

On-final



U.S. AIR FORCE

507th Air Refueling Wing - 513th Air Control Group

Tinker Air Force Base, Oklahoma

JUNE 2008 Vol. 28, No. 6

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Senior Airman David Chain, Tech. Sgt. Troy Chaddon, and Staff Sgt. Jacob Ellis conduct inspections on a KC-135 during the May UTA. All three are members of the Oklahoma Air National Guard's 137th Air Refueling Wing. The 137th ARW is an associate unit to the 507th ARW.

Photo by Senior Airman Zach Anderson



507th ARW
Commander's Column
By Col. Jeffery R. Glass

Summer activities increase chances of accidents

The 101 Days of Summer are upon us and continue through the Labor Day weekend. You may ask why we put such importance on this time frame. This time of the year is when most of the accidents happen. We do a lot of traveling and activities that we might not do the rest of the year. Kids are out of school and the weather allows a lot of outdoor activities. We all need to be good "Wingmen" and watch out for our friends and families. If you think it's a stupid idea, it probably is. Remember drinking and driving is always a bad idea, whether it's in an automobile, boat or off-road vehicle. Remember to always wear a helmet, even if you are just out for a bike ride. Kim and I wish you all a SAFE and enjoyable summer!

The association with the guard is in full swing. During

AFRC commander visits Tinker AFB

Lt. General John Bradley, Commander, Air Force Reserve Command, visited Tinker Air Force Base May 4.

During the 4-hour visit the general met with reservists from the 507th Air Refueling Wing and 513th Air Control Group and received mission briefings.

Prior to his departure, a special commander's call was held in the base theater where he had an opportunity to present awards to recent award winners and address reservists at large.

After congratulating those receiving awards General Bradley addressed the reservists in attendance saying, "It's been a busy year in the Air Force Reserve Command. We've been through a lot of changes and you've seen part of that change here with the addition of the 137th Air Refueling Wing (Oklahoma Air National Guard) associating with the 507th ARW. The reports I've received on this association have been very good," he said.

The general spoke about the 2005 Base Realignment and Closure (BRAC) process saying, "We've uprooted aircraft and positions across the country. We've closed six AFRC flying wings. We don't get to move people like active Air Force does. We've worked hard to find jobs for people who wanted to keep working for us. We've had some tough dealings with about 15,000 reserve positions in the past several years. However, I do think we have a good future."

"We've also been offered new missions in space, and UAV missions," he said. The General discussed the reserve wealth of knowledge of working Associate programs saying, "We have a huge amount of experience doing these things. And even though we've been through some challenges with personnel cuts and base closures, we look to the future and that future is bright."

the next few months we will continue to see construction projects on-going and the new squadron operations building should be starting in the next month. The initial work on the third hanger has begun and is the only funded AFRC MILCON project in next year's budget. Many of you have moved locations and put into temporary facilities. I appreciate the effort all of you have put into these moves, but more of you will be inconvenienced with the upcoming building projects. Please be patient with the moves and the strain on parking on the UTAs, it will get better.

The wing will continue to work AFSO21 projects to make us more efficient. The next projects will be improving the OPR/EPR process and then awards and decorations process. These are both wing/group level events, but I would like squadron and flights working projects to find efficiencies at that level also. If you want to step up and get involved please see your group commanders or talk to Maj. Bonnie Tremblett or Capt. Mark Vardaro. AFSO21 is critical to the overall effectiveness of AFRC and the Air Force in a time of budget restraints and downsizing. Every member of the wing is critical to this process.

The general discussed the AEF process and mobilization praising the significant amount of reserve contributions as well as the "phenomenal" performance of Reserve Airmen deployed overseas and stationed in the U.S.

"I want to thank everyone for your willingness to volunteer for these deployments," he said, adding that he is working hard to make sure tour lengths can remain short enough to encourage more volunteerism.

Summing up the general said, "I think the Air Force Reserve is more highly respected and thought of today than at any other time. Your performance has made us look good. Keep it up. I want a good future for the Air Force Reserve. I want your children and your grandchildren to have the opportunity to serve in the Air Force Reserve."

Chapel Corner

A Psalm of Protection

**By Wing Chaplain
(Lt. Col.) Mike Jones**

I often read from the book of Psalms. These “songs” (for that is what psalms means) are so full of emotion, of passion, of the stuff the world is made of. Sometimes they praised God. Sometimes they questioned God. And sometimes they

O God almighty, hear our plea on behalf of our brothers and sisters from the 507th and the 513th. As they leave off from one job to take upon themselves another kind of job, as they face fears both known and unknown, as they enter into a world of great conflict and war, of pain and sorrow, of different cultures and languages and ways, as they encounter the enemy of freedom and faith and peace— protect them.

We plead, O God that you would GO BEFORE THEM. Clear their routes of IEDs and guard them from ambush and sniper fire. Confuse the enemy, defeat their evil plans and rain down fire upon them.

We plead, O God that you GO WITH THEM. Let our comrades know that you are in their midst. Show them your powerful hand of protection. Display your awesome strength by guarding them. Encourage them to be strong. Reveal your love for them by keeping them safe.

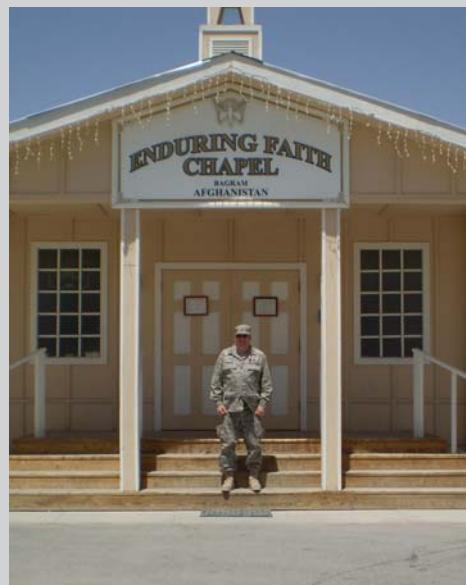
And we plead, O God that you GO BEHIND THEM. Protect their “six” and bring them all home to their loved ones.

Lord, we ask that you reveal yourself to our brothers and sisters in such a mighty way that after giving of themselves to save others, they may ultimately find salvation in your gracious and merciful hands.

May your will be done in all things. AMEN

just expressed the writer’s heartfelt emotion and prayer to God.

As I sat in my room Saturday night of the May UTA, thinking about all of the men and women from our wing deployed or about to be deployed (including our own Chaplain Magnus) I wrote this psalm. It’s more a prayer than a psalm but I share it with you in the hopes that you will make it your own.



Chaplain Dwight Magnus stands in front of the Army Chapel at Bagram, Afghanistan.

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Call us at 734-3078.

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.

The Running Reserve:

Members Participate in OKC Marathon

By Senior Airman Zach Anderson

On the morning of April 27, 26.2 miles of Oklahoma City pavement were covered by the pounding feet of 19,000 walkers and runners, each a participant in the 8th Annual Oklahoma City Memorial Marathon: The Run to Remember. The race established in memory of the 168 victims of the 1995 bombing of the Alfred P. Murrah Federal Building has grown each year, filled with a unique assembly participants of all types and this year's race was no different. Once again, the field of walkers, runners and volunteers included a large collection of Air Force reservists, each doing his or her part to honor the memory of lives lost.

Forty-nine members of the 513th Air Control Group and the 507th Air Refueling Wing took part in this year's race in some way, whether as volunteers or by actually running in an event. In either case, participants were motivated by the desire to partake in an event that is about much more than simply completing a race course.

"Volunteering for the marathon is a rewarding and special experience," said Master Sgt. Takesha Williams, Budget Analyst for the 507th ARW.

Williams has served as team captain of the reserve marathon volunteers for the last three years.

"You don't have to be a runner to participate in the Memorial Marathon," she said. "All you have to do is change the world you live in one moment, one opportunity, one person at a time. It is not about running – it is about living."

This year, 22 reservists volunteered to

serve as course marshals throughout the race course, helping to direct runners at intersections as well as providing some much needed encouragement for participants. The efforts of the volunteers were appreciated by their reserve counterparts running in the race.

"It definitely makes the actual race much easier than a normal training run," said Capt. Robert Atkins, Executive Officer for the 507th ARW. "It makes every mile go by much faster when you have people you know supporting you along the way."

Atkins was one of nine reservists to participant in the half-marathon event. It was his first time to run in the Oklahoma City Marathon.

"To have an event like this that helps with fundraising for something so significant and to participate in something that honors the memory of so many individuals, it definitely adds something to it. It makes it much more than just a road race," Atkins said.

Out of the nine reserve participants in the half-marathon, Maj. Brad McBride turned in the top time by finishing the 13.1-mile course in 1:39:06.

Reservists were well represented in the five-man relay portion of the event as well, with three teams participating. Among the relay teams, "Russ's Reimers," a team made up of members of the 970th AACCS, turned in the best time of all reserve teams with a finish of 3:13:54.

Three reservists completed the full 26.2 mile marathon, highlighted by yet another member of the 970th, Maj. Kurt Klewin.

Klewin, an Air Battle Manager for the 970th, was participating in his third Oklahoma City marathon and turned in a finish time of 2:47:29...good enough to earn him 4th place overall and 1st place in his age group.

"I was very surprised by my performance," Klewin said. "My best time prior to this year was a 2:59 in Oklahoma City in 2006!"

The times turned in by participants of the 970th at this year's event definitely caught the attention of other reservists as well.

"I didn't realize the 970th was so fast," Atkins said. "I guess I'm going to have to bump up my training!"

All competition and joking aside, each reservist to participate in the Oklahoma City Memorial Marathon holds a genuine understanding for what this event truly represents; the opportunity to remember lives lost, to give back to the Oklahoma City community and ultimately, to stand together as Airmen in an event that makes a statement against all forms of terrorism, both foreign and domestic. In the end, for volunteers and runners alike, it truly is the "Race to Remember."



Kurt Klewin in the Oklahoma City marathon.

Photo by Candid Color Photography

Marathon Man

Reservist among top finishers at OKC marathon

By Senior Airman Zach Anderson

The diagnosis was, if nothing else, frustrating. Less than 24 hours prior to the 8th Annual Oklahoma City Memorial Marathon, Maj. Kurt Klewin sat in a doctor's office and was told he should "take a few weeks off from running." Klewin had spent the last week trying to recover from a back injury and was requesting a cortisone shot as a last ditch effort to dull the pain in his back before the race. However, instead of relief, he was being told he shouldn't run at all.

"The doctor wasn't sympathetic to my desire to run in the morning," said Klewin, an Air Battle Manager with the 970th AACNS/DOMB. But for Klewin, not running was simply not an option. He had invested far too much time and effort into marathon preparation to let something like a back pain stop him now.

For 16 grueling weeks, Klewin, a veteran runner with six marathons under his belt to date, had pounded out 721 miles in preparation for the Oklahoma City event, working out seven days a week. With his combined duties as a husband, father, civilian airline pilot and reservist, finding time to put in the miles to prepare was a constant challenge.

"I usually try to run between 4 and 6 a.m. before my kids wake up and on the road whenever I can fit it into my schedule," Klewin said. "Sometimes I have to split my workouts and do half in the morning and half at night. When I'm flying I usually end up getting up at 3 a.m. to get my run in before my early show times."

On top of the effort to prepare for his sixth marathon attempt, Klewin had even more reason to run this year than ever before; this was the first time he had run for something other than just to beat the clock.

"This was the first year I have run for a cause. I ran to support an organization called Snowball Express, which raises money to send children and spouses of deceased Operation Iraqi Freedom and Operation Enduring Freedom veterans to Disneyland every December. It allows them to spend some time with families in similar situations and allows us as citizens to repay a very small part of the enormous debt of gratitude we owe them for their sacrifice," Klewin said.

"Last year, the Snowball Express sent over 1,200 family members and plans on sending over 2,000 in 2008," he continued. "Ninety-eight cents of every dollar contributed goes toward the families. I was able to raise about \$2,300 for the 2008 event."

With the motivation of helping the families of deceased

veterans coupled with the sheer volume of training already invested, Klewin made his way to the starting line in downtown Oklahoma City on April 27, aching back and all. But even on race day, doubt lingered in his mind as to whether or not his body could handle the grueling miles of a marathon.

"Even the morning of the race I didn't know if I was going to be able to complete it due to my back pain," Klewin said.

But once the race began, Klewin's back pain was nothing more than a memory. Instead of hobbling his way through the 26.2-mile course as an injured runner, Klewin was pounding out the miles with a vengeance, averaging 6 minutes 24 seconds each mile...on pace to set his own personal record.

However, as he passed the 20-mile mark, Klewin began to feel the effects of his effort; nothing new for the veteran runner.

"The most brutal part of a marathon is the last four to five miles. They seem to drag on forever and my legs are the most fatigued in the last few miles," Klewin said.

But once again, not running, or even slowing down, was simply not an option.

"I've never thought about stopping. I think a lot about slowing down, but I always remember how much time I put into my training and I try to convince myself that the quicker I finish the sooner the pain will be over," Klewin said.

In this year's race, Klewin didn't slow down. Instead, he finished the race with a new personal record of two hours 47 minutes and 29 seconds; good enough to garner him fourth place out of the entire marathon field and first place in his age group.

While Klewin may have set a personal record this year, he has no plans to stop his training and push himself to even better times. In fact, this long-time runner said he finds personal enjoyment in pounding out more miles and seeing just how far and fast he can go.

"I just love the challenge of seeing how far I can push my body and testing the limits of my endurance. It really is relaxing for me and provides a much needed stress relief," Klewin said.

However, Klewin admitted that he does have a bit of an ulterior motive when it comes to his long-distance running hobby as well.

"It also allows me to feed my ice cream and cookie habit," he laughed. "Let's just say that the ladies at the Braum's on Sunnyside know me very, very well!"

(For more information about Operation Snowball Express, visit www.snowballexpress.org)

GTC 101 (Government Travel Card Basics) ...

by Master Sgt. Takesha Williams

As one of the Agency Program Coordinators (APC) for the 507 ARW/513 ACG government travel card program serviced current by Bank of America, I can honestly say....BIG Brother is watching! To ensure that we ALL understand, here is some useful and thus career-saving information.

The travel card program is intended to facilitate and standardize payment for government travel-related expenses, as well as provide travelers with a safe, effective, convenient, and commercially available method of payment for expenses coinciding with OFFICIAL travel, not for PERSONAL travel or use.

DO's

DO use your government travel charge card to pay for official travel expenses (hotels, lodging, rental cars, food, and registration fees if authorized on the TDY order).

DO track your expenses while on travel so you have accurate information for filing your travel claim.

DO keep your receipts for all transactions made on your travel card.

DO file your travel claim within

- > 5 days after you complete your trip or
- > every 30 days if you are on continuous travel (e.g. tours 45 days or longer).
- > Submit an interim voucher with the split disbursement section completed

It's always a good idea to keep an extra copy of your travel claim, especially copies of pertinent receipts until your claim is paid.

