

OCTOBER 2016

ON THE FINAL

THE OFFICIAL MAGAZINE OF THE 507TH AIR REFUELING WING



STABILIZING THE FLEET

MAINTENANCE CREWS
JOIN FORCES



COVER

VERTICAL STABILIZER INSTALLATION

Members of the 507th Aircraft Maintenance Squadron and the 564th Aircraft Maintenance Squadron work together to guide a vertical stabilizer onto a KC-135 Stratotanker following rudder and stabilizer repair Sept. 27, 2016. The two squadrons worked together to complete the task, normally performed at the Oklahoma City Air Logistics Complex.

COVER PHOTO By Tech. Sgt. Lauren Gleason

AFRICA AEROSPACE AND DEFENSE EXPO

The 507th ARW sent a team of 10 Airmen to the Aerospace Expo to strengthen our regional partnerships.

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OKIES REUNION

Okies past and present gather for the 8th Biennial Okie Reunion.

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OPERATION HOLIDAY SPIRIT

18TH Annual

Holiday Spirit Steak Supper

Saturday, November 5th, 2016 | 6pm - 10pm
 American Legion & VFW Post
 5000 SE 24th Street, Del City

For \$30 (per person) you receive your choice of steak or chicken, a baked potato, green beans, salad and cheese cake. Cash bar provided (no outside alcohol)

TICKETS:

Takesha Williams, Angi Vereb, Steve Rosebrook, Andy Cole, Arlene Nilkumhang, Ralph Hawkins, Larry DeSalle, Beth Collins, Joe Wade, Stephanie Heath, Michelle Bonilla

Proceeds to benefit Operation Holiday Spirit



CLIMBING FOR FREEDOM



Okie firefighters from the 507th Civil Engineer Squadron hike up the stairs of the fire training tower Sept. 11, 2016, at Tinker Air Force Base, Okla., during their 7th annual fire climb, held to honor the victims and heroes who perished on that day 15 years ago. Every year, Reservists climb up and down the fire-training tower to complete the 18 laps within 56 minutes, the amount of time it took the South Tower of the World Trade Center to collapse. (U.S. Air Force photo/Master Sgt. Grady Epperly)

Reserve RECRUITERS



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Tech. Sgt. Keith Hassell
 Line Recruiter
 Midwest City, OK
 Cell (405) 409-5811

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

VIDEO: 9/11 FIRE CLIMB



9/11 FIRE CLIMB
 Remembering our fallen



<p>MARK YOUR CALENDAR WITH THESE UPCOMING EVENTS:</p>	<p>NOVEMBER UTA NOV. 5-6</p> <p>OPERATION HOLIDAY SPIRIT @ 1800 DEL CITY AMERICAN LEGION & VFW POST NOV. 5</p>
<p>OCTOBER UTA OCT 15-16</p> <p>4TH QUARTER AWARDS DUE OCT. 15</p>	<p>DECEMBER UTA DEC.3-4</p> <p>ANNUAL AWARD PACKAGES DUE NLT 1600 DEC. 4</p> <p>COMMANDER'S CALL @ TBD, BASE THEATER DEC. 4</p>
<p>EXERCISE OCT. 27-30</p>	<p>JANUARY UTA JAN. 7-8</p>
<p>CFC EARLY BIRD DEADLINE SEE YOUR UNIT KEYWORKER TO DONATE OCT. 31</p>	<p>SUPER UTA FEBRUARY UTA FEB. 2-5</p>
<p>AFRC COLORING CONTEST DEADLINE OCT. 31</p>	



CFC CAMPaign launched Oct. 3

507th Air Refueling Wing Public Affairs

the only authorized charitable fundraising campaign for Federal employees, both civilian and military. Please see your unit keyworker below to donate to the charity of your choice.

Every year, Federal Employees are invited to take place in the Combined Federal Campaign. There are more than 3,000 charities to choose from, and many ways to contribute, from cash, check, or payroll deduction.

