

Reservists spread holiday cheer to Dayton VA residents

By Capt. John T. Stamm
445th Airlift Wing Public Affairs

The spirit of caring and giving was celebrated Dec. 1 at the Dayton Veterans Affairs Medical Center when members of the 445th Airlift Wing joined patients for the annual Christmas party organized by the Air Force Sergeants Association Kittyhawk Chapter.

Chief Master Sgt. (ret.) Chuck Worm has been helping to organize the veteran's holiday party at the Dayton VA for so long he can't remember when it started.

"It's been at least 20 years, I'm sure of that," said Worm, the operations officer for the local Air Force Sergeants Association. "When we started, we just handed out little bags of goodies. That's all we had, but every year it has grown and now we have a nice lunch and presents."

Some of that growth is attributable to the generous donations and volunteer efforts of members the 445th Airlift Wing. Worm said that the contributions from the wing help "tremendously" estimating that the gift and monetary donations were worth at least a thousand dollars.

Staff Sgt. Jawahna Hollins, 445th AW executive assistant, said the experience put things into perspective for her. She wanted an opportunity to "give back" even if it was only for a few hours.

"No matter how difficult things may seem, there's always somebody else going through something more," Hollins said. "The most surprising thing was having the veterans say, 'Thank you for your service' to me. I didn't expect that. Some of these veterans are in wheelchairs

and suffering other physical or mental deficiencies and they were expressing their appreciation to me. It was a very humbling experience indeed," Hollins added.

Free haircuts were given to veterans. Along with the gifts, the 445th brought a barber along. Tech. Sgt. (ret.) Steve Adams, former 445th Civil Engineer Squadron, manages Brownie's Barber Shop in Dayton.

"I've been volunteering at this event for years," Adams said. "One year I brought my barber supplies and ever since either myself or someone from the shop is here giving cuts."

Heather Weikert, stylist at Brownie's, volunteered this time.

"It's my way of giving back," Weikert said. "I really enjoy talking with the veterans and hearing their stories."

Weikert isn't the only one who likes to hear the stories. True, veterans love to tell the tales of their service time, but they also like

to hear them. For Logan Bulls, a young man not yet out of his 20s and a veteran of Operation Enduring Freedom, the VA holiday party is an opportunity to bond with others like himself.

"It's a brotherhood," Bulls said. "Each one of these men and women has fought for our country. The situations may have been different, but the effects are the same. They looked out for one another just like my buddies and me did in Afghanistan. I really enjoy this party, and I want to thank everyone who makes it possible."

(No federal endorsement of businesses is intended)



Tech. Sgt. Anthony Springer

445th Aeromedical Staging Squadron reservists Staff Sgt. Matthew Troutwine, aerospace medicine services helper, Lt. Col. Kathleen Stierwalt, clinical nurse, and Staff Sgt. Melissa Miller, aerospace medicine services journeyman, serve lunch to veterans during a visit to the Dayton Veteran's Affairs Medical Center Christmas party Dec. 1, 2012.

445 AW ready to face challenges ahead

By Col. Stephen D. Goeman
445th Airlift Wing Commander

January 2013 will be one of those months to remember when the Airmen of the 445th Airlift Wing prove once again they have what it takes to succeed!

Over the course of last year, we have all been engaged in a Herculean effort to prepare for our wing operational readiness inspection that is on tap for the last week of January. Your efforts have not gone by unnoticed. Every day I see first hand the warfighter skills and professional attitudes of our Airmen in all facets of our wing's mission. Each and every one of you should be proud of your performance to date.

As we approach the final few days prior to the inspection, don't back off on your efforts. Be confident of your skills and use the final few moments to hone your individual and team skills to a razor's edge.

When the IG team from Air Mobility Command arrives, I need all of you to step up and bring your "A" game to the event. I need and fully expect a maximum effort from all of you. Our partner wing from March Air Reserve Base will be well prepared. Both the 445th AW and 452nd Air Mobility Wing will work seamlessly as one cohesive unit, and we will succeed together.

Another positive event will take place this year.



Later in 2013, the 445th AW will officially complete its transition to the C-17. We will at that time be considered a fully operational airlift wing and our ops tempo will increase as we acquire and fly additional mobility mission sets.

The conversion to the new aircraft has been one of unparalleled success. The leadership from all echelons of this wing has made it happen. Under the expert guidance of our Program Integration Office, our operations group and maintenance group organizations have succeeded in the C-17 transition.

