

KANZA SPIRIT

931ST AIR REFUELING GROUP



Inside

Uniform change
at CentCom

Page 3

Spirit Spotlight

Page 6

New UTA
Schedule

Page 7

July 2004

McConnell AFB, Kansas

Vol. 9, No. 6

'Eyeball test' part of fit assessment

GEN. JOHN P. JUMPER

AIR FORCE CHIEF OF STAFF

Our new Air Force fitness program has been in effect for more than six months now and I am very pleased with what I see going on around our Air Force.

Airmen are exercising more and fitness center usage is up. I'm glad to see so many Airmen incorporating physical fitness into their routine—an active lifestyle can provide important benefits to personal physical and mental well-being.

But as I've said before, there's a zero percent chance we got the program one hundred percent right the first time. I continue to receive feedback and we'll continue to make

continued on page 5



Gen. John P. Jumper



photo by Tech. Sgt. Jason Schaap

One Step Ahead

Support Flight gets jump on new fitness

STAFF SGT. DAVID SEVART

931ST ARG PUBLIC AFFAIRS

The staff of the Military Support Flight got their first taste of the new Air Force Fitness Test during the June Unit Training Assembly. They are also the first 931st Airmen to be assessed as a section.

Among those who tested was the MSF commander, Capt. Martha Kuder, who told her Airman to be ready to go first thing Saturday of the UTA.

"Our office is made up of a diverse group of people, some ex-

ercise all the time and others who hardly exercise at all," said Capt. Kuder. "I wanted my flight to go first because I wanted them to get a baseline to know where they need to improve."

The test consisted of a waist measurement, crunches, push-ups and a 1.5 mile run. Points were awarded to each of the four parts of the fitness test and then were combined for an overall score.

The number of points needed to pass is determined by age and gender. A passing score is 75 points out of a maximum of 100. A man

continued on page 4

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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.

commander's message

Congratulations to Lt. Col. Randy Foster, the new 18th Air Refueling Squadron commander! The change of command was outstanding—way to go 18th ARS. Randy has the leadership and strength to propel his squadron to new heights of excellence and achievement. I know their performance during the upcoming IGX will be terrific. Just in case you were wondering, the former 18th commander, Col. Clay Childs, is now our group's deputy commander. When you see him around campus please congratulate him.

As you know, this summer is going to be very busy. This month we will be participating in an IGX at Alpina. For those of you playing in the exercise, be aware and do your tasks by the book. Cutting corners is not an option; we must get back to basics in the safety arena. I am confident that you will be safe and do a wonderful job during the IGX. After the exercise we can look forward to Family Day, the Boss Lift, and the Air Force Ball. I encourage everyone to participate—all three will be fun.

The October UTA will be our big fitness testing UTA. The UTA will be mandatory for those of us that have not completed the test, so be prepared to show your stuff on the track and in the gym. Please start now to get ready for the test. Start slow and build up to your max. Commanders, you don't need to wait until October to complete the test; press ahead if your unit is ready for testing. Congrats to the MSF on being the first of our team to complete fitness testing! Have a safe and productive UTA.

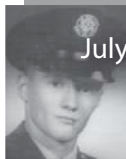


Karl J. Hurdle, Colonel
931st ARG Commander

Shippin' Out

All 931st ARG members are invited to attend the retirement ceremony of AMXSSection Chief Senior Master Sgt. Larry C. Shippy

July 18th, 10 a.m. at Emerald City Ballroom
Refreshments will follow ceremony.



UTA SCHEDULE

Next UTA: July 17-18

August 14-15

September 18-19

October 16-17

DCUs or PT gear for CentCom deployers

STAFF SGT. TODD C. LOPEZ

379TH AIR EXPEDITIONARY WING PUBLIC AFFAIRS

All Airmen deploying to the Central Command area of responsibility must now ensure the clothing they pack is in step with a recent dress and appearance policy revision now in effect.

The most significant change requires Airmen to wear either desert camouflage uniforms or physical training gear while on an Air Force installation in Southwest Asia, said Lt. Gen. Buck Buchanan, U.S. Central Command Air Forces commander.

When the Air Force physical training uniform is made available, it and DCUs will be the only authorized clothing for Airmen assigned to units in theater, unless they are specifically authorized to wear something else, the general said.

General Buchanan's new policy ensures the Airmen's attire portrays a positive military image and supports the area's force-protection posture.

"As a military community, we are increasingly taking on the role of U.S. ambassadors," General Buchanan wrote in the policy letter. "We must also ensure protection of our forces. Accordingly, I have reviewed proper order and discipline requirements and force-protection policies, in regards to dress and appearance, to ensure every possible step has been taken to portray a positive military image and to protect the personnel assigned to this command."

At Army installations in the region, the Army dress and appearance requirements, which parallel the new CENTAF policies, will be

the standard for deployed Airmen.

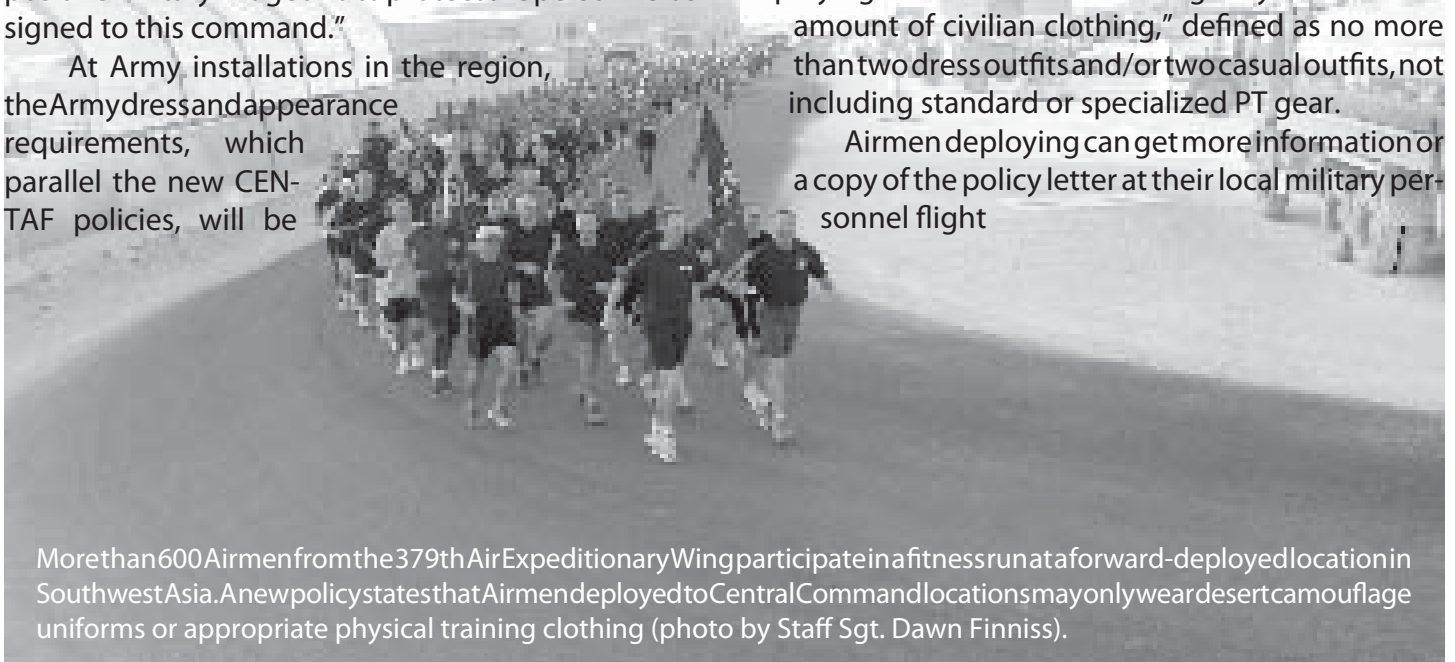
Because the Air Force PT uniform is still in development, Airmen are authorized to wear civilian-style PT gear as long as it is conservative, professional and with only minimal and appropriate decoration. Shirts must have sleeves and be predominantly a solid color. Shorts must reach to the mid or lower thigh and can not be made of spandex, the general said.

For duty-related tasks that require civilian clothing, for military travel in and out of the theater, and for locations where Airmen are authorized to leave the installation for cultural or recreational activities, they must wear conservative clothing. The policy defines "conservative" as sleeved shirts and dress pants or jeans, which fit properly and are a solid, dark color and are in good repair. Shoes should also be conservative and sturdy. Well-maintained sneakers or hiking boots are recommended while open-toed shoes, sandals and "flip-flops" are prohibited.

The policy gives installation commanders the leeway to authorize people to wear civilian clothing for specific official duties or visits, special activities and specialized PT such as swimming, weight lifting, basketball and volleyball. The clothing authorized in these instances will be conservative as defined and posted by installation commanders.

A new policy letter specifically states that Airmen deploying to the AOR should bring only a "minimum amount of civilian clothing," defined as no more than two dress outfits and/or two casual outfits, not including standard or specialized PT gear.

Airmen deploying can get more information or a copy of the policy letter at their local military personnel flight



More than 600 Airmen from the 379th Air Expeditionary Wing participate in a fitness run at a forward-deployed location in Southwest Asia. A new policy states that Airmen deployed to Central Command locations may only wear desert camouflage uniforms or appropriate physical training clothing (photo by Staff Sgt. Dawn Finness).

One Step Ahead continued from page 1

datory Group-wide test is scheduled for the October UTA, but 931st commanders have the option to test their Airmen before then.

The MSF approached the first test more like an assessment that wasn't held against those who didn't pass, said Master Sgt. Bob Lorenz, the MSF male fitness monitor. Those who passed could have their score recorded and wouldn't be required to test again for a year. Everyone else found out where they needed to improve before the Group test.

Security Forces' Senior Airman Luke Mahoney will not be among those required to test in October. He is one of the Group's first several Airmen to record a passing score.

"The test was not as hard as I thought it would be," said Airman Mahoney. "The running was the hardest part because I'm not a runner."

Airman Mahoney said he trained for the test by using a treadmill for running and by doing push-ups and sit-ups in his room at night. Nice weather also helped, he added.

"Doing the test in the morning was nice, it was much cooler."

Airman Mahoney was one of six MSF troops to pass the new test on the first try. Their flight comrades will test again in October, but they will be one step ahead of the pack. They know what to expect and what they need to do to pass it.

"I'm very proud of this group. Everyone stuck to it and gave it their all," said Capt. Kuder.

Senior Airman Justin Triplett watches his Military Support Flight comrades finish the run portion of the Air Force fitness test during the June UTA. Triplett, a personnel specialist for the MSF, was the first Airman across the finish line. (Page 1 photo) Tech. Sgt. Woolson, 931st Family Readiness Chief, finishes the run where it started.



Tech. Sgt. Ed Woolson, 931st Family Readiness Chief, drinks to passing the new fitness standard.



(ABOVE) Staff Sgt. Cy Sabatino (right) receives kudos from Capt. M. Kuder, MSF commander, for exceeding the maximum required amount of running. Sgt. Sabatino, the Information Systems Flight Assistant Chief, passed the new test on her first try. (RIGHT) Master Sgt. Bob Lorenz, MSF fitness monitor, records the scores.



931st Family Readiness Center member performing his first test under the new standards.

'Eyeball test' part of fit assessment continued from page 1

changes as needed. In my first "Fit to Fight" Sight Picture, I spoke directly to commanders about their responsibilities—including their responsibility to ensure their people pass the commander's eyeball test. Feedback suggests this area requires more emphasis. As I've said, commanders must be out routinely exercising with their unit to evaluate their squadron's overall fitness and that of individual members.

Equally important, commanders must ensure Airmen present a professional image while in uniform. They must lead by example—demonstrating an example of a professional image for their Airmen to follow and enforcing the standards they embody.

There will be some individuals who can pass our fitness standards but do not present a professional military image. In these instances, I expect commanders to provide direct feedback to those individuals and, if needed, mandate their participation in the multiple fitness educational programs offered by our Health and Wellness Centers; an upcoming change to our fitness AFI will clarify commanders' discretion in referring Airmen for training.

Additionally, I continue to receive feedback regarding the components of the fitness test and scoring methodology. This fall, the Surgeon General will convene a panel of medical experts from inside and

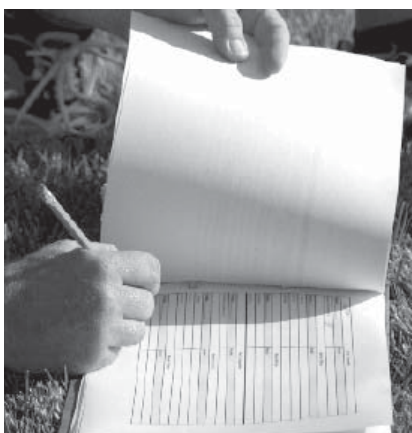
outside the Department of Defense to analyze our first year of fitness testing results and determine if our standards are where they need to be.

As these standards are reassessed, we will continue to examine how we document unit and individual fitness scores on performance reports. This overall review will also include input from commanders to evaluate compliance, identify shortfalls, and recommend course corrections to ensure we are on track with providing an environment that supports fitness and appearance standards.

Physical fitness and a professional image—two important aspects of being an Airman.



...nthis...eives...artha...er,for...umre...ches...orma...istant...eston...aster...tness...cores.



No 'waive' goodbye to waist measurement, not taking full test can hurt final fit scores

MAJ. DAVID FRUCK
931ST ARG FITNESS COORDINATOR

Questions have been raised about medical waivers concerning the new fitness test. With very few exceptions (pregnancy or maybe recent stomach surgery) the waist measurement will always be able to be scored.

