

445th FSS participates in Tactical “Paws”

*By Senior Airman Amelia Burnett
445th Airlift Wing Public Affairs*

The 445th Force Support Squadron conducted a Tactical Pause day Nov. 3, 2019, in an effort to strengthen resiliency and promote additional resources that are available to assist Airmen at Wright-Patterson Air Force Base.

This training included exploring some less-than-traditional resource options such as board games which require skill and strategy, yoga to promote mind

so the base holds a special place in my heart.”

Bailey works two to three days a week, for a few hours at a time, and spends most of her time at the base hospital.

“Having Gerry and Bailey come out today has been a great experience,” said Maj. Sabrina Ocampo, officer-in-charge for military personnel flight at the 445th Airlift Wing. “It was really about letting our Airmen know about all the different kinds of resources available to them here should they need the support.”

In a video released Aug. 1, 2019, Chief Master Sergeant of the Air Force Kaleth O. Wright discussed the direction given by Chief of Staff of the Air Force, Gen. David L. Goldfein to open a dialogue between Airmen, command teams and helping agencies in order to combat the rise of suicides within the Air Force.

“We won’t tell you what to do; we won’t tell you how to do it,” said Wright. “You know best what your teams need.”

Commanders were urged to use Air Force resources such as outreach programs, family counsellors, chaplains and any other organizations that could be of service.

The 445th AW discussed many of these resources at a commander’s call, where representatives from different agencies were given the opportunity to speak to the entire wing, then in their smaller group training later that day FSS wanted to make sure their Airmen had as many avenues open to them as possible.

“This is just one more avenue that’s available to all of us here,” said Ocampo grinning. “It’s our tactical day of “paws!”



Senior Airman Amelia Burnett

Airmen from the 445th Force Support Squadron interact with a therapy dog during the unit’s Tactical Pause.

and body wellness, developing vision boards to creatively document goals, and meeting with representatives of the Miami Valley Pet Therapy Program.

Bailey, who is part beagle and part Great Dane, joined her handler Gerry Coen from the Miami Valley Pet Therapy Association in greeting the Airmen enthusiastically. Coen explained and demonstrated the purpose of a therapy pet.

“Service dogs are trained to offer medical support,” said Coen, smiling down at the wagging tail of her therapy dog. “Bailey won’t do that, but she is trained to offer love.”

Therapy dogs have to complete a seven-week training program, learn to tolerate different sounds without reacting and must pass a number of tests to show they can confidently interact with equipment such as walkers and wheelchairs.

Therapy dogs must also be at least one years old and have lived with their handler for more than a year.

“Bailey and I have been doing this for about eight years,” said Coen. “I was a service member myself and



Staff Sgt. Darrell Sydnor

Master Sgts. Daniel Lewis and Siearra Williams create vision boards during the FSS Tactical Pause, Nov. 3, 2019.

Tips to combat holiday blues for every Wingman

By Laura McGowan

88th Air Base Wing Public Affairs

During the holidays, many are busy decorating, baking and shopping for gifts for friends and loved ones. However, don't be too busy that you miss the signs that a family member or coworker may be dealing with a bout of depression.

"Depression may occur any time of the year," said 1st Lt. Danielle Dockery, 88th Medical Group, licensed clinical social worker, Intensive Outpatient Program manager. "However, there are some individuals who are normally happy and content who can also experience holiday blues."

Dockery explains there are many things that can contribute to holiday depression.

"There's financial stress, unrealistic expectations, gloomy weather, not being able to be with family members for the holidays, missing loved ones who are not around anymore, and high end of year demands at work," she said.

No particular age group is affected by depression more or less than another, and [it is no respecter of persons], according to Dockery.

"A primary factor to depression are changes of life or adjustment periods that haven't been resolved," said Dockery. "There are many challenges for different age groups. Children may encounter bullying, school demands, newly divorced parents (difficult time around the holidays), and personal life changes."