In March of 2013, we will once again gather together as a wing and celebrate the successes of our Airmen, civilians, and families at the National Museum of the United States Air Force with our annual awards banquet/military ball. Plan to attend and bring your families on the evening of Saturday, March 9 as it should once again be a celebration of our wing's accomplishments.

In closing, I would like to thank each and every one of our Airmen and civilians for their superb effort in 2012. The New Year always brings its new set of challenges, but as you've proven year in and year out; the men and women of the Buckeye Wing are all about mission accomplishment. Your successes are many. You are part of a proud history of high achievement, and I am fully confident that together this wing will make 2013 another year to remember!

Where are you headed in 2013?

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

A new year is here for the 445th and its team members! Where are you headed in the new year?

Psalms 90 is one of the Psalms that is attributed to a prayer of Moses reflecting on the frailty of the human condition. Moses requested wisdom from God about how to use each moment of his life. Moses understood that he would physically die and did not want to waste his days. Verse 3 represents the eternal nature of the everlasting. *Even from everlasting to everlasting you are God.* In verse 17 Moses envisions the work of our hands being established from a holy spiritual presence. *And establish the work of our hands for us; Yes, establish the work of our hands.*

As in the expressions of Moses we too have no guarantee about the length of our time on this planet or the future of our human condition. According to the spiritual nature between the Holy One and creation, God is a compassionate God who wants to give each of us a heart of wisdom as we journey through time and space. God's design is to establish the work of our hands in the tasks we perform as members of the 445th Airlift Wing.

One of my favorite Hymns is ascribed to William Croft and was written in 1708. The initial two stanzas are:

*O God our help in ages past,
Our Hope for years to come,
Our Shelter from the stormy blast,*

And our eternal Home.

*Before the hills in order stood,
Or earth received her frame
From everlasting Thou art God, To
endless years the same.*

As 2013 begins, what are your hopes, dreams, aspirations, plans and works to be established in the new year? Where do you find refuge from the stormy blast and anticipate future stability, safety and security?

If you are seeking a spiritual direction in the new year, let the chaplains of the 445th Airlift Wing come beside you in your exploration of designs for your future. We are here to assist and serve you, and our door is always open.



SPOTLIGHT



Tech. Sgt. Anthony Springer

Rank/Name

Tech. Sgt. Luz Garcia

Unit

89th Airlift Squadron

Duty Title

NCO in charge, Squadron Aviation Resource Management

Hometown

Ewa Beach, Hawaii

Civilian Job

Air Reserve Technician

Education

Two Community College of the Air Force degrees and a Bachelor of Science degree in business management

Hobbies

I enjoy cooking for my kids and friends. I also enjoy Zumba, riding bikes and watching movies.

Career Goal

To find a job closer to home and obtain my master's degree.

What do you like about working at the 445th?

I like being a part of a wing that does great things. It's pretty cool to see how we all need one another to make

our planes fly every day. In the SARM office, we ensure all the aircrew members are good to go before they step on that airplane to fly their mission. We input and audit all their ground and flying training, we cut their flight authorizations and do the necessary procedures we have in place, and we do this every day.

Why did you join the Air Force?

I joined the Air Force because my dad didn't want me joining the Navy. He served in the Navy for 23 years and knew the Air Force would take better care of me. I initially joined for personal reasons, but after basic training my reasons now include to serve my country. I have so much respect for all who have served and are still serving. I am very proud to be in the Air Force and love what I do.

Ask AMDS

Running in cadence helps prevent injuries

By Dr. (Lt. Col.) Jeffrey Beery
445th Aerospace Medicine Squadron



Hut-2-3-4! Hut-2-3-4! Did you ever wonder why drill sergeants make recruits double-time and follow this quick rhythm? The answer is simple - to avoid injury.

A double-time cadence of 180 steps per minute will greatly reduce the likelihood of shin splints and other musculoskeletal injury in soldiers. It is also very helpful for those training for their Air Force fitness run.

I cannot tell you how many people I have seen injured due to training for the run. I suspect the vast majority of these are due to a running cadence which is too slow.

According to Jack Daniels, not the whiskey connoisseur, but the great running coach, the optimal cadence is 180 steps per minute. In Daniels' book, *Jack Daniels' Running Formulas*, he discusses watching distance runners at the Atlanta Olympics. All runners shared one thing in common, whether they were short or tall, heavy or lean. That is a cadence of 180 steps per minute. By taking this many steps, the impact is greatly reduced while running. This, in turn, reduces injuries, and also makes running more efficient and faster.

