

On-final



U.S. AIR FORCE

507th Air Refueling Wing - 513th Air Control Group

Tinker Air Force Base, Oklahoma

SEPTEMBER 2009 Vol. 29, No. 9



**High-fives during the Tinker Triathlon
See story and photos on Page A4.**



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

I'm very proud of you ...

One of my proudest stomping points when I'm talking to military, congressional or civic leaders is the deployment tempo of our wing. Last year nearly 50 percent of our personnel volunteered for AEF deployment. In fact our deployment tempo ratio is far greater than most active duty wings. The 507th is out there, worldwide, supporting national defense on a daily basis. And I'm proud of all the hard work you are doing.

Locally our wing is aggressively honing our war fighting skills through ATSO exercises and deployments. Our Civil Engineers have just returned from participating in a Silver Flag Alpha mission. The Operations and Maintenance crews are deploying to exercises and maintaining a hard-hitting pace of local mission flying. The Security forces deployed to Japan to augment the active duty and our Aerial Porters have deployed to numerous locations. Medical has deployed all over the globe. We are definitely doing our part.

All of this activity and the personal praises I receive about

you from the field makes me proud to be your commander.

That said, I also recognize that with this tempo comes the temptation and desire to strive to do things "bigger and better." That desire to please or to improve on a "personal best" can lead us all into bad situation.especially if we ignore or bypass the standards, rules and procedures we must follow.

Within this wing I have a rule you should always obey:

"If it's not safe, make it safe before you do it. If you can't make it safe, don't do it."

Operational Risk Management applies all the time, every time. We should never allow ourselves to contemplate doing shortcuts or anything that is not "by the book." If you notice people doing activities that are not in compliance with regulations or which simply appear unsafe, speak out. Call a time out and go over what's taking place. Don't let "tribal culture" or someone saying, "Well that's the way we do things here" stop you from pointing out there is only ONE way to do things and that's the approved way.

Like I said at the beginning of this editorial, your deployed professionalism and work accomplishments make me proud to be your commander. What would also make me proud is to have each of you help to make the 507th ARW not only known for its "CAN DO" attitude, but equally known AF-wide for its "CAN DO BY THE BOOK" attitude.

Commentary

B by Lt. Col. Dwayne McCullion
a 39th CES commander
S INCIRLIK AB, Turkey

Making a difference in today's world starts with you.

It doesn't matter if you are an airman basic, general officer, retiree or family member, it starts from a simple desire to treat people the way you would like to be treated. It's as easy as actions like sharing, putting things back where you found them, saying you're sorry, picking up a piece of trash or holding the door open for someone.

It is easy to get caught up in all of our daily activities and forget these little things. We all learned these basic rules in grade school, but sometimes we forget to apply these in our daily lives.

Your core values play a big role in how you conduct daily activities. These personal values are generally developed from different experiences you have had throughout life. Most of your values can be traced back to your parent's teachings. Other values have been influenced

by friends, teachers, church or the neighborhood you grew up in. These values guide us in daily activities and help us determine the difference between right and wrong. Core values contribute greatly to your overall attitude and behavior. It is important to instill these values early in life and continue to reinforce them as we get older.

Because your values have a significant impact on your attitude, they affect the way you look at the world and how you interact with the people around you. Waking up with a good attitude is the most important part of your day. It will set your course and determine how you will handle difficult situations you face. Your attitude can also affect and influence the people around you.

You know the old saying, "One bad apple can spoil the bunch." This is very true when it comes to attitude. Keeping a positive attitude will help you overcome most obstacles you face.

Your daily behavior and actions are other important aspects of your personality. Our society puts a fancy title on

this like "integrity," but it's as simple as doing the right thing when nobody is looking. If you are seen working hard and giving your all in everything you do, others will notice and want to emulate your actions. A great example of this was observed while President Ronald Regan was hospitalized from the assassination attempt on his life. Hospital staff spotted him getting out of bed and wiping up spilled water from the floor because he didn't want his nurse to get in trouble. It's this type of behavior that instills confidence and respect in your abilities.

In closing, your values, attitude and behavior will empower you to make a difference each and every day. Start each day with a good attitude and the desire to make those little impacts in the lives around you. Don't forget all the little things you learned in kindergarten.

Strive to be that person that says "Thank you. You are welcome. Or I'm sorry." Do your best and always look for an opportunity to help others. Others will follow your lead!

