

# A SOONER AIRLIFTER

February 2013



Photo by Senior Master Sgt. Kevin Tucker

*A C-17 cruises down the flight line at Will Rogers Air National Guard base to be used in the 137th Aeromedical Evacuation Squadron's multiple-aircraft training opportunity in November. This was the first MATOP to be held at WRANGB.*

## Will Rogers hosts critical training

**By Staff Sgt. Patricia Baker,  
137 ARW Public Affairs**

The 137th Aeromedical Evacuation Squadron at Will Rogers Air National Guard Base hosted a multiple-aircraft training opportunity program on base Nov. 17.

This MATOP provided a prime opportunity for Air Force active duty, reserve and guard Aeromedical Evacu-

ation units across the country to participate in hands-on crew and aircraft integration training.

This is the first exercise of its kind to be held on base. Air Force units from four states, including Colorado, Tennessee and Mississippi participated in the event.

The main goal of the training program was to provide Airmen and their

units a chance to join crews and work together to perform their air evacuation duties on actual aircraft they could likely encounter while deployed overseas or potentially at home station when responding to natural disasters.

"What this opportunity does is allow those individuals to come to one place and to get training on multiple

**See MATOP pages 4, 5**

# You should ask yourself: are you ready?



**By Col. Tom Ryan,  
137th Mission Support  
Group commander**

Col. James MacFarlane, Air Staff director of operations integration and readiness said, “Whenever you talk about readiness, the first question you have to ask is ‘readiness for what?’

“I can’t afford to have a bunch of people behind me who aren’t ready because they’re months away,” he said, “We can’t afford to get ready to get ready.”

These are great words to remember as we go forward toward an uncertain future. We don’t have time to “get ready to get ready” to meet all the challenges; many of which we cannot predict in time to prepare.

We can, however, maintain readiness based on the

challenges we know.

We can easily be distracted by all the fiscal uncertainty DoD is facing in the coming years or by the recent announcement of an added flying mission at Will Rogers Air National Guard Base.

While it is important to stay in tune with all DoD actions that might affect us, we must also stay focused on our own readiness that will enable us to Fly, Fight and Win.

I challenge all of you to concentrate on one thing – do your best at things you can control. Let others worry about what you cannot control. You can do this by ensuring you are ready technically, physically and mentally.

These are not my words, but those of our previous Air National Guard Command Chief Master Sgt., Christopher Muncy.

Doing these things will ensure you are Airmen who are resilient, flexible and prepared to deal with the challenges and changes we will most certainly face in the future. If someone asks, “Are you ready?” how are you going to answer?

## Full time Command Section Admin Assistant position opening

For all members of the OKANG. The position is a technician position GS-303-07 and will be open to all current members of the OKANG. Current AGRs may also apply.

The job will call for someone with good writing and speaking

skills and an ability to deal professionally with distinguished visitors and high-ranking officials. The individual will also be responsible for the training and equipment needs of the wing staff on UTA as well as the management of several data bases and calendars associated with the Command section and wing operations. The level of responsibility associated

with the position, demands a mature and seasoned Airman eligible for the rank of Tech. Sgt with the maximum grade of Master Sgt. The position will be advertised on the AGR and Technician Web page available on the “employment” link at: <http://www.ok.ngb.army.mil/>. Please contact Major LeeAnn R. Tumbelson for more information 405 686-5218

### 137th Air Refueling Wing Public Affairs Staff

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For consideration, all submissions must be provided to the PA Office, at 137ARW.PA@ang.af.mil or in Bldg. 1046, 686-5227, no later than 10 a.m. Saturday of drill weekend. The PA Office distributes the Airlifter ten months each year according to training needs.

PA Officer: 2nd Lt. Jennifer Lavin; NCOIC: Senior Master Sgt. Kevin Tucker; public affairs specialist: Staff Sgt. Patricia Baker; photographer: Tech. Sgt. Roberta Thompson; videographers: Master Sgt. Jun Kim, Airman Dustin Wheeler; information management: Airman 1st Class Jennifer Merveldt.

