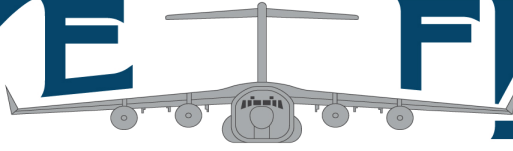


BUCKEYE FLYER



Wright-Patterson AFB, OH

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Tech. Sgt. Patrick O'Reilly

Maj. Gen. John C. Flournoy, Jr., 4th Air Force commander, passes the guidon to Col. Adam B. Willis incoming 445th Airlift Wing commander, during the 445th Airlift Wing change of command ceremony May 15, 2016. Prior to his arrival to the 445th, Colonel Willis served as the commander of the 908th Airlift Wing, Maxwell Air Force Base, Alabama.

Willis takes reins of 445 AW

*By Tech. Sgt. Patrick O'Reilly
445th Airlift Wing Public Affairs*

WRIGHT-PATTERSON AIR FORCE BASE, Ohio – The 445th Airlift Wing gained a new commander during its change of command ceremony in Hangar 4016 here May 15, 2016.

Maj. Gen. John C. Flournoy, Jr., commander of the 4th Air Force, presided over the ceremony as more than 1,000 military and community leaders gathered to watch Col. Jeffrey J. McGalliard relinquish command of the wing to Col. Adam B. Willis.

McGalliard was awarded the Legion of Merit for his leadership of the 445th AW before handing over the reins. He is retiring from the Air Force Reserve on June 11th after more than 30 years of service.

“I have never in 30 years worked anywhere like the 445th,” said McGalliard. “I salute you for your extreme excellence and I thank you for the best two and a half years.”

After taking command, Willis said a few words about his predecessor.

“Jeff’s integrity, service, and excellence as the commander of the best C-17 wing in Air Force Reserve Command is embodied in every Airman here,” said Willis. “Team Wright-Patterson could not have had a better leader or mentor than Colonel McGalliard.”

Willis, in his new role as commander of the 445th AW, will support the strategic transport of personnel and equipment; attain and maintain operational readiness; attain and maintain operational readiness; attain and maintain operational readiness; provide aeromedical evacuation; and recruit and train toward these goals.

See *COMMANDER*, page 3

Resiliency aids in recovery from illness, depression, etc.

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

Several years ago I wrote about the incorporation of spiritual resilience as we as a United States Air Force were rolling out new examples of Resiliency and Comprehensive Airman Fitness.

Having had opportunities to present and further develop the Airmen toolkit and examine the area of fitness, I am more aware now than ever before that we as American Airmen are designed

for intimacy, closeness and community through meaningful attachments which allow our sacred stories to take us deeper into meaningful relationships.

We continue to explore and examine our ongoing mission and role as vital members of the most advanced fighting force supporting our national defense. This mission does not come without great price for with great power comes great responsibility.

In further examining the above passage of the Apostle Paul's letter, we see that it is written to the first church that he established on European soil in the Roman province of Macedonia. It was written while he was in prison at a time when he was troubled by the opposition of others toward him especially regarding false teachings being expressed in the church in Philippi.

He writes: "I have learned to be content in whatever circumstance I find myself. I have had circumstances where I have been in need and circumstances where I have had more than enough." On the basic realities of the variation of our own life circumstances through our relationships - family, friends, being close or estranged loving or otherwise can we with

all sincerity say that we are content? The Apostle Paul had been several times shipwrecked, brutally beaten and left for dead, imprisoned (that in and of itself can test your confidence) and suffered multiple horrific life events. What brought him through these perplexing ordeals? The main focus of Paul's life was his ability to stay on course and keep faith in the mission central. He was a resilient individual with the ability to stick to his core values even in the midst of experiencing great adversity.

Resiliency is the ability to recover readily from illness, depression, opposition or the like. It is the ability to be flexible, buoyant, enduring and encompasses the expression of not letting the circumstances define you but shaping your beliefs even through the midst of troubling times. Common characteristics of resilient people involve individuals who seek and ask for help. They realize that it is not a sign of weakness to ask for help when life is becoming unmanageable. They look to others to help them through difficult times. They are ready, willing, and able to help others through challenging circumstances as well. Resilient people are willing to offer help by a kind word or deed by availing

themselves to others in need.

