The official publication of the 507th Air Refueling Wing and the 513th Air Control Group

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Humanitarian Mission Brings Medical Squadron Airmen To Belize

Vol. 31, No. 5

PLUSE

Home Makeovers By And For Servicemembers
Uniform Updates
Medal For Haiti Relief
Taking (Most Of) The Pain Out Of Dental Exams

"It's not just a job; it's my profession." by Senior Master Sgt. Joseph Robinson 2nd Contracting Squadron

There was a time not too long ago when one would actually be informed of the current state of affairs in a manuscript called a newspaper. As an 11-year-old, it was my responsibility to ensure all my neighbors would have their newspaper before they had their first cup of coffee.

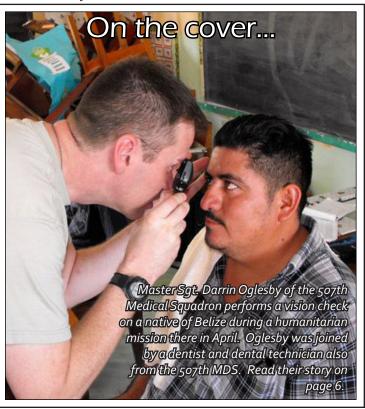
At 11, having a job meant I was responsible and reliable, but I never wanted to be considered a professional newspaper delivery service provider. Being considered a professional, or having a profession, was deemed to be a prestigious title that only doctors, lawyers or a New York Yankee were deemed worthy enough to have. I was content with having a job when I enlisted, but soon realized that I joined a unique profession. The word *job* is defined in the dictionary as "an activity done regularly for payment." One may argue that as servicemembers we do get paid regularly for the activities that we do, but we do more than just "activities," and the payment for such tasks is not one that would make Bill Gates envious.

Being entrusted to defend our great Nation should not be considered as an activity that is taken lightly. Besides firemen and policemen who put their lives at risk to aid and protect Americans daily, no other profession is entrusted with such a "job." Even the aforementioned "finest and bravest" are entrusted with the security and well-being of constituents within their respective municipalities, while all servicemembers are responsible for ensuring the well-being of every American, from Alaska to Florida and every state in between.

I have long considered myself to be a professional servicemember. I argue that one does not have to be a "lifer" to be considered a professional servicemember. I define a professional servicemember as one who truly exemplifies the Air Force core values of integrity first, service before self and excellence in all we do. There are numerous reasons one may join the armed forces, ranging from help with education expenses, skill search and patriotism to boredom. Those same servicemembers who were looking for a way to pay for higher education or wanting to learn a trade all respond the same way in one form or the other when they are asked, "What do you do for a living?" They respond with, "I'm in the Air Force." When a doctor is asked the same question, he doesn't respond

by saying, "I'm in the medical field." Nor does a lawyer respond with, "I'm in the legal system." They clearly state their profession as we do. Stating that you are in the Air Force comes with the understanding that it is clearly your profession. You can be a crew chief, paralegal, supply specialist or lab technician and it doesn't matter to the average American. The only thing the average American knows is that you are in the

Air Force, which means you are a skilled, responsible and reliable defender of our Nation's interest and security. In 1961, the U.S. Navy came out with the recruitment slogan, *It's not just a job, it's an adventure*. I serve with a revised version of the Navy slogan: *It's not just a job, it's my profession*.





 "One Team, One Fight..." by Maj. Stephen Simko Commander, 513th Maintenance Squadron
 During the first part of my career, I deployed twice as an active duty maintenance officer. In both cases, I was surrounded by active duty troops and a handful of specialized contractors, a team that mirrored what we had at our home station.

Knowing my teammates beforehand made both deployments rather easy.

Later in my active duty career, I worked in a unit that had an associate Reserve wing attached. Although we never deployed, I was always impressed with how well the units worked together.

Fast forward years later, I find myself assigned to the 513th Maintenance Squadron. Along the way, the Reserve has changed a lot to support multiple types of teaming agreements with both active duty and national guard components. Given the nature of our business, budget constraints and the overall downsizing of the Air Force, these changes are absolutely necessary. With those changes, I continue to hear stories conveying the growing pains from many units around the Air Force

On-final

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(both from my active duty and reservist peers).

