

KANZA SPIRIT

931ST AIR REFUELING GROUP



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October 2004

McConnell AFB, Kansas

Vol. 9, No. 9

photo by Tech. Sgt. Jason Schaepp



Three 931st ARG members talk about adapting to the Air Force's new physical fitness standards.

Senior Master Sgt. Donna Lorenz uses the new facilities at the McConnell AFB Fitness Center to cap her workday with a workout. Sgt. Lorenz is like many other Airmen who are using the new Air Force fitness standards as an added incentive to exercise more.

STAFF SGT. DAVID SEVART

931ST ARG PUBLIC AFFAIRS

Many people ignore them. They don't want to know what they mean, especially when they accompany getting older. Senior Master Sgt. Donna Lorenz didn't ignore them. When she started getting pains in her arm and chest, she knew it was time to see the doctor.

"Because of my father dying of a heart attack at the age of 47, I was concerned," said Sgt. Lorenz, Performance and Plans noncom-

missioned-officer-in-charge. "I was 49, I was 40 pounds over weight and did not exercise."

She knew it was time for a change.

"In January, I joined the National Body Challenge, which is a way for people to come together with the mutual goal to get healthy," Sgt. Lorenz said.

Sgt. Lorenz logged her progress for several weeks. "My responsibility was to track what I was doing and record my weight and measurements on a weekly

continued on page 7

Fit Test Schedule & Fitness Monitors

Saturday, 8:30 a.m.

18th ARS

Maj. Mugrage-xt. 3466*
SSgt. Whiting-xt. 3747

Saturday, 1:30 p.m.

ARG

Maj. Fruck-xt. 3704
Maj. Fox-xt. 4736

OSF:

MSgt. Harper-xt.5979
TSgt. Kincaid-xt. 4409

MSF

SMSgt. Summers-xt. 5423
MSgt. Lorenz-xt. 3625

AMF

SrA Collins-xt.3377
Maj. Hooper-xt. 3377

Sunday, 8:30 a.m.

CES

MSgt. Croninger-xt. 5298
TSgt. Agnew xt. 5499

Sunday, 1:30 p.m.

AMXS

SMSgt. Campbell-xt. 5565
TSgt. McGill xt. 3687

*off base prefix (316) 759-

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931st Air Refueling
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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

Well team, we did it. The September UTA was a fantastic success! Boss Lift, Air Force Ball, and Family Day were all well planned and pulled off without a hitch. Thanks to all who made these events such a success.

First on the UTA agenda was the Boss Lift. Maj. Fruck and his PA team put together a first class Boss Lift. We demonstrated to more than forty employers how and why we do business. They now understand how essential they are in the defense of our country. Kudos PA!

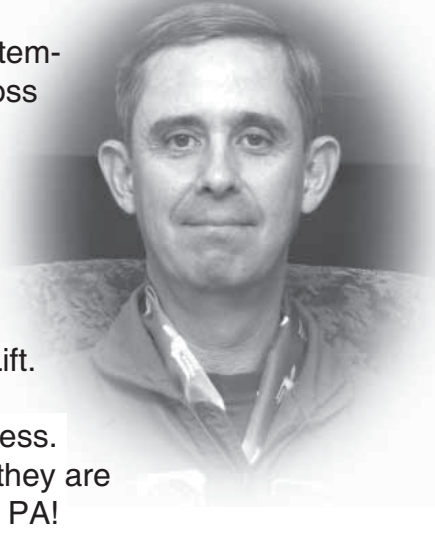
More than seventy people representing the 931st ARG attended the Air Force Ball held in downtown Wichita that night. The ball, which celebrated 50 years of McConnell Air Force Base heritage was huge. Nearly 800 people attended the event. I can't express how proud I was when members from the 931st loudly cheered when the ball narrator described the stand up of our group at McConnell in 1995. We definitely are a proud and strong part of Team McConnell.

The last event of the busy UTA was Family Day on Sunday afternoon. Wow! The picnic was absolutely fantastic. The band Arrowhead and all the activities were first class. Special thanks to Sean Lafave and his Family Day Team. Their hard work gave the group a wonderful afternoon to celebrate the importance of our families.

This UTA is the big Fit to Fight warrior assessment. The group will be evaluating all members who are eligible. I know everybody in the group has been working hard to meet the new standards and is ready to show their stuff.

