

Buckeye Flyer



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Staff Sgt. James Epley, 445th Civil Engineer Squadron, is greeted by family and friends after returning from a six-month deployment in Afghanistan. A group of 60 civil engineer Airmen returned to the base, March 15. (Air Force photo/AI Bright)

Civil engineer Airmen return home

By Capt. Caroline Wellman
445th Public Affairs

The scene was all smiles and applause as friends, family and unit Airmen welcomed home approximately 60 members of the 445th Airlift Wing March 15.

The Airmen, from the 445th Civil Engineer Squadron, returned from a six-month deployment at Bagram Air Base, Afghanistan, where they worked as part of the 755th Expeditionary Civil Engineer Squadron.

"It's the best feeling in the world," said Staff Sgt. James Epley, who was greeted by more than 20 family members after his second deployment.

"Leaving six months ago was probably one of the worst feelings in the world, but coming home is one of the best."

Three-year-old Ellis Nelson, son of Staff Sgt. Michael Nelson, shared a similar sentiment.

When asked if he was happy to have his dad home, Ellis replied with a quick, "Yes."

Col. Steve Johnson, the wing's vice commander, had only praise for the Airmen's efforts and the support of their families.

"You had a chance to affect change in the lives of others and you did a remarkable job," Colonel

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Forgiveness

By Chaplain (Maj.) Bill Dickens
445th Airlift Wing

I spend much of my civilian work time as a pastor counseling people. In the cases I deal with most of the time, forgiveness is the issue. People need help, because they feel they can't or haven't been forgiven by others. People need help because they won't forgive others. Or, people need help because they don't think God will forgive them. This concept of forgiveness becomes central to our well-being.

God seeks to forgive us. Jesus' stated mission was to come to earth to provide the path to forgiveness. This month Jews and Christians all over the world will celebrate Passover or Good Friday and Easter. Both the Passover and Easter stories are stories of forgiveness. The Bible tells us in Psalm 103:12 that when God forgives us, it is absolute. It says He "casts it as far as the east is from the west." When God forgives us, He chooses not to remember our transgressions anymore. This is GREAT news.

God understands that probably the hardest thing for humans to do is forgive ourselves and others. In Matthew 6, Jesus teaches his disciples what we have come to call "The Lord's Prayer." Immediately following that prayer where we are taught that we are to "forgive those who trespass against us," Jesus gives a short commentary on the importance of forgiveness.

When we refuse to forgive, we are forced to carry that burden of pain and anger. When we forgive, these burdens are released and we have the ability to live happier, pain free lives. After all, if Almighty God is willing to forgive us, what right do we have NOT to forgive others? Make forgiveness one of the spiritual disciplines you practice regularly.

As the Earth is renewed this spring, may God's love and forgiveness be displayed afresh in your life.

Retention

By Col. Stephen Goeman
445th Airlift Wing Commander

One of the top priorities of the 445th Airlift Wing is the retention of our Airmen; in particular what can we all do as mentors and leaders to keep our outstanding Airmen onboard as effective and productive members of this unit. If you are not aware, we have a new non-commissioned officer assigned as our wing career advisor who is leading our effort in this most important endeavor. Master Sgt. Joe Simon is that NCO who is making a positive impact in our efforts. By teaming with our wing recruiting office and the wing Human Resources Development Council, they are moving forward with a plan for us to improve our retention rates, especially those of our first term Airmen.

Command wide, the loss rate of our first termers is quite large, approaching 40 percent in some units. By comparison, our forecast for the 445th Airlift Wing in 2009 is estimated to be approximately 15 percent. Analysis of exit surveys and feedback received from our separated Airmen reflect some issues we can all attack and improve on. Our HRDC staff will be making a presentation at each squadron/flight commander's calls in the upcoming months to offer their insight and ways for all of us to reach and connect with our Airmen who may be leaving for the wrong reasons. Some of their top concerns include an inability to



concentrate on Air Force Speciality Code specific training on unit training assembly weekends due to other ancillary requirements, a lack of effective communication with their supervisors and unit leadership, and lastly a desperate need for some type of mentorship within their unit.

