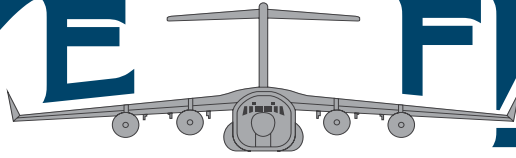


BUCKEYE FLYER



Wright-Patterson AFB, OH |

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Staff Sgt. Mikhail Berlin

Globemaster Glow

Senior Airman Joseph Farrell, 445th Aircraft Maintenance Squadron electronic warfare systems journeyman, checks the inside of a 445th Airlift Wing C-17 Globemaster III before beginning a preflight inspection at the wing March 27, 2013.

PHAP credited with saving Airman's life

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

Alcohol abuse is becoming a norm for people in the United States.

Approximately 1 out of 6 people have a drinking problem and approximately 80,000 deaths are attributable to excessive alcohol use each year, according to the Centers for Disease Control and Prevention.

Tech. Sgt. Todd Walsh, 445th Aircraft Maintenance Squadron crew chief, drank excessively until he hit rock bottom.

"I started drinking when I was 9 years old. My fa-

ther was the main influence," said Walsh.

His ex-wife, father, grandmother and grandfather were all alcoholics.

"My ex-wife was a heavy drinker. I started to drink along with her, but her alcoholism got worse. Ultimately, I had to choose between getting my life back or stay in the marriage with the alcohol issue," said Walsh.

Walsh was only an occasional drinker until 2010,

See PHAP, page 5

Respect: know what it means, how to apply it

By Col. Linda Stokes-Crowe

445th Aeromedical Evacuation Squadron Commander

Military standards require we demonstrate respect. But what does respect mean?

According to Roget's Thesaurus, the definition can be both a noun, admiration given by others or a verb, admire; obey. Some of the synonyms include: consideration, courtesy, deference, recognize and regard. The antonyms include: disdain, disrespect and scorn. Respect does not require agreement with or liking a person.

As military members we are asked to demonstrate respect in a number of ways: raising the hand in a proper salute, standing at attention, standing when senior officers enter a room and having seats as-



signed in a particular order at formal gatherings.

We also demonstrate respect by how we interact with one another and how we communicate with each other. Respect in the military is often based on protocol and tradition, but it is also treating others as we would like to be treated.

When we do not observe appropriate protocol or follow tradition we are, through our behaviors being disrespectful. Sometimes that disrespect comes from ignorance—we don't always know the proper protocol. Sometimes we get lazy; sometimes we don't think it matters.

Showing respect for others matters, so raise your hand in the salute, stand when appropriate; learn protocol if you don't know it and treat others as you would like to be treated.

Visit us on the 445th Airlift Wing Facebook page. We would love to hear from you!

Buckeye Flyer

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Live one day at a time

By Chaplain (Lt. Col.) David Leist
445th Airlift Wing Chaplain Corps

The B-17, known as the Flying Fortress, has a wing span of 103 feet by 10 inches, a length of 74 feet by 9 inches, and an approximate airspeed of 310 mph. The service ceiling of the B-17 is just over 35,000 feet.

In the book "The Fall of the Fortress," there is a remarkable story of a B-17 that flew a bombing mission over Kassel, Germany, in which the aircraft was barraged by flack from Nazi anti-aircraft guns. This bomber took several direct hits with a few actually impacting the plane's fuel tanks. The crew was amazed that the 30 mm shells piercing the fuel tank didn't cause an explosion.

The following morning, the pilot, Bohn Fawkes, asked the crew chief for one of the shells as a souvenir of their unbelievable good fortune. Bohn was told not just one shell had been found in the gas tanks, but there were actually 11.

Eleven unexploded shells. This good fortune appeared to be a mira-

cle. Why would the enemy fire empty shells? The mystery was solved when a small rolled up note was found inside one of those shells, handwritten in Czech language. It read, "This is all we can do for you now."

This is a powerful reminder to us to live one day at a time, making the most of every opportunity that comes our way. Oswald Chambers wrote, "You are born into this world and will probably never know to whose prayers your life is the answer." Living our life as a simple act of faith can honor God allowing for the blessing of others.

We as a chaplain corps of the 445th appreciate the many acts of service you perform in sometimes quiet and simple ways. Your dedication and devotion to duty stands as a remainder of the Holy. As members of the chaplain corps, we are here to come beside you in your walk to encourage and support your eternal investments in our team.





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Photos by Lt. Col. Cynthia Harris

Members of the 445th Aeromedical Staging Squadron conducted their annual tour April 6–20 at the Wright-Patterson Air Force Base Medical Center. Twenty-two Airmen received training in job classification skills, sustainment and readiness skills in various departments to include laboratory, pharmacy, nursing, medical administration, surgical technology and radiology. 1) Staff Sgt. Nichole Huck, pharmacy technician, fills prescriptions. 2) Tech. Sgt. Ashby Jakober, radiology technician and on the job training monitor, reviews an x-ray as Senior Airman Andrew Holby and Airman First Class Mario Fosque, both 88 Medical Group radiology technicians observe. 3) Maj. Laura Wiggins (far right), critical care nurse, explains proper use of an emergency oxygen bag to Senior Airmen Emily Smith and James Downs, both medical technicians.

445th ASTS participates in START training

By Capt. Demetrius Smith
445th Airlift Wing Public Affairs

Members of the 445th Aeromedical Staging Squadron received valuable life-saving training during a recent unit training assembly when they were instructed on simple triage and rapid treatment, or START.

The START method was developed in the early 1980s by members of the Hoag Hospital and Newport Beach Fire Department in California. It places an emphasis on the first responder(s) to effectively and efficiently evaluate a mass casualty incident.

During a MCI, it is essential the first responders have a system to rate victims based on the injuries sustained. “Anyone can triage,” said Maj. Cody Linder, clinical nurse, serving as one of

the trainers. “You have to do the most good with the least amount of resources in an MCI, so evaluations have to be conducted fast.

Master Sgt. Samson Baker, medical materiel craftsman, said, “You need to keep evaluations to about 30 seconds per victim.”

A good rule of thumb for first responders is to have all of the victims of the MCI who are able assist in START. The more manpower you have the more lives may be saved. Linder said using those who can hear his voice and come to him is a good way to get that additional manpower.

Once a victim is evaluated, he will be categorized into one of four triage categories: minor (green) – delayed care/can delay up to

three hours, delayed (yellow) – urgent care/can delay up to one hour, immediate (red) – immediate care/life threatening, deceased (black) – victim is dead or mortally wounded/no care required.

ASTS members attending the training worked in groups trying to solve triage scenarios. The scenarios allowed the group members to debate victims’ injuries in the “stay or go” scenarios. The goal is to make every member aware of the complexities and the judgment needed to be a first responder. START provides guidelines that assist first responders in making the right decision in MCI.

To learn more about the START process go to www.start-triage.com.



89th AS pilot living his dream through baseball

By Stacy Vaughn

445th Airlift Wing Public Affairs

When it comes to baseball, 89th Airlift Squadron pilot Lt. Col. Philip “Hawkeye” Pierce knows his stuff because he’s been part of the New Carlisle Knights baseball team for the last seven years.

Pierce said it all started nine years ago when he was driving through New Carlisle, Ohio, and came upon a baseball game being played.

“I was checking on my future home site at Sugar Isle Golf Course and I came across a baseball game being played by none other than ‘old guys.’ Two years later, there was an ad in the local paper for baseball tryouts for an adult baseball team, the New Carlisle Knights. The tryout was a success and I was accepted as a Knight,” Pierce said.

The New Carlisle Knights baseball team is part of the Miami Valley Roy Hobbs Baseball League (MVRHBL), currently with eight teams of more than 30 players. The league has also expanded to include six teams in the age 48 and over division.

Pierce said each summer his team plays against the Cincinnati Colts. For the last six years, this same team asked him to play for them in the Roy Hobbs World Series, held each November in Ft. Myers, Fla., at the Boston Red Sox and Minnesota Twins spring training facilities.

“This month-long series includes week-long age division tournaments, including ages 25 and older, 38 and older, 48



Courtesy photos

Lt. Col. Pierce shows off his medal and baseball cap after his team, the Colts, won the 2012 Roy Hobbs World Series championship in Ft. Myers, Fla. Nov. 10.

and older, 55 and older, 60 and older, 65 and older, and even 70 and older players, not to mention a women’s division too!”

Pierce had previously played for the Colts’ 38 and older and 48 and older teams before settling into the 55 and older team. In 2011, his 55 and older team lost in the AA bracket finals, with Pierce throwing the “save” in the semi-final game and starting on the mound for the championship game.

In 2012, he was asked to not only play with the 55 and older team again, but to “play up” to the 60 and older team as they are allowed to have three underage, non-pitchers playing on the team.

“I consented to make the two-week trip to Florida without family, as my two teenage children were still in school during that time,” Pierce said. Pierce’s participation in the 2012 World Series saw him turn his



Pierce bats for his team, the New Carlisle Knights, during a game in 2012.

fortunes around. Not only did his 55 and older team win the A Bracket tournament, he also earned team most valuable player honors for his pitching (one complete nine inning game), errorless play at third base, as well as earning top batting honors.

Since he was underage and unable to pitch for the 60 and older team, Pierce held down the starting position at third base and batted anywhere from third to fifth in the batting order.

“As luck with lots of skill would have it, the 60 and older team (in only its second year at the World Series) walked away with the AA Bracket championship, and believe it or not, my impeccable play at third base and dominating bat at the plate, again earned me team MVP honors,” Pierce said.

Two World Series championships and two MVP awards in one year are not bad for the ‘old guy’, Pierce said.

Pierce’s MVRHBL season is getting ready to start again this year. Upon his eventual return from Florida this year, he will have less than two months left of his 37 year Air Force career. He will retire Jan. 8, 2014, the day before his 60th birthday.

“My ultimate sight right now is on travelling back to Florida for another two weeks this November to defend my two World Series championships and bring home two more World Series rings. After that, I’ll be focusing on my retirement.”



PHAP, from page 1

when things took a turn for the worse. He felt his life was over with his divorce and filing for bankruptcy, so he drank beer and a bottle of vodka every day when he felt stressed.

"I didn't start drinking excessively until these things began to happen," he said. "Alcohol is a depressant that helps relax you for awhile, but people are prone to be addicts and you get to a point where stopping doesn't happen, it just escalates."

Excessive drinking wreaked havoc on Walsh's life. He was in a coma for three weeks due to drinking. He was also in and out of the hospital more than seven times, served time in jail, went to an alcohol camp, wrecked two vehicles and was out of work for four months.

"I almost lost my house, my job, everything. Once you've almost lost everything, you'll do anything to keep that."

Thanks to Lt. Col. George Palmer, (former) 445th AMXS commander, who made a call to the Psychological Health Advocacy Program, Walsh was able to get the help he needed.

"Walsh is a patriot warrior who has served faithfully until succumbing to the influence of alcohol," said Colonel Palmer. "As a commander, it is my job to take care of my troops, and I'm glad that PHAP was able to help."

"I had a lot of support through the unit," said Walsh. "I'm very thankful that Colonel Palmer was a big influence in calling PHAP. I'm very grateful for the Air Force who gave me a lot of support and for the help I've received."

Jennifer Wedel, 445th PHAP case facilitator, called Walsh every three days, checking on him regularly. She also helped him find the Clermont County Recovery Center for aid.

Walsh started getting treatment for alcoholism through a long six-month program, to include group therapy and Alcoholics Anonymous.

"I wasn't afraid of using PHAP. It was confidential and it helped me. I would recommend AA, it gives you plenty of people to talk to, and go through counseling because they help to keep accountability and support," said Walsh. "I'm glad to have support from my friends, family and co-workers. If it wasn't for my unit, I probably wouldn't be alive."

Walsh hasn't had a drink since July 8, 2012.

"What got me through this were people at work and my parents. Now, I enjoy coming to work and being around friends because they give support," said Walsh. "Don't be afraid to let people know you need help. Get help before you hit rock bottom."

"In my mind and in my heart, I know that Jennifer Wedel is the real hero in this situation," said Palmer. "She was able to reach Todd in a way I could not and she never gave up on him."

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 or jennifer.wedel.ctr@wpafb.af.mil.



Wing staff conducts active shooter exercise

By Capt. Elizabeth A. Caraway
445th Airlift Wing Public Affairs

Members of the 445th Airlift Wing staff prepared for a potential emergency situation by participating in an active shooter exercise April 6.

During the exercise run by Command Post, Bldg. 4010 personnel had to respond to a simulated shooter entering the building.

"Unfortunately, there are people out there that want to hurt others and we have to protect ourselves," said Senior Master Sgt. Karen Miller,

Command Post superintendent. "We exercise so people know how to respond in this type of situation."

If your workplace is notified that there is an active shooter on the premises, take the following actions:

- Lock doors
- Close windows and blinds
- Take cover
- Remain in place until given the all clear

"Everyone responded quickly and properly," said Miller. "This scenario is a possibility, so we want to be prepared."



Stacy Vaughn

Senior Master Sgt. Karen Miller, 445th Command Post superintendent, sounds an air horn during an active shooter exercise April 6.



SPOTLIGHT

Rank/Name

Staff Sgt. Drew Ramsay

Unit

445th Civil Engineer Squadron

Duty Title

Unit training manager

Hometown

Columbus, Ohio

Civilian Job

Student at Wright State University

Hobbies

I am borderline obsessed with travelling, and I try and leave the state of Ohio at least once per month for trips to places like California, Florida, New York, Chicago, Quebec, Europe, and anywhere in between. And any time I'm not planning a trip, you can find me watching/attending a Buckeyes, Reds, Blue Jackets, or Cowboys game!

Education

Bachelor's degree in both

French and International Studies

Career Goal

It would truly be wonderful to work in a diplomatic relations role for the United States in an embassy in a foreign country. Or to work anywhere in a role that involves helping bridge the gap between the U.S. and the rest of the world would be amazing.

What do you like about working at the 445th?

The people. Spending the past four years as a poor college student has had its challenges, but I have met so many great people who have been willing to offer me odd jobs to make some cash to support my traveling addiction throughout that time. There are many great individuals who have gone out of their way to



Stacy Vaughn

help me in many ways, which really makes me feel like I have a second family!

Why did you join the Air Force?

When I joined, I did not have a clear path for my future. And even though I still don't know

exactly what I want to be when I grow up, the Air Force has taught me discipline and showed me how to create goals in my life to work toward. Getting two college degrees in the process was a nice perk, too!



Ask AMDS

**445th Aerospace Medicine Squadron
Fetal Protection Program**

Phone: (937) 257-5200

Fax: (937) 656-2277



The purpose of the fetal protection program is to protect mothers and their fetus from hazardous exposure in the workplace from conception through delivery.

Pregnant member's actions include:

- Report to 445 AMDS for initial brief/assess need for hazardous exposure risk evaluation
- Upon receipt of provider note, Public Health initiates Air Force Form 469
- The program will track 30-day updates to ensure member is in compliance of limited exposure and their physician is completing monthly evaluations

- Member will not work past 34 weeks of pregnancy without physician/commander approval

- Six weeks after delivery member must have Post-partum update (clearance) to return to duty and comply with the Fetal Protection guidelines

- After all paperwork is received the member's 469 profile will be updated to exclude member from fitness testing for six months after delivery

Please email holly.siripavaket@wpafb.af.mil with questions.



News Briefs

Awards

Defense Meritorious Service Medal

Lt Col Michael Larson, Det 2

Meritorious Service Medal

Lt Col Jeffrey Beery, AMDS

Lt Col George Palmer, AMXS

Maj Todd Baker, AW

Maj Daiga Koenig, AMDS

Maj Joel Morris Jr., 89 AS

Maj Todd Reeder, MOS

Maj Maureen Taylor, AMDS

CMSgt Dennis Pearson, AW

MSgt Jeffrey Liechty, 89 AS

MSgt Greg Myers, SFS

MSgt Mark O'Connell, AMDS

MSgt John Wesley, 89 AS

TSgt David Dixon, 89 AS

TSgt Mark Frederickson II, SFS

TSgt Jacqueline Karns, AMDS

TSgt Phillip Textor, AES

Air Force

Commendation Medal

Maj Kim Kahler, AMDS

Maj Kevin Todd, AMDS

MSgt John Telford, AMDS

TSgt James Kirklin, SFS

Air Force Achievement Medal

Capt Jenice Brown, AES

Capt Brian Honet, AW

TSgt Bryan Anderson, AMDS

TSgt Rachelle Hibbs, AMDS

SSgt Joseph Craig, AMDS

SSgt Jessica Meyer, AMDS

SSgt Jennifer Reckner, AMDS

SSgt Douglas Young, AW
SrA Steven Flowers, AMDS
SrA Alexandra Klus, SFS
SrA Jacob McCorkle, SFS
SrA Justin Williams, SFS

Newcomers

Lt Col Lisa Cunningham, Det 2

Maj Cynthia Alvarado, Det 2

Maj Lindsey Bullard, OSS

Maj Benjamin Yoder, 89 AS

Capt Kimberly Gaslin, AES

2Lt Abdeel Roman, AMXS

MSgt Christie Meserve, Det 2

MSgt Daniel Pabon, Det 2

MSgt Karen Stanley-Wolfe, ASTS

TSgt David Cherolis, AMDS

TSgt Jason Kretzschmar, MXS

TSgt Christie Sowell, FSS
SSgt Adelle Baldwin, AMDS

SSgt Christopher Gernert, CES

SSgt Cresente Gotangco, Det 2

SrA Jason Hill, ASTS
SrA Anthony Perrin, AMXS

SrA Corwin Pope, ASTS
A1C Lorenzo Hines, AMDS

A1C Nneoma Okoro Oji, FSS

A1C Sarah Snyder, AES
Amn Maxwell Nukpor, AMDS

AB Cecilia Photinos, OSS

Promotions

Airman

Jonathon Ernst, CES
Courtney Kalb, ASTS

Airman First Class

Rokisha Gresham, ASTS
Theodore Maytas, AW

Senior Airman

Ned Confer III, Det 2
Matthew Engel, ASTS
Kathleen Jones, ASTS
Matthew Kaper, LRS
Pautresa Kelley, FSS
Lawrence Mark, AES
Mark Murphy, SFS
Stacey Scharf, AES
Matthew Shaw, AES
Kyle Shoemaker, AES
Sarah Snyder, AES

Technical Sergeant

Matthew Koessel, AES
Shane Marrinan, MXG
Eugene Renney, CES
Terry Sargent, Det 2
Timothy Stout, Det 2

Master Sergeant

Paul Denton, Det 2
Siam Siripavaket, Det 2

Senior Master Sergeant

Stephanie Strickland, ASTS

Golf Scramble

The 445th Golf Scramble will be held Friday, June 14 at the Sugar Isle Golf Course at 9 a.m. The cost is \$220 per team and includes food and drink.

To sign up or for more information, contact Master Sergeants Darrell Houston at (937) 257-0389 or Jeff Hurtt at (937) 257-0388.

Employers Day

The 445th Airlift Wing 2013 Employer Appreciation Day event will be held Sept. 7. More details will be available at a later date.

Gate 26A closure

Gate 26A will be closed during the Gray unit training assemblies until a date to be determined.

Members are encouraged to use Gates 1A or 12A located on State Route 444.

Base Thrift Shop

The base thrift shop, located in the Kittyhawk Center across from the base library, is open for shopping to all individuals with base access. Days and hours of operation are Tuesday, Wednesday and Friday; 9:30 a.m. to 2 p.m. and Thursday 6 to 9 p.m.

On Saturdays of both Reserve weekends, hours of operation are 10 a.m. to 3 p.m.

The thrift shop will be closed the entire month of July.

For information on consignment procedures, stop by the thrift shop or call (937) 879-5630. Donations of merchandise, to include obsolete and used uniform items, are welcomed. The thrift shop supports base and local community charities.



Protective gear key to motorcycle safety

By Capt. Elizabeth A. Caraway
445th Airlift Wing Public Affairs

As rising temperatures chase away the Ohio winter chill, some 445th Airlift Wing personnel may choose motorcycles over cars for their daily commute. Military riders, however, must adhere to mandatory safety guidelines while in military status.

Motorcycle safety training, available off base, is required for all military personnel. Members are reimbursed for the cost of the civilian-provided course. Also, although Ohio state law doesn't require wearing a helmet, according to Air Force Instruction 91-207, *The U.S. Air Force Traffic Safety Program*, Air Force military and civilian personnel must wear full protective gear during motorcycle use, including a helmet, bright reflective top with long sleeves, long pants, gloves, and sturdy, over-the-ankle footwear. Chapter 3.4, Operator and Passenger Protection, spells out the specific requirements.

Motorcycle helmets are estimated to be 37 percent effective in preventing fatal injuries, but many people may



Staff Sgt. Mikhail Berlin

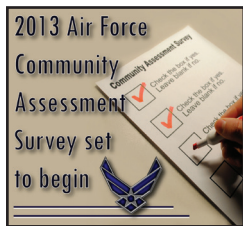
not know that most injuries occur to the lower body. Choose pants reinforced at the knees and hips as well as thick leather boots. Gloves are critically important, as well; in a fall, people instinctively put their hands out. Choose gloves with knitted Kevlar or reinforced leather palms.

Military members new to the 445th should see Chief Master Sgt. Dennis Pearson, 445th Airlift Wing ground and weapons safety manager, or their unit motorcycle safety representative to ensure they are listed in the Air Force-wide motorcycle rider database. Inclusion is optional for civilian personnel.

For personnel who don't ride a motorcycle, Pearson urges drivers to, "Look twice. Look for the bicycle and motorcycle. They can be hard to see and blend into the surroundings. When you do see them, give them space."

Wright-Patterson Air Force Base will conduct a base Motorcycle Safety Day May 31. For more information call (937) 904-3035.

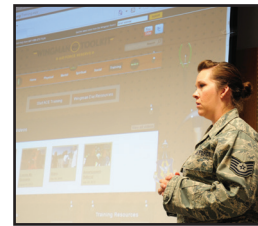
On the Web



Reservists asked to participate in Community Assessment Survey



Wing hosts blood drive



Airmen build morale during Wingman Day activities

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