

KANZA SPIRIT

931ST AIR REFUELING GROUP



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new fitness charts

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photo by Staff: Sgt. Jason Schaap

Fancy Dancing

A look at an annual **Pow Wow**
of the 931st's adopted tribe
during **Native American Heritage Month**, see story on page 4

**Commander,
931st Air Refueling
Group**

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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

As many of you have heard, running, crunches and pushups are in our future!

Our active-duty counterparts are scheduled to implement a new Air Force fitness program Jan. 1, 2004. How Air Force Reserve Command will implement the program hasn't been set in stone yet. AFRC was still working on a supplement to the active-duty guidelines when this issue of the *Kanza Spirit* went to print.

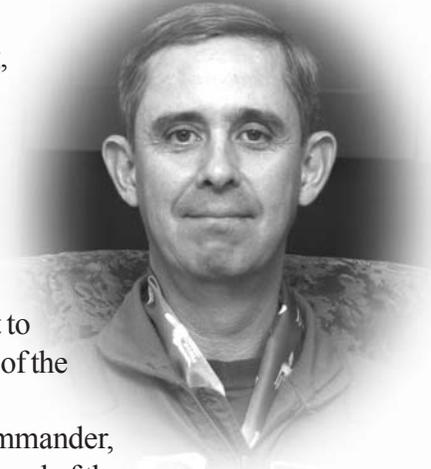
Lt. Gen. James Sherrad, AFRC Commander, said he is planning on having it out by the end of the year and a representative from AFRC headquarters has said once the supplement is complete, "it is likely (the requirements) will be the same as our active-duty counterparts."

A description of what we can expect is in the story on the next page and much more information is being planned for the next issue of the *Kanza Spirit*. An internet link to a PDF version of the new charts is also highlighted on the bottom of the next page. The charts break down the requirements by age and gender. As you will see, how the Air Force measures fitness is dramatically changing.

In the short term, this program may be somewhat difficult to adjust to; in the long run, it will make us all fitter and healthier warriors.

One last word. A fit warrior is no good to the Air Force if they are a broken warrior. Please do not go overboard and hurt yourself preparing for this new program.

Take it easy and build up to the new standards.



Karl J. Hurdle, Colonel
931st ARG Commander

Got a story?

Send story ideas for the
Kanza Spirit to:
david.fruck@mccconnell.af.mil
or call (316) 759-3704

UTASCHEDULE

Next UTA: November 15-16
December 7-8
January 10-11

New fitness standards take total force course

Tech Sgt. David Brumley
931st Public Affairs

The Air Force has released fitness-scoring charts that will be used in a new fitness program the active-duty AF is scheduled to begin Jan. 1, 2004.

“The amount of energy we devote to our fitness programs is not consistent with the growing demands of our warrior culture. It’s time to change that,” said Air Force Chief of Staff Gen. John P. Jumper, explaining the rationale behind the new program.

Air Force Reserve Command is expected to come out with a supplement to the active-duty requirements by the end of the year.

“Our intention as reservists is to have the same fitness requirements as the rest of the Air Force,” said Maj. Rebecca Reynolds of the command surgeon’s aerospace medicine division at Headquarters Air Force Reserve Command. “Once our supplement to the Air Force instruction is complete, it is likely these will be the same as our active-duty counterparts.”

According to the charts, there will be four components that make up the new fitness program: crunches, push-ups, an abdominal circumference measurement and the 1.5-mile timed run. People who are not medically cleared to run will use the current system - a timed 3-mile walk for reservists and the cycle ergometry test for active duty - to fulfill the run component. The component scores are then added to get a composite fitness score and determine if the person falls into the excellent, good, marginal or poor category.

Each fitness category will determine how often a person must retest. Excellent is the highest category and will require a minimum composite score of 90.

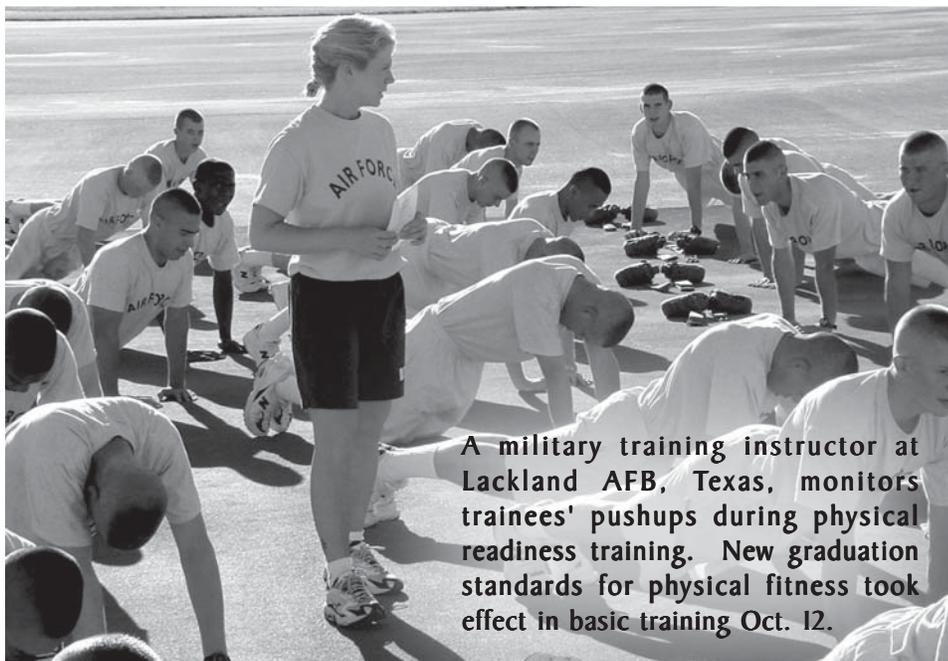
The good category will be 75-89.9. These two categories will be tested on an annual basis.

Anyone whose score is 70-74.9 will be considered marginally fit, and be

Air Force Print News release.

The Air Force is finalizing the program’s instruction and plans to have it published by January. According to Air Force officials it will address unit physical training, testing procedures and programs to facilitate improvement.

“I think all of us can agree that we were disappointed with the fitness standards we found when we came into the



A military training instructor at Lackland AFB, Texas, monitors trainees' pushups during physical readiness training. New graduation standards for physical fitness took effect in basic training Oct. 12.

tested every six months. A score of less than 70 places a person in the poorly fit category and a retest every three months. People at the marginal and poor levels also will participate in educational programs.

“The focus of the new fitness program is not the assessment. The program is about integrating fitness into our culture, and our members adopting fitness as a way of life,” said Maj. Lisa Schmidt, the AF Surgeon General Chief of health promotion operations, in an

operational Air Force,” Jumper said. “Let’s not disappoint ourselves any longer. The message is simple: If you are out of shape, fix it. If you have people in your squadron who need help, help them.

“I expect this effort to be led from the top, starting with commanders and senior (noncommissioned officers). I expect those who have trouble meeting the standards to be helped by others in their unit until they do meet the standard.”

www.af.mil/news/USAF_Fitness_Charts.pdf

SPIRIT OF THE DANCE

Keeping the Past Alive at a Kaw Pow Wow

Story and photos by Staff Sgt. Jason Schaap
931st Public Affairs

It's a typical August night in the Midwest. Oppressively hot. Unbearably humid.

The bugs, big bugs, spawned in a nearby lake and summoned by the stadium lights above, swarm in armies to this small, rural dwelling in northern Oklahoma.

Even the muddy, winding, narrow roads the people travel here on seem as ancient and forgotten as the ceremony before them. But they still come. They set up their lawn chairs and they endure it.

