

AMDS plays critical role in Airmen readiness

By Stacy Vaughn

445th Airlift Wing Public Affairs

When it comes to keeping our wing's warfighters medically qualified and ready to deploy, the 445th Aerospace Medicine Squadron's 125 Airmen play a crucial role in making that happen.

During unit training assembly weekends, the 445th AMDS conducts flying/non-flying physicals, dental exams, blood draws, audiograms, urinalysis, eye exams, gas mask inserts, world-wide duty (WWD)/fitness profiles, record reviews, deployment processing and immunizations. The squadron's Airmen are divided into clinical and support areas, consisting of: aerospace medicine, health services administration, nursing services, dental services, optometry services, occupational health, laboratory services, drug demand reduction, and medical logistics. The squadron conducts about 170 physicals a month during UTAs.

During the weekdays, the Air Reserve Technician staff follows up with paperwork on flying waivers; profiles; WWD/fit for duty (FFD) waivers; medical evaluation and physical evaluation boards; line of duty determinations (LODs); physical closeouts; lab test results; deployment processing; initial and flying physicals; medical records dispositions; and orderly room administrative functions for wing members. The squadron provides education and medical guidance to its sister medical units (the aeromedical evaluation and aero-



Photos by Tech. Sgt. Patrick O'Reilly

Members of the 445th Aerospace Medicine Squadron distribute medical records to wing personnel as a part of the annual physical health assessment March 5, 2016, at the Wright-Patterson Air Force Base Medical Center.

medical staging squadrons) and wing senior leadership.

In addition, AMDS provides highly trained medics, medical administrators (medical service corps - MSCs), nurses, dentists, and physicians for deployment to the area of responsibility, local 88th Medical Group assistance and TDY/humanitarian needs, such as Operation Tropic Care.



(left) Senior Airman Dalexander Massie, 445th Aerospace Medicine Squadron medical technician, checks the vitals of Capt. Nate Kirstein, 89th Airlift Squadron C-17 Globemaster III pilot, as a part of his annual physical health assessment March 5, 2016. (right) Senior Master Sgt. Todd Noe, 445th AMDS NCO in charge of immunizations, gives Tech. Sgt. Matt Pfeifer, 89th AS loadmaster, an immunization shot as a part of his annual physical March 5, 2016.

Life brings seasonal changes

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

The warmer weather is upon us and we have been watching new life spring up all around us. Plants are starting to blossom and trees are sprouting their leaves. The grass now needs to be cut and new smells of the changing season are everywhere.

With all of the changes taking place where do we go to find centering and our true north? John Piper, a well-known author and theologian became disillusioned with the changes that were taking place in his life in the mid-80s. He was a minister at a large church

and was experiencing clergy burn-out and disappointment. He writes, "I am so discouraged. I am so blank. I feel like there are opponents on every hand." The changes taking place in his life were welling up against him.

Maybe you too have felt that way. The prophet Jeremiah reflects upon his call to life in the first chapter of the book with his namesake. "Before I formed you in the womb I knew you." He looked to a force greater than himself to provide direction and a sense of call. He trusted in a divine pres-

ence to guide and lead through times of distress and trouble.

My hope for you in this new season of your life is that you find a sense of direction and purpose through whatever life is sending your way. We in the Chaplain Corps of the 445th have all gone, or are going through, major life change and transition. Let one of us come beside you as you seek future directedness in the next season of your life. We are available to you and for your to help you in this growth cycle and expansion of your duties, role and mission.

Buckeye Flyer

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Make a difference

By Chief Master Sgt. Mike Heath
30th Medical Group

VANDENBERG AIR FORCE BASE, Calif. (AFNS) -- Will you make a difference in someone else's life today? We have all heard someone say, "Take care of your people and their families." Have you ever stopped to think why we hear this so often?

As Airmen, our number one responsibility is to accomplish the mission. However, without smart, dedicated, hard-working people and the unconditional support of their families, the mission would not get accomplished. This philosophy is not new. In fact, it's been a fundamental concept in our Air Force culture for many years, but are we truly putting forth our best effort on a daily basis to be involved in the lives of our people and understand the needs of our Airmen?

