

Airman helps train man's best friend



Senior Airman Ethan Spickler



Master Sgt. Patrick O'Reilly

(left) Capt. Robert Cost, an intelligence team chief with the 445th Operations Support Squadron, poses with Hanson, a future service dog, at Circle Tail, Inc. in Pleasant Plain, Ohio, Aug. 13, 2018. (right) Chiaki Fanelli, a Circle Tail service dog trainer, and Palmer, a Circle Tail service dog, demonstrate the ability to delicately carry a remote control during training at the indoor training center at Circle Tail, Inc. Aug. 16, 2018.

*By Senior Airman Ethan Spickler
445th Airlift Wing Public Affairs*

Dogs are truly man's best friend, and a member of the 445th Airlift Wing family is helping train canine companions to become highly specialized service dogs that provide much more than just friendship.

Capt. Robert Cost, an intelligence team chief with the 445th Operations Support Squadron, and his wife, Capt. Emily Cost, of the Army National Guard, work with service dogs at Circle Tail, Inc. in Pleasant Plain, Ohio.

Circle Tail is a non-profit organization that trains service dogs to provide various levels of support for people with disabilities. Some of these incredible canines become service dogs that assist people with a variety of physical disabilities.

Others become hearing dogs that can alert individuals who are hard of hearing to sounds in the vicinity and guide them to the source. Most of these animals are able to effectively differentiate between anomalous occurrences in their environment, open doors, turn alarms on/off, provide balance support and get help in case of an emergency.

Circle Tail handles requests for service dogs from

around the country and tailors their selection process to each successful applicant. Every dog has a different personality, and Circle Tail believes that it is vital to match the right hound to the right human.

If a dog does not make it through the service program, they undergo a "career change" and are adopted by deserving families who desire well-trained and caring pets. The highly selective and rigorous program run by the employees and volunteers of Circle Tail provides an invaluable service for those who need canine support.

"I was always fascinated with working dogs," said Cost's wife Emily, a full-time trainer at Circle Tail. "I began working with them permanently after a short time doing volunteer work through the organization. It's an incredible opportunity that we have; to provide service dogs at no cost to people in desperate need of the assistance. Honestly, for everyone involved, it's life changing."

Emily began working with the organization 10 years ago, and through helping her, Cost began to develop a

IG empowers Airmen with tools, training

By Lt. Col. Todd Baker

445th Airlift Wing Inspector General



As the dust settles from another Unit Effectiveness Inspection capstone, there is a tendency to let out a collective sigh of relief that the inspection is over and the Inspector General is gone for another two years.

However, that is not at all the case. In fact, your IG team is here as a part of every mission and activity to ensure the operational readiness of

the wing. While the role of the Air Force Reserve Command IG team is to inform the command's leadership on the efficiency and effectiveness of the 445th Airlift Wing, the role of our wing IG is to inform our local leadership on the efficiency and effectiveness of each group, squadron and section through continuous self-assessment and an effective complaints resolution program.

The IG empowers all Airman by providing the tools, training and assistance to identify, track and resolve issues or deficiencies that affect the wing's readiness.

There are two sections in our wing IG office, the IGI and the IGQ.

The IGI team implements the Air Force Inspection System. Through the AFIS, your unit's self-assessment program managers report on readiness or non-compliance issues using checklists, called "communicators," in the Mission Internal Control Toolset.

Your unit's wing inspection team members, identify deficiencies found during inspections and exercises using Inspector General Inspection Management System. All of these inputs provide Air Force leadership with overall view of unit health and deficiencies requiring additional attention or resources.

However, sometimes there are issues that affect individual Airmen, in

unique circumstances, that are not discovered in inspections or fit neatly in checklists. It is the role of the IGQ to assist Airmen in finding the resolution for these unique problems or addressing issues where no other resolution path exists.

This mission of the IGQ is to serve as the eyes and ears of the commander and alerting him/her to issues affecting the organization.

As the 445 AW/IGQ, my job is to serve both the commander and each Airman by executing the complaint resolution process and proactively train all members on IG processes and fraud, waste, and abuse issues.

