

On-final

Tinker Air Force Base, Oklahoma | February 2011 | Vol. 31, No. 2



NEWS IN BRIEF

New Chief ceremony planned for Feb. 19

Tinker Air Force Base has scheduled a dinner to honor the base's newest Chief Master Sergeants for Feb. 19 at 6 p.m. at the Tinker Club Ballroom. Tickets are \$24 for club members and \$26 for non-members. Dress for military is mess dress or semi-formal, and "after-five" for civilians. RSVP to Chief Master Sgts. David Dickson or Tina Long by Feb. 11.

Officers' spouse club offers scholarships

The Tinker Officers' Spouses' Club is now accepting applications for college scholarships for A) spouses who are dependents of servicemembers of any rank or B) high school seniors who are dependents of service-members of any rank or civil service employees on base. Applications must be postmarked by February 14. Visit www.tinkerosc.org for more information.

Military discount given at state parks

Active or retired military and veterans are eligible for a 25 percent discount off lodge rooms and cabin stays at any Oklahoma state park through February 28. Call (800) 654-8240 or visit www.TravelOK.com/state_parks for more information.

507th, 137th MXGs named 4AF's best maintainers in 2010

First Reserve-Guard associate organizations to win Clouse Trophy

by Tech. Sgt. Zach Jacobs

507th Air Refueling Wing Public Affairs

Since 2005, the 507th Air Refueling Wing (Air Force Reserve Command) and 137th Air Refueling Wing (Oklahoma Air National Guard) have been associate units, a first in Air Force Reserve Command.

But after their association in 2005, few might have imagined two of their subordinate units sharing prestigious recognition for their joint mission.

The 507th and 137th Maintenance Groups recently received the 2010 Chief Master Sgt. James K. Clouse Trophy, the Fourth Air Force's award for the most outstanding Reserve aircraft maintenance unit. This represents the first time a Reserve-Guard associate organization has won the Clouse Trophy.

According to wing officials, the joint team's mission statistics speak volumes for their record-setting fiscal year. The groups maintained 12 KC-135R Stratotankers, which flew 4,591 flying hours, a 200 hour increase from the previous year. The maintenance team also increased the aircraft mission capability rate by five percent and decreased the maintenance-related non-mission capability rate by seven percent.

see TROPHY, page 5



Photo by Tech. Sgt. Zach Jacobs

ABOVE: Col. Doug Coker (left) and Col. Clay Bunting, commanders of the 137th and 507th Maintenance Groups, respectively, pose in front of a KC-135C Stratotanker aircraft while holding the Fourth Air Force's 2010 Chief Master Sgt. James K. Clouse Trophy on January 9, 2011. BELOW: Maj. Gen. Myles Deering, Adjutant General of Oklahoma, addresses members of the 507th and 137th Maintenance Groups after their having been presented the 2010 Clouse Trophy in the 507th Air Refueling Wing's main hangar on January 9, 2011.

Photo by Tech. Sgt. Grady Epperly



507th ARW commander: focus on ORI, fitness, safety in New Year



by Colonel
Jeffery R. Glass

Commander, 507th
Air Refueling Wing

Welcome to a new year and a new challenge for the 507th. A little more than a year from now, we will again be tested by the IG team at the ORI either in March or June 2012. I cannot believe that it is that time again, it just seemed like we finished the last one.

The wing this time set a very aggressive training program. The program will begin by training the leadership functions and slowly build to

about half of the personnel, then finish a full-blown ORE with all of the players. My goal is to make sure that the wing is ready in all areas. This will not be an easy path, but I am confident that the wing will be ready for the ORI.

Fitness continues to be a problem, with just over a 30% failure rate in the wing. This rate is unacceptable. Fitness is everyone's personal responsibility.

The wing has had some incredible personal fitness makeovers; I did not even recognize some of you folks I when I saw you! Each of you can find the time to work

out; you just have to make the effort. The fitness program is not changing: you will have to.

I would like to see everyone who has scored an excellent to become a fitness wingman to someone in your unit. I like to work out but at times I just want to skip it. However, fortunately, my fitness wingman always gives me that extra push. The path to fitness is not an easy one. Just start slow and you will be amazed at how far you can go.

The wing had another incredible safety year. But continued safety excellence is everyone's responsibility, so never let down your guard. If

something seems wrong, it probably is.

Winter weather will be with us for another month or so, then comes tornado season. Take that extra time if the roads are bad. Remember: do not call our command post for base operating status. Instead, use the Tinker website. Have a great (and safe) month! **O-f**

513th ACG XO talks about alleviating deployment doubts

by Lt. Col. Ralph Hawkins

513 ACG Executive Officer

Now that our AEF deployment is underway, I have no doubts that the men and women of the 513th Air Control Group will distinguish themselves with professionalism and devotion to duty.

This is the organization that has earned an unbroken string of unit awards since it was assigned the AWACS aircraft in March 1996, one of the most expensive weapons systems in the USAF inventory, and an operations tempo comparable to that of many Special Forces. You are the Airmen upon whom much is expected; yet you have never wavered in your dedication, and the Air Force knows it!

But what about your doubts? I can thump my chest and praise your merits as the world's greatest Airmen for hours, but we are all individuals with our own concerns and worries. I will try to alleviate some of those worries here in these few

paragraphs.

Are many of you concerned for your families? This is natural and there is no shame in acknowledging that you'll miss the warmth of their hugs or the sounds of their laughter. We, your brothers and sisters who will be here will help your families persevere while you are deployed.

We have problem-solvers on our staff who have done some amazing work through tornadoes, fires, and other challenges for our folks while deployed. They do their jobs well, and they work well in the face of adversity. In short, your families will be taken care of.

Are any of you concerned about your civilian jobs? Our support staff can call the Employer Support of Guard and Reserve (ESGR) and arrange for meetings to explain the obligations of duty you have to your country and the benefits for your employer for hiring a reservist (e.g., tax breaks, positive publicity, employer support rides on USAF aircraft – that last one

will blow their minds).

