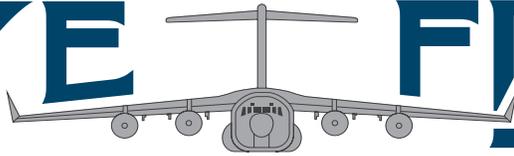


BUCKEYE FLYER



Wright-Patterson AFB, OH

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Stacy Vaughn

445th Airlift Wing reservists arrive at Wright-Patterson AFB Feb. 1 after spending four days in Gulfport, Miss., with the 452nd Air Mobility Wing, March Air Reserve Base, Calif., participating in a joint operational readiness inspection.

445th Airlift Wing scores 'satisfactory' on recent ORI

By Stacy Vaughn

445th Airlift Wing Public Affairs

WRIGHT-PATTERSON AIR FORCE BASE, Ohio - After months of preparation, the 445th Airlift Wing received its Operational Readiness Inspection results Feb 15.

The wing received an overall ORI grade of 'satisfactory.'

Air Mobility Command inspectors evaluated the wing along with reservists from the 452nd Air Mobility Wing from March Air Reserve Base, Calif., during a joint ORI Jan. 28-Feb. 1 at the Trent Lott Combat Readiness Training Center in Gulfport, Miss. Although it was a joint ORI, both wings received a separate grade. The inspectors based their evaluation on the wing's ability to position, employ and sustain the force while operating in a wartime environment.

"I know these past few months have been hard and stressful on everyone but you did it, and I'm proud of each and every one of you. We've shown the inspectors that, 'the wing is mission ready, so get out of our way and let us do our job,'" said Col. Stephen Goeman,

445th Airlift Wing commander.

ORIs are conducted approximately every five years to evaluate the ability of units with a wartime or contingency mission to perform assigned operational missions.

The inspectors identified several 445th teams who went above and beyond to accomplish the mission. The AMC Outstanding Teams are: 445th Aircraft Maintenance Post-Attack Reconnaissance Team, 445th Aeromedical Staging Squadron Casualty Collection Point Team, 452nd Air Mobility Wing Dayshift Maintenance Operations Center/Unit Control Center Team, 445th Force Support Squadron Food Service Team and 445th Aeromedical Staging Squadron Unit Deployment Management Team.

Several individuals were recognized as the top performers in their respective fields and three Airmen were recognized by the IG for demonstrating outstanding teamwork and exceptional focus on mission accomplishment.

Patience, trust needed when ‘waiting’

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

I like things now. I don't like it when my YouTube video is slowly buffering. I am also ready for spring to arrive right now!

Unfortunately this is a learned behavior. We tend to be a society that wants things in an instant. For example, we hear of the magic pill for weight loss or the tablet to end an illness.

I am reminded of a quote by philosopher Friedrich Nietzsche, "The essential thing in heaven and earth is...that there should be a long obedience in the same direction; thereby results, and always have resulted in the long run, something

which has made life worth living."

This quote reminds me that some of the greatest things take time to develop. Patience and trust is needed. Today, you may be experiencing a trial or season in life to "grow" through. Whether it is school, improving fitness or even a relationship difficulty you are encountering; trust and time is probably the answer.

I remember the old Tom Petty and the Heartbreakers lyric, "The waiting is the hardest part." I know I am dating myself with these lyrics but Tom Petty was right. Waiting is difficult. But if we mix waiting with

faith then blessings will come.

This reminds me of Isaiah 40:31, "But those who wait for the Lord shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint."

I pray that God would help you trust in the midst of whatever you are going or growing through. I pray that God will bless you this day and in the days to come with new strength as you wait on God in joyful obedience. Please always remember the 445th Chaplain Corps is here for you. Blessings!

Goal setting: create your road map to success

By Col. Scott Sayre
445th Aerospace Medicine Squadron

When you plan a vacation or plan to take your car for a drive, it can be fun to just start in any direction and go. No worries, just go! Well life can be like that and just going without a roadmap and final destination can be a dead end street.

Having a plan in your life and setting goals can be the most powerful tool to create a road to success. Goal setting is an extremely powerful technique for success, but for goal setting to really be effective requires more than just writing down what we want to achieve.

Goal setting helps us determine our priorities, get organized, make big decisions, and realize our dreams. "Are you a wandering minstrel or a meaningful musician of life?" The basics of goal setting begins with a goal statement.

The goal statement forms the basis for the entire process so careful attention should be placed on formulating a clear and accurate goal statement. A good way to remember how a goal statement should be defined is the old S.M.A.R.T. acronym used by many experts in goal setting. SMART stands for: Specific, Measurable, Action-Oriented, Realistic, Time and Resource Constrained.