DO submit payment in full for each monthly bill.

- > Split Disbursement – MANDATORY
- > myeasypayment.com – FREE!!
- > Local Bank of America branch – Be advised that not all locations will accept a payment to the GTC
- > Pay by phone - \$10.00 fee assessed by this method

DO be aware that misuse of the travel charge card could result in disciplinary actions.

DO be aware that failure to pay your bill in a timely manner can result in suspension, or cancellation of your card.

DO out process with your A/OPC if you retire, resign, or transfer to another agency.

DO immediately report your lost or stolen card to your A/OPC and the card-issuing bank.

DO obtain supervisor signature, to ensure adequate split disbursement is paid.

DON'Ts

DON'T use your travel charge card for personal use such as (school supplies, cleaning supplies, uniforms, clothes from

BX, clothing sales or department store, shoes, electronics, alcohol (unless with a meal at a restaurant), cigarettes, car repairs, parts, oil changes, car washes even if POV is authorized).

DON'T use your card while in commuting distance of your DUTY STATION. A good rule of thumb is if you aren't in a per diem status you shouldn't be using your card.

DON'T obtain travel advances through the ATM unless you are in an AUTHORIZED PER DIEM status or will be on travel orders shortly.

DON'T allow your monthly bill to become overdue because this could result in suspension or cancellation of your card.

> Or an LOC, LOR and/or demotion for the member.

DON'T wait for receipt of your monthly billing statement to file your travel claim.

DON'T forget that the card is issued in your name and liability for payment is your responsibility.

DON'T write your personal identification number (PIN) on your card or carry your PIN in your wallet.

Always use your best judgment before charging anything to this card. If you have any doubt in your mind that something you are about to charge may be inappropriate, DON'T put it on the GTC.

Also as a government travel card holder you have the option of viewing your account on-line. Self register at the following link https://www.gcsuthd.bankofamerica.com/eagls_selfregistration/selfreg.aspx.

Applications for the government travel card can be obtained via J:\507 ARW\FM\GovernmentTravelCardInformation

There are several applications (please write or type legible) so please ensure the right one is submitted:

- > New Account Applications (Oct 06):
 - o New members (non-prior service)
 - > Re-Open Closed account:
 - o Members with prior service (prior Active Duty, other branches transfers)
 - > Reinstate
 - o Members with closed account due to delinquency
 - o Members previously credit revoked
 - > Statement of Understanding (MANDATORY, must accompany all applications)
 - o Must accompany ALL applications no exceptions
- Got questions? Contact the government travel card APC's:
- > Kesha Williams, 734-7207
 - > Randy Unger, 734-7207 Or
 - > Bank of America
 - o Customer Service Dept: 1-800-472-1424
 - o Collections Dept: 1-800-848-6086

Work Zones: 101 Days of Summer

by 507th ARW Safety Office

As Airmen take to the roads during these 101 days of Summer one of the hazards they will face will be work zones. A work zone is a designated area on a street or highway where construction or maintenance is taking place. It can be recognized by distinctive orange and black signs, as well as flaggers and other means of signaling. It's estimated there will be approximately 3,000 work zones present on the U.S. National Highway System during peak construction season this year. Most work zone accident victims are motorists.

For 2006: 1,010 died in work zones. Figures for 2007 will be released by the National Work Zone Safety Information Clearinghouse later this year. Motorists place themselves at risk for not following work zone safety precautions. They may face damage to their vehicles, injuries, and loss of life. For 2006, 614 motorists died in work zone crashes.

The leading contributing causes for work zone crashes were: followed too closely (24%), unsafe speed (14%), inattention (12%), failed to yield (10%), and changed lanes unsafely (10%). Here are a few things to think about the next time you're driving through a work zone.

Official travel rules, restrictions and reminders

In light of the recent problems in air travel, especially with often overbooked and crowded flights, the 507th Legal Office would like to remind you of the rules regarding official travel with the airlines.

Travel benefits: What belongs to the government?

It wasn't so long ago when the rule was that if the Government paid for your official travel, the Government owned any resulting frequent flyer miles, airline and hotel promotions, rewards, etc. However, this rule has been changed, and those items now belong to you if (1) the same promotional items are available to the public under the same terms; and (2) the benefits can be accepted at no additional cost to the government.

However, the Government still owns the benefits in the following situation (also known as the "the involuntary bump rule"): A traveler who is involuntarily bumped from a seat is considered to be "awaiting transportation" for per diem

reimbursement. Therefore, the government is responsible for reimbursing the traveler's expenses, and any additional compensation or benefits from the carrier belong to the government.

What benefits belong to you?

- * Benefits resulting from a "voluntary bump," if the change to your flight plans will not impact the mission or cost the government additional expenses. If accepting the "bump" will affect the performance of your duties, you may not accept it (or the benefits from it).

- * On-the-spot upgrades when such upgrades are available to the public—or at least to a class of all Federal Government employees or all military members (regardless of rank or grade).

What constitutes a travel upgrade?

A travel upgrade can be a seat upgrade to first class, a luxury rental car in place of a compact, or a hotel room with a view.

- * Upgrade certificates provided by travel companies as a promotional of-

- * The majority of injuries and deaths in the Work Zone are from rear-end collisions.

- * At 60 mph, you're traveling 88 feet per second. A lot can happen in one second, so give yourself plenty of room to stop in case of an emergency.

- * If you slow from 65 to 55 mph for one mile, you only lose 10 seconds on your travel time

- * Big fines are handed out to work zone speeders because of the serious hazards they create.

- * Be patient. Relax and merge early. Drivers who wait until the last second to merge cut off other drivers, causing a dangerous chain-reaction of sudden braking.

- * Focus. Don't talk on the phone or change radio stations.

- * Don't tailgate or change lanes frequently to "find the best one." It's more likely to cause a crash than to save you any real time.

Work zone fatalities and injuries have been on the increase in recent years, partly because of more construction projects and partly because of inattentive driving in heavy traffic. Drive with care to make sure you and the people working on the roads make it home safely.

fer. You may also use your own (i.e. personal) frequent flyer miles to upgrade to business or first class. However, even when an upgrade is legitimate, you may not wear your military uniform in first class—this rule helps to avoid the public perception of the misuse of government travel resources.

- * "Gold Card" or similar memberships offered by certain airlines when earned by accumulating a large number of travel miles throughout the year

- * Prizes from contests offered by travel companies and that are open to the general public, so that no one must perform the official travel to win

However, if the prize is only given to people using travel accommodations that are paid by the Government, the prize belongs to the Government.

If you have further questions about what is allowed while traveling in an official status, contact the 507th Legal Office at 734-3823.

Lessons learned

How to pass the AF fitness test

By Capt. Mark Vardaro

Since first announcing the “Fit-to-Fight” program in 2003, focus on physical and mental conditioning has changed. The changes have better prepared us for deployments while increasing our productivity, career longevity, and morale. By actively engaging within the spirit of the program over the course of the year, you should notice an improvement within your quality of life, relationships, and pride.

