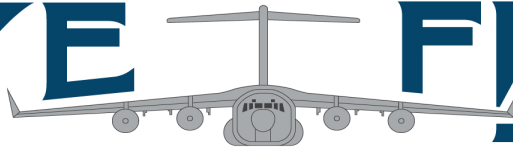


BUCKEYE FLYER



Wright-Patterson AFB, OH

| Volume 53, No. 1

| January 2014



Tech. Sgt. Frank Oliver

Staff Sgt. Stephen Billingsly, 445th Aircraft Maintenance Squadron aircraft maintenance craftsman, de-ices the tail of a C17A Globemaster III, December 17, 2013 at Wright Patterson Air Force Base, Ohio. Ridding the aircraft of snow and ice is essential before take off.

MXG provides training, produces 'mega' results

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

The 445th Maintenance Group conducted their fifth annual mega training session during December's scarlet and gray unit training assemblies.

More than 250 Airmen gathered together each week in Hangar 4016 to receive ancillary and computer based training, as well as certain maintenance specific training, during the mega training event.

"Our objective for the mega training is to ensure our Airmen accomplish their annual training and are in compliance with Air Force standards," said Senior Master Sgt. Chris Williams, 445th Maintenance Squadron first sergeant. "This yearly event helps our maintainers to be more efficient and effective with their time to be able to put more focus on aircraft maintenance."

Computer based training and ancillary training are an annual requirement for all Reservists, but not all Airmen have the opportunity to unlimited time and computer access, especially when drill is only one weekend a month and a maintainer's career field is more 'hands-on' and away from a computer.

"Mega training was created to help streamline the process for maintainers to work through time and computer constraints," said Senior Master Sgt. John Koehl, 445th Aircraft Maintenance Squadron. "Our Airmen can be more proficient and focus specifically on addressing maintenance issues within their job without having to worry if they've expired in their training."

One Airman who has served 27 years has seen firsthand the transition to mega training is beneficial and

he says he is grateful for the change.

"Airmen are always training for something - their fitness, receiving medical evaluations and everything else that takes time away from learning about and performing our job, so mega training is a convenient way to get the training done," said Master Sgt. Eric Peters, 445th MXS propulsion flight chief. "There are no interruptions and the training doesn't feel time consuming. After we are finished in these two days of training and briefings, we know we are up to date on our records and we can focus on our main job."

Some of the briefings within the mega training session include sexual assault prevention, law of armed conflict, maintenance training and most importantly - suicide awareness.

During the winter and holiday seasons, people are more prone to depression and feeling down in the dumps. According to Major Todd Reeder, 445th MXG maintenance operations officer, it is important to recognize risk factors and warning signs in others to help prevent suicide.

"We need to learn how to be a good wingman and take appropriate steps to help find the right resources and be sensitive to this subject because everyone has lost someone at some point in their life, so we can all relate to each other from our experiences," he said.

These annual training events give maintainers the opportunity to stay current and refresh their skills so they can remain prepared to face future challenges.

A look at 2013 in the rearview mirror

By Chief Master Sgt. Peri Rogowski
445th Airlift Wing Command Chief

Whew! What a year we've had!

When I was asked to write this article I started thinking about everything our wing has experienced this year and started jotting down a few major events that took place. I quickly realized that it was a whole lot more than a few major events! Just like they do in Time or People magazine at the end of every year, let's go down the 445th 2013 Year in Review.



It was not that long ago when many of us came in and conducted an awesome pre-operational readiness inspection training event donning our chem gear and sharpening our skills before heading south to Gulfport for a successful ORI.

We came back from the ORI and continued through our C-17 conversion and became FOC (full operational capability) ahead of schedule – an amazing accomplishment!

In March, we all dressed up and had a sold out annual awards banquet where 15 categories of Airmen, spouse, youth, volunteer and community partner were recognized. This was followed by a dark cloud that fell upon us and we had our unfortunate civilian furlough that affected all of our ART and civilian workforce. However, we kept going and started a new program called Job Swap where our members signed up and spent a couple of hours in another unit learning about what they do and how they fit into our mission.

This summer we hosted and bedded down the Toledo Air National Guard and their F-16s for a month or so. Shortly thereafter, the aeromedical evacuation squadron finally moved back in their building after nearly a year of being relocated for renovation – and no, they didn't purchase all their furniture from IKEA, even though it looks like it.

We also conducted a very successful IRR Muster and wrapped up our fiscal year with an amazing Callamityville event that drew 500 unit members, community partners and first responders.

In October, we had the unfortunate government shutdown and

sequestration. This hurt us more than anyone could have imagined as we had to reschedule our October unit training assembly. This was something very few of us ever recall happening in our careers.

Right after our government turned back on, we came in on the November UTA just in time to bid farewell to wing commander, Col. Steve Goeman and say hello to our new commander, Col. Jeff McGalliard.

Shortly thereafter, we were told that our headquarters building needed to be renovated yet again for a year and were given only a few weeks to move out. We continue to feel the effects of the sequestration as we operate on a Continuing Resolution Agreement.

So it's no wonder we are all feeling tired. We should be – we've had a heck of year and it's not slowing down anytime soon! Our UEI has already begun with our virtual inspection and soon we will be hosting the IG for our physical inspection and roll right into our annual awards banquet and all of our yearly wing events.

So how do we do it being this tired? The same way we've always done it – with pride, enthusiasm and excellence! This wing has never been shy or lazy. This wing has always found the energy and motivation to press on regardless of the challenges we face.

This year WILL be another challenging year, but we know that we will continue to press forward with the same dogged determination as we always have. We simply have no choice – the American people demand it and we are, after all, the greatest Air Force in the world and we will never let them down.

Buckeye Flyer

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Help available for those experiencing depression

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



Taking care of ourselves is something we hear quite often. Getting proper rest, eating the right foods, exercising and investing in our spiritual wellbeing reflect a well-balanced

life. Keeping all of these aspects of self-care in proper proportion is not always easy. Self-care can take time and energy that we may not have. Life is full of good times and bad, happiness and sorrow.

If you have been feeling “down” for more than a few weeks or having difficulty functioning in daily life you may be suffering from a common, yet serious medical condition known as clinical depression. Many things can contribute to clinical depression. For some people a number of factors seem to be involved, while others a single factor can tip the scales and lead to this illness. People often become depressed for no apparent reason. Regardless of the factors involved, clinical depression needs to be diagnosed and treated.

Some causes may involve biology. People with depression typically have too little or too much of certain brain chemicals. Changes in these brain chemicals may cause or contribute to a depressed state.

People with negative thinking patterns; people who are pessimistic, have low self-esteem, worry too much or feel they have little control over life events are more prone to becoming depressed. Depression is not just “feeling blue”. It is more than being sad or experiencing the feelings of grief after a loss. Depression is a medical disorder (just like diabetes, high blood pressure or heart disease) that has been known to affect a person’s, thoughts, feelings, physical health or other personal and social behaviors. It may put them at risk for thoughts of suicide and can send them into a major tail spin.

A mental health care specialist such as a social worker, psychologist, psychiatric nurse or clinical chaplain may be the source of seeking care and support which may begin with individual, group, family or marital therapy. One experiencing such symptoms

may also need to be evaluated for antidepressant medication to assist in rounding off the rough edges.

Depression is usually treated in two steps: acute (short term) or continuous (long term) care. The acute aim is to remove the symptoms of depression until one begins to feel well. In continuous treatment one may need ongoing support even after feeling well. This is important because it keeps the episodes of depression from coming back. This period of treatment may last as long as six to nine months. Changes in the seasons, work conditions, financial responsibilities or health conditions may trigger the onset of depression.

If you feel like you are experiencing symptoms of depression please do not hesitate to seek help. Members of the wing’s Chaplain Corps are vigilant and committed to assisting in getting the help you need. To reach a chaplain call (513) 432-7194 or (513) 652-2868.

