

Wright-Patterson AFB, OH

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Staff Sgt. Mikhail Berlin

The 445th Aeromedical Evacuation Squadron team assesses the status of a simulated wounded Airman during the self-aid and buddy care portion of the 445th Rodeo Jan. 24.

Wing wraps up ORI prep with rodeo

By Stacy Vaughn

445th Airlift Wing Public Affairs

Team spirit filled Hangar 4016 Jan. 24 as the 445th Airlift Wing Operational Readiness Inspection key players participated in the wing's first rodeo.

"This is the first rodeo we've done here at the wing. The rodeo is designed to encapsulate all the training accomplished leading up to the ORI and give the reservists the opportunity to have fun and blow off some steam," said Lt. Col. Joseph Savage, 445th Airlift Wing chief of wing combat readiness.

The rodeo was comprised of six stations: S-A-L-U-T-E (size, activity, location, unit, time, equipment) and report; weapons familiarization; self-aid and buddy care; unexploded ordnance; litter carry; and the final station was mission oriented protective posture. Each area had points awarded for various instances the players were responsible for accomplishing. Inspectors were assigned to each station as a monitor to keep track of points the units earned and to provide feedback to the teams.

"I say 'A'. You say 'E'. 'AES! AES! Mighty, mighty, AES!"

This cheer was echoed throughout the hangar as a team of five 445th Aeromedical Evacuation Squadron players hovered around a simulated patient with open wounds in the SABC station.

"He's not breathing. He's unresponsive," said Lt. Col. Steven Theohares, 445th AES training flight commander, as he and his four teammates observed the victim. "Does it look like he has any protruding wounds? Let's assess the injuries. Be careful," Theohares projected to his team. AES provided their observations to the inspector, who annotated their actions and provided feedback.

"Part of it's a team building aspect. It gives us time to get in more practice to hone our skills, allowing us to be better prepared and see what we still need to focus on before the ORI hits," Col. Linda Stokes-Crowe, 445th Aeromedical Evacuation Squadron commander said.

The hangar was divided in half—six stations on one side and six on the other to allow multiple units to go through at the same time.

"I've seen a lot of enthusiasm from all the units. It's great to see everyone having a good time while still in a training mode," said Senior Airman Steven Flowers, 445th Aerospace Medicine Squadron, one of the inspectors in charge of the SABC station.

Commentary

Are you truly among the best?

By Chief Master Sgt. Peri Rogowski 445th Airlift Wing Command Chief

Are you 'THE BEST' in your duty section? Did you know that if you are worthy of receiving a 5 enlisted performance report that your leadership is telling you that they feel you are 'Truly among the Best?' How does that make you feel? Do you believe it's accurate in comparison to the rest of your co-workers?

I promised each of you that I would give you the resources and tools to help you succeed in your

career. In keeping my promise, I've started teaching EPR writing classes on unit training assemblies. While we still have an Air Force-wide issue with inflated EPR ratings, I don't believe that EPRs are as big of a problem for us as is the required mid-term feedback sessions that are rarely, if ever, taking place. This official feedback session is supposed to take place half-way through a rating period and the date is documented on the back of the EPR.

Check it out. It's there and guess what? A documented form should be in your file with your and your rater's signature on it proving it happened. However, we

Buckeye Flyer

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those who does not, make sure you ask them when your feedback session will be. Hold them accountable – you deserve feedback. Go further and ask them if they were to rate you today, what would they rate you. This is an opportunity for your rater to give you their expectations and help you understand what you need to do to achieve the rating you feel you deserve. But does that mean you are 'truly among the best?'

Let's be honest...if you were your supervisor, how would YOU rate you? Do you feel that you give all you have to the Air Force? Are you a true expert in your AFSC? Do you take courses or volunteer in your community or in the wing? Do you feel you go above and beyond? Do you show up just in time to sign in and leave exactly at sign out and never look at your e-mail in between UTAs? Realistically, everyone will probably not be a 5 throughout their entire career. Life happens. Priorities change and as traditional reservists so do our competing interests - and that's fine! As long you are doing your job, its ok. So is a rating of a 4. It's the job of our supervisors and senior leadership to accurately portray our unit members' job performance. It's YOUR job to give them something worthy to write about in your own EPR. Live up to your rating if you are worthy enough to be given a 5. If not, and you want a 5, find out what you need to work on and get on it.

