

# RABBIT TALES



THE OFFICIAL NEWSLETTER OF THE 513TH AIR CONTROL GROUP

## OPEN FOR BUSINESS

**Government reopens, Air Force resumes operations  
(stories on page 5)**



**PLUS:** – New PT rules take effect October 21  
– AF civilians to receive back pay for furloughs

# RABBIT TALES

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All photographs are Air Force photographs unless otherwise indicated.

## Fit to Fight MVPs from Sept.

TSgt Daniel McDonald  
Unit: 513 MXS  
Score: 100%



Maj. Gracie Alvarez  
Unit: 970 AACs  
Score: 98.7%



## Fit to Fight Hall of Fame



Team Tinker

513th ACG



**1.5-Mile Run**  
Men: **7:51** **8:57** Men: TSgt Daniel McDonald  
Women: **9:44** **11:00** Women: SrA Regina Kinzie

**Pushups**  
Men: **110** **82** Men: SrA Robert Duncan  
Women: **65** **51** Women: SrA Regina Kinzie

**Situps**  
Men: **109** **82** Men: 2nd Lt. Michael Doughty  
Women: **84** **60** Women: 2nd Lt. Amie Deal

**1-Mile Walk**  
Men & Women: **9:15** **11:22** Men: MSgt Darrell Freel  
**13:26** Women: SrA Valerie Johansen

### Cover Photo

File photo: An E-3 Sentry Airborne Warning and Control System aircraft takes off from Tinker Air Force Base, Okla. Airmen from the 513th Air Control Group fly and maintain the airframe at Tinker. (U. S. Air Force graphic/Staff Sgt. Caleb Wanzer)



## Upcoming events

Recurring Events:  
Wednesday Nights – 1830 – Thumper Softball  
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November 18 – 0730 – CUI beings  
December 7th – 1800 – Group Christmas Party @ OKC Zoo  
December 8th – 1500 – Group Commander's Call @ 552nd OG Auditorium

## Maj. Hutto's CUI tips and tricks

Maj. Hutto of the combat readiness office is the 513th Air Control Group's inspection guru, and is available to assist with all things inspections. He can be reached at DSN 884-8502.

**1** Training. We all have training events. Not all of them are exciting and enjoyable, but they've all been deemed required. Don't leave anything hanging, whether it is Self-Aid Buddy Care or your ISOPREP review. Other program managers are depending on you for their compliance. Don't be the one to hold them back!

**2** Process owners: focus on your Air Force Instructions. If you haven't read your applicable AFIs recently, this is the time to do it. Inspection checklists provide AFI references down to the paragraph number for each item.

**3** If you know someone else needs help, help them! We only get one grade for the entire 513th Air Control Group. Inspection preparation is a team effort, and teamwork will pay off in November.

## Removable media still not allowed on AF network

Don't be that guy! Think twice before you plug something into your desktop or laptop.

NOT authorized:

- Thumb drives
- Personal external hard drives
- Cell phones
- Cameras
- MP3 players (i.e., iPods)
- Tablets (i.e., iPad, Kindle)

Only government-owned, non-flash, Information Assurance Officer approved devices may be used.





# AF implements changes to PT assessment

by Staff Sgt. David Salanitri  
Air Force Public Affairs Agency

The Air Force has released further guidance on the implementation of several changes to the physical assessment test, which will take place Oct. 21.

The new guidance includes additions to the body composition component of the fitness assessment, delegation of appeal authority for fitness assessments and changes to the walk test.

According to the new policy, those taking only the abdominal circumference component of the fitness assessment will pass with the component minimum score as opposed to the composite 75 score as was previously required. Males must now achieve an abdominal circumference of 39 inches, which is also the component minimum. Females must now achieve an abdominal circumference of 35.5 inches, which is also their component minimum.

Airmen who fail the abdominal circumference, or AC, measurement but score 75 points out of the remaining 80 points on the other components will take the body mass index, or BMI, screen, the policy states. If the Airman does not pass the BMI screen, the Airman will take a body fat assessment, or BFA. If the Airman passes either the BMI screen or BFA, the Airman passes the body composition component of the fitness assessment. This addition to the body composition component upholds our confidence in the AC measurement while allowing those rare Airmen who fail the AC measurement, but do very well on the other three components, to meet the DOD body fat standards.

Additionally, the policy states that to pass the BMI screen, regardless of age or gender, the Airman must achieve a BMI equal to or less than 25 kg/m2. This figure is obtained using the height and weight measurements taken at the begin-

ning of the fitness assessment. To pass the BFA, males must achieve a body fat percentage equal to or less than 18 percent. Females must achieve a body fat percentage equal to or less than 26 percent. These percentages are obtained using the two or three site taping procedures.