My top training priority is to ensure each of you know that the 445 AW will never restrict your access to a member of Congress, an IG, or any person in your chain of command regardless of the subject matter.

This is called a protected communication. The IG will also investigate instances of reprisal, or taking adverse action, against an Airman for making a protected communication.

Examples of adverse actions could include disciplinary, assignment changes or adverse evaluations, taken solely as reprisal for making a protected communication to Congress, the IG or chain of command. Protected communications can also apply to first sergeants and helping

agencies such as equal opportunity, safety and family advocacy.

We in the IG are not a substitute for your chain of command. While I may never match the experience and passion many of our supervisors and first sergeants, there may be times when you feel you need to discuss an issue outside of your chain or you have exhausted all other avenues. In that case, you never need permission to contact the IG.

You may always call, email or drop by on unit training assembly weekends to discuss your issues or learn more about the formal IG complaint process.

You are also always free to contact the AFRC/IG or an IG at any level. By working through command channels and wing agencies, I can assist in numerous ways to resolve your issues and prevent the problem from happening to others.

Do not let problems feaster and become a distraction to you or the wing's mission of providing combat ready forces.

Your 445th Airlift Wing IG office is always here to provide the tools and assistance to address institutional or individual issues and allow our Airmen to focus on our core mission.

So while the UEI phase of the AFIS is complete for now, the IG is always here and ready to empower you!

Buckeye Flyer

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ASTS Airmen train for wartime mission

By Stacy Vaughn
445th Airlift Wing Public Affairs

Airmen assigned to the 445th Aeromedical Staging Squadron have a crucial role in the Air Force Reserve for global patient movement in the contingency environment.

This year, their training at home prepared them to be ready when the call comes to help get the wounded downrange back home.

The ASTS's key wartime mission is to provide 24-hour operations of an aeromedical staging squadron, to provide coordination, communication, and transportation to support medical care of patients transiting the aeromedical evacuation system. Medical providers, nurses, medical technicians, medical administration personnel and Medical Service Corps officers form a cohesive team to care for patients and ensure they are medically prepared for flight.

The En Route Patient Staging System is the primary unit training code package that is tasked to receive incoming patients, then holds, cares for, and prepares them for outgoing flights for the next echelon of care.

According to Lt. Col. Karen Keller, 445th ASTS clinical nurse, ASTS provides the staging area to treat the stabilized patient until they are ready to fly.

"The patient is brought to ERPSS where we treat the patient, keeping them stable enough to fly to the next medical treatment facility on their journey back to their home station facility," Lt. Col. Keller said. "ERPSS provides patient reception, complex medical-surgical nursing care and limited emergency services. The men and women working in ERPSS ensure each patient has all the necessary medical paperwork they need and are medically fit to fly."

ERPSS can hold up to 250 patients and the holding times are 6-72 hours. Once an aircraft is available, the ERPS personnel are responsible for safe transport, enplaning, and nursing hand-off at the aircraft to the aeromedical evacuation crew members. After each flight, ERPSS personnel are at the aircraft to receive the patients from the AE crew.

"Basically, we are the care before and after the air," said Col. Roberta Stemen, 445th ASTS commander.

ASTS has flight surgeons, family physicians, dietary and pharmacy technicians, mental health nurses and technicians, biomedical and logistics technicians, which utilize medical specialties that ensure patient needs and requirements are met once in the patient movement system.

The squadron also has two Critical Care Air Transport Teams assigned with unique capabilities. Each three person team is composed of a critical care physician, critical care nurse and respiratory therapist. When a CCAT Team is tasked for deployment, the team is assigned to an Aeromedical Evacuation Operations Team in which they become operational support flyers and are



Courtesy Photo

Airmen from the 445th Aeromedical Staging Squadron set up a 50-patient En Route Patient Staging Shelter outside their squadron July 17, 2018.

attached with the AE component for crew management and aircraft configuration, oxygen, and electrical set-up specific to CCATT needs.

