ON FINAL

AUGUST 2016

THE OFFICIAL MAGAZINE OF THE 507TH AIR REFUELING WING

RIMPAC EDITION

OKIES FUEL THE WORLD'S LARGEST MARITIME EXERCISE

AUGUST

Vol. 36, No. 8 // 2016

Six U.S. Navy F-18 Hornets await refueling from a KC-135R Stratotanker belonging to the 507th ARW July 20, 2016, during the Rim of the Pacific Exercise in Hawaii. Photo by Tech. Sgt. Lauren Gleason

ON THE COVER

RIMPAC 2016

Crews chiefs with the 507th Maintenance Group and flight crew with the 465th Air Refueling Squadron discuss an aerial refueling mission July 20, 2016, at Joint Base Pearl Harbor-Hickam, Hawaii, during RIMPAC 2016. During the flight, the crew refueled six U.S. Navy F-18s and two Canadian CF-18s, offloading 49,700 lbs. of fuel.

COVER PHOTO by Tech. Sgt. Lauren Gleason

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Photos by Tech. Sgt. Lauren Gleason

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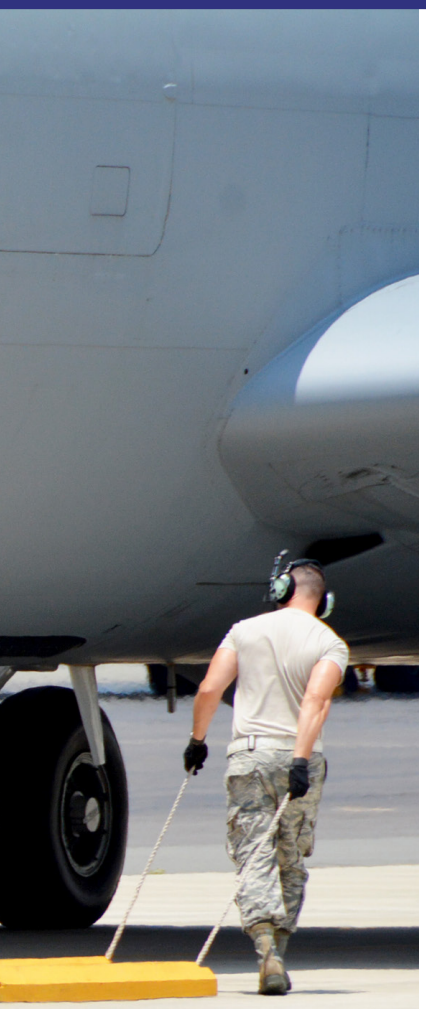
TRAINING IN THE TROPICS

Senior Airman Nathalie Hamilton and Tech Sgt. Michael Dunning, both crew chiefs with the 507th Maintenance Squadron, place wheel chocks
2016, following a refueling mission at RIMPAC 2016. Twenty-six nations, more than 40 ships and submarines, more than 200 aircraft, and 25,000
from June 30 to Aug. 4, 2016, in and around the Hawaiian Islands and Southern California. Photo by Tech. Sgt. Lauren Gleason

AFRC CHANGE OF

Miller named first female comm

Newly appointed commander of Air Force R
anne Miller, stands next to the former com
F. Jackson, as he congratulates her on the n
command ceremony at the Museum of Avi
15, 2016. Miller became the first female to
Air Force photo by Tech. Sgt. Stephen D. S