EARLY BIRD DEADLINE:
OCTOBER 31, 2016

Established by the federal government in 1961, the Combined Federal Campaign (CFC) is

CAMPAIGN ENDS:
DECEMBER 15, 2016

507TH AIR REFUELING WING KEY WORKERS

WING POC: Tech. Sgt. Lauren Gleason

OPERATIONS GROUP: Master Sgt. Beth Collins

MAINTENANCE GROUP: 1st Lt. Carlos Rocha

MEDICAL SQUADRON: Staff Sgt. Frank Baker

WING STAFF: Tech. Sgt. Sarah Haggard

Okie mission on display at Africa Aerospace, Defense Expo

507th Air Refueling Wing Public Affairs

A team of 10 Citizen Airmen from the 465th Air Refueling Squadron here and the 507th Maintenance Group here took part in the Africa Aerospace & Defense Exposition 2016 in South Africa, Sept. 14-18, as part of an ongoing effort to strengthen the partnership between the two nations.

The Airmen worked alongside active duty Airmen and the Air National Guard. Together they helped to open the first day of the event, held at Waterkloof Air Force Base, Pretoria, South Africa. The trade show took place during the first three days of the event, which gave defense officials from various nations and vendors in the industry a chance to see our fleet. An air show open to the public was held the last two days.

U.S. Ambassador to South Africa Patrick H. Gaspard; Heidi Grant, deputy under secretary for international affairs; and Brig. Gen. Robert Huston, 17th Expeditionary Air Force mobilization assistant to the vice commander, participated



South African students tour a U.S. KC-135 Stratotanker at the African Aerospace and Defense Expo at Waterkloof Air Force Base, South Africa, Sept. 14, 2016. (U.S. Air Force photo by Tech. Sgt. Ryan Crane)

in the opening ceremony events along with industry professionals and embassy officials.

The U.S. Air Forces in Europe Band performed along



South African students tour a U.S. KC-135 Stratotanker at the African Aerospace and Defense Expo at Waterkloof Air Force Base, South Africa, Sept. 14, 2016. The U.S. routinely participates in events like AADE to strengthen partnerships with regional partners. (U.S. Air Force photo by Tech. Sgt. Ryan Crane)



A C-17 Globemaster III, a KC-135 Stratotanker, a C-130J Super Hercules, an HC-130 King, and an MQ-9 Reaper on display at African Aerospace and Defense Expo at Waterkloof Air Force Base, South Africa, Sept. 14, 2016. The aircraft come from various Air National Guard and Air Force Reserve Command units. (U.S. Air Force photo by Tech. Sgt. Ryan Crane)

with the jazz music band, Wings of Dixie, who played events at the expo and in the local community.

On display were: A C-130J Super Hercules from Keesler AFB, Louisiana; a New York Air National Guard C-17 Globemaster III; an HC-130P/N King, and KC-135 Stratotanker from Tinker Air Force Base, Oklahoma; and an MQ-9 Reaper from Hancock Field Air National Guard Base, New York. The aircraft were open for visitors to enter and ask the crews questions.

(Tech. Sgt. Ryan Crane, USAFE-AFAFRICA Public Affairs contributed to this story.)

A visitor to the African Aerospace and Defense Expo checks out a Multi-point refueling system Refueling System drogue Sept. 14, 2016. The U.S. routinely participates in events like AADE to strengthen partnerships with regional partners. (U.S. Air Force photo by Tech. Sgt. Ryan Crane)





Tech. Sgt. Brian Gunther

507TH LOGISTICS READINESS SQUADRON
TRANSPORTATION AIR RESERVE TECHNICIAN

WHAT IS A LITTLE KNOWN FACT ABOUT YOU?

I like to cook, and I'm pretty good at it. My specialty is smoked brisket.

WHAT DO YOU DO FOR FUN?

I like to be outdoors; hunting, fishing and camping. I also like spend time with my awesome girlfriend.

AS A KID, WHAT WAS YOUR DREAM JOB?

I wanted to be a veterinarian.

WHEN DID YOU JOIN THE MILITARY?

December 13, 2005.

WHAT IS YOUR CAREER GOAL?

I would like to retire as a Chief Master Sgt.

WHAT IS THE BEST PART OF YOUR JOB?

It's rewarding to help anyone I can with transportation needs they have. I enjoy interacting with wing members and working with leadership and enlisted in the unit,

WHO IS YOUR FAVORITE CHARACTER IN A MOVIE?

John Elder, in *The Sons of Katie Elder*, played by John Wayne.



