



# ON FINAL

FEBRUARY 2016

THE OFFICIAL MAGAZINE OF THE 507TH AIR REFUELING WING

**CONGRESSIONAL  
STAFF VISIT**

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**RETIREMENT  
SYSTEM CHANGES**

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**NEW WING COMMANDER  
ANNOUNCED**





Vol. 36, No. 2 // 2016

# FEBRUARY

## COVER

### CONGRESSIONAL STAFF TAKES FLIGHT

An Air Force Reserve Command KC-135R Stratotanker refueling boom moves into position to conduct an aerial refueling with an E-3 Airborne Warning and Control System aircraft over Texas during a Congressional orientation flight, Jan. 19, 2016.

COVER PHOTO by Maj. Jon Quinlan

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Congressional Staff Tour



Basketball



Security Forces



WING COMMANDER  
Col. Brian S. Davis

WING COMMAND CHIEF  
Chief Master Sgt. Stephen A. Brown

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Maj. Jon Quinlan

SUPERINTENDENT  
Master Sgt. Grady Epperly

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# Reserve Basketball



James Harbison (#12) and Shaun Loeffler (#22) from the Reserve basketball team watch as their team mate prepares to shoot a goal during a game against Showtime Jan. 27, 2016, at the Gerrity Gym at Tinker Air Force Base, Okla. Showtime won the game, 55-38. The Reserve team is made up of members from the 507th Air Refueling Wing, the 513th Air Control Group and the 35th CBCS. Photo by Tech. Sgt. Lauren Gleason

## Reserve RECRUITERS



Chief Master Sgt. Steven Fousek  
Flight Chief  
Tinker AFB, OK  
Office (405) 734-5331  
Cell (405) 409-4784

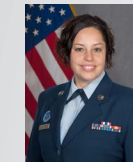


Master Sgt.  
Derrick Mills  
In-Service Recruiter  
Tinker AFB, OK  
Office (405) 734-3156  
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Master Sgt.  
Colin McDonald  
In-Service Recruiter  
Tinker AFB, OK  
Office (405) 734-5555  
Cell (405) 409-4784

Master Sgt.  
Adrian Randles  
Line Recruiter  
Tulsa, OK  
Cell (918) 250-3400



Tech. Sgt.  
Nickette Parrish  
Line Recruiter  
Moore, OK  
Cell (405) 409-6311



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



Tech. Sgt.  
Travis Rhoades  
Line Recruiter  
Wichita, KS  
Office (580) 481-8239  
Cell (405) 409-6943

