

# 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

NOVEMBER 2009 Vol. 29, No. 11



**Veterans Day visit**  
see page A4

# AFRC Commander sends holiday wishes

by Lt. Gen. Charles E. Stenner Jr.  
Commander, Air Force Reserve  
Command

ROBINS AIR FORCE BASE, Ga. – As we enter the holiday season and prepare for the new year, I want to thank you, your families and your employers for the many sacrifices made this year for our great nation.

The holidays provide all of us an opportunity to thank our friends and families for their support throughout the year.

To the men and women who are able

to celebrate the holidays with friends and family at home, I ask that you remember the hundreds of brave Citizen Airmen who are observing the season under much different circumstances.

More than 1,200 of our Air Force Reserve warriors are serving overseas with incredible distinction in global operations from the deserts of Iraq and Africa to the mountains of Afghanistan and South America. I ask the entire Air Force Reserve family to keep these folks in your thoughts and prayers as we eagerly await their safe return.

This past year much has been asked of you, and you have met every challenge without reservation.

In the coming years, we will face many more challenges as Air Force Reserve Command becomes a fully operational command. We will be more directly involved in meeting the needs of combatant commanders overseas. I have every confidence that you are up to every task and will exceed all expectations.

Dee and I wish you and your families the very best during this festive time and for 2010!

## We must work together to meet our goals

by Chief Master Sgt. Tina Long  
507th ARW Command Chief

Can you do more with less? Oh and by the way, if you get overwhelmed just let us know when your plate is full. These worn out comments describing Operations and Personnel Tempos have been overcome by the reality of AFRC's new baseline. We have done a lot more, with a lot less, on completely full plates, for the last decade, and we have done it all better than anyone. As I look around the Wing, I see a grouping of individuals closing out items from the recent Base ORI, another preparing for a wing exercise, another preparing for their Logistics Readiness Inspection and the hundreds of us who are facing a mobilization alongside many unsung volunteers who support the needs of our Nation both CONUS and Overseas.

As we approach our Annual Awards Banquet, we pause to acknowledge the accomplishments of individuals exceeding the commitment to our current challenges. It is equally important that we keep step with General Stenner's vision

of transitioning our future to a providing MAJCOM. This evolution requires unprecedented economy of resources in order to effectively meet mission needs. Although we have different Air

Force specialties, each one of us is a resource and stakeholder in the overall success of AFRC and the critical element we provide to the overall security of this Nation.

As stakeholders we must renew our commitment to our assigned Flight, Squadron, Group and Wing. The terms "Sorry, that's not my job" or "somebody else is supposed to take care of that" doesn't quite make the cut for enabling our success. Now more than ever, we must work together towards meeting our goals. Airmen of all ranks have a responsibility to fix things that are broken, replace things that are worn out and clean things that need cleaning. Bottom line, from taking out the trash to establishing the FY 2012 Strategic plan; if you see something that needs attention use your resources and training to fix it.

As the Holiday approaches, I am thankful for each of you. Your untiring dedication to duty and your family's commitment to our Nation's strength is not taught in any PME class or rendered from any Command directive. It is a heartfelt dedication found only in a true Patriot. Have a safe and happy Thanksgiving Holiday, reconnect with family and friends, and remember our brothers and sisters in harms way.



Happy Thanksgiving  
Nov. 26, 2009

# Operation Holiday Spirit : Dec. 4

Operation Holiday Spirit will hold its 11th annual dinner this year, raising funds to help members and their families during the holidays.

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

OHS was formed by Tinker Citizen Airmen in 1999 to help other 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 events for OHS each year is the Holiday Spirit Steak Dinner, which is held the Friday evening prior to the December UTA. The supper is hosted by the Del City VFW. Last year, 182 attendees helped set an all-time steak supper record. "Another record that was shattered was the amount of money taken in – an astounding \$14,159 through donations, challenges and auctions. This money helped 20 families in need, 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: Maj. Trina Hood, 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 update

Names are still available for those interested in helping make Christmas a joyful time for a Veteran.

