

AIRLIFTER

SOONER

November 2010

WRANGB enlisted members test skills, learn the ropes

By Staff Sgt. Caroline Hayworth/
137 ARW, Public Affairs

Members of the 137th Air Refueling Wing here participated in an annual team building exercise at Shiloh Summer Camp in Oklahoma City Sept. 28.

The course is designed to help individuals develop trust in themselves as well as their team mates and stresses the importance of communication within the workplace.

From ground level to forty feet in the air, Airmen were forced out of their comfort zones in many different areas.

"It was a great confidence builder," said Airman 1st Class David Noriega. "I've never done anything



Airmen assigned to the 137th Air Refueling Wing here test their skills at the Shiloh Summer Camp ropes course in Oklahoma City Sept. 28. Enlisted members from different units on base worked on team building and leadership while participating in high and low obstacle challenges throughout the day.

like that before, much less with a bunch of people I don't know very well. It takes a lot to trust someone that much."

"The course allows each person to find their own limitation," said Chief Master Sgt. Johnny Waller, state command chief master ser-

geant. "For some it is the physical demand that is challenging, for others it is the emotional or fear that must be dealt with. This course challenges everyone on some level."

Waller helps organize the event each year, which is available to both officers and enlisted personnel.

Thanksgiving: 400 Years of Tradition



**By Col. Theodore Mickle,
137th Medical Group
Commander**

Americans, and our colonial forebears, have been celebrating Thanksgiving since the earliest years of the settlement of our great country. We know the story well: The Mayflower arrived off Cape Cod in November, 1620, with 102 Separatists seeking religious freedom. One year later, only 53 colonists had survived famine and disease. They had been befriended by the local Wampanoag Indians, who had taught them to hunt, fish and plant crops. Now, instead of famine, they had an ample supply of food to last through the long winter of 1621. They celebrated with a three-day feast and had a keen sense of thankfulness for divine providence.

While American looks to November to celebrate Thanksgiving, in the Caribbean, the grateful nation of Grenada established a new national holiday which they also call “Thanksgiving Day” – to thank the members of the U.S. Armed Forces for liberating them from communism on 25 October 1983.

National thanksgiving seems to naturally follow

deliverance from great danger and hardship.

Once American freedoms had been won during the Revolutionary War, President Washington issued the first presidential Thanksgiving Proclamation on 3 October 1789:

“Whereas it is the duty of all nations to acknowledge the Providence of Almighty God – to obey his will – to be grateful for his benefits—_and humbly to implore his protection and favour: And whereas both Houses have, by their joint committee, requested me to recommend to the people of the United State, a day of publick thanksgiving and prayer, to be observed by acknowledging with grateful hearts the many and signal favours of Almighty God, especially by affording them an opportunity peaceably to establish a form of government for their safety and happiness”

Seventy four years later, to the very day, President Lincoln issued his Thanksgiving Proclamation:

“In the midst of a civil war of unequaled magnitude and severity, the theater of military conflict has been greatly contracted by the advancing armies and navies of the Union. No human counsel hath devised nor hath any mortal hand worked out these great things. They are the gracious gifts of the Most High God, who, while dealing with us in anger for our sins, hath nevertheless remembered mercy. It has seemed to me fit and proper that they should be solemnly, reverently, and gratefully acknowledged, as with one heart and one voice, by the whole American people.”

137th Air Refueling Wing Public Affairs Staff

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Personnel Updates

Newcomers:

Airman 1st Class Matthew Ucerro
 Airman 1st Class Jenifer Frazier
 Senior Airman Aaron Landegent
 Staff Sgt. Rachel Landegent
 Capt. Tanya Keck-Smith

Promotions:

Senior Airman Brandon Burney
 Senior Airman Lori Golingerhorst
 Senior Airman Dustin Kutos
 Senior Airman Tiffany Moore
 Senior Airman David Noriega
 Senior Airman Crystalline Ray
 Senior Airman Stephenie Tatum
 Staff Sgt. Caroline Hayworth
 Tech. Sgt. Ryan Andresen
 Tech. Sgt. Nicole Brewer
 Tech. Sgt. Joe Holman
 Tech. Sgt. Joshua Morris
 Tech. Sgt. James Smith
 Tech. Sgt. Brent Webb
 1st Lt. Holly Beardmore
 1st Lt. Virginia Marshall
 Capt. Ryan Stanfield

Retirements:

Major Carrie Clear

2010 Drill Dates

November 6-7
 December 11-12

2011 Drill Dates

January 8-9
 February 5-6
 March 5-6
 April 9-10
 May 14-15
 June 11-12
 July 9-10
 August 6-7
 September 10-11
 October 1-2
 November 5-6
 December 10-11

November Menu

Saturday:

Roast turkey, baked ham, potatoes, green beans with mushrooms, corn, gravy, dinner rolls, salad bar, dessert

Sunday:

Box lunches

Connect to the **137th Air Refueling Wing** on Facebook or visit us on the web at www.137arw.ang.af.mil

Volunteer opportunities

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

Become a mentor/mentee through the base mentorship program. Contact Senior Master Sgt. James Ergenbright at (405) 686-5719 or james.ergenbright@ang.af.mil.

Worship services

Wing conference room, 10 a.m.

Saturday: Catholic mass

Sunday: Protestant worship

Special congratulations

...to Tech. Sgt. Marvin Winterink, a services technician for the 137 ARW here, for representing the Oklahoma Air National Guard in a 5K run held in Dayton, Ohio, Sept. 17. Winterink placed fourth out of 51 in his division with a time of 22 minutes, 52 seconds. This 5K was held in conjunction with the annual Air Force marathon.

...to Airman 1st Class Susanna Hayworth and Airman 1st Class Lee Cawood on their new positions as pilot-selects! Both interviewed in September before a board and were chosen to represent the 185th!

Numbers to know...

(Area code 405)

Emergencies: 911 then 686-5117

ID card appointments: 686-5212

Medical appointments: 686-5245

Help desk: 686-5000

Security forces: 686-5301

Sexual Assault Prevention and Response Hotline: 686-5564 or 550-2971

Mishap reporting: 686-5555

Chaplain's office: 686-5145

Base information line: 686-5627

Sexual Assault Prevention and Response information

If you have been sexually assaulted, you have a choice in reporting the offense. Whether it's a restricted or unrestricted report, contact your sexual assault response coordinator, Maj. Liz Kettler at (405) 686-5564 or 517-9400 or the 24-hour hotline at 686-5561. You have a choice and can get the help you need.

Oklahoma National Guard

Family Programs Office's internet talk show:

Blog: On Guard in Oklahoma

Tracy Poindexter (Army National Guard) and Jennifer Lain (Air National Guard) have joined forces to bring you live internet shows featuring guests, information and resources you can use. Call-in, chat or subscribe to their podcast through www.blogtalkradio.com/ogok.

Airman rewarded with more than award

By Staff Sgt. Lindsay Roe
137 ARW Public Affairs

When Staff Sgt. Joshua Barry, 137th ARW chaplain assistant, volunteered for a special duty assignment at the Air Force Mortuary Affairs Operations Center at Dover Air Force Base, Del., he knew that his life would never be the same.

Barry supported the mortuary staff that process and prepare the remains of soldiers, sailors, marines and airman stationed abroad. He organized morale trips for the airmen working at the AFMAOC and weekly dinners, but more importantly built relationships with everyone.

“Visitation is the key to really get the pulse of the airman and civilians to ensure that they are able to handle this duty and if not, that they are receiving the help they need,” Barry shared. See **BARRY**, page 6



Staff Sgt. Joshua Barry receives the Air Force Achievement medal at the Air Force Mortuary Affairs Operations Center, Dover Air Force Base, Del.

Base mentorship program underway

By Senior Master Sgt. James Ergenbright
137 ARW Human Resource Advisor

A mentorship program is underway at Will Rogers Air National Guard Base.

The overall goal of the program is to pair up experienced enlisted members and officers with an interested mentee on base.

So what's in it for you? Why be involved with the 137th Air Refueling Wing mentorship program?

Remember when you were just beginning your career in the Air National Guard? There were details of the job, the military, and how you fit in. There were things you did not understand. So, how did you discover the answer?

For a lot of people, asking their supervisor seemed the most logical way to find those answers. For others, a friend, a family member or a recent acquaintance provided the information.

Over the years this has continued to be the standard way we learn; someone telling us and guiding us along the way.

Members of the Air National Guard are highly trained and very knowledgeable in their careers, jobs, personal deployment, education, and life in general.

Have you ever asked yourself, “What's next?” “What should I be doing in my career”, “Where am I going in the next 10 years” and “How can I achieve my goals in life as well as in the military?”

A mentor is that person, someone who can help you find the answers to those questions. Often they are a good friend or family member. They are the guide-on to help a person understand the answers to those life questions. A mentor invests part of their life in someone else's to help them develop.

C. S. Lewis once said, “The only people who achieve much are those

who want knowledge so badly that they seek it while the conditions are still unfavorable. Favorable conditions never come.”

So what's next... make a difference in someone else, become a mentor. A mentor whether formal or informal understands the potential difference they can make in someone else along the way.

Take the opportunity to share what you know, whether professional or personal.

Take the challenge of a lifetime, become part of someone else's life. Become a mentor.

If you are interested in being a mentor or becoming a mentee please contact Senior Master Sgt. James Ergenbright or Master Sgt. Scherryl Coulter at 405-686-5719 during the week and on drill weekends. Or you can email them at james.ergenbright@ang.af.mil and at scherryl.coulter.1@ang.af.mil for more information.

Eagle Eyes: Proactive against possible threats

Compiled by Lt. Col. James Snow

137ARW Security Forces Squadron Commander

With the threat of terrorist attacks ever present worldwide, the base populace needs to remain vigilant to this very real possibility.

We, collectively, have the ability to prevent terrorist attacks by simply noting “out of place” situations. As a precursor to a terrorist attack, there are identifiable indicators you need to be aware of to help identify and mitigate the threat before it becomes a reality. These indicators are identified in the Eagle Eyes program.

The Eagle Eyes program is essentially a “global neighborhood watch” program, which allows every Airman and citizen to act as a “sensor” to possible terrorist activities. The following are indicators to be aware of in support of the Eagle Eyes program:

Surveillance: This accounts for 80 percent of planning. Someone recording or monitoring activities. This may include the use of cameras (either still or video), the act of note taking, drawing diagrams, annotating on maps, or the use of binoculars or other vision-enhancing devices.

Elicitation: The use of normal conversation to attempt to gain information about military operations, capabilities,

or people.

Tests of Security: Any attempts to measure reaction times to security breaches or to penetrate physical security barriers or procedures in order to assess strengths and weaknesses.

Acquiring Supplies: Purchasing or stealing explosives, weapons, ammunition, etc. Also includes acquiring military uniforms, military or dependant ID cards, decals, passes or badges (or the equipment to manufacture such items) or any other controlled items.

Suspicious Persons Out of Place: People who don't seem to belong in or around the workplace or your neighborhood. This includes suspicious persons monitoring base activities and unusual interest in base facilities.

Dry Run: Putting people into position and moving them around according to their plan without actually committing the terrorist act.

Deploying Assets: People and supplies getting into position to commit the act. This is a person's last chance to alert authorities before the terrorist act occurs.

Report any of these indicators or any suspicious activities (on or off base) 24/7 to Security Forces Base Defense Operations Center at 405-686-5301.

Social media: sharing too much can prove costly

By Lt. Col. Tracey Hale 137ARW Operational Security Program Manager

The whole social networking phenomenon has millions of Americans sharing their photos, favorite songs and details about their class reunions on Facebook, MySpace, Twitter and dozens of similar sites.

However, there are a handful of personal details that you should never say if you don't want criminals, cyber or otherwise, to rob you blind.

Insure.com says that ill-advised Facebook postings can get your

insurance cancelled or cause you to pay substantially more for everything from auto to life insurance. By now almost everyone knows that drunken party pictures could cost you a job, too.

You can certainly enjoy networking and sharing photos, but you should know that sharing certain information puts you at risk. Here are a few things you should never share on Facebook, Twitter or any other social networking site:

Your birth date and place: A study done by Carnegie Mellon showed that a date and place of birth could

be used to predict most, and sometimes all, of the numbers in your social security number.

Vacation plans: Post the photos on Facebook when you return, if you like, but don't invite criminals in by saying, “Count-down to Maui!” or “Two days and Ritz Carlton, here we come!”

Home address: A study recently released by the Ponemon Institute found that users of social media sites were at greater risk of physical and identity theft because of the information they were sharing. Some 40% listed their home address on the sites

AIRMAN SPOTLIGHT



Tech. Sergeant Terrance Smith



Photo by Staff Sgt. Caroline Hayworth

Unit/Position...137th Communications Flight Cyber Security

In the Air Guard...9 years

Job Duties...Operate information technology (IT) resources to monitor, evaluate and maintain systems, policy and procedures to protect networks, data/voice systems from unauthorized activity

In this position...2 Months

Career goals...Is to one day be a chief in the Oklahoma Air National Guard

Hobbies...Fishing, dancing, and quality time with family

Advice to new Airmen...Find a NCO or Senior NCO and make them your mentor

One of your most rewarding experiences while serving in the Air Guard...

Completion of Satellite Non-Commissioned Officer Academy

Scam targets military members

1SOSFS/S21 Intelligence Bulletin 10-001

An airmen was contacted about a TRICARE survey in September and asked for personal information such as: Social Security number, home address, and date of birth. When the Airmen asked why personal information TRICARE already had was being asked, the caller immediately hung up.

If you receive a call that requests personal information, do not disclose it. Ask the caller basic type questions to determine if the call is legitimate i.e. a call back number or their name and employee number. Remember your personal information is yours and you need to protect it.

TRICARE offices were contacted and verified they do conduct surveys; however, they never request the above type information. If you receive a call about TRICARE and believe it to be false, contact your TRICARE office.

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and 65 percent didn't even attempt to block out strangers with privacy settings.

Confessionals: Employers commonly peruse social networking sites to determine who to hire and sometimes who to fire. Need proof? In just the past few weeks, an emergency

dispatcher was fired in Wisconsin for revealing drug use, a waitress got canned for complaining about customers, and the Pittsburgh Pirate's mascot was dumped for bashing the team on Facebook.

Password clues: If you've got online accounts, you've probably answered a dozen different security questions, telling your bank or

BARRY from page 4

Besides working with the Chaplain to ensure the mortuary staff is emotionally capable to continue giving dignity, honor and respect to the fallen, he also assisted the families of war heroes on their final trip home.

He recalls one specific incident that while a woman was being consoled, Barry was left to stay with her two daughters. "I felt like I was their big brother, and all I could do was hold them while they cried through the transfer of their father," said Barry. "I will never forget that."

While there, Barry was awarded the Air Force Achievement medal. Of the medal, he says he would trade all the medals in the world to be able to be shoulder for someone in need.

"Every dignified transfer was life changing," Barry said. "There is not a day that passes that I'm not reminded of the sacrifice that young men and women of this country have paid to ensure the freedom of our country and Iraq or Afghanistan."

brokerage firm, your Mom's maiden name, the church you were married in, or the name of your favorite song.

Do you have that same stuff on the information page of your Facebook profile? If so, you're giving crooks an easy way to guess your passwords.

Faith is not really faith until we act on it



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

Most of us, I think, wish there were times when we had more faith.

Perhaps it is more faith in humanity, more faith in our children, more faith in our supervisors, our government and yes, even more faith in God and ourselves.

When we find ourselves with a lack of faith, we often turn to God and ask for an increase. However, to ask God for more faith is like asking your mother for a hug. It's like asking Julia Childs for a recipe, or asking someone like Rush Limbaugh for an opinion. The person we ask is often more eager to give than we are to receive.

However, when we ask God for more faith, do we think there is some kind of magic formula for multiplying faith? Are we perhaps hoping we can go to sleep with a weak faith one evening and wake up the next morning with one that is strong? That isn't how faith works.

Our faith develops and gets stronger in the same way we develop stronger muscles; through exercise and healthy nourishment.

Anyone who believes faith belongs only to the realm

of religion is missing the point. The fact is that all of us, every one of us, exercise faith, and there is absolutely no way we can live without it.

Faith is a fundamental part of life. It is a vital part of our nature, of who we are. We all have it, we all use it, and we all need more of it. However, the only way for us to get more faith is by using what we already have.

Faith is also what makes life interesting and keeps it exciting. If everything were an absolute certainty, living would hardly be worth the effort.

Where would the excitement be, the adventure? There wouldn't be any. And courage certainly wouldn't be needed. For example, when Columbus set sail across the Atlantic, he didn't know how that voyage would turn out, but that's what made it worth doing.

When Mahatma Gandhi decided to practice law in India, he had no idea he would one day be the voice that brought the British Empire to its knees in that country. All he knew was that the dignity of all people was important, and working to protect that dignity is what made life worth living.

In the absence of certainty it is faith that fills in the blanks, and that is one of the things that makes life interesting and keeps it exciting. So when any of us ever feels the need for greater faith, when we want a deeper faith and a life truly worth living, here is the way to get it...we must take the faith God has given us and put it to work.

Start doing things with it at home, in the workplace, at school, wherever we find ourselves. Faith isn't really faith until we act on it.

This month in Air National Guard History...

Mexican Border Crisis

In November 1915, Capt. Raynal Cawthorne Bolling organized and took command of a unit that became the 1st Aero Company, New York National Guard. It is recognized as the Air National Guard's oldest unit, and its lineage is carried by the 102nd Rescue Squadron, New York ANG. July 13, 1916, the 1st Aero

Company mobilized during the border crisis with Mexico. It trained at Mineola Field, New York. Bolling's unit was joined at Mineola by the 2nd Aero Company of Buffalo and 12 guard officers from other states. Both air units remained at Mineola during the crisis. Visit <http://avstop.com/news/index.html> for more information.



Photo by Master Sgt Roberta Thompson

Ninety-nine Oklahoma veterans gather in front of the World War II Memorial created in their honor in Washington D.C., on October 12, 2010, as part of the second Oklahoma Honor Flight. The Honor Flight Network provides veterans the opportunity to visit the WWII, Korean, Vietnam and Iwo Jima Memorials before witnessing the Changing of the Guard at the Tomb of the Unknowns in Arlington National Cemetery.

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: