



Wing News

Air Force News -

Spouse orientation flight showcases reserve refueling mission



Master Sgt. Ben Brent, a 465th Air Refueling Squadron boom operator explains the air route to wing spouses during a spouse orientation flight here Feb. 7. This flight was one of the first spouse flights the wing hosted in many years. (Courtesy Photo/Gayle Robbins)

by Senior Airman Krystin Trosper 507th Air Refueling Wing Historian

During the February unit training assembly the 507th Air Refueling Wing worked jointly with STRAT-COM Wing One to fly Navy and wing spouses on a KC-135R orientation flight to showcase the Air Force Reserve aerial refueling mission.

The mission was a normally scheduled air refueling training sortie but this flight also familiarized military spouses with the unit mission.

Spouses from the Fleet Air Reconnaissance Squadron three and the 465th Air Refueling Squadron flew on two individual sorties on Feb. 7. Both sorties took off from Tinker Air Force Base at the same time to refuel an

E-6B Mercury and the C-5 Galaxy.

The incentive flight program is an Air Force program to aid with retention. Airmen who are listed in critical Air Force specialty codes are given priority to participate in the spouse orientation flight, according to Air Force Instruction 11-401.

"The Spouse Orientation Flight will familiarize military spouses with the unit aircraft and mission to enhance their understanding of the military member's role and contribution to the Air Force mission. This spouse orientation flight will be limited to retention and recruitment of critical skills," the AFI states.

"The program gives us a chance to really display to spouses what military members do for the military," said Staff Sgt. Stephen Bowman, boom operator in the 465th ARS.

"This gives the spouses a broader picture on what their family members are doing."

Despite one of the flights not being able to complete the air refueling, one spouse remained in good spirits.

"We got to see the E-6 come up and get a little bit closer. My husband was in that plane, so that was pretty cool," said Navy spouse, Allison Campbell. "It's such a great opportunity to see what your spouses do."

Resurrecting the Ghost Rider

BARKSDALE AIR FORCE BASE, La. --

After almost seven years of slumber, a sleeping giant awakened in the Arizona desert. It prepared to take flight Friday the 13th from Davis-Monthan Air Force Base, on a historic journey to resume the mission for which it was created; provide strategic long-range bomber support anywhere in the world, at any time.

Emerging from the crowd that gathered to watch the historic event was Mr. Jerry Fugere, an 80 year old veteran, native of Tucson and an aspiring 309th Aerospace Maintenance and Regeneration Group tour guide of the notorious Boneyard. Fugere's connection with this B-52 Stratofortress called "Ghost Rider" began in 1962 at Homestead AFB, Fla., when he accepted the jet as a young crew chief. It arrived straight from the Boeing assembly line with just 17 flying hours on it. He became its first crew chief.

"Every time I came on base, I would see her sitting out in the field and she would bring back a swell of fond memories," said Fugere. "Then one day, I looked out there and she was gone." AMARG has been maintaining the aircraft in 1000-type storage, which is the most preserved level of aircraft storage. In late 2014, little did he know that the B-52 had been towed to a spot on the flight line to start the regeneration process that would bring his old friend back to life.

"It was chosen after thorough inspections and extensive engineering analysis," said Capt. Chuck McLeod, the B-52 System Project Office team lead. Although well preserved, the blazing hot Arizona sun took its toll on the dormant aircraft bleaching sections of its exposed aluminum skin almost white, and causing the tires and major fuel lines to dry rot.

According to Tech. Sgt. Stephen Sorge, a fuels specialist from the 307th Maintenance Squadron, the most challenging part of this project was replacing all the fuel bladders and lines but we had a safe and successful run of all eight engines the end of January.

"Our first engine start was a sight to see," said Staff Sgt. Matthew Cocran, 2nd Aircraft Maintenance Squadron crew chief. "Out of the exhaust came a black cloud of smoke, then a huge flame as it roared to life."

The first taxi of Ghost Rider down the runway occurred on the day prior to its scheduled flight to Barksdale AFB, La., and was a critical test of the steering capability of the landing gear. They needed to ensure that after years sitting idle in the desert, the aircraft could be safely controlled down the runway.

