

# On-final

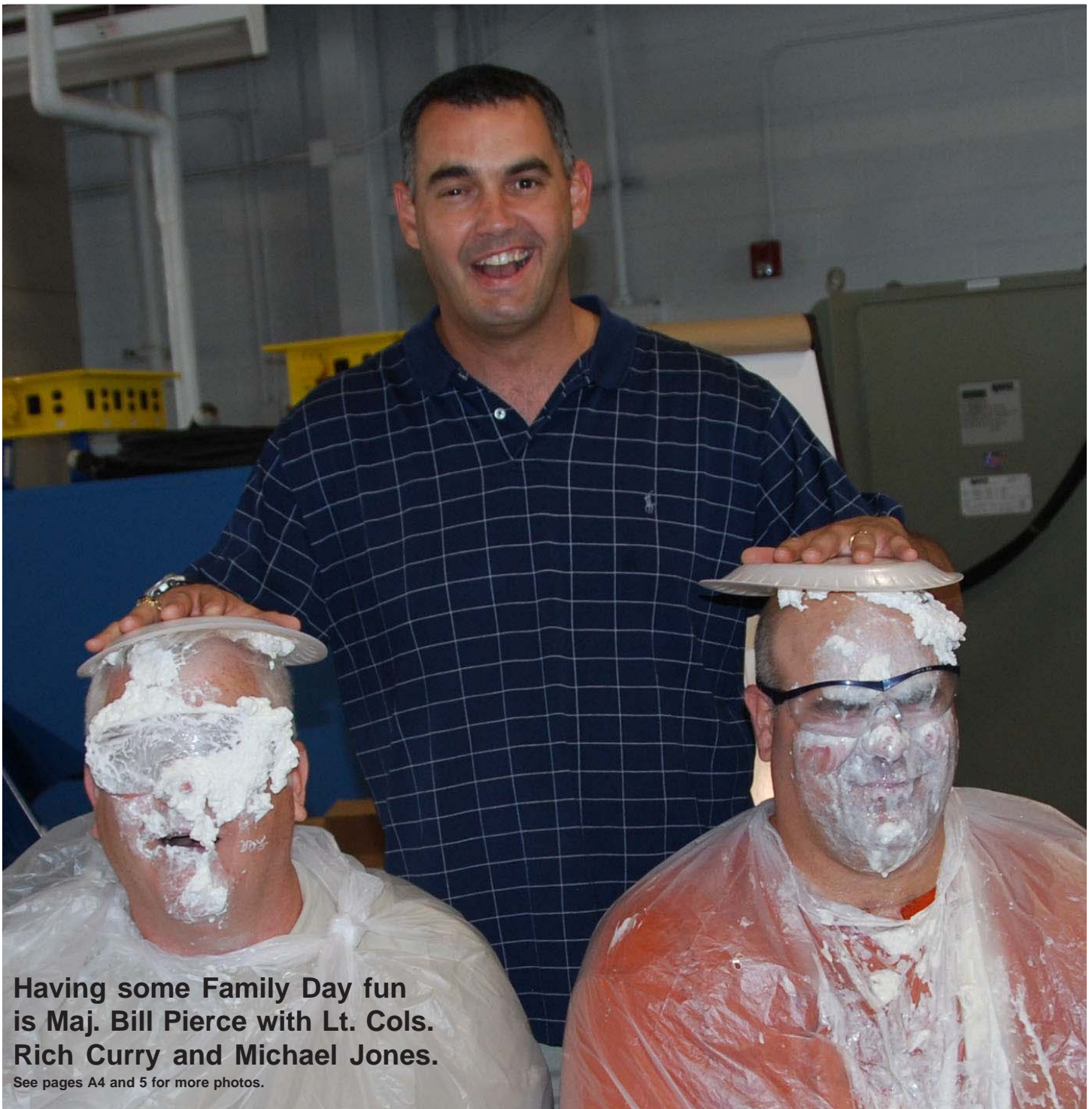


U.S. AIR FORCE

507<sup>th</sup> Air Refueling Wing - 513<sup>th</sup> Air Control Group

Tinker Air Force Base, Oklahoma

OCTOBER 2009 Vol. 29, No. 10



Having some Family Day fun is Maj. Bill Pierce with Lt. Col. Rich Curry and Michael Jones.

See pages A4 and 5 for more photos.

# Making a difference starts with you .....

**Commentary by Lt. Col. Dwayne McCullion**  
**39th Civil Engineer Squadron commander**

INCIRLIK AIR BASE, Turkey (AFNS) — 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 teach-

ings. 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 person-

ality. 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 Reagan 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!

