

RABBIT TALES



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All photographs are Air Force photographs unless otherwise indicated.

This UTA in History

September 8, 1974 – In a controversial executive action, President Gerald Ford pardons his disgraced predecessor Richard Nixon for any crimes he may have committed or participated in while in office. Ford later defended this action before the House Judiciary Committee, explaining that he wanted to end the national divisions created by the Watergate scandal.

The Watergate scandal erupted after it was revealed that Nixon and his aides had engaged in illegal activities during his reelection campaign--and then attempted to cover up evidence of wrongdoing. With impeachment proceedings underway against him in Congress, Nixon bowed to public pressure and became the first American president to resign.

September 9, 1776 – The Continental Congress formally declares the name of the new nation to be the “United States” of America. This replaced the term “United Colonies,” which had been in general use.

In the Congressional declaration dated September 9, 1776, the delegates wrote, “That in all continental commissions, and other instruments, where, heretofore, the words ‘United Colonies’ have been used, the stile be altered for the future to the “United States.”

Safety Tip

I’m not sure how he hoisted the boat up onto this flimsy, jury-rigged excuse for a boat carrier. However, I am sure that this is dangerous.

So why exactly couldn’t he use this trailer? Had to carry along a couple of personal watercraft and a giant grill?

I’d always like to think that maybe this guy just had to move his boat across his yard. But no,



our contributor shot this photo on an interstate highway south of Knoxville.

(Image and text courtesy of Naval Safety Center, www.public.navy.mil/navsafecen)

Remember:
SAFETY BEGINS WITH YOU!
513ACG.Safety@tinker.af.mil

Upcoming Events

Monday Nights – 1700 – Monday Night Volleyball

Thursday Nights – 1700 – Intramural softball

Sep 22 – First day of Fall

Caption This!

Top 2 responses from last month:

~ “Lt. Col. Pat Rupel’s dollar-ride...circa 1919.”

–Lt. Col. Bryan Dickson

~ “Pat Rupel returns after shooting down the Red Baron.” – Lt. Col. Ralph Hawkins



September’s Caption This! Photo.

To submit a caption for this month’s photo, email SSgt Misty Ackiss (misty.ackiss@tinker.af.mil).



October’s Caption This! Photo.

From the Front

by Lt. Col. Matt Conrad
970 EAACS Commander

18 of my fellow Reservists and I were invited to attend a luncheon with Mr. Daniel B. Ginsberg, the Assistant Secretary of the Air Force for Manpower & Reserve Affairs. We basically had the ear of the Honorable Secretary Ginsberg for a good hour, and knowing the crowd, I am sure you can guess that some of our issues were loudly and clearly transmitted.

According to the protocol office here, the Secretary specifically asked to have lunch with members of the 970 EAACS. Mr. Ginsberg was aware of our mobilization and he obviously had some part in the process and wanted to know how we were doing.

Many issues were brought up: extension of mandatory separation dates; lack of orders in a timely manner; mobilization for an “emergent” mission; TFI (or lack thereof) in our Associate Unit; unsustainability of a 4 to 1 dwell at the current pace; preserving a distinct Reserve culture; double standards with relation to deployment lengths (i.e. it’s OK for PACAF to deploy for 90 days, but apparently ACC/Tinker/the general here forbids anything less than 180 days); Nearly all other air crew are on something less-way less-than 180 day rotations; AFRCs reluctance to clarify position on comp time location; and, of course, why can’t we go to other theaters that are more Reserve doable and sustainable like South COM (not mentioning any names who asked this one, but it rhymes with MSgt Tuck Test).



As one could expect, there was quite a bit of discussion and listening. The start of the discussion was led off by our Wing Commander, General McGillicuddy who confirmed that a KC-10 crew had recently informed him on an 8 hr flight, “Sir, we’re Reservists and we are going to tell you how it really is.” I will tell you our folks were in true form and up for the challenge. If there are two things that we as a group do extremely well it’s 1) have lunch, and 2) provide candid feedback. I am here to testify that we certainly did our part.

As I told Secretary Ginsberg when we were departing, “Sir, the bottom line, which can never get lost in this discussion is that nobody on the planet can provide the invaluable C2 to our Air Force like my guys in the 970th.”

His response, “No doubt!”

As I left the forum, I had no sense that Rome was on fire. Rather, I remain hopeful that in a couple months we can all breathe a sigh of relief and perhaps utter a take on that famous Latin phrase:

“Venimus, vidimus, vicimus”.

Google it.



AFRC to Implement Laws That Allow Reservists to Carry Over Leave

from Various Sources
Air Force Reserve Command

Air Force Reserve officials are working to change policy to allow members who earn days of leave to carry those days over from year to year.

New laws and Department of Defense instructions permit Reservists to carry over the leave days. However, policy and procedures have not caught up with the new authority.

“This is a tremendous benefit to our Airmen who historically were forced to immediately use, sell or lose their leave,” said Rickey Harrington, deputy chief of the Force Support Division in the Office of Air Force Reserve at the Pentagon. “The new authority provides Reservists more flexibility on how they use leave earned during active-duty activations and mobilizations of 30 or more days.”

For each month served on active duty, Reservists and active-duty people earn 2.5 days of leave, which amounts to 30 days of leave per year. However, active-duty people are also allowed to carry up to 60 days on the books as they cross the “use-or-lose” deadline on Oct. 1 each year. In addition, they can sell up to 60 days of leave during an entire career.

“While the Office of the Secretary of Defense and the Air Force have moved out on putting this in the appropriate leave regulations, Air Force Reserve policymakers have yet to implement the authority because there are significant issues that need to be addressed,” said Col. Nancy C. Zbyszinski, director of personnel in the Office of Air Force Reserve.

One key issue is tracking the leave balance that Reservists will carry forward each year. The Defense Finance and Accounting Service, based in Indianapolis, is not set up to account for Reservists’ leave beyond a single year.

According to financial managers at Headquarters Air Force, the leave software automatically pays out to Reservists if the leave is on record one year after the end-of-tour date.

DFAS is working to change the system and to prevent this automatic pay out, according to Lt. Col. C.J. Miller, deputy chief of the Force Sustainment and Requirements Branch in the Office of Air Force Reserve.

“We are working the last of the policy imple-

mentation issues, and once DFAS finalizes its system changes we’ll push this out to the field,” Zbyszinski said. (Col. Bob Thompson, Office of Air Force Reserve public affairs, Washington, D.C.)

SPORTS: No. 1- Oklahoma City Thunder

by Peter Keating
ESPN The Magazine

Loran Mayes is a captain in the Oklahoma City Thunder Blue Alliance, which means she helps keep Thunder fans connected to one another and to the team, in part by organizing meet-ups. Sometimes fans gather at Mayes’ home in Altus, Okla., a town of just under 20,000 people; other times they get together at local bars or bowling alleys, or at a McDonald’s so parents can bring their kids. Last Dec. 29, Mayes hosted an impromptu watch party at a local hospital, where medical staff crowded to watch Kevin Durant drain a three-point bomb as time expired to clip Dallas 104-102. The meeting was there because Mayes was about to give birth to her third child. Durant’s shot sent her into labor, and out came baby Molly. “Thank you, Kevin Durant!” Mayes says with a laugh.

And that’s why Oklahoma City finished first in this edition of The Mag’s annual Ultimate Standings. The Thunder turn fans into family.

Every year, through fan surveys and financial analysis, we determine which MLB, NBA, NFL and NHL franchises offer the greatest rewards for all the emotion, money and time fans invest in them. And every year, we’re struck by a basic finding: Fans aren’t so unrealistic as to demand championships from their clubs every season. Moreover, fans also have indicated recently that they don’t care all that much about expensive new ballparks or brilliant coaches. Instead, they want value: cheap tickets, hardworking players, committed owners. Throughout the following pages, you’ll see that many teams fail, sometimes spectacularly, to get that message. But providing value is precisely what the Thunder do best.

Oklahoma City made the NBA Finals last season while charging an average of just \$62.32 per game for tickets, parking and concessions -- 13 percent less than the league average. And in our fan voting, the Thunder tied for first among all teams in the category of “has likable players,” ranked first in the NBA in “has

continued on page 5.

No. 1- OKC Thunder:

a fan-friendly environment at games” and shared the top spot with the Spurs for “has owners and players who show appreciation to the fans.”

Now, it's hard to tell the story of little Molly Mayes (who made it to her first game in Oklahoma City at the age of 3 months) or discuss owner appreciation without tripping over the squalid details of the Thunder's own birth. This is the second transplanted team, after the Indianapolis Colts in 2008, to top our rankings, and the fans whom the franchise stranded when the Sonics left Seattle four years ago are still incensed over the move. Local hoops diehards wander through Pioneer Square wearing T-shirts that say “ROBBED” -- and they're not wrong.

