

On-final



Tinker Air Force Base, Oklahoma | September 2010 | Vol. 30, No. 8

NEWS IN BRIEF

Okies to hold 4th annual reunion

The 4th Annual Okie Reunion will be held Sept. 24-25 at various locations in the area and on Tinker AFB. Registration ends Sept. 15. For more information, visit 507thshbigokies.com.

AFPC creates dress, appearance website

Armed Forces Personnel Command has created an interactive website for all questions dealing with AFI 36-2903, *Dress and Personal Appearance of Air Force Personnel*. Visit www.afpc.randolph.af.mil/dress.

Tinker Triathlon on hold until Sept. 25

The 23rd annual Tinker Air Force Base Triathlon has been rescheduled for Sept. 25 due to scheduling conflicts and issues with the base swimming pool. Call the Gerrity Fitness Center at 405-734-5607 for more information.

Free admission to Okla. State Fair for military, spouses

Military members and their spouses who attend the 2010 Oklahoma State Fair on Tuesday, Sept. 21 will receive free admission with a valid military ID card. Visit www.okstatefair.com for more information.

507th, 137th association leads by example

By Lt. Col. Richard Curry
507th Air Refueling Wing Public Affairs
and 1st. Lt. Jessica Chapa
137th Air Refueling Wing Public Affairs

A joint effort between the 507th Air Refueling Wing and the 137th Air Refueling Wing led to “outstanding” results in a recent unit compliance and Logistics Compliance

Assessment Program (LCAP) inspection conducted here in July.

More than 80 Inspector General team officials from Air Force Reserve Command and Air National Guard Command arrived mid-month to conduct these major inspections, as well as a health services inspection,

or HSI, of the 507th Medical Squadron.

The LCAP is conducted to assess a unit’s ability to perform key logistics processes in a safe, standardized, repeatable and technically compliant manner. A unit compliance inspection, or UCI, is conducted to assess

see INSPECTION, page 4

507th Medical Squadron officer dies; unit mourns loss of teammate

By Tech. Sgt. Zach Jacobs
507th Air Refueling Wing Public Affairs

The 507th Air Refueling Wing lost a dedicated and motivated officer in July.

Capt. Jennifer Lyn Trevino, a nurse with the 507th Medical Squadron and chief of the immunizations clinic, died on July 14, 2010.

Trevino was the victim in a murder-suicide incident at a hotel in Norman, Okla.

Trevino, a native of Auburn, Ind., was born Sept. 4, 1972. She was graduated from Urbana, Ohio, High School in 1991, and from the University of Central Oklahoma in 2004, where she majored in nursing.

Trevino enlisted in the active duty Air Force in 1994. She joined the 507 MDS in 2000 as a Reservist and earned



Photo courtesy of 507th Medical Group
Capt. Jennifer Lyn Trevino, a nurse at the 507th Medical Group, died on July 14, 2010, in Norman, Okla. She was a 16-year veteran of the U.S. Air Force and U.S. Air Force Reserve.

her commission as a second lieutenant in 2004.

Trevino also worked as a care management supervisor for the Oklahoma Health Care Authority since 2005.

Master Sgt. Veronica Garrett, the senior Air Reserve Technician at the 507 MDS, said she had been friends with Trevino since 2000, when they were both technical sergeants working together.

Garrett said that Trevino was a consummate medical professional and a dedicated officer, one who never missed a UTA.

She said Trevino was once immunizing reservists about to deploy and, save for a few breaks, gave immunizations to those deploying for 18 hours.

“When I pulled her off the line, she was so exhausted,” said Garrett. “But that’s how dedicated she was.”

But, Garrett said, there was

see TREVINO, page 4

All good things must come to an end...

By Col. John Trnka
513th Air Control Group Commander

All good things must come to an end – my time at Tinker is no exception. For the past three years I have been honored to command the 513th, but as many of you have heard, this is my last UTA.

Leaving here will be more difficult than I can express. I have been part of the 513th,

and the 552nd before that, for 14 of the last 18 years, and in that time I've learned one thing – you guys are the best in the world at what you do.

I have served with the men and women of the 513th in Germany, Panama, Turkey, Akrotiri, Curacao, through the trauma of the post-9/11 period, and a variety of state-side exercises, and you have proven that every time and

everywhere.

I don't say that to try and flatter you – it's a statement of fact – but I do hope you know how good you really are.

Now, that's not just *my* opinion - that's the opinion of JFACCs and Task Force Commanders around the world, over many years.

I'm proud to be part of a group of skilled warriors like you, but it's the personalities

behind the skills that really make me regret leaving. To say this is a group of characters is an understatement...

So, to end this, I have no parting words of wisdom or motivation, just a Thank You – for the support you've given me, the support you've given this unit and for your service to our nation.

God Bless,
TRINK



'Chancing one's arm': a story of reconciliation

By Maj. Dwight Magnus
Chaplain's Corner

There is an ancient door on display in St. Patrick's Cathedral in Dublin, Ireland. The rough hewn door has a rectangular hole hacked out in its center.

It is called the Door of Reconciliation, and gives rise to the Irish expression of "chancing one's arm."

In 1492, two prominent Irish families, the Ormonds and Kildares, were in the midst of a bitter feud. As the feud grew and turned into an all-out fight, the Earl of Ormand was besieged by the Earl of Kildare. The Earl of Ormand and his family and followers took refuge in the chapter house of St.

Patrick's Cathedral and bolted themselves in.

However, as the siege wore on, the Earl of Kildare concluded the feuding was foolish. Here were two families worshipping the same God, in the same church, living in the same country, trying to kill each other.

So Kildare called out to the Earl of Ormand and pledged that he would not seek revenge or indulge in villainy - he wanted the Ormands to come out and the feud to be over. But Ormand was convinced that it was a scheme full of treachery and refused to come out of the cathedral.

So Kildare grabbed his spear, chopped a hole in the door with it, and thrust his hand

through. There was a tense moment until his hand was grasped by another hand inside the church. The door was opened and the two men embraced, thus ending the family feud. From Kildare's noble gesture came the expression: "chancing one's arm."

It is time to stop playing the game of "Family Feud" and start afresh in a spirit of reconciliation. Forgiveness and restoration are not easy, but well worth it! If you need any encouragement to forgive, look to the Cross, and the forgiveness of Christ.

Make this a memorable Family Day.



Chaplain (Maj.) Magnus is assigned to the 507th Air Refueling Wing.

Daniel, Sonya R. 507 LRS
Dupree, Latress N. 507 LRS
Forbes, Sean R. 72 APS
Kessler, Joseph W. 72 APS
Lightfoot, David S. 507 AMXS
Williams, Ross W. 507 MXS
Lindstrom, Christina N. 507 ARW
Nixon, Vanilla B. 507 SVF
Ryan, Joshua R. 513 MXS
Smith, Joshua J. 507 SFS
Williams, Ross W. 507 MXS
Master Sergeant:
Lentz, Brian A. 970 AACs
Rodriguez, Andrew C. 970 AACs
Senior Master Sergeant:
McFarland, Bryan W. 513 MXS
Tidwell, Allen T. 970 AACs

Pounds, Erin J. 507 LRS
Voorhees, Heather C. 507 AMXS
White, Breonna D. 35 CBCS
Staff Sergeant:
Bollig, Thomas W. 513 AMXS
Buettner, Adam L. 507 ARW
Dobbs, Jason 970 OG
McDonald, Daniel 513 MXS
Nicoson, Terry J. 507 MXS
Pecinosky, Edward 507 CF
Shaw, Shawn 970 AACs
Stephens, Ashley K. 507 MOF
Tennis, Bradley 507 MXS
Tompkins, Matthew 507 OG
Technical Sergeant:
Cervera, Daniel A. 35 CCBS

Aug/Sep 2010 Promotions

Airman:

Sager, Travis E. 507 MXS

Airman First Class:

Bryant, Derek A. 507 MXS
Jones, Cathryn C. 35 CCBS
Mack, Orlando W. 507 MXS
Phillips, Kayla K. 507 MDS
Ridlon, Patrick 507 CF
Smith, Justin M. 507 MDS

Senior Airman:

LaPlante, Terri L. 507 MXS
Payne, Dustin J. 507 LRS

On-final

507th Air Refueling Wing Editorial Staff

507 ARW Commander
Col. Jeffery R. Glass

Chief of Public Affairs
Lt. Col. Richard A. Curry

Dep. Chief of Public Affairs
Maj. Bill Pierce

On-final Editor
Tech. Sgt. Zach Jacobs

Student Hire
Chris Dobbs

This funded Air Force Reserve Command magazine is an authorized publication for members of the U.S. military services.

Contents of On-final are not necessarily the official views of or endorsed by the U.S. Government, the Department 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, which is located at 7435 Reserve Road, Suite 9, Tinker Air Force Base, Okla., 73145-8726.

All photographs are Air Force photographs unless otherwise indicated.

Questions? Comments? Email 507 ARW Public Affairs at 507arw.pa2@tinker.af.mil.

Proud of our past and looking to our future

By Lt. Col.
Bonnie Tremblett
507th Air Refueling Wing

When reviewing the 507th Air Refueling Wing's 2009 and 2010 impressive achievements, a couple of things come to mind. First, we've been busy! Second, we can be very proud of all that we've done.

Our 2009 accomplishments were record-setting: we set our all-time record of 4,492 hours flown, and for four months we achieved over the top all-time flying hours. We put hundreds of volunteers on the road to participate in all theaters in Operations IRAQI FREEDOM and ENDURING FREEDOM as well as Operation UNIFIED RESPONSE.

We sent Airmen to Alaska to take part in Operation ARCTIC CARE; there they supported twelve small villages. Some 300 local patients benefited and we improved their quality of life.

On top of all of this, we excelled in our inspections this July, earning a phenomenal 97.5% pass rate on the Logistics Compliance Assessment Program; had few Unit Compliance Inspection write-ups; and did a great job on the Aircrew Standardization/Evaluation Inspection.

That being said, it occurred to me maybe we should stop and thank one another for our dedicated service, and continue to provide a strong foundation for those who follow.

However, looking back with pride doesn't mean we shouldn't also look forward and anticipate a very busy next 18 months. Later this year, we'll begin a series of Operational Readiness Inspection (ORI) operational training events to prepare us for our March 2012 ORI. The months leading up to it will challenge us with things we're familiar with.

We'll have three wing-wide flyaways next year - in April, August and November 2011 - which will likely take us to the Volk Field, Wisconsin, Combat Readiness Training Center, to engage in an Operational Readiness Training Program (ORTP). We'll have home-station Ability to Sur-

vive and Operate (ATSO) exercises as well.

