (PBEs), inspected them and they checked out," said Sergeant

Wagner.

After the Airmen finished their work, they were given a tour of the aircraft.

"There were things onboard I really didn't expect," said Sergeant Wagner. "There was a surgical suite, a flight surgeon, a maintenance area and we even saw the oval office."

Even though the day started out really early and the process to even get near the aircraft was lengthy, Sergeant Wagner seemed to think it was pretty worth while.

"It was really, really cool," she said.





9th Annual AMXS Chili Cook Off



1st Place
Mrs. Mary Boulett
"Albino Chili"

2nd Place
Tech. Sgt. Phillip King
"Sucker Punch Chili"

3rd Place
Tech. Sgt. Paul McGinnis
"Goat Chili"



BY STAFF SGT. K.L. KIMBRELL
931ST ARG PUBLIC AFFAIRS

The 931st Aircraft Maintenance Squadron's 9th Annual Chili Cook-Off was held during the March Unit Training Assembly. More than 50 group members showed up to enjoy more than eight types of homemade chili. The event raised more than \$200 for the 931st AMXS general fund which is used to pay for farewell gifts, retirements and other squadron functions. At the end of the meal, diners voted on the best chili. The winners are listed above. (Photos by/Staff Sgt. K.L. Kimbrell)



Anthrax vaccinations mandatory for high-threat deployments

AIR FORCE RESERVE COMMAND NEWS SERVICE

Anthrax vaccinations are now mandatory for Air Force reservists who have or will deploy to a high-threat area for more than 15 days.

Mandatory vaccinations are limited to Airmen in specific high-threat areas - U.S. Central Command area of responsibility and the Korean peninsula - for more than 15 consecutive days. Other people such as emergency-essential and comparable Department of Defense civilian employees and certain contractors performing essential services may also be included in the program.

“Each vaccine lot is authorized for release by the Food and Drug Administration before shipment,” said Lt. Col. Tim Bennett, command public health officer at Headquarters Air Force Reserve Command here. “No other product is approved by the FDA to prevent anthrax before exposure.”

The assistant secretary of defense for health affairs approved the Air Force plan for resuming mandatory anthrax vaccinations. The new Anthrax Vaccine Immunization Program allows voluntary vaccinations for people who have received one or more previous anthrax shots and wish to continue the series.

After an extensive evaluation, the FDA re-issued a final order on the license status of the anthrax vaccine and again determined that the vaccine is licensed for the prevention of anthrax, regardless of the route of exposure. Taking the vaccine is consistent with good medical practice and personal protection, Colonel Bennett said.

In December 2005, anthrax vaccine was found to be safe and effective against all forms of anthrax, including inhalation anthrax. Over the course of the last 37 years the safety and effectiveness of the anthrax vaccine has been demonstrated. The anthrax vaccine is just as safe as other vaccines people normally receive over the course of their lives, he said.

The vaccine requires a series of six shots over the course of 18 months and a booster shot every year after that. According to the AVIP website, it is effective against the three types of anthrax infection - cutaneous through the skin, gastrointestinal by ingesting and inhalational by inhaling.

According to U.S. intelligence agencies, inhalational anthrax is the most likely bioweapon because anthrax spores are cheap and easy to produce. Anthrax spores can be stored for a long time, can be dispersed in a variety of ways and are difficult to detect. Inhalation anthrax is highly lethal and anthrax spores can cause widespread illness and death among unprotected people.

According to the Air Force implementation plan, people who have started the vaccination series and were deferred, for whatever reason, are not required or advised to start again at the beginning. Individuals will pick up the shot series where they left off. This practice is consistent with guidance from the Centers for Disease Control and Prevention, based in Atlanta.

“It is important not to compress this dosing schedule. Individuals should not get vaccinated too soon. Their bodies need time to build antibodies to the vaccine,” Colonel Bennett said. “If they get doses too close together, they may not get the full protective value of the vaccine. Vaccinations should begin, to the extent feasible, up to 60 days prior to deployment or arrival in higher threat areas to



provide the greatest protection.”

People who are no longer deployed to a higher-threat area or no longer assigned to designated special mission roles can take the later vaccine doses on a voluntary basis.

Some people may qualify for a medical exemption. They include people with pre-existing medical conditions that kept them from receiving the anthrax vaccine and those who develop reactions while taking the vaccine series.

“Most people tolerate anthrax vaccination without significant reactions,” Colonel Bennett said. “As with most vaccines, some may experience temporary pain and swelling in their arm at the site of the injection.

“If they have any concerns about a reaction, they should talk to a health-care provider,” he said. “Pain relievers and anti-itch medications can be taken to help reduce bothersome symptoms. Adverse events after vaccination should be reported to a health care provider, especially before receiving any additional vaccinations.”

Airmen can review their status on the Air Expeditionary Force online website <https://aefcenter.afpc.randolph.af.mil/> and by going to “Deployment Information” and then the “Personal Deployment Preparedness” link. The login and status will be displayed, including any immunizations currently required in the “Action needs list.”

SPiRiT SPOTLiGHT

Senior Airman Jennifer Serino, an Orlando, Fla. native, has served for more than four years, including two months in the Air Force Reserve.

