

KANZA SPIRIT

931ST AIR REFUELING GROUP



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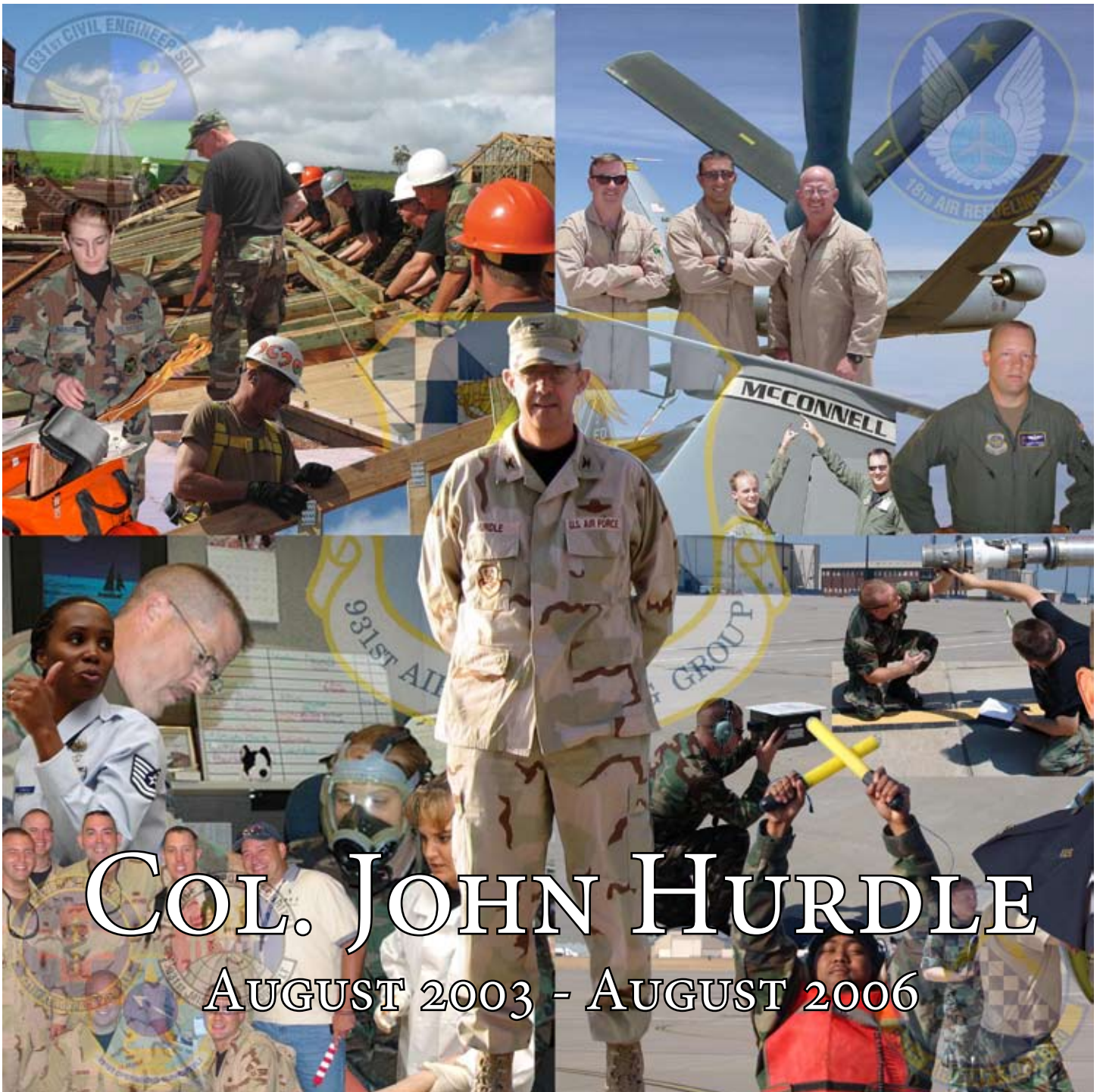
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McConnell AFB, Kansas

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VOL. 11 NO. 9

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DEADLINES

The deadline to submit articles and newsbriefs for publication is close of business of the UTA.