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

## RESERVE BASKETBALL // Schedule

// All games held at Gerrity Gym basketball court //

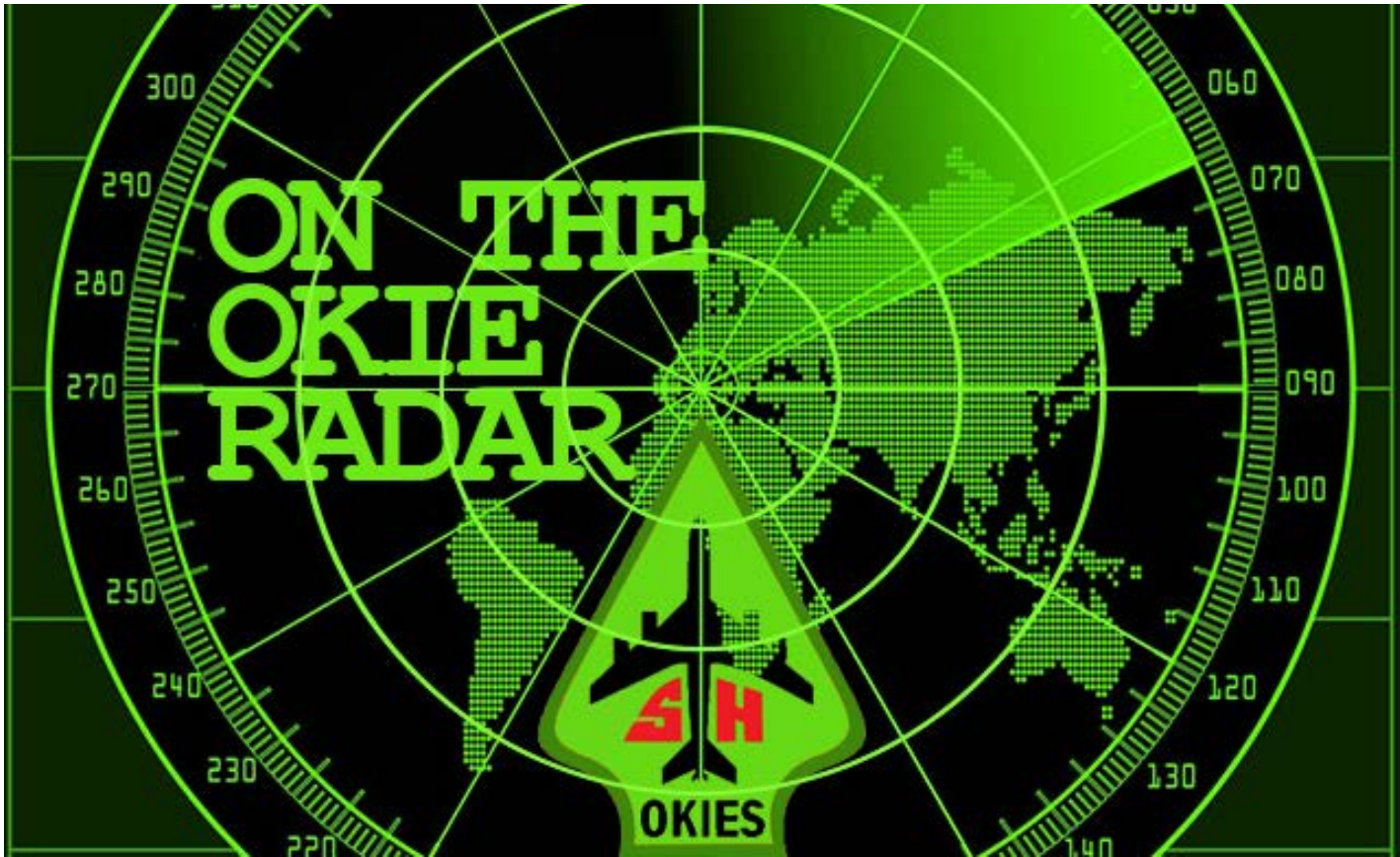


Mon., Feb. **8**  
@ 5:00 p.m.  
Sheet Metal vs. Reserve

Mon., Feb. **17**  
@ 6:00 p.m.  
552 AMXS vs. Reserve

Mon., Feb. **29**  
@ 5:00 p.m.  
72 SFS #1 vs. Reserve





<b>FEBRUARY</b> <b>UTA FEB. 6-7</b>  -COMMANDER'S CALL @ 1500 IN BASE THEATER FEB. 7	<b>APRIL</b> <b>SUPER-UTA APRIL 2-5</b>  -CHANGE OF COMMAND @1000 IN HANGAR 1030 APRIL 2	<b>JULY UTA</b> <b>MOVED TO APRIL</b>  -RIMPAC EXERCISE JULY 1-31
<b>MARCH</b> <b>UTA MARCH 5-6</b>  -COL. DAVIS RETIREMENT RECEPTION @ 1500 465TH HERITAGE ROOM IN BLDG. 1059 MARCH 4	-SECOND QUARTER AWARD PACKAGES DUE BY 1600 APRIL 2	<b>AUGUST UTA AUG 6-7</b>  -COMBAT DINING-IN @ 1700 AUG. 6
-COL. DAVIS RETIREMENT CEREMONY @ 1000 IN HANGAR 1030 MARCH 5	<b>MAY UTA MAY 14-15</b>  -COMMANDER'S CALL @ 1500 BASE THEATER MAY 15	-COMMANDER'S CALL @ 1500 BASE THEATER AUG. 7
-STAFF ASSISTED VISIT/TOWN HALL DATE TBD	<b>JUNE UTA JUNE 4-5</b> -EXERCISE	<b>SEPTEMBER</b> <b>UTA SEP. 10-11</b>  *DATES AND TIMES SUBJECT TO CHANGE. FOR UPDATES, CHECK THE 507TH WEBSITE <a href="#">HERE</a> .

# FROM OPS TO THE TOP:

## Operations Group Commander Selected to Command Wing

507th Air Refueling Wing Public Affairs  
Tinker Air Force Base, Okla.

