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Tech. Sgt. Mike Neri (left), Master Sgt. Alicia Lavender and Senior Airman Jordan Reed, all from the 445th Maintenance Group, unscramble words to create sentences as part of the MXG Amazing Race teambuilding exercise, April 6, 2014.

Capt. Elizabeth Caraway

Wingman Day emphasizes ‘finding the good’

By Capt. Elizabeth Caraway
445th Airlift Wing Public Affairs

Lt. Gen. James Jackson, commander Air Force Reserve Command, has urged members to “find the good and maintain a prospect of hope...even in the midst of difficulty.” This concept of “finding the good” and striving for an optimistic outlook was the grounding tenet of Wingman Day activities April 6.

Since 1943, the term “wingman” has referred to the pilot of the plane beside the lead aircraft in a formation. The wingman’s presence increases both offensive and defensive capabilities through additional firepower and situational awareness. In combat, the wingman warns the lead aircraft of any immediate threats and remains close at all times. The wingman protects the leader, reacts to changes in surroundings, and is an active communicator.

Airmen of every specialty code have now embraced the title “wingman” and, hopefully, all that the role implies on the ground, outside of an aircraft. A “wingman culture” implies a culture of awareness—of one’s contributions to the team, of changes in the environment, and of threats to unit members. It does not imply that an individual is solely responsible for the actions of all team members, nor that Airmen must act as babysitters for their team. Ultimately, people make their own decisions, but as a wingman, it is your job to communicate

to those around you when you identify potential threats. A good wingman is an Airman that is willing to step in and speak up when a situation is getting out of hand or going south.

“We want to cultivate a feeling of esprit de corps, recognizing indicators of stress in yourself as well as others,” said Lt. Col. David Leist, 445th Airlift Wing chaplain.

Maintaining a culture of awareness begins with the individual; if you aren’t taking care of yourself, it’s difficult to do your best caring for others. Leist explained that comprehensive Airman fitness has four components: mental, physical, social, and spiritual. He compared these components to the four legs of a chair; when you lose stability in a chair leg, it becomes increasingly difficult to stay upright.

The 445th AW units developed their own Wingman Day activities, comprising a variety of briefings, team building exercises, and games centered on “finding the good” in work, at home, and each other.

The maintenance group developed unit cohesion through a game of Amazing Race. Event coordinator Master Sgt. Kerrie Yeager, 445th Maintenance Group NCO in charge, said the goal of the game was to build morale and develop a better understanding of how team

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Effective communication takes more than just words

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

English is considered one of the richest of the world's nearly 2,700 languages. Did you know that it contains approximately 1,000,000 words? That is a lot of vocabulary to learn and it has been estimated that about 200,000 words are in common use today. Of those, an average person has a vocabulary of about 20,000 words and may use about 2,000 of them during the course of a typical week's conversation. That sure boils things down. Clearly there is a lot to know when it comes to the English language.

When we are attempting to communicate with others it can be challenging to come up with the appropriate word or phrase to communicate our implied intent. Through

the process of assisting and counseling individuals, I have found that miscommunication can create gaps and misunderstandings which further divide efforts to find common ground and harmony. While working with our deployed members I have also found that communication surfaces as the single primary resilience factor necessary in keeping relationships solid.

Where can we find assistance and support as we attempt to communicate our needs and desires to others? Understanding those we live and work with can be challenging. Five steps in learning to communicate openly and honestly may involve:

1) Sharing words of affirmation.

After laying a positive foundation through positive expression you may find it less difficult to tackle the tough areas.

2) Acts of Service. You may have heard it said that actions speak louder than words and showing kind acts of service to others communicates a sense of care and concern.

