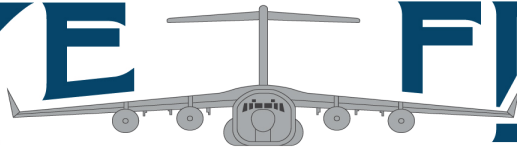


BUCKEYE FLYER



Wright-Patterson AFB, OH

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August 2014



Photos by Capt. Elizabeth Caraway

Staff Sgt. Steve Billingsly, 445th Aircraft Maintenance Squadron C-17 crew chief, explains the process of removing a brake assembly to Senior Airman Shea Wanless, 445 AMXS avionics specialist. (right) Staff Sgt. Brandon Fisher, 445 AMXS electrician, replaces an anti-ice valve in a C-17 during the unit's annual tour in Germany July 7-21, 2014.

445 AMXS augments Ramstein AB maintainers

By Capt. Elizabeth Caraway
445th Airlift Wing Public Affairs

RAMSTEIN AIR BASE, Germany — Europe's only fully maintenance capable base benefited from an influx of experience as 20 maintainers from the 445th traveled to Ramstein Air Base, Germany, to serve annual tour time July 7-21. During their two-week stay, 445th maintainers launched, recovered, and repaired C-17s and offered technical expertise on C-5s to enable Air Mobility Command support for warfighting and humanitarian efforts.

"Our goal was seamless integration with the active-duty maintainers," said Maj. Randy Gantt, 445 AMXS officer and en-route officer-in-charge.

That integration was clear from the start, as 445th maintainers dove in and immediately began volunteering for the more complex repair jobs. The 445th team included six crew chiefs and 13 specialists, many of them full-time Air Reserve Technicians. The Airmen represented a wealth of knowledge that they were able to share, as 721st maintainers observed the reservists

and asked questions.

"This was an opportunity for cross-pollination of ideas," said Capt Robert O'Day, 721 AMXS officer. "We exchange best practices and everybody wins."

"The presence of the 445th maintainers is mutually beneficial to us," agreed Senior Master Sgt. Brendan Hilton, 721 AMXS superintendent. "I want my maintainers to learn from the reservists, and our maintainers also have experiences to share."

Although they were there to assist with C-17s, 445th Airmen were also able to offer technical counsel on the many C-5s transiting the base. The 445th Airlift Wing was home to 10 C-5s from 2005-2012 before fully transitioning to the C-17 Globemaster III and many of the reservists had years of experience working on the Galaxy.

"It was easy to see that we made an impact," said

—See AMXS, page 5

Service before self, the limit of tolerance

By Chaplain (Capt.) Luke McKeeth
445th Airlift Wing Chaplain Corps

Tolerance is a critical component of the Air Force culture. Tolerance has two key dimensions: hardship and limits. According to the Merriam Webster Online Dictionary the primary definition of tolerance is “the capacity to endure pain or hardship,” which includes “indulgence for beliefs or practices differing from or conflicting with one's own.” When tolerance is applied mechanically it is defined as the “acceptable deviation from a standard,” and thus tolerance has its limits. When it comes to resiliency we need to understand how to be tolerant while not exceeding our limits.

Any time there is tolerance in play, we must embrace a certain amount of hardship. For some of us that means that we sacrifice things that are important to us, for others that means that we are in close contact with people who do not agree with us. When it comes to issues of faith, we are tolerant as we allow for someone to believe and practice any faith or lifestyle,

but we respectfully do not endorse or affirm that faith or belief.

Part of embracing hardship is accepting the presence, or absence of religious symbols and behaviors in our environment even if we find them unwelcomed, without taking offense. Another aspect of tolerance is engaging with a polite tone, in constructive and thoughtful conversation with people we don't agree with in matters of faith or lifestyle. There may be a Hummer next to a Prius in the parking lot, and a vegan and a hunter in the same unit. There is a fundamental conflict there but we are called to be tolerant.

