

ON-FINAL

JULY 2018

THE OFFICIAL MAGAZINE OF THE 507TH AIR REFUELING WING



**DEPLOYED AIRMEN
RETURN HOME**

COVER

DEPLOYED AIRMEN RETURN HOME

U.S. Air Force Tech. Sgt. Joey Onco, KC-135R Stratotanker crew chief with the 507th Aircraft Maintenance Squadron at Tinker Air Force Base, Oklahoma, hugs his son following a deployment July 5, 2018. More than 100 Reserve Citizen Airmen from the 507th Air Refueling Wing at Tinker AFB deployed to Incirlik Air Base, Turkey, in support of air operations. (U.S. Air Force photo by Tech. Sgt. Samantha Mathison)

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RESERVE

WINGS OF HERITAGE, SHAPING THE FUTURE

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DEPLOYED AIRMEN RETURN HOME



U.S. Air Force Tech. Sgt. Brian Jackson with the 507th Operations Support Squadron at Tinker Air Force Base, Oklahoma, reunites with his son following a deployment July 3, 2018. More than 100 Reserve Citizen Airmen from the 507th Air Refueling Wing at Tinker AFB deployed to Incirlik Air Base, Turkey, in support of air operations. (U.S. Air Force photo by Tech. Sgt. Samantha Mathison)



ON LEFT: A child holds a handmade poster while waiting for her father to return from deployment at Tinker Air Force Base, Oklahoma, July 7, 2018. (U.S. Air Force photo by Master Sgt. Grady Epperly) ON RIGHT: U.S. Air Force Staff Sgt. Joshua Hines, a KC-135R Stratotanker aircraft crew chief with the 507th Aircraft Maintenance Squadron at Tinker Air Force Base, Oklahoma, greets his family following a deployment July 5, 2018. (U.S. Air Force photo by Tech. Sgt. Samantha Mathison)

WELCOME HOME!



U.S. Air Force Master Sgt. Landon Rother, a KC-135R Stratotanker aircraft avionics technician with the 507th Aircraft Maintenance Squadron at Tinker Air Force Base, Oklahoma, reunites with his family following a deployment July 5, 2018. More than 100 Reserve Citizen Airmen from the 507th Air Refueling Wing at Tinker AFB deployed to Incirlik Air Base, Turkey, in support of air operations. (U.S. Air Force photo by Tech. Sgt. Samantha Mathison)



U.S. Air Force Tech. Sgt. Leon Pennyfeather, a combat crew communications technician with the 507th Operations Support Squadron at Tinker Air Force Base, Oklahoma, holds his daughter while his wife snaps a photograph upon returning from deployment July 7, 2018. (U.S. Air Force photo by Master Sgt. Grady Epperly)



U.S. Air Force Master Sgt. Vincent Peralta, a KC-135R Stratotanker aircraft crew chief with the 507th Aircraft Maintenance Squadron at Tinker Air Force Base, Oklahoma, reunites with his family following a deployment July 3, 2018. (U.S. Air Force photo by Tech. Sgt. Samantha Mathison)

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SATURDAY, SEPT. 8TH

1100-1530 - HANGAR 1030

507TH ARW WELCOMES NEW COMMANDER

Story by Lauren Gleason
507th Air Refueling Wing Public Affairs

Col. Miles Heaslip succeeded Col. Douglas Gullion as the commander of the 507th Air Refueling Wing here in a change of command ceremony June 3, 2018.

Fourth Air Force commander, Maj. Gen. Randall Ogden, presided over the ceremony, which took place at 2 p.m. in Hangar 1030.

Heaslip was commissioned by the Academy of Military Science in 1990. Since then, he has served as an aircraft commander, instructor pilot, evaluator pilot, chief of mission development, chief of current operations, chief of tactics, chief of safety, chief pilot, director of operations, and as a deputy and group commander.

Heaslip said he told his wife many years ago that he set his sights on commanding a wing.

“This is right where we wanted to be,” said Heaslip. “I’m not here to do your job. I’m here to support you so you can do your job.”

As the incoming 507th ARW commander, Heaslip will lead more than 1,100 Reserve Citizen Airmen in three subordinate groups and 11 squadrons, who support daily missions both locally and around the world for Air Mobility Command and U.S. Strategic Command’s national emergency war order requirements.

Gullion, who served as commander from April 2016-June 2018, praised the Reserve Citizen

Airmen of the 507th Air Refueling Wing for their many accomplishments; including being named the 18th Air Force’s top Air Force Reserve Command 801X strategic aircraft wing and Fourth Air Force’s 2017 Raincross Aircrew Excellence award.

“These folks put their game faces on, roll up their sleeves and get to work,” said Gullion, who will move on to Joint Base Andrews, Maryland, to command the 459th Air Refueling Wing.

Under Gullion’s guidance, the 507th Air Refueling Wing supported international operations while simultaneously maintaining a robust training schedule totaling 1,329 sorties across 6,866 flight hours, offloading 36,729,270 pounds of fuel to 4,343 receivers.

“Men and women of the 507th, you’ve been busy,” said Heaslip. “If you haven’t stopped and looked around at what you have accomplished, you should.”

During fiscal years 2016 and 2017, 822 Reserve Citizen Airmen deployed from the 507th ARW, nearly 75 percent of total assigned personnel, in support of National Command Authority-directed operations including Operations Freedom’s Sentinel, New Dawn and Inherent Resolve.

“You have people who are deployed all over the world,” said Heaslip. “You have people who are deploying from their deployed location. That’s how it is for us. It is my honor to be with you today as your wing commander.”



Maj. Gen. Randall Ogden, Fourth Air Force commander, hands the 507th Air Refueling Wing flag to Col. Richard Heaslip, 507th ARW commander, June 3, 2018, at Tinker Air Force Base, Oklahoma. (U.S. Air Force photo by Tech. Sgt. Samantha Mathison)

GUIDE: Passing the fitness test

Master Sgt. Erik Strawn
507th Maintenance Squadron

MOTIVATE AND REWARD YOURSELF

Clear a place on your schedule and give yourself no excuses for missing workouts. Do pushups and situps in your office, and run where you can. If you can run on the track and be happy, do it. If you need to get out and see nature, run on a trail. I dislike running, so I run on a three-degree incline on a treadmill—without the incline, the treadmill is deceptively easy and could cause a test failure.

Reward yourself. When I perform my pushups and situps, I set a Cosmic Brownie on the table. I can't eat it until I'm done. A brownie might not be healthy, but it's not going to cause me to fail my fitness test. I'm going to eat a snack every now and then, so why not use it for motivation?

PREP YOUR BODY

The week of your test, take extra care to eat right.

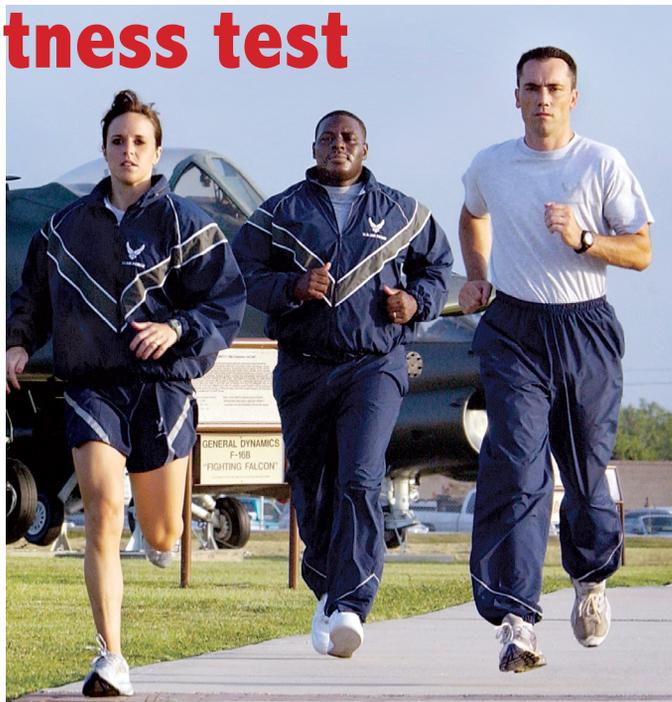
Hydrate in the hours before you work out or test, but not so much that you're running with five pounds of water sloshing in your stomach. If you aren't hydrated you are more likely to get cramps. If you drink coffee in the morning to wake up, cut your coffee in half on days you work out or test, and then drink small sips of water occasionally until you test. Avoid energy drinks.

