

On-final



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507th ARW nabs eighth AF Outstanding Unit Award

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

Air Force Reserve Command has announced the 507th Air Refueling Wing has been selected to receive the Air Force Outstanding Unit Award.

The award recognizes the 507th ARW for exceptionally meritorious service from January 1, 2009 through July

31, 2010.

The 507th ARW was one of 14 AFRC wings receiving this award. During this period, the 507th accomplished its mission with a maximum degree of wartime capability. Wing aircrews and maintenance members achieved an all-time



Illustration by Tech. Sgt. Zach Jacobs

record of 4,492 hours flown, with a stellar safety record, refueling 1,043 receivers with 6,922,900 pounds of fuel in support of the United Nations, as well as national objectives with Operations ENDURING FREEDOM, IRAQI FREEDOM, UNIFIED

RESPONSE and NOBLE EAGLE.

The wing shattered flying hour records in 2010, spending 735 and 678 hours in the air in January and February, respectively; and providing 495 volunteers for Expeditionary Air Force deployments, including

see AWARD, page 4

507th AMXS avionics technician named 4th AF 2010 top Airman

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

It turns out that being the top Airman of his group and wing just wasn't enough.

Staff Sgt. Shawn R. Shaw, an avionics technician with the 507th Aircraft Maintenance Squadron, was recently named the Fourth Air Force's outstanding Airman of the year in the junior enlisted category.

Lt. Col. Eric Eggers, commander of the 507th Aircraft Maintenance Squadron, said Shaw is well deserving of this award.

"He is one of our true bright and shiny types," said Eggers. "We are very proud of him!"

Shaw's efforts speak volumes. As a senior airman, he supervised, mentored and trained six personnel. Those personnel were later forward deployed, where their knowledge and efforts led to zero mission losses.

During his own deployment, he was recognized as a



U.S. Air Force photo

Staff Sgt. Shawn R. Shaw, avionics technician with the 507th Aircraft Maintenance Squadron, poses in this undated official photo. Shaw was recently selected the Fourth Air Force Outstanding Airman of the Year in the junior enlisted category for 2010.

systems expert in the area of responsibility, where there were zero combat missions lost.

During an LCAP, Shaw was directly responsible for zero discrepancies in three different inspections, leading to the

see AIRMAN, page 4

507 ARW public affairs specialist garners top AF PA NCO honors

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

One of the 507th Air Refueling Wing's own has been named the top noncommissioned officer in his field in the entire Air Force.

Tech. Sgt. Grady L. Epperly, a public affairs specialist, has been given the 2010 Staff Sgt. Christopher S. Frost Outstanding Communication NCO Award.

Lt. Col. Rich Curry, chief of public affairs for the 507th ARW, praised Epperly highly.

"He is an outstanding Airman. We are very proud of him."

During his seven-month-long deployment as chief of media relations for Combined Security Transition Command-Afghanistan, Epperly's leadership led to a 300% media relations increase. He facilitated more than 60 international media outlets, exposing the world to the NATO Training Mission-Afghanistan mission.

Epperly was the first to



Photo courtesy of Tech. Sgt. Grady Epperly
Tech. Sgt. Grady L. Epperly, public affairs specialist with the 507th Air Refueling Wing, poses in front of a Humvee armored vehicle. Epperly was recently awarded the Staff Sgt. Christopher S. Frost Outstanding Communication Noncommissioned Officer Award for being the Air Force's top public affairs NCO in 2010.

identify and aggressively engage the Afghan media, a previously untapped market, informing a target audience of more than 30 million Afghans.

He planned eight NATO/US media tours, including a

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507th ARW commander: be a Wingman, ready for ORI/ORTP, prepared for spring weather



by Colonel
Jeffery R. Glass

Commander, 507th
Air Refueling Wing

During Saturday of March's UTA we will take some Air Force-mandated down time to emphasize Wingman duties. You might think this is another waste of your time, but this exercise is definitely not that.

We are emphasizing Wingman duties especially when it comes to suicide. Our wing is not immune to suicide. We lost one of our own last November to suicide and have numerous other incidents where Wingmen have come to their buddies' rescue.

It's hard to tell how many others are out there with feelings of hopelessness or extreme stress. We all handle stress definitely and none of us is immune from needing help.

Suicides are a problem with all services. We are living during a time of increased

operations tempo, with most of the wing deploying during the last few years. Compound this with the economic conditions the country is going through, and life is very difficult on many members of the wing.

Please use this time wisely to learn about the signs of suicide and what to do about issues you might find. Remember: admitting you are having problems does not admit weakness, just that you need help. The wing is here to help you.

Talking about increased operations tempo, the wing started its preparation for our operational readiness inspection in June. The initial training went very well, with most of the participants praising the training. Our next formal training will be ORTP-3, again at Will Rogers Air Guard Base in April. We will combine ICC, EOC and UCC functions to improve the overall command and control.

One thing everyone can do

is to practice putting on and operating with your chemical warfare gear. Getting from MOPP-2 to MOPP-4 in two minutes and then feeling comfortable in your gear comes only from practice. The wing will be implementing mandatory training in the near future, but in the interim take the initiative and practice on your own.

Springtime and the warmer temperatures bring the threat of severe weather. The base will go through a few tornado exercises the next couple of months, so you'll know what to do in the case of a tornado here at base. I ask all of you to do the same at home. Do you know your safe spots? How will you react if the sirens are going off at 2 a.m. and you are sound asleep? Do you have a weather radio?

Please enjoy the wonderful temperatures we get here in Oklahoma during the spring, but be prepared in case of severe weather. **O-f**

Chaplain's Corner: Bible printing errors

by Chaplain (Maj.)
Dwight Magnus

507th Air Refueling Wing Chaplain

While I believe the Bible itself is infallible, fallible human beings have made notorious mistakes in trying to have the book printed. For example (all italics mine):

- The "Judas Bible" (1611): Judas (rather than Jesus) came with his disciples to a place called Gethsemane, even though the previous chapter reported that Judas had already hanged himself.
- In The "Basketball Bible," *hoops* were used instead of *hooks* in the construction of

the Tabernacle.

- The "Sinner's Bible" had Jesus say in John 5:14 "sin *on* more" instead of "sin *no* more."
- The "Murderer's Bible" (1795) declared, "Let the children first be *killed*" instead of "Let the children first be *filled*."
- A 1964 printing of the KJV said that women were to "adorn themselves in *modern* apparel" instead of "*modest* apparel" in 1 Timothy 2:9.
- The 1653 edition--known commonly as the "Unrighteous Bible"--said "the *unrighteous* shall inherit the kingdom of God" in 1 Corinthians 6:9.
- The 1631 edition, the

infamous "Wicked Bible," which rewrote the Seventh of the Ten Commandments as "Thou *shalt* commit adultery."

While these changes were printing errors, we have a tendency to want to functionally rewrite the Bible to fit what we like, or what we think is right.

The commands and principles of God's Word are there for our good. We would be wise to study and obey the teachings of the Bible.

As the Psalmist has said, it is... "a lamp for our feet and a light for our path."

O-f

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CORRECTION

In the story "Wing chaplain says goodbye to Reserve, 507th" (February 2011 issue), retiring wing chaplain (Lt. Col.) Michael Jones was incorrectly listed as a doctor of divinity (D.Div.). Jones has a doctorate (Ph.D.) in homiletics from The Southern Baptist Theological Seminary. We apologize for any misunderstanding. **O-f**

Commentary: Take a moment to honor others' sacrifices

by Capt. Douglas J. Pietersma

20th Air Force Director of Intelligence
F. E. WARREN AIR FORCE
BASE, Wyo. (AFNS) -- I read a comment on a social networking site by a military spouse and former military member, who asked, "Why do they play 'Taps' so loud at 11:00 p.m.?" I could take this as an inquiry into the history of "Taps," but more likely it was a complaint that "Taps" was annoying.

During a previous assignment of mine, a person wrote into the Commander's Action Line and complained about "Reveille" playing so early in the morning that it disturbed family sleep.

The commander promptly cancelled "Reveille" entirely. Only after fervent outrage did the commander reinstate "Reveille," but at a later hour to accommodate the original complainant.

I have seen far too many uniformed military members rushing to get into a building or into their cars to avoid being caught by "Retreat" and suffering the seemingly unbearable torture of standing at attention and saluting for just more than a minute.

Now, I am a parent of young children, and I'm sympathetic to the plight of a parent dealing with a child's sleep schedule. That being said, is it the worst thing in the world that

we, or our children, should be disturbed by traditions designed to call remembrance to ultimate sacrifice?

If I may make a couple suggestions:

If "Reveille" plays and wakes you before your scheduled time, take a moment to pray for the Soldier who stands guard in hostile territory, the Sailor on watch on the high seas, the Marine on all-night maneuvers and the Airman in flight to guard the United States against those that would take our freedom and our lives.

Every once in a while, go outside a few minutes before "Retreat" and wait for our national anthem to play - intentionally. When you hear

the music, think of the words. Also, consider the Flag, what the colors stand for and the sacrifices of all those who have made it possible for this nation to be what it is today.

When "Taps" plays and wakes your children, put them back to sleep with a prayer for the families of those who have not returned alive from the battlefield. Be thankful for their service and honor their sacrifices.

Learn and explain to your families the significance, history and purpose behind these traditions.

Now ask the question, "Why do they play 'Taps' so loud at 11:00 p.m.?" **O-f**

Parents of Robins AFB suicide victim share story

by Wayne Crenshaw

78th Air Base Wing Public Affairs
ROBINS AIR FORCE BASE,
Ga. (AFNS) -- On May 3, 2010, Joie Gates' boss entered her office and abruptly ordered a co-worker she was chatting with to leave with him.

Three uniformed Air Force officers then entered the room and Gates knew she was about to get some bad news.

They told her that her only child, Airman Austin Gates-Benson, had died in Afghanistan of a self-inflicted gunshot wound. To hear the news he was dead was shocking enough, but to learn he had committed suicide left her in disbelief.

"I pulled the bottom of my shirt up over my head, wanting desperately to hide from his words, wanting to disappear," she said.

She and Fred Boenig, Gates-Benson's father, traveled here Feb. 8 from Pennsylvania to

share their experiences with their son's death to about 500 Airmen at the base theater. Most of the Airmen were members of the 5th Combat Communications Group, the parent organization of the unit to which Gates-Benson was assigned.

In a voice often shaky but never halting, Gates urged the Airmen to consider the impact suicide has on others and seek help when they need it.

"May third, 2010, is the day that life as I knew it came forever to an end," she said. "Living it first hand is an endless ride of pain and confusion. There are no answers to my questions. There is no day you wake up and return to the way things were before your child dies by suicide."

Much has been said at Robins Air Force Base in the past couple of years about recognizing the warning signs of suicide, but by all accounts, Gates-Benson

displayed none of those.

He smiled so commonly that one fellow Airman compared him to a game-show host, said Lt. Col. Donald Cournoyer, the commander of the 54th Combat Communications Squadron.

He said Gates-Benson was an outstanding Airman who worked hard, showed initiative and was thrilled to learn he was deploying to work with special operations troops.

"Throughout all of this, he never let anyone see anything other than that smile and that 'git-r-done' attitude," Cournoyer said. "He didn't open up to anyone."

Boenig, a morning radio host, went on the air the day after he got the news. For two weeks, he choked back tears as he gave weather and traffic reports and talked about his son's death. His show became a lightning rod for people who had been impacted by suicide.

He recently mentioned on his

show he was going to Robins AFB to talk to 500 Airmen.

"In that room, statistically there's one person who is going to die from suicide, and I don't know who that person is," he recalled telling his radio audience, "because if I did, I would go over to that person and say 'Talk to someone.'"

Joie admitted she knew little about suicide on the day she got the news, but she went home that night and started reading about it, particularly the high rate among those in uniform. Three days later, she penned a letter to President Obama asking him to address the problem of suicides in the military.

"I will gather the greater forces of love and create a whirlwind to bring what is hidden to life," she wrote in the letter.

The National Suicide Prevention Hotline can be reached at 800-273-8255.

O-f

AWARD *from page 1*

direct contact with the enemy.

The 507th Maintenance Group achieved a deployed departure reliability rate of 96.77% and their annual aircraft mission capability rate repeatedly exceeded Air Force standards.

Wing aircrew and maintenance members proudly participated in Rim of the Pacific exercise, the world's largest joint multi-national maritime exercise, providing more than 2.2 million pounds of fuel to 314 aircraft while fearlessly leading first-time attending C-17 Globemasters on 56 missions.

Beyond the wing's flying mission, more than 500 wing members deployed worldwide during this period with their accomplishments contributing to the wing's success.

"Our wing has one of the highest overall deployment percentage rates of any Air Force Reserve wing and our annual volunteer deployment rates exceed many active duty wings," said Col. Jeffery R. Glass, commander of the 507th Air Refueling Wing.

Glass added that a majority of the wing's deployments came about from individual volunteers.

"It's interesting to note that our members are deploying, primarily as volunteers," said Glass. "We could not accomplish this without the tremendous support we receive from Oklahoma employers."

"It would be fair to say that we share this award with all Oklahoma businesses employing our reservists."

During the rating period,

the Wing's activated security forces squadron redeployed from Kirkuk Air Base, Iraq, where they were lauded for their exceptional air base ground defense, protecting and defending soldiers, Airmen and Iraqi local nationals with exacting precision.

Members of the 72nd Aerial Port Squadron repeatedly deployed assuring the successful shipment of tens of thousands of tons of equipment and thousands of personnel.

507th Medical Group personnel deployed in support of active duty backfill, humanitarian mission and combat support requirements.

Likewise, 507th Civil Engineer Squadron personnel provided superior support while serving in locations across the country and in combat zones.

Finally, the wing's 1st Aviation Standards Flight kept international airways safe through their inspection and certification of 100 navigation aids and more than \$2 million in precision radars, assuring all-weather combat operations.

The accomplishments of all the wing's reservists contributed to the wing's receiving this award, the fourth in its history.

"Our wing impacts operations Air Force-wide and internationally," said Glass. "Throughout it all, this wing continues to excel.

"I am proud of their accomplishments." **O-1**

All personnel assigned to the 507th ARW from January 1, 2009 to July 31, 2010 may wear the AFOUA ribbon immediately. If you have questions about your military records, contact the FSS at 405-734-9000.

AIRMAN *from page 1*

507th ARW receiving an overall "outstanding" rating.

Shaw also mentored and trained 27 Reserve and Air National Guard avionics technicians in critical tasks. Those technicians were 100% compliant with training requirements.

While deployed, despite being rated a journeyman avionics technician, Shaw leveraged his skill set to train craftsman-rated technicians to ensure the capability of mission aircraft.

During the 2010 Rim of the Pacific exercise, a multinational air and naval exercise, Shaw's breadth of knowledge garnered him the flight chief award for the most valuable specialist.

Shaw's efforts were not limited

to the mission, however. He earned 66 college credit hours toward a geographic information systems degree at a local community college. He also earned his associate degree in avionics systems technology from the Community College of the Air Force.

Shaw coached a soccer team for the local YMCA. He also helped complete an inventory with the Oklahoma City Infant Crisis Services charity.

Additionally, he supported three different wing functions, helping raise money for wing families at Christmastime and boosting morale during the wing's annual family day.

Shaw will advance to compete for the Air Force Reserve Command Outstanding Airman of the Year - Airman category. **O-1**

PA NCO *from page 1*

first-ever tour with the nation of Pakistan, further informing people of the NTM-A mission.

Epperly managed more than 50 interviews with NATO and US military general officers. He also led more than 250 media engagements and 300 information queries.

His efforts also involved levels of the Afghan government, namely the Ministries of Defense and Information. His mentorship enabled ministry representatives to engage local and international media, setting the stage for a self-sustaining Afghan National Security Forces public affairs department.

Epperly also spent some time outside the wire. He commanded more than 100 such missions as a driver in convoys, facing threats such as improvised explosive devices, vehicle-borne IEDs, rocket-propelled grenades and small

arms fire.

He rapidly responded to the joint operations center during multiple RPG, VBIED and mortar attacks to ensure communication efforts could be maintained.

Although Epperly conducted media interviews and taught locals how to work with members of the media, he also spent some time on the air. He participated in several interviews which aired on the NBC Nightly News and on NBC's website, revealing the NTM-A mission to more than 60 million Americans.

Part of that mission, a volunteer community relations committee, was highlighted on NBC Nightly News' "Deployed Holiday Special." The VCR committee arranged for children's clothes and blankets to be sent from Oklahoma to Afghanistan for distribution to local Afghanis. Epperly also spent his after-duty hours creating clothing bags for Afghanis of all ages. **O-1**

507th command post takes home top honors

by Lt. Col. Richard Curry

507th ARW Public Affairs Chief

Early this month, Air Force Reserve Command Headquarters announced the 507th ARW CP had won the AFRC Small Command Post of the Year award.

The announcement now places the CP members in the running for the Air Force-level award which will be given out at the end of March. To reach this level, the CP members successfully hurdled completion at the 4th Air Force level and then bested CPs of other wings from 10th and 22nd Air Force.

While pleased by the recent announcement, this is not the first time wing CP members have reached the top-tier completion level.

During the past 12 years, the 507th ARW CP has received four numbered air force and four AFRC wins each.

