

507th Air Refueling Wing and 513th Air Control Group, U.S. Air Force Reserve

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# On-final

## TRAINING WITH HONOR

### *Inside:*

Okie pilot connects with Tulsa students  
through battle with cancer

B-52 Stratofortress brought back to life

Reservists practice unique refueling procedures



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Maj. Cory Glenn, from the 507th Air Refueling Wing, douses Col. Kevin Trayer, vice wing commander, with a firehose after his final retirement fini flight May 1st, 2015 at Tinker Air Force Base, Okla. Col. Trayer served for 28 years and has logged more than 6,500 military and commercial aircraft flight hours. (U.S. Air Force photo/Maj. Jon Quinlan)

## On-final

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## Cover Photo



Members of the 72nd Aerial Port Squadron and 507th Force Support Squadron lift a casket during Dignified Transfer training here May 2, 2015. This is the first time since the 2012 Operation Readiness Inspection Airmen have trained on this humbling task. (U.S. Air Force Photo/Maj. Jon Quinlan)



## Reservists conduct dignified transfer training



Members of the 507th ARW carry a mock casket during dignified transfer training May 2, 2015 at Tinker Air Force Base. A dignified transfer is conducted for every U.S. military member who dies in the theater of operation while in the service of their country. (U.S. Air Force photo/Maj. Jon Quinlan)

By Tech. Sgt. Charles Taylor  
507th Air Refueling Wing Public Affairs

One of the toughest tasks in the military is transferring fallen heroes who died serving the country.

Reservists assigned to the 507th Air Refueling Wing said they experienced many emotions during training on the solemn dignified transfer of remains process May 2 here.

A dignified transfer is not a ceremony; rather, it is a solemn movement of the transfer case by a carry team of military personnel from the fallen member's respective service.

Master Sgt. Zachary Walker, NCOIC of load planning for the 72nd

Aerial Port Squadron, participated in the training and has been a part of remains transfers in the past.

"You shut down a little bit in the situation," Walker said. "It can be hard trying to get to where you can be callous towards it, because when you're out there, you really can't let emotions get involved. You have to work. Unfortunately, you have to press on."

All Airmen can be assigned as pallbearers to carry the casket during the movement.

Services and Chaplains are also an integral part of the process.

This is the first dignified transfer training the 507th ARW has conducted

since the 2012 Operation Readiness Inspection.

The process of dignified transfer is comprehensive: First, force support squadrons initiate the paperwork process, then mortuary affairs coordinates necessary details with the traffic management office. Specific information regarding funds, locations and transportation control make the transport necessary.

APS's mission is to ensure a smooth transfer at the aircraft, Walker said. The Airmen said they were proud to be a part of training on the proper procedures transferring fallen servicemembers to their final resting places.

## Becton brings decommissioned B-52 back to life

By Tech. Sgt. Charles Taylor  
507th Air Refueling Wing Public Affairs

For Tech. Sgt. Suann Becton, an aircraft fuels systems craftsman assigned to the 507th Maintenance Squadron here, a get-it-done attitude is something that comes with the territory.

Naturally, she was ready to report to Davis-Monthan Air Force Base, Arizona, as part of a tasking to resurrect a B-52 Stratofortress that had not flown in more than six years.

Becton repaired fuel lines as part of a team assembled to prepare the B-52 for flight to Barksdale Air Force Base, Louisiana, in order to receive additional repairs.

Tech. Sgt. Becton was originally assigned to the team as a civilian, but when the jet experienced fuel issues, the project lead from the 307th Aircraft Maintenance Squadron at Barksdale requested that Becton return for a second time as a Reservist.

"It took us almost two weeks to get both wings taken care of," said Becton.

The revival of the aircraft, nicknamed Ghost Rider, is the first of its kind in bomber history.

The aircraft resided in the 309th Aerospace Maintenance and Regeneration Center at Davis-Monthan, known as the Boneyard, since 2008.

"It was a once in a lifetime experience to be able to go out to the Boneyard and see the condition the aircraft was in," Becton said. "Then, to see it after we got it to a point where it could fly home again. It feels



Tech. Sgt. Suann Becton, an aircraft fuels systems craftsman assigned to the 507th Maintenance Squadron, poses in front of Ghost Rider, a decommissioned B-52 Stratofortress she helped bring back into service. (Courtesy Photo)

amazing."

The aircraft will replace another bomber in Barksdale damaged by a fire during maintenance.

When she saw the condition of the B-52 upon arrival in Arizona, Becton said there was no doubt the jet could be brought back to life.