Socially we function much like the engines that keep our planes in the air. There are lots of moving parts that have to fit together in extremely tight space under a lot of stress. We must tolerate one another in a wide array of lifestyles and ideas but we will not tolerate, allow or encourage a lack of integrity. We will allow for any number of personal weaknesses,

and oddities of behavior, but we will not tolerate a culture of selfishness; service before self is the limit of tolerance. While we will allow for many behaviors, hobbies, and interests, anything that cuts into excellence is beyond the limits of tolerance. To put it another way, anything you believe or do is acceptable so long as it doesn't infringe on the core values.

By joining the Air Force you have chosen to embrace certain hardships. Among those is the need to work with people who believe things that are honestly offensive to you. One piece of integrity is holding respectfully to your beliefs. We cannot all be right; many of our beliefs and actions are mutually exclusive at their core. Tolerance should push us to indulge those beliefs through respectful conversation, in a respectful tone about religion and lifestyle. Tolerance should also make us slow to take offense, unless the core values have been compromised.

Buckeye Flyer

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Travel smartly: security tips for going out of town

Being a victim of theft can be a traumatic event. Ensuring you safeguard your valuables while away on vacation or temporary duty can mitigate property loss. If you follow these tips, a criminal will not have easy access to your home.

Need to know: Do not announce your absence on social media. Refrain from posting photos of your trip and listing personal information like your address in your profile on Facebook. Only tell people who need to know that you will be out of town. Post pictures when you return from your trip.

Invest in a security alarm: Installing an alarm system from a reputable company adds a good layer of protection and is a first line of active defense. Whether you will be out for a couple of days or a month, if your house is breached, the security company will dispatch the police to your location.

Hold the mail: Plan ahead and call or visit your local post office to stop the mail delivery until you return. The post office can hold mail

from three to 30 days. In some areas you can submit hold requests through the United States Postal Service online. You should also halt newspaper deliveries.

Lighting and maintenance: Place the indoor and outdoor lights on a timer to simulate a normal routine. Some burglars stake out their crimes in advance and may notice a reduction in activity at your house. Arrange to have the lawn mowed if you are out for an extended period of time.

Phone a friend: Ask a friend or neighbor to check your house periodically to remove flyers or unexpected deliveries while you are away.

Secure your house: Make sure doors, windows, garage and shed are locked. Keep bicycles, grills and lawnmowers out of sight.

Do not become a statistic. You can avoid tempting criminals by planning ahead with prudent measures. In doing so, you will enjoy your time away from home without providing an opportunity for thieves.



Wing announces third quarter award winners

Airman



Senior Airman Chelsea Eldridge, 445th Maintenance Squadron personnel journeyman, is the 445th Airlift Wing Airman of the Quarter, third quarter. Eldridge processed monthly unit training assembly participation system sign-in and end-of-drill export with zero discrepancies. She helped build commander support staff management internal control tool-set checklist for the wing's Unit Effectiveness Inspection. As the assistant unit career advisor, she aided and tracked 163 enlisted reservists with 100 percent accountability. The Airman assisted more than 20 reservists with troubleshooting travel voucher issues. During her off-duty time, Eldridge volunteered at the Vectren Dayton Air Show in the information booth. She served as the YMCA t-ball and soccer head coach, teaching teamwork and sportsmanship to 34 children. Eldridge is currently enrolled in Airman Leadership School and is also pursuing a nursing degree at Ivy Tech Community College.

NCO



Staff Sgt. Michelle Helregel, 445th Aero-medical Staging Squadron aerospace medicine services journeyman, is the 445th Airlift Wing NCO of the Quarter, third quarter. Helregel restructured the squadron's newcomer's flight, decreasing in-processing time by 300 percent and saving more than \$10,000 in training resources. She built a newcomer sponsor program for her unit, benefiting more than 28 new members. The sergeant was selected to narrate the wing's annual awards banquet because of her poise and professionalism. During her off-duty time, Helregel volunteered for the Fisher House fundraiser, helping net more than \$77,000 in contributions. She participated in the Cancer Walk/Relay for Life event, helping to raise more than \$90,000 for the cause. Helregel received her Community College of the Air Force degree in practical nursing technology and has received her Advanced Cardiac Life Support National Certification.

SNCO



Senior Master Sgt. Brian Robinette, 445th Maintenance Squadron propulsion craftsman, is the 445th Airlift Wing Senior NCO of the Quarter, third quarter. Robinette forecasted five workloads needing maintenance on five engine changes and 52 home station check inspections, resulting in 100 percent on-time completions. He oversaw C-17 engine transfers, securing disposition of \$11M assets, increasing repair-cycle efficiency by 5 percent. The sergeant oversaw helicopter maintenance for the UH-60, UH-47 and AH-64 helicopters values at more than \$34M. During his off-duty time, Robinette served as a Boy Scout den leader for approximately 25 children. He coached and mentored more than 40 children in basketball and soccer. He gave 30 pairs of boots to underprivileged children at the Warren County Career Center. Robinette received a Bachelor of Science degree in aeronautics from Embry-Riddle Aero University.

CGO



First Lieutenant Cassidy Helregel, 89th Airlift Squadron C-17 pilot, is the 445th Airlift Wing Company Grade Officer of the Quarter, third quarter. Helregel flew six airlift missions in support of Operation Enduring Freedom, logging 77 combat and combat support hours. He flew more than 320 hours, delivering 950,000 pounds of cargo and 420 passengers, logging in 97 total sorties. The lieutenant led four High Risk of Capture briefings for 160 reservists during their critical survival and evasion training. During his off-duty time, Helregel competed in the Tough Mudder Challenge, helping raise more than \$1,000 for the Wounded Warrior Project. He volunteered for the Fisher House fundraiser, helping net more than \$77,000 in contributions. Helregel received his Bachelor of Science degree from Southern Illinois University and is working on his master's degree.



CES participates in annual heavy equipment training

By Senior Airman Devin Long
445th Airlift Wing Public Affairs

Members of the 445th Civil Engineer Squadron completed a portion of their annual heavy equipment operation training at the 88th Air Base Wing CES building July 13, 2014.

Every year, each member of the 445 CES must recertify in safe heavy equipment operation to remain knowledgeable in their career field, said Senior Airman Kyle Adkins, a heavy equipment operator with the 445 CES.

The 445 CES is responsible for maintaining runways and air bases. Their mission requires the use of heavy equipment such as cranes, excavators and bulldozers, said Adkins.

Part of the training for recertification includes working with a dump truck and loader, said Adkins, a trainer for the course. It starts with familiarizing each member with the operation of each vehicle along with a physical demonstration. After that each trainee takes a turn operating the vehicle with the trainer standing by to assist. The next part is the written test portion.



Photos by Tech. Sgt. Anthony Springer

Senior Airman Olsen, pavement and equipment specialist, maneuvers a bulldozer. (inset) Senior Airman Michael Johnson, pavements and construction apprentice, gives instructions on operating a bulldozer to Senior Airman Alexander Mosholder, electrical services helper, July 13, 2014.

heavy equipment if they were to deploy.

Many of the members feel the training is a nice change of pace from the usual grind.

“Usually you have to do computer based training or something like that and it’s boring,” said Ernst. “It’s nice to get out and do this”

The July 12-13 drill weekend was spent entirely on teaching trainees the dump truck and loader. After completing this training, they must log 40 hours per vehicle in order to be certified, said Adkins.

“In two days you can get a lot accomplished,” said Adkins, who has spent the entire drill weekend teaching the course. “I feel it’s enough training.”

In the case of deployment, many members who are not heavy equipment operators are also trained, said Airman 1st Class Jon Ernst, an electrical technician with the 445 CES and trainee of the course. Any member of the 445th CES knows how to operate basic

89th pilot brings jiu jitsu conditioning to fitness training

By Stacy Vaughn
445th Airlift Wing Public Affairs

Adding new fitness routines for self-improvement can be a challenge for some individuals but for one reservist, Brazilian jiu jitsu conditioning is helping him not only maintain a fitness level to conquer the Air Force fitness test, but to maintain a healthy lifestyle.

Maj. Eric Palichat, 89th Air-

lift Squadron C-17 pilot, has been studying and training Brazilian jiu-jitsu for the last six years.

“I work out three to four days a week for approximately one to two hours when I’m in town. The hectic of life limit the amount of time I can dedicate for an effective workout, so I’ve found Brazilian jiu jitsu

as an excellent alternative,” Palichat said.

According to instructors from the S&G Brazilian Jiu-Jitsu school in Dayton, Ohio, Brazilian jiu-jitsu is a martial art, combat sport and self-defense system focusing on

See *JIU JITSU*, page 6



AMXS, from page 1



Photos by Capt. Elizabeth Caraway

Staff Sgt. Jacob Nelson, 445th Aircraft Maintenance Squadron crew chief, works on a C-17 brake safety wire during a brake replacement July 10, 2014. The worn brake can be seen at right.

Gantt. “Together with the 721st, we made a good, cohesive team and made our expertise clear.”

The 445th maintainers were quick to acknowledge the difference in operations tempo.

“The mentality here is ‘hurry up and get [the plane] out,’” said Tech. Sgt. Keric Johnson, 445th AMXS crew chief. “At Wright-Patt, it’s generally not that hectic. But these planes are just passing

through, and it’s our job to get them on their way as quickly as possible. We also have a crew chief for every aircraft, and here, there’s just not the manning.”

In addition to sharing their on-the-job experiences, 445th Airmen also helped educate their active-duty counterparts on Reserve service and the differences between traditional Reservists, Air Reserve Technicians, and Individual Mobilization Augmentees. Many of the 721st maintainers were young in their careers and unfamiliar with the differences. Some assumed all Reservists serve a sole weekend a month.

“They may have assumed that, as Reservists, we don’t know much, but then we get out there and show them and they quickly change their minds,”

said Johnson. “They were eager to learn from our expertise.”

The support from the 445th AW afforded 721st AMXS Airmen the chance to take leave and catch up on training and maintenance requirements, said Maj. Sean Goode, 721st AMXS commander, who took command the day that 445th Airmen arrived.

The 445th maintainers ended their two-week stint feeling more capable and confident.

“It’s been an excellent experience,” said Staff Sgt. Matthew Brodarick, 445th AMXS pneudraulics specialist. “I feel as though I’ve contributed to the mission here.”

“This two-week mission was about letting our maintainers shine,” said Gantt. “We showed the active duty what we bring to the table.”



Staff Sgts. Korey Smithward (far left), and Thao Phan (far right), 445 AMXS fuels specialists, assist Senior Airman Brenton Reese, 721 AMXS fuels specialist, in refueling a C-17, July 11, 2014.

(top right) Staff Sgt. Steve Billingsly, 445 AMXS C-17 crew chief, checks engine parts as part of a basic post-op flight, July 10, 2014.

(bottom right) Tech. Sgt. Keric Johnson, 445 AMXS C-17 crew chief, marshals in a C-17 at Ramstein Air Base July 10, 2014.



SPOTLIGHT

Rank/Name

Staff Sgt. Jamie Harris

Unit

445th Aircraft Maintenance Squadron

Duty Title

Aircraft Hydraulics

Hometown

West Liberty, Ky.

Civilian Job

Air Reserve Technician

Education

Bachelor of Science in entrepreneurship/business administration

Hobbies

Running, Crossfit, outdoor family activities, real estate

Career Goal

To be a real estate mogul and to get commissioned as an officer

What do you like about working at the 445th?

I enjoy working and laughing with most of my co-workers, while contributing to the launch of C-17 missions.



Tech. Sgt. Patrick O'Reilly

Why did you join the Air Force?

My great-grandfather and my father were both in the Air Force.

I joined to follow in their service, and to also be a part of an organization that represented great values.

JIU JITSU, from page 4

grappling (techniques, maneuvers, and counters applied to an opponent in order to gain a physical advantage) and ground fighting.