Friday the 13th arrived with all of the eyes fixed on the runway. All that could be heard was the sound of Ghost Rider's eight engines powering up. Fugere, wearing a bright orange marshaling vest, was given the honor

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A U.S. Air Force B-52 Stratofortress is towed from a maintenance area at the 309th Aerospace Maintenance and Regeneration Group, Feb. 11, 2015, Davis-Monthan Air Force Base, Ariz. The aircraft, tail number 61-1007 and known as the "Ghost Rider", is being regenerated for active service after sitting in storage since 2008 when it was decommissioned and sent the Boneyard. (U.S. Air Force photo by Master Sgt. Greg Steele/Released)

Former NFL running back Herschel Walker knows how to overcome obstacles.

To defeat a stutter early in life, he repeatedly practiced reading aloud in front of a mirror. Although the stutter had nothing to do with his smarts, he became an "A" student to boot.

When University of Georgia football coach Vince Dooley told his new freshman he wasn't ready to play, Walker trained harder. He eventually won the 1982 Heisman trophy and a national championship at Georgia.

When he realized later in life that he had mental struggles - in his case, dissociative identity disorder, also known as multiple personality disorder - he got help.

"We all fall short of the glory of God," Mr. Walker said, "and I'm telling you that we've all got problems, and we can't hide the problems. Because if you've got to hide the problem, then that problem gets bigger and bigger and bigger.

"I'm telling you that if you take care of that problem now, that problem becomes small," Mr. Walker said.

Although taking on a serious subject, Mr. Walker entertained hundreds of members of the 552nd Air Control Wing on Tuesday during two speeches in the Bldg. 230 AWACS hangar. Autograph seekers queued up after both events.

His theme, "There's no shame in asking for help - I did," coincided with the Air Force resiliency program's four pillars of Comprehensive Airmen Fitness -- mental, physical,

social and spiritual. He spoke on behalf of the Patriot Support Programs of Universal Health Services, Inc., Behavioral Health treatment centers.

Mr. Walker drew laughs with his personal tales of struggles from elementary school to the NFL. In the late 1980s, he said he was called into the office of Dallas Cowboys owner Jerry Jones and coach Jimmy Johnson, who promptly told him he'd been traded to the Minnesota Vikings.

Mr. Walker said the high-powered duo had forgotten one thing: his contract said he couldn't be traded without his consent.

The Wrightsville, Ga., native told the audience, "Ya'll know what? Jimmy Johnson and Jerry Jones were in a bind right now

because Herschel Walker hates cold weather, and I'm not going to Min-

Mr. Walker said he was told to make a list of anything he wanted to agree to the trade. He said it included



Herschel Walker, former NFL running back, talks to Tinker Airmen about mental health issues during his visit to the base this week. For as much success as he's had during his standout career, Mr. Walker suffers from mental illness and now travels the country, talking to service members about his early struggles and encouraging them to seek help for behavioral issues. His message is one of resiliency and goes hand-in-hand with the Air Force's Comprehensive Airman Fitness program, which includes the four pillars of wellness - mental, physical, social and spiritual. (Air Force photo by Kelly White)

> large amounts of money, new cars, a new house and a bass boat. Jones signed the list without looking, he

Minnesota became "one of the best places I've ever lived in my

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of directing her from her parking spot to the taxiway.

"Everyone in our group agreed Mr. Fugere should be given the honor once again to marshal his jet into history," said 307th Maintenance Project Lead, Senior Master Sgt. Gavin Smith. She rumbled down the runway and took to the sky as if the years of a stagnant life in the Arizona desert had never happened. Surprisingly, instead of an air of celebration, the mood was somber as Ghost Rider climbed into the sky and disappeared out of sight. Smith pulled out his phone, and made the call everyone had been waiting to hear, "Aircraft 61-007 is airborne." Because this had never been done before, the Air Force Global Strike Command projected it would take 90 days to regenerate the B-52. This total force team did it in a little over 70.

"This was a joint maintenance endeavor between Air Force Global Strike Command, the B-52 System

Program Office, AMARG and Air Force Reserve Command," said Chief Master Sgt. Steve Vogle, AFGSC B-52 Weapons System team chief. "This is another fine example of the Air Force's Total Force Enterprise working together and achieving another first in bomber history." The

"Our first engine start was a sight to see, out of the exhaust came a black cloud of smoke, then a huge flame as it roared to

Staff Sgt. Matthew Cocran, 2nd Aircraft Maintenance Squadron crew chief.

experienced flight crew was carefully picked to ensure they were well prepared to handle any adversity on the flight back to Barksdale.

