

KANZA SPIRIT

931ST AIR REFUELING GROUP



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February, 2003

McConnell Air Force Base, Kansas

Vol. 8, No. 2

Visitor from the South Wind



photos by Staff Sgt. Jason Schaap

Staff Sgt. Jason Schaap *931st Public Affairs*

It's been more than five years since Col. Vik Malling, the 931st's first commander, adopted the Kanza Indian's roach, or headdress, as the group's official nose art.

Col. Malling has since moved on and the man who inspired his deep respect for the tribe, full-blooded Kaw Johnnie Ray McCauley, died before the ceremony for the roach's official adoption.

But the spirit of the Kanza, or "Kaw," as they are now referred to, is alive and well at the 931st. From license plates to window stickers, to

decorative glass and office signs, the roach, the only symbol unique to the Kanza tribe, is everywhere at the 931st.

That's why Crystal Douglas, the director of the Kanza Museum in Kaw City, Okla., made the hour and a half jaunt to McConnell to visit the group.

"I really wanted to see first hand what the unit is all about," Douglas said. "I was very surprised at the amount of influence our symbol and heritage have had here."

Douglas said she's part of the 90 percent of personnel at the Kaw Nation headquarters that weren't



Master Sgt. Dennis Struve, 18th Air Refueling Squadron boom operator, shows one of the 931st's many Kanza decorations to Crystal Douglas, the Kanza Museum Director in Kaw City, Okla. (Top photo) Douglas stands with a decorated KC-135 panel that will be on display at her museum.

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Vol. 8, No. 2

**Commander,
931st Air Refueling
Group**

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Volunteerism to continue, business as usual for 931st

Col. Jeffery Glass
Group Commander

The question that everyone is asking me is "Sir, have you heard anything about mobilization." As it stands now, and assuming nothing happens between when I write this and when the *Kanza Spirit* lands in your mailbox, we are still in a period of volunteerism.

Our continuing deployments and Air Expeditionary Force positions will be filled through volunteerism. We might see a small increase in the total of volunteers, but should continue with only volunteers.

Presently, we are continuing business as normal. The unit still needs everyone to continue to be as prepared as possible for increased taskings. So please continue to work on mobility items and keep all of your personal affairs updated (i.e. wills, power of attorney and emergency contact information).



During February's Unit Training Assembly, we will continue to practice for the Initial Response Exercise in March. Unit personnel already identified to participate in March who did not process in January will need to process through the processing line in February. Like I said earlier, we will continue business as normal unless taskings change.

In April, the unit is planning Spring Fling '03, a semiformal party scheduled to be held at the Hyatt in downtown Wichita.

Ticket prices have been established using a graduated cost scale. We still would appreciate any ideas for fund raising to help offset costs to keep the price reasonable for all ranks.

Hope to see you there.

Spring Fling '03

To reserve your tickets or find out more information about the group's spring party, call Vickie Hayden at (316) 759-6228 or Bob Lorenz at (316) 759-3625.

FRAUD WASTE & ABUSE

To file a fraud, waste or abuse complaint with the Air Force, call (316) 759-3192 or toll free (800) 424-9098.

UTA SCHEDULE

Next UTA: Feb. 8-9

March 29-30

April 12-13

The *Kanza Spirit* is mailed each month to all 931st Air Refueling Group members on file with Personnel Systems. If you are not receiving your copy each month, check with your orderly room or administration section to ensure your address on file is correct.

MREs evolve to meet customer needs

2nd Lt. John Fage

Air Force Reserve Command Public Affairs

Napoleon said that “an army travels on its stomach.” Today’s U.S. military is no different, although the size and method of packaging food has changed greatly over the years.

Deployment field rations – Meals Ready-to-Eat – are intended to provide about 4,000 much-needed calories each day. However, some troops aren’t receiving as many calories and as much nutrition from MREs as they should.

As a result, researchers are conducting tests to develop menu alternatives and ration packages.

MREs are often the only meals troops in the field have available for the first days or even weeks of a deployment, so researchers aim to keep their customers satisfied.

New additions to MRE packages include the new “HooAH” bar, a cranberry-raspberry, raspberry, peanut butter, cinnamon or chocolate-flavored bar that provides both good taste and nutrition.

Another recent addition is a powered, energy-rich, glucose-optimized drink. ERGO drink mixes come in orange, lemon, lemon-lime, raspberry and tropical punch flavors.