Have a safe and fit UTA!

P.S. The 931st won the Base Golf Championship. Great job team!



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: Oct. 16-17

November 6-7

December 11-12

January 8-9

photos by Tech. Sgt. Jason Schaap



Champions of McConnell



(Above) Lt. Col. Greg Harney watches his drive at the seventh hole of the McConnell AFB intramural golf championship. Lt. Col. Harney teamed up with Maj. Glenn Powers, Capt. Brian Davis and Tech. Sgt. Darren Horton to lift the 931st Air Refueling Group past the 22nd Services Squadron in the championship match. (Left) Tech. Sgt. Horton looks over Capt. Davis' shoulder while both size up the putt to the sixth hole of the scramble-format match. Other team members who contributed to the 931st's championship season included Col. (Retired) Ron Johnston, Lt. Col. John Fraser, Maj. Brad Anderson, Senior Master Sgt. Diane Hiebert, Master Sgt. John "Tex" Austin (also the team coach) and Mr. Brandon Baier.

Annual Combined Federal Campaign in full swing

The Combined Federal Campaign allows you, the Federal employee, to support the international, national, and local charities you care about. How much you give and the group or groups that will receive your support are decisions entirely in your control.

Most Federal employees elect to pledge a specific amount to be withheld regularly from their pay

beginning in January and continuing through December. One-time gifts are also possible.

The payroll deduction method has many advantages.

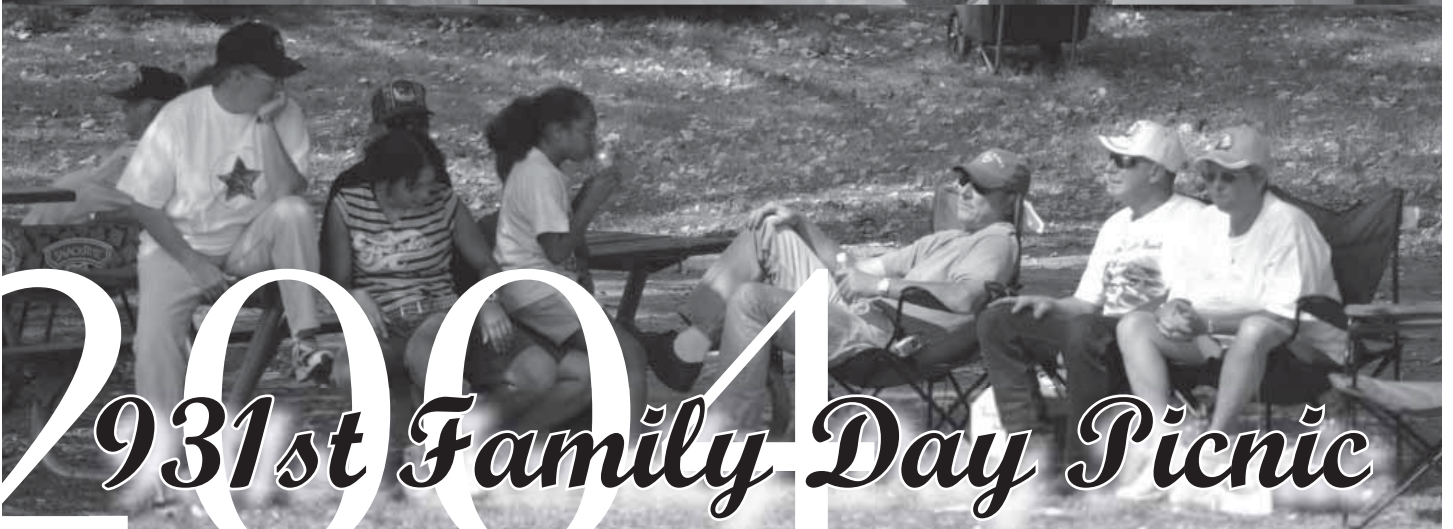
It is efficient: Workplace giving campaigns are the most cost-effective method to raise funds for charity, and most of what is collected from Federal donors reaches the designated groups.

It is also easy: Donors find workplace giving a simple, convenient way to support the charities they care about.

The CFC has been around for four decades. Each year, tens of thousands of charities apply to participate. Only those that meet strict standards are admitted.

