Wright-Patterson AFB, OH

Volume 53, No. 11

November 2014

Wright-Patt Reservists join Ebola support operations

445th Airlift Wing Public Affairs

A reserve aircrew from the 445th Airlift Wing's 89th Airlift Squadron departed Wright-Patterson AFB, Ohio Oct. 16 to deliver cargo in support of Ebola stricken regions of West Africa.

The crew stopped at Olmsted Air National Guard Base in Harrisburg, Pennsylvania to pick up a large 60-ton four wheeled crane and transported it to Monrovia, Liberia. The crane will be used to pick up large metal transport containers.

"We are excited to have had the opportunity to help the people in Africa as they fight to eradicate the Ebola virus. We're glad to have been a part of this vital effort," said Capt. Dustin Cramer, 89th Airlift Squadron aircraft commander.

The U.S. military is providing medical personnel to support health care provider training, engineers to construct Ebola treatment units, logisticians and other transportation personnel to support the regional intermediate staging base, as well as command and control staff for the Joint Force Command headquarters in Liberia.

"I am proud of our aircrew who supported this vital effort. The mission delivered critical supplies to the region. The crew stopped briefly and left the area within three hours, and there was little danger

of the crew or aircraft coming into contact with personnel affected by Ebola, said Col. Jeffrey McGalliard, 445th Airlift Wing commander.

While there was no danger to these crewmembers, they received briefings from the 88th Air Base Wing Medical Group prior to departure educating them on precautions to take to further minimize any chance of exposure. They were briefed and trained on how to handle any medical concerns.

Col. McGalliard anticipates that the crew will be tasked again to support missions for Operation United Assistance and will continue as long as there is a need.

WIT members prepare for upcoming exercises

By Capt. Elizabeth Caraway 445th Airlift Wing Public Affairs



Tech. Sat. Frank Oliver

Maj. Jonathan Askins, 89th Airlift Squadron C-17 pilot, helps fellow pilots with protective gear while training on chemical, biological, radiological and nuclear defense techniques during a training flight Oct. 4, 2014. The crew wears filtered breathing apparatus and is covered in plastic when outside the aircraft, to protect against any contaminants falling on them.

WRIGHT-PATTERSON AIR FORCE BASE, Ohio — More than 90 Wing Inspection Team members attended an initial exercise meeting here Oct. 5. This latest discussion focused on preparations for upcoming wing pre-deployment and deployment exercises in the first half of 2015.

The 445th Airlift Wing is now responsible for developing its own exercises to evaluate inspectable items. In 2015, members can expect a two-day pre-deployment exercise in January that will examine mobility folder readiness. There will also be control center stand-ups and a tabletop processing exercise. In March, the four-day pre-deployment exercise will focus on an aircraft surge and landing in a chemical, biological, radiological, nuclear, or high-yield explosive weapons (CBRNE) environment. They will also complete a simulated non-combatant evacuation. The four-day Deployment Operations Exercise in May will involve all units in the wing and include CBRNE and humanitarian relief operations. At this time, all exercises are scheduled to coincide with the Scarlet unit training assembly.

In the months prior to the exercises, WIT mem-

See WIT, page 8

Know thyself: What is truth?

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

Life is disorienting and full of lies. In the fog of war, a financial crisis, or an emotional situation at home, we don't always see things for what they are.

A mentor once explained to me that true resiliency rests in part on knowing what you can truly believe. When life gets hard, knowing what you can rely on and what matters most is the one thing that will keep you centered. And the truth about any situation, in the simplest of terms, is that which accurately describes reality.

You can discover a lie because, in the end, it fails to deliver the reality it offered. In knowing the truth there is great freedom, it always is vindicated – it matches reality.

In American history it is a truth claim of this kind that made it possible for men to stand and fight for the ideas of freedom and justice. "We hold these truths to be self-evident," they said, "that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness."

