

# Buckeye Flyer



Wright-Patterson AFB, Ohio  
Volume 48, No. 8  
August 2009



## A time for training, dedication and camaraderie

*Air Force photo/Maj. Jose Cardenas*

Staff Sgt. Michael Nowicke and Staff Sgt. Shawn McKellop, both from the 445th Logistics Readiness Squadron, prepare a pantograph used to refuel the C-5 Galaxy aircraft while on annual tour at Royal Air Force Mildenhall, United Kingdom.

*By Maj. Jose A. Cardenas  
445th Public Affairs*

They come from all walks of life, professions and backgrounds. But for two weeks they are Airmen working together in their respective career fields alongside their host active-duty counterparts to refine and hone their skills toward a common goal.

Approximately 60 individuals from the 445th Logistics Readiness Squadron performed their annual training at Royal Air Force Mildenhall, United

Kingdom, July 11- 25. Unit members from supply, transportation, vehicle operations, vehicle maintenance, traffic management, logistics planners and fuels provided support to the active duty LRS unit. They were joined by members of the 445th Communications Flight.

The 445th is not the only one that benefited from this TDY. The active-duty Airmen learned from the reservists' vast professional experiences and knowledge. The 445th provided support to the

100th Logistics Readiness Squadron that currently has Airmen deployed. The unit was also undergoing their Operational Readiness Inspection. The relief in workload allowed the troops of the 100 LRS to concentrate on their war fighting skills while the 445th LRS kept the mission going.

Some of the objectives of the two weeks at Mildenhall were explained by Lt. Col. Richard Johnson, logistics readiness

*Continued on page 3*

## Use time wisely

By Chaplain (Maj.) Ken Brown  
445th Airlift Wing

“Be careful how you walk, not as unwise men, but as wise, making the most of your time.” – Ephesians 5:16

As I write this the world is still shocked over the loss of one of the most popular musicians of all time, Michael Jackson. The coverage of his funeral has been one of the most media intensive events in recent history. When he passed away, Michael Jackson was 50 years old. In my youth, I considered a person of such age as old. Now that I am only a few years away from reaching “the half-century mark” myself the thought of death at that age strikes me as premature, with so much left unfinished.

Reflecting on such an event challenges my status quo and reminds me again of the seriousness of life and death. What impact will I leave on those around me and how will I be remembered by those close to me? How do I use my time? Do I spend it wisely or do I let opportunities slip by? Our time on earth is not unlimited and there is no guarantee we will live 50 years, 20 years or even one more day.

How are you using your time? My prayer for the 445th is that all of you will spend time each day reflecting on what is important in life. Do not allow the urgent to take precedence over the important. Spend time with the people closest to you. Nurture your spiritual life and examine your relationship with God.

I bid the 445th farewell as I will be moving to the 917th at Barksdale beginning in September. My time here has been most fruitful and I will always treasure the people of the 445th. I pray that God will continue to bless this unit.

## What's your fitness status?

By Col. Stephen D. Goeman  
445th Airlift Wing Commander

I'm very proud to see how the majority of our Airmen have embraced the Air Force Fitness Program and have improved their health and general well being. However we still have a long way to go for others.



The bottom line is we are all required to maintain as a minimum the standards defined by the Air Force program. These are minimum standards and how you get there falls upon each individual. Your unit commander and first sergeant are there to provide assistance but the responsibility to do so is yours.

If you are not presently on some type of physical exercise program, I would highly encourage you to see your civilian health care provider and get their approval and guidance on what type of program is best suited for you. Do not start any program until you have seen a medical professional first!

There are many programs offered on base that are open to reservists and DOD civilian employees that you may be interested in. Our Air Reserve Technicians and civilian work force have the opportunity to participate in programs and spend up to 3 hours weekly while on duty in some type of physical fitness activity. For these individuals you need written approval from a health care provider and your supervisor's approval to take advantage of the program.

Our unit commanders are encouraged to make time available during unit training assemblies

(UTAs) to conduct some type of physical fitness activity for their Airmen in addition to the yearly fitness evaluation. These events are great avenues for building morale and offer us all a chance to get out there and burn off some of those unwanted calories. Again, make sure you have the approval of a health care professional and are not on any type of medical profile before venturing out.