This skilled team cares for critically ill and injured patients requiring advanced care and enables the patient to be transported even while unstable and in critical condition. This team enables ICU capabilities during air transport.

Recently, 66 Airmen from ASTS conducted their two-week annual tour at Wright-Patterson Air Force Base, honing in on those skills needed when deployed.

The two weeks were filled with on-site training that included a day at U.S. Air Force School Aerospace Medical, where the Airmen participated in litter carry training, loading onto an Ambus and a C-17 Globemaster III, and a trip to the Warfighter Training Center where they participated in Survival, Evasion, Resistance and Escape training, said Lt. Col. Keller who served as the troop commander.

Training was not focused just at Wright-Patt, the squadron sent Airmen to the Dayton Veterans Affairs Medical Facility's simulation lab where they trained on assisting chest tube insertion and care, suturing, nasogastric and foley insertions. They also participated in an IV station for clinical skills.

The training for the Airmen was also conducted on the flight line and in the air. ASTS Airmen Master Sgt. Sarah Katoski and Capt. Bradley Kuhn integrated their squadron's mission training and patient scenarios with AE chief of aircrew training, Maj. Leslie Houk and Senior Master Sgt. Sean Smith.

"During our annual tour, members performed ERPSS

— See ASTS, page 4



Resilience...it can be achieved

By Jennifer Marquez

445th Airlift Wing Director of Psychological Health

Resilience is a tool comes to mind when Airmen think about readiness for deployment. But resilience is so much more than a tool, it should become a habit, something that we have and do naturally unspecific to deployment but applicable to all stressful life situations.

One definition of resilience is the capacity to recover quickly from difficulties, according to Google.

Psychology Today defines it as “the effable quality that allows some people to be knocked down by life and come back stronger than ever.”

What a novel concept? To think that this “rut” or difficulty that is present today will not always be there, and that I can be a stronger person when I accept that this “rut” happened but that this is an opportunity to learn and be stronger than I was before.

When a difficulty arises, it is an easier road to submit to the difficulty and embrace self-loathing or pity for a perceived failure. But is a difficulty really a failure? Is a relationship that went bad a failure? Does experiencing the opposite of a preconceived outcome make me a failure?

The expected outcome may have been different than what one expected it to be, but the perceived “failure” does not define the person. You are not a failure. The outcome was different than the expectation.

So how does one become more resilient? There are two tools that one can use to foster resiliency; utilizing coping skills and adopting a proactive approach rather than being reactive.

Coping skills are the individualized tools that each person possesses or obtains for working through an issue. For example, a break-up within a marriage or relationship. You may feel despair, sadness and that they failed. These feelings are normal for this situation.

Coping with such a situation may be tapping in to support systems such as family and friends to process this new situation, connecting with a counselor, utilizing past methods of coping or strengths and focusing on self-care.

Being proactive often correlates to prevention. In the aforementioned scenario, is a break-up preventable? Well not necessarily but if there are recognized issues what was done when there were signs of discord? Was there stress? Lack of communication? Was there an investment by both partners to work on the relationship?

If issues were identified by both individuals and there was communication to work toward a healthier relationship, there is no point of failure; both individuals were proactive. The end of the relationship still happened, but the proactive approach possibly prevented a dire reaction to the situation.

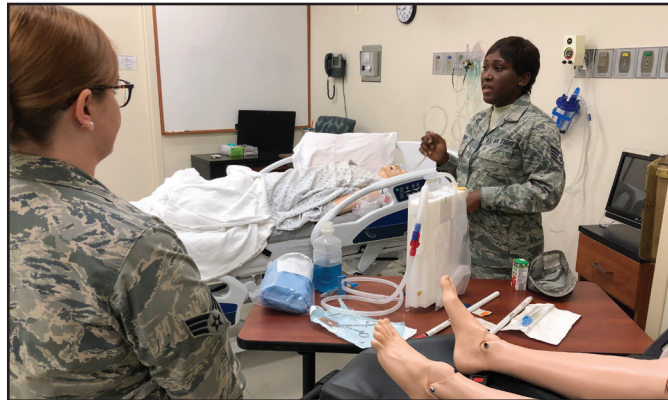
Psychology Today suggests the following to achieve resiliency:

- Being flexible/realizing that change is a part of life
- Maintaining a positive attitude
- Making realistic plans
- Staying connected and communicating with others
- Using coping skills that helped in the past

ASTS, from page 3

training with the AES that included setting up an Alaskan Shelter, coordinating ‘mouled’ simulated patients, and performing the mission from start to finish.” Lt. Col. Keller said.

