

## Wright-Patt Reservists return from deployment

### Nearly 3,100 Airmen supported war efforts

By Lt. Col. Cynthia Harris  
445th Airlift Wing Public Affairs

Members of 445th Airlift Wing, family and friends gathered at the Dayton International Airport May 3 to welcome home four Airmen from the 87th Aerial Port Squadron. The Airmen returned from an eight-month deployment at the Transit Center at Manas, Kyrgyzstan.

While serving at the 376th Air Expeditionary Wing, these aerial porters, along with 28 others from the 87th APS, facilitated the movement of more than 180,000 passengers, 17,000 short tons of baggage, and nearly 14,000 short tons of cargo. They also supported 3,400 aircraft missions.

From 2001 to the present, 445th wing members have deployed to various regions around the globe to include Bagram Airfield, Kandahar Airfield and Kabul International Airport, Afghanistan; Al Udeid Air Base, Qatar; Camps Bucca and Victory, Iraq; and other Areas of Responsibility (AOR) in Southwest Asia.

According to Staff Sgt. Dennis Kimble, 445th Airlift Wing Logistics Readiness Squadron, logistics planner, the wing deployed nearly 3,100 Airmen between 2001 and 2014. The average length of those deployments was 185 days.

Throughout the last several years, Airmen who deployed from the 445th Airlift Wing consisted of security forces, aerial porters, personnelists, civil engineers, maintainers, medical personnel and others in support of Operation Enduring Freedom, Operation Iraqi Freedom, Operation New Dawn and other missions.

Deployments have been a part of the everyday life for many in the unit. And while sacrifices are made when the reservist is away from home and their civilian employment, supporting America's war efforts is well worth the sacrifice.

"Having recently returned from a deployment to Afghanistan, I have a true appreciation for the sacrifice the men and women of the 445th made while deployed. During my deployment, I was extremely impressed in the quality of people in our U.S. and coalition country military organizations. I was proud to serve with the soldier, sailors, Airmen, Marines, civilians and contractors," said Col. Michael Major, 445th Airlift Wing vice commander.

The commander of the 445th expressed his gratitude to the unit's Airmen who have supported the na-



Tech. Sgt. Frank Oliver

**Senior Airman Christopher Peterson, 87th Aerial Port Squadron, meets his 3-month-old daughter, Olivia, for the first time at the Dayton International Airport May 3. Olivia was born while Peterson was deployed to the Transit Center, Manas, Kyrgyzstan.**

tion's war efforts for more than a decade.

"I'm extremely proud that the men and women of the 445th have directly supported war efforts around the world for the last 13 years. They have worked side by side with their active-duty counter-parts to care for our wounded and bring them home, and provide security, transport and numerous support functions to the warfighter," said Col. Jeffrey McGalliard, 445th Airlift Wing commander.

The wing currently has more than 30 members deployed.

# Taking care of business

By Lt. Col. Mitch Richardson  
89th Airlift Squadron Commander

As the temperature begins to (finally) warm, I wanted to suggest three areas of focus in order to have a safe, happy, and productive summer.



**Take Care of Yourself:** We are rapidly approaching the 101 Critical Days of Summer. We've had an extremely high ops tempo over the last year and a half completing our conversion, participating in the Operational Readiness Inspection, and accomplishing the Unit Effectiveness Inspection. I hope everyone is planning on spending some quality time with family and friends. Whether you

are staying in the local area or traveling to a vacation destination, please take the time to review this important safety information and adhere to the guidance/recommendations from your safety point of contacts.

**Take Care of Each Other:** Each unit will be incorporating their Wingman Day over the next couple of months. Please take advantage of this opportunity for what it is; invaluable training to make sure we are taking care of each other both on and off duty, while at home or away. We can avoid most negative incidents by looking out for each other and making sure we utilize the Wingman concept on a daily basis.

**Take Care of Your Business:** I know it seems we spend most

of our time ensuring we aren't on any "lists." I get it. As a commander, I felt as if we spent more time managing these lists than leading our people. But we need to take a step back and take a look at the view from 30,000 feet. Air Force Reserve Command and 4th Air Force often times tie funding and resources to a wing's ability to maintain their mission readiness; they are going to allocate their money to units that are ready and able to move the mission. By proactively managing our individual mission readiness, we reduce time discussing the "who" and the "why" (lists) and more time talking about the "how" and the "where" (mission).

Thanks for all you do on a daily basis and have a great summer!

## Buckeye Flyer

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# Facing the emotional toll of suffering

By Chaplain (Capt.) Luke McKeeth  
445th Airlift Wing Chaplain Corps

A quick internet search on "suffering" will bring up 226 million hits. Pain and hardship are a part of every life to one extent or another. Every human being has to face the reality of a world that is not the way it should be. For some it is relational problems, for others financial, for some of us it is emotional turmoil, for others it is physical pain. We all face the prospect of suffering. "What doesn't kill you makes you stronger," or so the saying goes but for so many suffering can become debilitating.

How we get through hard times is a key component of well-being. How we face catastrophic loss, or simply the long slow grind of hardship, will often be shaped by the disciplines and tools we use to get through daily life. That is why having habits of mental, physical, social and spiritual fitness are so vital well before a crisis is encountered.

Following are four areas to consider in strengthening your ability to deal with suffering.

**Know your limits:** Perhaps the hardest part to accept is that we have limits: limits to our strength, limits to our stamina, limits to our emotional capacity, and limits to our spiritual capacity. While some limits may be stretched through exercise or augmented by tools, if we are willing to accept our limits then when we encounter something beyond our control or ability it is easier to ask for help.

**Know your resources:** We all know about 911. If there is a medical crisis, or a safety emergency it is our first line of defense. Do you have someone you would trust to call in an emotional crisis? Do you have reliable support in place for when you are mentally overloaded? Do you have

See *SUFFERING*, page 4



# From Airman to lieutenant: Dream becomes reality for AES reservist

By Stacy Vaughn  
445th Airlift Wing Public Affairs

After spending three years as a personnel journeyman assigned to the 445th Maintenance Squadron, 1st Lt. Alex Bilchak, a health services administrator for the 445th Aeromedical Evacuation Squadron is learning not only a new career field but his new role as an Air Force officer.

Commissioned April 6, 2014 through the Medical Services Corps commissioning program, Bilchak is still in awe of how his Reserve career has taken a new direction.

The road to becoming an officer didn't take place overnight. Bilchak's Air Force career started after he completed college. With a Bachelor of Arts degree in political science from Youngstown State University and a Master of Business Administration degree and a Master of Applied Politics degree from the University of Akron under his belt, his mind was now focused on his long-term career goal.

"I always wanted to serve my country in the armed forces. But I never did anything about it when I was younger. I finished college and immediately began my career. I eventually completed graduate school. At this point, I just had turned 30 and was still thinking about joining the military so I met with an Air Force recruiter [in 2010] and decided to join the Air Force Reserve."

The college graduate was told there were no officer positions available for him and the recruiter suggested he go the enlisted route. Bilchak concurred and was sent to Air Force basic military training in 2011.

"Basic training was a great experience. I wouldn't trade it for anything. I was 32 and older than most of my fellow trainees. At the time, I never thought about pursuing a commission."

But in 2012, Bilchak heard about the Deserving Airmen Board and applied.

"The board was a disaster. This was the first time that I've ever met any type of board. It was rough. I stumbled over my words and constantly repeated myself. But it was a great learning experience, and I'll never regret it. I learned about posture, military bearing and more. It was a teachable moment for me."

Bilchak was disappointed when he found out he didn't make the cut. He said the person who won was



Courtesy photo

**First Lt. Alex Bilchak renders his first salute to Staff Sgt. Ronald Campbell, 445th Maintenance Squadron information management apprentice.**

a master sergeant and deserved it. "He truly deserved this opportunity because he was a master sergeant and had so much experience so it made sense he got it over a senior airman like me. I couldn't be happier for that individual."

His perseverance to be an officer didn't stop there. Soon after the board, his stop into the military personnel flight changed his life.

"Master Sgt. Victoria Errett, 445th Force Support Squadron chief of career development, told me she felt badly that I didn't make the board and asked if I knew about the other officer commissioning programs that are available. She told me about the Medical Services Corps commissioning program. She knew there were potential openings in AES. I was told it was a long process

and I would have to take the GRE again. But if I qualified and the paperwork went through, I would be working on the medical services administrator side. Another unique element associated with this position is that it is a direct commission, meaning I would be commissioned before going to commissioned officer training."

It took Bilchak 15 months by the time he started the package for the program until the day he was commissioned. "I got notified April 4 and was commissioned April 6. I didn't want to assume anything until I got the letter so I continued to pursue my enlisted career track. The enlisted part of my career was equally important and I wanted to focus on it until it the commission came through."

Bilchak officially began working in AES in May. He will eventually attend commissioned officer training followed by an 11-week health services administrator course.

"The whole process of getting my commission would not have been possible but for the support I received from members of both AES, who guided me through the application process, and the senior leadership within MXS, who helped push my application through the different phases of approval. The support was second to none. So many people here at the 445th helped me along the way. I want to thank them all for giving me this opportunity."



# ASTS partners with Dayton VA Med Center

By Capt. Elizabeth Caraway  
445th Airlift Wing Public Affairs

Reservists who work in radiology, pharmacy, nursing, dietetics, biomedical equipment repair, or as medical technicians are becoming better equipped to handle future missions thanks to a recently renewed Memorandum of Understanding.

The MOU, approved last September, partners the 445th Aeromedical Staging Squadron with the Dayton Veterans Affairs Medical Center. The first 445th ASTS members attended training at the center in January and 12-15 members will be continuing to hone their skills there every other unit training assembly.

"This is critical training that they're not getting anywhere else," said Lt. Col. Jennifer Wedel, 445th ASTS director of

training. "The VA medical center affords our members the opportunity to learn new skills and techniques and accomplish hard-to-achieve verifications. It's a great training platform."

Pharmacy, for example, is able to practice sterile technique at the VAMC. If the technique is called for in a contingency or disaster, they will have received the valuable hands-on experience.

"The role of the reservists here is really two-fold: they practice the day-to-day skills that our nurses and techs use on the floor, and they receive valuable hands-on skills for deployed situations," said Bob Gauder, Dayton VAMC Nursing Education Coordinator.

"It's been a well-round-



Courtesy photo

**Aeromedical Staging Squadron reservists stand outside the Dayton VA Medical Center.**

ed working relationship. We at the VAMC have a mission to serve veterans who have served and we have a parallel mission to help the 445th reservists maintain mission readiness," he continued.

Aside from the technical skills, reservists and patients alike benefit from the personal face time.

"The veteran patients really connect with people

in uniform. They love to tell them their stories; it's a true emotional connection," said Gauder.

"Our med techs and nurses really enjoy it, too," added Wedel.

The MOU, which required multiple levels of coordination, has been such a success that Gauder says he hopes they are able to expand participation in the future.

*SUFFERING, from page 2*

a proven place to go when your relationships are coming unglued? If you are facing a crisis of purpose, meaning, and the reason for life where do you go?

**Develop some healthy patterns:** The thing about suffering is that it often is not just a short term problem. It drags on, and a simple extra burst of energy, will not get you through. You need to have patterns in place that you know will keep you going. After surgery you will need to do rehab, and if you had a pattern of exercise in your life already that will help you recover faster. After an emotional crisis you will need to process the shame, pain and fear, and if you already have a place to deal with those things you will bounce back much faster. Mental stamina and the ability to recover require times of rest. If

you intentionally have a place to clear your mind, and some good sleep habits when things are not in crisis, you will be more able to recover after a crisis. Relational stability comes from a large pool of relationships. Suffering is never good to face alone. You need to have people in place who can help with different parts of the problem. While you will still need to face the challenge yourself, having a healthy set of friendships, mentors, teachers, coaches and encouragers will give you places to fall back on when you are facing a social crisis.

Suffering is the reality of this world, be prepared for it. The chapel team is here to assist you in developing good patterns, and helping you through the crisis. Consider the chaplain staff a part of your team and a resource in times of trouble.



# 445th AW revitalizes Key Spouse Program

By Capt. Elizabeth Caraway  
445th Airlift Wing Public Affairs

Members of the 445th Airlift Wing are actively engaged across the globe in a variety of missions. For many, the stress of the ops tempo can be heightened by concerns for family left behind. An Air Force program is being revitalized here to ensure that those family members receive continuous contact and support during their separation.

The Key Spouse Program is an official Air Force commander's program that promotes partnerships with unit leadership, volunteer Key Spouses appointed by the commander, families, the Airman & Family Readiness Center and other community and helping agencies. The program has a special emphasis on support to families across the deployment cycle.

"The Key Spouse Program is Reserve families helping other Reserve families," explained Stephanie Smith, 445th Key Spouse Program mentor and wife of Lt. Col. Raymond Smith, Jr., 89th Airlift Squadron operations officer. "From pre-deployment to reintegration, we reach out, we listen, and we help families. If we can't assist them directly, we can put them in touch with base agencies that have the necessary resources to do so."

Sometimes, family members are not aware of all the resources available to them during deployments, said Smith. For example, Our Military Kids offers grants to children of Reservists deployed overseas. The grants cover six months of future instruction, lessons or tutoring for one activity or program with a maximum grant award of \$500.00 per child.

"I think many reservists don't know about these options because drill weekends are so packed with activity that it can be difficult to get the word out," said Smith. "The Key Spouse Program connects families to these kinds of resources."

The program also enhances readiness and establishes a sense

of Air Force community.

"Key spouses help get Air Force members mission-ready because the Airmen receive the peace of mind that their loved ones are taken care of during their absence. It's a weight off. Likewise, families are more comfortable because they are able to connect with someone who understands what they're going through," said Smith.

Smith, who served in Westover Air Reserve Base's Key Spouse Program for eight years, emphasized the difference the program makes when people are actively engaged. The 445th Airlift Wing is still looking for Reserve spouses or family members to volunteer for the program. Key spouses are appointed

for one year, sign a confidentiality agreement, and receive training on base.

"We are looking for volunteers from families of all ranks and squadrons," said Smith. She also stressed that the program is not solely for married reservists.

"For deployed single Airmen, the Key Spouse Program reaches out to parents and other family members to see how they are doing throughout the deployment."

If you or your spouse is interested in learning more about the wing's Key Spouse Program or becoming more actively involved, you can contact Stephanie Smith at [ssmith2979@gmail.com](mailto:ssmith2979@gmail.com) or call (413) 301-3152.

## Wing undergoes changes of command



Lt. Col. Dale Bateman, 445th Mission Support Group commander, passes the guidon to Capt. Charles Trovarello, incoming 445th Security Forces Squadron commander, during the 445 SFS Change of Command ceremony May 3.

Col. David Owens, 445th Operations Group commander, passes the guidon to Lt. Col. Christopher Thompson, incoming 89th Airlift Squadron commander, during the 89 AS Change of Command ceremony May 4.



Photos by Tech. Sgt. Anthony Springer



# SPOTLIGHT

**Rank/Name**

Senior Airman Christopher Andrews

**Unit**

445th Aeromedical Staging Squadron

**Duty Title**

Professional Services Radiology Technician

**Hometown**

Dayton, Ohio

**Civilian Job**

Production operator

**Education**

Radiology technician training in the Air Force. Currently in process of pursuing national certification as a radiology technician.

**Hobbies**

Playing with newborn son; working on cars; being out in nature; cooking; travelling the world

**What do you like about working at the 445th?**

The opportunity for growth; tight net community; the morale; being part of exercises; the Airmen's Council; various unit activities such as picnic and chili cook off; being a physical training leader; the ability to interact with the doctors; and leadership.



Tech. Sgt. Frank Oliver

**Why did you join the Air Force?**

Opportunities for growth and maturity; options; school; being part of the best Air Force in the world; patriotism; being able to see the world differently;

to obtain good problem solving skills and leadership skills; being able to take what I learn in the military and apply it to my civilian life; meet new people; gain structure and purpose; and career opportunities.

## 445 AW controller named AFRC Airman of the Year

445th Airlift Wing Public Affairs

Senior Airman Tyler Mohr, 445th Airlift Wing Command Post controller, has been selected as the 2013 Air Force Reserve Command Airman of the Year. The announcement was made April 17.

As a controller, Mohr responds to emergency action messages and readiness condition changes from higher headquarters, processes quick reaction checklists for local emergencies and command and control requirements, conducts operational reporting, flight follows assign aircraft and keeps Air Force Reserve Command, Fourth Air Force and the 445th AW leadership informed with vital information.

During the award period, Mohr designed an Air Force Specialty Code database knowledge exam that generates a new test each month; one click replaces two hours of work. He processed 12 Joint Chiefs of Staff emergency action messages for zero errors. The Airman orchestrated Command and Control for 42 Operation New Dawn missions, allowing the movement of 3,355 passengers and 2,100 tons of cargo. He also revamped the emergency action training program, drafting challenging realistic exams while reducing decerts to zero.



During his off-duty time, Mohr develops and leads the wing's Development and Training Flight with drill, customs and courtesies and flight training. He coordinated a basic military training instructor visit for the DTF resulting in 183 members trained, six honor graduates and zero BMT failures. He's a member of the Wright-Patt Honor Guard where he participated in 25 funerals and nine wing events. Mohr volunteered more than 100 hours as a mentor for Big Brothers and participates in Adopt-A-Highway cleanups. The Airman has a master's degree in business administration and a Bachelor of Science degree in management, healthcare management and hospitality management. He also received his Community College of the Air Force degree in emergency management.

When he found out he was named AFRC's airman of the year, Mohr said, "This would have never been possible had it not been for the support of Senior Master Sgt. Karen Miller and Lt. Col. Todd Baker. They allowed me to pursue opportunities within the wing and felt confident that I could handle the additional duties without sacrificing my command post responsibilities. I really can't say enough about all the support they have given me over the past year."

Mohr will compete against other major command nominees at the Air Force level.



# News Briefs

## Promotions

### Airman

Caleb Fuchs, FSS  
Brandt Huston, 87 APS  
Kenneth Lay, 87 APS

### Senior Airman

Clifford Morgan, CES  
Katherine Redavide, AES  
Aaron Williams, 87 APS

### Staff Sergeant

Matthew Jennings, 64 IS  
Devin Larsen, MXG

Andrew Mullen, CES  
Tyler Sparks, AES

### Technical Sergeant

Robert Brock, 64 IS  
Harold Debolt IV, FSS  
Earnest Geiger Jr., AMXS  
Vincent Gibson, OSS  
Cresente Gotangco Jr.,  
64 IS

### Master Sergeant

James Kirklin, SFS  
Anthony Morgan, AMXS  
Stanley Parks III, LRS

## Newcomers

Capt Angelica Kimber, 64 IS  
SSgt George Farrell, LRS  
SSgt Chad Gillenwater, CES  
SSgt Seth Guyer, SFS  
SSgt Shaun Hart, AMXS  
SSgt Jory Ramer, OSS  
SrA Melissa Carter, AMDS  
SrA James Eldridge, 71 IS  
SrA Yuan Fang, AMDS  
SrA Akaela Freeny, AES

SrA Cassandra Pearce, AMDS  
SrA Megan Price, MXS  
A1C Thomas Cackowski, CES  
A1C Andrae Manuel, ASTS  
A1C Jinghao Xu, LRS

## Annual VA picnic

The annual Dayton VA Picnic is scheduled for June 7, 2014.

In the last year, members and friends of the 445th Airlift Wing have donated not only material items, but also the gift of camaraderie to veterans at the VA hospital and the homeless vets through outreach programs.

Items donated at collection points around the wing should be dropped off to Master Glenda Marck prior to 7 June, or brought to rally site at 10:30 a.m. June 7.

The VA Hospital relies on donations to provide vets items at no cost.

Needed items include:

X-3XL T-shirts (plain, color or patriotic); socks; women's underclothes; men's boxers or briefs; decaffeinated coffee/sugar/sweetner/powdered creamer; flip flops; flex straws; toothpaste/tooth brushes; shampoo; combs/hairbrushes; hand lotions; spray deodorant; paperback novels; DVDs and baseball caps. Monetary contributions are always welcome

Please meet between buildings 4010 and 4012 to caravan to the Dayton VA Hospital at 10:30 a.m. and return about 1:30 p.m.

To volunteer at a local VA facility visit: <http://www1.va.gov/volunteer/>

For more information call MSgt Glenda Marck at (937) 257-8116.

## 445 AW hosts annual Scouts Day



The 445th Airlift Wing hosted its annual Scouts Day May 17. Boy and Cub Scouts from around the state attended the event. Scouts and their adult leaders enjoyed a morning of activities on the 445th flightline.

1. Senior Airman Andrew Ferguson, 445th Aeromedical Evacuation Squadron technician, demonstrates how to move a patient litter.
2. Staff Sgt. Gustavo Medina, 445th Security Forces Squadron, hands a toy gun to a Scout as they prepare to participate in a scenario.
3. Capt. Ryan Armstrong, 89th Airlift Squadron C-17 pilot shows the flightdeck of a C-17 Globemaster III.



Photos by Lt. Col. Denise Kerr



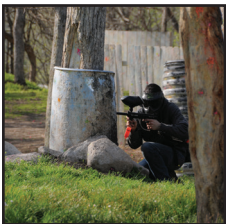


Tech. Sgt. Frank Oliver

**Water works!**

Reservists from the 445th Aerospace Medicine Squadron have fun with squirt bottles during their squadron's Wingman Day May 4. Wing units developed their own Wingman Day activities, comprising a variety of briefings, team building exercises, and games centered on "finding the good" in work, at home, and each other.

**On the Web**



**Single Airman's group plays paintball**



**89 AS participates in Patriot Warrior exercise**



**445 conducts WIT training**

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