"This time we hope our award nomination is strong enough to take us all the way to winning at the Air Force level," said Senior Master Sgt. James Rock, 507th ARW CP superintendent.

And while reviewing the accomplishments of the command post team, wing

officials optimistically agree this may be their year to win.

In 2010, the CP team received their 17th consecutive "Outstanding" rating on their semi-annual communications security inspections.

Additionally, during last summer's unit compliance inspection, inspectors found the team 100 percent compliant and cited their meticulous management of major wing reporting and communications security (COMSEC) programs.

Also, the wing CP team was recognized with a "Best Practice" nod by the 72nd Air Base Wing's Air Force Material Command, COMSEC manager for a flawless COMSEC program.

During the previous year, members of the command post repeatedly volunteered to deploy to fill overseas air expeditionary force roles throughout the theater of operation. The team filled a critical theater superintendent position during a six-month-long deployment, providing direct support for 3,400 combat missions to achieve a 98 percent execution rate, as well as supporting 4,800 passenger missions along with the

movement of 48 tons of cargo.

What's more, wing CP personnel volunteered to fill a vital "short-notice" three-month-long AEF assignment to Ramstein Air Base, Germany. During that deployment they meticulously alerted, launched and recovered more than 1,200 airlift missions with zero CP delays. They also coordinated 14 emergency medical evacuation missions, flawlessly monitored and controlled patient movement to ensure zero lives were lost. Also during the deployment, they oversaw movement of 25 fallen soldiers helping to return the heroes home with honors.

Yet another CP member stepped up to fill a vacancy and deployed with the wing during an AEF mission to Anderson Air Base, Guam.

Stateside in 2010, 507th ARW CP team members volunteered to assist a sister unit during a manning shortfall, helping ensure they remained mission ready. A controller volunteered to assist the AFRC Command Center during a high tempo operations manning shortfall, while another member served as a key player for the 86th Air Wing's CP. (That team

also garnered "Excellent ratings" during that wing's 2010 Operational Readiness Inspection.)

And locally, the 507th ARW's CP professionals continue to serve as the Total Force Integration benchmark program for the first-ever AFRC/Air National Guard Associate Air Refueling Wing, writing the operations plans book and joint agreements for accomplishing both mission and critical training.

They were responsible for initial and continuation training for 62 Reserve and 27 Guard aircrew members training. During 2010, all controllers maintained 100% certification with zero emergency action test failures.

"Our command post team continues to serve as the communication linchpin for local Air Force Reserve and Air National Guard association worldwide operations," said 507th ARW commander Col. Jeffery R. Glass. "They are leading the charge and setting the standard for future similar CP operations." **O-f**

Boeing wins aerial tanker contract

by Jim Garamone

American Forces Press Service

WASHINGTON – The Boeing Co. has won the contract to produce the Air Force's KC-46A aerial refueling aircraft, replacing the Eisenhower-era KC-135s and the Reagan-era KC-10s.

Deputy Defense Secretary William J. Lynn III said the competition for the contract was fair, open and transparent

and he believes it will survive any possible challenge.

"What we can tell you is Boeing was a clear winner," Lynn said.

Air Force Secretary Michael B. Donley made the announcement at the Pentagon this evening. Both offers -- by Boeing and EADS -- met all 372 mandatory requirements under the competition, he said.

The contract signed Feb. 24 is

for \$3.5 billion for engineering and manufacturing. This portion of the contract will yield four aircraft.

Under this award Boeing will build 179 aircraft. Overall the contract is worth \$30 billion with a final amount depending on the options exercised, Donley said.

"I am pleased that this process has produced an outcome after an exhaustive effort by

hundreds of the department's very best people, that we will get about delivering a capability that's long overdue and we can stop talking about it," Air Force Chief of Staff Gen. Norton A. Schwartz said.

The first 18 aircraft will be delivered by 2017.

Donley called the tanker buy the service's "number one" need. **O-f**

Wing chief of plans Phases 1-2,

**Story by Lt. Col.
Ken Humphrey**
507th ARW Chief of Plans

**Photos by Tech. Sgt.
Robin Olsen**
164th Airlift Wing,
Tennessee Air National Guard

noted by both our exercise evaluation team and the cadre. Remember: this is the crawl-walk-run concept of ATSO training, and we just finished the crawl phase.

One result of the two individual exercises was a greater understanding of our strengths along with those areas and processes that require improvement. Based on remarks from the cadre, our units are well underway to successfully preparing for our upcoming exercises and inspection.

Speaking of the inspection, the new June 2012 Operational Readiness Inspection dates were in question for a short time and I thank all of you for bearing with us as the dates and participating units seemed to be changing on a weekly basis. The original change to both the dates and participating units will remain in effect. We no longer will be participating with the 164th Air Wing (Memphis), but have instead with the 161st ARW (Phoenix). Our three units will continue planning and preparation for ORI 12-04A, June 9-16, 2012. The nuclear ORI is scheduled June 5-8, 2012, for both the 507th and 137th ARWs.

ORTP-3 planning is in full swing. The time in between exercises is short; therefore I ask all those involved to continue the outstanding contributions. ORTP-3 is similar to ORTP-1 insofar as the installation control center and the emergency operations

The first two phases of the Operational Readiness Training Plan are now behind us. Winter weather arriving in the middle of the week required us to be flexible and I sincerely appreciate the hard work from all those involved, including 507th and 137th personnel. Each exercise was a success, although the weather created some major obstacles on the second day of ORTP-1.

The cadre from Volk Field, Wisconsin, brought an enormous amount of experience and knowledge to the events, which ultimately resulted in a great training environment. The level of effort, great attitudes, crossflow of ideas and best practices from all three units were



reviews ORTP details Phases 3-4

center are the primary players. This command and control exercise goes a step further and incorporates representatives from each wing UCC to provide connectivity and communication inputs, resulting in a more realistic training environment for the leadership. The actual number of players goes down significantly. Your unit ORI planning team members have a list of those that are currently assigned to participate. However, the 507th and 137th ARWs will be the only units participating.