ASTS joined the 445th AES crew for two “fly away” training missions July 18 and 25. Both squadrons worked together to load simulated patients on and off a 445th Airlift Wing C-17. Once onboard the aircraft, ASTS transferred medical care to the members of AES. After the 2-hour flight, both squadrons unloaded the patients, and attended debriefs to assess and con-



Courtesy Photo

Staff Sgt. Michelle Aholia, 445th Aeromedical Staging Squadron training instructor, gives instructions on chest tube insertion and care at the Dayton Veterans Affairs Medical Center.

clude the joint training effectiveness.

As the newly assigned

commander, Colonel Steimen has brought her 17 years of operational, flight

nurse, experience to the ASTS and is working on incorporating her vision of an integrated training platform with the aeromedical training mission.

Some members of ASTS have deployed downrange multiple times to care for combat injured service members and participated in humanitarian efforts. Their experiences are key to ASTS Airmen new to the career field.

The two-week annual tour training provided an important avenue for Airmen to learn new skills, share their experiences and hone in on what’s expected of them in a “real-world” situation.



FRIEND, from page 1

similar passion to hers for working with Circle Tail. In fact, while on active duty, the Costs fostered dogs from Circle Tail and helped acclimate them to the household and to the public.

“We work with Circle Tail at their facility and at home,” said Capt. Robert Cost. “We have fostered dogs for several years, and we find it rewarding seeing the dogs grow and become valuable companions. The whole mission of the organization is training, but that has limitations unless you get them out in public and reinforce that training. Socialization is key in getting them ready for the partnering process.”

The Cost family is proud to serve their country, and working with Circle Tail has allowed them to reach out to their community even more outside of their military capacity. Not only do they bring dogs into their home, they also participate in education outreach programs that teach children and adults about service dogs and how to interact with them.

During their time in these programs, the Costs have taken service dogs to visit schools, community centers and outreach events. They take special care to emphasize etiquette

around the animals. Most people see a pet, when in reality they are watching a dog at work and should not disturb it while it is operating in an as-



Senior Airman Ethan Spickler

sistance capacity.

“So many people are uneducated when it comes to service dogs,” the Air Force intelligence officer said. “Through Circle Tail, we are able to take the dogs into schools and communities, even prisons, and teach about the specifics of what service dogs do. It can be therapeutic and informative for the audience, and it allows the dogs to practice what they have learned in a public setting.”

Circle Tail and the dogs that they train have become part of the Cost family, and by extension, a part of the Wright-Patterson family. Members of the base have donated newspapers to Cost who takes them to Circle Tail where they are used throughout the facility to assist in operations. The members of Circle Tail and the Costs are extremely grateful for the help these donations provide.

“We want to thank all those who

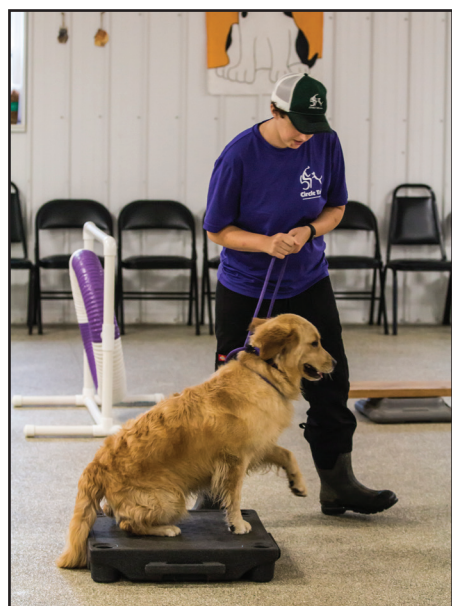
donated newspapers to us,” said the Airman. “It’s a great help, and we appreciate the Wright-Patterson team for helping us to help others.”

