

Buckeye Flyer



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AES takes to the sky for training

*By Stacy Vaughn
445th Public Affairs*

Sixteen reservists from the 445th Aeromedical Evacuation Squadron and one from the 911th Aeromedical Evacuation Squadron, Pittsburgh Air Reserve Station, participated in a three-day aeromedical evacuation training exercise using a C-130 Hercules from Youngstown Air Reserve Station, Vienna, Ohio.

Maj. Todd Mulhorn, 445th AES operations officer, said the training was very involved and realistic. "Our reservists practiced loading and unloading equipment and simulated patients, with the aircraft engines off and then with the engines running. We also conducted our training airborne with two flights each day," Major Mulhorn said.

A five-person aeromedical evacuation team usually consists of a medical crew director, a flight nurse, a charge medical technician and two aeromedical evacuation technicians. The crew carries with them the necessary equipment to turn any cargo aircraft in the Air Force inventory into a flying ambulance almost instantly.

The AE technicians begin each mission by considering the



First Lt. Dennis Youngpeter secures the rear crew door of a C-130 Hercules under the watchful eye of Capt. LeDonna Schreffler, during a medevac training mission.

Air Force photo/Capt. Rodney McNany

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Powerfully strong influence

By Chaplain (Capt.) Jonathan Kollmann
445th Airlift Wing

“So commit yourselves wholeheartedly to these words of mine. Tie them to your hands and wear them on your forehead as reminders. Teach them to your children. Talk about them when you are at home and when you are on the road, when you are going to bed and when you are getting up. Write them on the doorposts of your house and on your gates.”

Deuteronomy 11: 18 - 20

During my childhood and well into my preteen years I had the privilege of spending two weeks out of my summer vacation with my Grandma Mary Kollmann. She was a jolly devoted Catholic woman who lived alone in a one bedroom apartment on the west side of Cincinnati. During those precious summer days she and I would play cards, visit her friends in nursing homes, eat like kings, and go downtown. The most cherished moments were when we attended mass. I vividly picture kneeling beside her as she lit candles and prayed to God. I would try to pray, but would get preoccupied listening to her prayers. In her prayers, I heard names of family members, worries she had and sometimes I would hear her pet name for me, “Jon-Jon.” Looking back, even though it was over 30 years ago, her example and prayer did not go un-noticed and has become a part of me and my faith walk. Even though she died when I was a senior in High School, her love for God and example is still a powerfully strong influence in my life. Always remember your example, your faith and your prayers will influence the people around you, especially your children and family!

Top 10 things you shouldn't say to an inspector

By Lt. Col. Kathy Staiger
445th Inspector General

The Inspector General team is on their way and will be here October 15 – 20. The wing will have their unit compliance inspection, and aerospace medicine squadron and aeromedical staging squadron will concurrently undergo their health services inspection. At the same time maintenance group, logistics readiness squadron and the 87th Aerial Port Squadron will be the first units to experience the new logistic compliance assessment program. The new process will carry forward maintenance/ logistics standardization and evaluation programs and expand them to the logistic readiness and aerial port squadrons. This program will try to normalize logistic inspections and checklists across all major commands. After six months, the IG and A4

(logistics) will assess whether these areas will be aligned under UCI or LCAP.

Just a few final thoughts to remember: the UCI is an “OPEN” book test. If you follow your checklists, what can go wrong? The IG is not here to trick you. The IG is here to help. Listen, learn, and be respectful.

Here're the top 10 things that you shouldn't say to an inspector:

- 10) I haven't gotten to that yet
- 9) MICT? What's that?
- 8) I don't have the latest checklist
- 7) We weren't expecting you TODAY!
- 6) Can you come back later?
- 5) I didn't know there was a checklist for that!
- 4) They said we didn't have to do that because we're RESERVISTS!
- 3) I don't have the paperwork/ documents to prove that to you
- 2) I didn't have time to do that
- 1) I can't be held responsible for the actions of my people

Welcome home!



Air Force photo/ Chief Master Sgt. Peri Rogowski

Master Sgt. Carie Brown, 445th Aeromedical Evacuation Squadron, is greeted by Senior Master Sgt. Brian Fowle, 445 AES superintendent of inflight medical care and Lt. Col. Linda Stokes-Crowe, 445 AES commander, Sept. 30 at the Dayton International Airport as she returns from a 120-day deployment at Bagram Air Base, Afghanistan. Nine members of the squadron returned from deployments in Southwest Asia this week.

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

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Aerial port Airmen return from 120-day deployment

By Maj. Cynthia Harris
445th Public Affairs

Family, friends and co-workers gathered Sept. 16 at the Dayton International Airport awaiting the return of four members of the 445th Airlift Wing's 87th Aerial Port Squadron. The Airmen were greeted with cheers and "welcome home" signs after returning from a 120-day deployment to Balad Air Base, Iraq.

While waiting for Senior Airman Steven Sherman's airplane to arrive, his children, Vernon, Nathan, A.J. and Amelia, said they were happy and excited as they eagerly awaited his arrival. This excitement was shared by Airman Sherman's older sister, Margaret Turner. "I'm so happy, so proud," she said.

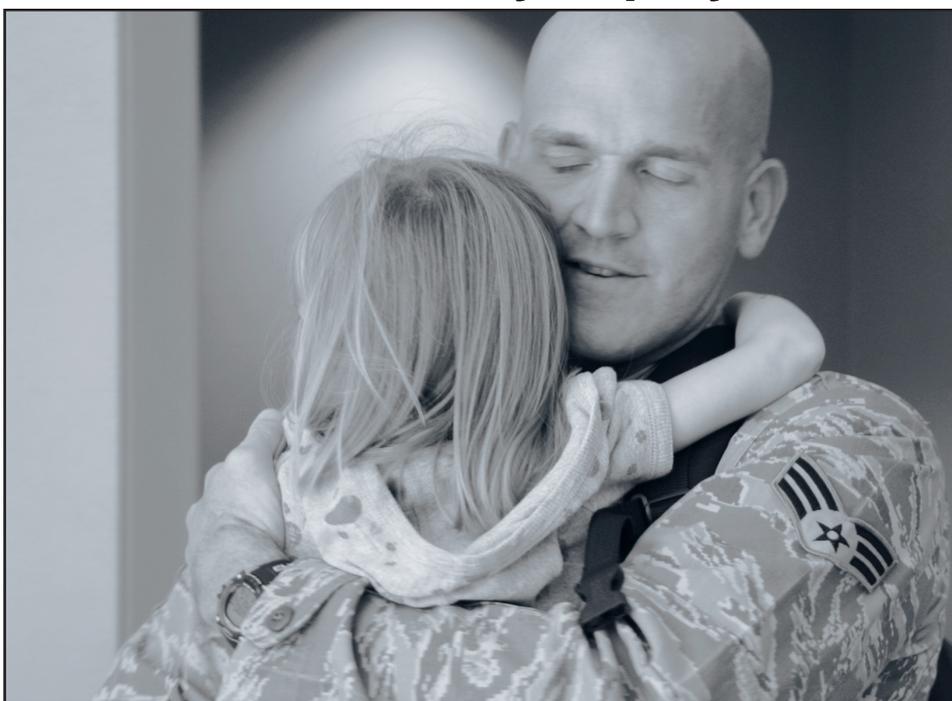
Not only was Airman Sherman greeted by family, but a crowd of more than a dozen co-workers from the Five Rivers Metroparks were on hand to welcome him home. Airman Sherman serves as a conservation crew supervisor for the parks.

"His absence left a big hole," said Kristen Leuer, Five Rivers Metroparks employee. "We're proud of him" and "... absolutely glad he's back safe and sound.

"We're looking forward to having him back and hearing stories."



Tech. Sgt. Tracy Sease, 87th Aerial Port Squadron, is greeted by family members upon his return from a 120-day deployment to Balad Air Base, Iraq.



Air Force photos/Maj. Cynthia Harris

Senior Airman Stephen Sherman, 87th Aerial Port Squadron, hugs his daughter, Amelia, upon his return from a 120-day deployment to Balad Air Base, Iraq.

More than 50 squadron members deployed to Southwest Asia this spring and returned throughout the month of September. While deployed, the Airmen were responsible for moving cargo and passengers to various areas of responsibility. They conducted ramp functions and commercial tender to get people, equipment and supplies where they needed to be.

Tech. Sgt. Tracy Sease said the deployment was a good learning experience.

"It was a good time to grow together as a unit," he said.

While deployed Sgt. Sease and his team were responsible for

processing cargo and completing other aerial port functions.

For Master Sgt. Larry Adams, self evaluation quality control non-commissioned officer in charge of the 87th Aerial Port Squadron, the deployment was beneficial.

"It's nice to be back home, but deploying made me feel like I was doing my part," he said. "Being in a real-world AOR was a great experience that can only be gained if you're deployed. For reservists it's beneficial to be in a real world environment and not just training.

"As reservists we always train for this, but it's good to actually experience it."

This was the sergeant's second deployment so he didn't encounter anything unexpected, he said, but it took some getting used to for the Airmen who never deployed. He encourages Airmen to deploy to get real-world experience.

The 445th Airlift Wing has deployed more than 200 Airmen in support of ongoing military operations around the world this year.

AES training

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type of aircraft they will use because different airframes require specific types of medical equipment and litter configurations. Before heading



Air Force photos/Capt. Rodney McNany

Master Sgt. Dean Keller and Tech. Sgt. Steven Mauter, 445th Aeromedical Evacuation Squadron, and 1st Lt. Mary Hummel, 911th Aeromedical Squadron, conduct an inventory and visual inspection of medical equipment prior to departing on a medical evacuation training flight.

out to the aircraft, they must “pre-flight” their medical equipment with operations and calibration checks. The inventory often includes everything from high-tech monitors, oxygen tanks and regulators to defibrillators. After coordination with the aircraft commander and loadmaster on where to put the equipment and patients, they configure the aircraft. Next the technicians bring their patients on board, check vital signs and secure the patient for takeoff. Once airborne, the patient’s vital signs are re-checked and patient care continues throughout the flight.

As the medical crew director, Capt. Shari Ellis said she coordinates with both the loadmaster and her fellow AES members with safety being a key

priority. “I have a lot to do before the first patient can come on board. We have to make sure that all the equipment is checked and working properly before we signal for the first litter to come on board,” she said.

Captain Ellis added that safety is factored in with every move they make. As patients are loaded on the aircraft, she directs the litter bearers on how many litters to bring on the plane at a time and where they go. “For example, I’ll call out for two litters. When those two litters are

on the aircraft, I make sure they are tied down and secured on the aircraft before I call for the next one or two,” she said.

Senior Airman Aaron Gable, 757th Airlift Squadron loadmaster, coordinated with Captain Ellis before, during and after the patients were loaded. “My job is to control the cargo. I have to monitor the weight and balance of the cargo that is being loaded onto the aircraft for the AES crews and make sure

there are no safety issues. I make sure no one is hurt while they’re down here (in the cargo area), before, during and after takeoff and landing,” Airman Gable said.

Maj. Michael Bogacki, AES operations officer, said while airborne, different aircraft and patient emergencies scenarios were run to test the reservists’ abilities. “We had some of our people role play patients. One patient, for example, role played going into cardiac arrest. We also ran through aircraft emergency scenarios such as loss of air pressure,” Major Bogacki said.

Major Mulhorn said this type of training offered a realistic taste of the real world missions AES crews are involved in and showed that working as a team proves crucial in today’s environment.

“The training was very beneficial to us. We had six nurses in training that went through this and this gave them a real taste of what’s expected of them and what they can encounter out there.”



Staff Sgt. Tony Pasley (foreground) signals to begin transferring patient litters to the waiting C-130 Hercules. The reservists, assigned to the 445th Aeromedical Evacuation Squadron, took part in a “hot load” training mission.



Reservist runs in Air Force marathon

By Maj. Cynthia Harris
445th Public Affairs

When the starter's pistol sounded for the 13th Annual U.S. Air Force Marathon, Sept. 19, a 445th Airlift Wing reservist, was among the more than 2,000 racers running the full marathon.

Master Sgt. Rebecca Spencer, 445th Logistics Readiness Squadron, completed the marathon in 14 hours, 15 minutes, coming in 143rd in female runners and 25th for her age group.

She began her marathon adventure 13 years ago while serving on active duty when she participated in the Dallas Rock Marathon. The Air Force marathon was her second marathon.

"When I was stationed at Cannon Air Force Base, N.M., I was running about three miles, four times a week to stay in shape," Spencer said. "One of the guys I started running with convinced me that I should train for the Dallas marathon with him. Once I ran my first marathon, I knew it wouldn't be my last. They are addicting."

After her first marathon, Spencer took a break to earn an accounting degree and give birth to three children.

After her youngest child turned 2 years old this summer,

Spencer felt it was time to get back into running.

"I was training for the Columbus marathon to be held in October, but heard so many great things about the Air Force marathon, so I adjusted my training plan and signed up for the Air Force marathon," she said.

Her goal for her first marathon was to finish the race without walking, which she did in 4:19. She was able shave off four minutes from her previous marathon time.

To train for the marathon, the sergeant said she downloaded a training program online and followed it. She ran four to five days a week with one long run on the weekends. Spencer averaged about seven hours a week.

"During the week, I ran four to five miles a night and 10 to 20 miles on the long runs," she said. "The furthest I ran on the training plan was 20 miles."

Spencer offered some encouragement to those who are thinking about running a marathon.

"Anyone can train for a marathon and successfully complete it if they commit themselves to it," she said. "There are many free resources online including training programs."

"Finding a marathon to participate in and a training



Air Force photo/Capt. Rodney McNany

Master Sgt. Rebecca Spencer, 445th Logistics Readiness Squadron, completes the Air Force Marathon Sept. 19.

program is the first step. It's easier to stick to the program if you have someone to train with, especially during the long runs."

"I was very excited (and nervous) about running the Air Force marathon and grateful that we have such a wonderful marathon here in Dayton," she said.

Airmen remember comrades



Air Force photo/Stacy Vaughn

(Left) Chaplains Capt. Jonathan Kollmann and Maj. Bill Dickens, 445th Airlift Wing, remember victims of Sept. 11 during a ceremony held Sept. 11 at the 445th Airlift Wing. (Right) Chief Master Sgt. Aaron Mouser, 445th Maintenance Group, participates in a Wright-Patterson Air Force Base POW/MIA event Sept. 18.



Air Force photo/Capt. Rodney McNany

Wren awarded Bronze Star

Lt. Col. Donald Wren, 445th Logistics Readiness Squadron commander, received the Bronze Star during the Sept. 13 commander's call from Col. Stephen Goeman, 445th Airlift Wing commander. Colonel Wren was deployed to Afghanistan September 2008 to January 2009.

According to the medal citation, Colonel Wren led more than 430 Airmen in providing support at two airfields while exposed to significant danger from enemy rocket attacks. He managed \$209 million in combat assets, enabling the successful accomplishment of battlefield evacuation and armed overwatch operations under austere conditions.

The Bronze Star is the fourth-highest combat award for the U. S. Armed Forces.



Air Force photo/Tech. Sgt. Jeremy Caskey

Mass enlistment takes place at Ohio State Oct. 10

By Stacy Vaughn
445th Public Affairs

New enlistees coming into the Air Force Reserves and current reservists assigned to the 445th Airlift Wing will be standing in

front of a crowd of more than 10,000 football fans, the Ohio State football team and the Ohio State University Marching Band to take the Oath of Enlistment during the pre-game Ohio State University vs. Wisconsin "skull session" at the St. John Arena in Columbus, Ohio, Oct. 10.

Master Sgt. Robert McDonald, recruiter for the 445th Airlift Wing Reserve Recruiting Squadron, said planning for the mass enlistment ceremony began back in November. "This is a 445th Airlift Wing event that we've been putting together for several months now. We anticipate 30-50 new enlistees coming into our wing and 10-12 current reservists already assigned to the wing will be taking part in the ceremony during the "skull session"," Sergeant McDonald said.

Those new to the Buckeye State may not understand what the "skull session" is. The OSU traditional "skull session" is the pep rally held before each football game at the St. John Arena. Two hours prior to kickoff, the OSU marching band performs Buckeye favorites and the players and coaches speak to the crowd. With roots back to 1932, the "skull session" sometimes features the

visiting team's marching band, and even local high school bands. After the pep rally, the football team and fans walk over to the Ohio Stadium for the game.

During the ceremony, a former member of the 445th Airlift Wing will be reading the Oath of Enlistment to the enlistees. Lt. Col. Brady Johnson worked in the 445th Civil Engineer Squadron before accepting a new assignment as the commander of the 911th Civil Engineer Squadron at Pittsburgh Air Reserve Station, Pa.

To help celebrate this special occasion, there will be a tail gate party following the ceremony with free hamburgers and hot dogs for those participating in the ceremony sponsored by the 445th Airlift Wing Recruiting Squadron.

"We anticipate a good turnout. Those participating will be re-enlisting alongside new recruits and will be honored by those attending the "skull session," Sergeant McDonald said. To participate in the ceremony or for more information about the mass enlistment ceremony, call Sergeant McDonald at (614) 734-9214 or send an e-mail to RMcDonald@afrc.af.mil.



Air Force photo/Maj. Cynthia Harris

Senior Master Sgt. Brian Fowle, 445th Aeromedical Evacuation Squadron re-enlists as his youngest daughter Brenna enlists in the Air Force Reserve.



News Briefs

VA Christmas Party

The annual VA Christmas party will be Dec. 5. A bus will depart building 4010 at 10:30 a.m. for transport to the Dayton VA Medical Center. The wing is collecting donations for the veterans. The following items are needed: new or gently used winter clothing, extra large T-shirts, toiletries, and new underwear, baseball caps, and socks. For more information, contact Chief Master Sgt. Aaron Mouser at 257-0381, Chief Master Sgt. Joseph Smith at 257-4538, or Master Sgt. Henry Harlow at 257-3787.

Gas Mask Inserts

All reservists who require gas mask inserts and aircrew who require prescription eyeglasses may update their prescriptions with the 44th Aerospace Medicine Squadron Optometry clinic. This can be accomplished Saturdays from 8:00 a.m. to 3:00 p.m. of the AMDS unit training assembly weekend at the Medical Center, Optometry Clinic. Questions may be directed to the 445 AMDS at 257-5200.

Legal Office Hours

Legal assistance is available from 1 to 3 p.m. Saturdays and 9 to 11 a.m. Sundays during each unit training assembly.



Columbus Day

October 12, 2009

Awards

Congratulations to the following members who recently earned an award.

Meritorious Service Medal

Lt Col Clay Pittman, 89 AS
Maj Todd Reeder, AMXS
Capt Joseph Pawelezyke, AMDS
SMSgt Joann Russo, LRS
MSgt Don Brock, 89 AS
MSgt Victoria Errett, 89 AS
MSgt Terri Thompson, AMDS
TSgt Jerry Coleman, ASTS
TSgt Corey Hall, MXS

Air Force Commendation Medal

Capt Nathan Garcia, MXG
MSgt Cheryl Smith, ASTS
TSgt Daniel Porta, AMXS
SSgt James Epley, CES

Air Force Achievement Medal

MSgt Malinda Merrill, MOF
TSgt Molly Blackburn, ASTS
TSgt Christopher Kuhn, CES
TSgt Todd McKee, MXS
SSgt Timothy Emberton Jr., AMXS
SSgt Chris Gatza, MXS
SSgt Tamella Hill, AMDS
SSgt Lisa Smith, MXS
SrA Jason Hardman, MOF
SrA Ryan Russell, CES

Promotions

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



Airman

Jessica Houser, LRS
Erik Larrison, AMXS
Douglas Lippert, AMXS
Anna Roberts, MOF
Zachary Webb, 89 AS



Airman First Class

Ibrahim Barry, LRS
Michael Bernat, AMXS
Chambrell Bond, AMDS
Donald Carelock, CES
Jacob Keissling, AMDS
Gabriel Page, LRS
Andrew Riley, 87 APS
Natalie Schwartz, MSF



Senior Airman

Lindsey Ambuehl, LRS
Kevin Arnold, CES
Aaron Davenport, OSS
Mark Gotthard, AES
Kevin Horn, SFS
Corey Hughes, MXS
Seth Inman, SFS
Jeremy Johnson, AMXS
Jeffrey Jones, AMXS
Matthew Wildt, 87 APS



Staff Sergeant

Terrence Allen, MOF
Rebeca Morejon, ASTS
April Murdock, 87 APS



Technical Sergeant

Wesley Baldwin, MXS
Robert Gorfi, CES
Cassidy Helregel, OSS
Shawn Kaplan, OG
Nathan Livingston, 87 APS



Master Sergeant

Douglas Myers, 87 APS
Eric Peters, MXG



Senior Master Sergeant

Jeffrey Grigg, CES

Newcomers

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

Lt Col David Leist, AW
TSgt Randall Anderson, MXS
SSgt Mark Graber, CES
SrA Shelton Beasley, ASTS
SrA Matthew Bester, MXS
SrA Daniel Colon, CES
SrA Brian Sparks, CES
SrA Katherine Wimberly, SFS
A1C Adam Bilimek, AMXS
A1C Aeron Davenport, AW
A1C Robert Law, 87 APS
A1C Allie Lesnoski, AMDS
A1C Jerel Wright, AW
Ann Michael Fetherolf, CES
AB Anthony Farkas, SVS FLT
AB Brittany Helton, AES
AB Jessica Houser, LRS
AB Adam Miller, SFS
AB Tyler Robbins, ASTS



On the Web

Check out the 445th Airlift Wing Web site for the following photos and stories.
www.445aw.afrc.af.mil



National POW/MIA Recognition Day



Wing volunteers for Air Force Marathon



CBRNE keeps reservists mission



445th Airlift Wing hosts 433rd Airlift Wing



Wing holds 9/11 remembrance ceremony

Wing happenings



Air Force photo/Stacy Vaughn

Staff Sgt. Zachary Ditto, 89 Airlift Squadron, shows Tim Bannister, Essex Industries, Inc., the underside mechanics of a C-5 Galaxy during a Scott Air Force Base civic leader tour to the 445th Airlift Wing.



Air Force photos/Tech. Sgt. Jeremy Caskey

Staff Sgt. Stephen Billingsley, 445th Aircraft Maintenance Squadron, is at bat during the second annual Wright-Patterson Air Force Base Active Duty vs. Reserve Softball Challenge.

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