573TH

Last fall, it was decided that the 513th ACG would support our active duty unit with the AEF 9/10 deployment to Al Dhafra Air Base. From the maintenance perspective, we filled approximately 30% of the tasking. Although I was nervous about the combined deployed team, I had high expectations - I saw the opportunity as a direct way to prove the Total Force concept.

I returned on May 11 from our 120-day deployment with the 380th Air Expeditionary Wing, and I could not be more proud of how well the team did! Starting on day one, we simply performed as a homogeneous unit, so much so that there were many times during the deployment that I actually forgot who was in active duty and who was in the reserve!

From the AWACS perspective, we put up some of the best maintenance statistics for an AEF deployment in years. However, that is only one small part of the story.

The deployed team at Al Dhafra is much larger than

just the AWACS mission, and I was amazed at the Total Force integration across the entire wing. I quickly lost track of the number of reservists and guardsman that I met along the way, as I saw them all as volunteers stepping up to support our active

The 380th AEW's motto was "One Team, One Fight," and, in my opinion, the 552nd/513th maintenance team absolutely lived up to that motto!

duty units.

What is my point in writing this? If you have never deployed or it has been a long time since your last deployment, I would highly recommend looking for an opportunity that suits your schedule and career field. There are lots of exciting missions going on right now and deployments are the most rewarding way to put your training to the test.

After this recent deployment, I am looking forward to joining another deployed team in the future!

Air Force officials issue guidelines for green fleece; wing officials add reminders for BDU phase-out

By Tech. Sgt. Zach Jacobs 507th ARW Public Affairs

Air Force officials released new guidance last month on wear of the sage green fleece outergarment.

According to a message from the U.S. Air Force office of Manpower, Personnel and Services office, or AF/A1, "The sage-green fleece jacket, commonly known as Generation III or Gen III, was the original version authorized for wear. Due to limited availability at Army Air Force Exchange Service Military Clothing Stores and through the Defense Supply Center Philadelphia, some units purchased and issued other versions."

The message continues by explaining these other versions may be worn as long as they meet the configuration requirements for name tapes and rank.

Requirements for wear are the following:

- A Velcro ABU print lastname tape with dark-blue block lettering, centered between the zipper and sleeve seam on the wearer's right chest

- A Velcro ABU print U.S. Air Force tape with dark-blue block lettering, adjacent to the name tape and centered between the zipper and sleeve seam on the wearer's left chest

- A Velcro subdued cloth rank with a solid sage-green background, flush and centered above the last-name tape on the wearer's right chest.

- Fleece must remain zipped no lower than halfway between the name tape and the collar

- The collar must be folded over and resting on the shoulder, chest and back when the zipper is not completely zipped

- The bottom length of the fleece must be as close to length of ABU top as possible

- Sleeves must be worn down at all times

- Fleece must be kept in a neat, serviceable and professional appearance at all times

- The sage-green fleece may only be worn over the ABU top, and is not authorized to be worn solely over a T-shirt, thermal underwear or similar undergarments, when worn as an outer garment



Items authorized for wear with the fleece include black or sage-green leather, suede or knit gloves; black or sage-green watch caps; black scarves that are tucked in; and black ear muffs.

Commanders also have the authority to allow wear of the fleece indoors if mission needs require it. According to AF/A1 officials, the number one concern is the health and well being of Airmen.

According to the executive officer for the 507th Air Refueling Wing, additional changes to the Air Force utility uniform will begin on November 1.

First, the ABU will be the primary utility uniform for all official Air Force functions, as the battle dress uniform, or BDU, will be completely phased out.

Also, sage green suede boots will be the only authorized footwear with the ABU, as desert tan boots will be phased out from wear on November 1.

Additionally, the ABU becomes the mandatory utility uniform for deployments. All deploying Airmen with a deployment reporting date of 1 October 2011 or later are responsible for

acquiring and/or purchasing their own ABUs.

Wing officials suggest that those Airmen who have not updated their uniforms should do so before the phase-out date nears.

U.S. Air Force Photo U.S. Air Force Photo

> needed. They will then procure their uniform items at the base military clothing store in the Base Exchange. They will then submit the completed clothing form to their clothing monitors.

> The Airmen will then receive a letter to pay for sewing and alterations at Young's Tailor Shop, located at 1817 South Air Depot Boulevard in Midwest City.

Officers need to purchase their uniforms and alterations on their own.

All Airmen with questions regarding uniforms and replacements should contact their respective supervisors.