on a KC-135R Stratotanker July 19,
personnel participated in RIMPAC

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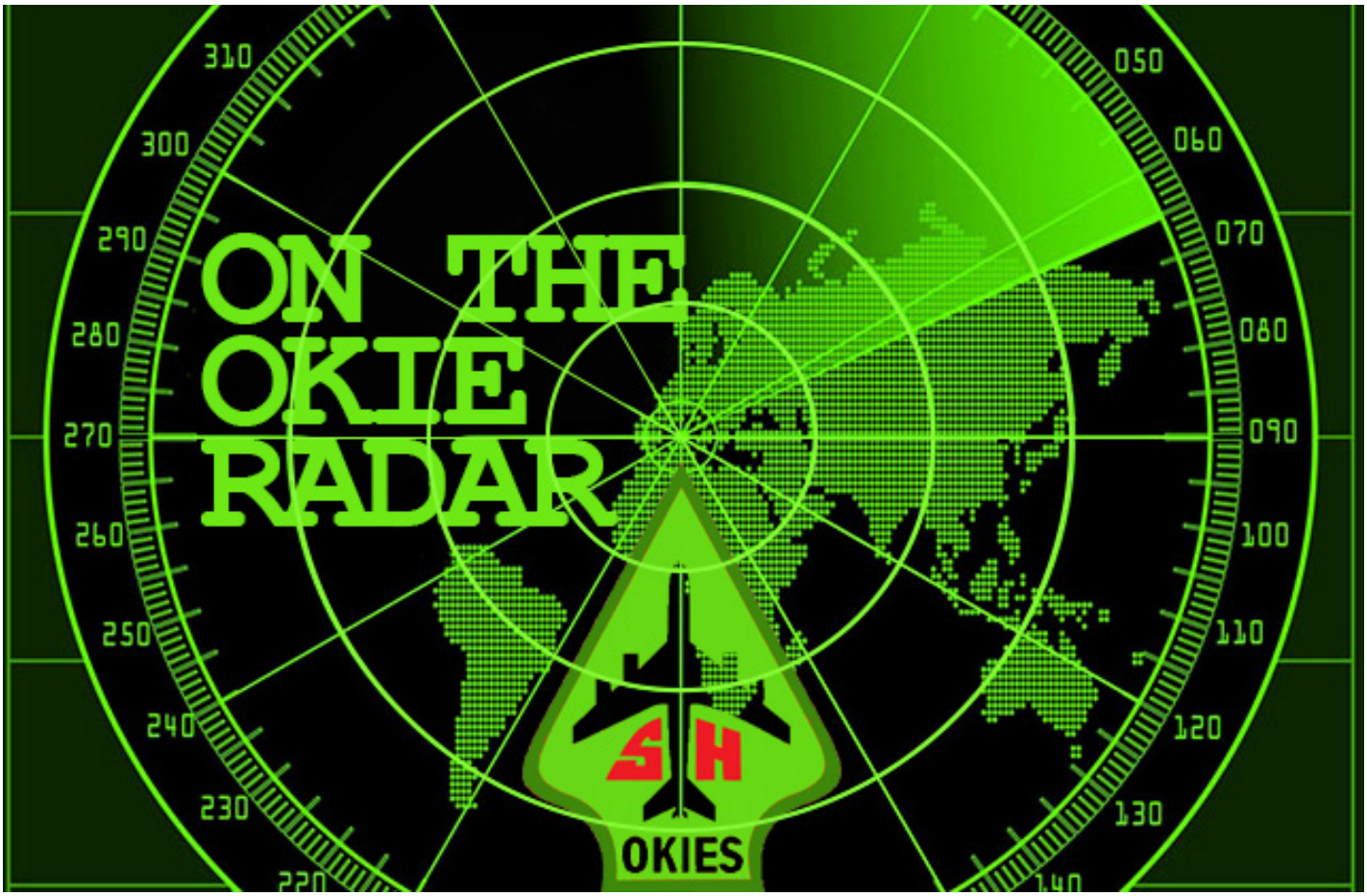
For information on opportunities in the AF Reserve, give one of our team members a call today.

COMMAND

ander, chief of Air Force Reserve

Reserve Command, Lt. Gen. Mary-
mander of AFRC, Lt. Gen. James
ew position during the change of
ation in Warner Robins, Ga., July
assume command of AFRC. (U.S.
chester)



MARK YOUR CALENDAR WITH THESE UPCOMING EVENTS:

AUGUST UTA AUG 6-7

-COMBAT DINING-IN @ 1700
IN HANGAR 1030
AUG. 6

-3RD QUARTER AWARDS DUE BY 1200
AUG. 6

- COMMANDER'S CALL @ 1500
BASE THEATER
AUG. 7

SEPTEMBER UTA SEP. 10-11

- 507TH ARW SUPER FAMILY DAY @ 1200
IN HANGAR 1030
SEP. 10

OCTOBER UTA OCT 15-16

- 4TH QUARTER AWARDS DUE
OCT. 1

NOVEMBER UTA NOV. 5-6

-COMMANDER'S CALL @ TBD
BASE THEATER
NOV. 6

DECEMBER UTA DEC.3-4

ANNUAL AWARD PACKAGES DUE NLT 1600
DEC. 3

*DATES AND TIMES SUBJECT TO CHANGE. FOR UPDATES, CHECK THE 507TH WEBSITE HERE.

