

## 445th Ops units participate in survival training



Photos by Master Sgt. Patrick O'Reilly

**(left) Lt. Col. Steven Shrader, 445th Operations Group deputy commander, takes cover during Survival, Evasion, Resistance and Escape training at Naval Amphibious Base, Coronado, California, Jan. 20, 2019. (right) Staff Sgt. Steven Murphy, 89th Airlift Squadron loadmaster, participates in SERE water survival training, Jan. 25, 2019.**

*By Master Sgt. Patrick O'Reilly  
445th Airlift Wing Public Affairs*

Members of the 445th Airlift Wing Operations Group performed annual training at Naval Amphibious Base, Coronado and Marine Corps Air Station Miramar near San Diego, California, Jan. 18-27, 2019. The training included water survival, Survival, Evasion, Resistance and Evasion, and low altitude flying.

"We accomplished 400 different training tasks for 118 participants. The group also conducted nine flight evaluations all the while utilizing our existing training budget and our allotted training hours for flying," said Lt. Col. Malcom Quincy, 89th Airlift Squadron director of operations.

"They [Navy personnel] were able to provide us on-base lodging, the facilities needed to accomplish our training, and a realistic stage for our combat survival training in both water and land," said Quincy.

One of the most anticipated training elements was the combat survival training in the rugged terrain at the nearby training base. The dry heat and rugged hilltops provided an environment unlike Ohio's.

"It mimics some of the areas we are right now in Afghanistan and the Middle East with the high desert environment, said Tech. Sgt. Zach Angel, SERE specialist, 910th Airlift Wing, Youngstown, Ohio. "They picked this area because it has an environment our members in Ohio do not have access to."

Angel described the training as good overall. The

refresher training hones the skills they've learned and is good information to keep. He says he hopes the Airmen are never in a situation where they have to use it but in reality sometimes stuff happens and they need to be refreshed in all of the information.

The combat survival refresher training included navigation, radio, and recovery in a combat environment.

"After initial training, this refresher prepares them for global survival in any type of environment. If they should happen to go down in an unfriendly country they can recover," said Angel.

Along with navigating themselves discreetly, the Airmen also had to avoid those playing the role of enemy combatants looking for them.

"This kind of training is definitely well worth it. You never know by off chance that you'll be in enemy territory having to evade for your life," said Senior Airman Dominic Slonkosky, 445th Aeromedical Evacuation Squadron. "It sets a picture for how challenging it would really be in the given situation."

According to Slonkosky, remaining positive the entire time was a challenge. It would be hard to be in that mental state when on the run in the heat and not knowing about the next meal while potentially running

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# You have control of your life, career

By Maj. Charles Trovarello  
445th Security Forces Squadron Commander



Own what you can control. This is the single most important thing to glean from all that follows.

I want to focus on three aspects in particular that EVERYONE has control over both in life and your military career: personal attitude, education and fitness.

Other facets such as promo-

tions, assignments, equipment, etc, you may be able to influence, but often these are controlled by someone else.

The number one aspect you can control is your personal attitude. This factor is the drive and discipline engine for the other two, and influences multiple facets of your life both directly and indirectly.

Right now, you may be thinking that what others do determines your attitude, and to some degree you are correct. The take away here is that YOU CONTROL the way you respond to situations.

This is one area I have personally struggled with over the last 14 years of my military career. Your reactions and personal demeanor are products of nature and nurture, so change won't occur overnight. You can do it though, and there are multiple avenues of approach which can help.

Mindfulness exercises, meditation, asking a friend to help keep you accountable, and a journal of positive things about the day are all small things that can lead to attitude changes. Start small and press! Find a motivation for change and stick to it.

The second aspect has to do with personal growth and the need to never stop seeking knowledge.

Push to complete your Professional Military Education, degree, or professional certifications. No one else is going to take your test, this is on you.

Multiple times I have seen individuals seeking advancement fall short because they didn't complete the required schooling/PME.

With regard to education, remember that your core tasks and daily activities are also part of your required knowledge to be effective.

Continuously review and refine what you may already know. No one is a master after the first time they complete a task and with that even masters refine and continue to grow.

