

## Snapshots of service

### Honoring legacies of those who have gone before us

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

Smart, charismatic, caring, resilient, fun and friendly are some of the words used to describe the late Senior Airman Nichole Ball, former member of the 87th Aerial Port Squadron, whose impact still ripples through the squadron's culture.

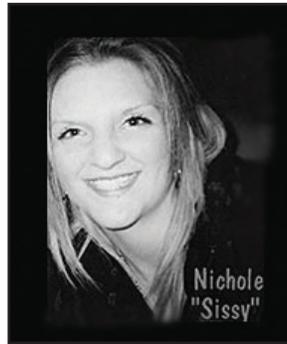
"She had a huge personality," said Senior Master Sgt. Chad Cazan, who knew Ball during her two years as an air transportation apprentice. "She positively affected everyone she met."

A distinguished graduate from basic military training, Ball joined the Air Force Reserve in 2001, arriving at the 87th APS in January, 2002. Tragically, Ball died in a single-vehicle accident near Totogany, Ohio, on March 30, 2004. She was 23.

"Nichole loved being in the Air Force, and she was invested in the mission," said Senior Airman Sierra Copley. "She was a great example of what an Airman should be."

Eight months after her death, the squadron honored Ball's service

by introducing the peer-nominated Nichole Ball Award, announced annually in December. The award, open exclusively to junior enlisted Airmen, is based on criteria such as volunteerism, attendance, dress and appearance, the Air Force core values, attitude, work ethic and willingness to serve others.



**Nichole Ball**

in 2017. "I was making an effort and putting my best foot forward, so the recognition meant a lot to me."

At the time of her death, Ball was a college student and recently promoted in her civilian job.

"By giving out this award each

year, we cement her memory and keep it alive by bringing recognition to Airmen who exemplify all the qualities and characteristics Nichole represented," said Senior Master Sgt. Michelle Caswell, 2005 Nichole Ball Award recipient. "Each winter we pause for a moment to reflect on Nichole's legacy of service."

Now nearly 15 years since her final unit training assembly, Ball's upbeat attitude and wingman spirit influence even individuals she never met.

"She put everything she could into the Air Force any time she was here to work or train," said Senior Airman Dustin Seelig, the most recent recipient of the Nichole Ball Award. He joined the Air Force less than four years ago, yet he knows who Ball is and what she stood for.

"The award is about self-improvement and carrying on her legacy of commitment and service," Seelig added. "I hope to maintain a work ethic and mentality like Nichole's throughout my military career."

## Three 445th AW officers selected for colonel

Headquarters Air Reserve Personnel Center officials announced results for the Calendar Year 2018 Air Force Reserve Line and Non Line Colonel Promotion Selection Boards Dec. 27, 2018. The boards selected more than 190 Citizen Airmen for promotion.

The selection boards convened at ARPC October 15-19, 2018, to determine those officers best and fully qualified to assume the next higher grade.

Board members selected 192 of 1,512 officers considered.



Three officers from the 445th Airlift Wing were selected: Suzanne Dean, 445th Aircraft Maintenance Squadron, Amy Swets, 445th Aeromedical Staging Squadron and Brian Quinn, 89th Airlift Squadron

AFRC promotions to the grade of colonel require Senate confirmation. After Senate confirmation, officers will be promoted in increments announced by HQ USAF/REP.

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

# Importance, value of self-care

By Jennifer Marquez  
445th Airlift Wing Director of Psychological Health

What is self-care? Simply put, self-care is taking care of yourself.

Self-care is an important goal to have as it promotes your physical and emotional health. It also helps you to support and care for the people you love.

What effects or even prevents someone from self-care is STRESS. Stress that is chronic can exacerbate mental health issues and cause medical issues such as heart disease, heart attacks or stroke.

The National Alliance on Mental Illness identifies the common signs of stress as being: headaches, low energy, upset stomach, nausea, muscular aches/pains and insomnia.

To combat stress and foster adaptive coping, it is important to identify where you feel stress in your body, what is the trigger and what are the symptoms you are experiencing.