Capt. Cost serves our unit in the intelligence specialty, and he, his wife Emily and the members of Circle Tail train intelligent dogs to provide smarter care.

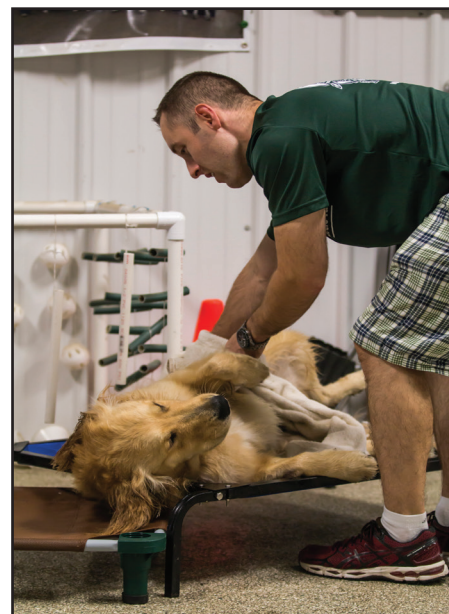
“Sometimes it is hard to part with the dogs until you realize the impact that your care is going to have on an individual’s life,” said Cost. “Both Emily and I have a responsibility to serve the military family and the community, and we love to give back. Circle Tail allows us to reach out and make a positive impact.”

Circle Tail, Inc. is actively seeking volunteers to become foster parents for some of their dogs and to contribute physically and financially to their mission. If interested, visit their website at www.circletail.org and navigate to the volunteer tab or email them at volunteer@circletail.org. Service dogs may be requested via the organization’s website.

Wing members who would like to donate newspapers may drop them off at the public affairs office in building 4010, room 171.



Master Sgt. Patrick O'Reilly



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(center) Capt. Robert Cost, 445th Operations Support Squadron intelligence team chief, and his wife, Capt. Emily Cost, an Army National Guardsman and trainer at Circle Tail, Inc., pose with Trainor. (left) Capt. Emily Cost takes Palmer through the indoor training center obstacle course, Ohio. (right) Capt. Robert Cost, dries Palmer.



SPOTLIGHT



Master Sgt. Patrick O'Reilly

Rank/Name: Tech. Sgt. Traci Todahl

Duty Title: NCO in charge, deployments

Unit: 445th Aeromedical Staging Squadron

Hometown: Starkweather, North Dakota

Civilian Job: Medical Surgical Intensive Care Unit Nurse

Education: Community College of the Air Force, associate degree in nursing; on track to complete Bachelor of Science in nursing in December 2018

Hobbies: Basketball, bicycling with my family, road trips, anything we can do outside!

Career Goal: Looking to commission as a nurse in the 445th next year

What do you like about working at the 445th?: The 445th has become another family and has

been incredibly welcoming. The opportunities afforded to me have been insurmountable. I love the military but I come back for the people.

Why did you join the Air Force?: My family has always been very proud of my grandfather and his twin brother's military service. They entered the U.S. Navy in 1948 and both served in the Korean War conflict. Both of them fostered a respect and love for the military in me. Eventually I joined and understood the comradery they so fondly discussed.

Around the wing...



Courtesy Photo



Courtesy Photo



Master Sgt. Patrick O'Reilly

(top left) Members of the 445th Airlift Wing participate in a Senior NCO Leadership Development Course, August 11-12, 2018. The SNCOLDC, hosted annually by the 445th Force Support Squadron, is a team-building and leadership course open to senior NCOs from the 445th.

(top right) Master Sgt. William Burdick presents his team's final project during the Senior NCO Leadership Development Course, Aug. 12, 2018. SNCOLDC teams gave a brief description of what they learned during the course and how it will impact them as leaders.

(left) Lt. Col. Todd Reeder, 445th Maintenance Squadron commander, administers the oath of office to six members of MXS, Aug. 19, 2018.



News Briefs

Promotions

Airman First Class

Ryan Guenther, CES
Anthony Hamel, 718 IS
Noah Hippolyte, 42 IS
Sarah Roberts, 42 IS
Cameron Williams, 71 IS

Senior Airman

Colin Ballein, 64 IS
Jacob Conway, CES
Zehran Edwards, 16 IS
Amy Frieder, 512 IS
Moriah Green, 63 IS
Garet Pride, ASTS
Garrett Woodyard, OSS

Staff Sergeant

Beau Corna, OSS
Danielle Dandrea, ASTS
Thomas Davis, OSS
Steven Flick, 89 AS

Gabriel Holcomb, AMXS
Hannah Lee, 718 IS
Raquelle Lockaby, CES
Erich Matz, AMDS
Sarah McAlister, LRS

Technical Sergeant

Cameron Adelman, 23 IS
Jonathan Capelle, CES
Brandon Croghan, AES
Daniel Croley, MXG
Alyssa Daley, AMXS
Christopher Emmerich,
512 IS
Misty Mayes, AW
Jesse McClung, 820 IS
Christina Spizzirri, 38 IS

Master Sergeant

Daniel Barnett, 445 MXS
Michael Colon, 38 IS
Stacianna Dunlap, 512
IS

John Fischer, MXS
Joseph Klimaski, AW

Senior Master Sergeant

Jessica Osmer, AW
Jennifer Gerritsen, AES

Awards

Meritorious Service

Lt Col Cynthia Alvarado,
64 IS
Lt Col Wedoctober
Sendaydiego, 89 AS
CMSgt Kelly Borden, 718
IS
SMSgt Chirron Hayslett,
ASTS

Air Force

Commendation Medal

CMSgt Donald Peters,
AMXS

TSgt Matthew Krauss,
AW
TSgt Matthew Larsen,
AMXS

Air Force Achievement Medal

1 Lt John Charles, ASTS
SSgt Kayla Harris, 718 IS
SSgt Jessica
Rosenberger, 71 IS

Retirements

August

Lt Col Nathan Crimmins,
89 AS
Lt Col Audrey Swinney,
655 ISRG

September

TSgt Philip Francis, 87
APS

445th welcomes new financial counselor

By Senior Airman Ethan Spickler
445th Airlift Wing Public Affairs

The 445th Airlift Wing welcomes Ms. Kathy Hobbs, a new personal financial counselor, to the Airmen and Family Readiness office.

The office of financial readiness program offers personal financial counselors (PFCs) to military members and their families manage finances, resolve financial problems and reach long-term goals such as getting an education, buying a home and planning for retirement.

Programs are offered that focus on financial education. Personalized services are based on your individual needs. Hobbs has a connection to the service and takes great joy in providing financial assistance to military families.

"I am a military spouse," said Hobbs. "I've been doing this for 10 years now, and my military connection gives me a passion for helping military members achieve their goals. I serve the best popula-

tion in the world: service members and their families."

The services she provides include support and counseling,



Senior Airman Ethan Spickler

training, and workshops. She is also able to provide additional support concerning the Blended Retirement System (BRS). Ms. Hobbs recommends that anyone with

questions about the BRS make an appointment or visit her to receive more information.

Having a financial counselor available to provide no cost, private and confidential financial assistance can greatly reduce stress associated with military life.

"Financial readiness leads to mission readiness," said Hobbs. "When members are focused on their financial problems, they cannot focus on the mission. I will be here on Tuesdays every week, and I can be available anytime by appointment."

Ms. Hobbs can be reached by phone at (937) 309-1531 or email at PFC2.OH.NG@Zeiders.com if you have questions or concerns and by appointment.

She is available on Tuesday during the duty day at the Airman and Family Readiness Center in building 4014.



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