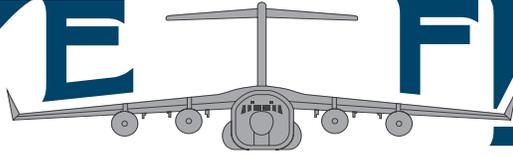


BUCKEYE FLYER



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445th Airlift Wing bids farewell to C-5A Galaxy



Stacy Vaughn

The final 445th Airlift Wing C-5A Galaxy flies over the wing's newest asset, the C-17 Globemaster III, as it departs Wright-Patterson Air Force Base Jan. 31, on its final flight to the 309th Aerospace Maintenance and Regeneration Group, also known as the "Boneyard" at Davis-Monthan Air Force Base, Tucson, Ariz.

*By Stacy Vaughn
445th Airlift Wing Public Affairs*

The last C-5A Galaxy assigned to the 445th Airlift Wing took its final flight Jan. 31 when it flew to its resting place in Arizona. The aircraft executed one last touch-n-go as a final hurrah before heading toward Arizona.

Tail number 70-0457 now sits at its new home, the 309th Aerospace Maintenance and Regeneration Group, also known as the "Boneyard" at Davis-Monthan Air Force Base, Tucson, Ariz. This was the last of the 10 assigned 445th AW C-5s to leave the unit as the wing completed its transition to the C-17 Globemaster III.

The crew taking the aircraft to Arizona included pilot Lt. Col. Philip A. Pierce, Jr., 89th Airlift Squadron, 89th Airlift Squadron flight engineers Senior Master Sgt. Allan Blackwell, Master Sgt. Bryan Ayers, Tech. Sgt. Philip Probst, and 445th Aircraft Maintenance Squadron crew chief Tech. Sgt. Chris Falloon. Because most of the 89th AS crewmembers are now trained and qualified in the C-17, a pilot and loadmaster from the

167th Airlift Wing, West Virginia Air National Guard, Martinsburg, W.Va. were called in to help with the transfer.

This is the fourth C-5 Pierce has flown to AMARG since the wing started its conversion to the C-17 in January 2011.

"This last C-5 was a necessity for the unit to seek its C-17 conversion goal of becoming an up and running C-17 unit. Until it left, it was taking away from that because we still had to maintain and keep it operational and current," Pierce said. "I'm glad it has found its final resting place."

Chief Master Sgt. Nathan Wilson, 445th Aircraft Maintenance Squadron superintendent, said the aircraft had to retain its currency while still under obligation to the 445th. This meant the engines had to be run periodically, the aircraft had to be towed and

See FAREWELL, page 7

Words of wisdom: Guard your tongue

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

We have all had a time when we have put our foot in our mouths. At some point we have said something in anger or thoughtlessly said something to downgrade and/or intentionally harm someone.

I can recall times when I wish I could have lassoed my words and pulled them back in my mouth! You and I both know that is impossible. It is like trying to put toothpaste back into the toothpaste container...messy.

Have you ever thought about the fact that our words represent who we are as well as our state of mental and spiritual health? What

can we do to improve what comes out of our mouths? First, remember Abraham Lincoln's quote:

"It is better to remain silent and be thought a fool than to open one's mouth and remove all doubt."

Sometimes we need to just wait and think about what we are going to say. There is a lot of wisdom in using the right words or even respectfully waiting to give an answer. It reminds me of Colossians 4:6 - "Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone."

Secondly, remember that God wants to give you wisdom. Through prayer, study and meditation, God desires to commune with you, to help you change, and give you power to tame that powerful little sucker called the tongue.

Lastly, always remember to ask for forgiveness when you have said something you regret. People will respect you for it.

Never forget the right "seasoning" will get you far in all areas of your life! The 445th Chaplain staff is here to listen, give spiritual wisdom and serve you. God bless you.

Buckeye Flyer

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Balance family, careers to ensure success

By Maj. Sharon Dondlinger
445th Security Forces Squadron Commander

Balance is a term often presented by Reserve leaders, but do you really understand the true complexities of this expression?

Reserve component members face the unique challenge of balancing their military commitment, their civilian employment and their family life. But each person's equilibrium can look very different from that of their neighbor. Some Airmen are able to achieve this balance innately, and for others it is a constant struggle and conscious effort. For me, a specific event helped trigger my realization of the importance of balance.

In the spring of 1996, I deployed to Dhahran, Saudi Arabia in May. I had deployed to the same location a year prior and expected to return to the same relaxed TDY location I had previously experienced. Instead, we were ushered to our dorms and immediately put to work filling sandbags to fortify the housing complex at Khobar Towers.



Security forces were working 12 (or more) hour shifts, three days on, one day off (if you were lucky), and manning observation posts that just didn't exist a year prior.

On June 25, 1996, I had my first day off since arrival. In the evening, I left my dormitory and crossed the compound to make a call back to my home base, but faced a long line for the morale phone in the main security forces building. I walked out to make my call from the "mids dorms" in building 129 and I ran into an old friend. We chatted and stayed at the main building together. Eventually, I made my call. After the call, I entered the stairwell and then the world changed. An enormous truck bomb exploded in front of building 131, right next to the "mids dorms." Nineteen Airmen lost their lives that night and hundreds of others were wounded. The next few weeks involved long hours, security enhancements, sadness, and coping. A number of things happened subsequent to that evening that made me face my mortality. An experience like this changes you, and with the right coping skills and self-awareness,

See Balance, page 4



AMDS reservist selected for PA program

By Capt. John Stamm

445th Airlift Wing Public Affairs

"I love people." If that was all you knew about Tech. Sgt. Herodina "Dina" Lu, 445th Aerospace Medicine Squadron dental technician, it would be all you needed to know. However, she is also the epitome of the Air Force Core Values "Integrity First, Service Before Self and Excellence In All We Do," which would make her a prime candidate for a Air Force Reserve poster-child if there was one.

Born in the Philippines, her father was an enlisted sailor with the United States Navy. The family relocated to California when she was only three months old. At age 14, they moved back to the Philippines where she finished high school. It was then that she found her love for medicine and compassion for helping others.

"I was taking up minor subjects in college at the same time my older sister was finishing up her final year of medical school," Lu said. "I would tag along with her on her rotations when I wasn't busy. In the Philippines, there are only rich and poor. If you don't have money, you don't get the optimum care you need. I saw people sick and dying and I thought, how can we treat people this way? Their care shouldn't be based on their economic status."

It's this first-hand experience of healthcare in a developing nation, and the desire to provide that care to the less-fortunate, that motivates Lu to pursue a medical degree as a physician assistant. PAs are healthcare professionals trained and licensed to practice medicine under the supervision of a physician. They may perform any medical or surgical duties that are delegated to them by the physician. Lu is currently enrolled in the 29-month Master of Science degree program in the physician assistant field at the Morehead, Ky., branch of the University of Kentucky.

Lt. Col. Michael A. Cooper, 445th AMDS chief of clinical services, is not only Lu's supervisor but he's also the associate director of the program at the Morehead campus. He knows first-hand the incredible sacrifices that she has made, and continues to make, in attaining her goals of bettering herself and helping others in need.

"The physician assistant program at the University of Kentucky is highly competitive," Cooper said. "We receive hundreds of applications every year, but only accept 60 students. It's a holistic process where we not only look at undergraduate work and GRE (Graduate Record Examination) scores, but we also place candidates in various scenarios to see how they perform under pressure."

Performing under pressure is something that is second nature to Airmen. So is sacrifice. Sergeant Lu continues to make sacrifices in her endeavors. Her husband and children reside in the Dayton, Ohio, area while she temporarily lives near the Morehead campus attending classes and studying during the



Courtesy photo

week. Drawing on her military experience, she also provides mentorship to the other students, which is not only noted but welcomed and appreciated by the faculty there.

"Speaking on behalf of the university, we love the military," Cooper said. "Having Dina as a student adds value to our program because she brings experience in caring for patients. The other students seem to look up to her and seek her out for advice."

In addition to serving as an inspiration to other students, Lu is carrying on a proud tradition. The physician assistant career field can trace its heritage to the military. According to the Physician Assistant Historical Society, the PA profession was first proposed to the American Medical Association in 1961 by Dr. Charles L. Hudson. In 1965, the Duke University Medical Center in North Carolina assembled the first class of physician assistants in 1965 composed of former U.S. Navy hospital corpsmen. The curriculum of the program was based, in part, on the fast-track training of medical doctors during World War II.

"The first physician assistants were combat medics returning from Vietnam," Cooper said. "We have really maintained that close relationship ever since. The military continues to be one of the prime employers of PAs, primarily as medical officers, in deployed units. Dina is prototypical of the traditional military medic that becomes a PA."