Tech. Sgt. Brian Gunther poses for a photo against a majestic superimposed outdoor background. (U.S. Air Force photo/Tech. Sgt. Lauren Gleason)

October PROMOTIONS

COURTNEY S. KNIGHT, 507 FSS
DEMETRIUS NICHOLS, 507 CES



SENIOR MASTER SERGEANT

BRYAN ALLEN, 513 MXS
SARAH HAGGARD, 507 CES
LAURA SANTIAGO, 507 MDS
CHRISTOPHER NEWELL, 507 LRS



TECHNICAL SERGEANT

RICHARD H. NGUYEN, 35 CBCS
TORRENCE POE, 507 MXS
JAY E. TAYLOR, 72 APS
BRIDGETTE YOUNG, 507 AMXS



STAFF SERGEANT

AUSTIN T. HIATT, 507 SFS

AIRMAN FIRST CLASS



Be there: Taking action to save lives

By Kiana Cunningham, 507th Maintenance Group

TINKER AIR FORCE BASE, Okla.--One statistic that hits close to home for Airmen and families here is that more than 20 veterans die by suicide each day in the U.S.

September is National Suicide Prevention Month, and the Department of Veteran Affairs is calling on us to "Be There: Your Action Could Save a Life".

"Suicide affects everybody," said Director of Psychological Health for the 507th Air Refueling Wing, Jacqie Falkner, "We have suicides pretty much every day."

For three years as the wing Director of Psychological Health, Falkner has provided psychological assessments and referrals to Citizen Airmen and civilians, as well as consultations to address mental or psychological issues.

Annual suicide prevention and awareness training is mandatory for all base personnel. However, due to the growing issue, senior leaders are making strides to ensure suicide awareness is brought to the forefront.

According to Falkner, the base does preventative work and

outreach in their suicide prevention efforts—such as briefings about suicide during commander's calls and civilian calls. Also, the Public Affairs Office circulates information on social media and emails in preparation for the



Suicide is a major issue facing the military today, not only for active duty, Air National Guard and Reserve personnel, but also to a greater degree, the nation's veterans. (U.S. Air Force photo illustration/Airman 1st Class Zachary Cacicia)

"The rate of suicide is two times higher among veterans versus non-veterans in Oklahoma."

Unit Training Assembly.

Although conversations about suicide have become a relevant topic, Falkner recognizes the

negative perception of seeking mental health assistance among Tinker's military members.

"We have a stigma with mental health," said Falkner. "A lot of people who want to seek help, don't, because of the stigma that if you go to mental health, you're 'labeled'. Making an appointment with the Mental Health clinic doesn't necessarily mean the end of your career."

The rate of suicide is two times higher among veterans versus non-veterans in Oklahoma, according to a report released by the Oklahoma State Department of Health in January 2015. In addition, death by suicide among Veterans in Oklahoma averaged 127 deaths per year between 2005 and 2012.

Nationally, the Department of Defense Quarterly Suicide Report reported there were 64 deaths by suicide among active duty Air Force, nine deaths by suicide among Air Force Reserve and 21 deaths by suicide among Air National Guard during 2015.

In order to reduce these rates, Falkner says it is imperative to identify the signs and signals leading up to suicide.

See "BE THERE", p. 17

AFRC LAUNCHES COLORING BOOK CONTEST

By Staff Sgt. Sarah Hanson, AFRC Public Affairs

ROBINS AIR FORCE BASE, Ga. -- Do you like to learn about history? Do you like to color?

Well now you can do both because the Air Force Reserve Command History Office has developed a unique coloring book for anyone who wants to color a century of Air Force Reserve history.

From the very beginning of combat aviation in World War I to today's missions in air, space and cyberspace, the Air Force Reserve has been an integrated and flexible part of the nation's defense.

The AFRC History coloring book, which includes original artwork by 507th Air Refueling Wing Reservist Senior Master Sgt. Darby Perrin and AFRC historian Maj. Warren Neary, is the first of its kind.

History doesn't have to be boring.

"We love history," AFRC historians said. "And we wanted to come up with a fun way for kids of all ages to learn about Air Force Reserve heritage."

This is your chance to experience that heritage from Frank Luke to the famed Tuskegee Airmen; from the airplane loadmasters nicknamed "Old Shaky" to the stealthy F-22 Raptor.