The goal should be specific enough so that you know exactly what you are endeavoring for; measurable so you can tell exactly when the goal has been reached; action-oriented to indicate an activity that will produce results; realistic in that it is practical and can be achieved; and time and resources constrained meaning that it has a definite deadline for completion and realizes limited availability of resources.



Once you have a well-formed goal statement you need a set of steps to follow to achieve this goal. The creation of steps gives you a list of the important things that need to be done to achieve the goal, an action plan, and also allows you to track our progress toward the goal. Some goals are monumental tasks without being broken down into smaller detailed steps they are hard to achieve.

Motivation and commitment are what make us strive to achievement. They give us the drive, desire, and determination to complete all of the other steps in the goal process. These motivations can come from a statement that creates a high level of emotion and energy that guarantees achievement. Share your goals with your other Air Force friends and family they will help support and motivate you.

Reaching our goals requires diligence and regular attention. A system to keep us reminded and accountable is necessary, using reminder emails and calendars and, reports to keep us organized and on track. If some accountability system is not used then you are likely to lose sight and fail.

Goal setting is definitely an on-going process that is accomplished over time. When you first sit down and start to define goals it can seem like a difficult and daunting task but as you do this it begins to get much easier. All goals due in the next year should be reviewed more frequently. The great thing about frequent review is that this forces us to make big decisions and determine priorities in our life. You should keep watch for goals that aren't being achieved on time or for goals on which you keep extending the deadline.

This article may help you achieve your goals and give you more focus and direction. Good luck and I hope you realize all of your greatest dreams!





Photos by Senior Airman Matthew Cook

Staff Sgt. Steven Sandman and Master Sgt. Richard Little, both ground safety specialists from the 445th Airlift Wing Safety office, perform a spot inspection of the control devices for the lockout/tagout program.



Staff Sgt. Steven Sandman and Master Sgt. Richard Little, test an eye wash station in building 4024 after flushing the corroded water out that stemmed from a water main break.

445th Safety Office... friend or foe?

By Senior Airman Shen-Chia McHone
445th Airlift Wing Public Affairs

WRIGHT-PATTERSON AIR FORCE BASE, Ohio – What is the function of the wing safety office and what can they do for me? That may be some of the questions that come up from wing members facing safety issues in their work space.

Like a jack of all trades, the wing safety office is comprised of unique individuals who are experts in their field and come together to help the wing and base avoid mishaps. Safety encompasses functions relating to safety education; risk assessment; contractor and construction safety; mishap investigation, and analysis and trends computations; operations and facilities evaluation, inspection, and survey; consultation with commanders, functional managers, supervisors, and employees; and safety education and awareness promotion at all levels.

Wing Safety is the wing/base commander's program for overall safety. It usually entails something new from day to day and working with a diverse group of people.

"Our primary mission is to be the eyes and ears for commanders, help establish their policies as well as supporting Occupational Safety and Health Administration, Air Force safety standards, code of federal regulations, and development of Operational Risk management," said Lt. Col. Steve Griffin, 445th Airlift Wing Safety Office, chief of wing safety.

As a former maintainer, flight test officer, instructor examination pilot and mishap investigator who has served for more than 31 years, Griffin said he loves flying different aircraft and working with people to make a difference.

"The job is regulations and situational based, helping people to get the job done while doing it safely and mitigating risk. We help commanders by applying Air Force

training, providing support and voicing the commander's concerns," said Griffin.

The safety office works directly with local police, security forces, aerospace medicine squadron, aircraft maintenance squadron, maintenance squadron, civil engineering squadron, 445th AW and the 88th Air Base Wing to identify hazards for industrial areas and the flight line, and piecing together how it will affect the Air Force mission.

Griffin said sometimes people only see safety as an afterthought when an accident has already happened. However, identifying areas of hazards ahead of time goes a long way to prevent something bad from happening.

"I'm like a parent; I don't want people to get hurt so I try to keep them safe. We're not here to prevent anyone from doing their job. We want to help people accomplish what they need to do without injuring themselves, others, or damaging Air Force or other property," Griffin said.

"The safety staff's main purpose in life is to see that everyone does the work and goes home without any injuries," said Chief Master Sgt. Dennis Pearson, 445th AW Safety Office ground and weapons safety manager. "We have a diverse knowledge base because we get to go out and learn about the other career fields that are out there.