Pepperoni stick and barbecued chicken pocket-style sandwiches have been approved for MREs. The sandwiches are similar to popular, frozen items found in grocery stores and meet the Combat Feeding Program’s shelf-life requirements of three years at 80 degrees Fahrenheit or six months at 100 degrees Fahrenheit.

A pizza pocket with Italian sausage and pepperoni in tomato sauce, tuna or chicken salad pockets, and peanut butter and jelly pockets are all under consideration.

Scheduled for production by 2004, prototype combat breakfast foods include sausage-and-cheese biscuit, bagels and breakfast burritos.

Troops who haven’t deployed recently may think that

MREs are all they will get at a forward deployed location. But not all field rations come in a plastic MRE bag.

Once field kitchens arrive, cooks can begin serving up to two hot meals per day with Unitized Group Rations. UGR Heat and Serve shelf-stable tray entrees and UGR A-Ration frozen entrees integrate brand-name commercial items to form a complete meal.

Both UGR versions were developed by the Department of Defense Combat Feeding Program at the U.S. Army Soldier Systems Center in Natick, Mass.

“They’re very easy to prepare. Everything (on the UGR-A menu) is pre-cooked except for steak,” said Susan Harrington, project officer for the program’s Fielded Group Ration Improvement Program. “Since prep time is significantly reduced, some cooks spend time spiffing up the meal by adding garnishes for a good presentation.”

Before UGRs were introduced in the mid-1990s, cooks had to order an average of 34 items and hope they arrived together to enable a complete meal.


UGRs package the main course, side dishes, desserts, drink mixes, condiments, spices and other ingredients along with disposable trays, cups, flatware and trash bags into

one or two stock order items. Each three-box module feeds 50.

Supplements, such as bread, milk, cold cereal and, when possible, fresh fruits and salads, are ordered separately.

Similar to the MRE program, UGR menu items are regularly changed to satisfy consumer requests. One-week field evaluations are conducted annually to identify shortfalls and test new components.

“I have to make sure that every food item is acceptable to the warfighters,” Harrington said. “Most of the components do very well in our evaluations, and as more items become commercially available, we can bring them into the UGR. We’ve introduced cappuccino to replace cocoa. Chai is another item we’re looking into. Little things like that really seem to increase acceptability.”



See pages 4-5
for more about
MREs

New standards, technology improve field ration quality

Air Force Reserve Command News Service

Keeping U.S. troops nourished in the field has changed greatly over the years, according to records at the U.S. Army Quartermaster Museum, Fort Lee, Va.

Soldiers' rations during the American Revolutionary War contained 16 ounces of beef, 18 ounces of flour, 16 ounces of milk, 6.8 ounces of peas, 1.4 ounces of rice, a sliver of soap for washing, a small candle and, to the delight of the soldiers, a quart of beer. While containing sufficient calories, minerals and protein, the rations lacked important vitamins A and C.

When American soldiers fought the British in the War of 1812, they received a slight increase in beef, as well as rum, vinegar and salt.

Food rations improved greatly during the American Civil War. In addition to more beef and flour, soldiers began receiving potatoes, yeast, dried beans and green coffee to go along with sugar, vinegar, salt, pepper and salt.

World War I rations contained more items and greatly improved the diets of the soldiers in the trenches. Still lacking in vitamin A, the rations kept the soldiers relatively healthy, a difficult task in trench conditions. However, the rations were expensive and exceeded the ration allowance. To combat the rising costs, new items such as bacon, lard, onions, canned tomatoes and margarine were introduced at the end of the war.

By the time America entered World War II, rations were becoming more standardized and more environment-based. There were rations designed for the individual and the detachment, for use in the field or in combat. Two familiar rations introduced at that time were C and K rations.

C rations consisted of six cans – three contained a meat and vegetable portion and the other three had crackers, sugar and coffee. Packed with 2,974 calories, 114 grams of protein and adequate vitamins and minerals, C rations were considered too bulky for use by mobile troops. The K ration was created to cater to the needs of paratroopers, tank crews and other soldiers who depended on mobility for survival. Adopted in 1942, the K ration yielded 8,300 calories in eight units but didn't meet mineral

and vitamin standards.

Both kinds of rations remained in service for decades, feeding troops in Korea and Vietnam.

In the 1980s, C and K rations were replaced by Meals Ready-to-Eat. Technology used to store food for astronauts was put to use to feed the modern military member. Packed in vacuum-sealed pouches, MREs can last for years under normal conditions. That durability, coupled with diverse menus, has helped make MREs the mainstay of military field nourishment.



