

March 2015

RABBIT TAILS

THE OFFICIAL NEWSLETTER OF THE 13TH AIR CONTROLLER GROUP



Maintainers honored at 36th annual Knuckle Busters

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AF responds to NCSAF // Thumper veteran retires after 27 years

RABBIT TALES

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All photographs are Air Force photographs unless otherwise indicated.

513TH UPDATE

Upcoming events

Saturday – 1130 – Key Spouse Luncheon
(513th ACG Conference Room)

April 11 – 1100 – Blood Drive
(Blood Mobile near 507th Headquarters, Bldg 1043)

Promotions for March

Congrats to this month's promotees!

Staff Sgt. Marcus Robello
(513th Aircraft Maintenance Squadron)

Tech. Sgt. Matthew Fraile
(970th Airborne Air Control Squadron)

Tech. Sgt. Eric Larson
(970th Airborne Air Control Squadron)

Tech. Sgt. Lindsay Weber
(970th Airborne Air Control Squadron)

Master Sgt. Nicholas
(513th Maintenance Squadron)

Cover photo

Senior Airman Mason Cartwright, Staff Sgt. Andrew Mistkowski and Master Sgt. Ronald Micue show off their Knuckle Buster awards March 6 after the 36th annual Knuckle Buster awards ceremony at Tinker Air Force Base, Oklahoma. The awards are given to Airmen dedicated to excellence in aircraft maintenance. (U.S. Air Force photo/Staff Sgt. Caleb Wanzer)



Fit to Fight MVP's

MSgt Brian Holmes
Unit: 513th MXS
Score: 93.5%



TSgt Randall Hill
Unit: 513th AMXS
Score: 93.3%

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
13:57 Women: MSgt Elizabeth Staff

AF leaders respond to National Commission on the Structure of the Air Force report

By Secretary of the Air Force Public Affairs

WASHINGTON -- The Air Force responded to the National Commission on the Structure of the Air Force's recommendations in a report to Congress March 4.

Of the Commission's 42 recommendations, Air Force officials disagreed with only one and are already in the process of implementing 25, as well as developing plans or pilot programs for another 16.

"The body of work that came out of the commission will help us advance the ball toward an even stronger total force," said Secretary of the Air Force Deborah Lee James, "and I'm convinced the future of the Air Force includes a greater reliance on our Guard and Reserve components."

The disestablishment of the Headquarters Air Force Reserve Command was the only recommendation in which the Air Force disagreed with the commission. Elimination of the AFRC would not result in substantial savings, as nine different major commands would have to assume the roles and responsibilities currently accomplished by the Headquarters AFRC. Additionally, the current structure allows the Chief of the Air Force Reserve to manage authorized and appropriated Reserve resources as required by key statutory obligations.

Over the last two years, the Air

Force has made significant progress toward improving collaboration and cooperation between the components to strengthen and institutionalize relationships across the total force. All three components have participated in the Air Force's budgetary discussions and planning from start to finish beginning with the fiscal year 2015 President's Budget. This process enables an integrated approach to maximize capability and capacity in times of increasing fiscal constraints.

Transformation during wartime is difficult and the Air Force is short of war-fighting capacity in nearly all mission areas.

Even though the NCSAF report identified possible cost savings associated with moving approximately 36,000 active Airmen into the reserve component and related savings of roughly \$2 billion, Air Force analysis does not support this concept.

Based on secretary of defense-mandated dwell rates, the Air Force has capacity shortfalls across almost all mission areas, assuming approximately a 12% risk to meeting

deployment demand and other requirements; shifting the 36,000 to the reserve component would exacerbate this risk to nearly 20%. To effectively meet requirements and maintain the active component's 1-to-2 and reserve component's 1-to-5 dwell times, the Air Force needs to grow both the active component and the reserve component.

"No one is more invested in total force integration than the Air Force," said Lt. Gen. James F. Jackson, the Chief of Air Force Reserve. "Going forward, there is no doubt that our Air Force is going to rely more, not less, on our Reserve and National Guard forces. It is essential to leverage

our reserve components more effectively in the current global security environment."

The Air Force has spent the last year thoroughly analyzing 80 percent of the Air Force mission-sets and taking a close look at our active component and reserve component balance. Over the course of the next year, the Air Force will continue evaluating the remaining 20 percent of the mission areas, as well as

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970th Airborne Air Control Squadron reservist Maj. Gracie Alvarez greets retired Lt. Gen. Harry "Bud" Wyatt III, a member of the National Commission on the Structure of the Air Force, during a tour of the E-3 Sentry on August 20. Members of the commission visited Tinker Air Force Base, Okla., and held a public hearing as a part of their research before reporting to Congress and the President early next year. (U. S. Air Force photo/Staff Sgt. Caleb Wanzer)

re-look at major mission areas that need further examination.

