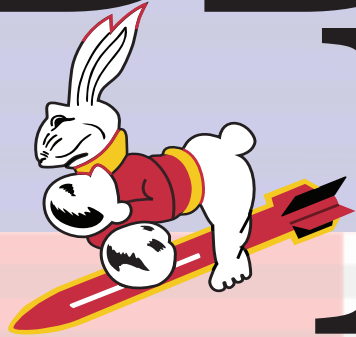


RABBIT TALES



THE OFFICIAL NEWSLETTER OF THE 513TH AIR CONTROL GROUP



513 ACG wins 17th Air Force Outstanding Unit Award

PLUS: - Tornado victim reunited with belongings
- Safety corner: minimizing running injuries

RABBIT TALES



TABLE OF CONTENTS

| | |
|--|---|
| New thumper T-shirts | 3 |
| Promotions | 3 |
| Own it! | 4 |
| 513th wins AFOUA award | 5 |
| In the spotlight | 6 |
| Reservist reunited with belongings | 7 |
| Safety corner: minimizing running injuries | 8 |
| Where are they now? | 8 |



Rabbit Tales is a production of the 513th Air Control Group Public Affairs office.

This Air Force Reserve online magazine is an authorized publication for members of the U.S. military services, family, and friends of the 513th Air Control Group and its subordinate units. Contents of and the views expressed in the Rabbit Tales newsletter are not necessarily endorsed by the U.S. Government, the Department of Defense, or the Department of the Air Force.

All photographs are Air Force photographs unless otherwise indicated.

This UTA in History

June 13, 1930 – France defeats Mexico 4-1 and the United States defeats Belgium 3-0 in the first-ever World Cup football matches, played simultaneously in host city Montevideo, Uruguay. The World Cup has since become the world's most watched sporting event.

After football (soccer, to Americans) was dropped from the program for the 1932 Olympics in Los Angeles, FIFA President Jules Rimet helped to organize an international tournament in 1930. Much to the dismay of European footballers, Uruguay, winner of back-to-back gold medals at the 1924 Paris Olympics and 1928 Amsterdam Olympics, was chosen to host the inaugural World Cup.

July 14, 1995 – Representatives of the Recording Industry Association of America (RIAA) were not in attendance at the 1995 christening of the infant technology that would shake their business model to its core just a few years later. Known formally as "MPEG-1 Audio Layer 3," the technology was a way to make CD-quality music files small enough to be stored in bulk on the average computer and transferred manageably across the Internet. Released to the public one week earlier, the brand-new MP3 format was given its name and its familiar ".mp3" file extension on this day in 1995.

Suddenly, that digital copy of your favorite pop song took up only 2-3 MB on your hard-drive rather than 32MB, which in combination with the growth in average drive capacity and the increase in average Internet connection speed created the conditions for both Winamp- and Napster-enabled copyright infringement of 1999-2000 and for the legal commercial distribution of digital music via the Internet.

Source: www.History.com/this-day-in-history

Promotions

Congratulations to this month's promotees!



SrA Nicholas Endsley (513 MXS)

SrA Joe Moon (513 MXS)



TSgt Aaron Chandler (513 MXS)

TSgt Carl Routzahn (970 AACs)



Upcoming events

Recurring Events:

Monday Nights – 1700 – Monday Night Volleyball
Wednesday Nights – 1830 – Thumper Softball

13 July – 0900-1400 – Blood Drive, Bldg 1043

13 July – 1500 – 513 ACG O Call, 970th Bldg

2 August – TBD – 507th ARW

Hotter than Hades Golf Tournament

4 August – 1300 – SAPR Training

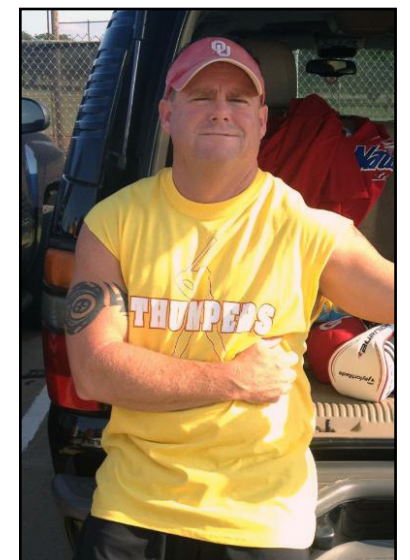
4 August – 1500 – 513 ACG Commander's Call

OBI to hold mobile blood drive Saturday

The Oklahoma Blood Institute will hold a blood drive on the Saturday of the UTA and is offering two Oklahoma City Zoo admission tickets and a shirt for every donor. The blood donation vehicle will be parked in front of building 1043, the 507 ARW headquarters building.

New thumper T-shirts for the 2013 season

Master Sgt. Brian Finley shows off one of the new 2013 Thumper intramural softball uniforms, which also comes in red. Finley routinely uses this same pose during body building competitions in Arkansas.



Want one? Talk to Lt. Col. Ralph Hawkins

Cover Photo

Air Force Outstanding Unit Award, awarded to units which

have outstanding achievement that clearly sets the unit above of national or international significance, combat operations against an armed enemy of the United States, or military operations involving conflict with or exposure to hostile actions by an opposing foreign force.



Own it!

by Col. Scotty Wright
Deputy Commander, 513 ACG

Greetings from the AOR! I am here as the Senior Air Reserve Component Advisor to the AFCENT commander, and my job is to advise active duty commanders and their staffs on the employment and redeployment of Guard and Reserve airmen deployed to theater. In addition, my Deputy and I support Air Reserve Component airmen with issues related to their deployment. Or so I thought.

A couple of weeks ago, after being in theater for just over two months, my deputy asked, "What makes you angry?" My reply was simple, "You already know." She looked at me, puzzled. I continued, "Think of all the people who have sent us emails, called us, or met with us in person. How many of those people got the response that it wasn't our job to help them with their particular problem?" None. We take ownership of everyone's problems in theater because that is our job as officers and leaders. If we take ownership of our airmen's problems, they can return their focus to the mission." Nothing frustrates me more than leadership that does not take ownership.

The first aspect of ownership is understanding what we know and what we don't. Most of the information we think we know, we have actually never read or researched. It was told to us by a trusted friend, colleague, or instructor. While that will carry us some of the way, it is important that we get into the relevant instructions and guidance from time to time to reinforce what we think we know. For example, I know that we cannot extend the tour length of an individual so they can take accrued leave. What I did not know was that an exception to that rule exists for individuals returning from the AOR. Had I told the individual who was faced with that problem what I knew was right, I would have given him incomplete, and ultimately, incorrect information.



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how we know it. Do we know it because we memorized it a long time ago? Is that the way we have always done it? Or is it the way that it is written in the current guidance that we can point to? As we prepare for our CUI, it is imperative that we own the processes that we will be inspected on. Let's impress

the inspectors with not just what we know, but also by how we know it.

I will speak to you more about ownership next time.

Until then,

Col. Scotty Wright



513th ACG wins 17th Air Force Outstanding Unit Award

by Staff Sgt. Caleb Wanzer
513 ACG Public Affairs



The 513th Air Control Group was awarded the Air Force Outstanding Unit Award for exceptionally meritorious service from December 5, 2010 through December 4, 2012.

During that period, the 513th excelled both at home station and abroad on two major deployments to Southwest Asia.

While deployed in support of Operation Enduring Freedom in 2011 and again in 2012, the 513th flew more than 5,000 combat hours and controlled more than 8,000 aircraft in the skies over Afghanistan.

A combined 30 airmen from the 513th Maintenance Squadron and 513th Aircraft Maintenance Squadron volunteered for the 2011 and 2012 deployments and integrated with active-duty airmen to keep the E-3 Sentry aircraft flying.

To Lt. Col. Alan Priest, the chief of maintenance for the air control group, the award wasn't a surprise.

"Whether it is volunteering to deploy and excelling in an austere environment, overcoming the challenges of maintaining an aging fleet or breaking new ground daily in integration with our [active-duty] partners, it's my honor to be able to serve with these outstanding patriots," Priest said.

While closer to home at Tinker AFB, maintenance reservists provided the majority of day-to-day experience as they worked side by side with airmen from the active-duty 552nd Maintenance Group.

The airmen also developed multiple cost-saving ideas and submitted 69 recommendations that led to more than a million dollars in savings for the Air Force.

"The 513th was competitively selected from among more than 60 [Air Force Reserve Command] wings and direct reporting units," 513th ACG Commander Col. Jeffrey McGalliard said. "The selection was based on

sustained superior performance and the commitment to excellence from our people."

Airmen assigned to the 513th ACG and its subordinate units during the award time period are authorized to wear the Air Force Outstanding Unit Award ribbon, and should check with the 507th Force Support Squadron to ensure that the ribbon is added to their records.

Subordinate units of the 513th Air Control Group include the 970th Airborne Air Control Squadron, the 513th Aircraft Maintenance Squadron, the 513th Maintenance Squadron and the 513th Operations Support Flight.

In addition to the 513th, the following unit were also awarded the Air Force Outstanding Unit Award: 22nd Air Force, Dobbins Air Reserve Base, Ga.; 340th Flying Training Group, Randolph Air Force Base, Texas; 926th Group, Nellis Air Force Base, Nev.; 55th Combat Communications Squadron, Robins Air Force Base, Ga.; 310th Space Wing, Schriever Air Force Base, Colo.; 919th Special Operations Wing, Eglin Air Force Base, Field 3, Fla.; 301st Fighter Wing, Naval Air Station Fort Worth, Joint Reserve Base, Texas; 482nd Fighter Wing, Homestead Air Reserve Base, Fla.; 94th Airlift Wing, Dobbins Air Reserve Base, Ga.; 315th Airlift Wing, Joint Base Charleston, S. C.; 446th Airlift Wing, Joint Base Lewis-McChord, Wash.; 434th Air Refueling Wing, Grissom Air Reserve Base, Ind.; 514th Air Mobility Wing, Joint Base McGuire-Dix-Lakehurst, N.J.

The Air Force Outstanding Unit Award

Background

The Air Force Outstanding Unit Award was authorized by Department of the Air Force General Order 1, Jan. 6, 1954.

In The Spotlight



Airman 1st Class Melissa Wells

Unit: 970th Airborne Air Control Squadron

Job title: 3S031 Personnel

Hometown: Tulsa, Okla.

Civilian job: Paralegal/Tulsa County District Attorney's office.

Place you'd like to visit: Italy, because of the beautiful historical structures.

Biggest pet peeve: Individuals who lack consideration for others.

Favorite part of your job: Staff support. The satisfaction of supporting the mission of the 970th.

Little known fact about you: I am very reserved and observant until I am comfortable in my environment.

If you had a superhero ability, it would be: Lie detection.



Tech. Sgt. Nina Wright

Unit: 970th Airborne Air Control Squadron

Job title: Communications Systems Operator

Hometown: Olympia, Wash.

Civilian job: B-1 Avionics Production Engineer

Place you'd like to visit: Dubrovnik

Favorite part of my job: Every day is different.

Biggest pet peeve: Long nails on males.

Little known fact about me: I heart old school country music.

Favorite memory from your time in the 513th: Barbados was fun.

If you had a superhero ability, it would be: Flying or resurrecting tornado-blown houses in a flash.

Reserve tornado victim reunited with belongings

by Staff Sgt. Caleb Wanzer
513 ACG Public Affairs

Due to the kindness of a fellow Airman and volunteer, a 513th Air Control Group maintenance Airman was reunited with lost uniforms, personal items and checks almost two weeks after an EF-5 tornado destroyed his house in Moore, Okla. on May 20.

Master Sgt. Jerry Colbaugh, 513th Maintenance Squadron, never thought he would see many of his belongings again.

Airman 1st Class Rafe Holmes, 72nd Security Forces Squadron, contacted the 513th Air Control Group public affairs office through social media and explained that he had found a 513th Airman's items while he was volunteering with the cleanup effort in Moore.

"A fellow security forces member and I recovered dog tags, a blues jacket, a photograph, two lockets and a box of checks belonging to [Colbaugh]," Holmes wrote. "I know that his home was completely leveled, but if you have a way to contact or locate him I would appreciate it so I can return these items to him."

The public affairs office coordinated a meeting place for Holmes to present Colbaugh with his lost items. After a couple handshakes at Tinker AFB, Colbaugh held a shoe box and uniform jackets that he thought were lost in the rubble.

"It was pretty surprising to get some of my belongings back," Colbaugh said. "I just want to say thanks to the Airmen who found my stuff, and to encourage them to keep their integrity as strong as it is now."

Holmes and Senior Airman Justin Simmons volunteered to assist with the recovery efforts in Moore on May 24. They joined more than 600 Airmen

and civilians from three Oklahoma Air Force bases who volunteered on their own time.

"We were both eager to help out," Holmes said. "We went [to Moore] at 8 a.m. and were there all day."

After spending most of the day helping residents search through the rubble, Holmes and Simmons found an Air Force dress uniform jacket in the wreckage of a house.

"I saw the blues jacket, so we realized that it was another service member's home," Holmes said. "From there we found dog tags, pictures of his family and other stuff including personal checks."

The Airmen continued searching the house until the curfew forced them to head back to base.

More than two weeks after his home was destroyed, life is still challenging for Colbaugh. "It's getting back to semi-normal," he said.

Three 513th ACG Airmen's homes were completely destroyed by the tornado on May 20, and an additional three Airmen's houses were partially damaged. According to base officials, the total Tinker Air Force Base personnel impacted ranging from a total loss of a home to severe damage is 372 with an additional 134 homes damaged but habitable.



Airman 1st Class Rafe Holmes looks on as Master Sgt. Jerry Colbaugh, 513th Maintenance Squadron, looks through the shoe box full of items that Holmes and Senior Airman Justin Simmons found while searching through the devastation in Moore, Okla. An EF-5 tornado struck the greater Oklahoma City area on May 20th, killing 24 people and injuring hundreds. (U.S. Air Force photo/Staff Sgt. Caleb Wanzer)

Safety Corner

Minimizing running injuries

Remember:
SAFETY BEGINS WITH YOU!

513ACG.Safety@tinker.af.mil

Most people who run have had one or more of the following injuries: shin splints, Heel Injuries (planter Fasciitis), ITB Syndrome, Runner's Knee (PFS), and Achilles Tendonitis. Hopefully you never experience any of them, but here are some tips to keep you running and injury free.



– Stretching. If you've taken a few months off from your last running workout make sure to stretch for a week before you start running again to loosen up your connective tissue. This is especially important the older you are.

– Choose a lower impact aerobic activity like biking, elliptical, rowing or swimming when you feel the first symptoms of injury or pain. It's a good idea to work some of these exercises in every other day in place of running anyway.

– Warm up properly, then stretch. Run nice and easy for about 5 to 10 minutes and then stretch. Never stretch cold muscles.

– Replace running shoes often. Only run in your running shoes, don't walk. Most active runners (around 20 miles per week) swap shoes out every 3 months. Don't go cheap on your shoes either; you usually get what you pay for.

– Running Barefoot or minimal style shoes. This is not for everyone and if you choose to give it a try it is extremely important you follow all the above rules and start off with relatively short runs working up to longer distances. Your calves WILL be sore for the first few weeks.

Fit to Fight MVPs

Tech. Sgt. Carrie Wright

Unit: 970 AACS

Score: 97.1%

Staff Sgt. Joshua Green

Unit: 513 MXS

Score: 98.1%

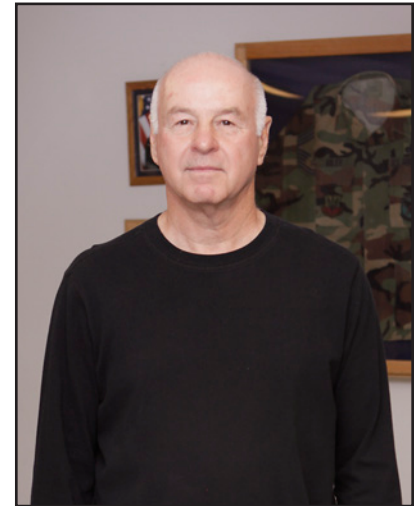


Where Are They Now?

Chief Master Sgt. Mike Riley

How long did you serve with the 513th?

8 years as the maintenance squadron superintendent.



What is your current position?

Retired. I mow yards and do handyman work for the elderly people of the church. I also am still playing softball in a senior league.

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

Recruiting for the positions for the maintenance squadron and then getting them deployment qualified.

What is your favorite memory of the 513th?

The people and the deployments I went on.

Do you have any advice for current members?

This is the best part-time job you'll ever have where you can draw retirement.

Where are you now?

I still live in Oklahoma City.

Removable media still not allowed on AF network

Don't be that guy! Think twice before you plug something into your desktop or laptop.

NOT authorized:

- Thumb drives
- Personal external hard drives
- Cell phones
- Cameras
- MP3 players (i.e., iPods)
- Tablets (i.e., iPad, Kindle)



Only government-owned, non-flash, Information Assurance Officer approved devices may be used.