## Chaplain's Corner

# What Does She Mean?

**By Chaplain (Maj.) Dwight Magnus**

While attending a Marriage Seminar dealing with communication, Tom and his wife Grace listened to the instructor, "It is essential that husbands and wives know each other's likes and dislikes."

He addressed the man, "Can you name your wife's favorite flower?"

Tom leaned over, touched his wife's arm gently and whispered, "It's Pillsbury, isn't it?"

Trying to figure out where my wife is coming from isn't easy, and I know it will be a lifelong journey...a very rewarding journey. Here are some things that have helped deepen our relationship.

- Many times when my wife is sharing a problem she is having, I immediately shift into "fix it" mode, and start peppering her with questions and possible solutions. There might be a need for that later, but not right away. I turn off the TV, focus on her, and try to listen for and respond to the emotions she

expresses, many times not saying a word.

- I tell her "I love you" many times a day, and don't just think she'll know that already. I reaffirm my commitment to her and our marriage regularly, especially after a conflict.

- When I mess up, I am quick to ask forgiveness, though she sees right through an insincere apology. When she messes up, I am quick to forgive. Okay, MOST times I am quick to forgive. But we try to clear up any issues within 24 hours.

- Security to her is more than financial. It includes intimacy, spending time together, being best friends, and being involved in family life.

- When I get confused about what she is thinking or doing, I pray! Then I give her every benefit of the doubt. Then I talk to her about it. Above all, I trust her completely.

Communication in marriage is hard work, but it is definitely worth it. Don't give up!

# Operation Holiday Spirit begins plans

As fall and winter months rapidly approach local Reserve and Guard members are again turning their attention to Operation Holiday Spirit.

OHS is a consolidated Tinker AFB Reserve and ANG drive to help raise funds that assist other needy Reserve and Guard members.

This is the 11th year of Operation Holiday Spirit.

OHS was formed by Tinker Citizen Airmen in 1999 to help other needy Tinker Citizen Airmen during the Christmas season. "The Tinker AFB Reserve were honored to be joined in this endeavor in 2008 by the men and women of the 137th ARW Air National Guard, and we look forward to many years of their friendship, participation, support, and also helping needy Guardsmen during the holidays," said Lt. Col. Ralph Hawkins,

513th Air Control Group Executive Officer and lead OHS team member.

One of the single largest event for OHS each year is the HOLIDAY SPIRIT STEAK SUPPER, which is held the Friday evening prior to the December UTA. The supper falls on December 4th this year--only 78 days away--and is hosted by the Del City VFW. Last year, 182 attendees help set an all-time steak supper record. "Another record that was shattered was the amount of money taken in -- an astounding \$14,159.00 through donations, challenges and auctions. This money helped 20 needy families, for an average of \$707 per family," Hawkins said.

He added that the goal this year is for 200 or more people to attend the steak supper event, and to equal or surpass the 2009 monetary amount collected

last year. First Sergeants in the 513th ACG, 507th ARW and 137th ARW are keeping an eye out for those members in their units that are in need so OHS can give them help this Christmas.

The steak supper is \$25 per ticket, and you receive a fantastic steak from Wheelers Meat Market, a baked potato, veggies, rolls, cheesecake, coffee, tea or water, and an overall good evening of fellowship at the event.

Ticket are available for sale from the people listed below:

507 ARW: Capt. Bob Atkins, Chiefs Tina Long, Steve Wright and Jennifer Blease, Senior Master Sgt. Marie Pollard, Master Sgts. Takesha Williams and Veronica Garrett, or Miss Courtney Hawkins.

137 ARW: Maj. LeeAnn Tumbelson.  
513 ACG: Lt. Col. Ralph Hawkins

## Angel Tree gift requests are here

For many years now, members of our Reserve units have adopted the 300 residents at the Norman Veterans Center at Christmas time. The staff members get a wish list from each of the Veterans and pass the requests on to us. It is time once again to give a little ray of sunshine to those who have made our freedoms possible. The requests range

from warm clothes to electric razors, comforters, CD/radio player, sweats and Wal-mart gift cards.

There are many ways to help: You can select a name or names and buy the gift and wrap it or you can bring the gifts in unwrapped or you can donate money to go toward gifts.

In mid-December the Center has a Christmas party where you can come down and help celebrate and visit the Veterans.