Information from an Air Force Uniform Office press release and a Tinker logistics readiness message was used in this report.

DoD authorizes medal for Haiti relief efforts

Air Force Personnel, Services & Manpower Public Affairs

RANDOLPH AIR FORCE BASE, Texas (AFNS) Department of Defense officials approved the Armed Forces Service Medal for assigned personnel to Operation Unified Response participated who in humanitarian relief assistance to the people of Haiti following a 7.0 earthquake Jan. 12, 2010.



Members who supported Operation Unified Response between Jan. 14 and June 1, 2010, must have been assigned to the immediate area of operation.

Members must provide source documents confirming AFSM entitlement to their unit commander or designated representative. Source documents include temporary duty orders, travel vouchers, decoration citations, performance reports, etc. Documents must show the operation being supported, location and duration of service in the qualifying area.

For more information on this and other Air Force recognition programs, visit the Air Force personnel services website at <u>https://gum-crm.csd.disa.mil</u> or call the Total Force Service Center at 800-525-0102.

Home improvement charity's local chapter seeks volunteers for May 14 project

By Tech. Sgt. Zach Jacobs 507th ARW Public Affairs

The Oklahoma City chapter of Rebuilding Together, a national nonprofit home improvement organization, needs volunteers for a home repair project scheduled for May 14 at the home of an Oklahoma City resident.

This comes on the heels of a May 7 repair job performed by Air Force Reservists stationed at Tinker Air Force Base.

The team performed home repairs for Betty Davis, including

replacing two windows and exterior trim, installing a storm door and replacing rotted siding.

Senior Master Sgt. David Liszeski, the career advisor for the 507th Mission Support Group and a frequent volunteer with Rebuilding Together, said that this event is the second annual work day with the 507th Air Refueling Wing.

Liszeski said events like this is "just one of the many ways the 507th Air Refueling Wing gives back to the community, while at the same time getting to know and work side by side with each other."

Rebuilding Together OKC improves the living conditions of low-income senior homeowners in the Oklahoma City metro area by making free home repairs and modifications throughout the year.

To assist in the May 14 project, contact Liszeski at (405) 226-7401.

Information from a press release was used in this report.

DoD to drop Social Security numbers from ID cards

By Jim Garamone

American Forces Press Service

WASHINGTON (AFNS) – Beginning June 1, Social Security numbers on military ID cards will begin to disappear, said Maj. Monica M. Matoush, a Pentagon spokeswoman.

The effort is part of a larger plan to protect servicemembers and other DOD ID card holders from identity theft, officials said.

Criminals use SSNs to steal identities, allowing them to pillage resources, establish credit or to hijack credit cards, bank accounts or debit cards.

Currently, the SSN is printed on the back of common access cards, and on the front of cards issued to dependents and retirees. Beginning in June, when current cards expire, they will be replaced with new cards having a DOD ID number replacing the SSN, officials said. The DOD ID number is a unique 10-digit number that is assigned to every person with a direct relationship with the department. The new number also will be the servicemember's Geneva Convention ID number.

An 11-digit DOD benefits number also will appear on the cards of those people eligible for DOD benefits. The first nine digits are common to a sponsor, the official said, and the last two digits will identify a specific person within the sponsor's family.

SSNs embedded in the bar codes on the back of ID cards will be phased out beginning in 2012. The department will replace ID cards as they expire.

Show seeks military families for home makeover

By Elaine Sanchez

American Forces Press Service WASHINGTON (AFNS) – The producers of ABC's "Extreme Makeover: Home Edition" are seeking people involved in the military whose home deserves an extreme makeover.

The producers are looking for people with "amazing strength of character and who put their own needs aside to help others," a press release said. "Whether it's a Soldier, a mom, a teacher or a fireman, we think deserving families are families who inspire those around them." Additionally, the show's producers are seeking families whose houses need major alterations or repair – "homes that present serious problems for the family and affect the family's quality of life."

To be eligible, families must own their single family home and be able to demonstrate how a makeover will make a difference in their lives.

Interested military families or people who wish to nominate a military family should e-mail a short description of the family's story to <u>emheusa@gmail.com</u>. The e-mail should include the names and ages of household members, a description of the family's challenges, an explanation of why the family is deserving of a makeover or is a positive role model in the community, photos of the family and their home, and contact numbers.

