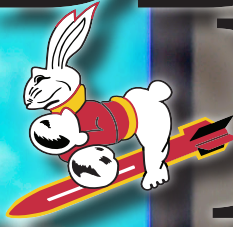
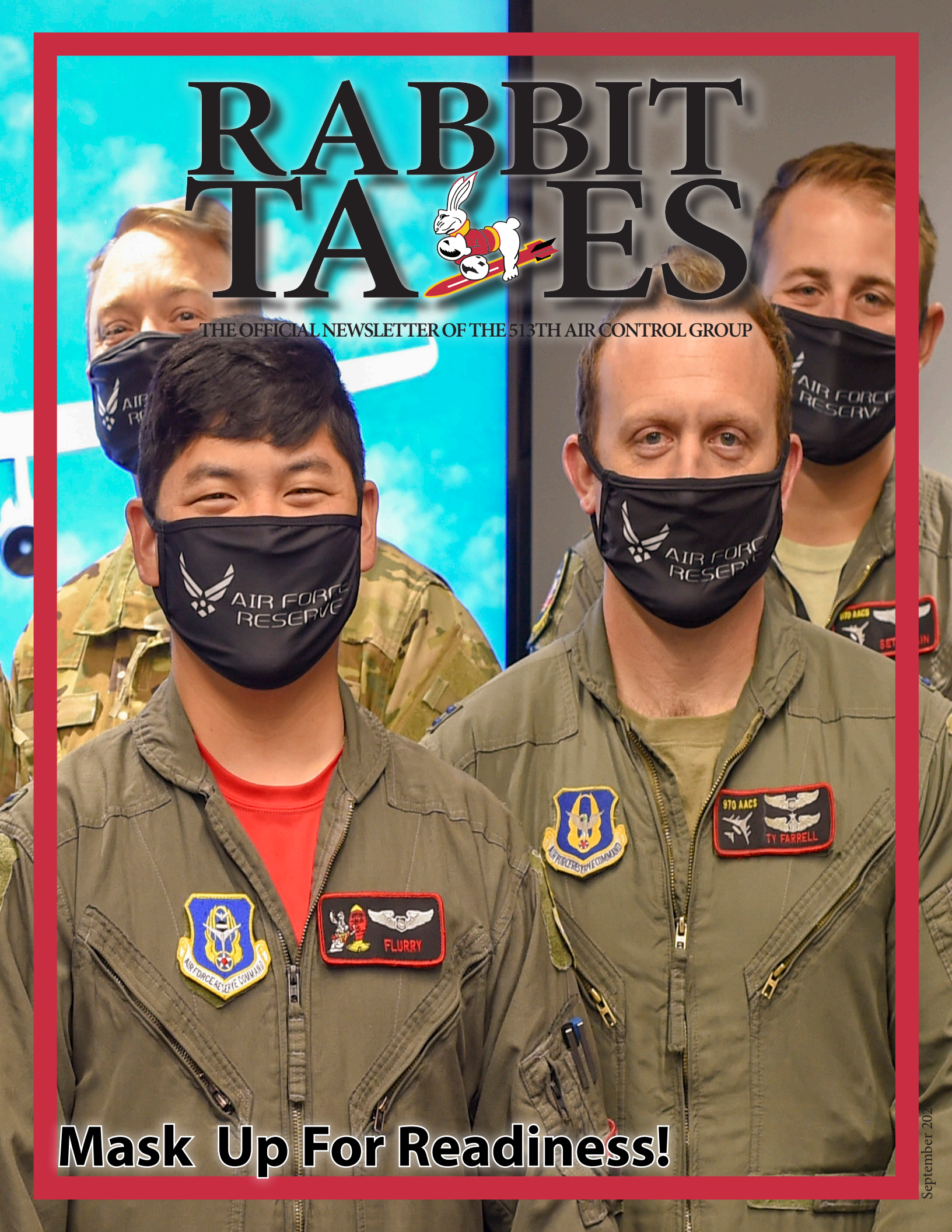


# RABBIT TALES



THE OFFICIAL NEWSLETTER OF THE 513TH AIR CONTROL GROUP



**Mask Up For Readiness!**



# RABBIT TALES



---

## TABLE OF CONTENTS

513 ACG first to employ latest mask technology	3
Department of the Air Force pushes fitness testing to Jan. 1	4
In the Spotlight	5



*Rabbit Tales is a production of the 513th Air Control Group Public Affairs office.*

*This Air Force Reserve online magazine is an authorized publication for members of the U.S. military services, family, and friends of the 513th Air Control Group and its subordinate units. Contents of and the views expressed in the Rabbit Tales newsletter are not necessarily endorsed by the U.S. Government, the Department of Defense, or the Department of the Air Force.*

*All photographs are Air Force photographs unless otherwise indicated.*

# 513 ACG first to employ latest mask technology

by Senior Airman Chad Dixon  
513th Air Control Group Public Affairs

OKLAHOMA CITY – Airmen of the 513th are expected to be the first to use a new in-flight gas mask while deployed.

The M69 mask is designed to provide 12 hours continuous head, eye and respiratory protection against chemical and biological agents, radiological particulates, and certain toxic industrial chemicals.

M69 masks have a left/right filter mount configuration to accommodate aircrew preference. For example, co-pilots may prefer a mask with the oxygen hose mounted on the right side of the mask, while the pilot may prefer a mask with an oxygen hose mounted on the left.

If the crew position is “multi-seat qualified,” the

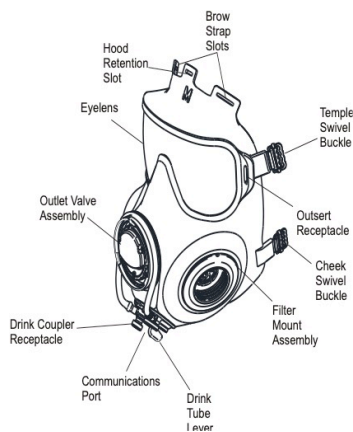
hose positioning needs to be taken into consideration.

The new mask also features an external drink tube and coupler, which connects to the communication/hydration assembly and allows for connection with a water canteen.

“The old mask didn’t have a drinking tube. If you got thirsty you were done,” said Tech. Sgt. Walter Bolles, Flight Equipment Specialist with the 513th Air Control Group.

The water canteen cap replaces the M1 canteen cap.

“We are expected to activate sometime next year,” said Bolles. “If everything goes according to schedule, the 513th ACG will be the first unit in Air Force Reserve Command to go downrange with this new gear.”



# Department of the Air Force Pushes fitness testing to Jan. 1

*By Secretary of the Air Force Public Affairs*

ARLINGTON, Va. (AFNS) --Official physical fitness assessments across the Department of the Air Force will resume Jan. 1, 2021, officials announced Sept. 16.

To continue minimizing close contact among personnel during the ongoing COVID-19 pandemic and ensure units and personnel are fully ready to resume, testing has been delayed from October to January, and testing in January will move forward without obtaining waist, height and weight measurements.

“We know people are staying fit regardless, but we want to give our Airmen enough time to prepare,” said Air Force Chief of Staff Gen. Charles Q. Brown, Jr.

Beginning Jan. 1, uniformed members are expected to test on the 1.5 mile run, 1 minute of push-ups and 1 minute of sit-ups. The body composition component (abdominal circumference), height and weight measurements are postponed until further notice. All members, including those with abdominal circumference exemptions, will receive maximum points for the AC component as part of their official score.

“This is an unprecedented situation and we’ve put a lot of work into assessing how and when we could safely resume fitness testing across the force,” said Lt. Gen. Brian Kelly, deputy chief of staff for manpower, personnel and services. “People have been juggling work, child-care issues, homeschooling, family separations, isolation, etc., and we know it’s been more challenging to maintain fitness. This delay gives our folks extra time to prepare for January, while also ensuring units have more time to implement additional COVID precautions.”

“We’re also aware our resumption occurs right after the annual holiday season that can be challenging for people’s fitness,” Kelly said. “Hopefully this change re-

moves some of the stress caused by the waist measurement, and gives us all a chance to start our New Year’s readiness and fitness resolutions on the right foot.”

Fitness assessment due dates in 2021 will primarily depend on the date and score of the last official test. Airmen and Space Professionals may determine their next fitness assessment due date by visiting the Official Physical Assessment Due Date Matrix on myPers.

“This transition requires a careful and systematic approach,” Kelly said. “Our goal is to begin testing where it makes sense, but also give commanders the needed tools and flexibility to make decisions that make sense for their locations and their people.”

Fitness assessment cells, fitness center staff, physical training leaders and members performing fitness assessments will adhere to physical distancing protocols and other local precautions as determined by installation commanders. Commanders may delay official fitness assessments beyond Jan. 1, 2021, based on the recommendation of local public health officials, the continuation of closed fitness centers and extended state-wide restriction of movement and gatherings.

“We’re also taking advantage of this additional time to look at the long-term plan for the abdominal circumference component,” Kelly said. “We’re in discussion with our medical counterparts to determine the right place for the waist measurement, whether it be part of an annual health assessment or elsewhere. This is a great opportunity to make lasting changes that will improve our fitness culture.”

For more information, Airmen and Space Professionals should contact their fitness assessment cells and visit the COVID-19 Fitness Guidance page on myPers.





# In the Spotlight



**Senior Airman Bobbi Kearns**

**Unit:** 513th MXS

**Job title:** Aircraft Structural Maintenance

**Hometown:** Butte, Montana

**Civilian job:** N/A

**Place you'd like to visit:** I would love to go to Ireland.

**Favorite part of your job:** Working on the jets.

**Biggest pet peeve:** Rude people

**Little known fact about you:** I buy pickles just to drink the juice.

**Favorite memory from your time in the 513th:** Every drill brings new fun memories.

**If you had a superhero ability, it would be:** Telepathy/Telekinesis



**Senior Airman Kobe Kiesel**

**Unit:** 513th OSS/OSL

**Job title:** Aircrew Flight Equipment Technician

**Hometown:** Choctaw, Oklahoma

**Civilian job:** N/A

**Place you'd like to visit:** Alaska

**Favorite part of my job:** Being able to learn something new everyday.

**Biggest pet peeve:** Complaining

**Little known fact about you:** I have a bachelors degree in Aviation Management with a safety option.

**Favorite memory from your time in the 513th:** 2019 deployment

**If you had a superhero ability, it would be:** Cognitive thinking