

KANZA SPIRIT

931ST AIR REFUELING GROUP



Inside

- Fit test results
Page 3
- Why one man gives to CFC
Page 4
- Spirit Spotlight
Page 6

November 2004

McConnell AFB, Kansas

Vol. 9, No. 10

AF adjusting new uniform

TECH. SGT. DAVID JABLONSKI
AIR FORCE PRINT NEWS

Based on feedback from the six-month wear test, Air Force Chief of Staff Gen. John P. Jumper decided to expand the current test program to include a pixelated tiger-striped pattern in a new (grey) color scheme on the proposed utility uniform.

The expansion does not involve a full test; instead, there will be a limited production to test pattern and color, said Senior Master Sgt. Jacqueline Dean, the uniform board su-

continued on page 3

U.S. Army photo



The new Air Force uniform is being changed to resemble the grey pattern of the Army's new uniform.



photo by Tech. Sgt. Jason Schaap

Just the Beginning

Members of the 18th Air Refueling Squadron start a 1.5 mile run during a chilly Saturday morning of the October Unit Training Assembly. The 18th ARS was the first section to participate in the 931st's mass fitness test last UTA.

TECH SGT. JASON SCHAAP
931ST ARG PUBLIC AFFAIRS

The new Air Force fitness test has officially descended upon the 931st and according to the Group commander, Col. Karl J. Hurdle, it's here to stay.

"It's not going away," Col. Hurdle warned at a Commander's Call during the Oct. Unit Training Assembly. He emphasized the Air Force's commitment to the new standards and urged Group members to do the same.

As it stood at the end of the UTA, close to 40 percent of those tested have six months to

recommit themselves to scoring a "good" or better on the next test. Those who scored "marginal" or "poor" on the test are mandated to retest within six months, while the 60 percent who passed the test have up to a year to test again ([see test results on pages 3 and 7](#)).

The Oct. tests were considered "baseline" assessments by Air Force Reserve Command said Maj. David Fruck, the Group fitness coordinator, but those who scored below 70 the first time are urged to improve their scores.

"The regulations allow for administrative action if someone

continued on page 3

Vol. 9, No. 10

Commander,
931st Air Refueling
Group
Col. Karl J. Hurdle

Spirit Staff
Maj. Dave Fruck
Chief of Public Affairs

Tech. Sgt. Jason Schaap
Editor

Tech. Sgt. David Brumley
Staff Writer

Staff Sgt. David Severt
Staff Writer

How to reach us

Kanza Spirit
931st Air Refueling Group
53280 Topeka St., Ste. 221
McConnell AFB, KS 67221
Commercial Phone:
(316) 759-3704
DSN: 743-3704
Fax: (316)759-3393
E-mail:
jason.schaap@mccconnell.af.mil

Deadlines

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

This funded Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of the *Kanza Spirit* are not necessarily the official views of, or endorsed by, the U.S. Government of the Dept. of the Air Force. Editorial content is edited, prepared and provided by the 931st Public Affairs Office. All photos are Air Force photos unless otherwise indicated.

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

Way to go 931st! The "Fit to Fight" testing was a resounding success.

More than 60 percent of the group has now completed the test. The program was well organized and run professionally. Special thanks to the unit fitness monitors and Maj. Dave Fruck. His team worked out all the details which landed us the use of the gym and the parallel taxiway.

I have to admit when I looked down that taxiway, the finish line looked miles away. With the help of Chief Tytanic's constant words of encouragement, I pressed on to the finish despite my discomfort. It was indeed wonderful to witness group members cheering and shouting for fellow teammates as they crossed the finish line. This new program is bringing the group together as we fight to get fit.

Commanders, remember we have at least 30 percent more people to test. Let's get this done by the end of the year. Everyone take a look at your score and do what you need to improve. To those who did not pass, find safe ways to improve. Make a visit to the base Health and Wellness Center. They have wonderful workout programs. "Fit to Fight" is not going away, so let's get in there and get fit.

This UTA, please consider giving to the Combined Federal Campaign. Your money will go to the charity you select. Take some time to browse the catalog. I am sure you will find the perfect charity for your dollars.

The holidays are just around the corner, be safe at home and at work. Follow the tech order—get back to basics.

Have a great UTA and Thanksgiving!



Karl J. Hurdle, 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 Tech. Sgt. Jason Schaap at (316) 759-3686 or jason.schaap@mccconnell.af.mil with your ideas.

