

RABBIT TALES



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Fabulous Feud

Back by popular demand, Team Tinker Fabulous Feud will be held Feb. 22 from 4-8:30pm at the Tinker Club.

The deadline to enter teams is Feb. 15. The prizes will be \$500 for first place, \$300 for second, \$200 for third, and \$100 for fourth place. There is also a \$200 prize for the team spirit costumed team.

Visit www.tinkerliving.com/feud for a complete list of rules and the entry form.

Base Cell Phone Policy Change

Tinker AFB will be mirroring the “cell phone use while driving” policy of other installations due to a spike in vehicle accidents. First time violations will result in a 30-day suspension of the individual’s base driving privileges.



This UTA in History

February 2, 1943 – On this day, the last of the German forces fighting at Stalingrad surrender, despite Hitler’s earlier declaration that “Surrender is out of the question. The troops will defend themselves to the last!”

The Battle of Stalingrad began in the summer of 1942, as German forces assaulted the city, a major industrial center and a potential strategic coup. Diminishing resources, partisan guerilla attacks, and the cruelty of the Russian winter began to take their toll on the Germans.

On November 19, the Soviets made their move, launching a counteroffensive that began with a massive artillery bombardment of the German position. The German position soon became untenable. Surrender was their only hope for survival. But Hitler wouldn’t hear of it: “The 6th Army will hold its positions to the last man and the last round.” Von Paulus held out until January 31, 1943, when he finally surrendered.

Pockets of German belligerence continued until February 2. Hitler berated Von Paulus for not committing suicide. Von Paulus, captured by the Soviets, repaid Hitler by selling out to the Soviets, joining the National Committee for Free Germany, and urging German troops to surrender on other battlegrounds in the USSR.

February 3, 2002 – On this day in 2002, the New England Patriots shock football fans everywhere by defeating the heavily favored St. Louis Rams, 20-17, to take home their first Super Bowl victory. Pats’ kicker Adam Vinatieri made a 48-yard field goal to win the game just as the clock expired.

Super Bowl XXXVI took place at the Louisiana Superdome in New Orleans with a crowd of almost 73,000 in attendance. In the wake of the September 11, 2001, terrorist attacks on America, the game was played amidst intense security and included a tribute to the 9/11 victims. Former President George H.W. Bush conducted the coin toss, the first president to ever do so in person. Mariah Carey sang the National Anthem and U2 performed during the halftime show.

Severe Winter Weather

Want instant updates on the base’s operating status during severe weather? Like Tinker Air Force Base on Facebook or follow them on twitter. For all the info on base closures, visit <http://t.co/GDG8c1n2>.

513th Maintainer Named Tinker AFB Athlete of the Year

by Mike W. Ray
Tinker Take-off

Senior Master Sgt. Jeremy Allen of the 513th Aircraft Maintenance Squadron has been named the Tinker Air Force Base "Athlete of the Year" for 2012.

The honoree was chosen for his "long-time participation in Armed Forces Rugby, working as the strength and conditioning coach for the University of Oklahoma rugby team, involvement in base intramural sports, and squadron physical fitness and mentoring," said Col. Jeffrey J. McGalliard, commander of the 513th Air Control Group.

This is the second time a member of the 513th ACG and the fourth time a member of the Air Force Reserve has won the award, according to Lt. Col. Ralph Hawkins, 513th ACG executive officer and commissioner of Tinker's Spring Flag Football League.

The selection was made by a committee of 72nd Air Base Wing personnel. Sergeant Allen, who is deployed to Southwest Asia, was notified of the honor recently via email.

The sergeant has been a member of the Air Force rugby team since 1999, and on several occasions has been a member of the Combined Services All-Star Team. Locally he plays for the Crusaders of Oklahoma City, a Texas Rugby Union club that won the Division 3 title last year and now plays in Division 2.

Sergeant Allen is OU Rugby's forwards coach. "I mentor those players in matters of overall fitness," he said. The sergeant has been a part of OU rugby since 2001.

Sergeant Allen also mentors members of the 513th ACG and his deployed unit, the 380th Expeditionary Aircraft Maintenance Squadron/SENTRY, in all matters of wellness and physical fitness. "I've helped out with meal planning, as well as setting up lifting and running routines," he said. "I've helped multiple members not only pass their PT tests but maintain their overall fitness year-round."