The overall assessment so far resulted in changes to the Air Force's fiscal 2016 budget. Nearly 3,000 positions were added to the reserve component's end strength. The Air Force bought back F-15C Eagles for ANG units and actively associated them; re-established a classic association with the RQ-4 Global Hawk; made some adjustments in the space positioning, navigation and timing system; and grew reserve component in the cyber mission area.

"The evolution of our total force over the years is a great success story,

but much of that story has yet to be written," said General Mark A. Welsh, III, the chief of staff of the Air Force. "We need to be as good at the headquarters level as our Airmen are at the operational and tactical levels. Those Airmen, who've been fighting side-by-side for years, don't see the difference between an active component member, guardsman or a reservist. And those who benefit from American airpower really don't care. They just know that without it ... you lose."

The NCSAF was established by Congress in 2013 to determine how the Air Force's structure should be modified to best fill current and

future mission requirements, and the commission first presented their findings on Capitol Hill in January 2014. During the same period, the Air Force initiated a comprehensive review of the Air Force total-force enterprise.

"One unified Air Force needs to be the way we do business without even thinking about it," said Lt. Gen. Stanley E. Clarke, III, the director of the Air National Guard. "We are committed to ensuring we evolve in our total-force integration with a synchronized team always ready to deliver unparalleled airpower anywhere in the world."

513th maintenance Reservists honored at 36th annual MX awards ceremony

Story and photos by Staff Sgt. Caleb Wanzer

Three of the 513th's own maintenance Reservists received awards at last night's Knuckle Buster Awards at Tinker Air Force Base.

Master Sgt. Ronald Micue from the 513th Maintenance Squadron, Staff Sgt. Andrew Mistkowski from the 513th Aircraft Maintenance Squadron and Senior Airman Mason Cartwright from the 513th MXS were all honored as mainte-

nance professionals of the year.

"I am very proud of our Knuckle Buster award winners and the Reserve excellence they demonstrate as part of the 552/513 Maintenance team," said Col. David Robertson, the 513th Air Control Group commander.

Knuckle Buster awards are given to maintenance Airmen who show dedication to turning wrenches and fixing jets, said Col. Andre Kennedy, the 552nd Maintenance Group Commander.

(Right) Maj. Justin Franklin, the 513th Maintenance Squadron commander, gives approval of the dinner options during last night's 36th annual maintenance awards banquet. One Airman from the MXS was honored at the ceremony held in building 230's dock two.



**Master Sgt. Ronald Micue,
Reserve Maintenance Professional SNCO of the Year**



**Staff Sgt. Andrew Mistkowski,
Reserve Maintenance Professional NCO of the Year**



**Senior Airman Mason Cartwright,
Reserve Maintenance Airman of the Year**



513th takes time out to focus on Wingmen

Story and photos by Staff Sgt. Caleb Wanzer

Reservists from the 513th Air Control Group took the final few hours of the February unit training assembly to discuss the importance of taking care of each other.

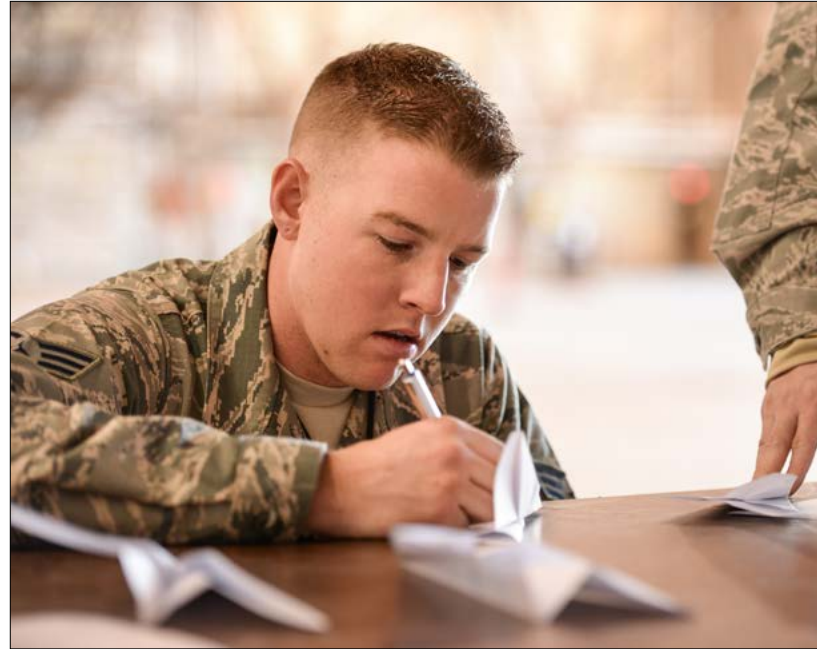
513th Airmen joined the rest of the Air Force Reserve Command in the Wingman day as part of a greater effort to emphasize the importance of each Airman in the command.