Just what does he mean?

by Chaplain, Maj. Dwight Magnus
507th Wing Chaplain

As I visit the topic of communication between men and women, I am reminded of a pastor who early in his career spoke on "10 Rules for Raising Kids." A few years after he became a father, the message changed to "10 Principles for Raising Kids". As his first child became a teenager, the message changed to "Some Thoughts about Raising Kids." Finally, after as the last of his children went off to college, the message changed to "Let's Get Together and Talk About Raising Kids."

That said, what follows comes from my experience in 19 years of marriage with my wonderful wife who is very good at understanding me, and communicating with me:

First, when men respond to the question, "What's wrong?" with "Nothing," we REALLY mean "Nothing!"

Second, we are not mind readers. Don't expect us to know what is wrong unless you tell us.

Third, nagging does not work. It just brings out our stubbornness.

Fourth, please don't ask: "Does this make me look fat?" There is no right answer to this question.

Fifth, if you want to have a long discussion about an important issue, bringing it up with 2 minutes to go in a football game is not the way to go.

Neither is such a discussion appropriate the first minute you see us after a long day. Some warning, and the general topic for discussion, would be nice, and should be done at a time when both are focused and thinking clearly.

Sixth, we love verbal encouragement and appreciation. My wife is my biggest fan, and that means the world to me.

Next time: "For the Men"

Saturday

Family Day is here

Here are a few tips for the day:

* Family day hours are noon - 4 p.m.

* You need a ticket to get into family day. Tickets will be available at the information booth. You will also need the ticket for the food line. The word from commanders is "buy a ticket if you want to participate or stay in your work center and work. The tickets help offset the cost of family day."

* A shuttle bus for overflow parking at the B-2 parking lot will run from 11:30 - 12:30 and 3:30 - 4:30.

Register for the men or women weightlifting competition or bring in your car or motorcycle to show. Silent auction items are needed for the HRDC booth

There will be lots of activities for all ages.

Some of the games, displays and booths are:

beads	moonwalks
art sales	live bands
dunk tank/pie in the face	face painting
DARE / Fingerprinting	chili cookoff
static displays / fire truck	AF Recruiting
various kids games	Lowes Kids Project
Civil Air Patrol	Boy Scouts (popcorn)
ice cream / snow cones / cake walk	
American Legion	Women Veterans
Bike Team for Kids	VEP
Rock Band / Guitar Hero	jail
ATV/mounted patrol from Oklahoma County	

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All photographs are Air Force photographs unless otherwise indicated.
Copy deadline is NOON on UTA Sunday for the next month's edition.

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.

AEF for Dummies

by Major Brent Vander Pol
513th OSF/DO

AEF, which stands for Air Expeditionary Force is one of the many acronyms we hear tossed around along with a myriad of others in our Air Force lives, but do we really understand it, and more importantly can we explain it to our families in such a way that they will understand it? Here is a simplified version, so when the question is asked at home you can, “light a candle and not curse the darkness.”

After the cold war, the Air Force transitioned from a “garrison” force with lots of bases around the world, to the AEF concept that we have today. Simply put, we go, but we don’t stay. The AEF concept is a systematic and organized approach for presenting forces that are rapid and responsive. They are lighter, leaner, more lethal and tailored to meet the needs of combatant commanders. This concept improves the integration of the Total Force by using the Guard and Reserve in a much more effective way than has been done in the past. AEF organizes the Total Force to provide greater capability, while at the same time creating greater stability and predictability for Air Force personnel.

Current military strategy revolves around the “1-4-2-1” plan. We must (1) defend the homeland, (4) deter aggression in four geographic regions, (2) fight two major regional conflicts and win decisively in one theater (1). The Air Force must also be prepared to respond to “pop-up” political, diplo-

matic and military crises as well as emergency humanitarian relief operations. The AEF provides an effective and efficient use of air forces for these problems. Based upon the analysis that determined two AEFs were needed to meet steady-state requirements, Air Force planners put all the service’s combat and combat support capabilities into similarly capable pairs resulting in a total of 10 AEFs or five AEF pairs. The 10 AEFs are composed of geographically separated active duty, guard and reserve units from across the Air Force that will be available to deploy to steady-state rotational locations, or remain on call at home stations. Each AEF is composed of approximately 175 aircraft and 17,500 personnel.

When your unit gets the call to deploy, you will become part of an Air Expeditionary Task Force. AEFs don’t deploy, AETFs do. AETFs are the actual personnel and equipment that deploy and are drawn from the AEFs. The AETF is the overall organization that consists of all Air and Space expeditionary wings, groups and squadrons assigned or attached to a joint force. The Joint Force Commander selects the units he/she deems necessary from the AEF to accomplish the task at hand.

An analogy will sum it all up. In an AEF, you are like a big baseball team. The manager JFC has your name on the roster. If the manager needs left-handed pitching and right-handed batting for the opponent we face, and you happen to be one of those, you are in the starting lineup AETF. You may be called upon to pinch-hit at any time.

Give first sergeants their due

(Article unattributed)

The Air Force’s top leaders consider the first sergeant to be vital to the unit.

First sergeants take care of the enlisted force, providing advice and assistance on everything from permanent change-of-station moves and decorations to pay and marital problems to deployment and retirement. They’re the voice of their fellow airmen, passing along ideas and concerns to the commander.

So if first sergeants are so important, why don’t they have their own rank and career field like their counterparts in the Marine Corps? They should.

In the Marines, the first sergeant is an E-8. When an E-7 is promoted, he has to choose between becoming a mas-

ter sergeant, who is a technical expert, or a first sergeant, considered a leader with command responsibility. Those who choose first sergeant get their own military occupational specialty” and a newfound prestige. The MOS is so respected, in fact, that there are more Marines who want the job than there are openings for them to fill.

The Air Force, on the other hand, struggles to fill first-sergeant billets. Jobs can be filled by master sergeants, senior master sergeants or chief master sergeants, yet too many remain open. Indeed, 95 out of 1,230 first-sergeant jobs are vacant right now.

That’s because Airmen perceive first sergeant as thankless work; that it isn’t

worth the prestige it brings; and that the slight boost it brings in promotion opportunity isn’t enough.

The Marine Corps doesn’t have that problem, because first sergeant isn’t just a job, it’s a career path. It’s the necessary step on the road to sergeant major, the pinnacle of enlisted leadership among Marines.

The Air Force needs something similar. Establish first sergeant as a distinctive career path, with its own AFSC and its own specialized training and requirements. Delineate clearly between technical experts and leadership roles, and give those on the leadership track the tools and prestige they need to succeed. Do that, and the shortage of first sergeants will disappear.

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.

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 for authorized languages will pay based on active duty days or IDT periods performed. 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 100 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. Next class is scheduled for Oct 19-31, 2009. See unit training manager for information.

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.

Computer-based testing on the UTA is available on Sunday at 0800 and 1300 in Bldg. 1043, ATN Room in the basement.

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 09-10 UTA SCHEDULE

12-13 Sep 09

03-04 Oct 09	14-15 Nov 09
05-06 Dec 09	09-10 Jan 10
06-07 Feb 10	06-07 Mar 10
10-11 Apr 10	01-02 May 10
05-06 Jun 10	10-11 Jul 10
07-08 Aug 10	11-12 Sep 10

As of Sept. 04, 2009

SEPTEMBER TRAINING PLANNER

Fri, 11 Sept 2009

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 Bldg 1043, ATNRoom

Sat, 12 Sept 2009

Unit Designated Sign In Unit Designated
 0730-1230 Newcomers In-Processing Bldg 1043, Room 203
0800-1600 MPF-See Page A3 for specific times
 0900-0930 6 Month Contact Mtg Bldg 1043, CC Conf Rm
 0900-1000 Mandatory 3A0X1 Tng Bldg 1066, OG Conf Rm
 1000-1130 Newcomers Orientation Bldg 1030, MSG Conf Rm
 1000-1100 Mobility Rep Meeting To Be Determined
 1300-1400 Adverse Actions Mtg Wg Commander's office
 1300-1400 Wg. Career Advisor Trng Bldg 1066, OG Conf Room
Unit Designated Sign Out Unit Designated