After graduation, Lu intends to bring her acquired skills back to the 445th as a commissioned officer and seek out deployments to developing countries where she can help those who don't have access to healthcare.

"Growing up in the environment I did has opened my eyes to how lucky we are in the United States," Lu said. "Can I change the world? No. But I can have a heart, love people and help give them the care they deserve regardless of who they are, rich or poor."



Balance, from page 2

some positives can emerge from a tragedy like this.

Since then, I have always found a way to make time for those things that give me balance. For a long time, I would have been categorized by many as a “fast burner” or a “go-getter.” Always leaning forward was how I achieved my personal balance, but this changed over time. Since I became a parent, I am significantly more sensitive to the needs of my family, which I believe makes me a better leader due to my ability to empathize with the challenges facing Airmen with families.

The most important skill I have learned that has translated

into my role as a leader and a commander is to demonstrate through my actions that all three parts of the balancing act: military, civilian employer, and family; are equally important. There may be short surges where one overtakes the other for periods of time, but in the end, all are significant. The more than 80 security forces Airmen that I lead will only believe that they will be supported in achieving this balance if I demonstrate that I, too, can and will achieve it. My Airmen will deploy to the AOR (area of responsibility). They will face trauma like I experienced in 1996. My hope is that they

will have already learned how to balance their priorities so they will be able to continue on with their mission as Air Force warriors safe in the knowledge that when they return home, their command will support their need to regain their balance and place greater emphasis on the other two factors, civilian employer and family. It’s when it does not level off or return to normal that we experience problems and may need to seek help. Through this juggling act and flexibility on the part of leaders, the Air Force Reserve can continue to be the single-most value-added contributor to the U.S. military.

445th MXS captures 4th Air Force award

The 445th Maintenance Squadron’s fabrication flight has been selected as the 4th Air Force 2011 Maintenance Section of the Year. The announcement was made Feb. 10.

The fabrication flight is responsible for aircraft structural maintenance. The flight consists of three sections; aircraft structural repair, metals technology and non-destructive inspection.

During the award period, the fabrication flight performed numerous aircraft structural repairs during FY11 for base operations that included two high profile aircraft. The unit rebuilt an unprocurable C-5 Galaxy air conditioning duct assembly, saving the Air Force \$16,700 versus contractual costs. The flight manufactured a critical C-5 visor pressurization repair on one of the aircraft, avoiding a costly \$250,000 depot input. They coordinated with structural engineers to de-

velop repair for an unprocurable fuselage composite panel, enabling a complex repair accomplishment that saved the government \$50,000 in re-tooling costs.

Other noteworthy accomplishments by the fabrication flight include initiating a self help project that installed and set up a new, fully operational NDI lab dye penetrant inspection line, saving the Air Force more than \$30,000 in contracting labor. The unit partnered with the Air Force School of Aerospace Medicine, providing flight personnel real world training of industrial work center hazards exposure. Flight members manufactured and designed more than 250 tools, test fixtures, maintenance trailers and key support equipment, overcoming wing adversity for equipment shortfalls that saved more than \$250,000 versus traditional contracting costs.

The fabrication flight will compete at the Air Force Reserve Command level.

Wing announces CGO of the quarter



Capt. Randolph Gantt has been selected as the 445th Airlift Wing Company Grade Officer of the Quarter, first quarter. The captain is a flight commander assigned to the 445th Aircraft Maintenance Squadron. Gantt directly contributed to the

wing’s C-17s delivery of 1,082 tons of cargo and 1,036 passengers in 253 sorties worldwide. He helped the unit reduce their career development course failure rate by 30 percent and raised the ancillary training rate by 100 percent. He analyzed negative production trends and developed sound/logical planes for improvements. During his off-duty time, Gantt coaches youth soccer and is involved with community youth programs through his children’s schools. He also participates in fundraisers for the Ronald McDonald House. Gantt is currently enrolled in a master’s degree program.



445th Maintenance Group conducts mega training

By Airman 1st Class Santana Austin
445th Airlift Wing Public Affairs

The 445th Maintenance Group conducted their fourth annual mega training session during both February unit training assemblies to provide them with the necessary training that the Air Force requires, as well as the necessary training that their jobs require.

Senior Master Sgt. Timothy Emberton, NCO in charge of training, explained how mega training works and how well it has come along in the four years it has been in use.

"We have approximately 500 people who we train in two weekends every February," he said. "We include all the different ancillary training, as well as the total force awareness training. We also give them a 4-hour block to do some hands-on training."

In turn, mega training also leaves the flight with less concern about who has and who has not completed annual training. With a limited number of computers, this can be a gap in training when considering the unit has more than 500 personnel. The mega training solves that problem.

"Before mega training, we used to have trouble getting people caught up in their annual training," said Emberton. "It was hard to get everyone to complete their annual training and focus on their job at the same time. Having very few computers to work with, it's hard to get any computer-based training done. So, we decided to incorporate mega training into our squadron, where everyone participates together and completes their annual training."

Some of the briefings within the mega training

session include suicide awareness and sexual assault prevention.

Maj. Paula Fiepke, executive officer of the 445th MXG, gave the suicide awareness briefing.

"Suicide is a choice you should never consider; it is a permanent solution to a temporary problem," she said. "Look around you. Everyone in this hangar is your wingman. If you're feeling stressed or sad, talk to your wingman. Share phone numbers; ask if you can text that person. It's always good to have someone you can talk to because, believe it or not, that one listening ear could make a very big difference."

Master Sgt. Linda Thrasher, 445th Education and Training, gave the sexual assault prevention

briefing, explaining the steps an Airman could take should they be sexually assaulted, as well as rape statistics and people who can be contacted in the event of sexual assault.

According to Emberton, the mega training also makes it easier for Airmen to focus on their jobs, rather than trying to catch up on training, making the weekends less hectic.

"I'll admit, there's a lot of information to take in with these sessions, but it's worth it in the end," said Emberton. "Getting all the training out of the way takes a heavy load off the squadron's shoulders and they can do their jobs with ease."



Senior Mikhail Berlin

Brig. Gen. Pamela Milligan, 4th Air Force vice commander, March Air Reserve Base, Calif., greets 445th Maintenance Group Airmen during her visit to the wing Feb. 3-5.



SPOTLIGHT



Rank/Name
Senior Airman Jennifer Godsey
Unit
445th Civil Engineer Squadron

Duty Title
Firefighter
Hometown
Dayton, Ohio

Civilian Job

Police Officer, City of Dayton

Education

Associate degree in criminal justice

Career Goal

To excel in my career field; gain the most knowledge and training to provide the best service.

Hobbies

Running, weightlifting, outdoor activities, camping, hanging out with my husband and kids

What do you like about working at the 445th?

I enjoy the camaraderie and support of the unit. It is truly a “family” atmosphere where those I serve beside encourage me and push me

to do my best and take hold of every opportunity I can. I have been through a lot of good training and look forward to much more.

Why did you join the Air Force?

I joined to give back to a country and community that has offered me so much. I am proud and honored to serve and know I have been given an opportunity to make a difference, no matter how big or small. I have always wanted to serve in the military and am thankful the Air Force Reserve has given me an opportunity to fulfill a life goal. To be a part of something so big and impacting is truly an honor.



Senior Airman Mikhail Berlin

Members of the 445th Maintenance Group render a first salute to their incoming commander at the MXG appointment of command ceremony. Col Brett Newman assumed command of the MXG Feb. 4. Newman comes to the 445th from the 934th Maintenance Group at Minneapolis-St. Paul Air Reserve Station, Minn., where he served as the maintenance group commander.

News Briefs

Awards

Meritorious Service Medal

CMSgt Patrick Zerby, MXS
 SMSgt Ronald Dale, 87 APS
 SMSgt Thomas Kanoza, 87 APS
 SMSgt Jo Mason, 87 APS
 SMSgt Lisa Rodriguez, MSG
 SMSgt Robert Welshhans Jr., OG
 MSgt Steven Purvis, 87 APS

Air Force Commendation Medal

Maj Audrey Swinney, FSS
 Capt Joshua Springman, 89 AS
 Capt William Sterling, 89 AS
 TSgt Mark Fisher, MXS
 TSgt Alexandra Holmes, FSS
 TSgt Joshua Lewis, 87 APS
 TSgt Jon Webber, 87 APS

SSgt Bradley Scheidt, SFS
 SrA Bradley Moore, CES

Air Force Achievement Medal

SrA Josiah Bourke, 87 APS

Aerial Achievement Medal

TSgt Geof Weimerskirch, AES

Air Medal

1Lt William Sikes, AES

Promotions

Airman

Shanah Blair, ASTS
 Bryan Carter Jr., ASTS
 Deney Durr, ASTS
 Ryan Pica, ASTS
 Angela Thompson, ASTS