I can't run on a full stomach, but I also can't run on an empty stomach. If you practice running regularly, you will know if you have to run on an empty stomach or a light snack.

If you work out reasonably often, you know when you're pushing too hard. I once failed a fitness test because I pushed myself too hard and pulled a muscle in my stomach the week prior. During the test, I tried to power through and fell short by one situp.

PRACTICE HARDER THAN YOU TEST

Practice what you will be doing on the test in the order it will be done on the test: Pushups, situps and then run. Be a perfectionist about your form when you practice and have others check your form occasionally.



(U.S. Air Force photo illustration)

I get maximum points if I do 44 pushups, so my practice goal is 50.

I get the maximum number of points if I do 50 situps. I practice them on an inclined bench and touch my back to the bench. If I can do 30 situps on the inclined bench in a minute, I know I can do 50 during the test.

KNOW YOUR SCORE CHART

Without a goal, it's easy to give up. Know the score charts and keep them in mind during practice and the test.

When I turned 40, the fitness test got a lot easier. I was on the last half of the last lap of the run and I pushed myself to finish the run in 13:14 or less. I scored a 90.2 on my fitness test, my first ever "Excellent" score.

Don't fall victim to doing the minimum. Not everyone is fortunate to get maximum points for their waist measurement. Unless you're a dedicated runner, you aren't going to max out your run points. If you rely on situps to make your points, it's nice to have a few extra points from your pushups to carry you instead of having to run so hard that you get sick.

CONTINUED ON NEXT PAGE

FITNESS TEST, CONTINUED

WARM UP

When testing at the track, it can be hard to judge when the testing officials are going to start the run, so I walk around a bit as the officials get everyone organized. Once the run is about to start, I calmly walk in place, with a little high-stepping until the run begins. I want to warm up my muscles, not cause irregular breathing.

CONTROL BREATH AND SPEED

If your core is not built up, you will use your breathing in place of muscle during situps. Develop your core muscles and you will be able to breathe more effectively.

Do your pushups quickly. Faster pushups are easier, but keep in mind that you have to maintain good form. Keep your movements smooth; this will help with your breathing.

Pace yourself during your run. Run at a natural pace, jog and then speed up so you end in a run. Avoid slowing down to a walk during the test; only slow down long enough to catch your breath or get your heart rate under control. Get running again as soon as you can.

CHANGE IT UP

I found that if I start with my elbows out and tuck them in when I start getting tired, I use different muscles and I can get some more pushups.



(U.S. Air Force photo by Airman 1st Class Grace Lee)



(U.S. Air Force photo by Airman 1st Class Mya M. Crosby)

When you practice pushups and situps, do a full set of each, then go back and do another half set. On my last workout before the test I want to do 50 pushups, 50 situps, 25 pushups, and 25 situps.

During the run, if my legs start aching, I step out my stride a bit so that different muscles are taking more of the workout.

Another variation I use when running is to catch up to the next runner ahead of me and encourage them on. You'd be surprised how well this takes your mind off running and refreshes you. Do keep your encouragement short; you will still need to manage your breathing for running.

REST BEFORE THE TEST

If you're testing during the UTA, stop practicing the Monday or Tuesday before the test, and do your pushups and situps the next day. The rest of the week, give your sore muscles get a rest so they are fresh and ready for the test. You can't cram before a fitness test and pass the next day.

BE A POSITIVE INFLUENCE

Share your workout tips and encourage others. If you finish your run and have energy left, run with people who are on their last lap to encourage them to finish strong.