And it was their certainty of the truth of what they

believed that led them to say: "For the support of this Declaration, with a firm reliance on the protection of divine providence, we mutually pledge to each other our lives, our fortunes and our sacred honor." The signers of The Declaration of Independence then paid the price for their beliefs. They entered into a war, with all the risks and dangers in their own backyard. Many lost their homes and endured years of hardship, because they believed in something. What they believed, while not perfect, did have enough reality in it to leave us a legacy of freedom and justice which we are still fighting for.

In the beginning of what became the United States, their truth claim relied heavily on their understanding of "their creator." And to this day most people will still tell you that their understanding of God (or the lack thereof) shapes the way they live. Brig. Gen. "Robbie" Risner famously said that it was his "faith in God and love of country" that helped him endure his seven and a half years in the Hanoi Hilton. His faith and belief in what America stands

See CHAPLAIN, page 4

Buckeye Flyer

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U.S. Government
Printing Office

Time to reflect, be grateful

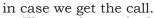
By Lt. Col. Joseph Savage 445th Logistics Readiness Squadron Commander

This month we celebrate two important holidays, Veterans Day and Thanksgiving. While I was thinking of what to write, the thought occurred to me that these two holidays are related – they give us a chance to be grateful.

Veterans Day al-

lows us the opportunity to recognize and thank all veterans – past, present, and future, along with their families, for their service. We indeed give thanks to all who have served in and out of uniform in the cause of freedom and the profession of arms.

Serving is hard. If it were easy, everybody would do it. The men and women who are on active duty don't have it easy...but those of us who are in the Guard/Reserve force have a difficult task. We have to juggle our civilian job, family, and our reserve commitments on a daily basis. We have to remain ready—



The good news is that we here in the 445th do it very well. We are truly an elite, even special, group of people who do what we do better than almost anybody in the world. We have a great leadership team and some of the best Airmen serving anywhere. Be proud of that, be grateful for that, and keep doing that!

Thanksgiving is of course about being grateful – about giving thanks for all that we have and for those who have given, sometimes all, to us. It is also about giving to the less fortunate among us. Don't forget to do that!

Join me in giving thanks to our veterans (you among them) and their families for their service and sacrifice. Join me in showing a spirit of thankfulness for our freedom and all that we have. Join me in staying ready to preserve it!

I'm grateful for all of you, your families, and your service. Don't take it for granted. Gratitude is most definitely the best attitude. The Bible says, "In everything give thanks!"



Wing announces fourth quarter award winners

Airman



Senior Airman John DeLucia, 445th Airlift Wing Command Post controller, is the 445th Airlift Wing Airman of the Quarter, fourth quarter. DeLucia coordinated with the Tanker Airlift Control Center and wing agencies on airlift mission cancellations with percent 100 on-time completion of applicable checklists and notifications. He created a manning document for the wing's Developmental and Training Flight and conducted and refined D&TF training courses on facing movements to prepare these new Airmen for initial entry training success. During his off-duty time, DeLucia volunteers at a Detroit community food bank. He's an active volunteer in his church and mentors other members. The Airman spent the summer supporting voter registration drive. DeLucia completed Bachelor of Science degree in political science and is finishing the requirements needed for his Community College of the Air Force degree.

NCO



Tech. Josh Sgt. Worch, 445th Security Forces Squadron fireteam leader, is the 445th Airlift Wing NCO of the Quarter, fourth quarter. Worch was deployed to the Transit Center at Manas, Kyrgystan and coordinated 106 offbase missions. He managed 10 projects worth more than \$2.9 million, supervising 1,150 volunteers. The sergeant coordinated a three-day search led by a 25-person team, locating three fallen heroes involved in a plane crash. Worch was selected as the theater security cooperation representative, designing and completing the drawdown plan for the base closure. During his off-duty time, Worch coordinated food and clothes delivery for three local shelters in Columbus, Ohio. He received a Bachelor of Science degree in management and his Community College of the Air Force degree in criminal justice. He's currently pursuing a Master's Degree in technology management.