Palichat has been using BJJ as his primary form of conditioning for his physical fitness test and as an overall life improver.

“The core strength gained is great for sit-ups, the functional strength gained is used toward the push-ups, and the cardio is used for the running phase. The mental strength gained provides the never quit attitude that helps one achieve more even when the body is fatigued.”

Unlike running which primarily focuses on increasing cardio endurance, Palichat said jiu jitsu does that plus it builds core, physical, and mental strength with the benefits of learning effective defensive and offensive techniques against assailants.

“In my opinion, Brazilian jiu-jitsu is the most functional and effective martial arts for self-defense and physical fitness. It promotes the concept that a smaller, weaker person can successfully defend against a bigger, stronger assailant by using leverage and proper technique, taking the fight to the ground – most notably by applying joint-locks and chokeholds to defeat the other person,” Palichat said.

The reservist compares BJJ workout with a wrestling. Moving body weight of another individual in a 5-8 minute period improves strength, flexibility, and

is excellent cardio. Most wrestlers don't rely on lifting weights or running to gain functional strength or stamina, but instead rely on the actual act of wrestling. Unlike wrestling, however, where the object is to pin one's adversary or gain points, the goal of BJJ is to apply a joint lock or choke, forcing the opponent into submission.

To help with the whole BJJ experience and workout with fellow enthusiasts, Palichat is enrolled in a Brazilian Jiu Jitsu class in Dayton, Ohio. In his class, he and his classmates endure 20 minutes of calisthenics at the start of the class followed by 20-30 minutes of instructional techniques then 20-30 minutes of "rolling" (sparring). The class instructor, Jon Stuntzman, guides the class.

“Brazilian Jiu-Jitsu is more than an art you learn. It's a lifestyle you live. Everyday spent on

the mat is a day becoming not only a better practitioner but a better person,” Stuntzman said.

Palichat hopes to see his fellow reservists and their families at one of his classes so they can experience the BJJ lifestyle.

“One of my favorite benefits of jiu jitsu is the uniqueness of training with different demographics, professionals, kids, teens and fighters which facilitates growth in all aspects of my life. Everyone has a story and each story has a lesson to be learned,” Palichat said. “I'm looking forward to seeing you all in class!”



News Briefs

Newcomers

Capt Margaret Kuntz, 14 IS
 TSgt Kelly Bergelin-Lomeli, ASTS
 TSgt Brian Guzowski, 71 IS
 TSgt Michael Lijewski, LRS
 TSgt Chad Lorenz, MXS
 TSgt Theodore Marsh, 87 APS
 TSgt Patrick O'Reilly, AW
 SSgt Nicholas Akins, 87 APS
 SSgt William Baez, 71 IS
 SSgt Daniella Cardoza, FSS
 SSgt Steve Fuentes, SFS
 SSgt Courtney Katafias, SFS
 SSgt Matthew Keeton, SFS
 SSgt Waleed Kishta, 64 IS
 SSgt Ryan Maloney, LRS
 SSgt Samson Ohingo, AMDS
 SSgt Charles Patton, AW
 SSgt Jordan Perrin, AMXS
 SSgt Michael Poffenbarger, 87 APS
 SrA Erik Garcia, AMXS
 SrA Mary Johannes, ASTS
 SrA Jessica Shaughnessy, AW
 SrA Alexander Stephens, SFS
 SrA Micah Voss, 14 IS
 A1C Joseph Easley, CES
 A1C Anthony Molden, 89 AS
 AB Erik Adkins, AMXS
 AB Nicholas Beatty, MXS
 AB Kasiem Medley, FSS

Promotions

Airman

Marvin Brewer, AMXS
 Cody Burdette, AMXS
 Matthew Roberts, FSS
 Devante Rudisel, 87 APS

Airman First Class

Georgia Blankenship, 87 APS
 Matthew Card, AMXS
 Joshua Collins, AMXS
 Nicholas Giannuzzi, 87 APS
 Gregory Hoseus, OSS
 Dylan Lewislee, 87 APS
 Christopher Mier, 87 APS
 Michael Rooker, 87 APS
 Gabriel Terrill, OSS