The wing commander or equivalent will be the first appeal authority for fitness assessments. This change will expedite the appeals process and put the chain of command back in the appeals process. The second appeal authority will be the Fitness Assessment Advisory Board at Air Force Personnel Center. The final appeal authority is the Air Force Board of Correction of Military Records.

The last clarification that has been made is to the walk test.

In an effort to simplify administration of the walk test, the heart rate measurement will no longer be required. An Airman must now walk two kilometers in a certain amount of time dependent on age and gender. The walk test will be pass / fail.

“These adjustments to the Air Force fitness program will strengthen the program and continue to promote a “Fit to Fight” mentality”, said Col. Dawn Keasley, the chief of the military force policy division.

For more information, contact your unit fitness program monitor, your fitness assessment cell, or visit <http://www.afpc.af.mil/affitnessprogram/>.



(U.S. Air Force Photo/Staff Sgt. Christopher Boitz)

# Air Force returns to normal, tuition assistance back on

by Staff Sgt. David Salanitri  
Air Force Public Affairs Agency

As a result of the passed continuing resolution legislation, the Air Force is in the process of returning operations to normal pre-shutdown status, to include the reinstatement of military tuition assistance.

The continuing resolution will fund the Air Force under the fiscal year 2013 sequester funding levels, which will enable the reinstatement of MilTA for Airmen.

“Effective immediately all Military Tuition Assistance applications for courses starting on or after Oct. 17 may be submitted,” said Col. Jeff White, Air Force learning division chief. “All previously approved MilTA requests for courses which began on or after Oct. 17 are reinstated.”

Looking to the future, the Air Force policy for courses that started Oct. 1-16 will be distributed as soon as it is available, White said.

Air Force officials urge members to continue monitoring [www.af.mil](http://www.af.mil) and the Air Force Virtual Education Center (AFVEC), which can be found on the Air Force portal, for the most up to date information.

Also, an email will be sent through the Air Force Automated Education Management System, notifying members of the reinstatement of their approved MilTA request for courses starting on Oct. 17 and later.

Currently, policy is being developed for courses that started Oct. 1-16, and information will be distributed as soon as it is available.

According to Air Force officials, the service will resume close to normal pre-shutdown operations, operating under the same constrained budget of FY13, according to the Air Force budget management and execution office.

For more information, visit: <http://www.af.mil/AboutUs/GovernmentShutdown.aspx>

# AF civilians to be retroactively paid, urged not to access pay system

by Staff Sgt. David Salanitri  
Air Force Public Affairs Agency

Civilian Air Force employees, who were furloughed during the government shutdown, have been authorized to return to work Oct. 17.

Civilians, including those who returned to work earlier this month, will be retroactively paid but are urged not to access the pay system, as mass amounts of website logins could potentially crash the system.

Limiting access to the Time and Attendance website to only timekeepers and certifiers allows the Air Force to quickly update the system so all civilian Airmen can get paid in full.

“We want to ensure we don’t have individuals access the system because we only have a very narrow window to update the system,” said Bob Corsi, the assistant deputy chief of staff of Manpower Personnel and Services. “Our goal is to make everyone whole in their pay from Oct. 1 in the next pay cycle.”

As the Air Force works quickly to make these updates during this narrow window, they’re prioritizing updates by regions.

“We’re working on a game plan to phase the updates by time zone, so we don’t crash the system with tens of thousands of people updating at the same time,” Corsi said.

All Air Force civilians officially went back to work today after a 16-day government shutdown. This return to employment comes as a result of President Barack Obama signing a continuing resolution last night that funds the government through Jan. 15, 2014. Currently, the Air Force is operating under fiscal 2013 sequester funding levels.

More information will be provided as it becomes available.





In The Spotlight



Tech. Sgt. Nicole Tubbs

**Unit:** 513th Maintenance Squadron

**Job title:** Unit Training Manager

**Hometown:** Prefer to claim my birthplace, Omaha, Neb. (Go Huskers!!), but I was raised in Altus, Okla. (Yuck!!).

**Favorite part of your job:** My whiteboard!!! Organize, organize, organize.

**Little known fact about you:** I have a degree in Psychology, with a minor in Photography, and am mid-way through a Human Relations program. I take family and nature photos in my free time, and I also dabble in art. I love painting, crafts, baking, styling hair, gardening, and just about all things creative.

**Favorite memory from your time in the 513th:** Stepping off the plane after our 2011 deployment and feeling all of the love and support from our entire organization.