## Personnel Updates

### Incoming:

Airman 1st Class Christopher Capraro  
Airman 1st Class Paige Crawford  
Airman 1st Class Dillon Huhn  
Airman 1st Class Clint Keel Jr.  
Airman 1st Class Kimberly Wolfe  
Staff Sgt. Isaiah Bullock  
Staff Sgt. Julie Turner  
Tech. Sgt. Ashley Graves

### Promotions:

Airman 1st Class Brooke Newton  
Senior Airman James Irwin  
Senior Airman Matthew Ucero  
Tech. Sgt. Justin Waldeck  
Master Sgt. Nicole Brewer  
Master Sgt. Kathryn Hannafon  
Master Sgt. Porctia Tinsley  
1st Lt. Jeramy Thigpen  
1st Lt. Evan Way  
Capt. Joseph Baker  
Capt. Paul Blankenship  
Capt. Chad Medford  
Maj. Scott Collins  
Maj. Shauna Taylor  
Lt. Col. Robert Herthneck

### Retirements:

Tech. Sgt. Aaron Fraser  
Tech. Sgt. Michael Harrison  
Tech. Sgt. Lawrence Yensull  
Master Sgt. Edward Altunian  
Master Sgt. Garry Lain  
Master Sgt. Stanley Mulanax  
Master Sgt. Homer Reynolds  
Senior Master Sgt. John Keel  
Senior Master Sgt. Donald Kellogg  
Lt. Col. Patricia Fulton  
Lt. Col. Mitchell McDonald

WRANGB says welcome and congratulations to its members!

## February Menu

### Saturday

**10:30 a.m.-12:30 p.m.**  
Fried chicken, baked ham  
mac & cheese, steamed rice,  
black eyed peas, fried okra,  
tomato basil soup, and dessert

### Sunday

**10:30 a.m.-12:30 p.m.**  
Chili-mac, pork chop, mashed  
potatoes, mixed veggies, Chick-  
en Tortilla Soup, and dessert

## 2013 Drill Dates

February	9-10
March	9-10
April	6-7
May	4-5
June	8-9
July	13-14

## 137 ARW

### Airmen of the Year

Amn - SrA Chayna M. Clary  
NCO - TSgt Ekarath Lavarn  
SNCO - MSgt Stephanie Ritz  
1st Sgt - MSgt David Morris  
CGO - Capt Brandon Bowen

## VetNet

Veterans can plot and  
organize career moves  
after the military with  
Google Veterans Net-  
work.

<http://www.vetnethq.com/>

## Numbers to know

(Area code 405)

**Angie Cunningham**  
**(Psychological Health):** 686-5145  
**Security Forces:** 686-5301  
**Emergencies:** 911, then 686-5117  
**ID card appointments:** 686-5212  
**Medical appointments:** 686-5245  
**Comm Help desk:** 686-5000  
**Sexual Assault Prevention and Response Hotline:** 686-5561  
**Mishap reporting:** 686-5555  
**Chaplain’s office:** 686-5145  
**Base information line:** 686-5627  
**Jennifer Lain, Airman & Family Readiness:** 686-5683

## NGAOK Conference

The 56th NGAOK Annual Conference & Military Ball will be held April 11 - 14, 2013 at the Marriott Southern Hills in Tulsa, OK.  
Registration, Hotel & Conference information at

<http://www.ngaok.org/ngaok-annual-conference-registration/>

## Junior Enlisted Council elections Feb. 9, 2013

Challenge, Leadership,  
Make a Difference

For more information contact Senior Master Sgt. Roosevelt McLemore at 686-5348

## Connect to the 137th Air Refueling Wing

on Facebook or at  
[www.137arw.ang.af.mil](http://www.137arw.ang.af.mil)



Photo by Senior Master Sgt. Kevin Tucker

*Capt. Rob Huhn, a participant of the multiple aircraft training opportunity, instructs a young Airman on the proper way to connect lights for a C-17 aircraft. MATOP's cross-training opportunity allows Airmen to work on systems they wouldn't have the chance to otherwise.*

*Four Airmen prepare to lift and secure a patient on stanchions in the belly of a C-17 aircraft. Will Rogers Air National Guard Base hopes to make MATOP a bi-annual event and to invite more state Air Force units to participate in the future.*

Photo by Amn Jennifer Merveldt



## Airmen conduct crucial MATOP training

**MATOP from page 1** aircraft, so that they can hone their skills and increase their familiarity with those aircraft and work together as a team," said Col. Devin Wooden, vice commander for the 137th Air Refueling Wing at Will Rogers.

Wooden said that squadrons across the Air Force are universally qualified on aircraft such as the C-130, C-17, C-21, KC-135 and KC-10, but their Airmen may not have physical access to all of these airframes for training.

These are the primary planes that are involved in the transport of wounded troops and victims of natural disasters.

There is a great need for Airmen to have experience on not only the aircraft they see every day at their assigned stations but on all of the potential airframes they could encounter.

It is crucial that medical evacuation Airmen and flight crews from all divisions of the Air Force be able to join together and function as one unit

when performing their duties of transporting and stabilizing wounded patients coming from sometimes hostile, war-time environments.

Wooden said, "When they deploy, whether it be to the Pacific, Atlantic or the Middle East and Southwest Asia... they're employed as a cohesive unit; meaning that individuals from different units and states may come together as a crew and work together to provide comfort to our soldiers and Airmen who have been injured and need to be evacuated to a more sophisticated medical facility."

"[This exercise] shows the dedication of our citizen soldiers working alongside our active duty components to provide not only a state capability, but a federal capability to support the department of defense and our wounded Airmen and Soldiers," he said.

Lt. Col. Keith Reed, commander for the 137 AES host squadron at WRANGB, said that this training increases the ca-

pability of Airmen across the nation to respond and perform their duties in a deployed environment overseas as well as home-side when hurricanes, tornadoes, earthquakes and any other natural disasters occur.

"We will definitely look for opportunities to repeat this in the future," Reed said.

Capt. Frederick Schrock, a participant in the exercise from the 183 AES in Jackson, Miss., said that the program was highly beneficial.

Frederick said that their troops have a wide range of experience on military aircraft.

Some of his Airmen had never been on a military plane. Some had only been on their assigned station aircraft and others offered personal experience from having been on multiple deployments with multiple airplanes.

He said that the training they received would be especially helpful to some of their Airmen who are slated to deploy after the first of the year.



Photo by Senior Master Sgt. Kevin Tucker

*Aircraft including C-130s, C-17s and KC-135s are parked on the Will Rogers Air National Guard Base flight line to be used for the base's MATOP event. Airmen from Colorado, Tennessee and Mississippi joined with the 137 ARW in November to train on the different aircraft.*

*Airmen simulate a combat situational lift for the cadre at November's MATOP. The exercise integrated the Air National Guard, Reserve and Active Duty Air Force in a unique training opportunity.*

Photo by Amn Jennifer Merveldt



## Deployed Airmen continue to move forward

By Senior Airman Tyler Dunn,  
137 ARW Public Affairs

Nearly 50 members of the 205th Engineering and Installation Squadron from Will Rogers Air National Guard Base are still months away from a return to Oklahoma.

The Airmen, who left Oct. 1, for Al Udaid in Qatar, have served a vital task across the mountains of Afghanistan.

These Airmen work to ensure anything and everything involving the integrity of communications on base is installed and working properly.

Their tasks are crucial to future base development.

"If you ever want to go on a computer or pick up a telephone line, you've got to call us," said Master Sgt. Todd



Photo by Master Sgt. Jun Kim

*Airmen ensure cables are properly spliced and encased in Afghanistan.*

Benson with the 205th.

That kind of real-world importance

has caused the squadron's number to be called several times.

At least half of those currently deployed have experience overseas, Benson said. For some, he said, this is their third mission in Afghanistan or Iraq.

But those now serving didn't volunteer. They were selected to work alongside Soldiers as part of an Army Request for Forces.

Benson said that kind of situation "isn't like most deployments," but added that "they're still stepping up."

The troops received a care package for Christmas, but Benson said they could always use more.

Care package donations can be made through the 205th orderly room in Building 1008 on base.

## Waller retires after 36 years in Air Force

By Staff Sgt.  
Patricia Baker, 137  
ARW Public Affairs

Chief Master Sgt. Johnny Waller, the state command chief for Oklahoma, celebrated his retirement after 36 years of Air Force service during a ceremony held on base in January.

"I don't think there's anyone I've ever met that was an example of our core values as perfectly... as Chief Waller was every day," said Brig. Gen. Gregory Ferguson, assistant adjutant general of the Oklahoma Air National Guard.



Photo by Tech. Sgt. Rob Thompson

Waller began his career in the Air Force as a loadmaster and took his first military flight on a C-130H model in May of 1975. He accrued a

remarkable 10,000 hours of flight time.

"I'm so grateful to have leaders like Chief Waller, because he is a man who gets things done," said

Maj. Gen. Myles Deering, the adjutant general of Oklahoma, "He doesn't sacrifice [the] core values to get the mission done." Waller said that he

felt very lucky to be able to join the Air Force.

"[The] year before, I was directionless, and then I couldn't believe what I was getting to do," said Waller.

He said that missions he was involved in ranged from dessert missions to earthquake, hurricane and tornado relief, community intervention and humanitarian missions.

"I have so many memories," said Waller, "I've had a wonderful career... I feel like the luckiest man in the world."

## How to beat burnout and overexertion



By Angela Cunningham,  
137 ARW Wing Director  
of Psychological Health

**B**urnout and overexertion are symptoms of overload whether it is on the job or inside the home.

Apathy and fatigue may be the beginning signs that you are on overload. Some suggestions:

1) Monitor your reactions to new ideas and suggestions. Negativity can signal job burnout. Weigh what you are told with what you know and engage in dialogue with those involved.

2) You can't concentrate and focus when you are tired. Enjoyable work should put you in a state of "flow" where time flies and you end up with a sense of accomplishment.

3) Control your irritability. It is natural to be impatient with coworkers if you are burned out from the job, but antagonizing the people around you will only make things worse. Constant irritability is a warning sign you can't ignore.

4) Gauge your satisfaction level after each major task. You should feel a sense of accomplishment when you have done a good job. Job burnout makes you feel like it is never good enough.

5) Be honest about dependencies. You may be looking for

release in alcohol, drugs, food, sex or shopping to deal with burnout.

Give yourself enough time and space to rest, reflect and regain your energy.

Often when you're burned out, there is a tendency to protect what little energy you still have by isolating yourself from others.

Getting support from family and friends is even more important during challenging times, as just sharing your experience with someone else can take away some of your pain.

Burnout is ultimately a sign that something fundamental in your life is not working and can be an opportunity to discover what really makes you happy and to redefine your priorities accordingly.

**A note to Airmen:**

Remember to use the resources available to each troop and member on base. You do not have to be active duty or on orders to use these resources.

Please contact Angela Cunningham, the base's Wing Director for Psychological Health, at 405-686-5145 or 405-496-4412 if you or someone else should need assistance handling a situation, if you need advice, or if you just need someone to talk to.

Also, the Chaplain's office on base is available for members to visit and contact if support is needed from them for yourself or a fellow wingman. Their number is 405-686-5145.

Please keep in mind that emergency and life-threatening situations deserve emergency attention.

In these situations call 911 or the emergency department of a hospital.

## Free tax preparation service available

Compiled by 137 ARW Public Affairs staff

Tax season is upon us, and for most, tax preparation is a minor inconvenience that is short lived.

For the unlucky few, this inconvenience can become a major headache due to complications and special issues.

The Taxpayer Advocate Service (TAS) was created for just such in-

stances.

TAS employees work for the IRS, but specialize in dispute resolution and are solely focused taxpayer representation.

Typical TAS service recipients face issues such as problems not remedied by first level IRS representatives, financial hardship due to a tax burden, and disputes regarding perceived failings in IRS processes.

A free call to 1-877-777-4778 will determine if you are eligible for TAS assistance.

For more information regarding TAS, call or write your local office (listed below), or visit [www.irs.gov/advocate](http://www.irs.gov/advocate).

Taxpayer Advocate Services  
55 North Robinson  
Oklahoma City, OK 73102  
(405) 297-4055



Photo by Ann Jennifer Merveldt

*The Chief's Council at Will Rogers Air National Guard Base has chosen this month's winner for the base's photo caption contest. The winner for the most creative caption is Tracy Chaddon with the caption, "OK, Sarge, now tell us which one's the REAL dummy." Troops can visit the 137th Air Refueling Wing on Facebook to view photos, news videos, stories, announcements, and to submit their own clever captions!*

**Air Force Core Values**

Integrity First  
 Service Before Self  
 Excellence In All We Do

**WILL ROGERS MISSION STATEMENT**

"To enhance global reach by serving our nation, state and community through the unique capabilities of the 137th Air Refueling Wing, the 205th Engineering Installation Squadron, and the 146th Air Support Operations Squadron."

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To the family of: