

# KANZA SPIRIT

## 931ST AIR REFUELING GROUP



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Courtesy photo

## 'Balad' of a Medical Officer

Maj. Kristi Miller, the new commander of the Group's Aerospace Medicine Flight, stands near an entry point at Balad Air Base, Iraq, where she recently served with the 332nd Contingency Aeromedical Staging Facility.

### *New AMF commander returns from Iraq*

ELISSA THOMPSON

PHOENIX VA MEDICAL CENTER PUBLIC AFFAIRS

**ALARM RED. ALARM RED. ALARM RED. EVERYONE GET DOWN.**

The loud speaker screamed across the base, waking Maj. Kristi Miller. She could hear mortar shells and rockets exploding overhead. Her unit was under attack.

That is just one of the many memories Maj. Miller, the 931st's new Aerospace Medicine Flight

Commander, brought back with her from Iraq.

She arrived at Baghdad in late February, where she remained until the end of March when she was forward deployed to Balad Air Base north of Baghdad.

Immediately upon her arrival, the atmosphere was remarkably different. She described the environment as harsh. In addition to being mortared or rocketed continuously, Maj. Miller said the most

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## IGX complete

TECH SGT. DAVID BRUMLEY

931ST ARG PUBLIC AFFAIRS

More than 80 members of the 931st Air Refueling Group completed an Expeditionary Operational Readiness Inspection held in Alpena, Mich., July 26-31.

The exercise integrated almost 900 Airmen, flying both C-5 and KC-135 aircraft, from 27 different units in a simulated deployment to an operating base in the Republic of Korea.

The exercise simulated the rigors of a wartime environment including deployment, mission support, civil engineer support and the ability of aircrews to operate in a combat environment.

The deployment required the members to demon-

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photo by Tech. Sgt. David Brumley

Commander,  
931st Air Refueling  
Group

Col. Karl J. Hurdle

Spirit Staff  
Maj. Dave Fruck  
Chief of Public Affairs

Tech. Sgt. Jason Schaap  
Editor

Tech. Sgt. David Brumley  
Staff Writer

Staff Sgt. David Severt  
Staff Writer

### How to reach us

Kanza Spirit  
931st Air Refueling Group  
53280 Topeka St., Ste. 221  
McConnell AFB, KS 67221  
Commercial Phone:  
(316) 759-3704  
DSN: 743-3704  
Fax: (316)759-3393  
E-mail:  
jason.schaap@mccconnell.af.mil

### Deadlines

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

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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

IGX success! Pride, determination, and professionalism has driven our folks to success.

I am so proud of everyone who planned, organized and participated in the exercise. The IGX players left for Alpena with pride. They returned proud of the fantastic job they did. As I greeted the returning chinks I was struck by the incredible enthusiasm and energy the IGX players had.

The 24/7 ops of the IGX did nothing to weaken our people, it made them stronger—wow! Everyone proved that the 931st Air Refueling Group is ready for combat and good to go in the Global War on Terrorism.

I would like to thank the XP shop for a wonderful job they did in pulling all the pieces together. I know Senior Master Sgt. Donna Lorenz, Maj. Andy Dorsey, and Maj. Trace McDermott felt at times they were herding stray cats. They remained steady and resolute and got our folks out of town, way to go Loggies. The Aero Medicine Flight guaranteed all the players departed for the exercise medically qualified.

The maintenance troops got every IGX mission off the ground under extremely harsh ATSO conditions. The aircrews received kudos from the IG for their flying performance. The civil engineers kept the planes flying by repairing cratered runways.

Everybody did their part. THANKS.



Karl J. Hurdle, Colonel  
931st ARG Commander

## What do you do?

The *Kanza Spirit* staff is looking for traditional reservists within the 931st who have unique hobbies or jobs, especially those that offer opportunities for unusual and interesting photos. Please contact Tech. Sgt. Jason Schaap at (316) 759-3686 or jason.schaap@mccconnell.af.mil with your ideas.

## UTA SCHEDULE

**Next UTA: Aug. 14-15**

*September 18-19*

*October 16-17*

*November 6-7*

# PME incorporates Fit-to-Fight program

TECH SGT. DAVID A. JABLONSKI

AIR FORCE PRINT NEWS

Professional Military Education students are exercising under a more formal structure that began this month as part of the Fit-to-Fight initiative.

Students perform physical conditioning three days a week to reinforce the school's new focus, said Chief Master Sgt. Sharon R. Turk, vice commandant of the College for Enlisted Professional Military Education.