The final aspect is one that will likely irk some, but nonetheless it is an important part of not only the military, but also everyday life.

You must make physical fitness a priority as it plays a part in medals, performance reports, school selections, and a host of other things outside of the military such as health and health insurance.

Much like education, no one else can get out there and run for you, so you must find ways to make this a priority.

In 2017, I was aggravated with my performance and started looking at PT as a personal discipline challenge. Not eating cookies wasn't just about sticking to some plan; it was a demonstration that I could stay disciplined. In the end this worked for me, and I lost 20 pounds and scored a 96 percent.

In conclusion, focusing on what you can control will not only help you succeed in the areas mentioned above, but it will set the example for those around you. Every one of us is influencing someone: be it a peer, family member, boss, or just the guy at the gym that sees you killing it every day. I challenge each of you to take time to think about those aspects you can control and avoid getting caught up in those you don't. It will take a solid effort in order to recognize those things that are wasting your precious time and energy. Stick with it though! You've got nothing to lose (except possibly some stress) and everything to gain!

## Buckeye Flyer

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



# Don't let stigma prevent you from getting help

By Jennifer Marquez  
445th Airlift Wing Director of Psychological Health

Suicide is a three syllable word that brings on a myriad of emotions: grief, anger, sadness, fear and depression.

These emotions may be felt by the survivors of a suicide loss. What you don't see in the above emotions is the negative emotions of survivors who surface simply because of the stigma that is anchored to suicide.

Stigma is a societal platform of shame and blame. Stigma is what prevents the individual who is having suicidal thoughts from seeking help. Stigma is what makes a survivor of suicide loss think "How did I not see this coming?" "How did I miss the signs?"

The fight isn't really about stopping or preventing suicide. The real fight is about combatting stigma. How can we as Airmen combat stigma and foster an environment that encourages help seeking behaviors and supports survivors?

First, we need to understand why someone may contemplate suicide.

Someone contemplating suicide has an underlying mental health condition which may be situational and is often depression.

Situational depression is not permanent but a temporary condition. It is situational because of stressors like relationships, financial issues and deployment.

Nevertheless someone in the grips of a depressive state will not have adaptive coping as they most likely have in the past. Suicide therefore is not seen as their life ending but more as the pain or suffering ending.

It is also important to know that there may not be signs, and the individual may not talk about any of their issues.

Risk signs may include increased alcohol use, social withdrawal, mood swings or shifts, impulsive/reckless behavior, or putting affairs in order, giving away possessions.

If you notice any signs remember ACE: Ask your buddy "are you thinking of killing yourself?"; Care for your buddy, remove any means, calmly control the situation and provide active listening; and Escort your buddy to the chain of command, a chaplain, DPH or call the crisis line 1-800-273-8255.

Secondly let's comfort and be there for survivors as we would be for anyone who has suffered a loss. Let the survivor know that you are there to help in any way that you can, acknowledge the loss encourage "I'm so sad that (name of person) has died" and the survivor to express their feelings about the loss.

We as Airmen have the power to normalize a check-in process. What does that mean? It means that we check-in with those we work with on a regular basis and even those we don't. "Hey good morning, how are you today?" It really is that simple.

Combating stigma is no easy task but I think that we can all agree that united we can lessen the effects of stigma and increase resiliency by being the Wingmen we already are.

## AFPAAS aids Airmen, families during emergencies

The Air Force Personnel Accountability and Assessment System, accessed through a user-friendly website at <https://afpaas.af.mil>, is designed to help Air Force personnel and their families who are directly affected by major natural and man-made emergency events such as fires, hurricanes, floods, earthquakes and evacuations.

AFPAAS requires you to have access to the public Internet, using a personal or public computer or a

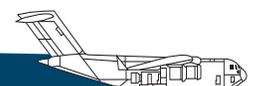
smartphone with access to the Internet. You may log in using your Common Access Card, username and password or personal information. For assistance, family members can contact the AFPAAS Help Desk at 866-946-9183 or 619-553-8167 or email [afpaas@spawar.navy.mil](mailto:afpaas@spawar.navy.mil).

If you are unable to access the AFPAAS website from the link above and require help completing a needs assessment survey, please contact AFPC's Personnel Readiness

Center at 210-565-2020 or toll-free at 800-435-9941. Another option is to complete a PDF-fillable Needs Assessment form.

Download it [HERE](#), submission instructions are on the form. Impacted Airmen can also take a picture of the form and text it to 210-627-8726.

Regardless of the completion method you choose, you will be connected to the Airman and Family Readiness Center nearest you within 24 hours for assistance.



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away from the enemy, he said.

The Airmen also participated in water survival training to prepare for the worst-case scenario of surviving a downed aircraft in open water.

It's a reminder to put the life jackets on, board the life raft, and use all of the accessories in the life raft that aren't seen all of the time, said Airman 1st Class Nathan Pritchard, 445th SERE specialist.

"It's good to get in the water to remember how it feels to swim with the life preserver on. It's a lot more difficult than you think it is until you're in the moment of actually doing it. We had harness drags, training with the water exposure suits, canopy training in the water to avoid drowning underneath, and the life raft," he added.

The group covered life raft living which includes satisfying your five basic needs: health, personal protection, sustenance, communication and travel. There

is not anything like this facility at Wright-Patt, said Pritchard.

While conducting annual training in California, 445th Airmen were able to provide immediate helicopter training to the local Navy unit on a C-17.

They practiced loading and off-loading to improve procedures and enhance training. Each load has its own characteristics, and continuous practice makes loadmasters, and the cargo owners more proficient.

Overall, the training tour was a success. "I think it went very well. The amount of training accomplished in a fresh-new environment, building comradery, and bringing Airmen together for an extended period of time really enhanced our esprit de corps as well as morale," said Quincy. "We did a phenomenal job with the training and got a lot done. We were able to conduct air refueling on every scheduled mission. I was very pleased."



Photos by Master Sgt. Patrick O'Reilly

(top left) Navy personnel and 89th Airlift Squadron loadmasters load a MH-60S Seahawk helicopter onto a C-17 Globemaster III at Naval Base Coronado, California, Jan. 24, 2019. (top right) Second Lt. Eric Bainer, 89th AS C-17 pilot, provides navigational support during a low-altitude flying exercise at Naval Base Coronado, Jan. 22, 2019. (bottom left) Maj. Christopher Kojak and Capt. Maria Duffy, 89th Airlift Squadron C-17 pilots, use a map for the land navigation portion of Survival, Evasion Resistance and Escape training at Marine Corps Air Station Miramar, San Diego, Jan. 20, 2019. (bottom right) Senior Airman Dominic Slonkosky 445th Aeromedical Evacuation Squadron AE technician and Tech. Sgt. Zach Angel, 910th Airlift Wing SERE specialist, use a map during SERE training.



## 445th ASTS wins 2018 AFRC medical award

The 445th Aeromedical Staging Squadron won the 2018 Air Force Reserve Command Medical Award, Outstanding Reserve Medical Unit without a Physical Exam Package category. The announcement was made Feb. 13, 2019.

The 445th ASTS ignited an integrated training platform. They aligned ground en-route patient staging training with aeromedical evacuation flight training resulting in the squadron having full unit type code training capabilities.

The unit developed equivalent training modality for flight surgeons, eliminating duplicate training and expedited qualifications. This efficient process saved the government \$9,000.

The unit deployed 22 Airmen in the en-route patient staging system for aeromedical evacuation of ill and wounded in Southwest Asia.

The deployed CCATT, a physician, critical care nurse and respiratory therapist, provided 24 hours, seven days a week response to those critically injured. The specialized evacuation

skills ensured 100 percent patient survivability.

Those deployed volunteered more than 100 hours in support of the Blood Trans-shipment Program, the Area of Responsibility sole distribution center. The Airmen ensured lifesaving blood and platelets were shipped.

The unit spearheaded the wing's self-aid and buddy care program. They identified data and training discrepancies, and developed a course of action that increased the wing's SABC training from 27 to 97 percent in less than four months.

Mental health personnel from the unit led five self-help groups resulting in more than 50 Veteran Affairs Medical Center residents gaining coping and communication skills, thus improving the quality of life for the veterans.

The Airmen from ASTS are education driven. Thirty-six of the enlisted Airmen assigned to

the squadron hold an associate, bachelor's and master's degrees while another 51 percent have earned undergraduate credits.



Staff Sgt. Joel McCullough

**Airmen of the 445th Aeromedical Staging Squadron perform a four-person litter carry, April 1, 2017. The Airmen carried a patient to a C-17 Globemaster III as part of a home station exercise.**

## ASTS officer captures AFRC admin excellence award



First Lt. Jonathan Charles, 445th Aeromedical Staging Squadron medical readiness officer, won the 2018 Air Force Reserve Command Medical Award, Administrative Excellence Award category. The announcement was made Feb. 13, 2019.

Charles developed a 36-month medical readiness training plan, allowing 140 members in the squadron to be 100 percent trained. He was selected for the U.S. Transportation Command's Exercise Ultimate Caduceus 2018, an annual patient movement exercise designed to test the ability of USTRANSCOM to provide medical evacuation. For the exercise, he was the command and control subject matter expert and was requested by Air Mobility

Command for the fiscal year exercise as the observer controller and trainer.

Charles led the command and control staff, coordinating 20 aeromedical evacuation exercise missions, 300 patients, proving ground support capabilities and enabled C-17 Globemaster III and C-5 Galaxy floor load "proof of concept." The lieutenant identified deployment process gaps, thus developed and led a seven-member working group, resulting in the alignment of roles and responsibilities. This improved efficiency for the unit.

During his off-duty time, Charles served as a role model at a men's retreat camp out where he used his survival, evasion, resistance and escape (SERE) skills, demonstrating shelter and conceal tactics, enriching fellowship and teamwork.

The lieutenant is working on his Master of Business Administration in management marketing.



# Virtual battlefield: COMM key to wing effectiveness

By Senior Airman Ethan Spickler  
445th Airlift Wing Public Affairs

With the relatively recent advances seen in information technology, it is becoming more important to have access to the most up-to-date and secure information systems, especially within the framework of the Air Force mission.

At the 445th Airlift Wing, there are Airmen who work around the clock to maintain the integrity and security of our internal communications systems while providing the means to achieve our mission objectives.

Operating under the 445th Force Support Squadron, the communications element is tasked with the maintenance and proliferation of information technology across the wing. They operate within an environment that constantly evolves, demanding the utmost attention to detail and constant vigilance in order to maintain the wing's steady workflow.

There are several elements within the communications section, working together to achieve their objectives and allowing wing Airman to achieve theirs.

Client systems technicians are the boots on the ground of the communications mission, maintaining equipment, troubleshooting systems and ensuring that members from around the wing have access to the technology they rely on to excel.

"We handle customer support and connectivity issues within our local information systems," said Airman 1st Class Williams Amo Ampomah, a client systems technician with the communications element. "Day in, day out, we have to make sure that members from around the wing have access to their communications tools. That is what makes us paramount to mission effectiveness."

Working in the same realm as the client systems technicians are the knowledge managers. Their role is



Photos by Senior Airman Ethan Spickler

**Airman 1st Class Williams Amo Ampomah, a client systems technician with the 445th Force Support Squadron communications element, troubleshoots a computer issue.**

to act as a conduit to preserve and use knowledge, turning data into usable information that benefits Airmen at every level.

"Our job is to manage the spread of information throughout the wing," said Master Sgt. Leah Smith, a knowledge management team lead. "Our job is extremely important to the access of crucial information at every level."

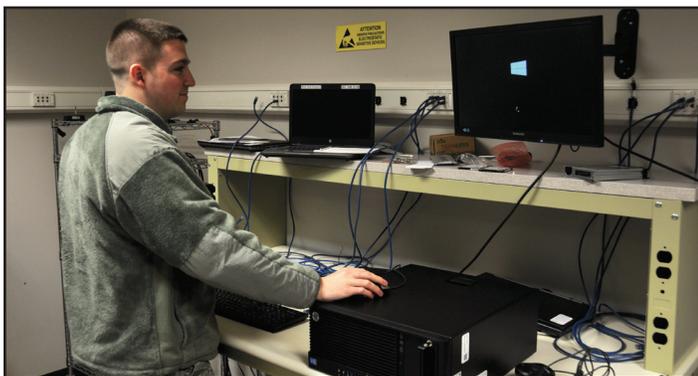
Knowledge managers make sure that the information used is accurate and improves our ability to operate effectively in a secure network environment.

"We make sure our Airmen are educated about internal security threats through training and sharing the importance of security as it relates to data," said Smith. "What we do in communications is a lot of work, but it's rewarding to see how our work positively affects the readiness and effectiveness of the wing."

The communications element works behind the scenes troubleshooting technological assets, providing support for other wing elements and making it possible for Airmen to operate effectively in an evolving cybersecurity environment that is sometimes difficult to navigate.

"Our role in managing cybersecurity within the wing network has a huge impact on the wing mission," said Senior Master Sgt. Ashley Delacruz, cyberspace support superintendent.

"We have the ability to address threats on the local level by maintaining the integrity of our personnel and their access to information systems. As a group, we are responsible for maintaining nearly 4,000 electronic assets, and as far as the military work environment goes, you cannot do your job without the technology that we maintain. We make communication happen."



**Staff Sgt. Matthew Roberts, 455th FSS client systems technician, reboots a computer.**



# News Briefs

## Retirements

### February 2019

Lt Col Darin McKinney, ASTS  
 Lt Col Matthew Middleton, OSS  
 Capt Rebecca Crowell, AES  
 TSgt Timothy Geary, MXS

### March 2019

SMSgt Michael Smith, ASTS  
 SMSgt John Guillaume, MXG  
 MSgt Steven Sapp, FSS

## Promotions

### Airman

Zachary Stevens, FSS

Tyler Whitfield, CES

### Airman First Class

David Devore, 87 APS  
 Nathan Gladish, AMXS  
 Carter Lee, 87 APS  
 Elijah McDaniels, CES  
 Samanthaleona Roldan, 718 IS

### Senior Airman

Holly Axtell, 28 IS  
 Jade Bentley, 512 IS  
 India Castillo, FSS  
 Alexis Eppley, FSS  
 John Fowler, MXS  
 Jeremiah Gregorio, CES  
 Jared Holt, 14 IS  
 Nicole works, FSS

### Staff Sergeant

Steven Dishong, MXS  
 Jacob Moore, AMXS

Dylan Muckey, LRS  
 Peter Roberts, 718 IS  
 Zachary Sutton, 87 APS  
 Jessica Woll, 42 IS

### Technical Sergeant

Michelle Aholia, ASTS  
 Jeromy Bacher, ASTS  
 Chelsea Eldridge, MXS  
 Matthew Monroe, 50 IS  
 Sherlan Richard, 42 IS  
 Michael Ward, MXS

### Master Sergeant

Anna Clarke, 512 IS  
 Gina Daniel, MXS  
 Megan Hunt, 512 IS

## Newcomers

Lt Col Steven McLaughlin, 655 ISRW  
 Maj Joshua Haney,

### AMDS

Maj Aaron Wilson, 89 AS  
 1st Lt Edward Woody, ASTS  
 MSgt Dominic Garland, 655 ISRW  
 SSgt Ryan Conley, 87 APS  
 SSgt Joseph Hackney, AMXS  
 SSgt Scott McCormick, 14 IS  
 SrA Chase Gulick, FSS  
 SrA Andrew Huber, CES  
 A1C Michael Cage, MXS  
 A1C Jeremiah Goldwair, SFS  
 A1C Allyson Messenger, MSG  
 Amn Joseph Richer, CES  
 AB Emma Burbrink, LRS  
 AB Ryan McCarty, SFS

# SPOTLIGHT



Stacy Vaughn

**Rank/Name:** Senior Airman Taylor Fife

**Unit:** 445th Aeromedical Evacuation Squadron

**Duty Title:** Aeromedical Evacuation Technician

**Hometown:** Springfield, Ohio

**Civilian Job:** Student and emergency medical technician

**Education:** Bachelor of Arts in speech and hearing sciences from The Ohio State University

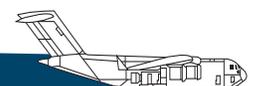
**Hobbies:** Baking, taking my puppies for hikes and working out.

**Career Goal:** Obtain my paramedic degree and then my BSN [Bachelor of Science in Nursing] to become both a civilian and military flight nurse.

**What you like about working at the 445th?:** At the 445th, I feel like I'm part of a family. Whenever you need a Wingman, whether it is

asking a question on the aircraft or helping with squadron duties, somebody is always there to help and guide you.

**Why did you join the Air Force?:** All my life I wanted to be a part of the military. During my sophomore year of college, I decided I wasn't happy with my degree, and I wanted to pursue my dream of becoming a medic in the military. After months of hard work, I was finally able to enlist into my dream job of being a flight medic and have the incredible opportunity to help move wounded soldiers and sick patients to that higher level of care that they need.



## 87th APS captures Air Transportation Activity of Year award

The 87th Aerial Port Squadron captured the 2018 Air Force Reserve Command Logistics Readiness Unit Award, Air Reserve Component Air Transportation Activity of the Year award. The announcement was made Feb. 15, 2018.

The unit award recognizes squadron, depot units and any other major command organizations that have excelled in performance and made outstanding contributions to the Air Force and/or Department of Defense Logistics Readiness mission.

The 87th APS deployed 67 Airmen to nine U.S. Central Command bases, moving more than 229,000 passengers, 99,000 tons of cargo and supporting more than 18,000 missions. The squadron led a joint planning team with 20 DoD agencies where they aligned a multi-modal movement for \$516 combat requirements from 19 countries.

The unit retrograded seven aircraft and two ships with 210 personal protective equipment of early to need items, freeing up critically low Area kits of Responsibility ammunition storage space by 12 percent. The 87th

APS organized 84 intra-theater missions, moving 29.2 million critical items needed by the special operations joint task force in support of Operation Inherent Resolve. They executed 12 rotator missions, deploying more than 3,000 passengers and 8,000 tons of cargo.

The 87th APS executed a Syrian forward operating base water well project and oversaw the building of a 5,000 gallon water tank, resulting in fresh water for more than 500 U.S. forces. The unit coordinated with the United States Agency for International Development, delivering 198 tons of Denton Program cargo.

The Port Dawgs executed their 27th Annual Dayton Children's Medical Center toy drive, distributing toys and providing smiles to more than 500 children.

They adopted a local fifth grade classroom, donating \$565 of school supplies to 80 students, thus strengthening Air Force and community ties. Airmen from the 87th APS volunteered at the House of Bread food bank, volunteering more than 20 hours and distributing more than 800 pounds of perishables for the less fortunate.

## 87th APS officer wins AFRC logistics award



Capt. Cleatus Schafrath, 87th Aerial Port Squadron readiness flight commander, won the 2018 Air Force Reserve Command Logistics Readiness Individual Award, Outstanding Logistics Readiness Traditional Reservist Company Grade Officer of the Year category, for excelling in perfor-

mance and making contributions to the Air Force or Department of Defense Logistics Readiness mission. The announcement was made February 15, 2019.

Schafrath lead a joint planning team with 20 DoD agencies. Together, the team aligned a multi-modal movement for \$516 million in combat requirements from 19 countries. He organized 84 intra-theater missions involving the movement of 29.2 million critical items needed by the special operations joint task force supporting Operation Inherent Resolve.

The captain directed 41 airlift missions that included 6,400 tons of munitions, weapons and equipment. He staffed \$2.3 million in Outside the Continental United States standard munitions storage package, eliminating 1.6 million new shortfalls and enabling a long-term global supply point. Schafrath analyzed the \$1.6 billion in fiscal year 18 combined joint task force Operation Inherent Resolve weapon and ammunition request, identifying 22 items with overstocked need cost resulting in a \$130 million cost avoidance.

ual Award, Outstanding Logistics Readiness Traditional Reservist Company Grade Officer of the Year category, for excelling in perfor-

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