

DTF prepares new enlistees to succeed at BMT

By Army Master Sgt. D. Keith Johnson
316th Expeditionary Sustainment Command
Public Affairs

WRIGHT-PATTERSON AIR FORCE BASE, Ohio—Drop by the parking lot on the north side of Wright-Patt during the second reserve unit training assembly of the month and you'll hear familiar sounds of cadence being called, or an occasionally raised voice of a military training instructor, voicing his displeasure on the direction the flight is heading.

The 445th Development and Training Flight prepares newly-enlisted trainees for the U.S. Air Force's basic military training at Lackland Air Force Base, Texas. Each month during their UTA, they go through various classes preparing them for what's ahead. A typical UTA schedule consists of drill and ceremony; position of attention; the Airman's Creed; the Air Force Song; reporting statements; open ranks; facing movements; written exams on rank structure and customs and courtesies; saluting; and taking the Air Force physical fitness test.

"Our mission is to help newly enlisted Airmen transition from civilian to military life, and a smooth transition into basic and tech school," said Staff Sgt. Terra Stinnett, program manager. Stinnett was in the first 445th DTF class in December 2011. Comparing her class to the present training plan, "There are a lot more activities and training," she said. "They are learning a lot more."

The class size varies from month to month, said Stinnett, depending on when trainees ship out to BMT, and when new enlistees arrive. Some attend the training for a month or two, while others are there for 10 or 11 months.

"We are making sure they are ready to go to basic training," said Staff Sgt. John Delucia, one of the flight's instructors. "Not that they are going to be experts, but they'll have a strong foundation the military training instructors can build on."

The trainees come into the program at different ranks, depending on various factors. Those with college credits or ROTC courses, like Chase Derrer and Samantha LeFaive, can start as an airman first class. Those without college usually start as an airman basic. The trainees are paid according to their enlistment rank, and receive the same benefits as any member in uniform, according to Staff Sgt. Tyler Mohr, one of the instructors.

Airman 1st Class Corey Scott participated in the program for one month before leaving for BMT. "I was only



Master Sgt. D. Keith Johnson

Staff Sgt. Tyler Mohr, 445th Airlift Wing command post controller, instructs trainees from the 445th Development and Training Flight on proper saluting techniques during the August 20, 2016 unit training assembly at Wright-Patterson Air Force Base, Ohio.

here one month, but I received a lot of good info on what to study for, and it helped me a lot."

Airman Jeffrey Veness has been in the program 10 months. He'll be a medical technician when he completes technical school. "It's very helpful, especially when the guest speakers come in. We've had a chaplain, education representative, and a former MTI. All of the speakers give us a more rounded insight of not just what BMT is going to be like, but also the remainder of our Air Force career."

According to Stinnett, they facilitate surveys each UTA to see what the trainees want to train on, and also seek feedback from Airmen who just returned from BMT to see what they can work on in the program. "The program runs pretty smoothly," she said. "We are always upgrading and updating so we don't get behind when BMT changes."

One of the requests is for more physical training.

"Physical fitness in the Air Force is no joke. We strive for our trainees to pass the Air Force physical fitness test rather than just the BMT test," said Mohr. "Some of them are scoring 90 percent on the Air Force PFT, and we recognize them for that every month."

Among those who recently returned is Senior Airman Jacob Beard, a crew chief with the 445th Maintenance Squadron. "For me it was very, very successful.

Step outside your comfort zone

By Lt. Col. John Marang
445th Mission Support Group Deputy Commander

When is the last time you evaluated your job satisfaction in the Air Force Reserve? Are you content where you are in your career? Are you being challenged? Are you comfortable? If you do not feel challenged or are comfortable, then maybe you need to get uncomfortable.

In other words, you may need to step outside your comfort zone. If you are not being challenged, if you are not being utilized to your potential... do something about it! Getting out of your comfort zone is naturally unsettling, right? It is, well... uncomfortable.