The Chief of Air Force Reserve announced Jan. 22 the new commander for the 507th Air Refueling Wing here: Col. Douglas E. Gullion.

Gullion is currently the commander of the 507th Operations Group here. He is scheduled to take command of the wing at the 507th ARW change of command ceremony at 10:00 a.m. April 2 in Hangar 1030 here.

The 507th ARW consists of three subordinate groups and eleven squadrons, while employing over 1,100 citizen Airmen. This Air Force Reserve Command wing reports to Fourth Air Force, supports Air Mobility Command's airlift and air refueling requirements in addition to United States Strategic Command's alert and emergency war order requirements, as well as training requirements for the KC-135, C-17 and in the future, the KC-46, at a geographically separated unit located at Altus Air Force Base, Okla.

The wing operates and maintains eight KC-135R Stratotanker aircraft providing world-wide aerial refueling to U.S. and NATO aircraft in times of peace, war, and national emergency. The wing also provides peacetime administrative support functions for the 513th Air Control Group—the Reserve Command's only Airborne Warning and Control Systems organization—the 35th Combat Communications Squadron and the 1st Aviation Standards Flight.

Gullion graduated from Purdue University in 1983 and went to work as an electrical engineer in the automotive electronics industry. He entered the Air Force Reserve in 1987 and received his commission through USAF Officer Training School. He continued on to Undergraduate Pilot Training at Columbus AFB, Miss. Following pilot training, he attended KC-135 Combat Crew Training School at Castle AFB, Calif., and then joined the 72nd Air Refueling Squadron at Grissom Air Reserve Base, Ind., as a traditional Reservist. After flying combat support and combat missions during Operations DESERT SHIELD /



Col. Douglas Gullion, 507th Operations Group commander, is scheduled to take command of the wing April 2, 2016, in Hangar 1030 at Tinker Air Force Base, Okla. Gullion has served for 29 years in the Air Force and is a Command Pilot with more than 6,500 flying hours.

DESERT STORM, he upgraded to Aircraft Commander and helped stand up the 74th Air Refueling Squadron at Grissom AFB. While assigned to the 74th ARS, he upgraded to instructor pilot and served as a Flight Commander and senior flight examiner.

In 2005, Gullion became an Air Reserve Technician and served as: the 74th

ARS Chief Pilot, the 434th ARW Chief of Safety, the 72nd ARS Operations Officer / Squadron Commander and the 434th OSS Commander. He has mobilized and deployed six times for Operations DESERT SHIELD / DESERT STORM, ALLIED FORCE, ENDURING FREEDOM and IRAQI FREEDOM. He is a Command Pilot with more than 6,500 military flying hours.



# 507th Operations Group

Commander, Col . Douglas Gullion



Members of the 507th Operations Group pose for a group photo Jan. 10, 2016, in Hangar 1030 at Tinker Air Force Base, Okla. The 507th OG operates 8 KC-135R Stratotanker aircraft in support of worldwide aerial refueling missions. Photo by Tech. Sgt. Lauren Gleason





A CLOSER

## Tech. Sgt. Dustin Staude

**507TH MAINTENANCE SQUADRON  
PROPULSION MAINTENANCE TECHNICIAN**

### WHAT DO YOU DO FOR FUN?

I like to hunt, fish and spend time outdoors.

### WHEN DID YOU JOIN THE AIR FORCE?

March 5, 2003.

### WHAT IS YOUR CAREER GOAL?

I just want to continue pushing forward and attacking challenges that are in my path.

### WHAT IS YOUR CIVILIAN JOB?

I have been an ART here in the 507 MXS for almost 7 years.

### WHAT IS A LITTLE-KNOWN FACT ABOUT YOU?

I am a hobbyist chainsaw carver.

### WHAT DID YOU WANT TO BE WHEN YOU GREW UP?

I wanted to be a professional basketball player.

### WHAT IS THE BEST PART ABOUT YOUR JOB?

The best part of my job is the amazing people I work with.