Sergeant Allen said he lifts weights six days a week, and does cardio workouts four days a week. "I run, bike and row," he said. In addition, "I enjoy multiple types of lifting: Olympic lifting, powerlifting, bodybuilding and Crossfit. I enjoy mixing up all the styles. I believe it makes you a better athlete overall."

He ran in the Oklahoma City Memorial Marathon last year, has been playing in Tinker's flag football league for seven years, and has been a member of two top-5 base bowling teams, "where I maintained a 199 average," he reported.

Sergeant Allen, 39, has served in the Air Force for 19 years. He is an Air Reserve Technician as the 513th Aircraft Maintenance Squadron's Specialist Flight Chief; in that role he is responsible for "all things required to run a Reserve unit," including budget, staffing and train-



Senior Master Sgt. Jeremy Allen pushes an opponent during a rugby game. Allen was named Tinker Air Force Base's Athlete of the Year for 2012. (Courtesy Photo)

ing. "All personnel decisions for the Specialist Flight go through me," he said.

The LaCrosse, Wis., native is married, and he and his wife, Adrienne, have a 3-year-old daughter, Madyson.

Of the Reservists who previously won the award: Tech. Sgt. Brian Finley is assigned to the 513th Maintenance Squadron, Maj. James Matthey is stationed at the Pentagon, and Maj. Robert Atkins is stationed at Scott AFB, Ill.

Operation Holiday Spirit looks to 15th Year

by Sandra Hatton
513 ACG Public Affairs NCOIC

Operation Holiday Spirit continues to thrive, approaching 15 years of assisting local Reserve and Guard military families.

The program is designed to help families that are facing difficult times by providing gifts cards during the holiday season.

In December 1999, the first OHS Steak Supper raised \$2,714 and helped 18 families.

The fund raiser is still growing. What began in a break room with 45 attendees has grown to 311 supporters, filling the local American Legion for the event.

In 2011, OHS helped a record-breaking 61 families. This past year saw the highest contributions with more than \$34,000 raised.

In total, OHS has raised \$175,644 and assisted nearly 300 families.



Top Right: Col. Glen Baker, 137th Air Refueling Wing Commander, and Lt. Col. Ralph Hawkins announce a \$7,000 donation at the last Steak Supper on Nov. 30.

Bottom: Senior Master Sgt. Joel Fast loads up plates at the Operation Holiday Spirit Steak Supper on Nov. 30. Attendees were given multiple meal choices and served by members of local Guard and Reserve units.



Lieutenant Colonel Pat Rupel

Retirement Date: February 23rd

How many years have you served in the Air Force?

34 years and 10 months.

Did you always know you wanted to join?

I didn't really "join" the Air Force. I grew up around Air Force bases. I grew up in the space age; all my heroes were astronauts. So, growing up around these Air Force bases obviously got me interested in flying. The summer between my seventh and eighth grade year, my dad took us on a trip to Wyoming and we stopped at the Air Force Academy, and I said "that's where I want to go to school." So everything I did in high school from that moment on was to get in.

What was your biggest fear when joining?

Whether or not I would be missing other opportunities.



Photo dated 1976.

ers) basically shanghaied me into being the chief after they failed their inspection. So, I had two years to turn it around. We went from a "marginal" to an "outstanding" due to some great enlisted guys.

If you could destroy one myth about the Air Force, what would it be?

That we all think the same, that we are cookie-cutter. If anything, civilians tend to run more in a herd. I've seen more rugged individuals in the military than I have in the civilian world.

What will you miss the most?

Perry saving the day and Perry stories.

Do you have any words of wisdom?

Most of us are "not worthy" compared to our predecessors. I grew up around WW2, Korean and Vietnam vets and they suffered more than most of us ever will.

What will you do now?

I will be my son's primary tutor, remodel the house, and volunteer at my parish.

Anything else?

Favorite memory was in 2003 when we were flying over Northern Iraq. Our guys were calling in the air strikes and I'll never forget the fear in the voice of the special ops guys and eventually his relief after he realized the Iraqi Republican Guard had "vaporized."

What do you love the most about being in the Air Force?

The sense of mission and the high caliber of people.

Do you have a metaphor for what it's like to be in the Air Force?

Fiddler on the Roof. Balancing so many things.

What was your favorite position you held with the Air Force?

Being a UPT flight commander and Chief of Life support at the 47th FTW. Two of our pilots had to bail out of their T-38 after a midair. It was kind of nice knowing that my job actually saved some lives. The DO (now we call them Ops Group Command-

Lt. Col. Ron Hendricks

Retirement Date: February 1st

How many years have you served in the Air Force?

I did 8 years active duty and 16 years with the 970th.

Did you always know you wanted to join?

I never really thought about the reserves after I got off active duty until I got a call from Steve Mittuch out of the blue about the 513th Air Control Group standing up. I always missed the Air Force camaraderie and came back in without a second thought.

What was your biggest fear when joining?

My biggest fear was not being able to contribute enough. I think now it was unfounded.

What do you love the most about being in the Air Force?

The people and the travel, in that order.

Do you have a metaphor for what it's like to be in the Air Force?

As a reservist probably a juggler. Trying to keep a lot of balls in the air at once (family, real job, reserve job, TDYs), and not letting anything fall through the cracks.

What was your favorite position you held with the Air Force?

MCC definitely. Our crew competence level is so high that I am able to retire well rested.

If you could destroy one myth about the Air Force, what would it be?

As far as the reserves that we are second best to our active duty neighbors. I think we disproved

that last summer.

What will you miss the most?

The people. I have been around the world with these guys and no matter where went (even Dhafra) I never had a bad time.

Do you have any words of wisdom?

Take your jobs seriously, support each other without fail, and have fun!

What will you do now?

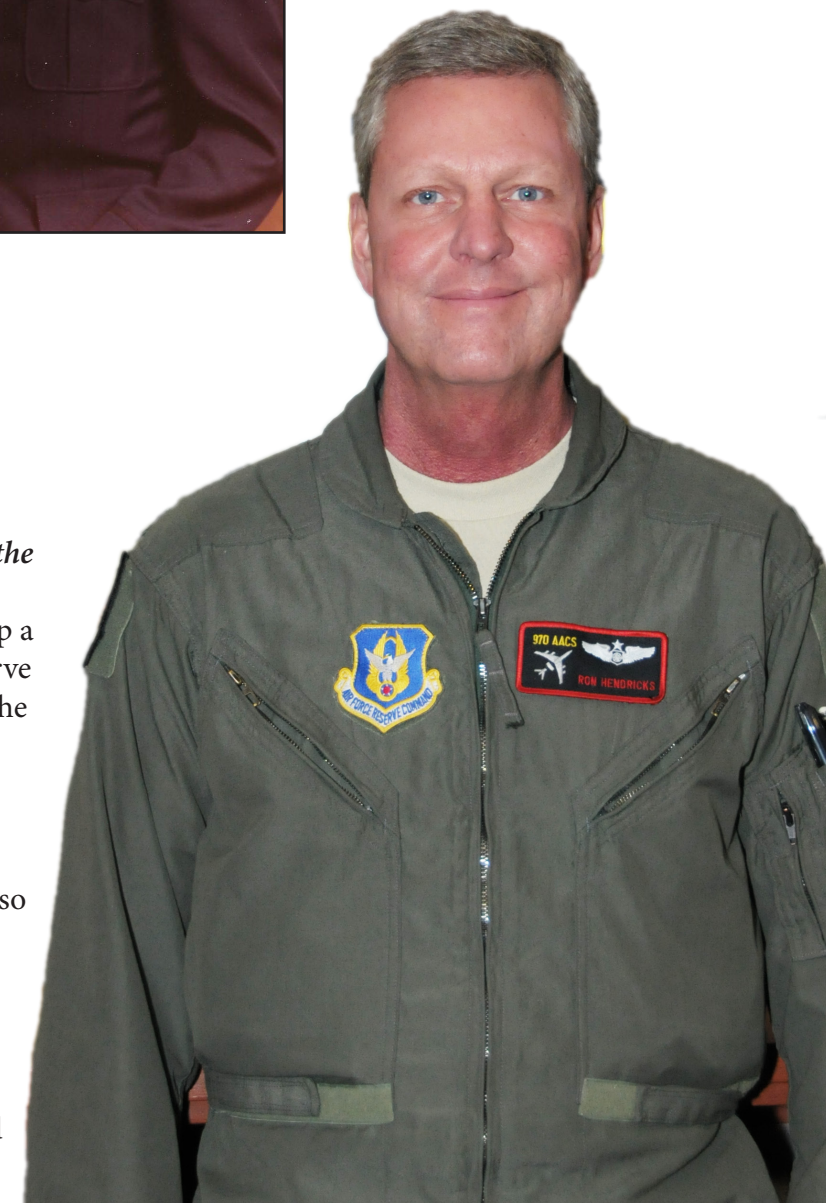
I'll go back to my police job and bore them to tears with my war stories.

