

On-final



U.S. AIR FORCE

507th Air Refueling Wing - 513th Air Control Group
Tinker Air Force Base, Oklahoma

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Tytnanic retires

Page 4



Wing selects Long

Page 7

Quarterly winners

Page 14



New Wing patch

Page 19



72nd APS train at Dobbins

See Page 6.

Lead, follow, get out of the way

By Chief Master Sgt. John Gebhardt
22nd Medical Group

MCCONNELL AIR FORCE BASE, Kan. (AFPN) — My first Air Force lesson 27 years ago was “lead, follow or get out of the way.”

A great deal has changed over the years but not the basic principle of leading or following every day. What has changed is we no longer have the luxury of allowing any Airman to get out of the way.

Ask yourself throughout the day if you are leading or following and improving the mission or people. If you are not doing either you have decided to get out of the way. Shame on you and the supervisor who allows this to happen. Now more than ever Airmen and America needs you leading and following, every day.

Our quest for more leaders and followers has expanded to higher expectations from everyone — every rank, including dependents and community members. The responsibilities of our newest Airmen have grown rapidly over the past years, and they have exceeded expectations. The confidence of our general officers and commanders manifests itself in faster promotions, higher mission achievements and improved education, both professional military education and formal degree programs.

For the past 16 years we have been engaged in deploying Airmen within the air expeditionary force construct. Our Air Force has increasingly required better trained, educated and fit Airman to accomplish the mission right here, right now.

United as a team we must accomplish both mission requirements and take care of each other. From airman basic to colonel, everyone must both lead and follow many times during a day’s work. Ask yourself in every task if you’re leading or following with the best of your ability, motivation and positive attitude completing the task at hand. The days of getting out of the way are no longer an option.

Take time every day to reach out and build stronger relationships and teams, improve skills and always keep an eye out to ensure no co-worker falls behind or gets out of the way. If by chance someone falls behind, pull them back up with the team. Be a great wingman first and foremost.

World circumstances require all Airmen to stand as one, completing mission requirements and developing our No. 1 resource — our people. Greater agility, leadership, involvement, versatility and education from each Airman are required. In essence, with our smaller numbers we must be capable and vigilant to meet our wing’s mission; there are no spectators in the war on terrorism.

CHAPLAIN’S CORNER

Bible reading by the roulette method?

By Chaplain (Capt.) Dwight
Magnus

Two old friends met one day after many years. One attended college and now was very successful. The other had not attended college and never had much ambition, yet he still seemed to be doing well.

Curious as to why, the college graduate asked his friend, “How has everything been going with you?”

The less educated less ambitious man replied, “Well, one day, I opened my Bible at random, and dropped my

finger on a page. The word under my finger was oil. So I invested in oil, and boy, did the oil wells gush. Then I tried the same method again, and my finger stopped on the word gold. So, I invested in gold, and those mines really produced. Now, I’m as rich as Rockefeller.”

The college graduate was so impressed that he rushed to his hotel, grabbed a Gideon Bible, flipped it open, and dropped his finger on a page. When he opened his eyes, he saw that his finger rested on the

words, “Chapter 11.”

This story illustrates what I call the “Bible Roulette” method of Bible reading and study. Though it might be attractive (and certainly less time consuming), the method God honors is systematic study of His Word. Hear it. Read it. Study it. Memorize it. Meditate on it. Whatever you can do, “study to show yourselves approved, a workman who does not need to be ashamed, and who correctly handles the word of truth” (2 Timothy 2:15).

Leadership must include Integrity

Last month's *On-final* introduced Col. Jeffery Glass as the new 507th Air Refueling Wing Commander. This month, the *On-final* gives you an inside look at our newest "Okie."

On-final: *What are the biggest challenges you see facing the 507th and the Air Force Reserve in the future?*

Colonel Glass: The wing's immediate challenge is setting up an association with the Will Rogers National Guard unit. It will be the first association of its type in the Air Force. I believe I can help with the set up. I have a background in associate units, both on the active duty side as well as the reserve side. Associations are the future of Total Force Integration.

Our wing's focus will be on the upcoming ORI so that we can show the Air Force we are ready and are the outstanding unit that I've watched and admired in the past.

As for the Air Force Reserve, it is now an Operational Reserve Force versus a Strategic Force. What does that mean? The Air Force has become reliant on the Air Reserve Command forces on a daily basis. As everyone has seen we are much busier than we were 10 years ago. They

do not have the assets for continuing the War on Terror without us.

On-final: *How would you describe your leadership?*

Colonel Glass: I'm a lead-by-example type person. I don't like to sit in my office and lead by e-mail or the phone. I will be out and about and visiting with the members of the wing, getting to know what everybody does to make the unit operate.

On-final: *What characteristics do you value most working under your leadership?*

Colonel Glass: It would be integrity. Without that everything else breaks down.

On-final: *Who is your personal hero; why?*

Colonel Glass: I have had so many mentors throughout my career and it would be hard to pick just one. Each and

everyone had a part in my career since the time I was at the Air Force Academy. But my one personal hero would be my wife Kim. Throughout my career she has had to endure some hard times; taking care of the family, TDYs, deployments and what almost seems moving on a continuous basis. She raised two great boys and without her support I would not be here today.



Maj. Gen. Robert E. Duignan, 4th Air Force commander, left, officiated at the 507th ARW change of command in July. Col. Jeffery Glass, right, accepts the Wing flag as Command Chief Master Sgt. Joseph Tytanic looks on.

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This is your news source. Take it home with you to share with family, friends, and employers.

507th ARW Mission: Man, train, equip, and sustain an Expeditionary Reserve Force in support of DoD peacetime and wartime taskings.

513th ACG Mission: Citizen-airmen extending America's Global Power operating the world's best airborne battle management, warning and control platform.

Chief Tytanic closes a 33 year military career

By Capt. Bill Pierce
507th ARW Public Affairs

Chief Master Sgt. Joseph C. Tytanic will retire this month following a career spanning more than three decades.

Chief Tytanic, 507th Air Refueling Wing command chief, heeded the advice of his hero, his father, and joined the Air Force Reserve March of 1968 as a crew chief, advice that helped lead to his success.

Following basic training and technical school, he was assigned to the 10th Maintenance Squadron from 1968 to 1978. From there Chief Tytanic was assigned to the 403rd Combat Logistics



Chief Tytanic and wife Marilyn at his Induction Ceremony in 1999.

Support Squadron before it was renamed the 507th CLSS.

From 1968-1981, Chief Tytanic's objectives were simple, "...be the best crew chief I could be, and make sure every aircraft I worked on was ready for the crew, said Chief Tytanic.

In 1981 he took a break from the reserve and in 1987 he returned to complete a six-year stint and then retire. But something happened, he became a first sergeant. "This is one of the best jobs in the Air Force, and it turned my life around. Being a first sergeant lets you see the big picture of squadron business, and allows you the opportunity to make things better for the enlisted in the squadron," said Chief Tytanic.

His positions in his career included crew chief, assistance team chief, training NCOIC, first sergeant, team chief, chief of maintenance, maintenance superintendent and finally command chief. "Looking back, I feel like I had no control over my destiny. I remember when the commander and senior ART ask me to go back into maintenance I really didn't want to leave my first sergeant position. I have to say working for good leaders is what charted my career. I never thought I would retire as a chief master sergeant, let alone a command chief," said Tytanic.

PAGE 4

In 2003, he was activated and led a deployment team to RAF Akrotiri, Cyprus. Upon their return the team was recognized for their efforts. A year later he became the 507th command chief.

Some may say he was destined, others a coincidence but one thing's certain, Chief Tytanic will conclude his career the same way he started, a chief. In the early days he took care of planes and in the end it was the people he looked out for.

Chief Tytanic became the sixth in the line of top enlisted serving the 507th ARW. A champion of the enlisted, he set his objectives early. "My main goal was to serve all the enlisted and officer core in the 507th and the Air Force, be a visible leader for the wing by getting out of the office and visiting the troops, never be too busy to help or talk with anyone and hopefully help mentor the young airmen and make a difference in their careers.

"As I step off into retirement and Senior Master Sgt. Tina Long takes the reigns as your Command Chief, I ask that you give her the support you have given me over the last two years. She's the right person for this position. She left her ART job to take on this responsibility. That shows commitment and willingness to do whatever it takes for the troops.

Reflecting on his career, Chief Tytanic credits the people he's been in contact with for his success. "These lasting impressions and learning experiences shaped my career. It's been my honor and privilege to have served and worked with the men and women of the 507th ARW all these years. My plan now is to serve my country through civil service for about eight years and then I will look at retirement. As Marilyn and I start a new chapter in our lives, I know I leave you in good hands, and the Air Force in your capable hands. Keep your focus on winning this war and taking care of each other. God bless America and you for what you do to keep the greatest nation in the world free.



Chief Tytanic renders first salute honors to his son Second Lt. Brett Cleveland in February 2006.

Chief Tytanic shares his insights

**By Staff Sgt. Thomas Lord
507th Maintenance Operations
Flight**

There is no room for doubt when it comes to the numerous accomplishments of such a refined leader as Chief Tytanic. His career is a reflection of hard work, positive attitude and a genuine appreciation for all who commit to serve. As I peered into this reflection while meeting with him, I found some truly valuable insights we should consider as we evaluate our own reflection.

Adapting to change is essential. Change can be scary and take people out of their comfort zone. Though it is true not all changes make sense at the time, a willingness to accept and adapt to a dynamic environment is important to our sustainability. "If you look back to the past, you would probably agree most of the changes made sense," says Chief Tytanic.

Possess a mindset of constant learning. To just strive to get to "20" for retirement is not enough. Make the most of your time and become even more valuable to the reserves. Look for ways to diversify yourself with a multitude of skills and abilities. "Don't worry if you're not

proficient at everything, the important thing is to develop a broader perspective of how different functions integrate to accomplish our mission," says Chief Tytanic.