There have been some minor changes to the ORTP-3 exercise specifics. Our leadership decided we could maximize training and reduce overall costs by holding the exercise once again at Will Rogers Air National Guard Base. The 137 ARW has graciously allowed to host our two units again.

Since we are no longer flying to Volk Field, the exercise dates have been shortened to three days, rather than five. The inclusive ORTP-3 dates are April 11-13, 2011.

ORTP-4 scheduled dates have not changed. We are still planning a full flyaway exercise at the Volk Field CRTS August 1-8, 2011, with both the 137th ARW (WRANGB) and 161st ARW (Phoenix ANGB).

The operational readiness exercise originally scheduled for December 5-11, 2011, is expected to change to the March or April 2012 timeframe for us to better prepare for

the June 2012 combined ORI (CORI). The exact date and location is still to be determined.

Along with the ORTP exercise schedule, both 507 ARW and 137 ARW ORI planners have drafted a training plan to capitalize on the vast ATSO (ability to survive and operate) experience from each wing's personnel. This approach will ensure our units have standardized our processes and will increase the overall level of knowledge and experience. This ORI training plan is in the draft stages and will be administered by each respective wing's EETs during the months leading up to the ORI.

As always, please contact me, Chief Master Sgt. David Dickson or your unit ORI planners if you have any questions. Chief Dickson and I can be reached in the wing plans office at 405-734-0101 or 405-734-5988. **OF**



507th MDS welcomes new commander

Michigan native joins Okies, brings active duty experience to operational Reserve

Lt. Col. Valarie Olyniec assumed command of the 507th Medical Squadron on February 5, 2011.

The Muskegon, Mich., native is a traditional reservist, working as a critical care nurse at the University of Oklahoma Medical Center. Her husband, Lee, is an active duty Air Force lieutenant colonel, and the division chief at the Air Traffic Control and Landing System Squadron at the Oklahoma City Air Logistics Center.

Olyniec shared a bit about her family, their experiences so far here in Oklahoma, and her thoughts on Reservists in the medical field.

Her military background: I was directly commissioned in active duty after graduating from Grand Valley State University in Michigan. I went to the Air Force Nurse Transition Program at Travis Air Force Base, California. I'm not prior enlisted, but my sister is enlisted in the Air Force and inspired me to join. My brother-in-law is a retired Air Force master sergeant.

Her medical experience: My active duty career gave me a well-rounded background. My first duty assignment at Edwards Air Force Base, California, required me to work on the inpatient medical surgical unit, same day surgery, obstetrics and the emergency room. I also was one of a few hyperbarics nurses on base.

I enjoy orthopedics and spent a number of years working with joint replacement patients and orthopedic injuries. I was ready to try something new and wanted to work in a teaching hospital in an intensive care unit to challenge my skills. OUMC fit my goal and it has not disappointed.

Her children's thoughts on moving to Oklahoma:

We have one daughter, age 11, and one son, age 9. They were excited to move to a state that can get snow.

Her thoughts on moving to Oklahoma: I find something to enjoy in every part of the country I have lived. I never knew Oklahoma has had more astronauts than any other state. The Oklahoma Science museum has three huge walls of Oklahomans who have served their country in heroic ways; I found it quite impressive.

Her experiences with local folks: On the Fourth of July, my neighborhood became a war zone with the amount of fireworks being ignited. Any other fireworks display in my life will pale in comparison. The Oklahoma State Fair was quite memorable as well.

Ways she winds down: I am learning to ride horses, something that I have always wanted to do. I enjoy spending time with my family camping, Scouting, and traveling.

On expectations/goals she has for the 507th MDS: It



Photo by Tech. Sgt. Grady Epperly
 Lt. Col. Valarie Olyniec (right) accepts the guidon for and command of the 507th Medical Squadron from Col. Jeffery R. Glass, 507th Air Refueling Wing Commander, at an assumption of command ceremony in the Tinker Air Force Base medical building on February 5, 2011. Master Sgt. Phillip Baker, 507th MDS first sergeant, stands behind the guidon.

can be hard to remember that the impact of our work isn't just local for one weekend a month, since we are now the operational Reserve. We are the shield that protects the most intimate layer of our Airmen, whether it is our role in 507 ARW deployment health or our wartime UTC responsibilities.

Combatant commanders and the nation are relying on our expertise to send medically ready Airmen and ready Airmen medics to where and when the call comes.

Become a subject matter expert in your area and

research solutions to issues with your programs. Also, be proud of the work you do because it really does make a difference for the 507th ARW. **Final thoughts:** If you meet any volunteers for the Coast Guard Auxiliary, thank them for the work they do. They rescued me and my friends on our broken boat 25 miles into Lake Powell, requiring a 5-1/2 hour tow...all for free.

I'm thankful we were all Air Force Reserve nurses because our deployment experience came in handy...we had fun even during difficult times!

O-f

513th Maintenance superintendent to retire after 34 years of service

Story and photo by
Senior Airman
Caleb Wanzer

513th Air Control Group Public Affairs

Chief Master Sgt. Joseph L. DiTommaso, the 513th Aircraft Maintenance Squadron's superintendent, will retire on March 17 after 34 years of service.

DiTommaso is one of the few remaining original members of the 513th Air Control Group, which was activated in 1996.

Associated with the 552nd Air Control Wing, the 513th ACG is the only Reserve unit to fly the E-3 Sentry.

DiTommaso enlisted in January of 1977 in the Air Force, and entered the Air Force Reserve in March 1983.

As the 513th AMXS superintendent, DiTommaso is responsible for the activities of all Air Force Reserve flightline specialists and aircraft mechanics assigned to the squadron.

Not only has he influenced Reservists around the 513th,

but he has also consistently and eagerly supported his active duty counterparts.

"He has filled in for me as the (552nd) Maintenance Group superintendent and has deployed in that capacity also," said Chief Master Sgt. Larry Gooch, the current 552nd MXG superintendent.

Reflecting on his eight years working alongside DiTommaso, Gooch said, "one of his strongest attributes is his extraordinary people skills. He's approachable, even-tempered, and treated people fairly. He was always willing to lend a hand and help out wherever it was needed."

"I think what I'm going to miss the most are the people I've worked with. I've had some great commanders, chiefs and others that have guided me in my career," DiTommaso said.

When asked if he had any advice for junior Airmen, he said, "always come to work on time and give your employer a good day's work. Also, be

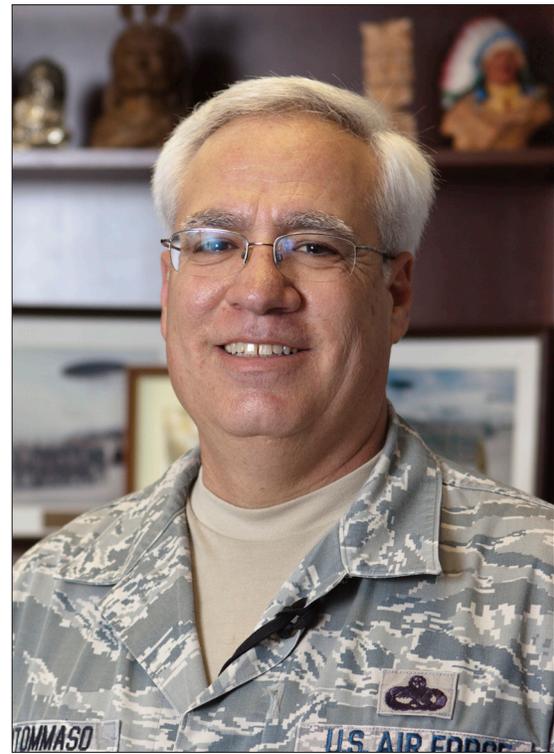
your own person and don't follow others that are headed in the wrong direction."

March 17, his official retirement date, is a very special day for DiTommaso. Not only is he retiring from the Air Force Reserve, but he is also celebrating his birthday and his 32nd wedding anniversary with his wife, Cindy.

When asked about his wife's thoughts on his retirement, DiTommaso said, "she's just worried that I'll get bored."

DiTommaso said he plans to travel, fish and volunteer after he retires.

He's not about to let a retirement slow him down,



however. "I'm still too young to fully retire," he said. "If someone wants to hire me now, I will put traveling on hold."

DiTommaso's retirement ceremony is scheduled for March 4 at 11:00 a.m. at building 230. **O-f**

513th AMXS commander bids farewell to squadron superintendent

by Lt. Col. Bryan Dickson
513th Aircraft Maintenance Squadron
Commander

Thirty-four years is a long time by any standard. And as mentioned above, 34 years is the number of years Chief Joe DiTommaso will have served when he retires this month, on March 17.

My guess is that most of you reading this article are younger than 34. Let's face it, 1977 was a long time ago!

I've had the pleasure of knowing Chief D since we both joined the 513th back in 1996. And rather than recite his long and distinguished career point by point, I thought I'd share with you the *Top Ten Lessons I Learned from Chief Master Sgt.*

Joe DiTommaso:

• **Do more for others than you do for yourself.** That's the Chief D I know. He focuses on helping others – whether it's fixing a problem, resolving an issue or moving an obstacle. He knows that if everyone was focused on doing more for others, this world would be a lot better place to work, live and play.

• **Be part of the solution.** Don't like something? Don't just gripe about it. Figure out a solution and take it up the chain.

• **Be proud.** The AF has spent a lot of time, money and effort training you to do a job. Have pride in that job. Take

ownership. Be proud of your work.

• **The more you say, the less people remember.** The Chief is a man of few words...

• **ABUs (BDUs) are more comfortable than flight suits.** You wouldn't think it, but it's true. And fleece is *much* more comfortable than leather flight jackets!

• **Success is the sum of small efforts, repeated day in and day out.** Fixing broken aircraft (and turning healthy ones) is like eating ice cream...it happens one lick at a time.

• **Don't be that guy (or gal).** Most commanders and supervisors will tell you that 90% of their problems come

from 10% of their people – don't be a ten-percenter!

• **Guys with gray hair are "berry-goot-luking."** Enough said.

• **Put in a full day's work.** Ever worked with someone who was a clock-watcher? You know the type: he/she gets to work at *exactly* the right time and then spends the whole day waiting for "quitting time" to come. They are so busy watching the clock that their work suffers. All of us are trained to perform a mission. Focus on the job and let the clock take care of itself.

• **In God We Trust.** It's more than just a slogan... Joe, we're gonna miss ya! **O-f**

Spouses can now nominate bosses for ESGR Patriot Award

from American Forces
Press Service



ARLINGTON, Va. – Spouses of National Guard and Reserve service members are invited to nominate their employers for the Patriot Award, following a recent expansion in the program, announced yesterday by the Defense Department’s Employer Support of the Guard and Reserve agency.

Nominations for the Patriot Award were previously open only to Guard and Reserve servicemembers to nominate their employers.

However, after learning of the growing number of employers with supportive initiatives for military spouses, ESGR added nominations for spouses’ employers, who will receive their own DOD award.

Employers of military spouses are not legally obligated to provide special support, but Guard and Reserve spouses often share the challenges that

go with military service.

The expansion of the Patriot Award honors flexible employers and is the only DOD-sanctioned award designated for spouses’ bosses.

The nation has relied heavily on Guard and Reserve servicemembers during overseas military operations over the past decade. Reserve component members have deployed and fought with active duty troops.

Spouses already have begun submitting nominations. Robyn Gellerup, a Wisconsin mother of three, works as an office manager for a construction company showroom.

“While my husband was

deployed both times, [my employers took] care of us like we are part of their family, from mowing our lawn and plowing snow from our driveway, to performing maintenance on our vehicles and home,” Gellerup said. “It gave my husband peace of mind knowing that if something goes wrong, I could just pick up the phone and they’d be there.”

All spouses of Guard and Reserve members are eligible to nominate their employers. Nomination forms are accessible on the ESGR website.

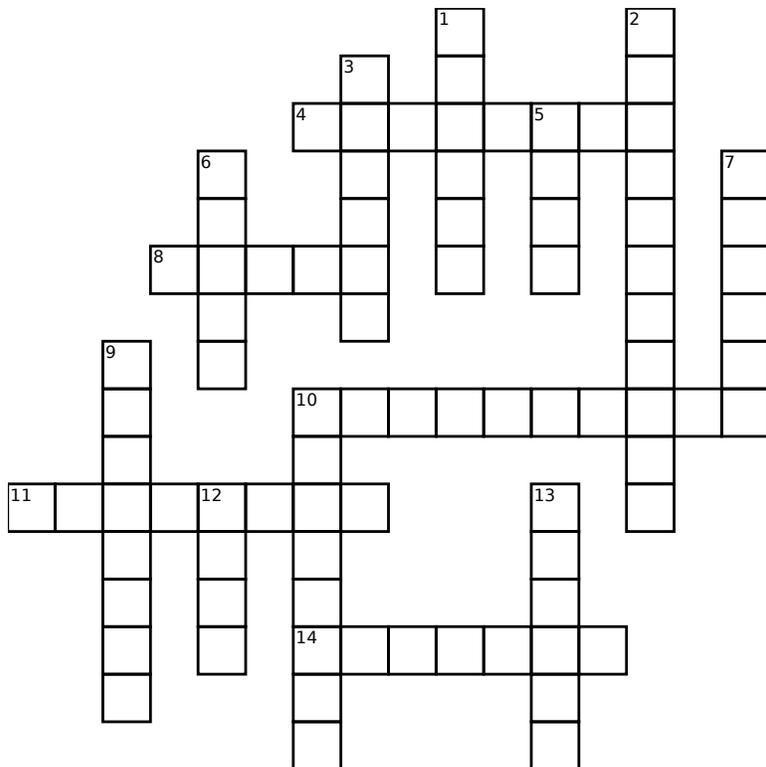
Each nominated supervisor will receive a Department of Defense Certificate of

Appreciation, presented by the spouse’s employee or a volunteer from the ESGR State Committee.

Employer Support of the Guard and Reserve is a Department of Defense agency established in 1972 to develop and maintain employer support for Guard and Reserve service. ESGR advocates relevant initiatives, recognizes outstanding support, increases awareness of applicable laws, and resolves conflict between servicemembers and employers.

Paramount to ESGR’s mission is encouraging employment of Guardsmen and Reservists who bring integrity, global perspective and proven leadership to the civilian workforce.

For more information about ESGR Outreach Programs, or ESGR volunteer opportunities, call 800-336-4590 or visit the agency’s website, www.esgr.org/site. **O-f**



ORTP CROSSWORD PUZZLE Consult your Airman’s Manual!

Across

4. One of the two phases of the “Ten Foot Rule” (two words)
8. Force protection condition applied when an increased or more predictable threat of terrorist activity exists
10. The fourth basic lifesaving step, letter D, stands for ___
11. After applying a tourniquet, mark time and letter “T” on casualty’s ___ in ink or blood
14. MOPP stands for mission oriented protective ___

Down

1. Acronym used for reporting an attack
2. ___ provides expedient hardening to protect resources from conventional weapons

effects

3. Third of the UXO 5 Cs
5. Legal instrument used to dispose of property after death
6. Individual protective equipment is the minimum personal clothing and equipment needed to protect wearers from most ___ hazards
7. Proword used to confirm message/message portion with sender
9. MULO stands for multipurpose lightweight ___
10. Use this injector after using all three Mark-1 Kits
12. The first of the challenge steps
13. Acronym for immediate action procedures for a M16A2 which fails to fire

Getting fit to fight: what *not* to do

by Airman 1st Class
Katherine Windish

31st Fighter Wing Public Affairs

AVIANO AIR BASE, Italy (AFNS) -- It's no secret that remaining in good physical shape is not only important for one's body, but it's also essential to military readiness.

Though physical training is instilled into servicemembers from the moment they join, many still make common mistakes that may seem small, but in the long run, that can hinder physical fitness and negatively impact their bodies.

"There are four parts to healthy living: exercise, nutrition, rest and genetics," said Eleanora Paronuzzi-Rucker, a 31st Force Support Squadron fitness assessment cell monitor. "Three out of the four can be controlled and, if done right, can help you lead a full and healthy life."

When FAC monitors were asked what mistakes people often make, they came up with the following eight that most people can relate to:

Procrastination

"We've all heard or have been guilty of saying, 'I'll start my workout regimen on Monday,'" said Tech. Sgt. Adam Salonish, a FAC monitor. "The hardest part of working out is going to the gym. Getting there is the issue. Once you get there, you're motivated."

He suggested to get a workout partner.

"Workout buddies help motivate you," he said. "If someone else is relying on you to go to the gym with them, you'll make more of an effort and be more likely to go."

A workout buddy should provide motivation, not distraction, to maximize each other's potential, he added.

Paronuzzi-Rucker recommends working out during a lunch break or waking up earlier in the morning. Also, people may bring their children and spouses to the gym.

"Make an hour for yourself every day," Paronuzzi-Rucker said. "If you don't spend an hour taking care of yourself, you won't be fit to take care of anyone else."

Crash dieting

"Many people think that by skipping meals, they're cutting calories," Paronuzzi-Rucker said. "What it really does is put the body into survival mode, and it starts storing fat."

"The only way to lose weight is to eat," Paronuzzi-Rucker said. "Maintain a balanced diet with plenty of variety. Plenty of small, healthy meals throughout the day will help increase your metabolism and keep you from getting hungry."

Keep balance, variety and moderation in mind when planning meals, she said. Websites such as www.mypyramid.gov can provide guidance on how to eat healthfully.

High expectations

"So many people come to the gym and expect to see results in just a couple of weeks," Salonish said. "It typically takes four to six weeks to see results with a consistent healthy diet and exercise regimen."

He said people shouldn't get discouraged by the process. Getting and staying healthy is a lifelong commitment, and it may take time to get where one needs to be.

"You just have to keep working at it," Salonish said.

Overtraining

"Another way people negatively react to results

that are slow in coming is to overtrain," Paronuzzi-Rucker said. "Overtraining can be dangerous, and it can keep your muscles from developing."

Taking it slow is a good way to ensure the body can keep up with the training, she said. People should start with light weight training and be sure to take some rest.

"Too much weight right away can hurt the body," Paronuzzi-Rucker said. "Start off small and work up to bigger weights as muscles get stronger. Also, rest days are just as important as work out days because the body uses it to allow muscles to grow."

Unprofessional advice

"Proper form is crucial to working out," Paronuzzi-Rucker said. "Without proper form, you aren't getting the full benefit from the exercise, and you could seriously hurt yourself. Many people take advice from others working out at the gym who are usually not certified and give incorrect advice."

It's recommended that people get professional advice from certified specialists at the health and wellness center, the fitness assessment cell, primary care physician or a personal trainer.

Taking supplements

"Don't be fooled by the covers of muscle magazines; supplements are not good for the average person," Salonish said. "Unless you're working out several hours a day like the paid models in those magazines, supplements are only going to give you unnecessary calories and fat that you can't burn off."

Instead of supplements, people should eat a balanced diet, he said.

The amount of protein, calories and fat in supplements and protein shakes promote bad weight gain, according to fitness officials. The amount of protein needed for a 1.5 hour workout can come from a piece of chicken.

"Eating a balanced diet will give you all the nutrients, energy and protein you need," Salonish said.

Relying on false motivators

Salonish said false motivators, like expensive equipment, shoes or clothes are motivational until the newness wears off.

"Don't waste your money on a piece of expensive equipment that will be used for a month and then collects dust."

As for new shoes and clothes, people can work out just as well without the newest styles or expensive equipment, he said.

Being ashamed

"Too many people don't want to go to the gym because they feel that they're being judged by others," Paronuzzi-Rucker said. "Whether it's for their weight, fitness level or how much they can lift, people worry that they're not as good as the other people they see at the gym and that others are judging them."

People should stop worrying about what other people will think and concentrate on what they're at the gym for, she said.

"Everyone is there for the same reason -- to get in shape," she said. "The people at the gym who are lifting heavy weights, or are running long distances on the treadmill weren't always like that. Just like you, they had to start somewhere, and they aren't going to judge you for trying."

O-F

February-March 2011 enlisted promotions

Airman:

Henderson, Mike D. 507 FSS
Kane, Katrina D. 513 OSF

Airman First Class:

Collins, Chis'lon D. 72 APS
Lewis, Roy J. 465 ARS

Senior Airman:

Barnes, Jonathan G. 513 MXS
Chesser, Matthew S. 507 CES
Cohee, Stephen S. 507 CES
Drake, Matthew R. 513 AMXS
Goren, William S. 513 AMXS
Krause, Travis R. 507 AMXS
Libel, Anthony P. 72 APS
Mooney, Aron A. 513 AMXS
Stanley, Travis J. 72 APS
Strickland, Lucas K. 513 ACG
Upton, Shane L. 513 AMXS
Wright, Jordan A. 513 AMXS

Staff Sergeant:

Henderson, Sahib A. 35 CBCS
Igo, Russ M. 72 APS
Troyer, Joel 507 MXS

Technical Sergeant:

Billharz, Michael D. 507 CES
Hockenbrach, Allen 507 AMXS
Mack, Clifton M. 507 CES
Russell, Jeremy D. 507 AMXS
Sharp, Tony J. 507 AMXS

Master Sergeant:

Alexander, Barry C. 513 MXS
Chamberlain, Bryan A. 507 ARW
Filener, Tobias J. 72 APS
Haller, Lewis A. 507 AMXS
Leal, Noel X. 513 MXS
O'Daniel, Jefferey S. 507 AMXS
Preskitt, Amy P. 507 LRS
Rhodan, Gary L. 513 AMXS

Chief Master Sergeant:

Young, James A. 507 CES



Valentines for veterans ABOVE: Bill Pierce (standing, back row), principal of D.D. Kirkland Elementary School in Putnam City, Okla., poses with his teachers and students and the valentine cards they created for military veterans. Pierce is an Air Force Reserve major and deputy chief of public affairs for the 507th Air Refueling Wing. Since 2005, Pierce's students have created more than 5,700 valentines for local military veterans. BELOW: A recreational therapy staffer at the Norman, Okla., division of the Oklahoma Veterans Center, hands out handmade valentines from students at D.D. Kirkland Elementary School in Putnam City, Okla.



UTA SCHEDULE

FY 2011

March 5-6
April 2-3
May 14-15
June 4-5
July 9-10
August 6-7
September 10-11

FY 2012

October 1-2
November 5-6
December 3-4

UTA dates subject to change

507 ARW RECRUITERS



Senior Master Sgt.
Marvin Greene
(senior recruiter)
Tinker AFB, OK
(405) 734-5331



Master Sgt.
Melissa Melichar
(in-service recruiter)
Tinker AFB, OK
(405) 739-2980



Master Sgt.
Marcel Jacques
Midwest City, OK
(405) 733-9403



Master Sgt.
Ronald Gregory
Altus, OK
(580) 481-5123



Tech. Sgt. Jackie
Harris-Sanchez
Moore/Norman, OK
(405) 217-8311



Staff Sgt.
Senecca Collins
Tulsa, OK
(918) 250-3400