Genuinely caring for your Airmen is essential and helpful when providing honest and realistic performance appraisals. Mentor those whose development with which you are charged. Make sure they can do your job someday. Teach them from your experiences -- the good, the bad and the ugly.

Share your successes and failures and tell them how you handled them. Make it a teaching moment so you can make them better leaders.

Taking the time to develop Airmen is not an easy task and it's not something that can be done only online or by computer based training. It takes human interaction, patience, effort, and an ability to evolve. Enable and motivate people to accomplish the mission. Give a sense of accomplishment and make sure they are recognized for it. If done properly, no doubt you will instill confidence in others and ensure the success of tomorrow's leaders.

It's not about you. It's about other people. When you take care of your people, help them accomplish their goals and live up to their potential, and great things will happen. Not only will the mission get accomplished, but innovation and excellence will ensue. These things can happen when you realize it's not about you and you take care of your people. You and I

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What is a UEI?

By Maj. Eric Florschuetz
445th Airlift Wing Inspections Deputy Director

The Unit Effectiveness Inspection is accomplished by Air Force Reserve Command Inspector General and is a continuous evaluation of the wing's performance based on four major graded areas (MGAs) of executing the mission, leading people, managing resources, and improving the unit.

You may not have realized this, but our UEI has started, and we are already being evaluated, virtually. Using the Mission Internal Control Toolset (MICT) communicators, also referred to as checklists, and the Inspector General Evaluation Management System (IGEMS), functional area managers and inspectors now continually evaluate the wing.

However, every other year, AFRC inspectors will still put boots on the ground at the 445th for our UEI capstone event. This event is a more traditional looking on-site visit by Air Force Reserve

Command's IG and will take place June 2 - 7, 2016.

The CCIP will be evaluated to see how well we



Staff Sgt. Devin Long

Members of the 445th Airlift Wing Inspector General Inspections Team stand by to answer questions concerning the UEI and MICT.

have policed and managed ourselves. The UEI will assess the wing's effectiveness and validate the wing's inspection program.

The most difficult part of the UEI is the culture shift and mindset change required to implement it correctly. Maj. Doug West wrote about this in last month's article, "Every

Airman a sensor."

As we try to embrace this new inspection system, it is important to identify non-compliance to supervisors and program managers that complete MICT Communicators. This is for two reasons:

1. If we aren't doing some-

that we have not identified, this is called undetected non-compliance, and this means our self-inspection program is not working correctly, and that we may, or may not, know what our responsibilities are.

2. When we identify problems that are associated with inadequate resources, it helps us justify getting more, or the correct, resources.

Hopefully this article has highlighted what a UEI is, reinforced that the UEI is a continuous inspection, and the importance of every Airmen being a sensor.

It is much better to be honest when talking to supervisors and completing MICT Communicators. If we aren't, then we are opened up to AFRC finding undetected non-compliance, whether it is actually undetected or not.

The understanding of, and change in mindset required for the new inspection system is imperative, not only for our performance in the UEI capstone visit, but also for our performance as AFRC's premier airlift wing.

DIFFERENCE, from page 2

share a common blessing in that we are members of the finest country in the world. I have faith that you will endeavor to make our country even better in the future by making a difference in someone else's life today.

I was entrusted with the incredible responsibility to be a supervisor more than 25 years ago. I started something that first morning as I prepared for work. As I was so proudly putting on my Air Force uniform I looked into the mirror and said, "Will you make a

difference in someone else's life today?" I have asked that question every day since. When I get home at the end of my duty day, as I take off my uniform, I look in that mirror again and ask myself, "Did you make a difference in someone else's life today?" Sometimes the answer is no, so what do I do the next day? Try harder!

So I ask you; will you make a difference in someone else's life today? If you do, it could inspire an Airman for a lifetime.



Paintball aids in shoot, move, communicate training

By Tech. Sgt. Frank Oliver
445th Airlift Wing Public Affairs

Splat, splat, splat! The paint-filled simulation rounds were flying everywhere, splattering on walls, on windows and all over Airmen from the 445th Security Forces Squadron during the shoot, move and communicate training on Saturday, March 5, 2016 in Dayton, Ohio.

The colorful display was all part of serious training for the Airmen while learning tactics at the Dayton Police Department “Shoot House” Training Center. The shoot house is an abandoned set of buildings on Dayton’s west side used by law enforcement, civilian and military, for realistic active-shooter training, tactics and combat scenarios Airmen might face downrange.

Col. Matthew Conrad, 445th Airlift Wing vice commander, participated actively in several of the realistic scenarios. “I’m not going to say it hurts, but yeah, it hurts,” said Conrad, of getting struck by the rounds during the fire fights.

“This training builds confidence and teamwork with those you work with,” said Staff Sgt. Alex Stephens, a member of the security forces squadron. “You need to be able to know how to react to threats you might encounter as well as reacting differently to those who are innocent but might be encountered during the course of a situation, he added.

During the force on force event, approximately 16 personnel took part in the training under the watchful eye of two instructors. But before security forces members get to the force on force training, they must learn to “crawl and walk” as Tech. Sgt. Samuel Hogue, 445th SFS action officer, describes it. “They say you train how you will fight. Otherwise you will learn bad habits; it’s all about muscle memory.”

Hogue said during the “crawl” portion of training, new security forces Airmen learn how to set up their gear, weapons identification and basic tactical movements. Next as they learn to “walk,” the forces are shooting and moving together as team and firing at static targets. With no one shooting back. Finally the culmination of training such as was conducted this weekend.

All security forces Airmen must take part in the training each year. The unit hopes to be able to expand this sort of training later this year to include 445th Airlift Wing pilots and medics with scenarios involving downed pilots and treating patients while under fire.

At the conclusion of the training, Col. Conrad reflected on his participation in the realistic scenarios.



Photos by Tech. Sgt. Frank Oliver

Sixteen 445th Security Forces Squadron reservists hone their skills during a “force on force” training exercise. The training not only fulfilled their annual training requirements, it also created a realistic atmosphere to prepare the Airmen for scenarios they would find downrange or in active-shooter situations.



Senior Airman Aaron Timmonds and Staff Sgt. Shayne Denihan engage in a “force on force” security forces scenario with their fellow Airmen as part of their squadron’s shoot, move and communicate training at the Dayton Police Department “Shoot House” Training Center in Dayton, Ohio March 5, 2016.

“It’s awesome to be around these people who are so excited about their training and mission. I’d go out any day and train with them.”

Twenty-four members of the 445 SFS unit gained more real world experience this March. They spent their annual tour at Andersen Air Force Base, Guam augmenting active duty security forces there. The Ohio men and women pulled duty on the flight line, gates and law enforcement patrol.



Around the wing...



1

Staff Sgt. Devin Long

1. Senior Airman Nicholas Kakaris, 445th Force Support Squadron client systems technician, goes up for a slam dunk during game two of the 445th FSS March Mania basketball tournament. FSS won game two against the 445th Aerospace Medicine Squadron with a score of 57 to 14.

2. The 445th Logistics Readiness Squadron came out on top as the winning team at the conclusion of the 445 FSS's March Mania basketball tournament held at the Wright Field Fitness Center March 5, 2016. LRS defeated the 89th Airlift Squadron during the championship game with a score of 48 to 36.



2

Staff Sgt. Devin Long



3

Tech. Sgt. Patrick O'Reilly

3. Maj. Jason Miller, incoming 445th Force Support Squadron commander, gives remarks during the squadron's change of command ceremony March 5, 2016.



4

Tech. Sgt. Anthony Springer

4. Security Forces Airmen from the 88th Air Base Wing depart the 445th Airlift Wing headquarters building after participating in an active-shooter exercise conducted during the March 5, 2016 unit training assembly.



SPOTLIGHT

Rank/Name

Senior Airman Felicia Esquivel

Unit

445th Logistics Readiness Squadron

Duty Title

Supply Technician

Hometown

San Antonio, Texas

Civilian Job

Human Resources Assistant with U.S. Army Human Resources Command

Hobbies

My hobbies are cooking, traveling, working out and volunteering.

Career Goal

My career goal is to complete my bachelor's degree in human resources management and leadership; earn my commission; and start my master degree in healthcare administration.

What do you like about working at the 445th?

I enjoy serving with great Airmen and contractors at the 445th. Everyone works together as a team to improve our jobs and to complete any mission put in front of us. Everyone is treated with respect and



Lt. Col. Cynthia Harris

value. We are one big family at the LRS making it a pleasant environment.

Why did you join the Air Force?

I joined the Air Force to continue a family tradition, set a positive example for my children, and most importantly to serve my country.

Training, protective gear key to motorcycle safety

445th Airlift Wing Public Affairs

As spring time approaches, so does the fever. This is not the fever associated with the flu, but the thrill of the ride. That's right, it is motorcycle season and many will be taking to their bikes this spring. Those 445th Airlift Wing military riders wishing to replace the four wheels with two or three must adhere to certain rules and regulations.

Motorcycle safety training, available through off-base sources, is required for all military personnel prior to riding a motorcycle. The course must be paid for initially by the military member and then the cost of the course is reimbursed through a process with the 88th Air Base Wing Safety Office.

While the State of Ohio makes helmet use optional, military riders are required to follow Air Force Instruction 91-207, which prescribes the following personal protective equipment be used: helmet (DOT), eye protection, long sleeved shirt or jacket, long trousers, full fingered gloves, sturdy over the ankle footwear. High visible or retro-reflective outer garments are encouraged.

Riders should perform a detailed inspection of their motorcycle after taking it out of winter storage. This inspection should include fluid levels, belt/chain condition, battery, tires, etc. The inspection process should not end with this preliminary inspection; riders should

be conducting a pre-ride inspection before getting on the motorcycle every time. A good guide for use during inspections is the T-CLOCK (T; Tires; C: Controls; L: Lights; O: Oil; C: Chassis; K: Kickstand) system developed by Motorcycle Safety Foundation.

Military members new to the 445 AW should see Master Sgt. Rick Little, 445th AW occupational safety manager, Tech. Sgt. James Lide, 445th Airlift Wing motorcycle safety program manager, or their unit level motorcycle safety representative to ensure they are entered into the Air Force Motorcycle Unit Safety Tracking Tool (MUSTT). Civilian riders are not required to be tracked in this system unless motorcycle operation is listed in their job description.

Operators of cars and trucks play a vital role in motorcycle safety. As the weather continues to improve, the number of motorcycles will increase. Do your part and look twice before pulling out. Be aware of the motorcyclist.

Wright Patterson Air Force Base will conduct a base Motorcycle Safety Day on May 20, 2016, beginning at 9 a.m. at the National Museum of the U.S. Air Force. This will include the mandatory pre-season brief. Please contact the safety office at 937-656-3972 for more information.



News Briefs

Diamond Sharp Award



Lt. Col. Cynthia Harris

Senior Master Sgt. Christopher Williams, 87th Aerial Port Squadron first sergeant, presents the Wright-Patterson Reserve First Sergeant's Council Diamond Sharp Award to Staff Sgt. Charles Wallace, 14th Intelligence Squadron. Wallace was presented the award during the first sergeant's council meeting March 19, 2016. He is the first recipient. The award reflects his exemplary performance, adherence to the Air Force core values, attitude, appearance and ability to set himself above his peers.

Air Force

Commendation Medal
TSgt Jonathan Charles, ASTS

TSgt Ryan Tucker, LRS
SSgt Stephanie Blevins, SFS
SSgt Ryan Curtis, FSS

Air Force Achievement Medal

1Lt Megan Mancinotti, AES
TSgt Justin Bateman, 89 AS
TSgt Brandon Sullivan, MXS
SSgt Stephanie Blevins, SFS
SrA Jocelyn Ewing, 87 APS
SrA Jessica McMillian, FSS

Teen Summit

Air Force Services Activity Child and Youth Programs announce the 2016 Air Force Reserve and Air National Guard Teen Leadership Summits! The Classic Teen Leadership Summit is scheduled for July 17 - 22 in Dahlonga, Georgia. The Adventure Teen Leadership Summit

is scheduled for August 9 - 14 in Estes Park, Colorado. Eligible applicants include teen dependents, 14-18 years old, of AFR and ANG members.

Interested teens must complete the electronic application form at <http://georgia4h.org/AFRANGTeenSummit/>. Completed forms are due no later than May 1. Final selections will be announced no later than June 1.

FSVA CYP is also accepting applications for adult chaperones with military affiliation to perform leadership duties and assist with camp oversight. Interested adult chaperones must complete the Adult Leader Application Package located at <http://georgia4h.org/AFRANGTeenSummit/>

Adult chaperone packages are due no later than May 2.

Please contact Ms. Payal Mehta at DSN 969-7517, payal.mehta@us.af.mil or Ms. Penny Dale at DSN 969 7251, penny.dale.1.ctr@us.af.mil for more information.

Promotions

Airman

Lucas Corder, FSS
Jailen Dittman, ASTS
Mariah Moreland, FSS

Senior Airman

Janah Berry, FSS
Beau Corna, OSS
Jordan Dow, LRS
Diondre Jenkins, CES
Cavel Lake, LRS
Michael Logan, AMXS
Eric Nelson, CES

Staff Sergeant

Noah Benefiel, 89 AS
Kristine Koenig, AES
Jonathan Porter, LRS
Prince Somuah, ASTS

Technical Sergeant

Richard Blake, LRS
Michelle Pineda, MXS
Ron Robertson, MSG
Clare Warden, FSS

Master Sergeant

Lauren Harston, LRS
Kara Lamm, MSG

Awards

Meritorious Service Medal

CMSgt Jacqueline Larrison, 87 APS
SMSgt Larry Adams, 87 APS
MSgt Richard Carey, 87 APS
MSgt Gregory King, MXS

445TH ANNUAL GOLF SCRAMBLE

17 JUN 16, 0900 SHOTGUN START

(PLEASE ARRIVE EARLY)

TEAM CAPTAIN

CHECK-IN 0815-0845

SUGAR ISLE GOLF COURSE

6800 Burton-Lakeview Rd., New Carlisle, Oh. 45344 (937) 845-8699

CONTACTS:

ANTHONY MORGAN
257-3236
ANTHONY.MORGAN.8@US.AF.MIL

NICOLE STURM

NICOLE.STURM.2@US.AF.MIL

*TEAMS FILL UP QUICKLY, SO
SIGN UP AS SOON AS YOU
CAN*

4 PLAYER TEAMS

(36 TEAMS MAX)

\$240 PER TEAM - ONE PAID
MEMBER OF YOUR TEAM IS
REQUIRED TO SECURE A SPOT
ALL MONEY FOR TEAM SHOULD
BE PAID BY JUNE 3, 2016

INCLUDES:

-18 HOLES OF GOLF WITH CART
-MEAL
-BEVERAGE CARTS
-PRIZES FOR 1ST 2ND & 3RD TEAMS

BEST BALL FORMAT, WITH A
DOUBLE BOGIE LIMIT





Tech. Sgt. Frank Oliver

C-17 takes a bath

A 10 person crew from the Starlight Corp. spend the day cleaning a 445th Airlift Wing C-17 Globemaster III, March 3, 2016 at Wright-Patterson Air Force Base, Ohio. The group cleans each of the unit's nine C-17s twice per year to prevent corrosion. Preparation for the wash includes 10 hours of taping, de-taping, towing and lubrication by the maintenance and aircraft maintenance squadrons, followed by a 10-to-12 hour wash. The total time spent to adequately wash a C-17 is approximately 22 to 24 hours.

On the Web



LRS completes open ranks inspection



Happy 68th birthday Air Force Reserve



C-17 wash slide show

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