In January of 2010, the Air Force program is expected to be modified. Expect more emphasis on the aerobics portion of the evaluation and a little less on the waist measurement. The existing categories will remain in place but you will be required to pass in all categories you are medically qualified to complete.

Airmen who do not maintain standards are not eligible for promotion. Attendance at formal schools is prohibited; deployment opportunities are limited; and most importantly your general health and well being is at risk. I expect each of us to know our current fitness score and when the next evaluation is due. If you log on to the Air Force Portal and open the Air Force Fitness Management Program, you can view your personal scores and history. Make sure you complete the test before it expires.

The aim of this program is to ensure we are all combat ready Airmen ready to tackle the demands of our military profession. It is a required standard for all to maintain. Please find a program that meets your needs and most importantly get the approval of a medical professional before proceeding. I hope to see you all at the gym or out on the track.

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

#### Editorial Staff

Col. Stephen D. Goeman...Commander  
Maj. Cynthia Harris...Chief, Public Affairs  
Stacy Vaughn...Public Affairs Specialist  
Laura Darden...Public Affairs Asst./Editor  
Shamae Jones...Administrative Assistant

4539 McCormick Ave.  
WPAFB OH 45433-5132  
Building 4014, Room 113  
937-257-5784  
445AW.PA@wpafb.af.mil

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U.S. Government Printing Office 5-00001-445AW



# A time for training...

*Continued from page 1*

officer. "We train all year. Our annual training is the best opportunity to put the skills to use. One goal is to be proficient and the only way to do that is through hands on work. Our second goal lets the reserve troops work side-by-side with their active duty counterparts and see what Total Force is all about."

Tech. Sgt. Mike Tungate, a supply technician, echoed the importance of the training. "I received some really good training at Mildenhall. Being here for two weeks was really fantastic! Jumping in on day one and assisting where we could to help out as they prepared for their ORI brings a great sense of satisfaction and enjoyment of being a reservist simply because I enjoy being in the Air Force. The people and camaraderie is something I just don't get in the civilian world."

Lt. Col. Don Wren, 445 LRS commander, spoke highly of the dedicated men and women of the 445<sup>th</sup>. "When you look at today's Air Force Reserve, we are an operational reserve which means that our members have to be ready. They have to be trained to be relevant and that fits within the AEF (Air and Space Expeditionary Force) construct so

when we deploy we are identical to the active duty. When anyone steps into any work center they cannot identify any of our members from active duty in terms of skill qualifications or professional behavior."

The pride of the Airmen is evident in their behavior, attitude and professionalism as they walk in the footsteps of those that came before them at this historic location, upholding the legacy that has created the Total Force that it is today.

Master Sgt. Rebecca Spencer, noncommissioned officer in charge of materiel management, reflected on being a reservist. "Being in the reserves, serving our country, being given the opportunity to work with others and better understand the mission, illustrates how we all play our part and that's very important for me. I'm serving my country, and I really enjoy this job. It's a wonderful opportunity to see the world and work with other people in the military with a wide variety of backgrounds."

The two-week training provided opportunities for good hands on experience, training and detailed knowledge in each respective career field. Being a reservist provides the opportunity to meet others, learn new ways of doing



*Air Force photo/Maj. Jose Cardenas*

**Staff Sgt. Cameron Lipps, 445 LRS supply, checks tire inventory during her annual tour at RAF Mildenhall, United Kingdom.**

things, see new cultures and experience life.

"These deployments are huge morale builders. The Airmen make this work ...it's the Airmen who are the key to this. They want to be here, they want to do their jobs, and they want to contribute to the mission," added Colonel Wren.