Official U.S. Army photo



(Above) Three Army paratroopers chow down on K rations during World War II, (Right) The Army developed K rations during World War II for special purposes such as the Mountain Ration. Designed to be easy to cook at high altitudes, it featured three main menu options - lunch meat and dehydrated baked beans, corned beef and dehydrated potatoes, and pork sausage meat and precooked rice. (Top photo) The new compact HooAH bar comes in five flavors and packs up to 290 calories for quick energy.



MREs offer 24 menu varieties

Meals, Ready-To-Eat come in 24 different menu choices. The typical MRE meal bag contains an entrée, side dish, pastry, snack, drink mix and accessories. Each meal bag provides an average of 1,250 calories (13 percent protein, 36 percent fat and 51 percent carbohydrates), as well as one-third of the Military Recommended Daily Allowance of vitamins and minerals determined essential by the surgeon general of the United States. The shelf life of the MRE is three years at 80 degrees Fahrenheit.

Menu 1: *Beefsteak with mushrooms, Western beans, beef snack and powdered beverage.

Menu 2: *Jamaican pork chop with noodles, spiced apples and dairy shake.

Menu 3: Beef ravioli, potato sticks, fudge brownie and powdered beverage.

Menu 4: County captain chicken, buttered noodles, toaster pastry, candy and mocha cappuccino.

Menu 5: Grilled chicken breast, minestrone stew, fudge brownie, candy and cocoa beverage.

Menu 6: Chicken with Thai sauce, white rice, raisin nut mix and fruit vanilla cappuccino.

Menu 7: Chicken with salsa, Mexican rice, shortbread cookie and candy.

Menu 8: *Beef patty, barbecue sauce, nacho cheese pretzels and powdered beverage.

Menu 9: Beef stew, chocolate disk cookie and dairy shake.

Menu 10: Chili and macaroni, pound cake and cocoa beverage powder.

Menu 11: Pasta with vegetables in tomato sauce, hard candy, pound cake and fruit.

Menu 12: Bean and rice burrito, pound cake, fruit-filled bar and wet pack fruit.

Menu 13: Cheese tortellini, pound cake, hard candy and applesauce.

Menu 14: Pasta with vegetable and Alfredo sauce, pound cake, salted dry-roasted peanuts and wet pack fruit.

Menu 15: Beef enchiladas, Mexican rice, chocolate chip cookie and powdered beverage.

Menu 16: Chicken with noodles, raspberry applesauce, candy, fig bar and cocoa beverage.

Menu 17: Beef teriyaki, chow mein noodles, cheese and peanut butter cracker sandwich, candy and powdered beverage.

Menu 18: Turkey breast with gravy and potatoes, chocolate sports bar, cheddar cheese pretzels and powdered beverage.

Menu 19: Beef with mushrooms, yellow/wild rice pilaf, oatmeal cookie and cocoa beverage.

Menu 20: Spaghetti w/meat sauce, toasted peanut butter cracker, candy and dairy shake.

Menu 21: Chicken tetrazzini, pound cake and dairy shake.

Menu 22: Jambalaya, candy, chocolate-covered oatmeal cookie and powdered beverage.

Menu 23: Chicken with cavatelli, pretzels, pound cake and powdered beverage.

Menu 24: Meatloaf with gravy, mashed potatoes, toaster pastry and cocoa beverage.

* = New entrée. A spoon and a flameless heater to warm up food come in each MRE pack. The packs also contain crackers or wheat snack bread with peanut butter, cheese or jelly spread, as well as an accessory packet. Each packet includes salt, chewing gum, matches, toilet tissue and hand cleaner, along with coffee, tea or apple cider with sugar and creamer as appropriate.



Official U.S. Army photo



Official U.S. Army photo

MOAA offers 1,000 college scholarships

The Military Officers Association of America will give \$1,000 college scholarships at random to sons and daughters of military personnel, including reservists in Air Force Reserve Command.

Deadline to complete the online application form is March 1. The MOAA will honor 100 college-bound or current undergraduate students with \$1,000 scholarship grants for the 2003-2004 school year.

Of the few eligibility requirements, applicants must be under the age of 24 and provide basic information such as their SAT score and college.

The scholarships will be dispersed by late August. For more information and to apply for MOAA's Base/Post Scholarship program, go to www.moaa.org/Education/2003

Group feedback program to be implemented

A new Suggestion and Feedback program has been implemented at the group to give all members an opportunity to be heard and understood. Suggestions and/or recommendations for improvement, as well as comments about what makes the unit successful are welcome.