Sun, 13 Sept 2009

Unit Designated Sign In Unit Designated
 1200-1600 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 Bldg 1043, ATN Room
 0800-1100 Newcomers Ancillary Tng Ph II Bldg 1030, MSG Conf Rm
 0900-1000 Enlisted Advisory Council Bldg 1043, CC Conf Rm
 0900-1130 HazCom Trng for Supervisors Bldg 1066, OG Conf Rm
 0900-1000 Mandatory 3A0X1 Tng To Be Determined
 1015-1115 Mandatory 3S0X1 Trng Bldg 1043, Rm 203
1300, by appt. CDC Testing Bldg 11043, ATN
 1300-1545 Newcomers Ancillary Tng Ph I Bldg 1030, MSG Conf Rm
 1300-1400 Safety Com Meeting Bldg 1066, OG Conf Room
1300 SORTS/Post UTA Mtg CAT
 1400-1500 IG period w/Capt. Vardaro Bldg 1043, Room 5
Unit Designated Sign Out Unit Designated

Fri, 02 Oct 2009

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 Bldg 1043, ATNRoom

Sat, 03 Oct 2009

Unit Designated Sign In Unit Designated
 0730-1230 Newcomers In-Processing Bldg 1043, Room 203
0800-1600 MPF-See Page A3 for specific times
 0900-0930 6 Month Contact Mtg Bldg 1043, CC Conf Rm
 0900-1000 Mandatory 3A0X1 Tng Bldg 1066, OG Conf Rm
 1000-1130 Newcomers Orientation Bldg 1030, MSG Conf Rm
 1000-1100 Mobility Rep Meeting To Be Determined
 1300-1545 Newcomers Ancillary Tng Ph I Bldg 1030, MSG Conf Rm
 1300-1400 Adverse Actions Mtg Wg Commander's office
 1300-1400 Wg. Career Advisor Trng Bldg 1066, OG Conf Room
 1400-1500 Training Mgr Meeting Wing CC Conf Room
Unit Designated Sign Out Unit Designated

Sun, 104 Oct 2009

Unit Designated Sign In Unit Designated
 1200-1600 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 Bldg 1043, ATN Room
 0800-1100 Newcomers Ancillary Tng Ph II Bldg 1030, MSG Conf Rm
 0900-1000 Enlisted Advisory Council Bldg 1043, CC Conf Rm
 0900-1130 HazCom Trng for Supervisors Bldg 1066, OG Conf Rm
 0900-1000 Mandatory 3A0X1 Tng To Be Determined
 1015-1115 Mandatory 3S0X1 Trng Bldg 1043, Rm 203
1300, by appt. CDC Testing Bldg 11043, ATN
 1300-1600 First Duty Station Bldg 1030, MSG Conf Rm
1300 SORTS/Post UTA Mtg CAT
 1400-1500 IG period w/Capt. Vardaro Bldg 1043, Room 5
 1400- TOP 3 General Meeting Base Theater
 1500- Wing Commander's Call Base Theater
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 at 734-7075 or your UTM.

Newcomers Ancillary Training

Newcomers Ancillary Training Phase I & II are conducted **monthly** in **Bldg 1030, 507th MSG Conference Room. 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**.

<u>Day</u>	<u>Time</u>	<u>Subject</u>	<u>OPR</u>
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	EO
Sunday	1300-1600	First Duty Station (Nov 8)	EO
Sunday	1330-1415	Drug and Alcohol	SG
Sunday	1430-1500	Local Conditions/ORM	SE
Sunday	1500-1530	OPSEC Training	OG

UCMJ Briefing:

Article 137 of the UCMJ requires "articles (of the code) shall be explained again ... at the time when the membr reenlists." In an effort to ensure compliance with this requirement of the UCMJ, members who are selected for reenlistment must obtain their Article 137 briefing prior to their reenlistment. This briefing is presently being given at 0830 on Sunday of the UTA at Bldg. 1030, MSG conference room. Members who need the training must bring their reenlistment checklist so it can be annotated.

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 the monthly Newcomers Ancillary Training at 0830 on Sunday of the UTA in Bldg 1030, MSG Conference Room.

Emergency Management:

Unit Training Managers must schedule Chemical, Biological, Radiological, Nuclear, and incendiary Explosive devices (CBRNE) Survival Skills, by name, through ACES PR. All personnel must bring protective mask (inspected and sized) with C2 canister, protective glove inserts, overboots, mask spectacle inserts, canteen (1 quart) with M1 canteen cap, web belt, helmet, Airman's Manual AFMAN 10-100, CBRNE Awareness CBT certification. Wear of contacts is prohibited in all classes. Anyone arriving late, without all required equipment, or wearing contacts, will be released back to their unit and reported as a no-show. Classes will always be on Sunday at 0800 and noon. Students should make every effort to show up 15 minutes prior to the start of class. Walk-ins are not welcome. Any questions can be directed to your CBRNE Unit Scheduler.

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

Military Pay

File for pay by:	Receive Direct Deposit by:
08 Sept	15 Sept
10 Sept	18 Sept
15 Sept	23 Sept
17 Sept	25 Sept
21 Sept	29 Sept
23 Sept	01 Oct
29 Sept	07 Oct
01 Oct	09 Oct
06 Oct	13 Oct

Military Pay (405) 734-5016

****New MPF Hours****
Closed Thursday noon - 1600

Saturday UTA

Open 0800 - 1600

Newcomers have priority until noon DEERS/CAC/DEP IDs/F(SGLI) will be processed at Bldg. 460 for newcomers until noon. Other services will be filtered in between newcomers. NOTE: Your wait could be long during newcomer processing.

Sunday UTA

Open noon - 1600

BAQ Recertification Deadlines

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

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Reservists compete in Tinker Triathlon

More than 80 Tinker athletes participated in the 12th annual Tinker Triathlon Aug. 15 and the man who led off the event was the overall winner.

Travis Newton, 507th Air Refueling Wing member, was first out of the gate and finished the course in 39 minutes flat to claim the overall title and win the men's open category.

The competition started off in the pool with a 400-yard swim. The water was a little brisk at the start but after the competitors got used to the temperature it was smooth sailing. At the conclusion of the swim, all the competitors started the bicycle portion on a 10-kilometer ride. The 5-kilometer run was the third part. It tested the endurance, stamina and physical fitness of the competitors.

The Reserve and Guard units were well represented, with nine people from the 507th and five from the 137th. Bob Atkins finished in fifth place with a time of 43:48. His wife Jen was the second woman to finish with a time of 56:56. The 137th relay team (Tim Zackery, Bill Burke and Paul Blankenship) came in first with a time of 47:22 and the 507th relay team (Jeff Glass, Tina Long and Ivan Yelverton) came in third with a time of 52:10.

(Information compiled by John E. Banks, Tinker Take Off Staff Writer)



Shown are part of the 507th competitors for the Tinker Triathlon. Taylor Atkins, 8-year-old in the center, was the youngest competitor and participated in a relay team.



Bob Atkins encourages his daughter Taylor to keep going while Grandma Kim watches.



Lindsay Newton and baby daughter Avery give husband/dad Travis shouts of encouragement as he swims laps. Travis was the overall winner.



Tina Long passes a competitor while swimming laps.

From front cover: Capt. Bob Atkins and Col. Jeffery Glass give each other high-fives as they pass during the running portion of the marathon.



U.S. Air Force Photos
by Tech Sgt. Melba Koch

Fitness test to undergo changes next year

by Tech Sgt. Kristin Mack
507th ARW Public Affairs

With the proposed changes set to take place in the new calendar year the already challenging fit to fight test will even more be more difficult to pass without an individual, year-round fitness routine already in place.

On Jan. 1, 2010, the Air Force Fitness Program is set to install the most significant changes to the fitness program in over five years and shift a greater level of responsibility to individuals to maintain a high level of fitness. The Air Force fitness programs goal is to motivate Airmen to participate in a year-round physical conditioning program that emphasizes total fitness, to include proper aerobic conditioning, strength and flexibility training and healthy eating.

These changes are still being discussed but some of the highlights of the projected differences to the current program will be as follows:

- * Fitness tests may be held twice a year
- * A passing score of 75 or greater must be achieved for each component

- * Members testing in all four components will receive a score in one of three categories: Excellent- total score equal to or greater than 90 with all minimum components met, satisfactory-Composite score of 75-89.00 will all minimum components met, and unsatisfactory-composite score less than 75 and/or one or more minimum components not met

- * Members will receive age and gender-specific composite scores based on the following categories: 60 points for aerobic, 20 points for body composition, 10 points for pushups and 10 points for sit-ups

- * Airmen achieving and maintaining excellent fitness assessment scores will be allowed to wear a patch on their PT uniform recognizing their accomplishment

"The system is set up to do a de-

cent job of measuring the fitness levels of individuals," said Capt. Robert Atkins, 507th Air Refueling Wing executive officer. "I've noticed people have gotten in better shape recently to pass the test."

The 507th ARW and other units now perform regular physical training sessions on one or more days of the unit training assembly weekend. Physical training is always beneficial but usually more motivating when done



with a partner or in a group.

