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AES flies high during Mobility Guardian exercise

By Airman 1st Class Ethan G. Spickler
445 Airlift Wing Public Affairs

Members of the 445th Aeromedical Evacuation Squadron built unit and inter-service cohesion while making military operations more safe and effective during Mobility Guardian, July 31 to August 12, 2017 at Joint Base Lewis-McChord, Washington.

The exercise, which highlighted the ability of Air Mobility Command units to respond quickly and precisely to threats at home and abroad, hosted military personnel from around 30 foreign nations.

Members of the 445th AES participated in a medical capacity, gaining more extensive knowledge of mission operations and showcasing their skills for joint and allied medical personnel by preparing medical kits, providing real-time assistance during flights and conducting training for their foreign counterparts.

“Mobility Guardian is meant to showcase all of Air Mobility Command’s assets and capabilities around the globe,” said Staff Sgt. Charles Kilgore, a medical technician with the 445th AES. “We can support anything, as far as joint operations and inter-theater mis-



Tech. Sgt. Jared Becker

A 445th Airlift Wing C-17 Globemaster III taxis past Mount Rainier after arriving at Joint Base Lewis-McChord, Washington, July 31, 2017, in support of Mobility Guardian. The aircraft transported 445th Airmen participating in the exercise.

sions. As for our unit specifically, this exercise showcases our ability for air evacuation globally.”

The mission of AES, providing dynamic care to injured service-members and civilians while en-route to allied medical facilities, is critical to the success of military operations overseas.

“Our mission involves direct and indirect patient care,” said Lt. Col. Romeo Cabungcal, a medical crew director with the 445th AES. “Some of our folks come back severely injured. We have to keep them pain-free and comfortable while giving them the care they need. It’s not up front directly fighting our nations’ wars on the ground, but thanks to AES, those who fight out front know they will receive the best care rapidly if they need it.”

During the exercise, AES members provided simulated airborne medical care in a fast-paced environment where there was immense pressure to perform at the highest level.

“We are tasked with getting injured and sick service members and civilians from a lower echelon of care to a higher echelon of care,” Cabungcal said, his voice taking on a serious tone. “The sooner we get help to those that need it, the better we can do our job effectively and the faster we can save lives.”

AES not only provides care in combat scenarios, but they also provide care in humanitarian operations.



Airman 1st Class Ethan Spickler

Lt. Col. Romeo Cabungcal, a medical crew director with the 445th Aeromedical Evacuation Squadron, shakes hands with Capt. William Colas, a Royal Canadian Air Force medical technician, during Mobility Guardian held at Joint Base Lewis-McChord.

See *MOBILITY GUARDIAN*, page 2

445th AW welcomes new Director of Psychological Health

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



The 445th Airlift Wing welcomed Jennifer L. Marquez to their team as the new Director of Psychological Health, July 24, 2017.

Ms. Marquez, a California native, holds a Master

of Social Work degree from Loma Linda University as well as a Bachelor of Arts degree in sociology from California Baptist University. She has served in the field of psychological health for five years and previously worked as a social worker with the Department of Veterans Affairs.

While working at the Loma Linda VA, Marquez had the opportunity to serve veterans and their families in outpatient medical clinics and homeless programs providing interventions and referrals to address psychological stressors and mental health concerns. Also during her time with the VA, she trained new staff, facilitated a cancer support group, was the assistant program manager for the Federal Women’s Program and participated in countless other programs providing psychological care and support.

“Taking care of a client’s psychological health is important to me because a client functioning with poor psychological health is not only detrimental to the individual but to everyone around them,” said Marquez. “My goal in working with a client is to provide support through therapeutic intervention or referrals to aid in returning them to a higher level of functioning.”

The military provides unique challenges when it comes to psychological health, and Marquez is very familiar with what it takes to tackle those challenges head on. The most notable task she will be undertaking is crisis intervention. Crises arise with regularity in the armed forces, and Marquez aims to assist Airmen and their families whenever possible.