Upon landing the crew was greeted by a group of excited Airmen to welcome Ghost Rider home to the Barksdale Flightline.

"I've been flying the B-52s since the 80s and it surprised me that after almost seven years...she cranked up just fine and we had no issues with the flight control systems. It took a little under three hours for the flight and we were fortunate to have had good weather the entire trip as the inertial and navigational equipment had not been installed." said the pilot Col. Keith Schultz, 307th Operations Group commander, who with more than 6,500 hours, is the most experienced B-52 pilot still flying in the Air

"This aircraft has made it through Jerry Fugere's career, through the twilight of my career and it could very well perform through these young maintainer's careers who once again brought her back to life."



Chaplain's Corner



Spring, at time for everything

by Chaplain (Capt.) Keith Rogers

Fishing, flowers, baseball spring training, March Madness, St. Patrick's Day, the melt of cold winter days - things that signify spring is upon us. Spring is an exciting time of year. We are reminded by the blooms on the trees and the new greenness of the grass of the life coming out of the winter season. In

life, we experience seasons, pay attento reflect upon where you are in life. tion to the season you are in and give thanks for it, or that it will one day end. King Solomon writes in Ecclesiastes 3:1-4 "There is a time for everything, and a season for every activity under the heavens: 2a time to be born and a time to die, a time to plant and a time to uproot, 3a time to kill and a time to heal, a time to tear down and a time to build, 4a time to weep and a time to laugh, a time to mourn and a time to dance." This March take time

What season of life are you in? Is this a happy time for you filled with much joy? Have you been in pain and our mourning due to loss of a friend or loved one? Reflect and take a moment to be thankful for the joy in your life. If you are in pain or grieving trust God that it is a season to look to the future with hope and the past with fondness and give thanks. Embrace the gift that life is and give thanks.

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Air Force Reserve **Recruiting Team**

For information give us a call or click on the photo to send an email (web version only).





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Base News

Mental health from page 6 entire life," Mr. Walker said. "Terrible football team. Great place to live, though."

Mr. Walker said one of his early indications of mental illness arose when he was enraged about a person who stalled for weeks in delivering a personal package in the Dallas metro where he lives. He felt disrespected. When the delivery arrived, he slipped on his holster and gun to meet him at a service station, he said.

"Voices were going off in my head. 'Herschel, people got to quit disrespecting you like that," Mr. Walker said. He prayed for help to not make a mistake, he said.

"I still remember getting out of my car, and I put my hand on my holster and I walked up to this guy's truck," Mr. Walker said. "He had a sign on the back of his truck that said, 'Honk if you love Jesus.' And it calmed me down."

Mr. Walker said he sought help from others. They included a Christian group that tried to do an exorcism, which he walked out of, and a

different pastor who helped him find a psychologist. The doctor diagnosed him with DID and Mr. Walker entered a care facility, which helped him to recover, he said.

The solution is "not just going to fall out of the sky just because you pray," Mr. Walker said. "God says you still have to get up and do some-

Col. Jay R. Bickley, 552nd Air Control Wing commander, told Mr. Walker that he was always amazed at his "unbelievable athletic ability," but his admiration grew "a hundred-fold" for his perseverance and resiliency.

"We ask our military members to go through a lot of stuff," Colonel Bickley said. "And they see things that nobody should ever see. In the past there was a negative stigma attached when a service member sought help.

"We're changing that in the military. We now understand that sometimes people need to take a knee. And to hear you come out and talk about it is just phenomenal -- a tremendous, tremendous story."

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Legal News Speed up the legal assistance process

The Air Force Judge Advocate General's Corps created the Air Force

Assistance website to assist Active Duty and Reserve component members, retirees, and dependents, increase efficiency, and track client satisfaction with the Air Force Legal Assistance program

The website provides the following information:

Legal Topics: Short papers on common legal assistance topics, such as wills and family law issues. It also contains links to other helpful sites.

