

BUCKEYE FLYER

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Rhinos lead the charge as masters of strategic airlift

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

When mission critical equipment needs to get downrange, hurricanes ravage the southeast, or injured service members are ready for transport out of the battlefield, the 89th Airlift Squadron doesn't hesitate.

"We consider ourselves an extended family of Citizen Airmen who are all committed to serving a greater cause and becoming better versions of ourselves," said Lt. Col. Brian M. Quinn, squadron commander.

The 89th Airlift Squadron includes 65 pilots, 47 loadmasters and nine squadron aviation resource management personnel, who manage aviation risk and ensure the highest standards of safety.

when asked, to support any and everything you see on the news."

Some traditional reservists in the 89th AS work up to 200 days a year in support of the Air Force mission. When not on duty, squadron members work as airline pilots, engineers, school teachers, first responders, and other careers.

"Our diverse background is indicative of our squadron's culture of service," Quinn said. "We have no shortage of volunteers when crisis occurs."

A Cleveland resident, Tech. Sgt. Jay Benedict spent five years in the 445th Civil Engineer Squadron before becoming a loadmaster in the 89th AS. He now trains

with the flying squadron two or three week-ends each month and has visited 40 countries.

"I'm on my third civilian job in five years because it's such a big commitment," Benedict said.

He explained that one of his duty requirements is flying at least once every 60 days.

He has completed 10 years of uniformed service and intends to serve until he retires.

"This squadron is intense," added Benedict. "It's a lot of work for being a reservist, but it's worth it."

When he assumed command in September, Quinn outlined three priorities for the squadron, one of which is developing Airmen who choose to stay.

"Most of our folks stick around beyond the 20 years and continue choosing to serve until they are forced to retire," he explained. "This squadron is made up of people who want to be here and provide world-class strategic airlift, and that's the bottom line."



Photos by Master Sgt. Patrick O'Reilly

(left) Lt. Col. Bill Barton, 89th Airlift Squadron C-17 pilot, prepares for takeoff. (right) Master Sgt. Lorenzo Law, 89th AS loadmaster, loads equipment on a C-17 Globemaster III. Pilots and loadmasters from the 89th AS carry passengers and cargo around the world daily in support of Department of Defense and Air Force missions.

"We are one part of a larger team. For example, maintenance provides the tails and we provide the crews," he said.

The squadron completed nearly 5,000 flight hours in 2017, delivering 20 million pounds of cargo.

During unit training assemblies, they train in the air with night vision goggles, and on aerial refueling operations in partnership with active duty, guard and reserve units from neighboring communities like Indiana and Tennessee.

"We have to be able to operate in every geographical combatant command," Quinn said. "We are ready,

Wing welcomes new vice commander

By Col. Shawn Werchan
445th Airlift Wing Vice Commander



Happy Holidays.

It is an honor and privilege to be your new vice wing commander. I thought I would talk a little about who I am and where I came from.

Buckeye Flyer

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I was born in Houston, Texas and my mother is an immigrant from Spain. My father was an air traffic controller in the Air Force and met my Mom while stationed in Moron, Spain.

I am the youngest son of three boys, all of which have served. My middle brother is a retired colonel who was a navigator on the RC-135, and my oldest brother served as an Army intelligence officer.

By the age of 3, I wanted to be one of three things: a pilot, priest or gambler.

The priest desire was due to me being bored in church at a young age, and I believed as a priest I would never get bored in church.

The gambler wish was due to fond memories of playing penny poker with my extended family (especially grandpa) over the holidays.

My true passion however was becoming a pilot. My father used to take me to work at Houston Intercontinental Airport when he worked the graveyard shift in the tower. I was allowed to say good night to all departing aircraft.

From that point on, I was hooked. I could not afford college without extensive student loans and applied to all five

service academies. I was accepted to the United States Merchant Marine Academy and graduated in 1991.

I was committed to become a Naval aviator and was scheduled for flight training in Pensacola, Florida a month after graduation. As fate would have it, I flew on a C-5A a month prior to graduation, for a maritime conference in Hawaii. That's how I learned about the Air National Guard. Again, fate intervened because that following week, the New York ANG convened a pilot board and I was hired.

I flew as much as possible after pilot training and had enough hours to be hired by United Airlines in 1996.

I am celebrating my 22nd year with the airlines. One thing I have never forgotten is how and why I have been so blessed in my life.

I owe the United States government and military everything. I received an outstanding education and the best pilot training in the world. I believe I owe a debt back for these blessings and will continue to serve as long as they will let me.

I am married to the most beautiful, smart, and caring woman in the

world. My wife, Beverly, is retired active-duty Air Force. She was prior enlisted and midway through her career became a physical therapist and commissioned. I am the proud father of three beautiful girls who are grown, but I am yet to be a grandfather, which I so look forward to.

There are some small, but important, things I have learned in life that I would like to share with you.

Money and success, despite common thought, do not always make you happy.

In my life I have met more happy people with lower to middle incomes than those of wealth.

Second, always count your blessings. No matter what your situation is, there are many in this world much worse than your circumstances.

There have been times in my life when I was down and depressed and just simply remembering the blessings in my life made things better.

Third, you can't do life alone. Love your family, fellow Airmen, neighbors, and friends. That's the good stuff.

I know this a very big wing but I look forward to meeting each and every one of you.

Happy Holidays
Col W.



SmartPay3 replaces government travel card

The current SmartPay®2 Government Travel Charge Card (GTCC) contract expired Nov. 29, 2018, and the new SmartPay3 contract began Nov. 30.

What do you need to know about this transition? Travelers with Individually Billed Accounts (IBAs-silver color card) will continue to use their current travel card under SmartPay 3. New and reissued replacement cards will be blue.

All 445th Airlift Wing members must follow these steps:

Step 1: It is important that you keep your contact information (address, phone and email address) up to date in CitiManager®. To review your contact information, login to CitiManager by following the steps below. Your existing CitiManager login credentials will

remain the same for SmartPay3.

1. Go to citimanager.com/login and login with your existing credentials.

2. From the homepage, click the card icon on the left-hand menu.



3. From the Card Details screen, click “Card Maintenance” on the right-hand menu.

4. Update your contact details and click “Submit”.

Step 2: After you receive the new SP3 blue Card. The account

number and expiration must be updated in the Defense Travel System.

1. Log into DTS. The DTS Dashboard opens.

2. Select your name in the upper right corner of the screen, then My Profile on the drop-down menu. A profile update tool opens.

3. In the left column of the profile update tool, select EFT and Credit Card Accounts. The fields in the right column update.

4. In the right column of the profile update tool, enter your new GTCC account number and/or expiration date.

5. Select Save.

For additional information on this process, please contact your unit or group, Agency Program Coordinator (APC).

Overcoming S.A.D by being resilient

By Jennifer Marquez

445th Airlift Wing Director of Psychological Health

The holiday season is fast approaching and with that comes many changes: change of weather, change of mood, financial changes and additional stress or grief.

The holiday season sometimes reminds us what we are grateful for, but it can also remind us what we are missing. Not everyone has a reason to be happy.

What does S.A.D. mean and how does it affect our mood? S.A.D. is an acronym for Seasonal Affect Disorder.

Seasonal affect disorder as appropriately named occurs during changes of season and can reoccur for some.

This disorder can leave many feeling depressed especially in the winter months although it can be present in the summer as well.

If you find that you experience mood changes in the winter or any other season you may want to be evaluated for S.A.D. Symptoms include feeling de-

pressed most of the day every day, feeling hopeless or worthless, decreased energy level, losing interest in enjoyable activities, sleep issues, changes in appetite or weight, agitation, difficulty concentrating and thoughts of suicide.

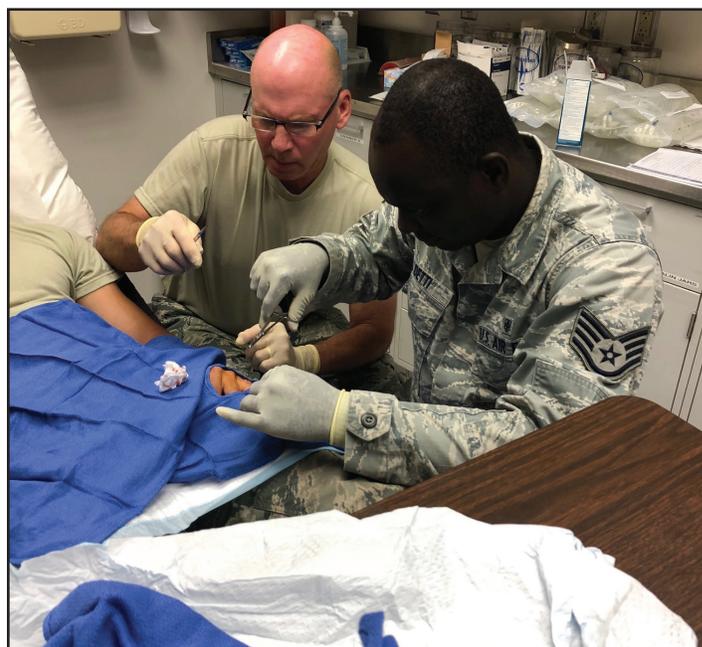
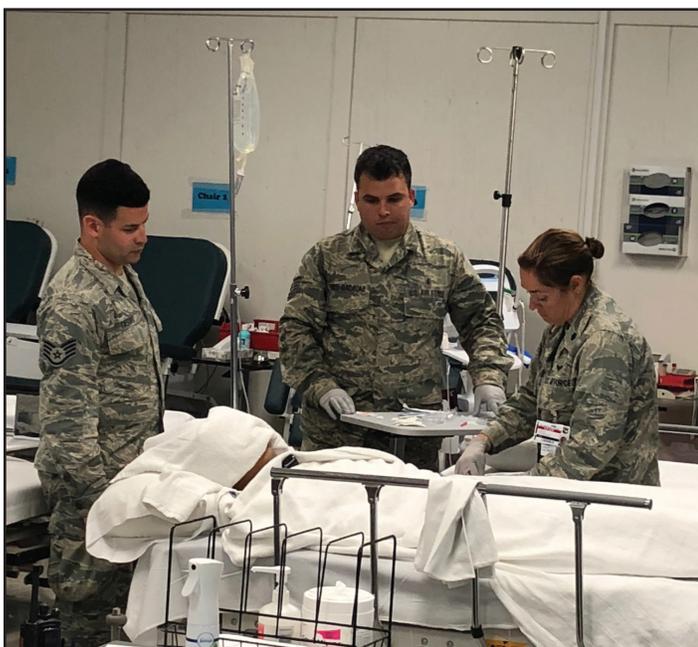
Combatting S.A.D. begins with self-awareness, being a Wingman and recognizing changes in your fellow Airmen. Treatment for S.A.D. may include light therapy, taking vitamin, medication and psychotherapy.

If you notice that you are exhibiting symptoms of S.A.D., there are base agencies/community resources to contact for consultation:

- 445th DPH – 937-257-6267 or 937-701-1124
- 655th DPH – 937-701-1101 or 937-371-0146
- PHAP – 937-656-2570 or 866-417-0707
- Crisis Line – 800-273-8255, option 1
- Military One Source – 800-342-9647
- 88th Mental Health Clinic – 937-257-6877



AMDS supports AF Academy field training



Courtesy photos

Nineteen members of the 445th Aerospace Medicine Squadron spent a two-week annual tour providing real-world medical support to the 10th Medical Group's Cadet Clinic in a remote area at the U.S. Air Force Academy, Colorado Springs, Colorado. The clinic was used to support 1,500 cadets during basic cadet field training. Medical care included preventive medicine, medical evaluation, stabilization of injured cadets and transportation to the triage tent as needed. Nurses and physicians worked in the main clinic triaging, providing primary care and acute urgent care. AMDS providers saw on average 15 to 20 cadets/patients per day for a total of approximately 160 patients during the two weeks. On a typical day, the cadet clinic would have six to eight providers available during sick call to see patients. Ten to 20 percent of cadets seen daily required "inpatient" nursing services. Nursing services was equipped to house eight patients overnight if needed. The majority of treatments included IV hydration, IV medications, breathing treatments, labs and suturing.

445th Airmen graduate from first sergeant academy



MAXWELL AIR FORCE BASE, Ala.-- Three Airmen from the 445th Airlift Wing are part of the first class, Class 19A, to graduate from the Air Force's First Sergeant Academy since it has increased the resident class length to four weeks in order to help fuel the Chief of Staff of the Air Force's initiative to revitalize squadrons.

The updated curriculum started Oct. 22, 2018 and now focuses more on hands-on, scenario-based training to better prepare first sergeants for their role in the squadron command team, an issue identified by the chief master sergeant of the Air Force and other senior enlisted leaders.

"Revitalizing the squadron is a pulse of our Air Force," said Chief Master Sgt. Manny Pineiro, first sergeant special duty manager. "When it comes to taking care of our Airmen, there is no better way to do it than having a first sergeant, so the improved course is something that is way overdue."

Master Sgts. Joseph Andrews, 445th Aeromedical Staging Squadron first sergeant, Shatasha Estes, 445th Operations Support Squadron first sergeant and David Griffith, 445th Maintenance Group first sergeant, were among 98 Airmen who graduated Nov. 16, 2018.

Estes was the overall class leader for Class 19A and Andrews and Griffith were flight leaders.

The increased focus on hands-on and immersive learning also drove the FSA discontinuing the distance learning course for first sergeants.

"Prior to the four week course, we had a distance learning course,"



Class 19A

Courtesy photos



Master Sgt. Shatasha Estes



Master Sgt. Joseph Andrews



Master Sgt. David Griffith

said Senior Master Sgt. Candice Fitzmaurice, FSA director of resources. "First sergeants really weren't getting what they needed from that course, so not only will they be going through the lessons, but they will now get more hands-on training."

By discontinuing the distance learning portion of the curriculum, the FSA will now focus on enhancing invaluable skills such as alternate dispute resolution, resiliency, advanced counseling, Uniform Code of Military Justice/Article 15 training as well as increased engagement with former commanders.

"We are preparing the first sergeants for an opportunity to have a little bit more SA [situational awareness] as an advisor in the command leadership team," Pineiro said. "Prior to this new four week course, two weeks just wasn't enough time to actually train them correctly. What we did now is give them an opportunity to get more comfortable and more confident so they can be prepared to get out there and take care of their business."

With the course enhancements in place, the FSA team said they hope this will help offset the decrease in average first sergeant experience, prepare first sergeants to handle current and emerging issues in complex environments, and to enhance performance as part of the command team.

The FSA serves the Total Force: Active Duty, Reserve and Air National Guard, and is a component of Air University's Thomas N. Barnes Center for Enlisted Education.



SPOTLIGHT



Senior Airman Angela Shay

Rank/Name: Staff Sgt. Meagan Marshall

Unit: 445th Force Support Squadron

Duty Title: Education and Training Technician

Hometown: McConnellsburg, Pennsylvania

Civilian Job: Contractor

Education: Bachelor of Science degree in healthcare management

Hobbies: Movies, working out,

spending time with my fiancé and children

Career Goal: To become an Air Reserve Technician

What you like about working at the 445th?: I enjoy the people I work with and the high morale level within the unit. I have good leadership that have the best interests for their people.

Why did you join the Air Force?: I joined the Air Force in order to continue schooling and to travel while meeting new people.

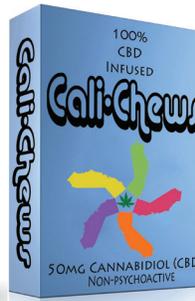
Weed by any other name is still illegal

By Maj. Jonathan Ophardt
436th Airlift Wing, Deputy Staff Judge Advocate

From 1996 to today, 30 states have legalized medical marijuana, as well as Washington, D.C., Guam and Puerto Rico, according to NCSL.org. Of those 30 states, 10 have passed legislation legalizing adult use. Although this trend matches a 2018 Pew Research Center survey suggesting that six out of 10 Americans support marijuana legalization, the United States military still maintains a zero tolerance policy for marijuana use, regardless of form.

This policy may seem straight forward - 'just don't smoke weed' - It's the caveat, 'regardless of form,' where the issue of pot gets sticky.

Illegal marijuana use is typically associated with the consumption or smoking of dried leaves, flowers, stems and seeds from marijuana plants, but there's more to it than that. Illegal forms of marijuana also include all cannabidiol (CBD), cannabinol derivatives, and tetrahydrocannabinol (THC)-infused products. CBD products are increasingly sold as dietary supplements, marketed as a "vape oil," and are being added to various commercially available food and drink items, including beer and candy.



Despite what's on the label or what the retailer says, any product that contains CBD oil remains a controlled substance under federal law, and potentially has detectable amounts of THC.

Recently, the Food and Drug Administration approved a prescription drug called Epidolex, which is a cannabis-based epilepsy treatment similar to CBD.

Epidolex is still a controlled substance under federal law, requiring that it be dispensed only to those needing it for medical purposes, and only with a prescription.

As the attitudes, trends and legislations change regarding marijuana, so do the forms by which it can be consumed. Regardless of a state's law "legalizing" recreational use of marijuana, and regardless of whether a product

claims to be THC-free, military members are forbidden from knowingly purchasing, possessing, and consuming products that contain marijuana in any form.

For more information, visit <https://www.opss.org/faqs/cannabidiol-are-products-cbd-legal> or <https://www.opss.org/docs/usmc-public-safety-advisory-cannabidiol-and-%E2%80%9Cvaping%E2%80%9D>.



News Briefs

Retirements

December 2018

Lt Col Michael Ehnstorm, 718 IS
MSgt Mark Bledsoe, AMXS
MSgt Douglas Werner, AMXS
TSgt Herman Friling, 87 APS

Promotions

Airman

Chukwudi Anekwe, MSG

Airman First Class

Jasmine Giles, 16 IS
Fred May, SFS
Connor McCann, LRS
Steve Silva, 38 IS

Senior Airman

Rheachel Dailey, 28 IS
Mickela Harris, CES
Patrick Jennings, AES
Devin Lino, 87 APS
Bryce Postle, CES

Samuel Scheider, 87 APS

Staff Sergeant

Beau Brunner, 64 IS
Rachel Grudberg, 42 IS
Yulia Gudkova, AMXS
Kyle Meier, 42 IS
Michelle Moody, 28 IS
Joseph Rasor, CES
Joseph Reyes, 38 IS
Elizabeth Tenny, FSS
Daroon Walters, 42 IS

Technical Sergeant

Ian Beall, 16 IS
Caleb Boles, ASTS
Patricia Crawford, OG
Matthew Engel, ASTS
Jameccia Haygood, MSG
David Kobold, 16 IS
Travis Kruse, 38 IS
Daniel Williams, CES

Senior Master Sergeant

Ashley Delacruz, FSS
David Standford, 23 IS

Chief Master Sergeant

Albert Franklin, 14 IS

Awards

Air Force Commendation Medal

Capt Hannah Johnson, 718 IS
TSgt Sarah Bartoo, 820 IS
TSgt Charlie Parson, 38 IS

Achievement Medal

TSgt Scott Atchley, 820 IS
TSgt Kevin Hailey, 718 IS
TSgt Kristopher Walker, 718 IS
SrA Gina Scalozo, 718 IS

Newcomers

Capt Jeffery Bradenburg, 64 IS
2 Lt Matthew Hughey, 445 ASTS
2Lt Kyle Kozak, 87 APS
TSgt Erica Elking, LRS
SSgt Carl Barnett, 87

APS

SSgt Johnathon Schneider,
SSgt Kyle Stahler, SFS
SrA Chrisey Hillgen, FSS
SrA Christopher Hudson, CES
SrA Ryan James, AES
SrA Austin Mitchell, 50 IS
SrA Thomas Wilson, LRS
A1C India Castillo, FSS
A1C Jeanette Salgado, 445 ASTS
A1C Nicholas Whiting, 445 MXS
A1C Amo Williams, FSS
AB Chuckwudi Anekwe, 445 MXS
AB Brittany Mangas, 87 APS



Williams captures AFRC Security Forces award



Tech. Sgt. Justin Williams, 445th Security Forces Squadron, junior security forces action officer, won the Air Force Reserve Command 2018, Outstanding Security Forces Support Staff NCO Award for his individual achievement and performance. The award was announced Nov. 9, 2018.

Tech. Sgt. Williams orchestrated the 445th Security Forces Winter Challenge that involved 16 teams and 90 security forces Airmen. The event increased unit cohesion and mental toughness.

He procured more than \$298,000 for facility and mobility resources, enabling reutilization under dire

fiscal constraints and saved the wing \$60,000.

Williams coordinated and developed the 445th Air-lift Wing active shooter exercise, validating the training of 500 personnel. The sergeant led two Raven missions in support of counter drug and presidential sorties, helping to secure more than 40 passengers and 60 tons of cargo.

Tech. Sgt. Williams developed the first 445th SFS 9/11 ruck march to honor fallen heroes.

He donated \$480 in support of the local Food 2 Go ministry, providing meals for 20 less fortunate families. He coordinated weapons and equipment demonstrations for more than 300 minority school children and future aviators.

Williams received a Bachelor of Science degree in criminal justice administration and is currently pursuing his Master of Science degree in organizational leadership.



Around the wing...



Master Sgt. Patrick O'Reilly



Master Sgt. Patrick O'Reilly



Master Sgt. Patrick O'Reilly



Senior Airman Angela Shay

1. Capt. Beth Shuler, 445th Force Support Squadron, administers the Oath of Enlistment to eight reservists during a mass re-enlistment ceremony Nov. 3, 2018.
2. Col. Adam Willis, 445th Airlift Wing commander, serves holiday meals to 445th AW Airmen at the Pitsenbarger Dining Facility Nov. 4, 2018. Each year, commanders, chiefs and first sergeants serve meals to Airmen during the November and December unit training assemblies.
3. Senior Master Sgt. Eric Rine, 445th Maintenance Squadron first sergeant, serves lunch to 445th AW Airmen at the Pitsenbarger Dining Facility Nov. 4, 2018.
4. Chris Young, award-winning country music artist, visited the 445th Airlift Wing while in town for the Losing Sleep World concert tour Nov. 3, 2018 at the Wright State University Nutter Center. He met with Reserve Citizen Airmen and toured a C-17 Globemaster III during the visit.

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