RIMPAC VIDEOS

CLICK TO WATCH

VIDEO BY TECH. SGT. LAUREN GLEASON

VIDEO BY TECH. SGT. LAUREN GLEASON

VIDEO BY MASTER SGT. GRADY EPPERLY

August PROMOTIONS

STULL, RICHARD W., 507 AMXS

CHIEF MASTER SERGEANT

HUDSON, MARVIN J., 507 FSS
KELLY, SEAN T., 513 MXS

SENIOR MASTER SERGEANT

RAMIREZ, MICHAEL S., 513 AMXS

MASTER SERGEANT

HARMON, ERIC D., 507 AMXS
NORMAN, JUSTIN C., 513 AMXS
PENTECOST, JESSE L., 513 MXS

TECHNICAL SERGEANT

BARRAZA, EMMANUEL, 513 AMXS
BEARD, BENJAMIN L., 507 MXS
CALHOUN, CHRISTOPHER, 507 AMXS
STRAILY, PAUL M., 513 AMXS

STAFF SERGEANT

GIBBY, CHRISTOPHER, 507 SFS
JENNINGS, ELIZABETH C., 513 AMXS

SENIOR AIRMAN

GIBSON, JESSICA M., 507 CES

AIRMAN FIRST CLASS

507TH A
SU
SH
OKIES

RW SUPER FAMILY DAY

BEGINS AT 12:00 P.M.
SEPTEMBER 10, 2016

DRESS LIKE YOUR FAVORITE SUPERHERO OR VILLAIN

- **FOOD TRUCKS AND REFRESHMENTS**
  -BARBECUE, CAJUN, HOT DOGS,SHAVED ICE
- **MUSIC DJ**
- **KID'S ACTIVITIES**
- **CONTESTS**
- **STATIC DISPLAYS**
- **AUTO SHOW**

AUTO SHOW: TO ENTER YOUR CAR, TRUCK OR BIKE, CONTACT KOKO AT EFKLIDIS.KOKOVIDIS@US.AF.MIL

A CLOSER LOOK

Twenty-six nations, more than 40 ships and submarines, more than 200 aircraft, and 25,000 personnel participated in RIMPAC from June 30 to Aug. 4, in and around the Hawaiian Islands and Southern California.

The world's largest international maritime exercise, RIMPAC provides a unique training opportunity that helps participants foster and sustain the cooperative relationships that are critical to ensuring the safety of sea lanes and security on the world's oceans.

RIMPAC 2016 is the 25th exercise in the series that began in 1971.

- 45 SHIPS
- FIVE SUBMARINES
- 200+ AIRCRAFT
- 25,000 PERSONNEL

SNAPSHOT: RI

The World's Largest Maritime Exercise at Joint Ba

26 PARTICIP

- Australia
- Brunei
- Canada
- Chile
- China
- Colombia
- Denmark
- France
- Germany

An aerial view of ships moored at Joint Base
2016. Photo montage by Mass Communication Sp

PARTICIPATING COUNTRIES EXERCISE A WIDE RANG
WARFIGHTING, MARITIME SECURITY, DISASTER

M OF THE PACIFIC

se Pearl-Harbor Hickam, Hawaii

RATING NATIONS:

ndia
ndonesia
taly
Japan
Korea
Malaysia
Mexico
Netherlands
New Zealand

- Norway
- Peru
- Philippines
- Singapore
- Thailand
- Tonga
- United Kingdom
- U.S.

Types of Training:

- Amphibious operations
- Gunnery
- Counter-piracy
- Mine clearance
- Explosive ordnance disposal
- Diving and salvage operations
- Defensive training against missiles, submarines and aircraft

e Pearl Harbor-Hickam July 6, 2016, for Rim of the Pacific
pecialist First Class Ace Rheaume

GE OF CAPABILITIES INCLUDING COMPLEX
RELIEF OPERATIONS AND *SEA CONTROL.*

LOGISTICS SPECIALISTS TRAIN IN GERMANY

Staff Sgt. Cody Fry, a supply technician at the 507th Logistics Readiness Squadron, directs the placement of pallets at Spangdahlem Air Base, Germany, July 11, 2016, as part of his annual tour training. BELOW: Tech. Sgt. Jarrod Altom, vehicle operations specialist with 507th Logistics Readiness Squadron, trains Tech. Sgt. Brian Gunther on operating an all-terrain 10,000 lb. forklift during a two-week annual tour at Spangdahlem Air Base, Germany.

Story and photos by Tech. Sgt. Charles Taylor

The 507th Logistics Readiness Squadron along with support elements from the 507th Air Refueling Wing, completed a two-week annual tour at Spangdahlem Air Base to train and provide support to the active duty unit.

The Citizen Airmen supported the 52nd Logistics Readiness Squadron and got unique training events certified while providing support. Even though the Reservists got the opportunity to travel to a foreign country, the Airmen still have training to get accomplished while they're not at Tinker Air Force Base, Oklahoma.

"The goals and objective of every annual tour our squadron goes on, is to accomplish any training we don't have access to at Tinker," said Maj. Britnee McIntyre, director of operations of the 507th LRS. "Training is first and foremost, getting our Airmen exposure to equipment they normally wouldn't get exposure to."

ABOVE: Members of the 507th Air Refueling Wing and the 513th Air Control Group from Tinker Air Force Base, Okla., pose for a photo at Spangdahlem Air Base, Germany, July 13, 2016, during their two-week annual tour. BELOW: Senior Airman Luis Avila, supply technician, 507th Logistics Readiness Squadron, tests out gas masks seals July 8, 2016 at Spangdahlem Air Base Germany.