So, while we do so well in our endeavors each and every day, the ORI is our every-60 month opportunity to demonstrate all of our skills for the AMC Inspector General. Collectively, we constitute one of the most productive KC-135R wings in the Air Force. We should all be very proud of our contributions to our nation's defense and to our heritage. Given all we've demonstrated in the past few years, let's look in earnest toward our future and show AMC what we're made of. After all, everything we do, we do well! **O-f**

Lt. Col. Tremblett is the 507th Air Refueling Wing performance plans officer.

Commentary: 'Are you kidding me?'

By Lt. Col. Ralph Hawkins
513th Air Control Group

As a 507th ARW Okie from 1988 to 2002, I have always felt fortunate to be invited not only to wing events, but to planning committee meetings for these events.

One of these meetings occurs annually when the 507th gears up for its Reserve Family Day, which is held on the Saturday of each September UTA. After the event, this committee gets together for what's called a "hotwash" - to go over what went right, what went wrong and what can enhance next year's Family Day.

As I sat in on the hotwash meeting for the 2009 Family Day, MSgt Takesha Williams read quite a few "suggestions"

received from anonymous individuals around the campus. Then, she read one that - for me - was like a bomb going off.

"Why doesn't Holiday Spirit pay for Family Day? That way everyone could attend and eat for free."

I thought, ARE YOU KIDDING ME? Did I actually just hear that?

Since 1999, Operation Holiday Spirit has collected \$91,705 and helped 159 needy families at Christmastime. That's an average assistance of \$576.76 per family.

When times are tough, when homes are being foreclosed upon or utilities are being turned off, when spouses are laid off or have health issues, when children also

have health issues - some of them unbelievably serious, \$576.76 can look pretty good to a Reserve or Guard member whose kids still believe in Santa Claus and are hoping something was left under the tree (if they can afford one) Christmas morning.

Now, some families with bigger problems receive more assistance. Some with smaller problems receive less. But each family receives more than what it had before.

O.H.S. has been supported by local area businesses, on base groups and clubs, and 1,515 attendees at eleven "steak supper fund raiser" events.

But to use O.H.S. to pay for Family Day - a day that the individual mentioned before

gets paid a full day's wages for a half of a day of work, and a half of a day to stand in line several times to get his or her "fair share" - is classless.

Additionally, there is separate funding set aside for the food served at Family Day. Proceeds from ticket sales are used to help defray the costs of the entertainment (dunk tanks, toys for the kids, music, etc.).

So, as Family Day is upon us and with Operation Holiday Spirit (and the holidays) around the corner, let's keep our spirit focused on those truly in need. **O-f**

Lt. Col. Hawkins is the 513th Air Control Group executive officer. These views are his own.

507, 137 ARWs set the bar during recent inspections

INSPECTION from page 1

areas mandated by law as well as mission areas that are critical or important to the health and performance of organizations.

HSIs assess Air Force Medical Service (AFMS) programs at the local level in order to provide senior leadership with accurate feedback and to assess the ability of medical units to fulfill their health service support missions including provision of medical care, success in training and equipping deployable personnel, and mission support.

The 507th ARW and the 137th ARW began their association in 2007 due to the Base Realignment and Closure and Total Force Integration process. The 507th became the first Air Force Reserve unit to serve as a host for an Air National Guard wing.

Together, both wings shared mission involve flying and maintaining their 12 assigned KC-135R Stratotanker aircraft.

The road to joint excellence began with the ANG conversion from C-130 aircraft. Aircrew and maintenance members from the 137th spent months transitioning to the KC-135, learning a new mission and training for success.

"We all have a shared goal and that is to perform maintenance and to perform it properly," said Chief Master Sgt. Ronald Mitchell, 507th ARW AMXS Superintendent.

In preparation for their LCAP, members from each unit used each other's checklists, working on them as a team to ensure each understood what was expected and that they would be able to demonstrate they were engaging in the best practices possible.

With more than 2,500 events to accomplish, this enabled the team to provide feedback to one another for mission success and to demonstrate to the inspectors their joint efforts were producing positive results.

"We've had a lot of challenges to overcome," said Senior Master Sgt. Tom Berry, 137th ARW Maintenance Flight Chief. "But open communication has been the key to our success."

Inspectors cited numerous unit strengths thanked the units for all of their hard work.

They noted the challenges presented to each unit and commended actions taken by squadron superintendents, flight chiefs, section chiefs and other section personnel who have come together to deal with these challenges.

Ultimately, the LCAP inspection team could find no major or minor write-ups for the joint maintenance endeavor.

"This is truly a first," said Col. Jeffery R. Glass, the 507th ARW commander. "We've never seen a flawless LCAP inspection before. This joint maintenance team can take pride in their accomplishments and expect a

507 MDS members honor 'true friend'

TREVINO from page 1

more to Trevino than just her work ethic.

"She was one of those people who love(d) her friends and family unconditionally," said Garrett. "She was a non-judgmental person."

Maj. Michelle Wollenzin, the chief nurse at the 507 MDS and Trevino's supervisor, recalled how Trevino would persevere through tough experiences to make herself stronger.

Wollenzin remembered their last temporary duty assignment together. They were at a two-week-long medical conference in San Antonio, Tex., where two instructors for a class they were to attend didn't make the conference.

Instead of simply attending, Wollenzin said she and Trevino -- with a bit of urging from the former -- taught the class themselves. Wollenzin said Trevino didn't enjoy speaking in front of large groups, but she said Trevino was glad she taught the course.

"Even though she was scared of it, she did it. She

didn't allow her fears to hold her back from an opportunity to better herself," said Wollenzin.

Wollenzin also said Trevino was a great friend.

"She was there for birthday parties and when babies were born," said Wollenzin. "She was just a really true friend. I don't have many of those and she was one of them."

Trevino left behind two children, Abigail and Dominick Trevino, her parents, siblings, uncles and aunts, and many coworkers and friends here at the 507th.

Garrett and Wollenzin each said that just knowing Trevino was a gift.

"God brings certain people into your life for a reason, and she was one of those for me," said Garrett.

"She was just an outstanding human being," said Garrett. "She died way too young."

Wollenzin said, "I'm a better person for having known her and for her sharing her life with me. It was a privilege and an honor to call her my friend." 

lot of phone calls in the future from other wings asking them how they did this."

"Congratulations," said Col George Pierce, an AFRC inspector regarding the joint LCAP findings. "You have set the bar high!"

"From wing leadership to the worker level in the maintenance organizations,

it's working and great things are happening here," said Pierce.

The 507th also fared well in their UCI, passing with high praise from inspectors.

For now, both the 507th and 137th Air Refueling Wings have made their mark to set a new standard for any Air Force associate program. 

Education, training chief reflects on her career

On the occasion of her retirement, Chief Master Sgt. Sharlotte Epps answered a few questions about her career, her future plans, and the unusual way she once earned an incentive flight.

Why did you enlist?

I came to work for the 507th as a civilian employee in Customer Service in 1975. I worked here a little over a year and liked what I observed in the unit. I enjoyed feeling the sense of family and pride that was always evident. Everyone always worked together as a team. I decided that I wanted to be a part of that and a member of the military so I enlisted on February 18, 1977.

Who influenced you to enlist? To stay enlisted? To become a Chief?

I made the decision to enlist on my own. The personnel I worked with in the consolidated base personnel office were mostly ARTs and were very supportive about my enlisting in the Air Force Reserve. Chief Master Sergeant Doris Kitze was my mentor for many years and she motivated me to make her job as the Personnel Superintendent as my goal.

I also decided back then that I wanted to be a Chief someday just like Chief Kitze. I did get her job when she retired and was promoted to Senior Master Sergeant.

Why the Reserve?

I was already working here as a civilian and knew everyone and felt comfortable. I have always been an Okie so I did not have to leave home to be in this unit and it also gave

me the chance to do a little travelling, which I had never done before.

What was your favorite or most interesting or memorable assignment?

I enjoyed my annual tours that I was able to do overseas the most. They gave me chances to see other parts of the world and other cultures.

My most memorable moment would be my incentive flight in an F-105 over the beautiful countryside of Italy. I had to work 14 hours straight of KP duty in the dining hall for that flight.

What did you want to do when you enlisted (job-wise)?

I was only interested in working in the personnel career field since I already had experience in that area. I really enjoyed meeting new people and taking care of our customers.

Why did you pick the education/training field?

After twenty years in the personnel career field, I was asked if I would be interested in the education and training superintendent position; I felt it was a good time to try something different. I was promoted to Chief Master Sergeant in this position under the Promotion Enhancement Program.

I will finish my career with 13 years in this position. It has also been a fulfilling career field because I still get to take care of customers.

What advice can you give to anyone who aspires to succeed in the Reserve?

Find out about your unit and the people in it and how everything works. A person

needs to take responsibility for his own career because it is more important to them than it is to someone else.

Find out all of the promotion eligibility requirements to progress from one rank to another.

Complete the required PME right away so you will be ready for that next promotion. Do not let the lack of PME cost you a promotion.

Of course, pass your Fit-to-Fight test. Get involved in unit and Wing activities and be a team player.

Last but not least, complete your Community College of the Air Force Degree even though you may already have a civilian college degree.

What will you miss about being enlisted? About the 507th?

For me, it is very hard to leave something that has been a big part of my life for so many years. I will miss wearing the Air Force uniform and feeling that I am part of something worthwhile. The uniform is a reminder to me of what has been sacrificed for us to be able to live here today in a free country. It embarrasses me a little, but at the same time, it makes me feel good when total strangers come up



to me and say, "Thank you for your service".

I will miss the 507th because this is where I have spent my entire military career. I have observed and transitioned through many personnel and aircraft changes. The 507th will always be a part of me and who I am.

What are you looking forward to in retirement?

First, I want to sit back and relax and wake up without an alarm clock. I just finished my bachelor of science degree in July, so that means I will have even more free time.

I will have the time now to get back to the most important things in life, which are to find my place in God's service and spend more time with my husband and family especially my grandchildren. Of course, we are hoping to travel more now, since my calendar will be empty.

O-f

RESERVE SPORTS

Members of the 513th Air Control Group "Thumper" coed softball team pose for a group photo after winning their first ever Tinker Air Force Base title. (Photo by Lt. Col. Ralph Hawkins)



Tinker Reserve flag football defensive back Mario Cruz (bottom) collides with fellow teammate Eric Wooten (top) and Navy receiver Jorge Esparza during a game at a football field on Tinker Air Force Base Aug. 12, 2010. Navy won the game 12-0. (Photo by John Stuart)

“MOVIN’ ON ‘OP”



Col. Jeffery Glass, commander of the 507th Air Refueling Wing, addresses a gathering of wing members at the ribbon-cutting ceremony of the new consolidated operations building on August 19. The building had been under construction since June 2008. (Photo by Lt. Col. Richard Curry)



Mr. Ralph Homesley (left), Col. Gregory Ferguson, 137th Air Refueling Wing commander (OK ANG), Col. Jeffery Glass, 507th Air Refueling Wing commander, and Mr. Warren Ross cut the ribbon to officially open the new consolidated operations building August 19. Homesley is with Office Interiors of Oklahoma City, Okla., who helped furnish the building. Ross is the owner of the Ross Group, the general contractors for the building. The 507th and 137th Air Refueling Wings will work together in the building. (Photo by Lt. Col. Richard Curry)



A model nose of a KC-135 Stratotanker aircraft hangs off a wall of the new consolidated operations building August 19. (Photo by Lt. Col. Richard Curry)



Members of the 507th and 137th Air Refueling Wings enjoy snacks in the Heritage Room of the new consolidated operations building August 19. The Heritage Room is a distinguished visitors' lounge and snack bar. (Photo by Lt. Col. Richard Curry)

Military optometrists care for new patients during Shared Accord 2010

Story and photo by
Lance Cpl. Jad Sleiman

Special to the *On-final*

TENGA, Mozambique — Stepahno Shivanbe didn't know much English, but he knew enough to say, "Thank you. Thank you very much." So that's all he repeated, time and time again, as he walked out of the exam room — an olive drab shipping container marked "Optometry."

The elderly man was one of the first patients treated at the optometry section of the Task Force Unity coordinated humanitarian civil assistance program that began in the tiny Mozambican village of Tenga, Aug. 4, as part of Exercise SHARED ACCORD 2010.

"He's like a plus 12, which is way off," said U.S. Air Force Capt. Daniel Dillinger, describing Shivanbe's nearsightedness. "This will be the first time he's seen in years."

His patient had suffered from cataracts before a botched surgery in 2009 that only worsened the man's condition.

Dillinger, an optometrist with the 940th Aerospace Medical Flight headquartered at Beale AFB near Sacramento, Calif., looked on as U.S. Air Force Master Sgt. Darrin Oglesby, an optometry technician with the 507th Medical Squadron out of Tinker Air Force Base, Okla., fashioned Shivanbe a pair of dual-lens glasses using a length of surgical tape.

"We're going to have to tape two pairs of glasses together to

make it work," said Oglesby as he tried lens combinations.

The sum total of two prescriptions came close to, but still couldn't fully meet, Shivanbe's prescription. None of the 2,400 stocked lenses, which were primarily donated by Lions Club members in the U.S., was strong enough to meet the man's extraordinary needs.

Oglesby fitted Shivanbe's glasses and had him try out his new spectacles on near and far away objects. Through hand motions, the two decided on the best view, and Shivanbe's smile told the airmen their unorthodox creation was working.

Master Sgt. Andrew Bogart, a medic with the 514th Aerospace Medicine Squadron, said such nonverbal communication was key because tribal language translators were in short supply.

"It's mostly kind of sign language," he said. "A lot of thumbs up, thumbs down."

Still, despite the difficulties, the men smiled right along with their patients.

And after years of near blindness, Shivanbe's new glasses restored his vision.

The airmen of the optometry section have seen an average of 75 patients a day, with common ailments ranging from cataracts to glaucoma to pterygium — a condition in which the white of the eye grows over the pupil, obstructing or obscuring vision altogether, according to Dillinger.

"Many of the conditions



Master Sgt. Darrin Oglesby, an optometry technician with the 507th Medical Squadron out of Tinker Air Force Base, Okla., combines two eyeglass lenses to meet an exceptionally strong prescription at the optometry section of Task Force Unity's temporary quarters, Aug. 4, 2010, as part of Exercise SHARED ACCORD 2010.

we see are caused because of chronic dryness, dust and ultraviolet exposure," Dillinger said. "In the States we have so many tools around us to treat these conditions, but here — it's you and your brain."

Dillinger, along with a team of Marines, sailors and soldiers, will travel to two more villages to provide medical and dental aid as SA10 con-

tinues.

The exercise brings together more than 1,000 U.S. servicemembers and Mozambican soldiers for the purpose of increasing Mozambique's capacity to carry out peace and stability operations. **O-f**

Lance Cpl. Sleiman is assigned to Marine Forces Africa.

Oklahoma air reserve component team effort supports RIMPAC 2010

By Lt. Col. Richard Curry

507th Air Refueling Wing Public Affairs

An Oklahoma air reserve component total team effort went into supporting RIMPAC 2010, the world's largest maritime exercise, which was held last month.

Airmen from the 507th Air Refueling Wing, 137th Air Refueling Wing and the 513th Air Control Group collectively winged their way overseas to participate in this year's event.

Hosted biennially by the U.S. Pacific Fleet, RIMPAC (Rim of the Pacific), is a series of multinational maritime exercises which take place in the Hawaiian operating area. Fourteen nations, 32 ships, five submarines, over 170 aircraft and 20,000 personnel participated in the exercise in the Hawaiian operating area in, and around, the islands of Hawaii. In addition to U.S. military forces, military units from Australia, Canada, Chile, Colombia, France, Japan, Indonesia, Malaysia, Netherlands, Peru, Republic of Korea, Singapore, Thailand, and the United States participated. The countries of Brazil, India and New Zealand sent observers.