But our rankings measure franchises in the present according to how fans currently grade their favorite clubs. If Red Sox followers love their stadium and loathe their manager (and they do both!), that's what matters in our calculations (see methodology, page 56). And at the moment, our research -- and fans' testimonies -- shows the Thunder and their followers are locked in the early stages of a love affair that's already passionate and still intensifying.

The Thunder, like other teams that perennially rank toward the top of our standings such as the Angels, Packers and Spurs, view their franchise as a community trust. In contrast, bad organizations have little



But no club underperforms for fans while overperforming for owners quite like our No. 122 franchise, the Maple Leafs. Toronto charges by far the highest prices in the NHL -- an average of \$151.95 to see a game, 27 percent more than second-place Winnipeg -- but hasn't made the playoffs since 2004, and finished 13th in the Eastern Conference last season. Toronto has finished between 120th and 122nd in our standings every year since 2008 and routinely bottoms out in categories such as player accessibility, fan friendliness and affordability.



regard for the long-term bonds that develop between fans and teams. Many of the worst are either insulated from the consequences of their bad decisions, whether by revenue sharing (Redskins), luxury-box cash (Knicks) or unshakably avid fans (Cubs), or blinded by stadium fights (Islanders, Kings).

Bell Canada and Rogers Communications, two of Canada's biggest media companies, now own the team. (They closed a \$1.1-billion deal to jointly buy 75 percent of Maple Leafs Sports Entertainment, which also owns the Raptors, Leafs TV and NBA TV Canada, on August 22.) But there's not yet much hope for change. The Leafs are hockey's most valuable franchise and turned a staggering \$81.8 million profit last year thanks to Toronto's corporate base and general madness for hockey.

Oklahoma City doesn't have the luxury of choosing profits over people. And at the moment, like the previous No. 1 teams in our standings, it's brewing a perfect storm of exciting, homegrown players, low prices and nonstop connection to the team.

You might even call it a Thunderstorm.

Big Calorie Deal: Baked vs. Fried Foods

Source: www.caloriecount.about.com/big-calorie-deal-baked-vs-fried-b582304

It's common knowledge that fried foods have more fat and calories than baked versions, but sometimes it's hard to determine if the difference is such a big deal. Simply put, it is. Here's a list of some of America's favorite fried foods with their fat grams and calorie counts alongside their baked option.

Chicken (1 leg or ~4 ounce serving bone removed)

Roasted. Skin removed - Total Fat 8g Calories 181

Meat and Skin, Fried with Flour - Total Fat 16.2g Calories 284

The difference between baked and fried chicken is 103 calories and 8.2 grams of fat.

Fish (3 oz. serving of Tilapia)

Baked - Total Fat 2.2g Calories 109

Fried - Total Fat 10.5g Calories 197

The difference between baked or fried is 88 calories and 8.3 grams of fat.

Shrimp (1 ~6 ounce serving or about 6-8 shrimp)

Boiled or Steamed - Total Fat 4g Calories 220 Sodium 310mg

Fried and Breaded- Total Fat 25.8g Calories 470 Sodium 1500mg

The difference between baked or fried is 250 calories and 21.4 grams of fat.

Oysters (6 medium or ~3 oz. serving)

Raw - Total Fat 2.1g Calories 57

Fried - Total Fat 11g Calories 225

The difference between baked or fried is 168 calories and 8.9 grams of fat.

French Fries (Small or ~3 oz. serving)

Baked (Home-prepared from frozen) - Total Fat 6.5g Calories 170

Fried - Total Fat 14.5g Calories 271

The difference between baked or fried is 101 calories and 8 grams of fat.

Onion Rings (9 onion rings or ~3 oz. serving)

Baked - Total Fat 6g Calories 177

Deep Fried - Total Fat 15.5g Calories 276

The difference between baked or fried is 99 calories and 9.5 grams of fat.

Spring Rolls (1 roll, about 84g)

Steamed - Total Fat 2.4g Calories 97

Fried - Total Fat 12g Calories 200

The difference between baked or fried is 103 calories and 9.6 grams of fat.

What about Pan Frying?

We didn't include information about pan frying because the amount of calories that pan-frying adds to certain foods depends heavily on how much oil is added to the pan, the calorie count of the oil added, and how much the food being cooked absorbs. If you want to find out just how much oil is absorbed into the food you cook, you can measure the amount of remaining oil in the pan after you cook and compare it to the amount of oil originally added. So you know, the addition of just one tablespoon of olive oil, margarine, or butter is 120, 87, or 102 calories respectively.