Resilient people are spiritual. Medical doctor Harold Koenig of Duke University continues to conduct research on spiritual and religion. His research has found that those encompassing a belief system and faith based understandings (the fourth pillar in Comprehensive Airmen Fitness) appear better equipped to handle the tough stuff that life throws (often with a vengeance) their way.

The Air Force Reserve Chaplaincy continues to lead in developing a resiliency campaign throughout our Reserve wings.

This past month many of the Reserve chaplains and chaplain assistants were able to further develop skills necessary to deepen understanding of spiritual resiliency.

The chaplains and chaplain assistants of the 445th are here to help you along your journey of resiliency, wherever it may lead.

Buckeye Flyer

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COMMANDER, from page 1

“(Willis) is the operator’s operator,” said Maj. Gen. Flournoy. “Like my father who went his 33 years in the Air Force without having to do a staff tour, and getting to fly the entire time, that’s Adam Willis.”

Willis addressed his troops with the following statement and expressed his enthusiasm about taking command of the wing.

“As I stand here and look at the sea of uniforms, the faces of professionals and the atmosphere of commitment three words come to mind,” said Willis. “Integrity, service, excellence.”

“Excellence, I think is a synonym for the 445th,” said Willis. “I look forward to becoming the newest member of your family.”

Willis was the commander of the 908th Airlift Wing, Air Force Reserve Command at Maxwell Air Force Base, Alabama prior to his assignment here. He commanded more than 1,200 Airmen with a mission to provide unrivalled theater airlift and agile combat support across the spectrum of military operations.



Tech. Sgt. Patrick O'Reilly

Members of the 445th Airlift Wing render their first salute to Col. Adam B. Willis, the wing’s incoming wing commander during the change of command ceremony May 15, 2016.

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

Local director of psychological health available weekdays, UTAs

The 445th Airlift Wing’s local director of psychological health, Ms. Tijuana Odom stands by ready to assist 445th Airmen when needed. Odom is a Licensed Clinical Social Worker (LCSW) who is eager to assist (in person or by phone) with a variety of life and military related issues including, but not limited to:

- *Anxiety
- *Parenting
- *Marriage & Relationships
- *Depression
- *Alcohol & Drug misuse
- *Anger Management
- *Work Stress
- *Disturbance
- *Family Discord
- *Deployment Stress

In addition, Ms. Odom serves as the 445th’s community liaison, case manager and training specialist.

Odom offers limited clinical and non-clinical services. Clinical services that are available to members eligible to receive services in the military healthcare system include initial assessment, providing therapy on a short-term focus basis as well as providing referrals to outside clinical providers if the member needs longer-term assistance.

Non-clinical services that are available to reservists and their families, and civilian staff include



training and education; consultations and referrals; needs assessments; suicide prevention; resiliency building; crisis intervention; and command advisement on psychological and mental health issues.

Ms. Odom welcomes office visits and is also able to meet members at times and locations convenient to their circumstances. The DPH’s services are free of charge, private and confidential with a few exceptions as directed by the Air Force and state law.

Ms. Odom is located in building 4010, room 166 and is available during the week and unit training assembly weekends. For more information or to schedule an appointment, email her at tijuana.odom.2@us.af.mil, call (937) 257-6267 or 203-5290.



445th AW trains with multiple agencies in Toledo

445th Airlift Wing Public Affairs

Fifteen loadmasters from the 89th Airlift Squadron ascended on the Toledo Express Airport, Toledo, Ohio, May 12-15, 2016 to help train various organizations from around the country.

The Toledo trainer in its third year saw a rise in organizations participating—37 from 13 different states.

Forty-three members of the wing to include the loadmasters, 15 445th Aeromedical Evacuation Squadron members, eight 87th Aerial Port Squadron Airmen, two pilots from the 89th AS and two crew chiefs from the 445th Aircraft Maintenance Squadron participated in the training.

“We train different organizations on the aspects of loading heavy equipment as well as proper restraint, vehicle preparation, pallet building and bare tine loading of pallets using forklifts. We cover any area of training that these organizations need or want us to cover,” said Senior Master Sgt. Craig Essert, 89 AS loadmaster and one of two planners of this year’s event.