Leadership is more than a definition. Chief Tytanic shared a quote by Eisenhower, "Motivation is the art of getting people to do what you want them to

do because they want to do it." When people see you involved, serving, appreciating and recognizing others for their dedication, you gain their trust. Trust is the ingredient for people to internalize reasons to follow a leader.

Thank you again for sharing your insights, Chief Tytanic.



Command Chief Master Sgt. Joseph Tytanic

The IG says You have a duty to report FWA

Air Force military and civilian members have a duty to promptly report Fraud Waste and Abuse (FWA) or Gross Mismanagement.

Fraud — Any intentional deception designed to unlawfully deprive the Air Force of something of value or for an individual to secure from the Air Force a benefit, privilege, allowance, or consideration to which he or she is not entitled.

Waste — The extravagant, careless, or needless expenditure of Air Force funds, or the consumption of Air Force property resulting from deficient practices, systems controls, or decisions. The term also includes improper practices not involving prosecutable fraud.

Abuse — Intentional, wrongful, or improper use of Air Force resources. Examples include misuse of rank, position, or authority that causes the loss, or misuse, of resources.

Gross Mismanagement — A management action or inaction that creates a substantial risk of significant adverse impact on the organization's ability to accomplish its mission. It is more than mere, trivial wrongdoing or negligence. It does not include management decisions that are merely debatable, nor does it mean action or inaction that constitutes simple negligence or wrongdoing. There must be an element of blatancy.

For questions or concerns, contact Capt. Mark Vardaro at: 507th ARW/513th ACG FWA Hotline: 405-556-1745; Toll Free: 877-225-5928 (Enter 405-694-4026); or Fax at: 405-694-4027 or email: mark.vardaro@tinker.af.mil

AFRC FWA Hotline: (800) 223-1784 Ext. 7-1513

SAF/IGQ FWA Hotline: (800) 538-8429

DoD FWA Hotline: (800) 424-9098

Speed, accuracy of utmost importance to aerial porters

By Lt. Col. Richard Curry
507th ARW Public Affairs

Twenty-two members of the 72nd Aerial Port Squadron received familiarization training at Dobbins ARB last month during a “fly-in” deployment.

The deployments are supported by the 465th Air Refueling Squadron as a management tool to take the aerial porters to training opportunities.

“While we try to provide training opportunities for our people here at Tinker, they simply can’t get the wide range of opportunities here as they can when we deploy to locations like Dobbins,” said Senior Master Sgt. Nathaniel McGuire, 72 APS Senior ART.

In fact Dobbins ARB is ideally suited for training as it’s home to the Air Force Reserve Command’s Transportation Proficiency Center. For more than 20 years the TPC has been the place where Reserve aerial porters learn the ins and outs of forklifts, loaders, highline docks and pallet trains. Each year, approximately 1,000 aerial porters come to the TPC for in-residence

training. The center’s instructors use cutting-edge technology to provide distance learning training to thousands more.

According to Master Sgt. James Zubor, TPC instructor, “A lot of people think this is just a ‘box stacking’ career field, but there’s a lot more to it than that. Our challenge is to know how to palletize equipment in the least possible steps so it can be expedited to where it’s needed in the least possible time,” he said. At the same time, Zubor continued, the computer tracking systems aerial porters operate provide defense planners and combatant commanders with continuous awareness of where specific equipment or supplies are at any given time.

For many of the 507th personnel attending the training this was their first experience at the TPC’s state-of-the-art training facility. Many of the team are cross-training from other career fields. “For aerial porters, accuracy is the key to supporting mission success,” Sergeant Zubor told the group. “What you do and how quickly and



Master Sgt. Timothy Parker, left, and Senior Airman William Powell, air cargo transportation specialists, unload cargo while training at Dobbins ARB, Ga.

Photos by Lt. Col. Richard Curry



Members of the 72nd APS work together to load a pallet.

accurate you do it can have a direct impact on deployed forces and their ability to fight.”

In addition to receiving hands on training on the GATES computerized software program which tracks both equipment and people in transit, the members were shown details of the Halverson loader and palletized a load of equipment. Unique to this training center is the fact they possess several salvaged airframe fuselages to provide highly realistic load training.

“Pallet build-up, cargo tracking, staging, and shipping are a thinking person’s process,” Sergeant Zubor said. “You constantly have to be thinking several steps ahead in order to solve the puzzle, move the cargo, as quickly as possible.”

Tina Long selected as Wing command chief

By Tech. Sgt. Melba Koch
507th ARW Public Affairs

The first traditional reservist and first enlisted person hired for the 513th ACG when the unit was operational has been selected as the first woman command chief for the 507th Air Refueling Wing. Senior Master Sgt. (chief select) Tina Long, operations superintendent for the 970th Airborne Air Control Squadron, was selected for the position last month. She will assume the duties this month as Command Chief Joseph Tytanic retires.

“Tina has been a top enlisted troop from the very beginning of this historic associate program and has provided unprecedented leadership throughout her years as a reservist,” said Col. Gregory Phillips, 513th ACG commander. “Her dedication to duty and desire to serve is an inspiration to both subordinates and superiors alike and is one of the best SNCOs I have seen in my 30-plus year career.”

Long has been in the military a little over 20 years, with almost half of those years on active duty. “We all have our reasons for entering the military. My reasons were to serve my country, learn a trade, receive an education and see the world,” said Long. “It all sounds fairly glamorous and so far it has been a tremendous ride. My military career wasn’t necessarily planned but I’ve been fortunate to have been afforded assistance and guidance from family, friends, great supervisors and co-workers,” she continued. “Through them I’ve gained the fortitude needed to continue down the path as a career Airman,” Long said.

Long served as an evaluator/instructor air surveillance technician with the 552nd Air Control Wing, here at Tinker. She was the first senior airman air surveillance technician assigned to the 966th AACS in the 552nd ACW history.

In the reserves, Sergeant Long served as chief of surveillance for a little over three years, helping recruit surveillance crews for the first AFRC AWACS Associate Unit. For the next two-plus years she served as the 513th Air Control Group resource advisor, responsible for the management and tracking of an annual \$16.7 million budget of four squadrons under the 513th ACG. She also was activated and deployed to Incirlik AB, Turkey, providing Kosovo relief.

For the next two years Long was chief of exercises and plans. She coordinated with supporting agencies for exercise planning and the execution of real world contingencies. Long deployed 254 days as first sergeant and senior surveillance technician for Operations NORTHERN WATCH and IRAQI FREEDOM.

From 2003 to February 2006 Long was air battle management systems superintendent. She managed the squadron’s largest section, ensuring compliance of all flying, simulator and ground training requirements. She was directly respon-



Senior Master Sgt. (Chief select) Tina Long

sible for the collective completion of 950 ground training events for 38 air surveillance technicians.

In March of this year Sergeant Long became the senior advisor to the 513th ACG commander concerning enlisted aircrew issues.

“To serve as the 507th ARW command chief master sergeant would be the culmination of my career,” said Sergeant Long before she was selected.

“My initial response was ‘wow’ when the announcement was made, and then my head started racing with all of the things there are for me to do and learn in such a short period of time,” said Long. “Chief Tytanic has such an amazing presence about him. I hope I can fill this position half as well as he has over the past two years.

“I look forward to helping steer the ideals and values of the 507th, 513th, and 931st as well as working with Tinker IMAs. I have a strong desire to groom our force for the challenges of tomorrow,” concluded Sergeant Long.

Sergeant Long will pin on the rank of chief master sergeant on Sept. 1.

May 2006 Promotion Listing July 2006 promotion listing

<u>Name</u>	<u>Unit</u>	<u>New Rank</u>	<u>Name</u>	<u>Unit</u>	<u>New Rank</u>
Lorenda L. Absous	507 th MDS	Senior Master Sgt.	Tony Davidson	72nd APS	Chief Master Sgt.
Jennifer N. Johnson	507 th SVS	Senior Master Sgt.	Donald Meadows	507th CES	Chief Master Sgt.
Gilbert E. Campbell	507 th MXG	Senior Master Sgt.	James Dykens	507th MXS	Chief Master Sgt.
Paul B. Johnson	970 th AACS	Master Sgt.	Albert Cantu	513th AMXS	Senior Master Sgt.
Wayne L. Ellison Jr.	507 th MXS	Master Sgt.	James Eye	72nd APS	Senior Master Sgt.
Eric M. Kiddie	507 th SFS	Master Sgt.	Brian Farris	507th CES	Senior Master Sgt.
Christopher Clark	513 th AMXS	Master Sgt.	Scott Olsen	507th LRS	Senior Master Sgt.
Kent R. Allsebrooke	35 th CBCS	Master Sgt.	William Cunha	507th AMXS	Master Sgt.
Demetrius Nichols	507 th CES	Tech. Sgt.	Jeffery Davis	513th ACG	Master Sgt.
Yumanja Y. Craine	513 th MXS	Tech. Sgt.	Darrell Gamble	72nd APS	Master Sgt.
Mark D. Brown	970 th AACS	Tech. Sgt.	Shad MacFarlane	507th AMXS	Master Sgt.
Barry C. Alexander	513 th MXS	Tech. Sgt.	Robert Shahan	72nd APS	Master Sgt.
Jason D. Rodney	513 th AMXS	Staff Sgt.	Brent Slattery	35th CBCS	Master Sgt.
Dylan R. Hollums	513 th AMXS	Staff Sgt.	James Dykens	507th MXS	Master Sgt.
Sarah E. Harrison	513 th AMXS	Staff Sgt.	Carla A. Barber	507th OG	Tech. Sgt.
Paula P. Carethers	507 th MDS	Staff Sgt.	Robert Clarkin	507th CES	Tech. Sgt.
Eric W. Burley	513 th ACG	Staff Sgt.	Lawrence Norfar	513th MXS	Tech. Sgt.
Brian W. Adams	970 th AACS	Staff Sgt.	Travis Fowler	507th AMXS	Staff Sgt.
Michelle E. Cross	507 th LRS	Senior Airman	David M. Jones	513th MXS	Staff Sgt.
Brandon O. Wright	507 th CES	Senior Airman	Steven M. Kirk	507th MDS	Staff Sgt.
Douglas A. Wall	513 th AMXS	Senior Airman	Kenny W. Love	507th CES	Staff Sgt.
Sharde L. Roebuck	507 th MDS	Senior Airman	Shannon McNelley	35th CBCS	Staff Sgt.
Jonathan L. Pae	507 th CES	Senior Airman	Michelle Mendoza	507th MDS	Staff Sgt.
Michael C. Millsap	513 th MXS	Senior Airman	Angela L. Shirey	507th SFS	Staff Sgt.
Clifton M. Mack	507 th CES	Senior Airman	Travis D. Strong	507th MDS	Staff Sgt.
Daniel Grachanin	507 th LRS	Senior Airman	James E. Tyler	513th MXS	Staff Sgt.
Amanda R. Fleming	507 th SFS	Senior Airman	Benjamin Williams-Kupec	507th CES	Staff Sgt.
Guy M. Casey	72 nd APS	Senior Airman	Dustin S. Baca	35th CBCS	Senior Airman
Claudia M. Borlabiorquaye	507 th LRS	Senior Airman	Douglas Borchers	72nd APS	Senior Airman
Michael B. Welliver	72 nd APS	Airman First Class	Jessie A. Brown	507th SFS	Senior Airman
Richard W. Hiddle	507 th MDS	Airman First Class	Keith M. Dunkin	72nd APS	Senior Airman
			Sharla Gillispie	72nd APS	Senior Airman
			Ryan P. Lampe	72nd APS	Senior Airman
			Sarah L. Norris	507th LRS	Senior Airman
			Clarence Officer	970th AACS	Senior Airman
			Jason E. Pedraza	507th LRS	Senior Airman
			Matthew Stark	513th MXS	Senior Airman
			Christopher Webb	507th LRS	Senior Airman
			Eric R. Winn	513th MXS	Senior Airman
			Samuel Wristrom	507th LRS	Senior Airman
			Sara B. Campbell	507th ARW	Airman
			Anthony C. Fourgault	72nd APS	Airman
			Shawn D. Wynn	35th CBCS	Airman
			Joseph S. Thornburg	507th MXG	Airman