The struggles continue to reduce and more effectively manage those bothersome ancillary requirements. We will do our best to come up with less painful ways to complete these items. The just completed mega training UTA held by our maintenance group is a success story that can be used as a model by other squadrons to find a better way to do business. Communication and mentorship is an area that we all can step up to and make a difference. Starting with day one of newcomers orientation, our units need to reach out and make a connection with their new Airmen. These "newcomers" have a wide range of life experiences and talents that we can put to work almost instantly upon their arrival to the squadrons. We are gaining more and more Airmen whose first military experience is with us. The days of always finding that prior service individual are waning, and we are now well along in the business of "growing our own." We need those "old heads" in the units to set the example and be that role model for the new Airmen entering the units. There is no more important duty out there, I implore our established reservists to make the extra effort and become a role model to the new folks in your units. This is a most noble cause, and I know we are all up to the task.

Buckeye Flyer 445th Airlift Wing (Air Force Reserve Command)

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Civil engineer Airmen return home

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Johnson said. "Thank you. And thank you to the families. I'm very proud to stand in front of you today."

While deployed, the civil engineers developed the Training Afghan Craftsmen program, which taught carpentry skills and other civil engineering trades to local Afghan workers.

"It makes more of a difference to teach them," Sergeant Nelson said, "than to just pound nails ourselves all day."

The civil engineer Airmen were also welcomed by the Patriot Guard Riders, the 88th Air Base Wing Civil Engineer Directorate's Fire Department, and a representative from Senator Sherrod Brown's office.

The returning Airmen will remain on orders for a few weeks to accomplish post-deployment activities, and for rest and reconstitution.

The 445th Airlift Wing currently has more than 50 Airmen deployed around the world in support operations.



445th Civil Engineer Squadron members greet family and friends as they return from a six-month deployment. Top left: Tech. Sgt. Clay Bucky greets wife Kim and son Noah. Top right: Staff Sgt. Mark Rauch hugs his sister Kim Wollum. Bottom left: Lt. Col. Chris Cunningham kisses his daughter Emma. Bottom right: Tech. Sgt. Alan Baker and his wife Julie head home. (Air Force photos/AI Bright)

Key West water survival offers realistic training

By Stacy Vaughn
445th Public Affairs

Fifty-five Airmen from the 89th Airlift Wing and the 445th Operational Support Squadron experienced a more intense, hands-on water survival refresher course than the wing has offered in the past thanks to some early planning and the Navy's cooperation.

The 445th Operational Support Squadron's Aircrew Flight Equipment unit provided the training at Naval Air Station Key West, Fla., Feb. 26 to March 1.

"In the past, we've conducted water survival continuation training for our pilots, flight engineers and load masters by first going through a set of briefings in the classroom, followed by going out to Bass Lake on base in the summer," Lt. Col. Jim Couzins, chief of operations group training, said.

"Having it at the Key West Naval Air Station, we were able to use their marina to teach