Lists are available throughout the units. For more information, check with Beth Collins, 465th, 734-3269; Terry Joyner, Comm. Flight, 622-7592; Bobbiejean Johnson, MPF, 734-7491; Jennifer Blease,

507th MDS, 736-4873; Courtney Knight, 507th MXS, 734-3487; 507th ARW/HQ, Chris Reed at 734-5543 or Melba Koch at 734-3774; Kay Terrapin, 507th LRS, 734-0541; Jodie Schaefer, 507th CES, 734-7867; Stacey Morton, 72nd APS, 739-5082.

On Dec. 22 a party will be held for Unit E1 at 9:30 a.m. On Dec. 23, the rest of the VA Center will hold their annual Christmas party at 10 a.m. You are welcome to participate, helping pass out refreshments and gifts to the Veterans and visiting with them. For more information, contact Public Affairs at 734-3774.

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Volume 29, No. 11 NOVEMBER 2009

**507th Air Refueling Wing  
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**Public Affairs Specialists -**

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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.

# 'Treat others how we want to be treated' applies to most situations

by Tech Sgt. Kristin Mack  
507th ARW Public Affairs

I recently had the privilege of taking the Non-Commissioned Officer Leadership Development Course held at Tinker Air Force Base October 19-31. I felt extremely grateful to have had the opportunity to enroll in this course and study leadership in order to prepare me for a management role when the opportunity arises—and I hope it does because I feel I am in the place in my career where I desire to exceed to that level of responsibility.

This course, offered to mid-level NCO's, is designed to provide an academic foundation in the basic principles of leadership and quality management, encourage group and team development, and develop leadership and communication skills.

After only completing one week of this practical yet comprehensive two-week course, I already felt I was armed with the basic tools and confidence to step into a leadership role, if necessary. That is the impact this class had on me and I would definitely recommend it to anyone eligible to take what will soon be a mandatory class for NCOs to get promoted.

The first week focused on Leadership and Management and was broken into two versions: the first portion, day one to three was a textbook version, which included lectures and discussion given by Mr. Rex Ice of Texas Central College. Day four and five of the class was spent applying what we learned through intensive discussions, teamwork and practical, hands-on applications lead by military facilitators.

If I was to summarize the lecture portion of the course I would say that the concept of management focuses on dealing with people, with communication being the most important aspect. Because without communication there is no interaction, understanding, support and encouragement- All of which are most important for employees to function their best and to maintain an effective and productive work place.

We also studied prominent leaders in history as well as the

present and learned from their leadership both good and bad styles of leadership and what worked and what doesn't work. But focusing on positive leadership with the mentality that those who don't know history are doom to repeat it. As good leaders of course we want to make it better.

Following the instruction portion of the course we spent the following two days of the week engaging in team building scenarios to apply what we learned with military facilitators. We also practiced writing EPRs and award packages and discussed the importance of them. Throughout the discussion we learned that many well-deserving Airmen are not receiving awards or medals and this has really affected morale. There were even some units that did not have one submission during the last quarterly award cycle.

In the following week, we talked about mentoring, feedback, time management, stress, goals and objectives and much more. The course ended with scenarios focusing on trust where we were blind folded and guided by our teammates. I felt like that scenario was the most challenging because we had to get out of our self and put our trust solely in our team. It wasn't easy at first but we learned through the process.

Mr. Ice said if we could take only one thing from the entire course that we should remember to "treat others how we wanted to be treated." When he first said that I thought it sounded simple and made sense but as the course progressed it really hit home when Mr. Ice kept coming back to this principle because it applied to most situations in some way. Whenever we have doubts and as managers and we probably will because we are continually faced with difficult decisions and may not always know the answer, but if we stick to this concept it will assist us in making the best decision and producing the most desirable outcome.