There are several ways one can figure out their cadence. The easiest is to count the number of right steps every 10 seconds. A cadence of 180 would be 15 right steps. Also, one could use a pedometer for a minute and see what the total number or steps are, or there are electronic foot pod devices, which hook on the shoe and can do the same.

Whatever method, it is essential for everyone who runs to make sure they have a cadence of at least 180 steps per minute. I would suggest every time a person runs, at least once or twice during their run, they should count how many right steps they have in a 10 second interval and make sure the number is 15. If the number is not 15, they should eliminate all distractions, such as music, and focus solely on attaining this cadence. Doing so will enhance the running speed and will greatly reduce injury.



WORRIED WARRIOR?!

By Master Sgts. Jeffery Spires & Kerrie Yeager
445th Logistics Readiness Squadron



Happy New Year!! Some of us have made new year resolutions, but let's make one as an entire wing as we approach ORI 2013.

We've said before and we're saying it again, it's the last chance to get your mind right! You've been preparing for this operational readiness inspection for this past year now but how are you thinking? You've trained for what you're about to endure and you've freshened up on your job skills but what's most important is getting in the right mindset for what is to come.

So here's our resolution, start utilizing the word GET, opposed to HAVE. When you say I have to do something

for example it sends off more of a negative impression, but when you say I get to go to do something, it changes the perspective in a positive way.

The word get is a simple word with a big meaning. One definition of get in the Merriam Webster is to seek out and obtain. This ORI allows us to do just that. We are seeking out a goal that we've worked so hard toward and we WILL obtain what we've been striving for.

Remember, you were selected to participate in this ORI because your leadership thought you have what it takes to help the Wing obtain an EXCELLENT. By thinking you GET to do this is going to give you more moti-

vation and enthusiasm compared to if you had the mindset of I HAVE to do it.

When you change your way of thinking, your performance increases because you have developed more of a positive attitude. It also helps to build the morale of not only you but those who are in this with you. No, this may not be as luxurious as sitting at home with family and friends watching the Super Bowl (yes, you'll be home in time for kick off!!). But you GET to have an experience very few others GET to experience. So let's put on our game face and think I GET to have this one of a kind opportunity and we will bring home an EXCELLENT!!

Self-aid, buddy care training saves life

By Maj. Denise Kerr
445th Airlift Wing Public Affairs

Senior Airman Nathan Collett never thought he would be in a dangerous situation when he enlisted into the Air Force Reserve in October 2009. As an 87th Aerial Port Squadron cargo processing flight traditional reservist, he loads and unloads the "bullets, beans and bodies" on C-130, C-17 and C-5 aircraft. He is also a sophomore at Columbus State studying construction management.



Courtesy photo

Senior Airman Nathan Collett and the man he helped save.

In March 2012, he volunteered to deploy to Kandahar Airfield, Afghanistan for a seven month rotation. "I was briefed after two weeks of being there that we had taken the most rockets in 24 hours than Kandahar had the whole war," Collett said.

Collett was working his 12-hour shift in the passenger terminal on May 23 when a rocket blast blew the building doors inward. It was the beginning of the fighting season; the insurgents ramped up their artillery attacks to the airfield. With dust in the air, Collett ran out of the terminal to see a group of passengers look dazed and in shock. He directed them to the bunkers a short distance

away. Collett noticed that a large container nearby most likely shielded the group from the shrapnel. He ran back and sent the passengers from inside a tent by the terminal to the bunkers for safety.

He turned around and saw a man lying on the ground, in pain and screaming. Collett and a contractor ran to him and assessed his injuries. "I saw that shrapnel hit his chest and found another injury in his upper right buttocks," Collett said. The contractor applied pressure while Collett tried to comfort and stabilize his head. An Army sergeant showed up with a first aid kit. Collett took off his shirt to put under the injured man's head, while the other two placed gauze on his wounds. Security forces radioed in for the paramedics and firefighters. More rockets continued to assault the airfield and Collett used his body to shield their patient from the potential impact.

The lone medic reached the site and stuck an IV in the injured man while Collett held the bag of fluid. They hoisted him on the gurney to take him to the clinic for recovery. "Everything took about 4-5 minutes until the medics got there. We were still under threat of direct fire for another 10-15 minutes," Collett said.

"I think about it every day. I found out he was a contractor and ended up OK. It just made me expect and plan for a contingency. Luckily, I paid attention to the self-aid and buddy care course the two times I took it. I am glad it was mandatory to pre-deployment. I'm so glad I got the training I did from the 445th Airlift Wing."



News Briefs

Promotions

Airman

Charles Baumgardner, LRS
Faustino Estrada, LRS
Alisha Kiessling, ASTS
Theodore Maytas, AW

Airman First Class

Margaret Gautreaux, ASTS

Senior Airman

Kristine Belcher, AES
Austen Bright, AES
Leslie Brown, OG
Brandon Kersting, CES
Sheena Marshall, AMDS
Francine McCumber, 87 APS
Godswill Nukpor, AMDS
Joseph Parker, 87 APS
Taylor Schultz, LRS
Melissa Sherman, AMDS
Terra Stinnett, FSS
Christopher Thrower, CES
Darren Trenkamp, LRS

Staff Sergeant

Shelton Beasley, ASTS
Brendan Burbrink, SFS
Melanie Kluss, Intel
Jennifer Moore, CES
Kristen Smith, AES

Technical Sergeant

Erika Algeo, AES
Nathan Ellcessor, SFS
Russ Hernandez, 87 APS
Patrick Kirby, 87 APS
Joshua McCrabb, SFS
Michael Neri, MOS
Timothy Sexton, SFS
Brian Sudkamp, CES
Joshua Worch, SFS

Master Sergeant

Todd Cook, Intel
Michael Rosato Jr., AMXS
Afton Smith, AES

Awards

Defense Meritorious Service Medal

CMSgt Angela Graffen, AES

Meritorious Service Medal

Lt Col Roberta Stemen, AES
Maj Brett Manger, 89 AS
Capt Audric Bills, AW
SMSgt Michael Brimmer, 87 APS
TSgt Angel Gonzalez, LRS
MSgt Cynthia Jones, AMXS
MSgt Robert Mack, 89 AS
MSgt Mary McDonald, LRS
TSgt Randy Sergeant, FSS
TSgt Brett Snelling, 87 APS

Air Force Commendation Medal

Capt Holly Gebert, AMDS
MSgt Timothy Grant, AES
MSgt Clark Wierda, 87 APS
TSgt Hershel Lemaster, LRS
TSgt Melisa Lucio, LRS
TSgt Scott Ponchilla, LRS
TSgt Douglas Schaumleffel, LRS
TSgt John Stewart, LRS
SSgt Eric Hollopeter, 87 APS
SSgt Ashley Thomas, MOS

Air Force Achievement Medal

Lt Col Anna Kaus, AMDS
SrA Joshua Walker, AW

Colonel promotions announced



Congratulations to Lt. Col. Michael Cooper, 445th Aerospace Medicine Squadron, chief of clinical services, and Lt. Col. Christopher Cunningham, 445th Civil Engineer Squadron, commander, on their selection for promotion to the rank of colonel announced Dec. 14.

Awards banquet scheduled for March 9

Mark your calendars for the 445th Airlift Wing annual awards banquet/military ball to be held March 9 at the National Museum of the United States Air Force. The reception is slated to begin at 6 p.m. and the program at 7 p.m.

The awards banquet will recognize those selected for Airman, NCO, senior NCO, company grade officer, first sergeant, chief, field grade officer, honor guard member, civilian, spouse, youth and squadron of the year. Awards will also be presented for leadership, volunteer and community partner of the year. Winners of each category will be announced during the banquet.

The costs of the event are \$30 for E-7 and above; \$25 for E-6 and below; \$12 for children 6-12; and children 5 and under are free.

All reservations must be received by Feb. 24.

The dress for the evening is semi-formal or mess dress for enlisted Airmen, and mess dress for officers. Civilians may wear formal evening attire.

Any Airmen (E-1 through O-6) or civilian can nominate their spouse, youth, chief or fellow Airmen, or those of a co-worker for these awards. Nominations should be submitted on an Air Force Form 1206 to Chief Master Sgt. Peri Rogowski at 445aw.ccc.res@wpafb.af.mil no later than the January 2013 Gray unit training assembly. In addition to the nomination form, please submit a photograph to be used in the program. If you need help completing the nomination form, please contact the public affairs office.

For more information, contact the PA office at 257-5784.

