

BUCKEYE FLYER

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Reservists benefit from Charity Cars Program



Tech. Sgt. Jeremy Caskey

Airman Lamont Thomas, 445th Security Forces Squadron journeyman, receives a car Nov. 5 from Dave and Jan Murphy, owners of Murphy's Autocare of Beavercreek, Ohio.

By Stacy Vaughn

445th Airlift Wing Public Affairs

For Airman Lamont Thomas, 445th Security Forces Squadron, Saturday, Nov. 5, began as an ordinary unit training assembly until he was surprised by a visit from Dave and Jan Murphy, owners of Murphy's Autocare of Beavercreek, Ohio.

The Murphys, along with other organizations, are participants in a community program called Charity Cars that donates vehicles to those like Thomas who are in need. Prior to receiving his car, Thomas took a bus from Toledo, Ohio, to attend the UTAs.

Thomas, who couldn't stop smiling, was presented his car in the company of his SFS peers.

"This isn't a joke is it? Is this really my car?" he asked.

Thomas and another reservist from the 445th Airlift Wing were recipients of donated vehicles thanks to Candy Prystaloski, Miami Valley Military Affairs Association past president, and Dave and Jan Murphy.

The Murphys support the local community through programs like the Charity Cars Program, where cars and vans are donated from customers of the local auto value service dealers. Repair services, inspections, and parts are donated by the auto value service dealers, (Genuine Auto Parts, Thoma Body Shop, and Murphy's Autocare in these two cases), and given to a recipient that shows a need for a vehicle.

"We are proud to be part of this program. But we didn't do this alone. This was a joint effort. Thoma

Body Shop did the body and auto restoration. We did the mechanical restoration. Genuine Auto Parts donated the parts to restore the vehicles," Jan said.

Master Sgt. Anthony Johns, 445th Operations Support Squadron first sergeant, said this time Prystaloski and the Murphys wanted to target reservists from the 445th AW for two cars they had available.

Johns said the task at hand was to narrow down individuals who were in need of a boost – something that would make a difference.

"I spoke with various leaders within the wing to get a short list of folks, reviewed their circumstances, and recommendations were made. After the names were approved, each individual's leadership was involved to set up the presentation," Johns said.

Tech. Sgt. Robert Monti, 445th Maintenance Squadron machinist, was presented the keys to his car, Oct. 19 at the annual MVMAA dinner. He and his wife, Sheri, picked up their car Nov. 2 at Murphy's Autocare.

"No words can express how I feel. Because of our current situation, this has been a blessing. This is just a wonderful surprise I wasn't expecting," Monti said.

With tears in her eyes, Sheri added to her husband's comment, "This is just wonderful. Now I don't have to walk to work!"

(No federal endorsement of businesses is intended)

Vice commander bids wing farewell

By Col. Steven Johnson

445th Airlift Wing Vice Commander

As I recall, the conversation went something like this...

Col Goeman: Steve you have been the vice for quite a while. It is probably time you start looking for another job, move up, move on and broaden your career!



Col J: Uh no.

Col Goeman: I really think it is time to move. You have been the vice for 4 1/2 years. There is a lot of opportunity out there!

Col J: Uh no.

Col Goeman: It is time.

Col J: Yes sir.

(Didn't think I could get away with another "uh no.")

Without a doubt, this was the most difficult conversation I have

had in my 30-year career. Not because I didn't recognize it had to come to an end, but because (then and there) it had come to an end! The wheels were set in motion for my retirement on Dec. 31.

Since that day in April, I have had plenty of opportunity to think and reflect. Although my career has spanned three decades, enlisted and officer, active and reserves, and multiple aircraft in varies locations, my thoughts immediately came back to the 445th, my home for the last 14 years.

The 445th has and will continue to be the most incredible place to serve one's country. Our wing has over-achieved and excelled in everything. No matter how it is measured or by whom, we have always been a cut above. We are truly the best of the best. I have been privileged to be a small

part of that greatness.