"The goal and objective of **every annual tour** is to accomplish any **training** we don't *have access* to at Tinker."

The Reservists get the opportunity to integrate with active duty personnel which is a very important factor, according to Senior Master Sgt. Steven Gonsalves, superintendent of the 507th LRS.

"I think the Reservists bring a unique skill set because we're so used to coming in with very little time," Gonsalves said. "We just naturally integrate and go to work, and it doesn't take a whole lot to get trained on things."

Getting core tasks completed is the main reason for conducting annual tours, but supervision for the 507th LRS also want the Airmen to get out and enjoy some of the sights Germany and Europe have to offer. With that said, a delicate balance is required between the two.

"Our rule is we work the same schedule the hosting squadron works, "said McIntyre. "That works out best for training and off-duty time."

Between the work and play, McIntyre said the annual-tour has been a success.

"From what I've seen, I think the members have integrated very well in their sections and are working hard," said McIntyre. "It truly has been a total force environment."

JOINT, MULTINATIONAL INTEGRATION

Story and photos by Tech. Sgt. Lauren Gleason

Since their arrival to Rim of the Pacific 2016, July 7, Citizen Airmen in the 507th Air Refueling Wing have worked hand-in-hand with other nations and sister services to offload more than 2 million pounds of fuel to U.S. and Canadian military aircraft.

Performing such a feat does not happen by accident; in fact, it requires constant flexibility and interoperability between branches and nations in order to prepare, plan, and execute these daily missions.

Six KC-135R Stratotankers are in place at RIMPAC 2016: Two from the 507th Air Refueling Wing at Tinker Air Force Base, Oklahoma, one from the 434th Air Refueling Wing at Grissom Air Reserve Base, Indiana, and one from the 452nd Air Mobility Wing at March Air Reserve Base, California, all Air Force Reserve Command units. Two aircraft and associated crews come from the 909th Air Refueling Squadron at Kadena Air Base, Japan.

The crews generally launch and fly four aerial refueling missions daily, according to Maj. Johnny Kearns, 465th Air Refueling Squadron tanker liaison officer, who acts as a go-between for the 465th ARS, based at Tinker Air Force Base, and all the other squadrons participating in the exercise.

"If the need arises, we can flex to accommodate up to seven flights each day," said Kearns. "I feel very proud of myself and my fellow Airmen for what [we] have accomplished here."

At the Combined Air Operations Center, Kearns works with F/A-18s aboard USS John C. Stennis (CVN 74), as well as Canadian Air Force assets, in order to plan the following day's flights to meet all air refueling requirements.

Each evening, the officers review the Air Tasking Order carefully, in order to negotiate the flights they will be able to fulfill.

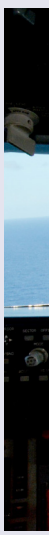
Once the liaison officers determine the amount of flights they will require the next day for their tanker plan, Kearns acts on behalf of 465th ARS to decide which flights they can accommodate with aerial refueling, based on aircraft and crew availability.

"It's a rare opportunity to work with Aussies and Canadians," said Kearns. "They're really good humored and really know what they are doing. When it gets really busy, I imagine it's what it's like being on the stock exchange floor."

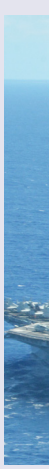
Once flight times are confirmed, the ATO is written, which Kearns reviews and then sends to the squadron in order for crews to be assigned their flight times.

Tech Sgt. Lester Spencer, crew chief with the 752nd Aircraft Maintenance Squadron, March Air Reserve Base, California, has provided assistance to other Reserve units over the last eight years to get the job done.

"Maintenance always comes together to help each other out," said Spencer. "I have provided backfill support for the Tinker crew at RIMPAC, at Incirlik, Turkey and in Al Udeid, Qatar, and they have done the same for us."



LEFT: Air R the P an ai low-a nis co oiler



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N KEY TO REFUELING DURING RIMPAC

Two U.S. Navy F-22 Raptors fly alongside a KC-135R Stratotanker assigned to the 507th efueling Wing July 20, 2016, while awaiting their turn for mid-air refueling during Rim of acific 2016. ABOVE: Pilots with the 507th Air Refueling Wing perform a low-approach over rcraft carrier July 26, 2016. BELOW: A KC-135R Stratotanker flown by the 507th ARW flies a pproach over the Pacific Ocean near the USS John C. Stennis (CVN 74) as the John C. Sten- onducts a replenishment at sea alongside a Military Sealift Command fleet replenishment and an Arleigh Burke class guided-missile destroyer. Photos by Tech. Sgt. Lauren Gleason

Maj. Matt Biggs, director of operations for the 465th ARS, said he ps things running smooth at the operations building and dissemi- es reporting instructions to flight and maintenance crews.