AUGUST UTA AUG. 4-5

GREEN DOT TRAINING
 HILL CONFERENCE CENTER - AUG. 4 @1300
 AUG. 5 @0900

COMMANDER'S CALL - AUG. 5
 BASE THEATER @1500

CARDIAC RISK PROFILE SCREENING - AUG. 14
 BLDG. 1047 CONFERENCE ROOM @0730- 1030

OCTOBER UTA OCT. 13-14

CIV OF QTR DUE - OCT. 15

NOVEMBER UTA NOV. 3-4

GLOBAL THUNDER

OPERATION HOLIDAY SPIRIT - NOV. 30
 DEL CITY VFW/AMERICAN LEGION @1800

SEPTEMBER UTA SEP. 8-9

FAMILY DAY - SEP. 8
 HANGAR 1030 @1100

9TH ANNUAL OKIE SILVER SQUADRON REUNION
 SEP. 28-29

REUNION BBQ BUFFET DINNER - SEP. 28
 HANGAR 1030 @1700

OKIE BRUNCH - SEP. 29
 DEL CITY VFW/AMERICAN LEGION @0800

BANQUET DINNER - SEP. 29
 TINKER CLUB @1700

DECEMBER UTA DEC. 1-2

Do you have an event to add?
[Contact us at 507arw.pa2@us.af.mil](mailto:507arw.pa2@us.af.mil)



A CLOSER

LOOK

Tech. Sgt. Ryan Barnes

**507TH AIR REFUELING WING
COMMAND POST CONTROLLER**

WHAT IS A LITTLE KNOWN FACT ABOUT YOU?

I was prior Navy as an in-flight technician for 6 years. I ended up getting out, going to school and then later needed a job so a friend of mine, Senior Master Sgt. Brad Showalter, recommended the Air Force Reserve.

WHY DID YOU JOIN THE MILITARY?

I joined in 2005 because it's kind of a tradition in my family. Both of my grandfathers were in the Navy. They inspired me to do the same.

AS A KID, WHAT WAS YOUR DREAM JOB?

To be a professional baseball player, because I love everything about baseball.

WHAT IS YOUR BIGGEST PET PEEVE?

Laziness bugs me because life is so much easier when you get the job done and enjoy your accomplishments.

WHAT IS YOUR CAREER GOAL?

I will be commissioning soon as a 1st Lt. and I hope to get a position in intelligence.

WHAT DO YOU DO FOR FUN?

Scuba diving, going on rides with my wife on my Harley Davidson motorcycle, playing sports and going to the gym.



Tech. Sgt. Ryan Barnes stands for a photograph July 2, 2018, at Tinker Air Force Base, Oklahoma. (U.S. Air Force photo by Tech. Sgt. Samantha Mathison)

DEPLOYMENT 101

Lt. Col. Stuart Letcher
Commander, 507th Operations Support Squadron

Earlier this month, I had the privilege of witnessing deployers from the 507th Air Refueling Wing reunite with their loved ones at the end of their deployment. My wife was a key spouse, and she provided information and communication to families to ensure a smooth transition for everyone. Later, we discussed questions she received from others during the deployment. I asked her if there was anything I could have told her to make our experiences better. Once she stopped laughing, the smartest woman I know gave me a list of the things I should have told her over the past 19 years of service.

The transition out begins before the deployment:

On more than one occasion I've gotten all my pre-deployment to-do lists done and I've found myself already preparing for the separation and lifestyle change that's coming. From travel arrangements for the squadron to assigning people to different shops, I'm already handling deployment business before I'm gone. My wife has never complained, but after experiencing a few deployments where I made the mental shift before I left, her expectations changed. Likewise, when we get home, it can take some time to fully reintegrate into the family.

It's okay to change routines up during the deployment:

My wife tried hard to keep normal routines and schedules like dropping kids off at school and daycare on her way to work and collecting them again after. My absence strained her daily routine. Finally, she asked for help from friends and family with the understanding that the arrangements were temporary. Our extended family said they enjoyed helping us through the deployment.

Make sure you know how to reach out to base support agencies:

Providing contact information of a few trusted friends within the squadron to help your family doesn't cover all the bases. Sometimes the best results come from contacting an office directly or stopping by in person. Military organizations do a great job of providing assistance to dependents during deployments. As a sponsor, sometimes it's better to get out of the way and let your spouse handle things at home.