Airman First Class

Nicholas Floss, AMDS
 Aaron Leighty, ASTS
 Julio Mariscal, ASTS
 Roman Muskeyvalley, AMDS
 Kody Novak, 87 APS
 Amy Snavely, AMDS
 Justin Williams, SFS

Senior Airman

Anthony Busellato, 87 APS
 Martin Crawford, CES
 Alyssa Daley, AMXS
 Jahrad Deakyne, AMXS
 Joseph Divish, 87 APS
 Jesse Farmer, 87 APS
 Aaron Fisher, 87 APS
 Nicholas Gardner, AMXS
 Robert Hessler, 87 APS
 Nicolus Hinegardner, AMDS
 Lloyd Jackson III, 87 APS
 John Livingston III, CES
 Garrick Payne, 87 APS
 Nathan Perry, ASTS
 Maura Phillips, 87 APS
 Trayvis Phillips, MXS
 Vicente Uriostegui Jr., 87 APS
 Benjamin Weldon, OG
 Dylan Zedaker, 87 APS

Staff Sergeant

Natasskia Gerald, FSS

Technical Sergeant

Wayne Buckingham, AMXS
 Eugenie Hinson, AW
 Wolfgang Krenzer, AES
 Alvin Smith, AMXS
 Seth Webber, FSS

Master Sergeant

Robert Bowles, OSS
 Julie Meintel, AW
 William Ryan, LRS
 Diane Williams, ASTS

Senior Master Sergeant

Brian Caldwell, CES

Newcomers

Maj Charles Destefani, FSS
 TSgt Kristen Hall, OSS
 SSgt Walter Bessey, 87 APS
 SSgt Rebecca Comstock, LRS
 SSgt Matthew Troutwine, ASTS
 SrA Nathan Dykes, CES
 A1C Dylan Beasley, CES
 A1C Beth Fortenboher, ASTS
 A1C Aaron Leighty, ASTS
 A1C John Livingston, CES
 A1C Cody Miller, CES
 A1C Brandon Montgomery, LRS
 A1C Sharlota Sorensen, OG
 Amn Shannon Stuver, SFS

FAREWELL, from page 1

various areas on the plane had to be serviced.

As the time drew near, the 445th Operations Support Squadron Aircrew Flight Equipment Shop stepped in to remove various equipment items from the C-5.

"We came in and removed all of the equipment that is primarily used for survival. Some of these items included life rafts, survival vests, drop down oxygen masks, and life preservers. Because we removed all of these items, we issued the crew a depot kit for their flight to Arizona that consisted of oxygen masks, a minimum survival kit and a flyers safety harness," said Senior Master Sgt. Alan Berens, aircrew flight equipment NCO.

When the crew got to AMARG, Pierce said after they turned in all their aircraft forms, AMARG personnel inventoried all the required items that should be on

the plane. Anything missing or not meeting their requirements could have resulted in a delay or refusal of acceptance. After the inspection, the plane was turned over to AMARG.

Once the plane was out of their hands, Pierce and his fellow 445th crew members reflected on the past missions the plane has flown. As he nears his own retirement, Pierce reflected on his past experiences as a pilot with the wing, earning 9,300 flying hours with the C-141 Starlifter before it's conversion to the C-5. With the C-5, he earned 1,100 flying hours.

"I'm going off into the sunset with the C-5s. I'm more accepting of that inevitability. I was in the mindset of, 'I'm never going to retire.' Now that I know it's just around the corner, I've come to accept it," Pierce said.





Senior Airman Mikhail Berlin

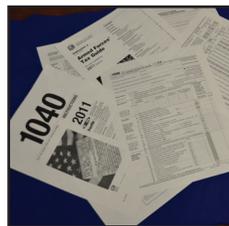
Gearing up...

Senior Airman Adam Olsen, 445th Aeromedical Staging Squadron aerospace medical services technician, inspects a personal first aid kit while processing through the equipment issue line during the wing's mobility exercise Feb. 3. The exercise is one of many events planned to prepare Airmen for the upcoming operational readiness inspection.

On the Web



445th units participate in Winter Wingman Day activities



Tax tips/ on base services available



Wing welcomes new MXG commander

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