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The *Kanza Spirit* is mailed each month to all 931st ARG members on file with Personnel. Members not receiving their copy should check with their administration section to ensure their filed address is correct.

COMMANDER'S MESSAGE



Welcome to the October UTA.

Let me begin by addressing the Family Day Picnic. I apologize for the short-notice cancellation, but the facilities that offered the flexibility for the unpredictable weather this time of year were not available. In addition, with the amount of training planned by our unit it just became apparent that the timing was not good. We will take the money that was raised and put it toward a future family-oriented activity.

By now you should have received your letter of intent for commander-directed annual tour. I felt this was a necessary step to ensure commanders were given the tools to get training complete to ensure success during our Unit Compliance Inspection (UCI). My goal is to have this organization 100% trained and all programs running smoothly at the end of that week. When the UCI team arrives, they may find something we missed - that's what they're here for - but we won't let them write us up for things we have control over. If you are 100% complete with all Air Force Specialty Code and ancillary training, along with mobility and administrative requirements, you may ask to be excused by your commander.

We will be hosting a come-and-go farewell reception for Col. Hurdle on Sunday from 3:30 p.m. to 4:30 p.m. I hope most of you will have the opportunity to stop by.

Our aircrew performance was rated "Outstanding" by the ASEV (Aircrew Standardization and Evaluation Visit) inspection team. Congratulations to all involved. As a reminder, we also look forward to hosting the 4th Air Force Commander, Maj. Gen. Duignan, in November.

We are bearing a heavy load right now - take care of yourselves and each other. I look forward to celebrating a successful UCI with you in December. Thanks again for all your hard work.

Clayton Childs, Colonel
931st ARG Commander

Who do you know?

The **Kanza Spirit** staff is looking for story ideas about 931st members who have unique hobbies or jobs, especially those that offer opportunities for unusual and interesting photos. Please contact Staff Sgt. K.L. Kimbrell at (316) 759-3686 or kenny.kimbrell-02@mccconnell.af.mil with your ideas.

UTA SCHEDULE

Next UTA: Nov. 4-5

Dec. 9-10

Jan. 6-7

Feb. 10-11

Combined Federal Campaign kicks off

AIR FORCE PRINT NEWS

RANDOLPH AIR FORCE BASE, Texas - The 2006 to 2007 Combined Federal Campaign will last for six weeks and began on Sept. 1 and runs through Dec. 15 for both continental United States and overseas bases.

The local federal coordinating committee will establish exact dates and campaign goals in each geographic area; this information will be available through installation CFC project officers.

Last year, federal employees and servicemembers donated a record setting \$268 million to the CFC. Contributions can be in cash, check or by payroll deduction.

Military and civilian personnel who are deployed or will be deployed during the campaign will participate in the overseas CFC at their deployed location where they will have access to the same national and international charities. Those people who wish to donate to local charities may donate to charities at the deployed location. If married, they may obtain a spousal CFC power of attorney to complete local contribution forms at their home base.

The CFC was established in 1961 and is the largest workplace charity campaign in the country. This annual fall fund-raising drive allows nearly 4 million federal employees and military personnel to contribute to thousands of local and national nonprofit organizations.

On average, one in four federal employees or their dependents will benefit from the CFC charities this year, according to CFC officials. Donors may designate which charities receive their money by filling out a pledge card.

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CONTACT YOUR SQUADRON/FLIGHT REPRESENTATIVE TO DONATE



WWW.OPM.GOV/CFC



AFRC PATCH

The mandatory wear date of the Air Force Reserve Command patch, originally scheduled for Oct. 1, has been extended until May 1, 2007 by AFRC officials.

WWW.931ARG.AFRC.AF.MIL

THE DISAPPEARING WAIST TRICK

A FITNESS SUCCESS STORY

BY SENIOR MASTER SGT. ERNEST GOETHE
931ST AMXS

Everyone experiences defining, often life-changing moments that leave indelible marks upon their lives. These instances can often be so dramatic that years later, the person can still describe what they were doing when the moment occurred. I have had many as I am sure most have, and one of mine happened in December 2005 when I traveled to Houston, Tex. to pay my last respects to my older brother. During the family gathering afterwards, someone photographed my surviving brothers and me with our parents using my camera. That was the altering moment that would help redefine my life today – although I did not know it at the time.

One week later as I sat at home looking at the newly-developed pictures, one of them figuratively screamed out and smacked me into reality by saying, “Hey pal, you’re fat!” What I saw shocked me so much that I swore right then to do something about it for staring back at me from that picture was something I never want to be again. My burgundy shirt was neatly tucked in even though it was hidden by my “Dunlop” and if a button had popped loose it could have injured someone. My waist was bulging so bad it threatened to rip the buckle from my belt, my tie was nearly horizontal, and my head and face looked like a dirty blond beach ball with two eyes drawn on it. At 5’ 11” and 230 pounds, I was B-I-G!

That scared me. I had just buried my brother (age 45) and I didn’t want to follow suit anytime soon. My thoughts were of my children and I knew I wanted to see them grow into adulthood; however, the way I was going, there was the real possibility that an obesity-related disease might stop me. Previously, in October, a physical confirmed that my blood pressure had finally reached the high category, I couldn’t run for a short distance without gasping, and I was experiencing all kinds of other health problems from sore feet to chest pains. I had to do some-



Sergeant Goethe in December of 2005 (cutout) with family members before cutting 6-inches off his weight and 51 pounds off his body weight. (Courtesy Photo/Senior Master Sgt. Ernest Goethe)

thing. Well, the Air Force had been trying to help me all along, but until then, I had only viewed that help as just one more test to pass in order to retire – big whoopee. I had never really bought into the “...Fit for Life” slogan until that picture. Sure, I gave it the lip service that unfortunately too many members still do today, but I had never really signed on to the commitment it demanded.

That was nine months and 51 pounds ago. Today, at 179 pounds (by my scales), I run the mile and a half in under eleven minutes and I feel pretty good. In the first Group-wide run under the new “Fit for Life” program I managed to roll myself across the finish line in an appalling eighteen minutes, and even though I had just finished rehab from an ACL replacement surgery, that was bad. By just showing up for the next run I was almost guaranteed to do better although that was not the way to

do it. My goal for this October is 10:36 or better in the 1.5 mile run. My blood pressure is back down too. The family physician, during a follow-up visit, confirmed that my blood pressure was back down to the “normal-low” category, and he commented that the blood pressure medicine he had prescribed previously seemed to be working. I proudly told him I had stopped taking those damned pills two weeks after he had prescribed them and that my lower blood pressure was the result of hard work and determination and not some ball-and-chain pill in a bottle. He cancelled my prescription!

Today people constantly ask me how I am doing it as if I’m going to offer up some magical weight loss elixir. Oh, I shouldn’t be that crass – most of the people I talk to about it are genuinely interested not only in what I’ve managed to do, but also in some of the bone fide ways that they too can begin to achieve some of the same results.

One of the first things I tell people is that you have to start by wanting to lose weight, and then you must commit yourself to follow through with the program. The two biggest things for me were to change my eating habits and begin some type of exercise program. Notice I didn’t say “diet.” Eating better or altering some of my eating habits doesn’t really mean dieting to me – it just means eating better. However, I do joke to friends that I’m on the “2-Step Diet” which means I take two steps back from the buffet line or the refrigerator. In my job at Tinker Air Force Base, Okla. I sit for 8 hours a day at a computer terminal and up until this past January, I was drinking two to three big gulp soft drinks (basically liquid sugar) per day. I



At this point for me, losing weight and positively increasing my physical conditioning has become a lifestyle event.



cut those out completely and now stock my mini-fridge with bottled water and diet drinks although I rarely stock even diet soft drinks anymore. I try to eat more vegetables and better meats, lots of salads, and fewer carbohydrates. Yes, I said it – those nasty carbohydrates – but I’m not talking about all carbs, just those that seem to be the worst like donuts, pizza, and ice cream. And even now I still enjoy some of those things in moderation. I simply try to make sure my output (exercise) equals or exceeds the inputs (fat pills).

The other area of emphasis for me is on trying to maintain a fairly regimented exercise routine and a more active lifestyle. I run 12-15 miles per week at the local high school track and I have gotten to the point now that if I miss a day, it really makes me feel guilty. I also spend 8-10 hours per week coaching youth soccer and basketball and I now can keep up with them during practice; I push myself to do that because it’s a good workout too. I challenge anyone reading this to keep up with a team of nine and ten year olds on the soccer field for more than ten minutes – good luck. Kids have incredible stamina!

At this point for me, losing weight and positively increasing my physical conditioning has become a lifestyle event. I want to get down to about 170 – 175 pounds and maintain it. Now it seems that every picture I have of myself from before just doesn’t look right; I don’t like it and it gives me the drive to maintain what I’m doing. Like so many of us today, I was a soaking wet 145 pounder who enlisted 20 years ago and somewhere along the way (I’ve been married twice) I let it go to fat.

I’m not a fanatic, but I am driven to a healthier lifestyle for a lot of reasons. First, I’m doing it for my family because I want to be around to see them grow up. The nightly news is replete with gloom and doom stories of America’s new-found obesity and its host of associated health problems. Heart attacks, strokes, and high blood pressure run rampant on the maternal side of my family and that’s scary. Another reason was that I simply looked fat and I was tired of it and now I like the way I’m looking and fitting into old clothes I thought I never wear again; they’re probably outdated but that’s besides the

point. In fact nothing I have purchased in the last 3-5 years fits anymore. I have gone from a 38” waist down to a 32” to 33” inch waist depending on the manufacturer.

The last reason to speak of (there are really many others actually) evolves from the professional standpoint. As a senior NCO in a professional military organization, I felt it was high time to get with the program and do something about my weight. Looking back at nine months ago, I now believe my appearance in the uniform was somewhat shameful. There I was a leader in my organization looking like a fat slob; it was time to face the man in the mirror. The younger enlisted troops in the unit



Sergeant Goethe in October of 2006 outside of his civilian work site at the Oklahoma City-Air Logistics Center at Tinker Air Force Base, Okla. Even after losing 51 pounds and nearly 6 inches off his waist line, Sergeant Goethe continues to persist with his weight management. (Courtesy Photo/Senior Master Sgt. Ernest Goethe)

deserved a better example from a SNCO.

One of the drawbacks to slimming down is that sometimes my friends don’t recognize me; one guy in the dining facility stared at me for ten minutes without recognizing me. He finally got it and was literally amazed. Another bad consequence, and I had a heck of a time explaining my way out of this one, is that my wedding band fell off my finger unnoticed and I have yet to find it. It could be anywhere and I don’t have the faintest clue where to begin looking.

I finally talked my flight chief into springing some squadron money for me to purchase uniforms that fit (he’s a tight wad) because the old ones hang off my shoulders like cheap suits. And speaking of suits, I was fortunate to be selected as a quarterly award winner in the Group and was asked to submit a picture of myself in my blues. The next time you’re in Bldg 850 take a look at the spotlight wall. You might never have guessed that I had three large potato chip bag style clips fastened to the back of my service dress coat to take up the slack in the material for that picture. The photographer was rolling with that one even though it was his idea; another picture.

Today, I feel good – much better than I did nine months ago. Oh, I still get stiff and sore almost daily and my doctor tells me that my surgically repaired knee will never stop letting me know it is still there. But that’s beside the point: I’m happy with what I’ve accomplished and I hope to stay this way for a long time. Not only do I feel better physically, but I feel better mentally as well and that counts for a lot in my book. I’m not the only person in the unit who’s taken a serious shot at personal weight loss and conditioning – there are several others. Just ask around and I know they will be happy to share their stories as well. Sometimes it is not easy and certainly not fun to pass on the second or third helping of your favorite dish, but in the end you can gain a sense of personal satisfaction from your accomplishments that you simply can’t attach a tangible value to. Look at your picture and see what it’s telling you. They say that a picture is worth a thousand words, but what does it weigh? Mine weighs fifty-one pounds and counting.

Air Force Reserve changes officer promotion system

AIR FORCE PRINT NEWS

WASHINGTON -- Air Force Reserve Command is changing its officer promotion system to meet future total force requirements.

The command will implement the changes starting with the Oct. 16 Air Force Reserve line and non-line colonel promotion selection board, with results of the board to be announced early next year.