If you would like to pick a name/gift or be a contact point for your squadron, please contact Public Affairs at 734-3078 or 734-3774.

## On-final

Volume 29, No. 10 OCTOBER 2009

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of Defense, or the Department of the Air Force. The editorial content is edited, prepared, and provided by the 507th Air Refueling Wing's Public Affairs Office, 7435 Reserve Road, Suite 9, Tinker AFB, OK., 73145-8726

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.

# October is Fire Prevention Month

**Senior Master Sgt. Gary A. Bristol**  
**507<sup>th</sup> ARW Safety Office**

In 2007, according to the National Fire Protection Association 2,865 Americans were killed and another 13,600 were injured as a result of fire.

Direct property loss due to fires was estimated at \$7.4 billion. 84 percent of all fire deaths occurred in residences. December, January and February were the peak months for reported home structure fires and home fire deaths.

Kitchens are the leading area of origin for home structure fires. 12 percent of reported home fires started in the bedroom. These fires caused 24 percent of home fire deaths, 21 percent of home fire injuries, and 15 percent of the direct property damage. Almost two-thirds (63 percent) of reported home fire deaths resulted from fires in homes with no smoke alarms or no working smoke alarms.

With these startling statistics in mind, here are some safety tips for you:

## **SMOKE DETECTORS**

Smoke is responsible for three out of four deaths.

- Install smoke detectors on every level of your home and outside of sleeping areas.
- Test every detector at least once a month. [See your instruction book for the location of the test button.]
- Replace batteries with new ones at least once a year, or sooner if the detector makes a chirping sound.
- If you have a smoke detector directly wired into your electrical system, be sure that the little signal light is blinking periodically. This tells you that the alarm is active.
- Inexpensive smoke detectors are available for the hearing impaired.

## **FIRE EXTINGUISHERS**

They remain your best bet if you're on the spot when a fire begins.

- Fire extinguishers should be mounted in the kitchen, garage, and workshop.
- Purchase an ABC type extinguisher for extinguishing all types of fires.
- Learn how to use your fire extinguisher before there is an emergency.
- Remember, use an extinguisher on small fires only. If there is a large fire, get out immediately and call 911 from another location.

When using fire extinguishers remember the acronym - **P.A.S.S.**

- ➔ **P**ull- the safety pin out.
- A**im- the nozzle at the base of the fire.
- S**queeze- the top lever to activate the extinguisher.
- S**weep- from side to side.

## **At Work Fire Safety Checklist**

- Q When was my latest fire drill?
- Q Are fire lanes clear in my work center?
- Q What fire hazards are in my workplace?
- Q Where is my nearest fire extinguisher?
- Q Where is the nearest pull station?
- Q How do I call for fire response?

## **KITCHEN**

Careless cooking is the number one cause of residential fires. Never leave cooking unattended.

- It's wise to have a fire extinguisher near the kitchen. Keep it 10 feet away from the stove on the exit side of the kitchen.
- Never pour water on a grease fire; turn off the stove and cover the pan with a lid, or close the oven door.
- Keep pot handles on the stove pointing to the back, and always watch young children in the kitchen.
- Don't store items on the stove top, as they could catch fire.
- Keep kitchen appliances clean and in good condition, and turn them off and disconnect them when not in use.
- Don't overload kitchen electrical outlets and don't use appliances with frayed or cracked wires.
- Wear tight-fitting clothing when you cook. Here's why: An electrical coil on the stove reaches a temperature of 800 degrees. A gas flame goes over 1,000 degrees. Your dish towel or pot holder can catch fire at 400 degrees. So can your bathrobe, apron, or loose sleeve.
- Be sure your stove is not located under a window in which curtains are hanging.
- Clean the exhaust hood and duct over the stove regularly. and wipe up spilled grease as soon as the surface of the stove is cool.
- Operate your microwave only when there is food in it.