Forms and boxes to put them in have been placed on each floor of building 850 near the orderly rooms of Civil Engineering and the Maintenance Squadron.

Any and all ideas are welcome, especially suggestions to fix recognized problems.

One of these concerns and the outcome will be featured monthly in the Commanders Corner of the *Kanza Spirit*.

All other concerns will be addressed by phone and/or e-mail.

Free phone cards

Deployed reservists can request free cards through the following website:

www.operationuplink.org/request.cfm

Advisory council forming, group needs members

The group commander is looking for sharp, motivated junior enlisted members to join a new Unit Advisory Council. Members who want to share their independent thoughts and ideas concerning the 931st are considered prime candidates to join.

Call Tech. Sgt. Bob Lorenz at (316) 759-3625 for more information.

March UTA rescheduled

The March unit training assembly has been rescheduled from March 8-9 to March 29-30.

SPRIT SPOTLIGHT

This month's selectee is a San Jose, Calif. native who has been in the Air Force 15 years.

Job title: Information Manager

Civilian job: Air Reserve Technician

Favorite way to relax: Crocheting in front of the TV

Easiest way to annoy me: Lie to me!

Most influential person in my life: My Husband, Bill, his professionalism and integrity are above reproach

What I'm reading now: Harry Potter and the Prisoner of Azkaban (again)

What I'm listening to now: Dixie Chics album "Home"

If I won \$1 million, I would: Pay off all my debt and finally go on a honeymoon with my husband.



Staff Sgt.

Penny Ricketts

931st Headquarters Staff

ROACH, from page 1

there when the 931st initially embraced the Kanza (translated means “people of the south wind”).

“Most of us didn’t even know we had anything to do with the unit,” Douglas said. Her boss is one of the few left at the headquarters who remembered the Kanza link to McConnell. Douglas said she couldn’t wait to tell her supervisor about how alive the Kanza spirit is at the 931st.

“She’ll be shocked,” Douglas exclaimed. “We didn’t know how much it’s grown. It’s grown so much.”

Douglas has decided to put together a display at her museum commemorating the group’s bond to the Kanza. Among the many roach-adorned 931st items she took back for her display was a KC-135 shield with a painted scene of an eagle and McCauley. The shield was inside the tanker that Kaw Nation representatives flew on during a ceremonial refueling flight after Malling’s request to adopt the Kanza roach was approved.

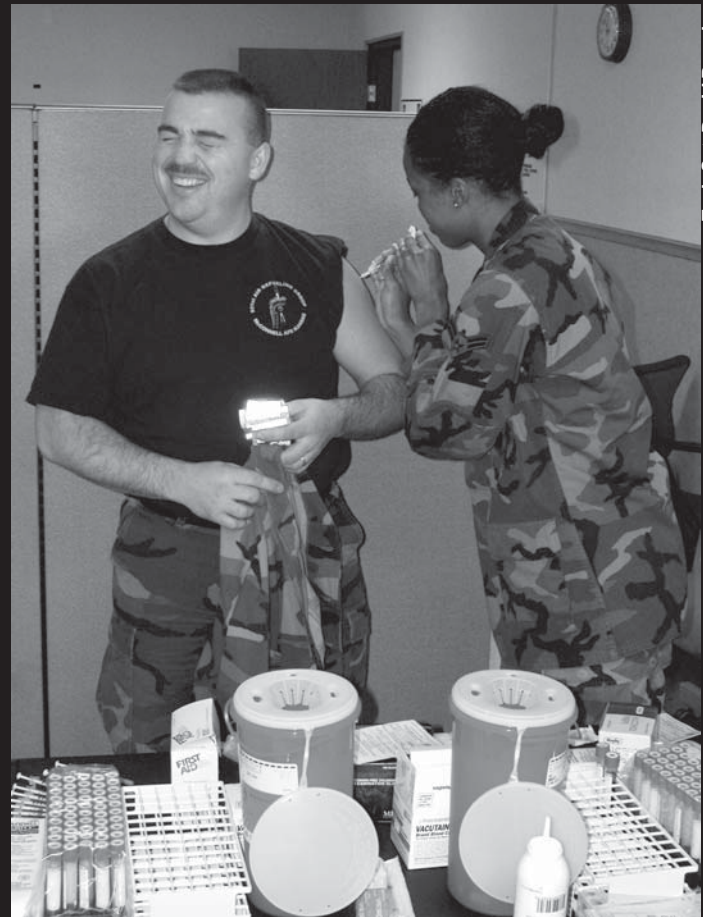
Senior Master Sgt. Larry Shippy, 18th Maintenance Squadron chief, was on the flight and remembers one of the representatives pointing out that there was a picture of an eagle on the plane they were refueling.

