

BUCKEYE FLYER

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Courtesy photo

Master Sgt. Jerry Johnson, 445th Aeromedical Evacuation Squadron, separates oxygen masks from oxygen bottles while preparing equipment for aeromedical evacuation missions supporting Haiti relief from MacDill AFB, Fla.

445 AES supports Haiti relief efforts

By Stacy Vaughn
445th Airlift Wing Public Affairs

Six reservists from the 445th Aeromedical Evacuation Squadron, recently returned from MacDill Air Force Base, Fla., where they supported on-going relief efforts for Operation Unified Response in Port-Au-Prince, Haiti.

A five-person crew consisting of two flight nurses and three AE technicians provided in-transit care on Air Force aircraft. The unit also sent three AE ground crew members to support the aeromedical evacuation operations team.

The medical crew and one AE ground crew member returned Feb. 13 while two ground crew members remain to continue supporting the relief efforts.

First Lt. Shannon Simon, an AE ground crew member currently at MacDill, said her role is to help support the AEOT. The AEOT, operates 24 hours a day, seven days a week and is responsible for managing all the AE crews assigned to their "stage" or hub that

includes five AES crews and three critical care air transport teams.

"I got here Jan. 23 and was literally out recovering my first mission within 48 hours of getting called by the unit to go," Lieutenant Simon said.

Lieutenant Simon said the AES mission at MacDill has been a Total Force effort. She's been working with AES members from the reserves, active duty and the Air National Guard. "We just went through our third rotation of AE crews. The initial compliment of crews included four active duty and three reserve. Our next rotation had two active duty, three Air National Guard and two reservists. Our latest rotation included three Air National Guard, one active duty and one reservist."

One function of working in the AEOT has been to

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Keep faith central during times of change

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

The end of the year and the holidays are behind us. Super Bowl festivities are over and time marches on. 2010 begins a new decade in the life and times of the many reserve members of the 445th and its support contingencies.

I have made several major life changes in this new decade. First, with the new position here at Wright-Patterson Air Force Base, and also moving to a new home in Cincinnati. More than ever, I continue to realize that change is inevitable. Maybe you too have made major changes in life and are attempting to keep up with them in the New Year.

Priorities remain a constant struggle for all of us as we juggle the many responsibilities life sends our way.

Setting priorities and making the most of our time can provide a source of stability and mental, physical and spiritual well-being. In turn, change can also

increase our level of stress and create anxiety and tension.

For centuries, people have attempted to set priorities and stay on track. King Solomon encouraged his people to trust in the Lord with all of their hearts. In his teachings in the wisdom book of Proverbs 3: 5&6 he instructs them to lean not (rely) on their human understanding but to keep faith central. His expressions ring true today, even though they were written thousands of years ago. For the most, part human nature has not changed.

My encouragement for you in this new decade is to keep faith central. To continually place your hope and trust in the divine presence of the One greater than yourself. Members of your chapel team stand ready to help you along your own personal spiritual journey. We are there with you as we serve side by side in the higher call to God and country.

Buckeye Flyer

445th Airlift Wing

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

5439 McCormick Ave.

WPAFB OH 45433-5132

Building 4014, Room 113

937-257-5784

445AW.PA@wpafb.af.mil

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What is the Aeromedical Staging Squadron?

By Col. Oba Vincent
445th Aeromedical Staging Squadron

So what is an aeromedical staging squadron and what do we do? I get asked that question all the time and I have to admit, before I joined the squadron some 13 years ago I had no idea myself.

There are two major components that make up the ASTS, patient staging and critical patient care. The patient staging function is the largest component in the unit and is comprised primarily of physicians, nurses, medical technicians, administrative personnel and medical support services (pharmacy, biomedical equipment, nutritional services, supply and others).

Our primary function is to man a contingency aeromedical staging facility. These facilities are located at major air hubs near medical facilities and support the movement of patients from the AOR (area of responsibility) home. We are large enough that we can man up to a 250 bed facility and house patients for up to 24 hours or longer if needed. We load and unload patients from aircraft



and make sure that not only they receive the best medical care but also ensure that they have their belongings, medicine and food for their travels across the world. Our second major function is to develop and train critical care air transport teams. These small teams are comprised of a critical care physician, nurse and respiratory therapist and will accompany a critical patient right from the intensive care unit in the medical center to the plane and stay with them throughout transport.

These functions are key to the nation's ability to safely bring our wounded warriors home from the AOR. But we are only one component that makes up this vital air-bridge from war to home. We work very closely with our sister medical unit, the aeromedical evacuation squadron (provides the care in the air and travels with the aircraft) to complete the aeromedical evacuation system. Basically, we at the ASTS provide the linkage between the ground and the air to support patient transport.

The 445 ASTS is one of the largest ASTSes in the Air Force, and we constantly provide volunteer personnel to staff the CASFs in Iraq, Afghanistan and Germany. It's a fulfilling mission, so if you know any medical personnel looking to serve our nation, please send them our way.



Chasing the stripe!

Chase opportunities to prepare yourself for the next level

By Chief Master Sgt. Peri Rogowski
445th Airlift Wing Command Chief

We've all heard the phrase...and many "stripe-chasers" would solemnly attest to the opposite in their own plight for promotion. However, there IS a big difference between "chasing the stripe" and getting promoted.

How do you know that the difference? Well, here is some insight and things that you should really focus your efforts on regarding promotion. I've always told folks – don't chase the stripe, chase opportunities to prepare yourself for the next level. And that's not just semantics –with promotions come increased responsibilities and expectations.

Some people aren't ready for that and that's what commanders often see when having to choose who gets promoted and who needs to "cook" a little longer. Prepare yourself because you WANT to; do it to LEARN; do it because you'll grow professionally and become a



better leader, not because you want prestige, power or money.

You shouldn't wait until the 11th hour before completing your professional military education or obtaining your Community College of the Air Force degree. Do it BEFORE it's required – show that you are pro-active and a go-getter – be READY! Show that you are hungry for knowledge and excited about giving back to our unit and your community.

Volunteer for unit, base and community activities because it's the right thing to do and not because you need a bullet for your EPR. Mentor young Airmen to help them achieve their goals like you are achieving yours. Celebrate others success when they are promoted or recognized and don't be catty about their accomplishments.

Be the leader you want leading you! If you are "deadlocked" in your career field, don't be afraid to enhance your knowledge by changing careers. Be positive and think "to serve" and not "be served" and you'll be surprised how that next stripe will appear on your arm without you chasing it!

FitFamily program now available to military families

By Maj. Belinda Petersen
Air Force Personnel Center

Within the first week of the launch of FitFamily, more than 2,000 families have signed up for the program at <http://www.usafFitFamily.com>.

FitFamily empowers families to take charge of their lifestyles and make healthier choices.

The program offers innovative ideas, resources and activities for Air Force families to improve their family's healthy and fitness habits.

With nearly one third of all children in the U.S. overweight or obese, Air Force officials are taking action by introducing small changes that can make big improvements in a family's overall wellness.

White House officials released a presidential memorandum this

week establishing a task force on childhood obesity.

"I have set a goal to solve the problem of childhood obesity within a generation so that children born today will reach adulthood at a healthy weight," said President Barack Obama in the memorandum.

"With the national spotlight on fitness and health care, it is relevant that fitness awareness is taught at an early age," said David Brittain, one of the program's administrators. "Youth can play a big role in FitFamily by choosing activities that keep the family involved and on the go."

The site encourages parents and children together to take ownership of their health. While the emphasis of FitFamily is on family

fun, resources on the site include information on good nutrition, healthy recipes, sports and fitness, games, educational projects and fitness tips.

The site also includes an interactive program for tracking a family's fitness progress. The My Goal Tracker tool allows the family to establish goals, share in activities and monitor their development.

The site is continuously updated with new information designed to help families build healthier habits together.

Eligible families of active duty, Reserve, Guard and DOD civilian members are encouraged to register online to participate and log points at <http://www.usafFitFamily.com>.

(Excerpts courtesy of AFPC Public Affairs)

Keeping it in the family

By Capt. Caroline Wellman
445th Airlift Wing Public Affairs

At the 445th Airlift Wing, it's not uncommon to hear analogies about family. Many Airmen in the wing are with the wing for years, sometimes their entire careers. Spending weekends (and sometimes more) together, members of the wing do their best to look out for each other. But for a few Airmen in the 445th Airlift Wing, it really is about keeping it in the family.

Senior Airman Matt McDonald, 445th Airlift Wing Legal Office, explains: Master Sergeant Bob McDonald of the 445th Recruiting Squadron is his uncle; Senior Airman Matthew Cook of the 445th Public Affairs Office is his cousin; and Airman 1st Class Gabriel Page of the 445th Logistics Readiness Squadron is married to his sister.

Airman Cook tries to clarify the confusion: "My mom and Matt's dad are twins, and Bob - Sgt. McDonald - is their brother."

This clarification doesn't help.

The situation used to be even more confusing. Master Sgt. McDonald's wife, Tech. Sgt. Claire McDonald, used to be in the 445th Mission Support Squadron. She's now in Active Guard Reserve status at Air Force Reserve Command's Readiness Management Group Detachment 12, supporting Air

Force Materiel Command's individual mobilization augmentees.

The one clear fact is that Master Sgt. McDonald recruited Airmen Cook, McDonald and Page into the 445th Airlift Wing.

"Matt (Airman McDonald) was the easiest," Master Sgt. McDonald

State University, which he earned in June 2009. A paralegal here, he begins work as a legal clerk with the U.S. Department of Justice in Columbus Feb. 16.

He's also setting standards across the wing, and the Air Force - being named the 445th Airman of the Year for 2009 and being the first non-prior service reservist to attend the Air Force Paralegal Apprentice Course.

"Gabe (Airman Page) was also non-prior service," Master Sgt. McDonald said. "He wanted a job where he could earn his 5-level quickly and where he could still go to school."

Airman Page joined the reserve in October 2008 and is now a vehicle operator in the 445th Logistics Readiness

Squadron's vehicle operations flight. He also owns a commercial construction company and is a full-time student at Columbus State Community College. He's part of the Reserve Officers' Training Corps detachment at The Ohio State University and plans to transfer to the university in the fall to study criminology.

Of the three Airmen, only Airman Cook spent time on active duty, as a radio and television



Tech. Sgt. Jeremy Caskey

The family of Airmen assigned to the 445th Airlift Wing spell out Ohio in front of the wing's headquarters building. Pictured from left to right: Airman First Class Gabriel Page, Master Sgt. Bob McDonald, and Senior Airmen Matthew McDonald and Matthew Cook.

said, who has been a recruiter for almost two years. "He called me while I was in recruiting school and said he wanted me to enlist him when I got back."

"The timeline for my enlistment was really fast," Airman McDonald agrees. "I contacted (Sgt. McDonald) at the end of April, enlisted May 8, and left for basic training in early June."

Airman McDonald used the Air Force Reserve's education benefits to pay for a bachelor's degree in political science from The Ohio

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Courtesy photo

First Lt. Shannon Simon, 445th Aeromedical Evacuation Squadron, loads equipment for an upcoming aeromedical evacuation mission in support of Haiti relief efforts.

support the ground medical personnel flying in and out of Haiti for the mobile aeromedical staging facility. Her team helped the MASF, currently working in a bare base location, with logistical issues and other issues that arise. The MASF would identify their needs to the AEOT and they would try to get them what they need or the work around their request, according to Lieutenant Simon.

“We’ve helped them with their logistical needs but we’ve also sent down pizza, Chinese food, sandwiches and a regular rotation of snacks to the medics on the ground in Haiti to give them a break from MREs and for morale,” Lieutenant Simon said.

The AES mission has been used with increasing regularity as part of Operation Unified Response to move patients from austere locations in Haiti to hospitals and trauma centers in the United States. On the ground in Haiti, the air evacuations are directed by a combination of a medical air staging facility, which provides triage and stabilization, and an air evacuation liaison team, which

arranges airlift with Air Mobility Command’s Tanker Airlift Control Center at Scott Air Force Base, Ill.

“A typical day for us includes monitoring current and upcoming missions along with keeping track of patient information. The process begins when the TACC confirms there is a mission ready to go. We then alert the AE crew and CCATT. After they are alerted, we prepare their gear and load it onto vehicles to be ready to take out to the aircraft. When the crew arrives, they conduct their briefings and review their patient load before heading to the aircraft. At that time, any configuration of the airplane that needs to be completed is done and the equipment is loaded onto the aircraft. The plane is then airborne. Once the plane has taken off and we are waiting for it to return, we continue to monitor that mission to see if there are any delays with the flight times, diversions to other airfields, or if they are coming back early,” Lieutenant Simon said.

The Lieutenant said when the plane returns back to

MacDill, typically 12-14 hours later, everything is reversed. The AE and CCATT inventory all their equipment and make sure it is mission ready for their next mission. They identify any shortfalls and resupply what they need at that time so they are always ready to go on the next mission.

As of Feb. 11, the AEOT has flown 23 missions and moved 213 patients from Haiti to the United States as part of Operation Unified Response.

Lieutenant Simon said one of the missions she was involved in made an impression she won’t forget. “The earthquake probably saved the life of one 6-year-old little boy. He had a broken bone in his leg. The AE crew said while getting treated for his earthquake injury, a mass was discovered that may very well be cancer. If he hadn’t been hurt in the earthquake, it may never have been diagnosed in Haiti. Coming to the United States for medical care will probably save his life and get him the care he needs not only for his leg injury but the mass,” the lieutenant concluded.

AFSA winner



Staff Sgt. Emily Kennedy

Staff Sgt. Emily Kennedy, 445th Aeromedical Evacuation Squadron, is the 2009 Air Force Sergeants Association Reserve Member of the Year. She was presented with this award at the AFSA annual awards banquet Jan. 23 for her outstanding contributions both on and off duty to include; receiving the Armed Forces Humanitarian Service Medal and spending her off-duty time transporting injured Airmen to their appointments while deployed to Iraq.



FAMILY from page 4

broadcaster and aerial photographer, before switching to the Air Force Reserve in September 2009.

Master Sgt. McDonald was able to find him a position in the wing's public affairs office as a photographer because of a recent change in how the career fields were organized.

"The pay's nice when you're a student, and that's on top of the G.I. Bill," said Airman Cook, who moved from active duty to the reserves to go to school, but wanted to stay affiliated with the military. In addition to the financial benefits, he also credits the military with teaching him responsibility and

time management, two things he admits to lacking before joining the Air Force.

Airman Cook plans to complete a bachelor's degree in history at The Ohio State University and teach history. He also hopes to maintain a career in the Air Force Reserve "as long as they'll have me."

As for Master Sgt. McDonald, he spent more than 11 years active duty in civil engineering before joining the 445th Airlift Wing as a traditional reservist. He spent four years as a TR, then two years as an air reserve technician before switching to recruiting in 2008.

Air Force Reserve Get One Now program

The Air Force Reserve Get One Now program allows reservists the opportunity to recommend people with whom they wish to serve. When the referral turns into an accession, the reservist who submitted the referral is eligible to select an award on the Get One Now program Web site.

All Air Force reservists are automatically signed up with a Get One Now account. More information about the program can be found at <http://get1now.us/?p=0>.

445th Annual Awards Banquet: Saturday, May 1 at the National Museum of the U.S. Air Force

445th civilian receives AFRC maintenance award

445th Airlift Wing Public Affairs

A member of the 445th Maintenance Group was named the Air Force Reserve Command 2009 Lieutenant General Leo Marquez Outstanding Aircraft Maintenance Person of the Year, Civilian Technician category.

Mr. Craig Hunt, sheet metal repair inspector, was selected for the award based on his accomplishments while assigned to the maintenance group. During the award period, Mr. Hunt performed more than 100 inspections as a member of the 445th Maintenance Group Quality Assurance team. He provided valuable data to maintenance supervisors on the quality of work performed throughout the maintenance complex. He also ensured the safety of all maintenance operations, leading to increased aircraft availability to support operational missions. Mr. Hunt was a key player in establishing the maintenance group mega-training weekend; enabling the unit to complete more than 6,500 hours of training during the event. He also actively participates in visits to residents at the Dayton Veterans Medical Center and assists with collecting boxes of toys from the wing for the Toys for Tots Christmas charity program.

Mr. Hunt is also an air reserve technician assigned to the maintenance group.

The Lieutenant General Leo Marquez award is presented to maintainers who have demonstrated the highest degree of sustained job performance, job knowledge, job efficiency and results in the categories of aircraft, munitions and missile, and communications-electronics maintenance.



Stacy Vaughn

Mr. Craig Hunt (left), 445th Maintenance Group sheet metal repair inspector, performs a personnel evaluation Feb. 18 on Mr. Jude Soriano, a 445th Aircraft Maintenance Squadron technician.

News Briefs



Newcomers

2Lt Brittany Zurek, AES
 SSgt William Durden, 89 AS
 SSgt Holly Siripavaket, AMDS
 SrA Jordan Hendrickson, 87 APS

Awards

Meritorious Service Medal

Lt Col Thomas Kuepper, CES
 SMSgt Lisa Rodriguez, MXS
 SMSgt Edward Wine, CES
 SMSgt Danny Yoke, CES
 MSgt Rodger Cuccio, 89 AS
 TSgt Robert Ivory, AMXS
 TSgt Michael Pennington Sr., SFS

Air Force Commendation Medal

Capt Joshua Springman, 89 AS
 SSgt Keric Johnson, AMXS

Air Force Achievement Medal

SSgt Emily Kennedy, AES
 SrA Devin Larsen, MXS
 SrA Matthew McDonald III, AW

Air Medal

Lt Col Diane Doty, AES
 Lt Col Bruce Nelson, AES
 TSgt Patrick McCoy, AES

Promotions

Airman

Aimee Aberl, AES
 Michael Abney, ASTS
 Megan Beischer, ASTS
 Steven Ruyle, ASTS

Airman First Class

Clarece Darden, AES

Rachel Ellis, AES
 Jessica Houser, LRS
 Cody Kohrman, AMXS
 Adam Miller, SFS
 Anna Roberts, 89 AS

Senior Airman

Daniel Cowan, AMXS
 Stephanie Gray, ASTS
 Allie Lesnoski, AMDS
 Roxanne Lewis, SVF
 Bradley Moore, CES
 Juste Mukiza, CES
 Aaron Schaffer, CES

Staff Sergeant

Ramon Ahrman, MXS
 Timothy Boris, MXS
 Lesley Davis, AMXS
 Neyra Griffin, CES
 Stacy Lee, ASTS
 Lawrence Newman, CES
 Wanda Schnee, AMDS
 Jordan West, 87 APS

Technical Sergeant

Donald Emerson, 89 AS
 Patrick Hansford, 89 AS
 Keric Johnson, AMXS
 Emily Kennedy, AES
 Marion King, SVF
 Ricardo Mamuyac, ASTS
 Jason McClanahan, 89 AS
 Jeremy McCleese, CES
 David Merlo, CES
 Megan Modie, AES
 Anthony Shepherd, AMXS
 Anna Tall, AES

Master Sergeant

Brock Felgenhauer, AMXS
 Timothy Grant, AES
 Elisa Haid, 87 APS
 Shad Lavender, MOF
 Willard Vangundy, CES

Senior Master Sergeant

William Jobson, CES
 Gregory Sersion, AES

**Daylight Savings Time
 begins Mar. 14.**

Awards banquet

The 445th Airlift Wing Annual Awards Banquet will be held May 1 at the National Museum of the United States Air Force. The reception will begin at 6 p.m. followed by the program at 7 p.m.

The guest speaker for the evening is Maj. Gen. (ret) Ed Mechenbier.

Cost for the dinner is \$26 for E-6 and below and \$29 for E-7 and above. Children ages 6 to 10 is \$12 and children under 5 eat free.

For more information, please contact the public affairs office at 257-5784.

Story ideas

Do you or a co-worker have an interesting hobby or civilian job? The public affairs staff would like to feature you in the Buckeye Flyer and on our Web site. Please call the PA office at 257-5784 to schedule an interview and photo shoot.

Teen summit

The AFR/ANG Teen Leadership Summits are open to all 14-18-year-old dependent teens of current Air Force Reserve or Air National Guard members. Applicants will be required to complete the 2010 AFR/ANG Teen Leadership Summit application for the session they wish to attend; to include essay questions, Code of Conduct and transportation form.

Applications and instructions as well as applications for adult volunteers can be found at the following Web site: <http://www.georgia4h.org/AFRANGTeenSummit>. The application deadline is April 16.

For more information, contact Stacey Young at (478) 327-0971 or Brandi Mullins at (478)-327-2090.



Tech. Sgt. Jeremy Caskey

De-icing the C-5 Galaxy

Reservists from the 445th Aircraft Maintenance Squadron de-ice a C-5 Galaxy during the Feb. 7 unit training assembly after several inches of snow fell in the Dayton, Ohio area.

On the Web



OSS reservist returns from deployment



Snow plows clear the way for C-5s



C-5 is backdrop for re-enlistment ceremony

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



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