During my last assignment, I got to work with explosive ordnances and the FBI. I got to fly on different flights, and I also had the opportunity to learn the role of an aerial porter. I feel we have one of the best jobs in the Air Force because of our constant interactions with wing members," Pearson added.

Airmen can rest assured that they are in good hands thanks to the 445th Airlift Wing Safety Office. Whether it is a plane crash, slip or fall, or even a vehicle accident, the wing safety office is available to all commanders.

"We're not looking to find something wrong or get someone in trouble, nor do we want to stifle production or delay a mission. We are here to aide our wing members to be able to get them home at the end of the day in the same or better condition than when they arrived. Our main purpose in life is that everyone does their job and gets to go home without injury," Pearson said.



FAA recognizes 445th safety specialist

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

He's a ground safety specialist during the weekend; an aviation safety inspector for the Federal Aviation Administration during the weekday.

Staff Sgt. Steven Sandmann, 445th ground safety specialist, received the local Aviation Safety Inspector of the Year Maintenance Award, Jan. 22. Having received the award, he is now able to compete for this award at the regional level.

"I didn't expect to get the award. I'm just doing my job," said Sandmann. "To me, this is more than a monetary award. My peers took the time to recognize me and the job I do."

The Aviation Safety Inspector of the Year Maintenance Award honors a flight standards non-supervisory inspector who has demonstrated skills which exemplify the highest degree of technical excellence and has brought credit to their profession and to the FAA. To receive this award, Sandmann not only performed his duties in a professional manner, but also contributed in such a way as to further enhance aviation safety.

"It's humbling to be recognized by your peers who see the day to day grind of what you put into the job," said Sandmann.

Since 2004, Sandmann has worked in the Cincinnati Flight Standards District office of the Federal Aviation Administration as an aviation safety inspector. He is also the assigned Principal Maintenance Inspector for ASTAR USA, LLC.

As an inspector, he ensures that the air carrier's maintenance personnel follow their maintenance manuals and FAA operation specifications to ensure that the aircraft is in condition for safe operation and it meets the type design. His

dedication and actions are highly appreciated by his peers and supervisors.

"As an inspector, you're in the public eye every day; this is a job not to be taken lightly," said Sandmann. "It's a huge responsibility."

He helped deliver the safety management system to his assigned independent air carrier. This system identifies, enhances and ensures flight safety while assisting in identifying potential issues before they become problems.

"Basically, it serves as an early warning system for any safety issues," said Sandmann. "However, if any accidents occur, I'm also part of the accident investigation team."

As an Airman who values safety, as well as pride in his work, it's no surprise he received this award. Sandmann has also participated in the Aviation Safety Action Program (ASAP), where his skillful and effective participation created a communication-friendly environment where mechanics felt comfortable about disclosing safety issues. This also allowed the air carrier to operate with the highest level of safety.



Courtesy photo

Staff Sgt. Steven Sandmann received the Aviation Safety Inspector of the Year Maintenance Award for his civilian role as an aviation safety inspector for the Federal Aviation Administration.

"It's great to know that I'm part of something bigger than myself and that I'm ensuring the safety of flying passengers," said Sandmann. "In my opinion, this is the best federal job to have. I don't do this job only one day, but every day."

Do you have what it takes to be a TI?

The Air Force Reserve Command is looking for traditional reservists, staff sergeant (with two years time in grade) to master sergeant, who are interested in filling military training instructor (MTI) positions with the 433rd Training Squadron, Lackland Air Force Base, Texas.

Currently, 40 Air Force traditional reserve members from around the country serve as MTIs. The 433 TRS is in search of high-quality Airmen to fill 76 MTI vacancies. Some of the requirements are: the candidate must have an excellent military image and appearance, a minimum fitness score of 80 on their last two PT tests, the ability to speak clearly, a Total Active Federal Military Service (TAFMS) less than 16 years, and a minimum score of 49 in the general area on the Armed Services Vocational Aptitude Battery (ASVAB) test.

Those who are interested in giving back to the next generation should contact Tech. Sgt. Terri Taylor-Trapp at DSN 473-7336/2410, or (210) 671-7336/2410, or send an e-mail to 433trs.recruiting@us.af.mil.



445th maintainers earn Lt. Gen. Leo Marquez Award

445th Airlift Wing Public Affairs

Two reservists from the 445th Maintenance Squadron have been awarded the Air Force Reserve Command 2012 Lt. Gen. Leo Marquez Award. The announcement was made Jan. 24.