Anything else?

I heard a lot more than I let on...



Photo dated 1985.



In The Spotlight



Master Sergeant Russ Nichols

Unit: 513th Operations Support Flight

Job title: Air Surveillance Technician

Hometown: Oklahoma City

Place you'd like to visit: New Zealand

Favorite part of your job: The pride I feel putting on the same uniform that so many great men and women have worn in the past.

Biggest pet peeve: Randy Schell

Little known fact about you: I went skydiving...once.

Favorite memory from your time in the 513th: 2001 activation Turkey trips.

If you had a superhero ability, it would be: Mind control. I'd have everyone caught up on their training in no time.



Technical Sergeant Brian Finley

Unit: 513th Maintenance Squadron

Job title: AGE Shop Chief

Hometown: Shawnee, Okla.

Place I'd like to visit: Cabo San Lucas/Cabo Wabo Cantina.

Favorite part of my job: Serving my country, unit sports and catching a good TDY from time to time.

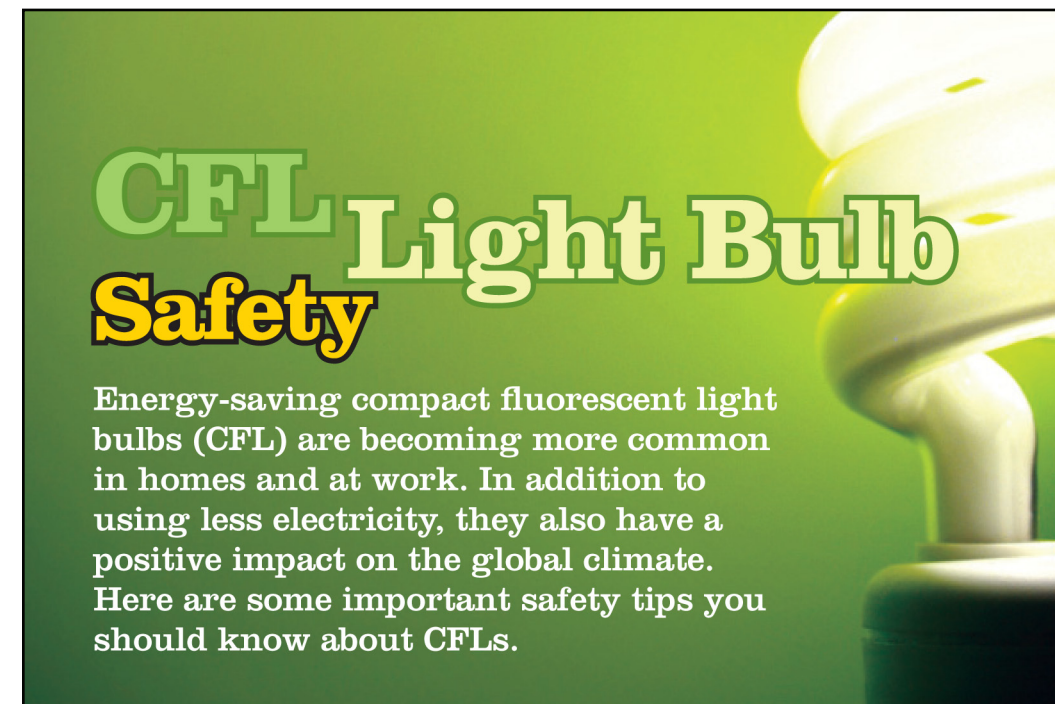
Biggest pet peeve: Sweaty people in the gym that don't wipe off the equipment they just used,

Little known fact about me: I'm actually 6' 1" tall.

Favorite memory from your time in the 513th: Since I've only been in the unit since the beginning of 2013, it must have been my warm welcome at the Commanders Call during my first UTA...Thanks guys.

If you had a superhero ability, it would be: Other than the ones I already have, I guess the ability to fly. It has always been a dream!

Safety Corner



Purchase CFL light bulbs that have the listing label of a recognized testing laboratory. Light bulbs labeled by a recognized testing lab will ensure that the bulb meets the latest product safety standards.

When a CFL bulb burns out:

>> It may smoke and the plastic base may blacken. This is normal and is not a fire safety issue.

>> It should never be discarded with household trash. The Environmental Protection Agency recommends that consumers use local recycling options for CFLs.