Senior Airman

Steven McClendon, FSS
 Anthony Molden, 89 AS

Awards

Meritorious Service Medal

Col Linda Stokes-Crowe, AES
 Lt Col Jeffrey Eblen, 89 AS
 Lt Col Mitchell Richardson, OG
 Capt Shannon Cornwell, 655 ISRG
 Maj Tara Jones, AW
 MSgt Edward Benton, AW
 MSgt David Filipkowski, AW
 MSgt Henry Harlow, MXG
 MSgt Joseph Holbrook, LRS

Air Force Commendation Medal

MSgt Ryan Cunningham, 14 IS
 MSgt Jason Gumm, AMXS
 TSgt Rachelle Hibbs, AMDS
 TSgt Eugenie Hinson, AW
 TSgt Thomas Mihalyi III, 655 ISRG
 TSgt Anthony Respeto, 655 ISRG
 TSgt Michael Scinto, OSS

SSgt Precious Sims, AW

Air Force Achievement Medal

Lt Col Cheri Morio, ASTS
 SSgt William Burdick, AMXS
 SSgt Jaymes Cardwell, AES
 SSgt Adam Craig, AMXS
 SrA Leslie Brown, 71 IS
 SrA Nicholas Lange, CES

New process in place for passport requests

The 445th Force Support Squadron has implemented a new process for passports. Members who need a passport should call (937) 257-4382 or email jessica.mcmillian@us.af.mil to set up an appointment.

Appointments are currently available Monday, Tuesday, Thursday and Friday.

An information sheet listing what you need to bring to your appointment is available on the Career Development's SharePoint page: <https://afrc.eim.us.af.mil/sites/445aw/445MSG/445FSSSharepoint/SitePages/Home.aspx>

To access information needed:

1. Click Career Development
2. Click Shared Documents
3. Click Passport folder
4. Click on Government Passport Checklist

The Career Development office is located in building 4014, Room 143B. For more information, call (937) 257-4382.

Employers Day scheduled for Nov 1

The 445th Airlift Wing will host its annual Employer Appreciation Day, Saturday, Nov. 1.

The day will begin with breakfast and include various tours/demonstrations, lunch and a C-17 flight or C-17 simulator flight.

Airmen are encouraged to nominate their employers to attend. Nomination forms are located in the Blue Pages and at: <https://afrc.eim.us.af.mil/sites/445aw/445AW/445AWPASHarePointpage/SitePages/Home.aspx>

For more information, please call the PA office at (937) 257-5784.

DTS filing requirements

The 445th Airlift Wing financial management section is currently understaffed particularly in DTS processing personnel. The wing has been diligently working to find ways to increase the efficiency in which vouchers are processed. One way that has been identified to help this process is making sure the documents you scan and upload (e.g., signed orders, receipts, etc.) to "Substantiating Records" section are in a single file, preferably in chronological order. Also please make sure all documents are turned in the same and correct direction. If you need help putting the documents in a single file, please ask someone in your section.





Senior Airman Devin Long

Staff Sgt. Dawn Gettys and Senior Airman Kyle Altman, both from the 445th Security Forces Squadron, practice subduing perpetrators during the use of force training, July 13, 2014 at Wright-Patterson Air Force Base, Ohio. The 445 SFS conducts training through a scenario-based course on deescalating conflict by using verbal commands, simulating use of pepper spray, batons or deadly force. Security Forces instructor Staff Sgt. Ryan Steele taught more than 25 participants. Staff Sgt. Christopher Booth and Tech. Sgt. Ryan Lamarr donned padded Redman suits and portrayed suspects during the training. The students practiced baton and handcuffing techniques to take down the suspects. The annual use of force training ensures the squadron is proficient and maintains operational readiness.

On the Web



AMXS
June MC rate
best in AFRC



LRS heads
to Charleston
AFB for AT



MXG Airmen
build morale at
baseball game

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