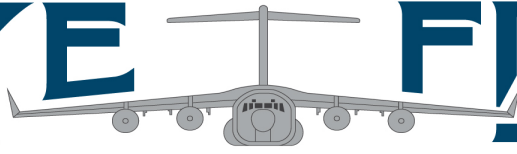


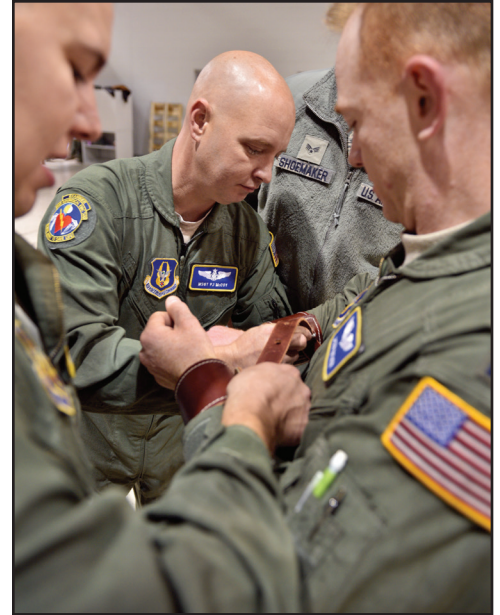
BUCKEYE FLYER



Wright-Patterson AFB, OH

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Photos by Tech. Sgt. Frank Oliver

(left) Maj. Shari Ellis, a flight nurse with the 445th Aeromedical Evacuation Squadron, trains squadron members on the use of electrical cables. (right) Master Sgt. PJ McCoy, center, medical technician with the 445 AES, and other medical personnel practice applying patient restraints to Capt. Jason Nather, a flight nurse, Sunday, Nov. 15, 2015 at Wright-Patterson Air Force Base, Ohio.

AES trains for wounded warrior care, transport

By Maj. Elizabeth Caraway
445th Airlift Wing Public Affairs

In addition to strategic transport and operational readiness, one of the primary missions of the 445th Airlift Wing is aeromedical evacuation—using military transport aircraft to carry wounded personnel. It's a mission carried out by more than 130 flight nurses, medical technicians, aeromedical evacuation operations officers, and logisticians in the Aeromedical Evacuation Squadron.

Capt. Leslie Houk, 445th AES Chief of Aircrew Training, explained that the unit is a blend of skill sets; all flight nurses are also civilian nurses, but medical technicians aren't necessarily in civilian medical fields. They complete basic emergency medical technician training through the Air Force.

Some Airmen, said Houk, discover they enjoy the career track so much they pursue nursing and first responder civilian jobs.

Airman Jordano Mape, 445 AES Health Services Management, is a current nursing student who has been with the unit for four months.

"The AES is a welcoming unit that strives for per-

fection and knows when it's time to work hard," he said.

The unit is presently gearing up to deploy members early next year for four months. Many reservists look forward to the deployments as an opportunity to put all their training into practice, said Houk.

"Although it's also a good situation when we're deployed and there aren't any patients who require care," she added.

As a unit that is dependent on aircraft, Houk said the 445 AES is grateful to have such a good working relationship with the 89th Airlift Squadron.

"It's very much a team effort with the aircrew," said Houk. "Especially when deployed, but even during training missions, the loadmaster and pilots are communicating with us, seeing what we need, and doing everything they can to keep the flight smooth."

A unique area of AE training is altitude physiology, studying how the human body responds at different

See AES, page 3

Wingmen essential to combating holiday depression

By Chaplain (Capt.) Job Morales
445th Airlift Wing Chaplain Corps

The cold and wintry months are among us and so are the holiday events. This holiday season for most of us is a time of fun filled parties, travels, celebrations and social gatherings with family members and friends.

Now stop and ask yourself, can depression coincide with these joyous and exciting holidays? The answer is yes.

Though depression may occur at any point and time of the year, stress and anxiety during the holiday season can cause even those who are content and happy to experience loneliness, grief and lack of fulfillment.

Depression in its simplest condition, according to dictionary.com, is "sadness; gloom; dejection"

which every human being experiences at some point in his or her journey of life. When a feeling of loss, loneliness, anger, sadness, or frustration makes it difficult to enjoy everyday life and lasts for an extended period of time, then depression becomes an illness. Though

there are common forms of depression Seasonal Affective Disorder (SAD), referred to as seasonal depression, occurs during the fall and winter months when there is less sunlight and holiday celebrations like, Christmas, Kwanzaa, Hanukkah and New Year's are in full swing.