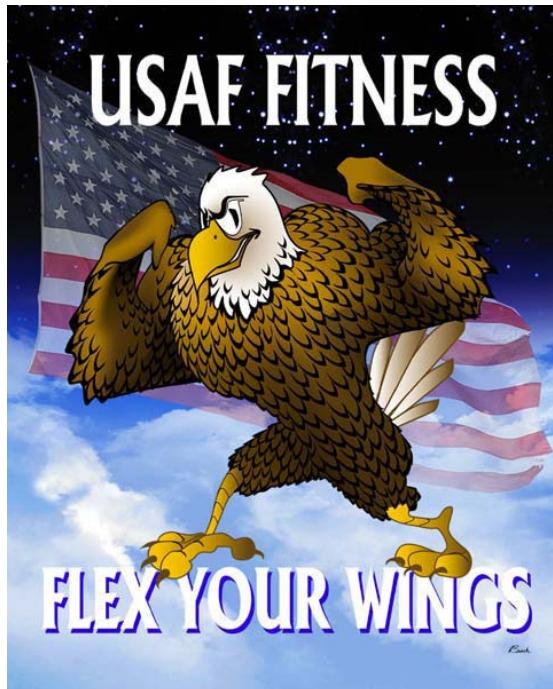
For some, the fitness program was not a big change within their daily routine. However with others, a significant change had to be made. Airmen began struggling with their diet and exercise routines while trying to adapt their civilian lives within their reserve careers.

In my civilian career, I have the opportunity to travel across America and meet reservists from multiple backgrounds who are preparing for their Fit-to-Fight test. Whether they were an over-the-road truck driver, sales professional, or business executive, they all shared common challenges to include limited workout facilities, frequent dining out, limited time and availability, and poor consistency in sleeping accommodations.

While preparing for my fitness test I spent countless hours seeking advice on how to best prepare to improve and maximize my performance. What I found was common key practices and techniques for cardio training as well as food and nutrition, all of which helped ensure my personal success. I wanted to share this with you to help you maximize your performance and quality of life before, during, and after the fitness test.

Here is helpful advice from wing members.

Col. Jeffery Glass: “Calculate what you need for the run, determine the pace, and then run at that pace for the full amount of time... stop and rest if you have to but you stop the watch as well.”



Capt. Bill Pierce: “If you’re scoring within the upper 60’s and for all practical purposes you’re there. Just push yourself a little harder and a little longer.”

Capt. Robert Atkins: “Run at a steady pace, don’t speed up and then slow down during the run. The only times you’ll want to speed up is after you’ve ran at least three laps and feel comfortable.”

Lt. Col. Rich Curry: “You have to change your eating habits at home... you can’t eat the same junk food your family eats, especially if it’s your favorite potato chips and right before bedtime!!”

Senior Airman Zach Anderson: “Make sure you properly stretch before

and after you train and regulate your diet. To improve your speed, run a lap and sprint a lap (at least as far as you can). As your speed and endurance improves, simply add speed with each lap.”

GNC Sales Rep (Hill AFB, UT): “You must take a multiple vitamin to ensure you’re receiving the proper nutrients your body needs. I take a multiple vitamin for general health, B-complex for energy, Potassium for cramps and swelling, Fish Oil for joints, Flax Seed Oil, some type of protein supplement to feed your muscles, and ibuprofen for swelling. It’s also recommended to take a sports drink such as Accelerate to extend endurance, speed muscle recovery, reduce muscle damage, and enhance rehydration.”

James Drain (President of “Elite Feet Inc.” in Edmond OK): “You MUST have the right running shoe for your foot, understand and correct your running style, and properly stretch and massage your muscles before and after your workout activity. Replace your running shoes a minimum of once every 6 months.”

Capt. Roslynn Rayford: “You MUST do a little every day, alter your workouts, and if you’re not seeing results on your own... consider a personal trainer. Purchase a heart rate monitor with a stopwatch feature and stay in your target heart rate for at least 30 minutes. You’ll get to the point when you can watch your heart rate instead of your time and know whether you’ll pass or fail.”

Keith Morris (Keith Morris Fitness): “Dress for Success. Go out and spend some money on clothes that make you look and feel good while you’re working out.”

Other advice includes:

* First, you MUST make a decision and then be committed to passing the test. Then don't injure yourself running too far, too fast, and too frequently. Try the elliptical cycle... what changed everything for me was doing it for an hour on level 15 every other day (at a minimum). Buy yourself a Camel back water system, fill up with water and/or a sports drink, and get going.

* Vary your workouts so your body doesn't get accustomed to a single routine. This will also allow you to work different muscle groups while keeping things fun and interesting.

* Workout with same intensity, pace, focus, and determination that you'll need on the day of your test

* Core training (focuses on the abdomen, lower back, and sides) will improve your posture, decreases your chance of injury, and increases your power and functionality

* Get the right amount of sleep for your body and the factors that are impacting it. To try to determine what's right for you, you could start somewhere between 6 to 7 hours to see how your body reacts

* Don't psych yourself out, especially once you get to the point that you can make the run within your time on a regular basis without much effort

* Workout in different areas (i.e., the base gym, YMCA, home, hotel fitness center, hiking trail, etc)

* Keep your Integrity... stay within your fitness plan, even when no one is watching

* When exercising, make sure you use the proper techniques, range of motion, and resistance levels

* Consult with your doctor before engaging in any exercise activity, changing your diet, or ingesting any type of supplement

* Be careful and use your common sense... especially if you have chest discomfort, unusual shortness of breath, dizziness, fainting, blackouts, diabetes, high blood pressure, high cholesterol, a family history of heart disease, and/or a 40" abdominal circumference for males and a 35" abdominal circumference for females.

* Educate your family and if you can, why not get them engaged with some type of nutrition and exercise program

* Music helps the mind wonder and the body endure. Go out and buy something you can listen to music on while you're exercising (i.e., ipod shuffle). Download a variety of music or miscellaneous audio files (fast, slow, happy, and sad) to help alter your mood while you are exercising.

* Drink a minimum of 13 to 26 ounces (or about 2 to 3 cups an hour) of water. Drinking 16 ounces of fluid per pound of body weight lost during exercise is recommended.

* You have to eat the right foods and right quantities, and at the right time... and they don't have to be bland. Go ahead and spoil yourself on one meal a week but after that, stay on a plan.

* Get up today and do one pushup and one sit-up, and then tomorrow do two. The next thing you know, you'll be doing 40 to

50 of each. Don't wait until the last minute, manage your limitations, and don't over do it.

* While running, if you feel like you need to walk, then walk... remember, safety first. While walking, pick a spot to walk to and once you've reached that spot, begin running again.

* Walk the fitness testing course the day before the test. Study the layout, develop a strategy, and visualize yourself running it.

* When testing, keep focused. Run with the same intensity, pace, focus, and determination you did while training.

Helpful Resources:

* Air Force Portal (<https://www.my.af.mil>) – see the links on the homepage to the Air Force Fitness Management System (AFFMS), Fit-to-Fight, and Shape Up Your Future

* Air Force News (http://www.af.mil/news/USAF_Fitness_Charts.pdf) – quick link to the fitness charts

* Fitlinxx (<http://www.fitlinxx.com/brand.htm>) – base supported fitness and tracking system

* fitMusic (<http://www.fitmusic.com>) – free downloadable cardio workout music

* About.com (http://okc.about.com/od/community_andorganizations/a/okcunfitcity.htm) – good info on the health of Oklahoma City as well as some great links to check out

* About.com (http://exercise.about.com/od/cardioworkouts/Cardio_Workouts.htm) – links to information on cardio basics and workouts

* About.com (<http://running.about.com>) – Running and Jogging resources

* Mayors Fitness Challenge (<http://www.thiscityisgoingonadiet.com>) – best if viewed from off base

* Discovery Health (<http://health.discovery.com/national-body-challenge/national-body-challenge.html>) – this links to their "National Body Challenge"

* Yahoo Health (<http://health.yahoo.com>) – general health related information

* Runners World (<http://www.runnersworld.com>) – specific running information

* Body For Life (<http://www.bodyforlife.com>) – body conditioning information

* REI (<http://www.rei.com/fitness>) - Athletic apparel (members receive a check at the end of the year)

* FDA (<http://www.fda.gov/consumer/updates/vitamins111907.html>) – information on various vitamins

* United States Department of Agriculture (<http://www.mypyramid.gov/index.html>) – Food Pyramid

* The American Heart Association (<http://www.americanheart.org/presenter.jhtml?identifier=4736>) – Target Heart Rates

* Dietandfitnessresources (http://www.dietandfitnessresources.co.uk/fitness_exercise/heart_rate.htm) – Target Heart Rates for Men and Women

513th MXS
Commander
By Lt. Col. Terry Stine

USAF needs good Airmen

I am sure everyone has heard of Transformation or has seen some of the initiatives that have come from it. Some of us, who served in the 1980-90's can remember other initiatives such as "Lean Logistics", "Just-in-Time-Delivery," or "Two Level Maintenance (2LM)." One might even ask, "what, really is this and is it here to stay....?"

Let's look at this by starting with the 2006 Air Force posture statement. "Our priorities are clear..... 1) Winning the Global War on Terrorism (GWOT).....2) Developing and caring for our Airmen.....3) Modernizing and recapitalizing our aircraft and equipment..." How will the USAF achieve these goals? Per Mr. Michael W. Wynne, SECAF, "We will fund transformation through....organizational efficiencies, process efficiencies, reduction of legacy systems and manpower while sustaining GWOT and ongoing operations in support of the Joint Fight." USAF goals are a 20 percent improvement in Availability and 10 percent decrease in Cost. Bottom-line, "War-Winning Capabilities...On Time, On Cost...."

Just recently, the Global Logistics Support Center (GLSC) Wing was activated at all of the Air Logistic Centers (ALC) and is headquartered at Scott Air Force Base, IL. This will be the "Way Ahead" for the USAF in achieving our goals and to transition from a garrison-based force, to an expeditionary aerospace force, while providing agile global combat logistics support to our war fighters. The GLSC Vision statement states: "...the supply chain capability for the USAF...using command & control, total asset visibility and a common operating picture to support the application of air and space power across the full range of military operations." The transition from ... AFSO21 or also known as Repair Network Transformation (RNT) is transitioning the current Depot & Retail to Enterprise Planning & Execution and the Centralized Repair Facility (CRF) concept will be its foundation. This would establish an enterprise-wide repair capability managed by a single supply chain and applies a mix of business strategic lessons learned to streamline processes across the USAF.

The ALC logistics communities have already embraced many process efficiencies, improving their overall operations. The maintenance community is now looking for opportunities at the intermediate level to regionalize repair and increase the flow velocity of assets in the repair process by using the CRF concept. The RNT, using GLSC global logistics command and Control network, takes the CRF concept and leverages global visibility of all repair assets, centralized funds manage-

ment, strategic sourcing, and partnerships with industry to provide the Air Force highly technical logistical support of equipment spares. RNT will provide oversight throughout the entire end-to-end repair processes to give the ability to make timely and informed decisions to plan base priorities. This has already begun with several CRFs being activated across the globe for approved weapon systems. In fact, it is already starting to affect the way the 513th Maintenance Squadron does its business in support of the AWAC mission. Our Avionics Intermediate Level shop (AIS) is being moved to Warner-Robins (WR-AFB). In May 08, the final shipments of avionics and personnel will be sent to WR-AFB with a completion date of 1 Oct 08. On or about this completion date, all the LRUs will be directly NRTS (Not Repaired This Station) to WR-AFB.

So, what does this all mean and where should we go from here? There is no doubt that the USAF is down-sizing into an expeditionary aerospace force, which is leaner, smaller, and more agile. It is not about "cutting corners" but streamlining processes with less waste and more efficiency. But, to do this, the USAF will need good Airmen. Men and women ready to take on the future challenges of tomorrow. This means that there is and will be so many opportunities for those members who are ready for them; reservists that have high technical standards, great attitude, and a good appearance. This is achieved through the personnel development programs that are on-going in the Air Force today, such as Career Development Course (CDC), Professional Military Education (PME), and Physical Fitness (PT). These programs have a huge impact on a member's professional development and success.

CDC's should be taken very seriously! Through CDC's, the Airmen begin training on the technical skills needed to perform their career field specialties. Bottom -line....study and pass your CDC's!

PME has the same idea, but in a different area of the member's development. The mission of PME is to develop America's Airmen today...for tomorrow. Airmen gain an understanding of the roles and responsibilities for both officer and noncommissioned officer. The bottom-line....complete your PME.

Physical fitness requirements can be a tool used to maintain one's good health and appearance. The PT requirements are now tougher and more focused on producing fit Airmen. Individual service members must possess the stamina and strength to perform successfully in any potential mission. Bottom-line..... we must all pass our physical fitness test to be successful in our duties.

As commander, I am impressed with the quality of the personnel in the Reserves. Airmen are the epitome of the Air Force Core Values; Integrity first, Service before self, and Excellence in all we do. Let's continue to keep up the good work!

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. **For more information or to schedule testing, 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 upcoming 9-20 June class.**

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 507.msf.dpmt@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 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 the training office or call 734-7075 prior to scheduled testing time. All testing is also available on 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)

FY 08-09 UTA SCHEDULE

07-08 Jun 08	12-13 Jul 08
02-03 Aug 08	06-07 Sep 08
04-05 Oct 08	01-02 Nov 08
06-07 Dec 08	10-11 Jan 09
07-08 Feb 09	07-08 Mar 09
04-05 Apr 09	02-03 May 09
06-07 Jun 09	11-12 July 09
01-02 Aug 09	12-13 Sep 09

As of 30 May 2008

JUNE TRAINING PLANNER

Fri, 6 June 2008

1300	Pre-UTA Cmdr Staff Mtg	Bldg 1030, MSG Conf Rm
1400	Pre-UTA First Sgts Mtg	Bldg 1066, OG Conf Room
1500	Pre-UTA CChief & 1st Sgt Mtg	Bldg. 1066, OG Conf Room
1600	Top 3 Executive Board Mtg	Bldg1056,970thConfRm

Fri, 11 July 2008

1300	Pre-UTA Cmdr Staff Mtg	Bldg 1030, MSG Conf Rm
1400	Pre-UTA First Sgts Mtg	Bldg 1066, OG Conf Room
1500	Pre-UTA CChief & 1st Sgt Mtg	Bldg. 1066, OG Conf Room
1600	Top 3 Executive Board Mtg	Bldg1056,970thConfRm

Sat, 7 June 2008

Unit Designated	Sign In	Unit Designated
0730-0930	Newcomers In-Processing	Bldg 1043, Room 203
0800-1500	MPF-See Page A3 for specific times	
0900-0930	6 Month Contact Mtg	Bldg 1043, CC Conf Rm
0900-1000	Mandatory 3AOX1 Tng	Bldg 1066, OG Conf Rm
1000-1130	Newcomers Orientation	Bldg 1043, Wing Trng Room
1000-1100	Mobility Rep Meeting	To Be Determined
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 Trng	Bldg 1066, OG Conf Room
1400-1500	Training Managers Mtg	Bldg 1043, CC Conf Room
Unit Designated	Sign Out	Unit Designated

Sun, 8 June 2008

Unit Designated	Sign In	Unit Designated
1130-1500	MPF-See Page A3 for specific times	
0730-0800	Protestant Chapel Service	513th ACG Auditorium
0730-0800	Catholic Mass	Bldg. 1066 OG Conf Rm
0750- by appt	CDC testing	0750- bv appt CDC testing
0800-1100	Newcomers Ancillary Tng Ph II	Bldg 1043, Wing Trng Room
0800-1030	Bldg 1030, Room 204	Bldg 1030, Room 204
0830-0930	Enlisted Advisory Council	Bldg 1043, CC Conf Rm
0900-1000	Mandatory 3AOX1 Tng	Bldg 1030, MSG Conf Rm
1015-1115	Mandatory 3SOX1 Trng	Bldg 1043, Rm 203
1300- by appt.	CDC Testing	1300. bv appt. CDC Testing
1300-1600	First Duty Station	Bldg 1043, Wing Trng Room
1300	SORTS/Post UTA Mtg CAT	First Duty Station
1400-1500	IG period w/Capt. Vardaro	SORTS/Post UTA Mtg CAT
Unit Designated	Sign Out	Unit Designated

Sat, 12 July 2008

Unit Designated	Sign In	Unit Designated
0730-0930	Newcomers In-Processing	Bldg 1043, Room 203
0800-1500	MPF-See Page A3 for specific times	
0900-0930	6 Month Contact Mtg	Bldg 1043, CC Conf Rm
0900-1000	Mandatory 3AOX1 Tng	Bldg 1066, OG Conf Rm
1000-1130	Newcomers Orientation	Bldg 1043, Wing Trng Room
1000-1100	Mobility Rep Meeting	To Be Determined
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 Trng	Bldg 1066, OG Conf Room
1400-1500	Training Managers Mtg	Bldg 1043, CC Conf Room
Unit Designated	Sign Out	Unit Designated

Sun, 13 July 2008

Unit Designated	Sign In	Unit Designated
1130-1500	MPF-See Page A3 for specific times	
0730-0800	Protestant Chapel Service	513th ACG Auditorium
0730-0800	Catholic Mass	Bldg. 1066 OG Conf Rm
0750- bv appt	CDC testing	0750- bv appt CDC testing
0800-1100	Newcomers Ancillary Tng Ph II	Bldg 1043, Wing Trng Room
0800-1030	Bldg 1030, Room 204	Bldg 1030, Room 204
0830-0930	Enlisted Advisory Council	Bldg 1043, CC Conf Rm
0900-1000	Mandatory 3AOX1 Tng	Bldg 1030, MSG Conf Rm
1015-1115	Mandatory 3SOX1 Trng	Bldg 1043, Rm 203
1300. bv appt.	CDC Testing	1300. bv appt. CDC Testing
1300-1600	First Duty Station	Bldg 1043, Wing Trng Room
1300	SORTS/Post UTA Mtg CAT	First Duty Station
1400-1500	IG period w/Capt. Vardaro	SORTS/Post UTA Mtg CAT
Unit Designated	Sign Out	Unit Designated

To Be Determined
Unit Designated

Sign In

Sign Out

To Be Determined
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 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
Saturday	1315-1430	Drug and Alcohol, Suicide/ Workplace Violence Prevention	SG
Saturday	1430-1500	Local Conditions/ORM	SE
Saturday	1500-1530	OPSEC Training	OG
Day	Time	Subject	OPR
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

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 payby:	Receive Direct Deposit by:
05 Jun	13 Jun
10 Jun	18 Jun
12 Jun	20 Jun
17 Jun	25 Jun
19 Jun	27 Jun
23 Jun	01 Jul
26 Jun	03 Jul
01 Jul	09 Jul
03 Jul	11 Jul
08 Jul	15 Jul
10 Jul	18 Jul
15 Jul	23 Jul

Military Pay (405) 734-5016

New MPF Hours

Saturday UTA

Open at 0800 - 1500, except for following closures:

1300-1330 - Employments/Relocations

1400-1430 - Career Enhancements

1500-1530 - Customer Service

1500-1600 - IDs only

Sunday UTA

Open at 1130 - 1600

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. Charlotte A. Epps, Chief, Education & Training (ART)

Assistant Editor: Master Sgt. Sharon Lochman, Asst. Chief, Education & Training (ART)

Contributing Editors:

Tech. Sgt. Jimmy Talley, Education and Training Advisor

Ms. Kimberley Silkwood, Testing and Education Advisor (Civilian)

Tech. Sgt. Stacy Morton, Education and Training Advisor

6-S activities highlighted, tools and tips explained

by Capt. Mark Vardaro

The “6-S” (pronounced “Six S”) methodology of AFSO21 is a simple, effective method to clean and organize the work area (also known as a workcell). 6-S differs from Six Sigma in that Six Sigma is a metric, methodology, and a philosophy that focuses on eliminating variability within processes.

The term “6-S” is an abbreviation of how the Air Force addresses the following activities: Safety, Sort, Straighten, Shine, Standardize, and Sustain. Each activity within 6-S has a specific set of actions that must be performed. The table below highlights the activities and tools and tips for each.

Activity	Tools and Tips
<ul style="list-style-type: none"> <u>Safety</u> – Ensuring that internal and external resources are protected from harm while performing the other “5-Ss” 	<ul style="list-style-type: none"> Physically walk through the work area, look for visual clues of unsafe or potentially unsafe practices, and put something in place to ensure resources are protected and injury/damage is prevented Communicate/train to any individual entering or coming into contact with the work area associated safety hazards and precautions for the work area. This can be accomplished through indicators that trigger a sensory response (i.e., warning signs, bulletin boards, briefings, physically marked off areas, flashing lights, sirens, pictures, temperature, moisture, etc.) Make Safety Your #1 Priority
<ul style="list-style-type: none"> <u>Sort</u> – Grouping like items and discarding items that are no longer needed 	<ul style="list-style-type: none"> Identify specific items for removal “When in Doubt, Move it Out” Utilize a marker (i.e., a red tag, paint, sticker, marker, or paper) to identify items which are not utilized on a frequent basis. Keep track of unneeded items in a log
<ul style="list-style-type: none"> <u>Straighten</u> – Positioning items so they are quickly and easily identified, retrieved, and stored 	<ul style="list-style-type: none"> Create “A Place for Everything” and ensure “Everything Is In Its Place” Design and implement visual indicators to identify work areas (i.e., lines, labels, and signs) Evaluate and document “before and after”
<ul style="list-style-type: none"> <u>Shine</u> – Cleaning up the work area and resources utilized within the work area 	<ul style="list-style-type: none"> Identify, obtain, and stock all cleaning materials needed (note: cleaning kits and carts provide help keep things organized, aid in transporting the cleaning materials) Clean, inspect, and repair everything inside and out Compare and highlight “before and after”
<ul style="list-style-type: none"> <u>Standardize</u> – Everyone performs the other “5-Ss” the same way, set rules and guidelines. 	<ul style="list-style-type: none"> Establish guidelines for Safety, Sort, Straighten, and Shine Make the standards and “6-S” guidelines visual Maintain and monitor those conditions
<ul style="list-style-type: none"> <u>Sustain</u> – Keeping up all the work you did in the other “5-Ss”. Making 6S part of the corporate culture. 	<ul style="list-style-type: none"> Develop and implement a “6-S” Plan and review progress at scheduled intervals Conduct “6-S” training and then audit to ensure effectiveness Maintain a “6-S” status board and track trends

A robust 6-S program will help you create and maintain a safe, organized, clean, and efficient work center that your people are proud to be part of.

Promotion\$

May 2008 Promotions

Name:
 Rodney, Jason D.
 Sneed, Clifton R.
 Wise, Kyle Eugene
 Richlie, Jack E.
 Wagner, Austin D.
 Terrapin, Kay C.
 Bowen, Fumiko M.
 Smith, Matthew
 Dean, Patrice
 Buckley, Kyle
 Snyder, Toni R.
 Kline, Amanda L.
 Lee, Andrea N.
 McMiller, Lakeisha
 Bingenheimer, Lisa M.
 Fjeldsted, Justin J.
 Sing, Shawn M.
 Strange, Melissa A.
 Latendresse, Jeremy W.
 Williams, Latuara P.
 Hinojosa, Tiffany C.
 Giles, Kevin M.
 Dwyer, Pamela M.
 Saxon, Kala S.
 Gardner, John K.
 Randle, Brandon S.
 Miller, Justin Z.
 White, Daniel P.
 Chandler, Aaron P.
 Lormand, Lance M.
 Still, Corey D.

Promoted to: Unit:
 Tech Sgt 513AMXS
 Tech Sgt 513 AMXS
 Staff Sgt 513 AMXS
 Tech Sgt 513 OSF
 Senior Airman 507 LRS
 Staff Sgt 507 LRS
 Senior Airman 507 MSF
 Senior Airman 507MSF
 Airman 1st Class 507 MSF
 Staff Sgt 507 ARW
 Tech Sgt 507 ARW
 Staff Sgt 507 MDS
 Staff Sgt 507 MDS
 Tech Sgt 507MDS
 Master Sgt 507 MDS
 Senior Airman 507 CES
 Senior Airman 507 CES
 Senior Airman 507 CES
 Airman 1st Class 507 CES
 Senior Airman 507 MXG
 Senior Airman 507 SVF
 Airman 1st Class 507 SVF
 Senior Airman 507 SVF
 Senior Airman 72 APS
 Staff Sgt 72 APS
 Staff Sgt 72 APS
 Tech Sgt 507 MXS
 Staff Sgt 507 SFS
 Senior Airman 970 AACCS
 Senior Airman 970 AACCS
 Tech Sgt 507 AMXS

June 2008 Promotions

Name:	Promoted to:	Unit:
Messenbrink, Sara N.	Senior Airman	507 CF
Malzer, Justin A.	Senior Airman	507 AMXS
Fox, Justin	Senior Airman	507 AMXS
Boggs, Britni L.	Senior Airman	507 AMXS
Jones, Bryan S.	Tech. Sgt	507 MXS
Casey, Jessica A.	Senior Airman	970 AACCS
Williams, Curtis L.	Tech. Sgt	970 AACCS
Strong, Travis D.	Tech. Sgt	507 MDS
Cross, Michelle E.	Senior Airman	507 MSF
Glover, Terrence D.	Senior Master Sgt.	72 APS
Dodoo, Nathaniel O.	Master Sgt.	72 APS
Santiago, Josue	Tech. Sgt	72 APS
Steflik, Robert M.	Master Sgt	72 APS
Underwood, Jeffrey	Staff Sgt	72 APS
Nelson, Brent T.	Senior Master Sgt	507 CES
Unklesbay, Dina M.	Airman 1 st Class	507 OSF
Graham, Sean D.	Senior Airman	513 AMXS
Rhodan, Gary L.	Tech. Sgt	513AMXS
Powell, Courtney L.	Senior Master Sgt.	970 AACCS
Corwin, John	Staff Sgt	513 MXS
Donaldson, Blake D.	Staff Sgt	507 MDS
Fipps, Christopher	Tech. Sgt	507 MXS

Airmen can now travel in utility uniforms

Air Force officials recently authorized wear of the airman battle uniform, battle dress uniform and desert camouflage uniform for commercial travel in an official capacity throughout the continental United States.

Blue uniforms are still authorized and encouraged. Civilian clothes are also authorized, and commanders may enforce more restrictive conditions when warranted.

If you decide to travel in any authorized uniform, there are several things to keep in mind:

- You are expected to maintain military bearing, customs and

courtesies, and dress and appearance standards at all times.

- Wearing your hat indoors or removing your utility uniform blouse while in public are prohibited.

- Consume alcohol in moderation, and do not visit establishments that operate primarily to serve alcohol.

- Walking and talking while using cellular devices is prohibited unless required in the performance of official duties using a government-issued device; wearing and/or using other hands-free communication devices is also prohibited.

- Headphones may only be worn

while sitting and may not detract from your professional appearance.

- Standing or walking with hands in pockets is prohibited; walking while eating or drinking is also prohibited.

As a servicemember in uniform, you are in the public eye. Professional appearance and discipline are paramount to public opinion and confidence in our Air Force.

For more information regarding the uniform policy, call the Air Force Personnel Center Call Center at 210-565-5000, or 800-616-3775, option 1, 1, 2.

Escape and evasion course tested survival skills

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

465th Air Refueling Squadron aircrew members tested their survival skills last month during an escape and evasion training course held at the Glenwood training area.

This year's course was taught by members of the 465th ARS Life Support section with 137th ARW Life Support members observing.

The objective of the survival training course is to provide aircrew members the confidence and training needed to demonstrate survival, evasion and rescue skills, using life support equipment in field conditions.

The course was taught by Staff Sgt. Dustin Nottnagel who provided training for roughly 20 crew members. The class began with classroom briefings covering survival tactics and recovery procedures. After the briefing, the aircrew were transported to the rugged backwoods of the Glenwood area for hands-on training.

"We begin the field training at a simulated crash site," said Master Sgt. Juan Escobar, Life Support Superintendent. "Previous courses included overviews on parachuting into the crash area. However our aircraft are no longer equipped with parachutes so we're focusing more on crash landings rather than bailing out. The crew goes through the actual process of moving to an initial hold-up location, where they conduct an inventory check of their survival equipment and apply camouflage to help avoid detection. Then they use orienteering skills with compass, maps and GPS gear to take their team to a prearranged pick up site."

But it's no walk in the woods for aircrew as they not



Staff Sgt. John Spohn, an Aircrew Life Support Specialist with the 465th Air Refueling Squadron, demonstrates techniques for applying camouflage make up during an aircrew survival training course held recently.

Photos by Lt. Col. Richard Curry

only avoid ticks and other vermin. They also have to avoid being spotted by the Life Support instructors.

"If we think they're not focused and serious enough on avoidance, we could take them back to the starting point and have them try again," Escobar said. "This area may have been a housing development years ago in the 70s, but the underbrush is pretty extensive now."

Most can complete the course in 45 minutes to 2 hours, instructors said. But instructors stressed that it's important to remember that avoiding capture is more important than covering a lot of ground quickly. Survival School instructors have stated that depending on the situation, it can take two days to cover 500 feet. "It's better to take those two days in the wild to get to your destination undetected, than to spend two years in captivity," Escobar said.



Maj. Mark VanCleave, left, and Lt. Col. Robert Everding, right, receive compass orienteering training from Staff Sgt. Dustin Nottnagel during last month's survival training class.

Chief Master Sgt. Robert J. Erickson, 1956-2008

**By Col. James McDonnell
507th MXG/CC**

EXCELLENCE in MAINTENANCE

Chief Master Sgt. Bob Erickson joined the 507th Okies Team in 1982. He came to us with seven years of jet engine experience, primarily on KC-135A-model tankers and C-130As. He worked in our Engine Shop on the F-4D's J-79 engine for three years before moving over to Quality Assurance as an aircraft engine inspector. Chief Erickson served as a QA inspector for 14 years, spanning the F-16 days and unit conversion to tankers. In 1999, he was promoted to the position of Superintendent of Quality Assurance. In April of 2005, I selected him as the Superintendent of the Maintenance Group; the highest enlisted position in our aircraft maintenance organization. A position he not only earned, but deserved. Chief Erickson passed away on May 5, 2008, after an almost three-year battle with cancer. He was 51 years young.