**A student participates in a scenario focusing on trust where he is blind-folded and guided by other teammates.** Photo by Tech Sgt. Kristin Mack

## QUARTERLY WINNERS



**Capt. Bruce Hanna**  
Company Grade Officer of the  
Quarter



**Master Sgt. Jeffery Thompson**  
Senior NCO of the Quarter



**Tech Sgt. Christopher Scott**  
NCO of the Quarter

## Wing selects two UPT candidates

The 507th ARW and 465th ARS would like to formally announce the selection of two UPT candidates, David Reynolds and Kyle Putty. A recent graduate of Henderson State University, David Reynolds, 22, hails from Searcy, Arkansas and comes to the OKIES with over 1,700 hours of flight time. His hobbies include hunting, fishing and drag racing. Kyle Putty, 26, hails from Hico, Texas and graduated from Baylor University. He, too, brings considerable flight experience to the OKIES as a first officer for Colgan Airlines and as a civilian flight instructor.

Both are in the process of completing their medical physicals in preparation of meeting the spring 2010 AFRC UPT Selection Board. Once approved by AFRC, they will attend Officer Training School, Undergraduate Pilot Training, and KC-135R training at Altus AFB, Oklahoma. Although it will take almost two years before we see them on campus, we wish them well and want to say, "WELCOME TO THE OKIES"!



**Airman First Class Trevor Hardesty**  
Airman of the Quarter

### Officials change promotion policy regarding senior NCO Academy

Completion of the resident Air Force Senior Noncommissioned Officer Academy or a sister service equivalent will be required for promotion to senior master sergeant effective Jan. 1.

### Recommended holiday mailing dates released for Afghanistan

Holiday mail sent via first-class mail and priority mail for servicemembers stationed in Afghanistan should be sent by Dec. 4 for arrival by Christmas, the deadline for parcel airlift mail is Dec. 1, space-available mail is Nov. 21, and parcel post is Nov. 13.

# The mission comes first

by Lt. Col. Pat E. Rupel  
513th ACG Deputy Commander

I have been very fortunate to have been around some great leaders in my personal and Air Force life. Brigadier General Robin Olds was one of my commandants. My superintendent was the primary Air Force planner for the Son Tay Raid. A close friend of our family, Captain Jim White, a full-blooded Cherokee, flew B-24s from North Africa and was shot down during the Ploesti raids, fighting his way out of Yugoslavia to freedom. My dad was one of seven sons (all my uncles) to enlist during World War II. I cannot count the number of instructors and supervisors I have had that were Vietnam veterans and former POWs. One of my IP buddies at Sheppard was one of the helicopter pilots who had flown directly into enemy fire during the Mayaguez Incident. But what struck me about most of these men was their silence. They had done their duty when called upon, and were quietly leading others to accomplish great things. They knew the difference between leading and managing and often fought the “system” to such a great degree that it cost them their “personal careers.” They displayed great commitment to their duty until the job was done.

Just before I separated from active duty for the first time, way back in 1982, I read a memo written by a general stationed at HQ USAF. In the memo he warned all AF members about two growing threats in the Air Force. The first one was that too many officers and NCOs could not distinguish between management and leadership. The second threat was the over-emphasis on personal careers versus the mission. To put it into context, the Air Force, and the US military as a whole, was still recovering from a pervasive anti-military sentiment from the Vietnam War. Thanks to the outcome of “Desert One” in 1980, the military still had a “black eye.” We were trying to redefine ourselves, and in that process, there was a growing tendency to take the easy road of “management” versus “leadership” and trying to make every officer a general. Everyone was on the “bandwagon” of getting management masters degrees, etc. Now, as it was back then, it is always much easier to measure success by looking at numbers (metrics). It is also easier to do “job-to-job” hopping for one’s personal career without making a real impact on mission success. As the “system” has become more automated (the great computer) the temptation to measure success solely with metrics is even greater. At the same time I have personally seen young officers and NCOs “pushed” into jobs they were not ready for. In those cases, well-meaning supervisors put the concept of personal careers ahead of the mission, resulting in loss of life and mission capability.