Technology makes it easier to keep your relationships strong:

We discovered that using Skype or Facetime instead of relying solely on email was the single biggest boost to our morale. I've certainly been resistant to trying new things, but luckily I also learn from my mistakes.

If you don't like how things are done, get involved and make them better:

Spouses are an amazing asset to a squadron and

can often make the difference when reenlistment or retention questions come along.

Only recently has my spouse played a more active role in our military "family". The encouragement and relationships she built with the other spouses showed her that she can help fix the things that she felt were lacking.

I'll finish with something I have done right all these years: I don't sugar coat how much work it really is to deploy and to be a part of the military. Through all the deployments our family has always been honest about exactly what it takes to make it work.

If you find yourself going through the process of designing a "plan" to get through a deployment and you're coming up with some tough hurdles, please talk to someone. Supervisors, commanders or first shirts are there to offer guidance to you and your family.



Staff Sgt. Noah Garriss, a combat crew communications technician with the 507th Operations Support Squadron at Tinker Air Force Base, Oklahoma, embraces his family following a deployment July 3, 2018. (U.S. Air Force photo by Tech. Sgt. Samantha Mathison)

July PROMOTIONS



TECHNICAL SERGEANT

DEREK BYRD, 513 MXS
DEL FORD, 507 FSS
GARY GARRETSON, 507 MDS
MARK PERALTA, 507 MXG



STAFF SERGEANT

BENJAMIN PANNELL, 507 AMXS
BRITTANY WILLIS, 513 OSS



SENIOR AIRMAN

YESENIA ANGUIANO, 507 SFS
MICHELLE COFFER, 507 SFS
TIRRANYE CORN, 507 SFS
LAURA ESPINOZA AGUADO, 507 SFS
CASEY HENNINGER, 507 SFS
ANGEL VASQUEZ, 507 SFS

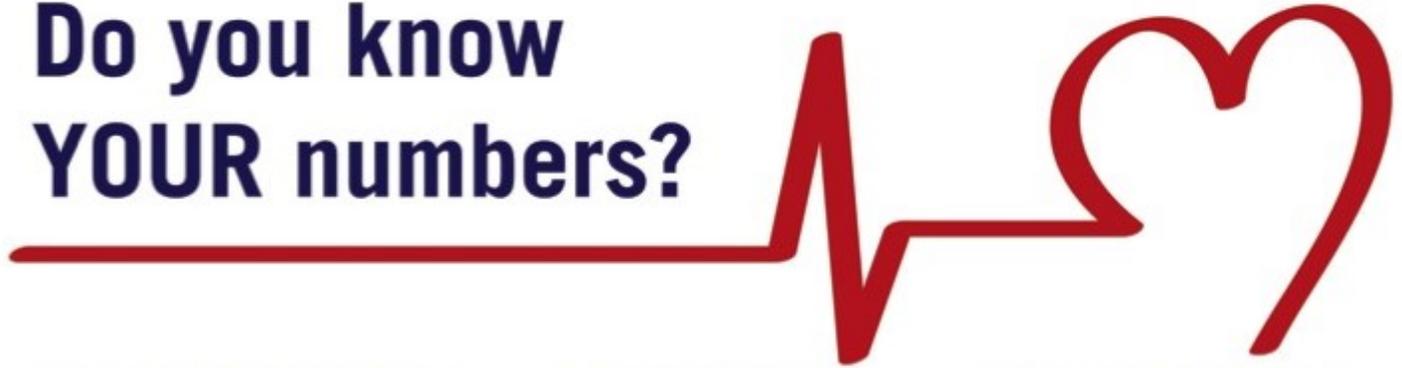


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ALYSSA ELLIOTT, 507 MDS
TARIA TAYLOR, 72 APS
JORDAN TILLMAN 507 MXG



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LIGHTS
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ACTION

WE ARE AIRMEN

2018 RECRUITING VIDEO CONTEST

CREATE YOUR OWN COMMERCIAL!

Thank you for participating in the "We Are Airmen" recruiting video contest! This is YOUR opportunity to create your own recruiting video and help us recruit future Airmen - if you were a civilian not in the military, what kind of commercial would make YOU want to join the U.S. Air Force?