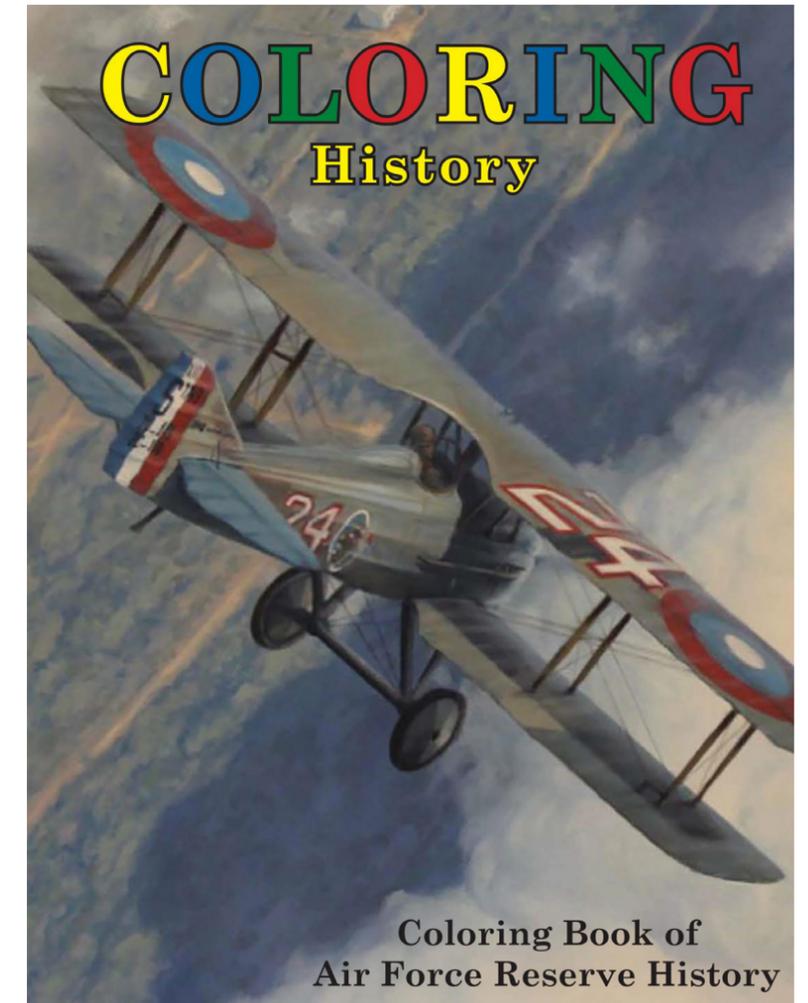
Anyone of any age can put their coloring skills to the test with this book.

Click here to download the coloring book.

In addition to rolling out this one-of-a-kind coloring book, AFRC will be holding a coloring contest. Anyone age five and up can enter and compete in the contest.

For more information on the coloring competition please refer to the contest rules in the attachment below.

Click here for Contest Rules.



Click the image above to download the book. The cover of the Air Force Reserve History Coloring Book. The book includes original art work by Senior Master Sgt. Darby Perrin of the 465th Air Refueling Squadron at Tinker Air Force Base, Okla., and AFRC Historian Warren Neary. Courtesy graphic

"We wanted to come up with a fun way for kids of all ages to learn about Air Force Reserve heritage."



CITIZEN AIRMEN GATHER FOR 8TH BIENNIAL "SH OKIES" REUNION

By Maj. Jon Quinlan, 507th Air Refueling Wing
Public Affairs

There is something special about being part of a team, especially a team that works so well together through the ups and downs; a team you can count on for anything; a team you never forget.

The "SH Okies" team is made up of several hundred, mostly retired, Citizen Airmen that are all former members of the 507th and collectively, they have ac-

cumulated more than 1,000 years of experience.

The "Okies" met here at Tinker Air Force Base in the 507th Air Refueling Wing Hangar 1030, September 23-24 for the biennial Okie Reunion.

Some of them flew the F-105 Thud when the wing was called the 507th Tactical Fighter Group. Others maintained the F-4 Phantom and F-16 during the 507th Fighter Group days. Some supported the KC-135 Stratotanker when the unit converted to an Air Refueling Wing, but one thread ties them all together:

They are all Okies and they are proud of it.

Many would call this group of men and women heroes. Sure, they were flying combat air patrols before many current active duty members were in diapers. In fact, most are in a generation that fought in Vietnam. But mostly, they are a group of devoted friends, sharing a common bond, who like to have fun and share stories with the new and the old Airmen in the 507th.

Meeting these men and women was an honor, but walking into the hangar, was a little intimidating at

"Always try to keep the number of landings equal to the number of takeoffs you've made."



