

# BUCKEYE FLYER

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## 445th supports Hurricanes Harvey, Irma, Maria

The 445th Airlift Wing continues to provide support to millions affected by recent hurricanes. The 445th was the first Reserve unit to volunteer and support Hurricane Harvey relief efforts.

The wing flew its first Hurricane Harvey support mission Aug. 27 when it flew cargo to Corpus Christi, Texas.

Prior to Hurricane Irma striking Florida, the unit transported an HH-60 helicopter from Patrick Air Force Base, Florida to Dobbins Air Reserve Base in Georgia, Sept. 7 to escape the hurricane.

On Sept. 9, a Reserve C-17 from the 445th Airlift Wing transported the New York Task Force One to San Juan, Puerto Rico in support of Hurricane Irma relief efforts.

The unit transported Federal Emergency Management personnel from Indiana's Task Force One to Puerto Rico in support of Hurricane Maria relief efforts Sept. 23.

To date, C-17s from the 445th have flown 12 missions, airlifting more than 484 passengers and 994,000 pounds of cargo around the globe to places including Texas, Florida, Georgia, New Jersey, Delaware, Puerto Rico, U.S. Virgin Islands, St. Martin and Honduras.

Cargo delivered consisted of meals ready to eat, water, power equipment, forklifts, sleeping cots and other supplies in support of Hurricanes Harvey, Irma and Maria.

In addition to airlift, 12 Airmen including command post controllers, force support personnel and security forces members deployed to Florida and Georgia to help with efforts there.

"To say I'm proud of the 445th is an understatement. The men and women of the 445th have been called into action to provide support and aid to those affected by these disasters," said Col. Adam Willis, 445th Airlift Wing commander.

"We will always answer the call. This is a true testament of how Americans help others in time of need. Our Airmen stand ready to assist as we recover from these devastating disasters," he added.

Aircrews are currently awaiting taskings for future missions.



Photos by Master Sgt. Patrick O'Reilly

**Master Sgt. Lorenzo Law, 89th Airlift Squadron loadmaster, prepares a 445th Airlift Wing C-17 Globemaster III at Joint Base McGuire-Dix-Lakehurst, New Jersey, for loading cargo and Airmen for transport to MacDill Air Force Base in Tampa, Florida, to support Hurricane Irma relief efforts Sept. 12, 2017.**



**Chief Master Sergeant Jason LeMaster, 89th Airlift Squadron loadmaster, spots a forklift being loaded into the cargo area of a 445th Airlift Wing C-17 Globemaster III at Biggs Army Airfield in El Paso, Texas, for transport to aid in Hurricane Harvey relief efforts Aug. 30, 2017.**

# Cancer awareness key step to survival

By Tech. Sgt. Gloria Wilson  
27th Special Operations Wing Public Affairs

Breast cancer is a part of my daily life since my mom has had breast cancer and I am high risk.

It's hard for me not to think about it, search it on the Internet, donate to it, ask about it, walk for it, and even cry about it. But I know that isn't the case for everyone.

All I have learned could potentially save my life, but for me it's just as important to increase the awareness of others so other lives can be saved.

Even if you never get breast cancer, your life may somehow be touched by the reality of this sometimes fatal disease. It could affect a family member, a loved one, a friend or co-worker.

American Cancer Society officials estimate that this year alone 194,280 new cases of the disease will be diagnosed in the United States, while 40,170 are estimated to die from it.

My mother was 46 years old when she found out she had breast cancer. To say she was upset is an understatement.

I remember the tears of fear, confusion and disbelief she shed. After all, breast cancer was something that happened to other people, but that's the hard part: it can happen to anyone.

Cancer in and of itself can be scary. But for me, what increased my fears was that in my mom's case her doctors said the tumor must have been growing somewhere between five to 10 years, based on its size.

A possible 10 years and it wasn't found. Not until my mother experienced such a drastic change in her breast that she went to a hospital, where they ended up aspirating a cyst larger than a golf ball. My mother, who has annual breast exams, has had cysts in her breasts for many years. They are why the doctors didn't notice the cancer tumor; it was hiding behind her noncancerous cysts.

The doctors were able to do a lumpectomy despite how long the tumor had grown, but for others, 10 years could have been the difference between life and death.

Mom went through radiation treatments and was told that she had to be on medicine for five years, but because she didn't need chemotherapy or a mastectomy she is considered one of the "lucky ones."

Whether someone goes through a lumpectomy, a mastectomy, chemotherapy, radiation or medication, it doesn't change the fact that being diagnosed with cancer can be a frightening, disturbing, life-altering experience. A number of men and women, in addition to their daily battles with cancer, also have to try and combat depression.

Her journey is not over even though the cancer is gone. After the lumpectomy, she had reconstructive surgery. She then had complications from it. The complications led to another surgery, which she is currently recovering from, but once again with problems. She is a strong woman, but it's been hard for her.

So what does this mean? Why should you care? I'm not asking anyone to care about my mother's plight, but I am asking you to be aware and educate yourself.

There's support and information out there if you know where to look

thanks to the people who do great things to increase awareness, raise money for research and show support for the men and women fighting this potentially deadly disease.

I started learning more about breast cancer, because of my mother's situation and my own various high risk factors. Just because you or a loved one may not have an increased risk does not mean you are immune to breast cancer.

October is breast cancer awareness month so now is as good of a time as any to get educated. A great place to start is to call the American Cancer Society at 800-ACS-2345 or check out their website.

Through ACS, I was able to speak to an office in my mom's local area and find out about specific programs and resources. With all that my mom is going through, it took my intervention to get the ball rolling. Sometimes things are just too difficult for the person who actually has the cancer.

One of the things I did was arrange for a one-on-one visit through ACS's program called Reach-to-Recovery. Another thing I did was get information about cancer for myself. Knowledge is power and early detection can help save lives.



## Buckeye Flyer

### 445th Airlift Wing

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# 445th Airmen selected for STEP promotion

Five Airmen from the 445th Airlift Wing received a promotion through the Stripes for Exceptional Performers II. The announcement was made Aug. 31, 2017.

STEP II is a commander's program designed to promote well deserving Air Force Reserve members to one grade above the authorized grade for their position.

For this board that convened at the Air Force Personnel Center July 24-28, 2017. Only Airmen who clearly demonstrated outstanding potential and ability to serve in the next higher grade were selected.

Congratulations to those STEP'd to the rank of master sergeant: Mark Adams, 445th Maintenance Squadron; Jacob Crafton, 445th Maintenance Squadron; Michael Parshall, 445th Maintenance Group; and Bjorn Solheim, 445th Security Forces Squadron.

Congratulations to Adam Naber, 445th Maintenance Squadron, who was STEP'd to the rank of technical sergeant.

The date of rank and promotion effective date for those selected is Oct. 1, 2017.

## Around the wing ...



2nd Lt. Rachel Ingram

(Above) A 445th Security Forces Airman is surrounded by pink smoke during Shoot, Move, Communicate training Sept. 10, 2017. Hostage situations, convoy operations, and ambush tactics were just a few of the nearly one dozen scenarios executed during the semiannual sustainment training at the Warfighter Training Center on Wright-Patterson Air Force Base.

(Far Right) Master Sgt. Ashley Byers, 64th Intelligence Squadron first sergeant, presents the July 2017 Diamond Sharp Award to Senior Airman Steven Bonner, 14th Intelligence Squadron Sept. 23, 2017 during the unit training assembly. The award is presented for exemplary performance, adherence to Air Force Core Values, attitude, appearance and ability.



Lt. Col. Cynthia Harris

(Top Right) Nearly 60 members of the 445th Airlift Wing and their families served as volunteers during the 2017 Air Force Marathon Sept. 16, 2017. The volunteers manned a hydration station and passed out water, Gatorade® and bananas to the participants, and cheered them on as they raced by.



Courtesy Photo

# SPOTLIGHT

**Rank/Name**

Staff Sgt. Cole Moore

**Unit**

445th Aircraft Maintenance Squadron

**Duty Title**

Hydraulic Craftsman

**Hometown**

Greenville, Ohio

**Civilian Job**

Air Reserve Technician, Hydraulic Specialist

**Education**

Completed some classes at Airfield Academy

**Hobbies**

Downhill jet skiing, spelunking, cave diving and hunting

**Career Goal**

To keep furthering my education and grow as a leader. I would like to take over the family farm some day.

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

I get to perform a specialized task to help aid in flying sorties and helping people in need around the world.

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

I wanted to serve and honor my country. Joining the Air Force seemed like an exciting way to accomplish that.



Stacy Vaughn

## FSS Airmen help wing maintain fitness readiness

By 2nd Lt. Rachel Ingram  
445th Airlift Wing Public Affairs

Each month, nearly 200 Citizen Airmen complete their physical fitness tests at the Wright-Patterson Air Force Base Wright Field Fitness Center, and Tech. Sgt. Jennifer Godsey, 445th Force Support Squadron fitness NCO in charge, and Staff Sgt. Jared Dexter, fitness specialist, are the driving force behind the streamlined process.

“As a team, Tech. Sgt. Godsey and I have overseen the administration of PFTs for the wing since 2013,” Dexter said. “We have a team of rotating physical training leaders from different squadrons around the wing, and we’re responsible for managing and directing up to 10 of them each unit training assembly.”

PFTs are an integral part of the Air Force mission, and Godsey said she keeps this at the forefront of her mind before each unit training assembly. Physical fitness is a major aspect of readiness,” she said. “This test measures not only physical strength, but mental toughness.”

Facilitating the official tests is a big responsibility, according to Dexter.

“In a way, you’re handling people’s careers,” he said. “I always hope that everyone comes in here prepared and excited, and leaves feeling successful.”

To that end, the sergeants strive to create an environment of calm confidence, Godsey explained.

“We want to do everything we can to help our Wingmen succeed,” she said, “so it’s important to us that we convey confidence and try to lower the overall anxiety level surrounding testing.”

The Air Force uses an overall composite fitness score and minimum scores per component based on aerobic fitness, body composition and muscular fitness components to determine overall fitness.

The assessment components are comprised of; body composition

evaluated by abdominal circumference measurements; aerobic component evaluated by the 1.5-mile timed run; muscular fitness component evaluated by the number of push-ups and sit-ups completed within one minute

More information about the Air Force Physical Fitness Test can be found in *Air Force Instruction 36-2905, Fitness Program*.



# News Briefs

## Awards

### Meritorious Service Medal

Maj Elisabeth Applegate, 28 IS  
 Maj Bobby Hollis, 718 IS  
 1Lt Jason Gumm, AES  
 MSgt John Kohut, MXG  
 MSgt Danielle Kremer, 89 AS  
 MSgt Darin Pleshe, 16 IS  
 TSgt Anna Clarke, 16 IS

### Air Force Commendation Medal

1Lt David Gunkelman, AES  
 MSgt Veronica Jefferson, 718 IS  
 MSgt Scott McCoy, MXG  
 TSgt Benjamin Battista, 87 APS  
 TSgt Holly Falcione, 87 APS  
 TSgt John Kelley, LRS

TSgt Robert Loyd, 16 IS  
 TSgt Dawn Skinner, 63 IS  
 TSgt Larry Tatum, 16 IS

### Air Force Achievement Medal

TSgt Stephen Billingsley, MXG  
 SSgt Catherine Gamble, FSS  
 SSgt Jalen McMahan, SFS  
 SSgt Samuel Schaeffer, OSS  
 SSgt Josiah Timmerman, 16 IS  
 SSgt Justin Van Niman, SFS

## Promotions

### Airman First Class

Vince Bihag, 38 IS  
 Jacob Burritt, AMXS  
 Devin Copeland, AES  
 Cristian Faur, 38 IS  
 Kayla Liggett, AMDS  
 Peter Moyer, LRS

Vianca Pitts, 28 IS  
 Alissa Toca, ASTS

### Senior Airman

Leah Blankenship, 71 IS  
 Sierra Copley, 87 APS,  
 Samatha Lefaive, CES  
 Jesse Smith, ASTS

### Staff Sergeant

Blake Bethel, SFS  
 Johnathon Halstead, 87 APS  
 Kathleen Marco, OSS  
 Justin Ortiz, OSS  
 Victor Peden, AMDS  
 Darin Rey, 38 IS  
 Michael Rooker, MSG  
 Mitchell Ruiz, CES  
 Abdul Saeed, 42 IS  
 Matthew Steele, AMXS  
 Nicholas Zeller, 49 IS

**Technical Sergeant**  
 Ashton Banta, ASTS  
 Taneisha Bush, AW  
 Marquice Combs, 28 IS

Jeffrey DeJesus, 38 IS  
 Erikka Durdle, 42 IS  
 Megan Foisy, Det 2  
 Chantel Green, 16 IS  
 Robert Hampton, 87 APS  
 Eric Henry, 87 APS  
 Michael Henson, CES  
 Ashlee Janson, FSS  
 Jarrod Jenks, ASTS  
 Ryan Klingaman, 87 APS  
 Steven Power, 64 IS  
 Erskine Reed, 38 IS  
 Kevin Shaffer, 87 APS  
 Jennifer Sittinger, 71 IS  
 Andrew Wagner, 89 IS  
 Justin Zeisloft, MXS

### Master Sergeant

Monica Carson, 38 IS  
 James Ferguson, MSG  
 Mary Fessnertarjanyi, AMDS  
 James Mackay, Det 1  
 Asley McIlhargie, AES  
 David Meyers, 718, IS  
 Michael Vencill, MXS

## Blended retirement system reminder

On January 1, 2018, the Department of Defense will introduce a new military retirement plan known as the Blended Retirement System (BRS).

This new plan represents a significant change from current military retirement as service members will now be eligible to receive government contributions to their Thrift Savings Plans in exchange for a reduced pension upon retirement.

Reserve members who served prior to December 31, 2017 and have less than 4,320 points are eligible to opt-in BRS. All Airmen joining the service on or after January 1, 2018, are automatically enrolled in the BRS.

Airmen will have to make a choice. It is important to note that you remain covered under your current Legacy retirement plan unless you choose to switch.

Members will not be automatically moved to the new Blended Retirement System.

Before you make a decision, you must complete mandatory on-line training to educate yourself on the benefits under your current Legacy retirement plan compared to the benefits of the BRS. The BRS Opt-in Course is available through the Advanced Distributed Learning System (ADLS) at [https://golearn.adls.af.mil/kc/rso/login/ADLS\\_login.asp](https://golearn.adls.af.mil/kc/rso/login/ADLS_login.asp), course number ZZ133146).

If you decide to remain under your current Legacy retirement plan, you must still take the DoD opt-in training, but no other action is required.

Airmen should carefully consider each plan and seek personal financial advisors.

The Airman & Family Readiness Office, financial counselor, Kim Colpitts, can be reached at 937-522-4607 for appointments.

The decision to opt-in to BRS is irrevocable. Please review options carefully before making a decision.

BRS briefings will be offered on the dates, times and locations below by RSVPing with links indicated:

**Oct. 15** - building 4006, Witt Auditorium – 10 to 11:30 a.m. <https://einvitations.afit.edu/inv/anim.cfm?i=351675&k=0164430F7C52>

**Nov. 5** - building 4010, Scarlet Room 10 to 11:30 a.m. <https://einvitations.afit.edu/inv/anim.cfm?i=351676&k=0164430F7C51>

**Dec. 3** - building 4006, Witt Auditorium 10 to 11:30 a.m. <https://einvitations.afit.edu/inv/anim.cfm?i=351678&k=0164430F7C5F>



# 445th Airmen, families enjoy family day



Staff Sgt. Joel McCullough

Airmen of the 445th Airlift Wing and their families enjoyed a day of fun, food and fellowship at the wing's family day event Sept. 9, 2017. The 445th Aircraft Maintenance Squadron captured first place in the flag football tournament, and the 445th Force Support Squadron performed a choreographed dance to Michael Jackson's "Thriller."



Staff Sgt. Joel McCullough



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Staff Sgt. Joel McCullough



Master Sgt. Patrick O'Reilly





Master Sgt. Patrick O'Reilly



Master Sgt. Patrick O'Reilly



Master Sgt. Patrick O'Reilly



Staff Sgt. Joel McCullough



Alrman 1st Class Ethan Spickler



Alrman 1st Class Ethan Spickler



# MXS wins Chief of Staff Team Excellence Award

By Stacy Vaughn  
445th Airlift Wing Public Affairs

Maj. Gen. Randall A. Ogden and Chief Master Sergeant Timothy White, 4th Air Force commander and command chief, presented the 445th Maintenance Squadron the 2016 Chief of Staff Team Excellence Award during a wing all call Sept. 9.

Each year since 1992, the award has been presented by the Air Force Chief of Staff to a team that uses a systematic approach to enhance mission capability, improve operational performance and create sustained results. Competing teams must have completed a performance improvement within the last two years.

MXS submitted a team award for greatly reducing C-17 home station check flowtime. The HSC team used new findings to immediately refine the inspection process and continuously exceeded the goal.

Maj. Sarah Ross, facilitator, is proud of her team and the accomplishments they've made and continue to make.

"This award means a lot to us. I am so proud of the men and women who have been a part of our unit improvements. There are so many more people who currently invest in improving the unit beyond those listed on the event team that are truly instrumental in our team winning this award."



Staff Sgt. Joel McCullough

**Maj. Gen. Randall Ogden and Chief Master Sgt. Timothy White, 4th Air Force commander and command chief, present to the Chief of Staff Team Excellence Award to members of the 445th Maintenance Squadron, Sept. 9, 2017.**

In addition to Ross, team members include Chief Master Sgt. Michael West; Senior Master Sgt. Benjamin Riggs; Master Sgts. Dennis Hartwick and Darrell Houston; Tech. Sgts. Michael Blake, Timothy J. Emberton Jr., Jeremy First, Gerald Karkiewicz, Christopher Knight, Chad Lorenz, Brian Neill, Matt Spuhler and Stacy Tomkins; Staff Sgts. Kenneth Burkhardt, Joshua Dewitt, Toron Franklin, Ashley Roberts and Korey Smithward; and Ms. Nichole Morris.

Chief Master Sgt. Michael West, 445th MXS superintendent, said a solution was needed to improve home station checks and make it a simple, standardized process.

A team was created to evaluate the process and available manpower.

The predictability of the HSC process at the wing allows both Aircraft Maintenance Squadron and MXS to commit quarterly schedules with aircraft scheduled to fly immediately after HSC and the incorporated scheduled maintenance period.

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