UTA SCHEDULE

Next UTA: Nov. 6-7

December 11-12

January 8-9

February 12-13

Just the Beginning from page 1

scores ‘poor’ twice,” said Maj. Fruck. “Group leaders are now deciding what the specific policies will be.”

Overall, Maj. Fruck said the first round of tests went better than expected. “It went relatively smooth considering it was a brand new requirement,” he said. “We only had one person get slightly ill and need attention, and that was after the test was finished.”

Due to deployments, medical reasons, and other logistics, about a third of the Group remains to be tested before the end of the year. With the mass test done, the responsibility for the remaining testing falls to the section commanders and fitness monitors.

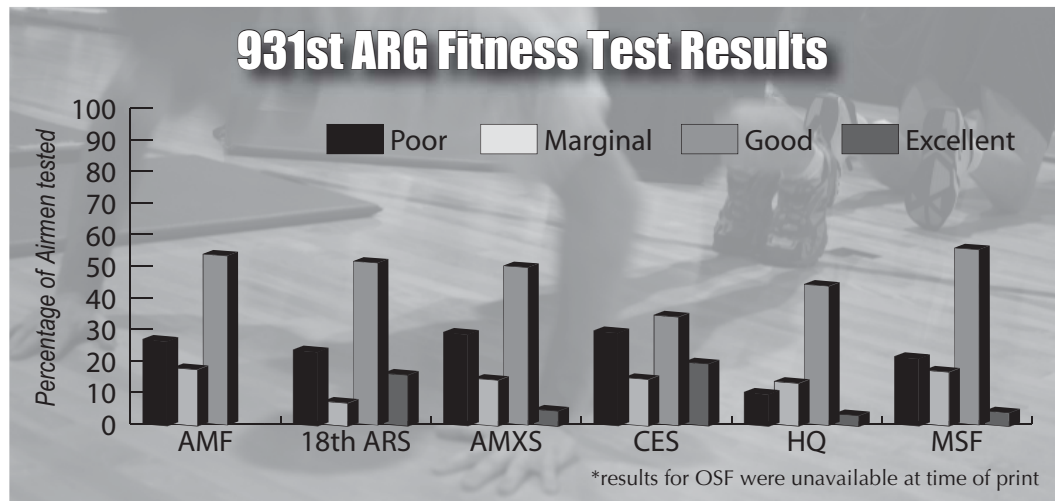
The 931st testing rate fares well when compared to all of AFRC, which is reporting 60 percent of the total command yet to be tested. But compared to the more than 25,000 Air Force reservists who have tested, the Group’s 25 percent who scored “poor” (a score below 70 points) more than doubles AFRC’s 11 percent. The number that scored “marginal” (12 percent) and “excellent” (13 percent) mirrors AFRC’s

results, while the Group’s 50 percent that received a “good” score trails a bit behind AFRC’s 64 percent.

“Those who didn’t pass the first test know what they need to do,” Maj. Fruck said. “Eighty percent of the points are the run and waist measurement; it takes time to make big improvements in those elements.”

Maj. Fruck also recommends that Airmen prepare themselves for running the 1.5 miles on a track. McConnell AFB is scheduled to have a new track completed by next summer where all Airmen, active-duty and Reserve, will complete their run test.

All 931st Airmen who have questions about future testing should contact their fitness monitor.



AF adjusting new uniform from page 1

perintendent. “The color scheme is only one of many improvements we are testing,” Sgt. Dean said.

A small, select group of testers will wear the newest pattern. The solid tiger-striped pattern with its dominant blue overtones is gone.

The latest pixelated test pattern has a more subdued color scheme and is not nearly as distinctive as the one unveiled in August 2003; yet it provides the uniqueness Airmen have requested, officials said.

“We have sufficient input from Airmen throughout the Air Force to ensure our uniform decisions are on target with regard to wear, ease of maintenance and fit,” Sgt. Dean

said. “We kept hearing throughout the test that Airmen loved the wash-and-wear feature and the fit. The design of the uniform will essentially stay the same, with minor modifications based [on] the wear-testers’ recommendations.”

General Jumper will announce the final decisions regarding the new utility uniform once the test data are analyzed and presented. Determination is expected within the next two months, officials said.

The new design represents a uniform that could be universally worn in all environments, Sgt. Dean said. The unique fit and design will remain the same, as Air Force of-

ficials said they want a distinctive uniform for Airmen that fits better and is easy and cheap to maintain.

“There really wasn’t much that Airmen didn’t like about the design of the uniform,” she said, basing her comment on the large volume of feedback the board received via e-mail, surveys, focus groups and online questionnaires. “We really did capture what they needed and what they wanted.”

“The chief of staff listened to the Airmen,” Sgt. Dean said. “We asked what they wanted in a uniform, what they needed in a uniform and, as a result, this is exactly what we’re getting.”

Why I give to CFC

GEOFF JANES

WARNER ROBINS AIR LOGISTICS CENTER

Pocket change. That's what it costs me to help save lives. And the amount of change I dig out of the couch each month has been enough to help prolong one very special life in particular.

I've known Lisa since she was 13 years old. I met her when I was 15, and our friendship has grown stronger over the years.

She and her sister had their horses at the same place as I did back then, and we rode all over the 100-plus acres adjacent to that old wooden barn near Stone Mountain, Ga. It wasn't long until her sister Laurie became my girlfriend, and I ended up spending an awful lot of time at their house.

Their parents were the type of people who always made you feel welcome. Their house was the place where all the kids met and hung out - there was always a crowd. But it was more than just a place to congregate. They had a way of making everyone feel like they were family.

Over the years, Laurie and I grew closer and in 1988, we married. Lisa had always been around, as little sisters and brothers tend to do, and she had always been part of our relationship. When I joined the Army, my wife and I moved to my first duty station in Indiana.

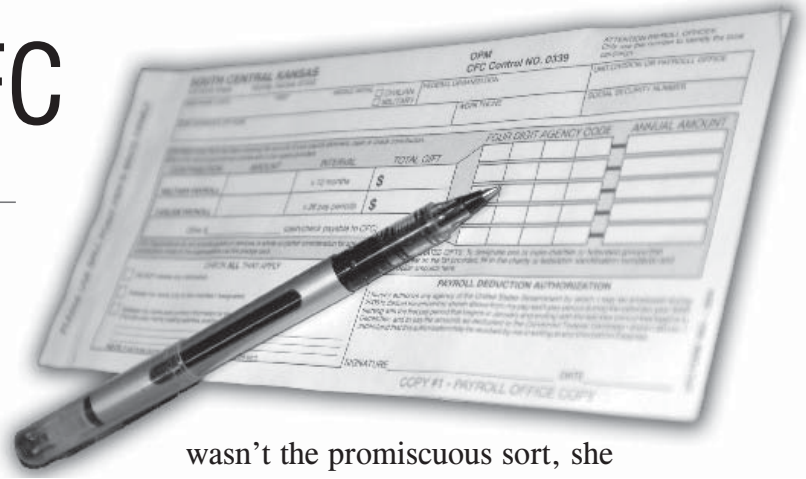
Lisa was about 20, and we heard she had met Henry, a new boyfriend. He was a nice enough guy, but he had a few secrets.

And he wasn't telling. One morning the phone rang. It was a phone call that would change everything. Lisa and Henry were in the hospital. The doctors didn't seem to know what was wrong with them. It looked like hepatitis, but they wouldn't be sure until the tests were final.

A couple of days later, it turned out to be worse - much worse. Lisa had tested positive for HIV.

At that time, very little was known about HIV. There were stigmas about it, and for the most part those who did have it only lived for about five years.

We were all heartbroken and confused. Lisa



wasn't the promiscuous sort, she wasn't a druggie. She had been dating Henry for more than six months. It just didn't make sense to any of us - except Henry.

He had known. He knew he was HIV positive. His first wife had died from AIDS.

But he wasn't telling. And now, the one person he should have told had it too.

We all struggled with it. And I became obsessed with knowing everything I could about the disease. I couldn't find the words to quell my wife's tears. I couldn't say anything that would help anyone feel better. After all, the old "everything happens for a reason" line just doesn't work when your sister-in-law is infected with something that will eventually end her life.

That Christmas, when we came home on vacation, Lisa and I talked for a very long time. As my two-year-old son played on the floor in front of us, Lisa talked to me candidly for the first time. She told me about the 25 or 26 pills she had to take every day. About how some days she was so sick that she couldn't even keep water down.

There was nothing I could say, but I listened. I listened and I hurt. She talked about how it was a good thing she wouldn't be able to have children as she looked longingly at my little boy.

"I don't think I could handle changing all those diapers," she said with a laugh that was so transparent I had to turn away to keep from crying.

"And as for marriage," she continued as the tears started to flow, "I don't think I could ever find someone I want to spend the rest of my life with anyway." That did it, we cried together, and we hugged for what seemed an eternity.

'She told me about the 25 or 26 pills she had to take every day. About how some days she was so sick that she couldn't even keep water down.'

It was one of the saddest Christmases I've ever had. When I got to work one morning, the CFC packet was lying on my desk. I had thrown it away the previous year, but this time it was different.

There were a number of organizations doing research into HIV and AIDS. As a private first class (E-3 for those who don't know), I scrounged every dime I made. But suddenly it was worth it to give up some money. I only had to give up \$1, but I chose to give up \$10 a month.

It doesn't seem like much now, but it did at the time – and it

was what I could do. Suddenly I was wondering why I hadn't given to CFC in the past - the fact that I hadn't known anyone who needed help just didn't hold water anymore.

Over the years, the research and treatments have gotten nothing but better. I've seen Lisa go through some very aggressive treatments. At one time, she had a port put in her chest so that all of the shots wouldn't tear up her veins.

First five, then ten years passed, and Lisa was still doing well. She turned 33 this year, and

she's still doing well. In fact she called me the other day to say the results from her blood work had been good. So good, in fact, that her levels were nearly normal. I know she's still a part of our lives because of all the advances in medicine. But those advances don't come for free.

Luckily, there's a CFC that'll take a little pocket change. Lisa is getting married Sept. 13, and you can bet my wife and I will be there with bells on.

And when the CFC packet hits my desk, you can bet I'll be reaching for a pen.

CFC Representatives

The following Airmen are the Combined Federal Campaign representatives for the 931st ARG:

MSgt.'s Robert Lorenz/
Gary White
Program Reps for 931st

Maj.'s Michael Gibbons/
Samuel Schofield
HQ

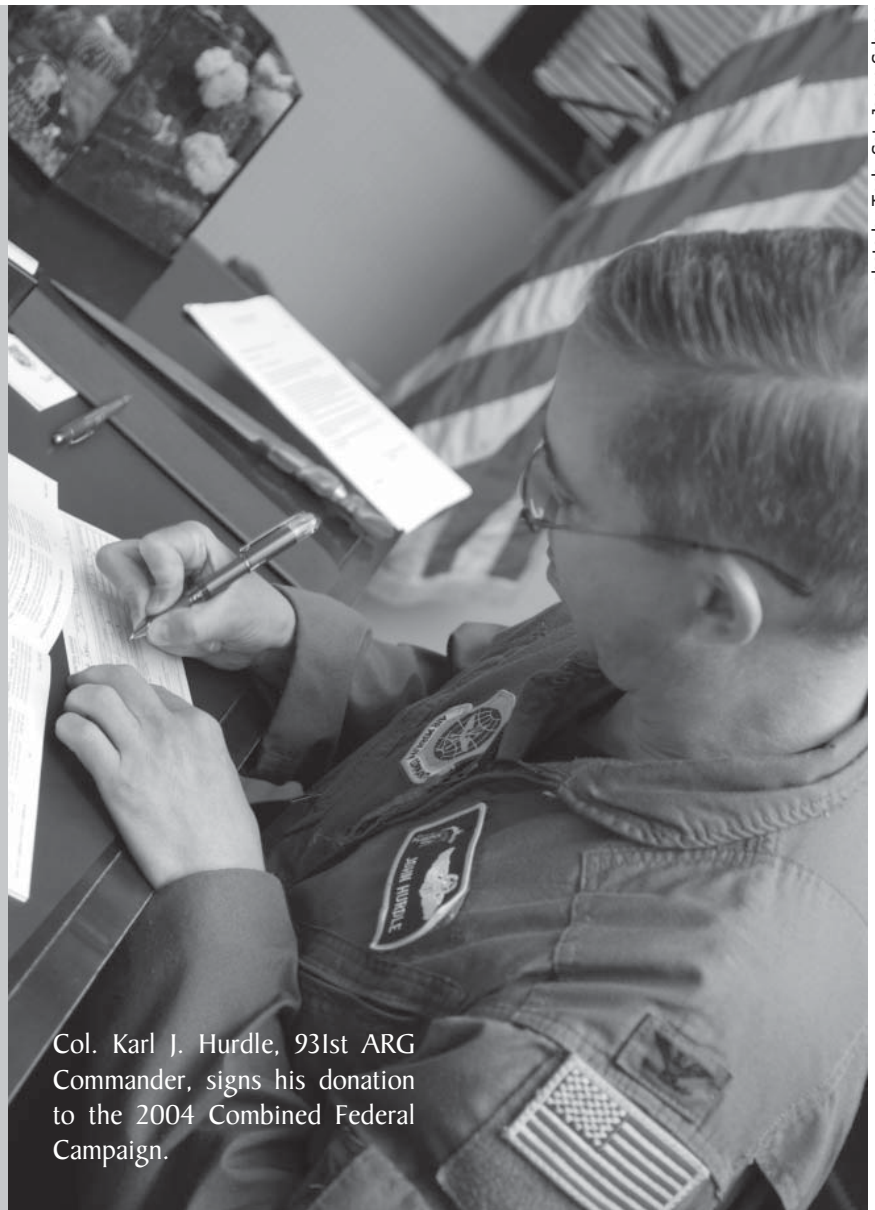
Maj. Timothy McGuire
18th ARS

SMSgt. Tamera Askren
CES

MSgt. Annette Brown
AMXS

TSgt. Michelle Paperini
MSF

SSgt. Edina Reyes
AMF



Col. Karl J. Hurdle, 931st ARG Commander, signs his donation to the 2004 Combined Federal Campaign.

photo by Tech. Sgt. Jason Schaap

SPIRIT SHORTS

TSP Open Season

Civilian and military members can sign up for, or change, Thrift Savings Plans during the open season through Dec. 31. TSP is a long-term retirement savings plan that offers the chance to lower personal income taxes by not having to pay taxes on earnings until retirement.

Military members can enroll through the Defense Finance and Accounting Service web site at:

www.dfas.mil/emss/

Members can also enroll at local military personnel flights, finance offices and family support centers.

Air Force **civilian employees** can make elections or changes via telephone by calling (800) 616-3775 or online through the Web-based Employee Benefits Information System at:

www.afpc.randolph.af.mil/dpc/BEST_GRB/EBIS.htm

Both military members and civilians can make contribution allocations

by calling the TSP automated ThriftLine at (877) 968-3778 or on the TSP web site at:

www.tsp.gov

A booklet titled "Summary of the Thrift Savings Plan" is available on the TSP home page under civilian or uniformed services TSP Forms and Publications.

Emerald City renamed

Emerald City was rededicated and renamed the Robert J. Dole Community Center in honor of the former Kansas senator and U.S. Army veteran during a ceremony at the center Oct. 29.

The facility is home to the base gym, bowling center, library, Airmen Leadership School, Information Tickets and Tours, Officers' and NonCommissioned Officers' Clubs and the Airmen's center.



Robert J. Dole

Discount tickets available

The Information Tickets & Travel Office at McConnell AFB offers discount prices for entry to a wide variety of locations and events, including local concerts, Warren Cinema, Las Vegas trips, cruises, Wichita Thunder Hockey, dinner theatres, Laser Quest, Worlds of Fun in Kansas City, Disney World, Busch Gardens, the Sedwick County Zoo and many others.

Visit ITT in the Robert J. Dole Community Center or call **(316) 759-6344** for more information.

Ski/Paintball trips

McConnell AFB's Outdoor Recreation is sponsoring a ski trip to Copper Mountain in Colorado Dec. 10-13. Cost is \$299 per person.

Two paintball trips, Dec. 18 and Dec. 29 from 10 a.m. to 2 p.m., are also scheduled. Visit Outdoor Recreation or call **(316) 759-4432/4435** for more information.

SPIRIT SPOTLIGHT

Senior Airman Alejandra Navarro is a Norwalk, Calif., native, who has been in the Air Force for 2 years.