C-17s from Wright-Patterson Air Force Base, Ohio; Jackson Air National Guard Base, Mississippi; and Dover AFB, Delaware, provided platforms for the training.

Since the first joint training began two years ago, the exercise has continued to grow, adding more and more organizations each year. This year’s event was the biggest to date with approximately 300 participants.

All the branches of the military were in attendance. The only service not present was the Marine Corps, said Essert.

The training provided the agencies with opportunities to practice realistic scenarios with other military units and civil authorities as a way to help build and maintain strong working relationships and improve operational capabilities.

The Airmen trained on loading techniques of a C-17 Globemaster III aircraft including familiarization, winching, pallet building, heavy equipment uploads and chain restraint procedures.

The last two days of the event involved emergency services agencies participating in training related to medical evacuations. Events included aeromedical evacuation procedures, such as an in-flight emergency medical response that included resuscitating a simulated patient experiencing cardiac arrest while flying, and loading and unloading patients.



Tech. Sgt. Frank Oliver

Members of the 445th Airlift Wing load a C-17 during the unit’s first year of participation in the Toledo training exercise in September of 2014.

In this environment Airmen can take the time to practice small details and techniques they wouldn’t normally have time to figure out in a hostile atmosphere. The idea is to create a muscle memory so they already know what to do when required.

The training not only provides required training for all, it also gives the different units a chance to network with other units both Department of Defense and state civilian agencies, Essert, concluded.



Senior Master Sgt. Craig Essert

Firefighters remove a “patient” from a smoke-filled 445th Airlift Wing C-17 Globemaster III during a training exercise at Toledo Airport Express, Toledo Ohio. Approximately 300 participants representing 37 organizations from 13 states participated in the exercise.



OG conducts water survival training in Florida



Photos by Benjamin Thacker

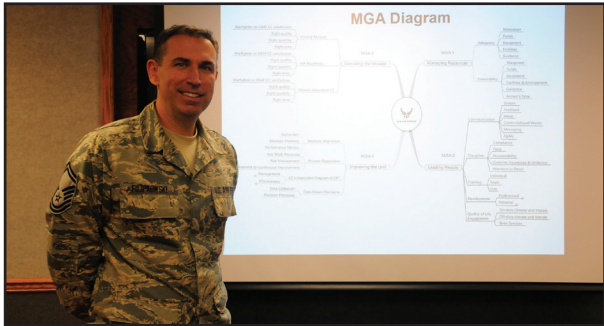
(left) A 301st Rescue Squadron HH-60 Pave Hawk drops off Airmen from the 445th Operations Group after being rescued from the Banana River as part of a water survival training scenario May 17, 2016 at the Marina, Patrick Air Force Base, Florida. Approximately 60 Airmen from the 89th Airlift Squadron, 445th Aeromedical Evacuation Squadron and 445th Operational Support Squadron descend on Patrick AFB May 17-19 for their annual water and combat survival training. OSS provided the training. (right) Airmen from the 89 AS and 445th AES gear up for an aircraft crash scenario. The Airmen deployed rafts on the water, simulating the effect of escaping a plane crash over a body of water. The Airmen learned about water survival skills while waiting to be “rescued.”



(left) With SERE (survival, evade, resist, and escape) instructors looking on, Airmen from the 445th Operations Group practice flare firing as part of water survival training May 17, 2016 at the Marina, Patrick AFB, Florida. (right) An HH-60 Pave Hawk assigned to the 301st Rescue Squadron, 920th Rescue Wing, prepares to pick up Airmen from the 445th Airlift Wing participating in the aftermath of a simulated plane crash in the Banana River.



SPOTLIGHT



Tech. Sgt. Anthony Springer

Rank/Name
Senior Master Sgt.
David Filipkowski
Unit
445th Airlift Wing/
Inspector General
Duty Title
Inspections Superin-
tendent

Hometown
West Chester, Ohio
Hobbies
Hiking, biking, camp-
ing, anything out-
doors
Career Goal
To help make the 445
AW/IGI one of the

leading Inspection of-
fices in Air Force Reserve
Command.

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

1. The people. I have made many long lasting friendships with people in this unit.
2. The training. I have had the opportunity to attend training that people in the civilian world pay thousands of dollars to attend. I would encourage all Airmen to take advantage of any training that is avail-able, it's in most cases free to the member and looks good on both your military Enlisted Per-
formance Report and a civilian resume.

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

Direction and a sense of purpose. Serve my coun-try. After high school I immediately started col-lege but after one semes-ter I was unsure what I wanted and was unin-terested with the classes I was taking. I thought joining the Air Force would help me find direc-tion and allow me to learn things I would otherwise never come in contact with. I thought also that it would allow me to see the world. I can say that both happened. I went in to a career field (Com-mand and Control) that I would never have thought of getting into in the civil-ian world and mostly dur-ing my active-duty time I was able to deploy many times overseas.

CES change of command



Tech. Sgt. Patrick O'Reilly

Lt. Col. Dale Bateman, 445th Mission Support Group commander, passes the guidon to Maj. David Ruiz, incoming 445th Civil Engineer Squadron commander, during the 445th CES change of command ceremony May 14, 2016. Prior to his position, Ruiz served as the 445th CES operations flight commander.

Airmen Leadership School DG



Master Sgt. Mike Smith

Senior Airman Melissa Sherman, 445th Aerospace Medicine Squadron, is recognized as a distinguished graduate of the Airman Leadership School, Class 16-5, May 18, 2016 at the Chief Master Sgt. Paul H. Lankford Enlisted Professional Military Education Center, McGhee Tyson Air National Guard Base, Tennessee.

News Briefs

Awards

Meritorious Service Medal

Lt Col Thomas Bulthaus, 89 AS

Lt Col Matthew Middleton, 89 AS

Lt Col Kathy Miller, AES

Lt Col Paul Neef, 87 APS

Lt Col Jason Ortiz, 87 APS

Lt Col Donald Seibert, AMDS

Lt Col Wedoctor

Sendaydiego, 89 AS

Lt Col Leland Shea, FSS

Lt Col Jason Shroyer, CES

Lt Col Raymond Smith, 89 AS

Maj Aaron Dailey, 89 AS

Maj Scott Deboer, 89 AS

Maj Andrew

Gambardella, 89 AS

Maj Mark Hannon, 89 AS

Maj Andrew Pierce, 89 AS

Maj Matthew Smith, 89 AS

CMSgt Jason LeMaster, 89 AS

SMSgt John Birhanzl, MXS

SMSgt Todd Noe, AMDS

SMSgt Brian Robinette, MXS

MSgt Samson Baker, ASTS

ASTS

MSgt Carie Brown, AES

MSgt Sierra Cabungcal, OSS

MSgt Raymond

Eiermann, AMXS

MSgt Bryan Fitch, 89 AS

MSgt Ronald McCarren, MXS

MSgt Malinda Merrill, MXG

MXG

MSgt Lisa Stewart, AMXS

MSgt Steven Tinnel, MXS

Air Force

Commendation Medal

Lt Col Eduard Bonser, AES

AES

Capt Ernest Debrah, AES

TSgt Robert Swensen, SFS

SFS

SSgt Harvey Eubanks, 87 APS

APS

Air Force Achievement Medal

TSgt Steven Klepeisz, MXS

MXS

SrA Noah Benefiel, 89 AS

SrA Lawrence Mark, AES

SrA Katherine Redavide, AES

Air Medal

MSgt Danielle Kremer, 89 AS

Newcomers

Lt Col Nathanael

Crimmins, 89 AS

Maj Angela Calloway, AES

MSgt Erika Algeo, AES

TSgt Nicole Moss, MXS

TSgt Garth Musgrove, CES

SSgt Jessica Hodge, LRS

SSgt Jeremie Jamito, AMXS

SSgt Christopher Kirby, CES

SrA Tobi Bennett, AMXS

SrA Ian Hancock, MXS

SrA Jacob McIntosh, CES

SrA Daniel Murphy III, 87 APS

SrA Brett Schindler, OSS

A1C Dustin Seelig, 87 APS

Amn Shikima Gainey, 87 APS

Amn Peter Moyer, LRS

Amn Christopher Reeves, 87 APS

Promotions

Airman First Class

Jordan Storm, AES

Senior Airman

Darren Alston, LRS

Marsell Moody, AMXS

Staff Sergeant

Daniel Croley, AMXS

Scott Denlinger, AES

Edward Jackson Jr., AW

Kody Novak, 87 APS

Bryan Parker, 87 APS

Sebastian Paz, AES

Justin Rogers, LRS

Stacey Scharf, AES

Eric Schiro, SFS

Technical Sergeant

Kendrick Clay, 87 APS

Jeffrey Fischer, 87 APS

Devin Larsen, MXG

Zachary Loechler, 87 APS

Andrew Rossman, CES

Bradley Strong, OSS

Shaun Turpen, 89 AS

Master Sergeant

Bradley Burbage, CES

David Gunkelman, AMXS

Aretha Jones, ASTS

Marc Lee, MXG

Joshua Worch, SFS

Active-Duty vs Reserve Athletic Challenge

The 9th Annual Air Force Sergeants Association Active Duty versus Reserve Athletic Challenge (Volleyball) is scheduled for Saturday, July 16 at 6:30 on the volleyball courts in Kittyhawk Center.

Free beverages, hot dogs and popcorn will be provided.

Airmen who'd like to compete in the challenge should contact TSgt Michelle Helregel at michelle.helregl.1@us.af.mil by close of business June 5.

Annual VA picnic

The Annual Dayton Veterans Affairs picnic will be held Saturday, June 4 at the Dayton VA Medical Center Campus, building 320.

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

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

The collection point for this year's donations is the Gray Room of building 4010. A box will be located outside the door. For more information about donations, please contact MSgt Brent Pemberton at brent.pemberton@us.af.mil

Needed items include:

X-3XL T-shirts (plain, color or patriotic); socks; women's underclothes; men's boxers or briefs (All clothing items must be new.); decaffeinated coffee/sugar/sweetener/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 at buildings 4010 to caravan to the Dayton VA Hospital at 10:30 a.m. and return about 1:30 p.m. Please check with your supervisor.

For more information contact MSgt Glenda Marck at glenda.marck@us.af.mil.



“Decisions Matter” during the Critical Days of Summer 2016

By 436th Airlift Wing Safety Office

DOVER AIR FORCE BASE, Del. This year’s Critical Days of Summer Safety Campaign begins on Friday May 27, 2016, and ends on September 6. The campaign stretches from Memorial Day to Labor Day with an emphasis on "Decisions Matter" which is this year's campaign theme.

The decisions we make become even more critical when it comes to participating in high risk activities or activities that are unusual or dangerous. Good decision making is key to mishap prevention. Most mishaps are preventable and mishap investigations often reveal that poor planning, poor judgment and/or poor decision making were involved.

The increase in daylight hours and favorable weather provide many opportunities for high risk activities and long distance travel that if not properly planned for can lead to disaster. Keep in mind that driving while fatigued can be just as deadly as driving while intoxicated. Make sure you buckle up 100 percent of the time and ensure all of your family members do the same. Seat belt use saves lives and minimizes injuries which statistics show to be true year after year. Always have a plan to ensure you get home safely if you will be consuming alcohol.

Motor vehicle safety is at the forefront of this year's campaign. The Air Force continues to lose

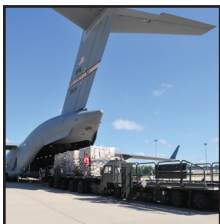
Airmen every year in either motorcycle mishaps or 4-wheel private motor vehicle mishaps. Unfortunately, this does not change from year to year. Air Force wide, 14 Airmen lost their lives during the summer months last year. Five were involved in motorcycle mishaps, four in 4-wheel private motor vehicles and four were involved in drownings. The remaining mishap involved an individual who fell off a golf cart and struck their head resulting in a fatality. Again, poor decision making or poor judgment played a factor in these mishaps.

Tips to mitigate or decrease the number of mishaps and fatalities relies on Airmen and their families applying risk management principles and knowing the hazards associated with their activities and taking steps to eliminate or reduce the risk. In addition, having a Wingman is critical. We must show concern for our fellow Airmen and take the steps to help each other make the right decisions and/or remove them from a potentially dangerous situation.

So whether you are about to jump out of an airplane, water ski, go to the beach or make a simple road trip, always have a good plan. Our goal is to have zero fatalities this summer; a little planning will ensure you return safe and sound to work after a fun filled summer.



On the Web



445 AW delivers 615K meals to Haiti



445 FSS Airman receives Diamond Sharp award



Toledo trainer slide show

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