"This one has been sitting out there, not being flown for the last six or seven years," Becton said. "It didn't have all of the extra wear and tear we're seeing when they come to depot."

Becton said she was fortunate to

witness the reaction of Ghost Rider's original crew chief, Jerry Fugere, as he marshaled the jet for its return flight to Barksdale.

"He was an amazing individual to be able to visit with," Becton said. "To see his expression when he got to marshal out the jet was awesome."

For Becton, the opportunity to go out and help restore a jet with so much historical significance puts things in perspective.

"It was a very interesting time because of all of the people involved in making this happen," Becton said.



## AF Reserve, Guard leaders testify before the Senate



**Air National Guard Director Lt. Gen. Stanley E. Clark III, far left, testifies before the Senate Appropriations Committee Subcommittee on Defense, to answer questions pertaining to the fiscal year 2016 funding request and budget justification for the U.S. National Guard and Reserve, in Washington, D.C., April 29, 2015. Among others, Clark testified before the Senate with Air Force Reserve Chief Lt. Gen. James Jackson. (U.S. Air Force photo/Jim Varhegyi)**

WASHINGTON (AFNS) -- The chief of the Air Force Reserve and the director of the Air National Guard testified alongside the other services' Reserve chiefs and Guard directors before the Senate Appropriations Committee Subcommittee on Defense, April 29.

With the threat of sequestration-level funding looming, both the Guard director and Reserve chief said they need the support of Congress to be ready for the fight today and tomorrow.

"Without question, our people – the men and women and their families who make up the Air Force Reserve – are our greatest strength and must be our top priority," said Air Force Reserve Chief Lt. Gen. James F. Jackson, in his written testimony. "Yet, ongoing budget uncertainty and

arbitrary fiscal constraints degrade our readiness, hurt our people, and strain our ability to properly train and equip our force."

With approximately 5,000 Airmen from the Air Force Reserve and more than 5,000 Airmen from the ANG on mobilization orders, both have requested increases in their end strength to optimize the total force to address geopolitical realities and global demands. As part of the Fiscal Year 2016 President's Budget Request, the Reserve is asking for an increase of 2,100 personnel while the Guard is asking for 500 more guardsmen.

"The National Guard has evolved from a strategic reserve, called upon primarily during national emergencies to an essential partner

in the total Air Force," said ANG Director Lt. Gen. Stanley E. Clarke III. "Today's Air National Guard, in addition to providing a reserve surge capacity, contributes daily to the U.S. Air Force commitment to global vigilance, global reach and global power in five core missions."

Likewise, Jackson said Air Force Reserve Airmen are experienced and dedicated professionals, who are always ready to support our nation when called.

"We remain an essential partner in our three-component Air Force; however, being ready for today's fight is not enough – we must also look to the future," he said.

## Air Force releases Strategic Master Plan



**A B-52 Stratofortress descends 500 feet after a training disconnect from a KC-135R refueling boom at 27,000 feet over the skies of Texas. (U.S. Air Force photo/Maj. Jon Quinlan)**

**By Secretary of the Air Force**  
*Public Affairs*

WASHINGTON (AFNS) -- The Air Force officially released the Strategic Master Plan (SMP) May 21, the latest in a series of strategic documents designed to guide the organizing, training and equipping of the force over the coming decades.

The SMP builds on the strategic imperatives and vectors described in guidance documents released last summer. From this guidance, the SMP describes 12 strategic goals with supporting objectives and tasks laid out for each goal.

Primarily written for Air Force planners, the SMP defines specific objectives necessary to achieve the broader strategic vision. The Air Force chief of staff lauded the document as the first of its kind in its comprehensiveness and relevance.

"One of the most important things the Strategic Master Plan

accomplishes is tightening the alignment of our planning activities across the Air Force toward a common set of goals," said Air Force Chief of Staff Gen. Mark A. Welsh III.

In addition to the core document, there are four distinct annexes that provide more in-depth and specific planning guidance: Human Capital Annex, Strategic Posture Annex, Capabilities Annex and Science & Technology (S&T) Annex.

The Human Capital Annex addresses recruiting, retaining and developing Airmen, as well as talent management -- all with an eye toward the future and an emphasis on integrating all elements of the Air Force total force in an effective manner.

The secretary of the Air Force said she appreciates the utility of such a document, and recognizes an opportunity to affect real change for the future.

"The Human Capital Annex

captures our efforts to think strategically about our Airmen and posture them for success in a dynamic, uncertain future," said Secretary of the Air Force Deborah Lee James.