Ultimately, real leaders are not concerned about their per-

sonal careers as much as they are concerned about the mission. Brigadier General Robin Olds was willing to give up his general officer status to revert to being a combat leader and solving some real air combat tactics problems. There are many other leaders, known and unknown, who “stood in the gap” to help the Air Force do its mission – at great personal cost – sometimes resulting in the end of their careers. We need to honor the dual threats of over-reliance on management and the emphasis on personal careers versus the mission.



**Col. John Trnka, left, Commander, 513th Air Control Group, stands next to Lt. Col. Matt Conrad, the new 970th AACS Commander. Conrad replaced outgoing 970th Commander, Lt. Col. Russ Reimer, in a Change of Command ceremony on Saturday, Oct. 3, 2009.**

## 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

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 Nov. 10, 2009

## NOVEMBER TRAINING PLANNER

**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, ATN Room

**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  
 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 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  
 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/Maj. Vardaro Bldg 1043, Room 5  
**Unit Designated Sign Out Unit Designated**

**Fri, 4 Dec 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, ATN Room

**Sat, 5 Dec 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  
 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, 6 Dec 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  
 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/Maj. Vardaro Bldg 1043, Room 5  
**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>
05 Nov	13 Nov
09 Nov	18 Nov
12 Nov	20 Nov
17 Nov	25 Nov
19 Nov	27 Nov
23 Nov	01 Dec
27 Nov	04 Dec
01 Dec	09 Dec
03 Dec	11 Dec

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

#### Contributing Editors:

Staff Sgt. Elecia Shearer, Education and Training Advisor      Ms. Kimberley Silkwood, Testing and Education Advisor (Civilian)

## President proclaims November Military Family Month

President Barack Obama pledged his support of military members and their families and said Americans have a “solemn obligation” to preserve their well-being in his proclamation declaring November as Military Family Month.

### The proclamation reads:

“No one pays a higher price for our freedom than members of our nation’s military and their families. As sons and daughters, husbands and wives, and mothers and fathers are deployed, military families endure with exceptional resilience and courage. They provide our troops with invaluable encouragement and love, and serve our nation in their own right. During Military Family Month, we honor the families of our armed forces and thank them for their dedication to our country.

“Though only a small percentage of our nation’s population, our troops bear the great responsibility of protecting our people. They, along with their families, serve us every day with courage and dignity. Ensuring that military families receive the respect they deserve and the support they have earned is a top priority for my administration.

“The strength of our nation is measured not just by our success on the battlefield, but also by our ability to support those families who have made so many sacrifices for us. Time and again, military families have shown their heart in the face of adversity. We have a solemn obligation to ensure that while our men and women in uniform discharge their duties, we do all we can to promote and preserve the well-being of their families. We must also support the families of our wounded warriors and our fallen heroes who have paid the ultimate price for the freedoms we enjoy.

“This month, we celebrate the tremendous contributions of military families, convey to them our deepest respect and appreciation, and recommit ourselves to their support.

“Now, therefore, I, Barack Obama, president of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim November 2009 as Military Family Month. I call on all Americans to honor military families through private actions and public service for the tremendous contributions they make in the support of our servicemembers and our nation.”

## Veterans share thoughts on military experiences

*The following comments were compiled by Maj. (Ret) Walter Jacques from Oklahoma State Health Department Veterans.*

### Few things have made me happier to be an American than:

1) Observing from an AWACS combat mission at altitude that the Turkish/Syrian border is a minefield probably the size of Rhode Island

2) Living, even for just a few months, within Scud missile range of Damascus under high alert

3) Telling which way is north near the Korean DMZ because that’s the direction all the Patriot missile batteries are pointed

As uncomfortable as this sounds, these experiences were arguably lower threat locations than those in Iraq and Afghanistan where many of our coworkers at the Health Department have been, will be or are currently deployed. Still, I’ve never had a greater sense of relief than as a troop commander returning home from downrange deployments with all of my personnel safe and in one piece.