After briefings, the operations and maintenance squadrons broke out to spend the afternoon in

team building exercises. Maj. Mark Vardaro, the 513th maintenance operations officer, helped organize the two maintenance squadron's team-building exercise. The Airmen were asked to form teams and design paper airplanes to compete in different tests.

"These are two different organizations that don't work together often, even though they're both maintenance," Vardaro said.

"We wanted to get them to come together as a team to communicate and to collaborate. What we're seeing in this exercise are leaders emerging from each team."



NFL great tackles mental health issue during Tinker visit

By John Parker

Staff Writer, Tinker Take Off

Former NFL running back Herschel Walker knows how to overcome obstacles.

To defeat a stutter early in life, he repeatedly practiced reading aloud in front of a mirror. Although the stutter had nothing to do with his smarts, he became an "A" student to boot.

When University of Georgia football coach Vince Dooley told his new freshman he wasn't ready to play, Walker trained harder. He eventually won the 1982 Heisman trophy and a national championship at Georgia.

When he realized later in life that he had mental struggles - in his case, dissociative identity disorder, also known as multiple personality disorder - he got help.

"We all fall short of the glory of God," Walker said, "and I'm telling you that we've all got problems, and we can't hide the problems. Because if you've got to hide the problem, then that problem gets bigger and bigger and bigger."

"I'm telling you that if you take care of that problem now, that problem becomes small," he said.

Although taking on a serious subject, Walker entertained hundreds of members of the 552nd Air Control Wing on Tuesday during

two speeches in the Bldg. 230 AWACS hangar. Autograph seekers queued up after both events.

His theme, "There's no shame in asking for help - I did," coincided with the Air Force resiliency program's four pillars of Comprehensive Airmen Fitness -- mental, physical, social and spiritual. He spoke on behalf of the Patriot Support Programs of Universal Health Services, Inc., Behavioral Health treatment centers.

Walker said one of his early indications of mental illness arose when he was enraged about a person who stalled for weeks in delivering a personal package in the Dallas metro where he lives. He felt disrespected. When the delivery arrived, he slipped on his holster and gun to meet him at a service station, he said.

"Voices were going off in my head. 'Herschel, people got to quit disrespecting you like that,'" Walker said. He prayed for help to not make a mistake.

"I still remember getting out of my car, and I put my hand on my holster and I walked up to this guy's truck," Walker said. "He had a sign on the back of his truck that said, 'Honk if you love Jesus.' And it calmed me down."



Herschel Walker shakes hands with Lt. Col. Ralph Harwkins, the executive officer for the 513th Air Control Group, on February 24 at Tinker Air Force Base. (Courtesy photo)

Walker said he sought help from others. They included a Christian group that tried to do an exorcism, which he walked out of, and a different pastor who helped him find a psychologist. The doctor diagnosed him with DID and Walker entered a care facility, which helped him to recover, he said.

The solution is "not just going to fall out of the sky just because you pray," Mr. Walker said. "God says you still have to get up and do something."



Senior Airman Justin Norman

Unit: 513th Aircraft Maintenance Squadron

Job title: Communications and Navigations Journeyman

Hometown: Fort Worth, Texas

Favorite Teams? The Texas Longhorns, Dallas Cowboys and Houston Rockets.

What did you want to be when you grew up?

I wanted to become a veterinarian when I was a kid, until I found out what they actually did.

Best part of being a Reservist? The opportunities to go TDY and to deploy so that you can apply the knowledge you have learned.

Favorite memory from your time in the 513th?

Seeing the Major getting dunked in the dunk tank.

If you had superhero ability, it would be: I possess so many super-human powers that it's kinda hard to think of another one. Oh, wait, the power to make the Texas Longhorns a powerhouse again, because honestly, I cannot come up with any more excuses. #imjustsaying



Master Sergeant Randy Schell

Unit: 970th Airborne Air Control Squadron

Job title: Air Surveillance Technician

Hometown: Tucson, Arizona

Civilian job: Loomis Armored Truck Guard

Favorite sports team? Michigan Wolverines

Favorite part of your job? Travel

What did you want to be when you grew up?

Professional athlete

Little-known fact about you: I really dislike Russ Nichols.

Favorite memory from your time in the 513th?

The Hawaii TDY.

If you had superhero ability, it would be: Time travel

Thumper veteran retires after 27 years



Master Sgt. Frank Deitchman said goodbye to the 513th after 27 years of service, opting for a flight line dousing instead of a retirement ceremony. His family and friends joined in on the festivities, including his son, Alex, who is now a maintenance Airmen with the 552nd Air Control Wing.

“A lot of people don’t ever know when they’re last flight will be,” he said. “It was pretty surreal.”

Deitchman is now an equipment specialist at the 422nd SCMS.

What is he doing with all his Reserve-free weekends?

“My first weekend, I did absolutely nothing,” he said. “It was great.”