SPOTLIGHT



Tech. Sgt. Anthony Springer

in the Air Force Reserves

What do you like about working at the 445th?

Getting to meet new people each drill weekend and having such a great military family and unit to work for and with.

Why did you join the Air Force?

I joined the military after I went to college for a year after high school and decided I wanted to do something different and needed a change. The Air Force seemed like a great decision for me at the time and is truly one of the best decisions I have ever made.

Rank/Name

Staff Sgt. Dawn Gettys

Unit

445th Security Forces Squadron

Duty Title

Security Forces combat arms

Career Goal

Get my commission and become an officer



Holidays at the home

A connection to fellow veterans

By Master Sgt. Charlie Miller
445th Airlift Wing Public Affairs

DAYTON, Ohio -- The main dining facility at the Dayton Veterans Affairs Nursing Home on Gettysburg Drive was a busy place Dec. 7, 2013, Pearl Harbor Day. The young and the old, the uniformed and formerly uniformed along with the Air Force Band of Flight's Wright Brass gathered for a delightful holiday lunchtime party.

"This lifts up the veterans spirits," said resident and Army veteran Danny Sanford. "Some of us here don't have family and we appreciate this party."

About two dozen members of the 445th visited the vets, helping them get their lunch and find an empty seat. In some case, they cut up food or even fed them.

The dining area was busy. There was a mountain of good food, wonderful live music, door prizes and dozens of bright decorations, but for me the real attraction is hanging out with the veterans.

It's been my good fortune to meet and talk with men and women of all ages from all branches of the military that live there. Some have friends and family that visit, call or write. Other residents, sadly, have literally no one. I firmly believe my walking up to them in my uniform stirs something in both of us. It turns out that we both served proudly.

As with any facility of this type, some of the residents cannot physically come to the party. The wards have small dining areas which are used by some of the residents and others eat in their rooms. I guess you could say we took the party to them.

"When you get an organization that pours its heart out to thank us, it's great," said John Howard, a resident and Marine Corps veteran. "I feel grateful for those who thought of us."

One year some of us took food into the Alzheimer's ward, which was particularly tough but, you know, these are fellow military members deserving of a visit and our attention even if it's only for a few minutes. I said to one of the nurses that I bet she gets to hear some interesting war stories. "Oh, you wouldn't believe the stories we hear," she answered. I'll bet not.

"This is a small way to give back to some very important people," said Chief Master Sgt. Charles Hoffman, 88th Air Base Wing Command Chief. He was there visiting and serving the veterans along with about two dozen other active-duty members, retirees, Air Force Sergeant's Association members and Air Force Association members. The AFSA and AFA sponsored the 18th annual party.

Clearly, it's a time to give and not receive. Years ago I was interviewing an active-duty staff sergeant at the party who'd just got back from Iraq and he said "this is all about helping people out, that's what it comes down to. These are people who served before us and I feel it's an honor to be here."

Retired Master Sgt. Steve Adams, volunteered his barbering skills giving free haircuts to the residents. Adams is part of a family hair care business located just outside Dayton in Northridge. One of the employees



Senior Airman Matthew Cook

Tech. Sgt. Crystal Tyson, 445th Aeromedical Staging Squadron, and Master Sgt. Jeffrey Spires, 445th Logistics Readiness Squadron, share a laugh while exchanging stories with a vet at the Dayton VA Medical Center.

from his barbershop also cuts hair.

"Once you start doing something you realize that you get a lot more than you give," Adams said. "This makes my holiday season. I look forward to this every year; it's my way of giving back to the veterans."

The AFSA has been sponsoring this party, a summer picnic and other events at VA centers locally and around the country for over 30 years now.

"This is a way to give back to those who have fought for our country in the past," said Senior Airman Anna Roberts, 445th Operation Support Squadron.

Master Sgt. Henry Harlow, 445th Maintenance Squadron, routinely told the veterans in years past that he was there to visit them and "to see where I'm going to be living" in the future. Needless to say, the vets always got a kick out of Harlow's line.

I had a senior airman tell me that being at the VA for the party gave her a real sense of giving and that by talking with the vets she found out that they used to do what she does now. How cool is that?

"Systems Go," the light jazz duo from the Air Force Band of Flight, usually plays at the party but are currently deployed. Wright Brass filled in without missing a beat. Their music set a comfortable and festive mood for the party.

"One of the best parts of our jobs is being able to spread cheer to the veterans," said Master Sgt. Mike Richter, NCO in charge of the Band of Flight.

Retired 87th Aerial Port member Tech. Sgt. David Woods told me in 2006 that for him the party was a history lesson. Wow, what a way to put it. Woods suggested that everyone in the wing should do this at least once. He was dead on, 100% correct. Next December, or at the summer picnic, come out and connect with the veterans. It could just be a life changing experience. It has been for me.

(Editor's note: Master Sgt. Miller who will be retiring in January of 2014 has covered this event for 13 years.)



Fit to fight in the new year

By Capt. Elizabeth Caraway
445th Airlift Wing Public Affairs

For many, the new year represents a fresh start, a new beginning to set resolutions, meet challenges, and achieve goals. Improving health is one of the most common objectives nationwide, with losing weight and getting fit both appearing on lists for top American resolutions. For those in the Air Force Reserve, that objective is doubly important; fitness is a job requirement.

However, many face challenges that those serving on active duty do not. Some reservists can't benefit from unit physical training sessions during the week and may serve in full-time jobs that don't emphasize health and fitness. It's each individual's personal responsibility to take charge of their physical conditioning, not only to excel during testing, but because you'll reap the benefits in improved energy, mood, sleep, and disease prevention.

If you want to better your physical fitness test score and enjoy the other benefits of a healthier physique, Capt. Miranda Laubie, 445th Force Support Squadron executive officer and unit fitness monitor, offers several tips.

- Be consistent.
- "Keep it simple, but consistent," said Laubie. "Work toward the goal of a minimum 3-4 sixty minute sessions per week."

- Get a workout buddy.
- "I recommend getting a workout buddy to keep you accountable. Find a motivator—a coworker, spouse, or

friend that will encourage you."

- Practice for the test.

Laubie said too often she sees Airmen spend hours on cross-training and almost no time practicing the exercises that comprise the PFT. "Run, do sit-ups and do push-ups," she urged. "Cross-training isn't always the best, especially if you're struggling in a specific area."

- Track progress.

Laubie recommends tracking progress through online tools, smart-

phone apps, or simply with a notebook and pen. Seeing improvement is a huge motivator.

- Clean up your diet.

No matter how consistent your workouts, Laubie warns that exercise is only half the battle. "Diet is key," she said. "Make sure you make your nutrition goals realistic, though. The key is mod-

eration, not deprivation." A healthy diet will improve your performance in every area of the PFT.

When the Air Force implemented the latest round of changes to the fitness test on Oct. 1, Air Force Chief of Staff Gen. Mark A. Welsh III said, "I believe we have DoD's best designed, best run fitness program, and as a result, we have a force ready for any mission our nation asks us to execute. I'm extremely proud of how far we've come with our fitness culture."

Regardless of where you are in your personal fitness program, you too can resolve to embrace the fitness culture at the 445th Airlift Wing and become fit to fight in the new year.



Senior Airman Devin Long

Tech Sgt. Caroline Sussman, 89th Airlift Squadron loadmaster craftsman, performs the running portion of the U.S. Air Force fitness test at the Wright Field Fitness Center, Wright-Patterson AFB, Ohio, Dec. 15, 2013.

445 AW reservist selected as AFRC resource advisor of the year

Maj. Tara Jones, 445th Airlift Wing executive officer, has been selected as the Air Force Reserve Command Resource Advisor of the



Year, Installation Level, for her work accomplished during the October 2012-September 2013 award period. During this time, Jones was serving as the 445th Mission Support Group executive officer.

Jones coordinated the execution of AFRC FY13 facilities projects awards, where 13 projects worth more than \$4 million were funded. She helped organize lodging for more than 260 Operational Readiness Inspection players during a wing-directed annual tour for pre-ORI training. Jones initiated new guidance to mitigate improper conference/registration fee payments on government travel cards. She also created a travel voucher tracker for 445th MSG staff and five squadrons. Jones was selected as the wing's Company Grade Officer of the quarter.

Jones' good nature continues off-duty where she volunteers to serve meals at the Dayton Veterans Affairs Medical Center's annual Christmas party. She assists with bingo night at the Alexandria Senior Center. She also helped man the 445th Air Force Marathon hydration station, meeting the needs of more than 15,000 runners. Earlier in the year, Jones was a key inspector for a short-notice Chief of Staff of the Air Force-directed health and welfare inspection, a two-day turnaround affecting 21 buildings and 32 wing agencies.



445 AW 2013 Highlights



1

Staff Sgt. Mikhail Berlin



2

Tech. Sgt. Anthony Springer



3

Master Sgt. Charlie Miller



4

Bill Richard



6

Master Sgt. Charlie Miller



5

Tech. Sgt. Frank Oliver

1. A 445th Aeromedical Evacuation Squadron team participates in the self-aid and buddy care portion of the 445th Rodeo held Jan. 24. The Rodeo was held in final preparation for the operational readiness inspection that took place Jan. 28 – Feb. 1 at the Air National Guard Combat Readiness Training Center, Gulfport, Miss.
2. Pallets of donated food items are off-loaded at Haiti's Port-au-Prince International Airport from a 445th Airlift Wing C-17 Globemaster III June 15. Ten pallets containing approximately 90,000 pounds of dried and sealed food packets, the equivalent of 541,728 meals, were transported to Haiti
3. The 445th Airlift Wing officially opened the C-17 Simulator Training Facility July 16. Cutting the ribbon are (from left to right); Lenny Genna, L-3 Link Simulation and Training president, Col. Cassie Barlow, 88th Air Base Wing commander, Congressman Michael Turner, U.S. Representative for Ohio's 10th District, Col. Stephen Goeman, 445th Airlift Wing commander, and Tracy Mead, Program Manager, C-17 Aircrew Training System, the Boeing Company.
4. Col. Stephen Goeman, 445th Airlift Wing commander, and Fairborn Mayor Tom Nagel unveil the "Spirit of the City of Fairborn" decal during an aircraft remaining ceremony Sept. 10, honoring the city of Fairborn.
5. The 445th Airlift Wing staged an emergency disaster response training exercise involving approximately 400 people at the base and at "Calamityville," a training area located just outside the base in Fairborn, Ohio, Sept. 29. The exercise was designed to ready military and civilian medical professionals to react and work as a team when disaster strikes.
6. The 445th Airlift Wing welcomed its new commander, Col. Jeffrey J. McGalliard and bid farewell to outgoing commander, Col. Stephen D. Goeman during a change of command ceremony Nov. 2.



News Briefs

Awards

Meritorious Service Medal

Lt Col Barry Crane, LRS
Lt Col Ricardo Salvat, AMDS
CMSgt Peri Rogowski, AW
SMSgt Alan Baker, CES
MSgt Cindy Hall, AW
MSgt Glenda Marck, OSS
TSgt Amanda Hostetter, AES
TSgt Pail Romans, AMXS
TSgt Matthew Thomas, MXS

Air Force

Commendation Medal

Capt Miranda Laubie, FSS
TSgt Ashley McIlhargie, AMDS
SSgt Bjorn Solheim, SFS

Air Force Achievement Medal

TSgt Timothy Knight, MXS
TSgt Ryan McBride, MXS
TSgt Matthew Thomas, MXS
TSgt Kirk Thompson, MXS
SSgt Corey Hughes, MXS
SSgt Eric Whiteaker, MXS
SrA Andrew Brinza, MXS
SrA Jennifer Caldwell, ASTS

Air Medal

Maj Brian Quinn, OSS

Newcomers

Capt Elisabeth Applegate, 71 IS
Capt Christine Dubray, AES
Capt Jiajia Lee, 14 IS
1Lt William Scott, AES
1Lt Margaret Spears, AES
TSgt Richard Demmon, MXS

TSgt Everett Fultz, CES
TSgt William Haigler, AMDS
TSgt Mathew Johnson, AMXS
TSgt James Martin, MXS
TSgt Mia Rigillo, 655 ISRG
SSgt Scott Trivett, CES
SrA James Conlon, 71 IS
SrA Kathryn Fradette, LRS
SrA Terra Graham, CES
SrA Ginger McKinney, OSS
A1C Casey Jones, AMXS
A1C Inez McQueen, AMDS
A1C Peter Nicoll, SFS
Amn Georgia Blankenship, 87 APS
Amn Shawn Crenshaw, CES
Amn Nicholas Giannuzzi, 87 APS
Amn Gregory Hoseus, OSS
Amn Stephen Jeffries, 71 IS
Amn Michael Rooker, 87 APS
Amn Diedra Simpson, LRS
Amn Morgan Smith, AMDS
Amn Gabriel Terrill, OSS
AB Michael Briggs, FSS
AB Gabriel Holcomb, AMXS
AB Jeneca Kennedy, AMDS
AB Jalen McMahan, SFS
AB Sean Mendez, FSS
AB Dustin Swift, MXS

Promotions

Airman

Georgia Blankenship, 87 APS
Shawn Crenshaw, CES
Nicholas Giannuzzi, 87 APS
Gregory Hoseus, OSS
Brandon Keys, AMDS
Dylan Lewis-Lee, 87 APS
Greg Osborne, CES

Michael Rooker, 87 APS
Mitchell Ruiz, CES
Diedra Simpson, LRS
Morgan Smith, AMDS
Gabriel Terrill, OSS

Airman First Class

Dakota Coniglio, 87 APS
Mason Cremeens, 87 APS
David Elam, ASTS
Shane Ellis, 87 APS
Jonathon Ernst, CES
Jacob Shaw, LRS

Caleb Smith, LRS

Senior Airman

Jeff Cox, LRS
Kathryn Fradette, LRS
Courtney Harry, SFS
LaShonta Hodges, FSS
Stephen Jeffries, 71 IS
Nicholas Livingston, SFS
Ginger McKinney, OSS
Jeffrey Muldovan, CES
Brittany Nelson, FSS
Robert Petross, 87 APS

Commander's Call

The 445th Airlift Wing's commander's call is scheduled for 7 a.m., Jan. 5 at the base theater.

FM Reserve pay office announces new office hours

The 445th Airlift Wing Financial Management office has new hours of operation effective immediately.

New office hours for FM customer service are 8 a.m. to 12 p.m. Monday through Friday.

Appointments are available through pay help for assistance after hours.

Customer service hours during the unit training assembly are 8 a.m. to 3 p.m. Saturday and Sunday of each UTA.

Members are reminded that pay orders should be certified electronically in AROWS-R TODC.

Orders may also be submitted via email to: 445AW.PayHelp@wpafb.af.mil or fax to: (937) 257-5101.

For more information, please call the FM office at (937) 257-4397.

buzzed
driving is
drunk
driving
designate a sober driver





Staff Sgt. Mikhail Berlin

Night Riders

Lt. Col. Mark Hannon, 89th Airlift Squadron pilot, completes paperwork for crew members after a mission Dec. 18. Hannon and his crew performed take-offs and landings while using Night Vision Goggles as a part of a training requirement for pilots.

On the Web



445 AW
Year in Review



Santa
visits wing



AMXS
conducts post
flight engine
inspections

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