They endure it for the beating of the drums that give it a pulse. The chanting of song that gives it a voice. And the spirit of dance that keeps it alive.

The people have gathered to watch the remains of a history, the heritage of a people kept in bloom at the annual Kaw Pow Wow.

Every summer the people of the Kaw Nation, the adopted tribe of the 931st Air Refueling Group, sponsors this Pow Wow on a hill off the banks of Kaw Lake near their home, Kaw City, Okla.

For three nights, visitors are welcome to observe the ritual singing and dancing that helps keep the heritage of Native Americans alive.

But for the Kaw, the three-day event is not only a reunion with their past, it's also an opportunity to reunite with fellow tribesmen and women.

Kaw member James Pepper Henry used to be the director of the Kanza Museum in Kaw City before going to work for the Smithsonian's National Museum of the American Indian. Like other members who don't live near Kaw City, he flew in for his tribe's annual event and to see



(Above) The footwear of a Pow Wow dancer waits in the grass before being needed in the nighttime activities. (Left) A dancer competes in the Men's Fancy category of the Pow Wow. The dancers' vivid, flaring regalia, the proper name of Native American dress, makes Fancy dancing one of the most popular Pow Wow dances.

(Right) A Kaw member adorned in regalia during the Grand Entry of the 2003 Kaw Pow Wow. The Kaw is the adopted tribe of the 931st Air Refueling Group. The eagle is the 931st's adopted symbol. The drum is the symbol of the Kaw warriors. (Below) At the center of the Pow Wow are the singers. Unlike other tribes, the Kaw are closest to the drum, believed



family and friends.

But hours before jumping on a plane back to Washington, D.C., Henry watches the last night of his Pow Wow all too aware of the struggling heritage of his people and the importance of dancing in preserving it.

Henry's Kaw clan, the Eagle clan, was prohibited from dancing the night before due to an inter-tribal dispute. Henry and other members of his clan had performed their dance at each of the last 16 Pow Wows.

The Eagle clan is one of the "only seven or eight" remaining from the original 16 Kaw clans, Henry pointed out. Even his given Kaw clan name, Man-shen-ska, meaning "white plume of eagle," is part of a fading tradition.

"We only have a few people left who can give out those names," Henry said.

Taha Gena Warren, the Kaw Nation's personnel director, is a member of the Weather clan. Her given Kaw name, So-jun-wah, means "where lightning strikes first." Like Henry, Warren watched the Pow

in classic Kaw dress, or regalia, participates in Pow Wow near Kaw City, Okla. The Kaw Nation Air Refueling Group. His headdress, or roach, the roach's feather symbolizes a halo that protects center of the Pow Wow circle is the drum and Kaw dance counterclockwise so that their hearts to produce the "heartbeat of the earth."



Wow with a close reminder of her tribe's drive to resist a waning legacy. Just a short distance away, memories of Kaw generations lie buried beneath the depths of Kaw Lake.

The lake covers the original Kaw City, where the Kaw were forced to settle when banished from their homelands in Kansas, the state that took its name from the Kaw's original name, the Kanza.

The city's watery grave wasn't an accident. The original Kaw City was plagued by floods that were predicted to worsen. In an effort to speed up inevitability, the Kaw literally packed up the town and relocated to where Kaw City now stands before their original home was intentionally flooded, creating Kaw Lake.

"Yesterday I saw the foundation of the building where I went to school," Warren said with a smile as she described what happens when the lake's water level is low during the summer. It was a bitter-sweet smile, a sign of happiness that the entity that holds her childhood memories allowed her a peek back into time.

At the Pow Wow, where spectators are given a glimpse into the heritage of a people, visible smiles aren't easy to find. The faces seem stoic, reverent. Smiles aren't visible on the outside; they peer out from the inside. Smiles of respect, admiration and appreciation.

Like the foundations of a drowned schoolhouse, the Pow Wow emerges from the night to show all the Kaw Heritage is alive, its pulse felt through the drum, its voice heard in the song and its spirit seen in the dance.



