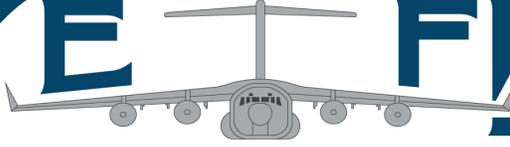


# BUCKEYE FLYER



Wright-Patterson AFB, OH

| Volume 56, No. 5

| May 2017



Staff Sgt. Joel McCullough

Members of the 87th Aerial Port Squadron were selected as the 2016 445th Airlift Wing Squadron of the Year. The squadron accepted the award from Col. Adam Willis, 445 AW commander, during the wing's annual awards banquet April 1, 2017, at the National Museum of the U.S. Air Force.

## Wing announces 2016 annual award winners

### *445th Airlift Wing Public Affairs*

The 445th Airlift Wing held its 2016 Annual Awards Banquet April 1, 2017 at the National Museum of the United States Air Force. Nearly 500 Airmen, family members and community leaders celebrated a night of achievements and accomplishments.

The 2016 annual award winners are:

Airman – Senior Airman Joshua Collins, 445th Aircraft Maintenance Squadron; NCO – Master Sgt. Nicholas Nickert, 445th Aircraft Maintenance Squadron; Senior NCO – Master Sgt. Steven Mauter, 445th Aeromedical Evacuation Squadron; First Sergeant – Master Sgt. Sierra Cabungcal, 445th Operations Support Squadron; Company Grade Officer – Capt. Keisha Dobney-Boykin, 445th Force Support Squadron; Field Grade

Officer – Maj. Eric Florschuetz, 89th Airlift Squadron; Civilian – Ms. Stephanie Blevins, 445th Airlift Wing; Honor Guard Member – Senior Airman Andrae Manuel, 445th Aeromedical Staging Squadron; Recruiter – Tech. Sgt. Thomas Bruner, 445th AW, Dublin Ohio Recruiting Office; Squadron – 87th Aerial Port Squadron; Spouse – Mr. Brian Hess, spouse of Master Sgt. Jennifer Hess, 445th Civil Engineer Squadron; Youth – Mr. Jeffrey Beery, son of Col. Jeffrey Beery, 445th Aeromedical Staging Squadron; and Community Partner – United Service Organizations (USO) of Central and Southern Ohio.

Please see award winners and banquet photos on pages 6 and 7.

# Thank you, 445 AW/PA

By Colonel Adam Willis  
445th Airlift Wing Commander

To the  
445th Airlift  
Wing Public Af-  
fairs Office,

Thank you!

Last month, we celebrated our 2016 annual award winners at the 445th Airlift Wing Annual Awards Banquet. This gathering took place in one of the best venues possible for an Air Force Wing, the Wright Patterson Air Force Base National Museum of the U.S. Air Force.



What an event...we had nearly 500 people in attendance with representation from all 445 AW squadrons to include local civic leaders. The event was

a shining and memorable moment for me... this was simply the best annual awards banquet I have attended, ever! As a family, we celebrated the accomplishments of many 445 AW Airmen, yet it was the accomplishments of all 445 AW Airmen that made this event memorable.

While the annual awards banquet recognizes those individuals who have gone above and beyond, there is one organization within the 445 AW that we must acknowledge.

This organization is the machine that runs in the background, ever present, ever knowing and always on time, on target. They do not ask for much...quietly and efficiently ensuring the presence of the 445 AW is known to all whom will listen. This organization is made up of selfless individuals who want nothing more than to excel in delivering the message of the 445 AW...your message! They paint the Air Force and the 445 AW in the most appropriate

light possible and let all know about the many accomplishments of the 445 AW. I would like to present to you the men and women of the 445 AW PA office.

What you probably don't know is the depth and breadth our very own public affairs engages in on a daily basis. The accomplishments of the 445 AW/PA are vast and yet again, silently humming in the background ensuring your story is told. The 445 AW/PA is the sole proprietor of 445 AW messaging and information to the public...this is a far reaching endeavor, yet they accomplish this effortlessly while not interrupting the daily activities of the units. Walk with me as we highlight those actions for which we must acknowledge and respect.

Our 445 PA writes, edits and photographs news, features and sports stories for 445th newsletter, social media outlets, base websites and media releases. They design and edit newsletters, prepare layouts, read and correct proofs and coordinate with the publisher for distribution and circulation. They engage the community through tours and town hall meetings and respond to media queries. The 445 AW/PA documents photos: official portraits, crime scene

and alert photography, combat documentation. They review speeches, news releases, tapes, motion picture films and photographs for security clearance and public release.

In addition, the 445th Airlift Wing Public Affairs Office serves as our protocol office and conducts special events such as our annual award banquets, commander's calls, wing change of command ceremonies and assists with squadron change of command ceremonies, promotion and retirement ceremonies and other special products.

In the past year the office conducted tours and facility visits for more than 2,000 people to include members of Congress and other elected officials, community leaders, school groups, ROTC and civil air patrol cadets, base personnel, Scouts and numerous other groups. And of course, they planned and executed one of the best annual awards banquets I've seen with nearly 500 in attendance.

So as we revel in our outstanding accomplishments as Airmen in the 445 AW, don't forget to give a reach out to the PA office and say thanks! They are there for you...

Stay Proud, Stay engaged and Stay safe.

## Buckeye Flyer

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Commander

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# ASTS Airman tackles obesity to join Air Force

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

Despite several tragedies and unplanned twists in life, one Citizen Airman overcame obesity and now donates his time and knowledge to help hundreds of his Wingmen.

“I wanted to be a pilot,” says Senior Airman Christian Terrill, medical technician in the 445th Aeromedical Staging Squadron.

This is where his story begins.

“I had this idea in my head that I could fly into danger zones, find people who needed help, and pull them to safety,” he explains. “It sounds really corny, but I’ve just always wanted a job where I could help people.”

Throughout high school, Terrill planned on joining the military upon graduation.

“There wasn’t a backup plan. I just always thought it was what I was going to do,” he recalls.

He didn’t realize that the heart murmur he was born with was considered a disqualifying condition.

“I was shocked when I received notification I was turned down and couldn’t enlist,” says Terrill. “The murmur had never affected me once in life.”

This bleak discovery was just the tip of the iceberg, according to Terrill.

“After that, I endured the deaths of several people in my life within a short period of time, I went through a break-up with a fiancée, and then my buddy, an Army sergeant, was killed in Iraq.”

At 5 feet 7 inches tall, Terrill weighed in at 260 pounds, with a body mass index more than 15 points above the healthy range.

“I was angry,” he says. “I already held resentment toward the military for turning me away, and now my friend was dead because of the Army. I became angrier that now a wife and two small children were left without their husband and father.”

Hundreds of people attended the funeral, Terrill says. The man’s widow spoke of her husband’s commitment to a cause, and his military supervisor reminded the attendees that freedom isn’t free.

“I looked at everything my friend had achieved and it gave me an amazing sense of pride,” Terrill says. “His life meant so much, and here I was, unable to just stop myself from eating at McDonald’s.”

This was a turning point, and Terrill left the funeral motivated.

“At first, I tried out fad diets,” he mentions. “Of course, none of them worked. I decided to research the scientific aspects of weight loss: how fats, carbs, and proteins break down within the body.”

He lost 50 pounds and then enrolled in courses through the International Sports Sciences Association, eventually earning his certified personal trainer and wellness coach certifications.

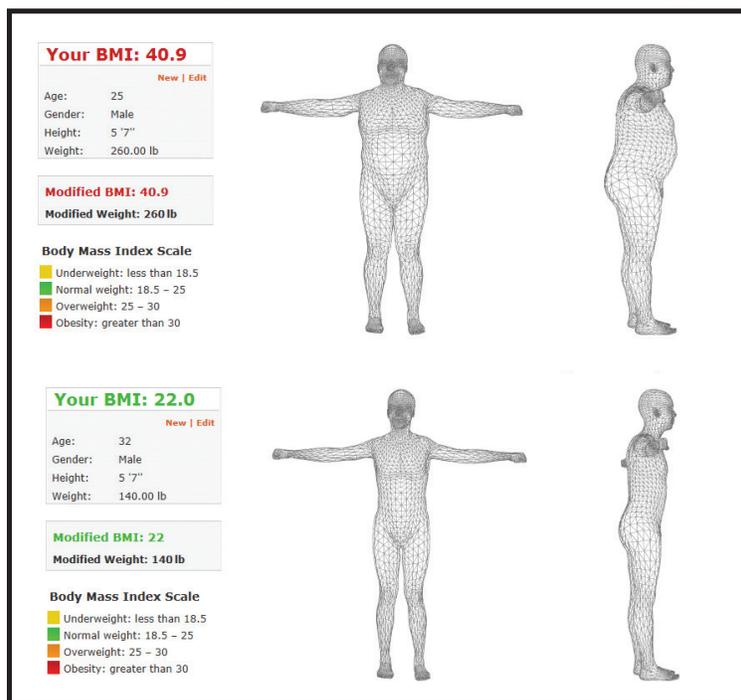
“One day, after I’d lost a lot of the weight, I was spending time with my family and my dad began having a seizure,” he says.

His ISSA certifications included formal training in CPR and basic first aid, so others present at the time looked to Terrill to react.

“But I didn’t know what to do,” he says. “I sat there dumbfounded, and I felt completely powerless. I never wanted to experience that feeling again.”

While talking to a personal training client shortly after that incident, Terrill brought up his desire to join the military, and the client mentioned that she’d heard that the Air Force Reserve was accepting waivers for some medical conditions now. At this point, he’d lost a total of 120 pounds within about two years.

“I tried to enlist again, but was turned down a second time,” he says. “I worked with a recruiter to create



**Graphic of 260-pound male depicts Senior Airman Christian Terrill's weight before weight loss. Graphic of 140-pound male depicts Terrill's current weight after losing 120 pounds.**

See *FITNESS*, page 4





Tech. Sgt. Rachel Ingram

**Senior Airman Christian Terrill, 445th Aeromedical Staging Squadron medical technician, demonstrates the proper techniques of doing a push up for Senior Airman Billie Dunigan, also a 445 ASTS member, at Jarvis Gym, April 2, 2017 to improve her core strength following the birth of her child.**

a waiver for my heart murmur, and on my third attempt, I was finally able to enlist.”

Given his interest in helping others, and the experience with his father, Terrill asked specifically for a medical or emergency response position at Wright-Patterson Air Force Base. He found a home at the 445th ASTS, and his younger brother, Senior Airman Gabriel Terrill, decided to join the 445th Operations Support Squadron.

“After several years of trying to join the active-duty Air Force, and then the reserve, I thought, ‘this is a chance for me to start fresh.’”

At age 27, Terrill attended basic military training at Lackland Air Force Base, Texas.

During BMT, technical school, and even in-processing with the 445th Airlift Wing, Terrill stepped forward as a leader in fitness.

In 2014, he began offering formal, comprehensive fitness education courses during unit training assemblies.

“Lately, about 20-30 people attend the class each month,” he reports. “We schedule it at the end of the duty day, so it actually causes us to have to stay at work about 30 minutes later than normal, but nobody seems to mind.”

The course is mandatory for anyone in the ASTS who fails a physical fitness test, but the vast majority of the class attendees come by choice. Last month, for example, for each one individual required to attend due to a failure, were eight individuals who chose to attend because they were interested in the course material.

“We’re looking at expanding,” says Terrill, a full-time registered nursing student. “Anyone is welcome to attend, and I would really like to make the program

more inclusive of the whole wing.”

Around his unit, Terrill is known for his fitness expertise.

“I’ve instructed about half of our approximately 150-member squadron,” he says. “I’ve also conducted personal, one-on-one consultations with about 20 squadron members.”

Terrill lives in Middletown, Ohio with his wife, who is expecting their third child in June. When he isn’t driving a bus for Lebanon City Schools or working with personal training clients, he happily meets with local-area Wingmen who need extra support with PT.

“I watch how people move, identify their weaknesses, and then we work together to target those weaknesses,” he explains. “Everything I do for my squadron is totally voluntary, even when I’m meeting local unit members during the week and on off weekends.”

His dedication is glaringly evident.

“One Airman I worked with made a really big impression on me,” Terrill says. “He’d failed his test, so in the two months leading up to his retest, we met three days per week for two-hour sessions. I easily spent more than 70 hours working with this guy.”

Terrill says he was inspired by how hard the Airman worked to improve his scores.

“Ultimately, he was able to shave four minutes off his run time, and increase his pushups and sit ups by 40 and 25, respectively.”

He’s been able to help people in more than just fitness, though.

“As a military-trained medic, I’ve been able to use my training to help members of the general public on three separate occasions, like when I was on vacation last summer and encountered a man at an interstate rest stop having a stroke,” he says.

This March, Terrill was exiting a movie theater as his daughter danced up the aisle after watching *Beauty and the Beast*, when a little girl ahead of them abruptly collapsed and began seizing. He appropriately responded immediately, and the girl made a full recovery.

“In my nursing courses at school, I see a lot of my classmates hesitating and becoming overwhelmed in stressful situations,” he says. “I don’t have to second-guess myself because of all the military training I’ve received. I have the ability to block out all the other noise and just focus on the mission.”

For Terrill, it’s a constant growing process.

“Each UTA, there is something new or fascinating to learn about my career field,” he says. “How many civilians can say that about their jobs? As long as I stay open-minded and listen, I have limitless opportunities to learn.”



# News Briefs

## Retirements

### May 2017

Lt Col Steven Shrader, OSS

Maj John Pica, 89 AS  
CMSgt Terry Luzader, OG  
SMSgt Mark Fisher, AMXS

MSgt Mark Fellows, AMDS  
MSgt Daniel Fitzgerald, 87 APS  
MSgt Michael Haggitt, AMXS

## Promotions

### Airman

Kiara Brothers, 87 APS  
James Moore, 87 APS  
Garet Pride, ASTS  
Jordan Scott, 87 APS

### Airman First Class

Gabriel Clark, 87 APS  
John Pappas, ASTS

### Senior Airman

Steven Burson, CES

Tyler Langdon, ASTS  
Corey Scott, 87 APS  
Melinda Stewart, ASTS  
Alyssa Thacker, ASTS  
Donald Williams III, CES

### Staff Sergeant

Brady Bennett, AMXS  
Kathryn Fradette, LRS  
Catherine Gamble, FSS  
Ryan Grinstead, ASTS  
Marian Morejon, ASTS  
Zachary Tschuor, ASTS

### Technical Sergeant

John Hardisky, 87 APS  
Rachel Ingram, AW  
Michelle Lee, ASTS  
Chad Snavely, 87 APS

### Master Sergeant

Samuel Hodge, 87 APS  
Shawn McKellop, FSS

### Senior Master Sergeant

Michelle Caswell, 87 APS  
James Kirklin, SFS  
Alicia Lavender, AW  
Jonathon Lemaster, CES  
Rhiannon Toops, 87 APS

### Chief Master Sergeant

Kenneth Brown, 71 IS

## Newcomers

Maj Rodney Silva, 655  
ISRG

Capt Gretchen Specht, AES

1Lt Carol Readarce, MXS

MSgt Renee Baumert, CES

TSgt Andrew Smith, 14 IS

SSgt Samantha Chamberlain, MXG

SSgt Lance Dortch, 64 IS

SSgt Donald Thomas, 64 IS

SrA Nathan Dillard, 71 IS

SrA Justus Stuck, SFS

SrA Christopher Witbrodt, FSS

A1C Tyler Langdon,

A1C Mathew Miklasevich, AMXS

Amn Devin Copeland, AES

## Promotion to Major

Air Reserve Personnel Center officials announced results for the Calendar Year 2017 Air Force Reserve Line and Nonline Major Promotion Selection board April 5, 2017.

Congratulations to 13 members of the 445th Airlift Wing. They are: Zachary Balas, Dustin Cramer, Ryan Fallon, Benjamin Hollett and Ryan Scoggin, 89th Airlift Squadron; Ernest Debrah and Christine DuBray, 445th Aeromedical Evacuation Squadron; Moises Googe, Ronald Round and Andrea Sewell, 445th Aeromedical Staging Squadron; Shannon Simon and Christopher Smith, 445th Aerospace Medicine Squadron; Job Morales, 445th Airlift Wing Chaplain Corps.

## 445 MXG, 87 APS Diamond Sharp Award winners



Photos by Tech. Sgt. Patrick O'Reilly

Master Sgt. Ashely Byers, 14th Intelligence Squadron first sergeant, presents the February 2017 Diamond Sharp Award to Senior Airman Jowanda Ayoub, 445th Maintenance Group. Byers presents the March 2017 Diamond Sharp Award to Staff Sgt. Bryan Parker, 87th Aerial Port Squadron. The awards presented April 1, 2017, are for exemplary performance, adherence to Air Force Core Values, attitude, appearance and ability.





# 445th Airlift Wing 2016 Annual Award winners



### Amn



**Senior Airman  
Joshua Collins**

### NCO



**Master Sgt.  
Nicholas Nickert**

### SNCO



**Master Sgt.  
Steven Mauter**

### 1st Sgt.



**Master Sgt.  
Sierra Cabungcal**

### CGO



**Capt.  
Keisha Dobney-Boykin**

### FGO



**Maj.  
Eric Florschuetz**

### Civilian



**Ms.  
Stephanie Blevins**

### Honor Guard



**Senior Airman  
Andrae Manuel**

### Recruiter



**Tech. Sgt.  
Thomas Bruner**

### Spouse



**Mr.  
Brian Hess**

### Youth



**Mr.  
Jeffrey Beery**

### Community Partner



**USO of Central and  
Southern Ohio**





Photos by Tech. Sgt. Patrick O'Reilly



# 445th units complete AT in Japan

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

The largest Logistics Readiness Squadron in the Air Force, located at Kadena Air Base, Okinawa, was the destination for the 445th Logistics Readiness Squadron, two chaplains and a chaplain's assistant on annual tour.

"The reservists and guard members who come here are truly total force partners," said Lt. Col. Patrick Launey, commander of the 18th LRS in Kadena. "They bring a wealth of knowledge and experience not only from their military experiences but also from their civilian side. They bring a unique perspective and they also are able to translate those experiences and skillsets to help us out with the mission here."

The 445th LRS provided personnel to several work areas within LRS, such as petroleum oil and lubricants, traffic management, vehicle maintenance, vehicle operations, logistics planning, quality assurance and supply.

"We came to support the 18th LRS and to get all our members trained," said Senior Master Sgt. Lamon Pace, 445th LRS. "We have to be relevant. We have to be able to step in with active duty, backfill, and do what they do."

The 18th LRS, comprised of 761 military and civilian personnel across four flights, supports the movement of 6 million tons of cargo and 9,000 passengers annually, issues more than 70 million gallons of fuel a year valued at \$240 million, and maintains more than 2,000 vehicles valued at \$140 million.

"Throughout the year we have different organizations come through, regardless of the size, across all our AFSCs," Launey said. "With that tremendous experience they bring, we are able to integrate them directly into our mission here and they will get a lot of training and some experienc-

es that they haven't had before in their career or maybe that are unique to Kadena. We also have the opportunity to get some additional work done because the magnitude of operations here is very significant."

The chaplains worked out of three different chapels, plus the morale welfare recreation center and anywhere else support was needed.

"We are here to train and to provide support for the 18th LRS unit here on base as well as our reserve unit," said Captain Job Morales, 445th Chaplain. "We support personnel by providing information, chapel services, counseling, and assisting with morale."

He also added that if there weren't any provisions for a religion not supported here, they could accommodate for it.

"Every unit can benefit from going overseas or even stateside to travel," said Morales. "Training is vital to the organization, not just at local station, but at another base as well."

For all involved, each day brought opportunities for learning and growth.

"I've had a great time," said Tech. Sgt. Precious Sims, 445th chaplain's assistant. "I've enjoyed the environment, people and the culture. It's a phenomenal place to be."

Kadena AB has a 13-hour time difference compared to Wright-Patterson AFB. This provided a challenge to the Airmen. After a three-day excursion from Ohio to Okinawa, they had to adapt to the time-change and overcome.

"There were some time adjustments that we got over," Pace said. "Overall we've done a good job with adjusting and completing the mission. The 18th LRS received us greatly. They provided everything that we needed."

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