"I WANT TO  
CONTINUE  
PUSHING FORWARD  
AND ATTACKING  
CHALLENGES  
THAT ARE IN **MY**  
**PATH.**"



Staude stands next to one of his wood carvings, which he carves using a chainsaw, followed by an angle grinder to smooth the rough edges. Courtesy photo

Tech. Sgt. Dustin Staude poses for a photo January 29, 2016, at Tinker Air Force Base, Okla.  
Photo by Tech. Sgt. Lauren Gleason

# February PROMOTIONS



SMSGT KELLY C. WITT, 730 AMTS

**SENIOR MASTER SERGEANT**

MSGT FUMIKO M. BOWEN, 507 FSS  
MSGT HAROLD E. FULGHUM, 507 MXS

**MASTER SERGEANT**



TSGT DEREK A. BRYANT, 507 MXS  
TSGT SEAN K. MASSAR, 507 ARW  
TSGT JEFFREY NIVITANONT, 513 AMXS



**TECHNICAL SERGEANT**

SSGT RYAN J. CARRANCO, 513 MXS  
SSGT CHANDA DAUGHTERY, 507 MXS  
SSGT DEL R. FORD, 507 FSS  
SSGT TIMOTHY R. HARDY, 507 AMXS  
SSGT SHALAY J. STANCLE, 507 LRS

**STAFF SERGEANT**



SRA BRANDY N. HILL, 465 ARS



**SENIOR AIRMAN**



# KC-46A Pegasus conducts 1st in-flight refueling demonstration

By Daryl Mayer, 88th Air Base Wing Public Affairs

**T**he KC-46A Pegasus successfully transferred fuel through its boom to an F-16C Fighting Falcon Jan. 24 to demonstrate aerial refueling operations in advance of its first production decision later this spring.

The KC-46A passed 1,600 pounds of fuel to an F-16C piloted by Lt. Col. Daniel Alix of the 416th Flight Test Squadron, 412th Test Wing out of Edwards AFB, California, who characterized the mission as a complete success.

Officials said it was a big step forward for the program and for the tanker capability that will serve as the backbone of Air Force global operations over the coming decades.

**“This aerial refueling marks the *first of many*, and represents years of hard work beginning to pay dividends.”**

“I’m extremely proud of the entire industry and government program team that made today happen,” said Brig. Gen. Duke Z. Richardson, the Air Force program executive officer for tankers, Air Force Life Cycle Management Center. “This aerial refueling marks the first of many, and represents years of hard work beginning to pay dividends.”

The tanker has a robust in-flight refueling demonstration schedule over the coming weeks. The test with the F-16C fulfilled the requirement to connect to a light/fast receiver. The remaining tests with the boom will use an A-10 Thunderbolt II as the light/slow receiver and a C-17 Globemaster III as the heavy receiver.



The KC-46A Pegasus performs its first-ever aerial refueling Jan. 24, 2016, passing 1,600 pounds of fuel to an F-16 Fighting Falcon. (Boeing photo/Paul Weatherman)

Flight tests employing the centerline drogue system and wing aerial refueling pods will use an F-18 Hornet as the light/fast receiver and an AV-8B Harrier as a light/slow receiver. The KC-46A will also have to demonstrate its receiver capability by taking fuel from a KC-10 Extender.

These refueling demonstrations represent the significant remaining test hurdles before proceeding to a Milestone C low rate initial production decision. Program officials anticipate awarding the first production contract shortly thereafter.

“These are exciting times for the KC-46A program,” said Col. Chris Coombs, the KC-46 system program manager, Air Force Life Cycle Management Center. “We have had plans on

paper and data from simulation labs, but this in-flight demonstration shows we are truly making progress on bringing this capability of the next generation of tankers to the warfighter supporting our global missions for years to come.”

Master Sgt. Lindsay Moon, a 13-year veteran boom operator, operated the boom controls passing fuel for the mission.

“This mission was a significant event towards certifying this new tanker,” said Moon, who is assigned to the 418th Flight Test Squadron Detachment 1 in Seattle, Washington. “Controlling the boom from the Air Refueling Operator Station is night and day different from laying on your belly in a KC-135. The system advances being rolled into the KC-46 will give the op-

erator great awareness.”

Lt. Col. Donovan Rein, also with Detachment 1 in Seattle, Washington, was the Air Force pilot onboard the KC-46A during the test sortie.

The Air Force contracted with Boeing in February 2011 to acquire 179 KC-46A tankers to begin recapitalizing the aging tanker fleet. The program is currently working to meet the required assets available date, a milestone requiring 18 KC-46A aircraft and all necessary support equipment to be on the ramp, ready to support warfighter needs, by August 2017.

**Click here** for more about the KC-46 and its future in the Air Force Reserve.





# 507TH SECURITY FORCES: EYES ON TARGET

Story and photos  
by Tech. Sgt. Charles Taylor

*A member of the 507th Air Refueling Wing wears cold weather gear while firing the M-4 carbine in below-freezing temperatures Jan. 10, 2016, at the firing range at Tinker Air Force Base, Okla. The Reservists must shoot at targets from a multitude of positions in order to demonstrate agility in their defense capabilities.*

While force protection levels fluctuate and new threats arise here and overseas, Reservists in the 507th Security Forces Squadron remain ready to answer the call and protect the forces behind the scenes every day.

These defenders take the responsibility of protection seriously, whether it's manning the gates, training on their primary weapon or prepping for a deployment. No matter the job, security forces are the first line of defense in the event of an attack.

"Every one of these guys put themselves in harm's way," said Chief Master Sgt. Jason Garner, chief enlisted manager of the 507th SFS. "You just accept the fact when you go to work; there is a chance you won't come home that night. We carry that burden all the time."

Keeping up with changing threats requires constant monitoring. To stay up-to-date with what's going on Security Forces train for real-world situations frequently.

"The only thing we can do is continue to get better at thwarting attacks," Garner said. "It's a constant cat-and-mouse game to figure out where they are going to hit next...we are always ready."

Being a part of a defense career field can mean deployments away from home depending on mission requirements. A fire team member in the 507th SFS, Staff Sgt. Brian Fell, says it helps to have the support and understanding from families when they are called away for duty.

"For a lot of the senior members, their families understand a little bit more with age," said Fell. "That makes it easier the longer you're in."



*Airmen from the 507th Air Refueling Wing load ammunition into magazines in below freezing temperatures Jan. 10, 2016, at the gun range at Tinker Air Force Base, Okla. Airmen are required to demonstrate their proficiency on the M-4 carbine by completing combat arms training, through classroom instruction and hands-on training on the firing range.*

Manning is critical to support the functions and jobs within Security Forces. There are currently vacancies and opportunities to serve in the field.

Reservists interested in joining the career field are eligible for an enlistment bonus of up to \$20,000 for a six-year enlistment, and prior service Airmen interested in retraining into the field are eligible for a bonus of up to

\$15,000.

Whether they are training on new procedures or teaching a K-9 to search for unauthorized items at the gates, the members ensure Airmen safety. Reservists can rest easier knowing the 507th SFS is on the job.

For more information about how to secure a bonus within Security Forces, follow [this link](#).



# On a mission: Congressional staff tour, fly with AFRC

Story and photos by Maj. Jon Quinlan

Eleven Congressional staff members representing various states around the country learned about the Air Reserve Command aerial refueling mission and more during a wing tour and flight on board a KC-135R Stratotanker here Jan. 19, 2016.

In an effort to showcase the Air Force Reserve mission, the Congressional staffers spoke with senior Reserve unit commanders in the 507th Air Refueling Wing, 513th Air Control Group, 35th Combat Communications Squadron and the 10th Flight Test Squadron. Tinker Air Force Base was the first stop for the Air Force Reserve Command tour of bases in Oklahoma and Texas.

After the briefs, the group got the opportunity to speak with the maintenance teams that were responsible for launching and maintaining the KC-135 they would fly on.

“It’s great for us to go on these visits because it helps us understand how what we do in Congress affects those on the ground level,” said Caroline Thorman, Legislative Assistant with Georgia Rep. Barry Loudermilk’s office.



TOP LEFT: Erynn Hook, a legislative assistant with New York Rep. Chris Collin’s office, takes a break from observing to pose for a photo during an in-flight aerial refueling mission Jan. 19, 2016, between a 507th Air Refueling Wing KC-135R and a 552nd Air Control Wing E-3 Sentry from Tinker Air Force Base, Okla. ABOVE: Benjamin Cantrell, a Legislative Assistant with Arkansas Rep. Steve Womack’s office poses for a photo while observing an Air Force Reserve KC-135R Stratotanker crew conduct flight operations Jan. 19, 2016 over Texas.

Over the skies of Texas, the KC-135R crew conducted a training aerial refueling mission with an E-3 Sentry Airborne Warning and Control System aircraft flown by crews in the 552nd Air Control Wing also out of Tinker Air Force Base. During the flight, the congressional staffers observed from the flight deck and refueling pod while interacting directly with the flight crew.

To better inform members of Congress and their defense staffers of the contributions of Citizen Airmen, Office of the Chief of Air Force Reserve partners with Air Force Reserve Command units to provide key members first-hand perspectives, according to Lt. Col.

William Vaughn, Air Force Legislative Liaison.

“These visits help our elected leaders and their advisers better understand the operational capability, strategic depth and surge capacity our Reserve component brings to the Air Force and the nation,” Vaughn said. “When we receive feedback from staffers during an air refueling mission, such as, ‘I had no idea you all [Air Force Reserve] did all of this’ we know the additional coordination and effort by many to make these experiences happen has been worth it.”

Highlighting the contributions of the Air Force Reserve to Congress is

especially important given the heavy reliance on Reserve capabilities in current U.S. defense operations.

“The air refueling mission would not be fully possible without the Reserve component,” said Col. Doug Gullion, 507th Operations Group commander. “It seems vital that we showcase that particular reserve mission when we are relied on so heavily in overseas contingency operations,”

After the KC-135 flight, the capitol hill staffers toured other Air Force Reserve units at Joint Base San Antonio, Randolph Air Force Base and Naval Air Station Fort Worth Joint Reserve Base, Texas.



# BLEND ED RETIREMENT: TALKING POINTS



Defense Secretary Ash Carter shakes soldiers' hands on Fort Drum, N.Y., after delivering remarks, March 30, 2015. Carter traveled to the base as a part of his Force of the Future initiative. (DoD Photo by Glenn Fawcett)

Published January 22, 2016  
 Air Force Personnel Center

- The current military retirement system is a defined benefit retirement plan, meaning that members who serve on active duty for 20 years are vested in the current retirement system and will receive retired pay upon retirement.
- For members who entered on or after Sept. 8, 1980, military retired pay under the current system is calculated as two and a half percent times the number of years the member served, times the average of the highest-36 months of basic pay the member received.
- In comparison, the Fiscal Year 2016 NDAA contains a new retirement system, or a blended military retirement system. It combines a reduced defined benefit, like the current retirement system, with a defined contribution component (automatic plus matching contributions to a member's Thrift Savings Plan account) and continuation pay. The blended retirement system uses a 2.0 percent rather than 2.5 percent multiplier in calculating military retired pay. Thus, a member who served 20

*“Eighty percent of our troops leave service before 20 years of service are up. And in the current system, if they leave before 20 years, they leave with nothing.”*

- years would receive 40 percent of the average of the highest 36 months of basic pay, a Thrift Savings Plan account that contained government and optional member contributions, as well as continuation pay at the 12th year of service.
- Even with a slightly lower retired pay benefit, the member has the opportunity to do as well or even better than the current system.
  - Everyone who is currently serving as well as those who enter the force on or before December 31, 2017 is grandfathered under the current military retirement system.

- Any member who has fewer than 12 years of service on December 31, 2017, has a choice and may elect either to remain under the current military retirement or choose to opt into the new system. Only members who join on or after January 1, 2018 will automatically be covered by the blended retirement system.
  - Currently, approximately 81 percent of members who join will separate with no retirement benefit. Under the blended military retirement system, approximately 85 percent of those who join will receive a retirement benefit, even if they separate before qualifying for full retirement. Of those 19 percent who currently serve until retirement, they have the opportunity to do better than under the current system.
  - Military members will be provided financial education instruction and training to assist them in making a decision regarding opting into the new system prior to the opt-in period in 2018.
- Secretary of Defense, Ash Carter discussed the need for changes to retirement March 30, 2015, in a speech to troops in Fort Drum, New York.
- “We’re looking down the road for you, as you think about how long you’re going to be in, and what life will be like for you afterwards,” said Carter.
- He stated that the DoD was interested in finding a retirement plan similar to a 401(k) because 80 percent of troops leave service before serving 20 years.
- “And in the current system, if they leave before 20 years, they leave with nothing,” Carter said. “So we want to look at that and see if we can create a choice that opens up opportunity [and allows] us to be more similar to other institutions-- and therefore competitive with them-- in getting people join us and stick with us.”
- For more information, read the full article [here](#).



## The U.S. Uniformed Services Blended Retirement System

### At a Glance

#### Saving with the New Blended Retirement System

The Fiscal Year 2016 National Defense Authorization Act provides our military force with a modernized retirement plan built for retirement savings. Beginning in 2018, our service members can get **automatic and matching Thrift Savings Plan contributions** as well as mid-career **compensation incentives** in addition to monthly **annuities for life**. All service members under the current system are grandfathered into today's retirement system.

##### Today's Retirement System:



$2.5\% \times \text{Years Served} \times \text{Retired Pay Base}$   
 after completing 20 years of service

#### 1 Automatic and Matching Contributions

Automatic contributions are seen immediately



You Contribute	DoD Auto Contribution	DoD Matches	Total
0%	1%	0%	1%
1%	1%	1%	3%
2%	1%	2%	5%
3%	1%	3%	7%
4%	1%	3.5%	8.5%
5%	1%	4%	10%

The DoD automatically contributes **1%** of your basic pay to your **Thrift Savings Plan** after **60 days of service**.

You'll see matching contributions at the start of 3 through the completion of 26 years of service, and...

**You're fully vested—it's yours to keep—as of the beginning of 3 years of service and goes with you when you leave.**

#### 2 Continuation Pay

Received at the mid-career point



You may receive a **cash payment** in exchange for additional service.

#### 3 Full Retired Pay Annuity

Received after completing 20 years of service

$2\% \times \text{Years Served} \times \text{Retired Pay Base}$

Calculate your **retired pay base** by **averaging the highest 36 months of basic pay**. You'll gain this monthly annuity for life after completing 20 years of service.

#### Options for Collecting Your Retired Pay

##### Active Component

Full retired pay annuity

##### Reserve Component

Full retired pay annuity beginning at age 60\*



**Lump sum with reduced retired pay**  
 50% or 25% of monthly retired pay annuity bumps back up to 100% at full retirement age (67 in most cases).

\*Could be earlier based on credited active service

Additional information coming soon.

Sources: Sections 631, 632, 633, 634, and 635 of the Fiscal Year 2016 National Defense Authorization Act.

Created:12/2015

#### Effective Date of the New System



**Your Retirement System**  
 If you joined the service...

- **After December 31, 2017**  
You'll be automatically enrolled in the Blended Retirement System.
- **After December 31, 2005 but before January 1, 2018**  
You'll have the choice to enroll in the Blended Retirement System or remain in today's current retirement system.
- **Before January 1, 2006**  
You'll be grandfathered and remain in today's current retirement system.



 CORNER

By Ch (Capt.) John Weston

# Too blessed to be stressed

**A**s a chaplain, I've heard people say they are "too blessed to be stressed." I sometimes wonder how they manage it with the ops tempo in our Air Force today! But there are practical ways to handle our stress in a real way during tough UTA times. First, you're doing step one right now – find and seek out advice from someone else.

Seek out advice and counsel from another outside your situation. Sometimes you can't see the forest for the trees. By airing your concerns to a trusted advisor or friend, they can cut through the clutter to get at the heart of the issue. One time during a counseling appointment, we whittled down six problems to just one with a few simple phone calls. I was able to use my outside perspective to help resolve the issues.

Important rocks first. Let's face it, there's always more to do than there is time to do it. In a time crunch, we must prioritize. Make a list and work the most important first – it may not always be the biggest task. Resist the urge to try to do everything – do what you must and run out of time on small stuff.

Remember, 1630 is coming. At the end of the day, it's the end of the day. Granted, I've left my office after dark more than a few times, but even if you are working late, remember – this will end sometime today. Remember to set aside time to take care of yourself.

If you man the office till 1900, how are you going to perform on Sunday when the rest of your team is there? You owe it to yourself and others to be the best you can be, and sometimes that means resting more than working hard. If you can't figure out that balance, see step 1.

This is your life. Don't let it pass you by. Each day is one God has given you and blessed you with. It may not be ideal to us, but if we take time, we can see what God has intended for us in 24 hours beyond stress, paperwork and commuting. On the way home, listen to the radio. Unwind with music, or just enjoy the sunset aka God's screensaver. There's no reason to keep mentally working on the way home.

Give your family your best, even when you are low. Your loved ones understand that you work hard and that UTAs are no picnic. But let work go while you're in the car on the ride home. While "too blessed to be stressed" seems to be a rare condition in our Air Force, the opposite is far too common. Remember that this will pass – and perhaps all too quickly if you wish it away.