Seasonal Affective Disorder or seasonal depression can especially affect military personnel and their family members. This holiday season, many service members from all military branches will be deployed to foreign countries fulfilling their commitment and leaving behind their love ones.

Military personnel are especially vulnerable due to less interaction with love ones causing social isolation and severe holiday depression. Even with today's technological advances in communication, it still cannot replace the intimacy and closeness of being present with love ones during these important holidays.

Spouses, significant others, and children can experience anger, dissatisfaction, grief, seclusion and sadness during traditional holiday meals and festivities. Children may become very emotional and withdrawn because their love one is not present to enjoy their new gifts.

Spouses or significant others will experience extreme loneliness of not having their love ones to ring in the New Year.

According to Healthline, an online medical website, a study was conducted on patients treated for seasonal depression and stated that the most common stressors and anxiety were "feelings of loneliness and being without a family during the holidays."

Here at the 445th Airlift Wing

deployments are common and occur during the winter and holiday months. This is why it is vital that the Wingman concept be put into action and serve as a tool to reach out to deployed Airmen and their families.

Here are a few helpful solutions and approaches for handling holiday depression:

- Fellow Airmen should take turns placing calls on a regular basis. Hearing from their fellow Airmen gives a feeling of assurance and comfort.
- Receiving care packages from their units and gifts from love ones.
- Notifying the deployed Airmen of chaplains in the area and location of the psychological health advocacy program.
- Checking on spouses and children from time to time via phone calls and visits are also encouraging and a relief knowing they are not alone.
- Informing families of support groups, counselors and psychotherapists.
- Inviting families to social events to keep them connected to the unit.

Seasonal depression is a common battle but with certain treatments, preventive care and resources, victory can be accomplished. Knowing depression can strike at anytime and anywhere during the most celebrated holidays is the key in being prepared to take action and to reach out to assist and help our military servicemen and their families.



Buckeye Flyer

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445th AW welcomes new director of psychological health

445th Airlift Wing Public Affairs

The 445th Airlift Wing now has a new full-time director of psychological health. Tijuana Odom, a civilian employee who is a Licensed Clinical Social Worker, joined the wing in mid-July. Odom is the second individual selected by the command to ensure services are in place to help members and their families achieve and sustain psychological health.



Odom not only brings the paper credentials to fulfill the requirements for the DPH position, she also understands military life as she served 12 1/2 years on active duty and two years as a reservist.

Odom has a master's degree in counseling and guidance, and a master's degree in social work.

She will offer limited clinical and non-clinical services. Clinical services which are available to members eligible to receive services in the military healthcare system include initial assessment, providing therapy on a short-term focus basis as well as providing referrals to outside clinical providers if the member needs longer-term assistance. Non-clinical services which are available to reservists and their families and civilian staff include training and education, consultations and referrals, needs assessments, suicide prevention, resiliency building, crisis intervention and command advisement on psychological and mental health issues.

Working with reservists requires a knowledge base of general life and psychosocial stressors, in addition to understanding military culture, deployment

cycle, and civilian-military life issues. Reservists are called upon to deploy worldwide when and as often as needed, so they and their families must always be ready.

"I understand Air Force Reserve personnel face many challenges that are common among most people, but what sets their difficulty at a higher level is their constant shift between civilian and military statuses on a monthly basis. This constant transitioning requires mental fitness and resilience in order to maintain the separate requirements of each lifestyle and perform required duties sufficiently and satisfactorily. A large part of my role is assisting members and/or family members with developing resilience and navigating life stressors in order to 'meet the mission,' or be deployment-ready, said Odom.

According to Odom, sometimes just having a sounding board can help reduce stress.

She hopes that over time people realize that talking to someone about their mental health is vital to their well-being.

"My door is open," said Odom. "I want to offer a safe, welcoming environment to help everyone in the wing. To do that, I look forward to feedback on what is needed."

Ms. Odom welcomes office visits and is also able to meet members at times and locations convenient to their circumstances. The DPH's services are free of charge, private and confidential with a few exceptions as directed by the Air Force and state law.

She is located in Building 4010 and is available during the week and unit training assembly weekends. For more information or to schedule an appointment, email her at tijuana.odom.2@us.af.mil or call 937-257-6267.

AES, from page 1

altitudes. Several AE team members get to put the training into practice on real-world missions returning troops to their hometowns.

As a former college basketball player and coach, Houk said she appreciates the teamwork in the AES.

"I love being here and I enjoy this squadron," said Houk. "It's not

just the mission and the job; it's the people. These people make things happen. They are here for the right reason—to help others. It's so gratifying to know that you're ready, willing, and able to care for these patients. We are very passionate about what we do."

And the now-infamous pirate theme that the unit espouses?

There are several theories as to its origins. One is that pirates board ships and take them over in the same way that AE boards a plane and "takes it over." Wherever it comes from, the reservists have run with it and stand ready to care for patients during air travel. And that's the way it is, matey... AARRRRR!



445th conducts first warrior challenge competition

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

WRIGHT-PATERSON AIR FORCE BASE, Ohio--Approximately 96 Airmen from 12 445th Airlift Wing squadrons participated in its first warrior challenge competition, here November 8 and 15. The competition tested Airmen on the Airman's Manual, Airman's Creed, donning and doffing Mission-Oriented Protective Posture gear and the Size, Activity, Location, Unit, Time, Equipment or SALUTE report. After the scores were tallied, the 87th Aerial Port Squadron stood victorious.

"I think it is good for all of the squadrons to come in—a lot of these people are traditional reservists, so they do not see each other all the time," said Tech. Sgt. Bryant Fox, 445th Inspector General Inspections member. "They have to work together as a team for the competition. It's good for them to sharpen their warfighting skills."

Each unit pulled a sampling of 10 Airmen to represent their unit in the competition. "We chose the demographics, rank, age and gender to ensure we had a good mix of everybody," said Major Keith Sullivan, 445th AW IGI member.

IGI personnel randomly divided groups



Tech. Sgt. Patrick O'Reilly

Tech. Sgt. Joseph Chlebek and 2nd Lt. Jonathan Charles, both with the 445th Aeromedical Staging Squadron, race against the clock to don their chemical warfare gear on Sunday, Nov. 15, 2015. The pair competed in a warrior challenge that tests skills found in the Airman's Manual.

into two-person teams to run through MOPP and SALUTE stations with the exception of the Airman's Creed station, where one person was selected to recite the creed. All team members were given a 10-question, multiple-choice, open-book test on the Airman's Manual.

IGI honed in their creativity skills and created an elaborate diorama equipped with model soldiers and an extensive array of combat assets. During the competition, a two-person team from the 89th Airlift Squadron eagerly approached the line 25 yards away from the diorama to provide a SALUTE report while Major Douglas West, 445th AW IGI deputy director,

evaluated their performance.

"What we are seeing is when they initially get the binoculars, they are a little overwhelmed by all of the activity on the display," said Master Sgt. John Patten, IGI wing inspection team member. "Once they settle in and start counting the men and the equipment, they start putting everything in a SALUTE format. The teams are getting the big picture pretty well, but we hid some Easter eggs in here and they are struggling with those."

"It takes them six minutes to do a SALUTE report for the task. In the real world, they would go back and share the information with intelligence,"

said West. "The idea is to get the most accurate information using the SALUTE criteria to define who the enemy is and what they see."

The competition is designed to keep the unit's skills current, especially since Operation Readiness Exercises are no longer a requirement in the inspection program. "We want to keep those combat skills sharp or to at least have some familiarity, so five or 10 years later and when you pick up a mobility bag, you have no idea what to

do," said Sullivan.

The 445th AW traditionally held Operational Readiness Inspection Rodeo competitions under the former Air Force Inspection program. However, since ORIs were eliminated two years ago, IGI scaled the rodeos down to a four-part unit competition.

IGI plans to conduct the competition every year during November's Scarlet and Gray unit training assemblies. The winner will be presented with a trophy during wing commander's call. The winning squadron this year—87th APS—will be awarded points that can go toward their squadron of the year award package.



Wing announces 4th quarter FY15 award winners

Airman



Senior Airman Jessica L. McMillian, 445th Force Support Squadron career development journeyman, is the 445th Airlift Wing Airman of the Quarter, fourth quarter. McMillian processed 300 personnel actions, 113 passports and 280 transfers. She hosted a two-week long commander's support staff training seminar where she briefed four career development programs to 50 people. McMillian competed in the annual Force Support Squadron Silver Flag Readiness Challenge where she competed with her team in eight events with the team placing first place in the competition. During her off-duty time, McMillian judged four science fairs, volunteered at her local animal shelter and participated in the Read Across America program. She completed her Bachelor of Science degree in computer information systems and has been accepted to the Master of Arts in communication and leadership program at Park University.

NCO



Tech. Sgt. Christopher L. Rapp, 445th Force Support Squadron customer service technician, is the 445th Airlift Wing NCO off the Quarter, fourth quarter. Rapp serviced 4,500 guests with common access cards and Defense Enrollment Eligibility Reporting System actions. He processed 350 Airmen in the Servicemember's Group Life Insurance program. Rapp augmented the 88th Air Base Wing customer service desk where he processed 35 military, dependent and retiree identification cards, reducing the wait time and averting delays. The sergeant participated in a Yellow Ribbon event, informing 191 deployers and their families on DEERS and SGLI. During his off-duty time, Rapp volunteers at his local food bank, filling 100 food baskets for the less fortunate. He was the class leader of his six-week personnel apprentice course, earning 93 percent academic honors and enhancing his technical expertise.

SNCO



Senior Master Sgt. Michael A. Smith, 445th Aeromedical Staging Squadron medical readiness superintendent, is the 445th Airlift Wing Senior NCO of the Quarter, fourth quarter. Smith created an annual unit security and operations security training on SharePoint for his Airmen. Smith trained 101 Airmen in OPSEC communications during the Calamityville mass casualty exercise. He coordinated his unit emergency management shelter-in-place exercise, resulting in 120 Airmen trained on emergency locations and responsibilities. Smith trained 64 unit Airmen during an exercise in personnel, baggage and vehicle searches. During his off-duty time, Smith participated in the "Run for the Fallen" race. He's a Meals on Wheels volunteer and participated in career day at Bauer Elementary School. Smith completed his Community College of the Air Force degree in health care administration and received a Bachelor of Science degree in health care management.

CGO



Capt Trevor D. Webb, 445th Logistic Readiness Squadron transportation flight commander, is the 445th Airlift Wing CGO of the Quarter, fourth quarter. Webb is responsible for his unit's supply warehouse move, relocating more than 3,000 mobility bags in 72 hours. He completely revamped the squadron's training plan, ensuring LRS mission and training requirements are 100 percent ready. Webb manages 87 vehicles valued at \$4.9 million and leads 26 squadron vehicle management programs. He coordinated transportation for 956 newcomers and wing exercise participants. During his off-duty time, Webb donates his time supporting congenital heart defect affected families at Nationwide Children's Hospital. He was a key organizer of the wing's family picnic for LRS attended by more than 100 squadron members and their families. Webb completed his Master of Business Administration from Ashland University, specializing in supply chain management and finance.



SPOTLIGHT



Tech. Sgt. Patrick O'Reilly

Rank/Name Senior Airman Zachary Smith	Unit 87th Aerial Port Squadron
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Duty Title

Cargo processing specialist

Hometown

Greenup, Kentucky

Civilian Job

General manager at LA Fitness

Education

Striving to obtain my bachelor's degree in exercise science

Hobbies

Anything outdoors, watching the Buckeyes on Saturdays, working out

Career Goal

Obtain the most knowledge about my

career field as possible while mentoring Airmen below me. To become a Senior Master Sgt.

What do you like about working at the 445th?

I like the family atmosphere. It doesn't feel like coming to work.

Why did you join the Air Force?

I joined the Air Force because it was a family tradition, also the free schooling was a bonus. I enjoy serving so that others I care about don't have to.

Around the wing...



Tech. Sgt. Patrick O'Reilly



Senior Airman Joel McCullough



Tech. Sgt. Patrick O'Reilly

1. Dave Schardt, CEO of Forgeline Motorsports, explains the processes of making custom made forged aluminum street and racing performance wheels to members of the 445th Airlift Wing during a tour of Forgeline Motorsports in Dayton, Ohio, Nov. 13, 2015.
2. Senior Airman Dylan Lewis-Lee, 87th Aerial Port Squadron, ramp services journeyman, and Staff Sgt. Karen Ricketts, cargo assistant team chief, of the hone their forklift operation and spotting skills during training, Nov. 7, 2015.
3. Lt. Col. Kent Shea, 445th Force Support Squadron commander, serves a Thanksgiving meal to an Airman at the Pitsenbarger Dining Facility during the Nov. 8, 2015 unit training assembly.



News Briefs

In Memory



**Tech. Sgt.
Angela Wilson**

Sep. 16, 1981 - Oct. 20, 2015
445th Aerospace
Medicine Squadron
Our thoughts and prayers
go out to Tech. Sgt. Wilson's
family and friends.

