



445th SFS Airmen take on 'Winter Challenge'

*By Airman 1st Class Ethan Spickler
445th Airlift Wing Public Affairs*

As the first line of local defense, Airmen of security forces units dedicate their time and effort to keep us safe and maintain the rule of law on all Air Force bases and installations.

All police activities associated with an Air Force base, from securing the perimeter of the base to being a dog handler, fall under this career field.

During the winter months, this job becomes increasingly difficult as security forces personnel not only manage unit training and threats to base security but also the threat of inclement weather they often face this time of year.

The Airmen of the 445th Security Forces Squadron didn't allow the cold, wet weather bother them as they participated in what they call, "Winter Challenge" Feb. 12, 2017 at the Wright-Patterson Air Force Base Warfighter Training Center.

The event consisted of several grueling activities including vehicle inspections, ammo carries, MOUT (military operations in urban terrain), and pushing a Humvee more than 200 feet by hand.

According to Tech. Sgt. Michael O'Callaghan, a fire team leader with the 445th SFS, "The winter challenge is a demonstration of the culmination of skills that we use across security forces as a whole. It demonstrates every skillset that we have."

It is not only a measure of toughness and endurance, but it is fundamental in building on the foundations of teamwork and esprit de corps that the 445th Security Forces Squadron views as necessary to complete the challenges that they face on a daily basis.

Maj. Charles Trovarello, the commander of the 445th Security Forces Squadron, stated that, "This multi-purpose training serves to prepare us for operations stateside as well as worldwide. We have to be prepared for whatever is asked of us."

The weather was less than ideal, but Maj. Trovarello did not seem to mind. "The reason we do this training in cold weather is to prepare for any situation. You don't get to choose the weather in your zone of operation," he explained, as a smoke grenade goes off behind him with a loud bang. As green smoke billows in the background, he begins putting on his gear.



Photos by Tech. Sgt. Patrick O'Reilly

Members of the 445th Security Forces Squadron endure the 'Winter Challenge' Feb. 12, 2017 at the Wright-Patterson Air Force Base Warfighter Training Center. The challenge is designed to provide a realistic training experience during inclement weather.

PHAP helps Airmen with life stressors

By Pamela Boyd

Psychological Health Advocacy Program

Traditional Reservists only report once a month. How do we know what's going on in their lives? We don't know, and that can be a problem.

Life can be very overwhelming at times and we don't all feel that we have a support group of people that can help or that we can trust when times get tough. This is where PHAP helps.

The Air Force Reserve Psychological Health Advocacy Program, also known as PHAP, is a confidential and free AFRC funded contract program. Our focus is to assist all reservists and their families, regardless of deployment status, by connecting them with solution focused resources while providing consistent follow-up contacts to assure progress to ultimate resolution.

The PHAP staff fully understand the stresses and sacrifices reservists and their families endure having all served in the armed forces ourselves.

We help with various stressors such as: financial issues, relationship problems, parenting concerns,



Courtesy photo

Brittney Snider and Pamela Boyd stand ready to assist Airmen and families.

substance abuse, mental health, and deployment stresses for the whole family.

Another service that we provide is morale calls: pre/during/post deployment.

We work with many civilian and Department of Defense programs throughout the United States concentrating on free and confidential opportunities. If needed and approved by member, we also work closely with reserve medical units and active duty mental health clinics.

We are also here for those who serve in a leadership role. PHAP nurse case facilitators can provide assistance or direction on how to help a member in distress.

PHAP is located in building 4014, across from the finance office. To reach us by phone, call 937-656-1709 or please feel free to visit us during normal business hours 8 a.m. to 5 p.m., Monday through Friday. To reach us after office hours please call our 24/7 hour message line at 1-866-417-0707.

Buckeye Flyer

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89 AS pilot reaches 5,000 hour milestone

By Stacy Vaughn

445th Airlift Wing Public Affairs

Lt. Col. Bryan Bailey, 89th Airlift Squadron C-17 pilot, reached a 5,000 flying hour milestone during a sortie Feb. 15, 2017 while on temporary duty at Scott Air Force Base, Illinois.

"I'm proud to have accomplished this milestone and be among those who have gone before me to achieve this goal, Lt. Co. Bailey said.

Lt. Col. Bailey hit the 5,000 mark while on a tandem aeromedical evacuation flight with 445th Aeromedical Evacuation Squadron Airmen and Scott Air Force Base AE units.

"Flying a true mission with 20 crew members and General (Carlton) Everhart (Air Mobility Command commander) on board, made it even more of a memorable experience.

Five thousand flight hours is a significant milestone in the Air Force and is a rare occurrence in a single airframe. Lt.



Courtesy photo

Gen. Carlton D. Everhart II, Commander, Air Mobility Command, Scott Air Force Base, Illinois, and Lt. Col. Bryan Bailey, 89th Airlift Squadron director of operations, wrap up a local aeromedical evacuation flight Feb. 15, 2017.

Col. Bailey has flown all 5,000 hours in the C-17 Globemaster III. He's been flying for approximately 15 years.

"I love being a pilot and I plan to fly as long as I can."



Coming soon to a street near you: motorcycles

By Tech. Sgt. James Lide
445th Airlift Wing Safety Office

As the days gradually get longer and we begin to thaw from a relatively mild winter, soon the streets will begin to fill with motorcycles. The addition of these vehicles to our roadways is a topic we all need to prepare for, whether you ride or not.

According to data gathered from the National Highway Traffic Safety Administration, motorcycle accident fatalities begin to rise in March and peak in July. So, as we approach this upcoming "riding season" please make yourself aware of the motorcycles on the roads.

Below you will find tips for both motorcycle riders and automobile drivers to help make this the safest year for motorcyclist yet.

ROAD CONDITIONS

Winter weather takes its toll on the roadways. Snow removal techniques are not friendly to the roads and the road crews typically have not had a chance to complete repairs prior to the arrival of nicer weather that brings out the motorcyclist. Pot holes and loose impediments are of concern to riders. Snow removal equipment can leave



Courtesy photo

pot holes large enough to dismount an unsuspecting rider. The application of salt, sand or other traction control agents used during the winter months tend to build up in corners or along the edges of the road. These loose impediments can prove disastrous for a motorcyclist negotiating a curve or during braking. Pay close attention to the condition of the road.

SKILL LEVEL

Many motorcyclists place their motorcycles in storage during the winter months and rely on four wheeled vehicles as their primary mode of transportation. Taking a break from riding for a few months may dull the riding skills. Addition-

ally, the lack of motorcyclists on the road during the winter months lessens the awareness of other drivers. As a rider, be aware that your skill level may not be where it was prior to storing your motorcycle and take the precautions to compensate. As drivers, be attentive to the increasing number of motorcyclists in the upcoming months.

INSPECTIONS

Inspections are vital in most Air Force day to day operations and for very good reason, they are designed to catch discrepancies. It is equally important that we, as motorcycle riders and operators of motor vehicles, perform prior to use inspections also. After removing your motorcycle from storage, you should perform (or have performed) a complete in depth inspection. A guide for performing this inspection is T-CLOCS (tires/wheels, controls, lights/electric, oil/fluids, chassis, stands).

A pre-season motorcycle briefing will be held immediately following commander's call March 5, 2017 in hangar 4026. This brief is mandatory for all motorcycle riders.



Courtesy photo

2016 AFSA Reservist of the Year

Master Sgt. Nicholas Nickert, 445th Aircraft Maintenance Squadron avionics technician, receives the 2016 Air Force Sergeants Association Kittyhawk Chapter 751 Reserve Member of the Year award at the AFSA annual awards banquet January 21, 2017. He is joined by Chief Master Sgt. James Felton, 445th Airlift Wing command chief and Senior Master Sgt. David McCoy, Kittyhawk Chapter 751 president. He was presented this award for his outstanding contributions both on and off duty.





Photos by Tech. Sgt. Patrick O'Reilly

(left) Members of the 445th Maintenance Group attend mega training in hangar 4026 Feb. 11, 2017. (right) Staff Sgts. Chelsea Eldridge and Jhon Huerte, 445th Maintenance Squadron, participate in JLG lift training Feb. 12, 2017. The annual training event provides Airmen with the necessary training the Air Force requires, as well as the training required for their career fields.

445th MXG conducts mega training

By Tech. Sgt. Patrick O'Reilly
445th Airlift Wing Public Affairs

The 445th Maintenance Group conducted its 11th annual mega training during both February unit training assemblies to provide its Airmen with the necessary computer-based training that the Air Force requires, as well as the necessary training career fields require.

"Mega training is a maintenance group specific function that every year focuses on recurring training requirements," said Chief Master Sgt. Michael West, maintenance squadron superintendent. "It affects 400 members who are among 26 individual work centers."

"It's the consolidation of time," said Lt. Col. Jay Smeltzer, 445th Maintenance Group deputy commander. "Time is precious on UTAs. We have these annual requirements and look for ways to get everybody together to knock out as much of the training as possible. Nobody wants to be sitting

in front of a computer working on CBTs. It saves on time, and we do it together, so that's a good thing."

Furthermore, mega training also leaves the unit with less concern about who has and who has not completed annual training. With a limited number of computers, this can be a break in training when considering the unit has a sizeable amount of personnel. The mega training answers that problem.

"The idea is that the remaining 11 months, people are able to focus more on job qualification, hands on training and things that aren't done in mass groups," said West.

"In Air Force Reserve Command, each squadron is challenged by leadership to find ways to get reservists doing their job more during the weekend and less time sitting at a computer doing computer-based training, going to physicals, or fit-

ness tests," said West. "All these things take a lot of time so anytime we can free up their time and create more time in 11 months where they can learn their jobs, that's the benefit from doing the mega training."

According to Smeltzer, it takes two to three months of planning, coordination and manpower. A syllabus is created and then there is coordination with the MXG training office as well as some help from the wing training office.

"We have pretty good success," said Smeltzer. "We get the requirements out of the way. It frees them (Airmen) up to do AFSC [Air Force Specialty Code] training and to work on the jets. It pays off."

Mega training this year was expanded to four days. It included briefings, computer-based training as well as hands-on training such as flight line driving and lift operations.



Half-century legacy: three men reflect on a lifetime of military service

By Staff Sgt. Rachel Ingram
445th Airlift Wing Public Affairs

Following more than 50 years of collective service in the 445th Airlift Wing, three Citizen Airmen reflect on their lives and careers in the U.S. Air Force Reserve.

Senior Master Sgt. Steve Adams, Senior Master Sgt. Paul Wright, and Master Sgt. David Worrell are all members of the 87th Aerial Port Squadron, and retiring this year.

"It is what you make it," said Wright. "That's the best advice I've ever been given before a deployment, but in my experience, it rings true for the military as a whole."

Wright, a former active duty Marine, is retiring in July after 33 years of military service, nearly 20 of which was spent in the 445th. He's deployed three times, for up to eight straight months.

Adams and Worrell also know a thing or two about deployments -- they've each completed multiple tours.

"Being away from home for months is hard," Adams said. "On some of those deployments, like in Balad, we were out there dodging mortars on the flightline, or working through dust storms."

During tough tours, it's even more important to look out for wingmen, they said.

"Look for the people who have a tendency to get off work and disappear to their room to sit alone in the quiet," said Adams, who served one enlistment in the active-duty Army prior to joining the Air Force Reserve.

The best way to take care of wingmen on a deployment, Wright said, is to give them opportunities to engage with others instead of isolating.

"Some of the younger folks have never been to the theater and experienced a wartime environment," said Wright. "Little by little, their eggshell starts cracking. You have to watch out for the ones who are isolating and bring them into your circle."

This also applies to spouses back home, Worrell said, and encouraging family members to connect with other military families can be hugely beneficial.

Inspired by his father, a former 445th AW member, Worrell served the entirety of his 22 year enlistment as a Citizen Airman at Wright-Patterson Air Force Base.

"If there is one thing I've learned, it's to not sweat the small stuff," the real estate agent said.

Each member easily recalled instances of standing at attention before a commanding officer's desk, answering for transgressions or misunderstandings. Looking back on the situations, the men shared their



Staff Sgt. Rachel Ingram

Senior Master Sgt. Paul Wright, Master Sgt. David Worrell and Senior Master Sgt. Steve Adams, all members of the 87th Aerial Port Squadron, have more than 50 years of service at the 445th Airlift Wing. These Airmen will be retiring this year.

stories with grins on their faces, acknowledging that it wasn't so funny at the time.

"If you haven't been in trouble, you haven't contributed anything," Wright said.

Worrell agreed, "That's true. If you haven't failed a time or two, you aren't really trying. You're going nowhere."

To that end, they've encouraged teamwork and full involvement over the years, with an emphasis on including new Airmen.

"I don't care how small the task is," said Wright, who plans to volunteer at the VA hospital or USO upon retirement. "Regardless of the situation, get others involved. It's all about working together."

The men attribute their success in the military to the connections they forged with other Airmen -- the people who helped them along the way, and the others who they tried to support.

"My dad, who retired from the 445th as a senior master sergeant, once told me, 'The harder you work, the luckier you get,'" Worrell said. "That's always stuck with me."



SPOTLIGHT



Tech. Sgt. Patrick O'Reilly

Rank/Name

Technical Sergeant
Julio Medina

Unit

445th Security Forces Squadron

Duty Title

Unit Training Manager

Hometown

Dubuque, Iowa

Civilian Job

Digital Marketing
Agency Owner

Education

Working on my bachelor's degree in criminal justice

Hobbies

I collect morale patches and have a passion for mobile technology.

Career Goal

I want to be a Chief Master Sergeant. I strongly believe that everything rises and falls on leadership. Knowing that your leadership will support you is a huge part of success. I have my sights set on being the best leader I can be at every level and providing value to all my peers and subordinates alike.

What do you like about working at the 445th?

Our leadership from the top down are the best that I have ever seen or worked for. Our career field has a core level of comradery where it just feels natural for your fel-

low wingmen to become family. I sum up what I love about working at the 445th in two words --the people.

Why did you join the Air Force?

I was in a near death hit and run vehicle accident in 2003 that changed my perspective in many areas of life. I wanted to serve our country and be a part of a greater good, specifically in the law enforcement/first responder field. Because I had to have a metal plate in my arm it took quite a while time wise and some perseverance on mine and my recruiters behalf. I was able to enlist at 25 and it was the best decision I have ever made.

Dress, appearance standards change

By Airman 1st Class Kathryn R.C. Reaves
20th Fighter Wing Public Affairs

Air Force dress and appearance standards were updated Feb. 9, 2017.

Updates included changed language and new authorizations per a memorandum attachment published by Lt. Gen. Gina M. Grosso, Headquarters U.S. Air Force manpower, personnel and services deputy chief of staff.

New authorizations pertain to, but are not limited to, mess dress uniforms, female semi-formal uniform, Airman battle uniforms, physical training gear, backpacks and gym bags.

"Airmen should remain situationally aware of these types of changes," said Chief Master Sgt. Christopher McKinney, 20th Fighter Wing command chief. "The Air Force is constantly evolving to keep up with the changing world; whether it's AFIs or being prepared for the next fight. By keeping up with dress and appearance standards, Airmen take ownership and show their pride in the uniform they wear."

Examples of uniform changes include authoriza-

tion for female Airmen to wear semi-formal slacks and low-quarter shoes with the semi-formal uniform; removal of color restrictions for form fitting undershirts and sportswear (spandex) with physical training gear; and removal of pleat and cuff requirements on informal uniform trousers.

Airmen in uniform may now use gym bags that are solid dark blue, black, olive drab, Air Force sage green or ABU pattern. Individuals may carry the bag in the left hand or use the shoulder strap on the left shoulder.

Airmen carrying backpacks are now authorized to use solid black, olive drab, Air Force sage green or ABU pattern backpacks with any uniform combination.

However, installation commanders are authorized to restrict wear policies to support unit cohesion and present a standardized appearance.

For more information, refer to AFI 36-2903, Dress and Personal Appearance of Air Force Personnel, available at www.static.e-publishing.af.mil.



News Briefs

Retirements

March 2017

SMSgt Larry Adams, 87 APS
SMSgt John Westermeyer, 87 APS
MSgt David Worrell, 87 APS
TSgt Michael Heaton, AMXS

Newcomers

Lt Col Kurt Greenlee, 89 AS
Capt Benjamin Hollett, 89 AS
1Lt Mattheau Lucas, AES
2Lt Michael Cox, 14 IS
MSgt Jamie Sobers, 71 IS
TSgt Douglas Fuller, FSS
TSgt Ryan Joffrion, OSS
TSgt Michelle Manson, 64 IS
TSgt Seth Ravert, OSS
SSgt Matthew Branham, AMXS
SSgt Todd Gardner, CES
SSgt Nathanael Johnson, AMXS
SSgt Nicole Karsten, AES
SSgt Megan Marshall, FSS
SSgt Daniel McMillan, 64 IS
SSgt Matthias Opitz, 87 APS
SSgt Justin Williams, SFS
SrA Ethan Bolton, LRS
SrA Kevin Harris, 71 IS
SrA Shantwanique Harris, LRS
SrA Dustin Montgomery, ASTS
SrA Rafael Nunez, 14 IS
SrA Jeffrey Tedder, 71 IS
SrA Alyssa Thacker, AES
SrA Hai Zhu, MXG
A1C Travis Gayheart, 87 APS

A1C Alyssa Moreno, FSS
AB Jacob Conway, CES
AB James Moore, 87 APS
AB Jordan Scott, 87 APS
AB Wilfredo Vargas, MXS

Promotions

Airman

Devin Copeland, AES
Clayton Langston, MXS
Peter Moyer, LRS

Senior Airman

Codee Arthur, ASTS
Gabriella Bourke, 89 AS
Tyler Frisby, AES
Shikima Gainey, MSG
Cody Gavre, AMXS
Whitney Hurley, 71 IS
Amanda McMillan, ASTS
Corbin Miller, AMXS
Rafael Nunez, 14 IS
Terrence Raglin, 89 AS
Jason Turner, 87 APS

Staff Sergeant

Jacob Binkley, SFS
Ronrico Crosby, MXS
Shawn Haggerty, 89 AS
Jalen McMahan, SFS

Technical Sergeant

Anthony Busellato, 87 APS
John Ireland III, ASTS
Lawrence Pawlik, AMXS
Tyler Salsburey, 89 AS
Taylor Shaw, 87 APS

Master Sergeant

Wolfgang Krenzer, AES



Sunday, March 12

Commander's call

Wing commander's call will be held 8 a.m. Sunday, March 5 in hangar 4026.

Members should be in their seats no later than 7:45 a.m.

For more information, please call the public affairs office at 937-257-5784.

445th Annual Awards Banquet

The 445th Airlift Wing Annual Awards Banquet is April 1, 2017 at the National Museum of the United States Air Force. The reception is slated to begin at 6 p.m. and the program at 7 p.m.

The awards banquet will recognize those selected for Airman, NCO, senior NCO, company grade officer, first sergeant, field grade officer, recruiter, honor guard member, civilian, spouse, youth and squadron of the year. The winner of each category will be announced during the banquet.

Reservations may be made at: <https://einvitations.afit.edu/inv/anim.cfm?i=323627&k=0163410F7950> for credit card payments. Reservations made using cash and check payments must be made in person in the public affairs office, building 4010, Room 171. All reservations must be received by March 12.

The cost is \$30 for technical sergeant and below; \$38 for master sergeant and above, and civilians; \$17 for children 6 to 12; and children 5 and under are free.

The dress is semi-formal or mess dress for military members and formal evening attire for civilians.

Members are encouraged to nominate their spouse or youth for spouse and youth of the year awards. Nominations should be submitted on an Air Force Form 1206 to 445aw.pa2@us.af.mil by March 5 and include a photograph.

For more information, contact the public affairs office at 937-257-5784.

Windows 10 is here!

All computers will soon be upgraded to Windows 10. The Department of Defense requires that 100 percent of computers running Windows operating systems be upgraded to Windows 10 by Jan. 31, 2018. Each user is responsible to back up their documents and Outlook PST files to their personal "H" drive. The client support technicians will not be responsible for backing up profiles.

Windows 10 familiarization training and resources can be found on the Air Force Portal or by visiting the 445th Airlift Wing SharePoint page at: <https://afrc.eim.us.af.mil/sites/445aw/SitePages/Home.aspx> and clicking the 445 AW Computer Helpdesk menu at the top.

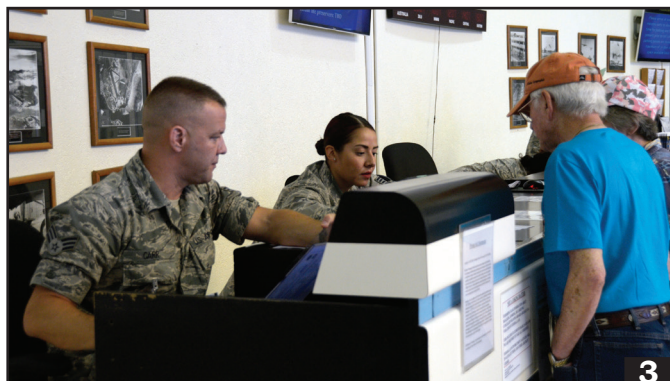




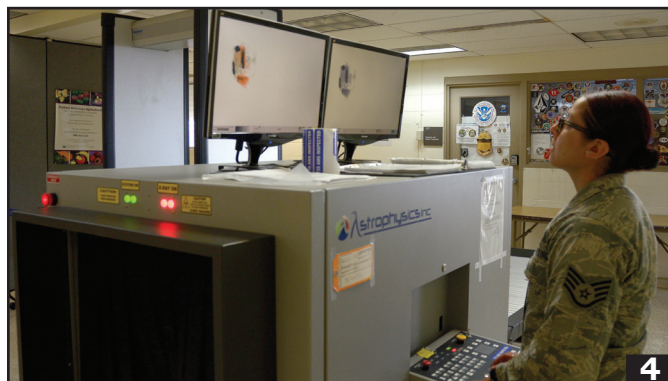
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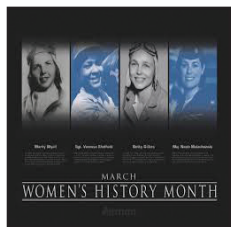
Photos by Staff Sgt. Joel McCullough

1. Senior Airman Chris Mier, 87th Aerial Port Squadron air transportation helper, operates a forklift during his annual training at Joint Base Pearl Harbor-Hickam, Hawaii, Feb. 13, 2017. 2. Staff Sgt. Zachary Smith, 87th Aerial Port Squadron air transportation journeyman, operates a forklift. 3. Senior Airman Christian Carr and Staff Sgt. Jennifer Lenz, 87th Aerial Port Squadron, help two passengers check in for their Space Available flight out of Joint Base Pearl Harbor-Hickam, Hawaii, Feb. 16, 2017. 4. Staff Sgt. Jennifer Lenz, 87th Aerial Port Squadron cargo processing flight craftsman, examines the x-ray of a bag before personnel board a flight Feb. 14, 2017.

On the Web



**ASTS
conducts
litter training**



**March is
National
Women's
History Month**



**Air Force
welcomes
new CMSAF**

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