## Deployment news

**Tech. Sgt. William Akers, 445th Security Forces Squadron, currently deployed with the 506th Expeditionary Security Forces Squadron, Kirkuk Regional Air Base, Iraq, checks his vector while posted in a guard tower. Sergeant Akers was chosen as the 506 ESFS NCO of the Month. He was also chosen as the squadron's Warrior of the Week July 13.**



*Air Force photo/Master Sgt. James Law*

# 445th Security Forces brothers deploy together

By Stacy Vaughn  
445th Public Affairs

Two brothers assigned to the 445th Security Forces Squadron left July 6 with 11 other reservists from their unit for a six-month deployment to Iraq. Tech. Sgt. Tom Sexton and his brother, Senior Airman Tim Sexton, spent the last couple of weeks preparing for their deployment; Sergeant Sexton's third and Airman Sexton's first deployment.

The week before they left, Sergeant Sexton said it was a coincidence they would be deploying at the same time. "It's our time to go and it just so happens that we're going at the same time to the same location," he said. "Mom's a little worried about us both being deployed together. But, I've got his back and he's got mine," Sergeant Sexton said.

The siblings are working out of the same deployed location but are currently assigned to different sectors. Before they left, the brothers were aware that even

though they were deploying to the same location, there's a chance that they may not be able to see each other that often. "We're going to try and keep in touch with each other even if it's just through e-mail while we're there," Sergeant Sexton said.

Even the day they were deploying, Airman Sexton was continuously receiving tips from his brother on what to expect for his first deployment. "I'm looking forward to this deployment. I've been in three years now and so far I've been able to keep Tom in line and out of trouble," Airman Sexton joked.

Sergeant Sexton said the reason he joined the military six years ago was because of his father. "My dad told me to join the Air Force even though he was Army. He actually got to see me swear in when he was here before he passed away from cancer," he said. "He'd be very proud of us both for serving."



Air Force photo/Stacy Vaughn

**Tech. Sgt. Tom Sexton and his brother Senior Airman Tim Sexton, both assigned to the 445th Security Forces Squadron, left July 6, with 11 other reservists from their unit for a six-month deployment to Iraq.**

Sergeant Sexton's fiancé, Melissa Corbin, said she understands it's part of his military obligation to deploy and misses him. "I just wish him well and I hope he has a safe return back home," she said.

Rachel Sexton, Airman Sexton's wife, had the same sentiments. "I'm very proud of Tim and what he's doing. I can't wait until he comes back home."

## Wing announces 3rd quarter award winners

Senior Airman Matthew McDonald is the 445th Airlift Wing Airman of the Quarter. Airman McDonald



SrA McDonald

is assigned to the 445th Airlift Wing Judge Advocate office. Part of his job includes preparing wills and power of attorneys for unit members deploying overseas. He was the first Air Force Reserve pipeline student to attend the Paralegal Apprentice Course, where he was a distinguished graduate. At only 20-years-old, Airman McDonald received his bachelor's degree in political science from Ohio State University.

Staff Sgt. Michelle Henry is the 445th Airlift Wing NCO of the Quarter. Sergeant Henry is assigned to the 87th Aerial Port Squadron. She was selected as the 87th APS career advisor, where her guidance and counsel increased her unit's reenlistment rate. She also coordinated with her civilian employer and her unit in sending care packages to those deployed to Iraq. Sergeant Henry recently received her bachelor's degree in psychology and criminology from Ohio State University and was recently accepted into the graduate program at the Chicago School of Psychology.



SSgt Henry

Senior Master Sgt. Jack Lake is the 445th Airlift Wing Senior NCO of the Quarter. Sergeant Lake is assigned to the 87th Aerial Port Squadron. He planned, monitored, and executed the deployment requirements for a 61-member Iraqi Freedom AEF team. While serving at Manas Air Base, he was a leader of an orphanage support group that raised more than \$1,100 in donations. In the local community, Sergeant Lake is a volunteer firefighter and coaches youth hockey, wrestling, and baseball teams. He is currently enrolled in the Community College of the Air Force, working on an associate science degree.



SMSgt Lake

# Reservists participate in WOW Conference

By Stacy Vaughn  
445th Public Affairs

Reservists from the 445th Airlift Wing participated in the National Aviation Hall of Fame's Third Annual Wings of Women (WOW) Conference July 17. Forty-six young women in grades 9-12 attended the daylong interactive education program, with activities taking place at the National Museum of the United States Air Force, NAHF, the Hope Hotel and the 445 AW.

WOW's aim is to stir girls' interest in their futures, introduce them to career opportunities, resources that are available, and demonstrate that it is possible to achieve success in aviation, and in life. The WOW Conference was held in conjunction with the NAHF annual Enshrinement dinner and ceremony.

"After the first year of the conference, it has since been an all volunteer effort and it continues to be an all volunteer effort. The women coming to the Enshrinement have always been gracious to share their experiences and spend time with the girls," Betty Darst, NAHF board member and adjunct faculty, Wright State University, said.

The young women attending the conference came from a variety of backgrounds. Some of them accepted invitations that were sent to the aviation community network, Air Force Junior ROTC, Gear Up, Upward Bound, along with personal support from teachers. Each girl submitted a brief essay articulating her desire to attend. Ms. Darst said there were also some girls in attendance that are part of the Sinclair Aviation program.

"It was a lot of fun. I had the opportunity to attend last year and this conference was better. The stories we heard throughout the day were interesting," Megan Clawson said.

Ms. Darst said thanks to all the volunteers at the conference. This year's conference included more hands on and interactive opportunities.

While at the NAHF, four members of the Women Airforce Service Pilots (WASP), Francis Brookings, Nadine Canfield Nagle, Marty Wyall, and Dawn Seymour, gave a short presentation. When the group was in the World War II hangar at the museum, they showed the girls the aircraft that they flew. The WASPs stayed with the group the rest of the day.

"Dawn is an awesome woman. She is fun and just full of energy. I wish I could have chatted more with her," said Danielle Kelly, an Air Force Junior ROTC cadet who escorted Ms. Seymour during the conference.



*Air Force photo/Senior Airman Mikhail Berlin*

**Dawn Seymour, a World War II Women Airforce Service Pilot (WASP), tours the flight deck of a 445th Airlift Wing C-5 Galaxy aircraft. Four WASP were special guests at the Wings of Women Conference July 17 attended by 46 young women in grades 9-12. Part of the conference included a tour of a 445th C-5 Galaxy.**

After lunch, the group headed to the 445th AW where Lt. Col. Linda Stokes-Crow, Aeromedical Evacuation Squadron commander, gave an overview of the wing's mission. Maj. Dawn Rice, also from the AES, gave an informative presentation on the mission of AES and the role of a flight nurse. The group then moved to the flightline for a tour of a C-5 Galaxy aircraft. As each young girl explored the cargo area and flight deck, they pondered the question asked of them earlier by one of the load masters, "how many ping pong balls can fit on a C-5?"

"The conference was a memorable event. One of my favorite parts of the day was touring the C-5 because it's my favorite airplane," Angel Buzard said.

At the close of the day, each girl selected a book of their choice, and some other mementos of the conference, including a deck of playing cards featuring women air and space heroes and WOW t-shirt.

"I thought the program was a real learning experience because I got a lot of information about women in aviation," Amanda Brown said.

Another attendee also expressed her appreciation of the event. "This was an eye opening experience and because of it, I do plan to join the Air Force after college. I'm glad that I was able to spend the day on the base and learn new things about something life changing," said Jazmine Glover, who's part of the Upward Bound program at Springfield, Ohio's, Wittenberg University.

"It's all worth it when you hear a comment like that," Ms. Darst said.

# Security Forces reservists home from deployment

By Capt. Caroline Wellman  
445th Public Affairs

Family, friends and the Ohio Patriot Guard Riders gathered at the Dayton International Airport June 27, to welcome home 17 Airmen from the 445th Security Forces Squadron.

The Airmen returned from a six-month deployment to Kirkuk Regional Air Base, Iraq, where the Air Force Reserve has been providing the majority of the security forces supporting the installation, said Master Sgt. John Koehl, 445th SFS first sergeant.

Overall, the deployment was pretty pain-free, said Master Sgt. Bryan Cephuch, who was a squad leader while deployed.

“I think we all feel like we made a difference and that we’re all glad to be back with our families,” he said. “It certainly makes you appreciate what the Army is doing even more – we were gone six months, they’re doing a year.”

For Master Sgt. John Grice and Capt. David Moore, the homecoming was especially sweet. Each of them was able to hold their child for the first time. Sergeant Grice’s son Ethan is now 4-months old, while Captain Moore’s daughter Addison was born only days after he deployed in December.

Family members were also happy to see their loved ones, especially considering stand-still traffic on Interstate 70 threatened to cause some of them to miss the homecoming. However, a flight delay meant most families were able to reach the airport in advance of the returning Airmen.

“It feels better, it feels good,” said Leslie Stout, wife of Staff Sgt. Timothy Stout, of having her husband back after months without him.

While deployed, the Airmen of the 445th SFS performed patrol duties and provided installation security during their daily, 12-hour shifts.

They also earned praise from 506th Expeditionary Security Forces Squadron leadership, with two of them earning monthly awards. Tech. Sgt. Steven Durham was selected as the Non-Commissioned Officer of the Month in May while Senior Airman Joseph Easterling was selected as the Airman of the Month in May.

The security forces Airmen will remain on orders for more than a month in order to complete necessary in-processing and use leave they earned while activated.

The 445th Airlift Wing has about 100 Airmen deployed at any given time, about 75 percent of which are in Iraq or Afghanistan.



*Air Force photos/Capt. Caroline Wellman*

**Top:** Master Sgt. John Grice, 445th Security Forces Squadron, holds his 4-month-old son, Ethan, for the first time. Ethan was born while Sergeant Grice was on a six-month deployment in Iraq.

**Center:** Jake, son of Tech. Sgt. Steve Durham, 445 SFS, enjoys wearing his father's hat.

**Bottom:** Capt. David Moore, 445 SFS, holds his baby, Addison, while Chief Master Sgt. Peri Rogowski, 445th Airlift Wing command chief, reaches to tickle her.

## News Briefs

### Unit Compliance Inspection

The wing UCI will take place Oct. 15-20. UCI information can be found on the 445 AW UCI 2009 Community of Practice on the Air Force Portal. For more information, contact Maj. Alan Kendrick at (937) 257-4043 or Alan.Kendrick@wpafb.af.mil.

### Commander's Call

Commander's Call will be held Sept. 13 and 27 at the base theater at 7:30 a.m.

### Air Force Marathon

The 13th annual Air Force Marathon is scheduled for September 19. For registration and more information about marathon events, runners should go to [www.usafmarathon.com](http://www.usafmarathon.com).

### Men's Health

According to a 2007 survey commissioned by the American Academy of Family Physicians, thirty-six percent of men said they see a doctor only when "extremely sick"; fifty-five percent did not have a routine physical in the last year; and almost one in five, age 55 and older, had not been screened for colon cancer.

To read more about men's health, go to the 445th Airlift Wing website and click on the news article, *Men's Health is Often Women's Work*.

### The Inspector General Says...

The primary charge of the IG is to sustain a credible Air Force IG system by ensuring the existence of responsive complaint investigations, and Fraud, Waste, and Abuse (FWA) programs characterized by objectivity, integrity and impartiality.

445 AW/IG can be reached at:  
DSN: 787-9902  
Commercial: 937-257-9902  
Fax: 937-656-0751  
Kathryn.Staiger@wpafb.af.mil

## Awards

*Congratulations to the following members who recently earned an award.*

### Meritorious Service Medal

Lt Col John Clark, OG  
Lt Col Michael Sander, MOF  
Lt Col Karen Schlindwein, ASTS  
MSgt William Kaczmarczyk, ASTS  
TSgt Paul Taynor, CES

### Air Force Commendation Medal

Capt Ladonna Schreffler, AES  
MSgt Eric Pierce, 87 APS  
MSgt Georgia Ricketts, LRS  
TSgt Nicole Nelson, MSF  
SSgt Kira Zyski, LRS

### Air Force Achievement Medal

MSgt Roland Stinnette, MOF

## Promotions

*Congratulations to the following reservists recently promoted to the rank indicated.*

### Airman

Clarece Darden, AES  
Rachel Ellis, AES  
Brittany Helton, AES  
Athena Yacoumakis, ASTS



### Airman First Class

Corey Adams, AMXS  
Ebony Bass, MOF  
Daniel Cowin, AMXS  
Stephanie Gray, ASTS  
Brittany Ward, SVF



### Senior Airman

Christopher Bruther, 87 APS  
Ryan Henderson, 87 APS  
Alexander Peiffer, 87 APS  
Amber Russell Ford, AW  
Cara Storer, ASTS  
Ronald Tyler Jr., CES



### Staff Sergeant

Adam Dees, AMDS  
Matthew Hinkle, MXS  
Danielle Kremer, 89 AS  
Ryan Maloney, LRS  
Adam Napier, 87 APS  
Joseph Rinkes, MXS  
Andrew Slahta, CES



### Technical Sergeant

Jeremy Edenfield, MXS  
Ronald Lause, SFS  
Geof Weimerskirch, AES



### Master Sergeant

Dennis Hartwick, MXS



### Senior Master Sergeant

Jack Lake III, MSF



### Second Lieutenant

Jeremiah Brown, 89 AS



### First Lieutenant

Ernest Debrah, AES



### Captain

Robert Alwine, AES  
Matthew Judd, 89 AS  
Kathleen Kossler, AW



### Major

Thomas Fuhrman, 89 AS  
Jason Shaffer, 89 AS  
Kevin Sullivan, 89 AS



### Lieutenant Colonel

Patrick Driscoll, 89 AS

## Newcomers

*Welcome to the following reservists recently assigned to the 445 AW.*

SSgt Jessica Boprey, MOF  
SSgt Timothy Geary, AMXS  
SSgt Robert Groeniger, MXS  
SSgt Brian Mayle, MXS  
SSgt Luzviminda Moats, AW  
SSgt Richard Roberts, 87 APS  
SSgt Collin Smith, MOF  
SrA Daniel Ardrey, CES  
SrA Stan Hazlip III, MXS  
SrA Jonathan Kunkel, LRS  
SrA William Purcell, CES  
SrA Evan Rust, 87 APS  
SrA Samantha Souders, AMDS  
A1C Andrew East, 87 APS  
A1C Mark Gotthard, AES  
A1C Alexander Peiffer, 87 APS  
A1C Forrest Pilkenton, AMXS  
A1C Ronald Tyler, CES  
A1C Matthew Wildt, 87 APS  
Amn Natasha Mills, MXS  
AB Clarece Darden, AES  
AB Alexander McCaskill, AMXS  
AB Natalie Schwartz, MSF  
AB Athena Yacoumakis, ASTS



# On the Web

Check out the 445th Airlift Wing Web site for the following photos and stories.  
[www.445aw.afrc.af.mil](http://www.445aw.afrc.af.mil)



**Maintenance flight changes command**



**Buckeye Tigers ACE camp tours C-5**



**MXG commander's son follows family tradition**



**News media cover C-5 mission**



**New baby adds joy to reservist's family**

# 445th at the Dayton Air Show



*Air Force photo/Staff Sgt. Ken LaRock*



*Air Force photo/Staff Sgt. Ken LaRock*



*Air Force photo/Senior Airman Mikhail Berlin*



*Air Force photo/Staff Sgt. Ken LaRock*

**Top right: 1st Lt. Katie Spellman and Staff Sgt. Anna Tall, 445th Aeromedical Evacuation Squadron, demonstrate medical procedures to 9-year-old Derek Coverstone at the Dayton Air Show**

**Above: Tech. Sgts. Kevin Beck and Mike Heaton, both with the 445th Aircraft Maintenance Squadron, work at the Dayton Air Show.**

**Below: Staff Sgt. Shawntay Larkin, 445th Airlift Wing Reserve Recruiting, talks with air show spectators during the Dayton Air Show.**

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 BUILDING 4014, ROOM 113  
 5439 MCCORMICK AVE  
 WRIGHT-PATTERSON AFB OHIO 45433-5132



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