

BUCKEYE FLYER

Wright-Patterson AFB, OH

| Volume 49, No. 9

| September 2010

ASTS, AMDS support Guatemala MEDRETE



Courtesy Photo

Dr. (Lt. Col.) Peter DeRussy, 445th Aeromedical Staging Squadron, treats a young woman during the 2010 Guatemala Medical Readiness Training Exercise.

By Stacy Vaughn

445th Airlift Wing Public Affairs

Twenty-two reservists from the 445th Aeromedical Staging and Aerospace Medicine Squadrons traveled to Champerico, Guatemala, for a humanitarian medical mission as part of the 2010 Guatemala Medical Readiness Training Exercise July 9-24.

The U. S. Southern Command sponsored MEDRETE allowed the reservists to join other military members in providing free medical care to those living in poor, rural areas. Medical care included dental, optometry, general medicine, and pediatrics. More than 8,000 local residents were seen in an 11-day period.

Master Sgt. Chirron Hayslett, 445th ASTS, said the wing also supported the mission with basic pharmacology needs.

"All teams that were part of this humanitarian mission thought it was a success. The medics were a combination of Air Force Reserve Command personnel from five units," said Sergeant Hayslett, who helped coordinate the wing's involvement.

Not only did the MEDRETE help the local population, the exercise also provided the Airmen with deployment training and the opportunity to work with other Air Force and sister service medical units.

The wing's participation in the MEDRETE took several months of planning and preparation. Originally the group was slated to go to Ecuador but the tasking was changed to Guatemala. Lt. Col. Brenda Ames,

_____ *See MEDRETE, page 4*

445th Airlift Wing picnic will be held Sunday, September 12, at Bass Lake starting at 11 a.m.

Wing awarded Raincross Trophy

By Stacy Vaughn

445th Airlift Wing Public Affairs

The 445th Airlift Wing was awarded the Raincross Trophy July 22 at the 12th annual Raincross Trophy dinner hosted by the Greater Riverside Chambers of Commerce held at the Riverside Convention Center, in Riverside, Calif. The dinner was held in

conjunction with the Fourth Air Force Senior Leader's Conference.

The Raincross Trophy recognizes the work of aircrews assigned to the wings under the 4th Air Force flag that display exceptional airmanship during an individual mission or sustained operations and carries

bragging rights as the best wing or group in the numbered Air Force.

The wing displayed exceptional mission accomplishments, public service, and exceeded command goals throughout 2009.

_____ *See RAINCROSS, page 4*

Prioritize, rushing gets you nowhere fast

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

Greetings from the 445th Airlift Wing Chapel Staff.

Several events around the Wing have been occurring at an extremely fast pace. With the many changes transpiring, this has multiplied several of the duties for those representing the wing. We are all challenged to do more and more and our plates are heaping over with schedules, timetables, numbers and duties as 2010 nears an end.

I have lately been reminded of the song by the band Alabama

about being in a hurry. I'm in a hurry to get things done; I rush and rush until life's no fun.

The scriptures instruct us to number our days so that we may gain a heart of wisdom and also instruct us to be careful in our walk making the most of our time.

How do we number our days and make the most of what little time we often have. It appears the key is to carefully consider our walk. Many things compete for our time. Setting priorities will help us to sustain a sense of

stability and sanity in the new FY 2011. Carefully consider each task that you adopt. Many may seem overwhelming, but keep chipping away and breakthroughs will occur. Remember to refresh and renew often.

Consider your daily walk and set priorities in your tasks. Learn to delegate as appropriate, there is strength in numbers. We as a chapel staff are here to support you in your walk. Know that we care for you as you set priorities and plan for your future.

Visit the 445th Airlift Wing's Web site at www.445aw.afrc.af.mil to catch up on the latest news.

Buckeye Flyer

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

Remember ROE when using social media



Airmen are reminded to keep the following rules of engagement in mind when participating in social media:

- All Airmen must abide by certain restrictions to ensure good order and discipline. All actions on and off duty are subject to the Uniform Code of Military Justice (UCMJ).

- Airmen should use their best judgment, remembering that there are always consequences to what is written and all Airmen will take direct responsibility for they what they post online.

- Do not post any defamatory, libelous, vulgar, abusive, profane, threatening, hateful, racially, ethnically, or otherwise offensive or illegal information or material.

- Do not post any information or other material protected by copyright without the permission of the copyright owner.

- Do not use any words, logos

or other marks that would infringe upon the trademark, service mark, certification mark, or other intellectual property rights of the owners of such marks without the permission of the owners.

- Do not post classified or sensitive information.

- Do not post any information that would infringe upon the proprietary, privacy, or personal rights of others.

- Do not forge or otherwise manipulate identifiers in posts in an attempt to disguise, impersonate or otherwise misrepresent their identity or affiliation with any other person or entity.

- Identify to readers of a personal social media site or post that the views expressed are yours alone and that they do not necessarily reflect the views of the Air Force. Use a disclaimer such as: "The postings on this site are my own and don't necessarily reflect Air Force positions, strategies, or opinions."

- Airmen discussing issues related to their career field or personal experiences is acceptable, but they should not discuss areas of expertise for which they have no first-hand, background or knowledge.

(Excerpts from Chapter 15 of AFI 35-113 Internal Information)



(Left) Senior Airman Eddie Mulkey, 445th Aeromedical Evacuation Squadron, prepares for his AFSOC PAST by completing sit-ups at the pool's edge. (Below) Airman Mulkey completes sit-ups in preparation for his final AFSOC PAST.



Photos by
Staff Sgt. Robert Nelson

Reservist prepares for pararescue training

By Staff Sgt. Robert Nelson
445th Airlift Wing Public Affairs

A member of the 445th Aeromedical Evacuation Squadron will conduct his final Air Force Special Operations Command Physical Ability Stamina Test September 1 at Patrick Air Force Base, Fla. with hopes of being selected for the pararescue indoctrination course.

Senior Airman Eddie Mulkey successfully completed the first AFSOC PAST in July.

"I want to be the best," Airman Mulkey said. "I want to directly impact the Air Force mission and the warfighter," he went on to say.

Being selected as a pararescue jumper presents multiple physical and mental challenges. The physical test is vigorous and consists of completing the minimum of each of the following in one minute intervals with a one minute break after each exercise: eight pull-ups, 55 sit-ups, 45 push-ups and 45 flutter kicks.

After completing flutter kicks, an Airman has five minutes to be at the starting line, and then must run three miles in less than 22 minutes. After another short break, he heads to the pool and prepares for two 25 meter underwater swims. Finally, the Airman must swim 1,500 meters along the surface of the pool within 30 minutes, according to Master Sgt. Eric Tolson, inservice pararescue recruiter.

The entire training process to become a pararescue jumper takes about 2 years. PJs are required to attend jump, dive, and paramedic schools, and survival evasion resistance escape training. Airman Mulkey doesn't have to attend paramedic school because he

is a licensed Registered Nurse. He also won't have to attend Survival Evasion Resistance Escape training because he is a "flyer" in the 445th AES. He hopes that having this prior training will help in his selection for special operations.

Airman Mulkey became captivated with the PJs after watching and learning more about the two pararesucemen (Master Sgt. Scott Fales and Tech. Sgt. Timothy Wilkinson) who were involved in Somalia combat actions as depicted in the movie *"Blackhawk Down."*

"I thought if the Army thinks enough of them to bring them along, then they must be the best, and I want to be part of that," he said

Even with the knowledge of high wash-out rates, Airman Mulkey maintains a positive attitude toward the intense school. "It motivates me, to know that only the best are selected, and I want to be the best," Airman Mulkey said.

Airman Mulkey has the support and confidence of his squadron commander.

"I am sure he will do well in the PJ program. His enthusiastic approach encourages others to work harder than they might otherwise," said Lt. Col. Linda Stokes-Crowe, 445th Aeromedical Evacuation Squadron commander.

"I want to do something that not a lot of people say they can do," Airman Mulkey said. "The (PJ) mission is unique; you get to help your team both in the warfighter capacity and in the humanitarian capacity."

MEDRETE, from page 1



Courtesy Photos

Dr. (Lt. Col.) Jeff Beery, 445th Aerospace Medicine Squadron, provides pediatric care to a young child.

445th ASTS, chief nurse executive, served as the increment commander for the trip.

“When we found out that we were going to participate in a MEDRETE, we started going over the long list of training requirements we were given that everyone going has to accomplish before they can deploy. And it’s not just our requirements but SOUTHCOM

requirements too,” Colonel Ames said.

Besides training requirements, the tasking required various duties that ASTS could not support alone.

“We were given a set list of people who have to go and ASTS does not have some of the individuals listed so we decided to share the trip with AMDS. AMDS was able to provide most of the physicians and an optometrist,” Colonel Ames said.

Sergeant Hayslett said the wing also supported the mission with basic pharmacology needs. Before leaving on the mission, ASTS touched base with the Embassy and host nation in order to secure the appropriate medications and equipment that they needed to bring.

“We had to ask our host nation what type of cases we would be seeing and what kind of illnesses and medical issues we would be facing when we got there so we could be prepared to treat them,” Colonel Ames said.



Tech. Sgt. Craig Stevenson, 445th Aeromedical Staging Squadron, medical technician, checks the blood pressure of a local resident in Champerico, Guatemala.

RAIN CROSS, from page 1

“I was honored to accept the Raincross Trophy on behalf of all the men and women of the 445th. They continue to make me proud of all the hard work they do day in and day out. This trophy reflects all the wing has done to support not only for Fourth Air Force and Air Force Reserve Command, but the entire Air Force as well,” Col. Stephen D. Goeman, 445th AW commander said.

Some of the wing’s accomplishments include aircrew members flying 84 missions,

transporting 3,308 passengers and 10,171 tons of cargo in support of Operations Enduring Freedom and Iraqi Freedom. The 87th Aerial Port Squadron supported 7,197 passengers and 7,141 short tons of cargo on 470 Air Mobility Command missions. The 445th Aeromedical Evacuation Squadron generated 89 missions with no Class A mishaps. The 445th Maintenance Group produced more than 1K C-5 aircraft sorties, delivering more than 20K tons of cargo and more than 5K passengers. The

wing received the first ever Air Force Reserve Command Logistics Compliance Assessment Program Evaluation where the inspection team evaluated and inspected 2,224 maintenance, logistics readiness and aerial port events, finding zero observations. Some of the wing’s community relations program highlighted included participation in the Dayton Air Show, a C-5 Galaxy featured role in two national television shows, and the aeromedical staging squadron’s work with the National Park service.

Airman to honor brother, support Wounded Warriors Project during AF Marathon

By Maj. Jose Cardenas
445th Airlift Wing Public Affairs

Senior Airman Natalie Hopkins, 445th Airlift Wing Command Post, is training for the Air Force half Marathon and will run in honor of her brother, Sept. 18.

Sgt. Jon Stiles joined the Marine Corps right after high school in 1990 and served for 16 years. He returned to duty in 2008, joining the Army National Guard because he wanted to fight for what he believed in all his life – freedom. According to his sister, “he was lost as a civilian ... he was meant to be a soldier.”

Sergeant Stiles was originally assigned to the Colorado National Guard, as a member of the honor guard, and was desperately seeking to find a deployment. When he learned that the Louisiana National Guard was being deployed to Afghanistan, he decided to hop on board with them.

While serving in Afghanistan in October 2008, Sergeant Stiles was involved in a blast in which he rescued two fellow soldiers from a burning humvee. He sustained permanent damage from smoke inhalation, but refused to go to Germany for treatment and opted to stay on site and get better there. He wanted so badly to be back outside the wire, and was thrilled when he received the ‘go ahead’ just a few weeks later, said the Airman.

Nov. 13, just two weeks after her brother returned to duty, Airman Hopkins was visited by two Army chaplains who notified her that her brother had been killed earlier that morning.

Coping with her loss, Airman Hopkins became aware of a program called the Wounded Warriors Project. The purpose of this organization is to raise

awareness and enlist the public’s aid for the needs of severely injured service men and women. The organization also helps severely injured service members aid and assist each other as well as provide unique, direct programs and services to meet the needs of severely injured service members.

“I have personally seen what wounded soldiers have to go through, and I am honored to support those who have been injured in any way. The program is there – you hope you never have to use it, but you never know if you, a friend,



Courtesy Photo

Army Sgt. Jon Stiles poses for a photo while deployed to Afghanistan in 2008.



Maj. Jose Cardenas

Senior Airman Natalie Hopkins runs to prepare for the Air Force Marathon.

or a family member will need it,” commented Airman Hopkins.

“You have to be there for your family. Jon was my big brother and my inspiration to join the Air Force Reserves. Life changed when my brother died. I realized that there is so much more out there, and instead of sitting around and thinking about it, I needed to get up and do something. I want to help the people who did come back – those who were given a second chance, something my brother gave to me,” she added.

Airman Hopkins will honor her brother and support the Wounded Warriors Project by running in the Air Force Marathon.

For more information on the Wounded Warriors Project visit the Web site at: <http://www.woundedwarriorproject.org/>.

MXS, AMXS support C-5s 'en route'

By Capt. Caroline Wellman
445th Airlift Wing Public Affairs

More than 30 Airmen from the 445th Maintenance and Aircraft Maintenance Squadrons recently spent 15 days in Spain supporting contingency operations.

The Airmen, who were supporting the 725th Maintenance Squadron, helped ensure the Air Force's C-5 Galaxy fleet got to and from the area of responsibility by providing en route support at Rota Naval Air Station.

In the past, the 445th Airlift Wing provided en route support all over the world for the C-141 Starlifter, said Senior Master Sgt. Brian Robinette, the propulsion flight chief in the 445 MXS who was also one of the lead superintendents on the trip to Rota NAS.

"We took people from a lot of different [Air Force Specialty Codes] including electricians, engine, supply, aerospace ground equipment and maintenance operations center troops and crew chiefs," said Maj. Suzanne Johnson, commander of the 445th MXS.

For the wing's Airmen, the temporary duty assignment to Rota NAS allowed them to see what they train for during every unit training assembly. They put it in practice in support of contingency operations, Sergeant Robinette said.

For Airmen from the 725th MXS, the support from the 445th AW afforded them the chance to take leave and catch up on training and maintenance requirements, things the operations tempo at Rota NAS prevents them from doing, Major Johnson said.

The wing's support also allowed the 725th MXS Airmen time to grieve the loss of one of its Airman's children and made it easier for that Airman's family to return to the United States to handle the personal loss.

This year, much of the manpower the maintenance Airmen provided was in support of an intermodal operation, which basically involved swapping out a helicopter unit in theater with new helicopters that arrived at Rota NAS via ship before being loaded onto C-5 Galaxy aircraft for transport, she said.

The 445th Maintenance Group agreed to provide the en route support back in April during a "bid" at the en route conference held annually at Scott Air Force Base, Ill.

"With these en route supports, the plans and programs office at the group level go to a conference where bases 'buy' the en route operations," Major Johnson said. "So plans and programs bought the en route support then they brought back the requirements, and we filled the package."

Master Sgt. Jeff Conley, 445th Maintenance Operations Flight, programs and resources non-

SPOTLIGHT



Rank/Name

Staff Sgt. Erin Conner

Unit

445th Logistics Readiness Squadron

Duty Title

Traffic Management Craftsman

Hometown

Tell City, Indiana

Civilian Job

Registered Nurse

Education

B.A. Biology, Nursing

Hobbies

Reading/Scrapbooking

Career Goal

To become a flight nurse

What do you like about working at the 445th?

It is one big family and everybody is there for each other.

Why did you join the Air Force?

To serve my country and go to college at the same time.

commissioned officer in charge, attended the conference and said the airframe and AFSCs requirements needed vary base-to-base. For example, Spangdahlem Air Base, Germany, may only have a need for support from C-17 Globemaster III units whereas Anderson Air Force Base, Guam, may take any available airframe.

"All cargo units are invited to the conference. We get together with the other C-5 units and discuss the support schedule, keeping in mind the number of requests we can physically support. We also look at if we want to support any requests as a solo unit or if we want to support with another unit. The units "bid" on what they would like to support if they meet the requirements," Sergeant Conley said.

All funding requirements for the program are provided by Air Mobility Command.

(Stacy Vaughn contributed to this story.)

News Briefs

Promotions

Airman

Andrew Bohringer, AMDS
Jennifer Caldwell, ASTS
Vincent Chavez, LRS
John McDermott, MXS
Michael Sheehan, MXS
Nick Tammarine, AMXS
Joshua Wade, LRS

Airman First Class

Aimee Aberl, AES
Jacob Beck, ASTS
Cody Cole, MXS
Bray Nelson, ASTS
Keith Patton, MXS
Chelsea Pechiney, AW
Justin Rogers, LRS
Justin Severs, LRS
James Wykoff, AMXS

Senior Airman

Kyle Altman, SFS
Rodney Bennett, AMXS
Adam Bilimek, AMXS
Joshua Buck, MSF
Harold De La Matta, AMXS
Brenna Fowle, AES
Christopher Houchins, CES
Ashlee Janson, MOF
Marcus Loel, 87 APS
Carl McComb, AMXS
Natasha Mills, MXS
Charae Parks, AES
Morgan Peterson, 87 APS
Heather Roldan, ASTS
Laura Wagner, AW

Staff Sergeant

Bryan Anderson, 87 APS
Renee Baumert, CES
Christopher Bruther, 87 APS
James Coffey Jr., SFS
Sean Fowler, MXS
Robert Nelson, AW
Shayne Thompson, LRS

Technical Sergeant

Josef Chlebek, ASTS
Matthew Hallam, 87 APS
Michelle Henry, 87 APS
Tamella Hill, AES
Thomas Lakes, SFS
Jonathan Reiter, 87 APS
Leah Smith, LRS

Master Sergeant

Debra Hatter, 87 APS

Roxanne Rubsam, 87 APS
James Vineyard, MXS
Tyrone Walk, MXS

Chief Master Sergeant

Craig Davidson, MXS
Robert Haye, 87 APS

Major

Patrick Shields, AW

Lieutenant Colonel

Air Reserve Personnel Center officials announced results for the Calendar 2010 Air Force Reserve Line and Health Professions Lieutenant Colonel Promotion Selection Boards August 20. Eleven members of the 445th were selected:

Lawrence Allen Jr., AES
Cynthia Harris, AW
Jeanne LaFountain, AES
John Marang, 87 APS
David Pond, 89 AS
Kimberlee Sandusky, AES
Donald Seibert, AMDS
Rachel Sherwood, ASTS
Jason Shroyer, CE
Amy Swets, ASTS
Steven Theohares, AES

Newcomers

Maj Lisa Huntoon, AMXS
Maj Audrey Swinney, SVF
Capt Luis Berrios, AMDS

Capt Don Miller, AW
1Lt Brian Honett, AW
SSgt Kenneth Burkhardt, MXS
SSgt Mark Duke, AES
SSgt Daniel Ozio, AMXS
SSgt Jason Werne, AMDS
SrA Scott Floyd, OSS
SrA David Helton, LRS
SrA Brittaney Primm, MSS
SrA Barry Thompson, MXS
A1C Christopher Houchins, CES
A1C Ashlee Janson, MOF
A1C Heather Roldan, ASTS
A1C Laura Wagner, CF
A1C Matthew Wheeler, MXS
AB Joel Russo, AMXS
AB Nick Tammarine, AMXS
AB Joseph Tuvell, AMXS

Awards

Meritorious Service Medal

Lt Col Granger Butler, ASTS
Lt Col Peter Derussy, ASTS
Lt Col Philip Frederick, ASTS
Lt Col Brad Goldman, ASTS
Lt Col Dale Johnson, ASTS
Lt Col Curtis Luther, OSS
Lt Col Raymond Mick, ASTS
Lt Col Susan Stoy, ASTS
Maj Karen Keller, ASTS

CMSgt Mark Bales, MXS
SMSgt Cornell Billingsley, MOF
MSgt Ronald Bramini, MXS
MSgt Gloria Johnson, ASTS
MSgt Mark Lankheit, MOF
MSgt Joseph Simon, OG
MSgt Roland Stinnette, MOF
TSgt Clarence Beard, CF

Air Force Commendation Medal

Lt Col Scott Davidson, ASTS
Maj Corey Gallus, ASTS
MSgt Edward Benton, AW
TSgt Justin Brothers, 89 AS
TSgt Amber Church, AW
TSgt Tracy Cooper, 89 AS
TSgt Chad Smallwood, ASTS

Air Force Achievement Medal

Capt Tekara Ray, ASTS
TSgt Edwin Wiegand, MXS
SSgt Matthew Brodarick, AMXS
SSgt Andrew Vierzba, MXS
SrA Ashley Holcombe, ASTS
SrA John Shanaberg, AMXS

Aerial Achievement Medal

SSgt Robert Corn, AES

Professional Development Seminar

The 445th Airlift Wing Professional Development Seminar is scheduled for Nov. 8-9 at the Hope Hotel from 7 a.m. - 5 p.m. (breakfast and lunch will be provided).

The seminar will include sessions on topics of fitness and nutrition, finances, career mapping, 4 Lenses (personality profile), generational gap, and enlisted and officer breakout. There will also be a commander and command chief panel. All Airmen are encouraged to attend.

Stop Loss

Airmen, veterans and beneficiaries who were involuntarily extended under Stop Loss between Sept. 11, 2001, and Sept. 30, 2009, are eligible for Retroactive Stop Loss Special Pay.

If your enlistment was involuntarily extended due to Stop Loss and you have yet to file a claim for RSL-SP, the last day for you to file is Oct. 21, 2010. Go to www.afpc.randolph.af.mil/stoploss for links to the claim forms and instructions on how to file.



Staff Sgt. Robert Nelson

AES preps for emergencies

Tech. Sgt. Chris Yacullo, 445th Aeromedical Evacuation Squadron, reviews procedures for emergency defibrillation on a “patient” while Staff Sgt. Nathan Hutchinson, 445 AES, observes.

On the Web



Airmen attend Tuskegee Airmen conference



Honor guard puts on a show



Checkout 445th on Facebook

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