The Strategic Posture Annex describes how the Air Force will enhance its ability to present forces, project power, increase resiliency in its installations and strengthen international partnerships.

The classified Capabilities Annex identifies the enterprise-wide capability gaps that drive Air Force-wide planning activities. The annex also reinvigorates development planning, robust experimentation, modeling and simulation, rapid prototyping and demonstrations will deliver evidence-based, fully vetted capability options for senior leaders to consider for investment.

This process is currently underway, with an Enterprise Capability Collaboration Team (E-CCT) investigating air superiority options for 2030 and beyond.

The S&T Annex is also classified, and describes the major efforts underway, as well as their connection to capability gaps and potential "game-changing" concepts for the future.

The release of the SMP is the culmination of nine months of development and collaboration across the Air Force.

"This first version of the Strategic Master Plan is by no means perfect, but it provides the foundation upon which we can build a powerful process," said Maj. Gen. David Allvin, the director of strategy, concepts and assessments. "We'll learn as we go, and every revision will be better than the previous one."



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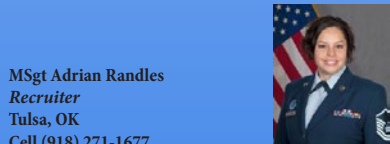
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Health

Fight or flight:

*Combating daily stressors with regular exercise*

by Tech. Sgt. J Clint Lewey  
*507th Medical Squadron*

A man stands in the forest, amid a dusting of snow in early spring. Suddenly, a violent rustle comes from a thicket. The man turns, and sees a saber-toothed cat charging toward him. His adrenaline instinctively kicks in and the man breaks into a run giving him enough of a jump start to get away from the great beast. Once clear from the danger, his mouth is dry and his muscles are trembling. He is absolutely exhausted.

This was common 10,000 years ago and beyond. Human beings were in danger of being chased by wild animals that viewed them as prey or potential threats. The options were simple: fight or flight.

Fast-forward to 2015. An Airman is sitting at his desk. His modern-day predator is the computer that deletes his work, the copier that won't make copies and the know-it-all in the next cubicle.

While modern stressors aren't immediately life-threatening like hungry saber-toothed cats of the past, cumulatively, they are just as detrimental to health if left unresolved.

Technologically, humans are more advanced than ever; however, stressors affect humans biologically the same today as in the Ice Age. The human body partially shuts down in a 'flight or fight' scenario. Because the body knows it won't be stopping for a meal while running away from danger, it shuts the digestive system down. But in the modern day workplace, stressed workers continue to eat acidic foods, and the absence of protective mucous lining the stomach can make them susceptible to developing ulcers.

Life in the military brings unique stressors: permanent change of stations, deployments, being away from loved ones, seemingly endless computer-based training modules, appointments, in and out-processing checklists.

Since we can't run from these daily stressors, the best way to regulate our body is through regular exercise. Exercise has been shown to offset the effects of stress hormones adrenaline and cortisol. When we get irritated, angry or worried, our body still releases these chemicals into our bloodstream but when we are sitting in traffic or at a desk, we can't burn it off right away. Studies have shown however, that exercise uses up the excess adrenaline in our systems and blunts cortisol production.

Exercise also makes humans feel better by releasing serotonin. Within the first 30 minutes of exercise, this neurotransmitter stimulates the brain's happy centers. Physical activity also releases pain-blocking endorphins, resulting in a more positive mood.

Exercise reduces stress by building a person's self-confidence. Feeling overweight and struggling with self-image can be stressful for people. Struggling or failing a fitness assessment is a stressor. Daily exercise is the key to maintaining a healthy weight, having more energy and self-confidence, and the ability to pass the fitness assessment.

Exercise can be accomplished at practically anywhere between work, home and the gym and can easily be incorporated into the daily routine.

The Tinker Health and Wellness Center (HAWC) can be reached at (405) 734-5505 to help choose which types of exercise best suit your schedule.

Wing News

Reservists learn unique rapid refueling procedures

by Tech. Sgt. Charles Taylor  
*507th Air Refueling Wing Public Affairs*

Much like pit crews at a fast-paced NASCAR race, Airmen utilize a hot pit: a technique that allows fighter jets to quickly land, refuel and launch again.

The procedure is vital in keeping jets constantly airborne when executing an air war, and Reservists in the 507th Logistics Readiness Squadron trained on this unique fueling procedure during their March annual training at Royal Air Force Lakenheath, England.

Tech. Sgt. Brian Gunther, fuels operations supervisor for the 507th LRS, said less-experienced Airmen benefit from the experience of working in the hot pit.

"For the younger guys, coming out here has been amazing because they can see things they wouldn't normally see," Gunther said. "A hot pit is something they'll never see again unless they deploy or go somewhere with a huge flying mission."

A hot pit is a refueling procedure where fighter aircraft refuel between flights, but instead of shutting down both engines on the plane, one engine remains on. The aircraft is refueled while communication is established between the crew chief and the pilot, and after the fuel tank is full the plane is immediately ready for takeoff.

The procedure allows for greater fighter on-station time when air refueling is not an option.

"We work with heavy aircraft on Tinker, so we don't do hot pits," Gunther said. "Here, on a fighter base, they do them all the time."

The opportunity to work with different air frames was valuable to members in the LRS.

"Actually being able to see it and experience it personally was great," said Airman 1st Class Julian Henderson, a

fuels operator for the 507th LRS. "I was able to get a lot out of hot pit training."

Working with the active duty component is also an aspect that hasn't been lost on the younger Airmen.

"It's nice to see all of the gears turning and how everything works at an active-duty shop," said Airman 1st Class Devin Fuson, a fuels operator for the 507th LRS. "During drill weekend, we're packed so tight with the schedule, and we're always going and moving. You don't get to appreciate and see what each section is doing."

For the Reservists, the tour at Lakenheath has provided a change of pace from normal operations.

"Seeing what these Airmen have to do day-in and day-out on active duty, and then experiencing it myself?" said Fuson. "It's awesome."



Chaplain (Capt.) Keith Rogers

Traveling is a great benefit of being in the military. With the Air Force, members get to see parts of the world that they never would have been able to on their own. When traveling, we have a destination in mind and a course planned.

If all goes smoothly, we arrive at our destination on time, with no trouble. However, when we reach unexpected detours or are delayed because of an accident, we can become frustrated and

Chaplain's Corner

wonder how to get back on course.

The metaphor, "life is a journey", seems to fit here. We are headed in one direction and suddenly find ourselves lost, upset, frustrated and wanting to give up. We are in need of some guidance, the book of James 1:5 says, "If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you."

It is really that simple. Asking God to give you guidance will help you keep the course that is free from conflict with both God and man.



The chief way for Christians to hear from God is through His word. Proverbs 3:1-2 says, "My sons, do not forget my teaching, but keep my commands in your heart, or they will prolong your life many years and bring you peace and prosperity."

For the Christian seeking God's wisdom, it comes through prayer and the reading of the Bible. These act as a compass and map for life. Therefore, whether we need help with a job, relationship, money, or a fitness test, just look to God.



# Fly through it

Okie pilot connects with Tulsa students through battle with cancer

By SSgt Caleb Wanzer

513th Air Control Group Public Affairs

When Maj. Donna Mae Williams returned home from the hospital after complications from her first round of chemotherapy in late April, she felt less than invincible.

Williams, a pilot assigned to the 465th Refueling Squadron here, found out she had breast cancer while deployed to Al Udeid Air Base, Qatar, earlier this year.

“I thought it was just a swollen lymph node,” Williams said. “I’m so glad I decided to go to the flight doctor to have it checked out.”

After receiving her first round of chemotherapy here, she was forced to spend a weekend in the hospital because of her struggling immune system. When she got home, she noticed a package waiting for her from the 4th grade class at Kendall-Whittier Elementary School in Tulsa.

Inside the package were letters, drawings and pictures from the students encouraging her fight against cancer and thanking her for her service. In one letter, a student told her to “fly through it,” which has since become her personal motto.

“Through their letters, they gave me inspiration,” Williams said. “The package couldn’t have come at a better time.”

Although she said it took a while for the students to understand she was in the Air Force and not the Army, they were very inspired by what she had accomplished.

“They told me how awesome it was that I was a pilot and had kids,” Williams said. “I think it was a symbiotic thing, because they’ve supported me in a way that has also inspired me.”

Williams traded letters a couple times with the class over the next month and eventually decided to drive over to see them in person. The class’s teacher, Stephanie Anderson, said the class exploded with excitement when she told them Williams was coming for a visit.

“Normally they’re not that receptive to people,” Anderson said. “I can’t really describe their reaction. There was just an immediate response from them.”

In the days before Williams came to visit, Anderson bought Styrofoam airplanes for the children to decorate and modify while learning about the principles of flight.

“They each got one foot of masking tape and one piece of cardstock paper,” she said. “That was the only adaptation they got to use for their plane.”

When Williams walked in to the classroom on May 20, she was greeted by a classroom full of excited students. She spent more than an hour with them, answering their questions about everything from how planes fly to whether she plays video games.

Anderson said the student’s friendship with Williams has opened their eyes to a whole new realm of possibilities.

“Some of the students are second-



**Maj. Donna Mae Williams, a pilot assigned to the 465th Refueling Squadron at Tinker Air Force Base, Okla., throws Styrofoam airplanes with 4th grade students from Kendall-Whittier Elementary School on May 20 in Tulsa, Okla. Williams visited the students after corresponding with them about her battle with cancer and career as a pilot in the Air Force Reserve. (Air Force photo by Staff Sgt. Caleb Wanzer/Released)**

generation Americans who don’t think they can even join the military,” she said. “They’re a whole group of students who often get overlooked. Some actually thought they had to pay to be in the military, not that they’d get paid.”

Williams said that she has been just as inspired by her young friends as they have. She found that hearing from the students has reminded her how she can continue to have a positive impact in others’ lives.

“If I can, in a living example, show them that even in the face of adversity I

can have a positive attitude, they can do the same,” she said. “When I was in school, I was influenced by someone talking to me about aiming high, so I’m thankful to have an opportunity to do the same thing for them.”

**(right) Maj. Donna Mae Williams speaks to 4th grade students from Kendall-Whittier Elementary School on May 20 in Tulsa, Okla. (Air Force photo by Staff Sgt. Caleb Wanzer/Released)**





MAY 2015

To Airman 1st Class:

AMN HILL, BRANDY N. 465 ARS  
AMN NGUYEN, JOHNNY P. 507 CES

To Senior Airman:

A1C BROWN, JASMIN 507 OSS  
A1C CONATSER, HUNTER A. 507 CES  
A1C ELLIOTT, WILLIAM L. 507 CES  
A1C FIXICO, SHEENA R. 513 MXS  
A1C HENDERSON, JULIAN 507 LRS  
A1C LUCAS, JOSEPH G. 507 CES

To Staff Sergeant:

SRA BEERS, THOMAS O. 507 MXG  
SRA CARPENTER, MICHAEL 513 AMXS  
SRA COOPER, TERRY 507 LRS  
SRA DORSEY, JOSHUA R. 513 AMXS  
SRA EVANS, JADIE 507 OSS  
SRA HARRIS, KEVIN J. 513 MXS  
SRA OLSON, EMILY J. 507 OG

To Technical Sergeant:

SSG CLEVELAND, CASEY J. 507 AMXS  
SSG BRIDGES, CORY D. 507 MXS  
SSG HARRIS, RYAN N. 507 AMXS  
SSG MANESS, THOMAS O. 507 MXS  
SSG NELSON, ROBERT W. 513 MXS  
SSG SECRAW, BRADLEY J. 507 ARW  
SSG SHARP, JAMES T. 970 AACs

To Senior Master Sergeant:

MSG HARRIS, JAY S. 970 AACs



PROMOTIONS

JUNE 2015

To Airman 1st Class:

AMN JACKSON, RACHONE 507 LRS

To Senior Airman:

A1C ARBUCKLE, TYLER R. 507 SFS  
A1C BOYD, TAYLOR A. 72 APS  
A1C GARRETT, PATRICK L. 507 AMXS  
A1C HEARN, DIAMOND D. 507 LRS  
A1C RAMIREZ, ALYSSA P. 513 MXS

To Staff Sergeant:

SRA DEFOREST, MICHALA 72 APS  
SRA JOHNSON, ALEXIA J. 507 MDS  
SRA LY, MARY J. 507 MXS  
SRA POTTER, STEPHEN J. 507 CES  
SRA TRITTEN, STEPHEN W. 970 AACs

To Technical Sergeant:

SSG GRIMES, EDWARD J. 513 OSS  
SSG LONG, SARAH L. 730 AMTS  
SSG MARTINEZ, JOSE P. 507 AMXS

To Master Sergeant:

TSG DOTY, CRYSTEL D. 513 OSS  
TSG HENRY, JUSTIN A. 507 AMXS

To Senior Master Sergeant:

MSG CLARKIN, ROBERT M. 507 CES

To Chief Master Sergeant:

SMS KUPER, ALVIN M. 730 AMTS

Lt. Col Kim Howerton, the process improvement manager for the 507th ARW, presents Lt. Col. Tammy Place, 507th ARW Inspector General with a Native American blanket upon her retirement May 2, 2015 in Midwest City, Okla. (U.S. Air Force photo/Maj. Jon Quinlan)

