

October 2014

# RABBIT TALES

THE OFFICIAL NEWSLETTER OF THE 513TH AIR CONTROL GROUP

Family day 2014  
Makes a  
splash

▲ NEVER LEAVE FILLED TANK UNATTENDED ▲

INSIDE

Message from the top // Air Force Reserve adapts to new AEF construct

# RABBIT TALES

## TABLE OF CONTENTS

513th update	3
In the spotlight	4
Commander's corner: family	5
AWACS receives new upgrades	6
AF Reserve adapts to new AEF construct	7
513th Family Day photo recap	8
Fit for fun	10



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.

## 513TH UPDATE

### Upcoming events

Sunday – 0800 – 513th Down Day  
(552nd OG Auditorium)

Nov. 1 – 1800 – Holiday Spirit Steak Supper  
(Del City American Legion)

Nov. 1 – 1100-1630 – Chili Cook-off  
(970th AACs)

Dec. UTA – TBA – Group photo  
(Rescheduled)

### This UTA in history

October 5, 1991 – The rapper Marly Mark, whose #1 hit “Good Vibrations” reached the top of the Billboard Hot 100 on this day in 1991.

Mark Wahlberg’s musical career began alongside his older brother Donnie as one of the two original members of the New Kids on the Block. Young Mark dropped out of the New Kids before their late-80s breakout, however, becoming involved in petty crime instead. Then in 1991, he began working alongside Donnie toward a career in hip hop, resulting in the album Music For The People. Whether because of the inherent catchiness of a song built around a sample of Loleatta Holloway’s “Love Sensations” or because of Wahlberg’s eagerness to show off his impressive physique in music videos and live appearances, “Good Vibrations” became an instant smash hit, reaching the top of the pop chart on October 5, 1991.

### Cover photo

Chief Master Sgt. Michael Sulanke takes a dip during the dunk tank portion of the 513th's family day last UTA. Sulanke was one of about 10 Airmen from the group nominated to be dunked during the day. (U.S. Air Force photo by Staff Sgt. Caleb Wanzer)



### Promotions for September

Congrats to this month's promotees!

**Master Sergeant** Amanda Baldwin  
(970th Airborne Air Control Squadron)

**Senior Master Sgt.** Malachi Sturlin  
(970th Airborne Air Control Squadron)

**Major** Tim Trautman  
(970th Airborne Air Control Squadron)

### Fit to Fight MVP's



**TSgt Daniel McDonald**  
Unit: 513th MXS  
Score: 100%



**Maj. Gracie Alvarez**  
Unit: 970th AACs  
Score: 99.4%

### Fit to Fight hall of fame



**Team Tinker**

**513th ACG**



#### 1.5-Mile Run

Men: **7:51** **8:57** Men: TSgt Daniel McDonald

Women: **9:44** **12:07** Women: TSgt Krystal Stalder

#### Pushups

Men: **110** **82** Men: SrA Robert Duncan

Women: **65** **48** Women: 2nd Lt. Lily Baker

#### Situps

Men: **109** **92** Men: 2nd Lt. Michael Doughty

Women: **84** **63** Women: 2nd Lt. Amie Inman

#### 1-Mile Walk

Men & Women: **9:15** **11:22** Men: MSgt Darrell Freel

Women: **13:57** Women: MSgt Elizabeth Staff



### Senior Airman Brittany Webb

**Unit:** 513th Operations Support Squadron

**Job title:** Aviation Resource Management

**Hometown:** Arcadia, Oklahoma

**Sooners or Cowboys?** Neither.

**Favorite part of your job?** The people I've gotten to know over the years being with the 513th.

**Biggest pet peeve:** Rob Doty and Dan Gibb.

**What did you want to be when you grew up?** A singer.

**Little-known fact about you?** I really am a nice person!

**Favorite memory from your time in the 513th:** The TDY to San Diego in 2012 with Dan and Nina. Nina and I laughing so hard at Dan that we were crying. He's such a helpful guy!

**If you had superhero ability, it would be:** Mind reading.

# Commander's corner: Family

by Col. David W. Robertson

*513th Air Control Group Commander*

When I talk with family, friends and our active-duty counterparts about the Reserve, the topic almost always comes around to how we are different than the active duty. In many ways, we are no different, especially here at an associate unit like the 513th. We fly and maintain the same E-3s (albeit at a much higher rate of experience and excellence) and have the same training requirements as the active duty. Although, most of the 513th does this on a part-time basis, this is not inherently what makes us different.

What makes us different is FAMILY. While the RegAF experiences a certain level of esprit de corps, by nature of constant PCS's it is transitory. Many 513th folks have been together since our inception in 1996, and we have a strong history of taking care of each other exactly like we are family.

Over the last few months the 513th has experienced some challenging times. We've had to deal with budget cut proposals that can create an atmosphere of uncertainty. We've also had the unfortunate loss of one of our OSS personnel as well as a couple of serious off-base incidents.

For these reasons we will stand down on

Sunday to emphasize help available through the Air Force and to talk about ways we can make our 513th family stronger even in the face of adversity. I encourage all of you to access the Wingman Toolkit online at <http://afrc.wingmantoolkit.org/> or download the Wingman Toolkit app for your smartphone. It has information and contact numbers for all types of help and support.