As Americans, we enjoy freedoms at home that don’t involve the constant presence of a wartime posture. We should never forget the sacrifices made by our coworkers and other members of the military who maintain that level of security for us. Nor should we ignore the sacrifices made by their families which allow them to focus on and accomplish the mission.



**Lt. Col. Richard Stephens, 507th Mission Support Deputy Commander, visits with Mr. James Davis, a resident at the Norman VA Center, after his speech on Veterans Day. Mr. Davis served in the 1st Army and landed at Normandy on D Day. He is 90 years old.** Photo by Tech Sgt. Melba Koch

# 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 half-way 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.

## New fitness standards will take effect on Jan. 1

Message from Lt. Gen. Charles E.  
Stenner, Jr  
AFRC Commander

Greetings,

New Air Force fitness standards will take effect on 1 Jan 2010 as the revision of AFI 10-248, Fitness Program, nears publication. These new standards apply to Reservists, regardless of military status.

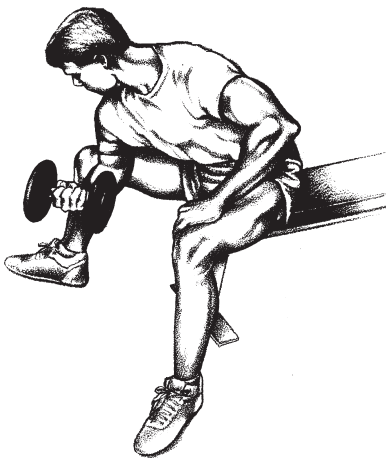
A key change is the frequency of fitness testing increasing from once a year to twice a year. This decision promotes a lifestyle of fitness and aligns the Air Force Reserve with the Army, Navy, Marine Corps, and their reserve components, who already test twice a year.

Another significant change is the requirement to pass all areas of the fitness test. Previous standards required only a cumulative passing score, but the new AFI requires passing

scores in each specific area (waist measurement, pushups, sit-ups, and run) as well as an overall passing score.

As we make preparations for AF-wide implementation in January, I ask each of you to review the information and new fitness charts at <http://www.afpc.randolph.af.mil/affitnessprogram/index.asp> <<http://lyris.dmasa.dma.mil/t/2318775/6186790/7767/0/>>. Specifically note the FAQ area providing background and phase-in information. Lastly, if you are not doing so already, I encourage each of you to participate in a year-round physical conditioning program that emphasizes total fitness.

Until next time,  
CS



## Clarifications given for the annual flu and H1N1 vaccines

This year there is some confusion about the flu shot, who needs it and when it should be administered. There are actually two immunizations that you need to know about. First, there is the traditional flu shot or nasal inhalation to prevent Influenza. The requirements for the annual flu vaccine are listed below and the immunization is currently available. Second, there is the Swine flu vaccine, sometimes referred to as the novel H1N1 influenza vaccine. This is not yet available

### What can the PDRHA do for you?

By Master Sgt. Daniel Martin  
507th Medical Squadron

Have you deployed since 2005, or are you planning to deploy? If so, AFI 10-403, Deployment Planning and Execution, requires completion of a Post-Deployment Health Reassessment (PDHRA) questionnaire if the deployment is greater than 30 days. But wait! Before you discard this article because of that 'requires' word, take a glance at the process involved and how the PDHRA will benefit you.

The simplified process has 3 steps, and looks like this:

1) Before deploying, you must complete a Pre-Deployment Health Assessment, DD Form 2795. This establishes a baseline of your current health prior to deployment.

2) Upon returning, you will complete a Post-Deployment Health Assessment, DD Form 2796. This determines any changes from your baseline.

3) Finally, 90 to 180 days after your return, you must complete a DD Form 2900 (PDHRA). Although the PDHRA and the Post-Deployment Health Assessment ask similar questions, both are uniquely different.

The Air Force has discovered through numerous studies that many deployment-related issues may not be immediately noticeable upon return from a deployment, but instead manifest themselves after re-integration. The PDHRA compliments the existing requirement for mobility screening through the use of the DD Form 2795, DD Form 2796, and the annual PHA by affording you the opportunity to speak with a health care provider to discuss any additional medical concerns. If medical concerns are the result of the deployment, then a Line-of-Duty (LOD) may be initiated in order to allow you to receive the necessary medical care to resolve the issue without having to be personally responsible for the costs.

When you return from a deployment and the time comes to complete a PDHRA, you will receive an e-mail with instructions and also be notified by your squadron's Unit Health Monitor. As you can clearly see, although the PDHRA is required, it truly is in your best interest to complete it. To find out more information about the PDHRA, please visit <https://kx.afms.mil/pdhra>, or you can call the 507th MDS at 734-3151 or DSN: 884-3151.

and will only need to be administered to certain populations (see below).

All military members are required to receive the annual flu vaccine unless contraindicated. The requirements for H1N1 (Swine flu) vaccine are yet to be determined. That information will be disseminated when available.

**The annual flu vaccine is recommended for the following people:**

- \* Children aged 6 months up to their 19th birthday; pregnant women; people 50 years of age and older; people of any age with certain chronic medical conditions; people who live in nursing homes and other long-term care facilities

- \* People who live with or care for those at high risk for complications from flu, including: health care workers; household contacts of persons at high risk for complications from the flu; household contacts and out of home caregivers of children less than 6 months of age (these children are too young to be vaccinated)

The following people should also obtain the novel influenza A (H1N1) vaccination (Swine Flu): pregnant women; persons who live with or provide care for infants aged <6 months (e.g., parents, siblings, and daycare providers); health-care and emergency medical services personnel; persons aged 6 months—24 years

- \* Persons aged 25—64 years who have medical conditions that put them at higher risk for influenza-related complications.

#### Who Should Not Be Vaccinated

There are some people who should not get a flu vaccine without first consulting a physician. These include:

- \* People who have a severe allergy to chicken eggs; people who have had a severe reaction to an influenza vaccination; people who developed Guillain-Barré syndrome (GBS) within 6 weeks of getting an influenza vaccine; children less than 6 months of age (influenza vaccine is not approved for this age group), and people who have a moderate-to-severe illness with a fever (they should wait until they recover to get vaccinated.)

#### Precautions you can take to stay healthy.

- \* Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

- \* Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.

- \* Avoid touching your eyes, nose or mouth. Germs spread that way.

- \* Stay home if you get sick. CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them

The above information is obtained from the CDC website [www.CDC.gov](http://www.CDC.gov)

# 'Year of the Air Force Family' web site launched

Air Force officials have launched a new Web site to showcase the Year of the Air Force Family effort.

Airmen and their families can log on to <http://www.af.mil/yoaff/index.asp> to learn about AF-wide initiatives, monthly themes and programs, as well as contact local installation Airman Family and Readiness Centers to find out about local events and activities.

Earlier this year Air Force Chief of Staff Gen. Norton Schwartz and Secretary of the Air Force Michael Donley designated July 2009 to July 2010 as the "Year of the Air Force Family," a year-long focus on Air Force programs highlighting the importance of, and commitment to, the entire Air Force family: all Airmen, married and single; spouses; children; Air Force civilians; extended families; and retirees.

"We will devote this year to identifying what we are doing right and what we need to do better to support the entire Air Force family, and to rekindle the sense of community that has been our tradition for so many generations," General Schwartz said.

Findings from the April "Caring for People" forum provided direction for the year-long focus that highlights improvements to existing programs. It also introduces new initiatives built on four pillars that meet the unique needs of Air Force families to include health and wellness; Airman and family support; education, development and employment; and Air-

man and family housing.

Together with Chief Master Sergeant of the Air Force James Roy, the service's senior leaders are addressing key areas of concern to Airmen. Some of the programs receiving special emphasis include deployment support, fitness, family safety awareness, exceptional family member programs and single Airmen Initiatives.