SNCO



Master Sgt. Chad Cazan, 87th Aerial Port Squadron air transportation journeyman, is the 445th Airlift Wing Senior NCO of the Quarter, fourth quarter. Cazan was the superintendent for the Norfolk Naval Air Station, Va., Patriot Partner training event where he supervised 255 Department of Defense and joint military personnel. He managed the movement of 2,312 passengers and 31 missions with zero delays. He directed the joint movement of three Tomahawk missiles for the Royal Air Force. The sergeant also oversaw the 3rd Marine Air Wing C-5 Galaxy upload mission involving two Naval MH-60 Blackhawk Helos. During his off-duty time, Cazan is involved in "Crayons for Computers," providing free supplies to schools with underprivileged children. He received his Community College of the Air Force degree in transportation management and is pursuing a bachelor's degree in criminal iustice.

CGO



Capt. Melissa Seacat, 445th Aeromedical Evacuation Squadron flight nurse, is the 445th Airlift Wing Company Grade Officer of the Quarter, fourth quarter. She supervised and directed the development of more than 100 mission training packages, ensuring flight training met new Air Force standards. She conducted three currency/instructor flights with 28 flight hours within 30 days, increasing flight training capabilities. The captain provided training review panel critiques/input, identifying six mission clinical coordinator candidates and data updates. Seacat wrote the aeromedical readiness mission training process and revamped the mission clinical coordinator upgrade program. She's a sexual assault prevention and response victim advocate and coordinated four, hour group sessions. During her off-duty time, Seacat advocated AE capabilities during statics at the Youngstown Airshow and Wings of Women Conference. She is working on a Master of Science degree in nursing.

CHAPLAIN, from page 2

for is what sustained him through countless hours of abuse and humiliation.

What do you really believe? What in your life is worth risk and sacrifice and hardship? Is your marriage disintegrating? What you believe about marriage will either ground you or undermine you in that arena. Do you have the recurring nightmares or panic attacks of PTSD? What you believe will either help you or hurt you in that struggle. Are your kids a source of real pain in your life? What you believe will either give you confidence, or leave you uncertain in that challenge. Do you find yourself alone and without close friends in life? What you believe about friendship will make a huge difference in your life. What do you believe about America? It will make all the difference when hostile fire comes your way.

The Truth has a lot of competition. If you work with people and you are honest with yourself, you will see that we tend to fabricate a lot of shadow-realities, false promises about reality. Whether it be a toothpaste commercial that promises romance; the idea that excessive alcohol will make your problems go away; or the thought that controlling your spouse will make your marriage better. The things that you believe shape your life, and they will either play out in reality or badly disappoint.

What do you believe? Are you confident that it holds the substance of reality? Your Chaplain Corps staff is here to help you process and put it into practice what you believe. And if you just aren't sure, maybe we can help point the way. (This article is Part 1 of a 2-part series: Know thyself.)

Mental resiliency professional offers help to Airmen, families

By Lt. Col. Denise Kerr 445th Airlift Wing Public Affairs

A new mental health resource is available to 445th Airlift Wing members interested in another avenue for care.

Director of Psychological Health, Cynthia Martin is ready to offer support to reservists who need assistance. Martin provides on-site counseling to members and their families who need assistance with their marriage/relationships, deployment issues, stress, depression, parenting and anxiety. In addition, counseling services are available for children/ adolescents and substance abuse.

She received her Masters of Social Work from Indiana University in 1999 and taught sociology and cultural awareness at Ivy Tech.

"I am uniquely qualified for this because I have counseled veterans for more than four years. I have a good perspective on issues associated with being in the military because I'm a former military spouse, my dad was a Marine and three of my four brothers are Army veterans," said Martin.

Martin can arrange for help through Military One Source or in their local community, whether it is in Dayton, Ohio or Denver, Colorado if a member's situation is beyond her expertise or not solved within a period of time.

"If I assess there is a problem beyond my scope, they are going to get help in the community," she said.

Like the Psychological Health Advocacy Program, when it is determined that a community referral is necessary, Martin will research community providers who will take Tricare Reserve Select or private insurance. Airmen who have deployed can also access Veteran Affairs services.

"PHAP, VA and psychological health may overlap in certain services, but I see that as a good thing and gives the member more options to choose from," said Martin.

Members with problems often display warning signs.

Biological symptoms such as lack of sleep, loss of appetite and difficulty with daily living are often key indicators that there is a problem, said Martin.

Martin encourages front-line supervisors and co-workers to practice the wingman concept of taking care of one another.

"I am looking for first-line supervisors to help recognize these symptoms. They see their Airmen during

UTAs (unit training assemblies) and know what their behaviors and routines are.

Airmen can be assured that they can seek help without repercussions to their career.

"I am a restricted reporter. This means there are only three instances where I have to break confidentiality: a person expresses intent to commit suicide; homicidal thoughts; or a psychotic break," said Martin.

Commanders are prepared to use her as a resource to help Airmen who need mental health intervention in solving their situation. Lt. Col. Jay Smeltzer, 445th Aircraft Maintenance Squadron commander, is pleased to have the additional support for his 192-person squadron.

"Having a full-time director of psychological health is invaluable to me because when I have members in distress I can get them over to her right here and right now," he said.

Martin's office is located in building 4008. Her office hours are Monday – Friday, 8 a.m. to 4:30 p.m. and by appointment on UTA weekends. For more information call (937) 257-6267.



Reservist celebrates 6 years of cancer remission

By Capt. Elizabeth Caraway 445th Airlift Wing Public Affairs

September 4, 2008 began as a typical day for Master Sgt. Sandi Golden-Vest. She was serving as the 445th Aeromedical Evacuation Squadron clinical management flight superintendent at the time, and as a self-described "hard-charger," she was running around doing a million tasks for the upcoming Health Services Inspection when she experienced heart palpitations. She became short of breath and had chest pains.

When her husband threatened to take her to the emergency room, she made an appointment with a cardiologist and later had her blood drawn. An urgent call from the doctor later sent her to the emergency room, where she was as stunned as everyone else with the diagnosis—Acute Myelogenous Leukemia (AML) sub type 2, a rare form of cancer. She was told if she made it two weeks, it would be a miracle.

"I couldn't believe it. Suddenly everything came to a screeching halt. I sat there in the hospital bed, looked at the doctor and said, 'I don't have time for this,'" she says, shaking her head.

Golden-Vest had to make time. She spent the next four months in the Ohio State University James Cancer Hospital and she spent 16 months receiving chemotherapy treatments. There is no cure for this type of cancer, but she discovered she had good "cytogenetics"—her cells were strong enough to handle the chemotherapy drugs to fight the rare and dangerous cancer.

Acute myelogenous leukemia (AML) is a cancer of the blood and bone marrow. The word "acute" in acute myelogenous leu-



Courtesy phot

cells, which normally develop into the various types of mature blood cells, such as red blood cells, white blood cells and platelets. Subtype 2 is the last stage of development before the immature cell commits to becoming a white or red blood cell, or platelet.

A wife and mother of four, Golden-Vest admits that she was fearful her youngest child, then 6-years-old, would grow up not remembering his mother. Soon after being admitted to the hospital, the base judge advocate general visited to update her will, and the chaplain also stopped in.

"That was one of the hardest things I've had to do," says Golden-Vest, pausing for a long moment. "Discussing my own funeral arrangements with the chaplain and my husband was... it was very difficult."

Her husband, Marcus, "carried a huge weight," caring for the children, working full-time, and taking care of the house, even as he visited her in the hospital frequently and tried to keep her spirits up.

"I had to do things to stay positive. I could either lay there and think about the cancer and end up in a very dark place, or I could stay busy. It's a state of mind," she says.

In addition to reading and going on frequent walks, she began a blog about her experiences with AML. She found that when she searched the Internet, all that came up was memorial sites, which was demoralizing. Her blog, http://sandivest.blogspot.com/, was a place to chronicle her experiences, good and bad, and was "therapeutic." She has since been contacted by private organizations to speak about her experiences, as well as by people undergoing treatment. She is also active in the Leukemia and Lymphoma Society's "Light the Night Walk" fundraising campaign.

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Tech. Sgt. Anthony Spring

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"I'd try to shoo him out and tell him to go home, but he would stay and visit with me until late in the evening. I will never forget that," Golden-Vest said.

The wing organized a successful bone marrow drive in April 2009, encouraging Airmen to sign up for the C.W. Bill Young/DOD Marrow Donor Program. Ultimately, Golden-Vest didn't find a bone-marrow match, and she still hasn't found one to this day. Instead, in addition to the standard AML chemotherapy regimen, she elected to be a participant in a clinical trial for a new drug, a high-dosage chemotherapy treatment. She is certain that treatment saved her life. The bone marrow drive made a difference in at least one life, though; one Airman was called as a match for another cancer patient.

The treatment for Golden-Vest included a lot of blood infusions. Throughout the course of her leukemia treatment, Golden-Vest received 47 infusions—18 units of blood and 29 units of platelets. She encourages Airmen to donate blood regularly; it literally saved her life.

In order to be considered in remission, her cancer blast cells have to stay below 5 percent, so Golden-Vest was officially in remission starting in December 2008. She still has a 60 percent chance of the cancer recurring, but Golden-Vest is enjoying the present and not worrying about the unknown. She now serves as the 445th Airlift Wing and 434th Air Refueling Wing Yellow Ribbon Program Representative.

"Surviving cancer hasn't slowed me down at all. A lot of people thought that I would work less and slow- down in life."





Photo by Maj. Demitrius Smith

Rank/Name

Senior Airman Brandon Hakes

Unit

87th Aerial Port Squadron

Duty Title

Orderly Room supervisor

Civilian Job

Gordon Food Service warehouse forklift operator

Hobbies

Running the full and half marathon and guitar

Career Goal

To earn my bachelor's degree and advance in my career

What do you like about working at the 445th?

I like the people, what

we do and how we come together to do our part.

Why did you join the Air Force?

I started my first career early in life. when I wasn't sure what I wanted to do. At a point in my life, I realized I wanted a challenge to be able to make a difference and be held to a higher standard. After talking to family, friends and an encouraging recuiter, I decided the Air Force was for me. It has brought me challenges I would have never thought I could overcome (physically, mentally and emotionally).

Wing members participate in flag football challenge





Photos by Tech. Sgt. Anthony Springe

The Flyers of the 89th Airlift Squadron won first place in the 445th Airlift Wing Battle of the Squads flag football game Oct. 4, 2014. Seven high-powered squadron flag football teams battled for the coveted champion's football held outside of the Jarvis Gym. Teams were: the 445th Aeromedical Evacuation Squadron, 87th Aerial Port Squadron, 445th Logistics Readiness Squadron, 445th Security Forces Squadron, 89th AS, 445th Aircraft Maintenance Squadron and the 445th Force Support Squadron. The game was part of a morale event the 445th FSS Services Flight planned for the October unit training assembly.

News Briefs

Awards

Meritorious Service Medal

Lt Col Matthew Duffy, 89 AS Lt Col Timothy Gill, 89 AS SMSgt Gregory Sersion, AES SMSgt Michael West, AMXS MSgt Rhoda Salinas, FSS TSgt Anthony Springer, AW

Air Force Commendation Medal

MSgt Tracy Woyat, 87 APS TSgt Heather Davis, AES TSgt Michael Flaata, AES TSgt Joel Ford, AMXS TSgt Angelia Martin, 655 ISRG TSgt James Shaw, MXS SSgt Amanda Duncan, 14 IS

Air Force Achievement Medal

1Lt Debrah Ernest, AES SSgt Robert Corn, AES SrA Wade Bunn, FSS SrA James Eldridge, 71 IS

Aerial Achievement Medal

Capt Robert Alwine, AES 1Lt Joshua Mott, AES MSgt Sarah Katoski, ASTS SSgt Gregory Sparks, AMXS SrA Tiffany Gifford, LRS SrA Zachary Simon, LRS SrA Ryan Thomas, ASTS

Promotions

Airman

Alexander Thompson, SFS

Senior Airman

Valerie Armbruster, AES

Jowanda Ayoub, MXG Donald Bianchi, 14 IS Michael Briggs, FSS Markell Lawson, AMDS Angela Leimeister, 14 IS Michelle Logan, AMDS Lindsay Myers, ASTS Joshua Sagan, AES Caleb Smith, LRS Jesse Smith, ASTS David Wilson, 14 IS

Staff Sergeant

Kyle Altman, SFS Jermaine Clarke, LRS Nathan Collett, 87 APS Nicholas Reynolds, SFS Jessica Shaughnessy, AW Justin Williams, SFS

Technical Sergeant

Jared Alessi, MXS Raymond Dewitt, AMXS Joshua Hamilton, MXS Adrienne Hood, LRS Dennis Kimble, LRS Cleve Marsh, 71 IS Precious Sims, AW Ryan Steele, SFS Jeffrey Terry, LRS

Master Sergeant

Randall Anderson, MXS Kimberly Boyles, 89 AS Jeanette Cook, 14 IS Daniel Fitzgerald, 87 APS Ashby Jakober, ASTS Timothy Knight, MXS Elizabeth Olmstead, ASTS

William Raymond, 71 IS Sena Walker, 655 ISRG



Sunday, November 2

Commander's Call

The 445th Airlift Wing commander will conduct a commander's call on Sunday, Nov. 2, at 7 a.m. in the base theater. An enlisted call will follow the commander's call. For more information, call the public affairs office at (937) 257-5784.

Mandatory OPD briefing

Brig. Gen. John Flournoy, 4th Air Force commander, will conduct a mandatory officer professional development briefing, Sunday, Nov. 2 at 9 a.m. in the Witt Auditorium of the Leroy Homer Building, 4006. All officers scheduled to attend the Scarlet unit training assembly should be in attendance.

Toys for Tots

Members of the 445th Airlift Wing are encouraged to participate in the 2014 Toys for Tots Campaign. Approximately 150 toy collection boxes will be distributed throughout the 445th. Newly packaged toys will be accepted—no stuff animals or used toys. Toys should

be for children ages newborn to 12 years old.

Volunteers are needed for the following: transporting toys; warehousing; administrative support; and meals. For more information or to volunteer, contact Paul Tober at (937) 656-2249 or paul.tober@us.af.mil.

HERO 2 HIRED

H2H.jobs is transitioning to H2H to provide service members with more opportunities. During this transitioning period, services members may contact John Owens, Employer Support of the Guard and Reserve, Ohio Employer coordinator for assistance.

Please email Mr. Owens the following information:

- 1. Your resume in a Word document
- 2. The type of career you are seeking
- 3. The geographic location you desire to work
- 4. The pay you desire (be realistic)

For more information contact John Owens at (760) 468-5814 or john.owens@iifdata.com.

WIT, from page 1

bers will be offering input to the planners for scenario development. Thev will later evaluate the scenario and participate in the hot wash, providing input to the inspection report.

The WIT members are so important because they're subject matter experts, swornin by the wing commander, explained Maj. Denny Park, 445th Airlift Wing director of

inspections. All team members complete a training course prior to serving. Members learn how to apply the observe, evaluate and report process, enabling them to provide the commander a clear, unbiased assessment of the wing's readiness to perform its mission.

falling contaminants.

Before the inception of the commander's inspec-



Master Sgt. Caroline Sussman, 89th Airlift Squadron loadmaster, trains

on chemical, biological, radiological and nuclear defense (CBRN)

techniques while preparing for a training flight Oct. 4, 2014. CBRN is

protective measures taken in situations in which any of these four

hazards are present. Sussman is wearing a filtered breathing apparatus

and is covered in plastic while outside the aircraft, to protect against any

outside agencies evaluated operational readiness exercises and inspections. The new system gives commanders more control and is less resource-intensive. In addition to the major exercises, the WIT will also complete eight by-law and two no-notice inspections, covering everything from sexual assault prevention and response to trafficking in persons, during cal-

program,

tion

endar year 2015.

"WIT team members find undetected non-compliance," said Park. "We want open and honest reporting and they examine strengths and deficiencies and recommend improvements. I'm looking forward to these exercises testing our capabilities and giving us validation on where we stand."

On the Web



445 ASTS Airmen participate in pumpkin carving contest



MXS reservists apply new tailband to C-17 Globemaster III



SFS conducts taser training

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