Even though many schools have moved toward this, it just now became officially a part of the curriculum for the noncommissioned officer academies, and is scheduled to be integrated into Airman leadership schools in November, she said.

Course attendees will notice a focus on combat leadership throughout enlisted PME with lessons such as national security strategy, joint-force components, expeditionary Airman, terrorism and force protection, force packaging and joint perspectives.

"The major difference in our curriculum today compared to before is that we are focusing on the combat environment verses a business environment," Chief Turk said.

These changes will be implemented at all levels of PME starting with Airman leadership schools, with added intensity as the level increases.

"Fit-to-Fight is an area where we need everyone's

support because of the way it is performed while attending PME," she said.

Students perform physical conditioning before, during or after the duty day, which lasts from 6:30 a.m. to 5 p.m. However:

- Schools have flexibility to schedule exercise time.
- Constraints such as shower facilities, physical training access areas, and graduation schedules will affect each school differently.
- Each school will design its own physical-conditioning program ensuring programs consist of proper warm up, push-ups, sit-ups, running and cool down.

Every program will comply with guidance provided in Air Force Instruction 10-248.

All students, no matter what fitness category, are allowed to attend PME. Instructors will perform an unofficial fitness assessment to determine students' fitness level. Based on their fitness level, they will be paired up with students in a like category.

If someone is not physically fit, the instructors will support their fitness prescription to ensure safe workout activities. If no fitness prescription is received and the assessment indicates that the Airman is not physically fit, officials will work with and monitor his or her involvement in the program.

"The bottom line is that students must participate to the fullest extent possible in our fitness program," Chief Turk said.



photo by Master Sgt. Jim Varhegyi

Trainees at the U.S. Air Force Honor Guard technical school at Bolling Air Force Base participate in a physical-fitness routine several times a week. New Air Force instruction requires all Airmen attending Professional Military Education to participate in a fitness program.

difficult aspect of her experience was, "the fear of the unknown."

There are always thoughts in the back of your head about knowing that you could die, she said, but "the reality is that you don't know when or if it will actually happen."

She worried about the safety of the troops she worked with.

Maj. Miller was the administrator of a Contingency Aeromedical Staging Facility. Her responsibilities included providing patient care and moving the sick and wounded.

She described the conditions she worked under as intense, working a minimum of 12 hours a shift. The hours she worked were erratic, depending on the number of casualties incurred.

"It was a stressful experience, but also rewarding because it allowed me to continue my service to our country and to our nation's armed forces," Maj. Miller said.

Thousands of servicemembers lived on Balad. All of them worked and lived out of tents.

"We were well equipped with supplies and well trained," she noted, but the living and working conditions required some adjusting. "You learn quickly that convenience is not necessary and that you can do without a lot."

One thing the troops depended heavily upon was mail, or any kind of correspondence while away.

"I hope that people realize the value of mail to their servicemember. Just getting a letter or box,

something tangible, as a reminder of family and friends back home is unexplainable," Maj. Miller said. "Until you're there, you don't really know what war is. You just can't explain it until you've endured it."

Maj. Miller's war tour is now over, but more challenge awaits her at the 931st, where she said she's looking forward to finishing her career.

"During my 21-year history with the military I have taken the challenges placed before me with pride and enthusiasm," she said. "Assuming the position of Commander of the 931st AMF was an opportunity to serve my country one last time, before my retirement."

U.S. Air Force tactical air patrol party Airmen and Soldiers with the U.S. Army's 1st Infantry Division conduct a patrol near Balad Air Base, Iraq. Maj. Kristi Miller, the 931st's new Aerospace Medicine Flight Commander, recently returned from the same location.



photo by Staff Sgt. Aaron Allmon II

Col. (Dr.) John Cinco checks an Iraqi girl during a medical civic-action project visit. Dr. Cinco was the chief flight surgeon for the 332nd Contingency Aeromedical Staging Facility at Balad Air Base, Iraq. Maj. Kristi Miller, the new Aerospace Medicine Flight Commander, served with the same unit while deployed in support of Operation Iraqi Freedom.



photo by Master Sgt. Jon Hanson

# Balad medics aid villagers

STAFF SGT. A.C. EGGMAN

332ND AIR EXPEDITIONARY WING PUBLIC AFFAIRS

Millions of people live without proper medical care most of their lives, and American soldiers and airmen in Iraq are trying to change that one person and one village at a time.

“The 5-year-old with cyanotic heart disease broke my heart,” said Maj. (Dr.) Brian Crownover after returning from an Army medical civil action program visit. “I saw so many diseases that were unchecked in Iraq that would’ve been immediately treated in the United States.”

Dr. Crownover was part of an Air Force team that joined an Army team of 25 physicians and assistants

from the 11th Aviation Brigade to treat nearly 100 patients at the village of Al Jadeed, about eight miles south of Balad Air Base, Iraq.

“When we got to the village and started setting up and seeing all the patients, we forgot all about our fear. We just wanted to do as much as we could,” said Master Sgt. Melodia Woolford, a medical technician deployed from Offutt Air Force Base, Neb., as part of the 332nd Expeditionary Medical Squadron’s Detachment 1.

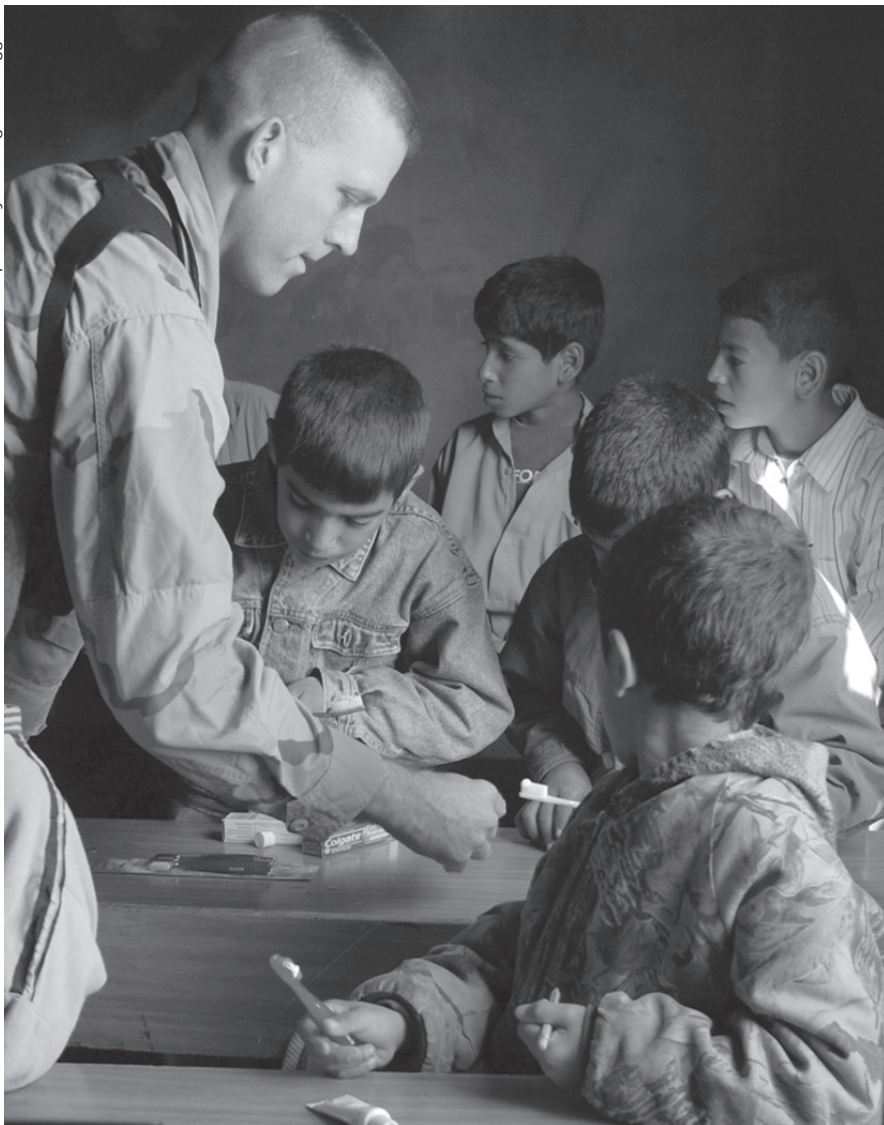
Dr. Crownover, also deployed from Offutt, treated 25 Iraqis ranging from 6 months to 75 years old. He treated everything from severe heart disease to asthma, and said many people had illnesses that had gone unchecked.

Many Iraqis have a clinic in their village. But most are charged a fee for service, and patients receive substandard care, he said. A lot of the Iraqis are issued medicines that aren’t appropriate for their ailments. What care they do receive is often not consistent, and many people can’t afford to pay.

“The Iraqis need a lot of help,” Sergeant Woolford said. “It is a gratifying feeling to be able to help; it helps narrow the gap between the American military and the local nationals and sends a positive image that we are here to help and not to take over their country.”

Maj. (Dr.) Brian Crownover provides a hands-on lesson on how to properly brush teeth during a medical civil action program visit to Abu Assad, Iraq. Air Force physicians and technicians joined an Army medical team to provide care for local residents in January. Dr. Crownover deployed to Detachment I of the 332nd Expeditionary Medical Squadron at Balad Air Base, Iraq.

photo by Staff Sgt. A.C. Eggman



## Tricare offers reimbursement

Reservists issued “delayed-effective-date active-duty orders” for more than 30 days in support of a contingency operation, and their families, may be eligible to have medical claims reimbursed.

Those medical expenses incurred during the servicemember’s “early eligibility” period -- up to 60 days before reporting to active duty -- from Nov. 6, 2003, to now are eligible for reimbursement.

In order to apply for reimbursement, eligible members must submit a Tricare (CHAMPUS) claim form, a copy of their itemized bill, an explanation of benefits, and proof of payment (if the bill was already paid) to their regional Tricare claims processor.

Claims processing instructions and the claims form, DD Form 2642, are available at local Tricare service centers or online at:

[www.tricare.osd.mil](http://www.tricare.osd.mil)

## Toys for Tots race

Run, walk, or crawl at the 1st Annual Toys for Tots 24-Hour Endurance Relay Race held at North West High School’s athletic facility Aug. 21. Start time for the run will be 8 a.m. and teams need to check in by 7:30 a.m.

The event consists of each member of the team completing a one-mile leg around the track and passing a baton to the next member of their team. This continues for 24 hours. First, second, and third place prizes will be awarded for most distance covered by the running teams and a first place prize will be awarded for the most distance covered by a walking team.

There will also be individual awards for fastest mile, best costume, and most overall spirited team. A \$15 entry per person includes a t-shirt and food. Visit [www.wichitat4t.org](http://www.wichitat4t.org) for entry forms and information or call (316) 759-4736.

## New information ‘Source’ offered to servicemembers

“Military One Source” is a “one-stop” place to go whenever servicemembers or family members need assistance with any kind of problem anytime, worldwide.

Military One Source provides information on a gamut of situations: from needing a plumber in the middle of the night to fix a broken pipe, to needing veterinary service for a sick dog. It also helps families new to an area find childcare, information about the school system, or summer jobs. People should not be afraid or embarrassed to seek help from Military One Source. The person at the other end of the phone is not going to be judgmental about the situation. Military One Source toll-free numbers are (800) 342-9647 in the United States, (800) 3429-6477 outside the United States (where available) and (484) 530-5747 to call international collect.

## SPIRIT SPOTLIGHT

**Staff Sgt. Ronald Clark is a Mulvane, Kan. native who has been in the Air Force more than 7 years.**

Job Title: Communication, Navigation & Missions Systems Craftsman

Civilian Job: Electrical Tech for Snell Thermal Inspections

Favorite way to relax: Working in the yard

What annoys me: Driving 5 mph below the speed limit in the passing lane

Most influential person in my life: My wife, Allison, she is a perfect wife and mother

What I’m listening to now: Country

What I’m reading: Michael Connelly

If I won \$1 million, I would: Continue working, ensure my daughter is taken care of and give 20 percent to the Cystic Fibrosis Foundation



Maintenance Squadron

# ROUND THE GROUP

IGX complete continued from page 1

photo by Staff Sgt. Tim Goeppfert



Airmen from the Group's Maintenance Squadron use teamwork to ensure their MOPP suits are assembled correctly during the recent Inspector General Exercise in Alpena, Mich. Although official results weren't immediately available, Col. Karl J. Hurdle, the 931st Commander, said he was proud of his Airmen for a "successful" IGX. (Page 1 photo) An IGX participant assigned to the public affairs office uses the attachment on his gas mask that permits drinking water from a canteen.

strate their ability to survive and operate in a war time scenario. This included wearing suits to protect them during a chemical attack. While the suit can be very cumbersome, its design allows for an individual to continue their job even while deadly chemical agents are all around them.

A new area that was incorporated during the exercise was dividing the base into sectors. The sectors give the commander the flexibility to allow individuals in unaffected areas the opportunity to remove their mask and gloves and allow them to be more productive while performing their mission.

Group members like Master Sgt. Andrew Cullum, 931st Civil Engineer Squadron heavy equipment supervisor, enjoyed the new system because it shortened the time they had to wear the mask.

"I really liked that because we got put back to MOPP 2 after

two hours while some sectors were in it for about 5 hours," said Sgt. Cullum.

For many, the ability to pull together not only made things easier, it was essential for getting the job done.

"I was impressed with the people I worked with," said Staff Sgt. Brent Robinson, 931st CES structural technician. "The shop really came together. It was like I had worked with these guys my whole career. It was that smooth."

Final inspection grades weren't released before redeployment back to McConnell Air Force Base, however Sgt. Cullum's confidence was high on how they did.

"There wasn't anything unexpected. You always have the normal snags and hiccups," he said. "The IG team seemed to think we did pretty well. It didn't surprise me; I have some good guys working with me."

## Welcome Newcomers

Maj. Kristine Miller  
*Aero Medicine Flight*

Tech. Sgt. Michelle Paperini  
*Military Support Flight*

Tech. Sgt. Jeffery Stopford  
*Military Support Flight*

Staff Sgt. Arthur Banks  
*Civil Engineer Squadron*

Staff Sgt. Allison Clark  
*Maintenance Squadron*

Airman 1st Class Philip Friend  
*Maintenance Squadron*

Airman 1st Class Ryan Larson  
*Civil Engineer Squadron*

## Promotions

Senior Master Sgt. Ernest Goethe  
*Maintenance Squadron*

Tech. Sgt. Timothy Calhoun  
*Maintenance Squadron*

Senior Airman Travis Bryant  
*Aero Medicine Flight*

Senior Airman Cornelius Terrell  
*Civil Engineer Squadron*

Senior Airman Keith Yoho  
*Aero Medicine Flight*

Airman 1st Class Colby Shepard  
*Civil Engineer Squadron*

Airman 1st Class Crystal Willis  
*Aero Medicine Flight*

## NBC World Series

**August 13 & 14** — The finale to the two-week National Baseball Congress Tournament, a 73-year Wichita tradition, wraps up at Lawrence-DuMont Stadium.

Semifinal games scheduled for Friday at 5 and 7:30 p.m. Final games scheduled for 6 p.m. Saturday. Visit [www.nbcbaseball.com](http://www.nbcbaseball.com) or call (316) 267-3372 for more information.

## Woodstock Revisited

**August 14** — The Orpheum celebrates the 35th anniversary of Woodstock with a special showing of this acclaimed documentary that chronicles the “three days of peace, music... and love” and won the 1970 Academy Award for Best Documentary.

Visit [www.wichitaorpheum.com](http://www.wichitaorpheum.com) or call (316) 263-0884 for more information.

## Free Admission

### to new Derby waterpark

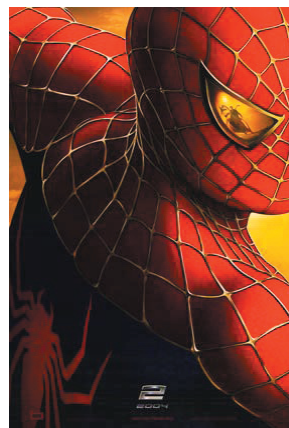
**August 13** — Military identification holders and their families can gain free access to the new Rock River Rapids waterpark in Derby Friday from 12:30 to 8 p.m. The new park features a lap pool, shallow pool, lazy river and slides. For more information about the new park, visit [www.rockriverrapids.com](http://www.rockriverrapids.com), or call (316) 788-3081.

## At the Movies



### SLEEPOVER

**FRIDAY, AUG. 13 7pm**  
**1 hr. 30 min.** An adventure ensues when four teenage girls have their slumber party turned into a competition with the “popular girls,” with the winner to claim the best table in the high school cafeteria.  
**MPAA Rating:** PG for thematic elements involving teen dating, some sensuality and language



### SPIDER-MAN 2

**SATURDAY, AUG. 14 7pm**  
**2 hr. 8 min.** Toby McGuire returns as Peter Parker, whose life becomes dramatically more complicated as he wrestles with the “gift and the curse” of being Spider-Man, his life-long yearning for M.J., and a formidable new foe named Dr. Octavius.  
**MPAA Rating:** PG-13 for stylized action violence

*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.*

931st ARG/PA  
53280 Topeka Street  
Suite 221  
McConnell AFB, KS  
67221-3767

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