UTA Reminders:

August 5 at 10 a.m., Bldg. 1030:
retirement ceremony for
Command Chief Master Sgt. Joseph Tytanic

August 6 at 9:30 a.m., Bldg. 1030:
507th Mission Support Group
assumption of command

**Don't forget to buy Family Day tickets
this UTA. Ticket costs go up Aug. 22.**

Wing member transforms home into energy saver

**By Capt. Bill Pierce
507th ARW Public Affairs**

The goal in transforming his house was to make energy improvements and “save money,” said Randy Unger, 507th Air Refueling Wing financial management office.

In 1997 Unger found himself a single dad learning how to cook, clean, raise two teenagers and maintain a home budget. Feeling the loss in income, he quickly searched for ways to reduce his monthly obligations.

According to Unger, he was able to save money by changing how he used electricity and natural gas on a daily basis.

This process didn’t happen overnight. “I started slowly replacing a few light bulbs each pay period. A standard 60 watt bulb uses 60 watts of power. I replaced the lights in my house with new five year 40 watt fluorescent bulbs. The florescent bulbs burn brighter, cooler and only use seven watts of power each.

From there I made some other changes like washing clothes in cold water and letting my dishes air dry in the dish washer. “I am very happy I did what I did and am now saving up to \$300 per month,” said Unger.

These items alone are not what lead to his savings. “I removed my natural gas hot water tank and replaced with a new electric hot water tank for about \$145. I also added a time clock for about \$35. The time clock is set to come on at 4 to 6 a.m. and again at 4 to 6 p.m. so it’s not continually running 24 hours a day.

“I replaced my hot water tank,” said Unger. “I would suggest if a person is unfamiliar with the codes or mechanics of this project, look into hiring a plumber or electrician.”

Today it is not about being able to pay his monthly bills but about finding ways to conserve energy and save

money. “I signed up for wind power through OG&E. I’ve been on wind power for about four months now,” said Unger.

This switch has lead to a decrease in his monthly bill as well as OG&E paying him a rebate for the switch.

According to OG&E customer service there are approximately 4,000 customers on the waiting list for wind power. “I’d call them today. They’ll either set you up or put you on the waiting list too. I know they’re constructing new windmills,” said Unger.

He is currently working with OG&E



Randy Unger

and The American Federation of Government Workers so that they can share his secrets with their audiences. “OG&E is amazed at the dramatic change in my use and has asked me for my secrets,” said Unger.

Energy Saving Techniques

1. Stop washing clothes in hot water
2. Line dry clothes
3. After washing dishes in dishwasher, let them air dry overnight
4. Call OG&E to set up average payments and to sign up for OG&E Wind Power.
5. Removed natural gas hot water tank and replaced with a new electric hot water tank with a time clock. Programmed to come on at 4 – 6 a.m. and again at 4 – 6 p.m. versus continually running 24 hours a day.
6. Replaced every light in the house with new five-year 40 watt fluorescent bulbs. The florescent bulbs burn brighter, cooler and use less watts of power.
7. Switched to an open air antenna. It looks like a fiberglass boomerang but brings in 19 channels in the Oklahoma City area.
8. I shopped around and was able to cut my DSL bill in half.
9. I dropped my cell phone and pager service and went with a T-Mobile pay-as-you-go phone.
10. I visited www.energysmart.com and purchased five electrical modules for everything with a motor (air handler, washing machine, freezer, refrigerator and dishwasher).
11. I put power strips on TVs, stereos and on kitchen countertops for microwave, can opener and my coffee maker. I can now turn them off when they’re not in use.

Without power strips, all of the mentioned items are supplied power 24 hours a day. That is commonly called, stand-by power.



513th Maintenance Squadron Commander's Column

By Maj. Anthony D. Vallera

Behavior matters

As Airmen, we all have a responsibility to behave in a way that brings credit to ourselves and our unit. I believe each of us is on our best behavior the vast majority of the time and that's what makes the 513th Air Control Group so successful. However, good behavior must not end when we take the uniform off at the end of drill weekend. However, good behavior must not end when we take the uniform off at the end of drill weekend. How we act the 28 days we are back in "civilian" status can have an enormous impact on our military careers and the how our Group and the Air Force as a whole is viewed. People you work with: friends, relatives and other acquaintances are aware of your status as Air Force reservists, and they are watching your behavior. The public in general holds

all of us Airmen in high regard. They have high expectations of us and they deserve not to be disappointed by a bad apple or two. Each of you has worked too hard making the 513th the wonderful unit it is to have its reputation tarnished by bad manners off duty. I'm sure every one of us can point to an instant in our lives we wish we could "do over." The important thing is to learn from those occurrences and remember to behave better the next time.

The Air Force does an excellent job teaching us how to be good technicians and professionally competent in our career fields. And I trust in the abilities of each member of the 513th. After all, you've proven time and again that no one comes close to the 513th ACG when it comes to performing the demanding AWACS mission. Although being the best AWAC'ers in the world is what we're paid for, never forget we must behave like the professionally competent Airmen we are. Remember, there's no excuse for bad manners and rude behavior, on or off duty. Ask yourself, "Would I do this if Mom were watching?" This generally improves my behavior. I expect it will improve yours too. Respect yourself. Respect one another. Most of all, be proud of what you do for America.

24/7 personnel services are here

by **Sr Amn. Jonathan D. Simmons**
Air Education and Training
Command Public Affairs

RANDOLPH AIR FORCE BASE, Texas (AFPN) — The Air Force is changing in shape and size, and military personnel flights, or MPFs, are part of this change. Their transformation is called personnel services delivery.

Phase One of the transformation has seven groups of changes projected to be in place by December 2007.

Two recent changes allow Airmen to correct duty-history mistakes and apply electronically for retirement.

"The process is very user friendly," said Capt. Beth Hart, acting 12th Military Personnel Flight commander. "The Web-based personnel application is self-explanatory and easy to do.

For example, a retirement-eligible Airman would submit his or her retirement request to the contact center through Virtual MPF so that eligibility can be checked, said Air Force Personnel Center officials. Then the Airman can submit his or her fi-

nal request through the vMPF, which then flows electronically to his or her commander before going back to the contact center for processing.

Once approved, the center will send the Airman an electronic draft DD Form 214 for review. A final DD Form 214 will be mailed.

Airmen are now responsible for correcting mistakes in their duty history through the vMPF. Commanders' support staffs are only responsible for current duty information.

"There's been a lot of talk about the MPF going away," Captain Hart said. "That's not true. We're just becoming smaller and will be advisers to the many changes (with which) the personnel career field is faced."

Air Force personnel officials said MPFs perform about 37 processes. At the end of the Phase One timeline, they will perform only 19.

Key services that will still be available at the local MPF are testing, casualty assistance, passports, contingency exercises,

leave accrual, and personnel support for contingency operations.

Defense Enrollment Eligibility Reporting System, commonly known as DEERS, and other Department of Defense stand-alone systems like ID cards will remain unchanged.

"Airmen will use the virtual MPF and their (commanders' support staffs) more in order to accomplish the new on-line applications instead of coming into the MPF," Captain Hart said.

Step-by-step instructions are available in the online PSD handbook at <http://ask.afpc.randolph.af.mil/psd>.

The purpose of the transformation is to improve access to accurate information and provide access 24/7. PSD will also shorten the personnel process for Airmen and give them more direct control over career-affecting matters, according to an Air Staff briefing.

This PSD transformation is a key element in the Air Force's Smart Operations 21 vision of a leaner more efficient force.

FREE COLLEGE TESTING

Air Force Reserve members, spouses and civilian employees may take DANTES Subject Standardized Tests (DSSTs) or College-Level Examinations Program (CLEP) or Excelsior College Examinations (ECE) FREE! (Military Only for Excelsior examinations). These examinations test college-level knowledge you may have gained through your job, reading, travel, or hobbies. You must test at your Reserve DANTES approved test center. Testing at another DANTES test center will be on a case-by-case basis. The third Tuesday of each month at 0800 has been set aside for testing. You must call us four weeks prior to test date to ensure we will have your test. **For more information contact Chief Master Sgt. Charlotte Epps in the MPF Education and Training Office at 734-7075.**

FOREIGN LANGUAGE PROFICIENCY PAY (FLPP)

Reservists may apply for FLPP by submitting a written request for FLPP testing to his/her commander. FLPP I requires you to be on a tour of duty that requires the language. FLPP II will pay based on active duty days or IDT periods performed. Spanish and Tagalog speakers are not entitled to FLPP II. If you are proficient at a foreign language and are interested in this program please contact Chief Master Sgt. Charlotte Epps or Master Sgt. Sharon Lochman in the MPF Education Office at 734-7075 for instructions on how to apply for FLPP.

TUITION ASSISTANCE

Reserve members are eligible to apply for TA for Distance Learning and In-Residence courses to further their education up to a Master's Degree.

The basic enrollment requirements are that you must:

Be a participating member in good standing (no UIF, Article 15, etc.).

Retainability: Officers - two years; Enlisted - ETS after course completion.

Enrollment form must show course number/title, credit hours and cost of tuition.

Complete TA forms in our office PRIOR to class start date.

Payment occurs after satisfactory course completion. **You must provide a paid receipt and your grade NLT 60 days after course completion.** TA reimbursement amounts are set at 75 percent (\$4500) per FY (Masters) or 100 percent (\$4500) per FY (Bachelors). **For more information contact Chief Master Sgt. Charlotte Epps or Ms. Kim Silkwood in the MPF Education and Training Office at 734-7075.**

AFRC NCO LEADERSHIP DEVELOPMENT COURSE

The success of the Air Force Reserve NCO corps depends on their ability to apply leadership and management skills learned primarily in a civilian setting to a military environment. Not all of today's mid-level NCOs have extensive first-hand supervisory experience in a reserve environment; therefore, the instruction in this course is intended to improve the students' military supervisor capabilities and understanding of their positions as related to the USAFR. We focus on individual improvement which is ultimately the real source of organizational excellence and success. **See your unit training manager for more information. NEXT CLASS: Oct. 23 - Nov. 3, 2006.**

FAMILY CARE

If you need to be on the Family Care Plan, notify your first sergeant ASAP - IAW AFI 36-2908. Single parents and dual military couples with children must have a Family Care Plan completed within 90 days of in-processing or family status change.

VIRTUAL MPF

- 1. Address Changes** - You no longer have to go to 4 different screens/areas to update your address!!!
- 2. Point Summaries** - Point Summaries can also be viewed and printed.
- 3. Record Review RIPS** - You will now be notified via e-mail, on your birthday, to log on to vMPF to review your RIP.
- 4. Awards and decorations** - You can also get a picture display of your awards and decorations.

HOT TOPICS :

All testing (paper and computer) must be scheduled by sending an e-mail to Kimberley.Silkwood@tinker.af.mil with the time and date that you would like to test and include the course number.

Paper testing on the UTA is only available at 0750 on Sunday of the main UTA and is in Bldg. 1030 (Hangar) Room 214.

Computer-based testing on the UTA is available on Saturday and Sunday at 0800 and 1300 in Bldg. 1030 (Hangar) in Room 214.

Please schedule all tests NLT 1500 on Friday before the UTA. If you are unable to keep the scheduled time please e-mail Ms. Silkwood or call 734-7075 prior to scheduled testing time.

All testing is also available on Tuesdays at 0800, Wednesdays at 0800 and 1300 and Thursdays at 1300.

NOTE: If you are retaking a test, you must bring the authorization letter with you or you will not be allowed to test.

EDUCATION REMINDER:

This is just to remind everyone who wishes to update their Education Records, officer and enlisted, that we need OFFICIAL transcripts to send or accomplish any updates. This means that it CANNOT say "ISSUED TO STUDENT." You may have the college/university send it, we can request it, or you may bring it in as long as it is in a sealed envelope with a SEAL on the flap AND it does not say "ISSUED TO STUDENT."

Pass and ID Hours of Operation: 0800 - 1200 on Saturdays of the UTA.

IEU open from 1200-1500 on Saturday of the main UTA.

Nomination packages for AMN, NCO, or SNCO of the quarter are submitted quarterly. Packages are due by 1400, on Saturday of the UTA after the end of the quarter. (Apr, Jul, Oct, Jan)

FY2006 UTA SCHEDULE

05-06 Aug 06	
16-17 Sep 06	14-15 Oct 06
04-05 Nov 06	02-03 Dec 06
06-07 Jan 07	03-04 Feb 07
03-04 Mar 07	14-15 Apr 07
05-06 May 07	

As of 26 July 2006

AUGUST TRAINING PLANNER

Fri, 4 Aug 2006

1300 Pre-UTA Cmdr Staff Mtg Bldg 1030, MSG Conf Rm
 1400 Pre-UTA First Sgts Mtg Bldg 1043, Wg Conf Room
 1430 Pre-UTA CChief & 1st Sgt Mtg Bldg. 1043, Wg Conf Room
 1600 Top 3 Executive Board Mtg Bldg 1030, MSG Conf Rm 204

Sat, 5 Aug 2006

Unit Designated Sign In Unit Designated
 0730-0930 Newcomers In-Processing Bldg 1043, Room 203
0800-1530 MPF/Customer Service Section Open
 0830-0900 6 Month Contact Mtg Bldg 1043, CC Conf Rm
 0900-1000 Mandatory 3A0X1 Tng Bldg 1066, OG Conf Rm
 1000-1130 Newcomers Orientation Bldg 1043, Wing Trng Room
 1000-1100 Mobility Rep Meeting To Be Determined
1300, by appt. CDC testing Bldg 1030, Room 214
 1300-1545 Newcomers Ancillary Tng Ph I Bldg 1043, Wing Trng Room
 1300-1400 Adverse Actions Mtg Wg Commander's office
 1300-1400 Wg. Career Advisor Tng Bldg 1066, OG Conf Room
 1400-1500 Training Managers Mtg Bldg 1043, CC Conf Room
Unit Designated Sign Out Unit Designated

Sun, 6 Aug 2006

Unit Designated Sign In Unit Designated
0730-0930 MPF Closed for In-House Tng Bldg 1043, Rm 203, 213
0730-0800 Protestant Chapel Service 513th ACG Auditorium
0730-0800 Catholic Mass Bldg. 1066 OG Conf Rm
0750- by appt CDC testing Bldg 1030, Rm 214
 0800-1100 Newcomers Ancillary Tng Ph II Bldg 1043, Wing Trng Room
 0800-1030 Unit safety rep training Bldg 1030, Room 104
0800-1500 MPF/customer service section open
 0830-0930 Enlisted Advisory Council Bldg 1043, CC Conf Rm
 0900-1000 Mandatory 3A0X1 Tng Bldg 1030, MSG Conf Rm
 0930 507th MSG assumption of command Bldg 1030
1300, by appt. CDC Testing Bldg 1030, Room 214
 1300-1600 First Duty Station Bldg 1043, Wing Trng Room
1300 SORTS/Post UTA Mtg CAT
 1400-1500 IG period w/Capt. Vardaro Bldg 1030, Room 106
 1500 Wing Commander's Call Base Theater
Unit Designated Sign Out Unit Designated

Fri, 15 Sept 2006

1300 Pre-UTA Cmdr Staff Mtg Bldg 1030, MSG Conf Rm
 1400 Pre-UTA First Sgts Mtg Bldg 1043, Wg Conf Room
 1430 Pre-UTA CChief & 1st Sgt Mtg Bldg. 1043, Wg Conf Room
 1600 Top 3 Executive Board Mtg Bldg 1030, MSG Conf Rm 204

Sat, 16 Sept 2006

Unit Designated Sign In Unit Designated
 0730-0930 Newcomers In-Processing Bldg 1043, Room 203
0800-1530 MPF/Customer Service Section Open
 0830-0900 6 Month Contact Mtg Bldg 1043, CC Conf Rm
 0900-1000 Mandatory 3A0X1 Tng Bldg 1066, OG Conf Rm
 1000-1130 Newcomers Orientation Bldg 1043, Wing Trng Room
 1000-1100 Mobility Rep Meeting To Be Determined
1300, by appt. CDC Testing Bldg 1030, Room 214
 1300-1545 Newcomers Ancillary Tng Ph I Bldg 1043, Wing Trng Room
 1300-1400 Adverse Actions Mtg Wg Commander's office
 1300-1400 Wg. Career Advisor Tng Bldg 1066, OG Conf Room
 1400-1500 Training Managers Mtg Bldg 1043, CC Conf Room
Unit Designated Sign Out Unit Designated

Sun, 17 Sept 2006

Unit Designated Sign In Unit Designated
0730-0930 MPF Closed for In-House Tng Bldg 1043, Rm 203, 213
0730-0800 Protestant Chapel Service 513th ACG Auditorium
0730-0800 Catholic Mass Bldg. 1066 OG Conf Rm
0750- by appt CDC testing Bldg 1030, Rm 214
 0800-1100 Newcomers Ancillary Tng Ph II Bldg 1043, Wing Trng Room
 0800-1030 Supr safety training Bldg 1030, Room 104
0800-1500 MPF/customer service section open
 0830-0930 Enlisted Advisory Council Bldg 1043, CC Conf Rm
 0900-1000 Mandatory 3A0X1 Tng Bldg 1030, MSG Conf Rm
1300, by appt. CDC Testing Bldg 1030, Room 214
 1300-1600 First Duty Station Bldg 1043, Wing Trng Room
1300 SORTS/Post UTA Mtg CAT
 1400-1500 IG period w/Capt. Vardaro To Be Determined
Unit Designated Sign Out Unit Designated

OCCUPATIONAL SURVEYS

These surveys provide information essential for developing personnel programs, classifying occupations, and developing training programs. The Wing Survey Control Monitor (SCM) works with the Unit Training Manager (UTM) to ensure surveys are completed. AFI 36-2623, paragraph 2.7 makes completion of these surveys mandatory for all Air Force Reserve members. It is extremely important these surveys are completed by the suspense date. If you have any questions, contact Ms. Kim Silkwood or Staff Sgt. Jeremy Hudson at 734-7075 or your UTM.