By keeping actively involved back home, we can bridge the gap and build the peace that works for everyone, the much-clichéd but always sought after "win-win" situation.

I'm aware that there are other varied issues of concern for all of you (taxes, medical care, counseling for families of deployed, etc.). We here at home can help set all of this up and more, but you need to let us know. We can't help out if we don't know there's a problem.

I assure you, as the group executive officer, that I am focused on the Total Airman and all the elements of your professions of arms that make you the greatest Airmen ever.

Just because you deploy doesn't mean that the home fires won't be kept burning for you by the ones left behind. This is what it means to support a deployed force, especially in today's era. Your predecessors in wars past knew this. Believe in it today as well.

O-f

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All photographs are Air Force photographs unless otherwise indicated.

Chaplain's Corner: 'Be open to the possibilities'

by Chaplain (Lt. Col.)
Mike Jones

Wing Chaplain, 507 ARW

This is my final Chaplain's Corner article. I suppose it is fitting, then, that I share with you how I came to the 507th in the first place. For while my coming to the 507th wasn't by accident, it certainly wasn't something I had planned for.

Since 2002, I had been vaguely familiar with the 507th because as an IMA reservist, I'd performed about 14 months' worth of backfill tours for the active duty chapel from 2002 to 2004. But I had no desire to join a Category A Reserve unit. I was happy where I was.

Then, in October 2004, my life was turned upside down

through the tragedy of divorce. All of my future plans were totally thrown into turmoil. Now I was going to be a single parent to two teenagers. In addition, I was unemployed at the time and I just didn't know what to do.

One night in early November 2004 I had a dream. In this dream, I was having a conversation with someone, though I never actually saw the person in my dream. I was struggling with whether or not I should retire from the Reserves. I was overwhelmed by the personal difficulties that seemed to lie ahead of me and concerned for my finances.

Even though I didn't want to quit being a minister, I knew very few churches would hire

a divorced minister. I figured I'd have to start over in a new career field and, I explained to this other person, I needed to get out of the reserves and just focus on getting a full-time job. As I finished explaining all of this, the other person simply said in a gentle voice, "Be open to the possibilities."

That's it! That is all he said.

Later that morning, while sitting outside on the front porch drinking coffee, I was still wondering about that dream. Was it from God or was it just one of those dreams you have when you're worried and trying to work things out in your head?

That was when the phone rang. It was from Chaplain Jim Bradfield, the then-wing

chaplain of the 507th. He was getting ready to retire and wanted to know if I'd consider interviewing for the wing chaplain position.

My gut reaction was "No!" but then I remembered the voice in the dream saying, "Be open to the possibilities." Based solely upon that dream, I agreed to at least interview.

By Thanksgiving I'd been hired and thus began my journey with the 507th. And what a journey it has been these last six years! I am so thankful I listened to that voice because it has made all the difference.

So my final words to you as a chaplain are simple: *Listen to God and always be open to the possibilities.* **O-f**

Commentary: Saying no to 'yes men'

by Lt. Col. Jason Corrothers
21st Comptroller Squadron

PETERSON AIR FORCE BASE, Colo. -- You've seen them, I've seen them, we've all seen them -- the "yes men".

You know who I'm talking about: the person who's the first to agree with the boss, the one who has that special knack for catering to the ego. The one who says things like, "Sir, yes sir, two bags full."

OK, maybe they don't say things quite like that anymore, but you get the idea. I submit to each of you that we need to challenge ourselves and say *no*, and that in doing so we'll move this Air Force to new heights.

In discussions of leadership, we often hear about two sides of the same coin: *leadership* and *followership*. As I share my thoughts with you today, I'd like to hit upon a concept that links to each -- the criticality of

critical thinking.

Not only as a commander, but as a fellow Airman, one of the traits I've come to admire the most is courage. Here, I mean courage not in the wartime sense of taking a hill against insurmountable odds, or in family terms of volunteering your house for a slumber party of ten-plus kids -- don't get me wrong, each takes real guts. What I mean in this case is intellectual courage. That confidence and conviction to speak up and challenge conventional thinking, even if it means saying *no*, while the others are saying *yes*.

In my estimation, the strength of the Air Force lies not in its technology, which is stunning by all accounts, but in its people. It's our people who make us the world's greatest Air Force. It's our people who possess the ideas that make the

unimaginable reality. Knowing this, I think it's personally and professionally important that we look to foster a climate that values critical thinking in all ranks.

We're stronger as an organization when we listen for the *no*. When we listen for the dissenting view, we open ourselves up to additional possibilities and ultimately additional insights that allow for better decision making.

As Airmen, we owe that to our leaders: to critically think through recommendations or ideas and offer our own inputs. Simply remaining silent or doing the bobble-head dance compromises the heights to which our organizations can achieve.

I'm not encouraging you to shoot down what your boss or peers are trying to do. I'm encouraging you to take an

active part in finding a way to make what they're trying to do better by thinking of ways to improve upon it, and that's not often done by simply saying *yes*.

When ideas are teed up by the boss, it's an easy out to say "Yes, ma'am/sir -- great idea". However, the real value and the real courage comes in saying "I see where you're going, but have you thought about this ... what about trying it this way?" That's the kind of person I want to serve with.

Good leaders don't, and shouldn't, need ego boosts. What good leaders need most are folks with the intellectual courage to challenge existing ideas and processes and those committed to seeing this Air Force "Fly, Fight and Win" in astonishing fashion.

So what say you: yes or no? **O-f**

507th security forces commander receives AFRC SF CGO award

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

Capt. Patrick Mitchell, 507th Security Forces Squadron commander, has been named the traditional reserve outstanding security forces company grade officer of the year by Air Force Reserve Command.

Mitchell's leadership resulted in his squadron achieving a long string of accolades, while solidly demonstrating their professional mission focus.

During last summer's AFRC unit compliance inspection, his squadron was praised as "one of the best SF squadrons to date this inspection cycle," with inspectors recognizing two SF members as superior performers. Additionally, his forces were lauded by inspectors as "best ever seen" for their antiterrorism and force protection program.

During the award period, Mitchell led efforts to support world-wide operations providing 33 SF members to assist active duty Airmen in Japan, in addition to ensuring his forces were fully mission qualified and ready. His squadron demonstrated their effectiveness during a wing operational readiness exercise, blocking all opposing forces' penetration attempts and neutralizing opposing forces' abilities to engage. During a squadron field training deployment to Ft. Sill, Okla., he persuaded U.S. Army instructors to provide advanced individual explosive device training to his SF members.



Photo by Capt. Robert Atkins

Capt. Patrick Mitchell poses to receive an award in this photo from the 2010 507th Air Refueling Wing's awards banquet.

Mitchell was previously recognized as the wing's company grade officer of the quarter. He is the only captain in the wing serving as a squadron commander and is the youngest commander to lead the 507th SFS.

His supervisors praise him as a superior commander who inspires excellence. His "people first" attitude helped accumulate 15 medals presented to squadron members and wing officials remarking there were "more medals awarded on your watch than well, ever." Also, the squadron achieved an amazing 97 percent Airman retention rate.

"I think it's a great honor to get

recognized from among your peers," said Lt. Col. Mary Ann Lutz, 507th Mission Support Group commander. "No one does this alone, but Captain Mitchell leads from the front, setting the example every day and that's pretty impressive."

Mitchell was elected to serve the command as the junior vice president of the Oklahoma Reserve Officer Association, representing thousands of reservists at Tinker Air Force Base. In civilian life, he donates time and financial support for a local Christian school and church and trains others in spiritual classes. **O-f**

Wing SNCO selected as finalist for home repair contest

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

A senior noncommissioned officer was selected as a finalist for a national nonprofit home improvement organization's contest.

Senior Master Sgt. David Liszeski, the career assistance advisor with the 507th Mission Support Group, was named one of five finalists in the 2010 Tradesperson of the Year competition, sponsored by Rebuilding Together.

Liszeski said he never expected to be nominated for his community service efforts.

"It was an honor to be nominated," said Liszeski. "My mom's proud, too."

As a national finalist, Liszeski won \$2,500 worth of products and tools courtesy of Sears Blue Tool Crew and WD-40.

Liszeski, a plumber by trade, has volunteered with Rebuilding Together since 2006.

Most recently, Liszeski led a nine-person project to renovate the home of three local residents whose home was barely habitable.

The expertise and effort Liszeski and his team put forward greatly improved the quality of life for the family, especially giving their home hot water for the first time since 2004 by installing a water heater. **O-f**

507 MXS major named AFRC's top maintenance field grade officer

by Lt. Col. Richard Curry
507th Air Refueling Wing Public Affairs

Maj. Michael von Buelow, a maintenance officer with the 507th Maintenance Group, was recognized on January 9 as the best field grade maintenance officer in the Air Force Reserve Command.

During an assembly in the 507th Air Refueling Wing's main hangar, von Buelow was presented a plaque recognizing his selection as the AFRC 2010 Lt. Gen. Leo Marquez Award winner in the field grade officer category.

"Major von Buelow is truly a superior maintenance officer," said Col. Kenneth Bunting, 507th Maintenance Group commander. "He is dedicated to the mission and his troops and we are all very pleased he was chosen to receive this award."

According to his nomination package, von Buelow demonstrated stellar maintenance prowess throughout the year as a primary enabler for the wing's record-setting year of accomplishing 1,275 sorties and 4,591 total flying hours that supported 1,495 air refueling receivers. Those mission totals included 14.5 million pounds of fuel offloaded and 491,000



Photo by Tech. Sgt. Grady Epperly

Col. Cam LeBlanc (left), director of the A4 logistics division at Headquarters Fourth Air Force at March Air Reserve Base, Calif., presents the Lt. Gen. Leo Vasquez Award, field grade officer category, to Maj. Michael von Buelow at an impromptu ceremony at the 507th Air Refueling Wing's main hangar on January 9, 2011.

pounds of cargo transported.

His management of the wing's half-century-old aircraft garnered two unit firsts; the first by meeting the command's 71 percent mission capability standard for all four quarters and the other by meeting the Air Force's 85 percent mission capability standard for two quarters.

In spite of an increase of more than 200 annual flying hours, he led the maintenance team to a mission capability rate five percent higher than that of the previous year while lowering non-mission capable and

aircraft parts cannibalization rates.

While flawlessly supporting multiple major exercises and deployments, the maintenance group also accomplished significant milestones. The maintenance group was first in Air Force Reserve Command to become fully compliant with the Air Force's Crash Disabled Damaged Aircraft Recovery program.

His group identified the problem of poor night flight line conditions and secured \$650,000 to revamp lighting for a 600 percent visibility

increase.

His group demonstrated a phenomenal logistics compliance assessment program success by receiving the first AFRC "Outstanding" rating. His staunch supervisory efforts led to a finding of zero safety or technical order violations reported.

His squadron embraced "green" initiatives and environmentally-friendly policies by reducing the use of harsh chemicals. Their hazardous communication training program was cited as a "best practice" by the Tinker Air Force Base environmental team for their outstanding chemical storage practices.

Additionally, his team dedicated more than 150 man-hours in support of 18 Oklahoma City Air Logistics Center verifications, which generated enhancements Air Force-wide for the entire KC-135R fleet.

Also, his superior support to synchronize joint Reserve and Air National Guard training efforts resulted in the combination of ANG and AFRC mission essential task lists to help blaze an essential roadmap for Total Force Integration (TFI) efforts across the Air Force. **O-f**

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Additionally, their mission capable rate while supporting an Aerospace Expeditionary Force deployment to Andersen Air Base, Guam, was 94 percent and their completed sortie rate was 99 percent.

Col. Clay Bunting, 507th MXG commander, described winning the Clouse Trophy a huge accomplishment.

from an outside entity of how far we have traveled on the association journey with the 137th Maintenance Group. It marks a significant milepost of achievement," added Bunting.

"It is even more significant knowing how strong the competition was among the other maintenance groups within 4th Air Force for this particular award."

Col. Doug Coker, 137th MXG commander, said the challenges inherent in "meshing two

groups along with our two cultures while still promoting the highest standards in safety, mission accomplishment and flat-out excellence in maintenance, has been our adventure."

"The maintenance guard guys and gals are very proud of what they and their reserve counterparts have accomplished in 2010," added Coker. "We appreciate the recognition and honor of the Clouse Trophy and are ready to

tackle 2011 with a back-to-back receipt of the trophy."

Bunting also said, "To me personally, it is the Airmen who comprise both maintenance groups that make the complex orchestration of aircraft maintenance and flying each day, and night in the rain, wind, snow, and sleet a fact."

"Their stellar performance made the winning of this prestigious award a fact. This is their award and their win."

O-f

Community College of Air Force adds two certification programs

by Kimberly L. Wright

Air University Public Affairs

MAXWELL AIR FORCE BASE, Ala. -- At the start of the new year, the Community College of the Air Force strengthened its credentialing program by adding two professional certification programs -- the Professional Manager and CCAF Instructor certification programs.

"Both the PMC and the CIC provide Airmen with transcribed credentials beyond their CCAF associate degrees that measure their professional development and support their career transitions," said Lt. Col. Timothy Albrecht, CCAF commandant.

Both were approved by the CCAF Policy Council and Air University commander Lt. Gen. Allen Peck for implementation on Jan. 1.

CCAF developed the Professional Manager Certification program this summer in response to requests from senior enlisted leaders for a crediting program that would recognize a senior noncommissioned officer's advanced level of education, experience and professional accomplishments.

The program will "instill a higher level of accomplishment and professionalism within the Air Force NCO Corps and better prepare our senior enlisted leaders for career transition," said Estel Breeding, Jr., director of credentialing programs at CCAF.

"The program provides a structured professional development track that supplements the Enlisted Professional Military Education and Career Field Education and Training Plan."

Although the certification is primarily designed for Air



Force senior NCOs, enlisted Airmen who meet all program requirements may also be awarded the PMC, said Breeding. However, they lose eligibility once they retire, separate or are commissioned.

The CCAF designed the second new program, the CCAF Instructor Certification program, to boost the credentials of course instructors by formally recognizing the instructor's extensive faculty development training, education, practical teaching experience and qualifications required to teach a CCAF course.

The program is designed for qualified officer, enlisted, civilian and other service instructors who teach CCAF college-level, credit-awarding courses at a CCAF-affiliated

school.

Breeding said the CCAF Instructor Certification Program replaces and improves upon the Occupational Instructor Certification Program.

"The OIC program was implemented in May 1991, and valid need existed for program changes to ensure continued civilian recognition and comparability to similar civilian credentials," said Breeding.

Concerns with the OIC included the difficulty of meshing the program with the civilian sector expectations for instructors, Breeding explained.

What was formerly a 2,000-hour requirement with the OIC is now split into a three-tiered certification -- CIC-I, CIC-II and CIC-III. These programs have corresponding instructor-hour requirements of 1,000, 2,000, and 3,000 hours. "The restructured, three-tier program is tailored to better support our CCAF faculty," said Albrecht.

Some CCAF instructors could not meet the now-discarded OIC program requirements regarding the accumulation of teaching hours because they taught courses that were only offered two to three times a year.

"Professional certification is a critical element of professional development," said Breeding. "This professional credentialing program will instill a higher level of accomplishment and professionalism within the CCAF faculty force." **O-f**

President signs improvements to Post-9/11 GI Bill

Courtesy of Veterans Affairs Public Affairs

WASHINGTON (AFNS) -- President Obama signed legislation Jan. 4 that streamlines the 18-month-old education program administered by the Department of Veterans Affairs.

"Like its forbearers, the Post-9/11 GI Bill is growing to ensure the men and women who serve this nation in uniform receive valuable education benefits from a grateful nation," said Secretary of Veterans Affairs Eric K. Shinseki.

Among the provisions of the legislation are:

- Paying for on-the-job training, some flight training; apprenticeship training and correspondence courses;
- Allowing reservists and guardsmen to have their time supporting emergencies called by their state governors credited to the time needed to qualify for educational benefits;
- Providing half of the national average for the program's housing allowance to students enrolled in distance learning;
- Pro-rating the housing allowance to exclude payments when students are not in class;
- Permitting reimbursement for more than one license and certification test;
- Reimbursing fees to take national admission tests, such as SAT, ACT, GMAT and LSAT; and
- Establishing a national cap of \$17,500 annually for tuition and fees in a private or a foreign school, not including contributions by educational institutions under the "Yellow Ribbon" program.

More information is available at www.gibill.va.gov. **O-f**

Reserve, Guard schedule 2011 teen leadership summits

by Tech. Sgt. Zach Jacobs

507th Air Refueling Wing Public Affairs

The Air Force Reserve and the Air National Guard are teaming up to host three teen leadership summits this summer.

The Classic Teen Leadership Summit is scheduled for June 19-24 at the Wahsega 4-H Center in Dahlonga, Ga.

The Capitol Teen Leadership Summit will be hosted in Washington, D.C., July 24-29.

And the Adventure Teen Leadership Summit is planned for August 9-14 at Cheley Colorado Camps in Estes Park, Colo.

The first Reserve/Guard Annual Teen Leadership Summit was held in 2008 at the Wahsega 4-H Center. Reserve and Guard dependent teens focused on fostering leadership skills and self confidence, developing an awareness of programs and services available

to Air Force dependents, and building an appreciation of and sense of belonging to the Air Force community.

To satisfy teens' intrinsic need to test boundaries and push limits, high-adventure activities were included such as rock climbing, ropes course and white water rafting. The summit concluded with a teen-created and -led presentation to Reserve leadership on their top issues as Air Force dependents.

The Classic and Adventure Teen Leadership Summits will give selection priority to first-time attendees, while the Capitol Summit is only for returning summit applicants.

Airfare, transportation while at the summits, camp fees, lodging and meals are covered by the Air Force.

However, parents will be responsible for transportation

to and from the airport, baggage fees, and spending money for snacks, souvenirs and meals during airline travel.

Applicants must be 14- to 18-year-old dependents of current guardsmen or reservists and complete an online application. The application for adult leaders is also online.

Applications will be accepted between February 1 and April 8, and selections will be announced online by April 22.

For more information or to apply, visit www.georgia4h.org/AFRANGTeenSummit, or contact one of the following:

- Ms. Brandi Mullins, brandi.mullins.ctr@us.af.mil, 478-327-2090 or DSN 497-2090
- Ms. Kasey Bozeman, kasey.bozeman@us.af.mil, 478-327-2110 or DSN 497-2110
- Ms. Stacey Young, stacey.young@us.af.mil, 478-327-0971 or DSN 497-0971. **O-f**

State reserve officers' group sets convention for May 13-14

507th Air Refueling Wing Public Affairs Staff

The Department of Oklahoma's Reserve Officers Association has scheduled their annual convention for May 13-14, 2011, at Tinker Air Force Base, Okla.

Maj. Gen. Eric W. Crabtree, current commander of the 4th Air Force, headquartered at March Air Reserve Base, Calif., will be the featured speaker.

The two-day event, to be held at the Tinker Club, will include a motivational speaker at a luncheon on May 14 and a newly developed leadership/professional development seminar afterwards.

Speakers scheduled to attend include:

- Lt. Gen. Richard Burpee, USAF (ret.), former Oklahoma City Air Logistics Center commander
- Chief Master Sgt. John Wood, USAF (ret.), former command chief, Dover Air Force Base, Del.
- Master Sgt. James Mogren, 72nd Security Forces Squadron and Air Force Outstanding Airman of the Year for 2010.

Officers and enlisted personnel of all grades are encouraged to attend.

For more information, contact Maj. Layne Wroblewski during 507 Air Refueling Wing Reserve drill weekends at 405-734-0367 or layne.wroblewski@tinker.af.mil; or Lt. Col. Richard Stephens, Jr., USAF (ret.), any time at 405-622-7022 or richard.stephens.3@us.af.mil.

O-f

Officials credit holiday safety campaign for zero personal vehicle mishap losses

by Tech. Sgt. Amaani Lyle

Secretary of the Air Force Public Affairs

WASHINGTON (AFNS) -- As the 2010 holiday safety campaign comes to completion, Air Force officials reported the service's second consecutive year of no Airman fatalities from personal motor vehicle mishaps between Christmas Day and New Year's Day.

Air Force senior leaders said the safety program's two-year streak is particularly noteworthy since a fatality-free winter holiday period is not typical.

In 2000, 2001 and 2002, there were three holiday season fatalities per year; four losses

in 2003, and two losses per year from 2004 through 2008, said Maj. Gen. Gregory Feest, Air Force chief of safety.

"There is no doubt that this success is due to Airmen being not only smart and caring wingmen, but using good risk management as our leadership continues its strong emphasis on safety," General Feest said.

According to safety officials, this year the holiday safety campaign focused on seven modules. The campaign featured one week each on trip planning; real-time risk management; holiday decorating hazards; winter vehicle preparation; winter

sports; alcohol awareness; and slips, trips and falls.

"Following a concerted leadership example from dedicated commanders across the globe, our Airmen and family members continued to be vigilant of the dangers associated with travel, weather and alcohol abuse," said Roberto Guerrero, Air Force deputy chief of safety.

Feest, who assumed command of the Air Force Safety Center Sept. 1, said the service will continue a robust campaign to keep risk management at the forefront of Airmen's minds to ensure continued success.

O-f

Here's everything you wanted to know about ORTP exercises

by Lt. Col. Ken Humphrey

507 ARW Chief of Plans

Operational Readiness Training Periods 1 and 2 are rapidly approaching. So what does that mean to you? Without any further adieu...

- *Who's going?*

If you're tabbed to go and shouldn't be going (or vice versa), please work through your chain of command or respective critical area manager to request changes to your orders through the XP office.

Alternates will only attend in lieu of the primary person not being able to attend, due to classroom size constraints and restrictions imposed by the Volk Readiness Safeguard Leadership.

- *Are ORTP 1 and 2 separate events?*

We have planned for both of them simultaneously because they are so close together. However, they occur on different days.

ORTP 1 is February 8-9 for the ICC and EOC members.

ORTP 2 is February 11-13 and is for everyone else.

Cadre augmentees, EET representatives and a few others will also be required on February 10 for training and setup. Those individuals know who they are, and will receive separate instructions.

- *What about orders?*

It is the responsibility of each member and his/her commander to ensure proper status and orders. Please take extra care to get the correct dates since there has been some confusion between ORTP 1 and 2 thus far.

- *What about lunch?*

Lunch will be provided to all players at a cost of \$4.25 on all exercise days. This will be a "closed campus"-style event (meaning we will be restricted to the base).

The 137th Air Refueling Wing Services unit will provide catered box lunches from Jersey Mike's for everyone taking part. You will pay for this lunch whether you eat it or not, so don't plan on bringing

your own lunch. Vending machines will be available in the training facilities to be used during breaks.

- *What to bring?*

Your chemical training bag (mini C), your gas mask, your AFPAM 10-100 (your Airman's Manual) and your ID card. Unless specified differently by your instructors, bring them every day with you.

If you're missing any equipment, see your unit deployment manager.

- *What are the hours?*

Arrive by 7 a.m. the first day, and be in place by 8 a.m. on subsequent days for both ORTP 1 and 2. Training will finish at about 4 p.m. each day.

And you are encouraged to meet afterwards at the Will Rogers guard base Activity Center for drink specials and finger foods following training.

- *What about reflective belts?*

The 507th will be wearing yellow reflective belts and armbands for exercises and inspections. You will get them on the first day of the training,

and you will turn them in on the last day of training. Also, they will be stored for your convenience, in order to prevent losing them over the course of the next 15 months.

- *What else to keep in mind?*

As you all know, our ORI date has been changed to June 2012. However, an appeal to change back to the original ORI dates has been forwarded by one of the effected units and is under review by Fourth Air Force and Headquarters Air Materiel Command IG. Nothing has officially been changed back.

Also, we will conduct ORTP 1 and 2 with the 164th Airlift Wing, a Tennessee Air Guard Unit.

If you have any additional questions or concerns, please contact me or Chief Master Sgt. David Dickson in the wing plans and programs office at (405) 734-0101 or (405) 734-5988.

Thank you in advance for ensuring a successful ORTP at WRANGB in February! **O-f**

DFAS customers affected by 2011 tax code changes

Social Security withholding drops by 2%, servicemembers get 1.4% across-the-board pay raise

INDIANAPOLIS -- Defense Finance and Accounting Service customers may be affected by recent changes to the tax law, tax tables and other legislation, according to a Jan. 11 release by the DFAS Business Journal.

Some of the changes include:

- Reduction in Social Security tax withholding from 6.2 percent to 4.2 percent for 2011.
- Expiration of the Making Work Pay credit, which may increase the amount of wages subject to income tax withholding.

- 1.4 percent pay increase for military servicemembers.

The amount of the changes in net pay will depend on several factors, including one's level of income and elections made on a W-4 form.

Military reservists and guardsmen will be the first to see potential changes in their pay as a result of the law. Any changes will be reflected in their January 5 paycheck.

Active duty military personnel will see their pay changes in their January 14 paycheck and reflected in the January leave and earnings statement.

Defense Department civilians and other federal employees paid by DFAS will see Social Security withholding changes reflected in paychecks based on the pay period ending January 1 with pay dates on January 7, 11 or 13. The tax withholding changes for 2011 will be implemented for the pay period ending January 15th with pay dates on January 21, 25 or 28.

Military retirees and annuitants will see the changes reflected in their March 1 payment. Retirees can view the changes in myPay on February 1 and annuitants can view the

changes in myPay on February 18. Account statements with the new net pay amounts reflected will be mailed to all retirees and annuitants affected by the change in February.

You are encouraged to review your pay statement to see how these changes will potentially affect you.

DFAS customers with questions on the changes should contact their financial advisors or tax consultants for more details.

Additional information can be found at www.irs.gov. **O-f**

Wing chaplain says goodbye to Reserve, 507th

The Rev. Dr. Chaplain (Lt. Col.) Michael M. Jones, D.Div., USAFR, retired from the Reserve in mid-January. Tech. Sgt. Zach Jacobs interviewed the man with the lengthy title who simply goes by “Chaplain Jones” on the occasion of his retirement.

Why did you become a military chaplain? Why the Air Force Reserve?

My father was a navigator in the Air Force for 21 years. I was raised in the Air Force lifestyle for the first ten years of my life. While I hadn't planned on joining the military when I started college, once I was in seminary I became interested in the Chaplain Candidate Program in the Air Force. So I signed up in 1983 and did two summer tours as a 2nd Lt. I wasn't a chaplain yet because I hadn't been ordained, but after completing my master's of divinity degree in 1985 I was recommissioned a chaplain, 1st Lt. in the Reserve.

My plan was to go active duty as soon as possible, but I guess God had other plans. Back in the 1980s, most Air Force chaplains went into the Reserve first and then were picked to go active duty. There weren't many active duty chaplain slots available each year, and our respective religious endorsers would pick who was to fill a slot if they got one.

My endorser picked me in December of 1985 for an active duty slot but I had to turn it down because I had just begun working with a church and I'd given them my word I'd stay at least two years. Little did I know that it would be the first and last time I was offered an active duty slot. So I've been in the Reserve my entire career.

I must admit that I chose



the Air Force because I didn't want to be in the Army and I didn't want to be in the Navy and serve long months away from my wife and child. Truth is though, if I'd been single, I would have loved to “sail the ocean blue.”

What similarities do you see in your civilian career and the Reserve?

When I was serving churches as a pastor, there were many similarities with my chaplain work like preaching, counseling, weddings and funerals. But now that I'm serving as a hospice chaplain, I think there are more differences than similarities. Of course, the need to be a good listening and to be “present” with people is still vital to both roles.

What experience/assignment in your career is the most memorable for you?

As assignments go, I loved being an instructor at the Air Force Chaplain School. But my best assignment has been here

at the 507th. This has been my only assignment as a Category A (traditional) reservist.

For the first 21 years I was an individual mobilization augmentee (Category B). I loved the flexibility of the IMA program, but I really love being a real contributing member of a Reserve wing.

And yet, I think my most rewarding and intense experience was when I served four months as acting wing chaplain for the 12th Flying Training Wing at Randolph Air Force Base, Texas, in 2008. I always wondered if I could do the job of wing chaplain for an active duty base and that summer confirmed I could.

What will you miss about the Reserve? About the 507th?

As a reservist, I will miss seeing and talking to the many chaplains and chaplain assistants I know. Ours is a small career field and so I know a lot of folks, both active duty and reserve.

As for the 507th, I will

miss my chapel staff very much along with my fellow “basement dwellers” and all of the people I've come to know and love in the wing. I won't necessarily miss the hustle and bustle of the UTAs, but I will definitely miss the people.

I will also miss the uniqueness of ministry as an Air Force chaplain. It is unlike anything else I've ever done.

What are you looking forward to in retirement?

I am looking forward to having my UTA Saturdays back, that's for sure. I'm also looking forward to not waking up in the middle of the night thinking about something that I need to get done on the next UTA! Oh, and I most definitely am looking forward to no more SAVs, UCIs, OREs and ORIs.

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

Always be willing to learn. Always show respect to others, especially to the enlisted troops. Always put your people before yourself. Always have a goal and strive for it. Finally, always keep God and family first before the Reserve.

Final thoughts:

I want to publicly say how much I appreciate Col. Glass. He is a man of integrity and he really cares for the men and women of the 507th. I've experienced that firsthand. And I respect him for living what he preaches about keeping our priorities straight: family first, civilian jobs second and then the Reserve.

I am so glad I accepted the job as Wing Chaplain for the 507th! It has made my career completely fulfilling. I can't think of a better way to go out than as an Okie! **O-f**

Fitness regulation changes based on Airmen's feedback

by Tech. Sgt. Amaani Lyle
Secretary of the Air Force Public Affairs

WASHINGTON (AFNS) -- As Air Force officials continue to sculpt their fitness program based on Airmen's feedback, service officials issued an Air Force Guidance Memorandum here Dec. 20, 2010, that provides policy changes to AFI 36-2905, Fitness Program, that was implemented Jan. 1, 2011.

Compliance with the program is mandatory and outlines notable clarifications from the original July 1 guidance, such as specified waist-measurement procedures, sit-up and push-up instruction and clarity of target-component values to achieve an overall passing score.

"We not only have an increase in 'excellent' scores since the new fitness program's implementation in July, but in terms of the guidelines, Airmen have talked, and we've listened," said Brig. Gen. Sharon K.G. Dunbar, the director of force management policy. "We'll continue to fine-tune the Air Force instruction so that Airmen are afforded the greatest opportunity to succeed with little room for ambiguity or misinterpretation of the instructions."

The service's top enlisted leader said the new guidance will hopefully foster Airmen's continued success and understanding of the program, leading to an overall healthier way of life.

"Airmen are embracing the change in our fitness culture," said Chief Master Sgt. of the Air Force James Roy. "These minor adjustments to the guidance on the test are meant to increase our Airmen's understanding of how the test works. While emphasis may seem like it's on the test itself, we really are encouraging our Airmen to

develop healthy lifestyles."

The AFGM 2 contains but is not limited to the following revisions:

- Fitness assessment cells will supervise Airmen conducting push-ups, sit-ups, and the 1.5-mile run or one-mile walk at a ratio of no more than 12 members for every one FAC staff member or physical training leader. When multiple Airmen are testing, they will pair off and count for each other with FAC oversight.

- For push-ups, Airmen will place their palms or fists on the floor, with hands slightly wider than shoulder width apart and elbows fully extended. Feet should be no more than 12 inches apart and should not be supported, braced or crossed. Elbows will be bent at 90-degree angles and arms should be fully extended but not locked in the up position for the push-up to count. The Airman's chest may touch, but not rest or bounce on the floor. Airmen may move their hands or feet from the floor or bridge or bow their backs, but only in the up or rest position; resting any other body part on the floor is not allowed. Any resting other than in the up position will cause the test to terminate, and the score will be based on the correct number of push-ups performed to that point.

- For sit-ups, members will cross arms over the chest so that any part of the hands or fingers remains in contact with



U.S. Air Force graphic by Norma Morgan

the shoulders or upper chest at all times. Airmen may request that their feet be held down by the assessor's hands or knees, but the assessor may not anchor the members by holding behind the calves or by standing on the feet. When members' hands or fingers come completely away from the chest or shoulder, or if their buttocks or heels leave the ground, the repetition will not count. The member may request a member of the same gender to hold the feet and that request must be granted. Where available, an anchored toe-hold bar may be used.

- Any attempts to alter heart rate, such as intentional slowing or stopping during the walk, are violations and will cause the test to be terminated, resulting in test failure. Airmen testing via the one-mile walk are required to walk, not run, as quickly as possible, keeping at least one foot in contact with the ground at all times.

- Abdominal circumference assessment will begin with the tester on the right side of the Airman, who will stand on a flat surface. The tester

will locate the measurement landmark immediately above the right uppermost hip bone, the superior border of the iliac crest, at the side of the body vertically in line with the right armpit (midaxillary line). Airmen may use one hand to initially assist the tester in anchoring the tape measure to the body, but must remove the hand from the tape measure before the official measurement is recorded. Measurements will be taken on bare skin. The free hand may be used to hold the shirt out of the way, but no part of the hands or arms may extend above the shoulders.

- Active-duty Airmen, reservists and guardsmen under Title 10 must retest within 90 days following a failed fitness assessment. Unit commanders may not mandate Airmen to retest any sooner than the end of the 90-day reconditioning period. However, Airmen may volunteer to do so. Retesting in the first 42 days after an "unsatisfactory" test also requires unit commander

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approval in accordance with medical guidelines. It is the Airman's responsibility to ensure he or she retests before the 90-day reconditioning period expires and non-currency begins on the 91st day.

- Any Airmen deployed for less than one year to a location that administers fitness assessments may complete fitness assessments on a volunteer basis only. Airmen will automatically be exempted if they are in a deployed location and their current fitness assessment expires.

- Commanders will exempt Airmen who are on terminal leave or permissive temporary duty in conjunction with retirement or separation, incarceration, on appellate leave or excess leave pending separation from the fitness assessment.

- Basic military training Airmen will complete official fitness assessments via training cadre physical training leaders. Graduated BMT Airmen will hand carry fitness assessment score sheets for input into the Air Force Fitness Management System by the FAC at their first duty station or the military training leader or unit fitness program manager at technical training school, whichever location they report to first.

- Recognition patches for members achieving and maintaining "excellent" fitness assessment scores is deleted.

An Air Force assessment video is available on the Air Force Fitness Program web page at <http://www.afpc.randolph.af.mil/affitnessprogram/index.asp>. It provides a definitive set of instructions for administering and taking the Air Force physical fitness test. **O-f**

Getting fit to fight...

by Tech. Sgt. J. Trevor Hammons
507th Operations Support Flight



When I entered the Air Force Reserve in July 1996, I was 20 years old and weighed barely less than the maximum allowable weight of 175 pounds. When I finished basic training, I was a lean and mean 168 pounds.

In August 1997, I became a command post controller and worked "man-days" while I attended college at the University of Central Oklahoma. I weighed around 180 pounds and was able to pass the exercise test, which (then) was a three-mile-walk.

I became an Air Reserve Technician in 1999 and was still able to somehow barely maintain the body fat standards. It was, however, something that I always struggled with.

I graduated from UCO in May 2001 and immediately began law school at the University of Oklahoma. During my time in law school I re-enlisted, yet I began to consistently gain weight and girth (a by-product of the stresses of law school and overall unhealthy living). I finished law school in May 2004, weighing 200 pounds and having a 40-inch waist.

I had just begun dating my future wife and begun my career as an environmental litigator at the Oklahoma Attorney General's Office when, at this point, life "began to happen," as they

say: I got married and my wife became pregnant with our first child shortly thereafter.

I worked long hours, ate poorly and didn't exercise. My office was on the second floor and I actually used to take the stairs down to get a candy bar and a soda, then take the elevator back up to my office. Suffice to say, I gained weight and even more girth.

Meanwhile, the Air Force came out with the revamped fitness test. Obviously, I could not pass it. It was also during this time that my enlistment came up and I was right at the 10-year mark. I decided that the Air Force was just a phase in my life and that it was time to move on.

Fast forward to 2009: I found myself missing the Air Force. But I had ballooned up to 250 pounds at my heaviest and wore size 44 jeans. I looked up the standards for re-enlisting and found that the Air Force was going to a far more stringent fitness test than before. The new standards seemed unattainable to me: how was I going to get a 39-inch waist? I hadn't such a measurement since the '90s.

So, I tried to eat better. I cut out chips, chocolate and sodas (including diet sodas). I ate vegetables and lean meat and tried to stay away from processed food. I strayed occasionally, but I hopped right back on the fitness train when I did. (You have to have a cheat day, not a cheat month, I figured.)

I also started running again, not very far and certainly not very fast. I tried to not get frustrated with my lack of

fitness, but it was very hard to face the hard truth that I was fat and out of shape.

Yet I started adding a little distance to my runs every week. Eventually I was able to run a mile without stopping! I slowly but surely began to regain some semblance of being in shape.

I eventually lost enough of my waist to meet the body fat standards to re-enlist in the Air Force Reserve.

In October 2010, I passed my fitness test with a score of 77.5, finishing the 1.5-mile run in 13:36, hammering out 57 pushups and 43 situps, and boasting a 36-inch waist.

Altogether, I have lost 50 pounds and 6 inches off my waist. I say this not to brag -- becoming fat and lazy is no great accomplishment -- but rather to say that if I can do it, anyone can do it.

It took more than a year to get there and there were many times when it did not seem like I could ever do it. It was truly a lifestyle change that I hope will add years to my life. I still have to work every single day at not gaining the weight back.

I am reminded of an analogy that one of our former commanders, now-Maj. Gen. Mazick would always say: if you are pushing a big rock, when you are pushing it, it doesn't seem like you are making any progress, but if you keep pushing and then stop and look back you will be amazed at how far you have come.

I suggest you keep pushing the proverbial rock. The standards are hard, but not unattainable. **O-f**

**Is there a fitness story you'd like to tell?
Do you have any fitness tips to pass along to *On-final* readers?
We want to hear from you!
Email your stories or tips to 507arw.pa2@tinker.af.mil!**

Deploying Airmen must meet new fitness requirements

by Capt. Omar Villareal

Air Education and Training Command
Public Affairs

RANDOLPH AIR FORCE BASE, Texas (AFNS) -- Airmen preparing to attend Army-taught Combat Skills Training prior to deploying to a joint expeditionary tasking in direct support of combatant commander or joint task force ground component missions will soon be required to possess a current and passing fitness assessment, according to new Air Education and Training Command guidance.

The new standards, which already apply to Air Force-taught Combat Airman Skills Training, take effect Feb. 1.

JET courses can range from 21 to 70 days, and are very physically demanding, said Lt. Gen. Douglas H. Owens, the AETC vice commander. "Due to the physical demands of the courses, and requests from Air Expeditionary Group commanders, Airmen will be required to have a passing fitness assessment on record before attending CST."

If a wing wishes to deploy an Airman to CST without a current or passing fitness assessment, the Airman must provide a letter signed by a medical provider and that letter must be endorsed by the wing commander or equivalent certifying the Airman can complete specific physical tasks performed during training.

Airmen who attend CST are put through an intense simulation of what they may experience while deployed and must be physically fit to complete the rigorous training, said Col. Chuck Douglass, the 602nd Training Group (provisional) commander.

"Airmen learn how to actively participate in convoy

operations, they are put in combat scenarios, they learn how to call for medical evacuations and perform combat lifesaving techniques," said Douglass.

The training is very physically demanding because of the

movements required and the weight of protective gear worn by Airmen, Douglass added.

"Airmen who arrive at CST after Feb. 1, not in compliance, will be eliminated from training and returned to home station as directed by AETC leadership,"

Douglass said. "It is up to each Airman's home station to ensure they are prepared for CST."

For more information on JET, visit www.jetairmen.af.mil or www.keesler.af.mil/units/2ndairforce.asp. **OF**



U.S. Air Force photo

Recognizing a civilian patriot Tech. Sgt. Christina Lindstrom (right), military equal opportunity specialist with the 507th Air Refueling Wing, presents the National Committee for Employer Support of the Guard and Reserve's Patriotic Employer Award to Eva Thurman, vice president of Capitol Abstract and Title Company in this undated photo. Lindstrom has worked for Capitol Abstract and Title for more than two years.

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