Capt. Terrell Eikner, 445th MXS maintenance officer, was selected for the Company Grade Manager category and Mr. Jason

Cox, 445th MXS metals technology craftsman who also serves as an Air Force Reserve Technician master sergeant, was selected for Civilian Manager.

The Lt. Gen. Leo Marquez Award honors Air Force members, both military and civilian, who excel in technological maintenance. The individual's job performance, application of knowledge on the job site, and workplace efficiency are all considered.

Eikner orchestrated the maintenance groups ability to survive and operate exercise featuring more than 40 Airmen and the launch of four aircraft. He implemented a maintenance saving skill set to avoid depot costs and reduce supply requirements that saved the Air Force more than \$1.6 million. He oversaw the coordination with engineers to develop a fix for a zero-balance C-17 fuselage composite panel, saving the Air Force more than \$50,000. Eikner led the maintenance group preparation of 80 Airmen for the wing's operational readiness inspection. The captain mentored 30 University of Cincinnati ROTC cadets during their career day. He also assisted the 445th Airman's Council in delivering 180 comfort kits to the Dayton Veterans Affairs Medical Center.

Cox guided the construction design and implementation of a \$50,000 metals technology area that allowed the expansion of C-17 maintenance capa-



Stacy Vaughn

Master Sgt. Jason Cox shows Capt. Terrell Eikner a flap bracket repair piece. Both reservists were awarded the AFRC 2012 Lieutenant General Leo Marquez Award in their respective categories.

Ask AMDS



“You don’t have to brush all your teeth, just the ones you want to keep!”

Dental health maintenance is a largely ignored aspect of general health and well-being. We are very unlikely to forget to clean ourselves after using the restroom, yet we may not brush our teeth before going to bed, because we are too tired.

A common scenario dental professions witness is individuals making an appointment only when they experience a painful sensation in their mouths. Dental health maintenance begins with an individual's attitude toward it, and not monitoring it can lead to long-term problems, including gingivitis and tooth decay. Good oral hygiene techniques can eliminate the risks.

Gingivitis is reversible, but can lead to the more serious disease state, periodontitis. This may cause bone loss, halitosis or may require the removal of healthy teeth.

Tooth decay can begin without the affected person experiencing any discomfort. If allowed to progress, the decay can reach into the nerve of the tooth or teeth, and can lead to a life-threatening infection.

Members of the reserves are eligible for the Tricare Dental Program, administered by MetLife. To enroll, visit the website at: <http://www.tricare.mil/dental/TDP.aspx>.

ilities. He was selected to fabricate the prototype ejection seat spring for the MC-130J program, saving \$100,000 in allocation costs. Cox established the maintenance work center industrial equipment recapitalization initiative, procuring more than \$500,000 of new assets. Cox provided hands-on individual program management training to more than 30 Air Force School of Medicine students, expanding their knowledge of maintenance. He also provided young officers, enlisted members and civilians participating in the Junior Force Bluing Program an introduction to the role of maintenance in the Air Force.

The award was named for retired Lt. Gen. Leo Marquez, Deputy Chief of Staff for Logistics and Engineering, whose 33-years of dedication to the maintenance and logistics career fields revolutionized the way they do business.





Senior Airman Matthew Cook

SPOTLIGHT

Rank/Name

Tech. Sgt. Lamon Pace
Unit

445th Logistics Readiness Squadron

Duty Title

Materiel management craftsman

Hometown

Columbus, Ohio

Civilian Job

Air Reserve Technician, maintenance supply liason

Hobbies

Entrepreneur: starting small home-based business, Day trading stocks, reading, personal training

Career Goal

To become a chaplain in the Air Force within two years

What do you like about working at the 445th?

I enjoy meeting and working with the diverse group of people every month. These are some of the most interesting and intelligent people in the world.

Why did you join the Air Force?

I joined the Air Force seeking a new and exciting avenue to volunteer my spare time.

445 AES welcomes Airmen home



Photos by Senior Airman Matthew Cook

Family, friends and members of the 445th Airlift Wing welcome home Airmen of the 445th Aeromedical Evacuation Squadron returning from a deployment to Southwest Asia at the Dayton International Airport Feb. 10.