SPRIT SHORTS

Offensive displays on vehicles not allowed on base

Bumper stickers, hood ornaments, window stenciling and other vehicle decorations that display offensive materials relating to race, gender, national origin, religion, ethnic group or color are not allowed on Air Force installations.

Violations of this policy should be reported to squadron first sergeants, commanders or the military equal opportunity office at (316) 759-3310.

Base driving privileges now revoked for seat belt offense

Anyone stopped while driving on McConnell AFB and cited for not utilizing seatbelts will immediately have their installation driving privileges suspended for seven days.

Subsequent violations within a one-year period will result in suspension of privileges for 90 days.

Climate Survey

The Air Force is encouraging all airmen to complete a climate survey by Nov. 23 at the following web site: <http://afclimatesurvey.af.mil>

CFC ending soon after November UTA

The Combined Federal Campaign has kicked off at McConnell AFB and will run through Nov. 17. Below are the points of contact for the 931st ARG:

ARG/OSF: Tech. Sgt. Randy Brown
(316) 759-3196

AMXS: Senior Master Sgt. Larry Shippy (316) 759-6401

CES: Master Sgt. Noah Ordoyne
(316) 759-5499

MSF: Master Sgt. Gary White/Senior Airman Tyrel Askren (316) 759-5989

AMF: Senior Airman Linda Sutter
(316) 759-3379

18th ARS: Capt. Frank Ellis/Lt. Dave Gomez (316) 759-4014

Welcome Newcomers

Maj. Kenneth Guevara
18th ARS

Maj. Benjamin Lee
AMF

Master Sgt. Elizabeth Bluver
OSF

Staff Sgt. Lisa Hlavenka
AMXS

Staff Sgt. James Rose
AMXS

Airman 1st Clas
Alejandra Navarro
CES

SPRIT SPOTLIGHT

This month's selectee is a Springfield, Mo., native who has been in the military 8 years.

Job title: Security Forces

Civilian job: Floor Supervisor/Truck Lumper for Labor Management Service

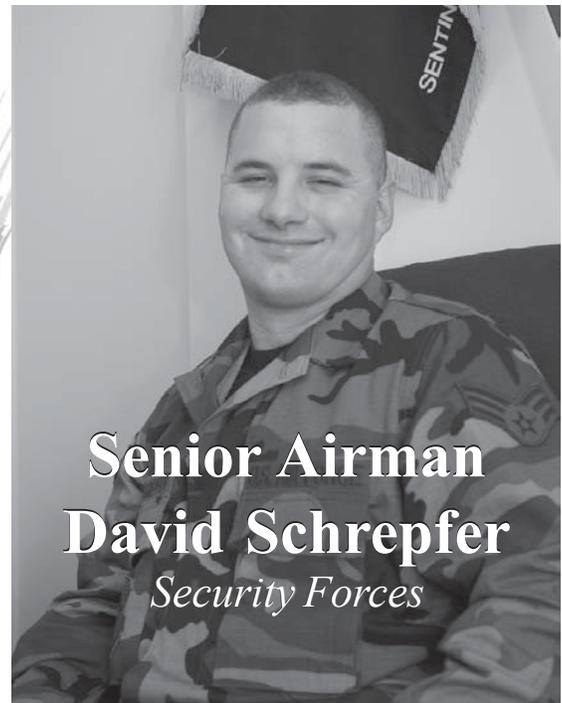
Favorite way to relax: Fishing, Hunting

What annoys me: Nothing that I can think of

Most influential person in my life: My mom

What I'm listening to now: Country Music

If I won \$1 million, I would: Relax more and spend more time with my family



Senior Airman
David Schrepfer
Security Forces

New look for maintenance squadron

Tech Sgt. Randolph Brown

931st Historian

Among the three support functions activated under the 931st Air Refueling Group in October 1995 was the 931st Aircraft Generation Squadron. Seven years later, AGS was redesignated the 931st Aircraft Maintenance Squadron.