***"Stay Fire Smart! Don't Get Burned."***

## 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

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. 29, 2009

## OCTOBER TRAINING PLANNER

**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, 04 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**  
 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**  
 1300-1600 First Duty Station Bldg 1030, MSG Conf Rm  
**1300 SORTS/Post UTA Mtg CAT**  
 1400-1500 IG period w/Maj. 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**

**Fri, 13 Nov 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, 14 Nov 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, 15 Nov 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**  
 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  
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 1400-1500 IG period w/Maj. 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>
Saturday	1330-1415	Drug and Alcohol	SG
Saturday	1430-1500	Local Conditions/ORM	SE
Saturday	1500-1530	OPSEC Training	OG
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

### 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

<b>File for pay by:</b>	<b>Receive Direct Deposit by:</b>
06 Oct	13 Oct
08 Oct	15 Oct
13 Oct	21 Oct
15 Oct	23 Oct
19 Oct	28 Oct
21 Oct	30 Oct
29 Oct	06 Nov
03 Nov	10 Nov
05 Nov	13 Nov

### Military Pay (405) 734-5016

**\*\*New MPF Hours\*\***  
**Open Mon-Fri 7:30 a.m. - noon**

#### 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

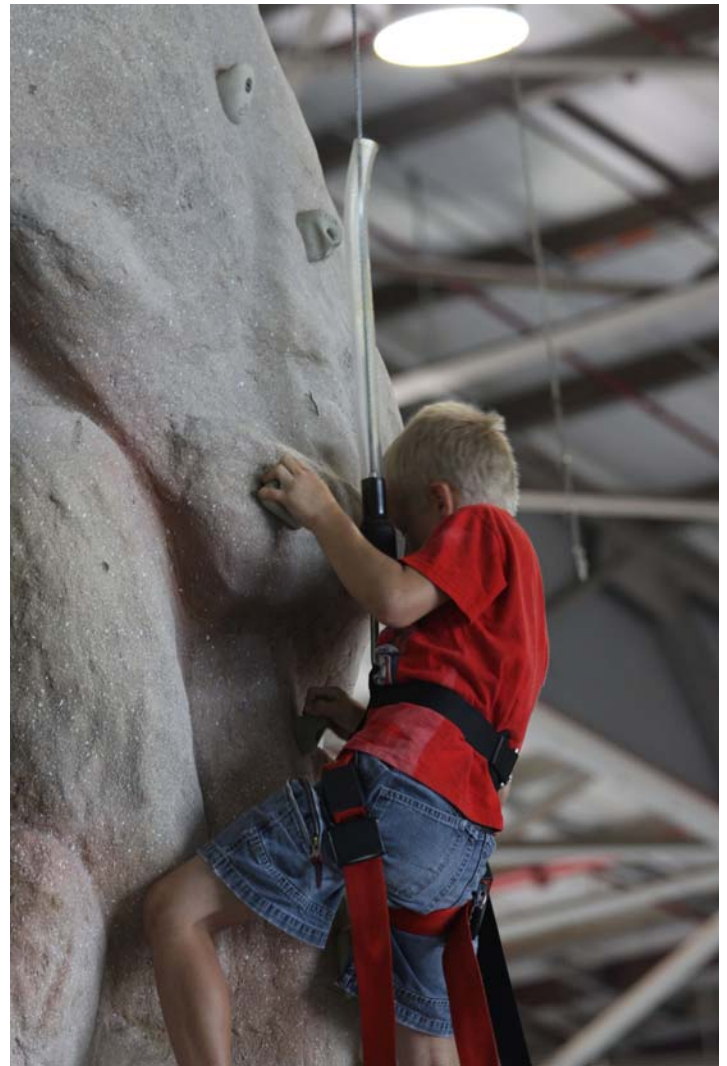
If Last Digit of SSAN is:	Then Forward Listing to Unit Commander in:	Recertification due by end of month in:
1	November	January
2	December	February
3	January	March
4	February	April
5	March	May
6	April	June
7	May	July
8	June	August
9	July	September
0	August	October

**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.**

Editor: Chief Master Sgt. Sharlotte A. Epps, Chief, Education & Training (ART)  
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Almost reaching the top

Playing games

Photos by  
Senior Airman  
Caleb Wanzer,  
Tech. Sgts.  
Kristin Mack  
and Melba  
Koch



Face painting tickles





Hair mousse?



Speeding ticket or just a warning?



Talent lies in all ages



Jail time for the Commander

# Sharing in our military's commitment

by Lt. Col. Dale Andrews

## 513th ACG Deputy Commander of Maintenance

Twenty years from now when you are sitting by the fireplace with your grandson on your knee and he asks you what you did in the Great War on Terrorism, you shouldn't have to cough, shift him to the other knee and say, 'Well, your Granddaddy shoveled manure in Oklahoma.' No, Sir, you can look him straight in the eye and say, 'Son, your Granddaddy rode to the sounds of battle just like past generations of citizen soldiers.' On June 5th 1944, General Patton spoke similar words of instruction to an assembly of Third Army troops prepared for the invasion of Nazi-controlled Europe. Today America is at the mall. The American military is at war against tyranny. Where are you? Are you shoveling manure or riding to battle?

