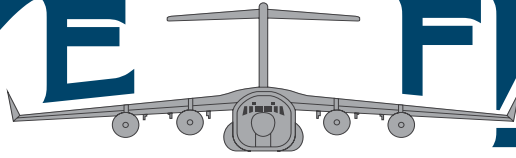


BUCKEYE FLYER



Wright-Patterson AFB, OH

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Photos by Tech. Sgt. Frank Oliver

Staff Sgts. Jessika Meyer and Nicole Sturm, both 445th Aerospace Medicine Squadron dental assistant apprentices, provide medical care to simulated patient, Senior Airman Mitchell Elam, a 445th Aeromedical Staging Squadron health services journeyman, during the 445th Airlift Wing's disaster response exercise, Sept. 29, 2013. (Top right) Airmen from the 445th Aeromedical Evacuation Squadron transport a simulated patient from a C-17 Globemaster III to an ambus. (Bottom right) Senior Airmen Thomas Reed, 445 AMDS, dental assistant journeyman, and Staff Sgt. Paul Roub, 445th Civil Engineer Squadron fire protection journeyman, aid a simulated victim.

Wing conducts disaster response training exercise

By Master Sgt. Charlie Miller
445th Airlift Wing Public Affairs

WRIGHT-PATTERSON Air Force Base, Ohio--The 445th Airlift Wing staged an emergency disaster response training exercise involving approximately 400 people here and at "Calamityville," a training area located just outside the base in Fairborn, Ohio, Sept. 29.

The exercise was designed to ready military and civilian medical professionals to react and work as a team when disaster strikes. Communication between military and civilian responders is imperative to quickly diagnose and treat the injured.

All three 445th medical squadrons: aerospace medicine, aeromedical staging and aeromedical evacuation participated along with wing personnel from civil en-

gineer, force support, communications, safety and the chaplain office. Members of the 88th Air Base Wing, Wright-State University, Fairborn Fire and Police Departments, Bellbrook Fire Department and other community agencies also took part.

Dozens of simulated patients were strewn over a 54-acre facility operated by Wright State University's National Center for Medical Readiness. There, the wing's first responders and medical staff faced seven different disasters.

For the exercise, multiple disasters hit the center

See CALAMITYVILLE, page 6

“Un-freeze” your fears

By Chaplain (Maj.) Jonathan Kollmann
445th Airlift Wing Chaplain Corps

“But the angel said to them, “Do not be afraid. I bring you good news that will cause great joy for all the people.” Luke 2:10

I know we all are experiencing a lot of uncertainty. And it goes without saying; we all are concerned about today, tomorrow and the days to come. For over nine years I truly have been blessed to be a chaplain in this fantastic unit. As I listen to our leadership and in many conversations with our team here at the 445th, I know these times of financial cut backs cause a gnawing, anxious feeling of stress, worry and even fear. I understand that these stressors can seem to paralyze our lives.

When I was a kid one of my favorite games was “freeze tag.” If you do not know the game of freeze tag, let me provide a brief summary. One of my friends or brothers would be “it” and would chase us around our lawn at our farm in Indiana. When you were touched by the person who was “it” you had to freeze! Then proceed to wait in that position until you were “unfrozen,” by your team and avoid the person who was “it.” This childhood game was cool!

It makes me reflect on the fact that fear can be paralyzing. Sometimes we stay in that fear and not trust in those around us to touch our lives in the midst of change and uncertainty. In my tradition, I remind those under my spiritual care not to fear when uncertainty comes. Did you know there are numerous times in the Bible when God, angels and other faithful people tell humans to “fear not!” In fact, the total number is 365 times! This says to me God is saying to us every day, “fear not!”

Here are some things I want you to know for today and the days ahead. First, no matter what your faith background, God does not want you to fear and God never lets you go. Isaiah 41:13 states, “For I am the Lord, your God, who takes hold of your right hand and

says to you, ‘Do not fear; I will help you.’” Secondly, we are a team. We are joint warriors and Wingmen who have families, friends and people who count on us to not to fear and to “un-freeze” ourselves and others. Next, we have to take care of ourselves and those around us. When you are touched and unfrozen, remember, you can run again. Therefore, go and take time to practice your faith, draw near to those who are close: family, friends, fellow warriors and the healthy resources you know are good for your mind, body and spirit.

Please remember our Chaplain Corps staff is here for you.

I was reminded of our commitment to our warriors and families when our U.S. Air Force Chief of Chaplains, Chaplain Corps leader Chaplain (Maj. Gen.) Howard D. Stendahl recently stated this about our warrior care, “We must focus squarely on spiritual care and religious freedom for our Airmen and Joint Warriors and their families, both in sacred spaces and the military units where they work.”

Fear not! Un-freeze! As a leader and warrior reach out and touch those around you. And always remember our 445th Chaplain Corps is praying for our nation’s leadership, our wing leadership and you!

Buckeye Flyer

445th Airlift Wing Editorial Staff

Col. Stephen Goeman
Commander

Lt. Col. Cynthia Harris
Chief, Public Affairs

Stacy Vaughn
Public Affairs Specialist

Shamae Jones
Public Affairs Specialist/
Editor

5514 McCormick Ave.
WPAFB, OH 45433
Building 4010, Room 171
937-257-5794
445AW.PA@wpafb.af.mil

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SPOTLIGHT

Rank/Name

Capt. Stephen
Kilijanczyk

Unit

445th Aerospace
Medicine Squadron

Duty Title

Critical Care Nurse/
Officer in charge of
Immunizations

Hometown

Canton, Mich.

Civilian Job

Veterans Administra-
tion Surgical Tho-
racic Intensive Care
Nurse

Hobbies

Hiking and fishing

Education

Bachelor of Science
in Nursing from Uni-
versity of Michigan

Career Goal

Nurse Anesthetist



Tech. Sgt. Anthony Springer

What do you like about working at the 445th?

My co-workers

Why did you join the Air Force?

To serve my country



Final approach and landing...

By Col. Stephen Goeman
445th Airlift Wing Commander

As the Wing prepares to welcome Col. Jeff McGalliard as its new commander, I would like to take one last opportunity to share my final thoughts and offer thanks to the men and women of this great organization.

First and foremost, I hope each of you know how blessed I have been to have the opportunity to serve as your commander. Your absolute commitment to excellence has ensured the success of this wing, and we have flourished due to your efforts. In spite of the shortcomings of others in leadership roles, each of you have met the challenges head-on and made the wing what it is today--a fully combat ready C-17 airlift wing serving our great country.

The service of our Citizen Airmen is required now more than ever. Each of you took the same oath that I did in 1979, "I do solemnly swear that I will support and defend..." This sacred vow is not optional. I need not remind you of that. I can personally attest to your deeds of the past five years as they speak to your dedication to this oath. The reputation of the 445th Airlift Wing is one of distinction and honor. Be proud of that legacy and do not let us fail.

In retrospect, I go back in time to 1979 when I began my Air Force journey. Similar challenges existed then, a fragmented country searching for

direction; begging for inspired leadership. Sounds all too familiar to the current political situation. However it's time once again to step up and get back on track. The challenges of the past year have been crippling at times but we've managed to power

through them and complete the transition to our current C-17 mobility mission. Our Airmen continue to volunteer and serve at locations around the world where they make a difference every day. Your role as Citizen Airmen cannot be minimized. Our country needs your talents and expertise to meet its national objectives.

As my military journey concludes, I must say that the past 34 years have gone by far too quickly and each and every day has been an extraordinary experience—some days better than others for sure but every day an experience I would not have chosen to miss. Kristin and our family thank you all for your service and please keep up the good fight.

My final words to you is the one short sentence that moti-

vated a much younger Lieutenant Goeman while going through OTS and pilot training 34 years ago. I have never wavered on the importance and meaning of these few words and neither should you: **MY MISSION IS TO FLY, FIGHT and WIN. And DON'T YOU NEVER, EVER...FORGET IT!**



445 AMDS reservist competes in Ironman

By Stacy Vaughn

445th Airlift Wing Public Affairs

Participating in the recent 2013 Louisville Ironman event with her two siblings left a memorable impression on Senior Master Sgt. Kelly Janus, 445th Aerospace Medicine Squadron superintendent of nursing services. The event came into fruition over a 20-year period of participating in various races and marathons.

"Twenty years ago, my two sisters, Tracy Burge and Kara Smith, said, 'Let's do a marathon together.' We did the Marine Corps Marathon and it just kept going from there. To date we've done many triathlons and marathons together," Janus said.

To stay close and continue their fitness, the siblings set their sights on an Ironman competition. It was decided that their goal would be to participate in the 2013 Ironman Louisville, held in Louisville, Ky., Aug. 25, 2013. The trio began training in January for the three various legs that make up the 140.6 mile race: a 2.4-mile swim, a 112-mile bike ride followed by a 26.2-mile run.

To prepare for the Ironman, Janus and her sisters followed a training schedule. They would practice two events a day: swim and bike or bike and run. Training took four hours a day with one day off a week. They didn't train at the gym or lift weights but focused on swimming, biking and running.

"Swimming was our weakest



Courtesy photo

Senior Master Sgt. Kelly Janus (Center) and her sisters Kara Smith (Left) and Tracy Burge show off their medals after completing the 2013 Louisville Ironman event.

event so we concentrated on that. We swam together in pools and we eventually started swimming in Cowan Lake (State Park, Clarksville), which was one mile across. So we would swim that about three times," Janus said.

For running and biking workouts, the three ran at Caesar Creek State Park, near Waynesville, Ohio, at the park's 13 mile loop. In July, the sisters biked across Iowa during the Register's Annual Great Bike Ride Across Iowa, or RAGBRAI, an annual seven-day bicycle ride across the state, covering 468 miles. The three have been participating in RAGBRAI over the last 20 years, often riding a triplet bicycle.

"RAGBRAI is a fun event for us. We actually biked across Iowa twice; biking east to west first. The event had us ride long distances and we were camping along the way; a great

experience to prepare us mentally and physical for the bicycle portion of the Ironman," Janus said.

Janus said not only did they have to prepare physically for the Ironman but they had to think about the nutritional aspects that go into it as well.

"Nutrition is very important. We had to find out what would fuel our bodies best. We ate constantly on the bike portion of the race to prepare us calorically for the run. We needed to consume at least 250 calories an hour," Janus said.

Janus was proud that she finished the Ironman together with her sisters. She swam 24 miles in 1:30:00; biked 112 miles in 7:27:18; ran 26.2 miles in 6:02:16; and had a finish time of 15:32:45.

"When you participate in an Ironman or any athletic event, you understand the thrill of being a part of a race. It's very exciting to be among thousands of participants with the passion and energy it takes to compete. It's also heartwarming to be surrounded by an overwhelming number of people who come to see the race. These volunteers and spectators offer us encouragement and support through claps and cheers. This is what keeps us going!"

Will there be another Ironman in the future for Janus and her sisters?

"After finishing the Ironman, I thought never again, but we can always improve our time, right?"



Wing safety office provides Thanksgiving safety tips

The kitchen is the heart of the home, especially at Thanksgiving. Children love to be involved in holiday preparations. Safety in the kitchen is important, especially on Thanksgiving Day when there is a lot of activity and people at home.

To ensure a safe and enjoyable Thanksgiving, please adhere to the following safety tips:

- Stay in the kitchen when you are cooking on the stovetop so you can keep an eye on the food.
- Stay in the home when cooking your turkey and check on it frequently.
- Keep children away from the stove. The stove will be hot and children should stay 3 feet away.
- Make sure children stay away from hot food and liquids. The steam or splash from vegetables, gravy or coffee could cause serious burns.
- Keep the floor clear so you don't trip over children, toys, pocketbooks or bags.
- Keep knives out of the reach of children.
- Be sure electric cords from an electric knife, coffee maker, plate warmer or mixer are not dangling off the counter within easy reach of a child.
- Keep matches and utility lighters out of the reach of children — up high in a locked cabinet.
- Never leave children alone in a room with a lit a candle.
- Make sure your smoke alarms are working. Test them by pushing the test button.

Turkey fryers

The National Fire Protection Association discourages the use of outdoor gas-fueled turkey fryers that immerse the turkey in hot oil. These turkey fryers use a substantial quantity of cooking oil at high temperatures, and units currently available for home use pose a significant danger that hot oil will be released at some point during the cooking process. The use of turkey fryers by consumers can lead to devastating burns, other injuries and the destruction of property. NFPA urges those who prefer fried turkey to seek out professional establishments, such as grocery stores, specialty food retailers, and restaurants for the preparation of the dish, or consider a new type of "oil-less" turkey fryer.

How to manage stress

Each of us experiences stress of some kind. Feelings of stress come from reactions that our bodies have to challenges, pressures, and demands that are not a usual part of our daily lives. Short-term stress may make us feel worried or anxious, but is relatively harmless to our overall health status. We also may face long-term stress in the form of severe illness, divorce, unemployment, loss of a home or trauma. Research suggests long-term stress can have serious effects. Stress triggers changes in our bodies and brains that may make us more likely to get sick. Problems we already have, such as high blood pressure, depression, anxiety, and diabetes can become worse. Over time, stress can become disabling, leading to stroke, heart attack and suicide.

Signs of stress: Signs of stress include muscle tension and pain, anxiety, the "jitters," headaches, upset stomach, forgetfulness, overeating, feeling tired, rapid heartbeat, being short-tempered and unable to focus.

Stress reduction: We can learn to manage our stress in healthy ways, before we feel overwhelmed.

Pay attention to body and mind:

- Recognize the early signs of stress.
- Work to stay positive; know that stress, depression, guilt, and anger are feelings that can be managed.
- Recall past solutions to similar problems and build on them.

Attend to your health:

- Get enough sleep.
- Eat healthy foods; drink water.
- Avoid alcohol.
- Don't use tobacco or illegal drugs.
- Get regular physical exercise.

Practice relaxation:

- Relax your body and mind. Use deep breathing, stretching, meditation, listening to music—whatever works.
- Pace yourself by alternating stressful tasks with pleasant activities.
- Take time to do nothing; just relax.

Set priorities:

- Make a list of things that need to be done.
- Identify how you will do each item on the list.
- Do the most important things first to help reduce stress.
- Do not be discouraged if goals can't be accomplished immediately.

Share your concerns:

- Talk with family and friends; share with them the situation, the challenges, and your feelings and worries.
- Share your concerns with individuals in similar situations; communicating ideas and solutions is a positive way to reduce stress.

Know when to get help

Even when we do everything we can to reduce stress, sometimes things may become so overwhelming that we need the help of others. Seeking help is a sign of strength. Reaching out and encouraging others to seek help is being a good wingman.

Reach out to partners, family members or close friends. Help can come from a faith community, your doctor or a staff member at your workplace health center.

If you're thinking about suicide, get help immediately by calling 911 or the National Suicide Prevention Lifeline at 800-273-8255. Press "1" for military.

The PHAP office is here to help. You can reach one of the staff at (937) 257-2396 or after hours at 470-5544. The 24/7 call center number is 1-888-810-2400.



CALAMITYVILLE, from page 1

of Calamityville. Buildings were destroyed by a tornado; a plane crashed; and explosions and multiple car accidents occurred. Firefighters from CE were first on the scene of each disaster, assessing the area, performing search and rescue operations, and providing immediate first aid before medical personnel arrived.

After finding victims, Airmen transported them to the triage tent for treatment. From there they were sent to the hospital tent for inpatient treatment or to the green tent to be treated and released. Medical support capabilities, the transfer of patients from the field to hospitals and air strips, along with the ability to set up a command post were part of the exercise.

"The flow of patients went very smooth," said Staff Sgt. David Harvey, 445th Aerospace Medicine Squadron technician, who was working at the triage tent. "In a real disaster it will be chaotic at the beginning before we get situated."

During the exercise, Maj. Charles Miller, AMDS pharmacist, commented about his experiences while working the triage tent.

"This is exactly what I expected. The exercise is going very well, patients are being moved through."



Photos by Tech. Sgt. Frank Oliver

Firefighters assigned to the 445th Civil Engineer Squadron treat a simulated accident victim during the wing's disaster response exercise held Sept. 29, 2013.

The wing chaplain staff worked side-by-side with medical and mental health to provide spiritual support to victims of trauma and those witnessing trauma. They also were available to console survivors of the deceased.

"We try and help make sense of a senseless situation," said 445th Chaplain (Lt. Col.) David Leist.

An officer from the 88th said the training was a valuable asset to her career.

"I have really been able to sharpen my emergency room skills," said 2nd Lt. Regan Will, a surgical inpatient nurse. "This is my first time working with the 445th and this is top notch training. Not being ER by trade this is helpful."

During the final stage of the exercise, AES coordinated the transfer of patients on and off of a C-17 Globemaster III. The aircraft was configured for medical evacuation and ASTS transported the patients to and from the plane.

"We are providing an off-site, real-world setting to gain understanding of the other [medical] units and provide the opportunity for all medical personnel to work together," said Master Sgt. Glenda

Marck, 445 AMDS cardiopulmonary section, NCO in charge. "A real world offsite event such as this is the only way to test and prepare for a disaster or deployment and to successfully meet our training objectives."

Jack Smith, senior program manager at Wright State's NCMR said that this was the second such exercise that the 445th has done at the facility.

"We want to bridge the gap between civilians and military for disasters like Hurricane Katrina and the earthquake in Haiti. Any time we have the opportunity to have the military and civilians work together it helps break down barriers," Smith said.



(Left) Members of the 445 Airlift Wing treat a simulated casualty. (Center) Staff Sgt. Precious Sims, 445th Airlift Wing Chaplain Corps chaplain's assistant, prays with simulated injured men. (Right) Reservists from the 445th Aeromedical Staging Squadron form litter teams as they respond to a scenario.

News Briefs

In Memory



**Master Sgt.
James Foy**

Sept. 15, 1960 – Aug. 30, 2013

Master Sgt. Foy began his military career in 1983, and served as a member of the 445th Aeromedical Staging Squadron from 1998 until his passing.

Promotions

Airman

Johnathon Halstead, 87 APS

Gabriel Holcomb, AMXS
Marissa Nevarez, DET 2
Joseph Reyes, DET 2

Airman First Class

Clifford Morgan, CES
Whitney Whitted, AMDS

Senior Airman

Felicia Esquivel, LRS
Ryan Garrett, 89 AS
Margaret Gautreaux, ASTS
Elliott Holmes, CES
Casey Jones, AMXS
Karrington Norris, FSS
Christina Porter, AMDS
Erica Taylor, AMXS
Tiffany Works, FSS

Staff Sergeant

Michelle Deren, FSS
Christopher Echols, DET 2
Jacob Emberton, ASTS
Mario Hinton, LRS
Steven Kelpesz, MXS
Tyler Rice, DET 2

Ryan Thomas, ASTS

Technical Sergeant

Jonathan Charles, ASTS
Dillon Delay, AMDS
Hugh Gibbs, CES
Kevin Kelly, SFS
Antoinn Kidd, LRS
Jamie Pope, 87 APS
Austin Schutte, OSS
David Vaughn, CES
Caleb Wilson, DET 2

Master Sergeant

Ryan Buxton, ASTS
David Compton, ASTS
Mary Fisher, LRS
Donald Griffin, 87 APS
Paul Humphries, CES
Jimmy Montalvo, ASTS
Jessica Pruitt, FSS

Senior Master Sergeant

Kenneth Brown, 71 IS
Eugene Coons, SFS
Joseph Drake, 655 ISRG
Timothy Johnson, 87 APS
Leslie Nance, AW
Kemberlee Scott, AW
Robert Thomas, CES

Chief Master Sergeant

David Wright, 655 ISRG

Awards

Meritorious Service Medal

Col Stefanie Roberts, DET 2
Maj Jeremy Bell, 89 AS
Maj Jonathon Bell, 89 AS
Maj Danielle Pfeister, OG
CMSgt James Felton Jr., AMXS
SMSgt Phillip Fernandez, 89 AS
SMSgt John Koehl, LRS
MSgt Jon Brown, 89 AS
MSgt James Foy, ASTS
MSgt Russle King, 89 AS
MSgt Leegurtha Lucas, FSS
MSgt Randy Mizer, AMXS

MSgt Nicole Nelson, MSG
MSgt Linda Reed, MSG
MSgt Darrell Scott, MXS
MSgt Diane Williams, ASTS
MSgt Kerrie Yeager, LRS
TSgt Charles Zorb, 87 APS

Air Force Commendation Medal

Capt Matthew Lynagh, MXS
SMSgt Eric Pierce, 87 APS
MSgt Brian Childers, 87 APS
TSgt James Brown, AMXS
TSgt Jessica Pruitt, FSS

TSgt Robert Rains, 89 AS
TSgt Angel Roberts, FSS
SSgt Jason Bolenbaugh, 89 AS
SSgt Phillip Lemaster, 89 AS

Air Force Achievement Medal

Capt Melissa Seacat, AES
TSgt Aaron Bullucks, MXS
SSgt Dustin Rinehart, MXS
SrA Ashley Hacker, AMXS

Air Medal

TSgt Michael Flaata, AES
SrA Karolyn Cichantek, AES

445 AW Change of Command Col Goeman Retirement Ceremony

The 445th Airlift Wing will welcome its new commander, Col. Jeffrey J. McGalliard at a change of command ceremony on Sat. Nov. 2 at 9 a.m. in Hangar 4016.

Airmen participating in the formation are asked to be in place no later than 8 a.m. Buses will provide transportation from buildings 101, 15 and 4010 beginning at 7:15 a.m. Airmen are encouraged to take the bus.

The men and women of the 445 AW will bid farewell to our current commander, Col. Stephen Goeman and his family during a retirement ceremony at 10:30 a.m. in Hangar 4016.

For more information, please contact the public affairs office at (937) 257-5784.

Family Services assistance available

Family Services is a non-profit charitable organization that provides direct emergency financial assistance to military members including Airmen of the 445th Airlift Wing. This organization may be able to assist with utilities, gas, phone expense, minor car repairs, etc. Determination of assistance is based on financial need. Family services receives a majority of its donations from the Combined Federal Campaign (CFC). For family services assistance, please contact the 445 AW Airman and Family Readiness office at (937) 656-1502, a 445 AW first sergeant or the active-duty Airman and Family Readiness Center at (937) 257-3592.





Tech. Sgt. Frak Oliver

Welcome home!

Maj. Romeo Cabungcal, 445th Aeromedical Evacuation Squadron flight nurse, along with Master Sgts. Brad Eckhart and Carie Brown, also assigned to the 445 AES, arrive at the at Dayton International Airport upon their return from a six-month deployment Sept. 26, 2013. The trio was part of medical evacuation teams flying patients from downrange, to Germany and the United States.

On the Web



Families welcome AES Airmen home slideshow



445 AW supports USAF Marathon



C-17 flies into the sunset

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WRIGHT-PATTERSON AFB OHIO 45433-5132

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