The new name came at a good time, as one of the many talented personnel assigned to the squadron, Master Sgt. Wade Jones, one of the squadron's air reserve technicians, had been designing an emblem that would allow the members of his unit to show their colors.

Actually, his design not only displayed the squadron's colors, but the relationship between the AMXS and its group.

Both were previously active at Grissom AFB, Indiana. The new design incorporated the checkered sash, or tartan, tied to the racing tradition of Indiana, along with a black gear, clouds and lightning bolts, with a blue sky background. While the sash shows the squadron and group's shared heritage, the other elements signified the specialty code, theatre of operations, and active duty relationship with a reserve unit.

Jones put his artistic talents to work using acceptable elements set forth in current instructions. His design received final approval this past summer by the Army Institute of Heraldry; the final approving authority for all Air Force emblem designs.

Jones' design has become part of an Air Force tradition that is actually older than the Air Force itself. Air Force heraldry traces its roots back to 1913 when the 1st Aero Squadron (the oldest Air Force unit) established itself in the Army. Unit



lineage and honors continued into 1947 when the Air Force became a separate branch of the U.S. military. Since then, the unit emblem has continued to be an integral part of a unit's identity.

Group members who have questions about emblem designs for their unit can contact the group History office at ext. 3196 (316-759-3196 for off-base calls), or visit the office in building 850, room 255.



**Refer
a Friend**

Help the unit recruit.
Refer someone to recruiter
Master Sgt. David McCormick
(316) 652-3766

WICHITA WEEKEND

Western Music

Awards Show and Festival

Nov. 12-16 – The City of Wichita competed with such cities as Anaheim, Calif., Branson, Miss., and Las Vegas for this annual event which draws visitors from around the world. Convention headquarters is the Hyatt Regency. The televised Western Music Awards Show takes place Nov. 15. The show is the equivalent of the Grammy's in Western Music, with professional musicians from across the nation in attendance.

The festival will include numerous musical workshops, western exhibits, western fashion show, and a benefit auction. Concerts by western

music artists from around the country will be featured. For more information, contact the Western Music Association in Nashville at (877) 588-3747 or Prairie Rose Chuckwagon Supper in Wichita at (316) 778-2121.

Shadowlands

Nov. 14 – Admission is free to this adaptation of the hit movie that tells the story of writer C.S. Lewis and his relationship with an American woman and her son..

Performed at the Central Christian Church, 2900 N. Rock Rd. Call (316)612-7983 for more information.

Thunder Hockey

Nov. 14 – Wichita Thunder host the Indianapolis Ice in Central Hockey League action. Game time is 7:30 p.m. at the Kansas Coliseum. Call (316) 755-7328 or visit www.selectaseat.com for tickets.

Rodney Carrington

Nov. 15 – Hear the crazy comedy of Rodney Carrington at the Kansas Coliseum. Ticket's can be purchased at the Coliseum Box Office, by calling (316) 755-7328 or visiting www.selectaseat.com. For more information about Rodney Carrington, visit www.rodneycarrington.com.

At The Movies



SCHOOL OF ROCK

FRIDAY, NOV. 14 7pm

1 hrs. 48 min. Kicked out of his band, Jack Black takes a job as a substitute teacher in hope to recruit a 9-year-old guitar prodigy. Meanwhile, Black's antics cause his students to find sides of themselves the school doesn't encourage.

MPAA Rating: PG-13 for some rude humor and drug references



OUT OF TIME

SATURDAY, NOV. 15 7pm

1 hr. 37 min. Denzel Washington is the chief of police in a small, Florida town. He races against time to solve a shocking, double homicide that could make him look suspicious if he doesn't stay a few steps ahead of his own police force and those closest to him.

MPAA Rating: PG-13 for sexual content, violence and language

*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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