Newcomers Ancillary Training

Newcomers Ancillary Training Phase I & II are conducted monthly in Bldg 1043, Wing Training Room in basement. Unit/Ancillary Training Managers are responsible for ensuring their new personnel are scheduled to attend within 90 days of their first UTA. If you have questions, contact the MPF Education & Training Office at 734-7075.

Day	Time	Subject	OPR
Phase I			
Saturday	1305-1315	Wing Lodging Program	SVF
Saturday	1315-1345	Information Assurance	CF
Saturday	1345-1445	Drug and Alcohol, Suicide/ Workplace Violence Prevention	SG
Saturday	1445-1515	Local Conditions/ORM	SE
Saturday	1515-1545	OPSEC Training	OG
Phase II			
Sunday	0800-0815	Base Populace	CEX
Sunday	0815-0830	IG Briefing	IG
Sunday	0830-1000	UCMJ/Ethics	JA
Sunday	1000-1030	Counter Intel/Awareness	SF
Sunday	1030-1100	Human Relations	ME
Sunday	1300-1600	First Duty Station	ME

UCMJ Briefing:

All enlisted personnel are required to have the UCMJ briefing within two UTAs of their first reenlistment. This briefing is held during Phase II of the monthly Newcomers Ancillary Training at 0830 on Sunday of the UTA in Bldg 1043, Wing Training Room.

Ethics Briefing:

All reserve personnel are required to have the DOD Ethics Briefing within 90 days of reporting for duty. This briefing is held in conjunction with the UCMJ briefing during Phase II of the monthly Newcomers Ancillary Training at 0830 on Sunday of the UTA in Bldg 1043, Wing Training Room.

Disaster Preparedness:

Unit Training Managers must schedule Chemical Warfare Training, by name, at least one UTA prior to the requested dates by calling CEX at 734-5249. All personnel must bring a complete training ground crew ensemble (GCE) including the mask and its hood to all classes. Those attending Initial must be prepared to process through a tear agent chamber. Wear of contacts is prohibited in all classes. Anyone arriving late, without a complete GCE with mask, or wearing contacts, will be released back to their unit and reported as a no-show.

Drug Testing: You must report within two hours of notification.

Military Pay

File for pay by:	Receive Direct Deposit by:
03 Aug	11 Aug
08 Aug	15 Aug
10 Aug	18 Aug
15 Aug	23 Aug
17 Aug	25 Aug
21 Aug	30 Aug
23 Aug	01 Sept
29 Aug	06 Sept
31 Aug	08 Sept
05 Sept	13 Sept
07 Sept	15 Sept
11 Sept	18 Sept
14 Sept	22 Sept
18 Sept	27 Sept
20 Sept	30 Sept

Military Pay (405) 734-5016

BAQ Recertification Deadlines

If Last Digit of SSAN is: Then Forward Listing to Unit Commander in: Recertification due in month in:

1	November	January
2	December	February
3	January	March
4	February	April
5	March	May
6	April	June
7	May	July
8	June	August
9	July	September
0	August	October

If you need assistance or have suggestions on how we can improve our service to you, please call us at (405) 734-7075, or stop by our office in Building 1043, Room 213.

Editor:	Chief Master Sgt. Sharlotte A. Epps, Chief, Education & Training (ART)
Assistant Editor:	Master Sgt. Sharon Lochman, Asst. Chief, Education & Training (ART)
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	Tech. Sgt. Jimmy Talley, Education and Training Advisor
	Staff Sgt. Jeremy Hudson, Education and Training Advisor (ART)
	Ms. Kimberley Silkwood, Testing and Education Advisor

Unique exercise challenges

By Lt. Col. Rich Curry
507th ARW Public Affairs

Local reservists participated in a major multi-command exercise this summer as NORTHERN EDGE 06 swung into high gear over the skies of Alaska, cyberspace, and beyond.

Regarding local reserve participation, it was a case of “there” and “virtually there” as members of the wing deployed to Alaska for two weeks with a KC-135 aircraft while members of the 513th Air Control Group’s 970th Airborne Air Control Squadron served as exercise control, or the “White Force” while deployed to the Distributed Mission Operations Center (DMOC), part of the 505th Distributed Warfare Group at Kirkland AFB, New Mexico.

Northern Edge is the fourth largest Pacific command live-fly training exercise. The exercise involves Pacific, Alaska, and Air Combat Commands and Pacific Air Forces. Participants also included the Navy, Army and Marine Corp.

In a unique departure from past exercise scenarios, this year’s exercise added a virtual twist, using distributed mission operations, or DMO, to simulate a massive air and sea campaign in the Alaskan area of operations. Distributed mission operations involves live training, virtual (people linked via simulators) and constructive (computer simulated) forces interacting in an integrated distributed training environment. Simply put, this training brings more forces and a greater diversity of forces to the exercise at a savings while providing a highly realistic wartime joint forces training experience.

For the 19 maintenance and aircrew deploying for the two week exercise, they joined a Tanker Task Force at Eielson AFB.

“During previous Northern Edge exercises, the tankers would fly missions ranging from two to three hours,” said Capt. Jermaine Boyd, 465th Air Refueling Squadron, “During this exercise, our missions ranged from 5 to 5 1/2. It was a very well organized exercise. We received our daily spins on time and everything was well coordinated.” The 507th crews did a mid-exercise personnel swap out to permit broader training opportunities for unit members.

This was the largest Tanker Task Force in over ten years at Eielson AFB and the largest in any Northern Edge exercise. More than 17 tank-

ers from 12 total force units across the country refueled more than 100 jets daily. Northern Edge provided the TTF an opportunity to refuel many different types of aircraft from the Air Force, Navy and Marine Corps demonstrating the military’s power projection capability.

One major goal of the exercise was to test and train with the Department of Defense’s newest weapons system, the F-22A Raptor. NE 06 is the first exercise opportunity Raptor teams have had to display seamless integration with operators from the Navy, Marine Corps and Army, and to prove how the jet’s capabilities will transform the wartime environment.

Meanwhile at Kirkland AFB, New Mexico, Master Sgt.



A 507th ARW KC-135 refuels an F-15 Eagle from Anchorage, AK during NORTHERN EDGE 06. Photos by Master Sgt. Tracy North

Wing and AWACS reservists

John White, an Evaluator Weapons Director and reservist with the 970th AACS — the Air Force's only reserve AWACS squadron — spent his time simulating bombers, fighters and helicopters flying over the Gulf of Alaska. His fleet of aircraft appears on screens around the Pacific region inside live Air Force jets, Navy ships and at the Air Operations Center at Hickam AFB, Hawaii.

“Live aircraft are also combined with a number of virtual entities to give an AWACS crew located in simulators at the 962nd AACS a realistic air picture,” said Sergeant White. “Instead of controlling a few dozen live training missions, they’ll be operating in an environment that appears to be a massive air campaign.”

Capt. Kim Thompson, an Air Battle Manager with the 970th AACS at Tinker AFB, Okla., has been helping to train Airmen from around the Air Force.

“NORTHERN EDGE 06 is the first time that we’ve trained in a virtual environment with a number of different commands and warfighting headquarters — Pacific Command, Alaska Command, Air Combat Command, Pacific Air Forces are all participating in this event from locations around the United States,” she said.

The line between “real” and “simulated” missions are truly being blurred, said Captain Thompson. The three virtual players are AWACS crews at Elmendorf AFB, JSTARS crews at Robins AFB, Georgia and Navy EP-3 crews working from

Whidbey Island Naval Air Station in Washington. Data from these platforms and the DMOC is then fed into the AOC at Hickam AFB.

“In a typical scenario, a Navy EP-3 crew in a simulator detected a DMOC computer-generated surface to air missile, then an E-3 crew in a simulator at Elmendorf AFB used the unique AWACS communications links to task a real F-16 flying over the Alaskan ranges to destroy the threat,” explained Captain Thompson.

While training inside actual command and control aircraft won’t disappear, Sergeant White believes exercises like NORTHERN EDGE 06 will serve to prove the value of combining live, virtual and constructive elements to give crews a wide range of training opportunities.

“When a crew is flying a real mission they have to contend with atmospheric (disturbances with radio communication caused by changes in weather or topography), maintenance issues, long enroute times to the training area, or simply the stress of deconflicting live aircraft,” explained Sergeant White. “But DMO still allows us to get very high fidelity training without sending a lot of people TDY or spending a lot of money burning jet fuel.”

Indeed, the cost savings to the “heavy” community is substantial. “For a typical exercise deployment we may have to deploy 40 people,” said Sergeant White. “But using distributed mission operations, our team can train our entire 14-person mission crew with a much smaller footprint.”

“NORTHERN EDGE 06 is the best of both worlds — live training enhanced with virtual aircraft to prepare the warfighter,” he concluded.

With more than 5,000 military members participating, information gathered from Northern Edge will extend far beyond the airspace. Training lessons and battlespace knowledge gained here will undoubtedly affect future U.S. military engagements.

During the two-week joint-service exercise, several scenarios have proven that the interoperability and integration between American assets are stronger than ever.

(Captain Nathan D. Broshear, 505th Command and Control Wing, and 1st Lt. Candice Miller, USAF Deputy Director, Eielson Northern Edge Joint Information Bureau contributed to this story.)



Chief Master Sgt. John Beasley, 465th ARS, prepares to refuel another aircraft during NORTHERN EDGE 06.

Medical News

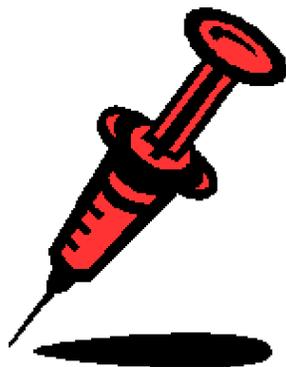
Vaccinations .. preventive measures

The readiness of our military forces relies on the health of our service members. To ensure optimum medical protection for our forces, vaccinations are part of the required pre-deployment preparations. Some deployments require more immunizations than others, dependent upon which part of the world you are deploying to. These preventive medical measures protect you from diseases which may be detrimental to the effectiveness of the force, which in turn could compromise the mission.