As a citizen Airmen/Soldier we've been trained for one activity, combat. Already, I can hear some readers thinking, "Whoa there colonel, I'm not active duty!" America knows that but requires the Reserve and Guard to share in our country's military commitments. Right after 9/11 support for the military was at a high-water mark. Corporate and public support made military service palatable for members. Now the banners have faded, industry has down-sized with an eye on who's making them a profit and not on who is protecting their freedom. Families are concerned for loved ones because there is a shooting war going on. Today's citizen Airmen/Soldiers are faced with a decision on what they will tell our next generation about their actions. Will we shovel or ride?

Currently, I'm riding hell bent for leather along with several thousand other members of Reserve components here in

Afghanistan. Each member here has put aside their plow, hammer, desk or civilian aspiration to focus on our nation's military commitment. The cost will never be cheap. Some of the costs for our commitment are evident. Every time I witness the bloody runoff from a helicopter or attend a ramp ceremony for a fallen comrade I know we've paid. For others it is a call or letter from home saying their employer needs them back, "or else". Some of the costs for our commitment are not evident. To the untrained eye a blank stare is someone in deep thought when in reality they are replaying the sights, sounds and smells of a traumatic event. Others are missing family events and time with love ones, time which can never be made up. Nevertheless those in support of the Great War on Terrorism continue to ride.

So where are you? Are you riding in support of the Great War on Terrorism? Are you ready to pursue an opportunity with the reserves or guard to fill an active duty billet? Your service anywhere will allow our Total Force military to cash in on your talent and allows the active duty an opportunity to increase dwell time to reconstitute, retrain and re-arm. Volunteering is an honor and America requires the Reserves and Guard to share in our military's commitments. We can either cough and shovel, or saddle up and ride.



**Lt. Col. Dale Andrews**



Demolition crews got busy this week tearing down buildings 1041 and 1037 to prepare a site for construction of the new maintenance hangar. The buildings formerly housed maintenance functions which have been moved to other locations.

Photo by Lt. Col. Richard Curry

## What You Need to Know

As we enter the flu season and the possibility of increased instances of H1N1, we want the HQ AFRC staff to know what each of us can do to stay healthy.

### **What can I do to protect myself from getting sick?**

Don't put off getting your regular flu vaccine. The H1N1 vaccine is given at a separate time, so getting your flu mist or shot early will allow you to get the H1N1 when it is available. If HQ AFRC receives a limited quantity of the H1N1 vaccine, priority will be given to people working in mission essential functions.

### **How is the virus transmitted?**

Flu is transmitted from person to person by the small droplets formed from a sneeze or cough. These droplets don't stay in the air very long, but land on our hands or other surfaces, and are then most commonly passed by shaking hands, kissing, or touching something recently touched by an infected person, and then touching our own face.

### **Take these everyday steps to protect your health:**

- Cover your cough. Use a tissue or cough into your sleeve.
- Wash your hands often with hot water and soap. Alcohol-based cleansers are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact (< 6ft.) with sick people.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Keep away from others as much as possible. Avoid normal activities, including work, school, travel, shopping, social events, and public gatherings.
- Follow public health advice regarding school closures and avoiding crowds.
- Be prepared in case you get sick and need to stay home for a week or so; a supply of over-the-counter medicines, tissues and other items will help avoid the need to make trips out in public while you are sick and contagious.

### **If I have a family member at home who is sick with H1N1 flu, should I go to work?**

People who are well but who have an ill family member at home with H1N1 flu can go to work as usual. You should monitor your health every day, and take everyday precautions listed above. HQ AFRC/CC may consider allowing alternate work schedules for individuals who need to care for sick family members or who have family care issues due to school closures.

### **Are there medicines to treat H1N1 infection?**

Certain antiviral drugs (i.e., oseltamivir (Tamiflu®)) will lessen the severity of the H1N1 infection. However, it must be given within a day or so of the onset of symptoms. During the current pandemic, the priority use for influenza antiviral drugs is to treat severe influenza illness (for example hospitalized patients) and people who are sick who have a condition that places them at high risk for serious flu-related complications.

### **How long can influenza virus remain viable on objects (such as books and doorknobs)?**

The influenza virus can survive on surfaces and infect a person for 2 to 8 hours after being deposited on the surface.