Four 507th Air Refueling Wing KC-135R Stratotanker aircraft and more than 100 wing reservists provided support throughout July. Joining them mid-month were an E-3 Sentry Airborne Warning and Control Systems (AWACS) aircraft along with a



Photo by Tech Sgt. Cohen A. Young

Boston, Mass. native, Staff Sgt. Ron Davis, a boom operator with the 465th Air Refueling Squadron, 507th Air Refueling Wing, Tinker Air Force Base, Okla., keeps the boom of his KC-135 stratotanker steady while refueling a U. S. Navy F/A-18 Super Hornet over the waters of Hawaii before returning to Joint Base Pearl Harbor-Hickam, Hawaii in support of the Rim of the Pacific Exercise on July 20. RIMPAC, the world's largest maritime exercise is a biennial event which stresses interoperability of all partner nations as a key element of regional stability. Fourteen nations, 32 ships, five submarines, more than 170 aircraft and 20,000 personnel involved took part in this exercise.

total of 44 Air Force Reservists from the 513th Air Control Group.

Another aircrew from the 185th Air Refueling Squadron, a subunit of the 137th, flew in on a swap-out aircraft to participate.

"While this was primarily a 507th effort, we were given one mission channel to support," said Maj. Thomas Haley, 185th Air Refueling Squadron flight scheduler.

RIMPAC 2010 was the fifth time for 507th ARW participation and a first-time

experience for the 137th and 513th members.

"The RIMPAC experience was great," Haley said, adding that the complexity of operations was demanding and realistic of actual combat operations.

"It is a very good experience for new co-pilots who have not been to any combat operations before," said Haley. "It is a good training opportunity for new co-pilots who have not been to any desert operations before. We found ourselves flying over water for multiple

Navy aircraft while refueling with a drogue basket. Flying with Navy fighters is something we don't normally do and it is good to see other types of aircraft in real world missions."

The air refueling mission objective was to establish operations and conduct mid-air refueling as tasked by the Combined Air and Space Operations Center.

"We received our daily air tasking orders from

see RIMPAC, page 11

Ask a colonel...

By Col. Jeffery R. Glass

507th Air Refueling Wing

What's the status on the parking lot expansion? And what can be done about people who leave their cars in the parking lot while on TDYs or deployments?

The two parking lots in stages of construction at the HQ's building and in the MX area have had some delays due to weather and power line movements.

Hopefully by the October UTA, both will be completed. The parking lot at the new flying squadron building is complete, which will open up parking at the old building.

Regarding long-term parking, each unit is supposed to brief those parking plans with their deployers. I will re-emphasize this at the next pre-UTA briefing.

How difficult is it to get a Reserve commission these days? And is the cutoff at age 35 still in effect, or is it waiverable?

Waivers are very hard to come by. We have commissioned quite a few enlisted members to become pilots, but the cutoff is 30 years of age for that field.

The other way is if we have a vacancy and fill that with one of our enlisted members. Within the next couple of months we will have a board to rack and stack candidates for future openings.

Our retention has been really good and we are not losing many members, but maybe the fitness question may cause some openings.

Although we have a shiny new ops building ready to go, will there be anything new built on the Reserve side of Tinker in the near future?

We are presently building a

third hangar and will shortly start work on the old ops building to make a home for LRS, Comm and Services. We will also see work on some roofs and heating and air systems in some of the facilities.

We have also received money to resurface most of the old parking lots.

If I'm still not passing my Fit to Fight test, but I am showing improvement, will I still face disciplinary action (and possibly discharge from the Reserve)?

The new regulation governing Fit to Fight testing is much stricter than the previous regulation. Commander's judgment is still in effect. I look for great improvement; i.e. if you scored 36 on one test and the next you scored 45, that is not an improvement in my eyes. I would like to see improvement in all categories.

I do not want to see anyone

discharged due to fitness, but it really is up to each individual to improve. Fitness is truly a life change, and each of us has to make that change. **O-f**

Col. Jeffery Glass is the commander of the 507th Air Refueling Wing.

"Ask a colonel..." is an informational and discus-sional column, and is not intended to replace the chain of command.

If you would like to ask a question regarding professional development, administrative issues or events around the wing, send an email to 507arw.pa2@tinker.af.mil.

All pertinent questions will be answered by the month's columnist, and the best questions and answers will be published next month.

Getting fit to fight...

By Capt. Robert Atkins

507th Air Refueling Wing

What are some exercises to help prepare for the Fit to Fight test, besides doing the actual running, pushups and sit-ups (e.g., bench press for pushups, interval running for timed run)?

I think the best exercise you can do is swimming. The base pool is open 0600-1400 for lap swimming Monday through Friday. It is great cardio but also builds your shoulder and triceps muscles.

I would equate a 400m swim (down and back eight times) to about a mile of running.

What are some tips to help

reduce daily caloric intake ?

Well, I exercise more than the average person, so I burn a lot more calories than the average person. But when I'm preparing for a race and trying to lighten up a little bit, I try to keep lots of fresh veggies around for snacks. Celery sticks and baby carrots are probably the best because they have very few calories, and are easy to find in small packages in the grocery store.

I also try to drink extra water throughout the day. Sometimes I chew on ice or sugar-free gum if I'm really feeling hungry and I've already eaten what was on my plate.

When should you stop or slow down on exercising?

I don't think you should ever take a day off unless your doc-

tor says you have a definite injury. Most people that just start exercising get sore and don't like it so the quit.

They actually should continue to exercise - taking it easy - and the exercise will get blood into the muscles and help flush out the soreness faster than just resting.

After a hard race, I'm usually really sore the next day, but I always try to get easy 20-30 minutes on the stationary bike and jog for 2-3 miles or walk, and I usually get most of the lactic acid (the chemical which causes muscle soreness) out of my legs.

What if you have a desk job? What can you do in the office to prepare?

The best thing you can do to prepare is *commit* to exer-

Capt. Robert Atkins is the executive officer for the 507th Air Refueling Wing. These views are his own.

"Getting fit to fight..." is an informational and discus-sional column. If you have any medical issues, you are urged to see your primary care manager.

If you would like to ask a wing 'expert' a fitness question, or would like to be the fitness 'expert' for the month, send an email to 507arw.pa2@tinker.af.mil.

All pertinent questions will be answered, and the best ones will be published next month.

cising every day, or at least 4 times a week. Instead of going to lunch everyday, I go to the gym. There is nothing I can do in the office that will substitute for that. **O-f**

Ask a chief...
 By Command Chief
 Master Sgt. Tina Long
 507th Air Refueling Wing

What professional military education – or similar – courses should enlisted members take to make them more promotable or further their careers? And is it better to take a PME course in residence than via correspondence?

Upward mobility and required PME go hand in hand. It really doesn't matter if one attends in residence or via correspondence as long as you pass. Of course, there are pros and cons that apply to each course direction, but you need to dedicate yourself and take it seriously once you commit to the course.

A common misconception is that if one fails and/or self-eliminates from the correspondence course, he/she can go in residence. This is not the case. Remember, the active component treats correspondence as a prerequisite for in-residence.

Always complete any and all required PME ASAP. You can now enroll in SNCOA as a TSgt. Never pass up an opportunity to attend additional PME when offered.

Regarding similar courses, the NCO Leadership Development Course may soon be a prerequisite for TSgt. The SNCO Leadership Development Course also looks great on a résumé, as does Senior Enlisted Joint PME. These courses may also be used as tie-breakers at a PEP or awards board.

How much of a role will civilian education play in enlisted promotions in the future? And will having a CCAF degree be enough for certain positions (for example, senior enlisted leadership or ART position)?

Currently, a degree isn't a requirement for promotion, but garnering your CCAF is very important.

The CCAF degree is looked at as the "company" degree program for the Air Force and is considered necessary when competing for certain positions, awards and PEP stripes.

You need to make yourself as competitive as possible and a CCAF in your records can only assist you in your near- or long-term goals.

What must I do to get selected for quarterly and/or annual awards? What types

of "bullets" will set me apart from other competitors?

Be involved and help your supervisor help you. Sometimes we need to sell ourselves when it comes to our accomplishments.

Communicate your goals and aspirations with your supervisor. Assist and be involved with your awards package and your EPR. You possess more knowledge of your accomplishments than anyone, so help those that are willing and capable of writing a compelling awards package.

Always write in the same tense, using single bullets (no sub-bullets) to show action and result. Push each bullet out to the right of the AF Form 1206. Use your thesaurus and play with words making your 1206 as appealing and remarkable as you are. I see what you do each and every day, so put all your extraordinary accomplishments to paper!

What should I do if my supervisor makes me write my own EPR or awards package? Shouldn't my supervisor be rating me, and not the other way around?

In a perfect world you would

never have to write anything on yourself. But let's face it, this world isn't entirely perfect and even your supervisor is busy. It's also difficult to keep track of what everyone does each UTA and all they do throughout the year.

An EPR should never fall solely on one party; think of it as a collective effort and keep a running 1206 on yourself. So, if you're uncertain on what to do, re-read the answer above and remember: It's your career, so take control. **O-f**

Chief Master Sgt. Tina Long is the command chief for the 507th Air Refueling Wing. These views are her own.

"Ask a chief..." is an informational and discussion column, and is not intended to replace the chain of command.

If you would like to ask a chief master sergeant from the wing a question regarding professional development, administrative issues or events around the wing, send an email to 507arw.pa2@tinker.af.mil.

All pertinent questions will be answered, and the best ones will be published next month.

RIMPAC

from page 9

the Combined Forces Air Component Commander under Pacific Fleet. During this exercise our aircraft were heavily engaged, flying 3-4 missions daily refueling a variety of aircraft," said Lieutenant Colonel Gerald Malloy, the 465th Air Refueling Squadron director of operations. Malloy said

most of the refueling missions ranged from 2-4 hours in duration.

For the AWACS crews, 970th Airborne Air Control Squadron members flew two 5-1/2-hour-long sorties out of Hickam Air Force Base, supporting two vulnerability windows for the exercise.

"We participated in two War At Sea Exercises (WASEX), providing control to F-18 and F-15 assets defending a coalition fleet," said Lt. Col.

Wayne Polinski, a 513th flight scheduler.

Polinski said the AWACS crew coordinated ID and cap manning with a Japanese cruiser acting as the Sector Area Defense Commander for the fleet.