Jeff Van Dorp showcases a photo of himself, Airman Van Dorp, from 1975 at the "SH Okie" reunion Sept. 23, 2016. Van Dorp served in the Aerial Repair and Isochronal Inspection shop in the wing from 1981-2008 and currently works in maintenance in the Air Logistics Center as a civilian. (U.S. Air Force Photo/Maj. Jon Quinlan)



Okies meet and share stories during the "SH Okie" reunion Sept. 23, 2016, in Hangar 1030 of 507th Air Refueling Wing. This year marked the 8th biennial Okie Reunion. (U.S. Air Force Photo/Maj. Jon Quinlan)

first. The beer was flowing and the hangar buzzed with frequent laughter: Vets sported their Okies garb: T-shirts and ball caps, distinctive yellow, red and black arrowhead insignias, and green flight suits with old 465th TFG patches affixed to them. If you felt out of place, you could buy Okie pins that were meticulously

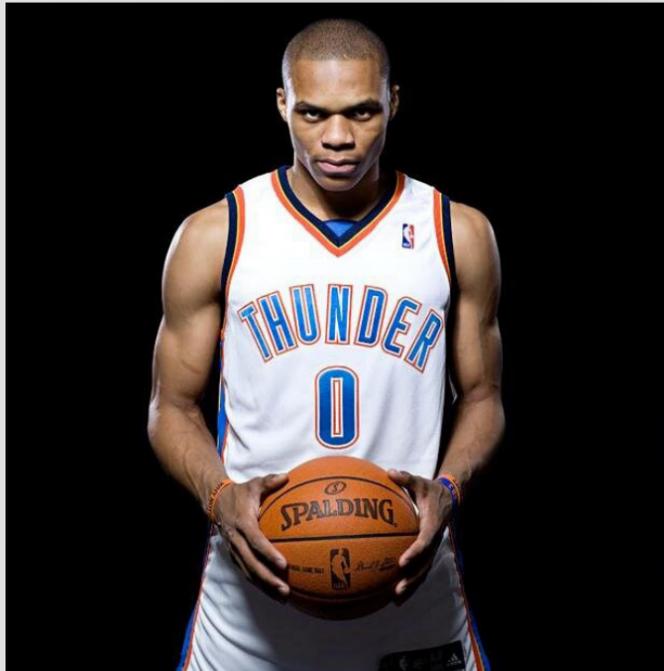
stored in old pill bottles.

After the icebreaker, it did not take long for the stories to start. They all have great war stories to share.

See OKIES, p. 17

Now more than ever, Westbrook must play with poise

By Tech. Sgt. Charles Taylor
Sports Reporter Extraordinaire



OKC Thunder's star and point guard, Russell Westbrook.
(Courtesy photo/Thesource.com)

If there is anything we know about Oklahoma City Thunder point guard Russell Westbrook, it's that he will bring effort and passion each night he hits the basketball court.

When the 2016-17 NBA season begins, Westbrook will be asked to bring it all to keep the team afloat in a tough Western Conference.

For the first time since he joined the league in 2008, Westbrook is the unquestioned leader of the team. In years past, he had a certain tall forward, the 2014 league MVP, to share the load with.

Of course I'm talking about Kevin Durant, who decided to join the Golden State Warriors in the off-season via free agency. With Durant gone, the pressure has increased.

With all the effort and passion Westbrook brings, some fans comment that he plays with a chip on his shoulder; some would even say he plays with anger.

If that's the case, it's easy to assume that his anger meter will be at an all-time high following Durant's heavily publicized departure. The media inferred that Westbrook was the reason Durant left OKC in the first place.

This season, Westbrook has every reason to be as motivated as ever, and that's not a good sign for the rest of the league.

Anger can work in his favor, but for the Thunder to reach their full potential as a team, Westbrook should focus on exercising control and poise during his plays.

Westbrook has matured over the years on the team and learned how to trust his teammates. This season, players like Steven Adams, Enes Kanter and newcomer Victor Oladipo can help lessen the burden on Westbrook, if they have earned his trust.

When Durant hung up his Thunder jersey, it left a void on the team and the city; a void that will take years to fill. The best approach for moving forward is for the Thunder to foster teamwork and believe in each other.

It won't be surprising if Westbrook comes in thinking he has to carry the team and the city of more than 600,000 residents on his back. The question is whether or not he realizes poise and trust is the solution to keeping the season from washing down the drain.

OKIES, CONTINUED FROM P. 12

Some stories might only be 20 percent true, but they are great stories nonetheless. All kidding aside, at least half were trueish.