"You can rest assured that taking care of families is a solemn promise we make to each Airman and family and one that Chief Roy, General Schwartz, and I each take very seriously," Secretary Donley said. "And we make this commitment not only because it's the right thing to do for our Airmen, but because it is the smart thing to do for our Air Force."

Airmen and their families can expect programs and events tailored to the needs of their individual communities. It may include reintroducing family support programs already available to them today, as well as announcing new initiatives that will serve as model Airman and family support programs long into the future.

"The strength of the nation's Air Force is not the platforms we operate or the technologies we employ, as good as they are," General Schwartz said.

"It is our Airmen and their families. The Air Force is a great place to work, live, and play. Our intent is to make it even better."

## Air Force officials release fleece wear policy

The sage green fleece may only be worn over the ABU top, and is not authorized to be worn solely over a T-shirt, thermal underwear and similar undergarments, when worn as an outer garment. The uniform board has authorized wear of the sage green fleece without name tapes and rank

as an outer garment until Oct. 1, 2010. Both the black and the green fleece without tapes and rank may be worn as a liner to the APECS. The black fleece will phase-out Oct. 1, 2010. New sage green fleece outer garments will be made available first to deployed Airmen.

### BDU cold weather item authorized to wear with ABUs

Airmen are authorized to wear the battle dress uniform cold weather Gore-Tex and field jacket with the current airman battle uniform. Supply of ABU cold weather garments is af-

ected by delivery trends. To ensure Airmen are equipped for adverse weather, the "mix and match" policy has been extended until May 1, 2010.



# Restrictions on gifts from outside sources

Executive branch employees (i.e. Air Force Reserve members) are subject to restrictions on the gifts that they may accept from sources outside the Government. Generally they may not accept gifts that are given because of their official positions or that come from certain interested sources (“prohibited sources”). Prohibited sources include persons (or an organization made up of such persons) who

—  
\* are seeking official action by, are doing business or seeking to do business with, or are regulated by the employee’s agency, or

\* have interests that may be substantially affected by performance or nonperformance of the employee’s official duties.

In addition, an employee can never solicit or coerce the offering of a gift, or accept a gift in return for being influenced in the performance of an official act. Nor can an employee accept gifts so frequently that a reasonable person might think that the employee was using public office for private gain. There are a number of exceptions to the ban on gifts from outside sources. Please consult your legal office for a determination with relation to your specific case. Some commonly utilized exceptions include:

\* a gift valued at \$20 or less, provided that the total value of gifts from the same person is not more than \$50 in a calendar year

\* a gift motivated solely by a family relationship or per-

sonal friendship

\* a gift based on an employee’s or his spouse’s outside business or employment relationships, including a gift customarily provided by a prospective employer as part of bona fide employment discussions

\* modest refreshments (such as coffee and donuts), greeting cards, plaques and other items of little intrinsic value

\* discounts available to the public or to all Government employees, rewards and prizes connected to competitions open to the general public.

These exceptions are subject to the previously mentioned limitation which prohibits an employee from soliciting or coercing the offering of a gift. Nor can an employee use exceptions to accept gifts on such a frequent basis that a reasonable person would believe that the employee was using public office for private gain. If an employee has received a gift that cannot be accepted, the employee may return the gift or pay its market value. If the gift is perishable (e.g. a fruit basket or flowers) and it is not practical to return it, the gift may, with approval, be given to charity or shared in the office.

Bottom Line: Air Force Reserve members cannot solicit gifts from outside sources in their official capacity. To do so is a violation of the Joint Ethics Regulations. Violations of the JER carry substantial penalties.

Reference: 5 C.F.R. §§ 2635.201-205.