Take time to say 'I love you'

By Chaplain (Lt. Col.) Bill Dickens 445th Airlift Wing Chaplain Corps

all know that not all supervi-

sors conduct these feedbacks.

So if your supervisor is one of

February is the month of love. Everything is decorated with red hearts. Card and flower shops make thousands of dollars on people expressing their love for one another.

I think it is good for us to have this focused time or reflection on those we love and why we love them. We often take those we love for granted. We expect them to know that we love them, whether or not we take the time to show or tell them. Sometimes we say "I love you" and we don't think about the implications of that proclamation. After all, we use the word so much that it has lost its meaning. We say "I love Mustangs" or "I love donuts" or "I love my wife." When we use the word "love" for all of those things, we cheapen or destroy the true meaning.

Let's take a minute and look at a definition of "love" from 1 Corinthians 13:4-8: *Love is patient and kind; love does not envy* or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing, but rejoices with the truth. Love bears all things, believes all things, hopes all things, endures all things. Love never ends.

I challenge you (and myself) to make this our definition of love and our standard to live by.

In closing let me encourage you with a couple of other Scripture passages that speak of God's love for us. Lamentations 3:22 says, *The steadfast love of the LORD* never ceases. And finally, Romans 8:38-39: For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God. Be sure to SHOW your love this month and REST in God's unfailing love for you.

Happy Valentine's Day.

445th CES: A squadron with many skills

By Airman 1st Class Santana Austin 445th Airlift Wing Public Affairs

When most people hear the words 'Civil Engineer Squadron,' they immediately think of a carpenter, plumber, or a person who paves the streets. While those are among some of the things the members of the CES do, this is only part of what the CES is about.

"We are the public works department of the Air Force," said Lt. Col. Christopher Cunningham, 445th CES

commander. "When you see people paving the street or putting out fires, you're seeing the CES at work."

The CES has many Air Force specialty codes within the squadron, which means a number of responsibilities around the base.

"With as many AFSCs as we have, this squadron has many capabilities," said Cunningham. "We do much more than just deal with

road and building up keep."

A few of the many AFSCs that lie within the CES include electrical systems, electrical power production, fire protection, entomology and emergency management.

"Our electricians fall under two different AFSCs: electrical systems and electrical power production," said Cunningham. "The electrical systems people are the ones who handle interior and exterior operations. For example, if a switch or a circuit needs repairing, these guys are the ones you call. The people in electrical power production are the ones who maintain generators, engines and the aircraft barriers."

Some may wonder why a runway needs aircraft barriers. According to Cunningham, the purpose of aircraft barriers is to catch airplanes if they are about to overshoot a runway or if there is an emergency.

"A pilot may decide that they need to catch a barrier if they're having trouble slowing down," said Cunningham. "That's where the folks in electrical power production come into play. They set up the barrier for the pilot. The pilot then sends down a tail hook to catch a cable on the runway and the barrier will drag out, thus slowing the plane down." "They must use caution with and know much about the chemicals they use, as they want to get rid of the pests, not to harm the people," said Cunningham. "They're pretty much the go-to guys when you need to know about the kinds of pests in an area. The precautions we take depend on the area we get deployed to, as every area has its own creatures."

The emergency management

group is another essential part of the squadron. The group helps provide plans for emergencies. They also help set up control centers, and command and control systems.

"If something were to happen on base, the EMs would help set up the response, as well as identify what chemicals the base may deal with," said Cunningham. "They also do the CBRNE [chemical, biological, radiological, nuclear

<image>

Master Sgt. Alan Baker, structural craftsman, guides Master Sgt. John Murphy, pavements and construction technician, as he loads sandbags onto a flat bed truck Jan. 20.