Some of the vaccines that you receive protect you against such things as tetanus, typhoid fever, yellow fever, small-

pox, influenza, anthrax, meningococcal, and hepatitis.

Currently the yellow shot records are being replaced by the computerized version so you do not need to bring your shot record with you. Your military ID is all that is required. If you would like a yellow shot record, we will provide you with one upon your request. It is your responsibility to stay current when it comes to your required immunizations. Our clinic is open every Saturday of the



507th Medical Squadron at YOUR Service

**by 2nd Lt. Jennifer Trevino
OIC, Immunizations**

UTA from 8 a.m. until 3:30 p.m. in the Base Hospital, Building 5801.

Our goal is to protect your individual health and to keep our wing strong so we can accomplish our military mission.

For questions regarding your immunizations, contact me or Tech. Sgt. Michele Gould at 734-2487, or your Unit Health Monitor, your unit's 1st Sergeant, or the 507th Medical Squadron.

Pregnant reservists should take steps outlined

**By Tech Sgt. Daniel A. Martin
507th Medical Squadron**

With the news of pregnancy, many steps must be taken to protect not only the unborn fetus, but the mother as well. One such step includes an interview by the 507th Public Health Office, no later than one UTA after confirmation of pregnancy by a medical authority.

Some take for granted and often do not realize all of the potential physical, chemical and radiological hazards that we as Air Force Reserve members are exposed to while on duty. Here



at the 507th Public Health Office, it is our job to review with the pregnant member her military duties and identify any potential hazards that could jeopardize the safety of the mother and unborn child.

If you become pregnant, here is what you need to do: *first*, obtain a written confirmation of pregnancy from your obstetric physician; *second*, notify your supervisor and commander; *third*, bring your written confirmation of pregnancy with you to the 507th Public Health Office, located on the third floor of the hospital in Room A335. If you have any questions or concerns, please call us at 734-2575.

So if you become pregnant, don't forget to come see Public Health. Together we can make a safe working environment for you and your baby!

Chief of staff reading list expands

Officials recently announced five additions to the Air Force chief of staff reading list.

"The books on our reading list link our heritage to the horizon before us," said Gen. T. Michael Moseley. "They help Airmen better understand our Air Force's and our nation's rich military heritage.

But they also give us context for our ongoing war on terror and keep us thinking about important changes to the international security environment that affect our daily lives and operations."

The five new books include:

Battle Cry of Freedom: The Civil War Era, by James M. McPherson; *The First Heroes: The Extraordinary Story of the Doolittle Raid, America's First World War II Victory*, by Craig Nelson; *The Persian Puzzle: The Conflict Between Iran and America*, by Ken Pollack; *Airpower Against Terror: America's Conduct of Operation Enduring Freedom*, by Benjamin Lambeth; and *Eddie Rickenbacker: An American Hero in the Twentieth Century*, by W. David Lewis

The CSAF reading list can be accessed at www.af.mil/library/csafreading and includes links and book reviews.

The books will also be available through Air University at Maxwell Air Force Base, Ala., and Air Force libraries.

News from 'the shirt'

A first sergeant's deployment

My deployment to Al Dhafra Air Base, United Arab Emirates (Dec 05 – May 06) was in support of Operations ENDURING, IRAQI FREEDOM, and Combined Joint Task Force – Horn of Africa. I was the First Sergeant for the 380th Expeditionary Civil Engineer Squadron (ECES) and responsible for approximately 178 ECES personnel assigned to AEF 9/10. About two thirds were reservists. This was my first deployment as a first sergeant and one of the most enjoyable and rewarding experiences of my military career thus far.

I arrived at Al Dhafra to a welcoming party like I've never seen. The base leadership along with anyone else who wanted to meet their replacements were lined up at the bottom of the stairs to shake our hands; the theme to "Rocky" and other up-beat music was loudly playing in the background. After the last handshakes were made, they formed a circle around us and started doing push-ups. Later I learned that you didn't stop until the wing commander did, which was around 45. That scene was replayed when individuals redeployed to return home.

I shared a tent with five other outstanding first sergeants; two active and three reserve. We had a small office with a computer, printer, and DSN phone. Each first sergeant was also issued a cell phone upon arrival so we were able to maintain contact with all agencies even while we were out of our offices. It was home for the next few months. Permanent party personnel were housed in trailers called double stacks and had rooms to their self.

Not only did I have responsibility of CE, I also had the Escort personnel. Their job was to observe the Third Country Nationals (TCN) perform their duties. Even though they were performing security duty, their job went unnoticed a lot of the time. I made sure to make con-

tact with them as much as I could. They were the unsung heroes in my opinion.

The mission of the 380th Air Expeditionary Wing was reconnaissance and aerial refueling. The wing operated four airframes, the KC-10, KC-135, U-2, and Global Hawk. The Maintenance Group managed to keep the aircraft flying to fulfill the Air Tasking Order; they never missed a beat. The Operations Group flew constantly, always having aircraft airborne to support the mission.

The Services Squadron was outstanding! They operated two dining facilities, Ed's Bar (two drink maximum with the use of ration cards), two community activities centers, a movie theater, and fitness centers (one tent had cardio machines and the other had weights). The DFAC was always open and the food plentiful, especially the dessert area. They had numerous sponsored trips into Abu Dhabi and the surrounding area, so there was ample opportunity to enjoy your time off. We were allowed to get off base twice a month.

The Civil Engineer Squadron worked constantly keeping the base powered, air conditioned, and operating. The Security Forces Squadron maintained security working hand-in-hand with the Emirate Air Force Security personnel. The Logistics Readiness Squadron managed the vehicle fleet, to include all the rental vehicles, TMO, vehicle maintenance, POL, and Supply.

During my time off, which was limited, I was involved with several organizations such as the Wing Top-4, Base Advisory Council, ECES Top-3 and the Sharp Troop Program. Most all the shirts were involved with one program or another. I would have to say my most rewarding one was the Sharp Troop Program. Each month the EMSG would hold nominations for this honor which turned out to be a not-so-easy task because of the



Master Sgt. Tracy House
513th ACG First Sergeant

caliber of individuals we had.

The main disciplinary issue during my deployment, which resulted in seven Article 15s being offered, was pornography being brought into the country on data sticks and personal laptops and being downloaded from government computers. It needs to be emphasized to members prior to deployment that their personal computer items (laptops, data sticks, MP3 music/data/video players) are subject to search during an investigation by OSI or SFS. One of the Article 15s offered was for an alcohol-related incident due to alcohol being sent to the military member in the mail.

While there were times when the pace was hectic, being the First Sergeant for the 380th ECES was one of the most fulfilling experiences of my career. The leadership, to include wing, group, and squadron, was supportive, strong, and active. All the deployed members were energetic and eager to complete their duties. I would recommend that all reserve first sergeants deploy at least once during their career to reinforce why they do what they do; Don't just Wear the Diamond, Be the Diamond.

In closing, I would like to personally thank Col. Greg Phillips, 513 ACG/CC, and Lt. Col. Dell Robertson, 513 OSF/CC, for allowing me the opportunity to deploy. Also, I would like to thank everyone in the 513th, 970th and 507th who worked hard in getting me ready.

Wing Second Quarter winners announced

**By Tech. Sgt. Melba Koch
507th ARW Public Affairs**

Capt. Jeffrey W. White, Master Sgt. Brian S. Farris, Staff Sgt. Nina D. Villarino, and Senior Airman Patricia A. Mora were selected as the Company Grade Officer, Senior NCO, NCO and Airman of the Quarter for April – June 2006.

Capt. Jeffrey W. White, a Wing Public Affairs Officer, was selected as the Company Grade Officer of the Quarter. Captain White took the lead in preparing Public Affairs office personnel and equipment tasked to participate in the Wing ORE. He produced a special edition newsletter emphasizing objectives, with a special tear-out poster for use within work stations during exercise. ORE cadre remarks cited his outstanding attitude, aggressive lean-forward response and effective leadership. He received a letter of congratulations and was selected as a superior performer by the wing commander.

Captain White serves as leader of the Wing's split training program, creating a bridge for young Airmen awaiting training school dates.

Captain White is currently enrolled in a graduate studies program and pursues military-oriented, computer-based training courses. He is serving his second year as president of the local Chapter 66, Reserve Officer Association.

Master Sgt. Brian S. Farris is a flight training facilitator and deputy fire chief with the 507th Civil Engineer Squadron.

"Best of the best," said Lt. Col. Ernest Goodman, 507th CES commander. "Sergeant Farris was selected as Team Tinker's 2005 Civilian of the Year Award category two."

Sergeant Farris is an effective leader; he took command as fire chief of the fire protection section at Silver Flag, Tyndall AFB, FL. "He immersed as the leader of 15 firefighters in a very dy-

namically simulated war environment exercise," said Colonel Goodman.

Farris also took charge of fire department scenarios and real world responsibilities at the May 2006 ORE at Volk Field, Wisc.

Farris demands excellence of his subordinates. As fire protection flight facilitator trainer, his section leads the squadron with trainees scoring 90 percent or higher on their career development course end-of-course exam.

Farris works as a civilian firefighter on base. He organizes, executes and maintains a firefighter vehicle certification computer data base testing bank that enables the 72nd ABW and 507th CES firefighters to document their certification requirements on each vehicle.

Farris completed the Senior Noncommissioned Officer Academy by correspondence in minimum time. He is an active member of the Tinker Air Force Base Top 3.

Staff Sgt. Nina D. Villarino is a personnel journeyman with the 507th Mission Support Flight and NCO of the Quarter.

"Sergeant Villarino is a hard charging NCO and vital to successful day-to-day operations in the MPF customer service section," said Maj. Donald Satterlee, 507th MSF commander.

During this period, Sergeant Villarino processed 300 identification cards, professionally in-processed 68 newcomers and skillfully accomplished over 900 transactions/updates in personnel data systems with zero rejects. She was commended by numerous customers for excellent customer service and her professional demeanor.

Sergeant Villarino completed nine credit hours toward an Operations and Information Management degree from the University of Central Oklahoma. She completed three credit hours toward her CCAF degree in Human Re-

source Management.

Sergeant Villarino volunteered to work with the Christmas in April team, rebuilding homes in the Oklahoma City area. She hung drywall, painted and cleaned houses, dramatically improving the quality of living conditions for needy families.

Sergeant Villarino is a mentor and active member of the Air Force Sergeants Association and the local area chapter.

Senior Airman Patricia A. Mora, a security forces journeyman, was selected as the Wing Airman of the Quarter.

Airman Mora was selected as a Superior Performer at the Volk Field ORE; one of three security forces members recognized.

"A versatile Airman," said Maj. Robert C. Baird, 507th Security Forces Squadron commander. "She filled additional administrative duties; incredible performance in both areas. She selflessly filled combat arms shortfall and averted critical training cancellation with 48 troops deployment qualified," continued Major Baird.

Airman Mora is an adept manager. She is responsible for \$200,000 worth of communications equipment and maintained flawless records.

Airman Mora is a motivated leader; she fulfilled all requirements for promotion to NCO tier, needing time in service to sew on the next rank. She graduated from Dallas Police Academy Class 289 and selected as one of four class element leaders.

Airman Mora is the unit fitness leader and role model; she set the standard with a score of 100 on her fit to fight assessment, the unit's only perfect score.

Mora is a soccer coach at Dallas Tejanos Soccer Club and mentors 22 girls four hours weekly. She is an active member of Latino Peace Officer Association and helped raise \$6,000 in scholarships for Hispanic students.

Mentoring forum provides valuable information

**By Tech. Sgt. Melba Koch
507th Public Affairs Office**

A handful of younger troops took time out of their busy UTA schedule in July to learn and be mentored. The Tinker Reserve Enlisted Advisory Council sponsored a mentoring forum, which was led by 507th ARW Command Chief Master Sgt. Joseph Tytanic; Chief Master Sgt. Todd Jackson, 513th Air Control Group; Master Sgt. Marie Pollard, 507th Medical Squadron first sergeant; and Master Sgt. Deborah Kidd, 507th Mission Support Flight first sergeant (and by default, 'shirt' for the 507th MSG staff and Headquarters staff).

The forum leaders answered questions and asked questions about education, volunteerism and patriotism, but also gave insight on how they were able to climb to the top and do it quickly. Chief Jackson came off active duty as an E-4 and joined the 513th from the ground floor with only a small handful of personnel. In less than 20 years he was putting on chief stripes. "I wanted to make sure I was the top

choice when it came time to promote," said Chief Jackson. "I was promoted every time the opportunity arrived. You have to take charge of your own career. Put yourself in line for the next level. Sometimes you may have to change career fields to get that promotion," continued Chief Jackson.

It was noted that flexibility is a key factor as a reservist.

Sergeant Kidd reemphasized flexibility by talking about her five career field changes. She has been a Services troop, a Security Forces troop, a Personnel specialist, a Career Advisor and now a First Shirt. "I'm blessed to be here; I love it," said Kidd. "My dad was a motivator (retired Army) and over the years lots of mentoring has motivated me to do great things," continued Kidd. "It's your career; make it or break it. This is a once-in-a-lifetime experience, so make the most of it," she continued. "When you run into obstacles, come see us (a shirt, chief, etc.)," said Kidd. Look for her to find a new career field in the near future. "Six is my lucky number," she said.

Chief Tytanic got out after 14 years in the military, "my civilian job kept me too busy." After six years that changed. He planned on putting in another six and getting out after 20 but that didn't happen. He retires this month with 33 years. "Change motivates you," said Chief Tytanic. "Challenge yourself; rekindle the fire, get a new career field job, cross train," continued the Chief. "I've been challenged every since and I learn something new every day from younger troops and others."

Sergeant Pollard, who has no active duty time, saw the need in her unit and is really enjoying her time as a "shirt." "I would just like to let you know we're here for you and you need to go through your chain of command," she said.

Chief Tytanic summed up the forum with a reminder that we care about you. "This is an important opportunity for you to learn and ask questions," he said. "I hope you take this back and share the information with your peers and subordinates. Hats off to each of you and Godspeed," he concluded.



From left, Chief Master Sgts. Todd Jackson and Joseph Tytanic, Master Sgts. Marie Pollard and Deborah Kidd speak during the July UTA at the first Mentoring Forum sponsored by the Tinker Reserve Enlisted Advisory Council.

How harmful is binge drinking?

by Senior Airman Cassandra Locke
43rd Airlift Wing Public Affairs

POPE AIR FORCE BASE, N.C. (AFPN) — If two friends drink six beers every night for six months, do both have the same risk of becoming alcoholics or substance abusers?

“Anyone is at risk for alcoholism, but studies have shown that individuals who have a family history of alcoholism are more prone to it,” said Tech. Sgt. Michelle Wilson from the 43rd Medical Group here.

She said social drinking is defined by having a couple of drinks one to two times a week. Drinking five or more drinks in a 24-hour period is considered binge drinking.

A person is considered an alcoholic after showing signs of alcohol dependence. Those dependent on drinking alcohol can show any of the following signs: tolerance, withdrawal symptoms, drinking excessively or for longer than intended, giving up aspects of life if drinking can't be a part of it, persistent unsuccessful attempts to quit despite their intentions to cut down or control alcohol use, or continuing to drink despite it hurting a medical or mental health condition.

Sergeant Wilson recommends using the Air Force's 0-0-1-3 philosophy when drinking. The first “0” stands for zero drinks for those younger than 21. The second “0” stands for zero DUI offenses. The “1” stands for one drink per hour to give the liver enough time to process the alcohol. The “3” stands for a maximum of three drinks per night to keep the body's blood alcohol level below .05 percent.

“The one drink an hour philosophy is not to be able to drive safely,” said Sergeant Wilson. “If anyone has had anything to drink, they should not drive.”

She said the guide is to help people avoid consuming large amounts of alcohol in a short period of time — putting them at risk for injury to themselves or others.

Sergeant Wilson said it takes almost two hours to completely eliminate the first drink's effect on the body.

Once someone finishes an alcoholic drink, it takes a while for it to enter the blood stream and hit peak blood alcohol level. The liver processes one ounce of alcohol an hour. Ninety percent of alcohol is processed by the liver and 10 percent comes out through one's breath, urine and sweat as the alcohol is burned up as energy.

She said it takes women longer to metabolize alcohol because they tend to have more body fat and things like birth control pills can affect the rate at which alcohol is processed.

Many who have been pulled over for drinking and driving at Pope said they felt fine when they were driving. How did they have an increased blood alcohol level and feel fine?

“Because of tolerance — a person who normally does not drink can feel the effects after drinking one drink and be intoxicated at three or four. If they started drinking a six-pack each weekend, give that person a month or two and they will build a tolerance to that much alcohol,” said Sergeant Wilson. “It will get to a point that a six-pack will not affect them. The blood alcohol level continues to rise no matter what their tolerance is.”

Most people pass out at a .21 blood alcohol level, according to Sergeant Wilson. She said even when a person has stopped drinking and goes to sleep, their blood alcohol level continues to rise for one to two hours after they stop drinking.

“If the poison receptors are activated when a person is passed out, they can choke on their own vomit,” Sergeant Wilson said.

The alcohol acts as a depressant. The more alcohol consumed, the more it slows down the central nervous system.

If too much alcohol is consumed, the central nervous system could come to a complete stop. If that happens, the person will not only pass out, but cannot awaken. At that point,

Continued on page 13

Last Words:



continued How harmful is binge drinking?

Continued from page 12

an ambulance needs to be called.

“They cannot guess how much their blood alcohol level is going to continue to rise and they may be in danger,” Sergeant Wilson said.

Some people who drink a lot may experience blackouts. The part of the brain called the hippocampus stops working when someone has had too much alcohol. According to Sergeant Wilson, the hippocampus acts like a VCR. It records what a person does and gives the person the ability to play it back again, in their mind. A person can still walk, talk and make decisions like any other person — they just won’t have memory of it the next day.

“The danger of this is they will have no memory if they had sex, if they were safe, if it was with someone they wanted to have sex with or if they hit someone while driving home,” Sergeant Wilson said.

There are different ideas of what constitutes alcohol abuse, Sergeant Wilson said.

Some warning signs of alcohol abuse include: not meeting responsibilities; not meeting family obligations; doing things that could be physically hazardous after drinking, such as drinking and driving; unsafe sex; or legal, work or relationship problems.

If someone is late to work because they are suffering from a hangover or still under the influence, it not only negatively affects their social and work life, but it can also have negative biological effects.

Drinking alcohol can cause pancreatitis, a fatty liver and cirrhosis of the liver. It can also affect one’s blood cells, heart, kidneys, endocrine and reproduction system, nervous system, brain, stomach, intestines, mouth, throat and esophagus. It can also lead to psychiatric conditions.

“Basically alcohol can affect every part of a person’s body,” said Sergeant Wilson. Alcohol is absorbed through the blood stream, which touches every system in the body. It can cause cancer, memory problems, nutritional deficits and fetal alcohol syndrome.

Alcohol abuse reduces one’s life expectancy by 10 to 15 years. According to the 43rd Medical Group, alcohol is responsible for 50 percent of all fatal traffic accidents, 50 percent of all homicides and 25 percent of all suicides. Two hundred thousand deaths each year are related to alcohol use. Alcohol is the third largest public health problem, after heart disease and cancer.

“If anyone is experiencing any of the warning signs, I would recommend that they come in to (the Alcohol and Drug Abuse Prevention and Treatment program, or speak with their (primary care manager) about their use and the symptoms they

are experiencing,” Sergeant Wilson said.