## Chaplain’s Corner

# 5 Kernels of Corn

by **Chaplain (Maj.) Dwight Magnus**  
**507th ARW Chaplain**

The Pilgrim fathers who landed at Plymouth Rock over 300 years ago knew nothing of the affluent times which you and I enjoy today in this great country of ours. The next time you and I are tempted to complain about inflation and the state of our economy, remember the following:

During that first long winter at Plymouth Colony, seven times as many graves were made for the dead as home for the living. The ship which was to bring food and relief brought 35 more mouths to feed, but not an ounce of provisions.

Touching indeed is the picture of William Brewster, rising from a scanty Plymouth dinner, consisting of a plate of clams and a glass of cold water, to thank God “for the abundance of

the sea and the treasures hid in the sand.”

The Pilgrims didn’t have much, but they possessed a great gratitude and it was upon this very thing that America was built. These stalwart people, strong, devout and sincere were the timbers upon which our nation was founded.

They had a custom of putting 5 kernels of corn upon each empty plate before a dinner of “thanksgiving” was served. Each member of the family would pick up a kernel and tell what they were thankful for. It was to remind them that the first Pilgrims were in such dire straits that their allowance was only 5 kernels of corn per person each day.

What 5 things are you thankful for? Psalm 103 can give you some good ideas.

But whatever they are, take time to share them with your family this Thanksgiving.

# Uprclose

The following question was asked of unit members during the October UTA:  
**“How are you preparing for the new fit to fight guidelines?”**



**Master Sgt. Frank Detchman**  
**513th ACG Airborne Radar**  
**Technician**

*“Work it in with everything else I do; it’s a time-management issue.”*



**Chief Master Sgt. Jennifer Blease**  
**507th Medical Squadron**  
**Superintendent, Nursing**  
**Services**

*“I do weight training, yoga and work with a personal trainer. I will continue to do what I do and add more pushups.”*



**Senior Master Sgt. Marie Pollard**  
**507th Medical Squadron**  
**Assistant Superintendent,**  
**Nursing Services**

*“Being a PT leader, I love the changes. I think it’s going to get people in better condition. I will increase my pushups; all types.”*



**Tech Sgt. Jason Berry**  
**507th MXS Crew Chief**

*“Continuously go to the gym. We are given three hours a week.”*



**Tech Sgt. Derek Johnson**  
**513th ACG Chief**  
**Information Systems**

*“Be self-motivated to work out on your own to prepare. Wish we had more time each day.”*

## 137th ARW Guard Dogs flag football team

Members of the 137th ARW Guard Dogs flag football team pose for a team photo following a recent Tinker AFB intramural game in the Tuesday night division. Casey, Sean and Mark mug for the camera from the front row. Behind them is Evan, Tom, Larry and Ben, with Brandon rounding out the picture from the back row. The Guard Dogs are 2-2 in league play and in contention for a playoff berth.

Photo by Courtney Hawkins, 507 ARW



# On-final R-News

## Rules for rendering hand salute of Flag

A new Law allows retirees and Vets to salute the U. S. Flag. Traditionally, members of the nation's veterans service organizations have rendered the hand-salute during the national anthem and at events involving the national flag only while wearing their organization's official head-gear.

The National Defense Authorization Act of 2008 contained an amendment to allow un-uniformed servicemembers, military retirees, and veterans to render a hand salute during the hoisting, lowering, or passing of the U.S. flag.

A later amendment further authorized hand-salutes during the national anthem by veterans and out-of-uniform military personnel. This was included in the Defense Authorization Act of 2009, which President Bush signed on Oct. 14, 2008.

## ESGR accepting Freedom Award nominations until Jan. 18, 2010

Employer Support of the Guard and Reserve, a Department of Defense agency, is taking nominations until Jan. 18 for the 2010 Secretary of Defense Employer Support Freedom Award. Members of the Guard and Reserve and their families are encouraged to nominate employers who have done an exceptional job in supporting their military employees. ESGR accepts nominations online at [www.FreedomAward.mil](http://www.FreedomAward.mil). The Secretary of Defense Employer Support Freedom Award is the highest recognition given by the U.S. government to employers for supporting their employees who serve in the National Guard and Reserve.

### 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