Fact:

CFL bulbs contain a small trace of mercury within the glass. When broken, mercury will immediately dissipate into the air. Concentrations of mercury will likely approach zero in an hour or so.



Note:

Consider checking the consumer product safety commission (CPSC.Gov) for recalls of CFLs that may present a fire danger.

Remember:
SAFETY BEGINS WITH YOU!

513ACG.Safety@tinker.af.mil

Source: NFPA.org/education

If a CFL Breaks:

>> OPEN a window to allow the room to air out for 5-10 minutes.

>> People and pets should LEAVE the room.

>> TURN OFF forced air heating and/or air conditioning.

>> COLLECT broken glass and visible powder using stiff cardboard, tape or a damp paper towel.

>> PLACE the debris in a glass container with a metal cover in a safe location outside until you can dispose of it.

>> CONTACT your local government to find out how to dispose of the jar containing the debris.

513th Reservists Run for Their Lives

by Sandra Hatton
513 ACG Public Affairs NCOIC

Three Reservists from the 970th Airborne Air Control Squadron participated in the Run for Your Lives 5K, a cross between a flag football game and a race.

The participants were Tech. Sgt. Randy Schell, Master Sgt. Jay Harris, Capt. Shawn Kilbourne and Tinker DOD employee Regina Velarde. The men dressed up like cheerleaders while Velarde dressed up like a football player.

The group received a lot of attention due to their outfits, according to Velarde. “Everyone was whistling at them and asking them to take pictures. Pretty sure it went straight to their heads,” she said.

Players are given a flag belt that represents their health. ‘Zombies’ chase players and attempt to take their flags. The goal is to make it to the finish line ‘alive’ by having at least one flag left. A portion of every ticket sold at each race is donated to the American Red Cross.

“The group had a great time even though all four of the group lost their flags,” Velarde said. “We kicked some butt and all made it across the finish line and received the fanciest medals.”



Top Right: Shawn Kilbourne and Jay Harris show off before the race. (Courtesy Photo)

Bottom: Jay Harris, Regina Velarde, Randy Schell and Shawn Kilbourne pose after completing the 5K Obstacle Course Race: Run For Your Lives. (Courtesy Photo)



Where Are They Now?

Tech Sgt. Jon S. Fryett

How long did you serve with the 513th?

I began my reserve career back with the 513th in Feb 2000, and was assigned to the 970th AACs. My job was flying as an Airborne Surveillance Technician with AWACS. I had many additional side jobs while serving as a reservist representing the 513th/970th. I was lucky enough to work many man-days for the activity duty being a Technical Orders Inspector, office personnel augmentor, and DEERS manager; all while maintaining flying requirements with the 970th. I left the 513th in Feb 2008 to pursue an AGR job until retirement calls my name.

What is your current position?

Currently, I am flying on another ISR platform called “JSTARS”. It is almost like being on AWACS, but more tracking is on ground movement verse aircraft. My job is with the GA National Guard as an Instructor Airborne Operations Technician, serving in the 129th Combat Training Squadron. I love doing this type of work. This month, I will be upgrading to a new job position as a Senior Director Technician, plus my additional side-job is being a Certified ISSA Master Fitness Trainer helping military and civilians achieve total fitness and healthy habits.

What was one of the biggest challenges you faced while assigned to the 513 ACG?

I must admit there were many challenges in the 8 years being a reservist in the 970th. The unknowns of world events that can cause a long activation or going to parts of the world that we Americans are not used to. The nice thing I can say, your most experience aviators tend to be the 970th reserve members, and the majority of challenges were always dwelt with to find the solutions.

What is your favorite memory of the 513th?

Honestly, I cannot pin-point a favorite memory because there were so many of them. When I tell my “war-stories” to the younger troops these days, I can reflect at those memories and give good lessons



learned, plus have some good laughs. Those memories back in the 970th are the lessons learned that makes me a better NCO of today.

Do you have any advice for current members?

Enjoy it while you can. There will be great times and not so many great times. Lean toward the members who will help you excel in your job and mentor you all the way up the promotion ranks. My last piece of advice is to recognize, recognize, and recognize.....!

Where are you now?

I live in the beautiful state of Georgia. Robins AFB is centrally located in the state and is close to many tourist attractions. I do miss

Oklahoma City at times, and some of my old 970th buddies, but I will make Warner Robins, GA my retirement place.

Fitness Creativity

Are CBTs and computer work cutting into your workouts? Master Sgt. Angel Cervantes has found the solution.