Take your time, do your best and leave work at work. God didn't make you to come apart at the seams, but to be a whole person. To everything under heaven there is a season – embrace those timeless words in Ecclesiastes. May God bless you each and every UTA.

## Random Acts of Kindness Week kicks off Feb. 14



By Anonymous  
507th ARW Member

**I**t's been a little over a month since we celebrated the holidays, and for some of us--maybe many of us--that joyful spirit has long since passed. Thinking of others seems to have been replaced with the idea of 'every man for himself'.

But we can start over. Did you know that in 1994, the 103rd Congress passed H.J.RES.357 - a resolution declaring the week starting February 12, 1995 to be National Random Acts of Kindness Week? There is even The Random Acts of Kindness Foundation, an internationally recognized non-profit organization founded upon the powerful belief in kindness, and dedicated to providing resources and tools that encourage acts of kindness. This year from February 14-20 is Random Act of Kindness Week and February 17 is Random Act of Kindness Day.

It's in our nature to be kind; it improves our society, and doesn't cost a thing. If you want to increase your own happiness, try doing things that make other people happy. Some studies even suggest that kindness and generosity leads to greater life satisfaction, stronger relationships and improved mental and physical health.

So, I challenge each and every one of you to try and share just one random act of kindness every day during RAoK week. Now, I'm not suggesting that you go out and donate a kidney, but kindness can be expressed in both large and small ways.

I already have a plan, and just imagining how my receivers will react makes me happy even before I begin! Won't you join me?

If you're interested in sharing your story, click the following link to send a quick email to **Public Affairs**.

## Simple ways to show kindness:

1. Compliment someone.
2. Make eye contact and smile.
3. Put a coin in someone's parking meter.
4. Bring cookies to work.
5. Let someone get ahead of you in line or on the road.
6. Pay for the next person's coffee.
7. Leave a card for your postal carrier.
8. If you have children, make sure your kids see what you're doing--lead by example.





# SPORTS NEWS

By Tech. Sgt. Charles Taylor  
Sports Reporter Extraordinaire



FEBRUARY 7, 2016

The golden anniversary of the National Football League's biggest showcase is upon us, and two teams still have the opportunity to see all of those goals set in July become reality.

Super Bowl 50 will see the Carolina Panthers, representing the National Football Conference, take on the Denver Broncos, winners of the American Football Conference, in the game that may break records in terms of viewership throughout the world.

When you look at the records of these two teams, it would look like a dream match-up, as both the Panthers and Broncos were the top teams in their respective conferences. In most people's minds, they should not have been the teams to be there.

In the NFC, the Seattle Seahawks and Arizona Cardinals were looked upon to be the ones in playing in Super Bowl Sunday, but Carolina left them both in their wake. In the AFC, Denver was overlooked by the Pittsburgh Steelers and New England Patriots, until they beat both of those teams on their way to the big game.

There are a lot of storylines going into this year's version of the Super Bowl, but here's what a win would mean to these respective franchises and their regions. A Panthers win would give the Caro-

linas their first professional title since the Carolina Hurricanes won the National Hockey League's Stanley Cup in 2006. In a region that is dominated by college sports, seeing success in the professional ranks would be a welcomed addition.

If the Broncos win, that would be the franchise's third title and the first since the 1998 season. Another thing that may be submitted is the legacy of quarterback Peyton Manning. From all indications, Manning is considered one of the greatest QBs ever to play the game. The only knock on him is he hasn't done as well as people expect him to do in postseason play. Although Manning has won a Super Bowl with the Indianapolis Colts in 2006, critics say he comes up short more often than not. The criticism should go away with a victory on Sunday.

So who do I think will win the game? I personally wouldn't mind seeing Manning get the win, but I just think the Panthers will be too much for the Broncos to handle. I don't think Manning will have time to throw often because he will be under pressure from Carolina's pass rush. With Cam Newton running an offense that lead the league in points per game, and an defense that lead the league in takeaways, I see the Panthers winning solidly, by a score of 34-17. Who do you have winning Super Bowl 50?



Two spouses of 507th Air Refueling members snap a selfie during the spouse flight on a Reserve KC-135 Dec. 6, 2016, Tinker Air Force Base, Okla. Incentive flights are designed to give those who support our Reservists a first-hand understanding of how aerial refueling is carried out, giving them a more well-rounded perspective on the 507th ARW's mission. Photo by Maj. Jon Quinlan