

445th FSS team garnishes 1st place at Silver Flag

By Stacy Vaughn

445th Airlift Wing Public Affairs

The 445th Force Support Squadron services flight and Personnel Support for Contingency Operations team won first place in the 2015 Air Force Reserve Command Force Support Silver Flag Readiness Competition held at Dobbins Air Reserve Base, Georgia March 10-12, 2015.

The 445th had seven reservists from FSS services flight and three from PERSCO take on approximately 50 of their counterparts in various activities from cooking meals to lodging procedures to building a bare base. The team competed against their counterparts from Peterson Air Force Base, Colorado; Youngstown Air Reserve Base, Ohio; Pittsburgh International Airport, Pennsylvania; Maxwell Air Force Base, Alabama; and Minneapolis St. Paul Air Reserve Station, Minnesota.

The FSS team placed first in three of the nine events: meal preparation, reception control center (a combined services and PERSCO event) and PERSCO scavenger hunt. The team won second place in forklift operations, contingency development planning and small shelter system set-up. They captured third place in Single Pallet Expeditionary Kitchen and Babington Breakdown. The 445th team took first place overall in the competition.

"The competition was such a great experience to be a part of. It showcased the bond we built within our unit and different career fields to get the job done. Winning first place against other Reserve, Guard and active-duty bases really says a lot about the determination and the high standards set in this wing," said Senior Airman Jessica McMillan, 445 FSS career development journeyman.

This year's event was the first time PERSCO was allowed to compete.

"It's been five years since we last participated in this event. This is the first time PERSCO was involved," said Senior Master Sgt. Jim Highland, 445 FSS Military Personnel Flight superintendent.

Highland, the team's mentor throughout the competition said Silver Flag is a requirement for services members but not PERSCO. He would like to continue to have PERSCO members participate in Silver Flag to hone their training skills while having some fun.

"One event that was a challenge for the team was the OPERATION Everybody Panic scenario. It was a two-mile course that seemed to have everything. It had search and recovery, ATSO (the ability to survive and operate) training, litter carry up and down a hill and low crawling, all while carrying a weapon throughout the course. There were explosions going off and deceased "victims" found along the way that the team would have to transport back to camp to process," Highland said.

Master Sgt. Jessica Pruitt, 445th FSS food service specialist, was proud of her fellow Airmen when she heard the results.

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Senior Airman Daniel Phelps

Senior Airman Jessica McMillan, Tech. Sgt. Harold Debolt and Staff Sgt. Alison Barnes, 445th Force Support Squadron PERSCO team, review a clue for the scavenger hunt portion of the Readiness Challenge during Silver Flag at Dobbins Air Reserve Base, Georgia, March 12, 2015.



Senior Master Sgt. Jim Highland

The 445th services team prepares a Hispanic themed meal to serve 50 people within a time frame of 3 hours and 30 minutes. The team prepared Mexican pork chops and a chicken stew (El Pollo) along with a side dish and dessert.

How do you *STEP* to a promotion?

By Chief Master Sgt. James Felton
445th Airlift Wing Command Chief

I am very excited about the career opportunities available at the 445th Airlift Wing. This July, the Air Force Reserve Command Reserve Stripes for Exceptional Performers II board will be held. The program, formerly known as the Promotion Enhancement Program, is highly competitive and seeks to promote E-6 through E-9 one grade above the authorized grade for their position.



In order to begin your package, you will need complete buy in from your supervisor. Your supervisor will need to submit a 1206 with bullets on leadership and job performance in primary duties, breadth of experience, significant self-improvement and base and/or community involvement. A competitive 1206 will have every bullet show fact, impact and results. The package uses a holistic whole-person concept: professional military and civilian education, community involvement, awards and excellent fitness scores. Nominees should have satisfactory participation for current and previous years and no absences for the

previous 12-month period. The package should include a copy of the last two enlisted performance reports and a printout

of your fitness scores.

The guidelines are transparent but you need to put the work in to have a realistic shot. There are plenty of opportunities to get your education whether through GI Bill or tuition assistance. Several gyms are available to you on base – for free. Volunteering at shelters, charity fundraisers or even with local Girl and Boy Scout chapters not only helps the community but adds depth to your personal growth as a citizen Airman. Being part of the award-winning wing honor guard can increase your profile around the wing. These are only suggestions, you have to find what will further your career and feed your spirit.

A STEP II promotion is not a reward for past behavior. Your supervisor must believe you are ready to lead at the next level. It is up to you to give back, grow and develop into strong leader. As living proof of someone who became a Chief through PEP, I know it takes time and a strategic focus on developing yourself and excelling in your personal and career goals. If you are interested in applying for STEP II, contact your supervisor and visit the 445th Airlift Wing share point site under the Force Support Squadron's Career Development page.

There are no secrets to success. It is a result of preparation, hard work and learning from failure.

- General Colin Powell

Buckeye Flyer

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U.S. Government
Printing Office
5-00001-445AW

445 AW chaplain is AFLCMC CGO of the Year

445th Airlift Wing Public Affairs

Chaplain (Capt.)
Sonny

Hernandez, 445th Airlift Wing Chaplain Corps, is the Air Force Life Cycle

Management Center Individual Mobilization Accession Company Grade Officer of the Year. Hernandez came to the wing November 2014.

He provided spiritual guidance to three active-duty chaplains and supported four active-duty Airmen struggling to pass their physical fitness test. He taught two new IMA chap-



lains Air Force processes and the Air Force chaplain mission, easing integration of the new chaplains into the Chaplain Corps. He established 45 visiting hours for more than 550 cadets while assigned as the IMA chaplain at the Air Force Academy, bolstering their morale.

Hernandez stepped in and prevented an active-duty suicide by intervening with three hours of counseling to the individual and the family. The chaplain also provided a crisis care follow up visit to a squadron, engaging with 10 Airmen and squadron leadership coping with the death of a fellow Airman. He presided over 18 military and 33 civilian funerals, bringing

comfort and strength to 600 family and military members. While at the Air Force Academy, Hernandez was the on-call chaplain support to the active-duty Rabbi chaplain, allowing the cadets Jewish religious rites.

During his off-duty time, Hernandez is an adjunct professor at McKendree University, teaching world religions to 20 military and veteran students. He's a self-published author, penning a family counseling and theology book. Hernandez organized more than 70 volunteers to assemble and distribute 450 meals to feed the homeless. The chaplain earned a Doctor of Ministry in Pastoral Leadership degree.



Aerospace medicine keeps wing fit to fight

By Capt. Elizabeth Caraway
445th Airlift Wing Public Affairs

"Flight medicine" refers to a whole lot more than aircrew health. For members of the 445th Aerospace Medicine Squadron, it means ensuring the approximately 1,900 reservists in the 445th Airlift Wing maintain medical and dental readiness so they can support Air Force missions worldwide.

"We handle the health needs of the whole unit. It takes a lot of people to get a plane in the air, and we care for all of them," said Col. Brad Goldman, 445th Aerospace Medicine Squadron Chief of Flight Medicine and acting squadron commander. "We ensure the wing force is medically fit and ready to go out the door. We make sure all our Airmen stay safe and mission-ready."

Due to budget constraints, the unit is no

longer as heavily involved in humanitarian missions as it was several years ago. Instead, the doctors, nurses, and technicians are focused on readiness. The AMDS handles immunizations as well as waivers and profiles, which means they are closely connected to fitness.

For Airmen who are concerned about injuries or illness prior to a fitness test—for example, a sprained ankle—Goldman advises them to come in and pick up a reschedule form and work with their unit commander to approve a reschedule. This does not apply to chronic conditions or conditions that will not resolve within 60 days.

AMDS is also responsible for briefing aircrew and deploying Airmen on theater-specific medications and the unit main-

tains medical and dental records for all members of the 445th Airlift Wing.

"Ensuring medical records are up-to-date for mobility is a large part of what we do," said Goldman.

The unit is working hard to streamline records processing. Dental forms, for example, should now be emailed to an organizational mailbox, 445amds.sgd@us.af.mil, rather than transferred via hard copy.

Medical issues can lead to a lot of member stress, said Goldman, especially with the impact on careers. It is a balancing act to meet both the needs of the patient and the Air Force, he said. The approximately 140 Airmen in AMDS "take the time to make sure the job is done right and are always striving to im-

prove. We have a lot of awesome people."

"Everyone works well together," agreed Senior Amn Jared McCabe, 445th AMDS dental assistant. "Even though we have staffing challenges, we pull together to get the job done."

As for what wing Airmen can do to help AMDS and themselves, Goldman urges members to keep their records updated.

"The number one thing we want the wing to know is if you experience a change in your medical condition—if you see your doctor about an issue or go to an emergency room—you need to submit paperwork from that visit to AMDS. Hospitalizations, surgeries, and new prescription medications all need to be documented," said Goldman. "Help us to help you stay ahead of the curve."



Photos by Senior Airman Devin Long

(left) Staff Sgt. Omar Reyes, 445th Aerospace Medicine Squadron public health technician, performs a hearing test on a patient at the Wright-Patterson Air Force Base Medical Center March 7, 2015. The hearing test is part of the annual physical health assessment. (right) Staff Sgt. Logan McKinney, a medical laboratory technician with the 445th AMDS, draws blood from Lt. Col. Richard Klarich, 89th Airlift Squadron pilot. Other parts of the assessment involve optometry, lab testing, immunizations and general health counseling.



SPOTLIGHT

Rank/Name

Staff Sgt. Michael Fetherolf

Unit

445th Civil Engineer Squadron

Duty Title

Engineer

Hometown

Grove City, Ohio

Civilian Job

Deputy Sheriff

Education

Associate Degree in Criminal Justice/
Various police schools

Hobbies

Mixed Martial Arts, exercise, horseback riding, shooting guns

Career Goal

Retire as a chief master sergeant/Become a SWAT officer in civilian job

What do you like about working at the 445th?

I love the travel opportunities and experience the 445th has to offer. I went to Surname and



Courtesy photo

helped build a medical clinic for the civilians down there. I would have never been given the opportunity if it weren't for the 445th. **Why did you join the Air Force?**

I was 17 years old and

wanted to be a police officer but I had to be 21 to do police work so I decided to join the Air Force and get the experience and training at the same time, work on my schooling and get it paid for.

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"Other squadrons have an advantage because they run a dining hall. We don't have that luxury," said Pruitt. "This proves the passion and drive that they have to win."

The wing reservists worked as a team throughout the competition, facing obstacles along the way in the various events but it paid off when the winning team was announced.

"During the building of the small shelter system we noticed that we were missing two valuable pieces from our inventory so the evaluator had to find us the correct pieces which should have already been included. It took some time to acquire the pieces we needed, so the team we were facing gained quite a big lead. Once we received the pieces we put our heads together and not only caught up to the competition but beat them in that category. That was one of our first events in the competition and it was such a great start to all of the accomplishments

we made together throughout the week," said Staff Sgt. Alison Barnes, 445 FSS force management journeyman.

Highland said both PERSCO and services came together for the joint team Reception Control Center (RCC) event. This scenario consisted of a two-person PERSCO team and a two-person services (lodging) team. The group had to in-process 164 personnel within 2.5 hours.

"For PERSCO this involved manually inputting data to a spreadsheet as well as manually completing 30 Air Force Form 245s. Services had to also manually input data and assign beds. Scoring was based on accuracy and time," Highland said.

The Wright-Patt team had only one error and was the only team to process all names within the allotted time.

"This Readiness Challenge competition was quite an event and we'd like to do it again in the future," Highland said.



Photos by Senior Airman Daniel Phelps

(left) Force Support Squadron Airmen set up a single pallet expeditionary kitchen. The SPEK is a highly-mobile deployable kitchen that can feed up to 550 people. (right) Senior Airman Jessica McMillan, Tech. Sgt. Harold Debolt and Staff Sgt. Alison Barnes, 445th FSS, look for clues during the scavenger hunt portion of the Readiness Challenge at Dobbins Air Reserve Base, Georgia, March 12, 2015. Silver Flag participants had to race through numerous obstacles and solve puzzles during the challenge.



Key spouses build sense of community in AF Reserve

By Capt. Elizabeth Caraway
445th Airlift Wing Public Affairs

Military life is all that Tammy Ramirez has ever known. The daughter of a Marine and Vietnam vet, Ramirez is the spouse of Tech Sgt. Jose Ramirez, 445th Maintenance Squadron electrician. Her brother served for 22 years and her eldest son recently began his first tour of duty in the Air Force.

"The Air Force is a huge part of my identity," she said. "The military has always been a part of my life."

It was this deep-seated passion for the service that led Ramirez to volunteer for the newly revitalized 445th Key Spouse program.

The Key Spouse Program is an official Air Force commander's program that promotes partnerships with unit leadership, volunteer Key Spouses appointed by the commander, families, the Airman &

Family Readiness Center and other community and helping agencies. The program has a special emphasis on support to families across the deployment cycle.

"I think it's more challenging in a Reserve unit to create a sense of community because many of its members are geographically separated and only see each other once a month," Ramirez said. "I've always had the desire to serve and make the 445th feel more like a family unit. For me, the military is so much more than a job."

Ramirez said that she has noticed several spouses in the Reserve aren't familiar with all the agencies and services available to them. Key spouses can put them in touch with these resources.

"I want to help create a support

system for Airmen and their families," she said. "I want families to know they're not alone. When families are struggling, I can be that shoulder for someone."

When their families are happy and cared-for, Airmen are able to focus more on their job, Ramirez adds.

What does her husband, Tech Sgt. Ramirez, think about her new role?

"I'm so proud of her. I think this is a great idea to bring families together because it helps everyone," he said.

The wing Key Spouse Program is actively seeking volunteers. If you or your spouse is interested in learning more about the program or becoming involved, you can contact Stephanie Smith at ssmith2979@gmail.com or call (413) 301-3152.

445th supports AFJROTC National Drill Championships

By Maj. Demetrius Smith
445th Airlift Wing Public Affairs



Photos by Maj. Demetrius Smith

Chief Master Sgt. Mark Lockhart, 445th Maintenance Group, superintendent, serves as a judge during the 2015 Air Force Junior ROTC national drill competition at the Wright State University Nutter Center, March 21, 2015.

FAIRBORN, Ohio -- The Wright State University Nutter Center served as the setting for the Mid-Valley Region Air Force Junior ROTC National Drill Championship, March 21, 2015. The teams represented the states of Pennsylvania, Kentucky, Tennessee, Ohio and Illinois.

More than 345 cadets representing 16 schools and 22 teams competed in events that rely on precision, timing, poise, command, and intricacies that require hours of practice.

They competed in: Armed Inspection, Unarmed Inspection, Armed Regulation, Unarmed Regulation, Armed Color Guard, Unarmed Color Guard, Armed Team Exhibition, Unarmed Team Exhibition, Solo & Dual Exhibition, as well as Knockout Drills Armed & Unarmed.

Judging was provided by the Wright Patterson Air Force Base community including members of the 445th Airlift Wing. This event was sponsored by the Air Force Association and supported by the U.S. Air Force Junior ROTC Headquarters.



Physician assistants: the next wave in health care

By Tech. Sgt. Herodina Lu
445th Aerospace Medicine Squadron

Have you ever made a doctor's appointment and instead saw a physician assistant (PA)? Or maybe you saw a physician assistant and thought they were doctors? If you ever came across a similar situation, you're not alone.

With the changes in healthcare, midlevel providers such as PAs will play a vital role in providing healthcare.

According to the Health Resources and Services Administration, they proposed that if the delivery of primary care remained the same into the year 2020, there would be a shortage of about 20,400 primary care physicians. The integration of midlevel providers such as nurse practitioners (NP) and PAs into the delivery of healthcare will alleviate the shortage of primary care practitioners.

PAs are health care professionals who practice medicine under physician supervision. They can conduct physical exams, diagnose and treat illnesses, order and interpret tests, provide preventive health care counseling, assist in surgery, and write prescriptions. You can find PAs practicing in primary care settings, internal medicine, pediatrics, and obstetrics and gynecology. They also work in many specialties, such as cardiology, emergency medicine, oncology, dermatology, gastroenterology, psychiatry and surgery.

The military plays a role in PA history. Due to the shortage of physicians, the first educational program for PAs began in 1965. Dr. Eugene Stead Jr. of Duke University Medical Center selected four Navy Hospital corpsmen. These corpsmen received a considerable amount of medical training during their military service. Dr. Stead based the PA curriculum on the fast-track training of doctors during World War II. He estab-

lished a two-year program to educate PAs in order to address the health care delivery issues during that time. PAs, were initially viewed as a physician substitute, they were trained to provide medical care to rural and other medically underserved populations under physician supervision.

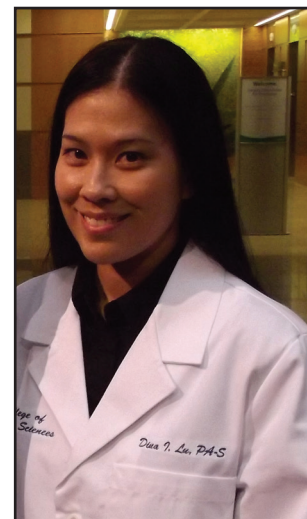
Currently there are 33 PAs in the United States Air Force Reserve, but none currently at the 445th.

PAs require less schooling than a physician. The PA program on an average lasts about 25 months leading towards a master's degree. One year is dedicated to completing clinical rotations where they gain hands-on medical experience. Licensure ensues upon successfully passing the Physician Assistant National Certification Examination.

As a practicing PA you will be required to complete continuing education as well as a recertification examination.

So the next time you or a family member see a PA, know that you are under the care of a medically trained professional under the guidance of a physician.

For more information on how to become a PA, PA schools, and what the profession entails, you can check out the American Association of Physician Assistant website. For more information on becoming a PA in the military, contact your local health professions recruiter.



Photos by Senior Airman Devin Long

(left) Senior Airman Robert Hessler, special handling joint inspector, and Master Sgt. Brian Cronin, special handling supervisor, 87th Aerial Port Squadron, inspect one of several hazardous aerospace ground equipment carts for damage and functionality March 5, 2015. (right) Airmen from the 87 APS pull one of several hazardous aerospace ground equipment carts onto a set of scales for weighing and inspection March 5, 2015. Joint inspection of AGE equipment was part of many separate activities executed during Exercise Buckeye Lightning.

News Briefs

Newcomers

Capt Brian Hunt, 14 IS
 Capt Jason McDowell, 64 IS
 2Lt Logan Fagg, CES
 TSgt Philip Francis, 87 APS
 TSgt Brian Neill, MXS
 SSgt David Auer, AMDS
 SSgt Bradley Coombs, AMDS
 SSgt Mitchell Dreibelbis, CES
 SSgt Bakiden Gordon, 87 APS
 SSgt Jason Hodges, CES

SSgt Joseph Ross, 14 IS
 SSgt Donald Rostofer, CES
 SSgt Antwon Stephens, SFS
 SSgt William Walker, CES
 SSgt Charles Wallace, 14 IS
 SSgt Nicholas West, CES
 SrA Andrew Price, 71 IS
 SrA Jeremy Tkach, 14 IS
 A1C Kyle Champine, AMXS
 A1C Thomas Davis, OSS
 A1C Thomas Masters, SFS

A1C Adrienne Zizza, AMDS
 AB Cavel Lake, LRS
 AB Eric Nelson, CES

Promotions

Staff Sergeant

Alison Barnes, FSS
 Nicholas Behr, CES
 Brandon Burdette, CES
 Leah Hurt, 87 APS
 Tyler Mohr, AW
 Maura Phillips, 87 APS
 Julia Rang, AMDS
 Chad Snaely, 87 APS
 Zachary Webb, 89 AS

Siearra Williams, FSS
 Gerald Woodard, FSS
Technical Sergeant
 Timothy Emberton, MXG
 Chad Gillenwater, CES

Master Sergeant

Kelly Earehart, AW
 Holly Siripavaket, AMDS
 Rebeccah Stammen, AW

Senior Master Sergeant

John Guillaum, MXG
 Linda Sparks, 87 APS

Chief Master Sergeant

Kelly Janus, ASTS

VA benefits I & II briefings

The 445th Airman and Family Readiness Office will conduct Veterans Affairs benefits briefings on the following dates: May 3; June 14; July 12; Aug. 2; and Sept. 13.