News Briefs

Awards

Meritorious Service Medal

Col Scott Sayre, AMDS
Lt Col Bruce Barker, AMDS
Lt Col Martin Wilkins, 89 AS
MSgt Michael Carley, SFS
MSgt Frankie Lowder Jr., SFS
MSgt Robert Naehring, 89 AS

Air Force Commendation Medal

TSgt Eric Cornett, LRS
TSgt Anthony Gallela, ASTS
TSgt Matthew Murrell, AMDS
TSgt Shayne Thompson, LRS
TSgt Rufus Vaughn, 87 APS
SSgt Mikhail Berlin, AW
SSgt Gregory Cyrus, MXS
SSgt Joshua Sharp, MXS

Air Force Achievement Medal

MSgt Christopher Williams, AMDS
TSgt Jordan West, 87 APS
SSgt Mikhail Berlin, AW
SSgt Jacob Nelson, MXS
SSgt Deborah Schaffner, AMDS
SrA Kenneth Clements, AMDS
SrA Laura Vance, Intel

Air Medal

Capt Ryan Fallon (1st & 2nd device), 89 AS
Capt Leslie Mugg, AES
Capt Melissa Seacat, AES

Aerial Achievement Medal

2Lt Joshua Mott, AES
SrA Andrew Protsman, AES

Promotions

Airman

Anthony Gibson Jr., 87 APS
Jacob Jones, AMXS
Whitney Whitted, AMDS

Airman First Class

Steven Flick II, ASTS
Shawndale Lewis Jr., CES
Michael Montijo Jr., AMDS
Marian Morejon, ASTS
Jeffrey Muldovan, CES
Maxwell Nukpor, AMDS
Cecilia Photinos, OSS
Brandi Wright, ASTS

Senior Airman

Ronrico Crosby, MXS
John Delucia, AW
Kelsey Hall, ASTS
Natalia Ketelsen, AMDS
Alexandrina Lopez, CES
Maura Patillo, AMDS
Ryan Pica, ASTS
Jared Thacker, AES
Angela Thompson, ASTS

Staff Sergeant

Stephen Caswell, 87 APS
Dawn Gettys, SFS
Danielle Morgan, 87 APS
Ann Northrup, MOS
Michael O'Callaghan, SFS

Technical Sergeant

Diane Broadnax, AMDS
Jawahna Hollins, AW
Cameron Lipps, SFS
Melissa Miller, ASTS
Christian Oliver, LRS
Antonio Washington, Intel
Douglas Young, AW

Master Sergeant

Lorenzo Law Jr., 89 AS
William Lugo, 89 AS
LeTroy Mays, AMDS
Timothy Osborne, AMXS
Rebecca Timmons, 89 AS

Senior Master Sergeant

Jason Besser, AMXS
Tina McNamara, AES

Newcomers

Maj Gregory Messel, AMXS
Capt Kelly Vogler, AMDS
MSgt Jimmy Childers, MOS
TSgt Scott Bunch, AMXS
TSgt Nicholas Horn, AMXS
TSgt Anthony Morgan, MXS
TSgt William O'Donnell, Intel
TSgt Mark Sharon, Intel
SSgt Brandon Ashcraft, CES
SSgt Brandon Baker, AES
SSgt Bradley Cousino, Intel
SSgt Johanthan Douglas, Intel
SSgt Tonya Handley, ASTS
SSgt Bryan Smith, AMDS
SSgt Collin Ulrich, Intel
SrA Trevor Clark, SFS
SrA Justin Garcia, CES
SrA Thao Phan, MXS
A1C Kristine Belcher, AES
A1C Andrea Madison, ASTS
A1C Stacey Scharf, AES
Amn Anthony Gibson Jr., 87 APS
AB Charles Baumgardner, LRS
AB Brandi Wright, ASTS

Wing hosts blood drive

The 88th Air Base Wing will sponsor a blood drive during the Scarlet unit training assembly Saturday, April 6. The blood drive will be held from 8 a.m. to 2 p.m. at the 445th Aerospace Medicine Squadron auditorium in building 4012. For more information, please contact Staff Sgt. Lisa Purk at (937) 869-4198.

Gate 26A closure

Gate 26A will be closed during the Gray unit training assemblies from Feb. 23, 2013 until a date to be determined.

Members are encouraged to use Gates 1A or 12A located on State Route 444.

Employers Day

The 445th Airlift Wing 2013 Employers Day event will be held Sept. 7. More details will be available at a later date.

Happy Easter



March 31





Senior Airman Matthew Cook

Prepare for landing...

From left to right: Senior Airman Dexter Alleyne, aircraft maintenance journeyman, and Staff Sgt. Brandon Maxie, aircraft maintenance craftsman, inspect the landing gear of a C-17 Globemaster III Feb. 10. Both are assigned to the 445th Aircraft Maintenance Squadron.

On the Web



Caution for U.S. travelers



Sec Def addresses Congress



Daylight Savings Time March 10

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