

BUCKEYE FLYER

Wright-Patterson AFB, OH

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445th Reservists weather Buckeye Storm exercise

*By Capt. Elizabeth Caraway
445th Airlift Wing Public Affairs*

WRIGHT-PATTERSON Air Force Base, Ohio — More than 130 Airmen from the 445th Airlift Wing participated in Buckeye Storm here May 2-3. The two-day exercise offered refresher training in post attack reconnaissance and unexploded ordnance sweeps, litter carry and medical care review, and chemical, biological, radiological, nuclear, and explosive defense.

Buckeye Storm is the wing's third exercise this year. Buckeye Thunder, held in January, sampled the wing's deployment folders. March's Buckeye Lightning challenged wing flight line operations, ensuring members were ready for contingencies. Buckeye Storm extended the readiness training to additional units.

"Our hope is to have exercises like this one twice a year to maintain our wing's readiness," said Maj. Eric Florschuetz, 89th Airlift Squadron instructor pilot and commander's inspection program exercise planner. "Instead of reviewing these skills every three to four years, we want our Airmen to keep muscle memory for skills like donning chem gear."

Another important aspect of the training, said Florschuetz, is that it improves overall wing and unit readiness, rather than the individual readiness that deployment "just in time" training provides. Airmen learn to complete these hands-on tasks in a group, which is a more accurate representation of what



Staff Sgt. Joseph Dunn, 445th Civil Engineer Squadron HVAC craftsman, and Senior Airman Celeste Mullings, 445th Force Support Squadron personnel apprentice, train on proper litter carrying techniques during the Buckeye Storm exercise May 2, 2015.



Photos by Senior Airman Devin Long

Airmen perform a Post Attack Reconnaissance (PAR) sweep during a post-attack scenario for the Buckeye Storm exercise on May 3, 2015.

they would encounter deployed.

The first day of Buckeye Storm was a training day. Twelve instructors went over procedures for conducting Post Attack Reconnaissance (PAR) and Unexploded Ordinance (UXO) sweeps, donning and doffing chem gear, and caring for wounded. The second day was the practical portion of the exer-

cise, offering activities that blended team building with skills practice. The participants were divided into four groups and went through a variety of team building and skill-promoting activities overseen by instructors and wing inspection team members. For example, Airmen

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Airmen encouraged to nominate employers for ESGR awards

By Col. Jeffrey McGalliard
445th Airlift Wing Commander

I had the privilege to attend the Ohio Employer Support of the Guard and Reserve Employer Awards Banquet April 18 in Dublin, Ohio.

I was joined by hundreds of military members and employers as the state ESGR recognized employers for their support of service members. The night was made more special to see the 445th Airlift Wing Honor Guard present the colors during the opening ceremony.

Our nation has relied heavily on Guard and Reserve members since entering continuous operations more than a decade ago. Employer support enhances retention rates in the Armed Forces and in the end, strengthens our national security. To recognize employers who support their Guard and Reserve employees, ESGR grants a series of Department of Defense awards.

During the event, Nationwide was presented with the Seven Seals Award. The State Chair Seven Seals Award is given in limited numbers by state and territory ESGR Committees. It recognizes employers at the state and local level who have gone "Above and Beyond" the legal requirements for granting leave and providing support for military duty by their employees as defined by the Uniformed Services Employment and Reemployment Rights Act (USERRA).

Senior Master Sgt. Anthony Johns, 445th Force



Support Squadron first sergeant, nominated his employer for the award. In 2010, Senior Master Sgt. Johns was called away from Nationwide to serve a 26-month tour as the wing's first sergeant. Anthony said it was important to recognize his employer who not only stands by him professionally but also supports his military service.

Nationwide has a longstanding history of supporting their associates who serve in the Guard and Reserve forces. Nationwide CEO Steve Rasmussen signed a formal Statement of Support in 2013 for employment of military veterans. Nationwide has publically committed to hire 1,000 veterans.

Richard Schnierer, Associate Vice President for Nationwide Financial, attended the event and expressed that it was an honor to be there with Sergeant Johns and to represent Nationwide in receiving the award.

One of the things that makes our wing so successful in its many mission sets is our ability to help reservists manage what we've come to call the "three-legged stool." It refers to the balancing act that each of you perform every month, trying to maintain your commitments to family, your primary employer and our great unit.