Growth and change, however, cannot happen if you settle on being stagnant. There are so many things you can do to contribute and grow in the Air Force Reserve. You can join the Rising 4, participate in the Top 3, become a Diversity Council member, become a first sergeant, pursue your commission, volunteer for an additional duty, volunteer for a deployment, attend professional military education in-residence, apply for that promotion opportunity in another unit, or pursue a different career.

It takes courage to challenge the unknown and leave the safety of your comfort zone, but a change



may be necessary if you are just getting by. How can you continue to learn, continue to grow if you relegate yourself to a job that you can do in your sleep?

Have you ever been given a task or project that you thought you would never be able to accomplish, only to astonish yourself afterward because you nailed it? Did you grow from that experience? Of course the answer is yes. You need to challenge yourself, your wingman, your supervisor, and your subordinates. This is the only way we achieve so much more than “just getting by inside our comfort zone.”

Resilient Airmen have the ability to recover and adjust to change which occurs outside their comfort zones in the face of challenges, changing environments and stress. Being resilient and having the ability to succeed outside your comfort zone is a key leadership quality that you should make a conscious effort to learn and perfect. This will perpetuate growth, understanding and lead to increased job satisfaction.

Don't let your personal comfort zone limit your opportunities for growth and change, and challenge those around you to do the same. You will be amazed at the things people are capable of and the obstacles we can overcome by stretching ourselves just a little. Take calculated risks, go out on a limb, venture beyond your comfort zone and make yourself and the Air Force Reserve stronger than it is today!

Buckeye Flyer

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Coping skills for managing stress

By Tijuana Odom
445th Airlift Wing Director of Psychological Health

Let's face it. Stress is inevitable. Everyone experiences it. So what is stress? Stress is simply the body's response to changes that create taxing demands. Life stressors are often described as negative events (the death of a loved one, loss of a job, divorce, etc.); however, positive changes in life (marriage, birth, moving, a new job, etc.) can also constitute life stressors. However, not all stress is bad.

There are two types of stress; eustress and distress. Eustress is the good stress that motivates you to continue working to accomplish a goal or leads you to an act of fulfillment. Distress, or bad stress, is when the good stress becomes too much to bear or cope with--tension builds, there is no longer any fun in the challenge, there seems to be no relief or end in sight.

These challenges, require the use of good coping skills. Coping skills are the

methods a person uses to deal with stressful situations.

Below are some healthy coping skills:

1. Eat nutritious meals
2. Exercise
3. Spirituality
4. Meditation & relaxation techniques
5. Set aside time for yourself (10-15 minutes a day)
6. Connect with others
7. Learn to forgive
8. Reduce your load
9. Seek support/turn to someone you trust

Remember you don't have to work these issues out on your own. Your local DPH is available (in person or by phone) to help you build and develop coping skills and assist with a variety of life and military related issues. Contact: Ms. Tijuana Odom, LCSW, located in bldg 4010, room 166 at (937) 257-6267.



445th Airman proudly serves on base honor guard

By Staff Sgt. Rachel Ingram
445th Airlift Wing Public Affairs

Despite long hours and occasionally severe weather, Senior Airman Joseph Divish doesn't quit. The Hawaii native is approaching his two year mark on the Wright-Patterson Air Force Base Honor Guard and says he has no intention of slowing down.

"I'm staying as long as they let me," he says, noting that he plans to re-enlist in November.

The detail is made up of approximately 40 members, six of whom are Citizen Airmen from the 445th Airlift Wing. For active-duty Airmen, the standard service commitment on the detail is six months. Divish says reservists help provide continuity and training, since they often choose to remain on the detail for longer periods of time.

In April, the 445th recognized Divish with the Honor Guard Member of the Year title. The award was based on details completed, hours worked, and miles driven.

Considering the pace of the squadron, Divish had no shortage of opportunities to meet the award criteria.

"We do around 4,000 funerals a year," he says. "We've done up to 32 funerals in a single day."

The majority of funeral requests come in with two or three days' notice, but sometimes Honor Guard details are sent out to local funerals with only eight hours' notice. Funerals take precedence over any other type of Honor Guard detail, like retirements or posting of the colors.

When asked if the Honor Guard ever has to turn down a funeral, Divish says, "We find someone. We find a way. That person served our country and we want to honor them."

The team is made up of three flights, Divish explains, plus a standby flight of former active-duty detail members. The flights rotate responsibility weekly, with one flight taking the bulk of out-of-

area details, and the other two remaining local and focusing on training. "That flight goes the furthest, the earliest, every single day."

On average, Divish works six days per week, and is occasionally required to report to work in the wee hours of the morning.

"Sometimes we report at 3:30 a.m. The latest I've been here was 1 a.m."

Early report times are required for details that take several hours of travel, the furthest being Traverse City, Michigan, more than 400 miles each way. Detail members take turns driving government-owned vans, and it's rare that a detail stays away from home overnight, says Divish.

Wright-Patt Honor Guard area of responsibility is the largest of any base honor guard in the United States and includes all of Ohio and portions of Michigan, Kentucky, Indiana, West Virginia and Pennsylvania. Details travel outside the lo-



Tech. Sgt. Patrick O'Reilly

Senior Airman Joseph Divish, front, leads the way as members of the 445th Airlift Wing Honor Guard perform at the 445th's annual awards ceremony in April.



Courtesy photo

Members of the Wright-Patterson Air Force Base Honor Guard perform at a Dayton Dragons game earlier this year. Senior Airman Joseph Divish, far right, is a Citizen Airman in the 87th Aerial Port Squadron.

cal area almost every day, he says.

Regardless of the weather, the details perform their duties.

"We wear one uniform, whether it's cold, hot, raining, sleeting, or anything else," he says.

The aerial port is where Divish first developed an interest in honor guard. He says he remembers, as a Port Dawg, participating in human remains offloads while at Dover Air Force Base, Delaware, for seasoning training.

"It's good to be able to actually finish it and honor the members who served our country," he says. "It's a rewarding feeling."

Next year, Divish is slated to deploy with the 87th Aerial Port Squadron as a special handling technician, then plans to return to the honor guard.

The team's elite performance took root when Maj. Gen. Bradley D. Spacy was the 88th Base Commander from 2008-2010, Divish says. Prior to his assignment at Wright-Patterson, Spacy served as the commander of the U.S. Air Force Honor Guard in Washington, D.C., from 1999-2001.

"He came here and said, 'I want your honor guard to be the best one that could ever be,'" Divish says, "and we've excelled at that."



445 Airlift Wing hosts annual family day



Staff Sgt. Joel McCullough



Tech. Sgt. Patrick O'Reilly



Tech. Sgt. Patrick O'Reilly



Staff Sgt. Joel McCullough



Staff Sgt. Rachel Ingram



Tech. Sgt. Anthony Springer

Airmen of the 445th Airlift Wing and their families enjoyed a day of fun, food and fellowship at the wing's annual family day event Sept. 11, 2016. The 445th Force Support Squadron won the tailgating theme contest, and the 445th Aeromedical Evacuation Squadron captured first place in the flag football tournament.



Race to the finish line, 445th Airmen compete in AF Marathon

By Staff Sgt. Rachel Ingram
445th Airlift Wing Public Affairs



Courtesy photo

(left) Master Sgt. Terry Reisinger and Senior Airman Corey Mowen.

Two of the 445th Airlift Wing's own Airmen completed the full Air Force Marathon on Sep. 17. Master Sgt. Terry Reisinger and Senior Airman Corey Mowen are both traditional reservists in the 445th Airlift Wing Chaplain Corps.

"It didn't even feel like I ran the first half. Those 13 miles just went by in the

blink of an eye," said Reisinger, a 22 year veteran.

Prior to the race, Reisinger said he was most looking forward to socializing with the small groups of competitors that naturally form along the course.

"It's the camaraderie of runners," he said. "It's one thing to train by yourself, but when you're on that track with all those runners around you and someone is passing you, or you're passing someone, there's that adrenaline, there's that high you get that you can't find anywhere else. When you get that rush, it really taps into your emotions and brings up your morale to keep going, push harder, and not get distracted or slow down. I think people underestimate that."

Reisinger encouraged Mowen to run the race.

"Master Sgt. Reisinger and I were talking one morning and he told me he was running the full marathon. I told him I would love to but I couldn't see myself at that time paying that much to sign up to run it. So he volunteered to pay the fee and signed me up."

In July, Reisinger began training for the marathon. Aiming to run 7-10 miles three times per week, Reisinger averaged 25-30 miles each week for nearly three months, and also incorporated strength training into his routine.

Mowen's training for the run was limited due to a hip strain. He only ran 8 miles each time, but he biked and swam laps.

Mowen became interested in participating when he arrived at the base in 2007.

"Since I was stationed at Wright-Patt in 2007 I have always been interested in running the AF marathon. Everyone always talked about how great it was and how much fun they had running it. I just never had the chance to run because of me coaching. I have run half marathons but never a full. This is my first full

marathon. I hope to complete it in 4 hours, said Airman Mowen before the race.

"For some people, they are surprised what happens to their body when they 'hit the wall,' as it's called," Reisinger said. "I've already been there, and I've met that feeling again in training, so I'm prepared for that."

This was not his first marathon. He ran in the Cincinnati Flying Pig in 2008 and finished in 4:58. This time, he finished the 26.2 miles in 5:24.

"As you get older, things change," the 39-year-old said. "It's still fun, though. I enjoy the runner's high."

After finishing the race, Reisinger shared that his favorite part of the experience was meeting new people on the course.

"I met a lot of different people and had a lot of different conversations. I ran into a 61-year-old guy who was running/walking his first marathon, and his son and teenaged granddaughter were with him. We talked for quite a while," Reisinger said. "There was a woman from Japan who is active duty, and a young guy who was battling cramps like I was."

During the 18th mile, the sergeant said, he began experiencing severe cramps, despite eating three bananas and drinking water and Gatorade before the race.

"I looked around and there were 200 of us, all doing the same thing. We were all shouting out, 'Come on, keep going! Don't walk more than you need to. You can do it!'" he said. "We were all just egging each other on."

Next time, he plans to put more time into experimenting with hydration, and won't stop at every hydration station on the course again.

"You really do have to practice all the hydration stuff," he explained. "There's truly an art to knowing when to drink more and when to stop. You have to learn and discipline yourself to do that."

Reisinger is already planning his next run: a half marathon before the end of the year.

"I want to round off the year before the winter hits," he said, mentioning he is considering registering for the Columbus Half Marathon because the terrain is much flatter than that of the Air Force Marathon.

Reisinger initially hoped to finish the run in a much faster time than he achieved, but said that he thinks he did well for the amount of training he put in.

"It takes a lot of time to go out and just run 10 miles, and that's a lot of hours out of my life. I've got two jobs; I own a house; there's family, friends, and a girlfriend to spend time with. Life happens."

Mowen, a first-time full marathon runner, finished the race in 4:39. The average time for males was 4:20.

"I knew I wanted to run the last mile," Reisinger said. "I didn't care if I cramped. I was going to push through it, and I did. Then I saw Colonel Willis and Chief Felton waiting to meet me at the finish line and I thought that was really nice of them to stay out there all day. You always want to finish strong."



SPOTLIGHT



Tech. Sgt. Patrick O'Reilly

Rank/Name
Senior Airman Celeste Mullings
Unit
445th Force Support Squadron
Duty Title
Personnel Journeyman
Hometown
Fayetteville, North Carolina
Civilian Job
Resolution Special-

ist, Defense Logistics Agency
Education
I am currently pursuing a baccalaureate degree in Chinese at Ohio State University. My expected graduation date is May 7, 2017. After graduation, I plan to obtain a master's degree in Chinese linguistics.
Hobbies
I love to work out and study.
Career Goal
Translating

What do you like about working at the 445th?
I like that there are people who are always willing to support and assist others in their lives and with their careers.
Why did you join the Air Force?
I joined the Air Force to further my education and gain experiences and skills that I would be able to use in different aspects of life.

Wing announces STEP II promotions list



Eleven reservists from the 445th Airlift Wing were selected for promotion under the Stripes for Exceptional Performers program. The selection board convened at the Headquarters Air Reserve Personnel Center July 22, 2016. The results were announced August 15. Effective date of promotion is October 1, 2016.

The STEP II program, formally known as the Promotion Enhancement Program, is a commander's program designed to promote outstanding and well-deserving Air Force Reserve Airmen to the grades of technical sergeant - chief master sergeant. Headquarters AFRC establishes STEP II quotas, which are determined by manning levels.

Congratulations to the following reservists:
Senior Master Sgt. to Chief Master Sgt.
Senior Master Sgt. Brian Algeo, 445th Security Forces Squadron

Master Sgt. to Senior Master Sgt.
Master Sgt. Glenda Marck, 89th Airlift Squadron
Master Sgt. Lamon Pace, 445th Logistics Readiness Squadron
Tech. Sgt. to Master Sgt.
Tech. Sgt. Percy Johnson, 445th Aeromedical Staging Squadron
Tech. Sgt. Chad Kopf, 445th Aircraft Maintenance Squadron
Tech. Sgt. Sean McCaslin, 445 SFS
Tech. Sgt. Eli McPherson, 71st Intelligence Squadron
Staff Sgt. to Tech. Sgt.
Staff Sgt. Shelton Beasley, 445th Aeromedical Staging Squadron
Staff Sgt. Toron Franklin, 445th Maintenance Squadron
Staff Sgt. Jessika Meyer, 445th Aerospace Medicine Squadron
Staff Sgt. Christopher Van Iderstine, 445 MXS
The complete select list is available on myPers.

News Briefs

Promotions

Airman

Cedrick Jones, CES

Airman First Class

Charles Swaim, MXS

Senior Airman

Sean Chapman, ASTS
Keith Emberton, LRS
Brian Rieman, FSS
Zachary Sutton, 87 APS
Kevin Sweeney, AMXS

Staff Sergeant

Christopher Clark, LRS
Andrew Hall, AMXS
William Haus, CES
Ryan Hughson, AMXS
Matthew Kaper, LRS
Jacob Kreuzer, AMXS
Daniel Levingston, LRS
Nicholas Livingston, SFS
Jennifer Maxie, AMXS
Aaron Stokes, LRS
Timothy Straka, SFS
Andrew Swasey, LRS
Andrew Wade, LRS
Tiffany Works, FSS

Technical Sergeant

Eric Christy, FSS
Aaron Davenport, 89 AS
Sherrod Hinson, OSS
Corey Hughes, MXS
Maggie Malidai, CES
Ryan Maloney, LRS
Charles Patton, FSS
David Richards, 87 APS
Jerel Wright, 87 APS
Michael Young, 87 APS

Master Sergeant

Brandon Maxie, MXG

Senior Master Sergeant

Donald Griffin, 87 APS

MSC commissioning opportunity

The 445th Medical Service Corps is accepting applications for their accession review panel to select one enlisted member to commission as an officer in the Medical Service Corps. To be

eligible, members must hold a college degree in health administration, healthcare management, business, operations research, architecture, or biomedical or clinical engineering, with a GPA of 3.0 or greater. Other qualifications include a current, passing physical training score and a letter from the member's commander, endorsing him or her to commission. All required documents must be submitted by the Scarlet unit training assembly in October, and qualified individuals will be interviewed during the following UTA. To submit documents, or for questions, contact Capt. Christine DuBray at 937-257-9898 or Christine.dubray.3@us.af.mil. Complete packages may also be hand delivered to building 4004, room 104.

Speed mentoring

Enlisted members are invited to attend a speed mentoring event during the October Scarlet and Gray unit training assemblies, hosted by the 445th Airlift Wing Chiefs Group. During the session, which includes free pizza for participants, several mentees will sit at a table with one mentor for eight minutes before rotating to the next table, for a total of five rounds. Featured topics will include conflict management, fitness, bullet writing, and achieving career depth. The speed mentoring event is scheduled for Oct. 1 and 15 from 11 a.m. to 1 p.m. in the USO auditorium. Seating is limited, so members must sign up for the program by speaking with their chief or first sergeant.

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

445th AW lieutenant colonel promotions announced



WRIGHT-PATTERSON AIR FORCE BASE, Ohio -- Air Reserve Personnel Center officials announced results for the Calendar Year 2016 Air Force Reserve Line and Non Line Lieutenant Colonel Promotion Selection Boards Sept. 13, 2016. The boards selected more than 600 Citizen Airmen for promotion.

The selection boards convened at ARPC June 13-17 to determine those officers best qualified to assume the next higher grade. Board members selected 527 of 1,236 officers considered.

Categories considered during these promotion boards were: Air Force Reserve Line, Dental Corps, Medical Corps, Nurse Corps, Medical Services Corps, Biomedical Sciences Corps, Chaplains and Line of the

Air Force Judge Advocates

Categories considered during these promotion boards were: Air Force Reserve Line, Dental Corps, Medical Corps, Nurse Corps, Medical Services Corps, Biomedical Sciences Corps, Chaplains and Line of the Air Force Judge Advocates.

Seven members from the 445th Airlift Wing were selected.

Congratulations Aaron Dailey, 445th Operations Group; Sharon Ellis and Keith Larson, 445th Aeromedical Evacuation Squadron; Albert Olagbemiro and Dennis Park, 445th Logistics Readiness Squadron; Stacy Ullmer, 445th Aerospace Medicine Squadron; and Douglas West, 445th Airlift Wing.

A complete list of Airmen selected for promotion is available online by visiting the Air Reserve Officer Promotion page on myPers, <https://mypers.af.mil>.

For more information, call the Total Force Service Center at DSN 665-0102 or 210-565-0102.



DTF, from page 1



Photos by Master Sgt. D. Keith Johnson

(left) Trainees from the 445th Development and Training Flight, 445th Airlift Wing, participate in a shoot, move, communicate scenario at the Warfighter Training Center located on Wright-Patterson Air Force Base, Ohio, Aug. 21, 2016. (right) DTF trainees practice proper marching techniques Aug. 20, 2016, as they prepare for basic military training.

There were a lot of things I already had an idea of and some things I had no clue about, and they helped me prepare for BMT and helped me get Honor Graduate at basic.”

Stinnett tracks the returning Airmen to see how successful they are at BMT and their technical schools. In 2015, a total of 49 trainees went through the program. Ten were Honor Graduates from BMT and 10 earned ropes at their technical schools. From January to August 2016, 21 trainees from the program have left for BMT and technical school and returned. Five were Honor Graduates from BMT and six earned ropes at technical school. There were 28 trainees at the UTA in August 2016.

“It’s better than what I expected,” said Derrer. “I’m getting a lot more information than I ever expected to get. It’s really hammered in what I need to know for getting ready for BMT.”

LeFaive agreed. “This program is helping me out tremendously in preparing for basic training. It exceeds my expectations.”

The DTF program continues to be successful for the trainees and the wing.

“My goal is for all of them to come back as the Honor Graduate from BMT or the Distinguished Graduate from tech school,” said Mohr. “If they come back as Honor Grad and DG, it just makes this wing better.”

On the Web



445th Airmen participate in Air Force Marathon



Family Day photo show



October is Breast Cancer Awareness month

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