Job Title: Heating, Ventilation & Air Conditioning Apprentice

Civilian job: Supply manager at Walmart

Currently studying: Dental Hygiene at Metro Community College in Nebraska

Favorite way to relax: Listening to music

What annoys me: Bossy and controlling people

Most influential person in my life: Condoleeza Rice, when I think about everything she has accomplished I just think, "Wow"

What I'm listening to: Usher

What I'm reading: The Count of Monte Cristo

If I won \$1 million, I would: Live life to its fullest



Civil Engineer Squadron

EXCELLENT PERFORMANCE

The following 931st Airmen scored in the “excellent” category of the fitness test:

18th ARS

Lt Col Ted Mathews
Maj Tony Brusca (*pictured right*)
Maj Jonathan Pece
Maj Glenn Powers
Maj Blake Tibbetts
Maj Mike Wagner
Capt Jeff Jeskie
1st Lt Jason Barton
2nd Lt Kevin Dark
MSgt Art Shamburger

AMXS

TSgt Vincent Walburn
SSgt Dale Posey
A1C Kevin Taylor

CES

MSgt Edwin Craig
MSgt Sheila Croninger
MSgt Shaun Hoobler
MSgt Kurt Smith
TSgt William Westpfahl
SrA Howard Burns
SrA Megan Durkee
SrA Cornelius Terrell

HQ

Maj Becky Fox

MSF

TSgt Lawrence Nash

OSF

Lt Col Willie Eaton
SrA Jonathan Thyng



photo by Staff Sgt. David Severt

Promotions

Lt. Col. Randall Brink
18th Air Refueling Squadron

Lt. Col. William Eaton
Operations Support Flight

Lt. Col. Cheryl Hooper
Aero Medicine Flight

Lt. Col. Ted Mathews
18th Air Refueling Squadron

Lt. Col. Robert Silvia
Operations Support Flight

Lt. Col. Kimberly Thompson
Civil Engineer Squadron

Master Sgt. Thomas Costello
Maintenance Squadron

Master Sgt. Darren Demel
18th Air Refueling Squadron

Master Sgt. Jeffrey Kilian
Civil Engineer Squadron

Master Sgt. Dana Wagner
18th Air Refueling Squadron

Master Sgt. Jon Wattenburger
Aero Medicine Flight

Staff Sgt. Ryan Cooper
Security Forces

Senior Airman
Geoffrey Duncan
Civil Engineer Squadron

Senior Airman Philip Friend
Maintenance Squadron

NBC's Last Comic to Stand in Wichita

Nov. 5 — John Heffron, Detroit funny man and the winner of the television reality series, “The Last Comic Standing,” is scheduled to appear at the Cotillion Ballroom at 8 p.m. Ticket prices are \$24 and are available at all Select-A-Seat locations, by calling (800) 362-3247, or online at:

www.selectaseat.com

Van Halen

Nov. 6 — Sammy Hagar rejoins the Van Halen brothers and bassist Michael Anthony for the Van Halen reunion tour scheduled to stop at the Kansas Coliseum.

Show starts at 7:30 p.m. Tickets are available at the Coliseum box office, all Select-A-Seat locations, by calling (800) 362-3247, or online at:

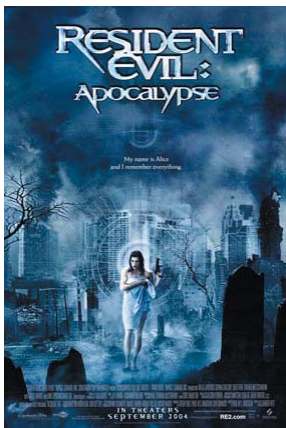
www.selectaseat.com

The Mikado

Nov. 5-7 — See the Wichita Grand Opera perform Gilbert and Sullivan’s “The Mikado,” a comic opera about young love in a small Japanese village. Shows start at 8 p.m. in Century II’s Mary Jane Teall Theater. Tickets are available at the Coliseum box office, all Select-A-Seat locations, by calling (800) 362-3247, or online at:

www.selectaseat.com

At the Movies



RESIDENT EVIL: APOCALYPSE

FRIDAY, NOV. 5 7pm
1 hr. 41 min. Milla Jovovich returns as the only surviving member of an elite military force that attempted to keep zombies in an underground facility. An enemy creature named Nemesis joins the next battle.

MPAA Rating: R for non-stop violence, language, nudity)



THE FORGOTTEN

SATURDAY, NOV. 6 7pm
1 hr. 36 min. A mother seeks psychiatric help after her son dies in an airplane crash. Instead she is told her son was actually a product of false memories and her lives turns upside down as she seeks out the truth.

MPAA Rating: PG-13 for intense thematic material, some violence and brief language

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.

931st ARG/PA
53280 Topeka Street
Suite 221
McConnell AFB, KS
67221-3767

PRESORTED STD
Postage and Fees Paid
McConnell AFB, KS
PERMIT #85