Job Title: Information Management

Civilian job: Environmental Services

Favorite way to relax: Yoga

What I'm reading: House, by Frank Peretti

What I'm Listening to: Fozzy and anything on T-95.

What annoys me: (Others) Being disrespectful

Most influential person in my life: My parents

If I won \$1 million, I would: Give my parents a trip to Italy



18th ARS

vPC-GR

Air Force Reserve members can now request corrections to their awards and decorations or submit their personnel for an award or decoration online. You also can make corrections to duty history, apply for retirement, and request other personnel support. Log on to vPC-GR today and learn how to accomplish all this without leaving the office.



For more information or to register and begin accessing vPC-GR, log on to:

[HTTPS://ARPC.AFRC.AF.MIL/VPC-GR/](https://arpc.afrc.af.mil/vpc-gr/)

Need AF Forms? Regs?

Service members seeking Air Force and Department of Defense forms, Air Force Instructions and other official documents can obtain them from Air Force E-Publishing online, the official Source Site for Air Force administrative pubs.

To obtain your documents, visit:

[WWW.E-PUBLISHING.AF.MIL](http://www.e-publishing.af.mil)

Slow Down, Pay Attention

The McConnell Air Force Base speed limit is 25 Miles Per Hour unless otherwise posted. There's a 25 miles per hour sign with "UNLESS OTHERWISE POSTED" below it at the East and West Gates. The rule is to go 25 miles per hour unless there are signs posted stating otherwise. McConnell speed limits are determined by safety, civil engineers, security forces and input and approval by the 22nd Air Refueling Wing Commander.



Reporting Statement

Reserve and National Guard members receiving Veteran's Affairs compensation or pension benefits at the time called to active service must contact a VA regional office to report the date of activation. Failure to report will result in possible overpayments.

[WWW.SEAMLESSTRANSITION.VA.GOV](http://www.seamlesstransition.va.gov)

Email for Life

E-Mail for Life, or E4L, is a new program that will consolidate the service's multiple e-mail systems and provide senior leaders the capability to e-mail every Air Force member directly. The new E4L addresses will not be base specific but will have the extension of @us.af.mil. This means that every Air Force user -- active-duty, Guard, Reserve, civilian or contractor -- will keep that address for as long as they're associated with the Air Force. To find out more visit:

[WWW.AF.MIL/NEWS/STORY.ASP?ID=123046048](http://www.af.mil/news/story.asp?id=123046048)

Services Agency Scholarships

Air Force Services Agency officials are offering \$25,000 in scholarships for club members and eligible family members, including the member's spouse, son, daughter, stepson and stepdaughter. Grandchildren are also eligible, if they are dependents of the club member. For more information about the Air Force Club Membership Scholarship Program, visit:



[WWW.AFCLUBS.NET](http://www.afclubs.net)

Circus

Apr. 13 & 14 — The Midian Shrine Circus performs at the Kansas Coliseum on Friday at 12:30 p.m. and Saturday at 11:30 a.m. and 7:30 p.m. Tickets are available at all select-a-seat outlets or by visiting www.selectaseat.com. For more information visit:

WWW.KANSASCOLISEUM.COM

Wine Auction

Apr. 14 — 7 p.m at the Museum of World Treasures, 835 East 1st St. in Wichita, Kan. Wines of all varieties and special prizes such as tickets to area fine arts events will be auctioned throughout the evening. Tickets for the event are \$50.

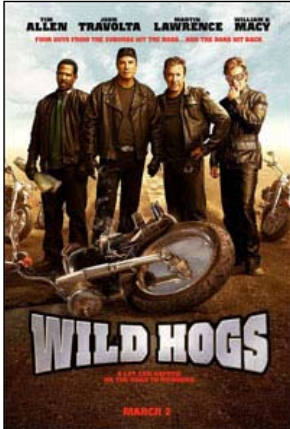
WWW.JMBGROUPINC.COM

Cosmic Bowling

Apr. 13 & 14 — 7 - 11 p.m. Friday and Saturday at the Tornado Alley Bowling Center located at the Robert J. Dole Community Center. \$2.25 per game or \$10 all you can bowl. For more information contact the 22nd Services Squadron at 316-759-6187 or by visiting:

WWW.22SVSSQ.ORG

At the Movies



Wild Hogs

FRIDAY, Apr. 13, 7pm

1 hr. 40 min. A group of middle-aged friends decide to rev up their routine suburban lives with a freewheeling motorcycle trip. When the foursome set out for this once-in-a-lifetime experience, they encounter a world that holds far more than they bargained for.

MPAA Rating: PG-13, crude-humor, language, comic violence



Ghost Rider

SATURDAY, Apr. 14, 7pm

1 hr. 50 min. Based on the Marvel comic book character, stunt motorcyclist Johnny Blaze gives up his soul after suffering a life ending injury in a stunt to become a hell-blazing vigilante, to fight against power hungry Blackheart, the son of the devil himself.

MPAA Rating: PG -13, horror violence and disturbing images

Movies are shown at the McConnell Air Force Base Theater and are subject to change. Admission is \$3.50 for adults, \$1.75 for children 11 and under. Doors open 30 minutes prior to showtime.

McConnell Movie Line – (316) 759-4181

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