Newcomers

Maj Annette Bergman, OSS
Maj Cindy Siegel, ASTS
Maj Latoya Siples, OG
Capt Eric Fine, ASTS
Capt Christopher Hulbert, LRS
TSgt Brian Pellettiere, MXS
TSgt Bradley Swindall, MXS
TSgt Kendal White, OSS
SSgt John Allen, ASTS
SSgt Tresavon Evans, SFS
SSgt Brandon Teeple, OSS
SSgt Justin Wine, CES
SSgt Brandon Wish, AMXS
SrA Pamela Boyd, AMDS
SrA Joseph Cole, LRS
SrA Ginnette Lykins, AMDS

SrA John Robinson, MXS
A1C Jacob Beard, MXS
A1C Urowayinor Dore, CES
A1C Brandon Foster, MXS
A1C Diondre Jenkins, CES
A1C Brittany Katros, FSS
A1C Ghansyambhai Patel, ASTS
Amn Mackenzie Logan, LRS
Amn Donald Williams III, CES
AB Stephanie Getz, ASTS

Senior Airman

Anne Brady, AMDS
Samantha Johnson, MXG
Michael Price, CES

Staff Sergeant

Seth Allen, 87 APS
Therese Davis, LRS
Andrew Ferguson, AES
Stephanie Gardner, FSS
Charles Miller, LRS
Shelby Money, SFS
Kimberley Wissner, AMDS

Technical Sergeant

Isaac Graham Jr., MXG
Travis McClain, CES
Ann Northrup, AES
Brian Reber, AMXS
Joshua Sharp, AMXS

Master Sergeant

Michael Baker, AMXS
Michael Flaata, AES

Promotions

Airman

Donald Williams, CES

Airman First Class

Gabriel Holcomb, AMXS
Addison Wyckoff, OSS

Toys for tots

The annual Toys for Tots campaign has begun and Airmen are asked to donate new toys to be distributed to children in needed.

Collection boxes have been distributed throughout the wing and are located in the following buildings:

15, 101, 4004, 4006, 4010, 4012, 4014, 4016, 4026, and 4035. Toys will be collected Dec. 14.

Plenty of boxes are available. If you need more please contact your first sergeant.

If you have any questions, please contact Master Sgt. Cabungcal at 656-2745 or 614-582-2866 or email: sierra.cabungcal@us.af.mil.

FM office closure

The 445th Airlift Wing Financial Management office will close one day a week per pay period to allow the staff to accomplish mandatory training.

Closure dates are listed in the calendar.

For more information or concerns, please call Carl Urbanas at 937-522-3304.



November 2015							December 2015							January 2016						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7			1	2	3	4	5						1	2
8	9	10	11	12	13	14	6	7	8	9	10	11	12	3	4	5	6	7	8	9
15	16	17	18	19	20	21	13	14	15	16	17	18	19	10	11	12	13	14	15	16
22	23	24	25	26	27	28	20	21	22	23	24	25	26	17	18	19	20	21	22	23
29	30						27	28	29	30	31			24	25	26	27	28	29	30
														31						

February 2016							March 2016							April 2016						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6			1	2	3	4	5						1	2
7	8	9	10	11	12	13	6	7	8	9	10	11	12	3	4	5	6	7	8	9
14	15	16	17	18	19	20	13	14	15	16	17	18	19	10	11	12	13	14	15	16
21	22	23	24	25	26	27	20	21	22	23	24	25	26	17	18	19	20	21	22	23
28	29						27	28	29	30	31			24	25	26	27	28	29	30

May 2016							June 2016						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7				1	2	3	4
8	9	10	11	12	13	14	5	6	7	8	9	10	11
15	16	17	18	19	20	21	12	13	14	15	16	17	18
22	23	24	25	26	27	28	19	20	21	22	23	24	25
29	30	31					26	27	28	29	30		

- Weekend/Holiday
- UTA Weekend
- FM Office Closed

Schedule subject to change due to mission requirements





Photos by Tech. Sgt. Patrick O'Reilly

Supporting vets

1. Senior Airman Stephanie Gardner, 445th Force Support Squadron, sorts and inventories coats to be distributed during the Dayton Veterans Affairs Medical Center Homeless Stand Down October 30, 2015. More than 10 members of the 445th Airlift Wing volunteered for the VA stand down. This year's event provided more than 300 veterans a meal, clothing, health screenings, VA and Social Security benefits counseling, and referrals to a variety of other necessary services, such as: housing, employment, substance abuse and mental health treatment services.
2. Maj. Kimberly Ebel, 445th Aeromedical Staging Squadron, helps a vet carry items he received during the stand down.
3. Chief Master Sgt. Kelly Kruger, 445th FSS, poses with a vet.
4. Tech. Sgt. Nicholas Nickert, 445th Aircraft Maintenance Squadron, assists a vet with his newly acquired back pack during the VA stand down.

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