

BUCKEYE FLYER

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Wing colonel promotions announced

445th Airlift Wing Public Affairs

Air Reserve Personnel Center officials announced the results for the Calendar 2010 Air Force Reserve Line and Nonline Colonel Promotion Selection Boards Dec. 17. These boards selected more than 200 Citizen Airmen for promotion.

The selection boards convened at the center Oct. 25 to determine those officers qualified to assume the next higher grade. Board members selected 218 of 1,794 officers considered. Five reservists from the 445th Airlift Wing were selected.

Categories considered during

these promotion boards are: Air Force Reserve Line, Chaplain, Dental Corps, Line of the Air Force Judge Advocate, Medical Corps, Nurse Corps, Medical Services Corps, and Biomedical Services Corps.

After Senate confirmation, officers will be promoted in increments announced by HQ USAF/REP.

A complete list of Citizen Airmen selected for promotion is available online at <http://www.arpc.afrc.af.mil/shared/media/document/AFD-101216-030.pdf>.



Congratulations to the following 445th promotees:

Michael Bending, 89th Airlift Squadron; Michael Clark, 445th Maintenance Group; Brad Goldman, 445th Aeromedical Staging Squadron; Mark Gunzelman, 445th Mission Support Group; and Linda Stokes-Crowe, 445th Aeromedical Evacuation Squadron

Teen seeks to start wing leadership council

By Stacy Vaughn

445th Airlift Wing Public Affairs

A teenager is interested in starting a teen leadership council at the 445th Airlift Wing to help other teens share their experiences about growing up in an Air Force Reserve family.

Celestia Starner, daughter of Senior Master Sgt. Tommy Starner, 445th Civil Engineer Squadron, became motivated to start a teen leadership council here from her involvement as a member of the Air Force Reserve Teen Leadership Council that met for the first time Nov. 12, at Headquarters Air Force Reserve Command, Robins Air Force Base, Ga.

"A teen leadership

council is what we need here so we can share our experiences and ideas plus help others going through what we're going through," Celestia said.

While in Georgia, Celestia and 19 other teen council members received briefings on the Air Force Reserve Yellow Ribbon Reintegration Program and had a chance to talk to Lt. Gen. Charles Stenner Jr., AFRC commander, about issues facing children of Air Force Reservists. The teens are expected to participate in conference calls and discussions, attend retreats, and lead and assist child and youth programs at AFRC Yellow Ribbon

events.

"While in Georgia, we were taught leadership skills from senior leaders and learned about the Air Force Reserve. Next, we broke off and went to Hilton Head, South Carolina, for the Yellow Ribbon event and helped with the kids by playing games and crafts. I really enjoyed playing with the kids," Celestia said.

Her father agrees that starting a teen council at the wing is a good idea.

"She wants to start a council here to be able to have teens take things back to their schools, churches, and/or 4H Clubs. This is a great way for teens to share with

each other what it's like to be a military brat and talk about deployments, moving, etc.," Sergeant Starner said.

Celestia is excited about her role in the AFRC Teen Leadership Council and is looking forward to what her involvement over the next two years with the group will be.

"As a member, we will have telephone conference calls at various times throughout the year. We also have to attend two yellow ribbon events," Celestia said.

Celestia said she is soliciting for teens to join

———— See *TEEN* page 6

A new year signals a new beginning

By Chaplain (1st Lt.) Brian Honett
445th Airlift Wing

January seems to be all about new beginnings. A New Year and a new you.

By now you probably have made (and maybe even broken) a few resolutions for the New Year.

We all look to the upcoming year with the hope of what might come. Maybe it is just that we are finally able to shake those extra pounds or quit smoking. Maybe you are going to try to be a little nicer, a kinder person. Maybe it is

something a little bit bigger--that a job will finally come along, we'll meet the right person or even add a little one to our family.

The Bible talks a lot about new beginnings. It doesn't matter what you've done in the past, a fresh start is offered.

Lamentations 3:22-23 says, *The steadfast love of the LORD never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness.*

We don't need to wait for the New Year—God's mercies are new each and every morning.

You may be off to a great start with your New Year's resolutions: that is great! Maybe you already feel like a failure again this year. Either way, the chaplain's office is here to support you and we would love to talk to you about really getting started with a new beginning and setting out right this year.

Happy New Year! We look forward to seeing you at the Annual Awards Banquet, Saturday, January 8.

Buckeye Flyer

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Attitude key to better health, fitness

By Lt. Col. Linda Stokes-Crowe
445th Aeromedical Evacuation Squadron

Cognitive psychologists suggest that what a person thinks has a direct influence on their feelings, their beliefs and their actions.

"Attitude is Everything" is a popular buzz phrase

these days, but it is very true. An individual's attitude has an impact on what they do, how they interact with others and how they feel.

One place where attitude can make or break an individual is in the health and fitness area. The Air Force Fitness Program can be viewed positively or negatively, with subsequent outcomes.

Taking a negative view of the program, such as "this is stupid, I shouldn't have to do this" or "I am too old, I can't do this" puts a significant stumbling block in the way of an individual's ability to do their best at fitness activities.



The goal of the fitness program is better health and more productive members. A positive attitude about fitness sets you up for not only a better score, but better health in general. Taking a positive approach, you focus on doing the best you can at that point in time. Some positive views include, "I feel better when I work out regularly" or "working out is a great stress reliever."

Cognitive psychologists recommend using positive "self-talk" to motivate. What do you say to yourself when you work out or prepare for the fitness test? If you are saying things like "I hate this", "I can't do this" or "I am too old for this" you are setting yourself up to fail.

On the other hand, if you are saying things like, "I am doing the best I can", "I am doing better today" or "I can do it" you are setting yourself up for success. The next time you work out, experiment with "self-talk."

See if saying something positive is more motivating than saying something negative. I figure if I am going to work out, I might as well enjoy it.

Losing it: How one woman shed more than 120 pounds to join the Air Force Reserve

By Tech. Sgt. Julie Weckerlein
445th Airlift Wing Public Affairs



Courtesy Photos

Airman Santana Austin, 445th Airlift Wing public affairs, after weight loss.

by the extra weight she carried on her frame, she could barely keep up with other kids her age. And though she had her loving family, her classmates never let her forget that she was obese.

"I just couldn't do what everyone else was doing," she said. "I didn't like how I looked or how I felt."

Though she felt isolated by her obesity, Miss Austin wasn't alone. According to the Centers for Disease Control and Prevention, nearly 20 percent of young people between the ages of 12 and 19 are obese. Most attribute this to poor diet and inactive lifestyles, two factors that played a part in Miss Austin's life.

Up until that point, while Santana was unhappy with her weight, she had accepted it. Her family's lifestyle was one of unhealthy food and inactivity. Other members were heavy, too. It was all she'd ever known.

But all that changed the day she got an information packet in the mail from the U.S. Air Force Reserve.

"I knew I wanted to go to college and I liked that the military helps pay for it, so I flipped to the back [of the information] to see the requirements for enlisting," she said. Her heart sank when she realized she was 125 lbs over the weight limit. But just as suddenly, a surge of motivation filled her spirit.

Her father calls it the "Austin Power." It's the family

She hated looking at herself in the mirror.

While many complimented her sweet nature and beautiful smile, Santana Austin didn't feel pretty. As a child, she'd always struggled with her weight, but by the time she was 17, she was wearing a size 24 pants.

Slowed down

trait of willpower mixed with stubbornness, a fixation on a goal that doesn't leave until it's achieved. Now she wanted something different: she wanted to be an Airman. And nothing was going to stop her.

So, after setting her goal, Miss Austin enlisted the help of her mother to incorporate healthy lifestyle changes into the their family home.

"My mom started to buy and prepare better foods for us," she said. "That was a big part of it. Up until that point, the foods we were eating and the way it was prepared was so unhealthy."

Miss Austin also did her research. She learned about portion sizes and calorie intake, began taking vitamins and mineral supplements.

"I also began sleeping better," she said. "Believe it or not, you burn tons of calories in your sleep depending on how much muscle you have."

Then she simply got on her feet.

"The physical activities that I did -- and still do -- were mostly cardio," she said. "Be it jogging, running, or jumping jacks or jump rope, soccer or yard work." On the days when she just didn't feel like working out, she instead kept busy doing things that needed to get done around the house or running errands.

"If I'm not going to work out, then I will do something productive and still keep my diet," she said. "A good thing I do to keep the weight in control is take nice long walks, and if it rains, I do some floor exercises or play either my guitar or piano."

Slowly, but surely, the weight started melting off. She began wearing belts, moving her way down the leather strip until she had to make new holes to keep her pants up.

"There came a point where I realized that I needed new clothes that fit," she said. "That was a good day."

Her classmates started noticing her weight loss, too. The teasing stopped, outnumbered by the words of encouragement from those she loved most.

"The best part was



Airman Austin before 125-pound weight loss.

See AUSTIN page 6

Taking a look back, 445 AW in 2010...



Capt. Jonathan Kollmann

Air Force officials announced March 12 that eight C-17s would replace the wing's 10 C-5s for the next fiscal year.

Photo: Capt. Leesa Lowder, 445th Aeromedical Evacuation Squadron, assists a patient aboard a C-17.



Courtesy Photo

Members of the 445th Aeromedical Evacuation Squadron supported Haiti relief efforts in January and February. Photo: Master Sgt. Jerry Johnson, 445 AES, loads equipment for a mission in support of Haiti relief efforts.



Staff Sgt. Amanda Duncan

A total of 130 445th Airmen were mobilized April 5 in support of Operation Enduring Freedom.

Photo: Tech. Sgt. Steven Johnson, 445th Aircraft Maintenance Squadron, uses Aerospace Ground Equipment to prepare the C-5 Galaxy for missions in support of the surge.



Senior Airman Mikhail Berlin

Staff Sgt. Robert Rains, 89th Airlift Squadron, briefs Boy Scouts about the C-5 Galaxy during Scouts Day May 15.

More than 370 445th Airmen deployed in 2010.

Photo: The family of Tech. Sgt. Joseph Heitzenrater, 445th Civil Engineer Squadron, welcome him home at the Dayton International Airport May 20.



Lt. Col. Cynthia Harris



Dr. (Lt. Col.) Peter DeRussy, 445th Aeromedical Staging Squadron, treats a young woman during the 2010 Guatemala Medical Readiness Training Exercise July 9-24.

Courtesy Photo



Senior Airman Matthew Cook

Airmen from the 445th Airlift Wing test under new fitness standards during July's unit training assembly weekend.



Tech. Sgt. Jeremy Caskey

Tech. Sgt. Siam Siripavket, 445th Security Forces Squadron, runs through a security forces scenario with employers attending the June 5 Employer Appreciation Day.

Airmen and families play volleyball on the sand court during the wing's picnic Sept. 12 at Bass Lake.



Senior Airman Mikhail Berlin



Senior Airman Mikhail Berlin

The service and mission support flights combined to create the new force support squadron Dec. 4. The colors of the service and mission support colors were retired to signify the birth of the new 445th Airlift Wing Force Support Squadron.



Stacy Vaughn

Col. Stephen Goeman, 445th Airlift Wing commander, keynote speaker for the 107th Anniversary of the Wright Brothers' First Powered Flight, talks to the crowd about the importance of aviation Dec. 17.

TEEN from page 1



Celestia Starner

the council and will be talking at various wing events and first sergeant meetings about her goals for the council and need for members. She had the opportunity to speak at the first sergeant meeting during the December unit training assembly weekend.

Senior Master Sgt. Janet Wescott, 445th Civil Engineer Squadron first sergeant, is enthusiastic about Celestia's ideas

and motivation.

"This young lady is truly a dynamic person. I was so impressed with meeting her and hearing her ideas. I think she will get the support she needs because there is a need for this council. Anyone who speaks to her is automatically inoculated with her energy, and they too become excited about the wing's future teen council, just as I am," Sergeant Wescott said.

Celestia's parents are proud of the accomplishments she is making and of her goal to start a council at the wing.

"My wife and I are very proud that she was chosen for the Air Force Reserve Teen Leadership Council. I feel that getting information to the teens of the wing through the teen council can help when one or more of their parents are deployed. They, as a team, can come up with good ideas for some fun and interesting things to do," Sergeant Starner said.

AUSTIN from page 3

that my whole family got involved," she said. "My dad ended up losing weight, too, and making healthier choices."

It took just over a year and a half to reach her goal. She graduated high school and made her way to the recruiter's office, where she was in-processed and enlisted. In a blur, she was sent to basic military training at Lackland Air Force Base, which she says she actually enjoyed.

"I had a great group and really good military training instructors," she said. She excelled in the structured environment, already being familiar with things like discipline, following a routine and working for a goal.

The scope of her accomplishment, though, didn't sink in until her graduation ceremony, where her parents were in attendance to watch her be presented with the Airman's Coin.

"That was the moment for me," she said. "That's when it was like all that time working to be there, to

SPOTLIGHT



Rank/Name

Senior Airman

Joshua Buck

Unit

445th Force

Support Squadron

Duty Title

Personnel Specialist

Hometown

Dayton, Ohio

Civilian Job

Personnel Specialist

Education

Pursuing a degree in

chemistry at Wright State University

Career Goal

To become an Air Force dentist

Hobbies

Traveling, reading, and music

What do you like about working at the 445th?

Everyone is like family

Why did you join the Air Force?

To serve my country

lose the weight and prove to myself that I could do whatever I wanted to do, that's when it hit me." Needless to say, it was an emotional, but deeply satisfying moment.

Now, Airman Santana is a public affairs Airman with the 445th Airlift Wing at Wright-Patterson Air Force Base, Ohio. She recently completed her first drill weekend, working amongst other Airmen. Many who see her simply see a new, slim Airman walking through the halls, but by sharing her story, Airman Austin hopes to motivate others to live healthier lifestyles.

"In the past, I was working with the goal to join the Air Force," she said. "Now my goal is to never return to that person I was. I like who I am now. I like looking in the mirror. I'm more confident and I just feel better."

She said the key to any weight loss is removing "can't" from your vocabulary. "Saying you "can't" do something is just like saying you "won't" do something. And I'm proof you can do anything."



News Briefs

Promotions

Airman

Elizabeth Almashy, MXS
Martin Crawford, CES
Alyssa Daley, AMXS
Victoria Koster, MXS
Trayvis Phillips, MXS

Airman First Class

Lorenzo Best Jr., MXS
Erik Geer, AMXS
Kenneth Oliver, MXS
Kyle Pierce, CES
Gregory Prantl, AMXS

Senior Airman

Mark Cima, MXS
Sunil Ebenezer, CES
Jhon Huerte, MXS
Antonio Lee, LRS
Adam Miller, SFS
Teddy Wisseh, CES
Sara Zimmerman, 87
APS

Staff Sergeant

Emma Crews, AMDS
David Ferver, MXS
Joshua Hamilton, MXS
Sheilla Moses, 87 APS
David Schunatz, ASTS
Ronald Sydnor, MXS
Dustin Walker, AMXS

Technical Sergeant

Glen Beddies Jr., CES
Sierra Cabungcal, AMDS
Spencer Fisher, AMXS
John Harr, AMXS
Amanda Hostetter, AES
Nathan Hutchison, AES
Herodina Lu, AMDS
Gary Wilson, MOF

Master Sergeant

Alan Baker, CES
Brian Coleman, AMDS
Brad Eckhart, AES
Kelly Kruger, FSS
Rachel Reed, AES
Robert Thomas, CES

Linda Thrasher, MSF

Senior Master Sergeant

Michael Bailey, 87 APS
Keith Clark, LRS
Clifton Griffie, MXS
Dean Keller, AES
Eric Pierce, 87 APS

Awards

Meritorious Service Medal

Lt Col David Deluca, 89
AS
Maj Romeo Cabungcal
Jr., AMDS
Capt Rodney McNany,
AW
Capt Robert Wengerter,
LRS
SMSgt Gerald Sandoval,
AMXS
MSgt Elisa Haid, 87 APS
MSgt Prabhat Swarup,
MOF
TSgt Michael Duvall, 87
APS
TSgt Marvin Fowler Jr.,
87 APS
TSgt Dennis Kees, AMXS

Air Force Commendation Medal

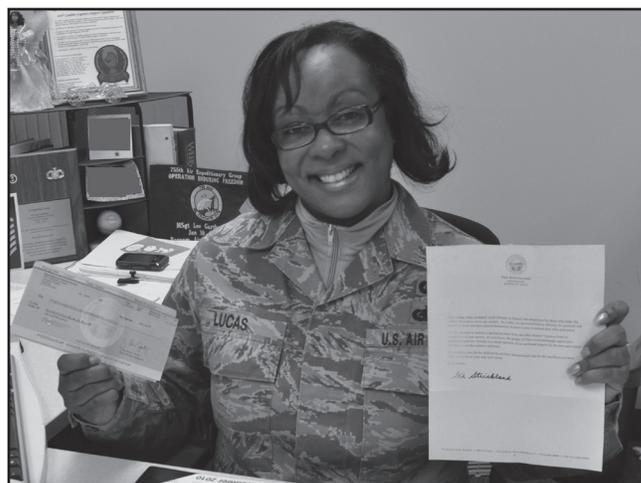
Capt Scot Crowell, 89 AS
Capt Keith Larson, AES
Capt Eric Palichat, 89 AS
TSgt Rebecca Besch, 89
AS
TSgt Lisa Quinn, MOF

Air Force Achievement Medal

MSgt David Goins, MOF
SrA Natalie Hopkins, AW

Newcomers

Maj Paul Centinaro,
AMXS
MSgt Charles Miller, AW
SSgt Christian Oliver,
LRS



Senior Airman Mikhail Berlin

Reservist receives Ohio Vet bonus check

Master Sgt. Leegurtha Lucas, 445th Force Support Squadron, shows off the check she received through the Ohio Veterans Bonus program. The program allows eligible Ohio veterans who served in the Persian Gulf, Iraq or Afghanistan wars to receive \$100 for each month of active duty service up to \$1,000. For more information about eligibility and how to apply, visit <http://www.veteransbonus.ohio.gov>.

SSgt Steven Wright, SFS
SrA Pamela Boyd, AMDS
SrA Donald Goeb, CES
SrA Jhon Huerte, MXS
SrA Asia Jones, SFS
SrA Oyekola Mustapha,
87 APS
A1C Sunil Ebenezer, CES
A1C Zachary Murray, 87
APS
A1C Daniel Williams,
ASTS
A1C Teddy Wisseh, CES
Amn Robert Golubich,
CES
Amn Cordero Smith,
AMXS
AB Jennifer Caldwell,
ASTS
AB Jahrad Deakyne,
AMXS
AB Derek Jones, CES

AB Garrett Parsons,
AMXS
AB Jonathan Reshkus,
ASTS

Dr. Martin Luther King Jr. Holiday



Holiday observed Monday, January 17





Senior Airman Mikhail Berlin

Happy holidays

Lt. Col. Michael Clark, 445th Maintenance Group deputy commander, shares a laugh with Charles Brown, a veteran at the Dayton VA Medical Center, during their annual Christmas party Dec. 4.

On the Web



Reservist's mural gives lasting impression



Snow adds beauty to C-5



Wing supports Toys for Tots

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