

## Airmen hone survival skills with SERE training

By Airman Erin Zimpfer  
445th Airlift Wing Public Affairs



Photos by Senior Airman Amelia Burnett

**Reserve Citizen Airmen practice coordinated swimming techniques to stay warm and afloat during Survival, Evasion, Resistance and Escape training at Choctaw Lake in London, Ohio, July 14, 2019.**

LONDON, Ohio – Being able to survive in an emergency is very important for anyone but especially when you are an Airman who frequently flies foreign missions. One important aspect of knowing how to survive is training and for members from the 445th Airlift Wing, that includes Survival, Evasion, Resistance and Escape or SERE training.

Twenty-five 445th Airlift Wing pilots, loadmasters and medical aircrew joined with members from Niagara Falls and Pittsburgh Air Reserve Stations to receive combat survival skills training July 13 at Wright Patterson Air Force Base and July 14 at a nearby lake in London, Ohio, to complete their water survival skills training. Some of the training must be repeated annually, biannually or every three years.

The topics covered during combat skills training included map reading and learning what the pilots should do if they ever found their aircraft grounded unexpectedly.

“At the water survival skills training, the Airmen participated in harness drag training, which is a simulation of being drug through the water by a parachute. The equipment worn by the pilots includes a quick disconnect so that if you are in the water with a parachute and it begins to drag you, you can escape from it

easily,” explained Col. John Robinson, commander of the 445th Operations Group.

“Part of this is to inoculate them, get them in the water, be able to get them feeling better about being in the water, gain confidence in the equipment they have if they ever have to bail out or end up in the water,” said Robinson.

During the harness drag training, the participants were hooked to a jet ski and pulled several feet through the water on their backs while trying to disengage with the quick release rings on their harnesses.

Additionally, the Airmen received training on swimming techniques, quick donning of the anti-exposure dry suits and various activities with the 46-man life raft such as water collection, sanitation, signaling techniques and general survival skills.

Besides the hands-on training, it is a great opportunity for the pilots to interact with members from the aircrew flight equipment shop who pack and prepare the equipment that is used and rarely get to interact with each other, said 1st Lt. Cecilia Photinos, a C-17A Globemaster III pilot from the 89th Airlift Squadron.

“It’s our job to maintain all of this equipment, we know how it functions,” said Senior Airman Devin Litton, aircrew flight equipment journeyman. “We work closely with SERE because they teach how to use the equipment that we prepare.”

As a former aircrew equipment technician, Photinos has firsthand experience from both career fields.

“It’s always best to be prepared in case anything happens,” said Photinos.



**Col. John Robinson, 445th Operations Group commander, is dragged through the water by Tech. Sgt. Mackenzie Thompson, 445th Operations Support Squadron aircrew flight equipment technician, at Choctaw Lake July 14, 2019. This training simulates the dragging motion experienced when landing in water with a parachute.**

# Maintaining optimal physical preparedness: Key to reducing PT related injuries

By Master Sgt. Joseph Klimaski  
445th Airlift Wing Safety

I'm sure everyone has heard a peer or coworker say "I have my PT [physical training] test in a couple of months, so I'd better start getting ready." This mentality has unfortunately become a commonality amongst many Airmen. Whether it be waiting to start a cardio-respiratory training regimen, transitioning to a strict low-calorie diet, or initiating an abrupt/drastring life style change, many Airmen have a tendency to go into "preparation mode" right before a PT test.

While this may seem like a decent idea on the surface, it's actually the direct opposite, and consequently increases the potential for serious injury and/or physiological illness. The good news however is that potential PT injuries and illnesses can be easily prevented by maintaining an optimal level of general physical preparedness throughout the year.

So what exactly is general physical preparedness? In laymen's terms, it simply translates to maintaining a functionally high level of fitness at all times (i.e. optimum physical competency in the areas of endurance, strength, power, speed, agility, etc.).

In doing so, the risk of injury to the musculoskeletal and cardiorespiratory systems is greatly reduced. Think of this in terms of maintaining your car... Would you ever pack up your car and decide to drive cross country without first ensuring proper maintenance is completed? I certainly wouldn't, and I'm guessing neither would you.

The human body is absolutely no different; it requires on-going maintenance (and proper fuel) in order to correctly and efficiently perform. That being said, when the human body is physically neglected

and then suddenly forced to physically perform, the risk of injury goes up exponentially. Not only does the threat of strains, sprains, and joint impingements to the musculoskeletal system significantly increase, but more dangerously, so does the risk of serious physiological illnesses such as dehydration, hypernatremia, heat stroke, and even rhabdomyolysis.

While injuries may never be able to be completely eliminated (keep in mind there's always some risk involved with exercise, sport, and general physical activity), encompassing an effectual exercise routine on a continuing basis in an effort to heighten/maintain general physical preparedness, greatly reduces the risk of injury.

The American Heart Association recommends a minimum of 150 minutes per week of moderate intensity aerobic-based activity, or 75 minutes per week of vigorous activity (or a combination of the both). Coupling a regular cardiorespiratory exercise regimen with resistance type training (i.e. weightlifting and/or calisthenics aka body weight exercises) two to three days per week further allows the body to progressively adapt, thus improving a person's overall general physical preparedness and ultimately lowering the risk of injury or illness come PT test time.

Bottom line...continuous exercise throughout the year in an effort to maintain a high level of general fitness is unarguably a more effective approach than going into "preparation mode" prior to your next Air Force PT test. In doing so, you're most certainly improving the odds of avoiding serious injuries and/or physiological illnesses.

## How to cope with the "S" word

**S T R E S S**, this six-letter word generally comes with a negative connotation attached, but the truth is some stress is not only normal it's good for you. Why? Dealing with stress promotes coping skill development for working through difficulties and life threatening situations. However stress can also have negative effects on not only your emotional health but your physical health.

Stress is produced by three hor-

mones; adrenaline, cortisol and norepinephrine. When stress is activated, your sympathetic nervous system takes over activating your "fight or flight" response.

Fight or flight response refers to your response to the stressor you are experiencing; will you deal with the stress and "fight" or run away "flight". Cortisol, your body's main stress hormone that fuels your "fight or flight" response also controls your mood, motivation and

fear. To lower unhealthy cortisol levels and cope with stress, begin with taking care of yourself. Practice good sleep hygiene, exercise regularly, eat healthy and express your feelings of stress to someone. All of these examples are healthy coping strategies for dealing with stress.

Resources for base health programs and fitness facilities can be found at: <https://www.wrightpatt-fss.com>.



## 445th SFS provides support to active duty in Germany

By Capt. Wilson Wise  
445th Airlift Wing Public Affairs

Reserve Citizen Airmen from the 445th Security Forces Squadron travelled to Spangdahlem Air Base, Germany to complete their annual tour June 15-29, 2019. The Airmen not only conducted training but also provided backfill with their counterparts from the 52nd Fighter Wing to ensure mission readiness.

Upon arrival, SFS Airmen participated in rigorous use-of-force training. The training combines both lethal and non-lethal tactics to protect human lives and physical assets. Alongside their active-duty counterparts, members of the 445th SFS participated in rigorous shoot/no shoot scenarios aimed to test judgment under high stress conditions, participated in a baton training event and conducted Red Man training.

Red Man training combines highly physical and mentally taxing forms of hand-to-hand combat, Taser gun scenarios and weapons retention. The exercises are designed to place security forces Airmen in difficult and stressful scenarios to test their fight resiliency.

“The exercises were very realistic training and provided opportunities to remind our Airmen how to react in real-life situations. All the scenarios that were presented are those we frequently encounter on the base,” said Senior Master Sgt. Frankie Lowder, 445th SFS training and combat arms superintendent.

“I am very proud of how much resilience our 445th Airmen demonstrated in very taxing situations,” Lowder said. “I’m impressed by their drive and deter-

mination.”

In addition to training scenarios, 445th SFS Airmen augmented their active duty counterparts by performing security details at Spangdahlem. The Airmen manned the base’s gates, went on security patrols, and performed other police duties in conjunction with members of the 52nd FW Security Forces Squadron.

The Spangdahlem installation security forces troops are under manpower restraints, having to work 12-hour shifts for 24 hour security coverage of the base. The home mission must be preserved while many of their security forces colleagues are out performing missions in the European theater.