The deadline for nominations is May 30, but people should send submissions early, the release said. Only up to 25 families are selected each season.

For more information on the application process, visit <u>http://abc.go.com/primetime/</u> <u>xtremehome/index?pn=apply.</u>

Chaplain's Corner

By Chaplain (Maj.) Dwight Magnus 507th ARW Wing Chaplain

Every Memorial Day, we honor those who gave their lives for our country, and honor our relatives who have died.

Death isn't a topic we like to dwell on, but I encourage you to take time to either go to a cemetery or at least pause and remember those you love.

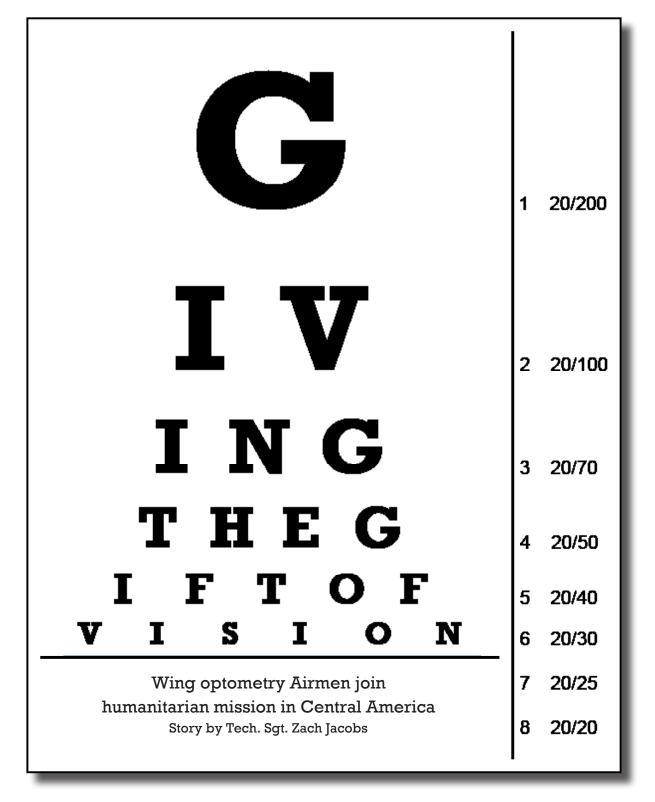
As a Christian, I am glad to reflect on heaven, and that the time of separation is really quite short.

I love the actions of Winston Churchill. He arranged his own funeral. There were stately hymns in St. Paul's Cathedral and an impressive liturgy.

But at the end of the service, Churchill had an unusual event planned. When they said the benediction, a bugler high in the dome of St. Paul's Cathedral on one side played Taps, the universal signal that the day is over. There was a long pause. Then a bugler on the other side played Reveille, the military wake-up call.

May God bless you and your remembrances this Memorial Day.





Some reservists say that a selling point to serve in the Reserve is the "one weekend a month, two weeks a year" commitment.

But how to spend those two weeks (also known as annual tour)?

Three Airmen from the 507th Medical Squadron teamed with more than 40 reservists from across the Air Force - active duty and reservist alike - on a humanitarian medical readiness exercise, or MEDRETE, to Belize, a Central American country smaller than Massachusetts. The team took part in MEDRETE for their annual tour from March 26 to April 9 - their entire two weeks' obligation - to bring humanitarian assistance and free medical care to citizens of the host country.

And the two weeks was time very well spent, according to Master Sgt. Darrin Oglesby, an optometry specialist with the 507th MDS.

"A large patient population was well served with much needed medical services," said Oglesby.

Lt. Col. Bret Anderson, chief of dental services for the 507th MDS and lead dental officer for MEDRETE, said the dental team overcame many obstacles and difficulties in their field conditions.

"With equipment malfunctions, personnel illnesses, finger sticks, unsuitable supplies and inadequate supply amounts," said Anderson, "we prevailed and were greatly appreciated by the locals."

Tech. Sgt. Sarah Nicholas, a dental technician with the 507th MDS, also said that the dental team had their work cut out for them.

The dental team "was the only section to not have a member of the host unit in our care team," said Nicholas.

The optometry team organized nearly 1,000 pairs of spectacles, dispensing nearly 800 prescription eyeglasses to Belizeans with prescription needs ranging from low power eyeglasses to bifocals.