She mentioned several other factors that can lead to depression in young adults leaving home for the first time; high volume of college and work demands;

and making life decisions on their own for the first time.

"Older adults also experience medical concerns and may start thinking about their end of life decisions," Dockery said. "These are just a few examples for each population, but they all are changes of life or adjustment periods."

Dockery said it's not important that coworkers aren't psychologists or psychiatrists. It's only important that they be a Wingman. At times, a coworker may seek you out and feel comfortable talking with you. When that happens, listen and observe. It could be the beginning of a wonderful friendship, or they may just want someone to talk to.

For some, the holidays bring out the melancholy in them. While others become excited about visits with friends or big family gatherings, others are separated geographically or emotionally from their loved ones. The abundance of holiday joy in some can magnify the solitude in others, she said.

Dockery explained that it's sometimes difficult to listen to our friends, family and coworkers without trying to 'solve' their problems for them.

"It's important to validate their experiences and their emotions," she said. "The most essential thing to remember for your loved one or coworker is to offer your support. Let them know you are there for them to include helping them come to the conclusion to

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Wing offers holiday resources for Airmen

445th Airlift Wing Director of Psychological Health

It's the time of year when most focus on family and gift-giving. But what if you don't have family to spend the holidays with? What if you don't have the means for gift-giving? What if holiday cheer is non-existent for you?

Various programs came in to existence because of the need for holiday support, connection and financial stress. Consider reaching out to one of the organizations below if you or someone you know could benefit from some support this season.

Gift-giving, financial support and meals

- <https://soldiersangels.org/adopt-a-family-faq-military-families.html>
- <http://www.fullcirclehome.org/>
- <https://www.redcross.org/get-help/military-families/financial-assistance.html>

- <https://christmasspiritfoundation.com/>

Social connections

- <https://www.salvationarmyusa.org/usn/brighten-the-holidays/>
- <https://www.operationhomefront.org/holidaymeals>
- <http://211.org/services/veterans>
- www.uso.org
- <http://www.militaryonesource.mil>
- www.woundedwarriorproject.org
- <https://maketheconnection.net>

Additional resources are also available through to local wing agencies: Director of Psychological Health, 937-257-6267; Airman & Family Readiness, 937-522-4607; and Psychological Health Advocacy Program, 866-417-0707.



445th announces 3rd quarter CY 2019 award winners

Amn



Senior Airman Matthew Miklasevich, 445th Aircraft Maintenance Squadron aircraft guidance and control systems journeyman, is the 445th Airlift Wing Airman of the Quarter. Miklasevich volunteered 298 days for an Air Mobility Command C-5 Galaxy contingency and supported the 911th Airlift Wing transition, resulting in 274 missions and 1,300 sorties involving the movement of 9,500 passengers and 18,000 tons of cargo. Airman Miklasevich was the number one automated flight instruments technician during training and flight operations coverage for 283 sorties, allowing a smooth C-17 transition for the 911th. He deployed to March Air Reserve Base to support the 911th AW by training 12 members during 10 inspections and worked three delayed discrepancies during a home station check. Miklasevich led a six-man natural disaster response team to clear tornado debris following the Miami Valley tornado disaster.

NCO



Staff Sgt. Barrett Lowry, 445th Maintenance Squadron aircraft fuels systems journeyman, is the 445th Airlift Wing NCO of the Quarter. Lowry plotted a vital equipment movement by rescuing a C-17 Globemaster III stranded away from home station in less than 72 hours, liberating a national defense asset. Sergeant Lowry averted critical mission downtime by identifying equipment deficiencies and procured a Universal Aerial Refueling Receiver System poppet tool, allowing the reduction of aircraft down time 33 percent. He eliminated a fuel quantity anomaly by locating and repairing a power wire taking just four hours. Lowry completed 40 hours of the Six Sigma Green Belt course, utilizing lean principles and enriching managerial processes, a benefit to his squadron and fellow Airmen. During his off-duty time, Lowry successfully completed a bachelor's degree in industrial engineering, earning a 3.72 GPA.

SNCO



Master Sgt. Christopher Knight, 445th Aircraft Maintenance Squadron aircraft production expeditor, is the 445th Airlift Wing Senior NCO of the quarter. Knight mobilized for a 61 day contingency, serving as the team leader and completed a 96 percent mission capable rate on 24/7 coverage. He helped deliver 929 passengers and moved 417 tons of cargo to the Area of Responsibility. Knight overhauled the Organizational Defense Travel Administrator standard operating procedures, helping Airmen with Defense Travel System issues and validated accurate data to the squadron commander; payout wait times were reduced by 50 percent. He managed the aircraft maintenance time compliance technical orders program, coordinating 38 inspections and oversaw 400 man hours, enabling a 30 percent reduction in aircraft downtime. Knight helped with the Miami Valley tornado relief efforts, working more than 80 hours removing debris.

CGO



Capt. Abdeel Roman, 445th Aircraft Maintenance Squadron aircraft maintenance unit officer in-charge, is the 445th Airlift Wing Company Grade Officer of the Quarter. Roman enabled his squadron's 1,200 hours production, 1,300 sorties, 409 combat hours and 507 combat support hours, resulting in a unit training effective rate and the highest flying hours in Air Force Reserve Command. He was the officer in-charge of a crew deployed to Naval Air Station, supporting two-ship mobility operations while managing 100 sorties and delivering 400 passengers plus more than 840 tons of cargo. He organized and directed the recovery of a broke C-17 during a deployment, helping repair it to combat ready status with minimum resources in less than 24 hours. Roman directed the set-up of the Puerto Rican American and Caribbean Organization Hispanic Festival attended by more than 2,000 people, raising awareness for the disadvantaged.



Guard, Reserve come together for skills training

445th SFS, 178th SFS practice like they fight

*By 1st Lt. Rachel N. Ingram
445th Airlift Wing Public Affairs*

As part of a new training initiative, the 445th Security Forces Squadron conducted an all-day practicum in partnership with the 178th Security Forces Squadron from Springfield Air National Guard Base, Ohio, during the Nov. 2, 2019 unit training assembly.

When deployed, Security Forces Defenders often work in composite teams with active duty, reserve and guard members from other squadrons, so training for that dynamic is critical to downrange mission success.

"Practice makes permanent, not perfect," said Capt. Dustin M. Honious, commander, 445th SFS. "We have to practice how we want to fight and who we want to fight next to."

In the field, equipment may malfunction, technology may fail, and plans may go awry. At the Warfighter Training Center, tools like smoke bombs and training munitions help create a realistic envi-



Master Sgt. Jesse Canan, flight chief, and Staff Sgt. Brittany Robertson, fire team member, both from the 178th Security Forces Squadron, Springfield Air National Guard Base, Ohio, rush into a smoke-filled structure during building clearing and sweeping training at the Wright-Patterson Air Force Base Warfighter Training Center, Nov. 2, 2019.

ronment to practice tactical skills.

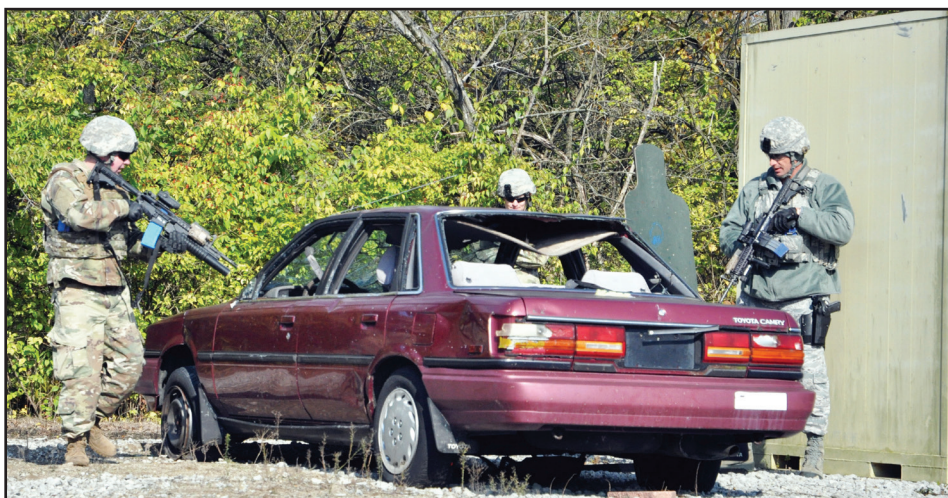
During the practicum, for example,

the integrated teams were required to complete their mission without formal communication technology.

"Working together here and learning from one another here helps mitigate issues when it really counts," Honious said.

The 30 Reserve Citizen Airmen and 20 Guardsmen participated in eight separate training events, including hand and arm signals, command and control, shoot/no shoot situations, building clearing/sweeping, muzzle discipline, bounding/small unit tactics, and combatives/weapons retention.

"We already train on these skills numerous times each year, but it was a pleasure to have the Guard join us this time," Honious added. "It adds a new level to the training, and in the end, it ultimately helps the Air Force."



photos by Senior Airman Angela Shay

Staff Sgt. Justin Daley, left, 445th Security Forces Squadron fire team member, and Master Sgt. Jesse Canan, right, 178th SFS flight chief, clear a vehicle as part of shoot, move, communicate training, while Tech. Sgt. Jacob McCorkle, 445th SFS fire team leader, observes to provide feedback.



Around the wing...



Staff Sgt. Ethan Spickler



Master Sgt. Patrick O'Reilly

(left) Senior Airman Jerimiah Gregorio, a chemical, biological, radiological, nuclear and explosives (CBRNE) trainer with the 445th Civil Engineer Squadron, assists in mass CBRNE training Oct. 6, 2019. CBRNE training equips Airmen with the skills needed to operate in an environment that has been corrupted by chemical, biological, radiological or nuclear contaminants.

(right) Col. Shawn Werchan, 445th Airlift Wing vice commander, speaks about resiliency with 445th Reserve Citizen Airmen during commander's call Nov. 3, 2019. One of the most important issues in the military is suicide. A key role of a wingman is to provide the support needed to help their fellow Airmen when enduring stressful times.



Staff Sgt. Darrell Sydnor



Staff Sgt. Darrell Sydnor

(left) Members of the 445th Aeromedical Staging, Aerospace Medicine and Aeromedical Evacuation Squadrons receive training on a medical manikin, Nov. 2, 2019 in the ASTS training room. The manikin provides real-time feedback to medical personnel as they train to provide care.

(right) Senior Airman Kevin Jones, 445th Force Support Squadron, Communications Element client systems technician, re-images a laptop, Nov. 2, 2019 on the imaging bench. Re-imaging the laptop allows Jones to rebuild the network profile and gives the machine the most up to date Windows version.



SPOTLIGHT



Courtesy photo

Rank/Name: Senior Airman
Blake Reynolds

Unit: 445th Aircraft Maintenance
Squadron

Duty Title: Crew Chief

Hometown: Eaton, Ohio

Civilian Job: Security Guard

Education: Currently pursuing a
bachelor's degree.

Hobbies: My two favorite hobbies
are live action role play with the
boys and eating competitions.

Career Goal: I would like to
become a Combat Controller and
retire a Combat Controller.

**What you like about working at
the 445th?:** The thing I like most
about the 445th is the brother
hood that we have. I know that ev-
eryone at the 445th has my back
and I have their back.

Why did you join the Air Force?:
I joined the Air Force because I felt
like a was meant to do something
more and the Air Force is a good
way to make a difference.

HOLIDAY BLUES, from page 2

seek professional mental health support.”

But what if it's you who is depressed? She stressed that the first step in dealing with depression is to recognize some of the signs and symptoms:

- I can't get out of bed.
- I want to be by myself.
- I am not interested in doing these activities any-
more.
- I am not motivated.

“It is important to discuss your feelings with loved ones, friends, co-workers, primary care managers or a therapist,” said Dockery. “The more a person isolates themselves or disengages in previously desirable activities, the more that person is fueling their depression.”

She goes on to explain that individuals must take small steps and get out of the house. This can be accomplished by going for short walks or attending a fitness class; [older adults can get involved with their local senior citizen center activities, and some can even provide transportation]. Volunteering is another way a person can escape their bout of feeling unloved or not needed.

“Take mini vacations. Explore a different city in your area,” said Dockery. “There is one negative coping skill that should be avoided, and that's the consumption of alcohol. A person may feel better, but alcohol is considered a depressant, numbing feelings in the short-term. But when the numbness subsides, the depressive symptoms will be magnified.”

Some may feel that they have to deal with their problems alone, so they won't hurt their career. However, that's only when mental health treatment is sought after their symptoms have already impacted their ability to function at work and in their personal lives, according to Dockery. If a person seeks help early, they can be provided with skills that can help them reduce their depressive symptoms before it negatively impacts their level of functioning.

“A person may experience some symptoms of depression, but that doesn't mean they are clinically depressed,” she said. “Sadness is a normal human emotion that can be triggered by a difficult, hurtful, disappointing experience or situation. It is important to remember that there are going to be some difficult times throughout life, but it is how your cope through those difficult times that will [guide] you in the right direction.”

If you or someone you know are experiencing holiday blues that are lingering well after the holidays, Dockery said it's important to talk to someone or seek help.

There are professionals that can help:
Military One Source: www.militaryonesource.mil/
800-342-9647; Military and Family Life Consultant (MFLAC): 937-716-6720; Suicide Prevention Hotline:
1) 1-800-273-8255 (24/7) Press 1 for Veterans line
2) OR TEXT: HOME or MATTERS to 741741 or TEXT 838255; National Alliance on Mental Illness/NAMI:
<http://www.namiohio.org/>



News Briefs

Retirements

December 2019

CMSgt Jacqueline Larri-
son, 87 APS
MSgt Pamela Honeycutt,
89 AS
TSgt Keith Bollard,
AMXS
TSgt William Walker,
CES

Promotions

Airman

Chandler Mather, FSS

Airman First Class

Abreal Harris, CES
Aaron Ruehl, CES
Zane Standridge, CES
Trenton Westfall, 87 APS

Senior Airman

Alena Dettloff, ASTS
Aaron Greer, CES
Mariah Harris, AMDS
Isaac Smith, 89 AS

Staff Sergeant

Eric Blackford, CES
Richard Bullard, 87 APS
Cody Caylor, SFS
Keith Christopher, 87
APS
Richard Edwards, SFS
Shikima Gainey, MSG
Eric Ledford, ASTS
Eric Whitt, SFS
Logan Wild, AES

Technical Sergeant

Christopher Clark, LRS
Joshua Collins, AMXS
Taylor Harnist, LRS
Justin Quetel, AMXS
Joshua Robidoux, AMXS
Robert Wince, AMXS

Master Sergeant

Maggie Fazzini Malidai,
CES
Aaron Fritz, AMXS

Phillip LeMaster, OSS

Awards

Air Force Meritorious Service Medal

Maj Gregory Handley,
FSS
CMSgt Michael West,
MXG

Newcomers

Lt Col Jessica Branter,
AES
Lt Col Kathy Miller, ASTS
Lt Col Peter Reynolds,
AMDS
Maj Christina Nigro,
ASTS
Capt Kristina Fleming,
ASTS
Capt Trevor Tomlin, 89
AS
MSgt Jeffrey Troxell,
MXS
SSgt Bradley Green, MXS
SrA Sean Easton, CES
SrA Zachary Shonk, LRS
A1C Billy Crossley, OSS

A1C Alena Dettloff, ASTS
A1C Brady Miller, ASTS
A1C Conner Smith, CES
AB Jonah Crawford, MXS
AB Brian Graves, 87 APS
AB Teryne McVay, MSG
AB Jeremy Roberts, 87
APS

Toys for Tots

The annual Toys for Tots campaign runs through Dec. 9. Donation boxes are located throughout the wing and will be collected Dec. 9, 2019. For more information, call MSgt Cheryl Baird at 513-801-5110 or SMSgt Rhonda Gambill 267-257-4557.

CFC

This year's Combined Federal Campaign runs through Jan. 12, 2020 for online donations. Members who would like to give to their favorite charity

may do so online at www.ohiocfc.org. Paper pledges are due in the CFC office by Jan. 6, 2020. Donors may choose a payroll deduction or a one-time or recurring monthly pledge via a credit card, debit card or direct bank transfer. For more information, call 937-257-0292.

Gate 26A

Hours of operation for the new Gate 26A are weekdays from 6 a.m. to 6 p.m., and Saturdays from 6 a.m. to 2 p.m. (commercial vehicles only).

The 445th Security Forces Squadron will man the gate during the Scarlet unit training assemblies from 6 to 7:30 a.m. for inbound and outbound traffic, and 3:30 to 5 p.m. for outbound traffic.



Courtesy photo

Master Sgt. Angela Hayden, 14th Intelligence Squadron first sergeant, presents the September 2019 Diamond Sharp Award to Senior Airman Robert Stephens, 14th IS Intelligence analyst, Nov. 6, 2019. The award is for exemplary performance, adherence to the Air Force Core Values, attitude, appearance and ability.

Buckeye Flyer

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MXG institutes flight characteristics familiarization training

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

The 445th Maintenance Group works tirelessly on the ground to keep our planes operational in the air.

To build upon the skills and experiences that they use on a daily basis, the 445th Maintenance Squadron and the 445th Aircraft Maintenance Squadron have coordinated with the 445th Operations Support Squadron and implemented a program that not only offers Airmen the opportunity to expand their knowledge but rewards their hard work and dedication.

Airmen are given the opportunity to observe the impact of their work on the aircraft after they leave the ground.

Recently, the group rolled out a program called Flight Characteristics Familiarization Training. This training takes deserving airmen and gives them a chance to participate in a flight, getting into the air and learning more about how their jobs impact the operational aspect of the 445th mission while interfacing with Airmen from operations in the process.

"This was a way to get some of our younger Airmen involved and show them how our mission feeds into the rest of the bigger picture," said Chief Master Sgt. Daniel R. Porta, the 445th Maintenance Group superintendent. "It's also an opportunity for operations and maintenance to work together, gaining insight into each other's valuable role in the wing's mission."

The program allows Airmen from maintenance and

operations to trade perspectives, providing valuable insight into the overall wing mission and building unit cohesion. It also gives Airmen the opportunity to have new and exciting experiences.

The feedback from Airmen who have participated in the training has been overwhelmingly positive.

"This was my first time going up in one of our aircraft," said Senior Airman Molly A. Hageman, a crew chief with the 445th MXS. "It was great to see how the whole process comes together and to be able to know that everything you are doing is putting forth the effort needed to keep our aircraft in the air. On top of that, it was a lot of fun."

The 445th Maintenance Group has been able to combine training and incentives in a way that enhances their squadrons' capabilities and the individual knowledge of its Airmen.

The maintenance group's Flight Characteristics Familiarization Training Program is another way that the group leadership is building upon

the foundation of the wing mission and making a positive impact on its Airmen.

"Airmen don't always get to see the final product of their work," said Porta. "We want our airmen to be able to see why they do what they do because it motivates them to take charge. At the end of the day, ownership breeds leadership."



Master Sgt. Patrick O'Reilly

Staff Sgt. Charles Swaim and Senior Airman Clayton Langston, both aircraft structural maintenance technicians with the 445th Maintenance Squadron, spot paint a C-17 Globemaster III during the Oct. 6, 2019 unit training assembly.

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