Chief Erickson's commitment to excellence was a common thread throughout his Air Force career. Right off the bat, he was recognized as an Honor Graduate in his jet engine technical school. He also earned the Strategic Air Command's Master Technician badge, which was re-served for the most competent 7-skill level aircraft mechanics. While still on active duty, he was a Distinguished Graduate from SAC's NCO Leadership School. The accolades recognizing Chief Erickson's commitment to excellence continued throughout his career, and culminated in his promotion to Chief Master Sergeant, and his position as MXG Superintendent.

Serving for such a long period in Quality Assurance was a perfect fit for Chief Erickson, as his commitment to excellence allowed him to have an impact on virtually all aspects of maintenance quality, sortie production, long-term fleet health, and equipment readiness/reliability. It is his broad impact on our maintenance complex that spurred me to establish a new award in his honor and in his name. I recommend establishment of the Chief Master Sergeant

Bob Erickson Maintenance Excellence Award. This award would only be applicable to enlisted members/units within the various aircraft maintenance career fields/workcenters, and it would only be awarded to those deemed to be the best of the best. Suggested areas of criteria for this award include strict adherence to technical data and management procedures, safety policies, tool accountability, supply discipline, maintenance actions documentation, and special task certification requirements. Nominees should also display a strong work ethic and a dedication to teamwork, e.g. by being an outstanding mentor, trainer, and supporter of co-workers. Only those personnel that embrace the Air Force core values should be eligible for consideration.

I know that new awards should not be arbitrarily or nonchalantly established. But I can think of no better way to recognize the contributions Chief Erickson has made to the 507th Okies' Maintenance Group. Chief Erickson was a Chief among Chiefs, a true professional, and rightly proud of his

commitment to excellence and the positive impact of that upon our maintenance organization. To be selected by your peers as a recipient of the Chief Master Sergeant Bob Erickson Maintenance Excellence Award should be considered the highest honor for any of our maintainers.



It was normal to see Chief Erickson, with his clipboard in hand, walking around the unit and flight line.

Devin Flanders, left, son of Senior Master Sgt. Daryl Flanders, 507th Security Forces Squadron and deployed with the 506th Expeditionary Security Forces Squadron, presents a flag and certificate to Clint Chew, Ag Advisor for the Okemah FFA Chapter. The flag was flown over the Alpha Sector Command Post at Kirkuk, Iraq in honor of the Okemah FFA Chapter.

Photo by Dianne Flanders



Above: A retirement ceremony for Senior Recruiter Senior Master Sgt. James R. Graham was held May 15th. He has almost 30 years in the military, 18 of those years in recruiting. Posing with Graham is Barbara Waldroop, recruiting management assistant.

Photo by Tech. Sgt. Melba Koch

Right: Fred 'Curly' Neal poses with Tech. Sgt. Ade Martin, 507th LRS, and his son Adaje after a performance in April at the Tinker Youth Center. Curly, a former feature ballhandler, now travels with the Harlem Globetrotters as an ambassador.

Photo by Becky Pilafant



Upclose

The following question was asked of deploying members during the May UTA:
“What’s one thing you wish you could bring on your deployment but know you cannot?”



Staff Sgt. Amanda Kline
507th MDS
“I pretty much brought everything I own. Maybe my boyfriend.”



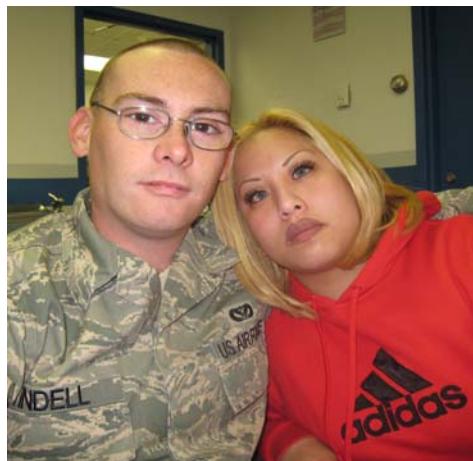
Capt. Wendy Witt
507th ARW/JA
“My pets!”



Senior Airman Angela Huguley
72nd OSS
“My husband Jerame.”



Staff Sgt. Ruben Cano
31st CCS
“My son and wife.”



Senior Airman
Christopher Tindell
31st CCS
“My dog Buster.”



Senior Airman Michelle
Patterson
35th CBCS
“My husband.”

AFRC Commander recognizes 'Okie'

Lt. Gen. John Bradley, Commander, Air Force Reserve Command, presented the Command's Aviation Well Done Award to four members of the 507th Air Refueling Wing May 4.

The award was presented to Col. Randall Guthrie, Maj. Michael Remualdo, Capt. Jeffrey Milburn and Chief Master Sgt. Steven Robinson for outstanding achievement in flight safety during a flight conducted on March 17, 2007.

During this event, the crew of "Okie 41" demonstrated superior airmanship, technical knowledge, and crew resource management in aiding the recovery of a downed F-16 aircrew member from Homestead AFB, FL. The quick response in providing aerial refueling support enabled the search and rescue efforts to continue without interruption until its successful conclusion, while also aiding the command and control elements coordinating the rescue operation. The crew's efforts were pivotal to the safe recovery of the downed Airman.

Great job "SH" Okies!



Aircrew members, pictured, from left, include Chief Master Sgt. Steven Robinson, Capt. Jeffery Milburn, Maj. Michael Remualdo, and Col. Randall Guthrie.

On-final R-News

Party planned for Reserve Top 3

The Reserve Top 3 is throwing a party on Aug. 2 in honor of its 10th Anniversary. All Reserve Senior NCOs (members and non-members) are invited. It will be held at the VFW, Del City, Saturday evening. More details to come.

Food and drinks will be provided. For more details, contact any Top 3 officer.

Postmark commemorates Air Force Reserve anniversary

The U.S. Postal Service is helping the Reserve celebrate its 60th anniversary with a commemorative pictorial cancellation. The Marietta, Ga., postmaster is offering a mail-back service to people who want their postage adorned with the cancellation stamp. Submit envelopes, photographs, postcards, posters and other materials through the mail directly to the Marietta Post Office for cancellations (until June 14). Send requests to:

Pictorial Postmarks, 60th Anniversary of the USAFR Station, 257 Lawrence Street, Marietta, GA 3006-9998.

Each requested item must be accompanied by a self-addressed stamped envelope with applicable return postage. For more details, read the Air Force Print News story at <http://www.af.mil/news/story.asp?id=123094321>.

507th ARW recruiters

<http://get1now.us>



Tinker AFB, OK

(In-Service Recruiter)
Tech Sgt. Neil Lambrecht
(405) 739-2980

Moore, Norman, OK
Staff Sgt. Jackie Harris
(405) 217-8311

Midwest City, OK

Tech. Sgt. Melissa Melichar
(405) 733-9403

Tulsa, OK
Tech Sgt. Bill Joseph
(918) 250-3400

Altus, OK

Master. Sgt. Ronald Gregory
(580) 481-5123

McConnell AFB, KS
Sr. Master Sgt. David McCormick
(316) 759-3830
Master Sgt. Stephan Kimbrough
(In-Service Recruiter)
(316) 759-3766
Staff Sgt. Jason Sommers
(316) 681-2522

Vance AFB, OK

Master Sgt. Stephan Kimbrough
(316) 759-3766