### **What household cleaning should be done to prevent the spread of influenza virus?**

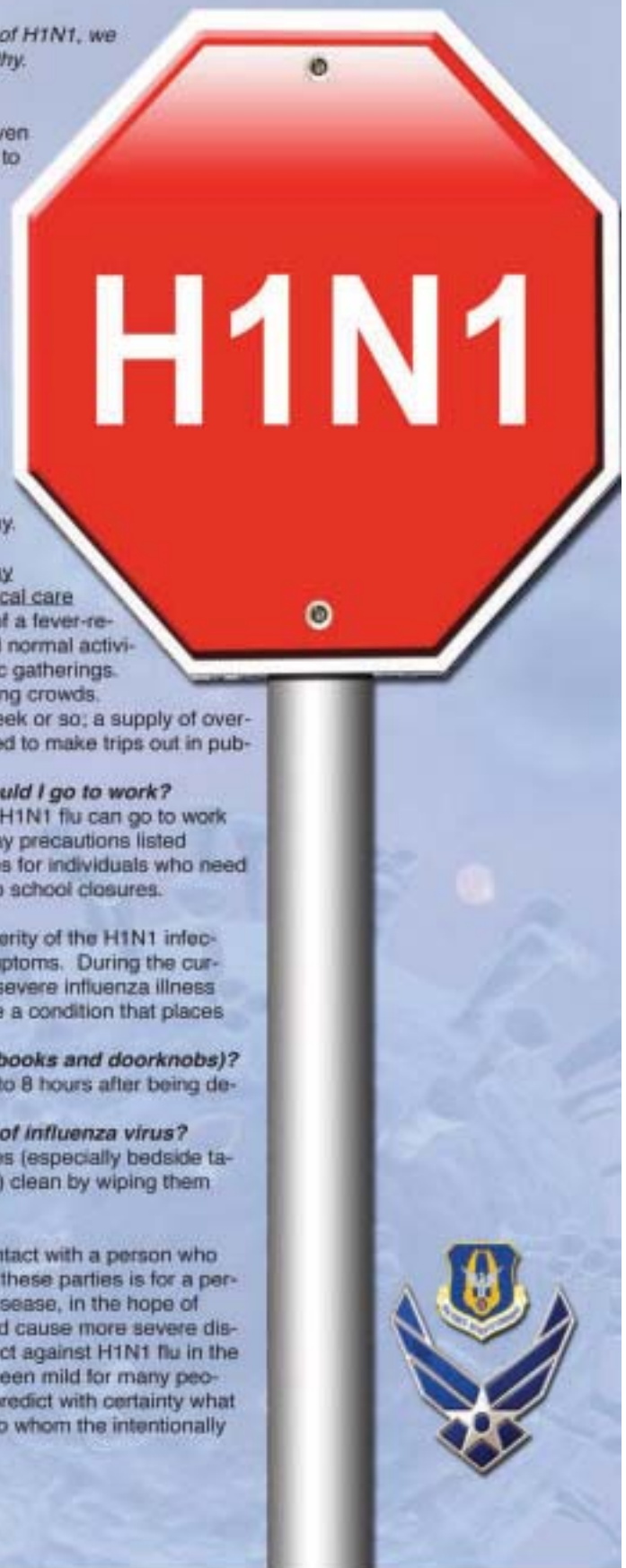
To prevent the spread of influenza virus it is important to keep surfaces (especially bedside tables, surfaces in the bathroom, kitchen counters and toys for children) clean by wiping them down with a household disinfectant.

### **What is CDC's recommendation regarding "swine flu parties"?**

"Swine flu parties" are gatherings during which people have close contact with a person who has H1N1 flu in order to become infected with the virus. The intent of these parties is for a person to become infected with what for many people has been a mild disease, in the hope of having natural immunity to H1N1 flu virus that might circulate later and cause more severe disease. CDC does not recommend "swine flu parties" as a way to protect against H1N1 flu in the future. While the disease seen in the current H1N1 flu outbreak has been mild for many people, it has been severe and even fatal for others. There is no way to predict with certainty what the outcome will be for an individual or, equally important, for others to whom the intentionally infected person may spread the virus.

More information can be found at

<https://www.mil.sg.afrc.af.mil/SGP-1/H1N1%20Swine%20Flu.htm>



## Softball champs

The 513th ACG Thumpers recently won the 2009 base softball championship against the 552 Maintenance team, the first base softball championship win for an Air Force Reserve team in the 37-year history of modern Reserve presence on Tinker AFB.



# 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. in the 970th AACS conference room.

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 Oct. 2nd. 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