However, the main reason we are standing down on Sunday is to look each other in the eye and see how we are doing. The main way we can take care of our 513th family is to get involved in each other's lives. Know what is

going on in the lives of your peers and those you supervise. Be nosy!

Good families always want to know what's going on with their family members. Be open to each other. Be good listeners. Know where and how to offer help.

Offer respect and encouragement. And yes, be a good wingman.

It is my intent to make sure the 513th and our families are the strongest and healthiest they can possibly be regardless of the challenges we face. If the 513th family is strong and healthy, we will be ready when our nation calls.



# AWACS receives new upgrades

by Airman 1st Class Jacob Jimenez  
62nd Airlift Wing Public Affairs

JOINT BASE LEWIS-MC-CHORD, Wash. -- Airmen of the AWACS Joint Test Force in Seattle, Washington, have recently completed testing for an upgrade to the E-3 Sentry Airborne Warning and Control System. The AWACS Joint Test Force is comprised of Air Combat Command personnel assigned to Detachment 1, 605th Test and Evaluation Squadron, along with Air Force Material Command personnel belonging to the 96th Operations Group Detachment 2.

Three years in the works, the new system upgrade is part of a large-scale DOD-wide upgrade to provide military aircraft and surface vessels with a more secure and technologically advanced mode of combat identification.

"More than 10 years ago we realized that a more advanced capability would be needed for future combat employment; the Next Generation Identification Friend or Foe (IFF) program is that upgrade," said Capt. Bobby Thomson, Det 1 605th TES Weapons Operational Test Director.

The new upgrade is part of the Air Force's performance upgrade to the current Mark XII IFF System (Mode 4) which will allow the AWACS to communicate with other aircraft and surface vessels using the new IFF Mode 5.

Mode 5 uses more sophisticat-



Airmen of the 605th Test and Evaluation Squadron Detachment 1 in Kent, Washington, have recently completed testing for an upgrade to the E-3 Sentry's AWACS. (U.S. Air Force photo/Senior Master Sgt. Robert Sabonis)

ed, highly encrypted and accurate waveforms than the current IFF Mode 4. The mode's waveforms will allow vessels to communicate more data per transmission while emitting a smaller electromagnetic pulse signature that could decrease enemy interception of IFF signals.

"Mode 4 is no longer as secure as it needs to be," said Thomson. "It is outdated and no longer fully meets the needs of the warfighter. Mode 5 uses a smaller portion of the electromagnetic spectrum and sends more compressed signals that can carry more information."

Developed to provide a safer means of communication, Mode 5's highly encrypted waveforms will be less detectable and hinder decryption efforts by the enemy, said Thomson.

The new Mode 5 capability will allow friendly aircraft to remain

radio silent throughout hazardous missions, with the option of remote activation of the transponder as a last resort for friendly identification. With current Mode 4 technology, complete radio silence could lead to fratricide in the battle space.

"With the new system, the friendly aircraft do not have to leave a breadcrumb trail of signals," said Thomson.

Using Mode 5, AWACS will be able to automatically identify vessels and receive information such as squadron, mission, flight path and altitude. Additional advantages of Mode 5 will include a more improved range and reduced interference from civilian air traffic control systems.

"The biggest asset the AWACS offers is its reach," said Thomson. "Now we can know who is coming in our airspace much sooner."

# AF Reserve adapts to new AEF Construct

ROBINS AIR FORCE BASE, Ga. -- The Air Force's re-designed Air Expeditionary Force construct will modify how Reservists mobilize for contingencies and support combatant commander.

The new AEF construct, scheduled to start in October, is intended to make deployments more predictable for reservists and improve opportunities for them to deploy with their units.

Under the revised AEF construct, Air Force Reserve Command units will deploy larger numbers of Airmen from the same unit under a 1:5 mobilization-to-dwell ratio for aviation/maintenance and agile-combat-support Airmen.

The revised construct establishes a 48-month mobilization battle rhythm where a reservist may deploy for up to six months and be home for up to 42 months. This will allow wings to more effectively posture forces to meet global mission requirements while allowing them to continue to train at home station. In the past, Airmen deployed as individuals or small elements in a system of tempo bands, based on their Air Force specialty codes.

As a result, Airmen from bases throughout the Air Force came together downrange.

"Our Airmen have performed superbly in their individual deployments under the current AEF structure for the last 11 years," said



## New AEF Structure

Air Force Chief of Staff Gen. Mark Welsh, who approved the new AEF construct in April 2013. "I visited a deployed squadron last year that was manned by 81 Airmen from 41 different bases. While we've proven we can be successful with that approach, we believe the new AEF model is a more efficient way to get the job done. This new construct will facilitate better teamwork and unit performance during deployed operations."

While there are other subtle changes, the most noticeable changes for Airmen will be a stabilized battle rhythm and an opportunity to deploy with unit teammates.

Air Force leadership has worked hard to secure the 1:2 deploy-to-dwell as the baseline active component standard battle rhythm while

continuing the 1:5 mobilization-to-dwell as the reserve component mobilization battle rhythm.

While this is the goal, some high-demand specialties may deploy more frequently.

"The new AEF construct should provide more opportunities for Air Force Reservists to deploy with members of their own units," said Brig. Gen. Derek P. Rydholm, AFRC director of plans, programs, requirements, and assessments. "It will increase morale and esprit de corps among our Reserve units and provide reservists a better idea of when and with whom they will deploy."

For more information on AEF battle rhythm and individual base dwell times, contact your local unit deployment manager or base deployment manager.

# 513th Family Day photo recap



# Fit for fun

## How two Reservists find unique ways to stay fit outside the gym

by Staff Sgt. Caleb Wanzer  
513th Air Control Group Public Affairs

In the not-so-distant past, Kelly Higgins was a typical American guy with a 9-to-5 desk job managing property with family. But just after he turned 30, Higgins knew he was missing something. Whether it was a mid-life crisis or just being fed up with the norm, he knew he needed a big change.

"I just thought, this isn't what I want to do," Higgins said of his job. "I wanted to do something big and dramatic to shake up my life, something I could talk about when I'm an old man."

He finally settled on the Air Force Reserve as his solution.

"Of course, 9/11 and the wars have been a big deal," he said. "I'm patriotic, and I thought the Air Force would be a way I could contribute but also see the world and do some unique stuff."

Higgins enlisted as a computer display maintenance technician in the 970th Airborne Air Control Squadron in 2009, starting what turned out to be nearly three years of active-duty time between training and a deployment in support of Operation Enduring Freedom.

While he got plenty of opportu-

nity for travel and serving with the 970th, Higgins' life changed in a way he hadn't anticipated at all.

"I like to do stuff and travel, but what that looked like really changed after I joined the Air Force," he said. "I saw my physical fitness improving after the Air Force allowed me to do things I could never have done."

Before enlisting, Higgins had never really tested his physical ability and didn't have an exercise routine.

"Now I kayak, I mountain bike, I hike, I try to climb as many rocks as I can," he said.

His love for the outdoors was realized after completing survival, evasion, resistance and escape training, also known as SERE school. SERE training teaches Airmen survival skills and requires extensive hiking and camping in the mountains at Fairchild Air Force Base in Washington State.

"There's this whole idea of risk and reward," he said of hiking. "There's something really beautiful in the idea of the struggle that pays you back in a way, with a view of nature that most people don't get to

see."

Higgins said that the bragging rights are also a part of why he likes to find challenging hikes to accomplish.

"When you can look back and say, 'I did that,' it was worth it every step of the way," he said.

During a recent trip with the 970th to support a Navy exercise on the island of Oahu, Hawaii, Higgins and a fellow unit member, Master Sgt. Amanda Black, decided they wanted to spend their down time doing something different than most tourists.

They found a list of Oahu hikes online and decided to do as many as possible. The pair ended up hiking more than 36 miles during the two-week trip.

"The streets in Honolulu are exactly the same as the streets in Dubai or the Caribbean or New York or Los Angeles," Higgins said. "I feel like we got to be a part of the island, what it meant to really be on Oahu in a really unique way."

"For me, I'd rather be in the mountains, where I bypass the crowds and the standard issue," he said. "I want to be active and



Senior Airman Kelly Higgins and Master Sgt. Amanda Black hiked more than 36 miles during a recent trip to Hawaii. Higgins cited the Air Force as his motivation to get and stay fit. (Air Force photo/Staff Sgt. Caleb Wanzer)

engaged in my life, where I feel it in my bones and my body."

Higgins and Black's biggest hike on the island was Mount Ka'ala, the highest point of the island topping out at 4,025 feet. The round trip was about seven miles of steep hiking, including rock climbing and navigating steep ridges.

"The payoff was something that you can't explain to anybody else who didn't do it," Higgins said.

"Both [Black] and I would have done it alone if we could have, but it was great to both be there."

Higgins now goes on weekend camping trips, conquering multi-day hikes that he could never have accomplished before becoming an Airman. Staying fit is now something that he not only enjoys, but that is a part of him.

"It is central to my life," he said. "I have children and I want to be

around with my kids. Everything that I now find most enjoyable in life requires a level of physical activity. I want to share those things with my kids. I have to be what I want my kids to be, so I can't just talk about it with them.

"I'm not only physically fit for myself, but I'm building a legacy for my family," he said. "It's a mission statement almost, that we're going to be active."

Whatever you put in your chili, enter it in the...

Annual 513th ACG

# Chili Cook-off

Enter your homemade chili and win the trophy!

November 1st, from 1100 to 1630  
at the 970th AACCS, Building 1056  
\$3 per bowl to experience it for yourself

Contact these people to enter your own recipe:

970th AACCS:

2Lt Lily Baker | 2Lt Amie Inman  
MSgt Jay Harris | SrA Stephen Tritten

513th AMXS/MXS:

TSgt Nicole Tubbs | TSgt Matthew Stark  
513 ACG/OSS: SSgt Jenna Goodall