Buckeye Flyer

445th Airlift Wing Editorial Staff

Col. Stephen Goeman
Commander

Lt. Col. Cynthia Harris
Chief, Public Affairs

Stacy Vaughn
Public Affairs Specialist

Shamae Jones
*Public Affairs Specialist/
Editor*

5439 McCormick Ave.
WPAFB, OH 45433-5132
Building 4014, Room 113
937-257-5784
445AW.PA@wpafb.af.mil

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Stacy Vaughn



2
Staff Sgt. Mikhail Berlin



4
Maj. Jose Cardenas



5
Staff Sgt. Amanda Duncan



3
Staff Sgt. Mikhail Berlin

445th Airlift Wing



6
Senior Airman Matthew Cook

January

1. The final 445th Airlift Wing C-5 Galaxy flies over the wing's newest asset, the C-17 Globemaster III, Jan. 31 on its final flight to the "Boneyard" at Davis-Monthan Air Force Base, Ariz.

February

2. 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.

March

3. Lisa Coons, wife of Master Sgt. Eugene Coons, 445th Security Forces Squadron, accepts the 445th Airlift Wing Spouse of the Year Award during the 445 AW Annual Awards Banquet held March 3.

April

4. More than 100 445th Airlift Wing reservists participated in a four-day exercise at Volk Field Air National Guard Base, Wis., April 22-25 to prepare for the unit's upcoming ORI.

May

5. Approximately 200 Boy and Girl Scouts from across Ohio and Michigan enjoyed various activities on the flightline May 19 as part of Scouts Day. The wing hosted 1,600 visitors in 2012.

June

6. More than 50 employers and their reservists toured various wing facilities and flew onboard a C-17 Globemaster III during the wing's Employer Appreciation Day June 2.

July

7. Four C-17 Globemaster III aircraft were launched simultaneously as part of a wing training exercise July 14. The exercise was held to prepare aircrews and maintenance personnel for its upcoming ORI.





Tech. Sgt. Anthony Springer



Maj. Jose Cardenas



Tech. Sgt. Anthony Springer



Lt. Col. Cynthia Harris

2012 Year-In-Review



Tech. Sgt. Anthony Springer



Stacy Vaughn



Capt. John Stamm

8. Aircrews from the 89th Airlift Squadron, members of the 445th Aeromedical Evacuation Squadron and support personnel participated in the 41st Royal International Air Tattoo at Royal Air Force Fairford, Gloucestershire, England, where they showcased the C-17 and AES missions July 7.

August

9. Thirty Aerospace Medicine and Aeromedical Staging Squadron reservists traveled to Central America as part of a humanitarian mission in Panama Aug. 18-31. The units treated more than 5,000 residents living in remote areas who have limited or no access to medical care.

September

10. The 445th Airlift Wing medical units, in coordination with the Wright State University National Center for Medical Readiness, conducted an emergency disaster response training exercise here and at the Calamityville collaborative training and research facility in Fairborn, Ohio, Sept. 9.

October

11. More than 20 volunteers supported the Dayton VA Medical Center Homeless Stand Down Oct. 19. More than 300 homeless veterans received clothing items, medical treatment and other services.

12. The wing and members of the Ohio Patriot Guard riders welcomed home two reservists Oct. 25. In 2012, the wing deployed 17 reservists to locations in Southwest Asia and stateside.

November

13. Airmen of the 445th Airlift Wing flew 10 Hurricane Sandy relief missions Nov. 1-8. They delivered 69 passengers and 685 tons of cargo to include blankets, utility trucks and generators to the East Coast.

December

14. Airmen of the 445th Airlift Wing participated in the Dayton VA Medical Center Christmas party Dec. 1. Airmen visited VA residents for a picnic in June and the Christmas party in December.



Tech. Sgt. Anthony Springer





Master Sgt. Charlie Miller

Seasons greetings!

Capt. John "Santa Claus" Ludtke, 445th Aerospace Medicine Squadron flight surgeon, delivers gifts to children of 445th Airlift Wing members during the Dec. 16 unit training assembly. A C-17 Globemaster III decked out in holiday décor acted as Santa's sleigh during his visit with more than 130 family members.

On the Web



**445th
participates
in First Flight
ceremony**



**Airman receives
donated car**



**MXG hosts
mega training**

445TH AIRLIFT WING/PA
BUILDING 4014, ROOM 113
5439 MCCORMICK AVE
WRIGHT-PATTERSON AFB OHIO 45433-5132

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