In one change, the command will combine Selected Reserve (Categories A and B) and Participating Individual Ready Reserve, or PIRR, (Category E) officers into a single promotion group.

"All participating members should have the same opportunity and compete with each other for promotion," said Lt. Gen. John A. Bradley, chief of the Air Force Reserve and AFRC commander.

"This change is especially prudent in light of our strategic shift to an operational Reserve, increased total force integration, and challenges posed by the Base Realignment and Closure Commission and Program Budget Decision 720," General Bradley said.

In addition, in recent years the Air Force Reserve promoted more lieutenant colonels to colonel than it had available colonel positions. This prompted the command to adjust the promotion opportunity for its line officers competing for colonel from 45 percent to 40 percent.

"I chartered a general officer-led promotions working group in July 2006 with cross-functional representation to weigh all the different options of changing the competitive categories and taking better care of our people," he said. "This was the best recommendation the group proposed and the right thing to do for our citizen Airmen."

The team consisted of a cross-section of reservists. They included senior officers from AFRC headquarters, a wing commander, a squadron commander, a readiness management group detachment commander and functional managers from line and non-line career fields, as well as legal and personnel experts from the Air Reserve Personnel Center, AFRC headquarters and the Office of Air Force Reserve.

"This change confirms the command's commitment to a robust and viable PIRR," said Col. Becky Lewis, director of personnel in the Office of Air Force Reserve. "It considers all participating members together, allowing us to follow personnel management policies that enable and identify the force most suited to meet mission requirements."

Changing promotion opportunities for lieutenant colonels and eliminating boards to keep them beyond their mandatory separation dates were necessary, according to Col. Shaun Kelleher, chief of the directorate of personnel's force management policy division in the Office of Air Force Reserve.

"These changes will help manage our colonel production more efficiently and enable a reasonable expectation for colonel-selects to pin-on in a timely manner," he said. "Simply stated, we have too many people making colonel and not enough positions for them. This has made it increasingly harder for colonel-selects to find Reserve jobs in a timely manner and pin on their new rank."

Air Force Reserve to operate with more reservists

AFRC NEWS SERVICE

WASHINGTON -- Air Force Reserve Command will have a slightly larger force in 2007.

The fiscal 2007 Defense Appropriations Act signed by President George W. Bush Sept. 29 funds an end-strength of 74,900 reservists. That's 900 additional reservists compared to the fiscal year 2006 end-strength of 74,000.

The new legislation also approves 10,214 full-time air reserve technicians and 2,707 full-time Active Guard and Reserve personnel.

The defense bill funds a 2.2 percent across-the-board military pay raise for active and reserve forces as requested in the President's Budget earlier this year.

From this act, AFRC receives about \$1.26 billion for its reserve personnel appropriation and approximately \$2.56 billion in operation and maintenance funds to run the command.

The amounts for military construction funding, RPA funds for basic allowance for housing, and O&M funds for facilities sustainment, restoration and modernization will be finalized at a later date when the Military Quality of Life/Veterans Affairs bill is passed.

AF prepares to dedicate memorial

AIR FORCE PRINT NEWS

SAN ANTONIO -- Fifteen years after conception of the Air Force Memorial, construction is nearing completion this week in preparation for its dedication ceremony by officials Oct. 14 in Arlington, Va.

The memorial, located on a promontory overlooking Arlington Cemetery, features stainless steel spires that punctuate the skyline 270 feet high and illustrate the bomb-burst flying formation made famous by the U.S. Air Force Thunderbirds Demonstration Team. It was designed by architect James Ingo Freed, who passed away in December.

As the nation's newest service and the last branch of the armed forces to have a dedicated memorial, the Air Force is set to observe 60 years of global air and space supremacy Sept. 18, 2007. Just as the Air Force Memorial honors Airmen who have served, are on active duty and those who will join, activities commemorating the service's 60th anniversary pay tribute to the dedication, sacrifice and contributions of those who pioneered the skies ahead of us.



Contractor Marcel Machler chisels lettering at the Air Force memorial being built in Arlington, Va.. The memorial will be complete in October. (U.S. Air Force photo/Tech. Sgt. Cohen A. Young)

Official Orders Online

Would you like to be able to print off a copy of your orders or track the status of orders in the approval process? all you have to do is visit the AROWS-R website. Once you visit the site click on the link and follow the instructions and you will be able to build an account and access your orders anytime and anywhere. This also allows you to be able to track the status of your orders while they are going thru the process of being cut.



To register and get started visit:
[HTTPS://AROWSR.AFRC.AF.MIL/AROWS-R/](https://arowsr.afrc.af.mil/arows-r/)

931 ARG 'Bears'

Group members who ordered custom 931st Air Refueling Group stuffed bears may stop by the group training office (Room 218, Bldg. 850) to pick up their bears. Additional bears will be available for purchase as well for those yet to get in on this Human Resources Development Counsel fund raiser.

Registered To Vote?

Officials from the Air Force Personnel Center encourage Airmen to register to vote so they can be a part of the election process.

Airmen serving away from their voting residence can submit a Federal Post Card Application SF-76 for registration or to request absentee ballots. State voting rules are available in the 2006-2007 Voting Assistance Guide, available online at:

WWW.FVAP.GOV



Official Travel Increase

The new transaction fee for official travel is \$21.30. Any itinerary changes or cancellations made prior to 3 business days will not be charged the transaction fee. If you have any questions, please contact TMO at 759-5261.

Reserve Dental Care

Many people may be concerned about maintaining their dental health due to a lack of dental insurance. Tricare and United Concordia have provided an affordable dental insurance plan available to all Guard and Reserve members and their families. While the member is in Reserve status, they may enroll in the United Concordia insurance plan. If for some reason the member is then placed

in an Active Duty status for more than 30 days the member is automatically entitled



to Active Duty benefits. Once the member is deactivated, they will be enrolled in the United Concordia plan again. The monthly premiums are currently \$10.51 for an individual plan. Family plans, depending on family size, are at the most \$76.19. For more information, visit:

WWW.UNITEDCONCORDIA.COM

931ST AIR REFUELING GROUP Online

View the latest stories, biographies, fact sheets, publications and information pertaining to the 931st ARG, Air Force Reserve Command and Air Force at one convenient location:



WWW.931ARG.ARFC.AF.MIL

WICHITA WEEKEND

Maize Fall Festival

Oct. 13th -14th — Sponsored by the Maize Lions Club. The festival will take place at Maize Municipal Park beginning at 4 p.m. Scheduled Events: Carnival, parade, car show, lawnmower races and more. For more information, visit:

WWW.MAIZELIONSCLUB.COM

Shocktoberfest Family Carnival

Oct. 14 — 4 p.m. - 7 p.m. at the Charles Koch Arena at Wichita State University. Petting zoo, clowns, snow cones, and much more. There will be entertainment for the entire family. For more information and a detailed schedule, visit:

WWW.WICHITA.EDU/SAC.

ArtAid 13

Oct. 14 — 7 p.m. Saturday at The Cotillion in Wichita. ArtAid is a benefit fundraiser for local artists. The event features live music, original artwork and a silent auction. Cost is \$50 in advance or \$55 at the door. For more information, visit:

WWW.THECOTILLION.COM

At the Movies



Invincible

FRIDAY, Oct. 14 7pm

1 hr. 44 min. When the coach of Vince Papale's beloved hometown football team hosts an open tryout, the public believes it is a waste of time. Papale – a down-on-his-luck, 30 year old, substitute teacher and part-time bartender who never even played college football makes the team as a professional football player.

MPAA Rating: PG - sports action, mild language



The Wicker Man

SATURDAY, Oct. 15 7pm

1 hr. 37 min. Police officer Edward Malus stops a station wagon to return a little girl's lost doll. Moments later, a runaway truck slams into the station wagon. Edwards fails to save them before the car explodes--and then spends months of his life choking down pills to get the image of their faces out of his head.

MPAA Rating: PG-13 - disturbing images, violence,

Movies are shown at the McConnell Air Force Base Theater and are subject to change. Admission is \$3.50 for adults, \$1.75 for children 11 and under. Doors open 30 minutes prior to showtime.

McConnell Movie Line – (316) 759-4181

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