She said a person cannot get into trouble for visiting the ADAPT office.

“It’s only the behavior that usually goes along with alcohol abuse or dependence that can get a person into trouble — like drinking and driving, underage drinking or being drunk and disorderly,” she said.

Did you know?

- 18 percent of U.S. coins are contaminated with the e. coli bacteria
- Liquid combination cold/flu remedies can contain as much as 80-proof alcohol equal to a shot of liquor.
- The odds of being killed by a dog in the U.S. are 700,000 to 1.
- 117 people die on America’s roadways every 24 hours.

Substance Abuse in the Workplace

Workers who use drugs and alcohol are a threat to safety and a drain on the bottom line.

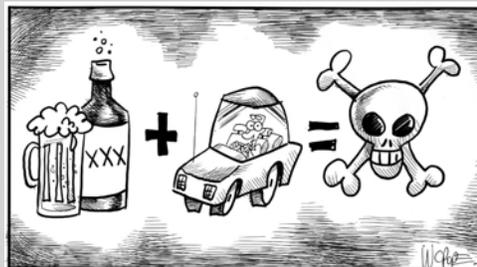
Consider the following:

- In the United States, alcoholism is responsible for 500 million lost workdays each year.
- Alcohol and drug abuse costs businesses approximately \$81 billion in lost productivity per year; \$44 billion from illness and \$37 billion from premature death.
- Alcohol is a much bigger problem than drug abuse.
- Roughly 6.2 percent of full-time employees in the U.S. are heavy drinkers.
- Alcohol and drug use is most prevalent among white males ages 18 to 25 who lack a high school education.

Occupations with the highest rate of drug and alcohol use:

- Bartenders/food preparers/waiters: 19%
- Construction workers: 14%
- Service occupations: 13%
- Transportation and material moving workers: 10%

Provided by 507th ARW Safety Office

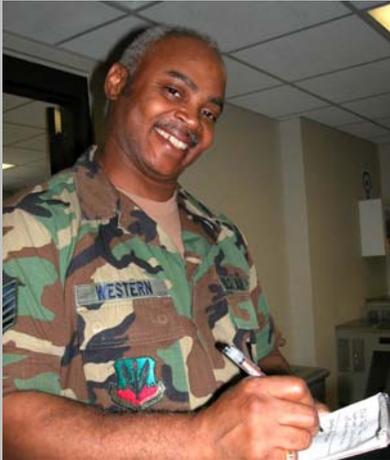


Up close

By Tech. Sgt. Ty Yoshida

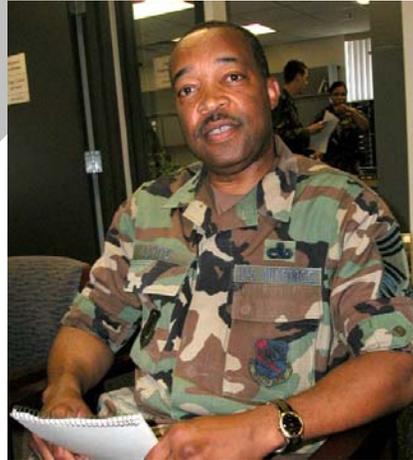
The following question was asked of our reservists:

“Command Chief Master Sgt. Joseph Tytanic is retiring this month. Would you like to send a farewell message?”



**Tech. Sgt. Randy Western
35th CBCS**

“Thank you for your leadership/wisdom/guidance and friendly reassuring smile. You will be missed. Take care, enjoy your retirement. You deserve it. HUA!”



Chief Master Sgt. Joseph LaFitte, 507th MXS

“Since we share the same first name, ‘Joe’, I would like to say thanks for an OUTSTANDING job. I am sincerely grateful for you always being there when the Wing has needed you. Good luck.”

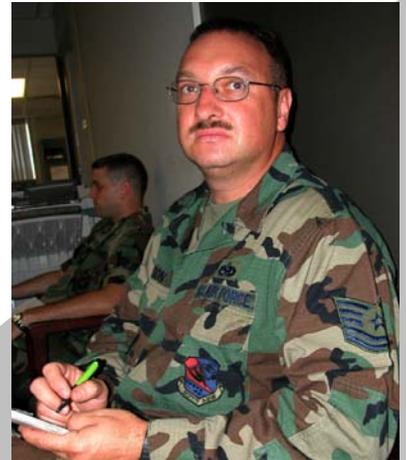


**Master Sgt. Deborah Kidd
507th MSF**

“Thanks for your leadership and mentorship! You are truly one of a kind! DIAMOND UP!”

**Tech. Sgt. Johnny Johnson
507th MXS**

“Thank you for your dedication, patriotism and leadership. Happy retirement.”

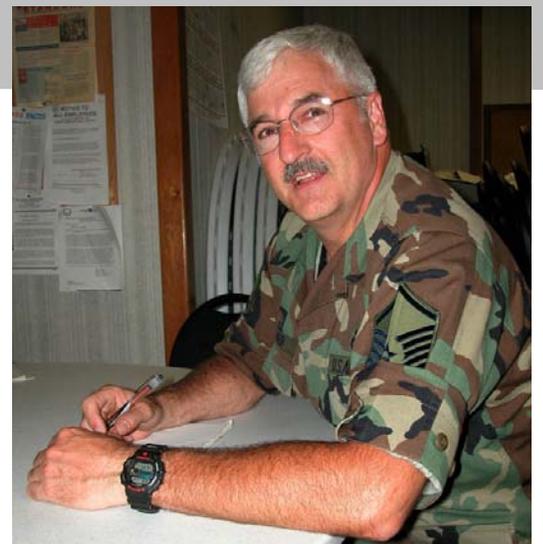


Senior Master Sgt. Carol Suggs, 465th ARS

“Chief, thank you for all your support. You have been a great mentor to all of us. Your leadership and guidance has been an inspiration that will remain within the Okie hearts. Good luck in your future endeavors.”

Master Sgt. James Greiner 507th AMXS

“Thanks, Chief, for your guidance with my added Air Force career with the U.S. Air Force Reserves. It’s been an experience after 20 years of active duty. You showed me the meaning of being a dedicated NCO. Thanks.”





Tech. Sgt. Bobby Guthrie, left, 507th Logistic Readiness Squadron, and Maj. Dennis Sivert, 507th LRS commander, display Guthrie's Air Force Commendation Medal certificate during his retirement ceremony last month.



Master Sgt. George Stiltner, left, 507th Civil Engineer Squadron first sergeant, receives the reenlistment oath from his wife, 1st. Lt. Crystal Stiltner, a member of the 137th AW Will Rogers ANG. Lt. Stiltner is a former member of the 507th ARW.

Photos by Tech. Sgt. Tyrone Yoshida

Wing patch gets make-over

By Lt. Col. Richard Curry
507th ARW Public Affairs

While there wasn't much fanfare, the 507th Air Refueling Wing patch changed recently.



This is the new, updated version of the 507th ARW patch.

The wing patch design was changed in the mid 1990s during a CSAF emblem review process which streamlined many Air Force patch designs by reducing the number of elements present. The review process at that time was intended to simplify patches and reduce production costs. Prior to that time, the Wing patch could be traced back to its original design from WWII era.

For most Air Force wing patches very minor changes were made. In the case of the 507th ARW emblem, however, the patch drawing became corrupted with its sleek falcon design distorted to what became commonly referred to as a "dead pigeon." Additionally, the star pattern across the bottom lost all resemblance to the Big Dipper constellation.



Old version of the 507th patch

Because there were no readily available electronic file images at that time, the design changes were not discovered and became permanent. Several years later and at the request of current and former commanders, 507th Historian Tech. Sgt. Roxanne Baxter took on the process of staffing an official request to restore the Wing's heritage.

"I'm pretty excited we were able to make this happen," Sergeant Baxter said. "I think the new patch looks much more attractive than our old one and is much more in line with our actual heritage."

Parting Shot



Final salute -- As Brig. Gen. Dean J. Despinoy drove away from the 507th Air Refueling Wing change of command ceremony last month, he was greeted by a final salute. Members representing each squadron formed two parallel lines to give the general his final salute. General Despinoy was selected to take command of the 434th Air Refueling Wing at Grissom Air Reserve Base, Indiana.

Photo by Tech. Sgt. Tyrone Yoshida

On-final R-News

Sports area off limits to pets

This is a reminder that pets are not allowed in the Outdoor Sports Complex (jogging or running track, sports fields/courts), fitness centers or areas where people/spectators congregate to warm up or watch events at the Outdoor Sports Complex. Disability assistance dogs are allowed in all Fitness & Sports facilities/grounds and activities. Other exceptions include medical therapy pets.

This applies to all personnel residing on or visiting Tinker AFB, who own, care for or have any pets in their custody.

Upcoming blood drives

The next campus blood drive will be held Sunday of the August UTA from 10 a.m. to 2 p.m. A blood drive will also be held in November (Saturday, 4th). Other dates are Jan. 7, 2007; March 4, 2007; May 6, 2007; July 15, 2007; and Sept. 9, 2007. All of the blood drives are scheduled for Sunday except the November 2006 drive.

NEWS / INFORMATION / FAMILY READINESS

**507th ARW
and
513th ACG**

TINKER AFB
OKLAHOMA



www.507arw.afrc.af.mil

507th ARW Recruiters

<http://get1now.us>

Tinker AFB, OK

(In-Service Recruiter)
Master Sgt. Gene Higgins
(405) 739-2980



Moore, Norman, OK

Tech. Sgt. Michael Comfort
(405) 217-8311

Midwest City, OK

Master Sgt. Carla Lang (405) 733-9403
Staff Sgt. Neil Lambrecht (405) 732-6279

Tulsa, OK

Master Sgt. Monica Basye
(918) 250-3400

Lawton, OK

Tech. Sgt. Ronald Gregory (580) 357-2784

McConnell AFB, KS

Master Sgt. David McCormick
(In-Service Recruiter)
(316) 681-2522
Staff Sgt. Ron Todd
(316) 681-2522

Vance AFB, OK

Master Sgt. David McCormick (316) 759-3766