Chief Master Sgt. David Hobbs, aviation resource management erintendent, takes all flight schedules and assigns orders to flight vs for the following day, who then adjust their schedules accord- y to get the required 12 hours of crew rest prior to flight.

The hours spent coordinating these flights between different na- s and branches of service allows aircraft to refuel at 26,000 ft. ve the ground in five minutes or less, or about 10-12 minutes for er aircraft.

Senior Airman Nick Tschacher, crew chief with the 507th Maintenance Squadron at Tinker Air Force Base, Okla., lowers a rope to Master Sgt. John Way, a crew chief with the 507th Aircraft Maintenance Squadron July 20, 2016, prior to launching a KC-135R Stratotanker for a refueling mission. Photo by Tech. Sgt. Lauren Gleason

CITIZEN AIRMEN KEEP R

Senior Airman Travis Krause, crew chief with the 507th Aircraft Maintenance Squadron at Tinker Air Force Base, Okla., prepares to remove the boom nozzle from a KC-135R Stratotanker July 10, 2016, in order to connect a drogue adapter and drogue. Twenty-six nations, more than 40 ships and submarines, more than 200 aircraft, and 25,000 personnel will participate in RIMPAC from June 30 to Aug. 4, in and around the Hawaiian Islands and Southern California. Photo by Master Sgt. Grady Epperly

Story by Master Sgt. Grady Epperly

One of the few common threads interwoven between the twenty-six nations and more than 200 aircraft participating in Rim of the Pacific 2016 is the need for fuel; a lot of it.

This is where Citizen Airmen from 507th Air Refueling Wing, Tinker Air Force Base, Oklahoma, come in to play.

"When it comes to the air piece of RIMPAC, we are here to ensure aircraft have the fuel they need to complete their mission," said U.S. Air Force Reserve Maj. Jeff Milburn, detachment commander for the 465th Air Refueling Squadron, Tinker Air Force Base.

The crews of the 465th ARS fly and operate the KC-135R Stratotanker. The KC-135 is not only capable of conducting aerial refueling; it can also carry cargo, personnel and equipment. For mid-air refueling it can carry more than 150,000 pounds of transfer fuel.

"The sights, sounds and sheer scale of RIMPAC are unlike any military exercise in the world," said Milburn. "Outside of the old-style operational readiness exercises, RIMPAC is one of the few opportunities we have to deploy operations, maintainers and support staff simultaneously."

RIMPAC is held from June 30 to Aug. 4, in and around the Hawaiian Islands and Southern California. It is the world's largest international maritime exercise. Participating 507th ARW personnel are working out of Joint Base Pearl Harbor-Hickam, Hawaii.

"Unlike the ORE, RIMPAC provides our Airmen the chance to work with other branches, aircraft and nations," Milburn added.

The 507th ARW mission just isn't all about flying. The bulk of work actually happens on the ground.

"The various systems in the aircraft are designed to be very efficient, but they have been in operation for a while and eventually things break or malfunction," said Staff Sgt. Kurt Weisel, an aircraft electrician with 507th Maintenance Squadron. "Being an aircraft electrician is very interesting, because it gives me a chance to be involved in all the systems and solutions."

RIMPAC FLYING HIGH

ABOVE: Maintenance crews with the 507th Aircraft Maintenance Squadron at Tinker Air Force Base, Okla., prepare to recover the KC-135R Stratotanker pictured landing overhead July 19, 2016, following an aerial refueling mission as part of Rim of the Pacific 2016. (U.S. Air Force photo/Tech. Sgt. Lauren Gleason) BELOW: Senior Airman Nathalie Hamilton, a crew chief with the 507th Maintenance Squadron at Tinker Air Force Base, Okla., walks the along a wing of a KC-135R Stratotanker July 19, 2016, as part of a thru-flight inspection during Rim of the Pacific 2016. Photo by Tech. Sgt. Lauren Gleason

> "RIMPAC provides **our Airmen** ***the chance*** to work **with other branches,** aircraft and nations."

The Stratotanker has been in use by the U.S. Air Force for more than 50 years, and the airframe is a military version of the civilian Boeing 707 passenger jet.

Weisel said he takes pride in being part of the refueling mission and keeping the jets in operation.

"Getting to come to RIMPAC is a privilege, and I think the fact the 507th ARW keeps getting invited back to provide the Navy air boss the logistical support they need speaks to how well we integrate with active duty and other branches," said Weisel. "It's nice to be appreciated."