RECORD YOUR VIDEO

The video should be formatted as a .wmv/MP4 file and should be around 30 seconds, but no more than 60 seconds. You are given *full creative control* to the style, tone and content in the video! Please keep in mind that this video is intended to attract future Airmen into making the decision to join the U.S Air Force.

EMAIL US

Upload your video onto YouTube, Google Drive, or whatever online means, and send us the link to your video. Make sure the video is private and only we can see it!

SUBMIT YOUR VIDEO BY AUGUST 3, 2018 TO:
AIRFORCEVIDEOCONTEST@GMAIL.COM



GET RECOGNIZED

The finalists with the top videos will be flown to Washington D.C. and receive a free admission to the Air Force Association's Air, Space & Cyber Conference in National Harbor, Md., September 17-19. **The winner will also shadow a professional marketing crew and have the opportunity to inject creative input into the next official U.S. Air Force commercial!**



FUTURE AVIATORS VISIT 507TH ARW

Future aviators from the Organization of Black Aerospace Professionals visited the 507th Air Refueling Wing here June 12, 2018, as part of a week-long summer camp designed to highlight the myriad careers available in aviation. (U.S. Air Force photos by Lauren Gleason)



Maj. Michael Waters, pilot with the 465th Air Refueling Squadron, briefs students from the Organization of Black Aerospace Professionals on the capabilities of the KC-135R Stratotanker June 12, 2018, at Tinker Air Force Base, Oklahoma.



Students from the Organization of Black Aerospace Professionals take a close look at an aircraft June 12, 2018, at Tinker Air Force Base, Oklahoma.



Students with the Organization of Black Aerospace Professionals stand in front of a KC-135R Stratotanker for a photograph June 12, 2018, at Tinker Air Force Base, Oklahoma.



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 ALPHA WARRIOR PRO-ATHLETE FAMILIARIZATION DEMONSTRATION

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SARA HEESSEN

MONDAY, AUGUST 20

3:00 - 4:30 PM • Battle Rig Familiarization at Gerrity Fitness Center

4:45 - 5:45 PM • Autograph Signing/Meet & Greet at Tinker Exchange

TUESDAY, AUGUST 21

2- 4 PM • Adult & Youth Battle Rig Competition at Gerrity (Awards to follow)



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Mills takes command of 507th SFS

The 507th Security Forces Squadron welcomed its new commander, Maj. Jimmie Mills, during a change of command ceremony June 2, 2018, at Tinker Air Force Base, Oklahoma.

During the ceremony, Lt. Col. Kevin Sorrels, 507th Mission Support Group deputy commander, took the 507th SFS guidon from Maj. Richard Martin, 507th SFS former commander, and handed the guidon to Mills in a symbolic gesture of leadership.



Lt. Col. Kevin Sorrels, 507th Mission Support Group deputy commander, gives the 507th Security Forces Squadron guidon to the squadron's new commander, Maj. Jimmie Mills, during the 507th SFS change of command ceremony June 2, 2018, at Tinker Air Force Base, Oklahoma. (U.S. Air Force photo by Master Sgt. Hector Flores)

Wing hosts AFRC Knowledge Management workshop



More than 50 knowledge operations management technicians and instructors across Air Force Reserve Command stand for a photo during the annual AFRC Knowledge Management Center (KMC) Workshop June 28, 2018, at Tinker Air Force Base, Oklahoma. The five-day workshop, hosted by the 507th Force Support Squadron KMC, was held June 25-29, and was designed to promote networking within the career field and to hone skills in Sharepoint, records management, FOIA, privacy act and continuous process improvement. (U.S. Air Force photo by Tech. Sgt. Samantha Mathison)

The 72nd Air Base Wing Honor Guard presents the colors during the 507th Air Refueling Wing change of command ceremony June 3, 2018, at Tinker Air Force Base, Oklahoma. Maj. Gen. Randall Ogden, Fourth Air Force commander, gave command of the 507th ARW to Col. Richard Heaslip. (U.S. Air Force photo by Tech. Sgt. Samantha Mathison)