“Crisis intervention is the most important service I can provide,” said Marquez. “Crises vary from person to person. They can surface when there is a life stressor such as relationship issues, financial issues, work burnout and other psychological stressors that may cause anxiety, depression and lead to a crisis. Providing Airmen and their families with resources, coping skills and brief solution focused intervention can avert a crisis, returning the individual to an improved level of functioning.”

Marquez, who holds clinical social worker licenses in California, Ohio and New Jersey, not only brings an added level of professionalism to the table but also a dedication to supporting service members.

She will undoubtedly be an invaluable addition to the team and will provide much needed direction and assistance for to 445th and 655th Airmen.

“I’m excited to work at the 445th as it gives me the opportunity to serve the Airmen that selflessly serve us every day,” said Marquez. “I very much appreciate your service, and it is not something that I take for granted.”

Ms. Marquez’s office is located in building 4010, room 166. Her office hours are 8 a.m. to 4 p.m. Monday – Friday; 8 a.m. to 12 p.m. Saturday of the Scarlet unit training assembly and by appointment during the Gray unit training assembly.

She can be reached at 937-257-6267 or via cell phone at 937-701-1124.

MOBILITY GUARDIAN, from page 1

The broad scope of the AES mission is one of the many reasons they were tasked to assist in the Mobility Guardian exercise.

“Our job requirements are the biggest reasons I’m still in the service,” Cabungcal stated. “The motivation to maintain my career and contribute to the mission has been defined by the ability I have to assist and direct my Airmen while saving lives.”

The desire of the AMC to provide knowledge, direction and a positive example to joint and allied forces is exemplified in the work done by the 445th AES.

“It’s an absolute opportunity to showcase our talents,” Kilgore remarked. “Also we can bridge gaps and foster partnerships with our allies while we strive to bring our wounded back home.”

The positive attitudes and ironclad work ethic of the AES members represented the wing favorably.

“I am proud of the accomplishments and recognition that the AES has achieved,” said Cabungcal. “Being able to operate in the military medical community and the joint military community as a whole is extremely fulfilling.”



AES, ASTS, CES participate in Patriot Warrior



1

Tech. Sgt. Efren Lopez



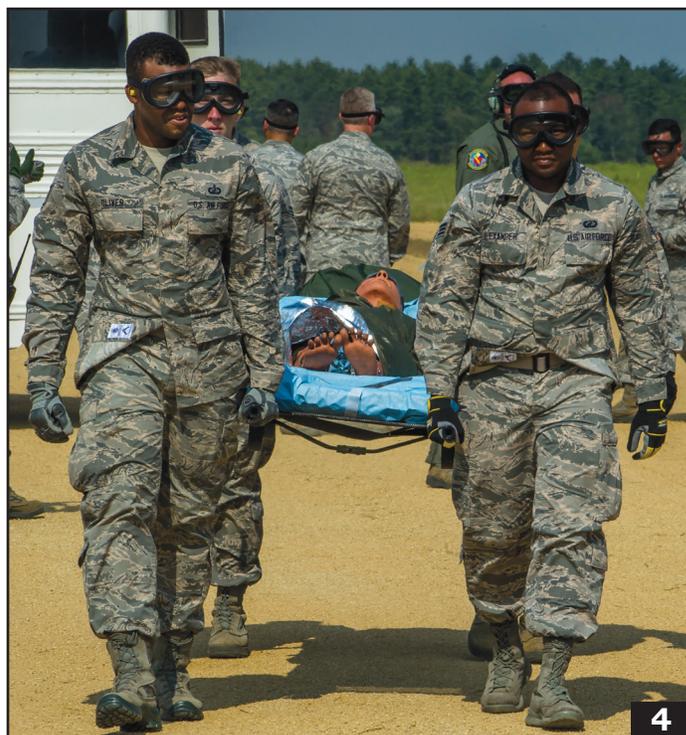
3

Tech. Sgt. Efren Lopez



2

Staff Sgt. Kyle Brasier



4

Senior Airman Christopher Dyer

1. Senior Airman Alexandrina Lopez, 445th Civil Engineer Squadron, firefighter, participates in a structure training scenario, during exercise Patriot Warrior at Sparta/Fort McCoy Airport, Wisconsin, Aug. 11, 2017. More than 600 Reserve Citizen Airmen and 10,000 soldiers, sailors, Marines and international partners supported a range of interlinked exercises including Patriot Warrior, Global Medic, CSTX, Diamond Saber, and Mortuary Affairs Exercise Aug. 7- 24, 2017. Patriot Warrior is an Air Force Reserve training exercise designed to enhance wartime skills in a deployment-style environment and evaluate the ability of units to deploy mobility airlift and agile combat support capabilities in support of joint theater operations.
2. Staff Sgt. Andrew Ferguson, charge medical technician, 445th Aeromedical Evacuation Squadron and Master Sgt. Ashby Jakober, medical technician, 445th ASTS, discuss aircraft loading procedures prior to moving simulated patients at Young Air Assault Strip Aug. 16.
3. Firefighters with the 445th CES and various Air Force units conduct fire pit training Aug. 11.
4. Airmen with the 445th Aeromedical Staging Squadron transfer patients from an ambulance bus to a C-130 Hercules as part of a simulated aeromedical evacuation at Young Air Assault Strip, Fort McCoy, Wisconsin, Aug. 16.



445 SFS holds down the fort at Mobility Guardian

By 2nd Lt. Rachel Ingram
445th Airlift Wing Public Affairs



2nd Lt. Rachel Ingram

Staff Sgt. Andrew Brooks, 445th Security Forces Squadron, performs gate security duty August 2, 2017 for military members participating in Mobility Guardian.

Wielding brute strength and winning attitudes, the 445th Security Forces Squadron showed up to the large-scale, joint force exercise, Mobility Guardian, in a different way than the 445th Aeromedical Evacuation Squadron and 3,000 other participants from uniformed services across the globe.

“Due to the sheer amount of resources involved, the 627th Security Forces Squadron was unable to support this exercise on their own,” said Tech. Sgt. Justin Williams, 445th SFS annual tour team chief. “They

called on their brothers and sisters from duty stations all over America to help them, and we were one of the units who responded.”

Mobility Guardian, the largest exercise ever conducted by the Air Mobility Command, required significant behind-the-scenes work.

“Without this added support from Reserve squadrons like ours, Mobility Guardian couldn’t go forward,” explained Williams.

In total, more than 100 security forces Airmen from approximately seven active duty, Air National Guard, and reserve units traveled to Joint Base Lewis-McChord, Washington, to provide added security for the exercise.

From the 445th, 14 Citizen Airmen worked shifts around-the-clock to provide mobile patrols, gate security, traffic stops, and more.

I’m honored to be a part of this exercise, said Staff Sgt. Andrew Brooks, 445th SFS. “When we arrived, the organizers told us this is the biggest aircraft movement since D-Day. That humbled me.”

The event also served as a prime training opportunity as Airmen from numerous bases and components worked in tandem with one another.

We’ve had the chance to network and share best practices with other units, said Senior Airman Tyler Acevedo, 445th SFS, who was partnered with a Minneapolis ANG member for mobile patrol on the first day.

The 445th SFS spent 16 days in Washington to support the exercise, and were one of the final units to depart, after all breakdown was completed.

“It’s a really neat opportunity to see the diversity of the Air Force, and get a feel for the total mission,” Williams said. “It serves as a reminder that there’s more than just Wright-Patterson fighting this fight.”

ARPC announces lieutenant colonel promotions

Air Reserve Personnel Center officials announced results for the calendar year 2017 Air Force Reserve Line and Non-Line Lieutenant Colonel Promotion Selection Boards Aug. 24. The boards selected more than 600 Citizen Airmen for promotion.

The selection boards convened at ARPC June 12-16 to determine those officers best qualified to assume the next higher grade. Board members selected 688 of 1,454 officers considered.

A complete list of Airmen selected for promotion is available online by visiting the Air Reserve Officer Promotion page on myPers.

Categories considered during these promotion boards were: Air Force Reserve Line, Dental Corps, Medical Corps, Nurse Corps, Medical Services Corps, Biomedical Sciences Corps, Chaplains and Line of the Air Force Judge Advocates.

Fourteen 445th Airlift Wing and 655th Intelligence, Surveillance and Reconnaissance Group mem-

bers were selected:

Cynthia Alvarado, 64th Intelligence Squadron; David Amar, 16th IS; Christopher Blomberg, 445th Aeromedical Evacuation Squadron; Thomas Danas, 16th IS; Jason Evatt, 14th IS; Adam Fink, 89th Airlift Squadron; Kyle Hayes, 89 AS; Steven Hillard, 42nd IS; Joshua Roberts, 89 AS; David Ruiz, 445th Civil Engineer Squadron; Christopher Slate, 42 IS; John Smith, 89 AS; Maureen Taylor, 445th Aerospace Medicine Squadron; and Sarah Yoshida, Det. 1.



Around the wing . . .



Master Sgt. Patrick O'Reilly

Staff Sgt. Rodney McElfresh, 445th Aircraft Maintenance Squadron crew chief, services liquid oxygen into a C-17 Globemaster III August 9, 2017. Liquid oxygen is converted to gas in the aircraft which is then used for aircrew in case of emergency as well as for aeromedical evacuation patients when in transport.



Staff Sgt. Joel McCullough

Staff Sgt. Stinnett, 445th Force Support Squadron Services Flight, swings at a pitch during the Active Duty vs. Reserve 10th Annual Sports Challenge. The annual event is sponsored by the Air Force Sergeants Association Kittyhawk Chapter 751. The active-duty team won 27 to 17.



Master Sgt. Patrick O'Reilly

Members of the 445th Aeromedical Evacuation Squadron participate in their annual enlisted vs. officer kickball game August 3, 2017, at Wright-Patterson Air Force Base, Ohio. The 445 AES held the kickball game as part of their annual Wingman Day activity during their annual training. The officers won the kickball match.



Master Sgt. Patrick O'Reilly

Members of the 445th Aeromedical Staging Squadron pull ropes to set up an Alaska shelter August 14, 2017 during the unit training assembly. The exercise was in preparation for the Air Force Reserve Command's Patriot Warrior exercise.



SPOTLIGHT



Staff Sgt. Joel McCullough

Rank/Name: Tech. Sgt. Jacob Nespor

Unit: 445th Operations Support Squadron
Duty Title: Survival, Evasion, Resistance and Escape, NCO in charge

Hometown: Hilliard, Ohio

Civilian Job: Full-time traditional reservist

Education: Community College of the Air Force associate degree; currently in final year for bachelor's degree in business management; also working on private pilot license

Hobbies: Fitness, family, movies

Career Goal: Receive commission as Air Force officer and become a pilot and full bird colonel; then politics

What do you like

about working at the 445th?: The opportunities and the people. During my time here, I've been to arctic survival training in the dead of winter in Alaska, and participated in amazing personnel recovery exercises. I parachute regularly to teach the aircrew and conduct fly-aways for several organizations. I enjoy working with different aircrew/aircrafts. SERE is not a desk job and allows me to get out and enjoy the scenery while teaching what I love best, survival.

Why did you join the Air Force?: Quality of life and career opportunities. To escape the Army.

A&FR offers tips to help children cope during deployments

A deployment can be emotionally challenging for those who are left behind, especially children. Although children's reactions will vary with their personalities, ages, coping skills, and previous deployment experience, it can still be a very stressful situation.

Below are suggestions for deploying parents:

- Tell children when you'll be leaving, for how long and when you will return (use various calendars to countdown days left on deployment).

- Encourage your children to ask questions

- Discuss and accept their feelings.

- Spend time with each child individually before you leave.

- Give each child a comfort item – something of yours such as a t-shirt, ball cap, or pillowcase (Deploying Airmen may obtain a free pillowcase from the Airman and Family Readiness office with the member's picture).

- Ask the children to assist you with packing.

- Visit their schools before deployment and talk to the teacher(s) to monitor their behavior.

- Remember birthdays and other special occasions with phone calls, letters, cards and/or small gifts. When sending letters or cards, members should write each child individually.

Children thrive on routines and consistency, especially during this difficult time. Try to stick to regular (daily and weekly) routines as much as possible. Be

consistent with discipline. Don't change the house rules just because your spouse is deployed. It's important for children to understand that even though things have changed, they can still count on the rules that you have established will stay the same. Try to give them a sense of stability. Regular mealtimes and bedtimes can help them feel secure. Keep the same activities the family enjoy together. They may be uncomfortable feeling that everything is on hold until the deployed parent returns. You may find the need to establish some new routines or rituals to adjust to new situations. Most children, if given the support needed, will be able to cope with the stress of their parent's deployment.

The A&FR office provides a wide range of programs and services to meet the challenges of deployments for our service members and their families. Support services include; employment assistance, volunteer service, personal financial counseling, Air Force Aid loans, car care, give parents a break program, information, and referrals. Resources (handouts, pamphlets, coloring books, etc.) are available for families concerning deployments, family separation, children and communication, stress management, reintegration, and other topics of interest.

The A&FR office is in building 4014, room 170A, or call (937) 522-4607 for assistance. (Article courtesy of 445th Airman and Family Readiness Office.)



News Briefs

Retirements

August 2017

MSgt Tracy Johnson,
AMXS

September 2017

TSgt Michael Wayne, 87
APS

TSgt Anthony Springer,
AW

Awards

Meritorious Service Medal

Lt Col Keith Larson, AES

Maj Craig Mohr, MXG

Maj Job Morales, 17 TW

Maj Angela McCabe, 14
IS

Maj Shane Regoli, 64 IS

Maj Bhakti Mary, 14 IS

Capt Luke McKeeth, AW

SMSgt Garry Merrill,
MXG

TSgt Anthony Springer,
AW

Air Force Commendation Medal

SMSgt Ryan Pratt, LRS

MSgt Eric Bartlett, 64 IS

MSgt Lessa Givens, FSS

TSgt Dwight Brown, MXG

Air Force Achievement Medal

A1C Alexandra Littleton,
63 IS

Newcomers

Maj Jose Basabe, OSS

1Lt Benjamin Trick, ASTS

SMSgt Bethany Medina,
63 IS

TSgt Justin Mittelstadt

MXS

TSgt Aaron Wright, FSS

A1C Allen Paizley, AES

A1C Tomina Randel, FSS

Amn Jacob Burrirt, AMXS

Promotions

Airman

Rheachel Dailey, 28 IS

Kyle Gilday, 87 APS

Molly Hageman, MXG

Maria Valentin, DET 2

Airman 1st Class

Luke Barnes, LRS

Oceania Mack, FSS

Dejanae Sargent, LRS

Senior Airman

Jachary Bozzuto, 38 IS

Jacob Conway, CES

Gregory Sharpe, 718 IS

Thomas Wincel, MXS

Staff Sergeant

Adriel Anderson, 38 IS

Ashley Carmichael, SFS

Kellie Clark, 718 IS

Kayla Harris, 718 IS

Jordan Riske, 63 IS

Caleb Smith, LRS

Jason Ware, CES

Technical Sergeant

Lindsay Balster, 63 IS

Vaness Christensen,
ASTS

Christian Delacruz, AES

Steven Dornbos, AES

Aaron Fisher, 87 APS

Sommer Gifford, 38 IS

Nicole Karsten, AES

Christina Schraft, 14 IS

Master Sergeant

Walter Bessey, 87 APS

William Burdick, AMXS

Kenneth Burkhardt, MXS

John Devore, AMXS

Bethany Maltinsky,
AMDS

Michael Maurer, 87 APS

Danielle Maze, DET 2

Patrick O'Reilly, AW

Eric Riehle, AES

Senior Master Sergeant

David Adkison, 49 IS

Amanda Crooker, AMXS

Jess Huertas, 42 IS

Diamond Sharp Award



Master Sgt. Patrick O'Reilly

Master Sgt. Ashley Byers, 14th Intelligence Squadron first sergeant, presents the June 2017 Diamond Sharp Award to Tech. Sgt. Eric Wadlington, 87th Aerial Port Squadron, August 5, 2017. The award is for exemplary performance, adherence to Air Force Core Values, attitude, appearance and ability.

Employer's Day

Employer Appreciation Day will be held Saturday, Nov. 4.

Nomination forms are located in the Blue Pages.

For more info please call the Public Affairs office at 937-257-5784.

Lodging Info

The Automated Lodging Reservation System (ALRS) is currently operational.

Call 1-800-203-3729 or 937-656-1818 to make reservations.

Members who encounter issues, they should send a detailed message of the problem to the 445 AW Lodging Help Desk at 445aw.fsv@us.af.mil so it can be resolved.

Buckeye Flyer

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Blended Retirement System deadline fast approaching

Blended Retirement System Implementation

Timeline

- » **January 2017** ————— » **Spring 2017**
 Opt-in training began Online comparison calculator available
- Dec. 31, 2017** << —————
 Final date of eligibility for coverage under legacy retirement system with the opportunity to opt into the BRS
- » **January 2018** ————— » **Jan. 1, 2018**
 New accession course launches BRS goes into effect, opt-in window begins
- Dec. 31, 2018** << —————
 BRS opt-in window ends

Key Blended Retirement System Talking Points

- Members serving before Jan. 1, 2018, are grandfathered under the legacy retirement system. Members must physically opt into the BRS. No current member will be automatically changed to the BRS. Those who enter the military on or after Jan. 1, 2018, will be automatically enrolled in the BRS.
- Serving as of Dec. 31, 2017, active-duty members with fewer than 12 years or National Guard and reserve members with fewer than 4,320 retirement points may opt into the BRS.
- Under the BRS, about 85% of members will receive government retirement benefits upon separation, including those who do not reach 20 years to qualify for military retired pay.
- Under the legacy retirement system, the defined annuity benefit is computed as 2.5% x years served x average of highest 36 months of basic pay. Under the BRS, you still can receive a defined annuity, if you complete 20 years; however, the multiplier is reduced to 2.0%.
- When enrolled in the BRS, members will receive automatic 1% and up to 4% DoD matching contributions. For opt-in members, automatic and matching contributions begin immediately. For new accessions, there is a waiting period.
- When a service member reaches eight to 12 years of service, active-duty members will be eligible for a cash incentive of 2.5 to 13 times their regular monthly basic pay, and National Guard and reserve members will be eligible for .5 to six times their monthly basic pay (as if serving on active duty), in return for a commitment of at least three more years of service.
- Members may elect to receive a 25% or 50% lump sum payment of their retired pay discounted to the present value in exchange for reduced monthly retired pay until age 67*.

* full Social Security retirement age

RESOURCES

Department of Defense Blended Retirement System website:
<http://militarypay.defense.gov/BlendedRetirement>

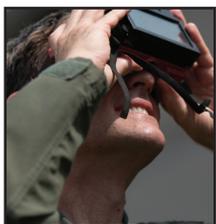
BRS Opt-In Course on JKO
<http://jko.jten.courses/brs/OPT-IN/launch.html>

Military OneSource website:
<https://www.MilitaryOneSource.mil>

Office of Financial Readiness social media platforms:

-  Facebook: <https://www.facebook.com/DoDFINRED>
-  Twitter: <https://www.twitter.com/DoDFINRED>
-  Instagram: <https://www.instagram.com/DoDFINRED>

On the Web



Wing members observe solar eclipse



New York Rockettes tour 445th C-17



445th hosts blood drive

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