RIM OF THE PACIFIC 2016 CO

Story by Lt. Miranda Williams
Commander, U.S. 3rd Fleet

RIMPAC JOINT BASE PEARL HARBOR-HICKAM (August 4, 2016) - The world's largest international maritime exercise concluded Aug. 4, after more than a month of training events conducted in and around the Hawaiian Islands and Southern California.

More than 100 Citizen Airmen with the 507th Air Refueling Wing participated in the exercise, offloading more than 2 million lbs. of fuel to U.S. and Canadian aircraft.

Twenty-six nations, more than 40 ships and submarines, more than 200 aircraft and 25,000 personnel participated in Rim of the Pacific 2016, more countries and personnel than in any previous years. This year's RIMPAC marked the 25th in the series that began in 1971 and is now held every two years.

Hosted by U.S. Pacific Fleet, RIMPAC 2016 was led by U.S. Vice Adm. Nora Tyson, commander of the U.S. 3rd Fleet, who served as the combined task force commander. Royal Canadian Navy Rear Adm. Scott Bishop served as deputy commander of the CTF, and Japan Maritime Self-Defense Force Rear Adm. Koji Manabe was the vice commander. Other key leaders of the multinational force included Commodore Malcolm Wise of the Royal Australian Navy, who commanded the maritime component; Brig. Gen. Blaise Frawley of the Royal Canadian Air Force, who commanded the air component; and Royal New Zealand Navy Commodore James Gilmour, who led the amphibious task force.

"RIMPAC 2016 was an unqualified success. The collaboration and cohesiveness between participants proved that we can operate effectively with our partner nations and that we will be ready in the Pacific if or when we're called upon," said Tyson. "We operated as an effective team while simultaneously strengthening the skills of each and every participant. To safely and effectively execute an exercise of this scale and scope is a tribute to the leadership and skill of every participating unit. I could not be more proud of everyone who took part, and I value the friendships that we built."

Tyson said the involvement of so many different countries working together to successfully accomplish RIMPAC was a strong reminder of the unity coalition forces can exhibit in a real-world situation.

"From the beginning harbor phase to the closing ceremony reception, the different nations have demonstrated their capability and proven themselves to be very adaptive during the entire exercise," said Tyson. "It's all about our working together and becoming better partners and understanding how we work together in different scenarios. We've certainly accomplished what we set out to with RIMPAC and proven that we're stronger as allies because of it."

Staff Sgt. Tyler Sorrels, a KC-135R Stratotanker boom operator assigned to the prepares the refueling boom to offload 49,700 lbs. of fuel to six U.S. Navy F-18 the Pacific Ocean as part of Rim of the Pacific 2016. Photo by Tech. Sgt. Lauren

This year's exercise participants were Australia, Brunei, Canada, Chile, Colombia, Denmark, France, Germany, India, Indonesia, Italy, Japan, Malaysia, Mexico, Netherlands, New Zealand, Norway, People's Republic of China, Peru, the Republic of Korea, the Republic of the Philippines, Singapore, Thailand, Tonga, United Kingdom, in addition to the U.S.

The U.S., Australia and Canada have participated in all 25 RIMPACs since 1971. RIMPAC 2016 marked

ONCLUDES

507th Air Refueling Wing at Tinker Air Force Base, Okla., Hornets and two Canadian CF-18 Hornets July 20, 2016, over Gleason

Tech Sgt. Michael Dunning, crew chief with the 507th Aircraft Maintenance Squadron at Tinker Air Force Base, Okla., performs a nose landing gear inspection July 19, 2016, following an aerial refueling mission as part of Rim of the Pacific 2016. Twenty-six nations, more than 40 ships and submarines, more than 200 aircraft, and 25,000 personnel participated in RIMPAC from June 30 to Aug. 4, in and around the Hawaiian Islands and Southern California. Photo by Tech. Sgt. Lauren Gleason