Stories they shared are also known as "Okieisms". Like stories of the locally famed Monkey Island and seeing the Grand Canyon upside down in a F-4, and even some rules of flight. Rules like, "Flying isn't dangerous. Crashing is what's dangerous," and "The only time you have too much fuel is when you're on fire," and "Always try to keep the number of landings you make equal to the number of take offs you've made."

John Russell organized the reunion and served as a fighter pilot in the 507th from 1977-1994 flying the F-105, F-4 and F-16's. He is a bluntly honest man that said he hopes to continue the Okie reunion. He encouraged the younger generations of Okies to carry on the traditions.

"It's amazing we are all still alive, and we still are enthusiastic about coming back and seeing the guys we flew with," Russell said. "In a unit like ours you get very close, and that's what makes it fun to come back."

For many of these Veterans, being an Okie is a significant part of their life and when you sit down and talk to these men and women you will find that they are just like many of the younger generations of those that serve in the Air Force Reserve. Some are retired fighter pilots and some are maintenance professionals but they all have a common bond. They wanted to serve their country, to be part of a team, have a happy family, and have a little fun.

Jeff Van Dorp served in the Aerial Repair and Isochronal Inspection shop in the wing from 1981-2008. Van Dorp said he loved being part of

the unit, and he said he has attended every reunion since he retired.

"It's always been fun, swapping a few stories," Van Dorp said. "You had some real characters out here, that's what makes a unit a unit."

When asked why he comes to these reunions, his answer was one that was echoed by other vets at the event. "To see old friends, renew friendships and pay tribute to the ones we lost," Van Dorp said.

Neil Miller said he first saw the reserve campus in 1961 but he served in the wing from 1968-1972. He said the place has changed a lot in that time but he added that current Okies are doing a great job taking care of the house.

"I've been out here for at least four reunions... I enjoyed talking with people on active duty the most," Miller said, "They really impress me."

Many old photographs, videos, news clippings and books of Okie memorabilia were on display. Some Okies brought their own and shared photos from the past. The stories were great and the memories vivid but one thing these 'SH Okies' will agree with, they are indeed one sh*t h@t team.

BE THERE, CONTINUED FROM P. 12

There are a wide range of signs that can be exhibited by a person contemplating suicide, however, warning signs vary with each person.

"Suicide is going to affect everybody individually," said Falkner. "Some signs could be due to challenges they are currently facing in life."

According to Falkner, common signs can include depression and withdrawal, a sense of calm, giving away belongings, and in some cases, actually discussing their plans for how they will carry out the suicide.

Since warning signs vary from person to person, it's important to get

know your people and Airmen.

"Every suicide is different," said Falkner. "You need to be able to recognize the warning signs."

If faced with a situation where a person you know is suicidal, Falkner insists you stay with them and get them the help they need.

"If someone had suicidal thoughts and they were intent on doing it, you should get that person help as soon as you can," said Falkner. "We call it the warm handoff. We don't leave them. We call 911 or take them to the emergency room. Do not leave that person alone. Be honest and direct, and ask, 'Do you have a plan to hurt yourself?'"

Locally, help is available on and off base for those contemplating suicide. The 72nd Mental Health Flight and Falkner are available on base, while the VA Hospital is available in downtown Oklahoma City. There are also options available that can provide 24-hour support via phone including the National Suicide Prevention Lifeline and Military OneSource.

Although reaching out for help can be difficult for those with suicidal thoughts and the people who care about them, Falkner gives some advice.

"Don't feel like you're alone," said Falkner. "Tag somebody who has helped you recently. Go to your 'for sure', go to your supervisor, go to your wingman, and if you see someone who needs help, don't shy away from them. You don't need to be a professional to help someone who may be feeling down and thinking of suicide."

It seems that the simplest way to help a person contemplating suicide is to "Be There".

If you or someone you know is contemplating suicide, you can call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) or Military OneSource at 1-800-342-9647 for help 24 hours a day.

Tech. Sgt. Matthew Pearsall of the 507th Maintenance Squadron, and members of the 564th Aircraft Maintenance Squadron work together to install a vertical stabilizer on a KC-135 Stratotanker following rudder and stabilizer repair Sept. 27, 2016. The two squadrons worked together to complete the task, normally performed at the Oklahoma City Air Logistics Complex. (U.S. Air Force photo by Tech. Sgt. Lauren Gleason)