When an airplane or building catches fire, the first people at the scene are the firefighters from the CES. With tanker trucks, fire engines and a skilled team of firefighters at the ready, this group is ready to take on any fire.

"Our folks are trained to respond to structural fires and aircraft fires," said Cunningham. "Not only do they know how to properly put out the fires and carry people out of hazardous areas, but they also know how to do life-saving procedures, such as CPR."

CES is also responsible for pest management. The CES's entomology career field uses their knowledge of different vector hazards, such as bugs, rodents, or poisonous snakes, as well as the knowledge of the chemicals to use to deter or remove the vector hazards. and explosives] training when people prepare to deploy."

While the people of the CES have a wide spectrum of skills, the upkeep of those skills can be tough, especially for a reservist within the squadron.

"As a reservist, it's challenging," said Cunningham. "We have so many AFSCs in this squadron that fall under the CES umbrella. Not only do these folks have to keep up with their job's training, but they also must keep up with their general wartime skills. For example, an electrician may need to focus on electrical skill training and other upgrade skills, but at the same time, they need to stay qualified on the M4 carbine once a year, as well as keep their self aid and buddy care skills up to par. Regardless of the situation, however, they manage to get things done and I'm proud of their work."



Need help? PHAP offers free resources for Airmen, families

By Senior Airman Shen-Chia McHone 445th Airlift Wing Public Affairs

WRIGHT-PATTERSON AIR FORCE BASE, Ohio – "When life gives you lemons, make lemonade."

Many people have heard of this phrase when they stumble upon an unfortunate situation in their lives, but instead of feeling hopeless, Reserve Airmen and their families have someone they can turn to in their time of need.

The Psychological Health Advocacy Program is here to help! PHAP is a no cost, referral service that can be of assistance for a wide variety of issues such as: financial aid, educational and disaster relief funds, counseling, family issues, and mental health.

"I enjoy helping others because I see the impact PHAP has on lives of those in need," said Master Sgt. Melanie "Missy" McMann, PHAP Outreach specialist and 445th Aeromedical Staging Squadron superintendant.

"One thing I strongly believe is, you've served, now let us serve you. Since people tend to give rather than receive, it is hard for them to accept help, and the hardest part is reaching out and asking for help," she said.

McMann says she strongly believes in reaching out, especially to deploying Airmen and their families or those who have recently returned from deployment. We want them to know there is lots of support out there for them, and we can help with that.

Deployed Airmen can feel at ease that PHAP can check in with their families with morale calls to see if they need anything.

"Some parents have problems with their children while deployed because it is difficult to explain to younger children what it means for the parent to be deployed and why they are away. We help the children by providing resources to the parents so they can help their children understand," said McMann.

"Airmen with problems don't always get the help they need because they're afraid to talk to supervisors or their units, or they may not know where to get help," she said. "People have their own way of dealing with situations, but they need to recognize when they need help."

Airmen don't need to be afraid of getting help with PHAP because they're free and confidential. They can help members who have deployed by opening doors to benefits they might not know about through Veterans



Staff Sgt. Mikhail Berlin

From left to right; Melanie "Missy" McMann, PHAP Outreach specialist, Jennifer Wedel, PHAP case facilitator, Samara Appling, administration specialist and Pam Boyd, PHAP Outreach specialist.

Affairs and other similar organizations.

"Don't be afraid to use PHAP, it takes courage to reach out and get help that you need for you or your family," said McMann.

Using PHAP was probably one of the best decisions for a 445th Airlift Wing Airman, who says he believes it has been an invaluable asset to his family.

"I was given much needed support and PHAP was courteous, pleasant, and non-judgmental," said the Airman. "They understood my situation was sensitive, and they were very willing to help. They were knowledgeable and willing to not only ensure my case was handled expediently, but accurately and without bias."

The AFRC PHAP program has three regions. The North region, staffed by four contractors, who are also 445th AW Reservists, are helping to address depression, anxiety, stress, trauma, alcohol use, and relationship support.

"One of the most important aspects of our job is attending Yellow Ribbon events and briefing pre-and post-deployers and their families," said Jennifer Wedel, PHAP case facilitator. "One of those briefings is a military pathways program entitled a "Different Kind of Courage," which highlights the importance of mental health wellness within the military community."

"When people need help, we're there – all they have to do is reach out," said McMann.

Military Mental Health.org screens members for concerns before the problem becomes serious and helps to identify issues that might need further evaluation. For anonymous mental health screening, visit www.MilitaryMentalHealth.org For information or assistance, contact the PHAP Office at (937) 257-2396, or Jennifer Wedel at (937) 470-5544. E-mail contact is AFRC.PHAP@us.af.mil.

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Feature

Wing announces first quarter award winners



Senior Airman Jo-Farrell, 445th seph Maintenance Aircraft Squadron electronic warfare systems journeyman, is the 445th Airlift Wing's Airman of the Quarter, first quarter. Farrell executed 32 strategic airlift missions consisting of 1,429 tons of cargo and moved 252 passengers. He instructed 224 mechanics on C-17 explosives safety. He was also involved in troubleshooting and replacing a bad flare dispenser, reducing downrange threats to aircrew members. Farrell was awarded the 445th Aircraft Maintenance Squadron's Top 3 Counsel's Sharp Airman award. During his off-duty time, Farrell annually decorates the Brown County veteran grave sites with flowers for Memorial Day. He participated in various American Legion fundraisers, raising \$800 for veterans in need. Farrell also delivered shoes and other donated clothing items to local American Legions.



Tech. Sgt. Sena Johnson, 445th Force Squadron Support training education is journeyman, the 445th Airlift Wing's NCO of the Quarter, first quarter. Johnson briefed education benefits to more than 100 attendees of the wing's professional developseminar. ment She created a Post 9/11 GI Bill retiree notification letter, raising dependent transfer requests by 130 percent in 60 days. Johnson created the 445th Airlift Wing Education and Training Facebook page, allowing wing members to learn more about the educational benefits that are offered. She co-chaired the wing's Combined Federal Campaign. During her off-duty time, Johnson not only served as a volunteer for the Air Force Marathon but she also ran in the half marathon. She is currently pursuing a master's degree in administration management.



Master Sgt. Glenda Marck, 445th Aerospace Medicine Squadron cardiopulmonary craftsman, is the 445th Airlift Wing's Senior NCO of the Quarter, first quarter. Marck personally audited her unit's decoration roster and found 87 out of 157 Airmen eligible for medals. She provided an integral portion of the occupational health program of the Reserve Component Physical Health Assessment process. She also established, "Ask AMDS" for the Buckeye Flyer to enhance the wing's medical awareness. During her off-duty time, Marck recruited 33 5K runners for the Dayton Chapter of the Autism Society. As a member of Air Force Sergeants Association, she helped assemble 280 Thanksgiving baskets. Marck graduated with a Bachelor of Science degree in Biology from Wright State University and is currently preparing to take the Medical College Admission Test.



Capt. Michael Rubeling. 89th Airlift Squadron C-17 instructor pilot and training officer, is the 445th Airlift Wing's Company Grade Officer of the Quarter, first quarter. Rubeling was part of the first C-17 aircrew that supported Hurricane Sandy relief efforts, delivering 66,200 pounds of cargo to the disaster area. He commanded the "Credible Dove" mission with a 100 percent mission accomplishment for a high priority intelligence program. The captain also commanded the Exercise Patriot Palm FBI rapid deployment mission. Rubeling was selected to be assistant flight commander, responsible for officer and enlisted personnel career development. He's also a key member of his squadron's morale committee. During his off-duty time, Rubeling received a Master of Science degree in Aeronautical Science from Embry-Riddle Aeronautical University.

Feature/News



Rank/Name

Master Sgt. Clarine M. Blakely Unit 445th Airlift Wing **Duty Title** Unit Deployment Manager Hometown Kansas City, Missouri **Civilian Job** Retired in April 2012 **Hobbies** My grandkids, kayaking, riding with my husband on our motorcycle and gardening. **Retirement Goal** I want to travel more and volunteer with my church. What do you like about working at the

I have worked in four different squadrons within the 445th, and it

445th?

all comes back to the great people I've met and the memories we made together.

Why did you join the Air Force?

Joining the military was something I put on the back burner until I was 37 years old. I then joined the Navy as a "supply" person on Jan. 17, 1990. After 8 years with the U.S. Navy, I transferred to the Air Force. I became an Air Reserve Technician. information management for the 445th Logistics Support Squadron in November 1998. I have never regretted my decision to switch to the Air Force. The Air Force has treated me very well.

RODEO, from page 1 -

The station offering the most points for units to earn was the MOPP station.

"This is the station where the majority of the points are earned so it's intense. Each participant is timed. For example, they only have nine seconds to put on the mask, so there's a lot of pressure at this station," said Senior Master Sgt. Gregory McWhorter, 445th Civil Engineer Squadron emergency management.

At the conclusion of rodeo, the points were tabulated and the first-third place winners were announced during the Jan. 25 commander's call. First place went to the Port Dawgs—the 87th Aerial Port Squadron; second place was the AES and third place went to the 445th Aeromedical Staging Squadron. Keeping in style with the Olympics, gold, silver and bronze plaques were awarded to the winners. The first place plaque had a gold gas mask mounted on it; second place was a silver bullet and third place was a bronze canteen cup. Each plaque was fabricated by the 445th Maintenance Squadron's fabrication flight's metals/technology shop.

"This has been a real morale booster for the wing. The squadrons participating in the rodeo brought their guidons, and they came up with their own cheers to root their people on. It's been a great morale booster and the Airmen seemed to enjoy it," said Lt. Col. Timothy Voss, 445 AW deputy chief of combat readiness.



DD Form 2813, Active Duty/Reserve Forces Dental Examination

There has been a recent revision to the DD Form 2813 submission policy. Wing members do not need

to wait until they are in their window to turn in their Form 2813 each year. They are now able to turn in several forms a year without resetting their mandatory dental exam date. The mandatory exam will still occur every three years, regardless of the number of Form 2813s submitted. Please note that the requirement to have an annual Form 2813 completed by a member's civilian dentist is still mandatory. Member's still need to meet this minimum requirement. But, member's who see their dentist twice a year, may now submit a Form 2813 every six months without resetting their mandatory exam date. If you have questions, please contact the 445th Aerospace Medicine Squadron Dental Clinic during the unit training assemblies at (937) 904-1889 or 1890.

News Briefs

Awards

Meritorious Service Medal

CMSgt Joanne Owens, AMDS SMSgt Pamela Brocklehurst, 89 AS SMSgt Carla Kraus, AMDS MSgt Debbie Beer, AMDS MSgt Jennifer Davis, OG MSgt Charles Fritz, 89 AS MSgt Terry Harlow, 89 AS MSgt Douglas Myers, 87 APS MSgt Jeffery Vaughn, 89 AS TSgt Robert Puckett, FSS TSgt Jeffrey Sebert, AW

Air Force

Commendation Medal Maj Dawn Rice, AES SMSgt Keith Clark, MSG MSgt Timothy Grant, AES TSgt Robin Hinkle, LRS TSgt Lorenzo Law Jr., 89 AS TSgt Ebony Lewis, FSS TSgt Scott Schaffner, 89 AS TSgt Caroline Sussman, 89 AS SSgt Eugene Mehaffy Jr., 89 AS

Air Force Achievement Medal

Lt Col Jeffrey Beery, AMDS Lt Col Joshua Wright, AMDS Maj Luis Berrios, AMDS MSgt Glenda Marck, AMDS SrA Nathan Collett, 87 APS SrA Brandon High, AMDS

Aerial Achievement Meda1

Lt Col Roberta Stemen. AES

Newcomers

Lt Col Richard Dols, 89 AS Lt Col Michael Larson, Intel Maj Matthew Hudkins, ASTS Maj Michael James, Intel Maj Magdalena Sunderhaus, Intel Capt Rodney Silva, Intel 1Lt Cletus Schafrath, LRS 1Lt Ruben Varona, Intel TSgt Timothy Tharp, MOS SSgt Hugh Gibbs, CES SSgt Bryan Hartman, MXS SSgt Austin Schutte, OSS SSgt Anthony Varner, ASTS SSgt Marissa Wiard, Intel SrA Matthew Bavlnka, FSS SrA Lee Bowling, ASTS SrA Matthew Carson, Intel SrA Kandace Fantroy, ASTS SrA Corey Mowen, SFS A1C Noah Benefiel, 87 APS A1C Leslie Brown, Intel A1C Sheena Marshall, AMDS A1C Francine McCumber, 87 APS A1C Godswill Nukpor, AMDS A1C Michaela Sainz, AMDS A1C Taylor Schultz, LRS A1C Melissa Sherman, AMDS A1C Terra Stinnett, FSS A1C Jared Thacker, AES Amn Sierra Blasé, CES Amn Sarah Boykin, 87 APS Amn Kathleen Jones,

ASTS Amn David Williams, CES AB Jeff Cox, LRS

Wright Wing

Promotions

Airman

Sierra Blasé, CES Sarah Boykin, 87 APS Corey Fultz, AMDS Zachary Montgomery, AMXS Clifford Morgan, CES Caleb Savage, CES

Airman First Class

Timothy Birch, CES Therese Davis, LRS William Griffiths, CES Michaela Sainz, AMDS Erica Taylor, AMXS

Senior Airman

Noah Benefiel, 87 APS Danial Brenneman, LRS Brandon Griffin, FSS Ryan Klingaman, 87 APS Anthony Lauderdale, CES Eric Mitchell, ASTS Simone O'Neal, FSS

Joseph Rasor, CES Jimmie Robinson, LRS Tiffany Shotts, AMDS Rvan Simon, CES Andrew Wade, LRS

Staff Sergeant

Christopher Resio, LRS Paul Roub, CES

Technical Sergeant

Sabrena Bedwell, AMDS Andrew Conti, ASTS Jennifer Edington, AES Robert Hughes Jr., AMXS David Newby, Intel James Topa, AMDS

Master Sergeant

Mark Fisher, AMXS Daniel Lima, AES David Mashburn, LRS

Senior Master Sergeant

Kelly Kruger, FSS Christopher Williams, MXS

Awards banguet scheduled for March 9

The 445th Airlift Wing Annual Awards Banquet is March 9 at the National Museum of the United States Air Force. The reception is slated to begin at 6 p.m. and the program at 7 p.m.

The awards banquet will recognize the Airman, NCO, senior NCO, company grade officer, first sergeant, chief, field grade officer, honor guard member, civilian, spouse, youth and squadron of the year. Awards will also be presented for leadership, volunteer and community partner of the year.

The dress for the evening is semi-formal/mess dress for enlisted, mess dress for officers and formal attire for civilians.

Costs of the event are \$30 for E-7 and above; \$25 for E-6 and below; \$12 for children 6-12; and children 5 and under are free.

Cash, checks and credit cards are accepted.

Cash or check payments must be brought the public affairs office in building 4010. RSVPs will not be final until a payment has been received. **RSVP** at:

https://einvitations.afit.edu/inv/anim. cfm?i=52843&k=07634A0D78 by Feb. 24.

Call the PA office at 257-5784 for more information.

February 2013

RIGHT Now!

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'Night Rider'

Staff Sgt. Mikhail Berlin

Night fall brings out the beauty of a 445th Airlift Wing C-17 Globemaster III as it sits on the ramp at Wright-Patterson Air Force Base, Ohio. The wing's latest asset is capable of rapid strategic delivery of troops and all types of cargo to main operating bases or directly to forward bases in the deployment area.

On the Web



Military OneSource provides tax assistance service



Final ORI prep photo show



Air Force welcomes new CMSAF

445TH AIRLIFT WING/PA BUILDING 4014, ROOM 113 5439 MCCORMICK AVE WRIGHT-PATTERSON AFB OHIO 45433-5132 FIRST CLASS MAIL POSTAGE & FEES PAID USAF PERMIT NO. 1161



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