"I have been running with Chaplain Magnus," said Tech Sgt. Michelle Tharpe, NCOIC chapel operations and successfully passed the test. "Running with somebody else helps me stay motivated and at a steady pace."

Maintaining a personal fitness program, which includes aerobic activity at least three days a week combined with healthy eating, will prepare members for the fitness test challenges ahead.

For more information on fitness testing and programs please contact your unit fitness monitor or check out this web address for upcoming changes: <http://www.afpc.randolph.af.mil/affitnessprogram/index.asp>.

September promotions

Name	New Rank	Unit
Blake James	Senior Airman	507th MOF
Brittany Vicker	Airman First Class	507th CES
Breyden Miller	Senior Airman	507th LRS
James Culwell	Senior Airman	507th CES
Joshua Fitwater	Staff Sgt	72nd APS
Timothy Hardin	Tech Sgt.	72nd APS
Jeffrey Grisham	Tech Sgt	507th SFS
Jeffrey Thompson	Master Sgt	507th SFS
Kimberly Baldwin	Tech Sgt	465th ARS
Latece Christmon	Staff Sgt	507th LRS
Jason Pedraza	Staff Sgt	507th LRS
Dawn Coleman	Staff Sgt	507th AMXS
Jose Martinex	Staff Sgt	507th AMXS
Amanda Elam	Staff Sgt	507th CES
Daniel Monroe	Staff Sgt	507th CES
Jason Schaeffer	Tech Sgt	507th CES
Peter Ramirez	Airman First Class	507th CES
Erica Walke	Tech Sgt.	507th MSF
Lindsay Newton	Tech Sgt.	507th MSG
Larry Garner	Staff Sgt	507th MXS

Why I came back

by Staff Sgt. Zach Jacobs
507th ARW Public Affairs

Several people have recently asked me why, after eleven years of service in the active duty Air Force, I returned to serve in the Reserves. Incidentally, the reasons I came back were the same reasons why I enlisted in the first place: structure, benefits, and teamwork.

The eight-month-long break between my active duty separation date and my reserve enlistment date was a nice change of pace. I grew a beard, picked out civilian clothes to wear on a daily basis, and took a break from thrice-weekly PT. It felt like an extended period of leave at times. But eventually, my beard got itchy and my civilian clothes started to get a bit tighter on me. But Air Force gyms were available and free, and PT always helped keep me slimmer.

Having spent over a decade in active duty, I was halfway to a retirement check and lifetime medical benefits. I felt that not continuing my service after having invested over a decade would have been a foolish waste. Besides, I needed a guaranteed source of income to supplement my wife's paycheck. Thankfully, just like in active duty, reserve duty does that for me.

Also, the medical benefits my family and I enjoyed during

our time in active duty were nice. Naturally, they stopped after I separated, and we soon found ourselves spending more than we expected on medicine and doctor's appointments, especially after my wife found out she was pregnant only two months after I left active duty. We enrolled in TriCare Prime Reserve as soon as we could to supplement my wife's insurance. That alone saves us over \$800 a month in medical expenses.

I am fortunate to have served with some wonderful people in my career. They trained and mentored me, worked alongside me in strange places at strange hours, and were the ones to help me when I moved across the hall or across town. We shared a common goal and built one another up; I knew I would not easily find such people anywhere else but in the uniformed services. Basically, the teamwork and camaraderie I sought when I enlisted in active duty drew me to service in the reserve.

So, although I left active duty after over a decade of service, I didn't leave everything from active duty behind. I rejoined the team, albeit in a different capacity and job, and picked up where I left off. Now I attend college full-time, but I still serve my country and provide for my family.

Some might say that these reasons are "no-brainers" for enlisting, but for me – and I'm sure many others out there – they make all the difference in the world. It's good to be back.

Strive to make every day Veterans Day

The VA Medical Center in Oklahoma City received a boost from Tinker reservists last month when several boxes of books and magazines were delivered to the downtown facility. The Tinker Reserve Enlisted Advisory Council collects books and magazines a couple of times a year to help local veterans.

"We can't keep books in stock," said Richard Maxey, Chief, Voluntary Service, for the Medical Center. "Patients, family members and visitors take a book to help pass time with loved ones," continued Maxey. "We see a multiple return of books, with 500-800 coming and going on a weekly basis."

The Medical Center receives magazines from community partners and they're kept on the wards and in the waiting areas. The books are kept in the library on the main floor and also on display shelves located outside the library for after-hours visitors.

"Most of the books we receive are geared toward women. There just aren't enough with men interests in mind," said Maxey.

Maxey has been the chief of Voluntary Service for five years, with a total of eight years at the Medical Center. He coordinates voluntary efforts and oversees donations and fundraising activities, designed to make veterans more comfortable during their visit. He came to the VA with a mission to give back to something that supported his dad, a Vietnam veteran.

"The men and women of the Reserve community have really blessed us with their generosity. We couldn't do it without the support of the community as their efforts have assisted countless veterans and their families," said Maxey. During FY '09 the Medical Center has received 271,000 donated items to-date. That includes, books, clothing, toiletries, etc. That may sound like a lot but there's always a

need for more. There are approximately 125 hospitalized patients weekly, with an average length of stay around six days.

There is a tremendous need for visitation as well as material things to support the Medical Center. During Christmas time, cards and items to fill stockings are needed. Also when a veteran is in the hospital during his/her birthday, bags are given that contain a variety of items, including books, socks, toiletries, etc. Donations are always needed for this. A lot of activities take place between October and February so there is a tremendous need for more involvement during the months between February and October. Visitation is a big thing. Hold a hand, talk about your time in the military and ask them what they did. A smiling face in uniform is always welcome.

For more details on how to help, call Takesha Williams at 734-7202 or Richard Maxey at 456-5162.

Disabled veterans offered free OSU program

by Lt. Col Richard Curry
507th ARW/PA

Professor Morris stated that VEP offers cutting edge, experiential training in entrepreneurship from world class faculty and an amazing cadre of successful entrepreneurs. The program is rigorous and engaging.

A free Entrepreneurship training program is being offered to disabled veterans by Oklahoma State University at Stillwater.

The Veterans with Disabilities Entrepreneurship Program, or VEP, is designed to help disabled veterans launch and grow business ventures.

According to Michael H. Morris, Ph.D., head of Oklahoma State University's Department of Entrepreneurship, "More and more veterans are returning from the battlefield disabled — our program helps these men and women attain the dream of becoming entrepreneurs. The Veterans with Disability Entrepreneurship Program, or VEP for short, is now accepting applications."

In an e-mail interview with a representative from the program at OSU, On-final learned that reservists are eligible to enroll. Additionally, one of the criteria discussed in the application process states applicants must be identified as disabled by the Veteran's Administrative or DoD authority based on a "service connected" disability resulting from participation in Operation Iraqi Freedom (OIF) and/or Operation Enduring Freedom (OEF) OR have received a distinguished service honor or medal due to exemplary military service. This includes commendation or meritorious medals.

Following an on-line pre-course, delegates come to Stillwater for an intense eight-day program, and then we follow up with them and their ventures over ten months. This year's program in Stillwater will run from January 30 through February 6, 2010. The application deadline October 1, 2009.

"We are targeting all disabled veterans, but especially those soldiers, sailors, airmen and marines disabled or distinguished during their service as part of Operations Enduring Freedom and Iraqi Freedom," Professor Morris said.

"The VEP program is offered entirely free to those veterans who are accepted," he continued adding that the

program covers the cost of travel to Stillwater, accommodation, the online and live courses, instructors, books, materials, all meals, and outings during the program.

"We are hoping to introduce the program to as many veterans as possible, and to encourage them to apply. We will accept 30 delegates for the program this coming January. Enclosed are copies of the brochure describing VEP.

For more information, please visit our website at <http://www.okstate.edu/vep>, call us at 405-744-5357 or email us at vep@okstate.edu.

**Do you have an idea for a new business?
Do you need help growing your business?**

**Veterans with Disabilities
Entrepreneurship Program**

*Helping disabled veterans launch and grow ventures
Led by OSU's nationally recognized entrepreneurship faculty*

Phase One / Online self-study curriculum / December 1, 2009 – January 20, 2010
Phase Two / 8-day Entrepreneurs' Bootcamp in Stillwater, Okla. / January 30, 2010 – February 6, 2010
Phase Three / 10 months of mentoring and coaching / March 2010 – December 2010

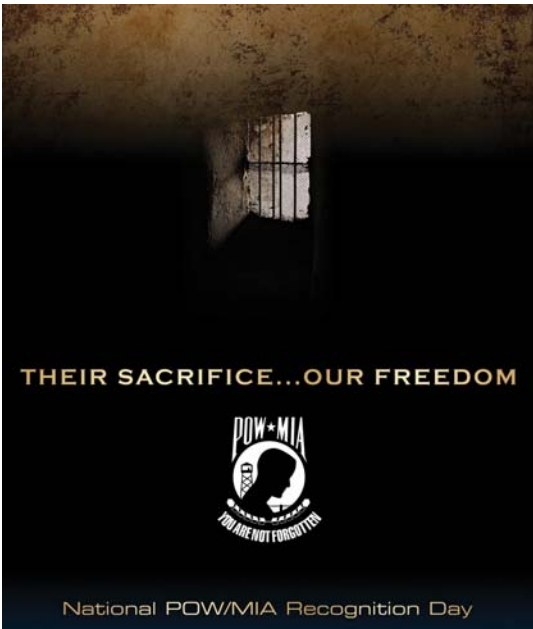
To register or for more information:

405-744-7552 | vep@okstate.edu | entrepreneurship@okstate.edu/vep

Free of charge to delegates accepted into the program
 Limited space available, based on rolling admissions
 Application deadline October 1, 2009

 Spears School
OF BUSINESS
Department of Entrepreneurship

 Riata Center
For Entrepreneurship
Oklahoma State University
Spears School of Business



POW/MIA Recognition Day Ceremony at AF Memorial

The Air Force Sergeants Association and the Air Force Memorial Foundation invite you to attend a POW/MIA Recognition Day Ceremony, Friday, Sept. 18th, 2009 at 9 a.m., at the Air Force Memorial in Arlington, VA. Speakers from the host organization, as well as Ann Mills-Griffiths, executive director of the National League of POW/MIA Families, will speak at this ceremony which is open to the public. The focus of this ceremony is to ensure that America remembers its responsibility to stand behind those who serve our nation and do everything possible to account for those who do not return. Call the Air Force Memorial Office at 703-979-0674 for more information.

On-final R-News

TRICARE obtains lower prices on retail prescription drugs

DOD is projected to reduce spending by \$1.67 billion on prescription medications sold in retail pharmacies in fiscal year 2010, following the full implementation of Section 703 of the National Defense Authorization Act (NDAA) for fiscal year 2008. For the past several years DOD has paid commercial rates for prescription drugs purchased in the TRICARE retail pharmacy network. However, DOD is included in the 1992 Veteran's Healthcare Act as one of the "big four" government agencies entitled to federal prices when it purchases pharmaceuticals for its beneficiaries. Through authority provided in Section 703 of the 2008 NDAA and the "final rule" implementing the regulation, DOD will now get these same discounts in the TRICARE retail pharmacy network. The final rule was effective May 26, 2009.

'First Shirt' Selection Board to convene

The 507th ARW and 513th ACG Reserve campus will conduct a First Sergeants Selection Board Sunday of the October UTA, Oct. 4th, at 9 a.m. at a place to be determined.

To be considered, potential candidates must meet the following criteria:

- * minimum ASVAB scores of 62 General or 41 Administrative
- * possess a 7-skill level
- * have a current passing Fit to Fight score
- * have three years retainability
- * must have completed NCO Academy
- * minimum physical profile of PULHES 333231

Completed packages are due to Command Chief Long COB Sept. 30th. For more information, call 417-7493 or 734-5362.

507th ARW recruiters

<http://get1now.us>

Tinker AFB, OK

(Senior Recruiter)
Senior Master Sgt.
Michael Seals
(405) 734-5331



Tinker AFB, OK

(In-Service Recruiter)
Tech. Sgt. Melissa Melichar
(405) 739-2980



Moore, Norman, OK

Tech. Sgt.
Jackie Harris-Sanchez
(405) 217-8311



Midwest City, OK

Tech Sgt. Adam Thomas
(405) 733-7639
Master Sgt. Marcel Jacques
(405) 733-9403



Altus, OK

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



Vance AFB, OK

Master Sgt. Stephan
Kimbrough
(316) 759-3766



Tulsa, OK

Tech Sgt. Bill
Joseph
(918) 250-3400



McConnell AFB, KS

Master Sgt. Stephan Kimbrough
(In-Service Recruiter)
(316) 759-3766
Tech Sgt. Jason Sommers
(316) 681-2522

