

# AIRLIFTER

SOONER

May 2010

## Airman gives thumbs up to water survival training

*Chief Master Sgt. Nicole Duckwall, an aeromedical evacuation technician for the 137th Aeromedical Evacuation Squadron, demonstrates a water rescue during water survival training April 10, held at the Mike Monroney Aeronautical Center in Oklahoma City.*



Photo by Airman 1st Class Patricia Baker

## State bids farewell to Chief Master Sgt. James Beller



Photo by Airman 1st Class Kaleena Higa

*Chief Master Sgt. Pam Geberth, 137 ARW Command Chief, presents Chief Master Sgt. James Beller with the Chief's Eagle, on behalf of the Chiefs' Council in honor of his retirement.*

**by Staff Sgt. Lindsay Roe  
137 ARW/PA**

Chief Master Sgt. James Beller was recognized for 29 years of service during his retirement ceremony Saturday, April 10.

Commander of the Oklahoma Air National Guard, Brig. Gen. James McCormack presided over the ceremony and presented Chief Beller with two Meritorious Service Medals for his excellent leadership, along with his certificate of retirement.

"You can depend on him for advice and counsel, not only for his area of expertise, but for any issue," said General McCormack during the ceremony. "You can always count on him."

"His attention to detail and dedication to service was consistent as he continued his career to State Staff," praised Capt. Judd Kroener, 137 ARW Finance.

**See Beller Retirement on page 4**

# Maintaining your stability without becoming stagnant



By Col. Devin Wooden,  
137th Operations Group  
Commander

One of the things that make the Air National Guard one of the most respected military organizations across our nation is the value we add to America every day. While we still represent a large portion of our nation's strategic military reserve, it no longer defines our primary purpose. We are a mission capable, readily accessible, rapidly deployable, operational member of the Department of Defense's starting line-up.

There are many reasons to factor, when determining how we've evolved into this operational force: training, equipment, funding, etc. The biggest factor in my mind is when the Air Force recognized, shortly after the Vietnam War, that they could no longer meet their war plans and meet their responsibilities without a combat ready Air National Guard.

And so it was that the "Future Total Force" concept was born. As the Air Force began its total force planning, programming and integrating the Air National Guard into its responsibilities, they soon realized what many had already known. Citizen Airmen in the ANG were a cut above. Guardsmen were dedicated profession-

als who perfected their skills year after year, improving the process and finding new and more efficient ways to execute the mission. We provided the active component something they lacked - stability.

If you reference the word stability in your dictionary you'll find something similar to: steadfast, dependable, resistant, unwavering. Most would agree that these are good qualities of any military unit.

However, we must be ever mindful of the narrow margin that exists between being stable and becoming stagnant. Those same qualities can cause us to become "comfortable" not referencing written guidance or rely on a "that's the way we've always done it" mentality. When we allow this to happen our stable force becomes a stagnant force and we fail to properly develop our Airmen and improve our units. This may be the biggest challenge we face as Guardsmen to maintain our fighting edge.

One of the ways we meet that challenge is to train and prepare our Airmen to demonstrate their capabilities during recurring inspections and evaluations. The time to demonstrate that capability is rapidly approaching in the coming months during the wing's UCI, HSI and ASEV inspections. Your vigilance is important and I am confident that your preparations have made us an even more stable force by recognizing and addressing those areas that may have become stagnant in your unit.

As you complete your final inspection preparations, let me express my deepest gratitude to each of you for your diligent efforts over the past year in preparing for the Wing's upcoming inspections. Good luck, be safe and fly smart.

## 137th Air Refueling Wing Public Affairs Staff

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# It's the final countdown for UCI preparation

by Maj. LeeAnn Tumbelson  
137 ARW/Chief of Staff

The wing will undergo a Unit Compliance Inspection in just a few short months. As with any base-wide mission, the commander needs each and every one of you to come together to succeed. Everyone, from airman basic to colonel, plays an important role in the wing's success.

**Airmen:** Be proactive! Ask to see a copy of the most recent work center self inspection, staff assistance visit report and last UCI report. This will show the work center's strong and weak areas and help shape preparation priorities. Start with write ups and either fix them on the spot or initiate a get-well plan. Units should NEVER fail on the same item twice.

**Non Commissioned Officers:** Stay connected! Have frequent conversations with peers in other units and functionals at Guard Bureau. Talk to units who have recently been inspected and emulate their best practices. And most importantly ensure unit self inspection checklists have comprehensive answers that include references. It is not enough to simply answer "yes" to any question. Members must annotate how and why that answer is "yes" and where the proof can be found. (i.e. a file, computer database, log sheet etc...). Make sure every answer complies with

higher headquarter regulations. This inspection isn't about whether checklists are answered; it is about whether units comply with regulations.

**Supervisors/Commanders:** Get out from behind the desk and walk through work centers. Look through continuity binders and ask Airmen what they've been doing to prep for the UCI. Review checklists and explain how to answer those confusing questions. Conduct "mock" inspections and allow Airmen the chance to practice communicating their successes. Know the strong programs as well as weak ones. If a program is weak, instill a self-reporting tool to maintain findings. Get a plan to fix it, and track and review those findings often until closure. Most importantly, be visible in the unit and support your Airmen.

**Everyone: Take care of business!** Personal readiness, training, additional duties and more can make or break a unit. Be proactive and ensure your immunizations and training are current. Verify your fitness test is up to date and you are maintaining military dress and appearance standards. Take pride in yourself, your work area and the 137th Air Refueling Wing.

**Together, we can succeed!**

## Family retreats available to post-deployment families

Courtesy of Jennifer Lain  
137 ARW/Airman and Family  
Readiness Program Manager

The National Military Family Association is sponsoring free, four-day family retreats to help families reconnect after deployment.

Operation Purple Family Retreats are designed to bring families together for four days in a national park setting. With an emphasis on environmental education, military families participate in fun, family-focused activities that will allow them to strengthen and renew relationships while exploring their natural surroundings.

Operation Purple Family Retreat participants are paired with highly specialized field science educators who

guide families through various activities such as nature hikes, canoeing, campfires, beach exploration, arts and crafts and challenge activities. Families have opportunities to communicate, work as a team and reconnect while exploring and learning about the environment.

In addition, Families Over Coming Under Stress, has designed activities which highlight areas of strength and resilience in the family and promote family growth. FOCUS is a resiliency-building program designed for military families and children facing the challenges of multiple deployments.

Applications for retreat programs are currently being accepted at <http://www.militaryfamily.org/our-programs/>

[operation-purple/family-retreats/](http://www.militaryfamily.org/our-programs/operation-purple/family-retreats/).

To be eligible for consideration to attend these retreats, service members must have returned from deployment no less than three months or no more than 15 months prior to the start date of each retreat. The retreats are free thanks to support from the Sierra Club and the Sierra Club Foundation. Travel costs are not included. However, families who attend will receive a \$200 stipend per family at the retreat site to help offset the cost of travel.

Retreats are scheduled throughout the year. Visit <http://www.militaryfamily.org/our-programs/operation-purple/family-retreats/> for further information or to apply.

# Prepare for your safety during boating season

**Tech. Sgt. Stephanie Schroeder**  
**137 ARW/Safety**

Picture slowly rolling waves hitting the side of the boat as you relax and take a deep breath of fresh air. Summer has nearly arrived in Oklahoma and soon many of us will head out to one of Oklahoma's 200 lakes. Activities available on local lakes include boating, canoeing, sailing, water skiing, jet skiing and scuba diving. With all of these options Oklahoma has a lake and an activity for everyone. Just be sure you are prepared to operate your water vessel before venturing out by refreshing your memory about safe boating procedures.

Ensure your boat is safe for the water by performing a pre-departure inspection. The Oklahoma Highway Patrol, Troop W troopers offer inspections free of charge! Have your vessel examined for the required safety equipment, current registration and proper display of numbers and decals. Having an inspection before you launch will help ensure your family's safety and reduce the chance of a costly fine for violations. When you inspect the boat yourself it is a good idea to look for the following items:

- Check the engine compartment, fuel lines and hoses for leaks and condition
- Check to be sure you have a fully charged engine battery and fire extinguishers
- Be sure your personal flotation devices are available and in good condition
- Share your prepared float plan with a friend or family member

Establishing boating safety rules will help reduce the chance of trouble or injury during your excursion. A simple step to prevent boating accidents is to prepare your passengers with a safety briefing. Designate at least one of those passengers as your assistant and teach them how to operate the boat just in case you cannot. Prepare for a variety of scenarios by practicing risk management and maintaining situational awareness. Other steps to prevent accidents include:

- Constantly monitor the weather while you are out
- Maintain a safe speed at all times
- Avoid or limit alcohol and drink plenty of water



The effects of alcohol are magnified due to natural stressors that the sun, wind and water impose on your body while boating. Keep in mind that only one-third the amount of alcohol needed to reach a state of legal intoxication (.10% BAC in a vessel), will cause symptoms of intoxication equal to a blood-alcohol level far exceeding the true measurable level.

According to [www.DiscoverBoating.com](http://www.DiscoverBoating.com) more than 50 percent of all boating accidents involve a personal watercraft that was borrowed. Before loaning your boat to anyone, make sure they are familiar with the all operational rules for safe handling of your boat in particular. You may even find it helpful to create a safe boating guide full of tips and instructions to keep onboard your watercraft.

## Beller Retirement from page 1

"Chief, you are a great Airman, a fine man and even better friend."

Maj. Gen. Myles Deering, the Oklahoma Adjutant General, lauded Chief Beller for his willingness to serve, not only at home, but in a deployed setting.

"To have someone that is so near the end of their career and they choose to ruck up and go down range. If that's not leading by example, I don't know what is," commended Gen. Deering.

"I am only as much as everyone has allowed and helped me to be and I am truly humbled," Chief Beller gratefully expressed.

Chief Beller was accompanied by his wife, Wendy, who received a certificate of appreciation for her continuous support. Also present was their son, Scott and daughter Hannah.

## ANTI-TERRORISM TIPS

### Take precautions when leaving your home

**By Lt. Col. David Snow**

**137 ARW/Security Forces Squadron Commander**  
**Courtesy of CJCS Guide 5260**

- Leave the house with a lived-in look
- Stop deliveries of newspapers, forward to a trusted neighbor's home or have mail held at the Post Office
- Don't leave notes on doors or indicate length of absence on answering machines or email accounts
- Don't hide keys outside the house
- Use a timer to turn lights and electronics on and off at varying times and locations
- Hide valuables
- Notify the police or trusted neighbor of your absence
- Ask a trusted friend or neighbor to check residence periodically

## Staff Sergeant Girma Moaning

**Unit/Position:** 137 ARW/Medical Group, Public Health  
**In the Air Guard..**for seven years

**Job Duties...**In the simplest terms the public health office is equivalent to a civilian health department. We work with OSHA, CDC, the EPA, and other regulatory agencies in order to keep our fellow airmen safe from disease and illness. Our office interacts with every unit on base and it gives me the opportunity to meet most of the base population. Every day I learn something new, I get to interact with the base on a regular basis and I play a role in preventing illness and injury for my fellow airmen.

**Time in this position...**Seven years as a traditional guardsman and three years as a full time technician

**Career goals...**I would love to become a KC-135 pilot and I plan to stay in the Guard until retirement.

**Hobbies...**I enjoy traveling, reading, working on computers and flying airplanes.

**One of your most rewarding experiences...** I enjoyed responding to hurricanes Rita and Gustav since it gave me the opportunity to help the people of Louisiana and Texas

## AIRMAN SPOTLIGHT



during time when they desperately needed our help. I also found deploying to Iraq to be extremely rewarding and it gave me a greater appreciation for the training we constantly do in order to prepare for our wartime mission.

**Advice to new Airmen...**

The Air National Guard offers amazing opportunities to volunteer to take on additional duties, to deploy when the opportunities arise and take the time to network. If you give 100 percent you will reap the benefits.



Photo by Master Sgt. Roberta Thompson

## Identity theft requires immediate action

By Lt. Col. Tracy Hale

137 ARW/OGI Chief of Intelligence

Courtesy of the Federal Trade Commission



We've all heard stories about fraud using items such as your name, address, social security number and credit. Here is some critical information to limit damage in case this happens to you or someone you know.

Cancel your credit cards immediately. The key is having toll free numbers and your account numbers handy so you know who to call. File a police report in the jurisdiction where it was stolen. This proves to credit providers you were diligent and is a first step toward an investigation.

Another important tasks to accomplish is to call the three national credit reporting organizations to place a

fraud alert on your name and social security number. The alert means any company that checks your credit knows your information was stolen and they have to contact you by phone to authorize new credit. Alerts are active for 90 days. Credit organization phone numbers are: Equifax 1-800 525-6285, Experian (formerly TRW) 1-800-301-7195 and Trans Union 1-800-680-7289. The Social Security Administration also has a fraud line at 1-800-269-0271.

Although new laws have been enacted, it is still up to the victim of identity theft to do the research and document what inaccuracies are found in your credit reports. This information can be provided to law enforcement, financial institutions, merchants, collection agencies and the credit bureaus as needed.

If you or someone you know is a victim of identity theft, visit the Federal Trade Commission's website <http://www.ftc.gov> for more information to assist in clearing your good name.



# Operations Group submerged



*Members of the 185th Air Refueling Squadron and the 137th Aeromedical Evacuation Squadron begin in-raft training exercises after ensuring all members of the training group boarded the raft and are accounted for. The 20-man survival rafts are equipped with two air compartments that are geared towards deterring sinking if one of the compartments should become punctured during in-water operations.*

*Lt. Col. Cam Sanders (right), a pilot for the 185 ARS, succeeds in assisting Lt. Col. Jim Bloomer (left), also a pilot for the 185 ARS, into the raft. The training included in-class lessons, water training, raft training and rescue training.*





# d in water survival training



Photos by Airman 1st Class Patricia Baker

*Tech. Sgt. Mike Odparlik, a boom operator for the 185 ARS, helps his wingmen put up a raft canopy during water survival training April 10, held at the Mike Monroney Aeronautical Center in Oklahoma City. Airmen use the black side of the canopy for evasion purposes, and they use the bright pink side for rescue maneuvers.*



*Staff Sgt. Dasha Johnson, an aeromedical evacuation technician for the 137 AES, pulls in a raft accessory kit. The kits are filled with various survival equipment and gear.*

*Chief Nicole Duckwall (left), an aeromedical evacuation technician for the 137 AES, and Lt. Col. Jacqueline Deeds-Buford (right), a flight nurse for the 137 AES, practice a water rescue with an infant-sized life preserver in tow.*





## 137 MXS shooting team proves best at marksmanship



*Tech. Sgt. Troy Chaddon takes aim in the 2010 Sergeant Major's Match. Members of the 137 ARW/MXS shooting team placed first in the competition.*

**by Tech. Sgt. Troy Chaddon  
137ARW/MXS**

On March 20, the Oklahoma National Guard held the 2010 Sergeant Major's Match at Camp Gruber Oklahoma. The 137th Maintenance Squadron fielded a team comprised of Tech. Sgt. Troy Chaddon, Master Sgt. William Caho and Senior Airman Christopher Coats. Despite the cold, rain, sleet, snow, wind and mud, this team managed to score higher than all others.

An additional handicap faced by our team was that the match called

for a four person team. Due to the poor weather, their fourth member was unable to attend. Even with only three shooters, the team placed first.

Additionally, the team took first, second and third in the individual standing among Air Guard participants.

The next match will be the Governor's Twenty Match in September. Any Air Guard members interested in participating or improving their marksmanship skills should contact any of the team members by email.



## Share your knowledge, become a mentor

**by Senior Master Sgt. James Ergenbright  
137 ARW/Human Resources Office**

What does that mean to you? Webster's Dictionary describes a mentor as: "A wise and trusted guide and advisor." Learning the ropes is what we do in the Air National Guard. Growing is the process of becoming more than we were yesterday. Progression is the avenue to improvement. Mentorship is becoming the best we can and ultimately making the world around us a better place. Each of us desires to excel in life, to be more, and to be better than we once were.

So how do you make that happen? What can you do that makes a difference in your life today, in your office tomorrow, in your community in the future?

Mentorship: make a difference, become a mentor or a mentee. Share your knowledge with someone, learn the ropes from someone and strive to be more. Become the person you want to be, a leader among your peers. Get involved in the 137 ARW Mentorship program. Contact the Human Resources Advisor, Senior Master Sgt. James Ergenbright at (405) 686-5719 or [James.Ergenbright@ang.af.mil](mailto:James.Ergenbright@ang.af.mil), or Scherryl Coulter at (405) 686-5181 or [Scherryl.Coulter.1@ang.af.mil](mailto:Scherryl.Coulter.1@ang.af.mil).

## SARC team ready to assist, make the call

**by Maj. Liz Kettler  
WRANGB SARC Coordinator**

How often does sexual assault occur? According to [www.rainn.org](http://www.rainn.org), "In 2007, there were 248,300 victims of rape, attempted rape, or sexual assault. (These figures do not include victims 12 years old or younger.) Every two minutes, someone in the U.S. is sexually assaulted."

If you or someone you know has been sexually assaulted, don't keep quiet. Seek out the help you need. You can contact local agencies or use base services under the Sexual Assault Prevention and Response Program. You can use a Restricted, Unrestricted or Limited Reporting Option

at any active duty or Air National Guard Base. At Will Rogers ANGB, your Sexual Assault Prevention and Response Coordinator (SARC) is Maj. Liz Kettler, (405) 686-5564.

The alternate SARC is Maj. Chris Davis, (405) 686-5271. The 24-hour Sexual Assault Hotline is (405) 686-5561.

Make the decision. Make the call. More information on Sexual Assaults can be found at: [Myduty.mil](http://Myduty.mil), [www.rainn.org](http://www.rainn.org), [www.sapr.mil](http://www.sapr.mil) and [www.ywca.org](http://www.ywca.org).





## Personnel Updates

### Newcomers:

Airman 1st Class Brittney Brewer  
 Airman 1st Class Megan McGuire  
 Airman 1st Class Derek Neill  
 Airman 1st Class Stephen Phelps  
 Airman 1st Class Allan Smith  
 Airman 1st Class Laroy Washington  
 Staff Sgt. Jason Rojas

### Promotions:

Senior Airman Morgan Jones  
 Senior Airman Scott Mosher  
 Senior Airman Josiah Talley  
 Staff Sgt. Owen Bryce  
 Staff Sgt. Tyler Compton  
 Staff Sgt. Cathryn Olsen  
 Tech. Sgt. Christopher Nutt  
 Tech. Sgt. Marvin Winterink  
 Master Sgt. Brett Neeley  
 Master Sgt. JC Ogle  
 Senior Master Sgt. Matthew Smith

### Retirements:

Staff Sgt. William Frazier  
 Tech. Sgt. Mark Nave  
 Master Sgt. Cynthia Bischoff  
 Master Sgt. Randy Cameron  
 Master Sgt. Donald Carter  
 Master Sgt. Remo Ciarlo  
 Master Sgt. James Dunn  
 Master Sgt. Charles Latta  
 Master Sgt. Billy Medlock  
 Master Sgt. Eric Schroeder  
 Chief Master Sgt. James Beller  
 Maj. Mark Ryhmer

## Christian Worship Services

205th classroom, 10 a.m.

**Saturday:**  
 Catholic Mass

**Sunday:**  
 Protestant Worship

## Menu

### Saturday (Lunch)

Chicken Fajitas &  
 Ground Beef Tacos

### Sunday (Lunch)

Fried Catfish &  
 Grilled Chicken Breast

## Pilot Board September UTA

The 185th Air Refueling Squadron will conduct interviews for Pilot Candidate during September UTA.

Point of contact is Maj. Justin Walker, 185ARS Aircrew Training, at [Justin.Walker@ang.af.mil](mailto:Justin.Walker@ang.af.mil) or (405) 686-5562.

## 2010 Drill Dates

May	1-2
June	5-6
July (UCI 23-28)	24-25
August	14-15
September	11-12
October	2-3
November	6-7
December	11-12

## Base Clean-Up May 1

It's time to clean out your office and storage rooms. Hazardous materials, computer equipment, furniture, tools and trash can be brought to building 1047, May 1, 8:00-2:00. AF Forms 2005 or 1297 will be needed.

## Position Vacancies

**First Sergeants:** 146th Air Support Operations Squadron & 137th Security Forces Squadron

(Reference AFI 36-2113)

**Human Resources Advisory:** 137th Air Refueling Wing

(Reference ANGI 36-2110)

Interested members need to submit a resume, RIP and current FIT test to Chief Master Sgt. Geberth no later than Saturday, May 1, 2010. For more information, contact Chief Master Sgt. Geberth at [Pam.Geberth@ang.af.mil](mailto:Pam.Geberth@ang.af.mil) or (405) 686-5794.

## Tinker Reserve/Guard Campus Fun Run



This free 5K starts on Sunday, May 2, 2010 at 8:00 a.m. at Bldg. 1030 (Main 507th hangar). Runners should be in place by 7:45. For information, contact Staff Sgt. Sean Doll at [Sean.Doll@ang.af.mil](mailto:Sean.Doll@ang.af.mil) or (405) 686-5353.



# TOP 10 TIPS FOR NEW MEDIA

## FROM THE AIR FORCE PUBLIC AFFAIRS AGENCY

THE FOLLOWING TIPS CAN HELP YOU GET YOUR MESSAGE ACROSS IN SOCIAL MEDIA WITHOUT LOSING SECURITY.

- 1 DON'T GIVE CLASSIFIED INFORMATION:** Don't divulge classified, For Official Use Only or sensitive materials, photos or video. OPSEC is crucial to our mission, think before you speak or film - if you're not sure, ask someone! A harmless video of an airman dancing on the flightline could be sensitive if it's a deployed environment showing bombers on the flightline. Be smart. Security is at the source.
- 2 STAY IN YOUR LANE:** If you're an aircraft mechanic, you're well suited to communicate messages about aircraft maintenance. If you're an aircraft mechanic blogging about legal issues – reconsider your blog.
- 3 DON'T LIE:** Credibility is critical, without it, no one cares what you have to say...it's also punishable by the UCMJ to give a false statement.
- 4 GIVE YOUR OPINION!** Yes, tell them what YOU think...just make sure you state that this is your opinion and not that of the organization. Also, be sure to identify what is your opinion and what is factual.
- 5 ALWAYS IDENTIFY YOURSELF.** Identification makes your post more credible.
- 6 SAFETY.** Videos that get widespread attention, or become “viral,” feature death-defying stunts or acts that are considered “extreme” in nature. Don't let the desire to get your message across compromise your consideration for safety.
- 7 BE AWARE OF THE IMAGE YOU PRESENT.** If using a visual medium, don't let your message get overshadowed because the viewer's attention is drawn to your improperly worn uniform or something occurring in the background. The image you present will set the tone for your message and often mean the difference of whether or not people listen to your message. Your tactical representation could have strategic and international consequences for the Air Force and the nation.
- 8 USE COMMON SENSE!** This is the bottom line. If you wouldn't say it in front of your mother, you probably shouldn't say it on YouTube. Realize that your words and images will go out to thousands and possibly millions of people around the world instantly and once it's out there, it's out there for good. Your unit public affairs shop should always be a source of advice and guidance in this medium. Also, be careful what personal information you divulge, such as address, phone numbers or any information that could aid identity thieves or the enemy.
- 9 DON'T BE AFRAID TO TAKE CALCULATED RISKS.** Military life often deals in ambiguity: In order to make the best decision, it's recommended to take in as many variables as possible in order to make the most accurate decision.
- 10 THE ENEMY IS ENGAGED.** The enemy is engaged in this battlespace and you must engage there as well.



# Prayer should be vital part of daily life



By Ch, Lt. Col. Timothy Fuller  
137th ARW

Somewhere in our homes most of us have a few family heirlooms. Some might have an old watch that once belonged to a father or grandfather. Some have old photographs, now yellowed with age. When it comes to family heirlooms, we are generally deeply attached to them, and we wouldn't willingly part with them for anything. We might not use them, of course. But we keep them around for sentimental reasons.

Another thing we probably have in our homes is some emergency equipment. Many of us have smoke alarms to wake us up in case of fire. We might have a burglar alarm or maybe a fire extinguisher. And I know most homes have a medicine cabinet with bandages and what-not for treating minor injuries. We don't use these items very often, and we'd prefer not to use them at all. But we keep them around just in case.

Now it seems to me that a combination of these is a perfect analogy of how some of us feel about prayer. It is a part of our heritage. It was handed down to us by others. We might not think of it as practical or even necessary but we are fond of it. We wouldn't think of giving it up, any more than we would throw away our grandfather's old watch. And like a fire extinguisher, we are glad to have it

around in case of an emergency. When all else fails we can always fall back on prayer.

This might sound a little harsh or cynical, but my fear is that it isn't. My sense is that so many people have invalid concepts of what prayer is all about with the result that prayer never becomes a vital part of their daily lives.

For example, we may think of prayer as a way of getting special favors, like praying to win the lottery. We may think of prayer as a way of changing God's mind and getting him to do what we want done. Maybe our prayer takes the form of bargaining with God to get what we want. None of these ideas, however, makes any sense and deep down, we know it. So the result is that prayer remains just a treasured heirloom and a piece of emergency equipment, not really a part of our daily lives.

However, if we look at all the great religions in the world, prayer is a completely different concept. Prayer is used as a way to affirm your faith, verbalizing the deep convictions of your life. It is also used to express the true desires of your heart.

Someone once said, "Prayer is the soul's sincere desire, spoken or unexpressed." I know some of us might be afraid to talk with God about our deep desires. Perhaps we are ashamed of them. However, we might as well talk to God about them. He already knows what they are. Prayer is a time for honesty. We can talk to God about what's really on our minds and in our hearts. It's not easy to do that, but it does make sense.

The bottom line is that real prayer can help us live our lives in the way God intended. All God asks of us is to come to him with an honest and open heart. Bring to Him every concern we have, but knowing he understands our needs better than we do and he will provide for us better than we deserve.

## This month in Air National Guard History...

On May 3, F-100s from the 120th Tactical Fighter Squadron (Colorado) arrived at Phan Rang Air Base. By June 1, all of the 120th's pilots were flying combat missions. In the meantime, the 174th (Iowa), 188th (New Mexico), and the 136th (New York) had all deployed to Vietnam with their F-100s. In addition, 85 percent of the 355th Tactical Fighter Squadron -- on paper a regular Air Force unit

-- were Air Guardsmen. The Air Guard units were quickly and effectively integrated into Air Force combat operations in Southeast Asia (SEA). Prior to their return home in April 1969, they flew 24,124 sortie and 38,614 combat hours. Those numbers rose to approximately 30,000 sorties and 50,000 combat hours if the predominantly Air Guard 355th was included.



Photo by Senior Master Sgt. Kevin Tucker

*Past and present chiefs of the 137th Air Refueling Wing and the 138th Fighter Wing gather together after Chief Master Sgt. Beller's retirement ceremony. The wings came together to honor Chief Beller's 29 years of service to the citizens of our state and country. During the ceremony, Chief Beller received two Meritorious Service medals and numerous gifts.*

#### 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."

OKLAHOMA AIR NATIONAL GUARD  
5624 Air Guard Drive  
Oklahoma City, OK 73179-1009  
UNITED STATES AIR FORCE  
OFFICIAL BUSINESS



PRESORTED STANDARD  
U.S. POSTAGE PAID  
OKLAHOMA CITY, OK  
PERMIT NO. 1878

To the family of: