

137th Airman gives shirt off his back

By Sgt. Daniel Nelson, 145th Mobile Public Affairs Detachment, Okla. Army National Guard

As a community shattered in the wake of a deadly EF-5 tornado, ordinary citizens became heroes, rising to meet the needs of others and giving selflessly to those directly affected.

Many who answered the call to help were volunteers or first responders, but others responded to the Moore tornado as citizen soldiers and airmen serving their communities.

The lives of two individuals came together May 20 when an Oklahoma Air National Guardsman provided aid to a Moore citizen by pulling her from the rubble and literally giving her the shirt off his back.

Moore native Sandra Adams, 65, was in bed when her 88-year old mother came to get her to take cover in one of their bathtubs along with the family dog, Duke.

With wind speeds of more than 200 mph, Adams remembers the sound the tornado made as it passed overhead, tearing up everything it came in contact with.

“It got really loud as the tornado came closer, the lights went out and everything around us began falling inward on top of us,” said Adams. “I could see through some of the debris that there was even more debris flying around overhead. Once all of the chaos was over, I could see some light through the stuff now on top of us. That’s when I knew my house was gone.”

With the tornado now passed her, Adams and her mother found themselves buried in their bathtub unable to dig their way out. They had no choice but to wait and call for help until someone could make their way through the rubble that once was her neighborhood.

“I had just one oxygen bottle with less than 30 minutes of use left on it when a 13-year old boy found us,” said Adams. “He yelled to me that he was going to have to get some bigger guys to help get me out.”

It took four men to dig Adams and her mother out of their debris-covered bathtub and carry them to a place where they

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Photo by Sgt. Daniel Nelson

Tech. Sgt. Drew Stanley, an air cargo specialist for the logistical readiness squadron of the 137th Air Refueling Wing, gives flowers to Sandra Adams, a Moore, Okla. tornado survivor, in her hospital room. Adams, who had been pulled from her bath tub, wanted to return the blouse that Stanley had wrapped around her while he provided first aid to those affected by the tornado.

Only response: "This is just what we do."



**By Col. Douglas Hayworth,
137th Maintenance Group
Commander**

Amidst the stories of death and destruction from the storms that rocked through central Oklahoma over the past few weeks, a common thread of resiliency and volunteerism is found.

This especially rings true when it comes to the airmen at Will Rogers Air National Guard Base. Ultimately we volunteered for "service before self" to both our nation and our fellow Oklahomans. It's what the Guard is here for. It's what we do.

While the storms were battering Moore on May 20, families were gathering at Tinker Air Force Base to welcome home nearly 40 airmen from the 507th Air Refueling Wing as they returned from a six-month deployment. However, because of the tornado debris, the aircraft was unable to land at Tinker. An offer was made to the 507th leadership,

and quickly accepted, to divert the aircraft to Will Rogers Air National Guard Base where the 137th Air Refueling Wing could provide ramp space, support for the aircraft, open facilities for the families to greet their loved ones, as well as offer baggage handlers for the cargo and bus transportation for the returning airmen. In a very short time, all of the preparations were made, and the aircraft arrived at WRANGB at 7 p.m.

To the casual observer, the return of this aircraft went so smoothly that it gave the impression this arrival had been very well-coordinated with several phone calls and meetings. In reality, it had been put together in a matter of minutes. It was successful because of the highly trained and experienced members of the 137th who were willing to put aside their own concerns and jobs to help fellow airmen and fellow Oklahomans.

You won't find a record of this story in any newspaper, website or television broadcast, but you will find it in the memories of nearly 40 grateful airmen, their families and the leadership of the 507th ARW.

As the plane touched down on the flight line, baggage trucks, air stairs and busses were waiting. A very grateful 507th ARW Wing Commander thanked the 137th for providing such a service to his Airmen and their families.

The only response that could be made was, "Sir, this is just what we do."

DON'T BE A VICTIM, BEAT THE HEAT

With the high temperatures and humidity, everyone at WRANGB will be experiencing a little more "heat stress." There are several factors that contribute to heat stress, such as a person's activity level and several environmental factors. Some of these factors can be controlled, and along with water intake, a person's heat stress can be reduced.

The effects of heat stress may be as mild as a rash, or in an extreme case, may even cause death. Therefore, it is important for you to know how to protect yourself from becoming victim of heat stress.

The Air Force uses the Wet Bulb Globe Temperature to measure environmental heat

factors (outdoor ambient temperature, relative humidity and solar load).

Water consumption and rest from activity and the sun help control the effects of heat stress. Additional clothing can also add heat stress and should be taken into consideration when determining rest or water consumption needs.

Calculated by the 137th Bioenvironmental Engineering Services, the Heat Categories range from 0 (no condition) to 5 (most severe condition). BES uses the WBGT "outdoors" to determine the HC.

Accordingly, water intake and rest cycles are recommended and further provisions

are made due to wearing additional clothing. BES uses a WBGT monitor and posts temperatures via email to all WRANGB personnel.

Guidance and recommendations are applicable for all Military and DoD Civilians on WRANGB and should be followed except during contingency exercises for those participating in the exercises. Contingency exercise participants should follow guidelines set forth in AFMAN 10-100, Airman's Manual.

For additional information, contact a representative from the BES office at (405) 686-5147. For a medical emergency call 911.

137th Air Refueling Wing Public Affairs Staff

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Personnel Updates

Incoming:

Airman 1st Class Sarai Chavez
Airman 1st Class Patrick Hagar
Airman 1st Class Matthew Mullins
Airman 1st Class Christopher Parker
Senior Airman Natan Fisher
Staff Sgt. Matthew Tompkins
Tech. Sgt. Joseph Azzone
Tech. Sgt. Rachel Haggard

Promotions:

Senior Airman Morgan Christy
Senior Airman Rachel Gibson
Senior Airman Emily Howeth
Senior Airman Alison Lanphere
Senior Airman Ty Pettitt
Senior Airman Duncan Smith
Senior Airman Isabell Stewart
Senior Airman Jacob Whitten
Staff Sgt. Justin Edwards
Staff Sgt. David Steward
Staff Sgt. Stephen Strong
Staff Sgt. Anthony Welden
Tech. Sgt. Abigail Ahern
Tech. Sgt. Jason Johnson
Tech. Sgt. Jose Robles
Tech. Sgt. David Walker
Master Sgt. Ryan Andresen
Master Sgt. Jerry Bolster
Master Sgt. Jonathan Reis
1st Lt. Tyrone Love
1st Lt. Tina Norman
1st Lt. Spencer Prather
1st Lt. Susanna Roberts
1st Lt. Joshua Thomas
1st Lt. Joshua Young

Retirements:

Staff Sgt. Joseph Bogan
Tech. Sgt. Raul Estrada
Tech. Sgt. John Ledford
Tech. Sgt. Teresa Leidall
Senior Master Sgt. Christopher Howard
Lt. Col. Joseph Thompson

For more Oklahoma National Guard news go to:

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

July Menu

Due to July being a flex drill, lunch will not be offered in the Dining Facility. **Don't forget to make other arrangements.**

There will not be an August Airlifter.

2013 Drill Dates

July (flex)	13-14
August	10-11
September	7-8
October	5-6
November	2-3
December	7-8

Applications for a traditional Master Sgt. position in the Military Equal Opportunity Office accepted through Sept. UTA. Email 2nd Lt. Ford for questions

at shauna.ford@ang.af.mil

Did you know...

You can request a correction to your DD Form 214 online?

To submit requests, log in to myPers.af.mil, select "Access the vPC-GR Dashboard" link, and select "Correction to My DD Form 214." Fill out the information in the "DD Form 215 Request Worksheet" and attach any required documentation.

If assistance is needed, click "Contact Us" on the myPers website to reach customer service.

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: 686-5334
Base information line: 686-5627
Jennifer Lain, Airman & Family Readiness: 686-5683

Assistance to military families affected by the recent Oklahoma tornados is available from Operation Homefront

For more information contact Operation Homefront at (580) 580-0772 or online at: OperationHomefront.net/OKAR or call Family Readiness at (405) 686-5683

42nd Annual EANGUS Conference Aug. 18-22, 2013 Sioux Falls, S.D.

135th NGAUS General Conference Sept. 20-23, 2013 Honolulu

www.NGAOK.org

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at 137th Air Refueling Wing

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could receive medical treatment and wait for transportation to the nearest hospital.

Little did she know that she would soon meet a member of the Oklahoma Air National Guard, who would make a lasting impression on her during a time of chaos and sadness.

Fellow Moore resident, Tech. Sgt. Drew Stanley, was at work at the Will Rogers Air National Guard Base when the reports of the tornado began being televised.

Stanley, an air cargo specialist for the logistical readiness squadron, 137th Air Refueling Wing, watched as local meteorologists projected the tornado's path to pass over his house.

"I drove home to make sure my roommates and dogs were going to be pulled out of the storm cellar," said Stanley. "I had been through a tornado a year earlier and knew that police officers would block off the area to people who weren't first responders."

Fortunate to find his home was not in the direct path of the tornado, Stanley turned his focus on making

sure his family members living in the area were safe. After checking on his loved ones, he then responded to radio broadcasts that nearby Briarwood Elementary had been hit by the tornado and still had children stuck inside.

"When I found Sandra, she was shaking so hard," said Stanley. "I gave her my Air Force blouse after asking her if she was cold and she said 'yes.' I then began treating her for shock; everyone was in shock."

"I headed that direction to help, but the traffic was so bad I had to pull over and began running to help," said Stanley. "With power lines down and the neighborhood being completely cut off from vehicle access, getting in to check for people was difficult."

Stanley suddenly found himself in

the middle of the chaos, standing on rubble piles that were once occupied houses earlier that day, and providing first aid along with police officers and off-duty firefighters.

"I never made it to the school because victims began coming out before I made it there, so I began immediate first aid with the first responders in the area," said Stanley.

Making sure everyone was in stable condition before moving on to the next person, Stanley was about to meet Adams for the first time.

"When I found Sandra, she was shaking so hard," said Stanley. "I gave her my Air Force blouse after asking her if she was cold and she said 'yes.' I then began treating her for shock; everyone was in shock."

The lives of many people changed in the aftermath of the deadly tornado that ripped through central Oklahoma, but the two strangers were able to leave a positive light on a tragic incident.

Once she was safe and stable in a regional hospital, Adams was determined to find the owner of the Air Force blouse. So, she used local media channels to set up a meeting with her Air Force rescuer.

With a smile on his face and a handful of flowers, Stanley walked into Adams' hospital room for what would be only their second meeting. It was on more pleasant terms, with Adams giving Stanley a big hug in appreciation, his military blouse and many praises of thanks.

"It's great seeing that she is fine," said Stanley. "I'm glad I could bring a little light on such a devastating situation."

Stanley (right) and Adams (left) share a hug in Adams' hospital room after she returned the blouse he had wrapped around her once she was safe from her home.



Photo by Sgt. Daniel Nelson

137th Medical Group trains for disaster

By Airman 1st Class Kasey Phipps
137 ARW Public Affairs

With the cleanup from the recent surge of tornado producing storms still continuing, disaster relief has been present in many Oklahomans' minds.

Guard members from the 137th Will Rogers Air National Guard Base, along with seven other units from across the nation, trained to respond to such natural disasters.

The 137th Medical Group participated in Expeditionary Medical Support training, or EMEDS, a course at Alpena, Mich.'s Combat Readiness Training Center in which Guard members are required to respond to a natural disaster scenario and medically treat military and civilian populations.

The May 12 - 19 training called for Guard members to react to a scenario in which civilian hospitals were overrun with patients after a Lansing, Mich. earthquake.

Over the course of the week, members attended classes, erected an EMEDS facility, stocked and catalogued equipment, checked for environmental threats, triaged, treated, prescribed medications, and medically evacuated patients throughout the exercise.

The EMEDS instructors filled the week with several "unplanned" events in which the Guard members had to respond to scenarios such as an evacuation of a small town, air contamination and a looter.

"We throw scenarios at them to see how they react, how they respond," said Lt. Col. Bret Oldman, the director of Alpena's Medical Readiness Training Site. "We like to hit them with challenges."



Photo by Airman 1st Class Kasey Phipps

Emerging from the smoke, members of the 137th MDG work together with other units to evacuate patients from the EMEDS facility during a simulated fire scenario.

With so many scenarios, each member of the EMEDS team was tested in their field, allowing Guard members to be more prepared and ready for a real world equivalent.

This EMEDS training is one of the last to happen in Alpena, Mich. before it is moved to Camp Bullis, Texas.

After 24 years in Alpena, Mich., EMEDS has incorporated new technology and equipment for a more practical experience. In fact, the EMEDS facility has been sent to disasters to support local and civilian responses.

"This platform responded to Hurricane Katrina to do exactly what we're doing now," said Tech. Sgt. Jared Bicker, an instructor at EMEDS. "We gear our exercise toward that."

The program spent \$300,000 on a human simulator that mimicked human body reactions to medical treatments, said Oldman. The simulator See *TRAINING* page 7



Photo by Airman 1st Class Kasey Phipps

Tech. Sgt. Leslie Quate from the 137th MDG secures a patient on to a litter for transport into the EMEDS facility after an aftershock hit a town during the Lansing, Mich. scenario.

Airmen make sacrifices, preserve sanctity

By Senior Airman Tyler Dunn, 137 ARW Public Affairs

When Tech. Sgt. Christy Bolster volunteered to aid the recent relief effort in Moore, Okla., following May's devastating tornadoes, she knew what she would be giving up.

Bolster, a Guardsman with the 137th Security Forces Squadron at Will Rogers Air National Guard Base, is also a 5th grade teacher at Bridgestone Elementary in

Oklahoma City. "I came out here today, and I'm missing my last two days with my kids," she said.

Bolster was one of about 35 security forces members the Wing deployed to the area.

She and her fellow Airmen rotated in and out of 12-hour shifts and worked tirelessly to control traffic, secure perimeters and prevent looting.

Master Sgt. Richard Young, security forces superintendent, said one of their most important jobs involved

guarding Briarwood and Plaza Towers elementaries, the latter in which seven children lost their lives.

"We wanted to preserve the sanctity of those locations," Young said.

Young, who used the word "outstanding" to define the Airmen's efforts during their 12 days in Moore, said security forces not only

comprised about half of the Wing's resources at any given time, but were some of the first to lend a hand.

Bolster said she recalls witnessing that kind of selflessness from National Guardsmen in 1999, when the Moore area was impacted by the historic May 3 tornado.

"I remember seeing the National Guard out there, because I just thought, 'wow.'"

This might explain her willingness to help.

"Duty calls, and I want to be out here helping my community," she said. "I know my kids are really proud of me. I volunteered for this."

WWII vet. speaks of past, looks to future

By Airman 1st Class Kasey Phipps 137 ARW Public Affairs

History provides not only insight into the past, but it also casts light into the future.

When Navy World War II veteran David Fox visited the 137th Will Rogers Air National Guard Base June 9, his presence and words served as guidance to those who met him.

Fox's experiences include working as an electrician's mate on the USS Lexington aircraft carrier, being a part of the X-15 rocket-powered aircraft program, and witnessing the landing of Apollo 11 on the moon as a part of the Apollo program.

After arriving to the 137th Student Flight classroom, Fox began to speak to the students and other interested Airmen about the importance of commitment to your goals – something Fox's resume was built on and is also heavily emphasized in the student flight.

"It's all about commitment," Fox said. "What are you willing to do? If you want the very best, put your very

best out there. People who are committed to a cause and have passion can make things happen. Find your passion, and do it. With passion, you can do anything."

Fox also visited the 146th Air Support Operations Squadron, viewing and trying out the newest technology and equipment, as well as speaking of his experience in the Navy and offering advice to the Airmen of the ASOS.

"I joined for the right reason," Fox said. "I joined to wear my country's uniform, and I did it to preserve the freedom that those before me fought for. I don't know why you folks put on that uniform, but wear it proudly. You are who keeps us a free nation. You have been passed the torch. Hold it high, and you will never regret it."

Fox spoke to the Airmen with a voice filled with both passion and pride, acknowledging both their past efforts and those of the future.

"When you get thanked for you service, you're getting the honor you each deserve," Fox said. "It makes me very

content to know I was one of the guys willing to take the chance, and I appreciate you young people who are willing to take the chance now."

As Fox departed, he spoke some final words of wisdom to the members of student flight that apply to all citizens, whether they're civilian or military.

"Look ahead," he said. "You've got to think about what tomorrow will bring."



Photo by Tech. Sgt. Roberta Thompson

David Fox, a World War II veteran, shares knowledge that he has gained throughout his experiences with the Navy, in order to provide guidance to student flight members during his visit to Will Rogers Air National Guard Base, June 9.

Where do you find relief and safety?



By Chaplain Danny Baker, 137th Air Refueling Wing

Oklahoma experienced one of the worst disasters in Moore, Okla. May 20.

I was proud of our security forces in their mission to support the recovery by providing security and traffic control in and around the area hit by the tornado. I was also impressed by the leadership that many displayed from the beginning.

As a chaplain, my question was: "What can God do in such a horrible disaster that claimed the lives of people?"

We were saddened by all that were impacted, and I was especially heart-broken for the children that were taken as victims in the storm.

Psalms chapter 4 reveals the need for relief that many of us are feeling. It's interesting that in a time of trouble, sorrow, or grief, the Psalmist simply cried, "Hear me, O God."

He wasn't just asking for God's ear, but he demanded that God obey his prayer. This is a bold way to pray when you demand that Almighty God obey your prayer.

The interesting note in this passage is what God has

already done: "You have relieved me in my distress." The focus wasn't on the need for relief, but how God relieved the stress and continued to relieve it.

First, God 'set himself apart' to those who seek him. God makes himself available to those who will seek him in time of need.

Second, be angry and do not sin. Yes, be angry. It's okay to be angry when you're in distress. God understands your emotional pain. But, don't do anything to rebel against or deny Him the opportunity to work through your situation.

Third, people are to take the opportunity to set things right. God has given people an opportunity to get things right with Him and others.

Fourth, relief came in the form of gladness. Yes, in time of tragedy, God can provide a gladness that only comes from Him. Right now, it's difficult to find any gladness in such a tragic event, but the Psalmist found his gladness in the Lord of heaven and earth.

Lastly, the Psalmist could lie down in peace. Oh, a peace that allows us to rest. We don't have to fret once we find relief in the Lord. Peace comes only from the Lord: "For you alone, O Lord, make me dwell in safety."

There is safety in finding relief in what God provides with his protection

That protection only comes in Jesus Christ.

A government agency or storm shelter can provide temporary relief. I hope you know and find an eternal safety that comes only from the Lord.

There is only one way to find relief from the storms of life according to the Psalmist: trust in the Lord always.

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Sgt. James Wilbanks, a member of the 137th MDG, has dilating eyes, a changing pulse, simulated breathing, blood, and even voice response.

The program also incorporated human worn simulator suits with man-made organs and tissues that were similar in makeup of a real human body.

These \$70,000 suits allowed for life-like medical surgeries and procedures to be performed while still including the reactions of an actual human.

"This is just awesome," said Master

Sgt. James Wilbanks, a member of the 137th MDG, about the suits. "This is as close to a real person as it gets."

EMEDS was not only a training scenario, but it also fulfilled formal course requirements set forth by the Air Combat Command for medical personnel, said Master Sgt. Chris Keller, another EMEDS instructor. The EMEDS course is required every three years by the ACC, and it "goes further" than the minimum requirements.

"This is a very good experience for us," said Maj. Robert Anderson of the

137th MDG. "We can't get enough of this kind of training."

With the onslaught of Oklahoma's notorious storm season and the nation's hurricane season, Guard members are being properly trained to be always ready and always there.

"I think we achieved our goal, which was teaching you to both setup and run an EMEDS facility," said Oldman while he spoke to the participants at the exercise's close. "I hope it gave you the confidence to do this in a real situation."



Photo by Tech. Sgt. Roberta Thompson

Gov. Mary Fallin of Oklahoma discusses tornado damage with Maj. Gen. Myles Deering, the adjutant general for Oklahoma, Gen. Frank Grass, chief of the National Guard Bureau, and Mrs. Patricia Grass on May 28, in Norman, Okla. Grass toured the tornado damaged area in Moore, Okla., acknowledging Oklahoma Air and Army National Guard troops for their service in the state's time of crisis. Guard members not only responded initially, but also manned checkpoints to protect Oklahomans and volunteers from further harm in areas of significant damage.

To the family of:

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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."