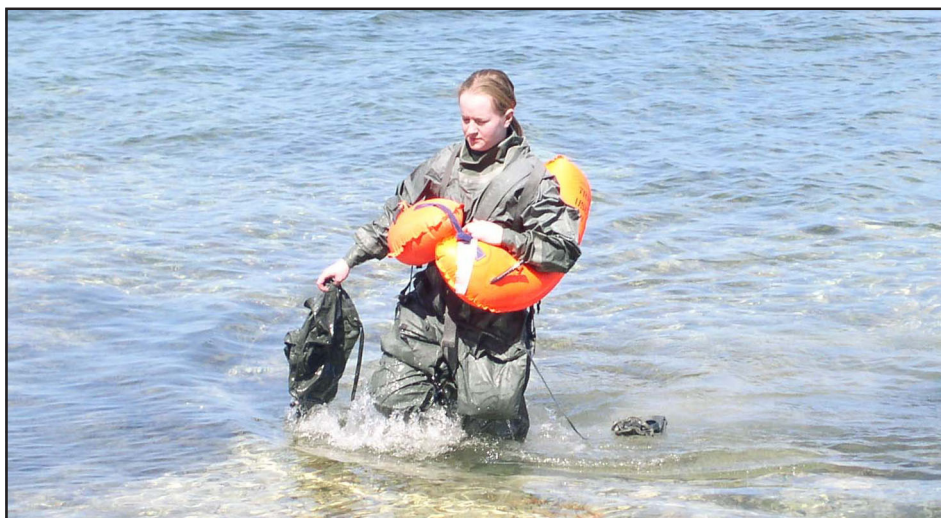
Airmen from the wing head out by boat to practice what they learned in water survival class. The Navy offered their services by providing the boats and personnel to take the Airmen out into the water. (Air Force photo/Lt. Col. Jim Couzins)

the water survival class. The students were able to board a 25-man life raft and have the instructors physically show them the different survival supplies that they can expect to find on a raft," he said.

Senior Master Sgt. Cass Tumblyson, assistant superintendent of aircrew flight equipment, said that by having the continuation training requirement in Key West, the students received a much better hands-on training instruction than previously offered.

"The training went exceptionally well. During a regular unit training assembly, the student may have to complete other requirements that may distract him or her from focusing on the instructions given during the training class," he said. "By having the class at another location, there were no typical UTA distractions; therefore they got a lot out of the class."

Over the two-day period, four groups of students went through the training. Two



Senior Airman Kortnee Widup, 445th Operational Support Squadron, gathers up her gear as she walks out of the marina during water survival training wearing an anti-exposure suit. (Air Force photo/Lt. Col. Jim Couzins)

groups trained the first day and two groups trained the second day. Each day while the first group was in the water, the second group was going through land navigation training. Later in the day, the groups switched. The same sequence was repeated the second day for the other two groups.

Two Survival, Evasion, Resistance and Escape instructors provided the training. SERE specialists train aircrew members in the proper use of principles, techniques, equipment, and procedures necessary to survive anywhere in the world.

“We have two (SERE instructors) who have a vast knowledge of experience because they used to teach at the survival schools in (Naval Air Station) Pensacola, Fla. and Fairchild Air Force Base, Wash. I’m very happy that they are now assigned to us,” said Sergeant Tumblison.

During the water survival portion of the training, the group of students received a safety briefing before boarding the rafts. Some of the training the students learned while on the rafts included raft care and maintenance, food and water procurement, first aid, protecting oneself from the outside elements, and signaling for help.

While the one group was in the water, another group participated in land survival. They received a land safety briefing then practiced and reviewed signaling devices, such as using a whistle, strobe light and signal mirror. At the end of the lesson, the group practiced flare firing.

The wing chose Key West because the Naval Air Station has conducted this type of training in the past for other reserve units, Sergeant Tumblison said.



Tech. Sgt. Carl Hayden, 89th Airlift Squadron, leads his group out of the water during water survival training. (Air Force photo/Lt. Col. Jim Couzins)



Tech. Sgt. Rebecca Timmons, 89th Airlift Squadron, shoots a signal flare as her instructor, Master Sgt. Alan Berens, 445th Operational Support Squadron, and another Airman look on. (Air Force photo/Lt. Col. Jim Couzins)

“We couldn’t have found a better location. They have an understanding of our requirements and needs, and made this event a success,” he said

Sergeant Tumblison said his staff will be going through the feedback forms each student filled out to see if any changes need to be made for future classes and to build on what was covered during the training.

“The training was more realistic this time because we did not have to train in the base pool, which I’ve had to do in the past,” said Lt. Col. Clay Pittman, assistant operations officer for the 89th Airlift Squadron. “Getting to accomplish our water survival continuation training requirement in 80 degree weather with excellent support from the Navy, this just couldn’t have been any better. It all came together perfectly and was a lot of fun.”

What to eat before, after a workout

Courtesy of American Council on Exercise & American Dietetic Association

You wake up in the morning with just enough time to squeeze in a jog on the treadmill before getting ready for work. You don't even have a spare minute to grab a bite to eat on your way out the door. Besides, you're trying to lose weight and want to make the most of the calories you've just burned. Why "waste" the workout by having breakfast?

The fact is that not eating well can actually make your workouts less effective. Skipping meals can make you feel faint while exercising. Plus, you will be more likely to overeat later.

Eating too much before a workout is not a good idea, either. Your body can not digest a heavy meal while you're being very active. So, how much and what should you eat, and when?

Find a healthy balance

A well-rounded diet is crucial for staying healthy in general. But it is even more important when you exercise regularly. Extreme diets that limit certain food groups or fat intake will not give your body the fuel it needs to run well. You need carbohydrates for energy and protein for building muscle, plus a little fat for staying power.

Try to have a serving of carbohydrates, such as whole-wheat pasta, brown rice, fruit or veggies at every pre-workout meal and snack. Also include a small amount of lean protein. For instance, pair a piece of string cheese with a few whole-wheat crackers or a hard-boiled egg with a small orange. Note that foods high in fat do not digest easily and can cause stomach upset during exercise.

Time it right

You do not want to run on fumes when you exercise. That is why it is important to have a light snack about an hour before you work out. Keep some healthy, convenient foods on hand so you can grab

something even if you are short on time. Breakfast smoothies with a protein boost make a quick, nutritious pre-workout snack.

Be wary of meal replacement bars

Many are not much better for you than a candy bar. Look for bars that are low in fat and sugar, and have four or five grams of protein and 25 grams of carbohydrates.

Make sure you eat enough

A small snack might be enough to tide you over for a 30-minute walk or aerobics class at the gym. Have a more intense training or a longer workout planned? Add more healthy foods to your pre-workout snack or meal to boost your caloric intake.

Stay hydrated

Drink at least one 8-ounce glass of water before and after your workout, unless your doctor has restricted your fluid intake. Take a few more sips every 15 minutes or so while you exercise.

Replenish yourself afterwards

During a workout you use muscle glycogen stores for energy. Those stores must be replaced for optimal recovery as well as muscle growth and repair. Eating some carbohydrates and protein are the best way to do that.

Try to eat one to two hours after a workout to help your body recharge. For a good balance of whole-grain carbohydrates and protein, try these foods:

- A burrito made with a whole-wheat flour tortilla, black beans and reduced-fat cheese,
- A bowl of instant oatmeal, a cup of skim milk and a banana,
- A bowl of vegetable bean soup, or
- Whole-wheat pita stuffed with sliced turkey or hummus, lettuce and tomato.

ARPC explains procedures for validating early retired pay

Air Reserve Personnel Center officials are finalizing procedures for validating the receipt of retired pay before Citizen Airmen turn 60 years old.

Since Jan. 28, 2008, Guard and Reserve Airmen have been able to reduce the age they receive retirement pay by three months for each aggregate 90-day period of qualifying active duty served in any fiscal year. They cannot receive retired pay before age 50.

If Citizen Airmen are approaching retirement and believe they are entitled to get their pay early, they can call 800-525-0102 and discuss the specifics of their participation with retirement experts to validate their eligibility for early retired pay.

For more information visit www.arpc.afrc.af.mil.

News Briefs

Military Ball

The 445th Military Ball will be held Saturday, June 6 from 6 to 11 p.m. at the National Museum of the U.S. Air Force. Tickets are \$35 for E-6 and below and \$40 for E-7 and above. Tickets must be purchased by May 30 at: www.445awmilitaryballtickets.eventbrite.com. For more information contact your unit first sergeant.

5K Run/Golf Outing

In honor of the late Lt Col. Dan Witt, the 89th Airlift Squadron will host a memorial 5K run and golf outing in conjunction with an open house. The 5K run is scheduled for Friday, May 8 at 2 p.m. The golf outing will be held Saturday, May 9 at 1:30 p.m. at Prairie Trace golf course, followed by a reception at 6 p.m. To volunteer or for more information on the weekend's events, call Tech Sgt. Anne McNevin at (317) 701-0177.

Commander's Call

Commander's Call will be held 7:30 a.m. April 5 and April 19 at the base theater.

Employer Appreciation

Ask your civilian supervisor and/or employer to join us May 2, for Employer Appreciation Day. You can access a registration form on the Air Force Portal, 445th Airlift Wing page under events, or check your email. Send completed forms via email to 445AW.PA@wpafb.af.mil or bring to the public affairs office in Bldg.4010, Room 171. For more information call 257-5784.

Correction

The reservist on the cover of the March Buckeye Flyer was misidentified. The Airman in the photo was Staff Sgt. Scott Spielman, 445th Aircraft Maintenance Squadron.

Awards

Meritorious Service Medal

Col Kenneth Bunting, 445 AMXS
Lt Col Eileen Kelly, 445 AW
Maj Gregory Baxley, 445 AW
Maj Barbara Kippins, 445 AES
Maj Christopher Matlack, 445 AES
Capt Dennis Park, 445 CF
CMSgt Stephen Bell, 89 AS
SMSgt LeRoy Campbell, 445 AMXS
MSgt William Baker, 445 CES
MSgt Alan Harmon, 445 AES
MSgt Lashunda Lewis, 445 MOF
MSgt Joseph Simon, 445 ALCF
MSgt Avery Turner, 445 AW
MSgt Christopher Williams, 445 SVF

Air Force Commendation Medal

Capt Jonathan Bell, 89 AS
Capt Thomas Fuhrman, 89 AS
MSgt Anthony Johns, 445 MXG
MSgt Daniel Lewis, 445 CF
MSgt Rodgers O'Neill, 445 LRS

Air Force Achievement Medal

SSgt David Burt, 445 CES

Air Medal

MSgt Russle King, 89 AS

Newcomers

Capt Jeremy Flannery, 445 AW
TSgt Ivan De Los Santos, 445 MOF
TSgt Michael Tungate, 445 LRS
SSgt Ryan Buxton, 445 ASTS
SSgt Michael Davis, 87 APS
SSgt Nicholas Drummel-Smith, 87 APS
SSgt Douglas Hall, 445 MXS
SSgt Bradley Rossignol, 445 AMXS
SSgt Aaron Ulmer, 87 APS
SSgt Patrick Yarusso, 445 SFS
A1C Aaron Gough, 445 MXS
A1C Corey Hughes, 445 MXS
A1C Michael Pressler, 445 MXS
A1C Cara Storer, 445 ASTS
A1C Brittany Wagoner, 445 CES
SrA David Baugh, 445 MOF
SrA Navjot Brar, 445 ASTS
SrA Gil Cameron, 445 MXS
SrA Justin Delp, 87 APS
SrA Bradley Morris, 445 SFS
SrA Jamie Narramore, Jr., 445 SVS FLT
SrA Robert Nelson, 445 AW
SrA Daniel Pearce, 445 SFS
SrA Anna Rivas, 445 SFS
SrA Brandon Rompf, 445 CES
SrA Matthew Snyder, 445 MOF
AB Gabriel Page, 445 LRS

Promotions

Airman

Ebony Bass, 445 MOF
Michael Bernat, 445 MXS
Joshua Buck, 445 MSF
Jacob Kiessling, 445 AMDS
Gabriel Page, 445 LRS

Airman First Class

Christopher Bruther, 87 APS
Mark Docken, 445 MXS
Steven Flowers, 445 AMDS

Senior Airman

Christina Adkins, 445 MXS
Tracie Allen, 445 AMDS
Ryan Mullaney, 445 MXS
Timothy Naff, 445 SFS
Anthony Pelino, 445 MXS

Staff Sergeant

Bryan Fox, 89 AS
David Jaeger, 445 MXS
Jannette Johnson, 445 ASTS
Kenneth LaRock, 445 AW
Joseph Poorman, 445 CES
Brian Wainscott, 445 CES

Technical Sergeant

David Cherolis, 445 AES
Jacqueline Karns, 445 AMDS
Joshua Lewis, 87 APS
Marcus Prigg, 445 MSF

Master Sergeant

Cindy Hall, 445 AW
Robert Rowe, 87 APS
Karen Stanley-Wolfe, 445 OSS

Senior Master Sergeant

Katherine Barnes, 445 MSF
Donald Edwards, 445 MXS
Harold Ford, 445 SFS
Michael West, 445 AMXS

Chief Master Sergeant

Homer Carter, Jr., 445 MSF

Second Lieutenant

Samuel Hulett, 445 OG

Captain

Andrew Pierce, 89 AS

Hearing protection: prevention impacts quality of life

By Capt. Caroline Wellman
445th Public Affairs

The number one disability payout in the Air Force is for hearing loss. It is the one disability that could be prevented if proper hearing protection is worn.

Preventing long-term hearing loss is the goal of the 445th Aerospace Medical Squadron's certified hearing conservationists.

"Proper hearing protection protects individual Airmen, their team members and the business of the Air Force," said Master Sgt. Thelma Chubb, the wing's hearing conservation manager. "But from the patient's point of view, hearing protection is about quality of life. You don't get hearing back."

Any activity that creates a high-noise level means a person probably needs hearing protection.

Most wing members are aware that certain functions or duty locations require mandatory hearing protection. Occupational health specialists, using Air Force and Occupational Safety and Health Administration guidance, determine who in the wing needs hearing protection on the job.

"For the most part, the 445th has a good history of hearing protection use while on duty," the aerospace medicine squadron sergeant said.

The hearing conservationists here also encourage wing members to wear hearing protection and consider how their actions might affect their hearing at home too.

"A good rule of thumb is the 3-Foot Rule," Sergeant Chubb said. "If you can't hear someone three feet away from you over the noise of whatever environment or activity you're engaged in, you're in a high-noise environment and

you should have hearing protection."

It's a good idea to wear hearing protection when you're using any sort of motorized equipment, whether to do lawn care, work on automobiles or even if you use cooking appliances or vacuum cleaners frequently. While the noise levels may not seem overly excessive at the time, they can have negative effects over extended periods.

Sergeant Chubb also warns of the long-term effects of the use of certain technologies like MP3 players and wireless telephone headsets, whose use has increased hearing loss especially in younger generations.

"We need to be conscious of the technology we're using," Sergeant Chubb said, explaining that the energy from the modern conveniences goes straight into the ear canal and that people often have the volume of these devices set too loudly.

Some Airmen do not follow up on identified hearing loss out of fear that the loss might affect their flying status, their pay or their points.

"We're not here to penalize you," Sergeant Chubb said. "We want to teach you how to take care of yourself, to prevent further hearing loss, so you can take care of yourself, other Airmen, and the mission. We care about your health. We want you to be able to do your job, but also to enjoy your family, your friends and your children."

4th Air Force Commander



Brig. Gen. Eric Crabtree

Brig. Gen. Eric W. Crabtree was named 4th Air Force Commander, Air Force Reserve Command, March Air Reserve Base, Calif., Jan. 25.

General Crabtree served 15 years on active duty prior to joining the Air Reserve component. General Crabtree has served in a variety of positions during his Reserve career, including vice commander and commander of operations groups, and Reserve adviser to the Air Mobility Command commander.

Prior to his current position, he was Commander, Headquarters Air Reserve Personnel Center, Denver, Colo.

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