“I said, ‘Sure there is, that’s an F-15 Eagle,’” Shippy recalled. “Then it dawned on us how appropriate that was.”

Douglas said she can be reached at (580) 269-2552 to find out when she plans on having the shield and the rest of the 931st display set up.

The museum is in Kaw City, about 95 miles southeast of Wichita, and is open from 8 a.m. to 5 p.m. Monday through Friday.

Injection Response



Tech. Sgt. David Brumley

Master Sgt. Eric Peel, maintenance squadron pneudralic craftsman, receives a shot during an Initial Response Exercise held during the January Unit Training Assembly. Another exercise is scheduled for the February UTA to prepare for an initial response inspection scheduled for the March UTA, which has been rescheduled from March 8-9 to 29-30.

Congratulations PME Graduates

Senior Airman Shannon Dean--OSF
Airman Leadership School

Tech Sgt. Kent Johnson--AMXS
Correspondence

Senior Airman Travis Johnson--CES
Correspondence

Staff Sgt. Kurt Smith--CES
Correspondence

Tech. Sgt. Paul McGinnis--AMXS
NCO Academy

Senior Airman Travis Potter--CES
Correspondence

Staff Sgt. Cynthia Sabatino--MSF
Correspondence

Jerry Lee Lewis

Feb. 7– Begins 8:30 p.m. at the Cotillion, 11120 W. Kellogg. Doors open at 7 p.m. Advance tickets \$30 at Select-A-Seat outlets, the Cotillion and plant employee clubs.

For more information, call (316) 722-4201.

Jeff Dunham Comedy Show

Feb. 8– Begins 9 p.m. at the Cotillion, 11120 W. Kellogg. Doors open at 7:30 p.m. Advance tickets \$25 (reserved), \$20 (general admissions), at Select-A-

Seat outlets, the Cotillion and plant employee clubs; \$25 at the door. For more information, call (316) 722-4201.

Clue, the Musical

Feb. 7-8 – Audiences help solve the crime at a 6:30 p.m. buffet/show at the Crown Uptown Professional Dinner Theatre, 3207 E. Douglas. Doors open at 6 p.m. Tickets \$22.95-\$29.95 include dinner.

Call 681-1566 for more information.

Home Show

Jan. 7-8 – The Wichita Area Builders Association Home Show is scheduled at the Century II Expo Hall, 225 W. Douglas, from 10 a.m. to 10 p.m. Admission is \$6 for adults, \$5 for seniors, \$2 for ages 6-12 and children 6 and under get in free. Call (316) 265-4226 for more information.

Base Bowling Center

Fridays– Super Cell (Cosmic) bowling from 7 – 11 p.m. Pizza, Pins & Pop special from 5– 9 p.m.

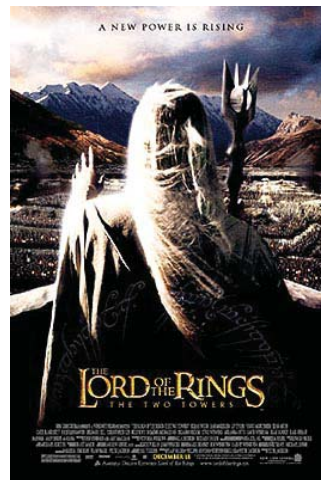
At The Movies



TWO WEEKS NOTICE

FRIDAY, FEB 7 7pm
1 hrs. 40 min. Hugh Grant is an irresponsibly wealthy, but charming client of Sandra Bullock, a neurotic, but brilliant attorney, in a story about whether or not it's ever too late to say 'I love you.'

MPAA Rating: PG-13 for some sexual humor



LORD OF THE RINGS: THE TWO TOWERS

SATURDAY, FEB 8 7pm
2 hr. 59 min. The quest for the One ring continues in the second chapter of the J.R.R Tolkien saga. The wizard Gandalf returns to help fight the power of united towers of Saruman and Sauron.

MPAA Rating: PG-13 for epic battles sequences and scary images

Movies are shown at the **McConnell Air Force Base Theater** and are subject to change. Admission is **\$2.25** for adults, **\$1.50** for children 12 and under.

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