I would like to offer one last salute to each and every enlisted member of the 445th. I have never forgotten who accomplishes the "real" work. From the young Airmen, who diligently carry the load, to the chiefs and shirts who manage and mentor, and everyone else in between, THANK YOU so much for what you do. I salute you!

My tenure at the 445th has come to an end. It has been incredible. It has been fun, and it has been a pleasure to work with each and every one of you. Please remember, if it wasn't "time" I would not be leaving. You are the very best.

The reading of my retirement order is set for Dec. 3 at 2 p.m. in hangar 4026. A short ceremony will be followed by a hangar party. I hope to see you there.

Buckeye Flyer

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Looking back prevents us from looking forward

By Chaplain (Capt.) Mark Grizzard
445th Airlift Wing Chaplain Corps

One day I was sitting in our church parking lot looking out over the Ohio River. As I looked at the beautiful view, my focus turned to the telephone poles that run along the road between the church and the river.

Those poles were once Douglas firs towering nearly 80 feet above the forest floor. Yet one day, the sound of a bulldozer disturbed the quietness of the forest. Chainsaws went to work, and the trees fell to the ground. The trees were loaded, debarked, and layer after layer of bark was peeled until the trunk was naked and smooth.

The new telephone pole was stacked with other poles on another truck, and one day, a crane planted the poles alongside the road. The pole was then pierced by climbing spikes and crossbeams, connectors and insulators, then strung with electrical and cable wiring.

Today, the pole stands still as the cars drive by. A hawk rests upon its beam searching for food on the river banks. The pole no longer grows in the forest in beauty and splendor, but now must look forward to the cracks and fissures that come with dryness and age.

It is there that it will eventually rot and decay. The pole lives with the fragrant memories of the past, and not in the stark reality of the present; however, the pole's responsibility today are just as important as they were before. The pole has new meaning for its existence.

My life is very similar to that pole. It hasn't always gone exactly as I planned. As a child, I wanted to be a professional football player, or maybe play baseball for the Atlanta Braves, or possibly be a pilot, but none of those desires came to pass.

Life has been a series of ups and

See Plan, page 3



Recruiting squadron sweeps AFRC awards

445th Airlift Wing Public Affairs

The 445th Airlift Wing Recruiting Squadron had a reason to celebrate when its members captured numerous Air Force Reserve Command Recruiting Service Awards Oct 27.

With the help of the entire wing, Master Sgt. Clayton Callahan, line recruiter based out of Columbus, Ohio, was recognized as the AFRC Non-Prior Service Recruiter of the Year. This award honors the recruiter who recruits the most non-prior service recruits. Callahan beat out approximately 400 recruiters in AFRC recruiting.

This program has added emphasis from Lt. Gen. Charles Stenner, Jr., Chief of Air Force Reserve and commander, Air Force Reserve Command, as a critical program to help build the Air Force Reserve with quality recruits, according to Senior Master Sgt. Brian Boyd, senior recruiter.

The senior recruiter of the year award was presented to Senior Master Sgt. Brian Boyd. He was rated number one out of 42 senior recruiters throughout the United States and Europe for AFRC Recruiting Service. He was also selected as chief master sergeant with only four selected in AFRC Recruiting Service.

In addition, the 445th Airlift Wing Commander, Col. Stephen Goeman was selected as the Outstanding AFRC Support/Wing Commander of the year. Goeman was selected out of 42 wing commanders.

“In an unprecedented shortfall of technical school quotas, shrinking budgets, climate changes, and highest manning in AFRC, it was a



Courtesy photos

Master Sgt. Clayton Callahan is congratulated by Lt. Gen. Charles Stenner, Jr., Col. Joe Wilburn, Commander AFRC Recruiting Service and director of recruiting, and Chief Master Sgt. Robert Starkey, AFRC Recruiting Service command chief.

challenging array of obstacles indeed, but the mission had to go on. This was our year in a nutshell,” Boyd said.

Another prominent award went to Master Sgt. Joseph Hedges, lead recruiter based out of Huber Heights, Ohio, who earned the Northern Recruiting Squadron Top Lead Recruiter. He received the 2011 Silver Medalist Lead Recruiter of the Year.

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Senior Master Sgt. Brian Boyd is congratulated by Lt. Gen. Charles Stenner, Jr., Col. Joe Wilburn, Col. Stephen Goeman, and Chief Master Sgt. Robert Starkey.

Plan, from page 2

downs – of highs and lows – of successes and failures. Although I never played college or professional football, although I never played baseball for the Atlanta Braves, although I have never piloted an airplane, I can see the hand of God at work in my life over the years and I am content to be who and what He has made me to be. If I am constantly looking back, I will be unable to look forward. If I am unable to look forward, I will miss God’s plan for

my future.

Often we can feel only pain and loss. We suffer. We hurt. We feel sorry for ourselves. But sometimes, if we can grasp it, God is creating for us a new and wonderful life through that which has died. Second Corinthians 5:17 says, “Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!”

Christmas is a time of hope and a season for expectancy, but for many, the Christmas season can

be a time of struggle and hardship. Sometimes we find ourselves being discouraged by what lies behind us rather than being encouraged by the possibilities that are before us. The Christmas season reminds us that God is our provider and our comforter, and although we remember our “old” selves, God wants to work through the new. In other words, He has a plan for you! Let me encourage you this month to be a vessel of hope for those around you.

AES team hones critical care skills

By Capt. Demetrius Smith
445th Airlift Wing Public Affairs

Nine reservists from the 445th Aeromedical Evacuation Squadron used the trip to and from the Oct. 1 South African Air Show to conduct training.

A E S crew s consist of five people; two nurses and three medical 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 role of AES is to care for patients as well as stabilize casualties, transport and treat the wounded, provide emergency surgeries and clean wounds for critical care patients.

AES trained for an average of 53 hours by running various scenarios and training sessions in the cargo hold of the C-17 during each leg of the flight.

Lt. Col. Steve Theohares, the AES officer in charge during the mission, said the training sessions started once the crew stepped foot on the plane and lasted until

the plane landed and everyone was off.

“By performing medical and aircraft emergencies in multiple scenarios, our Airmen

others on the plane.

“They were professional and caring throughout,” McCauley said.

AES trains to handle any situation that may arise during patient transport. Master Sgt. Mark Sanders, 445th Operations Support Squadron, became a real life training case. He was exposed to the heat during

and took immediate action to treat him for dehydration.

“I’m glad they were on board. They recognized I wasn’t feeling well, and they treated me immediately,” Sanders said.

The training pays off for the men and women injured overseas who rely on skilled AES personnel to care for them while they are in transport. Senior Airman Brenna Fowle said the training was invaluable and keeps her in the mind set of various situations they may be faced with.

“This training was very in depth pertaining to patient care and emergency issues that we may face during an actual AES mission. We were able to talk out problems and ask questions as to what is the right approach to the various situations we were dealing with in the scenarios,” Fowle said.



Photos by Senior Airman Mikhail Berlin

445th Aeromedical Evacuation Squadron members restrain Maj. Kerry McCauley, 103rd Pararescue Squadron, who plays the role as an unstable patient.

will be more prepared for tough circumstances that may occur,” Theohares said.

Passengers onboard the aircraft volunteered to help with the training by acting in the role as patients. Having live patients provides a valuable experience for AES members because it helps them react to realistic emergency situations.

Maj. Kerry McCauley, 103rd Rescue Squadron, Gabreski Field, N.Y., found himself in restraints during one training session when he played an unruly patient who was a perceived threat to

the group’s layover at the Ascension Islands. Maj. Sheri Ellis, an AES certified medical clinical coordinator, noticed he looked flushed after being out on the beach all day



Capt. Melissa Seacat and Tech. Sgt. Amanda Hostetter, 445th AES, review checklists in preparation for their flight.

CrossFit keeps reservists fit to fight

By Stacy Vaughn

445th Airlift Wing Public Affairs

As the Air Force continues to emphasize fitness, CrossFit has emerged as one of the leading fitness programs growing in popularity. The program is alive and well at the 445th Airlift Wing as two reservists encourage others to join them.

According to Crossfit.com, CrossFit is a program designed for universal scalability. It's a strength and conditioning brand that combines weightlifting, sprinting, gymnastics, powerlifting, kettlebell training, plyometrics, rowing, and medicine ball training.

Master Sgt. Kerry Penner, 445th Maintenance Squadron aircraft structural maintenance craftsman, and Staff Sgt. Doug Young, Jr., 445th Airlift Wing Command Post, competed in the Back to the Ranch CrossFit competition in Ludlow Falls, Ohio, Oct. 22.

Penner's team placed 18th out of 24 competing teams in the competition. His oldest daughter, Anya, won the children's category. His younger daughter, Alora, placed third.

Young's team placed third. He said he had fun competing and meeting new people.

"The competition was awesome! We participated in unique activities such as chopping wood and a partner carry run, which you carried your partner about a half mile. It also consisted of regular CrossFit moves with a twist on some of them," Young said.

Young, who's only been doing Crossfit for less than a year, said his wife, Cindy, decided at the last minute to compete and was on a different team.

"It was such a good experience for my wife and me. I would do it again. I'm pretty sure we will be doing it again. It was great having a lot of people come out to support it," Young said.

For Penner, participating in the competition was something he thought he would never do. He didn't start CrossFit until June 2009 when he noticed the difference it was making for his wife, Amelia.

"My wife started a scaled down version of CrossFit 2 ½ years ago to lose weight and has lost 75 pounds. Six months into the program, her friends either moved away or stopped going so I started going with her to keep her motivated. I could see the amazing results she was getting. I then became hooked on it myself," Penner said.

Penner said one of the advantages of CrossFit is that it promotes positive peer pressure.

"Other people in the class motivate you to do your best. If you miss four or five days, people will wonder where you are," he said.

Amelia said CrossFit works everyone at the limit of their ability. "During the same workout, you can challenge a combat ready soldier, a stay at home mom and a 10-year-old child." She also added that it not only helps prepare soldiers for combat and build elite athletes, it also builds and strengthens families and



Courtesy photos

(above) Staff Sgt. Doug Young, Jr., carries his partner through the woods during the Back to the Ranch CrossFit competition. (below) Master Sgt. Kerry Penner and his wife, Amelia, lift Atlas Stones from the ground to their shoulders during the same competition Oct. 22.



future generations.

"In my opinion, one of the things that makes CrossFit significantly different from any other training program is the community. The love, support, encouragement and accountability is unlike anything I have experienced anywhere else," Amelia said. "This is what keeps many people involved, particularly those who may not have an athletic background."

Penner and Young agree that anyone interested in a good, physical workout that's constantly changing and not the same old routine should try CrossFit.

"CrossFit is the best workout one can experience. I wish I started this program when I was younger because I feel better now than I have ever felt. If you follow the diet they recommend and keep up a routine workout schedule, you'll feel the benefits of it," Young said.

More information about CrossFit programs offered can be found at www.crossfitwrightpatt.com.

SPOTLIGHT



Rank/Name

Staff Sgt.
Franklin Williams

Unit

445th Airlift Wing
Command Post

Duty Title

Command Post
Controller

Hometown

Man, W. Va.

Civilian Job

Vice President of Professional Services for Data Processing Sciences Corporation in Cincinnati

Education

Bachelor of Science, Computer Science, University of Maryland

Career Goal

Lead by example, serve with integrity, and let the chips fall where they may.

Hobbies

Scout leader, camping, hunting and spending

quality time with my children.

What do you like about working at the 445th?

I love the mission of the wing's command post. We monitor, track and report on all wing activities. My co-workers and the entire wing staff are true professionals.

Why did you join the Air Force?

We live in the greatest country in the history of the world. I am proud to be an American, and I know that freedom is not free. I want to give back to the country that has given me so much.

Wing announces fourth quarter award winners

Senior Airman Josiah Bourke, an air transportation journeyman assigned to the 87th Aerial Port Squadron, is the wing's Airman of the quarter. While deployed to Iraq, he aided in the recovery of 7,300 nets, 3,400 pallets, 500 radio frequency identification tags and 50 cargo straps, averaging \$8.9 million in restored assets. He also aided in the joint inspection of eight Blackhawk helicopters that helped in re-posturing Operation Enduring Freedom air support operations. Bourke served as a hydration station coordinator for the 2011 Air Force Marathon. He is currently pursuing an associate degree in hydro dynamics at Sinclair Community College.

Staff Sgt. Shatasha Estes, a knowledge operations assistant assigned to the 445th Force Support Squadron, is the wing's NCO of the quarter. Estes assisted with 10 staff assistance visits where she identified more than 20 discrepancies throughout the wing. She also scrubbed and updated more than 40 additional duty appointment letters. The NCO is a volunteer assistant coach with Upward Basketball at Vineyard Church in Columbus, Ohio. Estes is working on a Bachelor of Arts degree in security management from American Military University and is also pursuing a second Community College of the Air Force degree in knowledge operations management.

Master Sgt. Ronald McCarren, an aircraft fuel systems craftsman assigned to the 445th Maintenance Squadron, is the wing's senior NCO of the quarter. McCarren aided in transporting more than 650 passengers and delivering 1,155 tons of supplies to the war effort. He repaired a class C fuel leak, saving three C-5 aircraft missions during the Afghanistan surge. The sergeant is an active member of the Top 3 organization and the 445th Airlift Wing Human Resource Development Council. McCarren also ran in the 2011 Air Force Marathon. McCarren is pursuing both a bachelor's and an associates degree in logistics management from Park University.

First Lt. Samuel Hulett, an intelligence officer assigned to the 445th Operations Group, is the wing's company grade officer of the quarter. As an intel officer, Hulett provided intelligence training to 114 445th Aeromedical Evacuation Squadron and 131 89th Airlift Squadron personnel, enhancing survivability in a combat situation. He also provided escape and evasion intelligence training to 145 aircrew members. He researched, compiled and conducted briefings for more than 200 445 AW and 88 ABW AES deploying members. Hulett participates in the annual Autism Awareness Walk sponsored by the Helping Hands. He's also pursuing a master's degree in intelligence studies.



News Briefs

Newcomers

Maj Ali Ayman, AMDS
 Maj James Hendrickson, AMXS
 Maj Michelle Nichols, ASTS
 Maj John Webb, ASTS
 Capt Kari Bagwell, ASTS
 MSgt Ryan Pratt, LRS
 SSgt Matthew Martin, 87 APS
 SrA Joshua Fuller, ASTS
 SrA Donald Knight, MOF
 SrA Jacob Nesor, OSS
 SrA Brandon Spence, CES
 A1C Nicholas Guinther, 87 APS
 A1C Eric Hackett, 87 APS
 A1C Royce Ogden, 87 APS
 A1C Jerred Ziegler, 87 APS
 Amn Brandon Burdette, CES
 AB Brianna Cunningham, SFS
 AB Brandon Griffin, FSS
 AB Shadae Lampkin, MOF
 AB Simone O'Neal, FSS
 AB Patricia Walker, CES
 AB Nicholas Zimmerman, CES

Awards

Meritorious Service Medal

Lt Col Brenda Ames, ASTS
 Lt Col David Clemmer,

89 AS
 Lt Col Timothy Gill, 89 AS
 Lt Col Jennifer Wedel, ASTS
 Lt Col Donald Wren, LRS
 Maj Paul Centinaro, AMXS
 Capt Carl Bolin, AMXS
 SMSgt David Ellis, LRS
 SMSgt Tami Hennis, LRS
 SMSgt Edward Kirker, 87 APS
 MSgt Edward Bialy, ASTS
 MSgt Jeffrey Conley, MOF
 MSgt Joseph Drake, AES
 MSgt Brian Harris, LRS
 MSgt Robert Mosley, 87 APS
 MSgt Rex Schlosser, 87 APS
 MSgt Jeremy Turner, 89 AS
 MSgt Joshua Wade, 89 AS
 TSgt Russell Atkinson Jr., AMXS
 TSgt David Brown, 87 APS
 TSgt Monique Dewberry, OG
 TSgt Sharron Williams, 87 APS
 TSgt David Woods, 87 APS

Air Force Commendation Medal

Maj Michael Egan, 87 APS

Capt Michael Shampine, 89 AS
 MSgt Christopher Williams, FSS
 TSgt Jarrod Applegate, SFS
 TSgt Michael Brown, AMXS
 TSgt Ashby Jakober, ASTS
 TSgt Steven Mauter, OG
 TSgt Marie Mortenson, AW
 TSgt Gregory Rose, LRS
 SSgt Stephen Ingram, LRS
 SSgt Brandon Maxie, AMXS

Air Force Achievement Medal

Lt Col Steven Griffin, AW
 MSgt Judy Hunt, FSS
 TSgt Samarra Appling, MOF
 TSgt Fred Lockery, MXS
 SSgt Rachael Bieniecki, OSS
 SSgt Shayne Thompson, LRS
 SrA Scott Burkhart, LRS

Promotions

Airman

Karrington Norris, FSS
 Simone O'Neal, FSS
 Christopher Thrower, CES

Tiffany Works, FSS
 Nicholas Zimmerman, CES

Airman First Class

Christopher Decker, CES
 Jason Rutherford, CES

Senior Airman

Bryan Farmer, CES
 Sean Harris, FSS
 Jonathan Hawkins, AMXS
 Joseph Heck, AMXS
 Shadae Lampkin, MOF
 Andrew Rutkus, AMXS
 Shayna Taylor, MOF
 Jerred Ziegler, 87 APS

Staff Sergeant

Christopher Falkner, CES
 Daniel Roten, MXS

Technical Sergeant

Ray Carpenter II, LRS
 Bradley Garman, CES

Master Sergeant

Linda Reed, FSS
 Nicholas Reed, LRS
 Joan Weldon, FSS

Annual VA Christmas Party

The annual Dayton Veterans Affairs Medical Center Christmas party is Dec 3. Join members of the wing as they help spread holiday cheer to the residents of the Dayton VA. The bus will depart from the flagpole at the 445th Airlift Wing Headquarters, building 4010 at 10:30 a. m. and return at approximately 1 p.m. Members may also drive their own vehicles. Please contact Master Sgt. Anthony Johns at 257-7098 for more information.

Recruiters, from page 5

Other major recruiting awards included:
 Master Sgt. Clayton Callahan - 2011 Century Club Winner
 Master Sgt. Timothy Horgan - 2010/2011 Century Club Winner
 Master Sgt. Robert McDonald - 2010/2011 Century Club Winner and 2011 Top 50
 Master Sgt. Joseph Hedges - 2008-2011 Top 50
 Master Sgt. Bobby Lampkin - 2011 110% Badge three-time winner

"The recruiting squadron would like to thank all wing members who helped make this happen. It's a total team effort. A big thank you to Master Sgt. Robert Norsworthy and Tech. Sgt. Theron Betsey, both from the 445th Mission Support Flight. Also, a big thank you to all senior air reserve technicians who managed and scrubbed their books in search of positions for new recruits," Boyd added.





Senior Airman Mikhail Berlin

Keep 'em rolling

Tech. Sgt. Robert Green, 445th Maintenance Squadron, inspects the rim of a C-17 Globemaster III tire for defects during the Nov. 5 unit training assembly.

On the Web



Wing wins community award



Reservist graduates from Coast Guard Chief Petty Officer Academy



445th supports AFMC civic leaders

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