3) Being emotionally engaged with the individual you are addressing. Connecting at a heart level with words and thoughts can lead to sincere actions. When people give you the head nod although they are not sincerely engaged in the conversation it can lead to miscommunication and a sense of

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Buckeye Flyer

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Wingman Day events, a huge success

By Col. Brett Newman
445th Maintenance Group Commander

I don't know about the rest of you, but I found that our Wingman Day events (at least in the maintenance group anyway) were a HUGE success! I mean that. Given the fact that our wing, as a whole, has had its share of misfortune this past year, it was great to see our folks out there having a good time.

In the maintenance group, Master Sgts. Kerrie Yeager and Ashley Dahl planned an adventurous game of AMAZING RACE. Many teams participated but it was the team of Master Sgt. Greg King, and Tech. Sgts. Kara Lamm, Samara Appling, and Tim Tharp who won the event. The maintenance squadron and aircraft maintenance squadron held teambuilding events of kickball and corn toss. My thanks go to Tech. Sgts. Scott Spielman and Kaamilya McQueen for their squadrons' planning efforts.

Individual accolades and team recognition aside, I was happy to see everyone having a good time competing and enjoying a laugh or two...okay, many laughs! To



see Master Sgt. King roll on the ground and then jump up and yell, "C'mon!" was a sight to behold I'm certain. That vision compared to the good-natured ribbing, I mean, good sportsmanship of the experienced kickball players versus those that had never played kickball before, well, you had to be there.

All of that said, I believe a lot of frustration was relieved by those events. We, as a wing, have been under some stress this past year. Many over-the-shoulder organizations have been here to visit, and we have shown them all that we are a "kick-butt and take names" wing! We also have suffered losses during this time and needed Wingman Day to vent some steam, and to heal.

The comments I heard were positive at the conclusion of the planned events and their outcome. A good time was had by all who fully participated, and even by those who watched from the sidelines. The thing to take away from Wingman Day, to me, is this: every day is Wingman Day. We can't always log off from our computers or put away all of the tools of our particular job to race around the campus, or kick a ball, but we can always be good wingmen to one another. Thank you for all that you do.



Wing selects second quarter award winners

Airman



Staff Sgt. Thao Phan, 445th Maintenance Squadron fuel systems journeyman, is the 445th Airlift Wing Airman of the Quarter, second quarter. Phan streamlined the master entry permit and hangar checklist, reducing fuel maintenance setup time by less than 15 percent. He replaced a leaky shut-off valve controller on one of the wing's aircraft, averting a possible ground abort/inflight mishap; the plane was mission-ready four days early. During his off-duty time, the Airman was involved with the Honor Flight program, helping World War II veterans visit Washington, D.C. He also volunteers with Habitat for Humanity and the base's Airmen Against Drunk Driving program. Phan received a bachelor's degree in business administration from the University of Southern Mississippi and a Community College of the Air Force degree in aircraft maintenance technology.

NCO



Staff Sgt. Ryan Thomas, 445th Aerospace Medicine Squadron services journeyman, is the 445th Airlift Wing NCO of the Quarter, second quarter. Thomas implemented an ambitious training plan, ensuring nine Airmen will meet their requirements for an early upgrade. He instructed 2.5 hours readiness skills verification programs training, certifying 28 Airmen on wartime tasks. Thomas developed a new approach for Airmen failing to meet physical fitness standards, resulting in a 20 percent increase in his squadron's pass rate. During his off-duty time, Thomas devotes more than 48 off-duty hours to the American Red Cross and is a certified first aid, cardiopulmonary resuscitation and automated external defibrillation instructor. He's working on his Bachelor of Science degree in business administration and has received a Community College of the Air Force degree in allied health.

SNCO



Master Sgt. Jeffery Vaughn, 89th Airlift Squadron evaluator loadmaster, is the 445th Airlift Wing Senior NCO of the Quarter, second quarter. Vaughn participated in six missions in support of Operations Iraqi Freedom, Enduring Freedom and New Dawn, ensuring 100 percent effective delivery of cargo/passengers. He proactively communicates guidance with various federal agencies, ensuring the transportation of assets via military aircraft. Vaughn identified an aircraft backing deficiency during loadmaster upgrade training and implemented local training for 128 pilots and loadmasters. During his off-duty time, Vaughn mentors Lebanon High School Air Force Junior ROTC cadets at various events. He is an honor guard member with the fire department, performing casket watches for fallen fire fighters and posts the Colors at civic events. He has a Master of Science degree in emergency management from Columbia Southern University.

CGO



Capt. Andrew Gambardella, 89th Airlift Squadron C-17 instructor pilot, is the 445th Airlift Wing Company Grade Officer of the Quarter, second quarter. Gambardella flew more than 200 hours, delivering more than 700,000 pounds of cargo and 200 passengers. He's flown missions in support of Operation Enduring Freedom, delivering supplies to the area of responsibility. The captain re-wrote his squadron's 53-page Inflight Guide to maintain mission ready status for his unit. He mentors upcoming instructor pilots and aircraft commanders. During his off-duty time, Gambardella supported multiple local charitable organizations, to include Wounded Warriors and the Good Will. He's active in his church and volunteers as a coach for a children's soccer club. Gambardella has been selected to attend the Combat Aircrew Tactics Studies and Mobility Electronic Combat Officers Course. He has a Bachelor of Science degree in engineering.

Be sure to visit us on the 445th Airlift Wing Facebook page. We would love to hear from you!



SPOTLIGHT

Rank/Name

Staff Sgt. Jennifer Moore

Unit

445th Civil Engineer Squadron

Duty Title

Operations Management

Hometown

Columbus, Ohio

Civilian Job

Air Reserve Technician

Education

Attended Clark State Community College

and received an Associates in Paralegal Studies. Currently attending The Ohio State University studying International Studies, Security and Intelligence and finishing up my Community College of the Air Force degree.

Hobbies

Running, traveling, and hiking

Career Goals

To become an attorney and retire Air Force.



Maj. Demetrius Smith

What do you like about working at the 445th?

I love the people I work with in the 445th.

Why did you join the Air Force?

I joined the Air Force to grow personally and professionally. I wanted new experiences.

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members respond in different situations, a useful skill for wingmen.

The MXG Amazing Race had five stations, reached by deciphering locations clues such as, "What is the sign first seen when welcomed to the 445th Airlift Wing?" Once there, team members had to unscramble words to create sentences such as "Wingmen exemplify effective communication and respect for one another." Each station also required the completion of a physical exercise, like squats or burpies, and for a team member to wear a piece of chem gear equipment.

"It was a good team building exercise," said winning team member Tech. Sgt. Timothy Tharp, 445 MXG data analyst. "I enjoyed the opportunity to get outside with my coworkers."

The other members of winning team, "The Exasperators," were Master Sgts. Kerry Penner and Greg King and Tech. Sgts. Samarra Appling and Kara Lamm. They won an early sign-out the next unit training assembly.

Members of the 445 AW wing staff held a discussion group to share personal stories. For traditional Reservists who only see co-workers once a

month, it can be challenging to become familiar with the happenings in each Airman's life. Knowing each other's stories is important for two reasons. First, the better you know someone, the more you understand team member motivations, which will influence their response to various scenarios. Second, the more Airmen feel like part of a team, the more personally invested they become in accomplishing the mission. The staff completed the day with wallyball and circuit training at the gym.

Leist urged 445th AW members to routinely self-assess their personal state. Several free online surveys offer you the opportunity to be

more personally objective. Two that are readily available are the Zung Self-Rating Depression Scale and the Holmes-Rahe Life Stress Inventory. For anonymous mental health screening, visit www.MilitaryMentalHealth.org. Anyone who would like additional information on self-assessments or resources for dealing with stress and "finding the good" can contact the wing chaplain's office at (937) 257-0589, the Airman and Family Readiness Center at (937) 257-3594, or the Psychological Health Advocacy Program at (937) 257-2396. Remember, a wingman could also direct individuals who may be struggling to these resources.



Capt. Elizabeth Caraway

Chaplain (Lt. Col.) David Leist, briefs members of the 445th Airlift Wing staff during Wingman Day April 6, 2014.



News Briefs

Awards

Meritorious Service Medal

CMSgt Robert Haye, 87 APS

Air Force Commendation Medal
Capt Christine Dubray, AES

Air Medal
Maj Sharon Ellis, AES

Newcomers

Lt Col Norman Shaw, 89 AS
Capt Kimberly Ebel, ASTS
MSgt Carrie Ruby, 89 AS
TSgt Christopher Davidson, AMXS
TSgt Amanda Sensel, AW
SSgt Adam Dyson, SFS
SSgt Anjanette Hairston, FSS
SSgt Michael Hopkins, CES
SSgt Michael Lucero II, MXS
SSgt Jonathan Scherquist, FSS

SrA Adomis Aldrich, ASTS
SrA Joseph Bahnsen, 87 APS
SrA Jacob Binkley, SFS
SrA Jesse Hayes, LRS
SrA Brandon Moore, LRS
SrA Nyree Plaza, OSS
SrA Coriena Rapelye-Thompson, ASTS
SrA Eric Schiro, SFS
SrA Shawn Shaltry, MXS
SrA Michael Spero, AMDS
A1C Yulia Gudkova, AMXS
A1C Christopher Newton, 71 IS
A1C William Trotti
AB Corbin Boggs, MXS
AB Joshua Collins, AMXS
AB Caleb Fuchs, FSS
AB Brandt Huston

Promotions

Airman First Class

Jacob Connolly, 87 APS
Ryan Grinstead, ASTS
Johnathon Halstead, 87 APS
Jeneca Kennedy, AMDS

Senior Airman

Sarah Boykin, 87 APS
Shane Ellinwood, ASTS
Jared Hughes, AMXS
James Pressey, AMDS
Karl Schluetz, 71 IS
Justin Weaver, 71 IS

Staff Sergeant

Taylor Coleman-Vasquez, 64 IS
Emily Collins, AMXS
Aaron Davenport, 89 AS
Robert Gibson, CES
Jeffrey Fischer, 87 APS
Matthew Hurt, 87 APS
Douglas Lippert, AMXS
Zachary Loechler, 87 APS
Corey Mowen, AW
Thao Phan, MXS
Justin Van Niman, ASTS
Joshua Walker, 64 IS

Technical Sergeant

Justin Bateman, 89 AS
Johnathon Douglas, 71 IS
Zachary Fontaine, AES
Julie Fuleky, ASTS
Christopher Knight, AMXS
Ryan Luca, LRS
Daniel Ozio, CES

Brandi Smith, CES

Master Sergeant

Caroline Sussman, 89 AS

Senior Master Sergeant

Judy Hunt, LRS
Joseph Kotsko, AES

Chief Master Sergeant

Mark Lockhart, MXG

445 AW Key Spouse Group

The 445th Airlift Wing is looking for volunteers to begin a key spouse group.

A volunteer from every unit in the wing is needed to help call on families of deployed/activated Airmen. The objective is to be supportive, listen and refer the families to available resources. Anyone who would like to join the group or need additional information, should contact Stephanie Smith at ssmith2979@gmail.com.

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disconnectedness.

4) Quality time is important when we communicate. Things always tend to compete for our attention and finding a place with little or no distraction is important along with good eye contact.

5) Giving and receiving. Sometimes we just need to listen and just being there to receive what another is saying can speak volumes. Being a good listener can lead to sharing solid sound affirmation and advice.

With the advice of many good counselors our plans will succeed.

Did you know the chaplain's office can be an invaluable support

when dealing with areas which relate to healthy communication via coaching technique and sound council? Many have had opportunity to learn and discover life supports by examining accounts of living spiritual testimony. These collective examples have aided others in their pursuit for mutual support and understanding. For many, these life expressions hold communicative expressions of hope and faith. These expressions may assist in attempts to find answers to the challenging questions in life.

If you find yourself struggling with a purpose in life or areas that challenge your ability to make

meaning out of a complicated life issue, take some time to bounce some of those challenging circumstances off one of the members of the Chaplain Corps. We may be able to assist you as you sort through some of the complicated, unforeseen communication you may be currently facing. The 445th Airlift Wing Chaplain Corps remains available to serve in the investigation of perplexing and troubling life accounts. Let us assist in your efforts to find meaning and possibly point you in a helpful direction to find some sense of purpose out of the circumstances that seem to make no sense.



445 AW announces 2013 annual award winners

445th Airlift Wing Public Affairs

The 445th Airlift Wing held its 2013 Annual Awards Banquet April 5, 2014 at the National Museum of the United States Air Force. More than 400 Airmen, family members and community leaders celebrated a night of achievements and accomplishments.

The 2013 annual award winners are:

Airman – Senior Airman Tyler Mohr, 445th AW Command Post; **NCO** – Master Sgt. Amanda Hostetter, 445th Aeromedical Evacuation Squadron; **Senior NCO** – Master Sgt. Glenda Marck, 445th Operations Support Squadron; **First Sergeant** – Master Sgt. Steven Purvis, 445th Maintenance Group; **Honor Guard Member** – Staff Sgt. Brandon Spence, 445th Civil Engineer Squadron; **Chief** – Chief Master Sgt. Terry Luzader, 89th Airlift Squadron; **Company Grade Officer** – Capt. Michael Rubeling, 89th Airlift Squadron; **Field**

Grade Officer – Maj. Terrell Eikner, 445th Maintenance Squadron; **Civilian** – Mr. James Howard II, 445th AW Financial Management; **Spouse** – Mrs. Carolyn Destefani, wife of Lt. Col. Charles Destefani, 445th AW Inspector General; **Youth** – Miss Makellyn McCoy, daughter of Master Sgt. Scott McCoy, 445th MXG; **Leadership Award** – Master Sgt. Angela Potchik, 445th MXG; **Squadron** – 445th Logistics Readiness Squadron; **Volunteer** – Tech. Sgt. Scott Spielman, 445th MXG; and **Community Partner** – Murphy's AutoCare.

The 2013 Chiefs' Group awards recipients are: Senior Airman Julie Rang, 445th Aerospace Medicine Squadron; Master Sgt. Jeffery Vaughn, 89th AS; Master Sgt. Karen Givens, 445th Aircraft Maintenance Squadron; and Staff Sgt. Glenn Olmstead, 87th Aerial Port Squadron.