Briefings will be held from 8 a.m. to 3:30 p.m. at the 88th Air Base Wing Airman and Family Readiness Center located in building 2, Room 217.

To schedule an appointment, please call Master Sgt. Lessa Givens or Tech. Sgt. Julia Slifko at (937) 656-1502.

A&FRC Assistance

The Airman and Family Readiness office is available to provide assistance with employment, resume preparation, transition (pre-separation briefings), personal

finance, Air Force Aid, family readiness, and referral services.

Mr. Victor Bailey, a Community readiness consultant at the 88th Air Base Wing, is available every Tuesday at the 445th Airman and Family Readiness office, building 4014, Room 172. Mr. Bailey can assist you with developing an effective resume; developing a spending plan or repairing your credit; and connecting with local social service or veteran's organizations.

Mr. Bailey is also available for appointments from 8 a.m. to 4 p.m. during the unit training assemblies. Please call or email for an appointment: (937) 656-0944/DSN 986-0944 or victor.bailey@us.af.mil.

UTA dates services provided are: April 19; May 3; June 14; July 12; Aug. 16 and Sept. 13.

Gate 12A temporary closure

Gate 12A off State Route 444 will be closed April 3-27 for construction. Please plan accordingly. For more information, contact the 88th Air Base Wing Public Affairs office 522-3252.



Sunday, April 5

Annual awards banquet

The 445th Airlift Wing Annual Awards Banquet will be held May 2 at the National Museum of the U.S. Air Force. The reception is slated to begin at 6 p.m. followed by the program at 7 p.m.

The costs of the event are \$30 for E-7 and above; \$25 for E-6 and below; \$13 for children 6-12; and children 5 and under are free.

All reservations must be received by April 12.

The dress for the evening is semi-formal or mess dress for enlisted Airmen, and mess dress for officers. Civilians may wear formal evening attire.

Please RSVP using this link: https://einvitations.afit.edu/inv/anim_fm?i=186997&k=036944007250.

All reservations must be received by April 12.

For more information, contact the public affairs office at 257-5784.





Senior Airman Joel McCullough



Tech. Sgt. Anthony Springer



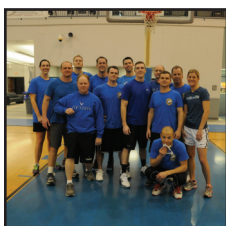
Senior Airman Devin Long



Tech. Sgt. Anthony Springer

Members of the 445th Airlift Wing participated in Buckeye Lightning, a readiness exercise, March 5–8, 2015. The exercise tested the unit's ability to survive and operate in a deployed environment. 1) Two 89th Airlift Squadron crewmembers help each other don their chemical defense ground crew ensemble during exercise Buckeye Lightning at Wright-Patterson Air Force Base, Ohio. 2) Members of the 445th Aircraft Maintenance Squadron don their chem gear in a makeshift bunker during a simulated attack. 3) An 87th Aerial Port Squadron Airman loads a 445th Airlift Wing C-17 Globemaster III with pallets and containers as part of the March 6, 2015 wing exercise. Airmen loaded the aircraft with power and engines running, checked for weight and balance, and prepared the jet for launch. When all preparations were completed the crew unloaded the C-17 as if it had just landed. 4) Majors Josh Springman and Doug West, 89th Airlift Squadron C-17 pilots, and Lt. Col. Chris Thompson, 89 AS commander, pre-flight a C-17 Globemaster III while donned in their chem gear.

On the Web



**89 AS
clinches
victory
over LRS in
basketball
championship**



**Buckeye
Lightning
exercise photo
story**



**ASTS Airman
receives
commission**

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