Legal Worksheets: Access to online questionnaires for wills, living wills and powers of attorney. After completing an online worksheet, the website provides each client a unique "ticket number." Data entered by clients is secure and may be accessed only after clients provide their ticket number to local legal office personnel.

Online Survey: Following a visit

to the legal office, clients are encouraged to provide feedback concerning the professionalism and helpfulness of our legal professionals.

While the website increases convenience for clients, everyone should note the following:

Information on the website is for educational and informational purposes only. The website cannot replace consultation with attorneys at your local legal office, and Airmen should never rely solely on the website when making decisions.

Clients will not have the ability to print a legal document from the website. Clients will need to visit the legal office and provide their ticket numbers to obtain their legal docu-

The website is designed for client convenience, but no one is required to use the website prior to visiting the legal office.

https://aflegalassistance.law.af.mil.

March 2015 Promotions: Congratulations to the following 507th Air Refueling Wing members

To Senior Airman:

A1C CHITWOOD, JAY R. SRA 72 APS A1C FRANZ, RICHARD T. SRA 507 OSS A1C MILLARD, MARKISHA K. SRA 507 MXS

A1C PEREZ. MARTIN G. SRA 507 FSS A1C RICHARDSON, ERIC R. SRA 507

A1C SANDERS, QUINTON M. SRA 507 FSS

A1C SHAFFER, BRENT D. SRA 507 FSS A1C WOODWARD, ROBERT A. SRA

To Staff Sergeant:

SRA DILLON, MICHAEL R. SSG 507 SRA ROBELLO, MARCUS A. SSG 513 AMXS

SRA SUTTON, CELESTE D. SSG 507

To Technical Sergeant:

SSG BOWMAN, STEPHEN J. TSG 465 SSG CLARK, CHRISTOPHER C. TSG

SSG HARRIS, RYAN N. TSG 507 AMXS

SSG EBER, LINDSAY K. TSG 970 AACS

Oldie but a goodie



This photo was shown in the February 1973 edition of Airman Magazine. The feature story highlighted the 507th, then the 937th MAG giving up the C-124 Globemaster for the F-105 Thunderchief. This transition marked Tinker Air Force Base's first fighter squadron since 1959. (Photo by Tech. Sqt. Eddie McCrossan)



SSG LARSON, ERIC K. TSG 970 AACS SSG PIERCE, CHRISTOPHER TSG 507

To Master Sergeant:

TSG AJIMINE, NICHOLAS MSG 513 TSG BAKER, JELANI D. MSG 507

AMXS TSG HAUSS, NICHOLAS E. MSG 507

TSG JOHNSON, GARY L. MSG 507 AMXS

To Senior Master Sergeant:

LOEFFLER, SHAUN R. SMS 507 AMXS



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Wing Feature

Heart Awareness; know what to look for and how to limit the risks

by Maj. Erika Gitchel

507th Medical Squadron

Heart disease is the leading cause of death in the U.S. We need to educate ourselves on the harmful effects of heart disease and strive toward better heart health. What is your risk for heart disease?

Heart disease is a broad term that refers to several different types of heart conditions. Heart disease is the term used for the buildup of plaque in the heart's arteries that could lead to a heart attack. The process of plaque buildup is a condition called atherosclerosis; this can occur in the heart or in any number of arteries throughout the body. Cardiovascular disease (CVD) is a broader term that includes limit CVD risk. Some of the things

heart disease, stroke, and hypertension or high blood pressure. The most common causes of CVD are atherosclerosis and hypertension. Another leading risk factor for the development of CVD is hyperlipidemia, or high cholesterol. CVD is not only the leading cause of death for both men and women, but is also a leading cause of disability. This prevents Americans from working and enjoying many normal activities. CVD costs the U.S. more than \$300 billion every year.

There are some characteristics that cause a higher risk for CVD that cannot be prevented. These are called non-modifiable risk factors and include a family history of heart disease, age, gender, race and ethnicity. Age is the most serious of these tripling your risk with each decade of life. Men are at greater risk of heart

disease than women. African Americans are more likely than any other racial or ethnic group to have hypertension and develop the condition earlier in life.

Other risk factors that put a person at risk are those that are modifiable. They can be altered, treated, or controlled by changing lifestyle behaviors or taking medication. Cardiovascular disease is preventable in many ways and we can control many of the risk factors. It is important that we take a hard look at our current lifestyle and personal risk factors in order to make the necessary steps to prevent CVD. We can hone in on these modifiable risk factors and adjust our current behaviors to



we can do include: tobacco cessation, eat a healthy low-fat, high-fiber diet including five portions of fruits and vegetables while reducing sugar and salt intake, limit alcohol consumption to the recommended daily limits, lower and maintain blood pressure if elevated, maintain a healthy weight and decrease body fat if overweight, exercise regularly and increase daily physical activity to 30 minutes of

moderate exercise per day at least five times a week. If you don't smoke, don't start. If you do smoke, quitting will greatly reduce your risk. The risk of CVD is reduced by nearly a third in those who participate in 150 minutes of moderate physical activity each week. Physical activity assists in weight loss and improves blood glucose control, blood pressure, and cholesterol levels. Those who have hypertension, diabetes, or high cholesterol should have regular wellness visits with their primary care provider to appropriately manage these condi-

Hypertension is a precursor to heart attack, stroke, kidney failure, and death if not detected early and treated appropriately. It is a major

> cardiovascular health problem and affects over 70 million people in the U.S., or one in three adults. Hypertension is defined as having a blood pressure equal to or greater than 140/90 taken by a health care professional on at least 2 separate occasions. It is often called the "silent killer" because many are unaware that they have the condition until complications arise since the condition rarely causes any symptoms. Over 20%

of people don't know they have the condition and over 50% don't have it under control. It remains one of the most important treatable and often preventable conditions. Every healthy decision is a step toward better heart health that can last a lifetime. Each step makes a difference and will result in a healthier lifestyle for you and your family.

Wing Feature

Local pharmacist awarded Patriot Award for support of Reservist

by Maj. Jon Quinlan

507th Air Refueling Wing Public Affairs

A local Del City, Okla. employer of a Tinker Air Force Base Reservist was surprised Thursday, Feb. 5 with a presentation of the Patriot Award from the Oklahoma Employer Support of the Guard and Reserve office and a local Air Force Reservist.

The Patriot Award is awarded to employers who go above and beyond to support the National Guard or Reserve military service of their employees.

Pharmacist and owner of Lassiter Drug Store, John Lassiter was taken by surprise when the group arrived unannounced in his store to present the award and to thank him for his support of Air Force Reserve.

"This is overwhelming. I will remember this forever." Lassiter said after the presentation of the award. "This award will be front and center."

Master Sgt. Zachary Walker, 72nd Aerial Port Squadron, nominated his boss for the award after his employer supported him through five deployments and other reserve commitments during his last six years of working at the store.

"It's awesome to work in a place that really supports our reserve service," Walker said. "They have always supported me and my family, especially when I was deployed."

On Walker's last deployment to Afghanistan the store got together and created a life size cardboard cutout of Sergeant Walker. They then presented the display to Walkers wife for the couple's anniversary. The employees made sure they could present the display while Sergeant Walker was

watching on-line via a commercial video call from his deployed location. "That is just one example...my

supervisor is highly supportive of my reserve service, even when I'm called on short notice," Walker said.



Del City, Okla. employer John Lassiter (middle) of Lassiter Drug Store accepts the Patriot award from the Employer Support of the Guard and Reserve and his employee Master Sqt. Zachary Walker (middle right). Also pictured is Retired Navy Capt. Gary Foster, Oklahoma ESGR Chairman (far left), Lt. Col. Stan Young, 72nd Aerial Port Squadron commander, Shirley Lassiter, and Shonda Lassiter (U.S. Air Force Photo/Maj. Jon Quinlan)

Reservists awarded Nuclear Deterrence Operations Service Medal

Members of the 507th Air Refueling Wing are now authorized to wear the Nuclear Deterrence Op-



erations Service Medal as operations here are in direct support of nuclear deterrence operations.

"This service medal provides a clearly visible way to recognize the dedication and professionalism of our Airmen who are the guardians of our nation's nuclear deterrence. Because of our success, often times nuclear deterrence operations can be overlooked as a critical function," said Col. Zannis Pappas, the missile operations career field manager.

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