ESGR is a program that builds the relationship further by among other things, recognizing those partners in industry that far exceed the mere requirements of USERRA and labor law. Each of you has the opportunity to submit your employer. I encourage you to do so where merited.

To nominate your employer for an award please visit: <http://www.esgr.mil/Employer-Awards/ESGR-Awards-Programs.aspx>.

Buckeye Flyer

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Life stressors create a new normal

By Chaplain (Capt.) Leslie Craymer
445th Airlift Wing Chaplain Corps

In the Air Force we are guided by "Key Words" which we use in officer and enlisted performance reports to show we are striving toward similar goals associated with our mission. We use these concepts to guide those under our command in hopes to help form a more unified Force. Sometimes these words become nothing more than guiding principles by which we sit back rolling our eyes. They have been used to the extent of becoming hollow in significance, sneered at as merely insincere ideas to help the Air Force look mission ready.

One such key word that has been tossed around and used in many functions is "resilience." As you look at yourselves and your fellow Airmen, maybe resilience is not the word you would use to describe the overall psyche of the Air Force. Words like exhausted or stressed may better describe your life. Perhaps we need to re-examine our expectations of what it means to be resilient. Perhaps, resilience is not just a meaningless bit of Air Force jargon, but a real concept, that we can employ to guide us through relation-

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ships, work and day to day living.

One dictionary describes resilience as: "The power or ability to return to original form, position, etc. after being bent, compressed or stretched; elasticity." While this meaning is appropriate for metal working and solid-state chemistry, it is wholly inadequate in the human context. The human mind is incredible and dynamic; always growing and discovering. For any of us to return our character or intellect to the normal from five, 10 or 20 years ago would be a setback, if not a tragedy.

When we go through the stresses of life, whether consciously or not, we are continuously es-

tablishing "a new normal." When exposed to extreme stress, the brain either shuts down, or if you are resilient, discovers. The dictionary calls this elasticity; however, as humans, when the elastic breaks, the resilient mind, does not throw out the broken elastic waistband, but rather turns it into a drawstring.

Synonyms such as "flexibility" are often used to describe resilience, but to be flexible focuses on the present, while to be resilient focuses on the end state. To be resilient is to always keep in mind the type of person you want to become. Stress and crisis become tools and catalysts which we use

to shape our character. To be resilient we must remember to communicate with ourselves and those who need to know or can help (i.e. spouse, commander, chaplain). Communication organizes thoughts and assists in eliminating unnecessary stressors.

Rather than stretching and retracting like the aforementioned elastic, our lives should resemble the refining of gold or silver. Starting off in its raw form, ore must be exposed to fire in order to refine it to the point of purity. Each time it emerges from the fire, it is purer and unlike it was before. Its change is not a sign of weakness, but a sign of resiliency.

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Tech. Sgt. Anthony Springer

Col. Jeffrey McGalliard, 445th Airlift Wing commander, congratulates Senior Master Sgt. Al Baker, 445 CES, and Staff Sgt. Clare Warden, 445 FSS, for winning the "MOPP Off" contest May 3, 2015.

had a grid on the floor that simulated a minefield and had to work through the grid marking mines and getting the rest of their team through it.

Participants were enthusiastic about Buckeye Storm, particularly the practical applications on the second day.

"It's been an informative and fun experience," said Staff Sgt. Mara Thomas, 445th Civil Engineer Squadron operations management. "We've been able to practice with equipment we don't often use, like land mobile radios, and handle it with the added challenge of Mission Oriented Protective Posture (MOPP) 4."

"The hands-on experience for what we would do in that environment has been valuable," agreed Airman 1st Class Jason Ware, 445th CES, who worked the unit control center with Thomas during the exercise.

"There is a mix of higher ranks and younger troops right out of tech school here," Thomas added, "and the

mixture of experience levels has been beneficial to all."

The exercise wrapped up with a contest pitting top male and female group members against one another in a chem gear donning competition that participants dubbed the "MOPP Off." Contestants were timed and penalized for mistakes in donning procedures. Senior Master Sgt. Al Baker, CES, and Staff Sgt. Clare Warden, Force Support Squadron, took top honors with a combined time of eight minutes and four seconds—more than four minutes faster than the runners-up.