See page 6 for your CFC reps





2004 931st Family Day Picnic

CFC representatives

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

MSgt. Lorenz/MSgt. White
Program Reps for 931st

Maj.'s Gibbons & Schofield
HQ

Maj. McGuire
18th ARS

SMSgt. Askren
CES

MSgt. Brown
AMXS

TSgt. Paperini
MSF

SSgt. Reyes
AMF

Rules for political activity

Reservists follow the same rules governing political activity as their active-duty compatriots. All reservists must refrain from participating in any political activity while in uniform and government facilities. The rules differ about holding public office, however. Reserve and guard members may hold public office, active-duty members can not. Go to the following web link for more information:

<http://www.af.mil/news/story.asp?storyID=123008754>

PSD surveys to be sent

Airmen can help make their personnel services delivery system better through survey feedback. Participants will receive the survey via e-mail and responses will not be linked to e-mail addresses. Participation is encouraged to create high turnout and enhance the study.

Air Force issuing AEF ID cards again

All Airmen are now receiving air and space expeditionary force identification cards.

Card usage ended during the height of Operations Enduring Freedom and Iraqi Freedom because six to eight AEFs were deployed at the same time.

DOD looking for employer information

Reservists are being asked to register their civilian employer information on the Defense Manpower Data Center Web site before the end of 2004. The information will be used to protect the rights of reservists and civilian employers of reservists, and to lessen the impact of activations or mobilizations on civilian communities. The data center is located online at:

<https://www.dmdc.osd.mil/appj/esgr/index.jsp>

SPIRIT SPOTLIGHT

Airman First Class Jessica Moffett is a Wichita, Kan. native, who has been in the Air Force for 10 months.

Job Title: Information Manager

Currently studying: Physical Therapy at Butler County Community College

Favorite way to relax: Cruising in my car at night listening to and singing music

What annoys me: Talking to me while I'm trying to read

Most influential person in my life: No one in particular, all my friends and family play a very important role to make me who I've become and helped tackle my goals

What I'm listening to: All sorts of stuff, my favorite is oldies on 103.7

What I'm reading: The Spirit Spotlight questionnaire

If I won \$1 million, I would: Be shocked!

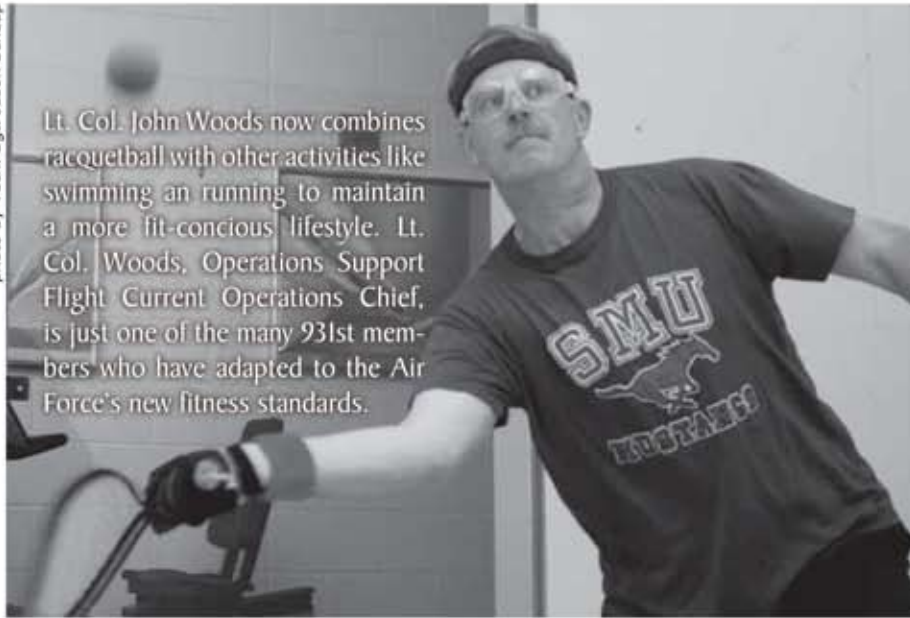


Military Personnel Flight

ROUND THE GROUP

Fighting to get Fit from page 1

photo by Tech. Sgt. Jason Schaap



Lt. Col. John Woods now combines racquetball with other activities like swimming and running to maintain a more fit-conscious lifestyle. Lt. Col. Woods, Operations Support Flight Current Operations Chief, is just one of the many 931st members who have adapted to the Air Force's new fitness standards.

basis. After 12 weeks, I had lost 27 lbs and more than 17 inches," Sgt. Lorenz said.

She also took advantage of a new program that allows Air Force employees the opportunity to perform physical fitness three hours a week.

Now she says she is ready for the new Air Force standards.

"I am confident that I will pass the fitness test. My waist is well below the minimum, my endurance is strong, and I enjoy the exercise," Sgt. Lorenz said. "I have had many people ask me how I did it and what comes to mind is that I wanted to change my lifestyle permanently and I made a commitment to myself."

For Lt. Col. Jon Woods, Operations Support Flight Current Operations Chief, the wake-up call was also a visit to the doctor.

"I had a cholesterol check and found that it was too high. I also knew the physical test was coming up, so I thought I better

get serious about the program."

The biggest incentive for Lt. Col. Woods to get physically fit was the three hours allowed him as an Air Reserve Technician.

"This gave me the time I needed to exercise," Lt. Col. Woods said. "I mix swimming with running and racquetball. Without the three hours, I would have to take time away from my family or use leave time."

Now that Lt. Col. Woods has put the commitment toward exercise, he is benefiting from the results.

"The weight loss is another incentive that keeps me going, I lost about a pound a week," Woods said. "I started slow and worked my way up to the condition I'm in now and my cholesterol is lower."

Being smart, not getting into a hurry, and not starting out too fast is something Col. Karl Hurdle, 931st ARG Commander, has been preaching since the inception of the Air Force fit-

Welcome Newcomers

Tech. Sgt. John Sutton
Aero Medicine Flight

Senior Airman Jason Bottorff
Maintenance Squadron

Senior Airman Freddie Kincaid
Military Support Flight

Senior Airman Jessica Latour
Military Support Flight

Senior Airman
Operations Support Flight

Senior Airman Jon Shonebarger
Civil Engineer Squadron

Airman 1st Class
Colby Shepherd
Civil Engineer Squadron

Airman 1st Class Cory Smith
Aero Medicine Flight

ness standard. It's also what he has practiced.

"At first I was scared that I would hurt myself running, now I just go for it," said Col. Karl Hurdle. "By keeping at it, I have taken several minutes off my time."

Like Sgt. Lorenz and Lt. Col. Woods, Col. Hurdle said he looks forward to the group-wide fitness test with confidence he will pass. Like Airmen throughout the Force, all three Group members found being "Fit-To-Fight" means fighting to get fit.

Ronnie Milsap

Oct. 15 — Country music icon Ronnie Milsap is scheduled to perform at The Cotillion Ballroom with special guest the Matt Engels Band.

Doors open at 6 p.m., show starts at 7:30 p.m. Advance ticket prices are \$35, \$30, and \$25. Tickets are available at all Select-A-Seat locations, by calling (800) 362-3247, or online at:

www.selectaseat.com

Toby Keith & Tracy Lawrence

Oct. 16 — Four-time American Music Country Award winner Toby Keith brings his Throwdown Tour to the Kansas Coliseum, with special guest Tracy Lawrence.

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

Texas Hold'em

Oct. 16 — By very popular demand, Texas Hold'em returns to Emerald City Saturdays through Nov. 27. Doors open at 5 p.m.

Games begin at 6 p.m. The final tournament is scheduled for Dec. 4. Club McConnell members play for free. Cost is \$3 for non-members.

Call Club McConnell at (316) 759-6002 for more information.

At the Movies



HERO

FRIDAY, OCT. 15 7pm
1 hr. 36 min. Jet Li is a nameless warrior who is on a quest of vengeance for the massacre of his people. A ruthless emperor is using his armies to gain full control of the surrounding, war torn land.

MPAA Rating: PG-13 for stylized martial arts violence and a scene of sensuality



ANACONDAS: THE HUNT FOR THE BLOOD ORCHID

SATURDAY, SEPT. 17 7pm
1 hr. 37 min. The crew of a scientific expedition discover the rare flower they seek for a pharmaceutical company is the prize possession of a swarm of giant, hungry snakes.

MPAA Rating: PG-13 for action violence, scary images and language

*Movies are shown at the McConnell Air Force Base Theater and are subject to change.
Admission is \$3 for adults, \$1.50 for children 11 and under.*

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