To build resilience against stress try developing

some good habits such as:

- Exercise daily
- Eat healthy
- Sustain good sleep hygiene 7-9 hours a night; avoid watching TV or using technology at night
- Use meditation or breathing exercises
- Identify and use positive activities/interactions and reflect on the positive at the end of the day
- Avoid negative feelings such as guilt or shame for self-perceived mistakes
- Increase social activity and support.

You are not the only one who deals with stress and relating to others with similar stressors and supporting each other minimizes the stressors.

For additional support or resources please contact the 445th Director of Psychological Health at 937-257-6267, 937-701-1124 or [jennifer.marquez.1@us.af.mil](mailto:jennifer.marquez.1@us.af.mil).

## Buckeye Flyer

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## 445th SFS Airman wins AF level award

Staff Sgt. Marissa Ayres, 445th Security Forces Squadron fire team member, was selected as the 2018 Air Force Outstanding Security Forces Individual Award Air Reserve Component Airman of the Year.

Ayres deployed in support of Operations Enduring Freedom and Iraqi Freedom where she helped to safeguard 78,000 passengers, 12,000 tons of cargo through the area of operation, thus securing U.S. Air Forces Central Command's busiest aerial port of debarkation.

She provided security for Air Mobility Command's Mobility Guardian exercise, working with 11 countries, 4,000 people, \$1.8 billion in assets and 612 sorties.

Ayres assisted with the 445th Security Forces Squadron's "Winter

Warrior Challenge" that involved her Airmen going through an obstacle course and participating in stressful combat scenarios testing physical fitness. She was one of

nine airmen participating in the Pre-Raven training that was mentally and physically taxing.

Ayres was her squadron's representative for the "Honor Flight" program where she worked with more than 50 World War II, Korea and Vietnam War veterans. Ayres sits on

the 445th SFS Airman's Council, organizing activities and improving unit morale for her squadron.

Ayres is working toward her Bachelor of Science degree in nutritional science and has already earned her Community College of the Air Force degree.



## FM tip of the month – complete travel requirements from home using CAC reader

To help improve the processing time for Defense Travel System (DTS) authorizations and vouchers or eFinance – Reserve Travel System (RTS) vouchers, members are encouraged to submit the vouchers from home using Common Access Card (CAC) readers.

Travel vouchers should be filed within five business days of completing the travel.

CAC readers can be obtained from your unit's orderly room. The currently issued device is the SCR3310, v2.0, however, previously issued CAC Readers may also be used.

A CAC reader will allow members to login from home to the Defense Travel System or eFinance. It will also give the military member

and civilian employee the opportunity to read your military email, and go to MyPay and other secured applications.



CAC reader certificates can be installed using this link: [https://iase.disa.mil/pki-pke/getting\\_started/Pages/index.aspx](https://iase.disa.mil/pki-pke/getting_started/Pages/index.aspx).

Before you begin the voucher process, scan PDF images of your orders, leave forms and receipts. Keep them handy when uploading

DTS and RTS vouchers.

Make sure the receipts are in your name and reflect a paid in full balance.

One of the most common reasons for returned vouchers is missing documents.

By having a CAC reader at home, if documents are left out of the initial submission while on base, the voucher can be easily completed, without waiting until the next time you are at a military computer or on base.

A limited number of mobile CAC readers are available by calling the public affairs office at 937-257-5784. Airmen will be given a code to request the mobile CAC reader which will be mailed to your residence.

## Deployed FSS Airman selected for two awards



Master Sgt. Tara Woodard, 445th Force Support Squadron personnel systems manager, currently deployed with the 386th Expeditionary

Force Support Squadron PERSCO [Personnel Support for Contingency Operations] team as the Air Force liaison officer section chief, was selected as the November 2018 Senior NCO of the Month and was part of the U.S. Air Forces Central Command Liaison Office Team that was selected for the November 2018 Team of the Month Award.

Woodard was selected as the senior NCO of the month for her work and dedication to her squadron. She led a seven-member liaison officer team, managed a 4,500

Airmen movement and governed their emergency leave and rest and recuperation programs.

Woodard supported the Operation Bright Star public affairs team, transporting six people and \$45,000 worth of equipment resulting in an enhanced higher headquarters visual situation report for the United States and Egypt military interoperability. Woodard devoted 50 hours in the honor guard at her deployed location.

For the team of the month award, Woodard and her team were key

players in strengthening Combatant Command's resiliency by processing nine Red Cross notifications and travel for 41 people. The team drove equipment issues for 443 deployers, scheduling the pickup of equipment worth \$2.5 million, delivering war ready joint forces to 22 forward operating bases. Their quick action during a flood averted damage to 317 bags and equipment valued at \$250,000 when they re-located two container expresses to an elevated area.



# Maintenance Airmen get up close, personal with C-17s



Tech. Sgt. Zachary Stevens, 445th Maintenance Squadron, maintenance technician, inspects a C-17 Globemaster III engine Jan. 6, 2019. The C-17 has four Pratt & Whitney PW2040 (military designation F117-PW-100) engines that produce 40,440 pounds of thrust each.

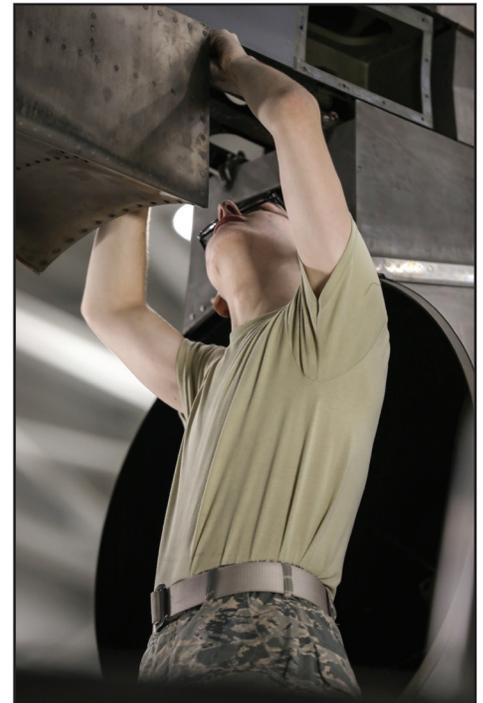
Master Sgt. Patrick O'Reilly



Senior Airman Ethan Spickler



Senior Airman Ethan Spickler



Master Sgt. Patrick O'Reilly

(left) Airman 1st Class Connor Karman, an aerospace propulsion technician with the 445th Maintenance Squadron, performs routine maintenance on the wing of a C-17 Globemaster III.

(center) Tech. Sgt. Adam Sotak, 445th Aircraft Maintenance Squadron crew chief, inspects a C-17 Globemaster III engine Jan. 6, 2019. The four engines on the C-17 Globemaster III create a tremendous amount of thrust to achieve its cruising speed of 515 mph.

(right) Airman 1st Class Connor Karman, 445th MXS, performs routine maintenance on a C-17 engine Jan. 6, 2019.



## Tips for Airmen returning from deployment

The 445th Airman and Family Readiness Office offers the following tips for Airmen returning from deployments.

1. Plan on spending some time with the entire family doing family things, but be flexible if teens have other plans.

2. Show interest and pleasure in how your family members have grown and mastered new skills in your absence and let them know you are proud of them. Comment on positive changes.

3. Expect it will take a little time to become reacquainted with your spouse. Be sure to tell them just how much you care about them.

4. Resist the temptation to criticize. Remember that your spouse has been doing his or her best to run the household single-handedly and care for the children while you were gone.

5. Take time to understand how your family may have changed during the separation. Go easy on child discipline-get to know what new rules your spouse may have set before you jump into enforcing the household rules.

6. Don't be surprised if some family members are

a bit resentful of your deployment. Others often think of the deployment as more fun and exciting than staying at home-even if you know otherwise.

7. Infants and small children may be shy or even fearful around you at first. Be patient and give them time to become reacquainted.

8. Resist the temptation to go on a spending spree to celebrate your return. The extra money saved during deployment may be needed later for unexpected household expenses.

9. Most importantly, make time to talk with your loved ones. Your spouse and each child need individual time and attention from you. Remember, focus on the positives and avoid criticism.

Communication will help to reestablish intimate and sexual relations; bring you closer together; accept change.

Remember, go slowly - don't try to make up for lost time; spend quality time with each child; accept that your partner may be different; intimate relationships may be awkward at first; take time to get reacquainted; forget your fantasies.

## Recent deployers may qualify for Ohio Veterans Bonus

Members of the 445th Airlift Wing returning from deployments may be eligible for the Ohio Veterans Bonus.

A person who served or is serving in the U.S. Armed Forces on active duty for greater than 90 days, not for training purposes only; and served during compensable period (Oct 7, 2001 - a date to be determined) may be eligible for the Ohio Veterans Bonus.

To determine if you are eligible visit <https://veteransbonus.ohio.gov>.

### Eligibility criteria

1. Served or currently serving with the U.S. Armed Forces October 7, 2001 through a date to be determined by the President of the United States.

2. The person was separated from the United States armed forces under honorable conditions, is still serving on active duty or after serving on active duty remains in any reserve component of the United States armed forces or in the Ohio National Guard.

3. The person was an Ohio resident at the start of active duty service.

4. The person is currently an Ohio resident.

5. The person has not received a bonus or compensation of a similar nature from another state.

Eligibility and compensation for the Ohio Veterans Bonus program is based on where and when the veteran or service member served during active duty. The following calculations are applied in determining bonus awards:

- \$100 per month, not to exceed \$1,000, for service in Afghanistan during the compensable periods.
- \$50 per month, not to exceed \$500, for service anywhere else in the world during the compensable periods.

Service for a fraction of a month shall be paid at the rate of 1/30 of the appropriate monthly amount for each day of service. Compensation may not exceed \$1,500 for combined service.

U.S. Armed Forces active duty service members who have or are serving greater than 90 days, excluding training, may be eligible for bonus compensation if they meet the eligibility criteria (1-5) indicated above.

For more information and to see if you're eligible, visit the Ohio Department of Veterans Services website at <https://veteransbonus.ohio.gov>.

*Information courtesy of the Ohio Department of Veterans Services website.*



# SPOTLIGHT



Senior Airman Angela Shay

**Rank/Name:** Master Sgt. Mary Fessner-Tarjanyi

**Unit:** 445th Aerospace Medicine Squadron

**Duty Title:** Unit Training Manager

**Hometown:** Rochester, New York

**Civilian Job:** Lactation Consultant (Registered Nurse, International Board Certified Lactation Consultant)

**Education:** Bachelor of Science in Nursing (Wright State University); Bachelor of Music (Cincinnati College-Conservatory of Music) and Master of Music (Indiana University Bloomington) in Clarinet Performance; Community College of the Air Force degrees in both Music and Educa-

tion Administration and Management

**Hobbies:** Running and spending time with family

**Career Goal:** Help mothers reach their lactation goals with their babies

**What you like about working at the 445th?:** Getting to know a variety of people with diverse backgrounds.

**Why did you join the Air Force?:** It was a great opportunity to do what I love while serving my country.

## Around the wing ...



Courtesy photo

Tech. Sgt. Dawn Gettys, 445th Security Forces Squadron, shows off coins she received for support she provided during the presidential visit to Al Asad Air Base, Iraq. Gettys was the command and control lead for the presidential motorcade during U.S. President Donald Trump and first lady Melania Trump's visit, December of 2018. She worked directly with the Secret Service and Naval Special Warfare Seal Team to plan the visit.



Senior Airman Ethan Spickler

Master Sgt. Kevin Kelly, 445th Aerospace Medicine Squadron first sergeant, presents the November 2018 Diamond Sharp Award to Master Sgt. Jessica Hodge, 445th Logistics Readiness Squadron logistics planner, during the Jan. 5, 2019 unit training assembly. The award is for exemplary performance, adherence to the Air Force Core Values, attitude, appearance and ability.



# News Briefs

## Promotions

### Airman

Briana Culver, AMDS  
Abreal Harris, CES  
Eric Lovingshimer, AES  
Grace Stewart, OSS  
Dustin Walters, 87 APS  
Trenton Westfall, 87 APS  
Artiese Williams, ASTS

### Airman First Class

Tyra Davis, FSS  
Ana Hudson, 87 APS  
Connor Karman, MXS  
Chase Sweeney, 87 APS

### Senior Airman

Joslyn Briggs, 28 IS  
Kyle Gilday, 87 APS  
Jaylnn Francois, LRS  
Brittnay Mangas, 87 APS  
Dylan Postle, MXS  
Casey Schlotman LRS

Sean Stratton, 87 APS

### Staff Sergeant

Maxwell Garciagonzalez, CES  
Katherine Redavide, 89 AS

### Technical Sergeant

Aubrey Booher, AMDS  
Bakinden Gordon, 87 AES  
Christopher Hisey, OSS  
Benjamin Potter, 87 APS  
Andrew Schnell, 87 APS  
Matthew Sigler, MXS

### Master Sergeant

Jessica Hodge, LRS

### Senior Master Sergeant

Brian Andres, 87 APS  
Lauren Hartson, MXS

## Newcomers

Maj Michael Recker, 89 AS  
SrA Travis Miller, MXS

Maj Michael Recker, 89 AS  
TSgt Andrew Pfeffer, LRS  
TSgt Timothy Shutler, MXS  
SrA Travis Miller, MXS  
A1C Jon Belk, MXS  
A1C Ashley Cissell, AMXS  
A1C John Fowler, AMXS  
A1C Trey Naber, AES  
A1C Subair Nuren, AMXS  
Amn Ryan Guenther, CES  
Amn Carter Lee, 87 APS  
AB Zuri Dockman, AES  
AB Abreal Harris, CES  
AB Mariah Harris, AMDS  
AB Eric Lovingshimer, AES  
AB Artiese Williams, ASTS

## Awards

### Air Force Commendation Medal

Capt Alan Friedlander, OSS

### Achievement Medal

TSgt Corwin Pope, ASTS

## 445th Annual Awards Banquet slated for March 9

The 445th Airlift Wing Annual Awards Banquet will be held March 9, 2019 at the National Museum of the United States Air Force. The reception is slated to begin at 6 p.m. and the program at 7 p.m.

The awards banquet will recognize those selected for Airman, NCO, senior NCO, company grade officer, first sergeant, field grade officer, recruiter, honor guard member, civilian, spouse, youth and squadron of the year. The winner of each category will be announced during the banquet.

Reservations can be made at: <https://einventions.afit.edu/inv/anim.cfm?i=428757&k=06634A0E7E50> with a credit/debit card. Reservations made using cash and check payments must be made in person in the public affairs office, building 4010, room 171.

The cost is \$33 for technical sergeant and below; \$40 for master sergeant and above, and civilians; \$18 for children 6 to 10; and children 5 and under are free. All reservations must be received by Feb. 15, 2019.

To ease the check-in process, all attendees will have assigned tables. Unit tables will be designated. If you'd like to sit with someone who is not registered as your guest, please let us know via email no later than

Feb. 24 (Sunday of the Gray unit training assembly).

The dress for the evening is semi-formal or mess dress for enlisted Airmen; mess dress for officers; and formal evening attire for civilians.

For more information, contact the public affairs office at 937-257-5784.

## Nominations needed to recognize team/family members

Airmen and civilian employees are encouraged to nominate their spouse, youth, field grade officer or civilian for an annual award. Nominations should be submitted on an Air Force Form 1206 to 445aw.pa2@us.af.mil and include a photograph. If a photograph is needed, please contact the public affairs office. Submissions are due no later than close of business Feb. 10, 2019.

Squadron of the year nominations are also due close of business Feb. 10, 2019. The Air Force Form 1206 should be emailed to 445aw.pa2@us.af.mil

For more information, contact the public affairs office.



# Wing welcomes home Airmen from deployments



Christopher Lykins



Christopher Lykins



Christopher Lykins



Christopher Lykins



Master Sgt. Shatasha Estes

Airmen from the 445th Airlift Wing Operations Group, Civil Engineer Squadron, Logistics Readiness Squadron and Operations Support Squadron are welcomed home as they arrive at the Dayton International Airport throughout the month of January 2019. Approximately 150 Airmen from the 445th returned from deployments in January. The wing deployed 344 Airmen in 2018 to more than 10 countries around the globe.

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