Oglesby said a fair amount of improvisation was necessary to provide services for Belizeans. For example, since they worked in no formal facilities, the team fabricated operating rooms at their three field sites. Also, they hung up makeshift curtains to darken overly bright exam rooms, in order to better examine patients' eyes.

And how to sterilize their equipment? Oglesby said the team partnered with the dental team to improvise a field sterilization procedure. This allowed a greater number of patients to be cared for while still maintaining a standard level of care for all their patients.

Belize is sandwiched between Mex-

ico and Guatemala and located on the western coast of the Caribbean Sea, and is known for its tropical, humid climate. However, the trip took place during Belize's four-month-long dry season.

"The environment of this mission was very dusty," said Oglesby. This led to every single optometry patient needing artificial tears, he added.

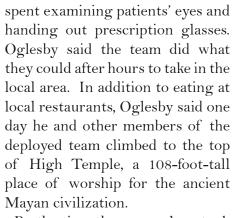
Thankfully, those artificial tears – and other necessary items donated – were not in short supply. Oglesby said artificial tears were more than adequate for the number of patients seen. Other donated medications included glaucoma drops, antibiotics, combination steroid/antibiotic medicines and topical antihistamines, he said.

But not all of the team's time was





TOP: An optometry technician puts sample lenses on a Belizean boy to test his vision. BOTTOM: Master Sgt. Oglesby tries a pair of glasses for the boy for fit and vision. The team handed out more than 850 pairs of prescription glasses to locals during the MEDRETE to Belize.



By the time the cargo plane took off from Belize on April 9, the optometry crew had treated more than 1,200 patients for various eyesight problems, and the dental team had performed

Not bad for two weeks of work.

OPPOSITE, TOP: Master Sgt. Oglesby and an unidentified optometry doctor examine a Belizean patient in a makeshift operating room during the 2011 MEDRETE humanitarian exercise. OPPOSITE, BOTTOM: Residents of the town of Guinea Grass, Belize, line up to receive dental, medical and optometry care during a humanitarian visit from Air Force Reserve medical personnel.

(Photos courtesy of Lt. Col. Gerald Anderson, Master Sgt. Darrin Oglesby and Tech. Sgt. Sarah Nicholas)







Story and photos by Tech. Sgt. Zach Jacobs

When given orders to deploy, it's sometimes difficult for an Airman to ensure that all the necessary preparation is complete before departing.

And Airmen might admit that a dental exam is usually one of the least anticipated boxes to check before shipping off.

The local branch of a national dental organization helped nearly 100 Airmen from the 507th Air Refueling Wing and 513th Air Control Group prepare for a sendoff.

As part of the Air Force Reserve Command's Reserve Health Readiness Program (RHRP), ten professionals from the Oklahoma City branch of Dental Solutions performed exams for Airmen on April 2.

The dental team arrived at 6 a.m. to set up their equipment and a waiting area in the conference room of Tinker Air Force Base's medical center.

And the patients began to trickle in about 7:30 that morning to a makeshift clinic equipped with portable X-ray machines, reclining chairs and disposable dental instruments.

Roberta Neal, the dental lead facilitator for the visit, said visits like these keep the Dental Solutions crew busy.

Three weekends out of every month, said Neal, the team travels to different locations to provide dental services to servicemembers of all branches.

After a brief check-in at the front desk, patients sat in a row of chairs awaiting two X-ray stations. The technicians there entered personal information in their computers, then placed the obligatory lead apron over their patients' chests.

Using a handheld unit, the technicians took X-rays of the patients' teeth and then printed out those images on photo paper.

Then the waiting continued in another row of chairs next to the dentist station. However, the patients didn't have to wait long.

The dentists then gave a quick but thorough examination of their patients' teeth as the assistants made remarks in their individual dental files.

Patients then took their records back to the front

desk, where they were released. From check-in to check-out, the average process for a patient took no longer than 30 minutes.

Best of all, no flossing, fluoride rinse or drilling was involved.

And Staff Sgt. Corey Lambrecht of the 72nd Aerial Port Squadron liked that particular aspect of the dental event. He said his routine examination required no repairs on his teeth, which equaled "no pain" in staying eligible for deployment.

Tech. Sgt. Kay Terrapin of the 507th Support Group also gave her approval for the event, saying that going through Dental Solutions was "a lot faster (in) getting current" for a dental exam.

But the Airmen getting treated weren't the only ones to say they liked the dental event overall.

Neal, an X-ray technician by training and a four-year employee of Dental Solutions, said she loves her job, adding that she particularly "enjoy(s) interacting with servicemembers."

Toni White, a certified dental assistant, said the Tinker event was also her fourth event, but enjoyed it all the same.

The fast pace of the event was a plus, said White. She also said that, in her capacity as an X-ray technician, she was "doing my duty to help servicemembers help us."

And the dentists there like the events, too. Dr. Sam Davis, D.D.S., a dental professional of more than 50 years and one of two dentists at the April event, said he "loves the heck out of" treating servicemembers.

When asked why, Davis said that they are generally healthier patients, adding that they are more fun to treat, due to a better sense of humor than most patients.

Davis also said that it's easier on both patient and dentist when they each can lighten the atmosphere and "cut up."

And many patients will doubtless agree that no literal cutting up or drilling of their gums or teeth makes a trip to the dentist much more bearable. Martha San Juan (right) gets X-ray es of Tech. Sgt. Kim Robertson's . Robertson is a flight engineer the 970th Airborne Air Control dron.

OM RIGHT: Airmen from the 507th efueling Wing and 513th Air Control o wait with X-ray images of their to sit in the dentist's chair. OM LEFT: Dr. A.B. Holt, D.D.S., ines Staff Sgt. Corey Lambrecht's . Lambrecht is from the 72nd I Port Squadron.





And Finally...

Wing members recognize local judge's support of deployed servicemembers

By Lt. Col. Rich Curry Chief, 507th Air Refueling Wing Public Affairs

As American servicemembers continue to set forward to serve their country, so do employers and citizens step forward to thank them for their service.

Lt. Col. Donald Satterlee, commander 507th Force Support Squadron, pointed out the Hon. Twyla Mason Gray as one such local Oklahoman who is working behind the scenes to recognize those serving in the military. "Judge Gray was brought to my attention by Staff Sergeant Fumiko M. Bowen," he said. Satterlee said that when Sergeant Bowen was deployed, Judge Gray worked behind the scenes to gather up and send packages to help reservists through their deployment and separation. "The judge contributed a great number of care packages and time and effort," he said.

According to Bowen, Gray is a family friend. But Bowen wasn't aware of the judge's efforts until she deployed overseas herself. "What I found out was that she has been sending care packages for about three years to the Army and Air Force," said Bowen. "When she found out I was going over to Afghanistan, she put a care package together. I and another wing Airman were very grateful to receive the package."

Bowen said that Gray had attorneys contribute to the package fund whenever they were late to court. She also posted a notice on a office bulletin board to collect items to mail to the troops. Attorneys would bring in items, which were boxed up and mailed.

Gray is currently appointed as the judge for Oklahoma County's 7th Judicial District. Gray was first elected as district judge in 1998, and was recently re-elected to her fourth term. Prior to that, Gray served as a municipal judge for the City of Oklahoma City for four years.

Gray is also a breast cancer survivor and volunteers to help women who face similar diagnoses.

Video workout programs available soon at wing gym

By Lt. Col. Rich Curry Chief, 507th Air Refueling Wing Public Affairs

Tinker Air Force Base's Fitness Center West, now owned and operated by the 507th Air Refueling Wing, is preparing to launch a new video exercise program feature.

The 507th Forces Support Squadron recently acquired a large flat screen television and DVD player which are now set up in a smaller side room of the fitness facility.

"We currently have a copy of the *P90X* workout program and are looking to build a library of additional workout programs," said a Center staff member.

Other staff members said that with aggressive workout routines

like those used in *P90X*, groups will be restricted in size. However, slower exercise routines such as yoga, Pilates and tai chi could allow for more people to participate at the same time.

The center staff is currently working on an operating instruction on how individuals may reserve blocks of time for workouts. Center officials also stated that individuals are welcome to donate exercise DVDs to the Center's workout library.

"We'll accept donations of good, original workout DVDs," staff members said, adding that they can only accept original DVDs and are unable to accept copies.

For more information, call (405) 734-2227.



GETTING SUITED AND BOOTED Col. Jeffery R. Glass, commander of the 507th Air Refueling Wing, tries on his training chemical gear during Phase III of the Operational Readiness Training Program on April 20, 2011.