Three Airmen from the 445th SFS also conducted combat arms training and maintenance (CATM) training for active-duty Airmen at Spangdahlem. Tech. Sgts. Mark Crabtree, Drew Brenner and Staff Sgt. Tyler Heath trained active-duty Airmen from the 52nd FW, ensuring they were qualified in the M4 rifle.

Airmen at Spangdahlem are expected to be qualified on the M4 rifle as part of the base’s transition from the M16.

Master Sgt. Ryan Lamar, 445th SFS squad leader, commented on the excellence of his team members.

“It is incredible that our Airmen can pack up and go halfway across the world, work with people they have never met, in a facility they’ve never seen, and effectively and efficiently qualify America’s Airmen.”



Photos by Staff Sgt. Ethan Spickler

(left) Senior Airman Jackson Brown, 445th Security Forces Squadron, performs installation security, June 21, 2019 at Spangdahlem Air Base, Germany. An important functions of SF personnel is to protect the integrity of Air Force bases and installation assets. (right) Airmen with the 445th Security Forces Squadron conduct small arms marksmanship training for active-duty personnel, June 21, 2019 at Spangdahlem Air Base, Germany. The 445th combat training and maintenance (CATM) instructors ensured that the combat efficiency of active-duty Airmen was maximized.



# 445th MXS emphasizes leadership at every level

By Staff Sgt. Ethan Spickler  
445th Airlift Wing Public Affairs

Since its inception, the Airman’s Council has provided junior enlisted Airmen with the opportunity to meet other Airmen and plan activities while developing a better understanding of what it means to work as a team. It also helps to address the personal and professional needs of the Airmen involved.

Around the Air Force, the Airman’s Council has contributed to the well-being of Airmen at various levels of the command structure by bringing perspective to members around the force and helping to provide them with a means to reflect and reorient.

Airmen from the 445th Maintenance Squadron, working to replicate and reinforce the positive impact that the Airman’s Council has on unit effectiveness at the wing level, created their own version of the program at the squadron level.

It shares many of the characteristics of the wing’s Airman’s Council and is heavily focused on squadron morale and unit cohesion. This team development strategy is enhanced by the fact that the organization starts at the squadron level.

Those involved hope that providing this opportunity for Airmen on the ground level, they can positively interact with and influence other squadrons and inspire Airmen from around the wing to also get involved.

“We want to build bonds between all our Airmen,” said Staff Sgt. Jamie Minnish, a crew chief with the 445th MXS and supporter of the morale group. “It is all about making an impact, and this group is a great start.

The intent is to do more than simply provide an outlet for Airmen to socialize. Its primary focus is bringing Airmen together to gain a better understanding and appreciation of their leadership capabilities and of their impact on the Air Force as a whole.

“This organization is about more than just creating something to occupy time,” said Senior Airman

Michael Cage, a crew chief with the 445th MXS and co-ordinator of the squadron morale group. “We are spearheading and implementing this program to do our part in creating a culture of success. We want to make this thing grow and pass the positive energy onto other squadrons.”

The application of the morale focused Airman’s group at the squadron level certainly provides a more localized opportunity for the squadron’s Airmen to

get to know each other better, improve their combined skills and more effectively prepare to tackle the squadron’s mission. One of the first things the morale group did was to approach other squadrons with thank you cards and donuts. They were able to reach across Air Force Specialty Codes and duty titles and interact with others who contribute to the overall mission.

“When everybody understands each other, communicates and establishes friendships, the mission benefits,” said Cage. “We want to build even more trust between our co-workers and make our squadron, group and wing that much stronger. Eventually that conscious effort will yield tangible results.”

The positive example set by the Airmen of the 445th MXS showcases the 445th Airlift Wing’s dynamic capabilities and concern for the progress and potential of every Airman.

Leadership is integral at every level and the ability of Airmen around the wing to cooperate and communicate reminds 445th members why it is necessary to promote teamwork and unit cohesion at every opportunity. While individual Airmen and their unique skillsets provide the means to tackle a diverse range of tasks, it is ultimately the ability to function as a team that brings these skills together and allows the wing to keep pace with the demands of the mission.



Staff Sgt. Ethan Spickler

**Senior Airman Michael Cage, a 445th Maintenance Squadron crew chief, addresses fellow Airmen during a morale group brief, July 14, 2019. Cage started the morale group to help Airmen become better at their jobs and interact with each other more often.**



## 445th announces CY19 2nd quarter award winners

### Amn



**Senior Airman Molly Hageman**, 445th Maintenance Squadron crew chief, is the 445th Airlift Wing Airman of the Quarter, second quarter. Hageman responded to an out of cycle C-17 Home Station Check where she helped complete 28 cable lubes, four flight control rigs and 192 workcards. She was heavily involved in her squadron's hazard waste program where she procured 69 chemicals worth more than \$32,000 and helped dispose of 250 gallons/200 pounds of waste. Hageman trained 13 Airmen from the 911th Maintenance Squadron on Home Station Checks and servicing of the C-17 Globemaster III. Hageman attends Sinclair Community College, majoring in aviation technology and is working on her private pilot's license, where she has already flown 42 hours. She is currently working on her Community College of the Air Force degree. Hageman aided in the recent Miami Valley area tornado relief efforts where she helped raise more than \$300 and supplied food and water for three 445th Airlift Wing families.

### NCO



**Tech. Sgt. Joshua Sagan**, 445th Aeromedical Evacuation Squadron AE technician, is the 445th Airlift Wing NCO of the Quarter, second quarter. Sagan flew 17 hours on seven missions and secured \$250,000 in AE medical equipment and supplies and \$300,000 in critical care air transport team medical equipment and supplies. Sagan mentored AE crewmembers and validated 22 training objectives. The NCO was chosen to participate in the Sun 'n Fun Air Show, showcasing the AE mission to more than 150,000 spectators. Sagan accelerated a short notice unit deployment manager training requirement where he reviewed regulations and online tools; a readiness linchpin for a 13 squadron personnel deployment. During his off-duty time, Sagan led a Habitat for Humanity project where he directed 600 people and revitalized 20 homes and landscaping for 22,000 citizens. He participated in the "19 Spring Classic" charity bike race, logging more than 150 miles and raising \$7,700 for 12 non-profit organizations.

### SNCO



**Master Sgt. Jon Webber**, 87th Aerial Port Squadron supervisor of special handling, is the 445th Airlift Wing Senior NCO of the Quarter, second quarter. Webber led a team of six people in the annual Air Force Reserve Command Port Dawg Challenge. His team placed first out of 26 in the 25K loader event and placed fifth out of 26 overall in the event. He directed the annual tour load planning operations for four NCOs, accomplishing 25 core tasks and 17 additional tasks. Webber was the lead for intensive training event where he coordinated 10 teams of 150 personnel in nine training scenarios, accomplishing 1,300 tasks and bolstering mission alertness. During his off-duty time, Webber completed six college credits through the College Level Examination Program resulting in three courses toward his Community College of the Air Force degree. The sergeant led a team of 26 people to help with the tornado cleanup in the Miami Valley. He volunteered more than 78 hours of his personal time.

### CGO



**First Lt. Edward Royal**, 89th Airlift Squadron C-17 pilot, is the 445th Airlift Wing Company Grade Office of the Quarter, second quarter. Royal flew 150 hours and eight combat hours, moving 145 passengers, 360,000 pounds of cargo and supported two aeromedical evacuation missions with six patients. He also supported a joint counter-drug mission involving the movement of two helicopters. Royal supported a critical short-notice aeromedical evacuation mission where he flew a neonatal intensive care unit passenger from Guam to a critical care facility in the United States. Royal flew a mission in support of U.S. operations where he airlifted 80,000 pounds of munitions. Royal conducted C-17 tours for various community and base leaders as well as more than 100 Air Force Junior and ROTC cadets. He mentored a future pilot during a job shadow event. The lieutenant established a communications program for new pipeline pilots, ensuring future squadron Airmen success.



# LRS CGO nominated for ROA Award



Capt. Phillip Sobers, 445th Logistics Readiness Squadron, deputy director of operations, has been nominated by Air Force Reserve Command for the 2019 Reserve Officers Association Outstanding Junior Officer of the Year. Sobers was selected as a nominee for his accomplishments beginning Oct. 1, 2017 through Sept. 30,

2018.

Sobers made significant contributions to the success of his unit, Air Force Reserve Command's mission and is an invaluable member of his community.

While deployed, Sobers led 179 Airmen from nine Air Force specialty codes. He managed \$125 million

worth of facilities and 9,400 in assets. He directed the development of the area of operations first drain pits and sealed 147 hose couplers, saving 3,500 man hours. He coordinated the pre-deployment training for 340 Airmen and he initiated a unit line number tracker, tracking three squadrons from validation to financial management complete.

Capt. Sobers helped collect 2,500 face masks for the Kuwait Children's Hospital.

Sobers developed the first-ever memorandum of understanding with a local towing company for wreck-er training, increasing combat capabilities. He initiated C-17 static fuel and defuel scenarios resulting in 54 quality assurance and 54 tasks accomplished. The captain organized a deployment supply budget of \$790,000; more than 2,700 individual items ordered.

The winner will be announced at the ROA National Convention, Sept. 28, 2019.

## Around the wing...



Senior Airman Angela Shay



Staff Sgt. Darrell Sydnor

(left) Staff Sgts. Christopher Bell and Kody Hildebrand, 445th Security Forces Squadron, engage in mock conflict during shoot/no shoot training, July 14, 2019. Approximately 20 members of the 445th SFS participated in shoot/no shoot training. SFS leadership staged various domestic conflicts the Security Forces members may encounter. Each scenario was designed to evaluate the Airman's ability to assess, respond, and apply proper use of force. (right) Senior Airman Matthew Ferhman, 87th Aerial Port Squadron air transportation journeyman, tightens a cargo net on a pallet in the cargo processing section at the 436th Aerial Port Squadron, Dover Air Force Base, Delaware, July 19, 2019 during his annual tour training. While building pallets, Ferhman ensures the cargo is secure to the pallet to prevent the load from shifting or falling during flight and when transporting to or from the plane.



# News Briefs

## Wing announces current vacancies

The 445th Airlift Wing currently has several ART (Air Reserve Technician) and civilian vacancies. As an ART you MUST maintain an active membership in the Air Force Reserve.

Below is a list of current vacancies. Many positions have multiple openings within different offices.

GS-0301-09 Command Post Specialist/Med Administration Specialist

GS-0303-07 Medical Administrative Assistant

GS-0318-06 Secretary (Office Automation) Civilian position

GS-0391-09 Telecommunications Specialist/OSS and COM

S-2150-09 Transportation Operations Specialist

GS-0344-07 Management Assistant

GS-1601-12 Aircraft Maintenance Manager

GS-0301-11 Supervisory Logistics and Maintenance Support Specialist

WG-8852-08T10 Aircraft Mechanic

WG-2892-10 Aircraft Electrician

WG-8268-10 Aircraft Pneumatic Systems Mechanic

WG-2610-12 Electronic Integrated Systems Mechanic

WS-2610-11 Electronic Integrated Systems Mechanic Supervisor

WS-8852-09 Aircraft Engine Mechanic Supervisor

WG-8602-10 Aircraft Engine Mechanic

WG-5378-10 Powered Support Systems Mechanic

WG-3414-12 Machinist (Welder)

WG-3414-11 Machinist (Welder)

WG-3705-10 Nondestructive

Tester

WG-3806-10 Sheet Metal Mechanic (Aircraft/ Painter)

WG-2892-10 Aircraft Electrician (Aircraft Pneumatic Systems Mechanic)

WS-8801-11 Aircraft Overhaul Inspector Supervisor

All openings will be announced on USAjobs.gov. Some jobs listed are Direct Hire. For more information on requirements or general questions, please contact Ms. Victoria Errett at 937-656-3241 or victoria.errett.1@us.af.mil

## Newcomers

2nd Lt Jonna Sullivan, AES

TSgt Jeremy Cordie, CES

SSgt Evan Myers, SFS

SSgt Isaac Pacheco, 89 AS

SSgt Ryan Tharpe, FSS

SrA Lauren Hughes, ASTS

A1C David Delarosa, AMXS

A1C Aaron Greer, CES

A1C Danielle Grill, AMDS

A1C Drew Huskey, 87 APS

A1C Jonathan Oliveras, SFS

A1C Samuel Riddle, MXS

A1C Joshua Robles-Estrella, MXG

Amn Myia Weaver, FSS

AB Tyler Goodrich, 87 APS

AB Bradley Holcomb, AES

AB Kevin Pargeon, AMXS

## August Retirements

CMSgt Mark Lockhart, MXG

## Promotions

### Master Sergeant

David Baugh, FSS

Kathleen Wyatt, CES

### Technical Sergeant

Anthony Anderson, MXS

Dustin Ellison, SFS

Joel Ford, SFS

Joshua Lewis, LRS

Andrae Manuel, ASTS

Tyler Taylor, MXS

Brandon Thompson, SFS

Justin Van Niman, SFS

Jeremiah Goldwair, SFS

Fred May, FSS

### Staff Sergeant

Sierra Copley, 87 APS

Howard Dickten, ASTS

### Senior Airman

Scott Aruajo, SFS

Emmanuel Hall, FSS

Jeremiah Goldwair, SFS

Fred May, FSS

### Airman First Class

Chloe Van Hoose, FSS

Spenser Stanley, FSS

Trevor Washington, FSS

### Airman

Ollivia Sims, CES

Emily Snedegar, FSS

Scott Aruajo, SFS

Emmanuel Hall, FSS

## Wing Family Day

The 445th Airlift Wing Family Day picnic will be held Sunday, Sept. 8th at Bass Lake, beginning at 11 a.m.

Food will be catered and is free to all Airmen and their guests.

Events and activities will be available for all age groups.

For more information, please call Master Sgt. Bryan Ulloa at 257-7688.

## Buckeye Flyer

### 445th Airlift Wing Editorial Staff

Col. Adam Willis

Commander

Lt. Col. Cynthia Harris

Chief, Public Affairs

Stacy Vaughn /Darrell Sydnor

Public Affairs Specialists

Kelly Perry /Public Affairs Assistant

5439 McCormick Ave.  
WPAFB, OH 45433-5132  
Building 4014, Room 113  
937-257-5784

445AW.PA2@us.af.mil

This funded Air Force Reserve newspaper is an authorized publication for members of the U.S. military services. Contents of the Buckeye Flyer are not necessarily the official views of, or endorsed by the U.S. Government, Department of the Air Force or Department of Defense. Editorial content is edited, prepared, and provided by the 445th Airlift Wing Office of Public Affairs. Photographs are U.S. Air Force photographs unless otherwise indicated.

U.S. Government Printing Office  
5-00001-445AW



# LRS completes AT in Germany



Photos by Staff Sgt. Ethan Spickler

1. Staff Sgt. Mackenzie Logan, 445th Logistics Readiness Squadron, assists a customer with the shipment of household goods, June 24, 2019 at Spangdahlem Air Base, Germany. The Traffic Management Office section of LRS handles everything from vehicle operations to cargo logistics. The household goods section, is designed to allow Airmen and their families to transport their belongings from one location to another.
2. Fuel specialists with the 445th LRS and 52nd LRS fill a fuel transport vehicle with fuel, June 25, 2019. This particular transport vehicle holds up to 6,000 gallons of fuel and will be used to refuel aircraft.
3. (Left) Tech. Sgt. Anthony Farkas and Staff Sgt. Christopher Clark, 445th Logistics Readiness Squadron, process and count screws that are used to support missions in Rota, Spain and other locations. The acquired Air Force property and the quantity must match the property requested before delivery to the ordering Air Force customer.
4. Senior Airman Connor McCann, a fuel specialist with the petroleum oil lubricants (POL) section of the 445th Logistics Readiness Squadron, demonstrates the proper procedures for testing fuel quality in a flash laboratory, June 25, 2019 at Spangdahlem Air Base, Germany. The integrity of the fuel composition that is used in Air Force vehicles is vital for the continuation of the mission.

<p>445TH AIRLIFT WING/PA          BUILDING 4014, ROOM 113          5439 MCCORMICK AVE          WRIGHT-PATTERSON AFB OHIO 45433-5132</p>	<p>FIRST CLASS MAIL          POSTAGE &amp; FEES PAID          USAF PERMIT NO. 1161</p>
---	--