**If you had a superhero ability, it would be:** Ability to partake in unlimited amounts of chocolate and wine and not gain a pound.



Senior Airman Dustin Schmidt

**Unit:** 970th Airborne Air Control Squadron

**Job title:** Flight Engineer

**Hometown:** Fredonia, Pa.

**Civilian job:** Business manager for Extreme Animals

**Place you'd like to visit:** Northern California Redwood forests and the Amazon rainforest.

**Favorite part of my job:** Military: Makin' it snow on the goats. Civilian: Having the opportunity to work with exotic animals that some people may have never seen before, and working alongside my family.

**Biggest pet peeve:** Sitting through a PowerPoint brief where the facilitator reads the slides word for word.

**Favorite memory from your time in the 513th:** The September 2013 UTA when Mark Rogers blessed us all with the after effects of his homemade chili diet.

**If you had a superhero ability, it would be:** To be able to read minds. Then you could canx 90% of the conversations that you would have during your day.

Buyer Beware: Steroids, Hemp Seed Products Off-Limits to Air Force Members

by Capt. Sean McKenna  
*Air Force Space Command Public Affairs*

Exercising and following good eating habits can lead to a long and healthy life, but taking health products with hemp seeds or using steroids can lead to a short Air Force career.

There is a booming market of commercial weight and diet programs, high carbohydrate or protein diets, multilevel marketing plans and health club advertisements that cater to the health fitness market. Air Force members are among the many working to stay in shape in this fast-paced world.

There are some nutritional supplements on the commercial market that are made with hemp byproducts such as hemp seeds and hemp seed oil. Although the use, importation or manufacturing of marijuana is illegal in the United States, hemp byproducts are not themselves illegal. To attract customers, manufacturers of hemp seed oil products, such as Spectrum Essentials, Nutiva, Hempola and Manitoba Harvest, market hemp byproducts as good sources of fatty acids and proteins, both important to good health. However, taking these products could spell the end of the line for airmen.

Even though hemp seeds do not themselves contain tetrahydrocannabinol, or THC, the psychoactive ingredient in marijuana, the seeds may become contaminated with THC through contact with the stems and leaves during processing. In fact, studies have shown that products made with hemp seed oil may contain varying levels of THC, and may therefore be detectable in the urinalysis samples provided as part of the Air Force Drug Testing Program.

Laboratory testing cannot distinguish between hemp seed oil products and marijuana. Therefore, to ensure military readiness, the ingestion of hemp seed oil or products made with hemp seed oil is now prohibited by Air Force Instruction 44-121, "Alcohol and Drug Abuse Prevention and Treatment (ADAPT) Program." Failure to comply with this prohibition is a violation of Article 92 of the Uniform Code of Military Justice.

Safety Corner  
Prepare your vehicle for winter

Remember: SAFETY BEGINS WITH YOU!  
513ACG.Safety@tinker.af.mil  
You can avoid many dangerous winter travel problems by planning ahead. Have maintenance service on your vehicle as often as the manufacturer recommends. In addition, every fall:

Have the radiator system serviced, or check the antifreeze level yourself with an antifreeze tester. Add antifreeze, as needed.

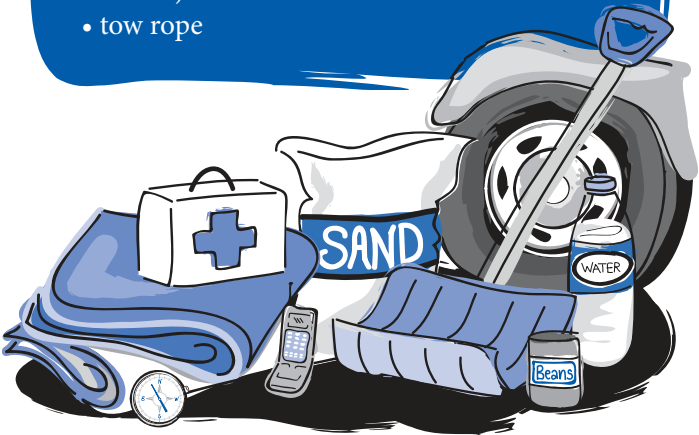
Replace windshield-wiper fluid with a winter-time mixture.

Replace any worn tires, and check the air pressure in the tires.

During winter, keep the gas tank near full to help avoid ice in the tank and fuel lines.