According to Air Force instructions, the final score of Airmen who can't complete part or parts of the test will be determined by those parts completed. Therefore, if an individual is medically waived for push-ups, crunches and the run, his or her test will consist of the waist measurement. All Airmen

need to achieve a 75 percent score or they fail the fitness test and have to retest in six months.

Since the waist standards are equal regardless of age, a male will need a 35-inch waist or smaller and a female will need a 32-inch waist or smaller to pass the test with only a waist measurement. For individuals that might be out of shape, overweight, etc., a medical waiver for all or some of other test parts will likely lower the chances of an Airman passing unless he or she has a small waist.

Airmen who have questions concerning the new Air Force fitness standards should contact their sections' fitness monitor.

SPIRITSHORTS

TSP goes toll-free

A toll-free telephone service for Thrift Savings Plan participants and beneficiaries began July 1. For calls from the United States, Canada, Puerto Rico and the Virgin Islands, the number will be (877) 968-3778 and the TDD number for the hearing impaired will be (877) 847 4385. The current number, (504) 255-8777 can be used for all other international calls. Callers can receive TSP account or transaction information 24 hours a day. Service representatives are also available 7 a.m. to 9 p.m. Eastern time Monday through Friday.

New DOD Web site explains employee changes

Department of Defense officials launched a Web site to educate civilian employees about the new National Security Personnel System. NSPS will make changes in the way the department hires, pays, promotes, disciplines and fires civilian

employees. The new site offers an overview of what DOD employees can expect from the new personnel system, as well as information regarding issues of labor-management and employee unions, and links to system-related documents.

Congress authorized the new personnel system as part of the fiscal 2004 National Defense Authorization Act. For more information, go to the new site at:

www.cpms.osd.mil/nsps/

New uniform survey online

A Web site for Airmen to provide feedback on the proposed utility uniform is now available as link off the official Air Force Web site, www.af.mil. Feedback on the proposed uniform has been excellent so far, but an Internet survey will give all Airmen a chance to voice their opinions.

Military clothing sales stores were scheduled to begin displaying the new uniforms in July.

Civies authorized for UTAs

Authorization has been given for 931st ARG members to pay \$5 to wear proper civilian attire on Sundays of the July and August UTAs. All proceeds go toward offsetting Family Day Picnic costs. Civilian clothing is not authorized when participating in training that requires a uniform. The \$5 should be paid to an HRDC representative.

Space-A lodging expanded

The Air Force Services Agency has expanded the space-available reservation policy. Lodging officials can now accept and confirm space-A lodging reservations up to 30 days in advance based on low projected occupancy rates. Higher priority customers may not bump space-A customers with confirmed reservations. They will not be bumped once they are assigned lodging except during contingencies, emergencies or when the installation commander determines higher priorities exist.

SPRISPOTLIGHT

Senior Airman Marina A. Coronado is a Mexico native who has been in the Air Force less than a year.

Job Title: Information Management

Civilian Job: Substitute Teacher & Student majoring in Business Management

Favorite way to relax: Bubble Bath

What annoys me: Lazy People

Most influential person in my life: My mother, she worked hard her entire life to support six of us and make sure we went to college.

What I'm listening to now: Rock music

What I'm reading: Text books, CDCs and The DaVinci Code (great book)

If I won a \$1 million, I would: Give 10 percent to my community church, 10 percent to World Vision, 10 percent to my parents and use the rest to start a small business



Operations Support Flight

Score the Kanza, score free stuff

Group members, including family members and civilian employees, are encouraged to participate in a survey of the Group newsletter, the Kanza Spirit.

The survey allows the opportunity to answer questions relating to the Spirit's content and offer suggestions for improvement.

All survey participants will be eligible to be entered in a random

the Web address displayed below.

All surveys are kept as anonymous as possible. However, group members who complete the online survey must include their name in the comments box at the end of the survey if he or she wishes to be entered into the drawing for free certificates. The contents box is reported to the PA office separate from the rest of the survey.

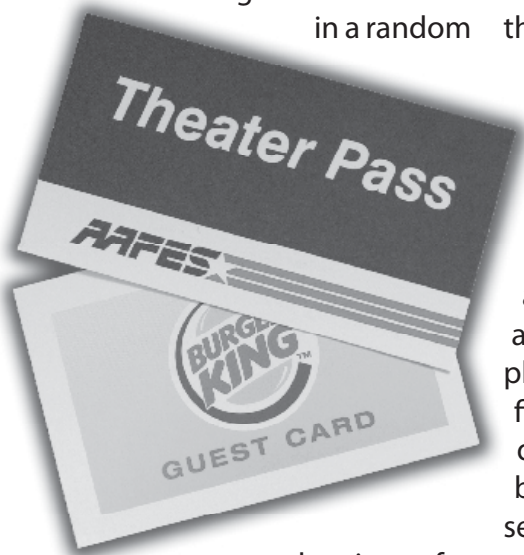
Participants should put only their name in the comments section (with the option to include comments in a second online survey) if they want their survey to be completely anonymous. Surveys will be available in the publications display outside the Public Affairs office, suite 221 in the 931st headquarters building. They also can be obtained via an email request sent to:

david.fruck@mccconnell.af.mil

Surveys may be returned to the PA office by hand, via email, or faxed to (316) 759-3393.

All surveys will be immediately separated and stored separately from a record of participants to protect anonymity. Surveys returned by fax should include a separate cover sheet with the participant's name.

Results of the random drawing will be announced at the Family Day Picnic scheduled for the September UTA.



drawing for movie passes good for admission to the McConnell AFB Theater and certificates for a free sandwich at the McConnell AFB Burger King.

Five participants will be selected to receive four movie passes and four Burger King certificates. Fifteen participants will be selected to receive two movie passes and two certificates.

The survey will be available through several methods. One convenient method is online at

www.afnews.af.mil/internal/survey/survey_index.htm

FY 2005 UTA Schedule

Oct. 16-17

Nov. 6-7

Dec. 11-12

Jan. 8-9

Feb. 12-13

Mar. 12-13

Apr. 16-17

May 21-22

June 11-12

July 16-17

Aug. 20-21

Sept. 17-18

Group members are encouraged to cut this schedule out for future reference.



Wet-N-Wild at the Zoo

June 16 — Kids can enjoy an afternoon filled with water and fun activities perfect for beating the summer heat, including:

- Sedgwick County Fire Department hose down
- Sprinkler towers and rain tents
- Activities and face painting
- Grizzly enrichment
- Elephant pool play
- Treats for camels and pigs
- Chimpanzee and orangutan enrichment
- Enter a chance to win the elephant hose down contest

Admission for Wet-N-Wild Days is \$9 for ages 12 to 61; \$7 for

ages 62 and over; \$5 for ages 4 to 11; and children ages 3 and under are admitted free. Hours are 1 to 4 p.m. Call (316) 660-9453 for more information.

Wizard of Oz

June 16 & 17 — A family show for all ages, this heartwarming musical includes songs like “Yellow Brick Road,” “Over The Rainbow,” and “Munchkinland (Ding Dong The Witch Is Dead).” many more. Dinner starts at 6 p.m., show starts at 7:30 p.m. Call (316) 681-1566 or visit www.crownuptown.com for more information.

Rodeo Night

June 16 & 17 — Some of the country’s best cowboys are scheduled to compete at the Pretty Prairie Rodeo, a 68-year-old tradition and Kansas’ largest night rodeo. Located about one hour west of Wichita.

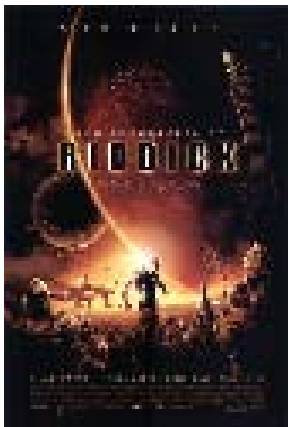
Call (620) 459-4653 for more information.

Wichita Stealth

June 17 — Wichita’s own Arena Football team takes on the Yard Dawgz from Oklahoma City at the Kansas Coliseum. Game scheduled to start 7 p.m.

Call (316) 755-7328 or visit www.selectaseat.com for tickets.

At the Movies



THE CHRONICLES OF RIDDICK

FRIDAY, JULY 16 7pm
1 hr. 59 min. Vin Diesel is an escaped convict who can see in the dark. He gets caught in the middle of a galactic war and must battle for the future of all beings, dead and alive.
MPAA Rating: PG-13 for intense sequences of violent action and some language



HARRY POTTER & THE PRISONER OF AZKABAN

SATURDAY, JULY 17 7pm
2 hr. 22 min. Harry discovers his own past and the disturbing history of mass murderer Sirius Black, who has escaped from prison and only wants one thing: Harry.
MPAA Rating: PG for frightening moments, creature violence and mild language

Movies are shown at the McConnell Air Force Base Theater and are subject to change.
Admission is \$3 for adults, \$1.50 for children 11 and under.

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