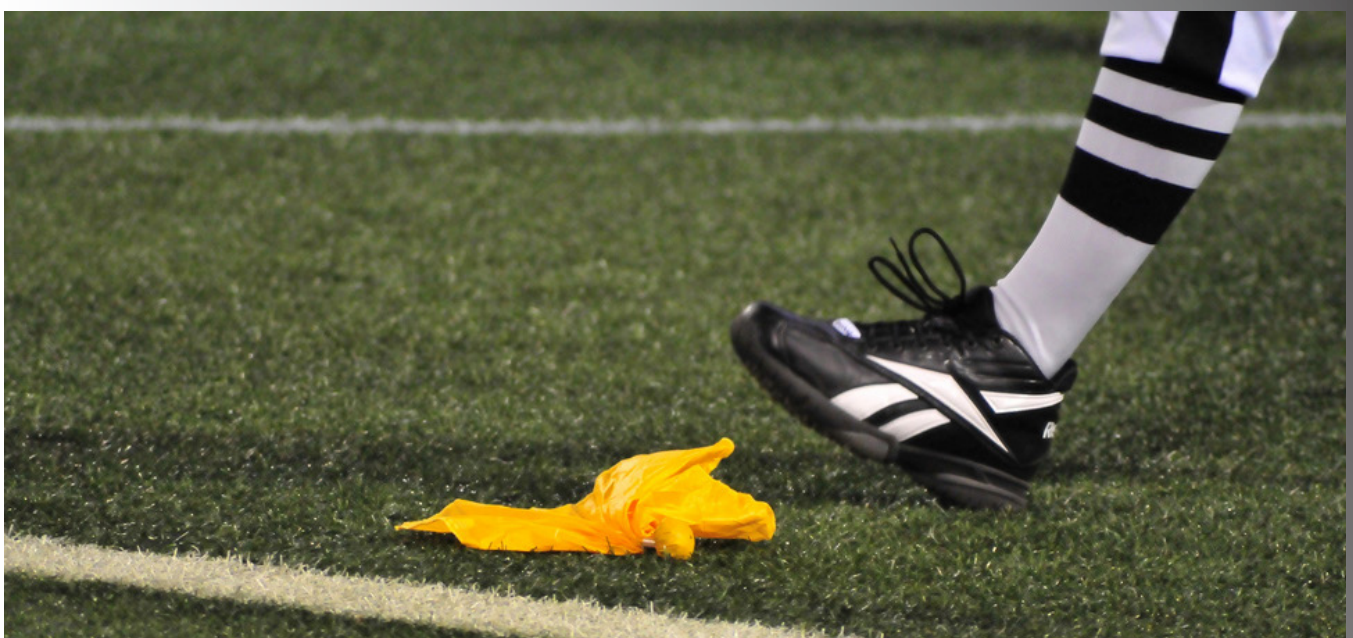
the first time Denmark, Germany and Italy participated in the maritime exercise. Each nation displayed capabilities ranging from disaster relief and maritime security operations to sea control and complex warfighting exercises, including a mass casualty drill, replenishments at sea, submarine search and rescue, aircraft refueling and multi-day diving operations.

Additionally, a harpoon missile shoot from littoral combat ship USS Coronado (LCS 4) and amphibious operations in the Southern California area of operation were exhibited for the first time during a RIMPAC training scenario.

"RIMPAC 16 was a tremendous opportunity for all of us," said Bishop. "We worked with exceptionally talented men and women from across the Asia-Pacific region, and we had the opportunity to share knowledge and develop a better understanding one other's perspectives. These experiences will benefit us all."

Commodore Wise said this year's exercise also had several real-world challenges that tested RIMPAC participants.

"We had a very successful exercise on the back of ensuring safety as a high priority, including a brief pause in the exercise program to deal with a Hurricane Darby during a key phase of the force integration period," said Wise. "For me, the impact of the hurricane on July 25 showed how adaptive both the ships at sea and the staff in the relevant headquarters could be, and therefore worked together to achieve both a safe exercise and develop strategies in good time."



ARE YOU READY FOR SOME (FLAG) FOOTBALL?

By Tech. Sgt. Charles Taylor
Sports Reporter Extraordinaire

Training camps are officially underway in the National Football League, and the boys for college football have also began to prepare for the season in the dog days of summer.

Normally, I would be thrilled at this time of year, knowing it won't be long before I get to see my all-time favorite sport played competitively at the highest levels. I didn't think it would be any different coming into this season.

But as we start to get closer to the start, I find myself thinking about the quality of the product on the field, and how it has gone down because of all of the rule changes that have taken place over the past few years.

Player safety has become the priority in football after numerous studies have shown the decline of former players due to head and neck injuries. Lawsuits from some of those same players have also contributed to the change in focus from the NFL, among other football leagues.

I understand player safety is the top priority, and it should be. The last thing fans and fellow players want to see is anyone getting hurt. Having said that, this is football we are talking about, and injuries are going to happen regardless of what rules are put in place.

This game is one of the hardest to officiate, as the players are bigger, faster and stronger than ever before. With all of the rule changes to protect players from injury, nobody has seen the negative effect of this more than defensive players.

Most of these changes protect the offense, and it encourages higher scores, which is supposed to attract more fans. Lost in this push for more revenue is the compromise of the integrity of the game. Defenders can barely touch a ball carrier without getting a yellow flag thrown for "unnecessary roughness."

One of the rules puts a limit on the amount of full-contact practices teams can have. This is detrimental to the defender because they don't get enough time to practice the fundamentals of tackling. If a defensive player can't practice tackling, how does anyone expect them to be able to do this during games? This is why the tackling seems to be worse than it ever has.