"We are building our commander's inspection program—which is still pretty new—and our exercise program from ground zero," said Maj. Florschuetz. "We've had a few bumps along the way, but we take those as lessons learned and use them to make the program better. Our wing goal is to be better prepared to complete future missions."



Senior Airman Devin Long

Aeromedical services journeymen Senior Airmen Caleb Boles and Jeremy Ballard, both assigned to the 445th Aeromedical Staging Squadron, demonstrate self-aid and buddy care techniques May 2, 2015.



SPOTLIGHT



Senior Airman Joel McCullough

Rank/Name

Master Sgt. David Compton

Unit

445th Aeromedical Staging Squadron

Duty Title

NCO in-charge, Readiness and Training

Hometown

San Antonio, Texas

Civilian Job

Molecular Biologist/
Lead Radiation Dosimetrist (Air Force Research Laboratory);
Cytologist (Ohio Valley Surgical Hospital-Springfield, Ohio)

Education

Bachelor of Science in Cytotechnology from George Washington University

Hobbies

Spending time with family and fitness

Career Goal

Mentoring the next generation of Air Force members to project Global Reach, Global Power!

What do you like about working at the 445th?

The diversity and incredible knowledge and skill sets that every member brings to the wing.

Why did you join the Air Force?

I joined the Air Force to give back to the country that welcomed me and the countless Vietnamese refugees upon the fall of South Vietnam. My love for Country, Air Force, Wing, and Duty is 24/7.

Airman wins USO award

Staff Sgt. Jennifer Godsey, 445th Force Support Squadron lodging journeyman, is the USO of Central and Southern Ohio Non-Commissioned Officer of the Year.

The award honors outstanding NCOs from all branches of service. The individual is selected based on military accomplishments, community involvement, promoting military civilian relations, poise and military bearing, speaking ability and knowledge of world affairs and current issues.

Godsey is heavily involved in the community. She's a member of the Air Force Sergeants Association Chapter 751. She has volunteered more than 20 hours with AFSA to work the Dayton Airshow, Freedom Fest and the Renaissance Festival, raising \$4,000 for the organization. She's an active Fisher/Nightingale House volunteer, providing quarterly meal support. Godsey is an ambassador for the American Heritage Girls Troop 413; the group aided in two community park cleanups.

She helped coordinate and serve 500 meals for Calamityville exercise participants last fall. The sergeant led two projects for her squadron that involved moving \$80,000 worth of kitchen equipment and tents to a safer location in order to prolong its shelf life. Godsey helped build the wing's Development and Training Flight instructor cadre, mentoring three diverse Airmen. She's also an elite Wright-Patt Honor Guard member.

During her off-duty time, Godsey earned two Community College of the Air Force degree. She was a top graduate at the Services Apprentice Technical School.



Upcoming wing events

Cruise In and wing picnic

The 445th Airlift Wing will host a Cruise In, Saturday, Sept 12.

Car, truck and motorcycle enthusiasts are encouraged to participate.

To register for the event or for more information, please call or email Staff Sgt. Nicole Sturm at 937-257-4249 or Nicole.sturm.2@us.af.mil.

In addition, please mark your calendars for the 445th Airlift Wing family day picnic to be held Saturday, Sept. 12.

More details will be available at a later date.

Golf outing

The 445th Airlift Wing annual golf scramble will take place June 19. The event will be held at the Sugar Isle Golf Course in New Carlisle, Ohio. Teams will consist of four

players with a maximum of 32 teams. The cost is \$240 per team. To sign up or for more information, contact Jeff Hurtt at (937) 257-0388 or email jeffrey.hurtt.1@us.af.mil or Darrell Houston at darrell.houston.1@us.af.mil.

Volleyball tournament



The 445th Force Support Squadron will host a battle of the squads volleyball tournament, Saturday, June 6 from 4:30 to 7 p.m. The event will be held on the outdoor volleyball court at Jarvis Gym.

Food will be served.

News Briefs

Newcomers

Maj Albert Olagbemiro, LRS
 Capt Moises Gooze, ASTS
 Capt Andrea Ismirle, AW
 Capt Sarah Ripma-Turner, MXS
 TSgt Samuel Hogue, SFS
 SSgt Kristina Bodley, LRS
 SSgt Aaron Fritz, AMXS
 SSgt Trevor Gray, AMXS
 SSgt John Wernke, CES
 SrA Benjamin Childs, AMXS
 SrA Christopher Clark, FSS
 SrA Jesse Fowler, 87 APS
 SrA Samuel Ronan, MXG
 SrA Zachary Smith, 87 APS
 A1C Melvin Castro, AMDS
 A1C Dayzionae Daniels, AES
 A1C Urowayinor Dore, CES
 A1C Thomas Masters, SFS
 AB Addison Wyckoff, OSS

Promotions

Staff Sergeant

Christopher Bell, FSS
 Shannon Brown, ASTS
 Jennifer Caldwell, ASTS
 Brandon Griffin, FSS
 Richard McConnaha, SFS
 Jordan Reed, MXG
 Rachel Wilson, AES

Technical Sergeant

Ryan Brenner, OSS
 Mary Fessnertarjanyi, FSS
 Jennifer Godsey, FSS
 Christopher Lipps, AES

Master Sergeant

Keric Johnson, AMXS

Carlos Vargas, FSS

Senior Master Sergeant

Chad Cazan, 87 APS

Awards

Meritorious Service Medal

Lt Col James Hendrickson, MXG
 Lt Col Jeanne Lafountain, AES
 Lt Col Clay Pittman, OSS
 Lt Col Joseph Savage Jr., LRS
 Maj Kristopher Herman, 89 AS
 Maj Brett Manger, 89 AS
 Maj Dennis Park, AW
 Maj Kevin Sullivan, AW
 CMSgt Joseph Gough, 89 AS
 SMSgt Michael Brimmer, 87 APS
 SMSgt Dean Keller, AES
 SMSgt Tina McNamara, AES
 SMSgt Leslie Nance, ASTS
 SMSgt Gerald Sandoval, MXS
 SMSgt Christopher Williams, MXS
 SMSgt Patricia Wortham, FSS
 MSgt Chad Cazan, 87 APS
 MSgt Jeffery Conley, MXG
 MSgt Elizabeth Earehart, AES
 MSgt Richard Ellison, CES
 MSgt John Guillaum, MXS
 MSgt Gloria Johnson, ASTS
 MSgt Alicia Lavender, MXS
 MSgt David Mashburn, LRS

MSgt Scott Schrier, FSS
 MSgt Jeffery Spires, LRS
 TSgt Jarrod Applegate, SFS
 SSgt Mark Ledkins, SFS

Air Force

Commendation Medal

1Lt Cletus Schafrath, LRS
 Maj Robin Kenny, AES
 Maj Marie Smith, ASTS
 MSgt Myron Dawson, AMXS
 MSgt Donald Floyd, 87 APS
 MSgt Charles Himes, 87 APS
 MSgt Eric Rine, AMDS
 MSgt Michael Rosato, AMXS
 TSgt Jason Conley, CES
 TSgt Jennifer Gerritsen, AES
 TSgt Pamela Honeycutt, 89 AS
 TSgt Joseph Valenzuela, AES

Air Force Achievement Medal

SMSgt Gerald Sandoval, MXS
 TSgt Thomas Master, 87 APS
 SSgt Jason Benedict, 89 AS
 SSgt Thao Phan, MXS
 SSgt Mara Thomas, CES
 SrA John McDermott, MXS
 SrA Christon Moore, 87 APS
 SrA Michael Osborn, 87 APS
 SrA Cary Tiller, CES



Annual VA picnic

The Dayton Veterans Affairs Medical Center annual picnic is scheduled for 11 a.m. to 2:30 p.m., June 13, 2015 at building 320 on the Dayton VAMC campus. Wing members are encouraged to attend and make donations.

The following items are needed: new underwear/shower shoes; flexible straws; crafts; games; new/gently used clothes (washed and donated in clear plastic bags); toiletries; and gas cards/bus tokens. Donated items may be dropped off to Master Sgts. Sierra Cabungcal or Karen Givens. For more information, please call Car-buncal at 614-582-2866 or Givens at 614-439-1051.

A complete list of items and a map of the VA campus can be found on the Public Affairs SharePoint site.

