



Photos by 2nd Lt. Rachel Ingram

(left) Tech. Sgt. Eric Wadlington, 87th Aerial Port Squadron, attaches a chain to the tie-down point of a Humvee, simulating how a vehicle must be secured to the floor of an aircraft, May 5, 2018. Wadlington was one of several team members working to secure the vehicle as judges observed for safety violations and technical errors. (right) Senior Master Sgts. Brian Cronin, left, and Michael Eonta attach a net to a cargo pallet. The Reserve Citizen Airmen participated in multiple timed training events throughout the day during the 87 APS Port Dawg Challenge.

87 APS Airmen compete in Port Dawg Challenge

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

Metal chains colliding with concrete, revving forklift engines, and triumphant cheering echoed across the cargo warehouse May 5, 2018 as more than 100 members of the 87th Aerial Port Squadron competed in small teams against one another to earn the highest honors during the Port Dawg Challenge.

The all-day training event, designed to give Airmen of all ranks the opportunity to hone their mission-critical skills with hands-on practice, was a raging success, according to Maj. David Borden, squadron commander.

"The point of this event was retention and membership," he said. "We wanted to make sure our folks feel competent and equipped to perform their duties."

Beyond the technical training, smiling faces and unrelenting attitudes gave evidence of something much deeper occurring throughout the course of the event.

"Even when a mistake is made, we see the individuals coming together as a team to address the error and fix it, rather than becoming frustrated with themselves or one another," said retired Air Force Senior Master Sgt. Richard Warren. "What's happening here is much

more meaningful than the original goal of training."

The morale of the squadron radiated throughout the warehouse during the event, which was heavily supported by former members of the squadron, either retired or separated and now part of the 87th Aerial Port Squadron Association (APSA).

"When someone retires, you naturally think that knowledge and leadership are lost forever," says Master Sgt. Jon Webber. "We found a way to bring that back in a worthwhile environment."

The APSA, founded in 2009, boasts approximately 150 members, 14 of whom attended the Port Dawg Challenge as volunteer mentors and evaluators.

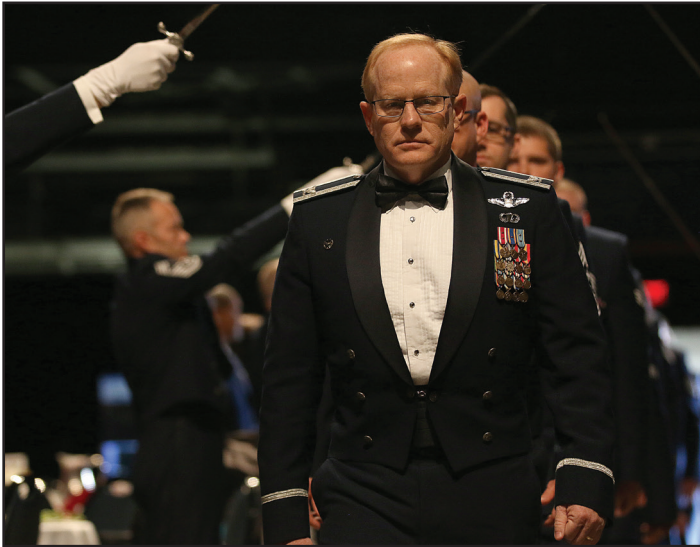
"I was amazed by how attentive the junior Airmen were after each activity when interacting with the APSA members and receiving feedback," Webber added.

The APSA volunteers made the event logistically possible, providing oversight for the training activities and hosting multiple stations spread across the ware-

Farewell 445 AW Airmen: best wishes, continued success

By Col. Matthew Conrad

445th Airlift Wing Vice Commander



Master Sgt. Patrick O'Reilly

Nearly 30 years ago, I willingly took the Oath of Office to become commissioned in the greatest force in history—the U.S. Air Force. It has been an honor and a privilege to serve alongside the finest Airmen this world can produce.

As you know, much has changed in those 30 years. My first assignment after pilot training was to fly an airborne command post/nuclear launch facility to ensure a second strike capability, should a nation, the Soviet Union, attack us with their ICBMs [inter-continental ballistic missiles]. Today that nation no longer exists. Neither does Strategic Air Command (SAC). I don't remember there being a computer in

the squadron, and you certainly didn't need a cadre of experts to fill out a simple travel voucher.

However, much remains the same. I still get a thrill watching the magic happen out on the flight-line. I pulled over the other day just to watch the mighty C-17 Globemaster III execute a tactical arrival. I still get a tremendous sense of pride when I witness Airmen going about their business and accomplishing their mission. Their eagerness and professionalism are unparalleled—especially in a deployed environment!

This world has remained a dangerous place, and there are both state and non-state actors that would relish the opportunity to do us harm and destroy our way of life. What prevents them? You do—the Airmen of the greatest and most destructive fighting force ever assembled—the U.S. Air Force.

The world remains a safer place when we provide a credible threat to those seeking to do us harm. How do we do this? First, by a relentless commitment to our core values. Second, by becoming experts in our craft (the mission) while taking care of our Airmen and giving them the best training we can afford (the people).

Forgive me for sounding cliché, but it is true nonetheless: your country is counting on you. The great horde of civilian tax payers (which I will be joining soon) is depending on you.

Airmen of the 445th Airlift Wing, I wish you all the best and continued success. Continue to execute your mission. Continue to take care of your Airmen.

-Col Conrad



Senior Airman Ethan Spickler



Lt. Col. Cynthia Harris



AFRC commander, command chief visit 445 AW



Photos by Master Sgt. Patrick O'Reilly

Lt. Gen. Maryanne Miller, Air Force Reserve Command commander and Chief of the Air Force Reserve, and Chief Master Sgt. Ericka Kelly, AFRC command chief, meet Airmen during their visit to the 445th Airlift Wing May 4 - 6, 2018. The AFRC leaders had breakfast with Airmen at the Pitsenbarger Dining Facility; lunch with group and squadron commanders, chiefs and first sergeants; and toured various 445 AW units. The general and chief also visited the 655th Intelligence, Surveillance and Reconnaissance Group, and the National Air and Space Intelligence Center during their visit to Wright-Patterson Air Force Base.



SPOTLIGHT

Rank/Name: Tech. Sgt. Kira Sanders

Unit: 445th Logistics Readiness Squadron

Duty Title: Logistics planner

Hometown: Fremont, Ohio

Civilian Job: Air Reserve Technician

Education: Associate of applied science/logistics and associate of applied science/intelligence studies and technology. Currently completing bachelor's

degrees in liberal arts and intelligence studies.

Hobbies: Spending time with family, traveling and outdoor activities.

Career Goal: As NCOs we're always training our replacements. The most important career objective I have set for myself is to have a positive, long lasting impact on the Airmen I have the opportunity to work with. Watching my Airmen fulfill their mission and achieve the goals they've set for themselves is very rewarding



Staff Sgt. Darrell Sydnor

and the biggest indicator of whether or not I'm achieving my own goal of being the best leader I can be.

What you like about working at the 445th?: The 445th fulfills a global mission. It's rewarding to know that I'm contributing to that greater purpose. The

445th also has a family atmosphere that I appreciate.

Why did you join the Air Force?: The Air Force Reserve offered me the opportunity to get out of my comfort zone and pursue a unique career path that included more than just sitting behind a desk every day.

Port Dawg, from page 1

house and running concurrently, so no valuable training time was wasted.

"We couldn't have done this without the help of the association

members," Borden said. "They've been fantastic and this event has been incredibly beneficial to the unit as a whole."

In all, the 87th APS

completed about 380 man hours of hands-on training, spanning more than five skills categories, and consumed hundreds of freshly-grilled

hamburgers and hot dogs provided by senior squadron leadership during the Port Dawg Challenge.



Photos by 2nd Lt. Rachel Ingram

(left) Retired Senior Master Sgt. Richard Warren gives feedback to a team of 87th Aerial Port Squadron Reserve Citizen Airmen following a hands-on training event during the Port Dawg Challenge, May 5, 2018. (right) Retired Tech. Sgt. Larry Moorman, provides instruction as Senior Master Sgt. Nathan Livingston maneuvers an indoor forklift.



Around the wing...



Senior Airman Ethan Spickler



Courtesy photo



Staff Sgt. Darrell Sydnor



Lt. Col. Cynthia Harris

1) Staff Sgt. Shane Ellinwood, 445th Aeromedical Staging Squadron, performs pre-operation checks during vehicle training, May 6, 2018. With an emphasis on safety, vehicle training aims to increase the squadron's effectiveness in theater.

2) Tech. Sgt. Justin Rogers, 445th Logistics Readiness Squadron, was recently promoted technical sergeant while deployed to Southwest Asia.

3) Reserve Citizen Airmen families compete in a family fun fest activity during a Yellow Ribbon Reintegration event in Orlando, Florida, May 18 – 20, 2018. More than 65 members from the 445th Airlift Wing attended. Yellow Ribbon events prepare Reserve Airmen and their families for a deployment or reintegration after returning from a deployment.

4) Lt. Col. Bryan Bailey, 89th Airlift Squadron director of operations and C-17 Globemaster III pilot, greets his son after his final flight at the 445th Airlift Wing. Bailey was selected to attend the Harvard National Security Fellowship.



Prepare for deployment by planning ahead, managing your psychological health

Deployments are a purposeful cycle that begins with pre-deployment which encompasses notification to departure. During this phase in the deployment cycle, many stressors may occur including relationship, familial, financial, sleep disturbance and preparation of living wills.

The next phase of deployment involves the inevitable departure and return. During this phase in the cycle, an Airman may experience combat and operational stressors, concerns about returning home and what may have changed since departing.

The final phase of the cycle is reintegration or post-deployment. Reintegration can be difficult for some Airmen returning as they may experience insecurity of their place in the family system or experience difficulty disengaging from combat orientation.

To decrease the amount of stressors that may surface pre- and post deployment, Airmen can attend pre-deployment trainings, complete readiness checklists and attend events such as Yellow Ribbon which offer support, education, and resources to the Airmen and their families.

Despite the efforts of the Airmen and the readiness events offered, Airmen may still experience stressors that decrease their resiliency and affect their psycho-

logical health.

Below are some free resources available to Airmen and their families for pre-deployment and deployment support.

Airmen and Family Readiness

(937) 522-4607

Assists with family readiness (care plans), family life education, Transitional Assistance program, Air Force Aid Society requests and relocation assistance program.

Director of Psychological Health

(937) 257-6267 (937) 701-1124

In-person and phone consultations, resource coordination and brief solution focused counseling.

Military One Source

(800) 342-9647

Militaryonesource.mil

Offers individualized consultations, coaching and counseling for varying military life situations.

Psychological Health Advocacy Program (PHAP)

(937) 656-1709 (866) 417-0717

Offers support and referrals for financial, relationship, work, family, and health related stressors.

AF Medical Service announces June observances

The Air Force Medical Service offers tips for men's health and summer safety for the month of June.

Men's Health Toolkit

What do you need to know to effectively raise awareness about men's health?

The top 5 risks for men are:

- Heart disease
- Cancer
- Unintentional injuries (accidents)
- Chronic respiratory disease
- Strokes

Many health risks can be minimized through:

- Screenings
- Regular exams
- Lifestyle choices

Compared to women, men are

more likely to:

- Smoke
- Drink alcohol
- Make unhealthy or risky choices
- Put off regular checkups and medical care

It's never too late to start eating healthier. A proper diet, coupled with regular physical activity, can help to lower your blood pressure, blood sugar, cholesterol, and weight.

Summer Safety Toolkit

What do you need to know to effectively raise awareness about summer safety?

- When it comes to being water savvy, some helpful tips include:
- Never swim alone
- Wear a life jacket

- Avoid alcohol while boating
- Keep an eye on children when they're around water

To minimize the risk of heat-related illnesses and skin cancer:

- Cover up with clothing and wide-brimmed hats
- Drink plenty of cool non-alcoholic fluids
- Avoid outdoor activity during midday when the sun's rays are the most intense
- Seek shade
- Wear sunscreen (including a sunscreen lip balm) and reapply multiple times throughout the day

(Sources: cdc.gov; militaryonesource.mil)



News Briefs

Retirements June 2018

SMSgt Todd Noe, 445 AMDS
MSgt Todd Cook, 655 ISRG
TSgt Robert Green, 445 MXS

Awards

Meritorious Service Medal

Maj Brian Cooney, 71 IS
Maj Erik Lingreenberg, 64 IS
Maj Russell Messana, 64 IS
Maj Eric Snelgrove, 16 IS
SMSgt Albert Franklin, 14 IS
MSgt Anthony Katros, 445 MXG
MSgt Matthew Keechle, 87 APS
MSgt Lorenzo Law, 89 AS
MSgt Terry Reisinger, 445 AW
SSgt Jose Gomez, 445 AW

Air Force

Commendation Medal

TSgt Jason Benedict, 89 AS
TSgt Shelby Emerson, 87 APS
TSgt Jeffrey Fischer, 87 APS
TSgt Shawn Kaplan, 445 OSS
TSgt Scott Schaffner, 89 AS
SSgt Kellie Clark, 655 ISRG

Air Force Achievement Medal

TSgt Joshua McCrabb, 445 SFS
TSgt Michael O'Callaghan, 445 SFS
TSgt John Walker, 445 MXG
SrA Tyler Acevedo, 445 SFS

Promotions

Airman

Michelle Digrandi, 71 IS
Noah Hippolyte, 42 IS
Fred May, 445 FSS
Sarah Roberts, 42 IS

Airman 1st Class

Nina Bleckley, 718 IS
Dylan Postle, 445 MXS

Senior Airman

Luke Barnes, 445 LRS
Anthony Bleything, 445 CES
Kameron Clark, 718 IS
Cristian Faur, 38 IS
Erin Parker, 14 IS
Briana Perrin, 38 IS
Mackenzie Pounds, 718 IS
Dejanae Sargent, 445 LRS
Gina Scalzo, 718 IS
Aaron Schley, 38 IS
Bonnie Stewart, 50 IS
Alissa Toca, 445 ASTS
John Weston, 42 IS
Brittany Williams, 718 IS
Zachary Willis, 445 ASTS

Staff Sergeant

Ben Anspaugh, 445 AMXS
Christian Carr, 87 APS
Shane Ellis, 87 APS
Keith Emberton, 445 LRS
Jacob Gann, 718 IS
Jordan Garcia, 87 APS
Ryan Guffey, 14 IS
Jacob Hernandez, 64 IS
Austin Lee, 63 IS
Justin Lemaster, 14 IS
Mark Neville, 23 IS
Kianna Wade, 445 CES
Matthew Roberts, 445 FSS

Technical Sergeant

Bryan Keiffer, CES
Jennifer Lenz, 87 APS
Bryan Parker, 87 APS
Kayla Richmond, 64 IS
Justin Rogers, 445 LRS

Master Sergeant

David Griffith, 445 AMXS
Megan Hansen, 50 IS
Bradley Strong, 445 OSS
Daniel Markes, 718 IS

Senior Master Sergeant

Ryan Andrews, 64 IS

Newcomers

Maj Raychaelle Blue, 445 ASTS
Maj Theresa White, 445 CES
1st Lt Brandon Daum, 445 AES
SMSgt Edward Hendershot, 87 APS
MSgt Joseph Andrews, 445 ASTS
MSgt Marcus Nielsen, 445 CES
TSgt Alexander Barrera, 64 IS
TSgt Daniel Barnett, 445 MXG
TSgt Jared Holliday, 445 SFS
TSgt Alan James, 64 IS
SSgt Lyndsey Campbell, 445 AES
SSgt Nicholas Gulston, 42 IS
SSgt Matthew Hamrick, 64 IS
SSgt Alyssa Holtz, 64 IS
SSgt Todd Jones, 445 FSS
SSgt Korye Lockett, 445 MXS
SSgt Kares Lourdes McKenzie, 445 ASTS
SSgt Kayla Richmond, 64 IS
SSgt Christopher Torrez, 445 ASTS
SrA Celia Arick, 445 MXS
SrA Thomas Ashbrook, 445 OSS
SrA Christian Clark, 445 FSS
SrA Dillon Goutermont, 71 IS
SrA Erich Matz, 445 ASTS
SrA Kulwinder McDaniel, 445 FSS

SrA Kaleb Rodgers, 445 LRS
SrA Aaron Tweedie, 64 IS
A1C Summer Campbell, 445 AMDS
A1C Charles Henry, 445 OSS
A1C Collin Millar, 14 IS
A1C Leslie Owens, 445 FSS
A1C Scott Prowant, 445 SFS
A1C Robert Ruble, 445 MXS
A1C Alexis Williams, 445 SFS
AB Kimberly Addy, 445 ASTS
AB Riann Kingrey, 71 IS
AB Jonathan Strunk, 445 LRS

Buckeye Flyer

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101 CRITICAL DAYS OF SUMMER



Memorial Day marked the start of the 101 Critical Days of Summer Safety Campaign. All Airmen are encouraged to make sound decisions when participating in summer activities. The goal of the CDS campaign is zero fatal mishaps. The annual safety awareness campaign, which runs through Labor Day weekend, is designed to help counter the risks associated with the summer season, a time of year where warmer weather provides more opportunities for Airmen to participate in risky activities.

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