I get it, we want these players to be safe when they play football, whether the players are young or old. I believe the only thing we ask is not to legislate the physicality out of the game. The NFL, and other leagues, have to think about how they are enforcing these rules. As it stands right now, most of us think we might as well be watching flag football.

Even after I said all this, I'll still be right in front of a television trying to keep track of all the games. I just don't want to see a whole bunch of yellow flags littered all over fields. I'm sure no one else does either.

CHAPLAIN'S CORNER

By Ch. (Capt.) Keith Rogers

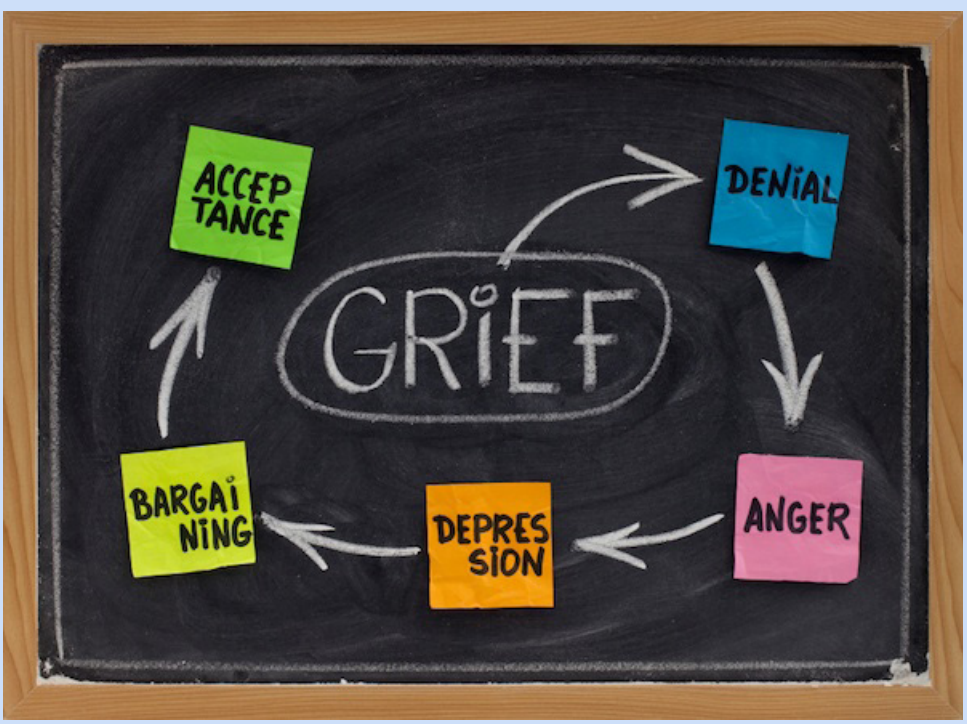
We all die. We know this: The death rate for the human race is so far 100%. nowing that the day will come for a loved one or friend does not stop the flood of emotions that come with loss. It can be a roller-coaster of pain one day and then it seems we are back to normal, until we are not again.

In spite of the pain we feel, grieving for a loved one helps us to heal. This pain indicates the strong connection that we feel for the lost one. Grieving is painful, but it is also necessary. Moving forward does not mean we forget the loved one who died nor does enjoying life again. This new stage simply means your grief has run its course.

While no single pathway through grief exists, people do share common responses.

"In 1969, psychiatrist Elisabeth Kübler-Ross introduced what became known as the "five stages of grief,"

1. Denial: "This can't be happening to me."
2. Anger: "Why is this happening? Who is to blame?"
3. Bargaining: "Make this not happen, and in return I will ____."
4. Depression: "I'm too sad to do anything."
5. Acceptance: "I'm at peace with what has happened."



Courtesy graphic

Although these are common responses to loss, there is no structure or timetable for the grieving process. However, understanding grief and its common symptoms are helpful when grieving. Recognizing the difference between trauma and depression is also beneficial."

You will have a time when a friend or loved one goes through a significant loss. Knowing how to respond is one of the first steps in being a reliable friend.

Ecclesiastes 3:1-4 For everything there is a season, and a time for every matter under heaven: 2 a time to be born, and a time to die; a time to plant, and a time to pluck up what is planted; 3 a time to kill, and a time to heal; a time to break down, and a time to build up; 4 a time to weep, and a time to laugh; a time to mourn, and a time to dance.

A U.S. Navy F-18 Hornet receives fuel from a KC-135R Stratotanker belonging to the 507th Air Refueling Wing at Tinker Air Force Base, Okla., July 20, 2016, during the Rim of the Pacific Exercise in Hawaii. During the flight, five more F-18s received fuel as well as two Canadian CF-18s, for a total of 49,700 lbs. of fuel offloaded to the fighters. Photo by Tech. Sgt. Lauren Gleason