Airman



**Senior Airman
Tyler Mohr**

NCO



**Master Sgt.
Amanda Hostetter**

SNCO



**Master Sgt.
Glenda Marck**

First Sergeant



**Master Sgt.
Steven Purvis**

CGO



**Capt.
Michael Rubeling**

FGO



**Maj.
Terrell Eikner**

Honor Guard



**Staff Sgt.
Brandon Spence**

Chief



**Chief Master Sgt.
Terry Luzader**

Civilian



**Mr.
James Howard II**

Spouse



**Mrs.
Carolyn Destefani**

Youth



**Miss
Makellyn McCoy**

Volunteer



**Tech. Sgt.
Scott Spielman**

**Leadership
Award**



**Master Sgt.
Angela Potchik**

**Chiefs' Group
(Airlift Wing)**



**Senior Airman
Julie Rang**

**Chiefs' Group
(Operations)**



**Master Sgt.
Jeffery Vaughn**

**Chiefs' Group
(Maintenance)**



**Master Sgt.
Karen Givens**

**Chiefs' Group
(Mission Support)**



**Staff Sgt.
Glenn Olmstead**

**Community
Partner**

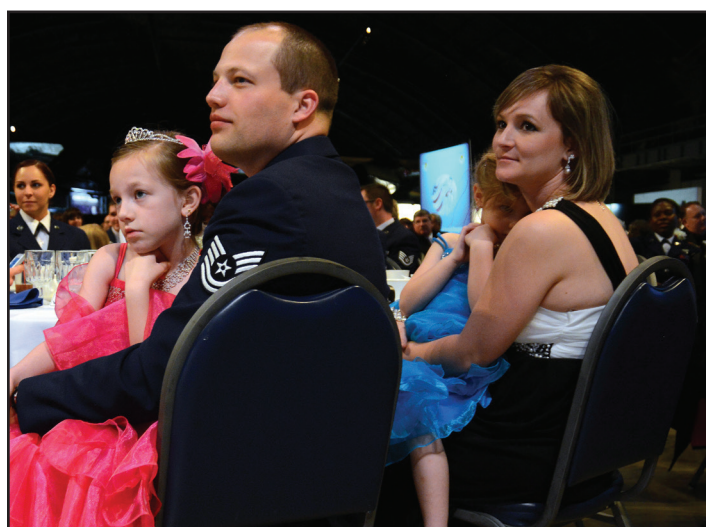


**Murphy's
AutoCare**





Photos by Tech. Sgt. Frank Oliver



445 AES reservist named James M. Lendavic Veteran of the Year

445th Airlift Wing Public Affairs

Senior Master Sgt. Joseph Kotsko, 445th Aeromedical Evacuation Squadron aeromedical technician, was selected by the City of Columbus Veterans Committee as the 2013 Inaugural James M. Lendavic Veteran of the Year. The presentation was made March 6.

Kotsko was nominated for the award by his civilian peers with the city of Columbus Fire Department where he serves as a firefighter, paramedic and hazardous material technician for Engine 26, BN5, 1 Unit. He's been with them for more than 16 years.

The Inaugural James M. Lendavic Veteran of the Year award is presented to a current city of Columbus employee who is a veteran or current member of the U.S. Armed Forces. It honors a city employee who has best exemplified the character, personal qualities, and service mindset displayed on a daily basis by Maj. James M. Lendavic. Major Lendavic was a former city employee, veterans committee member, and military member dedicated to assisting military members and veterans, fighting for their rights and benefits, and constantly searching for ways to recognize their service. He worked to assist veterans and provide support to current service members while recognizing the sacrifices made by them and their families. He passed away in 2008.

For the award, Kotsko was recognized for his many contributions not only with the city of Columbus Fire Department but also his contributions as a Reservist. He is a member of several organizations which benefit military

members and their families, to include, the Veterans of Foreign Wars, American Legion, Air Force Sergeants Association and the City of Columbus Fire Local 67 Military Affairs. The sergeant is actively involved with the Ohio Fallen Heroes Memorial and its annual memorial ceremony. He also

mentors and provides advice to young military families and individual members about deployments and unique circumstances military families' experience.

Kotsko is an active participant in local school programs. He's a well-known figure on Veterans Day in many of the schools. He spoke to more than 100 seniors at Kenton Ridge High School, Springfield, Ohio. He also spoke to more than 200 students at St. Patrick School, London, Ohio that same day. When unable to attend Veterans Day programs, Kotsko is still active representing military service. While deployed, he emailed an encouraging letter to Greenon High School, his alma mater, in Springfield, Ohio, that was read to the assembly during the ceremony.



Courtesy photo

Columbus, Ohio Mayor Michael B. Coleman presents recently promoted Senior Master Sgt. Joseph Kotsko, 445th Aeromedical Evacuation Squadron, the 2013 Inaugural James M. Lendavic Veteran of the Year March 6.

On the Web



Annual awards banquet photo show



Wing C-17 participates in joint Army exercise



Airmen complete FOD walk during UTA

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