

445th honors former Airman at 9/11 event Maj. Leroy Homer, Jr. honored during Patriot Day ceremony



Darrell Sydnor



Stacy Vaughn

(left) Members of the 445th Airlift Wing pause for a moment of silence, Sept. 11, 2019 at 10:03 a.m. as they honor Maj. LeRoy W. Homer, Jr., First Officer on United Airlines Flight 93 that crashed in Shanksville, Pennsylvania, Sept. 11, 2001. (right) The 445th Airlift Wing Honor Guard posts the Colors in front of the Major LeRoy W. Homer, Jr. Operations Building Sept. 11, 2019 during a Patriot Day ceremony.

By 445th Airlift Wing Public Affairs

More than 100 members of the 445th Airlift Wing gathered on the lawn of the Major LeRoy W. Homer, Jr. Operations Building Sept. 11, 2019 to honor those who lost their lives Sept. 11, 2001 during the World Trade Center and Pentagon attacks, and the crash of Flight 93.

During the solemn event, the wing paused to pay tribute to one of its own, Maj. Leroy Homer, the first officer on Flight 93 that crashed in Shanksville, Pennsylvania after terrorists on board took over the aircraft.

It is documented that Homer, the crew and passengers aboard Flight 93 learned of the other attacks, and fought the hi-jackers to prevent their aircraft from being used to attack other buildings in

the United States.

Homer was a member of the 445th Airlift Wing's 356th Airlift Squadron from 1995 to 2000, flying the C-141 Stratofortress.

Col. Shawn Werchan, 445th Airlift Wing vice commander, had flown with three of the four United Airlines pilots who were killed in the terrorists attacks. He had recently been on a United Airlines trip with Maj. Homer just before Sept. 11, 2001.

"LeRoy and I were sitting in a pub in London. He and his wife had just had a baby and we were talking about how important family is," Werchan said. "Never take life for granted. Life's a gift."

During the Patriot Day ceremony, Master Sgt. Shawn

McKellop, 445th Airlift Wing Honor Guard, placed a wreath at the base of the Major LeRoy W. Homer, Jr. Operations Building.

Wing members paused for a moment of silence at 10:03 a.m., the exact time when Flight 93 crashed in Pennsylvania, on September 11.

Lt. Col. Michael Baker, 445th AW chief of safety, recalls fond memories of Homer.

"My earliest memories in this unit include LeRoy's humor, expertise, and unifying presence. He was a superb Airman, a gifted aviator, and a good friend. His legacy lives on through the professionalism displayed by the men and women of the 445th Airlift Wing every day in dedicated service around the world."

Being resilient is more than just a cliché

By Pamela Boyd

Air Force Reserve Psychological Health Advocacy Program

What is resilience and how does someone learn to be resilient? How does being resilient help someone? These are questions and comments I've heard throughout my 10 years as an Air Force reservist and also in my civilian job with the Air Force Reserve Psychological Health Advocacy Program (PHAP).

Unfortunately the phrase "Be Resilient" has become cliché, and to most just another annual box to check. But resiliency is needed throughout life's ups and downs to maintain a functional life.

As a reservist, being resilient is important in your personal everyday life and enables you to perform successfully during taxing missions.

According to Webster's dictionary, the definition of resilience is an ability to recover from or adjust easily to misfortune or change. Change happens. Sometimes it's a good thing and sometimes change brings hardships.

Life can be very challenging at times, even for those who seem to have it all figured out and are mentally strong.

Building resiliency helps with those challenges. This is different for each person, and it's built over time throughout one's life journey.

When you look back at how you've handled adversities in your past, do you find that you get worked up and consumed with pessimistic thoughts? When you look at those events from a different frame of mind or perspective, can you see how you were able to get through those tough times and that everything worked out despite all of your negative thinking?

Sometimes our thoughts make a situation seem insurmountable. Negative thought patterns can become a habit. This is a clinical term called ANTs, which stands for Automatic Negative Thoughts.

ANTs can greatly weaken someone's resiliency. If you find that you tend to have a negative outlook on most situations and it's causing everyday challenges to seem insurmountable, it's time to get with a trained professional who can teach you how to break the habit of ANTs and work on strengthening your resiliency.

Are you a fight or flight person when it comes to dealing with adversities? Do

you step forward and take action to deal with your problems and meet the demands of daily living or do you avoid dealing with things at all cost?

Running from or avoiding problems in your life does not make them go away. You may know someone who goes straight to the bar or to the medicine cabinet at the end of each day to numb the thoughts of dealing with life, while you watch as their life completely falls apart because they are choosing to run.

When you choose to handle life events as they come, your problems get dealt with and you are now relieved of them. You also build self-confidence and feel strong and resilient to deal with the other demands of life.

Sometimes you may need a trained professional to help you through your most difficult times. A trained professional can help you gain knowledge about yourself and your circumstances, and give you the tools to handle the same or similar situations in the future.

Getting help when a situation is overwhelming you isn't showing lack of strength. It's actually showing "resourcefulness" (having the ability to find quick and clever ways to overcome difficulties). Being resourceful is being resilient.

Do you have a positive and healthful outlet? Participating in something positive can greatly strengthen your overall mental and physical health. This could be different for everyone. What works to help one person feel stronger and healthier may not be the same for you. Some ideas are: joining a dance studio, learning yoga and meditation, taking a class (cooking, art or automotive, etc.), getting involved with a sports league, volunteering, or getting involved with a spiritual group.

Scheduling an activity can give you something to look forward to at the end of a challenging day or week, and give you a better attitude toward life and help you be resilient when challenges arise.

We all get stuck and/or overwhelmed. Sometimes you may just need some direction. There are many resources that can assist you.

PHAP is a free and confidential program that connects Air Force reservists and their families to helpful resources. It also provides compassionate guidance and case management to make sure that you feel supported and are getting the proper help to resolve your issues.

Call the North Region PHAP office at (937) 656-2570. We're here to help.



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445th Airmen, families enjoy family day



Staff Sgt. Darrell Sydnor



Senior Airman Amelia Burnett



Airman 1st Class Erin Zimpfer



Staff Sgt. Darrell Sydnor

Citizen Airmen from the 445th Airlift Wing, families and friends enjoy a day of food and fun at the wing's annual family day picnic, Sept. 8, 2019 at Bass Lake. Participants enjoyed the day fishing, playing volley ball, corn hole and various activities. A C-17 Globemaster III static display was available for tours and a DJ was on hand for entertainment. In addition, various helping agencies provided useful information to Airmen and their families. Food for the event was provided by the Wright-Patterson Air Force Base United Service Organizations (USO).



Staff Sgt. Darrell Sydnor



445th maintainers keep the fleet flying

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

The 445th Maintenance Group, which includes the 445th Maintenance and Aircraft Maintenance Squadrons, is tasked with maintaining and supporting the mechanical operations of nine C-17 Globemaster III aircraft assigned to the 445th Airlift Wing.

The C-17, a mobile powerhouse, is capable of carrying more than 170,000 lbs. of cargo.

The maintenance squadrons work together to supplement and enhance the wing commander's ability to direct this aircraft in support of the Air Force mission.

For every flight hour the C-17 is operational, it takes roughly 20 hours of maintenance to keep the aircraft in peak operational condition. This means that the reliability and safety of the aircraft demands constant attention from maintenance crews and is a priority for Airmen in the career field.

"Maintenance is all about safety," said Senior Airman Jacob Keegan, a maintenance technician with the 445th MXS. "It is a big responsibility that we take seriously. I am excited to continue learning and growing alongside the rest of maintenance. It is fulfilling knowing that we play a significant role in the wing's success."

In recent months, the aircraft of the 445th have maintained the highest operational tempo of any Air Force Reserve unit that flies C-17s. The wing averaged 461 flying hours per month for June - August 2019.

"The group operates very well as a team," said Maj. Randy Gantt, the 445th MXS commander. "We all have our own specialties, but all of the components come together to make everything work as well as possible. Our squadrons' jobs are complementary to each other, and by extension, we are complementary to the wing."

Each C-17 that travels down the flightline and carries out the Air Force mission at home and abroad is kept operational by the maintenance squadrons, and the effects of the efforts undergone by the maintenance group at home station can be felt not only on Wright-Patterson Air Force Base but worldwide.

"Without the maintenance squadron and the rest of the maintenance group, you wouldn't be able to execute the mission," said Gantt. "From unimproved runways overseas to major bases around the nation, it's our job to make sure our planes have the capabilities to operate safely and effectively anywhere they are needed."



Staff Sgt. Ethan Spickler

Tech. Sgt. Tyler Williams, 445th Maintenance Squadron, operates a tungsten inert gas welder at the metal technologies shop. Williams is repairing damaged metal by using high amperage electrical current and melted tungsten to fuse the broken steel pieces.

TAP changes for reservists begin October 1

Congress implemented a number of changes to the Transition Assistance Program (TAP) that will impact all Reserve and Guard members activated for 180 days (except for basic military training (BMT) and training) on Title 10 orders beginning Oct. 1, 2019.

The new changes affect both the program and procedural steps for completing TAP. The primary objectives are to improve and increase transition success by better equipping the service member with

comprehensive programs and services before deactivation from their active-duty orders.

Some of the new program changes to TAP include: one-on-one initial counseling session to determine career pathways; pre-separation briefing conducted no later than 365 days versus 90 days prior to separation; additional briefings to cover (MOC Crosswalk, Resiliency, Financial & DOL employment); and a 2-day Track workshop.

The 445th Airman and Fam-

ily Readiness office will be working closely with the unit commanders, first sergeants, senior Air Reserve Technicians and TAP coordinators to ensure that reservists are afforded the opportunity, resources and time to meet the new congressionally mandated TAP requirements.

If you have any questions concerning any of the changes to the new TAP program, please contact the airman and family readiness office at (937) 522-4607 or (937) 656-1502.



Around the wing...



Staff Sgt. Ethan Spickler



1st Lt. Rachel Ingram

(left) Col. Jay Smeltzer, 445th Maintenance Group commander, passes the guidon to Maj. Karen Gharst, the incoming 445th Aircraft Maintenance Squadron commander at the 445th AMXS change of command ceremony, Sept. 7, 2019. (right) Senior Airman Daryn Weatherspoon, 445th Security Forces Squadron, fire team member, forces open a metal training door outside the squadron while Staff Sgt. Andrew Swasey, 445 SFS, fire team member, provides cover, Sept. 8, 2019. The training, designed to give Airmen the opportunity to practice breaching locked doors, included several types of tools and simulated various team dynamics.



Senior Airman Angela Shay



Darrell Sydnor

(left) Senior Master Sgt. Michael Eonta, 87th Aerial Port Squadron, ramp operations superintendent, displays two backpacks to be filled with school supplies. The 87th APS participated in its second backpack drive and donated more than \$350 of school supplies to 80 fifth graders at Spinning Hills Middle School, Riverside, Ohio. The school is located 11 miles from Wright-Patterson Air Force Base. The supplies were delivered Sept. 30, 2019. (right) Master Sgt. Antoinn Kidd, 445th Logistics Readiness Squadron, sets up a portable lights tower in an open field of the National Museum of the United States Air Force, Sept. 19, 2019. Kidd and other 445th LRS members provided support for the 2019 Air Force Marathon.



SPOTLIGHT



Staff Sgt. Darrell Sydnor

Rank/Name: Tech. Sgt. Corwin Pope

Unit: 445th Aeromedical Staging Squadron

Duty Title: Pharmacy Technician

Hometown: Dayton, Ohio

Civilian Job: Junior Air Reserve Technician, Administration

Education: Bachelor's degree in psychology, University of Toledo

Hobbies: Kayaking, camping, disc golfing, car mechanics, music and beer brewing

Career Goal: To become an intelligence specialist

What you like about working at the 445th?: The 445th is located in my hometown, so it is

always nice to work in the place I grew up and being able to recommend what this city has to offer to all of my fellow Airmen who travel here from other places. This base is deeply rooted with history, and I am proud to serve in the birthplace of aviation.

Why did you join the Air Force?: I was surrounded by military in my family so it was always something that interest me. My grandfather was my biggest inspiration, although he recommended the Navy. I joined the Air Force to be a part of a global community and to take that next adventure. When I was 21, my flight to basic training was the first time I flew on a plane. The Air Force has exposed me to more opportunities than I could have imagined.

Wing announces STEP II promotions

The calendar year 2019 Stripes for Exceptional Performers II Board was held July 29 to August 2, 2019 at Headquarters Air Reserve Personnel Center, Buckley Air Force Base, Colorado. The STEP II Board selected Air Force Reserve Airmen for promotion to the grade of E-6 through E-9.

STEP II is a commander's program designated to promote well deserving Air Force Reserve members to one grade above the authorized grade for their position.

The board selected 11 Airmen from the 445th Air-lift Wing and 12 Airmen from the 655th Intelligence, Surveillance and Reconnaissance Wing.

Congratulations to the following reservists:



Master Sgt. to Senior Master Sgt.
Joseph Andrews, 445th Aeromedical Staging Squadron

Tara Woodard, 445th Force Support Squadron



Tech. Sgt. to Master Sgt.
Joshua Anderson, 820th Intelligence Squadron

Nikita Green, 820th Intelligence Squadron
Daniel Hogan, 42nd IS

Joshua McConnell, 445th Security Forces Squadron
Andrew Smith, 14th Intelligence Squadron



Staff Sgt. to Tech. Sgt.
Tobi Bennett, 445th Aircraft Maintenance Squadron

Shirley Campbell, 512th Intelligence Squadron
Amanda Crider, 445th Aerospace Medicine Squadron
Percival De Lumen, 50th Intelligence Squadron
Joseph Hackney, 445th AMXS
Nicholas Gulston, 42nd IS
Ian James, 718th Intelligence Squadron
Alex Keil, 16th Intelligence Squadron
Daniel Levingston, 445th Logistics Readiness Squadron
Taylor McGuff, 71st Intelligence Squadron
Anna Noel, 445th AMDS
Kathryn Resio, 445th LRS
Matthew Reynolds, 42nd IS
Aaron Stokes, 445th LRS
Reanna Stoops, 28th Intelligence Squadron
Zachary Tschuor, 445th ASTS

The date of rank and promotion effective date for those selected is Oct. 1, 2019.



News Briefs

Retirements

October 2019

Lt Col Jeffrey Ciesla, 89 AS
 CMSgt Michael West, MXG
 MSgt Jamie Sherman, ASTS
 TSgt Brian Mayle, MXS
 TSgt Eugene Renney, CES

Promotions

Airman First Class

Emma Burbrink, LRS
 Britney Chinn, FSS
 Ryan McCarty, SFS
 Keisha Neace, AES
 Brice Sherburne, MXS

Zachary Stevens, FSS
 Grace Stewart, OSS
 Tyler Whitfield, CES
 Austin Yousey, MXS

Senior Airman

Sharnita Lloyd, AMDS
 Samuel Riddle, MXS
 Brooke Russell, AES
 Chase Sweeney, 87 APS

Staff Sergeant

Joshua Davis, 87 APS
 Christopher Hedrick, MXS
 Markell Lawson, AMDS
 Michael Schultz, 87 APS
 Kevin Sweeney, AMXS

Technical Sergeant

Matthew Card, MXS

Joshua Flynn, ASTS
 Joshua Hall, FSS
 Cole Milligan, CES
 Garett Pride, ASTS
 Tiffany Works, FSS

Master Sergeant

Ashlee Janson, FSS
 Kira Sanders, OSS

Senior Master Sergeant

Sarah Katoski, ASTS

Newcomers

Maj Brandon Stephens, 445 AW
 1st Lt Alexander Martinez, ASTS
 TSgt Agatha Castillo, ASTS

TSgt Glenn Trent, Jr., MXS
 SSgt Stephen Drain, 87 APS
 SSgt Ralph Lyne, MXS
 SSgt Kevin Mullinex, MXS
 SSgt Zachary Walker, SFS
 SSgt Richard Williams, FSS
 SrA Caleb Errett, 445 AW
 SrA David Hinerman, Jr., OSS
 SrA Jeffrey Mitsch, ASTS
 SrA Gordon Sullivan, OG
 A1C Nicholas Fannin, MXS
 A1C Dan Iwamoto, 87 APS
 A1C Janna West, 87 APS
 AB Madison Scott, AMXS

Wing safety office offers “winter tips”

By Master Sgt. Joe Klimaski

445th Airlift Wing Occupational Safety Manager

I know what you're thinking... Winter??? It's still 80 degrees, BBQ season is ongoing, and winter is a couple of months away. While this is true, we all know that winter comes quickly in the great state of O-H-I-O, and the weather can be rapidly unpredictable. Needless to say, winter will be here before we know it, and presumably some crazy weather will be headed our way in the very near future.

Consequently, with winter comes additional hazards and risks, therefore it's never too early in the game to start planning and preparing.

Taking a few precautionary steps will go a long way in preparing you and your family for the unpredictability of the winter months. Particularly, taking a little extra time to winterize your vehicle and home is a good starting point.

For your vehicle, it's recommended to have a preventative maintenance inspection accomplished by a qualified technician prior to the arrival of winter. Checking the battery, tire tread depth, vehicle fluids, etc., is essential in ensuring your vehicle stays operable during the cold weather months.

Also, keeping necessary survival items in your vehicle (in the event of a breakdown) such as water, storable food, blankets, flashlights, and some kind of heat producing element is always a good idea. You never know when an unexpected breakdown could occur.

Similar to your vehicle, your home should also be winterized in the event of power outages and any unforeseen circumstances that may arise.

Heating, ventilation and air conditioning (HVAC) preventative maintenance costs less than \$100, and could ultimately be the deciding factor in whether your HVAC unit makes it through a long, grueling Ohio winter.

Recalling back to last winter, the power in Kettering and Sugarcreek Township went out on two separate occasions due to heavy snowfall and ice accumulation. Luckily for us, we kept a generator and propane gas grill fully fueled, extra water and storable foods on hand, candles, flash lights, batteries, etc. While the power outage lasted less than 24 hours in total, we would have been completely self-sustainable for an extended period of time due to some basic planning and preparation ahead of time.

Collectively, taking a very small amount of time to strategize for the winter months can pay big dividends in the end should Mother Nature decide to unexpectedly rear her ugly head (again).

Keep in mind, sound risk management takes little to no effort, and is an easy first step in keeping you and your family safe when winter arrives. While we still have a few months left of sunshine and Buckeye football, take the time to get ahead now, because, winter is coming.



445th AW inducts honorary commanders, builds community relations

The 445th Airlift Wing hosted its inaugural honorary commanders induction ceremony Sept. 6, 2019. Eighteen members from the surrounding communities were officially designated as honorary commanders during the event.

This is the initial launch of what is slated to be an annual program designed to increase public awareness and understanding of the armed forces and the mission, policies and programs of the Air Force as well as to highlight the dedication and hard work displayed by members of the 445th AW and 655th Intelligence, Surveillance and Reconnaissance Wing.

A civilian counterpart for each squadron, wing or group was selected and then approved by the 445th Airlift Wing commander. The 20 civilians chosen for the inaugural year include area business leaders, educators, bank executives, manufacturing officials, and city and county officials.

At the induction ceremony, the honorees were ceremoniously presented with the guidon for their assigned squadron, group or wing by the 445th AW vice commander, Col. Shawn Werchan and the 655th IRSW commander, Col. John McKaye. They were presented certificates from their unit commander or a designated representative. The new “commanders” were served lunch, visited units with their military commanders, and toured C-17 Globemaster III.

During the upcoming year, the honorary commanders will be invited to various wing activities, special events and unit specific activities. The honorees are encouraged to invite their military commander to their organization’s activities as well.

This program encourages positive relationships with the designees and fortifies Wright-Patterson Air Force Base, the 445th AW and 655th IRSW as favorable members of the surrounding communities.



Staff Sgt. Darrell Sydnor



Airman 1st Class Erin Zimpfer



Staff Sgt. Darrell Sydnor

(left) Paul Schlottman, University of Dayton, talks to Staff Sgt. Cody Green, 89th Airlift Squadron loadmaster, during a C-17 Globemaster III tour. (center) Suzanne Winters, WENCO Construction, receives the 87th Aerial Port Squadron guidon from Col. Shawn Werchan, 445th Airlift Wing vice commander, at the wing’s honorary commanders induction ceremony, Sept. 6, 2019. (right) Commanders from 445th Airlift Wing and 655th Intelligence, Surveillance and Reconnaissance Wing pose for a group photo with honorary commanders, Sept. 6, 2019.

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