"This was the first time our squadron has linked with Japanese, Australian, Singapore and Korean naval assets," Polinski said.

And while a maintenance issue kept the AWACS team

from accomplishing all of their tasks, Polinski said, "the squadron's participation in RIMPAC benefited PACAF and ACC E-3 crews by sharing Navy and coalition integration lessons learned."

By the end of the exercise, 507th members racked up an impressive 224.9 hours flown during 56 sorties that refueled 314 receivers. The wing's KC-135R aircraft offloaded an astounding 2,248,800 pounds of fuel. **O-f**

Inspectors spotlight superior performers during UCI

Inspectors from the unit compliance inspection held last month not only gave the 507th Air Refueling Wing high praise, but also spotlighted 27 wing members as outstanding performers.

Superior performers and teams are considered dedicated groups or individuals whose knowledge, perseverance, and professionalism contribute greatly to the unit's compliance with directives and high state of mission success.

Those recognized as superior performing individuals were Chaplain (Maj.) Dwight Magnus, 507th Chaplain's Office; Senior Master Sgt. Jennifer Johnson, 507th Services Flight; Senior Master Sgt. William Mosshammer, 507th Civil Engineer Squadron; Master Sgt. Eric Kiddie, 507th Security Forces Squadron; Tech. Sgt. Scott Lair, 507th CES; Staff Sgt. Gregory Green, 507th Maintenance Squadron; and Senior Airmen Jose Montero and Aubree Sandburg, 507th Services Flight.

Recognized for their military bearing and professional appearance were Master Sgt. Bobbie Jean Johnson, 507th Mission Support Flight; Tech. Sgt. Ricky Buettner, 507th Security Forces Squadron; Tech. Sgt. Robert Clarkin, 507th Civil Engineer Squadron; Tech. Sgts. Sue Hathaway and Kay Terrapin, 507th Logistics Readiness Squadron; Staff Sgt. Michael Bilharz, 507th Civil Engineer Squadron; and Staff Sgt. Larry Garner, 507th Maintenance Squadron.

Inspectors also recognized the Services Flight and OPSEC program. Recognized for the Services Team for food services management were Tech. Sgt. Kari Eubanks; Staff Sgts. Stephanie Heath, Mondrey Ramsey, Eddie Rivera and Glen Willis; and Senior Airmen Kevin Giles and Aubree Sandburg. The OPSEC team consisted of Tech. Sgts. Donald Clevenger and Amy Preskitt, and Staff Sgts. Brian Gunther, Roger Kubilis and James Lewis. **O-f**

507 ARW Reservists support AFA, AFJROTC

The Gerrity Chapter of the Air Force Association recently presented this year's AFA award to those outstanding cadets from their Junior Reserve Officer Training Corps units.

On hand to present some of those awards were Tech. Sgt. Christina Lindstrom, 507th ARW/EO, who presented at Choctaw High School, Maj. Layne Wroblewski, 507th ARW/EO, who presented at Edmond North High School, and Lt. Col. Thomas Franklin, 507th MDS, guest speaker and presenter at Crooked Oaks High School in Oklahoma City, Okla.

Criteria for the AFA award includes:

- Have a positive attitude toward AFJROTC and school.
- Maintain outstanding personal appearance (uniform and grooming).
- Display personal attributes such as initiative, judgment, and self-confidence.

- Keep a courteous demeanor (promptness, obedience, and respect for customs).

- Show growth potential (capacity for responsibility, high productivity, and adaptability to change).

- Possess the highest personal and ethical standards and strong positive convictions.

- Rank in the top 5% of their aerospace studies class, and in the top 10% of their school class.

The Air Force Association is a nonprofit organization promoting public understanding of aerospace power and the pivotal role it plays in the security of the nation.

Anyone wishing to learn more about, or become a member of, the AFA, may visit www.afa.org or join the Gerrity Chapter on the second Tuesday of each month at 1700 at the Santa Fe Restaurant across from Tinker Air Force Base. **O-f**



Wing names quarterly award winners July 10

Three enlisted and one officer were named the 507th Air Refueling Wing quarterly award winners for the second quarter 2010 at the wing commander's call July 10, 2010.

The winners are:

Airman of the Quarter: Senior Airman David Smith, 507th Security Forces Squadron

Noncommissioned Officer of the Quarter: Staff Sgt. Wyatt Erford, 72nd Aerial Port Squadron

Senior Noncommissioned Officer of the Quarter: Master Sgt. Alvin Kuper, 465th Aerial Refueling Squadron

Company Grade Officer of the Quarter: Capt. Brian McLaughlin, 507th Civil Engineer Squadron **O-f**

507 ARW, 513 ACG civil servants recognized for time in service

Several members of the 507th Air Refueling Wing and 513th Air Control Group received certificates for their time in civil service at the post-inspection "all hands" meeting.

Those recognized for 20 years of service were Ricky A. Erwin, Jeffrey A. Inlow, Gerard P. Malloy, Peggy J. McMillen, Kimberley R. Silkwood, Travis D. Smith and Mark E. Wilson.

Those recognized for ten years of service were Matthew T. Bishop, Angel J. Cervantes, David B. Dickson, Fernando F. Holmes, Marvin C. Lewis, Jeffrey D. Milburn, Sara L. Morrison, Matthew D. Phillips, James M. Porter, James C. Rock, Donald L. Satterlee and Corey D. Still. **O-f**