Employment opportunities



Veterans & Employers Connection

Are you looking for employment?

The Veterans & Employers Connection is available to assist you in your job search.

The Veterans & Employers Connection is an alliance of employers, support service providers, and community organizations united around one common objective: long-term, meaningful employment for veterans which includes members of the Guard and reserve.

For more information contact Doug Vaughan at 937-528-6367 or d.vaughan@gesmv.org.



445 AW announces 2014 annual award winners

445th Airlift Wing Public Affairs

The 445th Airlift Wing held its 2014 Annual Awards Banquet May 2, 2015 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 2014 annual award winners are:

Airman – Senior Airman John DeLucia, 445th AW Command Post; NCO – Staff Sgt. Jennifer Godsey, 445th Force Support Squadron; Senior NCO – Master Sgt. Lamon Pace, 445th Logistics Readiness Squadron; First Sergeant – Master Sgt. Glenda Marck, 89th Airlift Squadron; Honor Guard Member – Tech. Sgt.

Lisa Purk, 445th Aeromedical Staging Squadron; Company Grade Officer – Capt. Melissa Seacat, 445th Aeromedical Evacuation Squadron; Field Grade Officer – Lt. Col. Joshua Wright, 445th Aerospace Medicine Squadron; Civilian – Mr. Edward Jackson, 445th AW Financial Management; Spouse – Mrs. Stephanie Smith, wife of Lt. Col. Raymond Smith, 89th Airlift Squadron; Youth – Miss Mallory Green, daughter of Senior Master Sgt. Joseph Kotsko, 445th AES; Squadron – 445th Security Forces Squadron; and Community Partner – Huber Heights Memorial Post 3283, Veterans of Foreign Wars.



Photos by Senior Airman Joel McCullough

Maj. Charles Trovarello, 445th Security Forces Squadron commander, and members of the 445 SFS accept the 445th Airlift Wing Squadron of the Year Award from Col. Jeffrey McGalliard, 445 AW commander, at the wing's annual awards banquet May 2, 2015 at the National Museum of the U.S. Air Force.



445th Security Forces Squadron



Huber Heights Memorial Post 3283 Veterans of Foreign Wars



Col. McGalliard presents the 445 AW Community Partner of the Year Award to Arthur Hanson, commander, Huber Heights Memorial Post 3283, VFW and its members.



445th Airlift Wing honors 2014 annual awards winners

Airman



**Senior Airman
John DeLucia**
445th Airlift Wing
Command Post

NCO



**Staff Sgt.
Jennifer Godsey**
445th Force
Support Squadron

SNCO



**Master Sgt.
Lamont Pace**
445th Logistics
Readiness Squadron

First Sergeant



**Master Sgt.
Glenda Marck**
89th Airlift
Squadron

CGO



**Capt.
Melissa Seacat**
445th Aeromedical
Evacuation Squadron

FGO



**Lt. Col.
Joshua Wright**
445th Aerospace
Medicine Squadron

Honor Guard



**Tech. Sgt.
Lisa Purk**
445th Aeromedical
Staging Squadron

Civilian



**Mr.
Edward Jackson**
445th Airlift Wing
Financial Management

Spouse



**Mrs.
Stephanie Smith**
Wife of Lt. Col. Ray Smith
89th Airlift Squadron

Youth



**Miss
Mallory Green**
Daughter of SMSgt Joseph Kotsko
445th Aeromedical Evacuation Squadron



445 Airlift Wing Scouts Day



Photos by Maj. Demetrius Smith

A Scout tries on firefighter gear during the wing's annual Scouts Day May 16, 2015. More than 150 Scouts signed up to attend the event.



Airmen of the 445th Security Forces Squadron allow Scouts to tour a HUMVEE and run scenarios using mock equipment.



Staff Sgts. Justin Bateman and Trevor Dixon, 89th Airlift Squadron loadmasters, show Boy Scouts the cargo area of a C-17 Globemaster III.



Boy Scout troops watch a demonstration by the 445th Aeromedical Evacuation Squadron onboard a C-17 Globemaster III.

On the Web



Volunteer opportunities available to give Airmen a safe ride home



445 AW Annual Awards photo story



101 critical days of summer begins

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