Winter survival kit for your car

- blankets
- first aid kit
- can and waterproof matches (to melt snow for water)
- windshield scraper
- booster cables
- road maps
- mobile phone
- compass
- tool kit
- paper towels
- bag of sand or cat litter (to pour on ice or snow for added traction)
- tow rope
- tire chains (in areas with heavy snow)
- collapsible shovel
- container of water and high-calorie canned or dried foods and a can opener
- flashlight and extra batteries
- canned compressed air with sealant (for emergency tire repair)
- brightly colored cloth



Source: Centers for Disease Control and Prevention

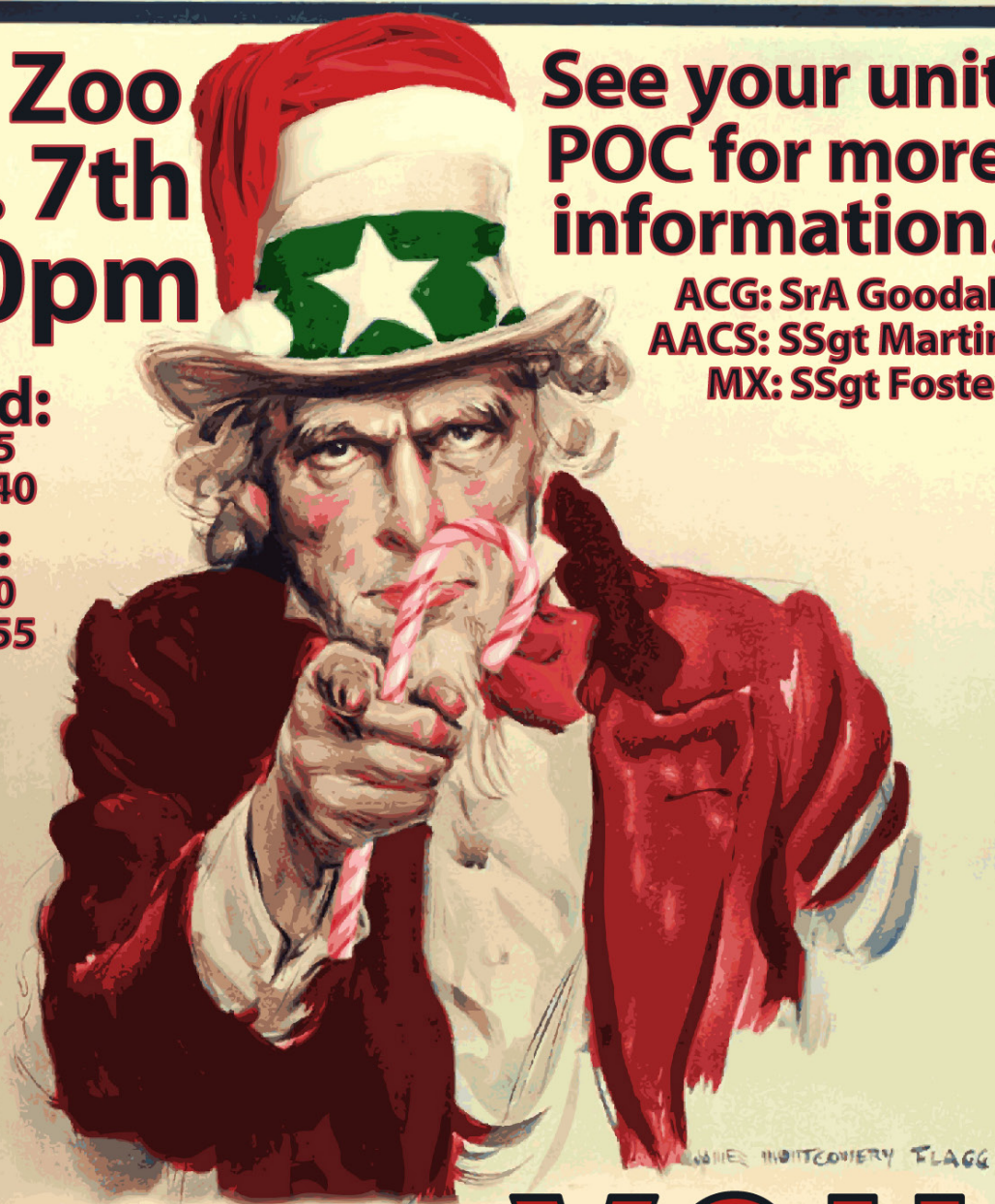


**OKC Zoo  
Dec. 7th  
6:00pm**

**Enlisted:**  
Single- \$25  
Double- \$40  
**Officer:**  
Single- \$30  
Double- \$55

**See your unit  
POC for more  
information.**

**ACG: SrA Goodall  
AACS: SSgt Martin  
MX: SSgt Foster**



**I WANT YOU  
FOR THE 513TH  
CHRISTMAS PARTY**